The Cullman Tribune

VOLUME 143 • NUMBER 53 • DECEMBER 29, 2016

$0.50 • USPS 139-700

CULLMAN, ALABAMA • PHONE: 256-739-1351

SERVING THE CULLMAN AREA SINCE 1874



AMDIZDAREVIC/SHUTTERSTOCK.COM

Vacation destinations where you can stretch your dollar in 2017 P9



W.C. MANN/THE CULLMAN TRIBUNE

Profiles in Faith: Oak Level Baptist Church P8

LOCAL GOVERNMENT

Catching up with the town of Colony P2

Strange New Year's traditions from around the world P12

Cooking with holiday leftovers P15

PREP BASKETBALL

West Point Christmas Tournament: Day 2 recap- Cold Springs, West Point come up short P3

Cold Springs Elementary principal arrested for DUI Christmas evening

Wendy Sack
wendy@cullmansense.com

CULLMAN – Cold Springs Elementary School Principal Phillip Gay was arrested Sunday evening in Cullman and charged with driving under the influence. The incident occurred at approximately 7:30 p.m. Christmas evening at Main Avenue and Graham Street. He has been placed on administrative leave.

"I have met with Mr. Gay. As of today, he has been placed on administrative leave pending further investigation," said Cullman County Schools Superintendent Shane Barnette late Monday evening. "His love for his students is very evident in the way he interacts with them at school. This situation is very unfortunate. I am sure he would appreciate everyone's prayers and concern."

Gay, 45, has been with Cullman County Schools since Aug. 2009. His current contract expires on June 30, 2017.

"Mr. Gay was arrested for a DUI. He was stopped and administered field sobriety tests, and he failed those tests," said Cullman Police Department Lt. Jeff Warnke. "The Draeger instrument malfunctioned, so we do not have a blood P8



LINKEDIN

Phillip Gay

Heads up, private collectors!



P14

CONTRIBUTED

The cast and crew of the History Channel's "American Pickers" will be filming in north Alabama soon and would love to help you thin out your collections

EMERGENCY RESPONDERS

Update: Bethsadia Volunteer Fire Department

W.C. Mann
craig@cullmansense.com

BETHSADIA – After a mass resignation of seven firefighters and EMTs on Nov. 28, a tense Dec. 1 Bethsadia Volunteer Fire Department (BVFD) board meeting ended with Chief Buddy Carden and resigned Assistant Chief Maurice Reynolds agreeing to meet for breakfast and an informal discussion the following Saturday morning (Dec. 3).

Things did not go well. In the days following the board meeting, a rapid breakdown in talks led to three personnel transfers to another department and two arrests by the Cullman County Sheriff's Office.

Of the resignees, Reynolds, Cody Bice and Seth Brock joined the Logan VFD. Ron Robbins decided to stay with the BVFD, at least until the board holds elections; he plans to run for chief. The other resignees are currently inactive.

After the Saturday meeting, another was planned for the evening of Monday, Dec. 5 at BVFD station no. 1. After a confrontation between resignee Cody Bice and board member Alan Edwards outside the station that evening, Bice signed warrants against Edwards and firefighter Earnest "Butch" Campbell. The warrant against Campbell was filed for a separate earlier incident that contributed to the mass resignation. According to the Cullman County Sheriff's Office, Edwards and Campbell turned themselves in at the Sheriff's office on Wednesday Dec. 7, where they were arrested and charged with harassment.

The Tribune contacted Carden and Reynolds, along with Cullman County Association of Volunteer Fire Departments President Joe Golden.

According to Golden, P14

PRINTED LOCALLY @ PRINTING Alabama Web Press

LOCAL GOVERNMENT

Catching up with Colony

W.C. Mann
craig@cullmansense.com

COLONY – Due to the absence of three council members during the Christmas/New Year holiday, the Colony Town Council did not hold its regular meeting this week. The Tribune did, however, catch up with Mayor Donnis Leeth and Councilmen Curtis Johnson and Julian Fields on Tuesday for a brief update on happenings in the town.

Game Room and Community Center

According to Johnson, the trial opening of the community game room last week saw around 10 kids per day coming to make use of the facility.

The number was not high, but the parks and recreation chairman felt that the number was a good start.

Leeth mentioned that the town hopes to finish repairs and upgrades to the kitchens in both the Educational Complex and Community Center before the end of January.

This will allow time for health inspections ahead of a projected May opening for kids' summer programs. With fully operational kitchens, Colony plans to offer hot food along with snacks.

With as many as 100 children and teens in the Colony area, the council sees the development of activity programs as an important task.

Projects in the works

Leeth spoke about three long-term projects currently in planning stages.

1. Storm shelters will be constructed over the next two years near the Educational Complex. Colony is in line to get these built, but two other municipalities' shelters must be completed first.

2. The council hopes to bring a Dollar General to Colony. With assistance from Cullman County Economic Development, Leeth hopes to sit down with a developer possibly as soon as January.

3. The town park walking trail is in a state of disrepair. Sections of the trail up to 40 feet in length are dirt with no remaining pavement. Leeth is seeking grants, including one from the Cullman County Community Development Commission, to repair and upgrade the trail.

The Colony Town Council meets on the second and fourth Tuesdays of each month at 6 p.m. at Colony Town Hall. The public is welcome to attend.



CONTRIBUTED

Colony Town Council

HEALTH

6 easy ways to take better care of your health

(StatePoint) A new year is an excellent opportunity to assess your health and resolve to make positive lifestyle changes.

"Many people work hard to establish healthy habits at the beginning of the year. But for those with busy schedules and tight budgets, maintaining these habits over time can be a challenge," says Jill Turner-Mitchael, senior vice president of Sam's Club, Consumables and Health and Wellness.

To help people prioritize and maintain their health in 2017, Turner-Mitchael and Sam's Club pharmacists are offering tips that are practical and affordable.

• **Secure Regular Screenings:** It is important to get regular health screenings to keep track of the state of your health. Routine tests are often the first to get postponed when people get busy, but they are crucial for ensuring any potential medical issues are identified and addressed as early as possible.

Resist the urge to let cost or time constraints prevent you from getting regular check-ups.

For example, free health screenings are often available at Sam's Club, which offers a full suite of affordable health care offerings. These screenings are open to both members and the public at no cost, covering a wide range of tests to assess various health factors. Don't forget regular vision and hearing tests, as well.

• **Ask Questions:** Don't be afraid to ask questions and seek out advice for improving your health. One easily accessible professional resource that is often overlooked is your local pharmacist.

Before visiting the pharmacy, consider whether you have any health questions and jot them down.

Pharmacists are eager to help people understand their medications and health, and you don't need to go through the hassle of making an appointment.

• **Focus on Fresh Foods:** Incorporating fresh fruits, vegetables, whole grains, lean protein and legumes into your meals can help you maintain a healthy weight, while also building your immunity and muscles. Smoothies, leafy green salads, vegetable stews and grilled fish are all great choices. You can also boost flavor with low-calorie ingredients that offer nutritional benefits, such as garlic, onion, spices and herbs.

Some retailers today make it easy for shoppers to identify nutritious items. For example, Sam's Club highlights healthy, organic foods with green tags.

• **Select Supplements:** Even the best diet can fall short of nutritional guidelines. Consider consulting with your healthcare professional about boosting your diet with a daily multivitamin or supplement tailored to your individual health needs.

• **Verify Your Vaccinations:** Immunizations can help prevent illness and save lives. Make sure you are current on all necessary vaccinations.

Talk to your pharmacist about what vaccines you might need, which varies by age.

• **Enjoy Winter Workouts:** You don't have to become a world class body builder or competitive triathlete to reap the health benefits of exercise. Exercise can help everyone boost immunity, improve cardiovascular fitness and speed up metabolism.

Even just committing to a midday walk or opting to take the stairs can make a big difference.

Some people find they are more likely to stick to a workout plan if they enlist friends or coworkers to join them. Many people also find it helpful to track their fitness goals and progress using wearable technology and smart scales, which can provide information on everything from your heart rate to your body mass index.

For more tips and information about affordable health care services and free screenings, visit SamsClub.com.

Start 2017 off right by committing to better health.

THE BARN
Portable Storage Buildings
Hanceville, AL
352-2737

The Cullman Tribune
Cullman County's Oldest Business, Serving the area since 1874
Publication Number USPS-139-700
Telephone: 256-739-1351 Fax: 1-256-739-4422
Humble Roots, LLC
Published Weekly at 219 2nd Avenue SE, Cullman, Alabama 35055
Entered as periodical material at the Cullman Post Office
Periodical postage paid at Cullman, Alabama 35055

POSTMASTER: SEND ADDRESS CHANGE TO:
The Cullman Tribune
219 Second Avenue SE
Cullman, Alabama 35055
Email Address: news@culltrib.com

ANNUALLY BASED RATES
Cullman.....$40.00
Outside Cullman.....$50.00
Local Senior Citizens.....$37.00
Outside Cullman County Senior Rates.....$46.00

Noah Galilee – Publisher
Dustin Isom – Editor
Wendy Sack – Newsroom Editor
Loretta Gillespie – Lifestyle/Religion
Will Hogue – General Reporter
W.C. Mann – General Reporter
Andrew Cryer – General Reporter
Johnny Thornton – Sports Editor
Josh McBrayer – Sports Reporter
Robin Winton – Newsroom Manager
Delton Blalock – Editor Emeritus

PREP BASKETBALL

West Point Christmas Tournament: Day 2 recap

Cold Springs, West Point come up short

Josh McBrayer
josh@cullmansense.com

WEST POINT – It was another day full of basketball at Jim Boyd Gymnasium Tuesday afternoon as the 2016 West Point Christmas Tournament continued with day two action.

Curry 49, Cold Springs 36

In the first game of the loser's bracket, the Cold Springs Eagles looked to get back on track against the Curry Yellow Jackets after they fell to Brewer 69-39 Monday night. However, Curry had other plans.

Zac Wheeler got Curry on the board first with a three that torched the twine. Jesse Lee answered with a jumper for Cold Springs, but Curry stayed hot from beyond the arc.

Payton Key and Reed Baily added a pair of deep shots to help Curry to an 11-4 advantage that forced a Cold Springs timeout. Out of the break, the score was even at six each to give the Yellowjackets a 17-10 lead after one.

Curry's Caleb Aaron pushed the Yellowjacket lead to nine in the first 30 seconds of the quarter but Cold Springs answered with an offensive explosion.

The Eagles went on a 10-0 run to tie the game at 19 but it was Curry that had the last shot, a lay-up by Caleb Woodard, that put the Yellowjackets in front 21-19 at the half.

Coming out of the locker room after the half, Cold Springs' Lee buried a three that gave the Eagles their first lead of the game 22-21. Curry quickly answered with a pair of free throws by Aaron to give the lead back to Curry for good. The Yellowjackets proceeded to go on a 17-0 run to close out the quarter up 38-22.

Cold Springs fought hard in the fourth, outscoring Curry 14-11, but the 17-0 run in the third was too much to overcome as the Eagles fell 49-36. Cold Springs will play in the consolation bracket Thursday at 4 p.m. against the Eagles of Decatur Heritage, who were defeated by Danville 61-52.

Corner 55, West Point 51

In the first winner's bracket game, it was the host West Point Warriors, fresh off their 61-32 drumming of Danville, against the Yellowjackets of Corner who snuck by Decatur Heritage 55-48.

Curry opened the game with an 8-3 run thanks to points by Tyler Barrrett, Colton Fikes, Jason Manning and a two-handed gorilla dunk by Sam Knowlton, prompting a Warrior timeout.

West Point got on track out of the break, putting together a 10-0 run of their own to take a 13-8 lead. Corner responded with a 6-0 run to end the quarter on top 14-13.

Fikes extended the Yellowjacket lead to open the quarter, but threes from Coby Sullins and Cameron Moore kept things close. The action went back and forth for the remainder of the quarter with both teams trading points and turnovers. When the dust finally settled, it was Corner with the 28-26 lead at the half.

West Point quickly took the lead in the opening minutes of the third thanks to deep threes by Kolton Sapp and Toby Cunningham. Corner answered back with an and one from Manning and we were off to the races again. Both teams found the bottom of the net with relative ease. The play mirrored the second except, this time, it was West Point that came out with the lead, 41-40, going to the final and deciding frame.

Austin Dubberly extended the Warrior lead with a pair from the charity stripe to start the fourth, but Corner answered with a 7-0 run to put West Point in a 47-43 hole.

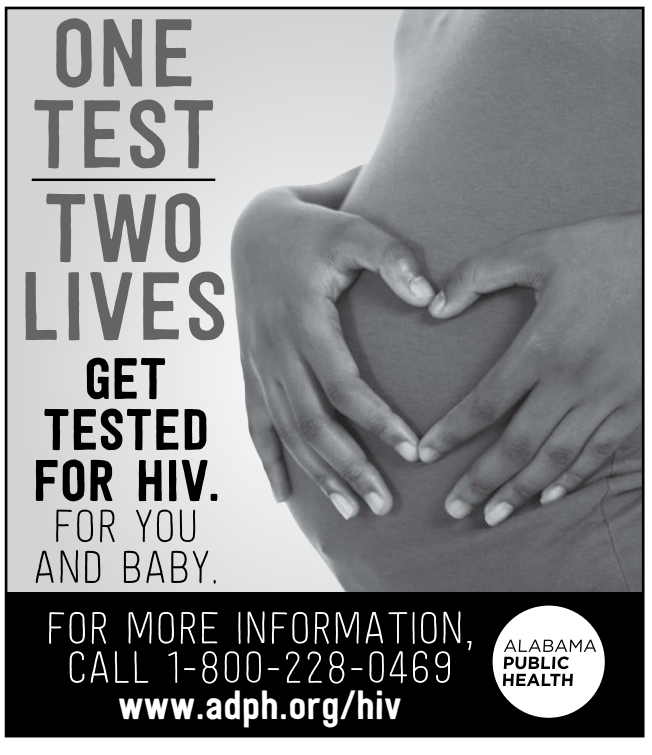
Down but not out, Moore responded with a huge three to close the gap to just one. Knowlton pushed the lead back to three with one of his three baskets in the quarter. He then added a pair of free throws, extending the lead to five. Moore then buried a three, cutting the Yellowjacket lead to just two. Knowlton was called for traveling on the Corner end, giving West Point an opening.

The Warriors got a good look but Manning came up big with a block. West Point was then forced to foul. Barrett hit both free throws, pushing the lead to four. Sapp cut the lead to two but on the subsequent foul, Skylar Lara sank both free throws to effectively end the game.

Corner took the game 55-51 to advance to the championship game against Brewer with the game slated to start at 7:45 p.m. Thursday. West Point will face Priceville on Thursday at 6:30 p.m. in the third-place game.







GIVING BACK.
HELPING OUT.
IT'S WHAT
GOOD NEIGHBORS
DO.

The Poarch Creek Indians support hundreds of organizations that provide crucial services to the citizens of Alabama. Meet the people who advocate for your wellbeing every day. Visit poarchneighbors.com.

ALABAMA NATIVES.
ALABAMA NEIGHBORS.

POARCH CREEK INDIANS

HEALTH

7 ways to get fit as a family

(StatePoint) Healthy eating habits and gym routines can be hard to keep up after the excitement of the holidays fizzle. For parents who juggle busy schedules, it can be particularly challenging to squeeze in the recommended amount of physical activity each day.

However, with a little motivation and a dose of creativity, families can resolve to stay active and get fit together -- without stepping foot into the gym.

Here are seven ideas to consider:

1. Explore the neighborhood. Take the children on regular strolls around the block. Create your own nature walks by identifying different insects, leaves and animals along the way. Collect pinecones, acorns or other foliage that can be used for fun crafts back at the house.

2. Take advantage of local parks. Visit a local park to discover different walking paths or bike trails. And spend some time on the playground while you're at it!

Equipment, such as monkey bars, climbing walls and balance beams are all fun ways to get moving.

3. Invest in gear without breaking the bank. Athletic clothes and accessories with the latest performance fabrics enhance comfort and safety while working out.

What's more, new gear can be a great way for each family member to show his or her sense of style, which can be just the motivation needed to get moving.

Footwear is especially important to replace often, as worn out athletic shoes can increase risk of injury.

To go easy on the wallet, consider shopping at retailers like Rack Room Shoes, which offers everyday value on brands for the entire family. For more information, visit RackRoomShoes.com.

4. Schedule dance parties. Enjoy music and shake off some stress by scheduling regular dance parties after school, during commercial breaks or before bedtime.

5. Make a game out of chores. Make the most of family chores. Shoveling snow, raking leaves and mowing the grass don't just enhance your home's curb appeal; they are all great forms of exercise!

6. Get in a routine. A routine ensures consistency. Set aside time each week for bike rides, tag football and soccer games, all of which can all be done in the neighborhood, backyard or at a favorite park.

In bad weather, head to a local trampoline park, climbing gym or indoor soccer field.

7. Make a Matrix. Planning fun activities increases the chance you will keep up the good work.

For those who love to check items off a list, a color-coded spreadsheet can be a fun visual reminder to test out new activities. Hang this in a common area, such as the kitchen, to keep track.

Once you've got the plan in place, get into a fitness routine that works for your family and stick with it!



KIM GRAHAM

Blogger Caycee Hewitt says new athletic shoes keep the family motivated to move.

HEALTH

New Year's resolutions for a healthier you

(StatePoint) New Year's resolutions can be a double-edged sword. While many of us feel inspired to make goals to improve our health, happiness and wellbeing, we often find the changes hard to sustain, and sometimes end up reverting back to old practices.

Check out these tips for starting and maintaining a healthier lifestyle.

Baby Steps

Many people start a new year hoping to improve their fitness routines and eating habits, and quickly become discouraged when results aren't immediate. Instead of cancelling your new gym membership and opting for a box of chocolates by Valentine's Day, set achievable and realistic goals to stay on track.

If losing weight is the objective, aim for 10 pounds instead of 50. If you succeed at losing the first 10, celebrate and make a new goal.

Instead of adopting an extreme diet, cut back on one snack a day or incorporate a smoothie as a healthy meal replacement. Use ingredients like fresh fruit, dark leafy greens, flax or chia seeds -- even savory vegetables like beets -- the possibilities are endless.

Fuel Up to Get Fit

Sticking to fitness goals takes the right fuel. Eating whole foods instead of processed foods will give you more and longer-lasting energy. Plus, a whole-food diet is more simple and sustainable than restrictive calorie counting or elimination diets.

Powering your body with snacks like low-fat yogurt topped with granola, fresh hummus and whole-grain pita, or an apple and peanut butter, will carry your body through a workout and help you feel fuller longer. To make delicious homemade nut butter, throw three cups of roasted, unsalted peanuts or cashews into a high-powered blender like a Vitamix machine and blend for a minute or so. The result is a gooey, good-for-you treat that will provide ample energy for healthy pursuits.

While grocery shopping, stick to the outer perimeter of the store and pick up nutrient-rich and versatile ingredients like avocados, chickpeas, bananas, nuts and spinach, that can stand alone or be mixed into everything from healthy salads to frozen desserts.

Indulge Your Sweet Tooth

Being healthy and eating whole foods doesn't mean you have to sacrifice your sweet tooth. Before you plunge into a tub of cookie dough, consider other ways to curb cravings. Make your own, customized whole-food ice cream without artificial colors, flavors or preservatives using a blender. Varieties like apple pie and spiced strawberry will delight without guilt.

Or try a simple sorbet: blend two peeled oranges, two tablespoons sugar and four cups of ice. Use a blender with special settings for this purpose, such as the Vitamix Professional Series 750. Its Frozen Dessert program, one of the machine's five pre-programmed settings, allows you to make an easy, healthy dessert in minutes.

Looking for something that feels even more decadent? Find recipes like chocolate hazelnut spread and more at vitamix.com/Find-Recipes.

For a healthier new year, focus on small, attainable goals, and use whole foods to get creative with your diet.

LIVING

Tips to refresh yourself in the New Year

(StatePoint) Want to update and improve yourself for the New Year? A few top-to-bottom tweaks can help you look and feel your best

Update Staples

Staples and basics don't need to change with the seasons, however it's important to update these elements when they're worn out, no longer fit, or are simply outdated. Evaluate your shoes, bags, jackets with these criteria in mind and replace any items as needed. If there are items that you love that are in disrepair but you can't imagine parting with, take this opportunity to re-sole and shine those shoes and replace that lost button. You'll improve these items' usefulness and breathe new life into them. You'll also look more put together once these items are refurbished.

Look Back

Refreshing your look doesn't necessarily mean going ultra-modern. Sometimes a vintage look can make a bigger statement. Accessorize with a timepiece that is elegant, classic and will never go out of style. It will serve as a nice complement to any outfit, whether you're headed to work or going to a party. To combine style with precision, consider the A168WG-9VT from the Casio Vintage Collection, which has a sleek gold colored band and a digital display.

Get Groomed

A new haircut can do wonders. Even if you're growing your hair long, a trim can make you look polished and groomed. Not only that, it eliminates split ends and keeps hair healthy. For extra edge, men may want to consider indulging in a professional shave while they are at the barber.

Follow a Trend

Take a cue from the color experts and add a few items to your wardrobe with Pantone's Color of the Year for 2017, "Greenery." A yellow-green hue evocative of spring, this color can add a bright element to your look and is totally on-trend.

By looking back and looking ahead, you can get inspired to update your look for a new year.

ENTERTAINING

Pop, fizz, clink: 3 ways to celebrate the holidays with champagne

(StatePoint) Champagne is the quintessential complement to any memorable occasion, one that can shape and transform an experience, while creating new traditions and memories along the way.

To help you plan your festivities this holiday season, Vitalie Taittinger, artistic director of Champagne Taittinger -- one of the last few remaining family-owned and operated Champagne houses -- is offering her take on ways to add glamour and elegance to your at-home, year-end festivities.

Champagne-Inspired Décor

For those in the midst of planning a holiday party, Vitalie suggests using a bubbly bar as the centerpiece of the festivities.

"Create a dedicated space for your bubbles, offering options such as Champagne Taittinger Brut La Française and Prestige Rosé, and allow guests to taste at their own leisure. It makes for a great spot to strike up conversation and leaves the host free to mingle with all of the other guests," says Vitalie.

In terms of the look for your bubbly bar, you don't have stick with traditional holiday colors. Instead, let Champagne Taittinger inspire your décor by using metallics like brushed gold, galvanized silver and rose gold, alongside lush holiday greens, for a more contemporary take on holiday spirit.

For bigger crowds, large-format bottles are sure to be a crowd-pleaser -- from a Magnum (two standard bottles), to a Methuselah (eight standard bottles). "Everyone loves a big bottle of Champagne, and it will save you tons of recycling space, as well!" says Vitalie.

Parisian Raw Bar

Take a moment from the hustle and bustle of the holidays and transport you and your guests to Paris with a French-style raw bar -- a crowd pleaser at any party and for any season.

Move on to the perfect shrimp cocktail: the sweet flavor with just a squeeze of lemon is a natural fit with Champagne. Then, end with a bit of lobster or crab," says Vitalie.

For a new presentation, stagger footed cake stands at different heights to create areas where you can add additional design elements, such as winter greenery, flowers, candles and lights. Drape linen or other textured fabric for added texture and a touch of Paris. Voila!

Champagne Macarons

Chocolate delicacies and Champagne are a natural pairing, particularly when there is a secondary element of fruit in the chocolate, such as passion fruit, raspberry, coconut or hazelnut.

And the outer shell, airy pillow, creamy center and soft chew of Macarons are a natural fit for Champagne, which is an equally ethereal experience.

Available online at mrchocolate.com in Brut La Française, Bellini, Mimosa, and Rosé, Champagne Taittinger Macarons at Jacques Torres Chocolate can round out your dessert spread and provide a memorable conclusion to your meal. More information can be found at taittinger.com.



CONTRIBUTED

So much more than just a drink, let Champagne be the source of your entertaining inspiration this holiday season.

HEALTH

5 resolutions to keep your eyes healthy in 2017

(StatePoint) The new year is the perfect opportunity for reflection, renewal and the chance to start fresh. Consider making lifestyle changes that can improve your vision and health throughout the year.

Here are five ways that you can help keep your eyes and body healthy in 2017.

1. Get an eye exam. An annual trip to the eye doctor is critical for the entire family to ensure healthy and sharp vision. But did you know your visit to the optometrist is important to your overall health too? A routine eye exam can potentially detect signs of chronic diseases like diabetes, high cholesterol, and more. Because many symptoms of health conditions often don't appear until damage has occurred, eye exams are a powerful, preventative health tool to keep tabs on what's happening in your body.

An eye exam is a small investment for your eyes and body that's well worth it, and a vision plan can help you keep the cost down. To search for a vision plan, visit vspdirect.com.

2. Eat an eye-healthy diet. You probably know carrots are good for your eyes, but so are dark leafy greens such as spinach, kale and collard greens. Eat a diet rich in fruits and vegetables for a hefty punch of key vitamins, and a vision protecting-substance called lutein.

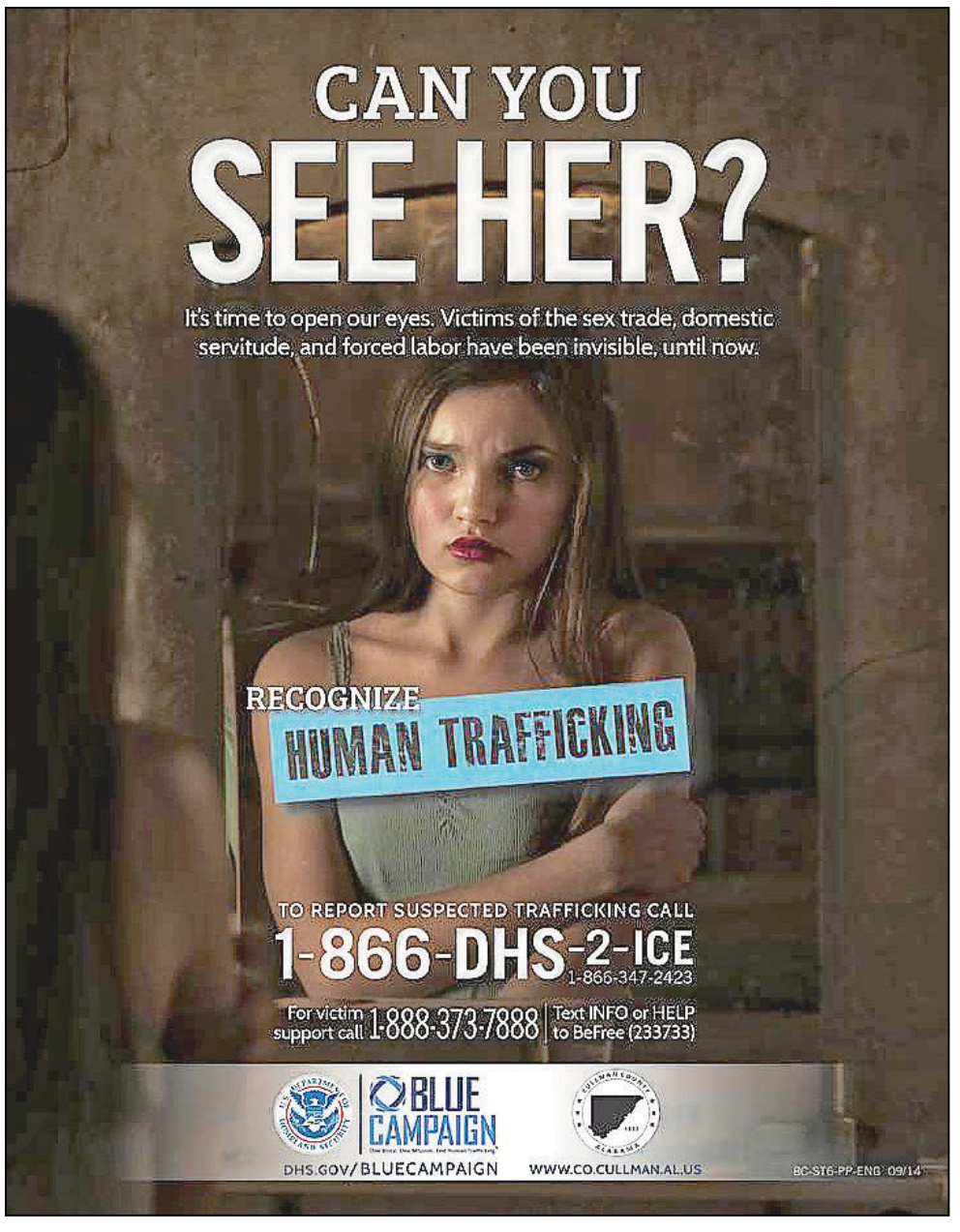
3. Quit smoking (or never start). Smoking cigarettes has many well-known associated health risks, such as cardiovascular problems and cancer. Did you also know that smoking can contribute to the cause of many vision problems? Research links smoking to an increased risk of developing age-related macular degeneration, cataracts and optic nerve damage, all of which can lead to blindness.

4. Maintain a healthy weight. Weight is a contributing factor for your overall health as well as your eyes. Conditions such as obesity and diabetes can lead to vision problems, like cataracts. By eating healthy portions and exercising regularly, you can reduce your risk.

5. Protect eyes from blue light. Much of our days are spent with our faces glued to devices like smartphones, computers and televisions. Those digital screens emit high-energy blue light, which causes digital eye strain that leads to headaches, blurred vision, dry eyes, and even neck pain.

Ask your eye doctor about the best options to help you reduce eye strain, including using lenses with coatings that reflect and absorb blue light. You can also follow the 20-20-20 rule: every 20 minutes, spend 20 seconds looking at something at least 20 feet away.

With a balanced approach to preventative care, you can help keep your eyes and body healthy throughout 2017 and beyond.



News from the Pond

Jimmie Dean Carnell
Tribune Contributor



Good morning Tribune readers and families. I certainly hope that everyone had a wonderful Christmas and remembered what the real reason is for the season. Now is the time to usher in the New Year. Can you believe that it will be 2017? It is another year for some of us to feel our advancing age and give thanks to the Good Lord that 'He has not finished with us yet.' Someone would tell me to look at the alternative. As we say all too often, we have no control over these circumstances.

I am thankful that I have wonderful family members to celebrate the holidays with, including my church family. Like many other churches on Christmas Day morning we held only one worship service. The remainder was spent with family.

Of course, my main Christmas present was my new mobile home. I am really enjoying being in it. Improvements to the older house are almost finished now and I am looking forward to my sweet nephew and his family adding new life to the old place.

It's always sad to have a loved one go to their eternal home during the holidays. I'm reminded of a special friend, Mr. Grady Griffin.

He went to be with our Lord, the week before Christmas. My first remembrance of Grady Griffin was several years ago, he was the previous owner of the Cullman Tribune in their former building.

It was also downtown in the building next to Mayo's Beauty Shop. When I was employed at the Diana Shop, my boss, Mrs. Vileta Haynes, would write a column for the paper. On occasion she would let me take it to their office. Back in those days, we didn't have access to computers or typewriters. Then Mrs. Griffin passed away and I lost touch with him. Later when I became pianist for the Prime Time Singers, and we would practice at my church, a rather tall lady was seated on the right-hand side of the aisle.

She had the most wonderful expression on her face. I later learned that her name was Mrs. Sue Griffin. She later told me she was married to Mr. Grady Griffin. I told her about knowing him in earlier years. At the next meeting, she told me that she asked Mr. Grady if he remembered me. I was thrilled to know he did. They lived in the Gold Ridge Community. Mrs. Sue later told our group of the terrible diseases in his body. I think that his trouble began with what's known as Lou Gehrig's disease and progressed to the severe pain of bone cancer.

Mrs. Sue would always stay with Mr. Grady through all of his illness and pain. Two of the members of the singers were especially attentive in his last days. They were Mrs. Mary Sue Goodlet and Mr. "Smiley" Robbins. Smiley is very attentive and helpful in any way he can be. My Christian Sympathy is extended to Mrs. Sue and the rest of her family in this hard time in her life.

My family has celebrated birthday and holiday occasions as usual this year in Hanceville at the home of the Hortons. We had a birthday party for Isaiah Horton, son of Nathan and Kerry Horton of Prattville. He is now eight years old. He also has a younger sister, Ella.

It will be good to be close to the Anthony Marks family here in the near future. Mrs. Susan Marks was thrilled to have her other son, Robert Alexander, with them for the holidays.

Well, that's it for 2016. It is time to enjoy the bowls games for another year. Regardless of who you are for, I hope you enjoy the football games. Good luck, be careful and have a blessed year in 2017.

Tribune Files from Yesteryear

From The Files Of 1957

Mrs. Nancy Knight, Mrs. R.P. Newman and Miss Loe Mae Knight spent Sunday afternoon visiting Mrs. Charlie Vincent in Cullman and Mr. and Mrs. Austin Weaver and children in Berlin.

Mrs. J.M. Allred is ill at her home this week.

Mrs. George Burkart, Mrs. Vernie Clapp and Mrs. Mary Plunkett spent the weekend in Auburn visiting George Burkart, Junior, G.W. Clapp and Glenda Plunkett.

Mr. and Mrs. Bill Clapp and daughters, Elaine and Kathryn, spent Sunday afternoon in Bangor.

Mrs. Jack Kyle, Mrs. E.M. Quick and Mrs. Jack Stricklin spent Friday afternoon visiting Mr. and Mrs. J.A. Brown at the Hartselle Nursing Home.

Mr. and Mrs. Herbert Mitchell and family, of Detroit, Michigan and Mr. and Mrs. Ray Bland, of Tennessee were called here due to the critical illness of their father, Matt Bland.

J.C. Mayfield is convalescing at his home, after undergoing surgery in the Cullman Hospital, last week.

Mr. and Mrs. K.E. Mitchell, of Warrior, were the guests on Sunday of her parents, Mr. and Mrs. J.W. Davis.

Mr. and Mrs. Morris Dean, of Birmingham, were the Sunday guests of their grandparents, Mr. and Mrs. S.M. Casey.

Gerdies Hines remains ill at the Cullman Hospital.

Mr. and Mrs. Don Bland and Mr. and Mrs. Jack McGlawn, of Birmingham, were weekend guests of their parents, Mr. and Mrs. Bert McGlawn.

News Flashes From Cullman High School

Judy Vann and Sam Hicks led the Cullman High School Group in ad selling with $210.00.

Barbara Yost and Howard Woodard came in second with a grand total of $200.00.

The group totaled 28 in number and was composed of the journalism staff and a selected group of seniors.

The City Teachers Inservice Training met on Monday at the Cullman High School. Doctor Brock from Florence State Teachers College was present as consultant.

The Cullman High School Journalism Staff had as its guest, Mr. George W. Tanner, from Taylor Publishing Company, on Monday.

The class came to a decision on the cover of the yearbook, the color of the cover, the type of the paper, the end pages, the size of print and the type of print and art work.

Cullman High School held its installation of Student Council officers on Thursday, October 10th. Dale Cook was

installed as President and Paul Motzkus as vice-president.

Aged Lady Dies

Mrs. Evie Mae Cheatwood, age 94, died on October 7th at Nashville Baptist Hospital and funeral services were held at Corinth on October 9th, with Moss Service directing interment.

Survivors include: three sons, Herbert and Rufus Hogan and Louis Hall; one daughter, Miss Jessie Mae Hogan and three sisters.

Enon And Hamby's Chapel

Mrs. Valerie Kinney and Phillis attended the wedding of Jimmy Wilkinson in Decatur, Georgia, on September 26th.

Alan Cameron, of Augusta, Georgia arrived on Friday to spend several days with Lamont Edmondson.

Alan Lamont and Lieutenant Gary McGukin spent the weekend in Miami, Florida.

Willis, the young son of Mr. and Mrs. Claude Bailey, arrived on Friday, September the 27th.

Robbie Lou Morgan and Given Edmondson attended the fair in Birmingham, on Saturday.

Mr. and Mrs. Jesse Green, Jessie Ruth and Allen visited relatives in Attalla, on Sunday.

Mr. and Mrs. Robin Ray, of Birmingham, were the weekend guests of Mr. and Mrs. Harold Sanders and children.

Arretus Oden, Doverd Yeager and Stephen Edmondson attended the fair in Birmingham on Saturday night.

Mr. and Mrs. Grady Bailey and daughters visited Mr. and Mrs. Guy Johnson.

Miss Linda Neal is working in Decatur, while schools are recessed.

BILLY BOB'S STORIES AND STUFF

The simplest things can leave lasting memories

Bill King
Tribune Contributor



That Christmas memory happened at least forty-seven years ago. What my dad taught me that day was nothing complicated. It took no extraordinary amount of talent. In fact, anyone with two hands and a sharp knife can do what he did. In spite of those facts, I have never forgotten what he showed me that day and have used what I learned numerous times through the years.

I can't recall a single time when my dad and I went Christmas shopping together. I do fondly recall that each year, a week or two before Christmas, he and I visited the local fruit stand. We didn't get many things at Christmas, but we always had fruit, candy and nuts. The nuts were still in the shell and the candy always included peppermint sticks. Not the hard kind that looks like a shepherd's staff, but the soft straight sticks that came in a box that contained a couple of dozen. They melted in my mouth like pure sugar – probably because they were pure sugar with a little added peppermint flavoring.

The fruit always included oranges. I tried to dig my fingernails under the skin of one of those oranges so I could pull off the peeling piece by piece. Dad said, "Let me show you something." He reached into his pants' pocket and pulled out his three-bladed Case knife.

There was no telling what all he had cut with that knife and I probably didn't want to know. He opened the smallest blade and used it to score my orange rind all the way around, making a circle.

He cut just deep enough to pierce the rind but not enough to cut the flesh of the orange. Then he repeated the process two more times, moving over a little each time.

He made three circles around the orange, creating six pieces of scored rind. Then he easily pulled off each piece and in a matter of seconds he had peeled my orange.

I actually can't remember for sure, but I think it may have been the last Christmas Dad and I spent together before he died. I suppose every year since then I have repeated what I learned that day and every single time my mind goes back to him.

That fact alone makes this a special gift that I will treasure for the rest of my life. I can still see his big calloused hands as he made his way around that orange. For me, that simple lesson was more than him teaching me how to peel an orange. He gave me a memory of my now long gone father, that I cherish each time I peel an orange.

The birth of the baby Jesus that we celebrate at Christmas was about as simple as could be. Born in a lowly stable and placed in an animal's manger. There was no great fanfare, no parades, no fireworks, and no breaking news reports. Even though prophets foretold his birth none of them were there awaiting his arrival.

He quietly entered this world and with the exception of some shepherds and eventually some wise men from a distant land, no one came to welcome him. Yet, here we are, over two thousand years later, remembering his birth and celebrating Christmas.

Even though his arrival was simple, he changed the world, one person at a time. He has changed me. Each and every Christmas I remember my earthly father when I peel my oranges and I remember my heavenly savior when I see those manger scenes.

Bill King can be reached at bkpreach@yahoo.com or 334-745-0588 (office) or 334-728-5514 (cell).

EARL'S BODY SHOP
2251 Decatur Ave., N.W.
734-2406

QUALITY BATTERIES
For Every Need
Low Prices
A-1 BATTERY SUPPLY

NOTICE OF PUBLIC HEARING

Notice is hereby given that the City Council of the City of Cullman, Alabama, will hold a public hearing on January 23rd, 2017 at 7:00 o'clock p.m. in the Lucille N. Galin Auditorium at City Hall, 204 Second Avenue NE, Cullman, Alabama 35055. At this time anyone wishing to be heard in favor of or in opposition to the adoption of Ordinance No. 2017-08 (set forth in full below) will be given an opportunity to be heard.

ORDINANCE NO. 2017 – 08

TO DECLARE CERTAIN PROPERTY SURPLUS WHICH IS NO LONGER NEEDED FOR PUBLIC OR MUNICIPAL PURPOSES BY THE CITY OF CULLMAN, ALABAMA

BE IT ORDAINED by the City Council of the City of Cullman, Alabama, as follows:

SECTION 1. It is hereby established and declared that the following described real property of the City of Cullman, Alabama, is no longer needed for public or municipal purposes, to-wit: "A parcel of land, otherwise known as an undeveloped portion of Charles Avenue SW, which is fifty feet by seven hundred and twenty-eight feet, more or less, located directly west of Charles Avenue SW."

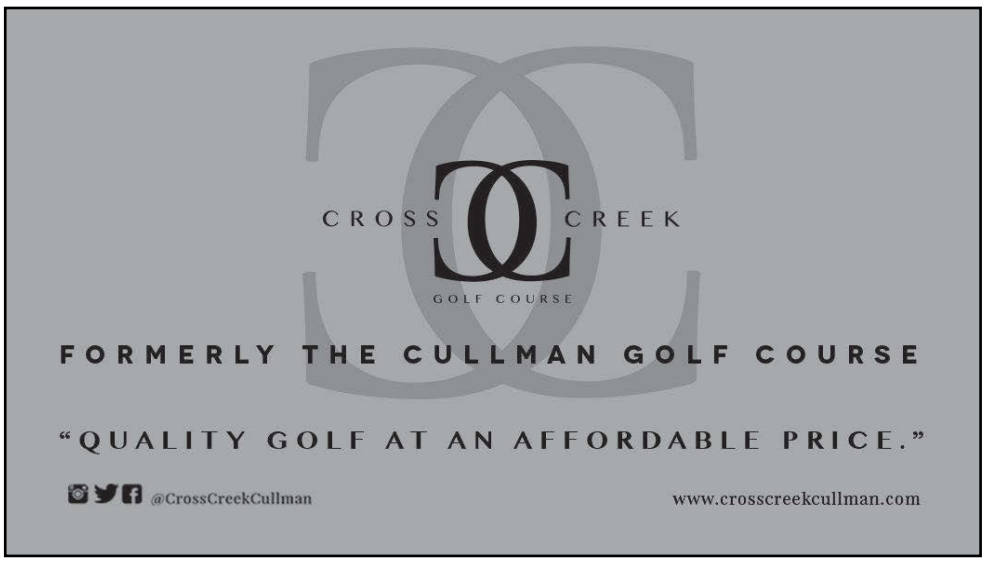
SECTION 2. That the Mayor and City Clerk be, and they hereby are, authorized and directed to execute and attest, respectively, for and on behalf of the City of Cullman, Alabama, a warranty deed, a copy of which is on file in the office of the City Clerk, whereby the City of Cullman, Alabama, does convey the premises described Section 1 hereof to the adjoining property owners for its fair market value.

SECTION 3. This ordinance shall become effective upon its passage and publication as required by law.

Wesley M. Moore – Cullman City Clerk

Cullman Stock Yard, Inc.
75 County Road 1339
Cullman, AL 35058
(256) 734-4531
www.cullmanstockyard.com
Keith and Hoagy Parrish
Cattle Sale - Thursday 8:30 a.m.





PHARMACY TOPICS *by Eddy Hoenig*

Hospital Discount West



Front row, Left to right: Anita Antaillia, Karen Metz, RN, Kathryne Striker and Sue Miller. Back row: Sonja Duke and Eddy Hoenig, Rph.

Use of Metformin – commonly used as the front-line treatment for type 2 diabetes – improves survival for some breast cancer patients and shows promise as a treatment for patients diagnosed with endometrial hyperplasia, according to the results of two new studies presented by researchers from the Perelman School of Medicine at the University of Pennsylvania at the American Society of Clincal Oncology (ASCO) Annual Meeting.

***

In one study researchers examined clinical outcomes for 1,215 patients who were diagnosed and underwent surgical treatment for breast cancer between 1997 and 2013. Patients who began using metformin after their cancer diagnosis were almost 50 percent more likely to survive than non-users.

***

Use of atypical antipsychotics, though effective for treating disorders like schizophrenia, bipolar disorder and depression, gives patients a heightened risk of developing new-onset diabetes. A new data-mining study, however, has found a way to relieve this side effect. The study, published in *Scientific Reports*, shows that taking vitamin D ameliorates the risk of developing new-onset diabetes from atypical antipsychotics like quetiapine.

***

Youth who take Ritalin, Adderall or other stimulant medications for ADHD over an extended period of time early in life are no more at risk for substance abuse in later adolescence than teens without ADHD, according to a new study in the *Journal of American Academy of Child and Adolescent Psychiatry*. The findings also show that teens who start using stimulant medications for attention deficit hyperactivity disorder for a short time later in adolescence – during middle or high school – are at high risk of substance use.

***

Presented as a service to the community by **Hospital Discount Pharmacy**.

HOSPITAL DISCOUNT PHARMACY & WELLNESS CENTERS
"Caring For You Since 1968"
West
1201 4th St. S.W.
734-7658
Central
209 4th Ave. N.E
734-6013

Subscribe to The Cullman Tribune today and have it delivered to your door!

Annual Subscriptions

In County - $40
- Senior Citizens - $37

Out of County - $50
- Senior Citizens - $46

EXCLUSIVE
The Culman Tribune
Name
Address
E-mail
Send checks to
412 1st Ave. SE
Ste. 103
Cullman , AL 35055

THE CULLMAN TRIBUNE
December 29, 2016

Profiles in Faith: Oak Level Baptist Church

W.C. Mann
craig@cullmansense.com

BERLIN/HOLLY POND – In the Southern Baptist Convention-affiliated East Cullman Baptist Association, there are 53 churches. Among the smallest is a tiny little congregation between Berlin and Holly Pond called Oak Level Baptist Church (OLBC). If you saw the statistics before you walked through the door, though, you would swear this church was much bigger.

The church was established in 1913, across from Oak Level School (which closed in 1932) on what is now County Road 1635. Several plaques and certificates around the building celebrate its 75th and 100th anniversaries. OLBC was never a large congregation, and today it suffers like so many other community churches in the shadow of the megachurch movement. There are currently no children and only two youth. Its active membership numbers only 25, and the vast majority are older than 50. But let's look at a few more numbers.

In many churches, seeing half the membership present on a Sunday morning would be considered an achievement. At OLBC it would be viewed as a disaster, since an average Sunday at this 25-member church sees 23 in attendance at worship. Not many other churches will boast a 92 percent attendance rate.

And then there are the offerings. The Southern Baptist Convention (SBC) sponsors two annual missions offerings, for international missions at Christmas and for mission work in North America at Easter. Additionally, the Alabama State Board of Missions and local associations do their own offering emphases for local missions.

OLBC has a habit of giving above and beyond its numbers to support these missionary endeavors. It has received awards from both SBC mission boards for being one of the top contributing churches in this area.

A small congregation obviously can't contribute tons of money, but when the offering amounts are compared to the number of members in a particular church (known as "per capita giving"), OLBC becomes quite impressive.

According to Pastor Etsel Riddle, last year's international mission offering goal for the church was $1,650, more than $60 per member--a worthy goal. The actual total, though, reached nearly $2,400; more than $90 per member.

"That's not bad," Riddle said, "for a congregation that's mostly old and retired!"

This year's offering started with the same goal, and has already exceeded last year's total with another week to go. OLBC will finish the year with an international missions offering of more than $100 per member.

And this is just the international missions offering. In 2015, OLBC was the No. 1 per capita contributor to North American missions in the East Cullman Baptist Association. It's a smaller offering across the SBC, and OLBC's goal was $1,000, which the members substantially exceeded.

The church also supports other ministries and programs, including:

- Appalachian backpack ministry - more than $500 given last year to provide food and hygiene products to children in impoverished areas of southern Appalachia.
- Baby blankets for a ministry supporting teen mothers
- Its own benevolence ministry - Riddle said, "We usually would help people with the light bill or things of that nature, if it's not too excessive. We can't pay everybody's in Cullman County, but we can help some."
- Oak Level Cemetery - According to Riddle, "The cemetery actually belongs to the church, but it also belongs to the community of Oak Level. We support it, and we have been trying to make it a perpetual care. We have several thousand dollars in the Baptist Foundation, and receive a check from them every year to help keep it up."

If all the offerings were added up, they would total around $200 per member per year, in addition to their regular offerings for the support of OLBC.

Why do they do it? Riddle answered, "I think the thing that drives us mostly is the fact that our church, although they're not physically able to get out and do evangelism, they can pray and they can give. The people are just mission-minded. They can't go, but they can give; and so, they're very, very generous."

When offered the last word to tell us what Cullman County needs to know about Oak Level, Riddle concluded, "The church is a very, very loving congregation. We're old enough that we don't have the energy nor the eyesight to get out at night and do visitation, but if a person comes in, we make them feel like they're part of the family. That's kind of unique for an older congregation. Usually an older congregation, as my grandfather would say, 'We're set in our ways.' That's not true here. If anybody needs a loving congregation, come see us, because we'd love to have you. We're not large, not in number; but we're large in heart."



PHOTOS COURTESY W.C. MANN/THE CULLMAN TRIBUNE

OLBC Pastor Rev. Etsel Riddle



DUI (from Front)

alcohol level."

The Cullman County School Board will decide if any further disciplinary action will be taken.

Pepsi Cola
Distributing Company
205 Olive St. SW, Cullman, AL 256-734-9454

Post-Cancer Surgery Apparel & Accessories for Women
Options
Chemo Caps
Wigs
& More!
Judy Watts Grissom
options5993@gmail.com
Over 150 Wigs In Stock!
256-347-5993
2201 2nd Ave. NW • Cullman, AL 35058

TRAVEL

Vacation destinations where you can stretch your dollar in 2017

(StatePoint) Getting more out of a vacation starts with finding ways to stretch your travel budget.

To help, travel deals publisher Travelzoo recently unveiled the top six destinations where Americans will find the strongest deals in 2017.

"We predict three trends will influence travel deals next year. Increased choice for flights, a strong U.S. dollar, and hotel openings will create increased supply leading to competition and more deals," says Michael Stitt, president, North America of Travelzoo, which recently unveiled its annual "Wow Deal Destinations" for 2017.



AMDIZDAREVIC/SHUTTERSTOCK.COM

Florida's Gulf Coast

Seven new hotels opened in 2016 in the Clearwater area, including the luxury Opal Sands Resort. A new Wyndham Grand Resort on Clearwater Beach is among several upscale brands opening their doors in 2017. Budget airline Allegiant flies into St. Pete-Clearwater International Airport from 20 U.S. cities, and nearby Tampa airport is serviced by most major U.S. carriers, resulting in heavy competition and frequent airfare sales.

New Zealand

The number of airline seats to New Zealand has doubled this year, with three top airlines introducing direct flights from the U.S. The increased competition means packages that used to cost $2,000 per person can now be found for as little as $1,299. Travelzoo deal experts also recommend the Air New Zealand Explorer Pass, a cost-effective way to see the country from North Island to South Island.

Peru

There are now seven airlines flying nonstop from the U.S. to Lima, creating more intense competition than ever. The dollar is at a 10-year high against the Peruvian sol. Recently the Peruvian government started limiting the number of visitors to Macchu Pichu, so those interested in visiting should do so soon.

Paris

The French department of tourism reports a 1.8 million drop in the number of visitors to Paris for the first 10 months of 2016 compared to 2015. If this trend continues, it will put pressure on Parisian hotel rates. At the same time, a favorable exchange rate and sharp increase in low-cost flight options mean Americans can experience the French capital for the lowest price in recent years.

United Kingdom

The British pound hit a 31-year low after the U.K. voted to leave the European Union in June 2016. A weak pound, coupled with a drop in airfares means increasingly aggressive deals available to U.S. travelers.

Washington, D.C.

A slew of new hotels makes now the time to visit a city that's already popular with deal-seekers. Washington, D.C. has a huge number of free attractions, including world-class museums like the newly opened National Museum of African-American History & Culture on the National Mall. Fourteen new hotels this year and 16 opening next year will likely drive down room rates. For deals, consider weekends, when business travelers leave town.

For more information on the 2017 Wow Deal Destinations, visit the Travelzoo blog at travelzoo.com/blog/2017wow.

This year, consider taking advantage of the trends identified by experts that can make amazing destinations affordable and convenient.

RECLINERS



Recliners 25% Off

Now through December 31st!

Brands Like...
√ Home Stretch
√ Best Home Furnishings
√ Flexsteel

Vincent Furniture
116 3rd St. SE • Cullman
256-739-2612

OPEN 9-5 MON - SAT
6 & 12 mo. same as cash available*
*WAC
VISA MasterCard DISCOVER AMERICAN EXPRESS

Now ALL DAY For a Limited Time
$5 or $6 Lunch



$5 BUCK LUNCH
$6 BUCK LUNCH



HWY 31 NORTH
CULLMAN
734-8358

1840 LEE AVE. SW
CULLMAN
775-8870

MORTGAGE FORECLOSURE NOTICE

Default having been made in the terms of that mortgage executed on April 19, 2005 by Tabitha A. Bonner, a single woman, to EvaBank, which said mortgage is recorded in Book 1424, Page 163 in the Probate Office of Cullman County, Alabama, and default continuing, and by virtue of the power of sale contained in said mortgage, the following described property will be sold at public outcry, for cash, to the highest bidder, in front of the Courthouse door of said County, in Cullman, Alabama, during the legal hours of sale on January 5, 2017:

Thirty-three (33) acres, more or less, in the Southwest Quarter (SW ¼) of the Northwest Quarter (NW ¼) of Section Sixteen (16), Township Twelve (12), Range Four (4) West Viz Beginning at a sweet gum near a branch at a corner of lot sold to J.W. Johnson 270 feet E of the SW corner of said lot; thence due E to the Cullman and Bremen Highway; thence along W boundary of said highway to an intersection with a line parallel to and ten feet south of a store building; thence on said parallel line 152 feet to an intersection with a line parallel with and ten feet W of the small dwelling house; thence with last named parallel line 83 feet to the Brushy Pond Highway; thence along the S side of said highway to the N line of said forty acre lot; thence due W to the NW corner of said lot; thence S 880 feet to the NW corner of said J.W. Johnson lot; thence with the boundaries of the said J.W. Johnson lot to the place of beginning.

LESS AND EXCEPT: Begin at the NW corner of the SW ¼ of the NW ¼ of Section 16, Township 12, Range 4 West and go E 640 feet to the center of the old abandoned Brushy Pond Road, then go in a Southerly direction along the center of said road 923 feet to the point of beginning, then go back along center of said road in a Northerly direction 260 feet, then go in a Westerly direction and perpendicular to said road 170 feet, then in a Southeasterly direction to the point of beginning, this land being one-half acre, more or less.

ALSO LESS AND EXCEPT: Begin at the NW corner of the SW ¼ of the NW ¼ of Section 16, Township 12, Range 4 West and go E 640 feet to the center of the old abandoned Brushy Pond Road, then go in a Southerly direction along center of said road 663 feet and then go in a Westerly direction and perpendicular to said road 170 feet to a point of beginning, continue along said perpendicular 84 feet to NW corner, then Southeasterly along a meandering Branch 167 feet to SW corner; thence in Easterly direction 294 feet to Southeast corner; thence 20 feet along abandon Brushy Pond Road; thence back to point of beginning..

ALSO LESS AND EXCEPT: From the SE corner of the SW ¼ of the NW ¼, Section 16, Township 12 South, Range 4 West; thence W along the S boundary of said forty to the intersection with the W R.O.W. of old Hwy. # 69; thence S21°00'W along said R.O.W. a distance of 31.2 feet to the point of beginning; thence an interior angle of 90°00' a distance of 340.6 feet to a point; thence an interior angle of 90°00' a distance of 192 feet to a point; thence an interior angle of 90°00' a distance of 340.6 feet to a point on the West R.O.W. of old Hwy. #69; thence an interior angle of 90 degrees 00' a distance of 192 feet to the point of beginning, lying and being in the NW ¼ of SW ¼, and the SW ¼ of the NW ¼ of Section 16, Township 12 South, Range 4 West and containing 1.5 acres, more or less.

ALSO LESS AND EXCEPT: From the SE corner of the SW ¼ of the NW ¼, Section 16, Township 12 South, Range 4 West, go W along the S boundary of said forty to a point on the W right-of-way of Old Hwy. #69; thence continue along same said line a distance of 77 feet to the point of beginning; thence N66°45'W a distance of 267.5 feet to a point; thence S88°00'W a distance of 114.6 feet to a point; thence S7°00'E a distance of 73.8 feet to a point on the S boundary of said forty; thence E along said boundary a distance of 354 feet to the point of beginning, lying and being in the SW ¼ of the NW ¼, Section 16, Township 12 South, Range 4 West and containing three tenths of an acre, more or less. Situated, lying and being in Cullman County, State of Alabama.

ALSO LESS AND EXCEPT: Beginning at the NW corner of the SW ¼ of the NW ¼, Sec. 16, T12S, R4W and go E 640 feet more or less to the center of the old abandoned Brushy Pond Road; then go in a Southerly direction along center of said road 663 feet more or less to a point; then go in a Westerly direction 254 feet more or less to the center of a meandering branch; then go in a Northwesterly direction 1200 feet more or less to the point of beginning.

All of the above described property situated, lying and being in Cullman County, Alabama.

Subject to restriction on construction or placement of any structure in front of the residence located on 28250 County Road 222, Cullman, Alabama, that would obstruct the view of said residence from County Road 222 and Old Highway 69 as set forth in instrument dated March 15, 2000, and filed March 22, 2000, in Deed Book 489, Page 624 in the Probate Office of Cullman County, Alabama.

Said sale is made for the purpose of paying the mortgage debt and cost of foreclosure.

EvaBank, Mortgagee
Dewayne N. Morris
Attorney for Mortgagee
2131 Third Avenue North
Birmingham, Alabama 35203
The Cullman Tribune-December 15, 22, 29, 2016

MORTGAGE FORECLOSURE NOTICE

Default having been made in the terms of that mortgage executed on June 26, 2002 by Shelia Kilgore a married woman and husband James Kilgore, to EvaBank, which said mortgage is recorded in Book 1254, Page 352 in the Probate Office of Cullman County, Alabama, and default continuing, and by virtue of the power of sale contained in said mortgage, the following described property will be sold at public outcry, for cash, to the highest bidder, in front of the Courthouse door of said County, in Cullman, Alabama, during the legal hours of sale on January 5, 2017:

The Southwest Quarter of the Southeast Quarter of the Southwest Quarter of Section 6, Township 10, Range 1 West.

Property Address: 126 County Road 1646, Cullman, AL

Said sale is made for the purpose of paying the mortgage debt and cost of foreclosure.

EvaBank, Mortgagee
Dewayne N. Morris
Attorney for Mortgagee
2131 Third Avenue North
Birmingham, Alabama 35203
The Cullman Tribune-December 15, 22, 29, 2016

NOTICE

OFFICIAL NOTICE OF PUBLIC HEARING TO CONSIDER APPLICATION TO VACATE A PORTION OF AN UNNAMED AND UNIMPROVED COUNTY ROAD.

WHEREAS, property owner John Bryant, desires to vacate a portion of a county road within the County limits of Cullman, pursuant to Ala. Code § 23-4-20 (1975);

WHEREAS, pursuant to Ala. Code § 23-4-2 (1975), the Cullman County Commission is required to hold a public hearing, prior to taking final action;

WHEREAS, notice of which is required by statute, shall occur once a week for four (4) consecutive weeks;

WHEREAS, a public hearing will take place on Tuesday, February 28, 2017, at 10:00 a.m. at the Cullman County Commission Meeting Room; First Floor; Cullman County Courthouse; 500 2nd Avenue, S.W. Cullman, Alabama 35055;

WHEREAS, applicant, John Bryant is requesting vacation of a portion of an unnamed and unimproved County Road described as follows, to-wit:

A R.O.W. along an Unimproved County Road described as follows: Commence at the Northeast Corner of the Northwest Quarter of the Southwest Quarter of Section 11, Township 9 South, Range 5 West, thence N 88°53'55" W 441.11 feet to an iron ½" capped rebar set on the East R.O.W. of said road and the point of beginning, thence S 6°15'00"W 64.40 feet to a point on said East R.O.W., thence S 4°48'42" E 99.87 feet to a point on said East R.O.W., thence S 6°45'49" E 114.07 feet to a point on said East R.O.W., thence S 2°58'30" E 207.40 feet to an iron ½" capped rebar set on the North R.O.W. of County Road 1082, thence S 73°17'55" W 31.07 feet along the North R.O.W. of County Road 1082 to an existing iron on the West R.O.W. of said Unimproved County Road, thence N 2°58'30" W 214.73 feet to a point on the West R.O.W. of said road, thence N 6°47'50" W 112.08 feet to a point on the West R.O.W. of said road, thence N 4°49'18" W 100.90 feet to a point on the West R.O.W. of said road, thence N 26°12'55" W 75.73 feet to an existing iron on said West R.O.W., thence S 88°53'55" E 70.55 feet back to the point of beginning. Said land lying in the NW ¼ of the SW ¼ of Section 11, Township 9 South, Range 5 West, Cullman County, Alabama.

WHEREAS, an action is requested for an adoption and approval of a Resolution vacating a portion of an unnamed and unimproved County Road.

WHEREAS, said notice is posted in accordance with Title 23-4-2, et.seq. Code of Alabama, 1975. All persons who desire shall have an opportunity of being heard in opposition to or in favor of such resolution. This public notice is posted a minimum of Thirty (30) days prior to the date of the public hearing at: Cullman County Courthouse Entrance Bulletin Board.

NOTICE IS HEREBY GIVEN that the provision of the Resolution vacating a portion of an unnamed and unimproved County Road, will be considered by the Cullman County Commission at a Public Hearing to be held on Tuesday, February 28, 2017, at the Cullman County Commission Meeting Room at 10:00 a.m. at which time and place all persons who desire shall have an opportunity of being heard in opposition to or in favor of such Resolution or any provision thereof.

Dated this the 13th day of December, 2016.

BY: /s/ J. Chad Floyd_____
J. Chad Floyd
Attorney for Cullman County
500 Second Avenue, S.W., Room 110
Cullman, Alabama 35055
Telephone: (256) 775-4893

To The Cullman Tribune:

Please publish for once a week for four (4) consecutive weeks: December 22, and December 29, 2016; and January 5, and January 12, 2017.

Legal Notice

Notice is hereby give to all owners, secured parties and lienholders of the following described motor vehicles, which I have a right to sell at public auction, to the highest bidder, in accordance with the State of Alabama abandoned vehicle law, Statues, Chapter 13, Section 1-8, Title 32 and Alabama Law Act Number 83-494-S-80.

VIN# 1FAHP24W28G160608, 2008 FORD TAURUS
VIN# 1J4FT58S4NL195203, 1992 JEEP CHEROKEE
VIN# 1G4CU5213Y4159082, 2000 BUICK PARK AVENUE
VIN# 3GNEC12T24G172145, 2004 CHEVROLET AVALANCHE
VIN# 2GCEC19K7S1114785, 1995 CHEVROLET GMT-400
VIN# 4T3ZF13C91U326569, 2001 TOYOTA SIENNA
VIN# 1G8ZF5287SZ138827, 1995 SATURN SL
VIN# 1N4AL11D55C122951, 2005 NISSAN ALTIMA
VIN# 1FAFP53U46A101147, 2006 FORD TAURUS
VIN# 1G2NE52F12C198550, 2002 PONTIAC GRAND AM
VIN# 4T1SK12E9NU157667, 1992 TOYOTA CAMRY

These vehicles will be sold to pay storage and or repair fee at Smith's Body Shop and Wrecker Service, LLC, 11597 US Highway 278 East, Holly Pond, Alabama, 35083, on January 27, 2017, at 8:00 a.m.

IN THE CIRCUIT COURT FOR CULLMAN COUNTY, ALABAMA

IN RE: The Estate of)
)
MATTIE RUTH KENNER,) Case No. CV 2015-900422.00
)
Deceased)

NOTICE OF ORDER SETTING HEARING

TO: Eleanor Clopton, Byron Wendell Kenner, the unknown heirs of Mattie Ruth Kenner, deceased, the unknown heirs of Tom Kenner, and following real property located in Cullman County, Alabama, being more particularly described as follows: A tract or parcel of land being a part of the NW ¼ of the NW ¼ of Section 5, Township 13, Range 3 West. Located where the North right-of-way of Highway 91 crosses the SE line of the above described property continue West along said right of way a distance of 160 yards to a point of beginning; thence North 201 feet, thence West 210 feet, thence South 201 Feet, thence East 210 feet more or less back to the point of beginning.

Notice is hereby given that a hearing will be held on the 26th day of January, 2017 at 9:00am in the Circuit Court of Cullman County, Alabama before the Honorable Judge Gregory Nicholas, in regards to the Amended Petition for Declaratory Judgment Quieting Title to Real Property and Order To Sell Real Property To Pay Administrative Expenses and Distribution to Next of Kin filed by Bettye Scruggs and Eleanor Turner as Co-Administrators of the Estate of Mattie Ruth Kenner, deceased.

DATED this the 17 day of Nov., 2016.

GREGORY A. NICHOLAS
CIRCUIT JUDGE

FILED IN OFFICE
NOV 17 2016
CIRCUIT CLERK
CULLMAN COUNTY

BEVERLY PASCHAL POSTON
Attorney for Petitioner
200 First Avenue SE
Cullman, Alabama 35055

To the Publisher of: THE CULLMAN TRIBUNE

Please run the above publication in the **Cullman Tribune** for four (4) successive weeks.

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN THE MATTER OF THE ESTATE OF)
WILLIAM CLAUDE PICHELMAYER) CASE NO. PC-2016-155
DECEASED)

NOTICE OF PETITION FOR PROBATE OF WILL

TO: MABLE PICHELMAYER, Sister, Deceased
LILLIE MAY WOLFE Sister, Deceased
DAWN WOLFE Niece, Deceased

AND: ANY AND ALL KNOWN AND UNKNOWN HEIRS OF THE DECEASED.

On the 7th day of September, 2016, a certain paper in writing purporting to be the Last Will and Testament of the said Deceased was filed in the aforesaid Probate Court by Freddie Donald Smith, and his petition for the probate thereof as such will. Freddie Donald Smith was appointed Personal Representative on December 12, 2016, and as the same day set for hearing. Heirs having objections or claims must file and contest the same, if it be deemed proper.

Given under my hand and seal of Court this the 12th day of December, 2016.

To the Publisher of THE CULLMAN TRIBUNE:

Please publish the above notice once a week for three (3) successive weeks and send an Affidavit of Publication to the Judge of Probate

TAMMY BROWN, JUDGE OF PROBATE
CULLMAN COUNTY, ALABAMA

Of Counsel:
Michael D. Haynes
Attorney for Petitioner
412 Fist Avenue SE
Cullman, AL 35055
(256) 737-5068

STATE OF ALABAMA * IN THE PROBATE COURT OF
* CULLMAN COUNTY, ALABAMA
CULLMAN COUNTY * CASE NO.: AD 2016-074

IN THE MATTER OF THE ADOPTION PETITION OF THERESA MADDOX

NOTICE OF PETITION FOR ADOPTION

TO: SONIA LYNN BROCK, Natural mother address unknown

The Petition for Adoption which is attached to this Notice is important and you must take immediate action to protect your rights. You are required to mail or hand-deliver a copy of a written answer, either admitting or denying each allegation in the Petition to the Attorney for the Petitioner, whose name and address are shown below and you must file the original of your answer with the Clerk of the Probate Court of Cullman County, 500 2nd Avenue SW, Cullman, Alabama 35055 or P.O. Box 970, Cullman, Alabama 35056. THIS ANSWER MUST BE MAILED OR DELIVERED WITHIN THIRTY (30) DAYS FROM THE DATE OF DELIVERY OF THIS NOTICE AND PETITION AS EVIDENCED BY THE RETURN AND, RECEIPT IF YOU INTEND TO CONTEST THE ADOPTION.

DONE THIS 29th DAY OF November 2016.

Alex J. Chaney, Attorney at Law
P.O. Box 1052
Cullman, AL 35055

To the Publisher of The Cullman Tribune

Please publish the above notice once a week for four (4) successive weeks and send an Affidavit of Publication to the Judge of Probate.

TAMMY BROWN, JUDGE OF PROBATE
CULLMAN COUNTY ALABAMA

NOTICE OF MORTGAGE FORECLOSURE SALE Alabama, Cullman County Default having been made pursuant to the terms of that certain mortgage executed by Sarah B. Love, an unmarried person to Mortgage Electronic Registration Systems, Inc. as nominee for M&T Bank, its successors and assigns, dated 03/22/07, said mortgage being recorded in Book 1513, Page 203, in the Office of the Judge of Probate of Cullman County, AL said Mortgage was last sold, assigned and transferred to Federal National Mortgage Association ("Fannie Mae"). Federal National Mortgage Association ("Fannie Mae"), under and by virtue of the power of sale contained in said mortgage, will sell at public outcry to the highest bidder for cash or certified/bank check only. The conducting of the sale will be handled by Auction.com. More information concerning their policies and procedures on bidding at the foreclosure sale can be found on their website Auction.com. The certified/bank check should be made payable to or endorsed to RCO Legal, P.C. The sale will take place at 11:00 AM, on 01/26/17 at the Backside of Courthouse of the Cullman County Courthouse, 500 2nd Avenue SW, Cullman, AL 35055the following real estate, situated in Cullman County, AL, to-wit: TRACT 1: COMMENCE AT THE SOUTHWEST CORNER OF THE NORTHWEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION 1, TOWNSHIP 9 SOUTH, RANGE 5 WEST AND RUN THENCE NORTH 667.86 FEET TO A CEDAR POST: THENCE NORTH 01 DEGREES 20 MINUTES 28 SECONDS WEST, 137.13 FEET; THENCE NORTH 00 DEGREES 21 MINUTES 03 SECONDS EAST, 67.26 FEET TO THE POINT OF BEGINNING TO TRACT HEREIN DESCRIBED; THENCE NORTH 00 DEGREES 21 MINUTES 03 SECONDS EAST 91.96 FEET; THENCE NORTH 89 DEGREES 01 MINUTES 55 SECONDS EAST, 309.71 FEET TO A POINT ON THE WEST RIGHT OF WAY LINE OF COUNTY ROAD 1082; THENCE WITH SAID RIGHT OF WAY LINE RUN SOUTH 23 DEGREES 46 MINUTES 16 SECONDS WEST, 28.16 FEET; THENCE SOUTH 21 DEGREES 33 MINUTES 40 SECONDS WEST, 71.84 FEET; THENCE LEAVING SAID RIGHT OF WAY LINE RUN SOUTH 89 DEGREES 01 MINUTES 55 SECONDS WEST, 272.52 FEET TO THE POINT OF BEGINNING. SAID TRACT LYING IN AND BEING PART OF THE NORTHWEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION 1, TOWNSHIP 9 SOUTH, RANGE 5 WEST, CULLMAN COUNTY, ALABAMA. TRACT 2: A PARCEL OF LAND LOCATED IN THE NW 1/4 OF THE SW 1/4 OF SECTION 1, TOWNSHIP 9 SOUTH, RANGE 5 WEST MORE PARTICULARLY DESCRIBED AS FOLLOWS: COMMENCE AT THE SW CORNER OF ABOVE DESCRIBED 40 ACRES; THENCE NORTH 0 DEGREES 0'00" EAST 667.86' TO FENCE CORNER; THENCE NORTH 1 DEGREE 20'28" WEST 137.13' TO FENCE CORNER; THENCE NORTH 0 DEGREE 21'03" EAST 159.22' TO POINT OF BEGINNING; THENCE NORTH 0 DEGREES 21'03" EAST 130.00'; THENCE NORTH 89 DEGREES 01'55" EAST 373.68' TO THE BLAIR ROAD R/O/W; THENCE ALONG R/O/W SOUTH 27 DEGREES 14'39" WEST 106.14'; THENCE SOUTH 23 DEGREES 46'16" WEST 40.12'; THENCE LEAVING R/O/W SOUTH 89 DEGREES 01' 55" WEST 309.71' TO THE POINT OF BEGINNING. Said property is commonly known as 7101 COUNTY ROAD 1082, VINEMONT, AL 35179. The indebtedness has been and is hereby declared due and payable because of default under the terms of said Mortgage and Note, including but not limited to the nonpayment of the indebtedness as and when due. The indebtedness remaining in default, this sale will be made for the purpose of paying the same, all expenses of the sale, including attorney's fees and all other payments provided for under the terms of the Mortgage and Note. In accordance with Ala. Code §6-5-248(h) notice is given that Alabama law gives some persons who have an interest in property the right to redeem the property under certain circumstances. Programs may also exist that help persons avoid or delay the foreclosure process. An attorney should be consulted to help you understand these rights and programs as part of the foreclosure process. Said property will be sold subject to the following items which may affect the title to said property: all zoning ordinances; matters which would be disclosed by an accurate survey or by an inspection of the property; any outstanding taxes, including but not limited to ad valorem taxes, which constitute liens upon said property; special assessments; all outstanding bills for public utilities which constitute liens upon said property; all restrictive covenants, easements, rights-of-way; the statutory right of redemption pursuant to Alabama law; and any other matters of record superior to said Mortgage. To the best of the knowledge and belief of the undersigned, the party in possession of the property is Sarah B. Love or tenant(s). RCO Legal, P.C. 2970 Clairmont Road NE, Suite 780 Atlanta, Georgia 30329 (770) 234-9181 (770) 234-9192 Cullman Tribune 7345.29459 12/22/16, 12/29/16, 01/05/17 TS#: 7345.29459 FEI # 2013.04659 12/22/2016, 12/29/2016, 01/05/2017

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE:
WILLIAM CLAUDE PICHELMAYER,
DECEASED.
CASE NO. PC2016-155

NOTICE OF APPOINTMENT

Letters Testamentary of said deceased having been granted to FREDDIE DONALD SMITH, Personal Representative on the estate of WILLIAM CLAUDE PICHELMAYER on the 12th day of December, 2016 by the Honorable TAMMY BROWN, Judge of Probate Court of Cullman County, notice is hereby given that all persons having claims against said estate are hereby required to present the same within the time allowed by the law or the same will be barred.

Michael D. Haynes
MICHAEL D. HAYNES
Attorney for Estate
412 First Avenue, SE
Suite 100
Cullman, AL 35055
(256) 737-5068

TO: Publisher of The Cullman Tribune

Please publish the above notice three successive weeks in said newspaper.

Tammy Brown
TAMMY BROWN
Judge of Probate

STATE OF ALABAMA) IN THE PROBATE COURT
CULLMAN COUNTY) CASE NO: PC2016-315
IN RE: THE ESTATE OF)
PATRICIA EUDY BAXTER,)
DECEASED.)

NOTICE OF APPOINTMENT TO BE PUBLISHED
BY PERSONAL REPRESENTATIVE

Letters of Testamentary of said Deceased having been granted to MICHAEL EUDY, personal representative on the 13th day of December, 2016, by the Hon. TAMMY BROWN, Judge of Probate of Cullman County, Alabama, notice is hereby given that all persons having claims against said estate are hereby required to present the same within the time allowed by law or the same will be barred.

MICHAEL EUDY, Personal Representative
The Estate of **PATRICIA EUDY BAXTER,** Deceased

To the Publisher of The Cullman Tribune
Please publish the above notice once a week for three successive weeks and send an Affidavit of Publication to the Judge of Probate.

Tammy Brown
TAMMY BROWN, JUDGE OF PROBATE
CULLMAN COUNTY, ALABAMA

Attorney for the Estate:
MELVIN HASTING
PO BOX 517
407 2ND Ave S.W.
Cullman, Alabama 35056-0517

DISTRICT COURT OF CULLMAN COUNTY

AFH Properties
(PLAINTIFF)
VS CASE NO: SM-2016-000525
Brandon Dawson
(DEFENDANT)

NOTICE OF FILING OF LAW SUIT

DEFENDANT, Brandon Dawson, whose whereabouts are unknown, must answer the complaint brought against him/her by the PLAINTIFF, AFH properties, for $2,747.05 plus court cost, cause of action being: Non-payment of rent in the amount of $2,142.60 plus $604.45 for 2016 taxes.

ANSWER TO THE COMPLAINT MUST BE MADE BY THE SAID DEFENDANT on or before the 9th day of February, 2017, or a default may be rendered against him/her in the above styled cause.

DATED THIS THE 22nd DAY OF DECEMBER, 2016.

Lisa McSwain
LISA MCSWAIN
CIRCUIT COURT CLERK
CULLMAN COUNTY, ALABAMA

STATE OF ALABAMA IN THE PROBATE COURT
CULLMAN COUNTY CASE NO: PC2015-307
IN RE: THE ESTATE OF **RICHARD JEROME BURKETT,** DECEASED.

NOTICE OF HEARING OF FINAL CLAIMS AND SETTLEMENT

TO: NANCY LOGAN BURKETT, WHEREABOUTS UNKNOWN

This day comes C. Michael Burkett, Personal Representative of the said estate, and filed a Petition for Hearing of Final Claims and Settlement. It is ordered that the 10th day of March, 2017, at 9:00 A.M. be appointed a day for hearing and determining the same, at which time all persons in interest can appear and contest the same if they think proper.

C. MICHAEL BURKETT, Personal Representative
The Estate of **RICHARD JEROME BURKETT,** Deceased

To the Publisher of The Cullman Tribune

Please publish the above notice once a week for three successive weeks and send an Affidavit of Publication to the Judge of Probate.

Tammy Brown
TAMMY BROWN, JUDGE OF PROBATE
CULLMAN COUNTY, ALABAMA

PRO SE

CLASSIFIEDS

SERVICES

A PLACE for Mom. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is free/no obligation. Call 1-800-824-2520.

DONATE YOUR car to charity. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 1-844-810-1257.

NFL SUNDAY Ticket free w/choice package - includes 200 channels. $60/mo for 12 months. No upfront costs or equipment to buy. Ask about next day installation! 1-800-988-5676.

WANT YOUR ad to be seen in 123 newspapers statewide? Place your ad in our Classified Network for just $210 per week! Make one call to this newspaper (a participating ALA-SCAN member) or call 1-800-264-7043 to find out how easy it is to advertise statewide!

HELP WANTED-DRIVERS

ATTN: DRIVER trainees needed now! Company sponsored, No Credit Check programs available! Home weekly or over the road. Everyone approved if qualified. Call today 1-800-878-2546.

NEW CAREERS - CDL & welding training. Jobs available if qualified. Call today - start tomorrow! WIA, VA, Post-9/11 G.I. Bill & Rehab. ESD School, LLC. 1-866-432-0430.

SOUTHERN HAULERS LLC. - Immediate openings. Class-A CDL Drivers for local & regional hauling. Excellent wage & benefit package. Requirements: 23 years of age, Good MVR & CSA scores, 1-year Class-A CDL experience necessary. If interested, please call Driver Recruiting 1-800-537-4621 ext. 3 or www.southernhaulersllc.com. EOE.

MANUFACTURED HOMES

REPOSSESSED MOBILE Homes. Move in ready. No rent option, but buying could be cheaper than rent! Owner financing on select homes with approved credit. 1-205-289-8899.

FOR SALE

ACORN STAIRLIFTS. The affordable solution to your stairs! Limited time -$250 off your Stairlift purchase! Buy direct & save. Please call 1-800-471-4651 for free DVD and brochure.

CHURCH FURNITURE: Does your church need pews, pulpit set, baptistery, steeple, windows? Big sale on new cushioned pews and pew chairs. 1-800-231-8360. www.pews1.com.

DIGITAL HEARING aids - Now offering a 45-day risk free offer! Free batteries for life! Call to start your free trial! 1-866-960-5928.

SAFE STEP Walk-In Tub. Alert for seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic jets. Less than 4 inch step-in. Wide door. Anti-slip floors. American made. Installation included. Call 1-800-616-4009 for $750 off.

MEDICAL

OXYGEN - ANYTIME. Anywhere. No tanks to refill. No deliveries. The all-new Inogen One G4 is only 2.8 pounds! FAA approved! Free info kit: 1-844-264-9500.

CHRONIC PAIN? Back or joint pain, arthritis? Recent Medicare/health coverage changes may benefit you! Products are little to no cost, if qualified. Free shipping. Accredited Pain Specialists. Call 1-800-582-1577.

GOT KNEE pain? Back pain? Shoulder pain? Get a pain-relieving brace at little or no cost to you. Medicare patients call health hotline now! 1-800-672-9326.

MARTEN
"Expect the Best!"
Now Hiring Drivers For Scheduled Dedicated Runs Rotate 5 days on, 2 days off/5 days on 3 days off schedule. Top pay, benefits, auto detention pay, CDL-A, 6 months OTR experience required. EEOE/AAP, limited positions. Apply Today! 855-790-0026 www.drive4marten.com

GET A GREAT RATE ON YOUR NEXT LEGAL

CALL 256-739-1351 OR EMAIL NEWS@CULLTRIB.COM TODAY

Strange New Year's traditions from around the world

New Year's Day is just around the corner, and before you know it, people from all over the world will celebrate its arrival by doing some pretty strange things. While people here in Alabama might chow down on black-eyed peas, collard greens and ham hocks, others will be doing their own thing, depending on where they live.

Nearly every country has its own special tradition for celebrating the first day of the year, but no matter what those rituals are, everyone does them for the same reasons.

They do them in hopes of having a happy, healthy and wealthy New Year. Some of the traditions can be very simple, like eating a specific meal, but others can be rather, well, weird. Here are just a few of the customs from different parts of the world.

People in the Philippines like round things. To them, the custom is all about the money.

They believe everything should be round on New Year's Day to represent coins, which bring wealth. They will eat round food, wear round clothes and use round objects. The sky's the limit - as long as it's round.

In Japan they ring all of their bells 108 times because of the Buddhist belief that doing so brings cleanness. The Japanese are also all smiles as they go into the New Year because they believe smiling will bring them good luck.

In Romania they throw their spare coins into the river for good luck. (This reporter has to wonder if divers go to the river later to scavenge all the coins. It would be pretty good luck to find all that loot!)

Belgium, like Cullman County, takes its livestock seriously. The only difference is, they take their seriousness to a whole new level; farmers in Belgium actually wish their cows a Happy New Year! Does anyone around here that do that?

The French like to keep things simple and delicious. Every New Year they eat stacks and stacks of pancakes. How about a pancake pig-out over here?!

People in Colombia must love to travel. On New Year's Day they carry their suitcases around with them all day in hopes of having a travel-filled year. That seems like a lot of work, huh?

Denmark's tradition is pretty interesting. People climb on top of chairs and literally "jump" into the New Year to bring good luck.

Besides throwing buckets of water on each other, folks in Thailand also smear each other with gray talc.

Maybe they use the buckets of water to wash the talc off after they have been smeared?

How about a sleepover in the cemetery? In Chile, families get together and actually spend the night in the company of their long gone loved ones by sleeping in cemeteries.

Just like the farmers in Belgium, Romanian farmers try to communicate with their cows.

The twist is, if they succeed it means bad luck for the year. Who wants to eavesdrop on one of those conversations!

This is a good one! In Ireland, they actually hit the walls with bread to get rid of evil spirits. Bread!

In some parts of South Africa people throw furniture out their windows. Now that's an expensive tradition!

Frozen tree trunks are a hot item this time of year in Siberia. People there jump into frozen lakes carrying them!

In Panama, statues are made of anyone and everyone famous. Then they are burned as a way to start the New Year off with good luck. Why famous people and not just the average guy down the street?

The Scottish people are rather competitive. Scotland's New Year tradition consists of people racing through their houses, headed for the door.

They believe the first person to cross the threshold of the home in the New Year should carry a gift for good luck. No word on what that gift is.

Most of us have never heard of such oddball New Year's activities, but eating black-eyed peas surely sounds weird to those in other parts of the world. To each his own!

Happy New Year, and pass the peas please.

Auction Notices

Contents of **Unit 470,** Leigh Ann Henderson, 206 Kentucky Avenue Southeast, Hanceville, Alabama 35077. To be sold at auction on January 14, 2017 at 9:00 a.m. at 6790 Alabama Highway 157, Cullman, Alabama. Partial list of contents: furniture.

Contents of **Unit 214,** Kristy Marie Harris, 3602 County Road 1212, Vinemont, Alabama 35179, to be sold at auction on January 14, 2017 at 9:00 a.m. at 6790 Alabama Highway 157, Cullman Alabama. Partial list of contents: furniture.

Contents of **Unit 310,** Edna Woodall, 31 Woodall Loop Eva, Alabama 35621. To be sold at auction on January 14, 2017 at 9:00 a.m. at 6790 Alabama Highway 157, Cullman, Alabama. Partial list of contents: furniture.

Contents of **Unit E4,** Kevin Dewayne Hollis, 2154 US Highway 278 West, Cullman, Alabama 35057, to be sold at auction on January 14, 2017 at 9:30 a.m. at 6790 Alabama Highway 157, Cullman, Alabama. Partial list of contents: furniture and tools.

Contents of **Unit A3,** Jeffrey Brian Thomson, 3359 Neil Road Ludington, Michigan 49431, to be sold at auction on January 14, 2017 at 9:30 a.m. at 8390 Alabama Highway 157, Cullman, Alabama. Partial list of contents: furniture.

Contents of **Unit E20,** James Newton, 720 County Road 1240, Vinemont, Alabama 35179, to be sold at auction on January 14, 2017 at 9:30 a.m. at 8390 Alabama Highway 157, Cullman Alabama. Partial list of contents: clothes.

STATE OF ALABAMA * IN THE PROBATE COURT
CULLMAN COUNTY * CASE NO. PC-2016-331

IN RE: THE ESTATE OF GARLAND McCARN, DECEASED.

NOTICE OF APPOINTMENT TO BE PUBLISHED BY PERSONAL REPRESENTATIVE

Letters Testamentary on the Estate of said deceased have been granted to Kristy Myers on the 21st day of December, 2016, by the Hon. Tammy Brown, Judge of Probate of Cullman County. Notice is hereby given that all persons having claims against said estate are hereby required to present the same within the time allowed by law or the same will be barred.

Kristy Myers, Personal Representative

and

Thomas A. Smith, Jr., Attorney for the Personal Representative

To the publisher of the *Cullman Tribune:*

Please publish the above notice three successive weeks in said newspaper.

Tammy Brown
Tammy Brown, Judge of Probate

Thomas A. Smith, Jr.
Smith & Smith, LLP
Attorneys for Personal Representative
P O Box 398
Cullman, AL 35056-0398

This week in Cullman history

This week in 1982, the Wal-Mart Distribution Center officially opened for business. Present at the ribbon cutting (and pictured left to right) were: plant manager Anthan Fuller, operations manager Bill Tichenor, executive vice president of the Cullman County Chamber of Commerce Jimmy Gilley, Cullman mayor Bob McGukin, president of the Cullman County Chamber of Commerce Randy Battles, and director of the Cullman Community Development Agency Peggy Smith.

Compiled by Samantha Vest



WAL-MART OFFICIALLY IN BUSINESS

Anthan Fuller (third from left), plant manager of the Cullman Wal-Mart Distribution Center, cuts the ribbon on the center's first shipment of stock (pictured in background). According to Fuller, the center should begin receiving and shipping merchandise regularly by January. Pictured (left to right), Bill Tichenor, operations manager for the distribution center; Jimmy Gilley, executive vice president of the Cullman County Chamber of Commerce; Anthan Fuller; Cullman Mayor Bob McGukin; Randy Battles, president of the Cullman County Chamber of Commerce; Peggy Smith, director of the Cullman Community Development Agency. (Tribune Photo by Dewayne Campbell)

STATE OF ALABAMA) IN THE PROBATE COURT
CULLMAN COUNTY) CASE NO: PC2016-322
IN RE: THE ESTATE OF)
HELEN KILGO,)
DECEASED.)

NOTICE OF APPOINTMENT TO BE PUBLISHED
BY PERSONAL REPRESENTATIVE

Letters of Testamentary of said Deceased having been granted to RONALD KILGO, Personal Representative on the 8th day of December, 2016, by the Hon. TAMMY BROWN, Judge of Probate of Cullman County, Alabama, notice is hereby given that all persons having claims against said estate are hereby required to present the same within the time allowed by law or the same will be barred.

RONALD KILGO, Personal Representative
The Estate of **HELEN KILGO,** Deceased.

To the Publisher of The Cullman Tribune
Please publish the above notice once a week for three successive weeks and send an Affidavit of Publication to the Judge of Probate.

Tammy Brown
TAMMY BROWN, JUDGE OF PROBATE
CULLMAN COUNTY, ALABAMA

Attorney for the Estate:
MALCOLM S. MCLEOD
1957 Hoover Court
Suite 306
Hoover, Alabama 35266
(205) 930-1774

OBITUARY ANNOUNCEMENTS: DEC. 21 - 27

Chalmer Tidwell, 78 of Nesmith Community, entered into rest on December 21 at his residence. Mr. Tidwell was born on November 15, 1938 in Nesmith Community. Chalmer farmed for 31 years and then worked in the construction field as a supervisor. He was a great loving and caring husband, father, and family man. He enjoyed gardening, building bird houses out of gourds, hunting, football, camping, fishing, barbecuing, and watching Auburn Football. Chalmer was known as "Snuffy" by those Davis boys. Funeral service held at Nichols Funeral Home in Addison on December 23; Brother Delbert Freeman officiated. Burial in Mt. Pleasant Baptist Church Cemetery.

Imogene Smith, 86 of Haleyville, entered into rest on December 21 at Princeton Baptist Medical Center. Mrs. Smith was on born January 3, 1930, in Winston County. Imogene was a member of New Oak Grove Freewill Baptist Church for 30 years and she was always a very active member and assisted in all areas of the church. She worked at the Haleyville Senior Citizen Center and Lynn Senior Citizen Center. Even though Imogene had no biological children of her own, at the age of 16 she stepped in and raised her brothers and sisters, after the passing of their parents. Imogene was more than a sister she was mother and grandmother. Imogene received many awards through the area agency on aging. She loved her family, church, traveling, and always willing to lend a helping hand to everyone. Funeral service held at Nichols Funeral Home in Haleyville December 23; Brother Mickey Crane officiated. Burial in Millstone Mountain New Prospect Freewill Baptist Church Cemetery.

Funeral service for Jimmy Lee Wright, 75 of Cullman, held December 24 at Moss-Service Chapel with burial at New Hope #2 cemetery; Rev. Gary Waddell officiated. He passed away Wednesday at his residence. Jimmy was born May 18, 1941 to Thomas David and Etta Mae Grigsby Wright.

Funeral service for Mrs. Louise Smith held December 26 at Moss Service Chapel; interment at Oak Level Cemetery. Rev. Dudley brock officiated.

Funeral service for Violet Fern Mayhall, 79, held December 26. She passed away December 17. Moss Service Funeral Home directed.

Funeral services for Reba Nell Dyer, age 75 of Cullman, held December 26 in the Chapel of Cullman Funeral Home. Burial at Center Grove Baptist Church Cemetery; Bro. Gary Waddell officiated. Cullman Funeral Home directing. Mrs. Dyer was born on June 6, 1941 to Herman L. Kilpatrick & Mamie Kate Thompson Kilpatrick. She passed away at home on December 23, 2016. Reba was a longtime member of Center Grove Baptist Church, she enjoyed going to Cracker Barrel and card games; and loved her grandchildren and great-grandchildren.

Funeral services for Carol Ann Nikolai White, age 80 of Cullman, held December 27, 2016 at Sacred Heart of Jesus Catholic Church; Father Patrick Egan, O.S.B. officiated. Interment in Sacred Heart Catholic Cemetery. Cullman Heritage Funeral Home is in charge of arrangements. Mrs. White passed away December 21 at her residence. She was born April 6, 1936 in Lakewood, Ohio.

Funeral service for Alean Raburn Swann, age 86 of Falkville, held December 27 in the Chapel of Cullman Funeral Home. Burial will follow at Mt. Zion Cemetery, with Bro. Steve Rodgers officiating. Cullman Funeral Home directing. Mrs. Swann was born on January 11, 1930 to the late Hampton Harris Raburn & Linnie Mae Waters Raburn; and she passed away on December 23 at her home.

Graveside services with military honors for Alton Ray Brittain, 83, of Hanceville held December 27 at 2 p.m. at Hopewell Cemetery; Paul Campbell officiated. Mr. Brittain was born June 24, 1933 in Fisher County, Texas to Willie Brock & Laura Mae Coffman Brittain. Hanceville Funeral Home directed.

Melva D. Wilson, 87 of Double Springs, entered into rest on December 22 at her home surrounded by loving family. Melva was born on December 7, 1929 in the Upshaw Community. She was a graduate of the Class of 1948 at Winston County High School. She was a long time member of First Baptist Double Springs, where she served as Sunday School teacher, nursery worker and church treasurer. Melva retired from the United States Department of Agriculture, where she worked for 30 years. She enjoyed sewing, gardening, working in her flower beds and canning. She was known by many as "Pud". Funeral service held December 27 at First Baptist Church, Double Springs; Brother Donnie Carroll, Brother Bill Frank Wilson and Elizabeth Gilbreath will officiated. Burial will follow at Double Springs Memorial Cemetery.

Funeral services for Alicia Darlene Russell Killgore, age 66 of Cullman, held December 27 at Cullman Heritage Funeral Home; Bro. Tim Aris officiated. Interment in Fellowship Cemetery. Cullman Heritage Funeral Home directing. Mrs. Killgore passed away Thursday, December 22 at her residence. She was born December 13, 1950 in Anniston, Alabama.

Funeral service for Mary Edith Williams Robertson, 90 of Hanceville, held December 27 at Hopewell Baptist Church; Wayne Wisener officiating; with interment in Bethlehem East Cemetery. Mrs. Williams was born October 14, 1926 and passed away on December 22 at Hanceville Nursing and Rehab. Hanceville Funeral Home directed.

Hershell O. Dyer, 57, of Double Springs, entered into rest on Thursday, December 22 at Princeton Baptist Medical Center. Mr. Dyer was born on April 18, 1959 in Muncie, Indiana. Hershell was an automotive mechanic for 30+ years. He loved spending time with his grandson, working on cars, and was an avid Alabama fan. Hershell was known as "Skipper" or "Uncle Hershey Bar". Funeral service held December 27 at Nichols Funeral Home in Double Springs; burial in Fairview Cemetery in Double Springs.

Funeral Services for Billy Lee Martin, Sr., age 69 of Boaz, held December 29 at Holly Pond Funeral Home Chapel with Roy Martin and Jimmy Martin officiated. Interment following in Eidson's Chapel Cemetery. Mr. Martin passed away December 27. He was born in 1947 to Robert, Sr. and Marie Hyatt Martin in Cullman County, Ala. He was in the United States Army and worked as a truck driver. Holly Pond Funeral Home was honored to serve the family.

Dr. Mavis Fuller Wooten, age 94, passed away at Woodland Village Nursing Home on December 23, 2016. She was born May 5, 1922 in Winston County to the late Perry Blake and Rosetta Gibson Fuller, Sr. Dr. Wooten is preceded in death by her parents; her husband, Denver Wooten; a sister, Pernie Fuller (Earl) Wooten; a brother, Perry (Erselle) Fuller; and an infant son. Dr. Wooten had a long and rewarding teaching career which included West Point High School, St. Bernard, Sacred Heart College and Wallace State College where she retired as Head of the English Department. Her services will be held at Cullman Heritage Funeral Home on December 28, with a Graveside service at Arley First Baptist Church Cemetery.

Funeral service for Cortez O. Gable, age 90 of Walter, held December 28 at Duck River Baptist Church, Sherman Bailey and Caleb Elrod officiating. Mr. Gable was born on June 13, 1926 in Cullman to Claud & Ida Mae Burrow Gable.

Funeral service for Muriel Jean Moore, 78, held December 28. Moss Service Funeral Home directed.

A Memorial Service for Lloyd Junior Corbin, 68 of Cullman, held December 28 at Mt. Olive Church. Mr. Corbin passed away on December 25 at his residence. He was born October 5, 1948 in Cullman. Cullman Heritage Funeral Home in charge of arrangements.

Dola Terrell Russell, age 92 of Birmingham, passed away on December 26, 2016. She was born in 1924 to Dennis Pugh and Myrtle Lee Watkins Terrell in Lauderdale County, Ala. Ms. Russell was a church member at Midway Baptist Church and a former supervisor at K-Mart. Funeral service held December 28 at Holly Pond Funeral Home Chapel; Interment at Holly Pond Cemetery. Jimmy Howard officiated. Ms. Russell's grandsons will serve as pallbearers.

Funeral services for Louise Mildred Kreps Brown, age 76 of Cullman, will be at 11 a.m. Thursday, December 29th at Cullman Heritage Chapel with Dudley Brock officiated. Cullman Heritage Funeral Home is in charge of arrangements. Mrs. Brown passed away December 25 at Cullman Regional Medical Center. She was born September 23, 1940 in Cullman.

Memorial services for Emma Tillman, 67, of Cullman will be at 1 p.m., Thursday, December 29th at Cullman Funeral Home Chapel, Bro. Donnie Carroll officiating. Cullman Funeral Home is in charge of the arrangements. Ms. Tillman passed away Friday, December 23, 2016 at her residence. She was born October 1, 1949 to Lester Alford and Wilma Hazel Barnett Berry.

Funeral services for Michael "Scooter" Harden, age 66 of Baileyton, will be at 11 a.m. Friday, December 30, 2016 at Cullman Heritage Chapel with Jerry Freeman officiating. Interment in Welcome Cemetery. Cullman Heritage Funeral Home is in charge of arrangements. Mr. Harden passed away Monday, December 26th. He was born May 25, 1950 in Cullman to the late John William "Jonnie" Harden and Annie Inez Runge Harden McClain. He is preceded in death by his parents; two brothers, Thomas Harden and Leroy Harden; and two sisters, Trudie Harden Boyles and Lois Harden Pritchard. Survivors include his daughters, Leanne (Keith) West and Rhonda Harden; grandchildren, Kristyn (Jason) Pair, Lauren Landrum, Eli (Cassie) West, Chet (AnnaLee) West, and Nolan (Ashleigh) West; two great-grandchildren, Kaylee Pair and Della West; and three brothers, Theron (Birdie) Harden, Lamar (Marlene) Harden and Jimmy (Linda) Harden. Visitation will be Thursday evening from 6 to 8 p.m.

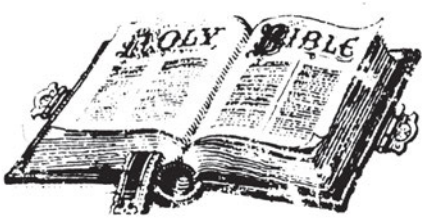
Laura Cox Sparks, age 84 of Hanceville, passed away at home surrounded by her loving family early on the morning of December 27, 2016. She was born in 1932 to Jess and Alice Adair Cox in Marion County, Alabama. Ms. Sparks is predeceased by her parents; husband, William Henry Sparks; granddaughter, Sandy Steels; brother, Alvis Cox; and sisters, Juanita Estes, Marjorie Webb, and Jeralene Cox. Survivors include sons, William W. (Kathy) Sparks and Christopher B. (Lisa) Sparks; daughter, Ellen Sparks (Kenneth) Steele; 7 grandchildren; 7 great grandchildren; brother, Daniel Cox; and sisters, Orea Hathcock, Coreen Nelson, and Gloria Keller. Funeral Services will be held at 1 pm on Friday, December 30, 2016 at Holly Pond Funeral Home Chapel with Larry Duke officiating. Interment following at Mountain Grove Cemetery. Visitation will be on Friday from 11 am until time of service. Holly Pond Funeral Home honored to serve the family.

Hanceville Funeral Home
100 Michelle Street Northwest,
Hanceville, Alabama 35077
(256) 352-3130

Cullman Marble & Granite Co.
"Memorials of Quality Since 1910" 734-2353

Moss Service Funeral Home
1901 Second Avenue Northwest
734-1821 Service You Can Count On

HANCEVILLE MONUMENT COMPANY
352-3130



THE TOMBSTONE COMPANY

Custom Granite Headstones and Monuments	2117 US Hwy 278 West
Date of Death Engraving in Cemeteries	Cullman, AL 35057
Locally Made and Locally Owned	(2 miles West of I-65)
Low Cost, High Quality	**256-734-2005**
30-Day Delivery, Guaranteed	Saturdays by Appointment
We Use Only American Granite	www.thetombstonecompany.com

Free Obituary Listings

HAVE YOUR FUNERAL HOME CONTACT US

Email: news@culltrib.com • Fax: 256-739-4422

Complete obituaries may be found free of charge at CullmanSense.com/obituaries.

Collectors (from Front)

Loretta Gillespie
Tribune Correspondent

CULLMAN – You've probably already seen the news that "American Pickers" will soon be arriving in our part of the world. They will be filming episodes with people from north Alabama in the early part of 2017.

Mike Wolfe and Frank Fritz, stars of "American Pickers," which airs on the History Channel, will be searching north Alabama for unique finds, the kinds of things that others might not give a second glance.

These guys have a knack for seeing things as they can be, not necessarily for what they were intended.

They will be looking for large, private collections, maybe in an old barn, those dusty places where people who love collecting historical items store cars, motorcycles and things you can't even figure out a use for.

You know the kind of place, like your Uncle Chester down the road, who keeps old bicycles and parts for them out behind his shed, or the lady who has that huge collection of clocks and radios.

If you know someone who might be interested in clearing out some of their collections, please use the contact number and email below, but keep in mind that they want large collections, not just single pieces, and that these items must be for sale, not just to look at.

Since their time is so limited, Mike and Frank want to be able to set up for filming where there is enough to browse through for at least a day.

Watch the show and get a feel for these guys, who are experts in antiques of all kinds.

Model-T parts, rusty gas pumps, signs (especially local signage), old toys and things stored for years from all kinds of farms, general stores, homes and a wide array of long-closed businesses would be ideal.

Attics that haven't been cleaned in years would be another possibility, but keep in mind that there must be enough memorabilia at each location.

So, look around, folks, this would be a perfect time to clear out a barn, shed or the stuff in the field behind your granddaddy's old store building.

This will be a lot of fun, and you might make the deal of the day, so pull out that stuff you forgot you even had, Mike and Frank might just be looking for that very item!

Those who have one-of-a-kind items to sell should reach out to the Pickers by calling 1-855-OLD-RUST (653-7878) or emailing AmericanPickers@cineflix.com.

Mike and Frank only pick private collections, so no stores, malls, flea markets, museums, auctions, businesses or anything open to the public.

Department (from Front)

the Association has had no part in Bethsadia events, and no contact with the involved parties since the board meeting on Dec. 1.

Carden and Reynolds had much more to say. Their statements and opinions are presented separately below.

Buddy Carden

According to Carden, "Everything couldn't be better" at the BVFD.

The department has eight new firefighters signed up, and possibly a ninth; bringing the total personnel count to 15 or 16. In January, Carden says he plans to bring in an instructor to offer training to all the new firefighters to get them certified. Training opportunities will also be given for work toward EMT certification. (Note: As of the Dec. 1 board meeting, the BFVD had four remaining certified firefighters and no EMTs.)

Of the resigned firefighters and negotiations, Carden said, "They're gone. They didn't want to work out anything. Some of them didn't want to take orders."

(Carden did not mention the personnel arrests or the incident that led up to them.)

Maurice Reynolds

Reynolds says that he and the other resignees were prepared to work things out, but Carden would not budge on a major point of their complaint.

He said, "We were ready to go back to work Saturday afternoon if he got rid of the two convicted felons who are causing the problems, but he decided not to do it."

Reynolds talked about the incident that led to the arrests, saying that after the Saturday meeting a Monday evening meeting was scheduled.

When they arrived, Carden was away from the station on a call. Instead, the group was met by Edwards, who approached and zeroed in on Bice, threatening to "stomp his ass."

After that, Reynolds and two other resignees made the decision to leave Bethsadia and join the Logan VFD. He says the move was a good one.

"They welcomed us on board. With my medical background, Cody's certified, Seth's certified and a certified instructor. Logan has a pretty full portfolio."

He says that the he and the other resignees support Robbins' decision to return to Bethsadia and run for chief.

Even if the BVFD elects a new chief (Reynolds expressed some doubt that the board will actually hold an election), he has doubts about the idea of a return to that department.

The next meeting of the Bethsadia VFD board will be on Jan. 5 at 7 p.m. at station no. 1, located at 454 County Road 804 in the Bethsadia community.

Background:

http://www.cullmansense.com/articles/2016/12/02/emotions-run-high-bethsadia-motion-amend-bethsadia-vfd-bylaws-passes-put-vote

http://www.cullmansense.com/articles/2016/11/25/mass-resignation-bethsadia-vfd-leaving-area-no-ems-or-active-certified

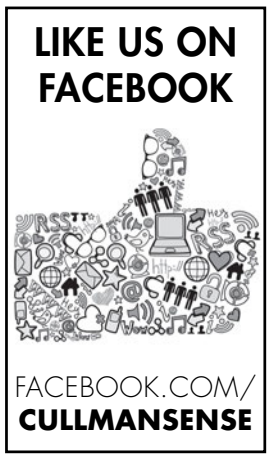
Comics











AUTO INSURANCE
Senior Driver Discounts Age 60 & Above
Virgil B. Fowler Insurance Agency
"Quality Since 1935"
256-734-3821
www.vbfowlerinsurance.com

Your protection is personal.

Get a quote today from:



Martha A Burchell
Burchell Ins Agency Inc
(256)737-7450
burchem@nationwide.com

Auto. Home. Life. Business.

Nationwide®
is on your side

Products underwritten by Nationwide Mutual Company and Affiliated Companies, Columbus, Ohio. Subject to underwriting guidelines, review and approval. Nationwide and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. NPO-0194M1.1 (09/14)

Editorial Cartoon



Poet's Corner

THE MATCH

Three boys draw a circle in the dirt
and place their marbles within.
Blue, red, green,
white mixed with blue,
yellow mixed with green,
cat eyes gleam.
Shooter marbles larger than the rest,
fly from the hands of the very best.
Knuckles down, taking aim they fire!
Sending marbles outside the ring to keep!
With pressure on they take their bead,
again and again , the marbles spin!
A small crowd cheers and players grin.
Such fun to be on dusty knees!

By Randy C. Hale • Dedicated to my father, Boston Cleo Hale • Painting by Betty Stevens

FOXGLOVES & FIREFLIES

Cooking with holiday leftovers

Loretta Gillespie
Tribune Correspondent

Cooking with leftovers can be as easy as popping something into the microwave or it can be a new adventure in creating with what you have on hand.

If you've tired of turkey sandwiches, here's something you might not have tried. My daughter and her husband once told me that they ate theirs standing at the stove because it was so good they couldn't wait to get it from there to the table.

You can substitute noodles for the rice, and chicken for the turkey, depending on what you have on hand at the time. I used noodles and turkey.

Turkey Tetrazzini
Ingredients:

- 2 cups turkey
- 2 tablespoons olive oil
- 1 small onion, diced (about 1/4 cup)
- 8 ounces mushrooms, sliced (about 3 cups)
- 1 stalk celery, finely chopped (about 1/2 cup)
- 1/2 cup crinkle-cut frozen carrots, thawed
- 3 tablespoons butter
- 4 tablespoons all-purpose flour
- 2/3 cup half and half or heavy cream
- 1 3/4 cups turkey or chicken broth or stock
- 2 tablespoons dry sherry / optional
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon dried parsley flakes
- 1/2 teaspoon garlic powder
- 1 dash cayenne pepper, optional
- 2 cups cubed cooked chicken
- 1/2 cup frozen peas
- 8 ounces (1/2 of a 1-pound package) vermicelli pasta, broken into pieces, cooked and drained (or noodles)
- 1/4 cup grated Parmesan cheese

Directions:

1. Heat oil in a 10-inch skillet over medium heat. Add the onion, mushrooms, celery and carrots and cook until the vegetables are tender, stirring occasionally. Remove the skillet from the heat.

2. Heat the butter in a 10-inch oven-safe skillet over medium heat. Stir in the flour. Gradually stir in the half-and-half and broth. Cook and stir until the mixture boils and thickens. Stir in the sherry, thyme, parsley and garlic powder. Season with the cayenne pepper/optional.

3. Stir the turkey, onion mixture, peas, vermicelli and cheese in the skillet.

4. Heat the broiler. Broil 4 inches from the heat until the turkey mixture is hot and bubbling and the top is browned

Turkey Sandwiches with Apricot Sauce
Ingredients:

- 1 cup finely chopped onion (1 large)
- 2 cloves garlic, minced
- 1 tablespoon cooking oil
- 2 cups Shredded Turkey
- 3 tablespoons spicy brown mustard
- 3 tablespoons apricot preserves
- 1 tablespoon cider vinegar
- 1/4 teaspoon cayenne pepper
- 4 whole wheat hamburger or sesame seed buns, split and toasted

Directions:

1. In a large skillet, cook onion and garlic in hot oil over medium heat about four minutes or until tender. Stir in shredded turkey, mustard, apricot preserves, vinegar and cayenne pepper. Simmer, uncovered, about five minutes or until desired consistency.

2. Spoon about 1/2 cup turkey mixture on each bun bottom. Top with red onion if desired. Add bun tops. Serve with salad or chips.

Easy Turkey Pot Pie
Ingredients:

- One large can Veg-All, original
- 1 cup sliced celery
- 2/3 cup butter
- 2/3 cup chopped onion
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon celery seed
- 1/2 teaspoon onion powder
- One large can cream of chicken soup
- 1 3/4 cups chicken broth
- 1 1/3 cups milk
- 4 cups cubed cooked turkey meat - light and dark meat mixed
- 4 (9-inch) unbaked pie crusts

Directions:

1. Preheat an oven to 425 degrees.

2. Place the Veg-All and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about eight minutes. Drain the vegetables in a colander set in the sink, and set aside.

3. Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about five minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder and soup; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.

4. Fit two pie crusts into the bottom of two 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.

5. Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.

DISASTER PREPAREDNESS

More tips for seniors

Dave Robinson
Contributor

The topic of Disaster Preparedness seems to resonate more with Seniors than with the younger set, partly because of vulnerability due to special age-related issues. Many Seniors live alone and some are dealing with health or mobility issues. Yet most have developed a wisdom that often accompanies gray hair that something bad CAN happen because they have lived through at least one disastrous event in their lives.

The mantra of "Get A Kit, Make A Plan, and Be Informed" still applies to the mature crowd and there are many low cost-things Seniors can buy and no-cost plans they can make to avoid that feeling of helplessness and despair.

In my humble opinion, the single most important thing anyone can do to prepare for a disaster is to organize their neighborhood. Contacting your neighbors, especially fellow Seniors can build a sense of community and camaraderie along with an assurance no one need to face adversity alone.

According to the American Red Cross it is still your responsibility to know what to do when disaster strikes.

First thing to do is gather enough supplies to get by for several days without going to the store. In the event of an earthquake, the stores will sell out within hours and there will be nothing to buy anyway. If you live in a location that requires evacuation, you will want to store your supplies in totes that have wheels.

If you require a cane, walker or wheelchair, be sure to label it with your name, address and phone number just in case you and your equipment get separated.

Remember to rotate your supplies. Keep an eye on the "best if used by" dates. Then simply rotate your stored supplies into everyday use. Also shift your batteries, medications and other perishable items before they expire. Keep in mind you may want to stock up on certain medications. Most doctors are sympathetic to your needs regarding planning for disaster and are willing to cooperate by prescribing most maintenance medications in advance. The difficult thing here is to get your insurance to get on board with that concept. Then be sure to take special care to mind the expiration dates on your meds.

I'm told that most medication doesn't actually "go bad" but it does tend to lose its potency and effectiveness over time. Also try to see your way clear to pick up an extra pair of eyeglasses. Some of us have enough trouble keeping track of our glasses even without a disaster, so adding a pair of drugstore "cheaters" to our kit just might not be a bad idea either.

LIVING

New year, new you: resources to help you keep your resolutions

(StatePoint) Making and keeping resolutions is difficult without direction or the advice of experts. Luckily, there are plenty of great resources to help, no matter what you are trying to accomplish.

Here are four books that can help you stick to your goals throughout the year.

Clean Eating

From quinoa and chia seeds to spinach and pomegranate, "Super Clean Super Foods" is a colorfully illustrated, comprehensive guide that shows readers how to incorporate unfamiliar ingredients into everyday dishes.

The book explores the incredible health properties of each super food and includes tips on how to maximize its health benefits, allowing readers to work toward specific goals.

For instance, you can create a food plan to boost energy, have a healthier pregnancy, limit jetlag, reduce aging, and more.

Achieve More

Whether you are seeking improvement in your career, relationships, or in your overall performance, "Success: The Psychology of Achievement," can help equip you with the tools you need to drive yourself toward success using proven psychological strategies and expert advice.

From positive thinking to work-life balance to learning how to say "no," the lessons in this dynamic infographic guide, authored by an organizational psychologist, are tailored to your personal situation through questionnaires and self-analysis exercises.

Smart Meals

Bowls are a delicious way to lose weight and eat healthy, but they can also be laden with hidden calories. Inspired by the very latest bowl food trend, "100 Weight Loss Bowls," features color-coded recipes engineered to come in at under 400, 500, or 600 calories, allowing you to easily build a nutritious meal plan that meets your daily target for gradual and sustained weight loss.

Workout Buddy

The first full-color fitness book that teaches you how to actively engage a partner in your workout routine, "Partner Workouts" features bodyweight exercises, yoga positions, cardio and more.

Three long-term, comprehensive exercise programs provide regimens so you and your partner can motivate each other to achieve your fitness goals over a period of time.



ALDECASTUDIO - FOTOLIA.COM

From choosing your partner and setting your goals to tracking your progress and nutrition, this guide doesn't require a gym membership or expensive fitness equipment.

Start 2017 off on the right foot.

Relying on books, tools and other resources can help you achieve your goals.

PERSONAL FINANCE

Tips to save and spend wisely in 2017

(StatePoint) Did you get carried away with the holiday spirit this past season? On the heels of hefty spending, the New Year is the best time to take stock of personal finance habits and make beneficial changes for the year ahead.

Here are some useful tips and tricks to spend and save wisely in 2017.

Think Long-Term

Don't neglect the future. It's never too early to save for retirement. In fact, the sooner you start, the better off you will be. Invest through a company-sponsored plan if possible. If not, look into IRAs that can help you grow your wealth exponentially.

Create Categorized Funds

Consider the 52-week savings challenge. In the first week, save $1, followed by $2 the second week, all the way through week 52, when you put aside $52. Sticking to this plan results in $1,378 saved at the end of the year, as well as any interest you've earned.

Creating a savings account for a specific purpose is a perennially sound savings strategy. Look for banks that are fee friendly, such as Ally Bank Member FDIC, ally.com, which allows you to open an Online Savings or Money Market account with no minimum and no monthly maintenance fee.

You can deposit money easily through e-check deposit, direct deposit and you'll earn interest compounded daily on your savings. In addition, putting this money in a separate account allows you to track your spending against the account balance.

Use Shopping Apps

It is incredibly easy to save money with a little online research.

With a few minutes effort, you'll find discount codes, loyalty programs or cashback websites that track your purchases and reward you for the extra step of navigating through their shopping portal instead of going straight to the big name retailers' websites.

Reap Rewards

While no personal finance expert would advocate running up credit card bills one can't afford, savvy consumers know how to take advantage of credit card reward programs for hotel points, airline miles or just straight cash in their pockets.

"Use credit cards that reward you for the things you buy the most," says Diane Morais, chief executive officer and president of Ally Bank, the direct banking subsidiary of Ally Financial Inc.

There are often offers for opening a new credit card with a minimum spend, such as the Ally CashBack Credit Card, which provides a $100 bonus when you make $500 in eligible purchases during the first three billing cycles, and offers two percent cash back at gas stations and grocery stores, and one percent cash back on all other purchases -- as well as 10 percent bonus on rewards that are deposited into an eligible Ally Bank account.

If you don't want to open a new account, check your current credit cards for promotions or cash back offers, which can add up quickly on everyday purchases.

With a little homework, savvy consumers can make 2017 the year they spend strategically and save more.

HEALTH

Healthy New Year's resolutions to boost your immunity

(StatePoint) This New Year, one important resolution is to focus on supporting a strong immune system for a happy and healthy 2017.

"Building a strong immune system can improve and even extend your life," says Larry Robinson, PhD, and vice president of Scientific Affairs, Embria Health Sciences, a manufacturer of natural, science-based ingredients that support wellness and vitality.

For a healthier year, Robinson and the experts at Embria are encouraging people to toast to these great health and wellness tips.

Be Social

It's easy to hole-up during these cold winter days, but it's not very good for your health or immune system.

Research shows that people that have more human interactions are better at combating cold weather challenges.

So make sure to chat with your coworkers during the day and make plans with your friends after work.

Not only will this boost your immunity, but social activities may also help reduce stress and depression.

Supplement

While a well-balanced diet of fruits, vegetables, and whole grains can support good health, getting the proper vitamins and nutrients in sufficient quantities every day can prove challenging.

Consider resolving to offer your immune system targeted support with a supplement designed to boost healthy immune function.

One of the best immune strengthening ingredients is EpiCor fermentate, which has been clinically shown to support the body's ability to initiate the proper immune response when needed, support rapid immune response and maintain healthy immune function.

You can find EpiCor in many popular and trusted supplement brands.

Rest and Relaxation

Rest and relaxation can go a long way toward supporting good health. Ongoing sleep deficiency is linked to a number of major health problems and can impair the way your immune system responds, according to the National Institutes of Health.

What's more, too much stress can compromise immune response. So whether it's spending time with friends, going to yoga class or taking a bath, make sure your schedule includes time for both sleep and for stress-reducing activities.

Improve your health from the inside out this New Year. By focusing on boosting your immunity as a goal, you will naturally adopt healthy habits.