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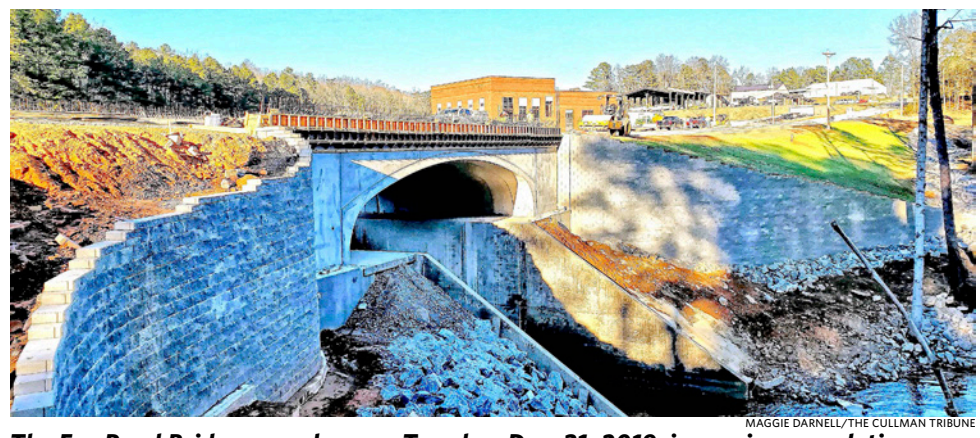
Eva Road Bridge: 'We hope to have it open by the end of January'

Maggie Darnell
maggie@cullmantribune.com

CULLMAN, Ala. – The City of Cullman anticipates the Eva Road Bridge will be complete by the end of January 2020, pushed back slightly from July's estimate of October-November 2019.

The stretch of Eva Road between Forrest Avenue Northeast and Scenic Drive Northeast has been closed for the new bridge construction since Nov. 5, 2018. The old bridge was completely demolished in March 2019.

Back in July, City of Cullman Risk Management Director Tom Charney told The Tribune, "Every year, all the bridges have to be inspected, and we give a percentage rate. If a bridge goes below 50%, then the bridge, you have to consider replacing it. Eva Road went under the 50% mark, and at that point we had to, you know, build bridges. It was about 2017 » PAGE 8



MAGGIE DARNELL/THE CULLMAN TRIBUNE

The Eva Road Bridge, seen here on Tuesday, Dec. 31, 2019, is nearing completion with the City of Cullman anticipating it to be open toward the end of January 2020.

– END OF YEAR REPORTS –

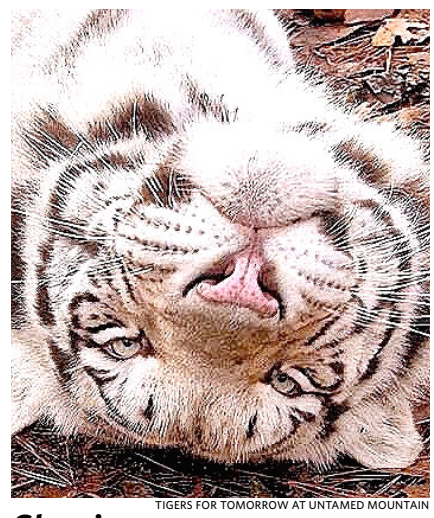
United Way celebrates 40 years with more than $250K in support to local programs



MAGGIE DARNELL/THE CULLMAN TRIBUNE

The United Way of Cullman County office, seen Tuesday, Dec. 31, 2019

» PAGE 8



TIGERS FOR TOMORROW AT UNTAMED MOUNTAIN

Gbemja

NEIGHBORING COMMUNITIES

See big cats, bears at Tigers for Tomorrow

Christy Perry
christy@cullmantribune.com

ATALLA, Ala. – Nonprofit Tigers for Tomorrow at Untamed Mountain in Atalla has extended its hours during the holidays, providing the opportunity for families to take a short trip to Attala to see the animals. Through Jan. 5, Tigers for Tomorrow will be open from 9 a.m.-5 p.m., with the last admission one hour before closing. It is located at 708 County Road 345, Attalla, Alabama 35954.

Tigers for Tomorrow opened in 1999 and is now home to several exotic species of animals including lions, tigers and bears.

The nonprofit's mission is "to uphold the highest standards of care and respect for native and exotic animals in need of secure permanent homes.

"As a wild animal preserve and rescue, we are open to the community as an environmental education learning center and recreational destination for the entire family."

The animals who call the Attala park home were no longer wanted of able to be cared for in their previous situations. The animals are now permanently "rehomed" and cared for by the dedicated staff at the 140-acre preserve.

According to the Tigers for Tomorrow website, "The non-breeding preserve is now a permanent home to over 175 animals, 90 of which are predators, big cats, bears and » PAGE 8

Strange New Year's traditions from around the world

New Year's Day is here, and people from all over the world are celebrating 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 are 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 actu- » PAGE 8

Bill Smith
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LOCAL GOVERNMENT

Good Hope City Council votes to rezone property, discusses 2020 Census

Heather Mann
heather@cullmantribune.com

GOOD HOPE, Ala. – For its last meeting of 2019, the Good Hope City Council started with a public hearing regarding a request to rezone a property on County Road 616 from Residential (R-2) to General Business (GB). No objections were raised to the request, so the hearing adjourned quickly. The council voted unanimously to adopt the ordinance to rezone the property from R-2 to GB. The rezoning was requested by the property owner for the purpose of being able to sell more plants and produce, as the land is already used as a pumpkin farm. The rezoning was needed so that the owner can set up a greenhouse or nursery from which to sell.

The council welcomed former Cullman County Engineer Phillip Widner, a current candidate for Cullman County Commission chairman.

Widner introduced himself briefly, reminded everyone that the primary election will take place March 3, and said, "The state of our roads is one of the primary concerns we as citizens need to have for our county."

Widner said the county's roads were going to be one of his top priorities for the commission. Various council reports indicated the City is keeping its eye on potholes on area roads, is preparing to connect power to the building behind the sewer plant, and that there will be a canned food drive coming up in March.



HEATHER MANN/THE CULLMAN TRIBUNE

Left to right are Good Hope City Councilmen Maxie Jones and Terry Shabel and Mayor Jerry Bartlett.

Mayor Jerry Bartlett also announced that, in order to better serve the community, city hall will no longer be closed for lunch, beginning Jan. 6.

The main reason for the change is that a lot of working residents are unable to visit city hall to handle issues outside of their regular lunch breaks, which normally coincide with the time city hall would close for an hour.

Now, City employees will take staggered lunch breaks so that there will always be someone at the building to assist residents when they come in.

The council also reviewed two members of the planning commission whose terms had expired (Sonya Stafford and Chairman Joseph Key) and voted to renew both for an additional six years.

The final item on the agenda was a discussion about a possible event to register residents for the 2020 Census.

Since the City is receiving a census grant to boost registration, Bartlett proposed using the money to purchase some meats and holding a community barbecue, where City officials and volunteers could help spread the word about the census and make sure people are registered.

Bartlett said it was crucial to get the word out as much as possible, as this census determines everything from how much funding the City receives (small-scale) to the number of congressional seats Alabama will have (large-scale).

He also stated that Alabama typically has a 70-80% participation rate in the census, so he hopes to have at least a 95% participation rate for the City of Good Hope.

This will require a lot of volunteer work, community outreach, and correcting any misconceptions residents may have about the way the information is used - specifically, that the information is only available to the Census Bureau and is only for a population count, and it is not used in any way to track immigration status or warrants.

COMMUNITY CALENDAR

Jan. 1 - 3

WEDNESDAY, JAN. 1
Happy New Year!

THURSDAY, JAN. 2
Arise Fitness Company Free Grand Opening Community Workout

- 5:15 p.m., 113 Commercial St., Hanceville
- We want to make your first workout of 2020 a blast! Grab a buddy and come join us for a night filled with functional fitness and fun. This will be appropriate for anyone, all fitness levels welcome! What you can expect is a high intensity workout with trainers guiding you every step of the way.

FRIDAY, JAN. 3
Friday Night Magic at Outbreak Games

- 5-10 p.m. at Outbreak Games
- Magic the Gathering - Standard format - Entry is $5. Sign in starts at 5 p.m. and ends promptly at 6 p.m.
- Prize pool is determined based on attendance so don't forget to invite your friends!
- 111 Commercial St. NE, Hanceville

Trifecta Live
7-10:30 p.m. at Goat Island Brewing, 1646-A John H Cooper Dr. SE, Cullman

UPCOMING...
Fairview United Methodist Swamp John's Dinner
Tuesday, Jan. 7, 4-7 p.m. at Fairview United Methodist Church. Plates are $12 including dessert and drink.

Cullman Community Theatre Membership Drive Meeting
Tuesday, Jan. 7 at 6:30 p.m.- Come learn about Cullman Community Theatre and our new 2020 season! Look at our membership opportunities and meet new friends who share a love for theater. Meet the Board of Directors and find out how to get involved both on stage and behind the scenes. See you there!

St. Paul's Swamp John's Dinner
Monday, Jan. 13, 4-7 p.m. St. Paul's Lutheran School Gym, 510 Third Ave. SE, Cullman; $12 a plate; menu includes fish, shrimp, chicken, slaw, fries, hush puppies, dessert and drink. Proceeds will be used for Ladies Aid projects.

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Arrests and incidents reported Dec. 31

Maggie Darnell
maggie@cullmantribune.com

CULLMAN, Ala. – Below are the arrests and incidents reported Dec. 31, 2019. All persons are innocent until proven guilty.

GJ = grand jury; **FTA** = failure to appear

CULLMAN COUNTY SHERIFF'S OFFICE
No incidents or arrests reported.

CULLMAN POLICE DEPARTMENT
INCIDENTS
Dec. 30
• unauthorized use of a motor vehicle; person; Ward Ave. SW
• fourth-degree theft of property; Wal-Mart; Hwy. 157; general merchandise; $478
• third-degree burglary; person; Morgan Ave. SW; food, misc.; $30

ARRESTS
Dec. 30
Johnson, Heath K., 33
• possession of drug paraphernalia

HANCEVILLE POLICE DEPARTMENT
No incidents or arrests reported.

Find arrest reports online Monday-Friday at www.CullmanTribune.com.

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LEGALS

PB WIL BK 93 PG 841 - 12/16/2019 03:58 PM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
*
CULLMAN COUNTY * CASE NO. PC2019-382

IN RE: THE ESTATE OF JANELL SMITH TEICHMILLER, DECEASED.

NOTICE OF APPOINTMENT TO BE PUBLISHED BY PERSONAL REPRESENTATIVE

Letters Testamentary on the Estate of said deceased have been granted to Linda A. Teichmiller, Donnie Ray Teichmiller and Joan T. Taylor on the 16th day of December, 2019, 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.

Linda A. Teichmiller, Donnie Ray Teichmiller and
Joan T. Taylor , Personal Representatives

Tammy Brown
TAMMY BROWN
Judge of Probate

Steven C. Smith
Attorney for the Personal Representatives
Smith & Smith, LLP
P. O. Box 398
Cullman, AL 35056-0398
(256) 734-4721
steve@smithandsmithllp.com

PB WIL BK 93 PG 868 - 12/17/2019 11:19 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF * CASE NO PC-2019-241
NORA LEA PHILLIPS, *
*
Deceased. *

NOTICE TO CREDITORS

Letters Testamentary having been granted to MARY DYER as Personal Representatives of the Estate of NORA LEA PHILLIPS, Deceased, on the 17th day of December, 2019, by the Honorable Tammy Brown. NOTICE IS HEREBY GIVEN that all persons having claim against the said Estate are hereby required to present the same within the time allowed by law or the same will be barred.

Mary Dyer
Personal Representative

Pamela E. Nail
Attorney for the Personal Representative
200 second Ave SW
Cullman, Alabama 35055

TO: **The Publisher of The Cullman Tribune**

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

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

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Humble Roots, LLC
Published Tuesday - Saturday 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: robin@cullmantribune.com

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Cullman.....$100.00
Outside Cullman.....$150.00

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PREP BASKETBALL

Bulldogs, Lady Bulldogs sweep Shoals Christian at home; Monday scoring recap

Todd Walker
Tribune Contributor

ADDISON, Ala. – Addison hosted the Shoals Christian Flames and both the Dawgs and Lady Dawgs teams put the flames out. Both Addison teams were just too much for the outmatched Shoals Christian Teams. The ladies won 59-28 in a game that was over by the end of the first period and the men won 66-36 to break their five-game losing streak.

Addison 59 – Shoals Christian 28 (varsity girls)

The Lady Bulldogs dominated the Lady Flames from the opening tip. Addison outscored the Shoals Christian Flames 25-3 in the opening period. Addison dominated in every facet of the game, rebounding, assists, steals, etc. The second period was more of the same as Addison went up 41-11 at the half. Savannah Manley, Amelia Cleghorn and Macey Butler led the way for the Lady Bulldogs.

The third period started with Addison coming out a little flat, probably due to totally dominating the first half. Shoals Christian actually outscored the bulldogs 14-5. The young dawgs played most of the third period. You have to give the Lady Flames credit for not quitting.

The fourth period started with Addison putting the first team back in and dominating the period. The Lady Dawgs outscored the Flames 13-2 in the period to come away with the win, 59-28.

It was a balanced team effort from Addison. The defense, as usual, was outstanding. The three-point shots were falling and overall it was a solid effort by the Lady Dawgs.

The Lady Dawgs were led in scoring by Savannah Manley's 18, Amelia Cleghorn had 13 and Macey "Homecoming Queen" Butler chipped in 11. The Dawgs were led in rebounding by Manley's 10, Kaylee Brummett's six and Cleghorn's five. Two good overall stat lines were Brummett's five points, six rebounds, four assists and three steals and Butler's 11 points, five rebounds, five assists and three steals.

Head Coach Frank Graham said after the game, "We have been off for a few days so I was a little concerned about how we would come out and play. We, as always, had great effort but had some mental lapses during the game. Our rebounding has been solid all year and I was proud of how we dominated the glass."

The Lady Dawgs improved to 8-1 on the season.

Addison 66 – Shoals Christian 36 (varsity boys)

Addison came out needing a win in the worst of ways. After getting off to a 5-1 start, the Dawgs have dropped five straight. The Shoals Christian Flames came into Addison's gym Monday night and left extinguished.

Addison played a very solid game in all areas and may have played their best defensive game of the year, applying constant pressure on the Flames' ballhandlers.

Addison started off the game winning the tip and it continued from there. Addison's Logan "Baby Shaq" Wilkins and Eli "Curly" Howse, as usual, played very well. Addison had everyone contribute tonight which helped the Dawgs dominate the Flames.

At the end of the first period Addison led 17-9. The second period was equally outstanding for the Dawgs and Addison raced out to a solid 22-10 period. The half ended with the Dawgs up 39-19.

The third period had Quentin "Moto" Barley chip in several rebounds and baskets. Christian Roberts also had one of his better games by scoring six points. The quarter ended with Addison leading 56-31.

The fourth period ended with Addison playing stifling defense allowing the Flames only to score five points. Cannon "The Sniper" Hiller got hot and dominated the fourth period, hitting everything he shot. The game ended, as well as the Dawgs losing streak, by the score of 66-36.

A solid team effort from the Dawgs lead to the victory. If they can get contributions from several players like they did tonight the season can be successful.

Addison was led in scoring by "Curly" Howse with 20 points, Hiller had 16 and Wilkins chipped in 11. Wilkins led in rebounding with eight, Hiller had six and Roberts had five. Howse had six assists and Wilkins had three.



SAMMY CONFER/THE CULLMAN TRIBUNE

Addison's Eli Howse finished with 20 points in the Bulldogs' 66-36 win over Shoals Christian.

Some stat lines of note, Roberts had six points, five rebounds and five steals. "Moto" Barley had 10 points and two rebounds.

Bulldogs Head Coach Ben Mastin said after the game, "Very happy with the win. We have had some very good practices lately. We watched a lot of film and I could tell the guys were seeing what we are trying to do. We are growing as a team and as long as we have the defensive intensity that we showed tonight we will continue to get better and the wins will come."

Addison improved their record to 6-6 with the win.

Other Monday scores:

- Fairview 46 – Decatur 43 (varsity girls)
- Mae Jemison 54 – Fairview 48 (varsity girls)
- Hardin Valley 64 – Good Hope 63 (varsity boys)

Alabama Football's Tua Tagovailoa named winner of the 2019 Bobby Bowden Award

UA Athletics
Contributor

ORLANDO, Fla. – Alabama football's junior quarterback Tua Tagovailoa was named the winner of the 2019 Bobby Bowden Award on Monday.

The Bobby Bowden award recognizes the Division I player who epitomizes a student-athlete from a faith perspective. He must conduct himself as an exemplary model in the classroom, on the field, on the campus and in the community.

The award is named after former Florida State University head football coach Bobby Bowden.

Monday morning began with the annual Vrbo Citrus Bowl Day for Kids event at Fun Spot America.

The Day for Kids partners local children with players from both schools for a few hours of fun and games.

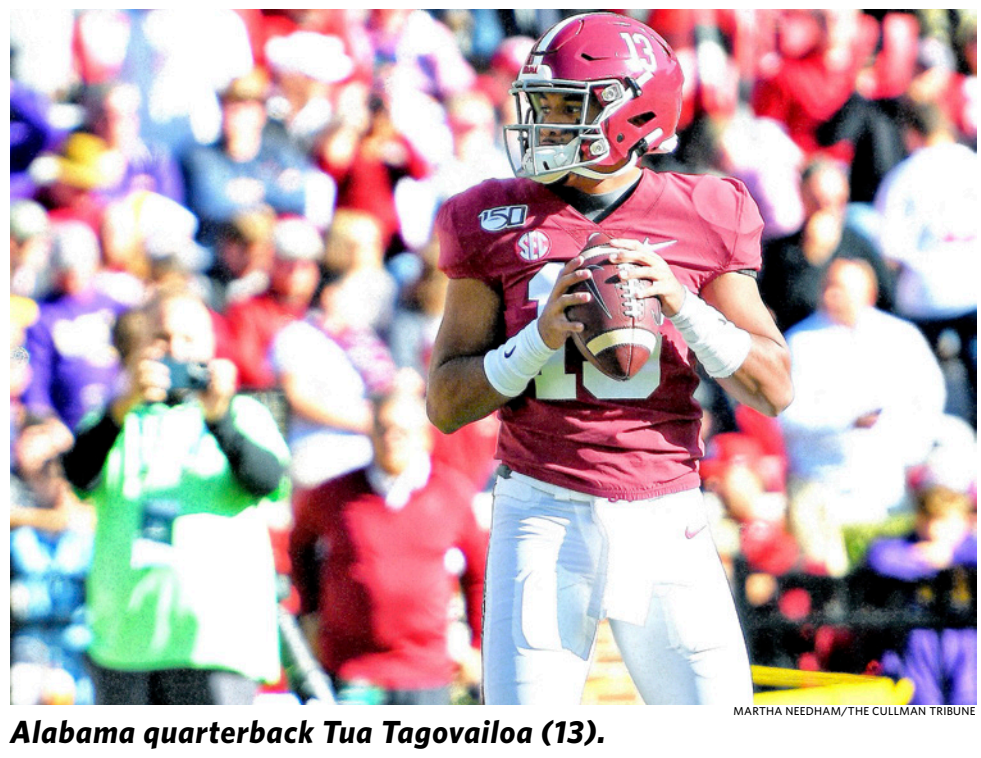
The majority of the 200 kids in attendance live in the West Lakes communities surrounding Camping World Stadium.

Following the morning activity, the Crimson Tide boarded the bus and headed to Celebration High School for Alabama's last of 12 total practices in preparation for the 2019 Vrbo Citrus Bowl.

Alabama and Michigan will meet at Camping World Stadium on Wednesday, Jan. 1, 2020, with a 12 p.m. CT kickoff. The game will air live on ABC.

Get all the latest information on the team by following @AlabamaFTBL on Twitter and Facebook and AlabamaFBL on Instagram.

General athletic news can also be found at UA_Athletics on Twitter and Instagram and AlabamaAthletics on Facebook.


MARTHA NEEDHAM/THE CULLMAN TRIBUNE

Alabama quarterback Tua Tagovailoa (13).

Alexander scores 1,000th as Tigers top Jacksonville State

Wesley Todd
AU Athletics

AUBURN, Ala. – Auburn senior Daisa Alexander scored her 1,000th career point as the Tigers closed out non-conference play with a 62-53 win over Jacksonville State Saturday afternoon at Auburn Arena.

The Tigers (6-5) forced a season-high 27 turnovers, turning those into 27 points, and controlled the paint throughout. Auburn never trailed and led by as many as 18 in the fourth quarter before a late 3-point barrage from the Gamecocks (4-7) cut the final margin to single digits.

"I think we did some good things," Auburn head coach Terri Williams-Flournoy said. "One was definitely our defensive intensity. We weren't always able to get steals, but our rotation was better. And in the second half we did a better job getting our defense set, especially on missed (shots)."

"In the third quarter I thought we got out in transition a little better and made some easy shots. And (getting 27 turnovers) helped us in transition. Getting defensive turnovers helps you get easy buckets on the offensive end."

Alexander's fadeaway jumper with 39 seconds to play in the third quarter gave her 1,000 career points, making her the 34th Auburn player to reach the milestone. She finished with 10 points, six rebounds and three steals on the day.

"I didn't even know how close I was," Alexander said of being just eight points away from 1,000 entering today's game. "I was just trying to keep playing hard and get some steals on defense, and hopefully my offensive game would come with it."

Junior Unique Thompson kept her nation-leading double-double streak alive with a 20-point, 10-rebound effort, grabbing her final rebound with less than two minutes to play.

She is now 11-for-11 this season and has 12 straight double-doubles, dating back to the final game of last season. Brooke Moore added 11 points and Kiyae' White pulled down eight rebounds to aid the Tiger effort.

Auburn shot 40 percent for the game (22-55) and held JSU to 34 percent (16-47) from the floor, but 13 of JSU's 16 made field goals came from 3-point range, including all seven of their made shots in the fourth quarter. The Tigers outrebounded the Gamecocks 36-30 and outscored JSU in the paint 22-2.

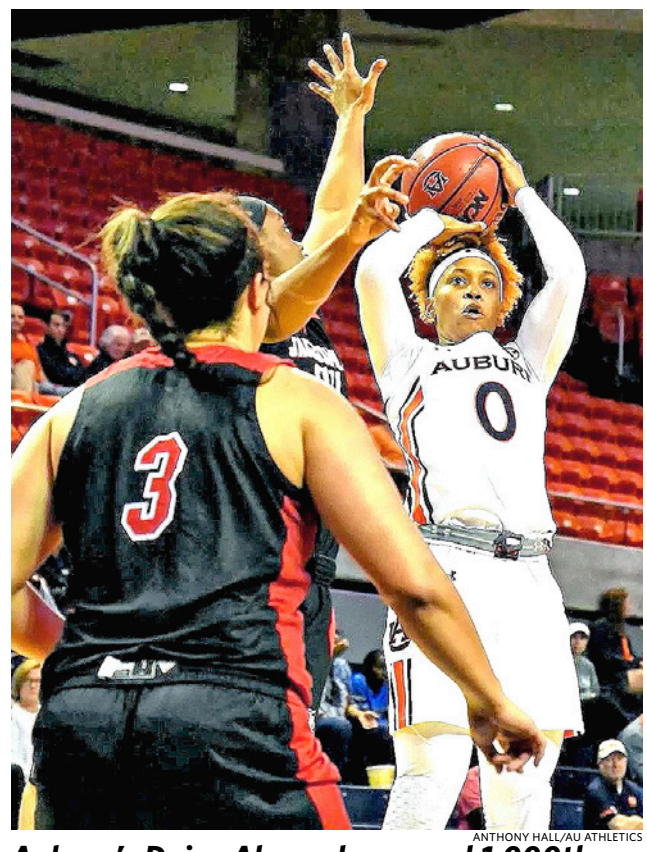
Auburn jumped out to an early double-digit lead, forcing seven first-quarter turnovers to lead 14-4 late in the period and 16-7 at the end of one. The Gamecocks hit back-to-back 3s to open the second quarter, but Auburn held JSU without a field goal for the next seven minutes, taking a 27-18 lead to the break.

The Gamecocks got as close as six points at 30-24 early in the third, but Auburn finished the quarter on a 15-5 run to take a 45-29 lead at the end of three.

Two straight Thompson buckets midway through the final period gave Auburn its largest lead at 56-38 with 4:03 to play, but Jacksonville State hit four 3-pointers in the final 3:11 to cut the final margin to single digits.

Destiney Elliott led JSU with 21 points and Taylor Hawks added 12.

SEC play gets underway next Thursday when the Tigers travel to Nashville to take on Vanderbilt. Game time is 7:30 p.m. CT with the broadcast on SEC Network; the network will have whiparound coverage from all seven league games on opening night.



ANTHONY HALL/AU ATHLETICS

Auburn's Daisa Alexander scored 1,000th career point in the Tigers' 62-53 win over Jacksonville State Saturday.

THE CULLMAN TRIBUNE
JANUARY 1, 2020

BUSINESS

RAM'T Up Indoor Play Center opening Jan. 10

Heather Mann
heather@cullmantribune.com



W.C. MANN/THE CULLMAN TRIBUNE

Left to right are Jamie, Dylan Richard, Tatum Alice, Michael, Tyler and Mike Owens.

CULLMAN, Ala. – For five years, Jamie Owens and her family have worked to get an indoor playground in Cullman; now, their efforts are finally coming to fruition. RAM'T Up Indoor Play Center will open Jan. 10, 2020. The building is located at 2030 Main Ave. SW and will be open every day of the week from 10 a.m.-7 p.m. Customers can do walk-in play sessions or make reservations for parties, and Owens plans to expand the list of services RAM'T Up will provide to include elementary school field trips and summer camps (though the camp is still in the planning stages).

When asked what inspired her to open an indoor play center, Owens said the idea came from her daughter.

"She was born about five years ago in January, and there really wasn't anything we could do birthday party-wise in Cullman besides have it at our house," she said. "You know that takes a lot of work - you've got to clean up before and after, do all this planning, and it really isn't easy to do all that, so that's where the idea kind of spawned. We've been looking into possibilities and doing research for about the last five years, and it's just starting to come to fruition."

She also talked about how her kids inspired the name of the business, not just the concept.

"I have four kids, and the R, A, M and the T are all initials from their names; Dylan Richard is the R, Tatum Alice is the A, Michael is the M and Tyler is the T," she said.

Owens also said the community feedback after the opening was announced has been incredible.

"I've already got several people that have requested birthday parties for the upcoming months. Since you guys (The Tribune) posted that we were opening on the 10th, I've had probably 400 new people like it; I think that post reached like 17,000 people. My phone was blowing up," she said.

During the tour of the facilities Tuesday, Owens pointed out the ceiling tiles, which are painted with various designs and messages.

"These were done by our life group at Temple Baptist Church, our kids and their schoolmates, so the community really came together to help us decorate the ceiling."

When visitors walk into the building, there will be cubby holes for guests to put their shoes and a reception window for payment and waivers.

Everyone must sign a waiver before entering the play area, and socks must be worn at all times. Once inside the play area, there is a toddler area to the left and the main play structure to the right.

Down the hall are four birthday party rooms that hold around 20 kids each, though one room has a large door that can be opened to access more space for larger parties.

The center will have vending machines for snacks and drinks, and birthday parties are allowed to bring cakes, dry snacks, and juice boxes or other individual drinks. Parties can bring in outside food other than cake or dry snacks for an extra fee to cover any additional clean-up.

Prices differ between weekdays (Monday-Thursday) and weekends (Friday-Sunday), type of play session (walk-in v. party reservation) and child age (3 and younger v. 4 and older).

Two adults may accompany each child for free, but additional adults are $2 each. Three different party packages are offered: up to 10 children, up to 15 children and up to 20 children. The prices for the party packages also vary based on when they take place and whether or not they are private parties (i.e. no public allowed inside). The prices listed below do not include additional tax.

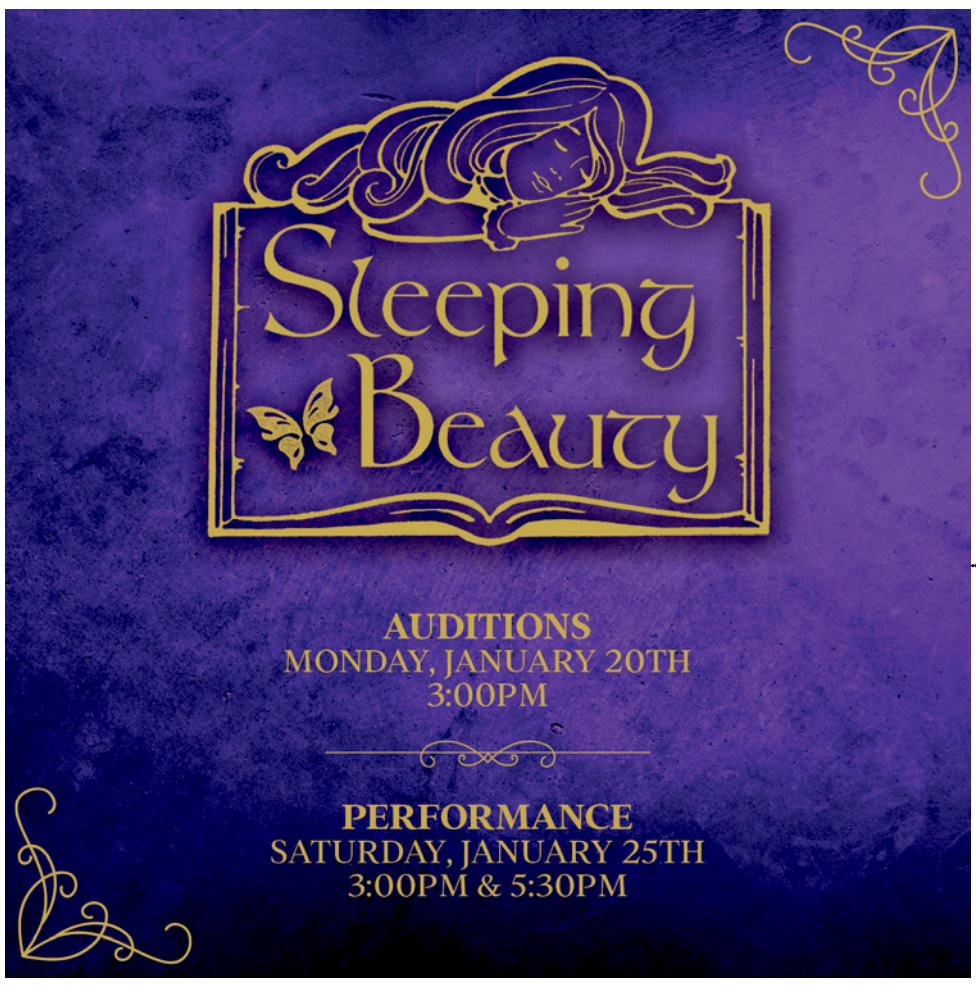
Walk-in
- Weekdays, 3 and younger - $4
- Weekends, 3 and younger - $5
- Weekdays, 4 and up - $6
- Weekends, 4 and up - $7

Party reservations
Up to 10
- Weekday - $150
- Weekend - $170
- Private - $500

Up to 15
- Weekday - $175
- Weekend - $200
- Private - $750

Up to 20
- Weekday - $200
- Weekend - $240
- Private - $1,000

Each party package includes free admission for party guests, unlimited play time for all guests on the day of the party, use of a private party room for an hour, complementary e-vites with RSVPs and a party coordinator to assist throughout the party (including set-up and clean-up). More details can be found on the RAM'T Up Facebook page (www.facebook.com/RAMTup/).





HAPPY NEW YEAR FROM
The Cullman Tribune

OUTDOORS

Live Christmas trees: Recycle and reuse

Justin Miller
Contributor



ALABAMA COOPERATIVE EXTENSION SYSTEM

AUBURN, Ala. – The parties are over and the decorations are packed. Now, there is just one thing left to do – get rid of the Christmas tree. For those who have live Christmas trees, this can sometimes be a bothersome issue. Luckily, there are several options for tree disposal.

Recycle and reuse

While Christmas trees are not a major landfill problem, the best option is to recycle and reuse old trees. Many times, recycled trees are used in a way that adds back to nature.

Many communities have a recycling program for discarded Christmas trees. These trees are often chipped and used for mulch or compost.

However, if this is not available in the area, there are other options.

Fish attractor

One way to reuse a Christmas tree is by bundling several of them together to attract fish in recreational ponds.

Rusty Wright, an Alabama Extension fisheries specialist, said fish are attracted to a tree habitat for many reasons.

"Small fish use the tree bundle as a form of protection from larger predators," Wright said.

"Larger fish use it as a place to wait for their prey to pass by.

"They also use it as protection from predators such as large fish-eating birds."

Algae, and the animals that eat algae, also attach to the tree, providing food for the fish.

According to Wright, fish attractors are an important part of pond management.

"They help anglers enjoy the pond and more effectively catch fish," he said.

"Fish harvest, particularly harvest of bass, is critical to keeping the predators and prey in balance."

Making an attractor

To make a fish attractor, Wright suggests bundling two to three trees together with wire. At the base, use two concrete blocks per group of three trees as an anchor.

Bundles can be placed upright or on their sides. If making an upright bundle, tie a float to the tops of the trees.

Place upright bundles in water, 4 to 6 feet deep.

People can place bundles on their side in shallow water, right up to the edge.

To make them more effective, place the bundles in groups of three or four.

"Be prepared to augment or add to the bundles through time," Wright said. "Christmas trees generally don't last long."

Helping wildlife

Andy Baril, an Alabama Extension forestry, wildlife and natural resources regional agent, said old Christmas trees are great for creating bird sanctuaries.

"Stand the tree up in your backyard so birds can use it for nesting and as a potential food source for the winter months," Baril said.

"Place peanut butter directly on the branches and cover them with bird seed. This is a great way to help birds because food is scarce during the winter."

Baril said people can also use the trees as a habitat for rabbits.

"If you live in a rural area, gather several Christmas trees together and lay them on the ground to make a shelter for rabbits," he said.

"Rabbits are active at night, so they need a place to protect themselves from owls."

According to Baril, these habitats can be placed fairly close to houses.

"I have had these shelters as close as 60 feet to my house and the rabbits still used them for shelter," Baril said.

Norman Haley, an Alabama Extension forestry, wildlife and natural resources regional agent, added that other wildlife can also use these shelters.

"These Christmas tree shelters produce wildlife habitats that provide cover and structure throughout the landscape," Haley said.

"These piles are used by not only rabbits, but also by many game and non-game mammals, as well as birds."

According to Haley, it is best to make several small piles (10 trees or less) rather than one large pile.

"Small mammals can find escape routes in small piles better than in large ones," he said.

"Also, large piles tend to attract skunks, raccoons, opossums and coyotes."

More information

For more information about recycling your Christmas tree, visit www.aces.edu or contact your county Extension office.

HEALTH

The lowdown on fad diets

Adriane Langham
Contributor



ALABAMA COOPERATIVE EXTENSION SYSTEM

NORMAL, Ala. – Don't fall victim to fad diets in the new year. These diets often promise individuals quick weight loss and other health benefits if they follow a specific set of guidelines. However, these claims are often made without any scientific basis.

What's wrong with fad diets?

Fad diets are popular for losing weight. However, they tend to only be popular for a given period of time. These diets can result in quick weight loss, but often involve unhealthy and unbalanced eating plans.

"Even though fad diets help individuals to lose weight quickly, the weight is just as quick to return once you go back to your old eating habits," said Andrea Morris, an Alabama Extension nutrition and health specialist.

These types of diets frequently consist of eliminating food groups. By eliminating food groups, a body is deprived of important nutrients. Fad diets generally fail to teach long-term healthy and sustainable eating habits.

Healthy weight loss

The best way to lose weight is not by dieting, but by changing a lifestyle. Losing or maintaining a healthy weight should not be a short-term goal. Instead, people should commit to making changes they can sustain for a lifetime.

• Maintain a healthy eating pattern. Eat fruits, vegetables and whole grains and limit intake of solid fats, salt and sugar.

• Participate in regular physical activity. Adults need at least 150 minutes of moderately intense physical activity each week.

• Balance the number of calories consumed and used. Calorie needs are based on several factors such as age, height, weight, gender and physical activity level. Discuss calorie needs with a registered dietician or physician.

More information

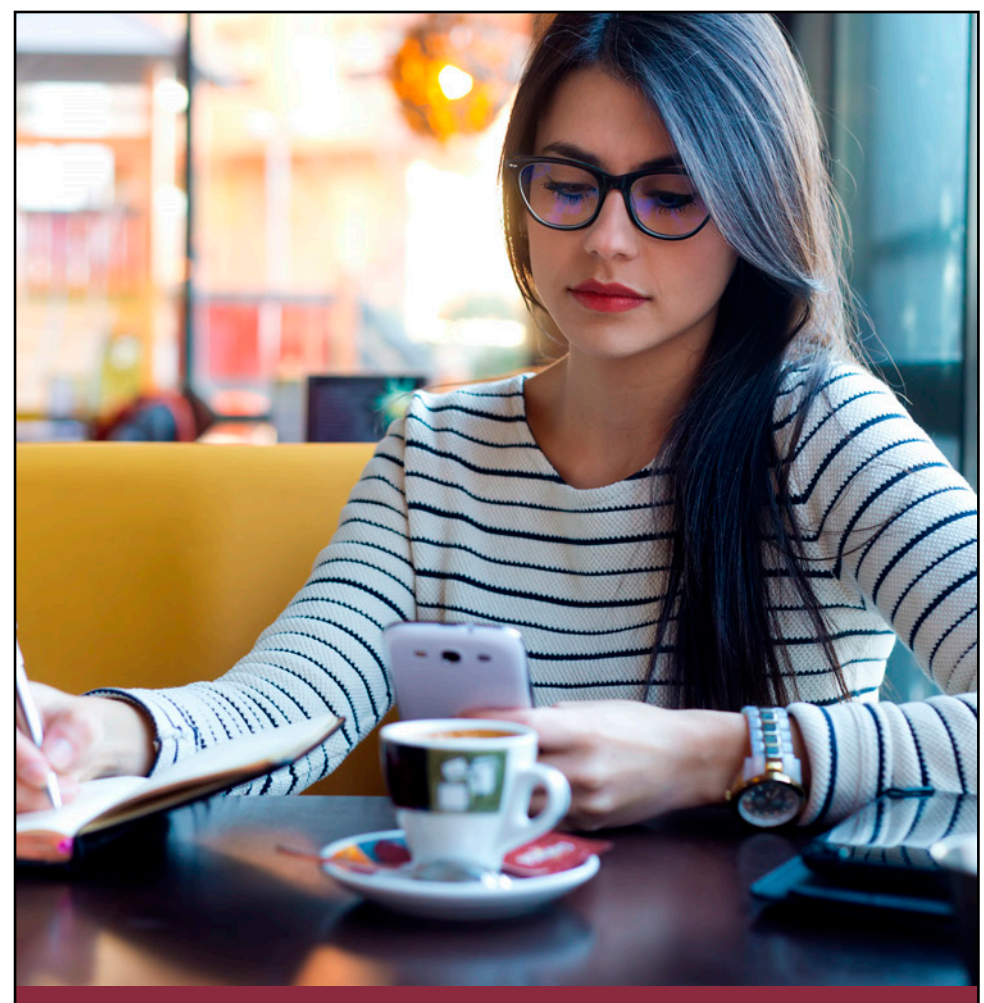
Tools, such as the Dietary Guidelines for Americans, MyPlate and the Physical Activity Guidelines for Americans, are great resources to help people make better lifestyle choices.

Remember, we do not have a cookie cutter life, so finding solutions that work for a certain lifestyle is important.

Talking with a doctor is the best way to start and maintain a new healthy lifestyle journey.

Visit www.aces.edu for more health and wellness tips.





Sports

11:00 a.m. FSEE Powerboat Racing Nationals, Knoxville, Tenn.
11:30 a.m. FSEE Powerboat Racing Nationals, Guntersville, Ala.
12:00 p.m. WABM2 College Football Vrbo Citrus Bowl — Michigan vs Alabama. (Live)
ESPN College Football Outback Bowl — Minnesota vs Auburn. (Live)
FSEE Powerboat Racing Nationals.
12:30 p.m. FSEE Boat Racing P1 APBA Offshore Championship.
4:00 p.m. ESPN ESPN2 Rose Bowl Wisconsin vs Oregon. (Live)
5:00 p.m. FSEE Boat Racing P1 APBA Offshore Championship.
6:00 p.m. FSEE Boat Racing P1 APBA Offshore Championship.
7:00 p.m. FSEE Boat Racing P1 APBA Offshore Championship.
TNT All Elite Wrestling: Dynamite (Season Premiere) (Live)
USA WWE NXT (Live)
7:40 p.m. ESPN ESPN2 Allstate Sugar Bowl Baylor vs Georgia. (Live)
8:00 p.m. FSEE College Basketball Cal State Bakersfield at Texas Tech.
10:00 p.m. FSEE College Basketball North Florida at Dayton.

WEDNESDAY EVENING

MOVIES

JANUARY 1, 2020

		5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
WABM-MyTV	2	**25 Words or Less**	**America Says**	**Family Feud**	**Family Feud**	**Dateline** "Poison" A mysterious illness kills a woman.		**Dateline** "Mystery in Mustang" A firefighter is murdered.		**Dateline** A beauty queen is found beaten to death.		**Last Man Standing**	**Last Man Standing**
WBIQ-PBS	4	**Ready Jet Go!** (El)	**Peg & Cat** (El Part 1 of 2)	**PBS NewsHour** (N)		**Nature** "Animal Reunions" Wild animals and caregivers reunite.		**Great Performances** (Season Premiere) The Vienna Philharmonic performs. (N)			**Symphony for Nature-Britt**	**Bluegrass Underground**	**Sub Carrier**
WVTM-NBC	5	**WVTM 13 News at 5p** (N)	**NBC Nightly News - Holt**	**WVTM 13 News at 6p** (N)	**WVTM 13 News at 6:3**	**Chicago Fire** A deadly bacteria affects the city. (Part 1 of 3)		**Chicago Med** An apartment complex is quarantined.		**Chicago P.D.** Zeroing in on a bioterrorism suspect.		**WVTM 13 News at 10p**	**Tonight Show-J. Fallon**
WBRC-FOX	7	**WBRC FOX6 News at 5pm**	**WBRC FOX6 News**	**WBRC FOX6 News at 6pm**	**Inside Edition** (N)	**Flirty Dancing** "Episode 2: Cy & Beau" (N)		**(:01) Almost Family** Roxy is released from rehab. (N)		**WBRC FOX6 News at 9pm**	**WBRC FOX6 News**	**WBRC FOX6 News at 10pm**	**(:35) TMZ** (N)
WIAT-CBS	8	**CBS42 News 5pm** (N)	**CBS Evening News**	**CBS42 News 6pm** (N)	**Entertainment Tonight** (N)	**Evil** "Pilot" Kristen is hired by the Catholic Church.		**Evil** "177 Minutes" A teenage girl comes back to life.		**Evil** "3 Stars" A theater producer acts demonic.		**CBS42 News 10pm** (N)	**Late Show-Colbert**
WTTO-CW	9	**The Goldbergs**	**2 Broke Girls**	**The Big Bang Theory**	**The Big Bang Theory**	**Riverdale** Archie receives a startling phone call.		**Nancy Drew** "Pilot" A socialite is murdered.		**Two and a Half Men**	**Two and a Half Men**	**The Andy Griffith Show**	**The Andy Griffith Show**
WPXH-ION	11	**Law & Order: Special Victims Unit** "Gone"		**Law & Order: Special Victims Unit** "Class"		**Law & Order: Special Victims Unit** "Design"		**Law & Order** "Flaw" Money-laundering scheme.		**Law & Order: Special Victims Unit** "Venom"		**Law & Order: Special Victims Unit** "Fault"	
WABM2-ABC	12	**ABC 33/40 News at 5PM**	**ABC World News**	**ABC 33/40 News at 6PM**	**Wheel of Fortune** (N)	**The Goldbergs** "Vacation"	**Schooled**	**Modern Family**	**(:31) Single Parents**	**Stumptown** Hoffman grows suspicious of Grey.		**ABC 33/40 News at 10PM**	**(:35) Jimmy Kimmel Live!**
A&E	42	**The First 48** "Lost Boys" A grandmother is gunned down.		**The First 48** Murdered woman found in car trunk.		**The First 48** "Chain of Death" (Season Premiere) A woman and her friend are gunned down. (N)				**Alaska PD** Jaime Ramos meets a Kodiak bear.		**The First 48** A man is found dead in his hotel room.	
AMC	53	**(4:30) ★★ "Home Alone 2: Lost in New York"** (1992, Children's) Macaulay Culkin, Joe Pesci, Daniel Stern.				**★★★ "Home Alone"** (1990, Children's) Macaulay Culkin, Joe Pesci, Daniel Stern. A left-behind boy battles two burglars in the house.					**★★ "Home Alone 2: Lost in New York"** (1992, Children's) Macaulay Culkin, Joe Pesci.		
ANPL	47	**AKC National Championship Dog Show** Dogs compete for Best in Show. (N)						**(:01) Dogs: The Untold Story** "Wild Workers" Dogs are the ultimate obedient workers.				**(:01) Dogs 101** Golden Retriever and Bichon Frise.	
BET	55	**The First Wives Club**	**The First Wives Club**	**Bigger** "Pilot" (N)	**Bigger** (N)	**Bigger** (N)	**Bigger** "Thot That Counts"	**The Bobby Brown Story** "Part 2" Bobby and Whitney's marriage ends.					
BRAVO	58	**The Real Housewives of New Jersey**		**The Real Housewives of New Jersey** (N)		**The Real Housewives of New Jersey** (N)		**The Real Housewives of Dallas** "Reunion, Part 1" (N)		**The Real Housewives of New Jersey**		**Blind Date** (N)	**Blind Date** (N)
CMTV	61	**★ "Coyote Ugly"** (2000, Romance-Comedy) Piper Perabo, Adam Garcia, Maria Bello. A struggling songwriter cuts loose in a rowdy New York bar.					**Mom**	**Mom**	**Mom**	**Mom**	**Mom**	**Mom**	**Mom**
CNBC	35	**Shark Tank** A twist on a vegetable; barbecue sauce.		**Shark Tank** A boutique shave club for women.		**Shark Tank** Bethenny Frankel; a brand of teas.		**Shark Tank** Traditional handheld Argentinian snack. (N)		**Five Day Biz Fix** B&B needs to overhaul its retail sales. (N)		**Five Day Biz Fix** Transforming hotel room into restaurant.	
CNN	37	**The 2000s** New technologies in the music industry.		**The Nineties** Artists like Tupac represent diversity.		**The Eighties** Music videos dominate the industry.		**"Linda Ronstadt: The Sound of My Voice"** (2019) Linda Ronstadt. Premiere. The life and career of the singer.				**The Seventies** American pop music explodes.	
COM	56	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**	**Chappelle's Show**
DISN	49	**(4:25) "Descendants 2"** (2017, Children's) Dove Cameron, Cameron Boyce, Sofia Carson. 'NR'			**"Descendants 3"** (2019, Children's) Dove Cameron, Sofia Carson. Mal and her friends face an unfathomable dark force. 'NR'				**(:25) "Zombies"** (2018, Adventure) Milo Manheim, Meg Donnelly, Trevor Tordjman. 'NR'			**(:10) Raven's Home**	**(:40) Bunk'd** "Tidal Wave"
DSC	43	**Alaskan Bush People** A bear breaks into Noah's tent.		**Alaskan Bush People: Off the Grid** "Weather the Storm" (N)		**Alaskan Bush People** The Wolf Pack prepares for a wedding.		**(:03) Man vs. Bear** Athlete; trooper; aircraft handler. (N)		**Alaskan Bush People** "Beyond the Bush" (N)		**(:06) Alaskan Bush People** "Bird and the Bees"	
E!	21	**Sex and the City**	**Sex and the City** "Splat!"	**Sex and the City**	**Sex and the City** Samantha's chemotherapy. (Part 2 of 2)		**★★ "Sex and the City"** (2008, Romance-Comedy) Sarah Jessica Parker, Kim Cattrall, Chris Noth. Carrie Bradshaw and her gal pals continue their adventures in New York.						**★★ "Sex and the City"**
ESPN	29	**(4:00) Rose Bowl** Wisconsin vs Oregon. (N) (Live)					**(:40) Allstate Sugar Bowl** Baylor vs Georgia. (N) (Live)						
ESPN2	30	**(4:00) Rose Bowl** Wisconsin vs Oregon. (N) (Live)					**(:40) Allstate Sugar Bowl** Baylor vs Georgia. (N) (Live)						
FOOD	45	**Chopped** Chefs face brunch items in each basket.		**Guy's Grocery Games** "Resolution Royale"		**Guy's Grocery Games** "All-Stars' Full Meal"		**Guy's Grocery Games** Guy spins the DDD Wheel. (N)		**Guy's Grocery Games** "Best Sandwiches!"		**Guy's Grocery Games** "Flavortown Throwdown"	
FREE	48	**(2:40) ★★★ "Iron Man"**	**(:45) ★★ "Hotel Transylvania"** (2012) Voices of Adam Sandler, Andy Samberg. Animated. Dracula invites famous monsters to a special birthday party.					**(7:50) ★★★ "Despicable Me 2"** (2013, Children's) Voices of Steve Carell, Kristen Wiig, Benjamin Bratt.				**The 700 Club** Comedian Michael Jr.	
FS1	20	**Walkoff Stories: Improbably Gibson**		**One Crazy Night in Baseball**		**The 2019 World Series: Houston Astros vs. Washington Nationals**				**Haters: The Anatomy of A Rivalry**		**Walkoff Stories: Yankees/Red Sox -- From a Battle to a War**	
FSEE	32	**Boat Racing** P1 APBA Offshore Championship.		**Boat Racing** P1 APBA Offshore Championship.		**Boat Racing** P1 APBA Offshore Championship.		**College Basketball** Cal State Bakersfield at Texas Tech. From United Supermarkets Arena in Lubbock, Texas.				**College Basketball** North Florida at Dayton.	
FX	28	**(3:30) ★★ "Jurassic World"** (2015) Chris Pratt.		**★★ "Transformers: The Last Knight"** (2017, Action) Mark Wahlberg, Anthony Hopkins, Josh Duhamel. The war between Transformers and humans threatens Earth.							**★★ "Transformers: The Last Knight"** (2017, Action) Mark Wahlberg, Anthony Hopkins.		
GOLF	82	**PGA Tour 2019: Must-See Moments of the Decade**		**PGA Tour Special**	**PGA TOUR: The CUT** (N)	**★★ "Happy Gilmore"** (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour.				**★★ "Happy Gilmore"** (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour.			
HALL	72	**"Christmas in Evergreen: Tidings of Joy"** (2019) Ashley Williams. A writer investigates a town's passion for Christmas.				**"Marry Me at Christmas"** (2017) Rachel Skarsten, Trevor Donovan. Wedding planner unexpectedly falls for the bride's brother.				**"The Christmas Club"** (2019, Romance) Elizabeth Mitchell. Two busy strangers meet when they help an elderly woman.			
HGTV	46	**My Lottery Dream Home**	**Self-Made Mansions**	**My Lottery Dream Home**	**My Lottery Dream Home**	**HGTV Dream Home 2020** (N)		**(:02) Property Brothers: Forever Home** (N)		**(:02) 100 Day Dream Home** (Series Premiere) (N)		**(:02) HGTV House Party** A showcase of upcoming series.	
HIST	40	**(3:00) ★★★★ "Unforgiven"** (1992) Clint Eastwood.		**Forged in Fire** Bladesmiths use the San Mai technique.		**Forged in Fire: Cutting Deeper** "Genghis Khan's Sword" (N)		**Forged in Fire** Four smiths get ready for a cage match. (N)		**Vikings** "The Key" (N)		**(:01) Forged in Fire** Steel from a vintage pinball machine.	
LIFE	23	**(3:00) ★★ "The Holiday"** (2006) Cameron Diaz.		**Married at First Sight** "Strike a Match" (N)		**Married at First Sight** "First Comes Marriage, Then Comes Love" (Season Premiere) Couples have two weeks to plan. (N)				**Supernanny** The Braidos try to agree on parenting.		**(:05) Married at First Sight**	
MSNBC	36	**Dateline** "A Villainous Plan" A bank executive must rob his own bank.				**Dateline** "The Accused" Nick Hillary discusses his acquittal.				**Dateline** "A Deadly Path" A woman falls to her death while hiking.			
NGC	22	**Locked Up Abroad** Teen tries smuggling pot out of Mexico.		**Locked Up Abroad** A drug courier is tricked.		**Locked Up Abroad** A skier smuggles coke in wine bottles.		**Locked Up Abroad** "Undercover Biker" (N)		**To Catch a Smuggler** "Internal Investigation" (N)		**Locked Up Abroad** "Undercover Biker"	
PARMT	57	**(4:00) ★★★ "Friday"** (1995) Ice Cube, Chris Tucker.		**★★ "Next Friday"** (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce. A young man lives with kin who won the lottery.					**★ "Friday After Next"** (2002) Ice Cube, Mike Epps. Two cousins land jobs as security guards at a shopping mall.				**★★★ "Trading Places"**
TBS	25	**(4:30) ★★ "We're the Millers"** (2013, Comedy) Jennifer Aniston. A dealer goes to Mexico with a fake family to score drugs.				**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**Full Frontal**	**Conan** "Episode 91305"	**Full Frontal**
TCM	79	**★★★ "Westworld"** (1973) Yul Brynner, Richard Benjamin. Computer-run robots at an adult playground go berserk.				**★★★ "The Roaring Twenties"** (1939, Crime Drama) James Cagney. Prohibition holds different fates for three war veterans.				**★★★ "The Public Enemy"** (1931, Crime Drama) James Cagney, Jean Harlow.			**"Rise and Fall"**
TLC	24	**My 600-Lb. Life: Countdown to the New Season** (N)				**My 600-Lb. Life** "John & Lonnie's Story" (Season Premiere) Estranged brothers are brought together. (N)				**(:02) 1000-lb Sisters** Larger-than-life sisters.		**(:04) Quarter Ton Teen** A teenager faces death or surgery.	
TNT	26	**(4:35) ★★ "The Accountant"** (2016, Suspense) Ben Affleck. An agent tracks an accountant who works for criminals.				**All Elite Wrestling: Dynamite** (Season Premiere) (N) (Live)				**★★★★ "The Shawshank Redemption"** (1994) Tim Robbins. An innocent man goes to a Maine penitentiary for life in 1947.			
USA	27	**(:04) Law & Order: Special Victims Unit** "Dearly Beloved"	**(:02) Law & Order: Special Victims Unit** "Exchange"			**WWE NXT** (N) (Live)				**(:08) Law & Order: Special Victims Unit** "Diss"		**(:08) Law & Order: Special Victims Unit** "Assumptions"	
WE	71	**Love After Lockup** Tracie's final hours of parole.	**Love After Lockup** Megan reveals her secret.			**Love After Lockup** Michael risks everything.	**Love After Lockup** Tracie explodes.			**Love After Lockup** Marcelino confronts Brittany's ex.		**Love After Lockup** Andrea's sneaky scheme is revealed.	
HBO	518	**(4:45) ★★★ "Widows"** (2018, Suspense) Viola Davis, Colin Farrell. Four indebted widows join forces to pull off a heist. 'R'				**★★ "Shutter Island"** (2010, Suspense) Leonardo DiCaprio, Mark Ruffalo, Ben Kingsley. Premiere. A 1950s lawman hunts an escaped murderess. 'R'					**(:20) ★★★ "The Town"** (2010, Crime Drama) Ben Affleck, Rebecca Hall, Jon Hamm. 'R'		
MAX	549	**(:10) ★★ "In Time"** (2011) Justin Timberlake. Time is the currency in a world where people no longer age. 'PG-13'				**★★ "Jurassic World: Fallen Kingdom"** (2018) Chris Pratt. Owen and Claire try to save the dinosaurs from a volcano.				**(:10) ★★ "Pacific Rim Uprising"** (2018) John Boyega, Jing Tian. Young pilots unite to battle otherworldly monsters. 'PG-13'			
SHOW	578	**(3:40) ★★★ "Sense and Sensibility"** (1995) 'PG'		**★★★ "Little Women"** (1994, Drama) Winona Ryder. Four New England sisters embrace life during the Civil War. 'PG'				**★★ "On the Basis of Sex"** (2018) Felicity Jones. Premiere. Ruth Bader Ginsburg brings a case before the Supreme Court.				**★★ "Five Feet Apart"** (2019) Haley Lu Richardson. 'PG-13'	
TMC	598	**(3:45) ★ "Winchester"**	**(:25) ★★ "The Dark Tower"** (2017, Fantasy) Idris Elba, Matthew McConaughey. 'PG-13'			**★ "The Happytime Murders"** (2018, Comedy) Melissa McCarthy, Elizabeth Banks. 'R'			**(:35) "Killing Hasselhoff"** (2016, Comedy) Ken Jeong, Voice of David Hasselhoff. 'R'			**★★ "D.C. Cab"** (1983, Comedy) Adam Baldwin, Mr. T. 'R'	

Movies

10:00 a.m. CMTV "Clueless" ★★★ (1995) Alicia Silverstone. A Beverly Hills teen plays matchmaker for teachers, transforms a bad dresser and examines her own existence.
FREE "Rise of the Guardians" ★★½ (2012) Voices of Chris Pine.
SHOW "Five Feet Apart" ★★ (2019) Haley Lu Richardson
10:03 a.m. MAX "Paul" ★★½ (2011) Simon Pegg
10:15 a.m. TMC "The Shadow" ★★½ (1994) Alec Baldwin
10:40 a.m. DISN "Teen Beach Movie" ★★ (2013) Ross Lynch.
10:45 a.m. TCM "The Time Machine" ★★★½ (1960) Rod Taylor. H.G. Wells' time traveler journeys through time, experiencing several civilizations. Oscar-winning special effects.
11:00 a.m. LIFE "The House Bunny" ★★ (2008) Anna Faris.
11:15 a.m. HBO "The Old Man & the Gun" ★★★ (2018) Robert Redford At the age of 70, Forrest Tucker makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public.
11:30 a.m. AMC "Home Alone 2: Lost in New York" ★★½ (1992) Macaulay Culkin.
FX "The Hangover Part III" ★★ (2013) Bradley Cooper.
PARMT "Next Friday" ★★ (2000) Ice Cube.
11:50 a.m. MAX "Soldier" ★★ (1998) Kurt Russell
12:00 p.m. HIST "The Outlaw Josey Wales" ★★★ (1976) Clint Eastwood. A Missouri farmer hunts down the Union soldiers who killed his family and left him for dead.
TBS "Horrible Bosses" ★★½ (2011) Jason Bateman.
TNT "Jack Reacher" ★★½ (2012) Tom Cruise.
SHOW "Scream" ★★★ (1996) Neve Campbell A psycho killer targets a past victim's daughter, while a tabloid TV reporter homes in on his identity.
12:05 p.m. FREE "Happy Feet" ★★★ (2006) Voices of Elijah Wood. Animated. Born without the ability to sing, a young emperor penguin expresses himself and hopes to attract a mate through his amazing dancing talent.
TMC "Young Guns" ★★½ (1988) Emilio Estevez (Premiere)
12:25 p.m. DISN "Teen Beach 2" ★★ (2015) Ross Lynch.
12:45 p.m. TCM "Logan's Run" ★★½ (1976) Michael York.
12:50 p.m. HBO "Unknown" ★★½ (2011) Liam Neeson
1:30 p.m. FX "Daddy's Home" ★★ (2015) Will Ferrell.
1:33 p.m. MAX "The Darkest Minds" ★★ (2018) Amandla Stenberg
2:00 p.m. AMC "Home Alone" ★★★ (1990) Macaulay Culkin. Accidentally left by his Paris-bound family, an 8-year-old makes mincemeat of two burglars in the house.
SHOW "Wet Hot American Summer" ★★ (2001) Janeane Garofalo (Premiere)
TMC "Young Guns II" ★★½ (1990) Emilio Estevez (Premiere)
2:25 p.m. TNT "Jack Reacher: Never Go Back" ★★ (2016) Tom Cruise.
2:40 p.m. FREE "Iron Man" ★★★ (2008) Robert Downey Jr.. A wealthy industrialist builds an armored suit and uses it to defeat criminals and terrorists.
2:45 p.m. HBO "Cold Pursuit" ★★½ (2019) Liam Neeson
3:00 p.m. CMTV "She's All That" ★★ (1999) Freddie Prinze Jr..
HIST "Unforgiven" ★★★★ (1992) Clint Eastwood. An old gunslinger, his ex-partner and a quick-draw kid go bounty hunting in a town called Big Whiskey.
LIFE "The Holiday" ★★½ (2006) Cameron Diaz.
TCM "Soylent Green" ★★★ (1973) Charlton Heston. Future New Yorkers live on a trademarked food, which two detectives find has a secret ingredient.
3:30 p.m. FX "Jurassic World" ★★½ (2015) Chris Pratt.
3:40 p.m. SHOW "Sense and Sensibility" ★★★½ (1995) Emma Thompson Suitors romance, then abandon, sisters left destitute by their father's death in late-1800s England.
4:00 p.m. PARMT "Friday" ★★★ (1995) Ice Cube. A South Central Los Angeles resident hangs out on his front porch with a pal who owes money to a drug dealer.
4:30 p.m. AMC "Home Alone 2: Lost in New York" ★★½ (1992) Macaulay Culkin.
TBS "We're the Millers" ★★ (2013) Jennifer Aniston.
4:35 p.m. TNT "The Accountant" ★★½ (2016) Ben Affleck.
4:45 p.m. HBO "Widows" ★★★½ (2018) Viola Davis A police shootout leaves four thieves dead during an explosive armed robbery attempt in Chicago. Their indebted widows must now join forces to pull off their own heist and forge a future for themselves.
5:00 p.m. TCM "Westworld" ★★★ (1973) Yul Brynner. Androids go haywire with guests at an adult theme park of the future.
5:10 p.m. MAX "In Time" ★★½ (2011) Justin Timberlake
5:25 p.m. TMC "The Dark Tower" ★★ (2017) Idris Elba
5:45 p.m. FREE "Hotel Transylvania" ★★½ (2012) Voices of Adam Sandler.
6:00 p.m. FX "Transformers: The Last Knight" ★★ (2017) Mark Wahlberg.
PARMT "Next Friday" ★★ (2000) Ice Cube.
SHOW "Little Women" ★★★½ (1994) Winona Ryder Louisa May Alcott's classic story of the lives, loves and triumphs of four sisters in Civil War-era New England.
7:00 p.m. AMC "Home Alone" ★★★ (1990) Macaulay Culkin. Accidentally left by his Paris-bound family, an 8-year-old makes mincemeat of two burglars in the house.
GOLF "Happy Gilmore" ★★ (1996) Adam Sandler.
TCM "The Roaring Twenties" ★★★ (1939) James Cagney. Three World War I buddies return to New York, where two become bootleggers.
HBO "Shutter Island" ★★½ (2010) Leonardo DiCaprio (Premiere)
MAX "Jurassic World: Fallen Kingdom" ★★½ (2018) Chris Pratt
7:30 p.m. E! "Sex and the City" ★★½ (2008) Sarah Jessica Parker.
7:50 p.m. FREE "Despicable Me 2" ★★★ (2013) Voices of Steve Carell. Animated. Just as Gru settles into his new role as a suburban family man, the ultrasecret Anti-Villain League sends him on a mission to nab the perpetrator of a spectacular heist.
8:00 p.m. SHOW "On the Basis of Sex" ★★½ (2018) Felicity Jones (Premiere)
9:00 p.m. GOLF "Happy Gilmore" ★★ (1996) Adam Sandler.
TCM "The Public Enemy" ★★★ (1931) James Cagney. Two hoodlums, Tom and Matt, rise up from their poverty-stricken slum life to become petty thieves, bootleggers and cold-blooded killers. But with street notoriety and newfound wealth, the duo feels the heat from the cops and rival gangsters both.
TNT "The Shawshank Redemption" ★★★★ (1994) Tim Robbins. Two life sentences for a 1947 double murder land an innocent man in a corrupt Maine penitentiary.
9:10 p.m. MAX "Pacific Rim Uprising" ★★ (2018) John Boyega
9:20 p.m. HBO "The Town" ★★★ (2010) Ben Affleck A Boston bank robber looks for a way out of his criminal lifestyle after beginning a passionate romance with the woman that his gang briefly took hostage.
9:30 p.m. AMC "Home Alone 2: Lost in New York" ★★½ (1992) Macaulay Culkin.
FX "Transformers: The Last Knight" ★★ (2017) Mark Wahlberg.
10:00 p.m. SHOW "Five Feet Apart" ★★ (2019) Haley Lu Richardson
TMC "D.C. Cab" ★★ (1983) Adam Baldwin
10:30 p.m. E! "Sex and the City" ★★½ (2008) Sarah Jessica Parker.
PARMT "Trading Places" ★★★ (1983) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler.
10:45 p.m. TCM "The Rise and Fall of Legs Diamond" ★★ (1960) Ray Danton.

Best Bets

10 a.m. on HALL
The 131st Rose Parade

Rita Moreno, Gina Torres and Laurie Hernandez are the 2020 Grand Marshals for this beloved parade, which this year will include 45 floral floats spanning up to 75 feet long and 35 feet high. Put together by nearly a thousand white-glove volunteers over a total of 80,000 hours, these creations feature such special effects as pyrotechnics, waterfalls and smoke. "Today" colleagues Al Roker and Hoda Kotb co-host NBC's coverage. It's Roker's 23rd year at this parade, and Kotb's seventh.

5:30 p.m. on HGTV
Self-Made Mansions

In this new series, designer Clinton Kelly meets with everyday people who have used hard work, determination and ingenuity to move from rags to riches. Now they're looking for the home of their dreams, a task for which Kelly is uniquely well suited. Tonight's series pilot episode finds Kelly working with the Speciale family, who made millions via "Shark Tank" with their oversized sweatshirt-blanket combo, The Comfy. Now, they're looking to upgrade from their current 1500-square-foot Arizona home to a larger residence filled with amenities.

7 p.m. on TLC
My 600-Lb. Life

This powerful docu-series returns for its eighth season with new stories about people whose own bodies have become a prison for them due to a literally crippling accumulation of weight. In many cases, their condition has had a devastating impact on many of their personal relationships, due to related health issues and the familiar problems that accompany any form of addiction. Dr. Younan Nowzaradan is dedicated to turning around their fortunes through life-saving surgery.

7 p.m. on BBCA
Doctor Who

"Doctor Who" fans have been waiting for a year for their favorite series to return, but executive producer and showrunner Chris Chibnall promises them that their patience will be rewarded by "Skyfall," the first of a two-part Season 12 premiere. In fact, Chibnall says, this could be the biggest "Doctor Who" ever, in terms of the sheer scope of the production and international locations used. What else? Cybermen, lots of them, all deadlier than ever. Jodie Whittaker, Bradley Walsh, Mandip Gill and Tosin Cole star; Stephen Fry guest stars.

8 p.m. on CNN
Movie: Linda Ronstadt: The Sound of My Voice

Rob Epstein and Jeffrey Friedman's film was named best music documentary at the 2019 Critics' Choice Documentary Awards for its appreciative celebration of the recent Kennedy Center Honors recipient, who remained at the top of the music scene for nearly five decades after climbing to that pinnacle in the late 1960s. The first female artist to top the pop, country and R&B charts simultaneously, Linda Ronstadt packed arenas with a personal songbook that crossed multiple genres.

8 p.m. on SHOW
Movie: On the Basis of Sex

British actress Felicity Jones earned warm reviews for her performance in this 2018 biopic that chronicles the life and early career of Ruth Bader Ginsburg, the iconic attorney and later U.S. Supreme Court justice who found her own distinctive voice while representing working-class women and other groups who had few advocates among the seats of power.

9 p.m. on LIFE
Supernanny

Professional nanny Jo Frost returns in a reboot of the hit show in which she starred for seven seasons on ABC, bringing her 30 years of expertise in childcare to modern families. Since the show's initial 2005-11 run, parents face a host of new and different societal and behavioral changes, so in these 20 new episodes, Frost offers them hope and relief with her advice and techniques to restore calm to a chaotic household.



Laurie Hernandez, Rita Moreno and Gina Torres (from left) are the grand marshals for the 131st Rose Parade on NBC.



PIXABAY

HOME & GARDEN

Caring for poinsettias all year

Rudy Pacumbaba
Contributor

NORMAL, Ala. – Poinsettias are an iconic indoor winter plant. The vibrant red, white and green colors make this plant a popular choice around the holidays. However, with proper care, poinsettias can add beauty and color to homes for more than just the holiday season.

Allyson Shabel, an Alabama Extension urban home grounds, gardens and home pests regional agent, offers the following tips on caring for poinsettias.

During the holidays
These care tips can keep poinsettias healthy during the holidays.

• Place the plant in an area with plenty of natural light, away from vents and drafts that can dry out the pot.

• Water the plant only when dry. If the pot is covered in a holiday foil or decorative wrap, allow excess water to drain. Poinsettias are susceptible to stem and root diseases, so draining the excess water is important.

• Utilize an all-purpose fertilizer (20-20-20) at once-a-month intervals.

After the holidays
The cost to keep a poinsettia growing for next year is marginal compared to purchasing a new plant every year.

• Remove decorative wraps from the planter after the holiday season and place a saucer underneath it. This allows for better air circulation for the roots during the rest of the growing season.

• Keep water and fertilizer at regular intervals.

• Move the plant to a larger container, with new potting mix, as the plant grows.

• Cut back to 5 to 6 inches if the plant becomes long and leggy. Periodically, cut the tips of the branches to encourage more side branching and to maintain a fuller appearance.

Care throughout the year
In the summer, growers should move the plant outside in an area with indirect sunlight. Summer is also the time to increase fertilizer to at least twice the frequency.

In mid-summer, trim the plant as needed to keep a manageable size and fullness and move to a location with full sunlight.

"After Labor Day, bring the plant inside to a location that gets a minimum of six hours of sunlight, preferably more," Shabel said.

"This will start preparing the plant for their flowers and their colorful foliage.

"Growers should also start reducing the frequency of fertilizer."

Long periods of darkness are vital to the iconic colors of the poinsettia.

Toward the end of September, they must have at least 13 hours of uninterrupted darkness and 11 hours of bright light each day.

Placing the plant in a closet, basement or under a box can give it the required hours of darkness. During the periods of bright light, make sure to rotate the pot to ensure the plant receives even light from all sides.

Just before Thanksgiving, stop the dark period treatments, reduce the amount of water and fertilizer and place the plant in a sunny area that receives at least six hours of direct light.

More information
These tips are sure to keep your poinsettias healthy and happy during and after the holidays. For more information about home gardening, visit www.aces.edu or contact your county Extension office.

OPINION

Op-Ed: 2019- A year in review

U.S. Rep. Bradley Byrne
R-Alabama

At this time last year, I predicted that the upcoming year with a Democrat majority in the House would be much different. While most activity in the House centered around efforts to impeach our President, I did not let that stop me from fighting for you and our state.

One of our most significant victories this year for Alabama was reforming the Medicare wage index formula. For three decades, hospitals in rural states like Alabama have been underpaid in Medicare reimbursements. Upon taking office, I began fighting for a fix.

With the election of President Trump, I found that we had an administration willing to listen and work with us, and as a result, Alabama's hospitals have begun receiving significantly higher Medicare reimbursements. In the past, these dollars were siphoned off towards high population areas like New York and Los Angeles at an unfair rate.

I was also proud to lead the Trump Administration's school choice bill in the House, the Education Freedom Scholarship and Opportunity Act. Education Secretary Betsy DeVos asked me and Senator Ted Cruz to be their champions in Congress for this Trump policy priority, and support continues growing for our bill.

It was an honor to join President Trump several weeks ago in an education roundtable at the White House and to advocate for providing options for students locked into failing schools.

As a member of the Armed Services Committee, I'm proud of my record advocating for a strong national defense. This year Congress passed an important National Defense Authorization Act that enables us to rebuild our military readiness after years of stagnation in the Obama administration.

The bill allows for continued counter drug enforcement at our border, accelerates programs to counter Chinese and Russian aggression, and authorizes important bipartisan nuclear modernization programs. It also gives our troops the largest pay raise in a decade, repeals the widow's tax, and establishes the Space Force.

Sadly, our Second Amendment rights are under assault like no time in our history. I was proud to lead 120 of my colleagues in filing a brief before the Supreme Court in support of protecting these fundamental American rights.

The case, N.Y. State Rifle & Pistol Association Inc. v. City of New York, will determine if New York's ban on transporting a handgun to a home or shooting range outside city limits is constitutional.

Our Constitution is clear that the right to bear arms shall not be infringed, and I am glad to have had so much support from my colleagues in taking a stand against these radical efforts to take away our gun rights.



OFFICE OF BRADLEY BYRNE

U.S. Rep. Bradley Byrne, R-Alabama

Finally, just weeks ago, the House passed President Trump's USMCA trade deal to replace NAFTA. Our state stands to benefit significantly, particularly our automobile manufacturing and agriculture sectors as well as steel, energy and high-tech. The USMCA is projected to create 176,000 new American jobs and raise our GDP by $68.2 billion. We will reap benefits from this deal for years to come.

Of course, I continued holding constituent town halls throughout Southwest Alabama, and I have now held over 125 since taking office. Your input is important to me, and I appreciate everyone who has participated over the years. We have a great state full of amazing people, and I am glad to be among the leaders in Congress in the number of town halls held.

Thank you for allowing me to represent you in Congress. I will continue fighting for you in 2020.

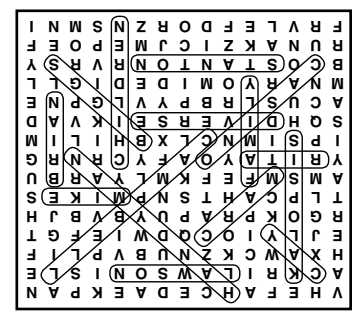
PUZZLES

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"Outmatched" on Fox
(Words in parentheses not in puzzle)

Mike	(Jason) Biggs	Handyman
Cay	(Maggie) Lawson	Casino (Pit Boss)
Rita	(Tisha) Campbell	(High-IQ) Children
Marc	(Jack) Stanton	Diverse
Brian	(Connor) Kalopsis	Family

WORD SEARCH SOLUTION



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Bridge (from Front)

(when it went under)."

He continued, "As soon as it went under the percentage, we started looking and the Alabama Department of Transportation (ALDOT) released these grants for bridges. God, in Alabama I think there was over a hundred bridges (in) a federal grant that was administered by the County and ALDOT."

Charney said the City of Cullman received $1,634,704.10 for the bridge.

On Wednesday, Assistant to Cullman Mayor Woody Jacobs, Leanne West, shared this statement from the City of Cullman: "The City anticipates the Eva Road Bridge to be open around the end of January 2020.

"However, that is dependent upon suitable weather and other factors, so there's not a firm date for the bridge to open yet."

West said, "The main things left to be done are paving, guardrail installation and thermoplastic striping."

Charney said, "Once the bridge is completed for the citizens of Cullman, it will be a lot wider, a lot safer, and you can't ask for anything more for your money. The whole thing was to make it safer."

"The new Eva Road Bridge is almost complete. We hope to have it open by the end of January, but that will be dependent upon suitable weather and other factors," said Jacobs, who echoed Charney by saying, "When it does open, I believe the citizens will be very happy with the wider and safer new bridge."

Back in June 2018, the City of Cullman announced the new bridge will bear the name of longtime Cullman resident and respected businessman Hugh Brindley. When construction is complete, the bridge will be known as the "Hugh P. Brindley Sr. Memorial Bridge."

Traditions (from Front)

ally 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.

This Tribune file story originally ran in December 2016.

Tigers (from Front)

wolves."

The park was excited to welcome two white lions, Bakari and Kamani, to their new home in 2019.

The park welcomes visitors throughout the year but cautions it isn't a traditional zoo. Guests are expected to remain respectful as they make their way through the animals' habitats. Yelling, running or any behavior that could upset or disturb the animals is not tolerated.

Wilbur McCauley, president and director of animal care, explained in a statement, "The animals will always come first no matter what. The care and quality of their lives are what matter the most and this will always take precedence over what others feel in any given area.

"The animals' lives are our responsibility. Any decision made must benefit and protect the animals and their care.

"This includes protecting them from people and outside organizations that could cause harm. This includes volunteers, interns, employees, visitors, board members and family members."

General admission to the park is $15 for adults and $7.50 for children ages 4-11. Children ages 3 and younger are free. Strollers are welcome, but the paths are gravel. The park is spread out, so the staff recommends wearing comfortable shoes. Umbrellas are not allowed inside the park.

This Saturday, Jan. 4 from 10:30 a.m.-2:30 p.m. will be the Claws, Paws, and Unicorns Holiday Leftovers event.

Tigers for Tomorrow described the event:

Recycle your holiday gift paper, bags, boxes, bows and ribbons by making them into toys for the tigers. Terrific for all ages.

10:30 a.m.-12:30 p.m. Come out and help create and paint goodies for the animals. Some toys will be put in with animals during the community tour.

1-2:30 p.m. Community Tour- $7.50 a person and kids younger than 3 are free.

The rest of the toys will stay at Tigers for Tomorrow for the keepers to give out to the animals throughout the month.

We are also having a Make Your Unicorn Contest. Make your unicorn at home with papier mache (Elmer's glue or flour), boxes, masking tape and other paper products and bring it in on the 4th for the event.

We will be picking winners! The animals will be very thankful for your unicorn present.

We are doing preorders for lunches. You can also pack your own lunch and snacks if you wish.

**If you'd like to order a box lunch please let us know before the 2nd as they must be preordered.*

Box Lunches are $10 which include choice of entrée, one water or soda and a cookie dessert.

Entrée Choice: BBQ and chips or potato wedges, Chicken Fingers and chips or potato wedges, Hot Dog and Chips or Hamburger and fries

Please RSVP to Wendy with your name, number of people in your party, and if you choose to preorder a box lunch, what box lunch choice you'd like to UntamedEnrichment@gmail.com.

Tigers for Tomorrow also offers private, educational and group tours and birthday parties.

For more information on tours and a complete list of park rules, visit www.tigersfortomorrow.org or www.facebook.com/tftatuntamedmountain.

United Way (from Front)

W.C. Mann
craig@cullmantribune.com

CULLMAN, Ala. – United Way of Cullman County (UWCC) has had a successful 2019. Like many organizations, it operates on a fiscal year instead of a calendar year, but Executive Director Becky Goff was able to share some good news at the end of UWCC's third quarter.

"(This year) 2019 was a big year for United Way as we celebrated our 40th anniversary, highlighting the volunteers and organizations that helped build the organization," she said.

"We recognized a number of them at our Annual Meeting in May. We had tremendous support at all of our events.

"We collected more school supplies this year and increased the number of students we were able to get prepared for school.

"Right up to the end of the year, we helped fill in the gaps for our neighbors, including building ramps, providing emergency resources and even supplying Christmas gifts for local students in our schools system and other families who otherwise didn't get the help they needed."

In its current fiscal year (April 2019-March 2020), UWCC is funding 17 programs and organizations at a total of $258,000, which Goff reported as a slight increase over previous years.

Its partner agencies include:

- 211
- 4-H Clubs of Cullman County
- American Red Cross, Cullman Chapter
- Cullman County Commission on Aging
- Cullman Caring for Kids
- Cullman County Center for the Developmentally Disabled
- Easter Seals
- Foster Grandparents
- Senior Companion Program
- Girl Scouts
- Good Samaritan Health Clinic
- Hope Horses, Inc.
- Hospice of Cullman County
- Pilot Light Home
- Saving Forgotten Warriors
- Victim Services of Cullman
- Youth Advocate Program

Goff shared, "Our Agencies saw a few changes as well this year, including the closing of the Day Star House; those operations transferred to Victim Services. They now handle transitional housing for homeless women and children. We are also excited to report that the Pilot (Light) Home has house parents and has been actively providing foster care services for our community."

UWCC will begin reviewing agencies and programs for the upcoming funding cycle Jan. 8, and will announce funding for the 2020-21 fiscal year at the end of March.

Operating budget unchanged for 19 years

Goff told The Tribune, "United Way has maintained its operating budget for the last 19 years at $140,000 and once again saw no increases.

"While fundraising has been flat over the past few years, the current 2019-20 Campaign is showing some increases in most areas. United Way continues to serve nearly 20,000 Cullman residents, and needs continue to increase.

"United Way employs two full-time staff and one part-time. Our (IRS Form) 990 is on file and available for review."

Top fundraising campaigns

UWCC gets much of its funding from fundraising campaigns by local businesses and industries and their employees. Top participants for the 2019-20 campaign include:

- Publix
- Walmart
- Rusken
- REHAU
- Topre
- LP
- ACYT
- RWW
- CRMC
- McGriff Tire

Goff added, "We are thankful to the City (of Cullman), (Cullman) County Commission and the CCCDC (Cullman County Community Development Commission) for appropriations that helped us with our campaign, as well as everyone that supported our events: Stuff the Bus, Day of Caring, Seeing is Believing, Hat Day, Crawfish Boil and Designer Bag Bingo."

UWCC board members

The UWCC board expanded from 13 to 18 members in 2019, and includes:

Officers

- Chair Ross West from Merchants Bank
- Chair-elect Brad Boshell from Publix
- Secretary Alex Chaney from Berry, Berry, Little, Brunner & Chaney
- Treasurer Mark Hestla from Warren Averett
- Past-chair Steve Moore from Walmart Distribution

Members

- Dusty Baker, Cullman County Commission on Aging
- Dr. Shane Barnette, Cullman County Schools
- Natalie Caudle, Topre America
- Philip Cone, WestRock
- John Dean, Goat Island Brewing
- Heather Gudger, Southern Accents
- Jake Johnson, Cullman City Schools
- Deborah "Pepper" Hoover, Wallace State Community College
- Jennifer Parker, Payroll Services
- Ernesto Romero, Rusken Packaging
- Jana Schroeder, REHAU
- Seth Thompson, Thompson Law Firm
- Judy White, Drinkard Development
- Jeff Williams, Coca-Cola Bottling Company

The final word

Goff said, "United Way is community-owned, volunteer-driven and staff-managed. We have the largest network of nonprofits who focus on finding solutions to our communities' most pressing issues.

"This is what makes us unique and different from other nonprofit organizations. As we turn the page on 2020, we will continue to fight for everyone in our community to have a chance at a better future.

"It will take all of us working together, but united, we can and will make a difference."



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