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HEALTH

COVID-19: Latest from Cullman Regional, Cullman mayor

Wendy Sack
wendy@cullmantribune.com

CULLMAN, Ala. – The number of COVID-19 cases in Alabama reached 78 Thursday, according to the Alabama Department of Health (ADPH). The breakdown is as follows: » PAGE 7

CORONAVIRUS DISEASE 2019 (COVID-19) IN ALABAMA

Updated: March 19, 2020 4:30 p.m. (CT)

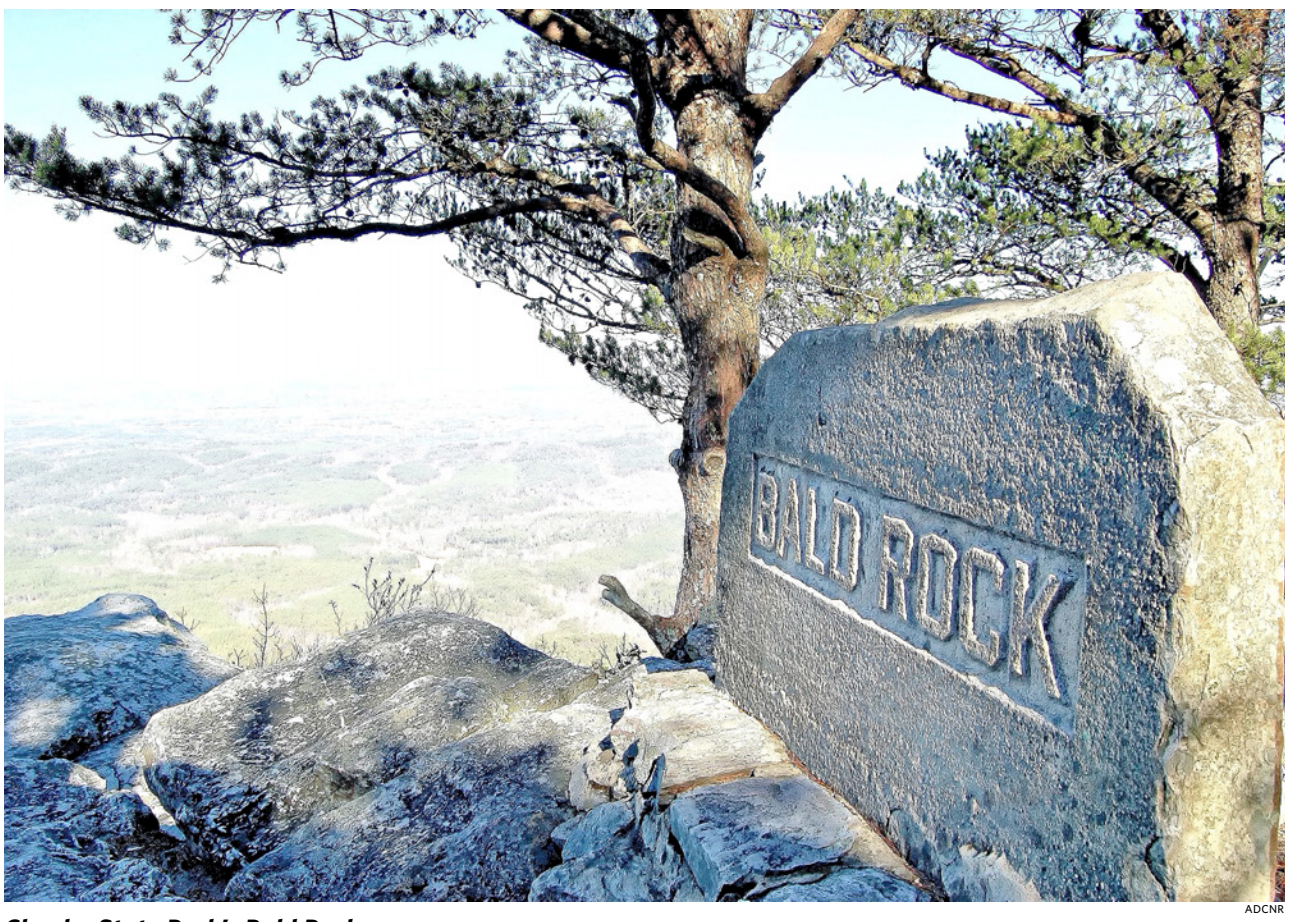
COUNTY OF RESIDENCE - CASES

Baldwin	1	Limestone	1	Talladega	1
Calhoun	1	Madison	5	Tuscaloosa	4
Chambers	1	Mobile	1	Walker	1
Elmore	5	Montgomery	3		
Lee	10	Shelby	9	**Total**	**78**
Jefferson	34	St. Clair	1	**Deaths:**	**0**

– OUTDOORS –

Alabama State Parks naturalists to provide virtual programming

Alabama Department of Conservation and Natural Resources



ADCNR

Cheaha State Park's Bald Rock

Dept. of Conservation and Natural Resources

For all those nature lovers who are unable to visit one of the beautiful Alabama State Parks due to the COVID-19 precautionary measures, the State Park Naturalists will bring the parks to you via modern technology.

During the effort to prevent the spread of the virus, the Alabama State Parks Naturalists want to help alleviate stress and anxiety and add some fun to those that may not be able to visit one of our 21 Alabama State Parks.

State Parks Naturalists will host Virtual Naturalist programming via our Facebook pages at five parks - Oak Mountain, Lake Guntersville, Gulf, DeSoto and Cheaha.

These virtual programs will be an assortment of Live Facebook videos, short videos, photos, park stories, pictures, and maybe a challenge or two.

Go to the Facebook pages for the five individual parks and look for the State Parks Naturalists' content.

The State Parks Naturalists have also created a survey link to determine what type of content best suits the viewers.

Go to https://alabamadnr.az1.qualtrics.com/jfe/form/SV_9BRdZYm3kzGvBzf to participate in the survey.

Of course, if you have one of Alabama's wonderful State Parks nearby, we encourage visitors to take part in the many self-guided activities that provide social distancing, including camping, fishing, hiking, birding, biking and more.

Please visit www.alapark.com for more information on the opportunities to explore our natural wonders as well as the precautions taken by Alabama State Parks to minimize the exposure for park visitors.

The Alabama Department of Conservation and Natural Resources promotes wise stewardship, management and enjoyment of Alabama's natural resources through four divisions: Marine Resources, State Lands, State Parks, and Wildlife and Freshwater Fisheries.

To learn more about ADCNR, visit www.outdooralabama.com.

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ALABAMA2020CENSUS.COM

HEALTH

COVID-19: ADPH issues new statewide public health order, effective immediately

» PAGE 6

Dr. Scott Warner talks coronavirus response

» PAGE 4



PIXABAY

HEALTH

CCBOE offers tips on managing emotional health during COVID-19 outbreak

Lindsey Dossey
Cullman Regional

CULLMAN COUNTY, Ala. – The coronavirus poses an obvious risk to people's physical health, but Cullman County Board of Education (CCBOE) counselors are also concerned about its potential effect on the mental health of area students. As people "hunker down," curtail outside activities and watch story after story about the increasing international impact of COVID-19, anxiety levels are likely to increase in homes and especially among children.

CCBOE elementary counselor Shay Whaley shared with The Tribune a PDF slide show, entitled "Managing Emotional Health during a Pandemic," which the system has developed to help parents safeguard their children's and their own emotional well-being during this time. The contents of that presentation are » PAGE 7

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CRIME

Arrests and incidents reported March 19

Wendy Sack
wendy@cullmantribune.com

CULLMAN, Ala. – Below are the arrests and incidents reported March 19, 2020. All persons are innocent until proven guilty.

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

CULLMAN COUNTY SHERIFF'S OFFICE
No incidents reported.

ARRESTS
March 16
Chiminiello, Joseph Ralph, 39
• third-degree domestic violence- harassment

Hester, Hunter Thomas Gene, 24
• first-degree criminal mischief
• first-degree theft of property (2 counts)

Parris, Randall Lee, 46
• first-degree bail jumping- chemical endangerment of a child

Richards, Jenna Marie, 32
• false reporting to law enforcement

Rickard, Michael Oneal, 22
• no tag/tag not plainly visible
• possession of drug paraphernalia
• second-degree unlawful possession of marijuana

Riggs, Destiny Veronica, 20
• public intoxication

Schonebeck, June Marie, 31
• GJ- false Medicaid statements

Terry, Katie Lynn, 30
• third-degree criminal trespassing

March 17

Brown, Keiane Chavez, 31
• certain person forbidden to possess a pistol
• possession of drug paraphernalia
• first-degree receiving stolen property
• unlawful possession of a controlled substance

Dingler, Charles Hollis Michael, 42
• failure to register quarterly SORNA

Durham, David Joshua, 43
• FTA- possession of drug paraphernalia

Evans, Nathan Ryan, 32
• second-degree bail jumping- possession of drug paraphernalia
• first-degree bail jumping- unlawful possession of a controlled substance

Haynes, David Allan, 48
• attempting to elude
• possession of drug paraphernalia
• resisting arrest
• unlawful possession of a controlled substance

Lairsey, Amanda Christine, 32
• first-degree theft of property (2 counts)
• second-degree theft of property

Swann Jr., Johnny Gregory, 38
• judge's order- third-degree domestic violence- harassing communication

March 18
Boatrite, Burshel Eugene, 57
• distributing a private image with intent to harass, threaten or coerce

Farr, Carles Matthew, 36
• FTA- second-degree burglary
• FTA- driving while revoked

Johnson, Robert Dennis, 66
• third-degree domestic violence- harassment

Kashuba, Heather Renee, 41
• possession of drug paraphernalia
• unlawful possession of a controlled substance

Lindsey, Kristy Leigh, 43
• second-degree unlawful possession of marijuana

Long, Lyndsay Marie, 34
• third-degree domestic violence- third-degree criminal trespassing
• third-degree domestic violence- harassment

Roberts, Sarah Johnson, 35
• third-degree domestic violence- harassment

Thomas, Tammy Warden, 49
• third-degree criminal trespassing

Vaughn, James Black, 44
• third-degree domestic violence- harassment
• writ of arrest- child support

CULLMAN POLICE DEPARTMENT
INCIDENTS
March 18
• identity theft; person
• second-degree theft of property; Wal-Mart; Olive St. SW; jewelry; $2,144

ARRESTS
March 18
Phelps, Christy M., 36
• fugitive from justice

Wiley, Robin D., 35
• public intoxication

HANCEVILLE POLICE DEPARTMENT
No incidents or arrests reported.

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

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LEGALS

PB MIN BK 185 PG 663 - 03/04/2020 04:14 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN RE: THE ESTATE OF * IN THE PROBATE COURT OF
*
VAN BUREN TALLEY, * CULLMAN COUNTY, ALABAMA
*
deceased. * CASE NO. PC2020-051

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration having been granted to Nanette Clark, as Administratrix of the Estate of Van Buren Talley, deceased, on the 4th day of March, 2020, by the Honorable Tammy Brown, Probate Judge.

NOTICE IS HEREBY GIVEN that all persons having claims against the said Estate are hereby required to present the same within the time allowed by law or the same will be barred.

Tammy Brown
TAMMY BROWN, PROBATE JUDGE

TO: Publisher
The Cullman Tribune

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

Attorney for Administrator:
J. Bradley Wilson
Baggett & Wilson, LLC
206 Ninth Street Southwest
Cullman, AL 35055
256-737-0740

DISTRICT COURT OF CULLMAN COUNTY
500 2nd Ave SW
Room 303
Cullman, Al 35055

Charles Wedding
(PLAINTIFF)
VS CASE NO: SM-2019-901052
Jonathan Twilley
(DEFENDANT)

NOTICE OF FILING OF LAW SUIT

DEFENDANT(S), Jonathan Twilley, whose whereabouts are unknown, must answer the complaint brought against him/her by the PLAINTIFF, Charles Wedding, for $5,200.00 plus court cost, cause of action being: Paid for roof to be completed in the amount of time estimated and loss of work.

ANSWER TO THE COMPLAINT MUST BE MADE BY THE SAID DEFENDANT on or before the 10th day of April, 2019, or a default may be rendered against him/her in the above styled cause.

DATED THIS THE 24th DAY OF February, 2020.

LISA MCSWAIN
CIRCUIT COURT CLERK
CULLMAN COUNTY, ALABAMA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the City Council of the City of Cullman, Alabama, will hold a public hearing on April 13th, 2020 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. 2020-24 (set forth in full below) will be given an opportunity to be heard:

ORDINANCE NO. 2020 – 24
AMENDING ORDINANCE NO. 2004-03 AND THE ZONING MAP OF THE CITY OF CULLMAN, ALABAMA, TO RE-ZONE CERTAIN PARCELS OF PROPERTY AS SET FORTH HEREIN

BE IT ORDAINED BY THE CITY COUNCIL OF THE CITY OF CULLMAN, ALABAMA, AS FOLLOWS:

1. Under the authority of Chapter 52, Articles 1 through 4, Section 11-52-1 through Section 11-52-84, Code of Alabama 1975, as amended, and specifically Sections 11-52-77 and at the request of property owner, Gregory S. Windham, the following describe the tract or parcel of land, to-wit: Legal Description: A part of the Northwest Quarter of the Southeast Quarter of Section 6, Township 10 South, Range 3 West, Cullman County, Alabama and being more particularly described as follows: Begin at the Northwest corner of said Northwest Quarter of the Southeast Quarter and run South 88 degrees 14 minutes 24 seconds East (bearing based on Alabama State Plane, West Zone, NAD 83 Grid) and run along the accepted North line, a distance of 1,325.05 feet; thence South 14 degrees 24 minutes 45 seconds West, a distance of 289.90 feet; thence South 14 degrees 24 minutes 45 seconds West, a distance of 10.38 feet; thence South 30 degrees 05 minutes 38 seconds West, a distance of 60.00 feet; thence South 33 degrees 24 minutes 49 seconds West, a distance of 442.42 feet; thence South 63 degrees 29 minutes 05 seconds West, a distance of 1,118.82 feet to a point on the West line of said Northwest Quarter of the Southeast Quarter; thence North 01 degrees 09 minutes 07 seconds East, a distance of 1,252.48 feet to the point of the beginning. Containing 25.80 acres of land, more or less.
within the city limits of Cullman, Alabama, and lying and being in Cullman County, State of Alabama, designated as R-1 Residential District on the Zoning Map of the City of Cullman, Alabama, under Ordinances No. 2004-03 and as may be reflected in any comprehensive master plan for the City of Cullman, Alabama, be, and is hereby changed from R-1 Residential District to R-2 Residential District.
2. That this ordinance be published at least once a week for two consecutive weeks in advance of its final passage in a newspaper with general circulation within the City of Cullman, Alabama, the first publication of said notice and ordinance being verbatim and the second publication either verbatim or synopsized, with the last publication being at least 15 days prior to the date set for public hearing and passage of said ordinance.
3. That a public hearing be held relative to the passage of this ordinance on the 13th day of April, 2020 at 7:00 o'clock p.m., at which time interested parties and citizens shall have the opportunity to be heard concerning said ordinance and any changes relating thereto.
4. That all notices as required by law be given by the City Clerk concerning said public hearing, and in addition thereto, a certified letter be sent by the Clerk to all contiguous property owners at their last known addresses as shown by the tax records for the City of Cullman, Alabama.
5. That upon final passage of this ordinance, all zoning maps, master comprehensive plans or any other documents of the City of Cullman, Alabama, in conflict with this ordinance are hereby changed and amended to reflect the changes and amendments herein.
6. Should any part or portion of this ordinance be held invalid, unenforceable or unconstitutional, for whatever reason, by a court of competent jurisdiction, such ruling shall not affect any other part or portion of this ordinance.
7. This ordinance shall take effect and be in force from and after its passage or adoption as required by law, including notice, publication and public hearing, all in accordance with Section 11-52-1, et seq., Code of Alabama 1975, as amended.

Wesley M. Moore - Cullman City Clerk

COMMUNITY CALENDAR
March 20

All events canceled.

Questions about COVID-19?
Call our COVID-19 Information Line
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CULLMAN REGIONAL

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A MESSAGE FROM YOUR LOCAL BANKS

March 18, 2020

The banks listed below have come together to issue this statement to assure our citizens that your local community banks are closely monitoring the effects on all of our communities from the COVID-19 coronavirus.

Most importantly, we want you to know that our prayers go out to everyone affected by this issue, both from a health and economic standpoint.

Your community banks stand ready to assist individuals, businesses, and municipalities affected by this virus in any way we can. We have contingency plans in place to ensure financial services are available to everyone during these trying times. We will work closely with government officials as the situation warrants to identify those areas where we may be of assistance.

In the meantime, please take actions suggested by those officials in order that you can protect yourselves, your loved ones, and your community, so we can get through this situation, TOGETHER.

Tim Compton
Chairman, President and
Chief Executive Officer
Traditions Bank
www.traditionsal.com
(256)735-2121

Billy Faulk
President and
Chief Executive Officer
First Community Bank
www.fcbcullman.com
(256)734-4863

Steve Glasscock
Chairman and
Chief Executive Officer
Merchants Bank of Alabama
www.merchantsbankal.com
(256)734-8110

John J. Mullins
President, Chairman and
Chief Executive Officer
Premier Bank of the South
www.premierbankofthesouth.com
(256)737-9900

John Riley
President and
Chief Executive Officer
Cullman Savings Bank
www.cullmansavingsbank.com
(256)734-1740

Tim Williams
President
Peoples Bank of Alabama
www.peoplesbankal.com
(256)737-7000

Warner (from Front)

W.C. Mann
craig@cullmantribune.com

CULLMAN, Ala. – Dr. Scott Warner is a little bit of everything when it comes to medicine: pulmonary and sleep specialist for Cullman Internal Medicine and Cullman Regional Medical Center, reserve Cullman Police officer, police tactical team medic and medical director for both Cullman Fire Rescue and Cullman EMS. He has, logically, been at the center of things as area agencies come together to develop an organized local response to the coronavirus pandemic.

The Tribune spoke with Warner by socially-distant phone Wednesday afternoon about what those agencies are doing, and about what the average local citizen can do, to deal with COVID-19.

Warner shared, "Yesterday was the second meeting we had on a multi-agency level, coordinating all of our response. The first meeting was the emergency response entities in the county, which include, of course, the fire department, law enforcement, EMS (Warner later amended his list to include Cullman County EMA.). And then at yesterday's meeting, we expanded that a little further to include other- what we consider critical infrastructure, including the department of health, including the hospital, nursing homes and included the school systems.

"So we kind of started with the core group of what we consider key infrastructure emergency response agencies, and then we broadened it to include additional key players in the community, that need to be kept up to date as to what's going on. And then, basically, we're sharing with each other what we're doing, so that I am aware of what my partners in other agencies are doing.

"We want to make sure that everyone is doing okay that's in our group here. Obviously, if you lose key infrastructure like 911, we're all in bad trouble, so we've got to keep ourselves in the game. And we've got to see what everyone needs, so we want to make sure everyone has the correct supplies. You know, we addressed those things, education of everybody of what's going on- kind of up to date as to the current situation in the country and in the state, and in our local community. And then, being able to share resources: if somebody needs supplies that they don't have, then other partners will kind of help a bit."

Warner also talked briefly about a discussed plan to create a single social media page to distribute information from all of the various agencies, but Cullman Economic Development Director Dale Greer, who has been tapped by the city to be its spokesman, told The Tribune later in the day that, since the various agencies already have well-established points of online presence, the commitment of time and effort to create a new site was determined to be unnecessary at this time.

What are you doing to keep police and emergency responders up and running?

Said Warner, "Cullman EMS has had a pandemic plan in place since 2009, when the H1N1 pandemic threatened us. Luckily, it didn't affect here severely, but we had already operational plans for what to do if a large number of people are suddenly sick at the same time, which is devastating to any system- you can only have a certain loss of so many people at one time. And so, we've already had plans in place.

"So those were modified only minimally for this because, basically, the previous plan was well thought out, so only a minor modification was needed for the 2020 version of it. And so, we already kind of knew what to do if we ever get into a situation like we're facing now; so that's the first thing that I should mention: this is not taking us by surprise.

"We are aware that pandemics can occur at any time, so we're not shaken by this, but we are taking it very seriously."

Changes in emergency response procedures include limiting the number of responders to the minimum number needed for a particular type of call, to prevent potential exposure as much as possible. Warner was careful to assure that sufficient numbers would be dispatched.

"We're not going to compromise someone's care," said Warner. "If they need six people, we're going to send six people."

In order to determine the level of response needed, Warner said that dispatchers are performing more detailed screening of calls, asking more about symptoms so the right response can be sent, and so responders can know what type and how much protective equipment they might need.

Additionally, responders have stepped up their procedures for the cleaning and sanitizing of equipment.

What can the average citizen do?

Warner said that scientists are finding more and more evidence that the COVID-19 virus can survive on surfaces outside a host for much longer than typical cold and flu viruses. For that reason, he recommended extra caution, even when no one else is around.

Said Warner, "There may be nobody in that room, but little did you know that, yesterday, somebody with the virus sneezed on the door handle. Well, you think, 'Why do I need to wash my hands? There's no one here.' So that thing is educating our people as well as the public about the importance of handwashing and public surfaces like gas pumps and ATM machines, and credit card machines and grocery store buggies. That is the danger zone right here, so everybody in the community needs to be aware of that.

"The reason people are being so worked up about this on a federal and state level- it's like this is unprecedented; I mean, probably not in anyone's lifetime here can anyone remember anything like this. When you look around and everybody seems to be healthy, like, 'Why are stores out of business here?' 'Why are schools closed?' 'Why are restaurants not serving their dining rooms?' Because, if we can get people to not be together for a while, it will dramatically lower the risk of it spreading from person to person.



TRIBUNE FILE PHOTO

Dr. Scott Warner is pictured in this Cullman Tribune file photo after receiving the Dr. Herman C. Ensor Award for Excellence in Medical Care at the Cullman Regional Foundation Gala in April 2018.

"And that's the big thing here, is that we really want to prevent it from spreading and, if nothing else, we want it to spread at a slower rate. In other words, we don't want everybody that's going to get sick to be sick the same week.

"You know, if we can spread that out, we can take care of you. I can take care of five people a week for ten weeks, as opposed to 50 people in one day. So that's the issue: we've got to spread it out and, hopefully, just reduce the risk.

"The other thing is that people need to take it seriously; not panic- that's the biggest thing: there's no need to panic about this. It is a bad infection; 80% of you, however, are going to be fine. You'll just have a minor infection that needs to stay home. Don't come to the hospital, don't call 911. Stay home, take Tylenol, get plenty of rest like you would with any flu symptoms.

"It's only those people who are having extreme shortness of breath, that kind of thing, that actually need to seek medical care, because we don't have a specific medicine for this. So lining up at the emergency room or calling 911 is not going to make you any better. It's just going to clog up the system and potentially spread it to others."

What the weatherman sees

Warner finished with an analogy: "If the weatherman told you that there is a tornado signature, a hook echo, on the Doppler just west of you- take cover now- and you go outside and it looks beautiful and sunny. And you say, 'What's up, man? You're worked up about nothing; it's fine.' But he sees is what's coming, and you only see what's here. And that's the message we're trying to get out to people, is that we see what's coming.

"Take it seriously. Stay home. It's inconvenient, I know, but Monopoly: you haven't probably played it in a while; good time to get out your Monopoly game and play it with your friends and family.

"If everyone's cautious and uses good common sense, then we're going to get through this just fine."

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PROBATE OFFICE COVID-19 CLOSING INFORMATION
EFFECTIVE: MARCH 18, 2020, THROUGH APRIL 6, 2020

Business hours will remain 8:00 am until 4:30pm.

The Cullman County PROBATE OFFICE is closed to the general public as of the above referenced dates for the health and safety of the employees and the public that we serve. All IN-PERSON contact will be limited. The following information serves as a guide as we work for a plan to continue to provide services to you.

Send all EMAILS, EXCLUDING COURT, to the following address: pofficecourt@co.cullman.al.us

FOR SPECIFIC CONCERNS &/or QUESTIONS PLEASE CALL:

Elections:	256-775-4811
Court (Including Commitments):	256-775-4805
	256-775-4815
License Department: (Boats, Business, Hunt/Fish, Marriage & Driver License) call:	256-775-4804
Recording Department:	256-775-4806

A PROBATE OFFICE DROP BOX will be located inside the Cullman County Courthouse PUBLIC ENTRANCE. Probate Office FILINGS must be placed in a SEALED ENVELOPE in the DROP BOX. The ENVELOPE must include at least one (1) CONTACT NAME and at least one (1) CONTACT PHONE NUMBER. Please indicate the ADDRESS where the documents will be mailed once completed.

THE PROBATE OFFICE DROP BOX WILL NOT BE AVAILBLE UNTIL MARCH 19, 2020
A Probate Office Employee will be available at the PUBLIC ENTRANCE MARCH 18, 2020

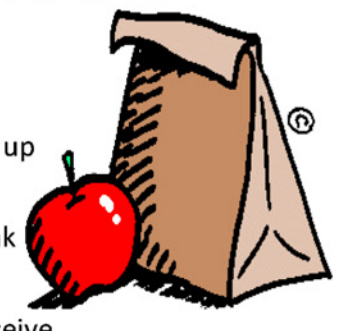
PROBATE JUDGE/PROBATE OFFICE MAILING ADDRESS IS AS FOLLOWS:
PO BOX 970/CULLMAN, AL 35056

Your patience and understanding is appreciated during this time.

***TAMMY BROWN*, Judge of Probate**

Cullman City Schools
FREE Grab-N-Go
Curbside Meals
Any child, 18 years and younger, may pick up free breakfasts and lunches starting Monday, March 23 at West Elementary School.

- Monday, March 23 from 10:30-12:30 pick up 2 breakfasts and 2 lunches per child
- Wednesday, March 25 from 10:30-12:30 pick up 3 breakfasts and 3 lunches per child
- Meals will not be provided during Spring break
- Meals will be first come, first serve
- Children must be present in the vehicle to receive a meal



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Alabama's Shea Mahoney Voted SEC Gymnastics Scholar-Athlete of the Year

Roots Woodruff
UA Athletics



UA ATHLETICS

Alabama's Shea Mahoney.

BIRMINGHAM, Ala. – Alabama senior Shea Mahoney was voted the Southeastern Conference Gymnastics Scholar-Athlete of the Year by the league's coaches, it was announced Wednesday by the conference office.

"We are so incredibly proud for Shea," UA head coach Dana Duckworth said.

"It goes to show that dreams can come true with persistence, hard-work and determination. A highly recruited Level 10 gymnast, Shea wasn't an Olympian or World team member, but she combined exquisite gymnastics, dedication and being an overall terrific human being to earn this award that represents so much more than her gymnastics."

With Mahoney's honor, Alabama gymnasts have now won a league-best seven SEC Gymnastics Scholar-Athlete of the Year honors in the 17-year history of the award.

She joins Lauren Beers (2016), Kim Jacob (2012, 2013 and 2014), Kayla Hoffman (2011) and Michelle Reeser (2005) in earning the accolade since the award's inception during the 2003-04 academic year.

"Shea continues a tradition of excellence and legacy of champions that spans all aspects of the collegiate experience," Duckworth said.

"To have Alabama lead the conference in this honor that recognizes athletic and academic excellence is a true testimony to what we work for every day."

Mahoney is the sixth Crimson Tide student-athletes to earn SEC Scholar-Athlete of the Year for their respective sports during the current academic year, joining Jordan Lewis (women's basketball), Zane Waddell (men's swimming and diving), Daija Lampkin (women's indoor track and field), Vincent Kiprop (men's cross country) and Nealy Martin (soccer), bumping UA's all-time total to 58.

Mahoney earned a bachelor's degree in communications studies in just three years with a 3.93 grade point average and is currently working on a master's degree in sports management, carrying a 4.0 GPA.

A three-year Scholastic All-American and 2019 All-SEC gymnast, she is a three-year member of the SEC Academic Honor Roll.

She posted career-best scores of 9.975 on the uneven bars, 9.950 on the floor exercise and 9.900 on the vault.

Named to the 2019 SEC Community Service Team, she earned both President's List (4.0 grade point average) and Dean's List (3.5 or better GPA) honors during her undergraduate career.

For all the latest information on Alabama gymnastics, follow BamaGymnastics on Twitter, Instagram and Facebook and head coach Dana Duckworth on Twitter and Instagram at @UACoachDana.





Sports

6:00 a.m. FSEE Boat Racing P1 APBA Offshore Championship. From Sarasota, Fla.
7:00 a.m. FS1 NASCAR Gander RV & Outdoors Truck Series Vet Tix/Camping World 200. From Atlanta Motor Speedway in Hampton, Ga.
FSEE Boat Racing P1 APBA Offshore Championship. From Fort Myers, Fla.
8:00 a.m. FSEE Boat Racing P1 APBA Offshore Championship. Season review.
9:00 a.m. FS1 NASCAR Xfinity Racing Series EchoPark 250. From Atlanta Motor Speedway in Hampton, Ga.
FSEE Powerboat Racing Nationals, Knoxville, Tenn.
9:30 a.m. FSEE Powerboat Racing Nationals, Guntersville, Ala.
10:00 a.m. FSEE Powerboat Racing Nationals. From Branson, Mo.
10:30 a.m. FSEE Powerboat Racing Nationals. From Naples, Fla.
12:00 p.m. FS1 NASCAR Gander RV & Outdoors Truck Series NASCAR Gander RV & Outdoors Truck Series Race At Homestead. From Homestead-Miami Speedway in Homestead, Fla.
2:00 p.m. FS1 NASCAR Xfinity Racing Series NASCAR Xfinity Series Race At Homestead, Practice. From Homestead-Miami Speedway in Homestead, Fla. (Live)
3:00 p.m. FS1 NASCAR Cup Series Dixie Vodka 400, Practice. From Homestead-Miami Speedway in Homestead, Fla. (Live)
FSEE Sports Stars of Tomorrow Softball star Avery Goelz of Lakewood Ranch High School; golfers Brett and Taylor Roberts from Fort Lauderdale, Fla.
4:00 p.m. FS1 NASCAR Gander RV & Outdoors Truck Series NASCAR Gander RV & Outdoors Truck Series Race At Homestead, Qualifying. From Homestead-Miami Speedway in Homestead, Fla. (Live)
FSEE College Football Indiana State at Kansas. Kansas tries to avoid losing to an FCS team in a second straight opener when it hosts Indiana State. The Jayhawks were stunned by Nicholls State 26-23 in overtime last season. Kansas has begun every season against an FCS member since 2009, going 7-3.
5:00 p.m. FS1 NASCAR Xfinity Racing Series NASCAR Xfinity Series Race At Homestead, Practice. From Homestead-Miami Speedway in Homestead, Fla. (Live)
5:30 p.m. FS1 NASCAR Cup Series Dixie Vodka 400, Final Practice. From Homestead-Miami Speedway in Homestead, Fla. (Live)
7:00 p.m. WBRC WWE Friday Night SmackDown (Live)

Movies

6:00 a.m. FX "Why Him?" ★★ (2016) James Franco.
6:15 a.m. SHOW "Billy Elliot" ★★★ (2000) Julie Walters (Premiere) A working-class youngster in 1984 England discovers a hidden talent for dance with the help of a hard-bitten teacher.
7:05 a.m. TMC "Pitch Black" ★★½ (2000) Radha Mitchell
7:15 a.m. HBO "Spanglish" ★★½ (2004) Adam Sandler
7:30 a.m. MAX "In Time" ★★½ (2011) Justin Timberlake
7:45 a.m. TCM "They Live by Night" ★★★ (1948) Cathy O'Donnell. Fugitive lovers Keechie and Bowie are doomed by fate from the start.
8:15 a.m. SHOW "Paycheck" ★★ (2003) Ben Affleck
8:30 a.m. AMC "The Professional" ★★★ (1994) Jean Reno. An Italian hit man in New York risks his life to protect an orphan girl who captures his heart.
9:00 a.m. TMC "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.
9:20 a.m. MAX "The Meg" ★★ (2018) Jason Statham
9:30 a.m. TCM "Gun Crazy" ★★★ (1950) Peggy Cummins. A gun fanatic and a sideshow sharpshooter team up for romance and a crime spree.
9:45 a.m. HBO "Pearl Harbor" ★★ (2001) Ben Affleck
10:00 a.m. FX "The Other Woman" ★★ (2014) Cameron Michelle Diaz.
11:00 a.m. AMC "Batman Returns" ★★½ (1992) Michael Keaton.
11:15 a.m. TCM "Badlands" ★★★½ (1973) Martin Sheen. A thrill-seeking teenage girl joins a garbageman on a South Dakota killing spree.
MAX "Daylight" ★★ (1996) Sylvester Stallone
12:00 p.m. SHOW "Mad Max" ★★★½ (1979) Mel Gibson
In an Australia of the not-too-distant future, a police officer strikes back against motorized menaces to what is left of society after a nuclear holocaust.
12:55 p.m. HBO "The Day After Tomorrow" ★★½ (2004) Dennis Quaid
1:00 p.m. TCM "The Honeymoon Killers" ★★★ (1969) Shirley Stoler. After meeting through a lonely hearts club, Martha Beck and Ray Fernandez swindle and murder rich, lonely women.
1:10 p.m. MAX "War Dogs" ★★½ (2016) Jonah Hill
1:35 p.m. SHOW "El Chicano" ★★ (2018) Raúl Castillo
2:00 p.m. AMC "Batman" ★★★ (1989) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker.
2:05 p.m. TMC "The Horse Whisperer" ★★★½ (1998) Robert Redford A New Yorker takes her daughter and the girl's horse, both traumatized in a terrible accident, to a Montana healer.
3:00 p.m. E! "Selena" ★★★ (1997) Jennifer Lopez. A beautiful Mexican-American singer's skyrocketing international career ends abruptly.
FX "Kingsman: The Secret Service" ★★★ (2014) Colin Firth. A top-secret spy agency recruits an uncouth but promising street kid into its highly competitive training program, just as a twisted technological genius threatens the world.
TCM "Breathless" ★★★½ (1959) Jean-Paul Belmondo. A French hood kills a policeman and heads for Italy with his American girlfriend.
3:05 p.m. MAX "Night School" ★★ (2018) Kevin Hart
3:30 p.m. SHOW "Faster" ★★ (2010) Dwayne Johnson
4:05 p.m. HBO "Hunter Killer" ★★ (2018) Gerard Butler
4:30 p.m. BET "Diary of a Mad Black Woman" ★★ (2005) Kimberly Elise.
4:45 p.m. TCM "The Getaway" ★★★ (1972) Steve McQueen. A bank robber and his wife cross a big shot and are chased to the Mexican border.
5:00 p.m. AMC "Taken" ★★★ (2008) Liam Neeson. A former spy puts his extensive training to the test when he must rescue his kidnapped daughter from sex-slave traffickers.
FREE "Kung Fu Panda" ★★★ (2008) Voices of Jack Black. Animated. Chosen to fulfill an ancient prophecy, a clumsy panda must become a martial-arts master and defend his people from a villainous snow leopard.
TNT "The Accountant" ★★½ (2016) Ben Affleck.
MAX "Halloween" ★★½ (2018) Jamie Lee Curtis
TMC "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.
5:15 p.m. SHOW "Stone" ★★½ (2010) Robert De Niro
6:00 p.m. E! "The Wedding Planner" ★★ (2001) Jennifer Lopez.
FX "Kingsman: The Golden Circle" ★★½ (2017) Colin Firth.
6:50 p.m. MAX "Widows" ★★★½ (2018) Viola Davis (Premiere) 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.
7:00 p.m. AMC "I Am Legend" ★★★ (2007) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure.
TCM "A Big Hand for the Little Lady" ★★★ (1966) Henry Fonda. Married homesteaders stop at a Texas hotel, where he loses big at poker and she takes his place.
TMC "The Baby-Sitters Club" ★★ (1995) Schuyler Fisk
7:25 p.m. HBO "Along Came Polly" ★★ (2004) Ben Stiller
7:30 p.m. PARMT "Sweet Home Alabama" ★★ (2002) Reese Witherspoon.
TNT "Suicide Squad" ★★ (2016) Will Smith.
USA "The Fast and the Furious" ★★½ (2001) Vin Diesel.
7:35 p.m. BET "All About the Benjamins" ★★ (2002) Ice Cube.
8:30 p.m. E! "Selena" ★★★ (1997) Jennifer Lopez. A beautiful Mexican-American singer's skyrocketing international career ends abruptly.
8:35 p.m. TMC "The House With a Clock in Its Walls" ★★½ (2018) Jack Black
9:00 p.m. AMC "The Book of Eli" ★★½ (2010) Denzel Washington.
TCM "Frankie and Johnny" ★★½ (1966) Elvis Presley.
10:02 p.m. FX "Independence Day: Resurgence" ★★ (2016) Liam Hemsworth.
10:30 p.m. CMTV "Where the Heart Is" ★★ (2000) Natalie Portman.
TMC "The Perfect Score" ★★ (2004) Erika Christensen
10:42 p.m. MAX "The Hurt Locker" ★★★½ (2008) Jeremy Renner Members of a bomb-disposal unit in Baghdad face increasingly perilous situations as their tour-of-duty winds down.
10:45 p.m. TCM "Any Number Can Play" ★★½ (1949) Clark Gable.

FRIDAY EVENING

MOVIES

MARCH 20, 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 Investigating a college student's death.		CSI: Miami Protecting a Mexican police chief.		CSI: Miami A maid's bloodless body is discovered.		Last Man Standing	Last Man Standing
WBIQ-PBS	4	Ready Jet Go! (El)	Peg & Cat (El)	PBS NewsHour (N)		Washington Week (N)	Capitol Journal		Great Performances at the Met "Turandot" Christine Goerke portrays Turandot. (N)				
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	The Blacklist Red tracks a gifted art forger. (N)		The Blacklist "Cornelius Ruck" Red reunites with an old flame.		Dateline NBC (N)		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)	WWE Friday Night SmackDown (N) (Live)				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)	MacGyver		Hawaii Five-0		Blue Bloods		CBS42 News 10pm (N)	Late Show-Colbert
WTTO-CW	9	The Goldbergs	2 Broke Girls	The Big Bang Theory	The Big Bang Theory	Penn & Teller: Fool Us Lucy Darling; Nestor Hato.		Whose Line Is It Anyway?	Whose Line Is It Anyway?	Two and a Half Men	Two and a Half Men	The Andy Griffith Show	The Andy Griffith Show
WPXH-ION	11	NCIS: Los Angeles Tracking a serial killer.		NCIS: Los Angeles Exploding cell phone kills a Marine.		NCIS: Los Angeles "Breach" A petty officer dies.		NCIS: Los Angeles Callen is forced to go under cover.		NCIS: Los Angeles The team learns an agent is in danger.		NCIS: Los Angeles A crime scene poses a security risk.	
WABM2-ABC	12	ABC 33/40 News at 5PM	ABC World News	ABC 33/40 News at 6PM	Wheel of Fortune (N)	Shark Tank A mobile real estate concept; a snack. (N)		(:01) 20/20				ABC 33/40 News at 10PM	Jimmy Kimmel Live!
A&E	42	(4:00) Live PD "Live PD -- 03.14.20"				Live PD: Rewind "Live PD: Rewind No. 311" (N)		Live PD "Live PD -- 03.30.19"					
AMC	53	★★★ "Taken" (2008, Action) Liam Neeson, Maggie Grace, Famke Janssen. Slavers kidnap the daughter of a former spy.				★★★ "I Am Legend" (2007, Science Fiction) Will Smith, Alice Braga. Bloodthirsty plague victims surround a lone survivor.				★★ "The Book of Eli" (2010) Denzel Washington. A lone warrior carries hope across a post-apocalyptic wasteland.			
ANPL	47	Tanked An elegant tank for Sherri Shepherd.		Tanked		Tanked: Sea-Lebrity Edition "Those Tanks Are No Joke" Ordering fun tanks. (N)				Tanked		Tanked	
BET	55	(4:30) ★★ "Diary of a Mad Black Woman" (2005, Comedy-Drama) Kimberly Elise, Steve Harris. A woman starts over after her husband leaves her.					(:35) ★★ "All About the Benjamins" (2002, Action) Ice Cube, Mike Epps, Eva Mendes. A bounty hunter and his prey get mixed up in a diamond scam.					Tyler Perry's Sistas Gary's insecurities come to light.	
BRAVO	58	(4:54) Shahs of Sunset "The Persian Hangover"		(5:56) Shahs of Sunset "Great Persian Bakeoff"		(6:58) Shahs of Sunset Nema brings MJ to Sara's pool party.		Shahs of Sunset (N)		Chrisley Knows Best	Chrisley Knows Best	Chrisley Knows Best	Chrisley Knows Best
CMTV	61	Last Man Standing	Last Man Standing	Last Man Standing	Last Man Standing	Mom	Mom	Mom	Mom	Mom	Mom	Mom	★★ "Where the Heart Is"
CNBC	35	Mad Money (N)		Undercover Boss Todd Pedersen goes under cover.		Undercover Boss Armando Montelongo goes under cover.		Undercover Boss Associa founder and CEO John Carona.		Undercover Boss Darius Rucker goes under cover.		Undercover Boss Hudson Group CEO Joe DiDomizio.	
CNN	37	The Situation Room With Wolf Blitzer (N)		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight With Don Lemon (N)		CNN Tonight With Don Lemon (N)	
COM	56	(:15) South Park Animated. Another failed relationship.		(5:50) South Park	(:25) South Park	South Park "Marjorine"	South Park "Butt Out"	South Park	South Park	South Park	South Park	This Week-Comedy	South Park
DISN	49	(4:35) "Descendants 3" (2019, Children's) Dove Cameron, Sofia Carson, Cameron Boyce. 'NR'			Descendants Dance Party	Bunk'd "Party Pooper" (N)	Gabby Duran	(:11) The Owl House (N)	(:34) Raven's Home	(:05) Disney Fam Jam	Sydney to the Max	(9:55) Bunk'd	Gabby Duran
DSC	43	Gold Rush: Dave Turin's Lost Mine "Gold Will Surrender"		Gold Rush: Parker's Trail "Welcome Stranger"		Gold Rush Parker prospects a claim owned by a tight-knit family with more gold than anything he's seen in the Klondike. In Montana, Freddy Dodge puts Team Turin on rich glacial gold. (N)						(:08) Outback Opal Hunters (N)	
E!	21	(3:00) ★★★ "Selena" (1997, Biography) Jennifer Lopez.		★★ "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez, Matthew McConaughey. An event organizer has eyes for her biggest client's beau.					★★★ "Selena" (1997, Biography) Jennifer Lopez, Edward James Olmos, Jon Seda. Mexican-American singer skyrockets to fame.				
ESPN	29	SportsCenter (N) (Live)		SportsCenter (N) (Live)		To Be Announced						SportsCenter (N) (Live)	
ESPN2	30	To Be Announced				To Be Announced				To Be Announced			
FOOD	45	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives	Diners, Drive-Ins and Dives
FREE	48	★★★ "Kung Fu Panda" (2008, Children's) Voices of Jack Black, Angelina Jolie, Jackie Chan.				Family Guy	Family Guy	Family Guy	Family Guy "Con Heiress"	Family Guy	Family Guy	The 700 Club	
FS1	20	NASCAR Xfinity	NASCAR Cup Series Dixie Vodka 400, Final Practice. (N)		NASCAR Raceday	NASCAR Gander RV & Outdoors Truck Series NASCAR Gander RV & Outdoors Truck Series Race At Homestead. (N) (Live)				NASCAR Cup Series Dixie Vodka 400, Practice.		NASCAR Xfinity	
FSEE	32	(4:00) College Football Indiana State at Kansas.				College Football Montana State at Texas Tech.						College Football Arkansas-Pine Bluff at TCU.	
FX	28	(3:00) ★★★ "Kingsman: The Secret Service" (2014, Action)		★★ "Kingsman: The Golden Circle" (2017, Action) Colin Firth, Julianne Moore, Taron Egerton. British spies join forces with their American counterparts.						The Weekly "Open Arms"	(:32) The Weekly	(:02) ★★ "Independence Day: Resurgence" (2016)	
GOLF	82	LPGA Tour Golf				PGA Tour Golf							
HALL	72	"Summer Villa" (2016, Romance) Victor Webster, Hilarie Burton. A novelist and a chef retreat to a villa for the summer.				"Picture a Perfect Christmas" (2019) Merritt Patterson. A photographer helps a neighbor look after his young nephew.				The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls
HGTV	46	Fixer Upper A musician and his family move to Texas.		Fixer Upper Chip and Jo tackle a loft apartment.		My Lottery Dream Home	My Lottery Dream Home	My Lottery Dream Home	My Lottery Dream Home	My Lottery Dream Home	My Lottery Dream Home	My Lottery Dream Home	My Lottery Dream Home
HIST	40	Ancient Aliens A look at humankind's true origins.		Ancient Aliens Living sea plankton in space.		Ancient Aliens: Declassified "Mysterious Relics & Rituals" In the presence of mysterious relics. (N)							
LIFE	23	The King of Queens	The King of Queens	The King of Queens	The King of Queens	The King of Queens	(:33) The King of Queens	(:03) The King of Queens	(:33) The King of Queens	(:03) The King of Queens	(:33) The King of Queens	(:03) The King of Queens	(:33) The King of Queens
MSNBC	36	The Beat With Ari Melber (N)		MSNBC Live: Decision 2020 (N)		All In With Chris Hayes "All In 3/20/20" (N)		The Rachel Maddow Show (N)		The Last Word With Lawrence O'Donnell (N)		The 11th Hour With Brian Williams "The 11th Hour 3/20/20"	
NGC	22	Lockup: Santa Rosa: Extended Stay "The Damage Done" (N)		Lockup: Santa Rosa: Extended Stay "Reap What You Sow"		Lockup: Santa Rosa: Extended Stay "Blood Lines" (N)		Lockup: Santa Rosa: Extended Stay "Troubled Waters" (N)		(:03) Lockup: Santa Rosa: Extended Stay (N)		(:03) Lockup: Santa Rosa: Extended Stay "Blood Lines"	
PARMT	57	★ "Grown Ups" (2010, Comedy) Adam Sandler, Kevin James, Chris Rock. Five friends learn that age and maturity do not, necessarily, coincide.					★★ "Sweet Home Alabama" (2002, Romance-Comedy) Reese Witherspoon, Josh Lucas. A New York fashion designer has a secret in the South.					★ "Grown Ups" (2010) Adam Sandler, Kevin James.	
TBS	25	To Be Announced		To Be Announced					To Be Announced				
TCM	79	(4:45) ★★★ "The Getaway" (1972, Action) Steve McQueen. Husband-and-wife bank robbers make a mad dash for freedom.				★★★ "A Big Hand for the Little Lady" (1966, Western) Henry Fonda. An ill gambler's wife deals herself into a big poker game.				★★ "Frankie and Johnny" (1966, Musical) Elvis Presley, Donna Douglas, Harry Morgan.			"Any Number Can Play"
TLC	24	Say Yes to the Dress Kelli lost everything in a flood.		90 Day Fiancé: Before the 90 Days		90 Day Fiancé: Before the 90 Days "More to Love: Baby Be Mine" Usman surprises Lisa. (N)				90 Day Fiancé: Before the 90	90 Day Fiancé: Before the 90 Days		90 Day Fiancé: Before the 90
TNT	26	★★ "The Accountant" (2016, Suspense) Ben Affleck, Anna Kendrick, J.K. Simmons. An agent tracks an accountant who works for criminals.					★★ "Suicide Squad" (2016, Action) Will Smith, Jared Leto, Margot Robbie. Armed supervillains unite to battle a powerful entity.					Tacoma FD "A New Hope"	Tacoma FD
USA	27	Law & Order: SVU	Law & Order: Special Victims Unit "Sanctuary" (Part 2 of 2)		Law & Order: Special Victims Unit "Contrapasso"		★★ "The Fast and the Furious" (2001, Action) Vin Diesel, Paul Walker, Michelle Rodriguez. An undercover cop infiltrates the world of street racing.					(9:56) Modern Family	(:26) Modern Family
WE	71	Love After Lockup Lacey's revelation stuns dad.		Love After Lockup Sarah tells a shocking truth.		Love After Lockup Sarah and Maria's melee brings danger.		Love After Lockup "Life After Lockup: The Final Straw" Michael's admission shocks Megan.			(:17) Love After Lockup "Life After Lockup: The Final Straw"		(:41) Love After Lockup
HBO	518	(4:05) ★★ "Hunter Killer" (2018) Gerard Butler. 'R'		(:10) Westworld "Parce Domine" Stuck in a loop.				(:25) ★★ "Along Came Polly" (2004, Romance-Comedy) Ben Stiller. 'PG-13'		Real Time With Bill Maher		High Maintenance "Hand"	Westworld
MAX	549	★★ "Halloween" (2018, Horror) Jamie Lee Curtis. Laurie Strode faces a showdown with killer Michael Myers. 'R'				(6:50) ★★★ "Widows" (2018, Suspense) Viola Davis. Premiere. Four indebted widows join forces to pull off a heist. 'R'				Strike Back Wyatt and Novin reunite with Mac. (N)		(9:50) Strike Back	(:42) "The Hurt Locker" (2008)
SHOW	578	(:15) ★★ "Stone" (2010, Drama) Robert De Niro. An inmate tries to convince a parole officer to set him free. 'R'				Black Monday "Mixie-Dixie"	(:32) Black Monday	The Trade Sex trafficking cases are exposed. (N)		"Unlocked" (2017) Noomi Rapace. A CIA agent must prevent a biological attack on London. 'R'			(:40) The Trade
TMC	598	★★★ "Little Women" (1994, Drama) Winona Ryder. Four New England sisters embrace life during the Civil War. 'PG'				★★ "The Baby-Sitters Club" (1995) Schuyler Fisk. Seven girls run a summer day-care camp.			(:35) ★★ "The House With a Clock in Its Walls" (2018, Fantasy) Jack Black, Cate Blanchett, Owen Vaccaro. 'PG'				★★ "The Perfect Score"

Order (from Front)

Office of Gov. Kay Ivey
Contributor

MONTGOMERY, Ala. – Gov. Kay Ivey and the Alabama Department of Public Health (ADPH) on Thursday issued a statewide health order to aid in Alabama's efforts to contain the spread of the coronavirus (COVID-19).

Statewide through April 5:

• All gatherings of 25 persons or more, or gatherings of any size that cannot maintain a consistent 6-foot distance between persons, are prohibited. This Order shall apply to all gatherings, events or activities that bring 25 or more persons in a single room or single space at the same time.

• Any restaurant, bar, brewery or similar establishments shall not permit on-premise consumption of food or drink. Ivey continues to encourage patrons to visit their local eateries for take-out or delivery provided the social distancing protocols include maintaining a consistent 6-foot distance between persons are followed.

• All beaches will be closed effective today at 5 p.m. For clarification, the term "beach" means the sandy shoreline area abutting the Gulf of Mexico, whether privately or publicly owned, including beach access points.

• Preschools and child-care centers will be closed effective at close of school or business today. This shall not apply to licensed childcare centers that provide services exclusively to employees with: State and Local Governments, First Responders (including EMS and Fire Services), Law Enforcement, Hospitals, Nursing Home/Long Term Care Facilities (including Assisted Living and Specialty Care Assisted Living Facilities), End Stage Renal Disease Treatment Centers, Pharmacies and grocery stores.

• Effective immediately, all Hospitals and Nursing Home/Long Term Care Facilities (including Assisted Living and Specialty Care Assisted Living Facilities) shall prohibit visitation of all visitors and non-essential health care personnel, except for certain compassionate care situations such as maternity and end-of-life.

• All elective dental and medical procedures shall be delayed, effective immediately.

Ivey: "Despite our best efforts, the threat of the COVID-19 virus continues to spread and, unfortunately, we have not yet reached peak impact. The decision to place regulations upon Alabamians living in Jefferson County and its surrounding counties was an effort to contain the area in which the virus has been prevalent in our state.

"As of this morning, 68 individuals have tested positive for the coronavirus in Alabama. While I am pleased that many of our citizens are self-regulating and are practicing social distancing, we want to ensure that Alabama is doing our part to flatten the curve.

"Closing Alabama beaches is not a simple decision but one that I came to with the consultation of our elected officials along the coast and members of my administration. After many rounds of conversations with local leaders, in which we discussed several options, I have decided to close beach access in any form. Since we do not want to promote social gatherings, keeping the beaches open sends the wrong message to the public. At this moment, the safety and well-being of Alabamians is paramount.

"In addition, we rely heavily upon our first responders and critical healthcare workers to help those who are ill, as well as essential state government employees to keep the continuity of government, and many of them struggle with dependent childcare if daycares close. As a result, I have asked the Alabama Department of Human Resources and the Alabama Department of Public Health to explore emergency rulemaking to make critical exemptions to allow for daycare to be provided for these areas of crucial personnel.

"My administration – and all the services of state government – are going to be as flexible as humanly possible to help make your government work for you during the coming days and weeks. I want to the thank the people of our great state for their continued patience and for taking great care of themselves and each other during this pandemic."

State Health Officer Dr. Scott Harris said, "We understand that the health orders issued will be a hardship on Alabamians. We must, first and foremost, protect the health and safety of our citizens. This decision has not been made lightly and will help to prevent the spread of this virus."

"I am working with Dr. Harris to bring clarity and provide further information regarding today's order on social distancing and the impact upon our workforce," added Ivey. "My intent is to keep the Alabama economy moving, and I will do everything to ensure this happens."

Latest (from Front)

Cullman Regional's Lindsey Dossey told The Tribune that test kit availability at the hospital is limited, but testing is available.

"We have the capability to test people in Cullman," said Dossey. "However, test kit availability is still limited, and we, as are most providers, are trying to be good stewards of the resources we currently have by being judicious about who to test first. This is not intended to deny anyone, but simply intended to ensure that those in our community who are most vulnerable are able to get the care they need as fast as possible.

"If someone thinks they need to be tested, they are advised to call their primary care physician. In many cases, their physician is able to assess their symptoms over the phone and determine if they should be tested or not. If their physician feels that they need to be tested, they can complete a testing approval form and submit it for approval. Approval is received relatively quickly and they will be scheduled for a test at our drive-up testing site.

"If they do not have a primary care facility, they can call an urgent care or for more life-threatening illnesses the Emergency Room to see if those providers feel as if they should be tested.

"We understand that many are concerned about the spread of novel coronavirus (COVID-19), and what it means if you were to get it. Most people who get the virus do not require hospitalization and can recover at home with symptomatic treatment.

"Symptoms include cough, fever, and shortness of breath. If you feel sick, but can manage at home, stay home to help prevent the spread of germs to others."

Residents who are concerned or have questions about COVID-19 and what they should do are advised to call Cullman Regional's COVID-19 Information Line at 256-735-5530. The line is staffed seven days a week from 8 a.m.-10 p.m.

The ADPH advises, "If you suspect you have COVID-19, call the Alabama COVID-19 24/7 hotline at 1-888-264-2256 for testing sites and hours of operation."

A word from the City of Cullman "Cullman restaurants, bars, daycare operations and child care facilities are officially closed under a Statewide Public Health Order issued by Governor Kay Ivey.

"Mayor Woody Jacobs said the governor and Alabama Department of Public Health imposed the ban Wednesday in an effort to prevent the spread of the COVID-19, and he says Cullman will enforce that mandate.

"No in-door dining or drinking is allowed at Cullman businesses, and Governor Ivey said no gatherings of more than 25 people permitted.

"The mayor said Cullman parks will remain open for walking and jogging, but said signs will be posted stating that playground equipment and ball courts may not be used by the public.

"Jacobs encouraged citizens to utilize restaurant carry out, drive through and delivery. People utilizing those services will need to keep the 6-foot separation distance."

Tips (from Front)

presented below.

Managing emotional health during a pandemic COVID-19

COVID-19, or Coronavirus, is currently a source of concern for many people around the world. Our lawmakers and health organizations have made recommendations on how to manage our physical well-being during a pandemic outbreak like COVID-19. However, very little information has been made available about how to protect our emotional and mental well-being. This short presentation will help to provide some insight to promote emotional health.

MENTAL HEALTH CONSIDERATIONS FOR COVID-19

Common emotions related to COVID-19

- Stress
- Fear
- Panic
- Anxiety/Worry
- Hypervigilance
- Feeling overwhelmed
- Detachment
- Anger
- Annoyance
- Distrust
- Irritability

Reactions

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or appetite
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs
- Tension in the body
- Aggression
- Withdrawal

People who may respond strongly

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers
- People who have mental health conditions
- People unable to work during the pandemic

Tips to practice emotional wellness

1. Limit exposure to graphic news stories. Make every effort to get reliable information and follow the recommendations of experts. However, do take breaks from the media. Constantly hearing about the pandemic can be upsetting for some.

2. Stay calm and make a plan. During times like this, it is common to let our emotions take over. Making a plan and being proactive can ease feelings of panic and fear. In addition, having a plan provides a sense of control during a time where little control is present.

3. Practice self-care. Attempt to maintain some of your normal routines, exercise and eat well, connect with family and friends, and employ coping skills such as mindfulness activities and doing enjoyable activities.

References/resources

- Mental Health and Coping www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
- Pandemics www.apa.org/practice/programs/dmhi/research-information/pandemics
- How to Stay Emotionally Healthy during the Coronavirus Outbreak www.psychologytoday.com/us/blog/hope-resilience/202003/how-stay-emotionally-healthy-during-the-coronavirus-outbreak
- Talking to Children about the Coronavirus Pandemic: A Parent Resource www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others, call:

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- Your local mental health center or hospital
- Primary care physician

Commission on Aging

Senior Citizen Medication Delivery

The Cullman County Commission on Aging will now deliver medications to senior citizens of Cullman County free of charge. There is no obligation and the only requirements are to be 60 or older.

Certain medications will be unavailable for pick-up and payment arrangements must be made with your pharmacy. It is encouraged that you contact your pharmacy first. We look forward to continuing to serve Cullman County and its senior citizens any way possible. For more information, contact the Commission on Aging at 256-734-1241.

Obituary Announcements March 20

Paul Forrest Newman died peacefully March 11, 2020 at Duke Hospice in Durham, North Carolina. He was born Aug. 18, 1959 in Lawton, Oklahoma, the second son of Betty Engel Newman and the late Lt. Col. Francis W. Newman. Paul was a graduate of Jefferson Davis High School in Montgomery, Alabama and earned his Bachelor of Fine Arts at Auburn University at Montgomery. A talented artist, he worked professionally as a graphic designer and art director for B.A.S.S Publishing and the Southern Poverty Law Center in Montgomery and for the Astronomical Society of the Pacific in San Francisco, California. He taught graphic design as an adjunct instructor at Auburn University at Montgomery. Paul enjoyed the company of fellow artists and naturalists. An Eagle Scout, he loved exploring the outdoors with camera in hand, including a grand adventure canoeing and camping in the Okefenokee Swamp. He was a great lover of horses and dogs, a knowledgeable cultivator of rare orchids, and a passionate student of military history. He is survived by his mother and his two brothers Francis W. (Elizabeth) Newman Jr. of Durham and John A. Newman of Birmingham; two nieces and a nephew; and many beloved cousins. Paul will be buried in a private family service in Cullman City Cemetery. The family is grateful to the doctors and nurses of Duke Medical Center who cared for Paul during his years in Durham. Memorial gifts may be made to Duke Hospice, 4321 Medical Park Drive, Suite 101, Durham, NC 27704 or online at www.gifts.duke.edu/dmaa. Moss Service Funeral Home of Cullman, Alabama is in charge of arrangements.

Curtis Dickinson, 72, of Lynn entered into rest Thursday, March 19, 2020 at his residence. Complete obituary and funeral arrangements will be announced Friday afternoon.

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WORD SEARCH

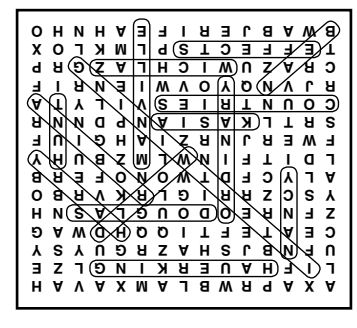
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"World on Fire" on "Masterpiece" on PBS

(Words in parentheses not in puzzle)

Kasia (Tomaszeski)
Harry (Chase)
Nancy (Campbell)
Douglas (Bennett)
Robina (Chase)
(Zofia) Wichlaz
(Jonah Hauer-King
(Helen) Hunt
(Sean) Bean
(Lesley) Manville
World (War II)
Intertwining (Fates)
Ordinary (People)
(Five) Countries
Effects (of War)

WORD SEARCH SOLUTION



OUTDOORS

Alabama's Outdoors provides solutions for social distancing

David Rainer
Ala. Dept. of Conservation and Natural Resources

While Governor Kay Ivey and Dr. Scott Harris, chair of the Governor's COVID-19 Task Force, work hard alongside other state, national, and private enterprise leaders to mitigate the effects of the novel coronavirus and bring its spread to a conclusion, it is important that people maintain the social distancing and other health recommendation standards.

"We take these precautions and recommendations very seriously at the Department of Conservation and Natural Resources," said conservation commissioner Chris Blankenship.

"We know many Alabamians want to get outdoors during the spring and enjoy some recreational opportunities that can refresh in these challenging times; just remember, we must do so safely."

Not only does our state have some of the best fishing opportunities in the nation, both freshwater and saltwater, but the spring turkey season is also about to open in most of the state.

If hunting or fishing is not a preference, consider the beautiful natural hiking trails and camping facilities available at Alabama State Parks close to where you live, not to mention the natural beauty on the Forever Wild tracts available to the public.

Visit www.alapark.com and www.alabamaforeverwild.com for the many options available.

"I know with the children out of school and many parents home as well, people will want to do things together as a family," Blankenship continued. "Many will want to take the youngsters who are out of school to explore our state's great natural wonders, but please do so responsibly."

Alabama Wildlife and Freshwater Fisheries (WFF) Director Chuck Sykes said this is a perfect opportunity for those who love the outdoors to adhere to the "social distancing" guidelines.

"I fully expect Alabama hunters and fishermen to take advantage of the social distancing prescriptions by all the coronavirus experts, and I expect many of them will get outdoors, either on the water or in the woods," Sykes said.

"Turkey season in most of the state comes in Saturday (March 21). Fishing is phenomenal from what I understand."

Sykes said WFF's operations will be minimally impacted by the measures instituted to limit the spread of the COVID-19 virus.

"It's going to be business as usual for us except in our offices," he said. "I don't want people to think that the game wardens are going to be sitting at home, not doing anything. Our staff basically has been practicing social distancing for years.

"They work by themselves for the large part. They work outside. The only thing the public will see different from Wildlife and Freshwater Fisheries is our district offices and the Montgomery offices will be closed to public walk-in traffic. But we will still have a skeleton staff to take phone calls and answer Game Check questions, which will be forwarded to officers and biologists in the field. Other than some headquarters and district office staff continuing their work from home, it's going to be business as usual providing services to the public."

Sykes took his own advice last weekend for the turkey season's special youth weekend and headed to the woods. As with most hunting experiences, some folks had good luck while others did not.

"The results were site-specific, as they are most seasons," he said. "Some youth did well; some didn't. I went this weekend with a friend and his son, and we heard a couple of turkeys gobble once or twice apiece, and that was it.

"I talked to some people whose turkeys gobbled good, and they had a productive hunt and killed turkeys. That's just the way it is. I was glad it wasn't raining, and it wasn't 25 degrees, like it had been for the past couple of years."

This year's regular turkey season is opening on the third Saturday of March in most areas. This opener is the latest possible opening date, and Sykes said that was done for a specific reason.

"The date was moved to give the birds more time for breeding activity before the season opens," he said. "A lot of the latest research is showing that we may be harvesting too many gobblers too early in the breeding process."

Studies have shown moving the season opener toward peak nest initiation dates allows more dominant gobblers to breed before being shot, which is even more important in already-declining populations. Peak nest initiation in Alabama averages around the second week in April.

"Postponing the opening date to the third Saturday at least gives the gobblers another few days in the woods without there being a lot of pressure," Sykes said.

With the mild winter and early spring, the breeding cycle may be a bit earlier, especially the gobblers' role of strutting and gobbling.

"But, the amount of daylight and receptive hens ultimately dictate when breeding takes place.

"I think they're well on their way," he said. "I think moving the season later was a positive move.

"I think it's good that we haven't had any cold weather in a few weeks to give the turkeys a chance to do their thing before we get after them real hard.

"As far as tactics for opening weekend, again, it depends on where you are. The turkey we were fooling with on youth weekend had a sack full of hens with him.

"He didn't care what I did. I called up two hens that popped up out of the bottom. They gave a peek, turned around and went back.

"Another hen did that a few minutes later. They were staying with him. They were doing what turkeys do. We were just not in the right place to get in their way.

"Now if you can find a lonely 2-year-old, you can beat two rocks together, and he'll come running."

Sykes said turkey hunters who participate in the Avid Turkey Hunter Survey program or who read the annual Full Fans and Sharp Spurs report at www.outdooralabama.com/turkey-hunting-alabama/turkey-research will understand the Division's assessment of the turkey population in the state.

"In that survey and publication, you'll see two categories of recruitment," he said. "One is looking at poults (young of the year) per hens and the other is hens with poults.

"Those are two different topics. Studies are showing that perhaps the reason we're seeing the number of hens with no poults is not because of predation but due to the fact that those hens did not get bred because the dominant gobblers were taken out of the population too soon.

"If hunters are interested in participating in the Avid Turkey Hunter Survey and assisting our wildlife biologists in the collection of this data, they should click the link on the www.outdooralabama.com website for more information.

"We certainly appreciate all those who have contributed thus far and hope to see more sign up for this opportunity to assist in the management of this great bird."

For those who have hunted turkeys for a long time in Alabama, the late start shouldn't be a burden, according to Sykes.

"When I was a kid, the turkey season always started on March 20th," he said.

"It was moved to the 15th for not necessarily biological reasons, so this should not be that big of a shock to hunters who grew up in Alabama. It shouldn't be that big a deal."

Sykes said about the only thing this virus might affect for turkey hunting is hunters' ability to gather at the country store to exchange lies.

"Everybody is so social-media-oriented now, I think we'll still be able to keep up with what's going on," he said.

As with hunting success, Sykes said it depends on the source when it comes to the discussion of the status of turkey populations in the South.

"Some people I know think the turkey decline is 100% real, and I know others who swear numbers are at 'historic highs'," he said. "Personally, I think they're down."

Sykes said he hunted turkeys as much as possible last year and bagged two birds in Alabama.

"That was a gracious plenty," he said. "Now I called up a bunch of birds for others, so that did not impede my ability to go hunting, have a good time and have fun, and enjoy being outdoors."

Sykes said he wants people to do the same thing, but they need to understand that the WFF staff is going to be right there with them.

"Our staff didn't get two weeks of vacation," he said. "They're still going to be working. We want people to have their licenses because they're going to encounter our staff.

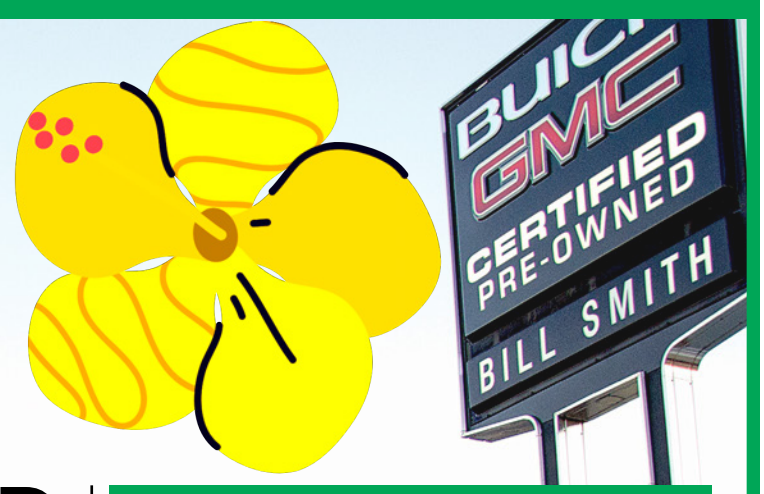
"Our WMAs (wildlife management areas) are open. Our public shooting ranges are open.

"Our public lakes are open. Get out there and have fun.

"Take advantage of this time to be outside, but please abide by the recommendations to slow the spread of the virus."

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