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Connecting with local seniors

The USA Healthcare Pen Pal Club's first letters and artwork came courtesy of St. Paul's Lutheran School in Cullman.

» PAGE 7

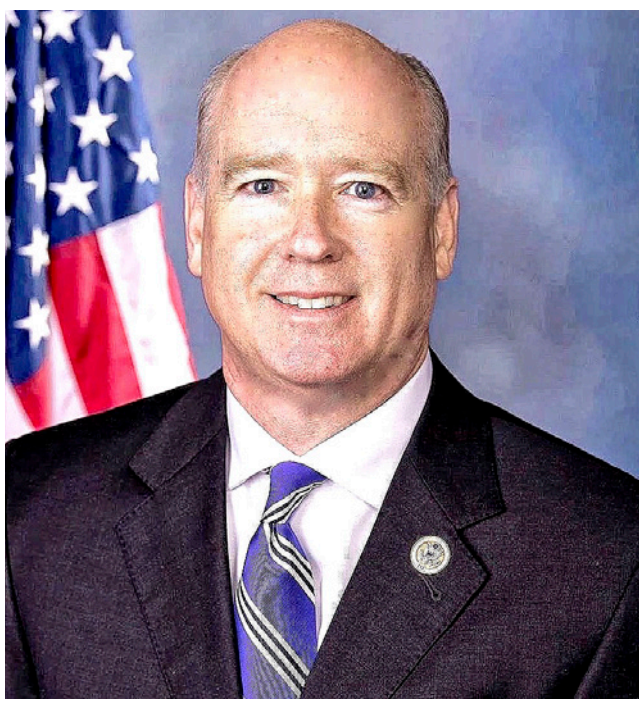


USA HEALTHCARE

– POLITICS –

BALLOTS CAST, U.S. WAITS FOR RESULTS

Tuberville unseats Jones in U.S. Senate race; Aderholt re-elected to U.S. House





CULLMAN TRIBUNE FILE PHOTO; OFFICE OF ROBERT ADERHOLT

Republican Tommy Tuberville (right) defeated Democratic U.S. Sen. Doug Jones Tuesday night, while Republican U.S. Rep. Robert Aderholt (left) held off Democratic challenger Rick Neighbors.

Wendy Sack
wendy@cullmantribune.com

CULLMAN, Ala. – The ballots have been cast, and most of the races decided, but as of press time Tuesday night, an unprecedented number of absentee ballots in several states were still being counted in the U.S. presidential election. Republican President Donald Trump won Alabama with 65% of the vote.

Statewide, Alabamians also delivered victories for incumbent Republican U.S. Rep. Robert Aderholt over Democratic challenger Rick Neighbors and Republican newcomer Tommy Tuberville in his contest with incumbent Democratic U.S. Sen. Doug Jones.

With 63 of 67 counties reporting, former Auburn football coach Tuberville topped Jones, who would have seen his first full term in office, 63% to 37%, according to the Alabama Secretary of State's live election results.

"Thank you, ALABAMA! We've got our United States Senate seat back!" Tuberville tweeted.

In his victory speech, he said, "I'll be guided by Conservative values and vote for a majority of the people of the state of Alabama."

"We followed our principles. We've been true to our principles," Jones said in an emotional concession speech, and I believe one day, with the help that we've had with the Democratic Party, the changes that we've made, we're going to be proven right on a lot of things, folks, because we are still a work in progress...So for us, tonight, smile. It's been good. It's been great. You know it has."

Tuberville will begin his six-year Senate term Jan. 3, 2021.

Aderholt won handily over Neighbors, garnering 83% of the vote to his opponent's 17%.

Five of the six proposed statewide amendments passed. As of press time, proposed statewide amendment two had not passed. Read more about the amendments at www.sos.alabama.gov/alabama-votes/voter/ballot-measures/statewide.

Locally, here's how Cullman Countians voted:

President

- (D) Joe Biden- 4,454- 10.67%
- (R) Donald Trump- 36,804- 88.15%
- (I) Jo Jorgensen- 418- 1%
- Write-in- 75- .18%

U.S. Senator

- (D) Doug Jones- 5,666- 13.61%
- (R) Tommy Tuberville- 35,878- 86.17%
- Write-in- 93- .22%

U.S. Representative, 4th Congressional District

- (D) Rick Neighbors- 4,342- 10.48%
- (R) Robert Aderholt- 37,054- 89.45%
- Write-in- 30- .07%

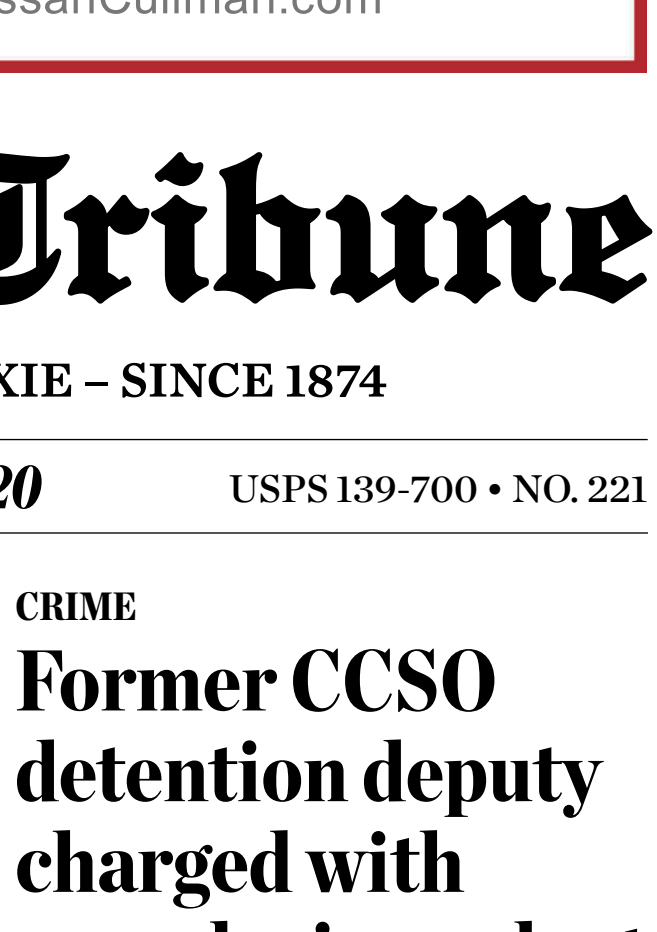
See full statewide results at https://bit.ly/2I6mvTx.

See full county results at http://co.cullman.al.us/elections-results.html.

Check www.CullmanTribune.com for the very latest.

CRIME

Former CCSO detention deputy charged with sexual misconduct with inmate



CULLMAN COUNTY SHERIFF'S OFFICE

Matthew Kenneth Martin

» PAGE 7

Vinemont's Cody Thompson earns perfect score on Army Combat Fitness Test



CULLMAN NATIONAL GUARD RECRUITING OFFICE

PFC Cody Thompson

» PAGE 7

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LOCAL GOVERNMENT

Vinemont administration takes oaths

Nick Griffin
nick@cullmantribune.com

VINEMONT, Ala. – Vinemont's Town Council gathered at the Vinemont Community Center Monday night for the swearings-in of its newly elected and re-elected members. Cullman County Probate Judge Tammy Brown administered the oaths of office, starting with newly elected Chris Thompson in Place 1, re-elected Sonya Mabry Adams in Place 2, re-elected J.D. Marcum in Place 3, re-elected Bonnie Goodwin in Place 4 and newly-elected Sonya Copeland in Place 5. Lastly, Mayor Radginal Dodson was sworn in for his new term.

The council reappointed Kayecea Sasser as town clerk, Roy Williams as town attorney and appointed Adams mayor pro tempore.

After ratifying the use of current depositories and checking account policies, Dodson reminded all those in attendance to stay safe during the pandemic and brought the meeting to a close.

The Vinemont Town Council meets on the second Tuesday of each month at 6 p.m.



CHRISTY PERRY/THE CULLMAN TRIBUNE

Vinemont Mayor Radginal Dodson is sworn in by Cullman County Probate Judge Tammy Brown Monday night, Nov. 2, 2020.

EDUCATION

Wallace State Future Foundation hosting Student Investment Lunch-In and Auction

Gail Crutchfield
WSCC

HANCEVILLE, Ala. – The Wallace State Future Foundation is gearing up for its 16th annual fundraiser. Postponed and reorganized due to the COVID-19 pandemic, the Student Investment Lunch-In and Auction will include an online auction and a catered lunch via either drive-thru or delivery.

"Due to the pandemic, we've had to make some adjustments in our plans for the Student Investment Luncheon, but our goal is the same," said Suzanne Harbin, director of advancement. "We remain dedicated to helping Wallace State students succeed by assisting them in removing financial barriers to their education."

The online auction will take place from Nov. 18 through Dec. 3, with anyone welcome to bid on items. As always, the auction includes a variety of items, from locally-made arts and crafts to household items and décor. There are also numerous travel packages and virtual adventures such as cooking lessons or a personalized comedy show featuring a stand-up comedian from New York City.

The Lunch-In will be catered by Seasoned Catering and The Historic Bakery. The menu includes stuffed pork loin with bacon, Swiss cheese, sundried tomato and bacon citrus cream, green beans almondine, roasted baby red and gold potatoes, house made rolls and a gourmet red velvet cookie for dessert.

The drive-thru event will be held Dec. 2 from 11 a.m. to 1 p.m., at the new Traditions Bank Operations Center at the corner of Third Avenue Northwest and First Street Northwest in Cullman. Deliveries will be made to Legacy, Premier and Gold sponsors on the date of their choice between Dec. 7-18.

Sponsorship levels range from the $50 Fund a Need Sponsor to the $25,000 Legacy Sponsor, which pledges $5,000 annually for five years. Any donation will be gladly accepted, and donations can be earmarked to a specific scholarship fund of your choice.

"We see the impact these donations have on our students every day," Harbin added. "We are extremely grateful for the donors who are helping make our students' dreams come true and especially appreciative for their continued support during these this trying year."

Participants may visit www.wsccfuturefoundation.org/sil20 to register for the event, to access the online auction or make donations. The site also includes links to student stories, with students sharing how their lives were impacted by the scholarships they received.

Reservations for lunch should be made by Nov. 20. Call 256-352-7842 for more information or visit www.wsccfuturefoundation.org/sil20.

COMMUNITY CALENDAR

Submit your calendar items or public notices to wendy@cullmantribune.com

Notice from the City of Cullman Municipal Government:
• LINCOLN AVENUE (between U.S. Highway 278 and The Tool Shed) will be CLOSED by the Street Department beginning MONDAY, NOV. 2, 2020, at 7 A.M. The street will be closed until work is completed.
• Please avoid this area, if possible, and share with anyone who may be affected by this project.

Alcoholics Anonymous Meetings
The Grace of God group of Alcoholics Anonymous has open AA meetings (all are welcome) Monday and Thursday nights from 7-8 p.m. at the Carriage House, located next to Grace Episcopal Church, 305 Arnold St. NE Cullman. Contact phone numbers: 256-347-1097, 256-841-2209 or 256-708-1340

Church Services
• Spirit Life Church of GOD, 1650 St. Joseph Dr. NW, Cullman
• Prayer meetings- Tuesdays at 10 a.m. Please join us to pray or come for prayer.
• "Events of the End Times" Bible study with Pastor Bobby Dodd- Wednesdays at 6 p.m.
• Sunday mornings- 10 a.m. adult, youth and children's classes; 11 a.m. children's classes; praise and worship, and message by Pastor Bobby Dodd

Smoked Turkey & Ham Fundraiser
• Proceeds support the Cullman County Bosom Buddies Foundation.
• Let Freddie Day Catering cook your Thanksgiving ham or turkey! Order your delicious, slow-smoked 11-13 lb. turkey or 8-9 lb. ham and support the Cullman County Bosom Buddies Foundation.
• When: Pre-orders accepted until Nov. 13 (must be paid in full when order is placed)
• Cost: Turkey $25 Ham $35
• Curbside pickup: Nov. 21 from 10-11 a.m. and Nov. 25 from 4-5 p.m.
• Location: Freddie Day Catering 1628 2nd Ave. NW
• For ordering information, contact Louise Cole at 256-503-5301 or Judy Grissom at 256-347-5993.
• Email us at ccbbfinc@gmail.com or visit www.CullmanBosomBuddies.com.

Emergency Blood Drive
• Wednesday, Nov. 4 from 11 a.m.-5 p.m. at the Cullman County Courthouse
• Donors will receive a T-shirt, coupons for LawLers Barbecue and Papa Murphy's Pizza, and all donors will be tested for COVID-19 antibodies.
• Donors must be 17 or older (16 with written parental consent) and weigh 110 lbs. or more and show photo ID.

North Alabama Hemp Roundtable
• Thursday, Nov. 5 from 9-11 a.m. at Camp Meadowbrook, 2344 County Road 747, Cullman, AL 35058
• Max attendees: 30
•Register at www.aces.edu/event/north-alabama-hemp-roundtable

Church Food Bazaar
• Friday, Nov. 6, from 8 a.m.-2 p.m. at Mt. Zion Methodist Church (U.S. Highway 31 North, next to the Cullman Area Technology Academy (Career Center) in Vinemont
• Baked goods for sale. Lunch will be served from 10 a.m.-2 p.m. Carry-out available.
• Proceeds go to the Mt. Zion UMW women's group.

Mt. Olive Church Ladies Christmas Bazaar
• Saturday, Nov. 7, from 8 a.m.-2 p.m. at the Simcoe Community Center, 4225 Alabama Highway 69, Cullman
• Everything will be outside in tents.
• Famous homemade desserts – cookies, cakes, pies and more – original arts and crafts and yard sale items
• No soup this year due to COVID-19
• Benefits Christmas Love program and Samaritan's Purse shoebox ministry

St. Paul's Lutheran School Fall Flea Market
• Saturday, Nov. 7, from 8 a.m.-4 p.m. in the back parking lot of the church and inside the gym. Santa Claus will be making a stop between 9 a.m.-noon for those who would want to get their lists to him early!
• Forty vendor spots are available: $15 for space outside or $30 for a space inside the gym with an option to set up the night before. Spaces are going quickly. If you or your business is interested in renting a booth for the Fall Flea Market, contact Emily Trahan at emilytrahan@stpaulscullman.com.

Farm Kids Club Harvest Cooking Class
• Saturday, Nov. 7, from 9-10:30 a.m. at the North Alabama Agriplex, www.agriplex.org
• Perfect class for your chef in training! We will use nature's fall bounty to prepare a healthy & delicious individual feast all taught by a real chef! Each child will take home an apron, chef's hat, cooking tools & recipes. Classes will be under the pavilion so dress appropriately. $5 per child, adults are free, max cost is $10 per family.

Cullman County Veterans Day Celebration
• Saturday, Nov. 7, 9 a.m.-3 p.m. at Cullman Regional Airport, 231 County Road 1360, Vinemont, AL 35179
• This year's event will include original WWII aircraft that have not been to Cullman before, as well as opportunities to get face-to-face with a few of the last remaining representatives of that body of military veterans called "America's Greatest Generation," and a chance to honor the young troops who have served this generation in the Middle East.
• Free admission and free parking
• Organizers say the event will be in full compliance with state health directives, including masks and social distancing.
• www.cullmanveteransday.com

Bryant Brothers Automotive Track Day / Car Show 2020
• Sunday, Nov. 8, from 10 a.m.-5 p.m. at the Baileyton Drag Strip, 1582 Summit Road, Baileyton, AL 35019
• WAKE UP AND SMELL THE RACE FUEL! Bryant Brothers Automotive is hosting another exciting day at the track. We will be running test and tune, grudge racing and a car show. Track will be fully prepped. Get those vehicles out of storage and come have some fun with us! We will be giving out trophies out for the car show. We look forward to seeing our friends and family!

Holly Pond Bronco Band Swamp John's Dinner
• Sunday, Nov. 8 from 11 a.m-2 p.m. in the Holly Pond lunchroom
• $11 per plate, carry out or walk in (drive-thru not available)
• See www.facebook.com/HP-BroncoBand for more information.

Cullman Education Retirees Association Meeting
• Thursday, Nov. 12 at 11 a.m. at Stone Bridge Farms in the meeting room (right of main dining room)
• All education retirees are invited to attend. Our program will be presented by Southern Eats. Following the program, we will have a brief business session and then enjoy lunch together.

Little Farmers Up in the Garden, Down in the Dirt
• Friday, Nov. 13, from 10-11 a.m. at the North Alabama Agriplex, www.agriplex.org
• Meet worm friends and try a little 'dirt' pudding! We will feature Kate Messner's adorable children's book 'Up in the Garden, Down in the Dirt' for this fun preschool program. This program is for ages 3-5 with their adult. Classes are $5 per child.

Thanksgiving Revival with Dr. David Smith and Dr. David Beck
Sunday, Nov. 15 at 5 p.m. and Monday-Wednesday, Nov. 16-18 at 6:30 p.m. at Cross Baptist Church, 23654 U.S. Highway 31, Falkville, AL 35622

Heritage Skills Favorite Ferments
• Tuesday, Nov. 17, from 6-8 p.m. at the North Alabama Agriplex, www.agriplex.org
• We are featuring local farmer Mae Jefferson from Wild Rows Farm. A brief history of fermenting, a beginners guide to the process of fermentation, and an explanation of the health benefits will all be covered! Mae will do a sauerkraut demonstration and each participant will take home some kraut and a SCOBY (kombucha culture). Cost is $10 per person. Registration required.

Heritage Homeschool Woodworking
• Thursday, Nov. 19, from 9-11 a.m. at the North Alabama Agriplex, www.agriplex.org
• Students will use basic hand tools to make a woodworking project to take home. Due to the hands on nature of this program, no unregistered siblings allowed. Students may require assistance from their adults. Local members of the Woodworkers Guild will be on hand to help! Cost is $8 per child, max is $16 per family. Program is for kindergarten and up.

Vinemont Band Booster Craft Show
• Friday, Nov. 20 from 9 a.m.-7 p.m. and Saturday, Nov. 21 from 9 a.m.-4 p.m. at Cullman Church of Christ, 4345 AL Hwy. 157, Cullman, AL 35058
• Free admission. Door prizes and concessions. $500 cash raffle at noon Nov. 21.

Kids Loving Kids
• Dec. 12 at Spirit Life Church of GOD, 1650 St. Joseph Dr. NW, Cullman
• A community outreach that provides clothes and toys for children and teens. Help us provide for those in need by donating gently used clothes or toys, new toys or cash! Bring donations to the church Tuesdays from 10 a.m.-2 p.m. Call Joanne at 256-339-4138 to arrange a different time to drop items off. Call Alisha at 205-717-7478 to arrange for pick-up. To register to receive these items, sign up on Kids Loving Kid's Facebook page or go to https://form.jotform.com/202483601332041.

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CRIME

Arrests and incidents reported Nov. 3

Cullman Tribune staff
Contributor

CULLMAN, Ala. – Below are the arrests and incidents reported Nov. 3, 2020. 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

Oct. 29

- first-degree theft of property; Car Mart, Inc., Brantley Ave. NW; cash; $2,730
- third-degree forgery; Protech Machine Tool Sales, LLC/Fort Eustis Army Community Service; forged checks

Nov. 2

- fourth-degree theft of property; Wal-Mart; Hwy. 157; clothing; $38
- fourth-degree theft of property; Wal-Mart; Hwy. 157; miscellaneous; $310

ARRESTS

Nov. 2

Wade, Kailee M., 21

- FTA- insurance violation

Sego, Johnny R., 37

- fourth-degree theft of property

Doss, Ashley N., 31

- FTA- fourth-degree theft of property (2 counts)
- FTA- first-degree criminal trespassing

HANCEVILLE POLICE DEPARTMENT

No incidents or arrests reported.

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

Cullman City Council swears in all-incumbent slate of members



W.C. MANN/THE CULLMAN TRIBUNE

Cullman City Clerk Wes Moore hands the gavel to Councilwoman Jenny Folsom after her reappointment as president of the Cullman City Council Monday evening. Johnny Cook was reappointed to serve as president pro tem over the council, which saw all its incumbent members (Andy Page, David Moss, Cook, Clint Hollingsworth and Folsom, along with Mayor Woody Jacobs) re-elected this year.

EDUCATION

Cullman City School Board sworn in

W.C. Mann
craig@cullmantribune.com

CULLMAN, Ala. – Cullman City School Board members on Monday night took their oaths of office, administered by Cullman County District Judge Chad Floyd.

Members are:

- Place 1- Joey Orr
- Place 2- Chris Branham
- Place 3- Cheryl Harrison
- Place 4- Jason Neal
- Place 5- Amy Carter



W.C. MANN/THE CULLMAN TRIBUNE

New member Cheryl Harrison, place 3, is sworn in Monday evening by Cullman County District Judge Chad Floyd.

LOCAL GOVERNMENT

New Baileyton mayor, council sworn in

Christy Perry
christy@cullmantribune.com

BAILEYTON, Ala. – Cullman County Circuit Court Judge Greg Nicholas on Monday administered the oaths of office to new Baileyton Mayor Windell Calloway, along with council members Wendell Peterson, Greg Griffin, Benny Guthrie, Dewayne Sumner and Roy Shedd.

Peterson and Griffin were joined by newcomers Shedd, Sumner and Guthrie. A large crowd came out to welcome the new administration. Shedd was named mayor pro tem.

Calloway encouraged Baileyton residents to continue coming to monthly meetings, which are held on the first Monday of each month at 7 p.m.



CHRISTY PERRY/THE CULLMAN TRIBUNE

Cullman County Circuit Court Judge Greg Nicholas swears in new Baileyton Mayor Windell Calloway Monday night, Nov. 2, 2020.

PREP FOOTBALL

West Point's Baker turns adversity into opportunity

Chris Pugh
Tribune correspondent

WEST POINT, Ala. – This high school football season, one that many weren't sure would happen, was loaded with high expectations for West Point. They have a solid senior class on a team loaded with talent, but after a series of heartbreaking, close losses, the hopes of returning to the playoffs were on the verge of being dashed. For this West Point team, adversity simply provided opportunity, and that is no better exemplified than in senior defensive lineman Keynan Baker.

When you look at Keynan Baker you don't see the tallest lineman. You don't see the biggest or strongest lineman, but what you get is a high character player who works his tail off to be the best he can be for his coaches and his team. Baker is coming off a three game stretch that has included an interception returned for a touchdown, a fumble caused, recovered and returned for a touchdown, another fumble recovery on the goal line and a pair sacks to go alongside plenty of tackles.

That's a lot for any player in three games, but you read that right, he's a defensive lineman. The senior is ending his prep career on a high note individually, but this dream was almost shattered before it ever began.

Nine years ago, Keynan went out to something he had done 1,000 times before, go blackberry picking. Unfortunately, Keynan suffered a chigger bite, something that most of us in the south have experienced, but the bite turned into a serious infection that almost cost Keynan his leg. From emergency room visits to doctor appointments to lengthy stays in Children's Hospital in Birmingham, doctors discovered he had "osteomyelitis," an infection in the bone that had also spread to the tissue and muscle around his tibia.

After four surgeries, a weakened leg that broke multiple times, and a lot of unknowns as to whether Keynan would ever even be able to walk again, he has made a full recovery and has become the player Warrior fans see on Friday nights.

For Keynan, adversity was simply an opportunity. In his weakness he was made stronger, in his lowest points he was able to reach his highest and in the darkest times he was able to shine the brightest. If we have some young readers in need of a role model, look no further, Keynan Baker is your guy.

While Baker has been a key part of the Warriors overcoming adversity early in the season, West Point has several other key parts that help anchor this team. Senior Will Cochran came into the season, experienced with weapons all around him, but the high-powered offense found itself looking for an identity after several games in wet weather. Cochran, who was eager to lead this offense and light up scoreboards, never wavered. There were times his team needed him rushing for 100 yards and other times they needed him airing it out. Regardless of the call, Cochran always was ready to answer the bell. He's shown his true dual-threat abilities all season long with his running and passing ability. You could even call him a triple threat QB because he has shown he can catch touchdowns too. Cochran knows the biggest game of his career is looming Friday night against a talented Alexandria team and he is ready to do whatever his team needs him to do to advance to the next round.

The next key Warriors I want to address is a group I call "The Arsenal." This group is made up of seniors Kobe Bowers, Carter Thornton, Jacob Dye and junior Kelton Washington.

These have been the main collection of weapons at Head Coach Don Farley's disposal, and what they have shown all year is that any of them can score at any moment in a variety of ways. Bowers and Thornton have scored on the ground and in the air, both receiving and passing.

There has been a friendly rivalry of who has the better arm, but I think both will agree Cochran can stick with most of the pass attempts.

Dye, who has been battling his own individual adversity with a lingering ankle injury, has performed all season and focused on being a specialist in the area of receiving. West Point is truly dangerous no matter the down and distance, because at any time Dye can be found running by defenders and catching touchdowns.



BILL PIPER/THE CULLMAN TRIBUNE

West Point defensive lineman Keynan Baker (69).

Opposing defenses are constantly put under pressure because of his exceptional ability to stretch the defense. It's guys like this that make the jobs easier for guys like Kelton Washington, who has put together quite the highlight reel this year in the backfield. Washington has shown he can juke, he can spin, he can hurdle and he can truck defenders.

Behind an offensive line that has been anchoring the offense all season, Kelton has been a difference maker because he rarely ever goes down after first contact. He is already hungry for as many extra yards as he can get.

This team has had so many players buy in and give their all, led by an awesome coaching staff. Alexandria may see a 4-6 football team coming to their place for round one, but what this writer sees and has seen all year is a collective group of Warriors. A group that is willing to go down into any valley. A group that is willing to climb any mountain. I see a group that sees adversity and has one word in their mind: opportunity.

PREP GOLF

Fairview's Roberts signs with Wallace State

Nick Griffin
nick@cullmantribune.com

FAIRVIEW, Ala. – Fairview's Brileigh Roberts celebrated the next step of her athletic and academic career at Fairview High School Monday afternoon. Friends, family, coaches and teammates met in the library on campus to see Roberts sign to play golf for Wallace State when she finishes her career with the Aggies.

"We are all extremely proud of Brileigh!" Fairview Golf Coach Kurt Knight said. "With her ability and work ethic, we know she will excel at the next level."

Roberts has been competing with the varsity girls golf team at Fairview since she was in seventh grade and she will begin her final season with the Aggies this spring.



PHOTO COURTESY OF KURT KNIGHT

Fairview's Brileigh Roberts signs to continue her golf career at Wallace State Monday at Fairview High School.

Auburn routs LSU 48-11 in record-setting performance

Greg Ostendorf
AU Athletics

AUBURN, Ala. – Auburn didn't need any tricks on Halloween this year. It was all treats for the Tigers on Saturday as they dominated LSU, winning 48-11 inside Jordan-Hare Stadium.

It was Auburn's largest margin of victory over LSU, surpassing the previous total of 35 (1999, 2014), and it was also the most points either team has scored in series history.

"I'm real proud of our team," Auburn head coach Gus Malzahn said. "We talked about getting better each week. We've continued to do that, and we put things together today."

After a scoreless first quarter, Auburn struck first in the opening minutes of the second quarter with a 9-yard touchdown pass from Bo Nix to Eli Stove. The score was set up by the Auburn defense and cornerback Nehemiah Pritchett who pulled down his first career interception and returned it 48 yards. Stove scored on the next play.

The Auburn defense made its presence felt again later in the quarter when Christian Tutt recovered a fumble and returned it 20 yards for a touchdown to put the Tigers up 14-0. The fumble was caused by Derick Hall who sacked LSU quarterback T.J. Finley on the play.

From that point on it was all Auburn, dismantling the defending national champions in all three phases.

The offense found its rhythm, scoring touchdowns on each their next five drives, including a 99-yard drive to close out the first half and a 75-yard drive to open the second half. The defense kept LSU out of the end zone until a touchdown midway through the fourth quarter with Auburn ahead 48-3.

Nix was responsible for four of Auburn's seven touchdowns. The sophomore quarterback finished 18 of 24 through the air for 300 yards and three touchdowns. He also ran for a career-high 81 yards on 11 carries, adding a fourth score on the ground. It was the third career 300-yard passing performance from Nix, who finished with a pass efficiency rating of 221.3.

"He was focused," Malzahn said. "He played extremely well today and led us to a victory. He's establishing himself as one of the best in our league, and I think it's about time people start recognizing that."

On his final play before exiting the game, Nix connected with junior wide receiver Anthony Schwartz on a 91-yard touchdown pass – the third-longest touchdown pass in school history. With the catch, Schwartz finished as Auburn's leading receiver. He had four receptions for 123 yards.

Stove and fellow wide receiver Ze'Vian Capers also caught touchdowns Saturday. The early score from Stove was his third of the season and fifth of his career. The junior recorded a team-high five receptions for 64 yards and added 21 yards rushing. Capers, a true freshman, was wide open in the end zone when he caught a 9-yard pass from Nix. It was his first career touchdown at Auburn.

For the first time since week two, Tank Bigsby failed to go over 100 yards rushing. But the freshman running back still ran for 71 yards on 15 carries and scored two touchdowns in the third quarter to bring his total to five on the season. Bigsby is now ninth among Auburn freshman rushers all-time with 503 yards on the season.

As a team, Auburn rushed for 206 yards in Saturday's win. The Tigers have now surpassed 200 yards on the ground in four straight games.

On the visiting side, LSU finished with only 32 yards rushing thanks to an inspired performance from the Auburn defense. The group forced three turnovers, held LSU to 5 of 17 on third down and recorded four sacks – two from Hall, one from T.D. Moultry and one from Marquis Burks. It was the first two sacks of Hall's career.

Auburn was so dominant on defense that LSU never made it inside the Auburn 30-yard until midway through the fourth quarter. LSU crossed midfield just three times on its first 12 drives.

"Our defense really came to play today," Nix said. "They caused a lot of turnovers, had the fumble for a touchdown, gave us great field position. They just were excited, and they were running around hitting people today. They set us up for success, and that was because we all came to play, and we played together."

With the win, Auburn improves to 4-2 on the season and has an open date coming up next week. The Tigers will return to action Nov. 14 when they go on the road to play Mississippi State.



MIKE BURKETT/CATA

Back row, left to right: Ed Dellagado (Fairview), Will Whisenant (West Point), Carlos Vela (Fairview), Dylan Trowbridge (Fairview), Chris Miller (Fairview); kneeling, left to right: Gavin Aker (Good Hope), William Herrick (West Point), Dakota McDaniel (Fairview); standing at center: Jossie Fortenberry (West Point)

CATA carpentry students build, donate storage building for Wallace State scholarship auction

W.C. Mann
craig@cullmantribune.com

CULLMAN, Ala. – As their community service project for the school year, Carpentry students at the Cullman Area Technology Academy (CATA) built and donated an 8-foot by 8-foot storage building for the upcoming 2020 Wallace State Community College (WSCC) Scholarship Luncheon and Auction (online this year). The building features a metal roof, vinyl siding and a pressure-treated floor frame, and was built on pressure-treated skids for ease of loading and delivery.

In a note to The Tribune, CATA Construction Teacher Mike Burkett wrote, "Community service is one of the four 'pillars' holding up the Carpentry program at CATA, along with Competition, Curriculum and Collaboration. Each of these pillars is so important to the overall learning and positive life experiences that we try to provide all of our career tech students in Cullman County, and I am always so amazed and proud of how each of our Carpentry students get 'pumped up' about our annual building donation project to the WSCC Scholarship Auction.

It makes them feel good to know they are learning construction in a meaningful way and being able to participate in a 'win-win-win' situation.

"All students should have a valid purpose in their educational experiences, and by constructing and donating this storage building to the WSCC Scholarship Luncheon and Auction, it teaches them the importance of not only service to their community, but also the benefits of giving back to a cause that could maybe one day further their education at the college level.

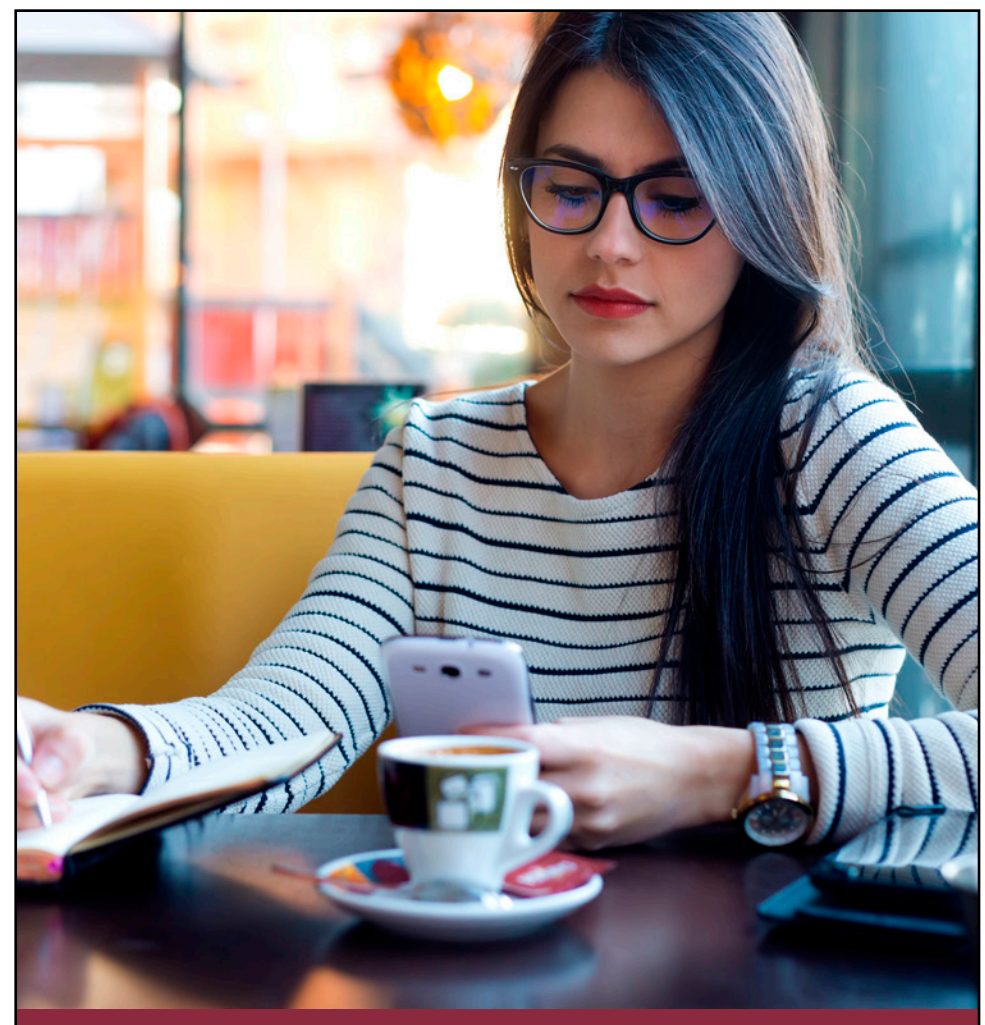
"I encourage everyone to check out the auction items online and make a generous bid. There are some really great items, including a wonderful storage building constructed by high school students at the Cullman Area Technology Academy."

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in Cullman
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PARADE BEGINS AT 7:00PM
TREE-LIGHTING BEGINS AT 7:45PM
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& PHOTOS WITH SANTA

Cullman Christkindlmarkt
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POLITICS

Shedd recognized by U.S. Dept. of Defense for work supporting military families

Cullman Tribune Staff
Contributor

CULLMAN, Ala. – Rep. Randall Shedd, R-Fairview last week received recognition from the United States Department of Defense for his work in the last legislative session supporting military families.

Shedd sponsored House Bill 100 and carried State Bill 143, which made it through the full legislative process to become law this year. It was one of the few statewide bills to make it through the legislative session, shortened due to COVID-19.

"This legislation provides that immediately upon receiving orders to relocate to Alabama from another state, dependents of military families are eligible for Alabama's virtual schools, eliminating a tremendous problem for military families previously," Shedd said in an email. "This legislation is one of a package of military bills promoted by Lt. Governor Will Ainsworth designed to make Alabama the most military-friendly state in the nation!"



2017 CULLMAN TRIBUNE FILE PHOTO

Rep. Randall Shedd, R-Fairview

FINANCE

Smart planning: 10 steps for financial success during the holiday season

Theresa Jones
Contributor

With the holiday season approaching, it is vital to consider ways to save money and not end up creating new debt. Developing some type of spending plan is essential to helping individuals manage their income. Be smart about your spending this holiday season. Below is a list of 10 things that can help lead you to financial success.

1. Spend less than you earn. Keep a budget or spending plan and track your spending to avoid overspending.

2. Have a plan. Get organized and write down your immediate, short-term, intermediate, and long-term financial goals. This can be your roadmap to follow in order to stay on track. Remember, if you do not have a plan, you are more likely not to reach a goal.

3. Prepare for expected events. Save in advance for upcoming seasonal events. Holiday seasons will come and go but financial obligations will remain. Make sure your bills are paid on time. This will help to improve your credit score.

4. Prepare for unexpected events. Due to seasonal and holiday excitement, it is easy to overspend. Make an effort to put some money aside, if you have not already done so, for emergencies. You never know what can happen suddenly such as job loss, sickness, etc. A great way to do this by saving any lump sum payments/windfalls you may receive such as tax refunds, gifts, or inheritance. Another way to be prepared for the unexpected is by having the adequate amount of health, car, home, and life insurance.

5. Always know your interest rates. Be aware of the purchase savings in exchange for a store credit card, if approved. This is where customers are offered a certain percentage, such as 10 to 20%, off their purchase in exchange for having their credit checked to see if they qualify for a store credit card. Keep in mind that each time an inquiry is made concerning your credit worthiness, your credit score drops by a few points whether approved or disapproved. If you are trying to build your credit, this would not be a wise decision. Never exceed 13% interest on loans and know what you pay in interest and fees. Know how your interest is being calculated.

6. Keep a healthy credit report. Your credit score is a number that indicates if you have good credit history. You can improve your credit score by paying your bills on time and by paying off debt. Don't apply for credit cards frequently. Pay off your balances each month or pay more than the minimal payment. Remember, the goal is to pay off the principal balance as soon as possible to avoid paying a lot of money in interest. Don't forget that you are entitled to a free annual credit report at www.annualcreditreport.com. You can also access this report by calling 1-877-322-8228 or by mailing an inquiry to Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

7. Avoid waste. Prepare your holiday meals instead of having them catered or eating out. Don't purchase unnecessary items. Return gifts that know you won't use or re-gift them.

8. Take advantage of tax breaks. Tax season begins in every new year. Most people have earned income credit they can claim. To save money, if you qualify (earn up to $55,000) try utilizing your local free Volunteer Income Tax Assistance program (VITA) in your county or a surrounding county.

9. Fill in the financial gaps. If you are having financial difficulties, try having a garage sale, or sell excess produce at a farmer's market. Another ideal is to barter goods and services without having to trade cash. Also, you can sell on eBay, recycle, get a part-time job, etc.

10. Give back to your community. Feel free to donate. Some ideas for tax write offs are donating to the Alabama 4-H, Angel Tree, United Way, Salvation Army, Food Bank, or any other non-profit organizations of your choice.

More information

AmericanSaves.org is a great resource for those wishing to learn more about financial planning. For more information, contact Theresa Jones, an Alabama Extension resource management regional agent, at rosscth@aces.edu or 256-509-5908.

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LEGALS

PB MIN BK 191 PG 928 - 10/27/2020 09:31 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF
MARK JOHN BETTERS,
Deceased.

CASE NO PC-2020-190

NOTICE TO CREDITORS

Letters Administration having been granted to Ashley Betters Koh, as Personal Representatives of the Estate of Mark John Betters, Deceased, on the 27th day of October, 2020, by Tammy Brown, Probate Judge. 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.

Ashley Betters Koh
Personal Representative

Alex J. Chaney
Attorney for the Personal Representative
PO Box 1052
Cullman, Alabama 35056

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

PB WIL BK 98 PG 511 - 10/27/2020 09:13 AM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
*
CULLMAN COUNTY * CASE NO. PC 2020-192

IN THE MATTER OF THE ESTATE OF BERNICE CHESSER, DECEASED.

NOTICE OF HEARING OF PETITION FOR PROBATE OF THE LAST WILL AND TESTAMENT OF BERNICE CHESSER

TO: JOHN CHESSER, RAYMOND KEITH CHESSER II, CANDINA CASEY, TOMMY MOODY and ANY KNOWN OR UNKNOWN OR INTERESTED PARTIES

The Petition of Deborah Jean Chesser Powers to admit to probate the Last Will and Testament of Bernice Chesser, deceased, has been set for hearing on the 20th day of November, 2020, at 9:30 a.m.

All persons in interest residing or being without the state are hereby given notice to appear and contest said petition if they think proper.

TO: PUBLISHER OF *The Cullman Tribune:*

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

Tammy Brown
Tammy Brown
Judge of Probate

Steven C. Smith
Smith & Smith, LLP
Attorneys for Petitioner
P.O. Box 398
Cullman, Alabama 35056-0398
256-734-4721

PB WIL BK 98 PG 618 - 11/02/2020 04:00 PM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
*
CULLMAN COUNTY * CASE NO. PC2020-337

IN RE: THE ESTATE OF DONNIE L. SANDERS, SR., DECEASED.

NOTICE OF APPOINTMENT TO BE PUBLISHED BY PERSONAL REPRESENTATIVE

Letters Testamentary on the Estate of said deceased have been granted to Donnie L. Sanders, Jr. on the 2nd day of November, 2020, 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.

Donnie L. Sanders, Jr.
Personal Representative

To the publisher of *The Cullman Tribune:*

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

Tammy Brown
Tammy Brown, Judge of Probate

Steven C. Smith
Attorney for the Estate
Smith & Smith, LLP
P. O. Box 398
Cullman, Al. 35056-0398
(256) 734-4721

PB ADT BK 57 PG 18 - 11/02/2020 04:12 PM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
COUNTY OF CULLMAN * CASE NO. AD2020-077

IN THE MATTER OF THE ADOPTION PETITION OF JOSEPH ANDREW DANIEL TO ADOPT E.M.V., a minor child.

NOTICE OF ADOPTION PROCEEDINGS

Notice to: ROBERTO VENLAZQUEZ, WHOSE WHEREABOUTS, RESIDENCE AND/OR ADDRESS IS UNKNOWN AND TO ANY UNKNOWN OR UNDISCLOSED FATHER OF E.M.V., WHOSE IDENTITY, WHEREABOUTS, RESIDENCE AND/OR ADDRESS IS UNKNOWN OR UNDISCLOSED

Please take notice that a Petition for Adoption of E.M.V., a minor child (born on June 21, 2009, to Jasmine Elizabeth Johns), was filed on the 29th day of October, 2020, in the Probate Court of Cullman County, Alabama, by Joseph Andrew Daniel, Petitioner. Please be advised should you intend to contest this adoption, you must file a written response within thirty (30) days of the date of the last publication herein with the Clerk of the said Probate Court of Cullman County, Alabama, 500 2nd Avenue SW, Cullman, Alabama, 35055.

DONE this 3rd day of November, 2020.

Tammy Brown
Tammy Brown
Judge of Probate

To: *THE CULLMAN TRIBUNE*

PLEASE PUBLISH ONCE A WEEK FOR FOUR SUCCESSIVE WEEKS.

Sherry H. Barrett
SMITH & SMITH, LLP
Attorneys for Petitioner
P.O. Box 398
Cullman, AL 35056-0398
256-734-4721 (telephone)

COVID-19 BY THE NUMBERS

Tuesday, Nov. 3, 2020 COVID-19 update from the Alabama Department of Public Health's COVID-19 Data and Surveillance Dashboard

- Total confirmed cases in AL: 166,627 (+643 since yesterday)
- Probable cases in AL: 29,302 (+394 since yesterday)
- Total confirmed deaths in AL: 2,782 (+15 since yesterday)
- Probable deaths in AL: 205
- Total confirmed cases in Cullman Co.: 2,286 (+36 since yesterday)
- Probable cases in Cullman Co.: 629 (+13 since yesterday)
- Total confirmed deaths in Cullman Co.: 19 (+0 since yesterday)
- Probable deaths in Cullman Co.: 6
- Total tested in Cullman Co.: 20,882
- Total tested in the last 14 days in Cullman Co.: 1,881
- Cases in the last 14 days in Cullman Co.: 647
- Total tested in Alabama: 1,363,049
- Cases in the last 14 days in Alabama: 21,734
- Total tested in the last 14 days in Alabama: 97,468
- Currently hospitalized in Alabama: 1,022
- Cumulative no. of hospitalizations in Alabama: 20,901
- Presumed recoveries in Alabama (reported weekly): 81,005

See more details at https://bit.ly/2VjCQbP.



Memorial Service and Celebration of Life For Leah Patterson Lust

A Memorial Service and Celebration of Life for Leah Patterson Lust will be held on Sunday, November 8, 2020, from 2-4 p.m. at Saint Andrews United Methodist Church in Cullman. Leah passed away on April 25, 2020 and is interred at Cullman City Cemetery.

The Memorial Service will be held in the Sanctuary (Main Street Entrance) beginning at 2:00 p.m. with Reverend Chuck Canterbury officiating. Open visitation will be in the Family Life Center (North Entrance) immediately following until 4:00 p.m.

For the safety of everyone, face coverings are required

Score (from Front)

Wendy Sack
wendy@cullmantribune.com

CULLMAN, Ala. – Vinemont's Cody Thompson recently achieved a perfect 600 on the new Army Combat Fitness Test (ACFT). He is one of only a handful of soldiers known to have aced the ACFT nationwide.

"PFC Cody Thompson joined the Army National Guard in July 2020. He quickly became recognized for his leadership initiative, athleticism and his go above and beyond mentality," said Alabama National Guard Staff Sergeant Amber Griffin.

"PFC Thompson took the Army's new physical fitness test called the Army Combat Fitness Test, and scored an unheard-of 600, the maximum score."

Griffin said the ACFT consists of deadlifts, leg tucks, hand released push-ups, a sprint-drag-carry, weighted ball throw and a 2-mile run.

According to The Army Times, "To achieve a perfect score of 600 on a test where standards are the same regardless of age or gender, a soldier would have to complete three repetitions of a 340-pound deadlift, throw a 10-pound medicine ball backwards over their head for 12.5 meters, complete 60 hand release pushups, run the sprint-drag-carry in less than 93 seconds, complete 20 leg tucks, and run a sub-13:30 two-mile."

"He maxed all of his events," Griffin said. "We'd like to recognize PFC Thompson for his hard work and dedication to service his country.

"Please keep PFC Thompson in your prayers as he continues his career by leaving for basic training early next year."

The Cullman National Guard Recruiting Office is located at 1000 23rd St. SW. Find out more by calling 205-393-0048 or visiting www.facebook.com/cullmannationalguard.



Deputy (from Front)

Wendy Sack
wendy@cullmantribune.com

CULLMAN, Ala. – A former Cullman County Sheriff's Office (CCSO) detention deputy was arrested over the weekend after investigators determined he had an inappropriate sexual relationship with an inmate while still employed with the department.

The CCSO said in a press release Tuesday that Matthew Kenneth Martin, 30, of Holly Pond is charged with custodial sexual misconduct.

Martin was a detention deputy for approximately eight months. He resigned from his position several weeks before any allegations were made.

"I tell all deputies and detention deputies when they are hired that we will live by our creed here at the CCSO of Honor, Courage and Integrity," said Cullman County Sheriff Matt Gentry. "We will be held to the same standards that we ask of the community, and if you violate the law or our standards you will be held accountable."

Martin has made bond.

Seniors (from Front)

Christy Perry
christy@cullmantribune.com

CULLMAN, Ala. – The residents of USA Healthcare's Woodland Village in Cullman are making new friends despite ongoing COVID-19 restrictions. The recently launched USA Healthcare Pen Pal Club is giving residents at Woodland Village a much needed morale boost as the pandemic lingers on.

The first letters came courtesy of St. Paul's Lutheran School in Cullman from the kindergarten and first-grade classes. Emy Hogland and Lori Warden's students wrote sweet letters and drew brightly colored artwork that was delivered late last week to Woodland residents.

Stephanie Coleman, who oversees the USA Healthcare Pen Pal Club, said, "I got the idea from a little girl who is an ambassador for a group that is against bullying. These little girls have projects they do, and the project she decided to do was to become a pen pal to one of our residents at Woodland Haus."

Coleman thought it would be a great way to put smiles on the faces of all the residents in all USA Healthcare facilities. She came up with the USA Healthcare Pen Pal Club, and the classes at St. Paul's Lutheran School were happy to help.

"If you've seen the pictures, they are precious," she smiled. "I am sure the residents absolutely ate that up!"

Coleman hopes others in the community will join in on spreading the gift of love, happiness and friendship with USA Healthcare residents, and the opportunity is not limited to a classroom of young children.

"Anybody! Anybody who wants to participate, I would welcome all age groups. Kids, adults or whomever that would like to write, please do so," she said. "The more we have, the better we make these residents feel through these next few months. I don't see this getting better over the next couple of months, especially with flu season and everything else."

With the holiday season upon us and family visitation in long-term care facilities still limited, area seniors could especially use the interaction with the community. Coleman hopes to expand the program, and anyone who would like to participate can reach out to her directly.



USA HEALTHCARE

Coleman can be reached at srcoleman@usahealthcare.net or 256-339-0534.

USA Healthcare facilities in Cullman County include Cullman Health & Rehab Center, The Folsom Center, Woodland Village and Woodland Haus.

Obituary Announcements: Nov. 4

Margaret Goodwin Simnons, 80, of Cullman, Alabama passed away Sunday, Nov. 1, 2020. Margaret was born Nov. 24, 1939 in Cullman County, Alabama. Margaret is survived by daughter Elizabeth (Randy) Cosper and sister Geraldine (Harris) Goodwin Ryan. Margaret was preceded in death by parents Fred and Atholene Lee Goodwin and sister Wanda Goodwin Freeman. A celebration of life visitation for Margaret will be held Thursday, Nov. 5, 2020 from 10-11 a.m. at Moss Service Funeral Home. A celebration of life funeral service will follow. A burial will occur at Cullman City Cemetery, Cullman, Alabama. Fond memories and expressions of sympathy may be shared at www.mossservicefh.com for the Simnons family.

David Olen Pigg was born Dec. 15, 1988 and passed away Nov. 2, 2020 and is under the care of Moss Service Funeral Home.

Graveside services for Virginia Fine Doss, 90, of Huntsville will be at 1 p.m. Thursday, Nov. 5, 2020 at East Point Cumberland Presbyterian Cemetery with Will Spink, Jr. officiating. Cullman Heritage Funeral Home is in charge of arrangements. Ms. Doss passed away Monday, Nov. 2, 2020 at Woodland Village Health Care. She was born Sept. 30, 1930 to Arthur Charles and Ethel Clare Fine. She was preceded in death by her parents; infant daughter; son Tim Doss; and brothers Virgil Fine, Harold Fine, and Reford Fine. Survivors include her sisters Geneva Fine Parrish, Mildred Fine Collier, Betty Fine White, and Frances Fine Waldrop; and a host of nieces and nephews.

Funeral services for Aubra Lee Gable, 85, of Cullman will be at 1 p.m. Wednesday, Nov. 4, 2020 at Pleasant Grove Missionary Baptist Church with Phillip Roberson and Nathan Chambers officiating; interment in Etha Baptist Cemetery. Visitation will be from 11 a.m.-1 p.m. prior to the service. Cullman Heritage Funeral Home is in charge of arrangements. Mr. Gable passed away Monday, Nov. 2, 2020 at his residence. He was born Jan. 22, 1935 to Avlee and Ora Idel Gable. He was preceded in death by his parents, three brothers, and one granddaughter. Survivors include his wife Carolyn Faye Gable; children Wesley R. Gable, Sharron (Dwight) Frazier, Carolyn (Keith) Sparks, Sandra Gable, and Chris (Carolyn) Gable; 12 grandchildren; 24 great-grandchildren; one great-great-grandchild; brother Charles Truman Gable; sisters Carol Hood, Barbara King, Jenny Wilks, Donna Beck, and Glenda Feathers; and a host of nieces, nephews, family, and friends.

Funeral services for Bobby Kent Moore, 81, of Hanceville, Alabama will be Wednesday, Nov. 4, 2020 at Hanceville Funeral home Chapel. Visitation will begin at 5:30 p.m. Nov. 3, 2020 at the funeral home. Mr. Moore is survived by his wife Kay Moore; daughter Donna (Phillip) Nunnely; and grandson Tyler Nunnely. He was preceded in death by his son Brad Moore and parents Clarence Houston and Beaulah Marie (Moody) Moore.

Jonathan Derek Cone, 37, of Charlestown, MD died Wednesday, Oct. 28, 2020. He was born in Virginia March 26, 1983 and worked in shipping. Survivors include his son Braydon Chase Cone of Charlestown, MD; his mother and stepfather Pamelia (Littleton) and Charles Murphy of Charlestown, MD; his father Johnny Cone of Hanceville, AL; and his brother and family Jarrett (Ashley) Cone and their children MacKenzie and Scotty Cone of Hanceville, AL. Visitation will be held Wednesday, Nov. 4, 2020 from 12:30-1:30 p.m. at Hanceville Funeral Home, 100 Michelle St. NW, Hanceville, AL. Graveside service will follow at 2 p.m. at Fairview West Cemetery in Hanceville.

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HOME

Making family meals less stressful

Christina LeVert
Contributor

For a lot of families, the idea of family meals can seem daunting. The term often makes people think of elaborate meals that take hours to prepare. This does not have to be the case. A family meal is simply a meal that your family sits down and enjoys together. It can be as simple as a frozen toaster waffle, milk, and fruit.

Family meals are about more than just the food on the table.

Eating meals together as a family, at least three times per week, provides a variety of benefits.

Some of these benefits for the children and adolescents in the family include higher academic performance, increased self-esteem, decreased depression risks and decreased risk of substance abuse.

Family meals also have several nutrition-related benefits. Family meals are associated with lower risks of eating disorders and lower rates of obesity.

To add to these benefits for your family, serve these meals family-style.

What does this mean? Put all the components of your meal in the center of the table and allow your family to serve themselves. Maybe provide a little help to the younger children.

Family-style meals are the secret to less stressful mealtimes and increased variety in your child's diet. It may seem counterintuitive to allow children to serve themselves, but it works.

It allows children to be exposed to a variety of foods and gives them a sense of control. That sense of control encourages them to try new foods because it is their decision. It also helps when they see their parents or other family members try the foods as well.

The key to family-style meals is to remember that the parents' job is to offer a variety of nutritious foods. It is not their job to force the child to eat any or all the foods. The child's job is to decide which foods to eat and how much. Forcing children to try foods or clean their plates can increase picky eating and other food-related issues. Instead, encourage them to eat based on fullness. Allow them to stop eating when they are full, not when their plate is empty.

What does this look like in real life? Take taco night, for example. Put the meat, cheese, avocado, beans, lettuce, tomatoes or whatever you are serving right in the middle of the table and allow your children to create their own tacos. When serving new foods or foods prepared in a new way, serve a familiar food as well. This lets everyone have a food they know they will enjoy as well as a new food to try.

HEALTH

'Share Your Smile With Alabama' photo contest to showcase smiles of 3rd graders

ADPH
Contributor

MONTGOMERY, Ala. – The Alabama Department of Public Health (ADPH) Oral Health Office announces the fourth annual "Share Your Smile with Alabama" statewide photo contest. Two third-grade students, one girl and one boy, will be selected from photo submissions as the winners of the campaign. The pair of third graders will be highlighted in ADPH marketing campaigns to promote children's oral health throughout the state and will be featured in a news conference Jan. 29, 2021.

This contest is open to children living in Alabama who are either enrolled and attending third grade, or 8 to 10 years of age being homeschooled. The official rules of the photo contest and an application form can be viewed at alabamapublichealth.gov/oralhealth/contest.html. Submissions must be made by a parent or legal guardian and will be accepted Nov. 1-30, 2020. There is no entry fee.

February is National Children's Dental Health Month 2021 and is designated to promote the benefits of good oral health to children, their caregivers, teachers and others. The theme for 2021 is "Water: Nature's Drink."

State Dental Health Director Dr. Tommy Johnson said, "We are sponsoring this annual contest to bring attention to children's oral health care and to remind everyone that dental decay is preventable. We want to encourage children to drink water instead of opting for sugary beverage choices."

The ADPH Oral Health Office is dedicated to preventing dental disease for Alabama's citizens by promoting and developing quality, cost-effective community and school-based preventive, educational and early treatment programs which emphasize elimination of oral health disparities.





