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INSIDE THIS ISSUE

OBITUARIES
Terrel Dobbins, Arthur Rutherford, Clytee Baccus, Faye Hamrick Mann Graham, Kathleen Etta Harris, Ivadean Curtis Massey
» PAGE 10

WEATHER
60 / 38
SOURCE: WEATHER.GOV
MOSTLY CLOUDY

Arrests and Incidents
» PAGE 2

Community Calendar
» PAGE 3

Games
» PAGE 11

JOY & GERONTOLOGY
52 Odes to Joy The Fun S.U.N.S. Longevity Diet
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– LIFESTYLE –

52 ODES TO JOY: The Fun S.U.N.S. Longevity Diet

» PAGE 8

7 93888 98541 4

EDUCATION

Fairview Elementary School raises $7,404 through first Jump Rope for Heart fundraiser since pandemic

Sara Gladney
sara@cullmantribune.com

FAIRVIEW, Ala. — The Fairview Elementary School students recently raised $7,404 for the American Heart Association through Jump Rope for Heart. The students asked the community for donations while they participated in different jumping exercises for two weeks in February during the Jump Rope for Heart event.

Physical education teacher Tracy Means said, "Fairview community has always been awesome in supporting our kids. Our students are true heart heroes for keeping their hearts healthy and for raising money to help others with heart conditions.

"All of the PE classes, in raising the money, they also participated for two weeks in different jumping activities, and we tried to stress to them that we were raising the money to help other people and all of the activities were great for their » PAGE 9



SARA GLADNEY/THE CULLMAN TRIBUNE

– EDUCATION –

Meek Robotics Team welcomes new members and aids local high schools in starting their own teams


SARA GLADNEY/THE CULLMAN TRIBUNE
Robotigers team members program their robot with lead mentor Jeff Thomas.

Sara Gladney
sara@cullmantribune.com

ADDISON, Ala. — The Meek High School Robotics team, newly named ROBOTIGERS, is the only FIRST Robotics program throughout Walker, Winston and Cullman counties. FIRST is a global robotics community advancing STEM education for youth participants. High school students are challenged to build industrial-size robots to play a difficult field game in alliance with other teams.

The Meek team is encouraging students and mentors to join at any time during the season, so they will have a better understanding of the program for next year. As a rookie team, mentor Joni Owens said, "ROBOTIGERS needs all kinds of help and support. We need tools, mentoring and funding." To make a tax-deductible donation contact Owens at 770-500-7733. The team also welcomes all local high schools to contact them » PAGE 5

PREP FOOTBALL

Fairview's Guyton signs with West Alabama


GEORGE REDDING
Fairview's Elijah Guyton signs his national letter of intent to play for West Alabama Thursday. » PAGE 6

STATE

Local agencies receive $11 million from Ivey to assist low-income families with water costs

Community Action Partnership of North Alabama Inc., including Cullman County, received $690,014 » PAGE 6

STATE

Governor Ivey announces another round of local projects funded by Rebuild Alabama

Several projects slated for Baileyton area » PAGE 7

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TRAFFIC

Expect lane closures for I-65 N repairs; expected March 21-30

ALDOT
Contributor

HUNTSVILLE, Ala. — The Alabama Department of Transportation advises motorists that ALDOT maintenance crews will be working on Interstate 65 northbound near Exit 318 (Lacon) during the next two weeks to repair the bridges at Indian Creek in northern Cullman County and Flint Creek in southern Morgan County.

Planned interruptions to traffic are as follows:

• The northbound outside lane from mile marker 316 down Lacon Mountain to just south of Exit 318 will be closed from 8 a.m. – 4 p.m. each day, Monday, March 21, through Friday, March 25.

• At 8 a.m. Monday, March 28, the outside lane from mile marker 316 to south of Exit 318 will be closed and remain closed around the clock until about 4 p.m. Thursday, March 31.

• From about 6 p.m. Tuesday, March 29, to about 6 p.m. Wednesday, March 30, both northbound lanes will be closed north of Exit 318, requiring all traffic to detour to U.S. Highway 31 northbound at Exit 318.

Adherence to this schedule is weather-dependent. Any unforeseen conditions could extend anticipated closure times. Motorists are advised to expect significant delays during lane/roadway closures. Please plan additional travel time or use alternate routes. During the anticipated 24-hour complete closure at Exit 318 on March 29 and 30, the official detour (required for commercial truck traffic) will be U.S. Highway 31 to Alabama 67 to I-65. Passenger vehicles may return to I-65 via any interchange north of Exit 318.



ALDOT

CRIME

Arrests and incidents reported March 18

Cullman Tribune staff
Contributor

CULLMAN, Ala. — Below are the arrests and incidents reported March 18, 2022. All persons are innocent until proven guilty.

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

CULLMAN COUNTY SHERIFF'S OFFICE

INCIDENTS

March 14

• unlawful possession of drug paraphernalia; Main St. NE, Hanceville
• domestic violence; Day Gap Rd.
• possession of controlled substance; possession of drug paraphernalia; CR 1718
• domestic violence; CR 601
• theft of property; CR 8

March 15

• possession of marijuana; possession of controlled substance; possession of drug paraphernalia; Hwy. 31
• theft of property; Hwy. 278 W
• unlawful breaking entering motor vehicle; CR 940
• theft of property; Roland Johnson Pkwy.

March 16

• possession of drug paraphernalia; Hwy. 31
• possession of controlled substance; Hwy. 278 E
• trespassing; Heatheryly Rd.
• attempting to elude police officer; CR 1269
• using false identity to avoid arrest; attempt to elude police officer; CR 747
• trespassing; CR 1224
• harassment; Schaeffel Rd.
• ex-felon in possession of firearm; CR 617
• possession of controlled substance; possession of drug paraphernalia
• domestic violence; violation of protection order; CR 1112

ARRESTS

March 14 – 16

Anders, Kevin R.; 37
• FTA- assault-domestic-harassment-family
• FTA- burglary-residence-force

Armstrong, Robert M.; 41
• using false identity to avoid arrest/hinder prosecution
• attempting to elude police officer
• Public Order crimes-bench warrant

Barton, Brian R.; 40
• FTA- driving while license suspended
• FTA- failure to register vehicle
• FTA- no seat belt

Burton, Christopher T.; 43
• FTA- driving while license suspended
• FTA- failure to register vehicle
• FTA- operating vehicle without insurance

Burton, Nicole L.; 37
• FTA- public intoxication

Capps, Justin Adrian J.; 39
• FTA- possession of dangerous drugs (2 counts)
• FTA- public intoxication

Chaffin, Peggy D.; 56
• FTA- negotiating worthless instrument

Cone, Dylan; 18
• sex offense- sexual abuse of a child less than 12-years-old

Crawford, Jason T.; 33
• FTA- possession of heroin (2 counts)
• FTA- possession of drug paraphernalia-1st offense (4 counts)

Davis, Michael C.; 33
• assault-domestic-harassment-family

Edward, Stacy D.; 45
• FTA- traffic-follow too close

Graves, Barry D.; 37
• Grand Jury- damaged property
• Grand Jury- robbery-street-other weapon

Graves, Kelly B.; 53
• possession of dangerous drugs

Grinfield, Misty; 42
• possession of drug paraphernalia-1st offense

Hallmark, Austin M.; 26
• FTA- driving while license suspended

Hanson, Kayla Ashlei M.; 30
• possession of methamphetamine
• possession of drug paraphernalia-1st offense

Joiner II, Paul F.; 55
• FTA- possession of drug paraphernalia-1st offense
• FTA- possession of dangerous drugs

Jones, Edward O.; 66
• ex-felon in possession of a firearm

Lambert, Michael L.; 40
• FTA- possession of methamphetamine

Mendoza, Jose L.; 25
• FTA- assault-domestic-harassment-family

Parker, Phillip D.; 54
• possession of methamphetamine
• possession of drug paraphernalia-1st offense

Parson, Toni J.; 33
• possession of drug paraphernalia-1st offense
• second-degree possession of marijuana
• possession of dangerous drugs

Phillips, Brandon R.; 38
• FTA- larceny/theft-miscellaneous theft $500 less than $1,500
• FTA- receiving stolen property, $500 less than $1,500

Sittloh, Joel L.; 56
• DUI (alcohol)

Smith, Christian X.; 30
• assault-domestic-harassment-family
• violation of domestic violence protection order

Smith, Rodney L.; 32
• FTA- driving while license suspended

Speegle, Rodney C.; 44
• arson-residence

Taylor, Akilah M.; 32
• family offense- causing delinquency, dependency or need of supervision

Turney, Kimberly M.; 47
• second-degree possession of marijuana

West, Nicholas W.; 33
• FTA- possession of dangerous drugs

CULLMAN POLICE DEPARTMENT

INCIDENTS

March 16

• first-degree theft of property; Walmart; Hwy. 157; cash
• fourth-degree theft of property; Walmart; Olive St. SW; miscellaneous; $130
• fourth-degree theft of property; Books-A-Million; Cullman Shopping Center; general merchandise; $107

September 17

• third-degree domestic violence-harassing communications
• identity theft; person

ARRESTS

March 16

Bagwell, Dachery D.; 30
• fourth-degree theft of property

Heaton, Johnathon F.; 43
• DUI

March 17

Graves, Kelly B.; 53
• FTA- possession of drug paraphernalia
• FTA- driving while license revoked
• FTA- driving without license

Olinger, Skylar N.; 30
• FTA- insurance violation (3 counts)
• FTA- fail to signal
• FTA- driving while license suspended
• FTA- expired tag (2 counts)
• FTA- driving without license (2 counts)

Marsee, John D.; 41
• Grand Jury- third-degree forgery
• Grand Jury- third-degree possession of forged instrument

Warwick, Catherine S.; 53
• FTA- DUI

HANCEVILLE POLICE DEPARTMENT

No incidents or arrests reported.

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

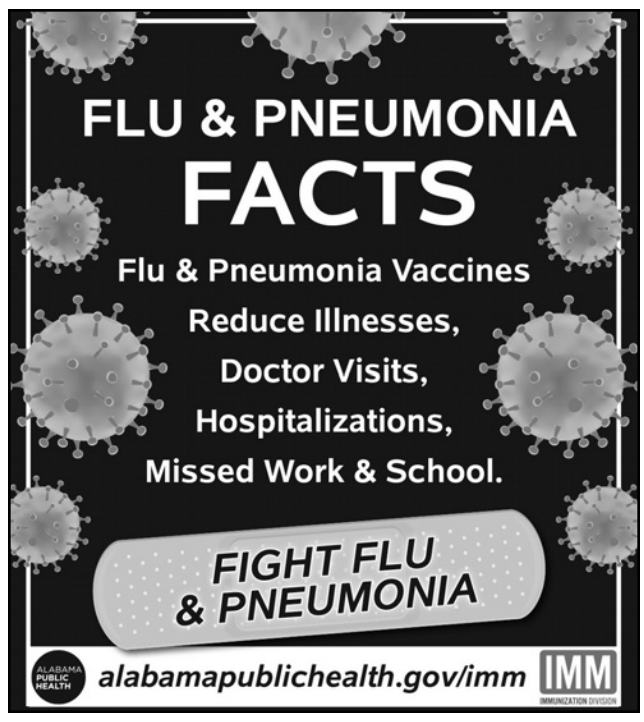
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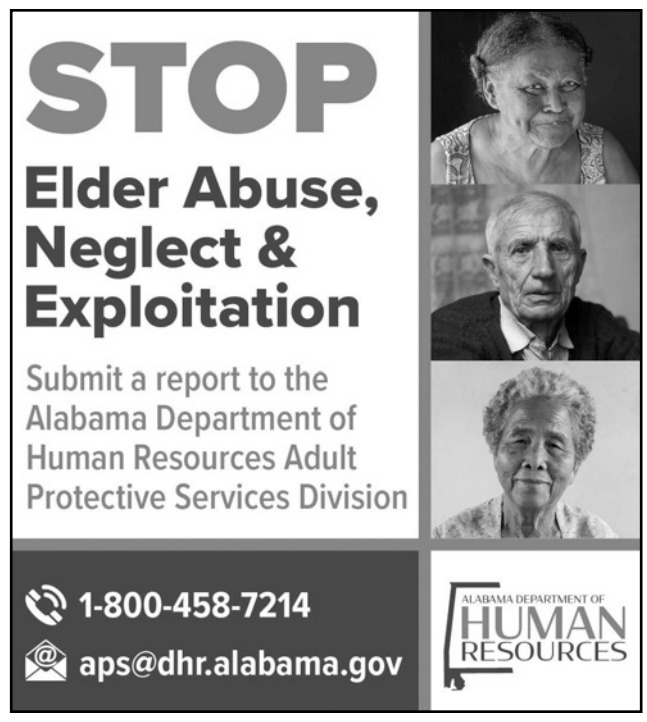
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COMMUNITY CALENDAR

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

"Come to the Well" Community Women's Bible Study

• Tuesday mornings at 10 at the Hebrews Cafe at East Side Baptist Church, 1111 Third Street SE in Cullman

• Please wear a mask/face covering.

Baileyton Bargain Days

• First and third Saturday of each month from 8 a.m.-1 p.m. at the old Baileyton fire station next to the town's park

• Beauty and health products, toys, home goods, pet items, food and many everyday items

• A donation of $20 will allow a shopper to fill up a bag, and for $40 a shopper can fill a large box. Some of the items of greater value will require a larger donation. There will be some restrictions and product limits on the items. Cash and checks accepted.

• Proceeds will be used for park improvements and capital improvements for the town.

Alcoholics Anonymous

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

• Spirit Life Church of GOD, 1650 St. Joseph Drive NW, Cullman

• Prayer meetings-Tuesdays at 10 a.m. Come and pray with us or come to receive prayer.

• Ladies' exercise classes- Wednesdays at 6 p.m. Children welcome.

• Saturday, March 19: 9-11 a.m. Drive-thru Food Bank. Bring an ID.

• Monday, March 21, 7p.m.: Men's Prayer Meeting. Come and join Pastor Bobby in praying for our nation, our churches and any special needs.

• Sundays at 9 a.m. Van runs in 5 Points area. Call 256-841-2060 for pickup. Small group classes for adults, children and youth at 10 a.m. Praise and worship and message at 11 a.m.

• Mondays-Fridays-Free hot meals for children Mondays 11 a.m. – noon, Tuesdays 1-2 p.m. and Wednesdays-Fridays 11 a.m. – noon. Cullman Housing Authority Community Center 1545 Vine Circle SW. Please call Kristie 256-636-5362 for more information. Eat in or take out. Sponsored by Kids Loving Kids, Raising Arrows Ministry, and Spirit Life Church.

• Kids Loving Kids Birthday Blessings serves children ages 1-18 in need of assistance to celebrate their birthday. Register your child and pick up a birthday box with cake mix, icing, sprinkles, decorations and toys! Pick up is the last weekend of the month. Saturday (5100 Curry Highway Suite 100-B Jasper, AL 35504) from 3-5 p.m. or the last Sunday of the month at Spirit Life Church Cullman from 12:30-1 p.m. Birth certificate is required at the time of box pickup. Register at https://form.jotform.com/203435614640045. For more information, text or call 205-717-7478.

Miércoles de Despensas

• 6-7 p.m. ler. miercoles del mes, En Su Tierra Cullman FUMC

• Despensas para la comunidad. No requiere ID. Entrega en su vehículo. Por favor use mascarilla.

Agriplex spring program schedule

Child and homeschool programs

March 24: Heritage Homeschool Seed Starting: What does a seed need to grow? Find out as we learn all about how to grow our own vegetable transplants for the garden.

Adult programs

March 22, 6 p.m.: Heritage Skills Growing & Using Gourds and Pumpkins: Katie Westmoreland will be here teaching us how to grow these useful cucurbits, avoid pests and diseases and also will be demonstrating how to use them in crafting recipes and more!

Register for programs at https://agriplex.org/WPtest/services/.

Alcoholics Anonymous, 12-Step Groups

The Goose Hung High Group of Alcoholics Anonymous, 1st Church of Nazarene - 5415 U.S. Highway 157, Cullman, AL 35058 – CLOSED Literature Study, SUNDAYS at 3 p.m. – Handicap accessible.

CASA volunteer training

Cullman County CASA (court appointed special advocates) is looking for dedicated volunteers to speak up for abused and neglected children in foster care. They need YOUR VOICE! A training class will be beginning soon! For more information, please contact Candace Lingo at cullmancountycasa@msn.com.

T.O.P.S (Take off Pounds Sensibly) Meetings

Fridays, 9:30-11 a.m., at Cullman Housing Authority Community Center (1545 Vine Circle SW, Cullman, AL 35055). First meeting is free. TOPS, a national program, is a hands-on/pounds-off approach to weight loss and management through weekly meetings providing information, accountability, support and encouragement where you make the changes that make sense to you.

Cullman NAR-ANON Group Meetings

The NAR-ANON family group meetings are a worldwide fellowship for those affected by someone else's addiction. We offer Help by sharing our experiences, strength and hope. We carry the message of hope by letting others know that they are not alone by practicing the 12 Steps of NAR-ANON and changing our own attitudes. We Respect Your Anonymity. Our program is not a religious one, but a spiritual way of life. Meetings will be held at The Ruehl Building (family life center of St John's Church) Tuesday evenings at 6 pm. Contact Jamie Weathersby Smith 256-708-7122 or Don or Nancy McKenzie 256-736-3327 or 256-736-3470 for more information.

Wallace State Fine and Performing Arts fall – spring performances

Dazzle Me, Disney!

• April 7-9, 7 p.m.

• Betty Leeth Haynes Theatre

• Featuring the Wallace State Singers

• Info: 256-352-8277, jessica.chairez@wallacestate.edu

Big Band Dance

• April 15, 7 p.m.

• Burrow Center for the Fine and Performing Arts

• Featuring the Wallace State Jazz Band

• Info: 256-352-8277, jessica.chairez@wallacestate.edu

Dance Spring Showcase

• April 22, 7 p.m.

• Betty Leeth Haynes Theatre

• Featuring the Allegro Dance Theatre

• Info: 256-352-8277, jessica.chairez@wallacestate.edu

Spring Under the Stars

• April 26, 7 p.m.

• Burrow Center for the Fine and Performing Arts (bring lawn chairs, blankets etc.)

• Featuring the Wallace State Concert Choir and Concert Band

• Info: 256-352-8277, jessica.chairez@wallacestate.edu

Soup and Chili

March 19: The Fairview Lions Club is having a soup and chili supper March 19 at the Fairview Town Hall (7525 Alabama Highway 69 N) from 4-7 p.m. your choice of several kinds of soup or chili, cornbread or crackers and a drink for $5 or with dessert for $6. Eat in or carry out options available. All proceeds go to the Fairview Lions Club project fund. For more information, call Kita at 256-385-8805 or William at 256-385-5596.

5th Annual Hanceville Irish Festival

March 19: The 5th Annual Hanceville Irish Festival will take place on Saturday, March 19 from 9 a.m. – 5 p.m., hosted by Snead's Farmhouse. Booth fees are $30 per booth. For more information about becoming a vendor Snead's Farmhouse at judysnead9522@gmail.com.

Hanceville Lions Club Swamp John's Dinner

March 25: Hanceville Lions Club will host a Swamp John's meal fundraiser benefiting projects on Friday, March 25 from 4-7 p.m. at the Moody Center in Hanceville (111 Michelle St.). Plates are $13. Drive-thru option only.

Cottontails Arts and Crafts Festival

• April 9, 9 a.m. - 5 p.m.

• 905 SE Commercial St., Hanceville

• Willow Brook Boutique & Design will host a spring arts and crafts festival in downtown Hanceville.

Bloomin' Festival Arts and Crafts Fair

• April 23-24, 9 a.m. – 4 p.m.

• 1600 St. Bernard Ave. SE, Cullman

• Food, music and artisan crafts all weekend at St. Bernard Preparatory School.

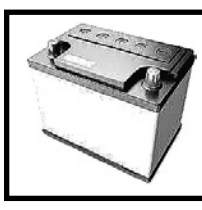
• Admission $7, children 5 and under get in free.

2022 Hanceville Grilled Cheese Festival

May 28: The Hanceville Grilled Cheese Festival is back for the second year! The festival will take place Saturday, May 28 starting at 9 a.m. Features will include vendors, food trucks, live music and plenty of activities for adults and kids alike. Most food trucks will feature their own signature grilled cheese. There will also be a grilled cheese cook-off. Follow them on Facebook for more information: https://www.facebook.com/events/265071822436868/.

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PREP BASEBALL

Cullman sweeps area doubleheader over Decatur

Nick Griffin
nick@cullmantribune.com

CULLMAN, Ala. — The Bearcats were back at Bill Shelton Field to open up area play against Decatur Thursday night, and they collected a pair of big wins over the Red Raiders. Cullman scored a couple late runs in game one to pull away and pick up a 2-1 win and in game two, a 3-run homer in the first gave the 'Cats an early lead and they held on to defeat Decatur 5-4 and complete the Thursday night sweep.

Cullman 2 – Decatur 1 (Game One)

Hits and runs were tough to come by in this one. Both teams combined to put just four runners on base in the first three innings. The 'Cats threatened to get on the board in the bottom of the fourth with singles by Kaleb Heatherly and Jack Stanford, but a strikeout stranded them at the corners and the game remained scoreless going into the fifth.

Decatur scored on a fielder's choice to take a 1-0 lead in the top half of the fifth, but the Bearcats responded in their half of the inning. Zane Watwood drew a walk with two outs to reach first and Hunter Brooks singled up the middle to put runners on the corners. That's when Heatherly ripped an RBI single into right field to things up at a 1 and just one pitch later, Brooks scored on an error to claim a 2-1 lead for the black and gold.

Stancil collected the final six outs over the next two innings to finish his complete game performance on the mound and secure a 2-1 area win for Cullman. Stancil allowed one unearned run on three hits and struck out eight batters in the win. Heatherly finished with a pair of hits and an RBI and Brooks and Stanford each posted a hit for the Bearcats as well.

Cullman 5 – Decatur 4 (Game Two)

The 'Cats got off to a faster start in game two. Watwood drew a walk and Brooks was hit by a pitch to give Cullman a pair of baserunners in the bottom of the first and Stancil blasted a 3-run bomb to center field to make it a 3-0 game. Later in the inning, Cole Robertson drove an RBI single into left field to bring Jake Dueland home to score and stretched the lead to 4-0 going into the second.

A few walks and an error allowed the Red Raiders to cut into the lead and make it a 4-2 game in the top of the second inning, but the Bearcats were able to stop the bleeding and maintain a 2-run lead.

After a scoreless third and fourth inning, Decatur trimmed the lead to 4-3 with a sacrifice fly in the top of the fifth but the Bearcats added to their lead in the sixth. A leadoff single from Robertson and a sacrifice bunt by Easton Peed put a runner in scoring position and Cody Jones drilled an RBI single into right field to build the lead back up to 5-3 going into the final frame.

The Red Raiders added another run to cut the lead to one in the top of the seventh, but Jones collected the final three outs with strikeouts to secure a 5-4 win for the 'Cats. Jones entered the game in the third inning and earned the win after tossing 4.2 innings, allowing two runs (one earned) on three hits and striking out six.

Robertson (one RBI) posted a pair of hits in the win and Stancil drove in three runs with his homer in first. Paxton Ponder, Heatherly, Jones (one RBI) and Riley Jackson each recorded a hit as well.

Cullman will be back in action Saturday at James Clemens where the Bearcats will play both the Jets and Hoover.



NICK GRIFFIN/THE CULLMAN TRIBUNE

Cullman's Hayden Stancil (26) tossed a complete game and struck out eight batters in the Bearcats' 2-1 win over Decatur Thursday.

PREP SOCCER

Bearcats down Gadsden City 2-1, Lady Bearcats tie 2-2

Nick Griffin
nick@cullmantribune.com

CULLMAN, Ala. — Both of Cullman's varsity squads were back home to host Gadsden City at Oliver Woodard Stadium and in between games, there was a big group of Bearcats to recognize on senior night. Cullman seniors Gracie Barksdale, Jeta Falcon, Ava Woods, Abigail Lawson, Addie Echols, Lillian Willoughby, Madisyn Meharg, Mercy Van Dyke, Jackson Blackmon, Nelson Conde, Brayden Freeman, Mario Fuentes, Kristian Graveman, Jacob Griffith, Ninh Le, Mitchell Perez, Trey Phillips, Lucas Rakestraw, Jacob Rodriguez and Javier Rodriguez were recognized between games.

The girls played to a 2-2 draw with Gadsden City and in the boys' game, a pair of early goals were enough to hold off the Titans and pick up a 2-1 win.

Cullman 2 – Gadsden City 2 (Varsity Girls)

A quick goal put the Lady Titans in front 1-0 early in the opening half and Cullman trailed at the halftime break but the Lady Bearcats responded in the second half.

Ashlei Bryant lifted a pass into the box and Jeta Falcon headed it into the net to get Cullman on the board and McKenzee Gregory scored around the 19-minute mark of the second half to put up a second goal for the 'Cats but Gadsden City was able to find the back of the net one more time as well, leading to a 2-2 finish.

Gregory and Falcon each posted goals for Cullman, Bryant added an assist and Barksdale collected five saves.

Cullman 2 – Gadsden City 1 (Varsity Boys)

The Bearcats struck first when Connor Swann scored off an assist from Cort McNeel to take a 1-0 lead and just 11 minutes later, Trey Phillips scored to stretch Cullman's lead to 2-0 going into halftime.

Gadsden City scored around the 18-minute mark of the second half to make it a 2-1 game, but the Titans couldn't chip away any more than that and the 'Cats held on to win it 2-1.

The Bearcats will be back home Saturday at noon to take on Florence and the Lady Bearcats will travel to play Oak Mountain Tuesday night.



NICK GRIFFIN/THE CULLMAN TRIBUNE

Cullman's Madisyn Meharg (7) dribbles past a defender during the Bearcats' 2-2 draw with Gadsden City Thursday night.

Auburn opens NCAA Tournament with 80-61 win vs. Jacksonville State

Jeff Shearer
AU Athletics

GREENVILLE, S.C. – Auburn didn't just survive and advance, the Tigers thrived and danced.

Behind an 18-0 run that spanned halftime, Auburn defeated Jacksonville State 80-61 Friday in the opening round of the Midwest Regional at Bon Secours Wellness Arena, the Tigers' second -largest margin of victory in an NCAA Tournament game.

"Auburn's defense was outstanding," Auburn coach Bruce Pearl said. "That's been what's carried us all season long. That gives us our best chance in the tournament. We stepped up. We had to play well to beat that team, and we played well."

SEC Freshman of the Year Jabari Smith led Auburn with 20 points and 14 rebounds, making 4 of 7 3-pointers while adding four assists.

"We knew how tough every game was going to be," Smith said. "We knew how good every team in the tournament was going to be. They're here for a reason. We were already focused coming into this game and ready to get the win."

"He's got a lot of Kevin Durant in him," Jacksonville State coach Ray Harper said. "He's going to be a great pro."

Walker Kessler came within one blocked shot of a triple double, blocking nine shots, scoring 13 points and grabbing 10 rebounds.

K.D. Johnson rebounded from a tough SEC Tournament outing to lead Auburn with a career-high seven assists with only one turnover in 30 minutes.

"I struggled the last game," Johnson said. "I just let it come to me. I was looking to get my teammates more involved."

Smith punctuated the Tigers' victory by rebounding his missed 3-pointer, driving to the hoop and authoritatively dunking over a JSU defender while being fouled.

"I went to attack the rim," Smith said. "I knew he was going to foul me. I finished it. It felt good to finish the game. I wanted to get to the cup and finish the game."

"Did y'all see that?" K.D. Johnson rhetorically asked reporters. "That was crazy. That was the first time he ever showed me that he can get that high."

"It was a pretty nasty dunk," Kessler said. "It shows how athletica and how good of player Jabari is."

"He postered him," Pearl said.

Auburn overcame an early six-point deficit by closing the first half on an 11-0 run to lead 39-27 at halftime.

When Johnson hit his second 3-pointer for the final basket of the half, he raced back to defend, leaping and slapping the court upon landing.

The run continued early in the second half with Smith hitting a 3-pointer to put the Tigers ahead 46-27.

"It comes in such rhythm for him," Pearl said. "He doesn't force anything. Jabari is ultra-competitive. He wants the ball but it's not about him. We've got (No.) 10 and they don't."

"I've been ready to play since that buzzer went off in Tampa," Smith said. "It was good to get the first one out of the way."

Auburn tied its NCAA Tournament record with 23 assists, equaling the Tigers' total vs. Bradley in 1988, while committing only 11 turnovers.

Kessler led the Tigers in the half with nine points, six rebounds and four assists.

Johnson tied his career high of four assists by halftime. Zep Jasper also had four assists in the half.

Jaylin Williams scored eight points in the half on 3-for-3 shooting, including a pair of 3-pointers, before exiting early in the second half after colliding with Kessler.

Advancing to the second round, the Tigers (28-5) will play Sunday vs. the winner of Friday's Miami-Southern California game.

As the Tigers boarded the bus before the game, hundreds of Auburn fans at Tiger Walk serenaded Pearl with a rendition of "Happy Birthday," in celebration of his 62nd birthday.

"You're already champions," Pearl said, recapping his pregame message. "You're the SEC champions. Now relax, go play basketball, go have some fun. I tried to get some pressure off of them because they went to win really badly."

MATTHEW SHANNON/AU ATHLETICS

Auburn's Jabari Smith finished with 20 points and 14 rebounds in the Tigers' 80-61 win over Jacksonville State Friday.



ALABAMA COOPERATIVE EXTENSION

LIFESTYLE

Tips for cooking heart-healthy food

Gloria Maxie
Alabama Cooperative Extension

AUBURN UNIVERSITY, Ala. — According to the American Heart Association, heart disease and stroke are the leading causes of death worldwide. Consuming too many unhealthy fats, such as saturated and trans fats in your diet, can increase the risk of heart disease and stroke. The AHA recommends limiting your daily intake of saturated fat to 120 calories or 13 grams. Changing your cooking method and learning how to cook heart-healthy foods with less fat can help to reduce the intake of unhealthy fat and prevent the onset of chronic diseases.

Cooking methods
Try using the following cooking methods to avoid cooking with added fat:

- Bake. Cook foods slowly in dry heat.
- Blanch. Boil the food briefly then plunge into ice water to stop the cooking.
- Braise. Cook food using both dry heat from an oven or the stovetop and wet heat from liquid.
- Broil. Cook directly under a heat source at a high temperature.
- Grill. Cook directly over a heat source.
- Poach. Cook by immersing food in simmering liquid like water, broth or wine.
- Roast. Cook uncovered in the oven.
- Sauté. Cook food in a pan over direct heat using a small amount of liquid, such as vegetable stock, fruit juice, wine, healthy oil or cooking spray, or water.
- Steam. Cook in a steam basket over a pot of boiling water.
- Stir-fry. Use a wok or large pan to cook food quickly over very high heat in a small amount of liquid or oil.

More healthy cooking tips
Consider using the following tips for healthy cooking with less fat:

- Instead of fried chicken, try oven-baked chicken and remove the skin before eating.
- Try lemon juice or herbed vinegar for a fat-free dressing and reduced calories.
- Use ground turkey as a lower-fat alternative to ground beef.
- Microwave vegetables instead of sautéing.
- Avoid added butter and oils by using nonstick cookware instead to reduce fats.
- Modify recipes to decrease butter and lard that are high in saturated fats.
- Plan meals with herbs, spices, and other natural flavorings instead of salt or fat.

Preparing your food using these healthier methods and techniques allows you to capture the flavor and retain the nutrients without adding excessive amounts of fat or salt.

Get started by enjoying this delicious recipe for crispy oven-baked chicken:

INGREDIENTS
- Vegetable oil spray, butter-flavored original
- 4 cups wheat-flake cereal, lightly crushed
- 1 clove garlic, crushed, or ½ teaspoon bottled minced garlic (optional)
- 1 teaspoon lemon pepper
- 1 teaspoon paprika
- 12 drumsticks, skinned

INSTRUCTIONS
1. Preheat oven to 350F.
2. Spray a baking sheet with vegetable oil and set aside.
3. Crush cereal in a pie pan or on a piece of foil. Stir in garlic and set aside.
4. Season drumsticks with lemon pepper, paprika, salt and pepper.
5. Roll chicken in cereal crumbs to coat.
6. Spray chicken lightly on all sides with vegetable oil spray and place on prepared baking sheet.
7. Bake chicken for 45-60 minutes or until chicken is golden brown and tender.

Visit https://www.aces.edu/ for additional information on healthy cooking options.

Team (from Front)

for assistance with getting their owns robotics teams started.

With a current team of seven members and five mentors, and though they started five weeks later than most teams, they have progressed quickly in their short build season. The students currently have their robot rolling on four wheels, controlled by a joystick controller. They still need to attach an arm mechanism used to pick up objects in the three weeks they have left before the Rocket City Regional Competition April 6-9 at the Von Braun Center.

The program has teams in 110 countries around the world. The Huntsville regional competition will have 46 teams from the Eastern half of the U.S. but will include teams from other countries including Mexico and Brazil. Mentor Rick Schwartz said, "We are hardly going to win against these experienced teams, but there are only six rookie teams like us, and whatever rookie team performs the best gets to go to the world finals." Rookie teams are also awarded bonus points in recognition of the difficulties faced as a new team. The Meek team would love to grow and include as many members as possible for this opportunity.

The FIRST robotics competitions are built on cooperation. The teams form alliances and work to obtain points by throwing oversized tennis balls called "cargo" over a goal post. Teams must have a drive team of four-six members with three students at most able to steer the robot, a technician to troubleshoot technical issues, a human player to manage the cargo and a coach.

Students are rewarded by team achievements – in robot design and programming, demonstrating community outreach, gracious professionalism and the ability to overcome obstacles.

"FIRST Robotics provides incredible opportunities for the future of our youth and future leaders. Our students deserve this incredible lifelong skill building program that opens incredible opportunities for the future for all team members," said Meek High School Principal Allan Henderson.

There are several scholarship opportunities offered to college students who have participated in a FIRST Robotics team while in high school. A full list of scholarship providers can be found at https://www.firstinspires.org/scholarships.



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COVID-19 BY THE NUMBERS

Friday, March 18, COVID-19 update from the Alabama Department of Public Health's COVID-19 Dashboard Hub (https://bit.ly/3iVJwXK)

ADPH COVID-19 dashboard changes
Along with decreases in COVID-19 cases, hospitalizations and deaths, ADPH will be updating its dashboard less frequently. Effective June 7, the Data and Surveillance Dashboard will update Monday, Wednesday and Friday; the Vaccine Distribution Dashboard will update Tuesday and Thursday and no weekend updates will be made. Additional information may be provided in the future as ADPH gathers more data on the pandemic.

*The dashboard has been redesigned to help people better understand the current transmission levels in their communities and the impact of COVID-19 in Alabama. The moving 7-day sum is updated daily instead of weekly--instead of a 3, 7 and 14-day average, the dashboard will provide a 7-day moving sum for cases. The 2020 and 2021 breakdowns of cases and deaths will be provided - not just a total sum over both years.

Case details* (Updated Monday, Wednesday and Friday)
- Positivity in tests in Alabama: 2.6%
- Confirmed cases in Alabama (2020): 387,666
- Confirmed cases in Alabama (2021): 537,447
- Confirmed cases in Alabama (2022): 366,074 (+589 since Wednesday)
- Total confirmed deaths in Alabama (2020): 7,188
- Total confirmed deaths in Alabama (2021): 9,524
- Total confirmed deaths in Alabama (2022) 2,326 (+94 since Wednesday)
- Positivity in tests in Cullman Co.: 0.3%
- Total confirmed cases in Cullman Co. (2020): 7,568
- Total confirmed cases in Cullman Co. (2021): 9,742
- Total confirmed cases in Cullman Co. (2022): 7,170 (+3 since Wednesday)
- Deaths in Cullman Co. (2020): 128
- Deaths in Cullman Co. (2021): 188
- Deaths in Cullman Co. (2022): 44 (+1 since Wednesday)
- Total tested in Cullman Co. in the last 7 days: 587
- Total tested positive in Cullman Co. in the last 7 days: 2
- Total tested in Alabama in the last 7 days: 27,516
- Total positive tests in Alabama in the last 7 days: 706
- Currently hospitalized in Alabama: 196

Vaccine details (updated Tuesday and Thursday)
- Doses delivered to Alabama: 9,003,045 No Updates Available
- Doses delivered to Alabama providers: 4,687,365 No Updates Available
- Doses administered: 5,878,807
- Additional doses administered: 774,035
- Number of people receiving one or more doses: 2,855,468
- Number of people who have completed vaccine series: 2,331,477
- Doses delivered to federal programs: 4,315,680 No Updates Available

Alabamians in Phases 1a, 1b and 1c (including those 12 and older) are now eligible to receive a vaccine.

View the Alabama COVID-19 Vaccination Allocation Plan at: www.alabamapublichealth.gov/covid19vaccine/assets/adph-covid19-vaccination-allocation-plan.pdf/.

Guyton (from Front)

Nick Griffin
nick@cullmantribune.com

FAIRVIEW, Ala. — The library at Fairview High School was full of family, friends, coaches and teammates Thursday morning and they were there to celebrate another Aggie standout taking his talents to the next level. Fairview Kicker Elijah Guyton signed to continue his playing career with the Tigers of West Alabama and Head Coach Brett Gilliland. In his senior season with the Aggies, Guyton helped the purple and gold reach a school-record 12 wins and the state semifinals for the first time in school history.

Along the way, Guyton knocked through 5/9 field goal attempts with a long of 42 yards and converted 71/78 extra points.

He also posted 30 touchbacks, averaged 45.73 yards per punt and caught six passes for 39 yards and a touchdown.

His stellar senior season earned him an All-State honorable mention as well as first team All-County and All-Region honors.

Aggies Head Coach George Redding has watched Guyton work his way to this opportunity over the last few years and now he's excited to see it all pay off.

"Tremendous person. His hard work continued to pay off for our team as well as for his future," Redding said.

"We couldn't be more proud of Elijah for what he did for our program and we look forward to watching him represent our school and community at West Alabama."

Costs (from Front)

Gina Maiola
Contributor

MONTGOMERY, Ala. — Gov. Kay Ivey has awarded grants totaling $11.1 million to help low-income households with water service costs statewide.

The grants for the Low-Income Household Water Assistance Program will enable community service agencies to aid with residential water and wastewater services costs for low-income households in all 67 counties. A priority is given to the elderly, people with disabilities and families with young children. To qualify for assistance, household income must not exceed 150% of the federally established poverty level.

"Low-income families often need assistance in paying for necessities during difficult times, and access to clean, fresh water is vital to any household," Gov. Ivey said. "These grants will provide emergency assistance with water bills so that families will have less worry about access to water service."

Gov. Ivey awarded the grants to 18 community agencies that will manage the program at the local level and receive applications from individuals seeking assistance.

The Alabama Department of Economic and Community Affairs is administering the grants from a one-time allocation made available by the U.S. Department of Health and Human Services.

"ADECA stands with Gov. Ivey in supporting those who need help most with covering vital utility bills," ADECA Director Kenneth Boswell said. "These partnerships with local community agencies ensure that those who truly need assistance have access to it."

Below is a list of each grant, the recipient agency, counties served and the agency telephone number:

- $285,132 to Community Action Agency of Northwest Alabama Inc. (Colbert, Franklin and Lauderdale) 256-766-4330

- $535,006 to Community Action Partnership of Middle Alabama Inc. (Autauga, Chilton, Elmore and Shelby) 205-755-1204

- $266,435 to Community Action Committee Inc. of Chambers-Tallapoosa-Coosa (Chambers, Coosa and Tallapoosa) 256-825-4287

- $306,389 to Alabama Council on Human Relations Inc. (Lee) 334-821-8336

- $819,336 to Community Action Partnership of Huntsville-Madison and Limestone Counties Inc. (Madison and Limestone) 256-851-9800

- $1.11 million to Mobile Community Action Inc. (Mobile and Washington) 251-457-5700

- $554,236 to Montgomery Community Action Committee and Community Development Corporation Inc. (Montgomery) 334-263-3474

- **$690,014 to Community Action Partnership of North Alabama Inc. (Cullman, Lawrence, Marion, Morgan and Winston) 256-355-7843**

- $1.83 million to Community Action Agency of Northeast Alabama Inc. (Blount, Cherokee, DeKalb, Jackson, Jefferson, Marshall and St. Clair) 256-638-4430

- $683,448 to Organized Community Action Program Inc. (Bullock, Butler, Covington, Crenshaw, Dale, Lowndes and Pike) 334-566-1712

- $716,925 to Community Action Agency of South Alabama (Baldwin, Clarke, Conecuh, Escambia, Marengo, Monroe and Wilcox) 251-626-2646

- $497,590 to Community Action Agency of Talladega, Clay, Randolph, Calhoun and Cleburne (Calhoun, Clay, Cleburne, Randolph and Talladega) 256-362-6611

- $1.23 million to Community Service Programs of West Alabama Inc. (Bibb, Choctaw, Dallas, Fayette, Greene, Hale, Lamar, Perry, Sumter and Tuscaloosa) 205-752-5429

- $201,218 to Walker County Community Action Agency Inc. (Walker County) 205-221-4010

- $668,757 to Southeast Alabama Community Action Partnership Inc. (Barbour, Coffee, Geneva, Henry and Houston) 334-347-0881

- $107,954 to Pickens County Community Action Committee and Community Development Corporation Inc. (Pickens) 205-367-1283

- $254,416 to Macon-Russell Community Action Agency Inc. (Macon and Russell) 334-727-6100

- $321,012 to Community Action of Etowah County Inc. (Etowah) 256-546-9271

The Cullman Tribune

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EDUCATION

Wallace State offers Occupational and Physical Therapy Assistant Alumni Connection event

Sara Gladney
sara@cullmantribune.com

HANCEVILLE, Ala. — The Wallace State Community College Alumni Association, Occupational Therapy Assistant and Physical Therapy Assistant programs held the 2022 OTA and PTA Alumni Connection event on March 17 at the James C. Bailey Center.

The event offered current Wallace State students and professionals in the fields of Occupational Therapy and Physical Therapy the opportunity to network and earn continuing education credits by attending sessions given by experts in their fields.

Sessions included:

• Teepa Snow's Positive Approach to Care: 'Normal Aging/Not Normal Aging' instructed by Laura Smith and Kelly Krigbaum, which taught learners to recognize and intervene when behavioral challenges related to aging occur. Learners were given ways to approach and connect people affected by dementia.

• Electrotherapy: Improving Clinical Outcomes instructed by Dr. Rick Proctor, gave students a knowledge base of electrotherapy waveforms and the way they affect human physiology.

• Community Access and Inclusion instructed by Sandy Hanebrink, discussed barriers faced by seniors and individuals with disabilities and roles for OT and PT professionals to facilitate change and help clients achieve access and inclusion to communities and services.

• Power Wheelchair Evaluation and Documentation instructed by Sherry Kolodziejczak, provided students with a step-by-step guide for completing the Medicare Power Wheelchair Evaluation and Documentation.

• Retrain the Pain instructed by Laura Smith gave students ways to approach patients with chronic pain and identify the difference between acute and chronic pain.

• Pelvic Floor Dysfunction instructed by Marta "Crista" Hargett, taught about the often-overlooked subject which may contribute to lower back and hip pain.

Alumni and current OTA/PTA students actively participated in each session, sharing observations from sessions with their own patients. Students were able to network with alumni already working in their own practices.

Director of the Occupational Therapy Assistant Program at Wallace Laura Smith taught the Retrain the Pain session where participants worked together to identify strategies to help patients deal with pain.

Smith discussed how concepts and medical science and terminology are always changing, so it is important to stay up to date and connected with other medical professionals.

Smith stressed that giving patients accessible ways to learn about their own illness is important, so they can describe their condition to their doctor.

She recommended looking to sources like workbooks, YouTube and podcasts to offer to patients to keep them educated on their own health issues without using complicated medical terminology.

"We don't have to be the subject expert on everything," she said. Stating that it is important to listen to what a patient thinks about their own chronic illness and to help their understanding.

She emphasized the importance of OT and PT professionals continuing education, saying that chronic pain patients may receive incorrect information from doctors who have not updated their knowledge for several years. "As I've learned as I get farther and farther away from OT school, I've had to relearn the new technology and new things going on."

Projects (from Front)

Gina Maiola
Contributor

MONTGOMERY, Ala. — Governor Kay Ivey on Thursday announced that more than $5 million in state funding is being awarded to cities and counties for various road and bridge projects.

Those in Baileyton will see work on the following projects: Resurface Grandiflora Road from State Route 69 to Parkside School (0.2 miles) and Stripe Grandiflora Road from Route 69 to County Road 1570 (1 mile). The total cost of these projects is $70,746. The funding is made available through the Annual Grant Program, a program created under the Rebuild Alabama Act. The Rebuild Alabama Act, overwhelmingly passed by the Legislature and signed by Governor Ivey in 2019, requires ALDOT to establish an annual program setting aside $10 million off the top of the state's share of new gas tax revenue for local projects.

"Since becoming governor, with the support of Rebuild Alabama, we have embarked on more than 1,500 new road and bridge projects worth more than $5 billion.

"We certainly have more work in front of us, and I am proud to continue those efforts today," said Ivey. "Every single penny generated by Rebuild Alabama has gone to road and bridge projects, and we are not relenting on our efforts any time soon."

This is the third year of the Annual Grant Program, with $20 million in state funding awarded for local projects across since 2020.

This round of the Annual Grant Program results in 21 projects receiving state funding. Of those awarded projects, cities and counties contributed a total of over $2 million in local matching funds. Matching funds are not required to be eligible.

An additional round of local projects is expected later this year. It is anticipated that a number of projects will be under contract by the end of this year. All projects are required to move forward within one year of the awarding of funds.

For more information about the Annual Grant Program, visit the program's dedicated webpage at https://www.dot.state.al.us/programs/RAAGrantProgram.html.

LEGALS

PB ADT BK 61 PG 163 - 03/18/2022 10:52 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE MATTER OF *
THE ADOPTION PETITION OF *
ROBERT CHASE STARCROSS * CASE NO. AD 2022-009
FOR THE ADOPTION OF *
K. L. N., A MINOR, DOB 07/07/2010 *

NOTICE OF ADOPTION PROCEEDINGS

Notice to: Shawna Storm Starcross May
Jeremy Glenn Nixon
Address unknown

The Petition for Adoption was filed in the Probate Court of Cullman County, Alabama by Robert Chase Starcross, Petitioner. If you should contest this adoption, you must file a written response within Thirty (30) days from the date of the last notice of publication. Your response must be filed with Counsel for said petitioner, whose name and address are shown below and with the Clerk of Probate Court 500 Second Avenue SW Room 101, Cullman Alabama 35055.

DONE this 18th day of March, 2022.

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

J. Bradley Wilson
Attorney for Petitioner
Baggett & Wilson, LLC
206 Ninth Street SW, Suite 102
Cullman AL 35055

PB MIN BK 204 PG 480 - 03/02/2022 03:44 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN THE MATTER OF THE

B.L.L. CASE NO: PC 2021-349
D.O.B. 03/18/2015

AMENDED
NOTICE OF PETITION FOR NAME CHANGE OF MINOR

TO: ANY KNOWN OR UNKNOWN BIOLOGOCAL FATHER OF THE CHILD BORN TO RONNI ELIZABETH LIGHT KNOWN AS B.L.L.

The Petition to Change Name of Minor was filed in the Probate Court of Cullman County, Alabama by Ronni Elizabeth Light, Biological Mother. If you should contest, you must file a written response within Thirty (30) days from the date of the last notice of publication. Your response must be filed with Counsel for said petitioners, whose name and address are shown below, and with the Clerk of Probate Court, 500 2nd Avenue SW, Room 101, Cullman County, Alabama.

DONE THIS 2nd DAY OF March, 2022.

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

Michael R. Burleson
Attorney for Petitioner
200 2nd Avenue SE
Cullman, Alabama 35055

PB MIN BK 205 PG 156 - 03/18/2022 10:57 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE MATTER OF)
)
JACOB TALMADGE LUMPKIN,) CASE NO.: PC-2022-104
An alleged incapacitated person.)

NOTICE OF HEARING
PETITION FOR EMERGENCY LETTERS OF GUARDIANSHIP

TO: KATIE JO LUMPKIN
2326 YANCEY AVENUE
MONTGOMERY, AL 36107

BRET HARLAN LUMPKIN
74 COUNTY ROAD 871
CRANE HILL, AL 35053

ANY KNOWN OR UNKNOWN OR INTERESTED PARTIES

Please take notice that a Petition for Emergency Letters of Guardianship filed by Jerry L. Kilgo, Attorney for Petitioner, Teresa Ann Martin. A hearing on said Petition for Emergency Letters of Guardianship has been **SET FOR THE** 14th **day of** April, **2022, AT** 11:30 **A.M.,** Cullman County Courthouse, Probate Office Room 101, 500 2nd Avenue SW, Cullman, AL 35055.

DONE this 18th day of March, 2022.

Tammy Brown
TAMMY BROWN, JUDGE OF PROBATE
CULLMAN COUNTY ALABAMA

Jerry L. Kilgo
Attorney at Law
105 1st Avenue NE
Suite G
Cullman, AL 35055

PB MIN BK 205 PG 118 - 03/17/2022 04:03 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF *
GERALDINE EZEKIEL * CASE NO PC-2022-096
*
Deceased. *

NOTICE TO CREDITORS

Letters of Administration having been granted to Rebecca Holman, as Personal Representative of the Estate of Geraldine Ezekiel, Deceased, on the 17th day of March, 2022, by the Honorable Tammy Brown. NOTICE IS HEREBY GIVEN that all persons having claim against the said Estate are hereby required to present the same within the time allowed by law or the same will be barred.

Rebecca Holman
Personal Representative

Melvin Hasting
Attorney at Law
PO Box 517
407 2nd Ave. SW
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 ADT BK 60 PG 961 - 02/25/2022 10:37 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN THE MATTER OF THE
ADOPTION PETITION OF
WILLIAM SHANE STISHER and CASE NO AD 2021-093
TERESA ANN STISHER
FOR THE ADOPTION OF

M.J.S.. A MINOR.
D.O.B. 4-19-2011

NOTICE OF PETITION FOR ADOPTION

TO: JEROMY LLOYD HENDERSON, SR., ALLEGED FATHER OR ANY KNOWN OR UNKNOWN FATHER OF M.J.S. A MINOR CHILD BORN TO PATRICIA JOANN STISHER

The Petition for Adoption was filed in the Probate Court of Cullman County, Alabama by William Shane Stisher and Teresa Ann Stisher, Petitioners. If you should contest this adoption, you must file a written response within Thirty (30) days from the date of the last notice of publication. Your response must be filed with Counsel for said petitioners, whose name and address are shown below, and with the Clerk of Probate Court, 500 2nd Avenue SW, Room 101, Cullman County, Alabama.

DONE THIS 25th DAY OF February, 2022.

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

G. Edward Coey
Attorney for Petitioners
100 Main Street, SE
Hanceville, Alabama 35077

PB MIN BK 205 PG 147 - 03/18/2022 10:09 AM
Tammy Brown, Judge of Probate, Cullman County, A

IN THE PROBATE COURT FOR CULLMAN COUNTY, ALABAMA

IN RE: The Estate of)
)
DANIEL LEE DILLOWAY,) Case No.: PC-2022-098
)
Deceased)

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration having been granted to Beverly Poston as Administrator of the Estate of Daniel Lee Dilloway, deceased, on the 18 day of March, 2022, by the Honorable Tammy Brown, Judge of Probate.

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.

Beverly Paschal Poston
Administrator of the Estate of
Daniel Lee Dilloway, deceased

TO: The Publisher of *The Cullman Tribune*

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

Beverly Paschal Poston,
Attorney for the Estate of
Daniel Lee Dilloway, deceased.
200 1st Avenue SE
Cullman, Alabama 35055

Tammy Brown
Tammy Brown, Judge of Probate

PB MIN BK 204 PG 477 - 03/02/2022 03:35 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF *
PEGGY LAMB, * CASE NO.: PC2021-224
*
Deceased. *

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration having been granted to TARA SANDLIN MARTIN, as Personal Representative of the Estate of PEGGY LAMB, deceased, on the 2nd day of March, 2022, 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 be barred.

Tara Sandlin Martin
Personal Representative

Josh O'Neal
Attorney for Personal Representative
200 2nd Avenue SE
Cullman, AL 35055
256-620-0007

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 MIN BK 204 PG 486 - 03/02/2022 04:00 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF *
BETTY LAMB, * CASE NO.: PC2020-372
*
Deceased. *

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration having been granted to TARA SANDLIN MARTIN, as Personal Representative of the Estate of BETTY LAMB, deceased, on the 2nd day of March, 2022, 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 be barred.

Tara Sandlin Martin
Personal Representative

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CULLMAN COUNTY, ALABAMA

THE CULLMAN TRIBUNE
MARCH 19, 2022

52 ODES TO JOY: THE FUN S.U.N.S. LONGEVITY DIET

Ben South
Tribune Columnist



FOODNETWORK.COM



BendigoArt.com/CullmanTribune.com

ODE TO A FUN, HEALTHY DIET

Try as I might,

A fun, healthy diet

Seems an oxymoron
in daylight

And a darker
mystery at night.

What if eating well could be all fun and games? Play with your food? Eat a seriously, good-for-you, healthy diet but not make it so deadly dull serious? I'm one of those grab-the-gusto types who, when confronted with something that isn't fun, simply chooses not to do it.

The aim with these "25 Fun, S.U.N.S. (Smile-Making, Uniting, Neighboring, Spellbinding) Diet Tips" I've selected from my 40 years as a gerontologist is to share helpful ideas nutritionists, gastroenterologists and others suggest to create some healthy eating habits and have a joyful, long life with:

"THE FUN S.U.N.S. LONGEVITY DIET"

A healthy diet that's fun? Yeah, you're wishing me good, "fooding" luck with that, right? It's somewhat Mediterranean, somewhat plants-centric, but since it's S.U.N.S., it's totally about savoring the joy of pleasurable eating.

Though I'm a fan of both, my two, favorite food stars of the last 40 years are not Julia Child and my Uncle Ben, they are: Michael Pollan and Rachel Flax. Pollen famously wrote the brilliant mealtime mantra: "Eat food, less of it, mostly plants" in a treatise titled, "In Defense of Food Now." Having food fun, yet? Yeah, I know, but what he proposed is succinctly wise for Joy and Gerontology.

And, what's the shoop-shoop, foodie scoop on Rachel Flax? She's the madcap mom character played by fun and ever-youthful Cher in the film, "Mermaids." If we could turn back time and mashup the no-nonsense, health-wizardry of Michael Pollan and the lots-of-nonsense Rachel Flax into one, delish sandwich they would be a tasty menu option for "THE FUN S.U.N.S. LONGEVITY DIET."

The only scene I remember from the super-lite, family comedy, "Mermaids," besides "The Shoop Shoop Song (It's in His Kiss)" sing-along, is Cher making fun sandwiches with a cookie cutter as her killjoy, teen daughter, played by Winona Ryder, throws some eye-rolling shade. The audience was rooting for the fun mom and hoping for fish, sunburst or puppy-shaped snacks in the lobby.

Sifting through hundreds of ideas for upping your food joy and potential for enhanced longevity, here, with all the disciplined order of a fresh-from-the-microwave bag of Orville Redenbacher popping corn, are:

"25 FUN, FOOD TIPS FROM THE FUN S.U.N.S. LONGEVITY DIET"

1. CEREAL VALET—Don't go down the deadly grocery aisle of sugary, seductively boxed, Satan-inspired cereals. Ask your grocer to help you retrieve a box of any of these four, healthy-ish corporate cereals: Kashi 7 Whole Grain Nuggets, Post Foods Grape Nuts, Bob's Red Mill Paleo-Style Muesli, Love Grown Original Power O's. (A better choice for cereals would be homemade oats or homemade (less sugar) granola.

2. SAW 2" OFF YOUR AMERICAN, DINING TABLE LEGS—Europeans, traditionally slimmer and more diet-savvy than Americans, eat at 27" tall tables rather than our country's 29" tall standard. Rather than gobble a plateful of food and scoot, we need to learn to "linger longer" and unite in conversation and togetherness with our dining companions. No meal should last less than 20 minutes.

3. ENJOY A MULTI-COUNTY, GARDEN PARTY—Two years ago, the Alabama Press Association awarded me "Best Feature Story" for a food adventure series titled "The 67-County, Alabama Garden Party." In that delectable, yearlong ramble, my creative cook/friend, Laurie Johnson and I explored where "plants + people" UNITE throughout the state. We discovered a bushel and a peck of interesting new plants to add to food choices. Do this in your state. Support your farmers. I thought I knew everything about having a good time with food, but Alabama mushroom growers really taught me to be a "fungi."

4. MAKE YOUR PANTRY A "PLANTRY"—Study your food storage. Canned beans (rinse to remove salt) are a great, inexpensive source of plant protein. Also, I just added a small tub of flax seeds from Publix to my "plantry."

5. DRINK A GLASS OF WATER BEFORE EVERY MEAL—Yes, even choke down a glass of tap water before breakfast (breaking the fast). Much of hunger is really dehydration and thirst. This habit took me a while to adopt, especially at breakfast, because I sometimes feel like W.C. Fields did about drinking water. (Even I know this fun quote is not fit to print in a family publication--many now Googling.)

6. PUT HEALTHY FOODS WHERE YOU CAN SEE THEM—This could be eye-level on your "plantry" shelves.

7. TRASH YOUR TRASH FOODS—Just get rid of anything that is "empty calories" and don't allow it in your grocery cart. Ban anything that has 5 or more carbs per serving.

8. GROW A PEAR—or, at least some parsley. Foods you plant, nurture and gather will be more valued. Be selective about foods you grow—no fields of sugarcane please.

9. FREEZE YOUR BERRIES OFF—Frozen blueberries, strawberries, cherries and such have just as much nutritional value as farmers market ones and besides being available all year are generally much cheaper.

10. TRISKETS, SCHMISKETS—Hi. I'm Ben. I'm a Triscuit addict. I over-indulge thinking the wheat content sounds healthy and savor the salt until my fingers puff up and I can't get my ring off. My brain and ears love the crunch. So, I've devalued this addictive-for-me cracker by calling them "Schmiskets" like Yiddish-American funster, Mel Brooks, might. How about schlamming your junk food nemesis—"Krispy Schkremes?" "Schmit Schmat" bars?

11. HUM A HAPPY HUMMUS TUNE—Ground chickpeas as a dip for carrots and celery is an easy way to add plant protein. I do this every night at bourbon-thirty. (Don't judge, bourbon is made from healthy corn. Just don't overdo this corn product.)

12. "TASTES TOO GOOD TO BE VEGAN"—This is a quote from a 2021 "New Yorker Magazine" restaurant review about a traditional Vietnamese soup, pho, made meat-less. You don't have to be a culinary magician, simply Google "tastes like meat" recipes.

13. PUT SOME SKIN IN—The most nutritious part of an apple or potato and most other fruits and vegetables is right under the skin. Look for healthy plant-based recipes that don't scalp the nutrients off.

14. JASON MOMOA'S MUSCLES ARE MOSTLY WATER as are most showy muscles—Wanna look more pumped? Well–that's a deep subject. Drink more water.

15. THE LEAN, GREEN INNARDS CLEAN—Raw kale, broccoli, chard, spinach help keep your digestive system clean-running and junk-purging.

16. PUT A LOCK ON YOUR "SUGAR SAFE"—In 19th century America when sugar was a pricy luxury, "sugar safes" were common and the homeowner kept the key. Create a "lock box" for your sugary ingest-ables and you will be less likely to ingest them.

17. AMUSE-BOUCHE—is French for "entertain the mouth" and are those beautiful little bites that chefs often offer to delight as tastes treats. You are encouraged to surprise your tastebuds a bit.

18. FRIENDS DON'T GIVE FRIENDS FAKE FOOD—I've been regularly guilty of buying cookies and candy as "Thank you" gifts. Now, I'm trying to remember to give thoughtful gifts of locally grown, real food. "Thank you, you're a good egg. Thanks for being a sweet patooty."

19. COLOR ME BEAUTIFUL FOODS—darkly seductive, emerald broccoli, kale, celery greens and jewel-toned beets, tomatoes and cherry reds like the wall color of Venetian orgy rooms are what you desire. The darker the berry the more delicious the sensation.

20. UNITE WITH A "FUN, S.U.N.S. DIET DISCIPLINARIAN"—When you're tempted to go rogue off your diet, text a diet-respecting friend and let them help you regain your healthy priorities. Return the kindness.

21. TAKE A FRUIT TO WORKDAY—is more fun and frequently healthier than taking a child with you to work.

22. CALM YOUR HINEY DOWN WITH CLASSICAL MUSIC—before you're tempted to tear into a sugary snack. Enjoy some calming calcium like a few morsels of low-fat cheese instead.

23. DON'T LOAD YOUR JEEP WITH JUNK—I keep a re-sealable bag of whole, unsalted, unroasted almonds in my Jeep for times I want to nosh on the run.

24. LIFE-CHANGING FRUITS AND VEGETABLES RE-ALIGN GENETICS AT ANY AGE—I found this on Page 50 of a great little book called, "Eat, Move, Sleep," by Tom Rath. Quit blaming your parents for your "diet challenges." You, yes, YOU, can make some healthy changes starting today.

25. IF AN ASSORTMENT OF PIES—is on the menu, get that. Seriously, you can still have pie, cake, dessert treats on "THE FUN S.U.N.S. LONGEVITY DIET." The first couple of bites is where the flavor resides, bites after that are just unthinking, blissed-out brain on automatic. Ask the wait staff for a slice of pie and a few forks for friends. If you're dining alone, take a couple of bites of dessert and then destroy the temptation by moving the dessert beyond your grasp and/or using the table shaker to salt it like a slug.

What makes "The Fun S.U.N.S. Longevity Diet" different is about combining a playful, fun attitude and nutrition science while being health-conscious for a joyful, long life. SMILE-MAKING is important as you choose tasty foods that bring you particular pleasure. UNITING is crucial for long-term commitment to a healthy lifestyle. Birds of a joyful, healthy feather flock together. NEIGHBORING, others-centeredness while dieting, means valuing who produces your food and also living a bit more simply so through sharing, others may simply—live. SPELLBINDING with a joy-filled lifestyle is important because the S.U.N.S. diet is not a fad, it's a lifestyle for the rest of your one precious life of ever-vigilant choices. Things like drinking a glass of water before every meal or eating an apple slathered with nut butter for every breakfast require you to be focused and "in the zone." Are all these small eating changes really all that important? As joy-making, American funster, Groucho Marx, would say—"YOU BET YOUR LIFE!"

JOY-GIVERS CELEBRATING A BIRTHDAY THIS WEEK

March 19—Moms Mabley

March 20—Fred Rogers

March 21—Solomon Burke

March 22—Stephen Sondheim

March 23—Fannie Farmer

March 24—Harry "MR. SPELLBINDING" Houdini

March 25—Aretha Franklin

SMILE-MAKING LAFFS ABOUT DIETS:

"I'm trying the Bourbon Diet and so far, I've lost seven days."

"S.U.N.S. DIET Day 1: Remove all the sweet food from the fridge. Testimonial: I did this, and it was delicious."

"My friend, Joe, went on the Dolly Parton Diet and now...Joe lean...Joe lean... Joe lean...Joe leeeeeean!"

"I'm on the Egg Diet and can have eggs any style. So far, Cadbury's is my favorite."

"Don't do the Tropical Fruit Diet. It can make a mango crazy."

"Also, don't do the Squirrel Diet. It's just nuts."

"I wanted to start "THE FUN, S.U.N.S. LONGEVITY DIET" today but I have way too much on my plate right now."

DELAWARE LIMA BEAN-TAHINI VEGETABLE DIP
(Source: FoodNetwork.com)

Each week, Joy & Gerontology shares a recipe saluting a healthy food produced in America. The delicious and nutritious collection is called "The S.U.N.S. USA Longevity Cookbook" and highlights vitamin B-3 (niacin) which many research gerontologists believe holds the promise for a long, healthy, joyful life.

INGREDIENTS

- 2 cups frozen lima beans
- 4 cups baby spinach
- ½ cup tahini
- ½ cup fresh cilantro
- ¼ cup fresh dill, plus chopped dill for topping
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 1 teaspoon grated lemon zest, plus ¼ cup fresh lemon juice
- 1 clove garlic, grated
- Kosher salt and freshly ground pepper
- Crumbled feta cheese for topping
- Crudites for serving

INSTRUCTIONS

1. Bring 1 cup water to simmer in a saucepan over medium-high heat. Add the lima beans and cook until softened 8 minutes. Stir in the spinach until wilted.

2. Transfer the vegetables and liquid to a food processor along with tahini, cilantro, ½ cup water, the dill, with salt and pepper. Puree until mostly smooth, adding more water if needed.

3. Transfer the dip to a bowl and drizzle with olive oil. Top with feta and dill. Serve with crudites.

1,070 JOY-GIVING THINGS FROM MY FIRST 70 YEARS (continued)

251. A steady diet of laughter.

252. "Stars Fell on Alabama" by Guy Lombardo Orchestra.

253. "A Sunday Kind of Love" by Dinah Washington of my hometown, Tuscaloosa, Alabama.

254. Sack races.

255. "Don't make me put on my Jesus socks!"

256. Rothko divinity in the East Building of the National Gallery of Art.

257. The spellbinding, smile-making fun of funhouse mirrors.

258. The spellbinding, smile-making fun of the Hall of Mirrors (Versailles, France).

259. Tumbling tumbleweeds.

260. The movie, "Best of Show."

261. The smell of a cedar closet.

262. My reoccurring dream of a big, happy dog chauffeuring me in a turquoise convertible.

263. Sewing jingly bells on some shaking clothing.

264. Owls hooting.

265. "Sing-A-Long with Mitch."

266. Aretha Franklin singing opera—or, really anything.

267. Refrigerator cold, leftover pizza.

268. Bette Midler's gentle ode to Alzheimer's, "Hello, In There."

269. THE SECRET HISTORY, novel by Donna Tartt.

270. Knowing a dog in South Carolina understood 1,200+ words.

271. Having a dog or child who finally learns the word—"No."

272. How delicious food tastes while dieting.

HAPPY FUN, HEALTHY WEEK!

Fundraiser (from Front)

heart too."

Jump Rope for Heart is an opportunity for students to exercise while having fun and helping a good cause. Fairview Elementary usually holds the event every year but had to hold off the past couple of years due to COVID-19.

This year, instead of gathering the students in the gym, each class did their jump rope activities in their PE classes over two weeks.

"I was really surprised when we raised $7,000 because it's been a while since we've done it.

"We've always averaged around $6,000. One time, way back, we raised about $13,000. But like I said, the community has always been great supporting our kids when they ask for help," said Means.

Means hoped that the students would be more interested in staying active after the event.

She said that giving the students exercise in the form of a game is a great way to keep them active.

"If you give them a tag game and they are running the whole time, they're excited. So, its like trying to get them to exercise without them realizing it."

The 600 elementary students all worked together to raise the funds. Means commended every student for any amount of money they could raise.

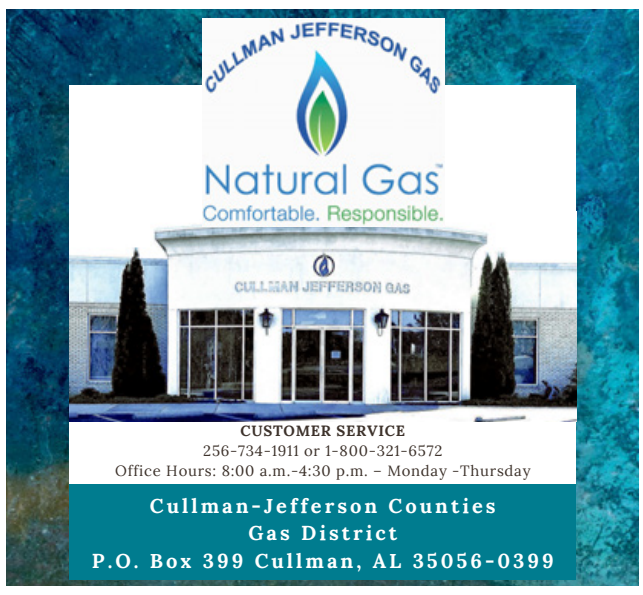
To encourage full participation Means said, "I told the kids it doesn't matter how much you raise. If every kid just brought five dollars, we could help a lot of people."



SARA GLADNEY/THE CULLMAN TRIBUNE

Students from kindergarten - fifth grade who participated in fundraising for Jump Rope for Heart















AGRICULTURE

Weed management for spring forages

Tanner Hood
Contributor

AUBURN UNIVERSITY, Ala. — As springtime approaches, so do those pesky weeds that keep pastures from producing at the highest level. David Russell, an Alabama Cooperative Extension System weed specialist, said management of spring forages and weed control is an important task that most farmers undertake on a yearly basis. That means many farmers spend months planting and preparing their pastures and hay fields to produce as much good grass as possible.

Forages are essential

Of course, livestock must have grass to eat. Many essential nutrients are found in the forages that are grazed daily on farms.

When weeds begin to affect the amount of nutrient-rich forages found in pastures, then the proper steps must be taken to remove them and keep them from being future problems as well.

Integrated pest management becomes essential in caring for hayfields and pastures when weeds impede on the productivity of pastureland.

"IPM is an ecosystem-based strategy that focuses on long term prevention of pest or their damage through a combination of techniques such as biological control, habitat manipulation, modification of cultural practices and the use of resistant varieties," Russell said.

Four parts of IPM

There are four parts to IPM: preventative measures, cultural techniques, mechanical techniques and chemical control.

Preventative measures keep weeds from growing with forages. This means using certified weed free seeds and cleaning farm equipment that may carry weeds or weed seeds.

Cultural techniques involve maintaining field conditions so that weeds are less likely to take root. Farmers must know about rotating crops, grazing management and soil fertility, and work to implement the techniques. This requires an awareness of forage and pasture conditions.

Mechanical techniques are the physical practices to destroy weeds and decrease germination. This includes tillage, mowing, hand pulling, hoeing and other physical removal practices. However, Russell said mechanical mowing has a fit, but it comes at a cost.

"Mowing may remove 75 - 400 pounds of grazable dry matter per acre," Russell said. "Under optimal conditions the mower will have to be used at least twice, taking up more time."

Chemical control includes the application of herbicides to weeds or soils to control germination and growth.

In fact, there are several requirements to properly maintain spring forages with chemicals including proper weed identification, proper herbicide selection and equipment calibration.

Chemical options

Alabama is home to many different weeds, including herbaceous broadleaves and bullrush. It can be difficult to remove desired weeds from forages with chemicals. Choosing the correct chemicals to use is important because choosing the wrong ones can cause damage to the forages as well.

For this reason, it is important to know what the desired forage is.

Alabama is home to several forage systems such as Bermudagrass, tall fescue, clover and many more. Identifying a desired forage helps to narrow down the correct herbicides to use.

There are many herbicide choices out there. It is best to seek professional help or to do proper research to determine what is the best fit for certain forages and situations.

According to Russell, some herbicides that are useful and available are 2,4-D Amine, Rezilon, Weedmaster, GrazonNext HL and Prowl H2O. Choosing the correct herbicide is essential to have the best forage possible.

Obituary Announcements: March 17-18

Terrel Dobbins, 79, of Townley, formerly of Cullman
Funeral service for Terrel Dobbins, 79, of Townley, formerly of Cullman, will be at 2 p.m., Sunday, March 20, at Cullman Funeral Home Chapel with interment in Oak Level Cemetery. Bro. James Grace, Bro. Chance holt and Bro. Chris Stokes will officiate. Visitation will be from 1-2 p.m. Sunday at the funeral home. Cullman Funeral Home is in charge of the arrangements. Mr. Dobbins passed away Friday, March 18. He was born Dec. 14, 1942, to Wilburn Stancil and Verna Campbell Dobbins. He was a truck driver for Walmart for 27 years, loved music, golf, fishing and spending time with family. He also had his own lawn service. Everyone knew him by "Mr. T" or "PawPaw T." He will truly be missed. He was preceded in death by his parents; wife: Sandra Dobbins; daughter: Alisa Beasley; granddaughter: Brittney and brother: Jimmy Loyd Dobbins. Survivors include his son: Phillip Dobbins; daughter: Terra Harbison and husband, Kendale; grandchildren: Jessica and husband, Jordan, Haleigh and husband, Chance and Dakota, Lindsey and husband, Adam, Jordan and husband Peter and Brody; son-in-law: David Beasley; great-grandchildren: Kyla, Braden, Justus, Lexton, Jorgia and Jensyn; brother: Jerrel Dobbins and wife Linda; nieces and nephews: Kelly and husband Chris, Daniel Dobbins, Richard Dobbins, Harold and Nina Dobbins and Patrick Dobbins and a host of family and friends. Pallbearers will be Jordan Grace, Braden Amerson, Chance Holt, Kendale Harbison, David Beasley, Dakota Dobbins, Brody Harbison and honorary pallbearer, Justus Price.

Arthur Rutherford, 79
Arthur Rutherford passed away at 8:58 a.m. Wednesday, March 16, at Helen Keller Hospital in Muscle Shoals, Alabama. He was born Aug. 28, 1942, in Birmingham, Alabama. Mr. Rutherford was a hard worker, even at times working three jobs to support his family and make ends meet. His lifelong career of 28 years was driving a gas truck to fuel school buses and repairing bus seats for Jefferson County Board of Education. He retired from here, and drove a bus for C.A.R.T.S. for 10 years, officially retiring in May of 2011. Arthur never met a stranger and always had a smile on his face. He loved to shop at the thrift store, Fred's and the dollar store. He grew up in Hanceville and as a young adult, built his home with the help of cousins and uncles. This is where he raised his kids and lived until his last days. He was diagnosed with cancer in April of 2019, and his three kids stood beside him and fought with him through treatments, hospitalizations, rehab, home health and everything in between to take the best care of him. He was such a strong warrior and won the battle with cancer and getting the "all clear" on Oct. 6, 2021. But the toll all of this took on his fragile body lead to the pain and suffering he endured in the very end and eventually to his passing on March 16, 2022. Mr. Rutherford was preceded in death by his father and mother: Sanford L. and Dovey LeNora "Nora" Rutherford and his wife, who was his high school sweetheart and love of his life: Nan Rutherford. Survivors include his children: Allyson Rutherford-Burks, Tommy (Shani) Rutherford and Tami Welsh (Tommy) Rawls; grandchildren: Dakota Burks, Blayton Burks, Skyler Welsh, Trenton Welsh, Trevor Rutherford and Braylee Rutherford and sister: Essie Jordan. Funeral services will be 2 p.m. Sunday, March 20 at Hanceville Funeral Home Chapel. Burial will follow at Laodicea Cemetery in Hanceville. Visitation will be from 6-8 p.m. on Saturday, March 19 at Hanceville Funeral Home.

Clytee Baccus, 92, of Haleyville
Clytee Baccus, age 92, of Haleyville passed away Thursday, March 17, at Diversicare of Winfield. She was born July 12, 1929, to the late Willie Murphy and Pearl Sutherland. Visitation will be Monday, March 21, from 1-2 p.m. at Nichols Funeral Home in Haleyville, where the service will be held at 2 p.m. Burial will be at Ashridge Cemetery. Dr. Ron Horton will officiate. Clytee is survived by her son: Larry (Sharon) Baccus; daughters: Kathy (Wayne) Clark, Sandra (Jerry) Garrison and Peggy (Danny) Gray; eight grandchildren; 15 great-grandchildren and six great-great-grandchildren. She was preceded in death by her husband: Edward Baccus; grandson: Dustin Riddle; great-grandson: Landon Baccus and her parents: Willie Murphy and Pearl Sutherland.

Faye Hamrick Mann Graham, 88, of Hanceville
Faye Hamrick Mann Graham, age 88, of Hanceville, Alabama passed away Thursday, March 17. Faye was born July 8, 1933, in Cullman, Alabama to John David and Clara L. Blackwell Hamrick. She is preceded in death by husbands: Jack Mann and Alfred Graham; sisters: Betty Lou Nall and Evelyn Hamrick; brothers: Athel Hamrick, Bethel Hamrick, Hampton Hamrick and Charles Hamrick and her parents. Funeral service is Monday, March 21, at 2 p.m. at Moss Service Funeral Home Chapel with Bro. Philip Allen officiating. Interment will follow services in Hopewell Cemetery in Hanceville, Alabama. Survivors are daughter: Joyce (Dennis) Kugler; son: Kenneth (Kaye) Mann; sister: Sharon (Charles) Allen; grandchild: Aundrea (Eric) Snyder and great-grandchildren: Sophia Snyder, Stella Snyder and Oscar Snyder. Visitation is Monday from noon until service time at 2 p.m. at Moss Service Funeral Home. Moss Service Funeral Home directing.

Kathleen Etta Harris, 77, of Colony
Funeral services for Kathleen Etta Harris of Colony will be 1 p.m. Saturday, March 19 at Colony United Methodist Church. Visitation will be Saturday from noon - 1 p.m. at the church on Saturday. Burial will follow at Colony Community Cemetery. Mrs. Harris was born July 27, 1944, in Cullman, Alabama to William and Mattie (Boyd) Malcom. She died at the age of 77 March 11, at Cullman Regional Medical Center in Cullman, Alabama.

Ivadean Curtis Massey, 91, of Poplar Springs
Ivadean Curtis Massey, 91, of Poplar Springs, passed away March 16, at Hendrix Health and Rehab. Ivadean was born April 5, 1930, in Rose Hill, Alabama to William Dayton Curtis and Maudie Louise Gober. She was a beloved mother, grandmother and faithful follower of her savior Jesus Christ. A memorial service will be held Friday, March 18, at 2 p.m. at Nichols Funeral Home in Double Springs, Alabama. She was survived by her sons: Deloit Wayne Massey (Helen) and Jeff Massey; daughter: Martha Rice Dullaghan (Edward M); granddaughters: Karla Wright (Anthony), Daphanie Richards (Ian), Nicole Mendez (Miguel) and Marcie Thompson (Chris); grandsons: Dustin Rice (Vanessa) and Austin Joshua Massey; 16 great-grandchildren; one great-great-grandchild and one on the way with a host of nieces and nephews and numerous lifelong church family and friends. She is preceded in death by her husband: Roy Lucian Massey; parents: Dayton and Maudie Curtis; grandson: Brian Heath Rice; sister: Verlean Noles and brothers: Cecil Curtis, Edwin Curtis and Irving Hurbert Curtis.

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BILLY BOB'S STORIES AND STUFF

Does anyone still ask, 'May I Help You?'

Bill King
Tribune
Contributor



The strangest thing happened to me recently. I pulled into a gas station on the outskirts of Nashville, and a store attendant came out to my vehicle and asked, "May I help you?" Some of us are old enough to remember a time when that question would not have been strange at all.

Some remember a time when there were no self-serve filling stations. Back then, I sometimes pulled into a station where I regularly bought gas and pumped my own.

The owner usually came out and said, "You don't have to do that," or "Here, I'll get that for you." When self-serve gas stations first began popping up, some places even had two different gas prices. One price was for full-service, but to save a few cents, you could do self-service and pump your own. Eventually, we all pumped our own and didn't even save anything by doing so. A few years ago, I pulled into a station in Oregon. When I got out to pump my gas, a lady came running out from the store saying, "Stop, Sir." Then she proceeded to inform me that it was illegal for me to pump my own fuel in the state of Oregon. As it turns out, there are actually two states where it is illegal to pump your own gas – Oregon and New Jersey.

For a brief period of time, while I was trying to pay my college tuition, I worked as a gas station attendant. Bernard Smith's Union 76 station was at the intersection of Highways 35 and 75, in Rainsville, Alabama.

I asked customers questions like, "Fill it up? Check under the hood? Check those tires?" All those things still happen, but usually, no one is going to come out and do it for you.

These days, I usually pay at the pump and don't ever see anyone who works there. Some stations even provide me a little video to watch on the pump, while I pump. Back when I worked at the Union 76, people often pulled up and said, "Give me a dollars' worth."

When was the last time you said that? Soon, it may cost a dollar just to turn on the pump! A dollar's worth of gasoline now would buy about a thimble full. It might buy about enough to crank the vehicle, but not enough to get us out of the parking lot! Back then a dollar's worth bought a couple of gallons. These days a second mortgage may be required to "fill 'er up!" If it keeps going up, a tank full may cost more than we paid for the vehicle!

We are now living in a "Do it yourself" society. There is even a television channel called DIY. I am a DIY kind of guy, but sometimes I want someone else to do it for

me. There are some things we can do for ourselves, legally, but it may not be the better part of wisdom. For instance, it is not illegal to perform your own surgery. Of course, if you put yourself to sleep, you can't perform surgery in your sleep! There is a story of a surgeon who was stationed at the South Pole over the winter. He came down with appendicitis and because there was no one there qualified to do surgery, he gave himself a local anesthetic, and removed his own appendix!

Sometimes, we simply have to let someone else do the job for us, if they still will. And sometimes, even when we can do it ourselves, we shouldn't. Perhaps, if anyone does ask, "May I help you?" maybe we should let them.

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

HISTORY

Files from Yesteryear: 1950

From the Files of 1950

Arthur Jack Hyatt, son of Mr. and Mrs. C.A. Hyatt of Cullman graduated with honors from Florence State Teachers College.

Mrs. A.F. Young received a telegram last Friday that her son, Corporal David R. Young, 19, is missing in action.

Sergeant Milton Wilhite was injured severely in Korea. He is in a hospital in Japan. His parents are Mr. and Mrs. Carl Wilhite.

Four trucks collided on Guntersville Road, near the Cullman Stockyard, on Monday night. The trucks and Theo Smith's tomato patch were badly damaged, but the occupants are okay.

Seedless grapes are on sale at A and P for 17 cents per pound. Ad.

A wiener roast was held at Mr. and Mrs. Ogle Campbell's home on Saturday at Bethany.

Some ponds in the Berlin Community have lost all the fish because of cotton poisoning in surrounding fields.

Doc Knight of Cullman visited his father, Mr. E.T. Knight, at Valley Grove on Sunday evening.

Mr. and Mrs. Ova Calvert and family, Mr. and Mrs. Junior Parker and Mr. and Mrs. Cletus Daniel of Duck River attended the Calvert reunion on Sunday.

The Gold Ridge baseball team defeated Baileyton, 12 to 1 last Saturday.

Eidson Chapel residents, attending the baptizing at New Hope on Sunday included Mr. and Mrs. A.L. Lovell, Mr. and Mrs. Ossie Pitts and Mr. and Mrs. Marvin Lovell.

Mrs. C.C. Quick of California is visiting relatives here and attending revival services at Ledocia.

Mr. and Mrs. Freddie Duke of Vinemont are the proud parents of a son, Freddie Lamar, born on August 11.

Mr. and Mrs. Gilbert A. Day of Good Hope are the proud parents of a son, Steven Malcolm, on August 12.

Those completing the Red Cross Home Nursing Course include Mesdames W.B. Howard, Marvin Patton, L.G. Andrews, Henry Wood, W.T. Chandler, W.E. Bradley, W.T. Holmes, Elsie Robinson, Cordis Tubbs, Carl Phillips and Asa Blalock.

Mr. and Mrs. J.B. Keller hae returned home after spending time in Gadsden with Mr. and Mrs. Clyde Keller and Mr. and Mrs. Fred Basenberg.

POET'S CORNER

Pause | By: Ann Coberley, West Texas

May we just be still
in the quietest place we know,
close our eyes, count our breaths
and wait to feel our hearts slow.

When we've calmed ourselves
and pulled our minds
from judgments and opinions
that malign peace and love,

we can remember what we share
with all peoples who must find
in vastly different circumstances
the best way to survive.

There can be unity in diversity
and peace in the understanding
that we're more alike than different,
that loving hearts could beat in sync.

CULLMAN TRIBUNE WORD SEARCH

MARCH 19

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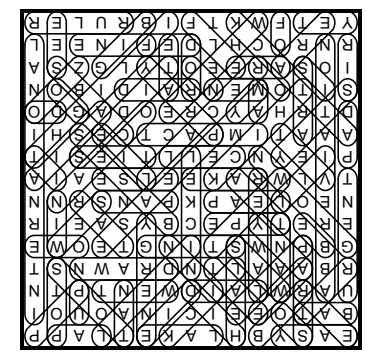
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CULLMAN TRIBUNE SUDOKU

MARCH 19

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					5		1	
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ANSWERS:



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4	5	8	1	2	6	9	7	3
6	9	5	8	7	1	4	3	2
1	8	4	2	9	3	7	5	6
3	7	2	4	6	5	8	9	1
7	1	9	6	4	2	3	5	8
5	2	6	9	3	8	1	4	7
8	4	3	5	1	7	6	2	9

EDUCATION

Wallace State's Center for Career and Workforce Development Career Fairs a success, attracting approximately 500 individuals

Russell Moore
Wallace State

HANCEVILLE, Ala. — William Batts is currently participating in Wallace State Community College's Commercial Truck Driver Training, seeking to earn his commercial driver's license. Batts was among the guests who visited this week's Career Fair, hosted by the college's Center for Career and Workforce Development at Traditions Bank Arena inside Tom Drake Coliseum.

"I have a degree in education and taught two physical education for two years (in New Orleans). I'm back in Alabama and literally changing gears into the trucking industry," said Batts, a Birmingham native. "This fair is a great opportunity to network and learn about the opportunities in the area."

Batts, who is wrapping up his third week in the training, garnered information from Birmingham-based Truckworx Kenworth and other trucking/automotive companies at the event.

Batts was among approximately 500 individuals who attended the campus fairs. Approximately 90 businesses participated between the two events.

The Career Fair featured a variety of employers, ranging from advanced manufacturing, HVAC and automotive companies; to multiple police departments and sheriff's offices; to Tractor Supply, Piggly Wiggly and Walmart Distribution, among others.

Emily Taylor, an accounting major at Wallace State, also attended the Career Fair.

"I'm impressed with the number of businesses that are here. This fair should interest many Wallace State students," said Taylor, of Hanceville.

A week ago, the Center for Career and Workforce Development also hosted a Healthcare Career Fair at the School of Nursing and Center for Science's Peinhardt Conference Center.

Multiple hospitals and health care employers, stretching from the Huntsville to Birmingham areas, had representatives on hand.

Nursing student Haylee Moore, of Hayden, is approaching graduation in less than two months. Moore and her nursing peers were among the first group of students to visit the Healthcare Fair on March 10.

"This is all exciting and interesting. It's important to listen intently and get a general understanding of what each location has to offer. There's so much potential," said Moore, who has hopes of working in a labor and delivery unit.



WALLACE STATE

Wallace State nursing student Haylee Moore discusses career opportunities with a UAB Hospital representative.

Wallace State's Center for Career and Workforce Development hosts Career Fairs during each spring semester and is committed to assisting students in becoming career ready by developing soft skills, coordinating internship/co-op placement, sharing career opportunities and supporting students and graduates in securing employment. For more information, contact Jamie Blackmon at 256-352-8461 or at jamie.blackmon@wallacestate.edu.

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