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INSIDE THIS ISSUE

RETRACTION

The image used on the front page of Thursday's print edition regarding Jerome Flanigan was incorrect. An updated story is available at CullmanTribune.com.

OBITUARIES

Michael Wayne Turner, Robert Wayne Blake, Minnie Beth Breakey, Jerry Lee Norman, Loreen Bice, Wayne Miles, Nicholas James Dewayne Frazier, Dorothy Ellen Thomas, Jerry H. Sullins

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WEATHER

90 68

SOURCE: WEATHER.GOV

PARTLY SUNNY THEN SLIGHT CHANCE THUNDERSTORMS

Arrests and Incidents
» PAGE 2

Community Calendar
» PAGE 3

Games
» PAGE 11

– LIFESTYLE –

52 Odes to Joy: S.U.N.S. Age Joy Library

» PAGE 8

7 93888 98541 4

HEALTH

Mental Health Awareness Month – you are NOT alone

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — May is Mental Health Awareness Month. With millions of Americans fighting mental illness publicly or suffering in silence, the fight to end the antiquated stigma associated with the disease is still necessary since the awareness month's inception in 1949.

The National Alliance on Mental Illness defines mental illness as "a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others."

Mental illness disorders include mood disorders such as depression and bipolar disorder, formerly known as manic depressive disorder. There are also personality disorders including obsessive-compulsive disorder, borderline personality disorder and paranoid personality disorders. Anxiety disorders, substance use disorders and post-traumatic stress syndrome are also mental illnesses.

Mental illness is unfortunately common. In the United States 21% of adults experienced mental illness in 2020. That accounts for over 52.9 million American adults or 1/5 of the population.

Over 16% of U.S. children or 7.7 million youth under the age of 18 experienced a mental health illness.

Cullman Licensed Professional Counselor » PAGE 12

Dinner on First—a night to remember



MARTHA NEEDHAM/THE CULLMAN TRIBUNE

Places set ready to welcome the event guests

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — Illuminated by candles and overhead string lights criss-crossing 1st Avenue in the Warehouse District, Cullman Parks, Recreation and Sports Tourism hosted its Dinner on First event on Thursday evening.

The annual fundraiser, first held in 2016, has helped fund CPRST projects such as the Connected Park Project at Ingle Park which introduced Connected » PAGE 2



MARTHA NEEDHAM/THE CULLMAN TRIBUNE

GRADUATION ISSUE

Meek High School

TRAFFIC

Motorcycle crash south of Dodge City results in fatality

» PAGE 12

EDUCATION

Cullman High School's Claude Thomas named Will Fowler Fine Arts Student of the Year



Claude Thomas, right

FACEBOOK

» PAGE 7

EDUCATION

Elementary students give musical performances at Vinemont Music and Art Fair



SARA GLADNEY/THE CULLMAN TRIBUNE

» PAGE 6

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CRIME

Arrests and incidents reported May 19-20

Cullman Tribune staff
Contributor

CULLMAN, Ala. — Below are the arrests and incidents reported May 19-20, 2022. All persons are innocent until proven guilty.

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

CULLMAN COUNTY SHERIFF'S OFFICE

INCIDENTS

No incidents reported

ARRESTS

May 16

Baker, Robert L; 59
- probation Violation
- possession of dangerous drugs

Gohn, Tonya D; 46
- FTA - possession of marijuana

Hankins, Tyler M; 27
- stolen vehicles – auto theft

Lamar, Bobby; 46
- assault – simple assault

Marks, Daniel R; 32
- violation of a court order

Prudhome, Michael L; 52
- FTA – failure to yield – turning lane
- FTA – driving on wrong side of road
- FTA – driving while license suspended (4 counts)
- FTA - driving under the influence (alcohol)

Puckett, April T; 42
- assault – harassment

Smith, Nicole M; 36
- driving under the influence (other substance)

Wise, Lisa D; 50
- driving while suspended, revoked or cancelled

May 17

Bagwell, Dachery D; 30
- FTA – stolen vehicles – auto theft

Pendergraft, James E; 51
- FTA – driving while license suspended
- FTA – driving while license suspended

Smith, Billy D; 60
- permitting dogs to run at large

Tennihill, Jennifer A; 35
- illegal possession of prescription drugs
- FTA - illegal possession of prescription drugs
- unlawful possession of drug paraphernalia – 1st offense
- FTA - unlawful possession of drug paraphernalia – 1st offense (2 counts)
- FTA - possession of marijuana
- possession of dangerous drugs
- FTA - possession of dangerous drugs (2 counts)

Watwood, Rodney D; 49
- assault – domestic – simple assault - family

Woodard, James A; 62
- FTA - unlawful possession of drug paraphernalia – 1st offense
- possession of dangerous drugs (2 counts)

May 18

Anderson, Mallory J; 20
- possession of heroin
- possession of methamphetamine
- unlawful possession of drug paraphernalia – 1st offense

Barbee, Justin J; 25
- assault – domestic – harassment - family

Bollen, Richard E; 57
- Probation Violation – possession of dangerous drugs

Brown, Christi L; 42
- possession of dangerous drugs

Brown, David O; 35
- appears in public place under influence

Burdick, Jessica E; 39
- possession of methamphetamine

Burgess, Stephanie H; 26
- assault – child abuse – simple – family
- unlawful possession of drug paraphernalia – 1st offense
- possession of marijuana

Denton, Sara J; 28
- unlawful possession of drug paraphernalia – 1st offense
- possession of dangerous drugs

Hankins, Tyler M; 27
- unlawful possession of drug paraphernalia – 1st offense

Hogland, Brenna F; 33
- assault – domestic – coercion - simple assault
- assault – domestic – simple assault - family

Lawrence, Katelynn M; 24
- assault – domestic – harassment - family

Lindsey, Kevin C; 38
- FTA - unlawful possession of drug paraphernalia – 1st offense
- FTA – possession of dangerous drugs (2 counts)
- FTA – driving under the influence (other substance)

Mahathy, Jeremy O; 40
- burglary – residence – no force

Rice, Clint A; 32
- Family Offense – causing of delinquency, dependency or need of supervision

Screws; Tralanda D; 24
- FTA – driving while license suspended
- FTA – driving while suspended, revoked or cancelled

Turney, Kimberly M; 47
- unlawful possession of drug paraphernalia – 1st offense

CULLMAN POLICE DEPARTMENT

INCIDENTS

May 18
- unauthorized use of vehicle; person; Old Hwy 157
- criminal trespass; Walmart; Olive St. SW

May 19
- burglary – 2nd degree, burglary – third degree; person; Daisy St. NW
- unlawful breaking entering motor vehicle; Mailers Unlimited; Veterans Dr. SW; catalytic converter; $500
- theft of property – 3rd degree; Walmart; Olive St. SW; general merchandise; $1,446
- counterfeit $100; State of Alabama; Town Square SW
- criminal mischief – 3rd degree; person; Cleveland Ave. SW; damage to '13 Kia; $500
- reckless endangerment; person; 2nd Ave. SW

ARRESTS

May 18

Anders, Shaun D; 31
- FTA – driving while suspended

Grant, Chasity H; 43
- DUI

Johnson, William N; 64
- interference with DV emergency call

Lindsey, Kevin C; 38
- FTA – carrying pistol without pistol permit
- FTA - unlawful possession of marijuana – 2nd degree

Martin, Jacob L; 26
- unlawful possession/receiving controlled substance
- unlawful possession of drug paraphernalia

Screws, Tralanda D; 24
- obstruction – giving false ID
- FTA – driving while revoked

Wilson, Donald L; 72
- Criminal trespass – 3rd degree

May 19

Corbin, Sarah K; 26
- FTA – theft of property – 4th degree

Farley, Hannah A; 25
- Theft of property – 3rd - degree

Ford, Shayla M; 26
- FTA – theft of property – 4th degree

Hulsey, Christopher C; 22
- DUI

Scott, Jeffery L; 42
- burglary – 2nd – degree
- burglary – 3rd - degree

Tennihill, Jennifer A; 22
- FTA – insurance violation
- FTA – switched tag

HANCEVILLE POLICE DEPARTMENT

No incidents or arrests reported.

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

Night (from Front)

Playground, the city's inclusive playground for children of all abilities.

This year's celebratory dinner will invest in Cullman's 8,000 square foot skatepark, currently under construction on Second Avenue NE just north of Depot Park.

"This is a special event for our community. There's nothing else like it.

"To come together and raise money for a project like the skate park in a fun way is special," shared CPRST Executive Director Nathan Anderson.

Cullman Mayor Woody Jacobs informed the crowd of an anonymous matching $50,000 donation to the skatepark project and was hopeful that the evening would meet and surpass that contribution.

Before dinner was served, guests mingled at the Festhalle enjoying hors d'oeuvres provided by Chat and Chew while catching up with friends and snapping photographs.

Cullman City Council President Jenny Folsom observed, "This is an absolutely wonderful event tonight.

"I'm so proud for the city and the people who have turned out to support Cullman Parks and Recreation. The weather is perfect, and we couldn't ask for anything better."

The tables, stretched down the block and graced with colorful flower arrangements and lanterns, were soon home to well over a hundred guests who broke bread together for the greater good of the community.

"It's always special when we get people together in fellowship.

"We've been craving that for a while as a community. Dyron and his staff at the All Steak always do a great job.

"Cullman Parks and Rec have worked so hard for this night. We appreciate everyone's help with the new project of the skatepark," observed City Council member Clint Hollingsworth who attended with his gracious wife Leslie.

Soon immersed in the dinner prepared by Dyron Powell's talented team from the All Steak, the chatter amongst the tables lowered from a quiet rumble to muffled words about the delectable menu.

Each of the three courses were beloved especially the dessert course of strawberry shortcake highlighted by Cullman grown strawberries from Trent Boyd's Harvest Farm.

After dinner, favorite local band Avenue G cranked up the party playing classic rock covers and kept the fun going well into the night.

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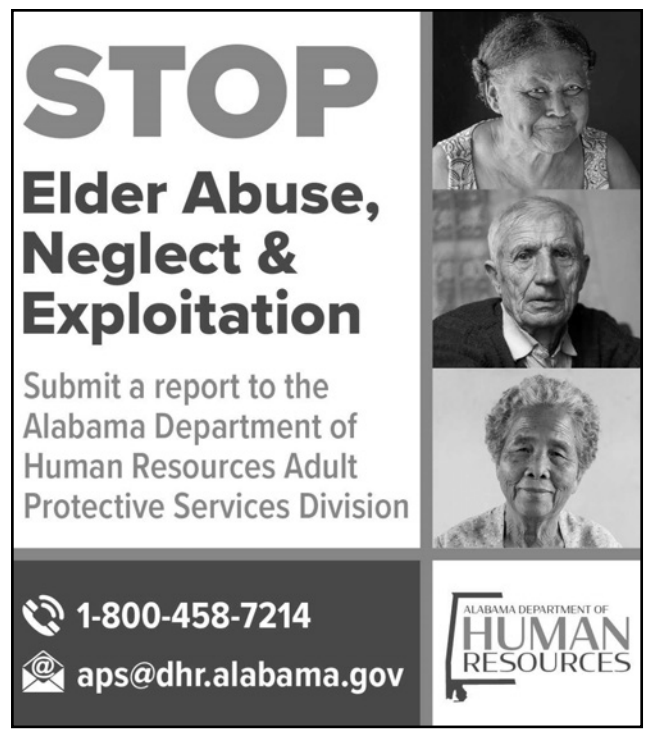
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- Human papillomavirus
- Meningococcal disease
- Influenza

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For more information, please visit alabamapublichealth.gov/imm



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 St. 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, May 21, 9-11 a.m.: Drive-thru Food Bank
• Sunday, May 22, 9 a.m.: Van runs in 5 Points Area. Call 256-841-2060 for pickup. Breakfast at 9:30 a.m. Bible study classes for children, youth and adults at 10 a.m. Adult class by Pam Dodd. 11 a.m. message by Pastor Bobby Dodd.
• 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.

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.

Women's Health and Wellness Expo
May 21 – Dance 2 Fit's Women's Health and Wellness Expo, sponsored by X Team Bama, will be Saturday, May 21 at St. Andrew's Methodist Church from 9 a.m. – 2 p.m. Join us in learning about weight loss, health and fitness, financial health, estate planning, fitness and much more!

49th Annual Arley Day Festival
• May 21 - The Arley Women's Club will host the 49th annual Arley Day Festival on
• May 21, from 8 a.m. – 3 p.m. at Hamner Park. This year's festival will feature an array of activities: kids rides, vendors, a car show, a parade and a fun run. The car show will also feature prizes. Proceeds from the event go to the funding of the women's club, which helps the community in a variety of ways, including supporting local students with scholarships.
• For more information, contact Teri Henley at terihenley@gmail.com or 205-230-5004.

Hamm Family Reunion
May 21 – Hamm Family Reunion will be Saturday, May 21 at noon at The Hanceville Lions Club (111 Michelle St. NW, Hanceville, AL). Please bring a covered dish. For more information, call Scott Hamm at 256-924-6272.

Boston Butt Sale
May 27 – The Hanceville Lions Club will hold a Boston Butt sale on Thursday, May 26 and Friday, May 27. Boston Butts will be $35 each and can be picked up at Hanceville Warehouse Grocery. To pre-order, call Bobby Davis at 256-339-2539.

Swamp John's Dinner at St. Andrew's Methodist Church (Rescheduled)
May 31 – St. Andrew's Methodist Church is hosting a Swamp John's dinner Tuesday, May 31 from 4-7 p.m. There will be dine-in and carry-out options (sponsored by Quilter's Retreat Bunch). For more information, contact Sondra at 256-595-4433.

Swamp John's Dinner
May 27 – The American Legion of Addison Post 106 will be holding a Swamp John's dinner on Friday, May 27 from 4-7 p.m. at the Addison Community Center. Plates are $12 each. Carry-out only.

Cullman County Cattlemen and Cattlewomen Sandwich Sale
May 27-28 – The Cullman County Cattlemen and Cattlewomen will be having their annual sandwich sale Friday, May 27 from 10 a.m. – 6 p.m. and Saturday, May 28 from 10 a.m. – 2 p.m. in the parking lot of the AMC theater (1950 Market Platz Center SW). Drive-thru and walk-up options available. Sandwiches are $10 each. Chips and drinks are available for $1 each. Cash, check, debit and credit accepted. To pre-order, contact Edwin Calvert at 256-339-9869 or Jessie Crumbley at 256-709-5077.

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/.

2022 PALS Beautification Award Nomination Application
May 31 - The Cullman County People Against A Littered State is making plans to recognize the efforts of the many businesses that work hard to make the Cullman area a beautiful place for everyone to enjoy. The PALS Committee is currently accepting nominations for the 2022 Beautification Awards. All entries and the $25 fee must be received by 3:30 p.m., Tuesday, May 31 (P.O. Box 1935, Cullman, AL 35056). Please take a moment to nominate your business or a business you believe is worthy of consideration. If you are especially proud of your own landscaping design, don't hesitate to nominate your own business for consideration.

Competition rules:
1. Anyone may nominate a property worthy of a Beautification Award.

2. All entries must be received by the PALS Committee by 3:30 p.m., Tuesday, May 31.

3. Recipients will be named at the Awards Ceremony on June 23, at Camp Meadowbrook.

4. All scoring will be at the discretion of the PALS Committee. Judging is conducted by a qualified panel of judges from surrounding counties and will be based on Design; Maintenance; General Appearance; Litter Control; and Planting.

5. There shall be no contact between any nominee and judges prior to or during judging.

6. Please note that this award is for landscape judging only, does not apply to building or structural renovations.

7. A $25 nomination fee is required upon entry. Each nominee will receive one complimentary ticket to the Beautification Awards Luncheon on June 23. Send your nomination form and fee to: Cullman County PALS P.O. Box 1935, Cullman, AL 35056. For more information, contact Cherrie Haney at cherriehaney@bellsouth.net or 256-531-4222.

Mount Zion Yard Sale
June 3-4 – Mt Zion Methodist Church will have a yard sale on Friday, June 3 from 8 a.m. – 2 p.m. and Saturday, June 4 from 8 a.m. – noon. They are located on U.S. Highway 31 N across from the Cullman County Agricultural Center.

"Heartland Has Turned 20" 2022 Quilt Show sponsored by Heartland Quilters of Cullman
July 8-9 – This event will feature beautiful quilts made by Heartland members, vendors, Guild Challenge 2021 display, donation quilt give away (made with turning 20 blocks), drawing at 3:30 p.m. on Saturday, door prizes and free mini demonstrations. Friday, July 8 from 1-5 p.m. and Saturday, July 9 from 9 a.m. - 4 p.m. at East Elementary School (608 Fourth Ave. SE, Cullman, AL 35055). Admission is $7 per person.

SCHEDULE
Friday
• 2-3 p.m.: Finishing Your Quilt with Carol McKay
• 3-4 p.m.: Paper Piecing with Porsia Anderson

Saturday
• 10-11 a.m.: Selvages- Not One Left Behind with Sheryl Simpson
• 11 a.m. - noon: Hand Embroidery/Redwork with Geraldine Hendrix
• Noon – 1 p.m.: Making Bags with Cheryl Johnson/ Teresa Rogers
• 1-2 p.m.: Rope Bags with Laurie Osborn
• 2-3 p.m.: Bed Turning with Jennifer Bridges

Contact: Porsia Anderson 256-737-7557, Carol McKoy 256-841-2977, Geraldine Hendrix 256-734-8316 or Hazel Ruehl 256-339-2224. Please join us as we celebrate 20 years of quilting!

COVID-19 BY THE NUMBERS

Friday, May 20, COVID-19 update from the Alabama Department of Public Health's COVID-19 Dashboard Hub (https://bit.ly/3iVJwXK)

ADPH COVID-19 dashboard changes
As of May 19, 2022, the Overall Levels of Community Transmission was removed from the Data and Surveillance Dashboard. We have added two tabs: Community Levels for the public and Community Transmission Levels for healthcare facility use only to the Dashboard Hub: arcg.is/0brSGj.

Case details* (Updated Monday, Wednesday and Friday)
• Positivity in tests in Alabama: 9.4%
• Confirmed cases in Alabama (2020): 387,846
• Confirmed cases in Alabama (2021): 538,486
• Confirmed cases in Alabama (2022): 381,551 (+1,218 since Wednesday)
• Total confirmed deaths in Alabama (2020): 7,189
• Total confirmed deaths in Alabama (2021): 9,555
• Total confirmed deaths in Alabama (2022) 2,901 (+12 since Wednesday)
• Positivity in tests in Cullman Co.: 2.9%
• Total confirmed cases in Cullman Co. (2020): 7,567
• Total confirmed cases in Cullman Co. (2021): 9,754
• Total confirmed cases in Cullman Co. (2022): 7,376 (+19 since Wednesday)
• Deaths in Cullman Co. (2020): 128
• Deaths in Cullman Co. (2021): 188
• Deaths in Cullman Co. (2022): 51 (+0 since Wednesday)
• Total tested in Cullman Co. in the last 7 days: 620
• Total tested positive in Cullman Co. in the last 7 days: 18
• Total tested in Alabama in the last 7 days: 24,545
• Total positive tests in Alabama in the last 7 days: 2,302
• Currently hospitalized in Alabama: 100

Vaccine details (updated Tuesday and Thursday)
• Doses delivered to Alabama: 9,403,595 No Updates Available
• Doses delivered to Alabama providers: 4,825,665 No Updates Available
• Doses administered: 5,984,520
• Additional doses administered: 826,685
• Number of people receiving one or more doses: 2,869,660
• Number of people who have completed vaccine series: 2,368,004
• Doses delivered to federal programs: 4,577,930

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/covid-19vaccine/assets/adph-covid19-vaccination-allocation-plan.pdf/.

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MEEK HIGH SCHOOL
CLASS OF 2022

Graduation is Tuesday, May 24, at 7 p.m. at Tiger Stadium

Not pictured: Jake Wesley Burden, Sky Adalena Heath, Hannah Lyn Kittrick, Bruce Lynn Kyle, Piper Brianna Lee, Jordan Blake Vines

Dear Class of 2022:

"Congratulations to each and every one of you on this remarkable achievement of graduation from Meek High School. We are very proud of your accomplishments and of the outstanding leadership you have provided for your school. May you all find an abundance of joy, happiness, and health as you move forward into the next chapter of your life. I love you and wish you all the best!"

Allan Henderson, Principal, Meek High School

PHOTOS: BILL MILLER PHOTOGRAPHY


Alyssa Solosky


Blake Cleghorn


Braxton Dodd


Brianna Phillips


Brittney Phillips


David Tidwell


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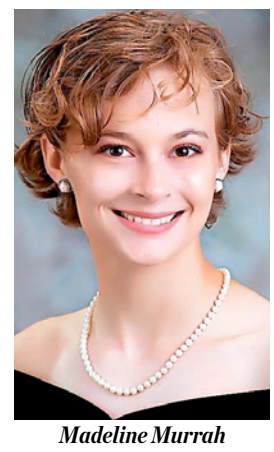

Kaley Montgomery


Kaylee Elliott-Salutatorian

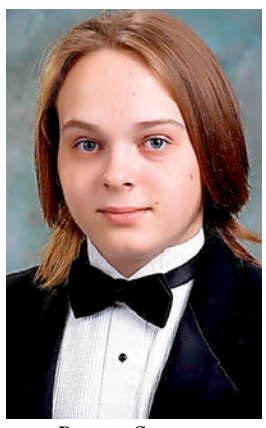

Kelsey Vickery


Leigha Cantrell


Macee Rogers

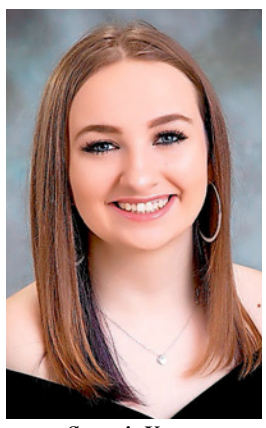

Madeline Murrah


Matthew Clark


Preston Seymore


Reagan Aaron

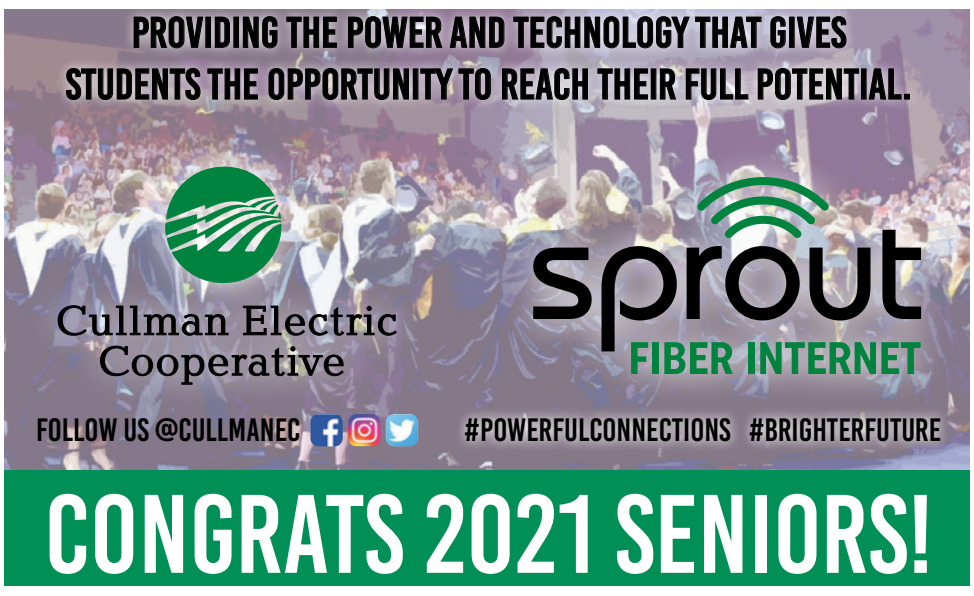

Shane Kelley


Stormie Young


Suzanne Feist - Valedictorian













EDUCATION

Wallace State's Adult Education Department hosts 2022 commencement; CCDW completers recognized in dual ceremony

Russell Moore
Wallace State

HANCEVILLE, Ala. — Wallace State Community College's Adult Education Department hosted its 2022 Graduation this week, recognizing students who earned their GED or high school diploma during the 2021-2022 academic year.

In conjunction, Wallace State's Adult Education and the Center for Career and Workforce Development also recognized completers from the short-term workforce training program.

All graduates were honored at Wallace State's Traditions Bank Arena inside Tom Drake Coliseum.

"We are overjoyed to be able to celebrate your achievements. While each of you may have traveled a different path to be here tonight, your accomplishments are great and Wallace State is honored to have been a part of your journey," said Wallace State President Dr. Vicki Karolewics to both set of graduates.

"Some of you are determined, some of you are tenacious and all of you demonstrate perseverance. I'm so proud of all of you."

Wallace State had 77 individuals earn their GEDs or the high school diploma option during the academic year.

"Life happens. It's important you didn't give up. You held on to that dream that was deferred," said Karolewics to the Adult Education graduates.

Added new Wallace State Adult Education Director Patti Wilkins, "There are so many stories that you hear from these graduates. They have overcome personal battles in life and when you see them walk in and walk across the stage, it brings tears to your eyes. They have persisted against many odds."

Kali Rogers and Heather McLeod both completed the Adult Education program through outreach from Wallace State at the Alabama Teen Challenge, a faith-based provider helping young people and adults through life's challenges.

"Earning my GED is a weight off my shoulders, and something I didn't think was possible at times," said Rogers.

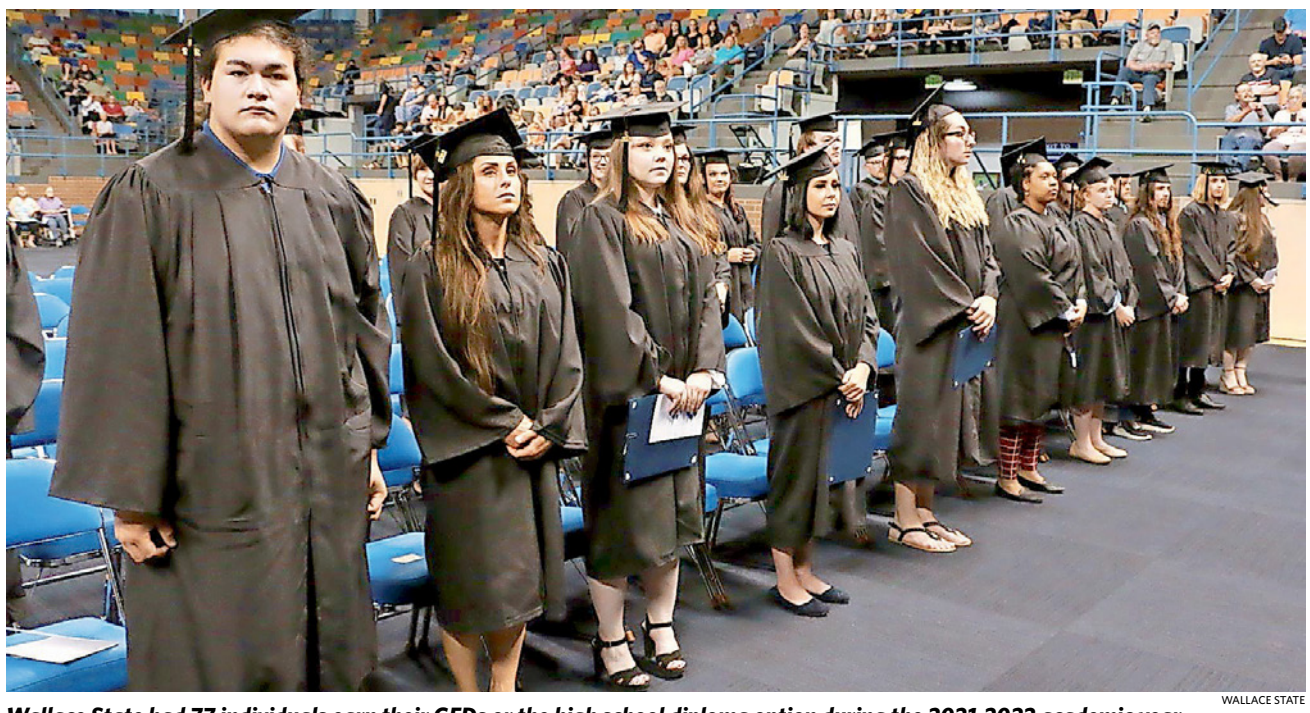
McLeod earned a high school diploma option scholarship through the Wallace State Future Foundation.

"This is such a joyous occasion. I'm thankful for the Wallace State Adult Education program, and the opportunities it provides," McLeod said.

Ashlie Golden, of Albertville, was awarded a Wallace State scholarship, covering 16 credit hours each semester for two years.

"It's very special to earn the scholarship. I dropped out of high school around 10th grade because of a bad series of events, including bullying.

"I tried other avenues to finish high school and they didn't work. My boyfriend encouraged me to enroll in Wallace State's Adult Education program, and now I'm on the path to pursuing Forensic Investigation here," Golden said.



WALLACE STATE
Wallace State had 77 individuals earn their GEDs or the high school diploma option during the 2021-2022 academic year.

Ryan Jordan was the event's guest speaker before earning his GED and a Wallace State Future Foundation scholarship.

Jordan entered the Adult Education program in 2021 as an Ability to Benefit student, which allowed him to complete his GED while taking welding classes simultaneously. The program mirrors a dual enrollment path.

Other scholarship recipients were Kara Davis and Lexy Gibson (Hope House), Deiona Endaz (Career Technology), Amanda Harder (WSCC), Daniel Campbell (Oden Family) and Jonathan Talley and Kira Watts (WSCC Future Foundation).

Wallace State's Adult Education's instructors and staff serve hundreds of students each year, spanning multiple sites across Blount, Cullman, Morgan and Winston counties and on both Wallace State campuses.

The program also offers free English as a second language classes and career pathways certifications.

Wallace State's Adult Education and the Center for Career and Workforce Development began offering short-term training earlier this year, and those program finishers were recognized in areas like diesel technology, phlebotomy and automation technician, among others.

Wallace State had 63 individuals complete the first round of training.

Among those recognized was the father/son duo of J.T and Paul Barbee who completed training together and are now working for Love's Truck Stop in Falkville as technicians.

"It ignites a fire in me when I see individuals set a goal and reach it. Every single one of you have done that and being able to celebrate your accomplishments is what it's all about," said Jamie Blackmon, the director of Wallace State's Center for Career and Workforce Development.

View the photo gallery at: https://www.flickr.com/photos/wallacestate/albums/72177720299062854.

For more information about Wallace State's Adult Education program, call 256-352-8078, email Jennifer.lambert@wallacestate.edu or visit https://www.wallacestate.edu/programs/adult-education.

For more information about the Center for Career and Workforce Development, contact Ashley Baker at 256-352-8386 or by email at Ashley.baker@wallacestate.edu.

EDUCATION

Wallace State experiences highest enrollment since 2012

Gail Crutchfield
Wallace State

HANCEVILLE, Ala. — Wallace State Community College has experienced its highest enrollment in a decade. Enrollment for the spring 2022 semester totaled 5,502 students, which is the highest recorded enrollment since 2012. The count also represents a more than 129% increase from the previous spring, the highest percentage increase among the 24 colleges within the Alabama Community College System.

The growing popularity of dual enrollment was among areas of increase, as more students returned to college as pandemic restrictions lifted and the height of the pandemic passed. Online programs remain popular options for students; but many programs, including those with an emphasis on in-person training, like the Wallace State flight program, saw increases as the employment market is wide-open for graduates.

The college also recorded a more than 105% increase in credit hours, with students registering for classes equaling 44,732 credit hours, outpacing the 42,439 from the previous spring. Traditional or hybrid classes at the main Hanceville campus, Oneonta and the Cullman Airport accounted for more than 56% of credit hours, with online classes equaling more than 36% and dual enrollment students responsible for 6.8% of registered credit hours.

The college is on track to continue the trend, with an increase in fall 2022 applications.

Registration is currently underway for both the summer 2022 and fall 2022 semesters. This is the earliest that Wallace State has opened registration for the fall semester and was done to offer current and incoming students the opportunity to secure their schedules and make plans earlier for the fall semester.

"This is part of our Wallace Cares philosophy," said Wallace State President Dr. Vicki Karolewics. "Wallace State was named a Caring Campus and that is something we take pride in and strive to show in every aspect of the student experience. From advising and enrollment, to classes, to tutoring, counseling, our Lions' Kitchen food pantry and more, we do care about our students and want to provide them with the best possible college experience during their time with us."

To register for summer or fall classes, visit https://www.wallacestate.edu/register-now. Regular and Mini Term I classes for summer 2022 begin May 24, with Mini Term II classes starting June 30. Regular and Mini Term I classes for fall 2022 begin Aug. 18, with Mini Term II classes starting Oct. 14. Registration for Flex Start courses will be Aug. 25-31 for Flex Start I and Sept. 1-7 for Flex Start II.

EDUCATION

The Link gears up for 2022 Kindergarten Readiness Camps July 18-29

Sara Gladney
sara@cullmantribune.com

CULLMAN, Ala. — The Link of Cullman County's Kindergarten Readiness Camps are returning this July 18-29 from 10 a.m. – noon. Monday through Friday. The program is for children who will start kindergarten in the 2022-2023 school year.

The camps are scattered across Cullman County with locations at:

- Cullman First Baptist Church
- Cold Springs Elementary School
- Fairview Baptist Church
- Good Hope Baptist
- Hanceville Elementary School
- Longview Church of God in Vinemont

The camps help children learn some basic knowledge which will help them with the placement tests given in kindergarten that assess their skill levels. They also help students learn to socialize with other kids.

"It preps them for some of the social and emotional things that they need to be prepared for, as well as basic letter, number [and] color recognition, then some of the fine motor skills, like how to hold and grip a pencil, cut with scissors and again, some of the social and emotional skills—how to line up.

"We take those things for granted, but they really are real skills that kindergarten students have to learn to master," said Director of Community Development Melissa Betts.

These camps are a great opportunity for kids who have not been able to attend preschool to gain some of the same preparedness for kindergarten at no cost. The program is a few weeks before school starts to help students get acclimated to sharing a space with other children their age.

Parents can register at: https://docs.google.com/forms/d/e/1FAIpQLSfrhMFilYvht2HYhJUmkma7MKuWPJzHn7jB2rLco7bbBXwFOw/viewform or email dakotatrammell@linkingcullman.org for more information.





STATE SOFTBALL TOURNAMENT

West Point's postseason run ends with 9-4 loss to Hayden

Nick Griffin
nick@cullmantribune.com

OXFORD, Ala. — The West Point Lady Warriors spent their Wednesday competing in this year's 5A State Softball Tournament at Oxford's Choccolocco Park and after splitting their first two matchups with Alexandria and Elmore County, their postseason run ended with an 9-4 loss to Hayden in their final game of the day. West Point (31-16) fell to No. 1 Alexandria 5-0 in its opening-round matchup but bounced back to defeat Elmore County 6-0 and stay alive. The Lady Warriors rallied in the sixth to begin climbing back against Hayden but couldn't overcome the early deficit.

Alexandria 5 – West Point 0

Hits were tough the come by in the Lady Warriors' matchup with Alexandria. Both teams combined for just one hit in the first four innings, a single from Kyle Quinn in the second, but the Valley Cubs finally got their bats going in the bottom half of the fifth.

Alexandria strung together three hits and took advantage of a walk and an error to plate five runs and take a 5-0 lead into the sixth inning. West Point was unable to respond, and the Lady Warriors dropped their first matchup of the day to the top-ranked Valley Cubs 5-0.

Quinn posted the only hit for West Point in the loss.

West Point 6 – Elmore County 0 (Elimination Game)

West Point's second game of the day started a lot like the first. Both the Lady Warriors and Elmore County combined to record just three hits in the first four frames but this time it was West Point that was able to break through for a big late inning.

The Lady Warriors reached base and threatened to score in the fifth and the sixth, but it wasn't until the top of the seventh that they were able to finally put some runs on the board.

Braelee Quinn and Macie Brown led off the inning with back to back singles and one pitch later, Sidney Burks drove an RBI single into center field to score Quinn and make it a 1-0 game. Kylee Quinn was intentionally walked and Brindlee Phillips made the Lady Panthers pay.

Phillips ripped a bases-clearing double into left-center to put the Lady Warriors in front 4-0, but they weren't done adding to their lead. Following a sacrifice bunt from Alexis Kimbrill, Bethany Minck and Carlie Wilkins each squared up RBI singles to give West Point a commanding, 6-0 lead going into the bottom of the seventh.

Elmore County went down in order in the bottom half of the seventh and the Lady Warriors kept their postseason hopes alive with a 6-0 win.

Carlie Wilkins was dominant in the circle, tossing seven shutout innings, allowing just one hit and striking out nine batters. At the plate, Phillips finished with a pair of hits and three RBIs in the win. Minck (two hits) drove in an RBI and Burks (one hit) and Wilkins (one hit) each added an RBI as well.

Hayden 9 – West Point 4 (Elimination Game)

Their last matchup of the day was a tough one for the Lady Warriors. After a pair of scoreless innings, Hayden put together a big third inning, plating six runs to take a 6-0 lead into the fourth. The Lady Wildcats added three more runs in the fifth to pull ahead 9-0.

Singles by Macayla and Carlie Wilkins gave West Point a pair of runners in the bottom of the sixth and a Hayden error loaded the bases.

An RBI single off the bat of Macie Brown brought Macayla Wilkins home to score and make it a 9-1 game and Nikki Tyree drew a bases-loaded walk to trim the lead to 9-2.

Another error allowed Braelee Quinn to score and Brindlee Phillips drew another bases-loaded walk to push another across the plate and make it 9-4 going into the final frame.

However, the Lady Warriors couldn't chip away any more in the seventh and the Lady Wildcats won it 9-4.

Brown finished with a hit and an RBI in the loss. Macayla and Carlie Wilkins each added a hit as well and Tyree, Phillips and Braelee Quinn each posted an RBI.



NICK GRIFFIN/THE CULLMAN TRIBUNE

West Point pitcher Carlie Wilkins



NICK GRIFFIN/THE CULLMAN TRIBUNE

West Point's Braelee Quinn comes home to score in the Lady Warriors' 6-0 win over Elmore County.

Crimson Tide falls to No. 5 Arkansas 7-3 Thursday

Alex Thompson
UA Athletics

TUSCALOOSA, Ala. — Alabama fell to fifth-ranked Arkansas, 7-3, on Thursday night at Sewell-Thomas Stadium. The Crimson Tide is now 27-25 overall and 10-17 in Southeastern Conference play.

Alabama gained an early 3-0 advantage thanks to a pair of runs in the second and one run in the fourth. Arkansas came right back to post a five-run fifth to take the lead for good. The Razorbacks added two in the ninth for the 7-3 final.

Garrett McMillan (4-5) held the Razorbacks hitless through the first four frames before running into trouble in that fifth. The junior finished with 5.1 innings pitched, allowing five runs on five hits and a walk with four strikeouts in the loss.

Evan Taylor (5-0) earned the win for the Razorbacks after working 2.0 innings of scoreless relief. Brady Tygart followed for the final 1.2 frames to earn his eighth save of the season.

From Head Coach Brad Bohannon

"This was a tough loss tonight, but I thought we did some good things. (Garrett McMillan) was perfect through four innings, and Jake Leger was outstanding in relief.

"We out-hit them and got out front to a 3-0 lead; probably left a little meat on the bone in those first four innings for what could have been four or five (runs). The obvious difference in the game is that Arkansas got three big hits with people on base. They had runners on base and hit two homers and a double. We got a few big hits, too, but they were singles, and that's really the difference in the ballgame."

How it happened

• B2 | Andrew Pinckney led off the inning with an infield single. After a well-executed hit-and-run by Jim Jarvis put runners at the corners, Tommy Seidl doubled to left to score Pinckney and advance Jarvis to third. One out later, Caden Rose singled to left to plate Jarvis and add to the Tide advantage. (2-0, Alabama)

• B4 | Rose sent a 2-1 pitch down the line in left for a two-out double to keep the inning alive. William Hamiter singled him home in the next at-bat to increase the lead. (3-0, Alabama)

• T5 | Peyton Stovall hit a two-run home run to tie things up. The Hogs then reached two more before a three-run homer from Cayden Wallace moved them in front. (5-3, Arkansas)

• T9 | A two-out double to left-center tacked on two more for the Razorbacks. (7-3, Arkansas)

Postgame Notes

• Alabama recorded 10 hits on the night. The Tide has totaled 10-or-more hits in 27 games this season.

• Seven of the nine Alabama starters recorded at least one hit in the series opener.

• Caden Rose has reached base safely 12 straight games dating back to April 25 against Georgia.

• Rose finished 3-for-4 to match his career high for hits. The sophomore also had three hits two previous times, most recently against Xavier on Feb. 19 of this season.

• Jim Jarvis has reached base in 10 straight games dating back to April 28 at South Carolina.

• With his 1-for-5 evening, Drew Williamson has now recorded a hit in six straight games. Over the streak, the senior is batting .304 (7-23) with a double, one home run, five RBI, five runs scored and a trio of walks.

• ATTENDANCE: 2,966

Alabama and Arkansas will meet for game two of the series on Friday evening at Sewell-Thomas Stadium. The matchup will feature a pair of senior right-handers with the Crimson Tide calling on Jacob McNairy while the Razorbacks counter with Connor Noland.

Game two is set for a 7 p.m. first pitch with the contest gaining a national audience on SEC Network.

Get all the latest information on the team by following @AlabmaBSB on Twitter and Instagram and on Facebook at Alabama Baseball. General athletic news can be found at UA_Athletics on Twitter and Instagram and AlabamaAthletics on Facebook.



UA ATHLETICS

Alabama fell to No. 5 Arkansas 7-3 at home Thursday night.

Vinemont (from Front)

Sara Gladney
sara@cullmantribune.com

CULLMAN, Ala. — The Vinemont Elementary School kindergarten - fifth grade classes gave performances at the first Vinemont Music and Art Fair on Tuesday. The annual music presentation has not been held for the past couple of years, so this year, for the first gathering since the pandemic, an art show was included for parents to view the elementary students' artwork after the performances.

Music teacher Laura Hayes conducted the groups of kindergarten - seconds graders, third- fourth graders, and fifth graders, keeping them all focused on performing together.

Principal Kim Brown said about Hayes, "She works with 440 kids or so, pre-K all the way through fifth grade, and she does an amazing job. She never loses her cool. She sees every class every week except pre-K."

Kindergarten - second grade performed songs "Hey Bunny," "Moving Up, Moving On," "Elephants Have Wrinkles," "Groovy Zoovy," "It's Our Time," "Honeybee" and "Es Bueno Ser Educado."

Third – fourth grade performed "Lovely World," "It's all About the Music," "Pass it to You" and "It's Our Time."

Finally, fifth grade presented "Stand by Me" and "Surfing USA" on ukuleles.

Hayes said that ukuleles have become a popular instrument in the music classroom."In our day, a lot of people played recorders. Now its like we have branched out a little further, so ukuleles have taken off in elementary music. I love them, the kids love them."



SARA GLADNEY/THE CULLMAN TRIBUNE

Practicing on the ukulele can actually prepare students for the guitar program offered in the high school music curriculum.

"It's not a guitar, but there are similarities in how you hold them and how you read the tabs to know chords. It's enough to kind of get them in that world.

"So, if they want to expand and know how to play the guitar, it's a little easier," Hayes explained.

Hayes has been the music teacher at Vinemont for 15 years. She said, "It's great to see, on days like this, everything we worked on for weeks.

"To the spectator it might not seem like it takes a long time to put together, but it takes a long time."

Thomas (from Front)

Sara Gladney
sara@cullmantribune.com

CULLMAN, Ala. — Cullman High School senior Claude Thomas was recently recognized for being named the Will Fowler Fine Arts Student of the Year at Cullman High School. The Fine Arts Student of the Year award has been in existence for a few years, only recently being changed to the Will Fowler Fine Arts Award as a memorial to Fowler who passed away in August of last year.

Fowler was a valued member of the Cullman marching band. He excelled in academics and was a friend to the whole school. Assistant Principal Aaron Sparks said, "Will was a fine young man who had many challenges most kids his age take for granted. Despite his medical challenges, he maintained perfect attendance and always had a positive attitude."

About the creation of the award, Assistant Principal Aaron Sparks said, "A few years back, I was looking for ways to recognize a larger portion of our students... students that may not get recognition in the paper for sports accomplishments, etc. So, we started several incentive programs that recognize students on our campus—Student of the Month, Student Athlete of the Month, CTE Student of the Month, Good Citizen of the Month, and Fine Arts Student of the Month. While the Fine Arts award was in existence, when Will passed away, and with his parents blessing, I approached the Fine Arts department about naming the award after Will. They were all in agreement."

Each month, a Fine Arts Student of the Month Award is given to one student based on nominations from the teachers in the department. At the end of the year, all the names of the monthly winners are sent out to the faculty, and they vote for one student they feel is deserving. Claude Thomas also was chosen to receive the first monthly award after it was named after Will. Monthly winners receive an engraved acrylic award, and the yearly winner receives a $500 scholarship to the school of their choice.

Sparks said that Shirley Quattlebaum with State Farm is a huge supporter of the Arts and has been sponsoring this award since its creation.

When Thomas was chosen to represent CHS for the Service Above Self award given by the Rotary Club, Sparks gave the following description:

"Claude is a special student, positive role model and sets the example for how a servant leader should act. At Cullman High School, he is well respected by his peers and the faculty and is a friend to many. Despite his own hardships, he always has a positive attitude, is prepared and willing to lend a hand to others.

"As a member of the CHS Band, Claude helps coordinate and assist with the loading and unloading of equipment for shows. He often volunteers to help Mrs. Bean, band director, at the middle school by mentoring younger band students, setting up equipment... really anything he can do to help.

"As a member of the CHS Theatre department, Claude quickly learned how to run everything and has become quite proficient as a sound engineer. According to Mr. Cook, theater director, he's the best he's ever had. Claude is a hard worker and there is never a job that he won't take on and complete to the best of his ability. He is also not afraid of the less glamorous work and often provides extra help during school and public events held in the auditorium. He has worked closely with Mr. Cook on several shows assisting with sound and other tasks, even volunteering his truck, and himself, to assist with moving items for a show.

"Probably the best example of a servant's heart I can think of is Claude's involvement with former CHS student Will Fowler. Will was a young man who had health challenges that suddenly passed away last year. From their days at CMS, Claude immediately befriended Will and made it a point to involve him in discussions and activities in band and other activities. We have several monthly awards at CHS, and Claude was the first recipient of the Will Fowler Fine Arts Student of the Month award. I can't think of a better recipient for this award than Mr. Thomas... and I refer to him as Mr. because even at his young age, I believe he has earned that respect. He truly is a special young man with a servant's heart."

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LEGALS

PB MIN BK 206 PG 953 - 05/11/2022 02:39 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE:
The Estate of Mary Ann Waters, Deceased — Probate Case No. PC2022-173

NOTICE TO CREDITORS

Letters of Administration on the Estate of Mary Ann Waters, deceased, having been granted to Jonathon J. Carlisle on the 11th day of May, 2022, by 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.

Jonathon J. Carlisle
Personal Representative

Michael F. Robertson
Attorney for Personal Representative
101 North Side Square
Huntsville, Alabama 35801

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

DOCUMENT 13

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4/5/2022 10:13 AM
25-CV-2022-900083.00
CIRCUIT COURT OF
CULLMAN COUNTY, ALABAMA
LISA MCSWAIN, CLERK

IN THE CIRCUIT COURT OF CULLMAN COUNTY, ALABAMA

JIMMY D. TURRENTINE,

Plaintiff,

vs. CASE NO. CV 2022 - 900083

HEIRS OF CHARLES M. GRANT, HEIRS OF JAMES OTIS GRANT, HEIRS OF HOMER G. GRANT, HEIRS OF HENRY L. GRANT, HEIRS OF OLEN E. GRANT, AND ANY AND ALL OTHER PERSONS, THEIR HEIRS OR DEVISEES, CLAIMING ANY RIGHT, TITLE OR INTEREST TO THE FOLLOWING DESCRIBED PROPERTY, TO WIT:
A parcel of land located in the West Half of the Southwest Quarter of the Northeast Quarter of Section 7, Township 9 South, Range 5 West, more particularly described as follows: Beginning at the intersection of the East line of said twenty with the North right-of-way line of a county road; thence North 81 degrees 21 minutes West along said road a distance of 294.3 feet to a point; thence North 4 degrees 30 minutes East a distance of 174.6 feet to a point; thence South 81 degrees 21 minutes East a distance of 277.2 feet to a point; thence South 1 degree 06 minutes East a distance of 176.2 feet to the point of beginning. Containing 1.14 acres, more or less.

DEFENDANTS.

NOTICE OF FILING LAWSUIT

All of the Heirs of Charles M. Grant, Heirs of James Otis Grant, Heirs of Homer G. Grant, Heirs of Henry L. Grant, Heirs of Olen E. Grant, and any and all other persons, their heirs or devisees claiming any rights, title or interest to the above described property being Defendants whose whereabouts and identities are unknown, must answer the Complaint brought against them by Plaintiff for the cause of acting being:

Petition to Quiet Title to that certain property being more particularly described as follows:
A parcel of land located in the West Half of the Southwest Quarter of the Northeast Quarter of Section 7, Township 9 South, Range 5 West, more particularly described as follows:
Beginning at the intersection of the East line of said twenty with the North right-of-way line of a county road; thence North 81 degrees 21 minutes West along said road a distance of 294.3 feet to a point; thence North 4 degrees 30 minutes East a distance of 174.6 feet to a point; thence South 81 degrees 21 minutes East a distance of 277.2 feet to a point; thence South 1 degree 06 minutes East a distance of 176.2 feet to the point of beginning. Containing 1.14 acres, more or less.

Answer to the Complaint must be made by the said Heirs of Charles M. Grant, Heirs of James Otis Grant, Heirs of Homer G. Grant, Heirs of Henry L. Grant, Heirs of Olen E. Grant, and any and all other persons, their heirs or devisees claiming any rights, title or interest to the above described property being the Defendants, on or before the 20th day of June, 2022, or a default may be rendered against them in the above styled cause.

DONE, this the 22nd day of April, 2022.

Lisa McSwain
Cullman County Circuit Court Clerk

Billy W. Jackson
Attorney for Plaintiff
JACKSON & WILLIAMS ATTORNEYS
416 1st Ave., SE
Cullman, Alabama 35055
256-739-2546

NOTE TO PUBLISHER OF THE CULLMAN TRIBUNE:

Please publish once a week for four (4) successive weeks, beginning 4/30/22.

Lisa McSwain
Cullman County Circuit Court Clerk

PB WIL BK 109 PG 486 - 05/11/2022 02:04 PM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
CULLMAN COUNTY * CASE NO. PC2022-172

IN RE: THE ESTATE OF CONNIE SUE SMITH, DECEASED.

NOTICE OF APPOINTMENT TO BE PUBLISHED BY PERSONAL REPRESENTATIVE

Letters Testamentary on the Estate of said deceased have been granted to Teressa Ann Smith Quick, Kellie Sue Smith Emerson and James Alan Smith on the 11th day of May, 2022, 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.

Teressa Ann Smith Quick, Kellie Sue Smith Emerson and James Alan Smith
Personal Representatives

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 MIN BK 206 PG 941 - 05/11/2022 02:23 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: The estate of
DIXIE JEAN BATEMAN,
Deceased
Case No.: PC-2022-177

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration having been granted to Anthony Lane Ponder, as the Administrator of the Estate of Dixie Jean Bateman, deceased, on the 11th day of May, 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.

Anthony Lane Ponder
Anthony Lane Ponder,
Administrator of the Estate of
Dixie Jean Bateman, 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 (PAS001)
Attorney for the Estate of
Dixie Jean Bateman, deceased.
200 1st Avenue SE
Cullman, Alabama, 35055
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Tammy Brown
Tammy Brown, Judge of Probate
Cullman County, Alabama

52 ODES TO JOY: S.U.N.S. AGE JOY LIBRARY

Ben South
Tribune Columnist



THRIFTYFOODS.COM

I LOVE LIBRARIES and I have a dream of a beautiful, FREE, public one with happy colors, patron-selected seating, art murals, craft/study/activity areas, cubbies, tall windows for lots of daylight, tech/STEM assistance, an array of books + lots of integrated programming.

This innovative library in my imagination is NOT FOR CHILDREN. It is specially designed for people who are aged 50+. Let's call it-- "THE S.U.N.S. JOYFUL AGING LIBRARY."

After completing my undergraduate studies in Sociology and English, I worked for the Alabama Library for the Blind and Physically Handicapped. This taught me the value of creating easy access to libraries for individuals of varying abilities and interests. As I visited libraries in each of the 67 counties of the state, I saw time and again, how designing sensitive to the special needs of patrons, supports individuals and strengthens communities.

Some U.S. states, like Maine, have impressive public library services for seniors.

Also, there are good, community-based initiatives in places such as Bloomfield, Connecticut, West Islap, New York, Alvarado, Texas and the Camden, New Jersey library system. Curiosity and learning need to be supported for all Americans of all ages.

Fifty-six percent of library programs, according to the most recent research, are for children under 12 years old.

The reasons parents most often give for the importance of libraries for children is to instill a love of reading early in life. But what about the importance of reading for our late years? Retirees have much more time they could be reading and continuing to exercise and engage aging brains.

"Lifelong reading, especially in older age, may be one of the secrets to preserving mental ability. Remaining a bookworm into old age reduced memory decline by more than 30%," according to data gerontologist, Dr. Alan Castel references.

To make my doable dream a reality, I propose we gather seniors, gerontologists, architects, librarians, lifelong learning specialists, recreation directors and others to design a model public library for people who are 50+.

With THE S.U.N.S. JOYFUL AGING LIBRARY, we seniors could even have a storytelling area where we gather on the cushy carpet in a circle like kids do—just make sure there are handrails and give some of us a little more time to get up and down.

We oldsters could steal ideas from the kids and have our own "dance zone," "animal zone," "garden zone," "arts zone," etc.

Books and other media could be integrated with "hands on" activities in cohesive ways that reinforce through experiential learning. For example, in THE S.U.N.S. JOYFUL AGING LIBRARY a "Read & Feed" focus could combine cookbooks for "brain foods" with cooking classes specifically designed for seniors preparing their own meals, and even more advanced learning could be done with senior programming adventure trips for "taste tests" at farm markets and eateries.

THE S.U.N.S. JOYFUL AGING LIBRARY IS NEEDED FOR THESE REASONS:

- Seniors in the U.S., according to the latest census data, are booming in numbers.

- Seniors today are more active, enthusiastic and joy-seeking than previous generations.

- Seniors, in recent research AARP (American Association of Retired Persons) with 3,400 members responding, ranked "Reading" as No. 3 among hobbies.

- Seniors want access to books and magazines, but we also want the latest technology.

- Senior happiness is positively impacted by UNITING with others who share similar interests. We want to connect through engaging programs.

- Seniors who are "homebound" want to have library resources delivered to their residence, whether virtually or literally.

THE S.U.N.S JOYFUL AGING LIBRARY would have a specially trained librarian for materials acquisitions which enrich, inform and entertain mature, library cardholders. Using "The S.U.N.S. (Smile-Making, Uniting, Neighboring, Spellbinding) Joyful Aging System" basic, four elements, here are my current favorite, nonfiction books with a gerontological theme for consideration:

1. "Better With Age: The Psychology of Successful Aging" by Dr. Alan D. Castel
"While older adults tend to have smaller social circles than those of younger adults, this decrease in the total number of friends might result in nurturing more important friendships. As a result, studies suggest that friendships improve with age." (UNITING)

"There is research suggesting that being an early riser is associated with greater emotional stability and levels of happiness." (SMILE-MAKING)

2. "The Blue Zones: 9 Lessons for Living Longer" by Dan Buettner
"Make your friends carefully. Be around those who will help you stay healthy in your life." (UNITING)

"I live in an area connected to my neighbors. I socialize with them every single day, and I ride a bike to work." (NEIGHBORING)

"The more likeness you have for something, the merrier life starts to get." (SPELLBINDING)

"You get much more satisfied after seeing the flower you watered in your garden bloom than sitting in an easy chair and relaxing." (SMILE-MAKING)

"Start by finding a simple, memorable answer for this sentence: What makes you get out of bed in the morning?" (SPELLBINDING)

3. "The Happiness Curve: Why Life Gets Better After 50" by Johnathan Rauch
"The curve seems to be imprinted on us as a way to repurpose us for a changing role in society as we age, a

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role that is less about ambition and competition, and more about connection and compassion." (UNITING/NEIGHBORING)

4. "The Telomere Effect" by Dr. Elizabeth Blackburn and Dr. Elissa Epel
(Note: "Geronto telomeres" in your DNA which are longer, seem to be a good predictor of life span and can by one's actions be extended or shortened.)

"One study has found that people who tend to focus their minds more on what they are currently doing have longer telomeres than people who minds tend to wander more." (SPELLBINDING)

5. "How to Live Forever: The Enduring Power of Connecting the Generations" by Marc Freedman
This lively book gives lots of examples as it explores the idea that secrets to happiness and longevity for seniors can be found through mentoring to future generations. Freedman has answers for these questions: "With so many living so much longer, what is the meaning of the increasing years beyond 50? How do we find happiness when we know life is long and time is short?" (NEIGBORING)

6. "Old in Art School: A Memoir of Starting Over" by Nell Painter
"Making art for me is not fun in the sense of la-la-la-la, but it's something that I find very absorbing and very satisfying." (SPELLBINDING)

7. "The Longevity Paradox: How to Die Young at a Ripe Old Age" by Dr. Steve Gundry
"Lest I be accused of being overly dramatic, here is some evidence of the devastating effects of antibiotics: studies show that every time you take a course of antibiotics, you increase the likelihood of developing Crohn's disease, diabetes, obesity or asthma later in life." (SPELLBINDING)

8 "Lifespan: Why We Age and Why We Don't Have To" by Dr. David Sinclair
"Only 20% of our longevity is genetically determined. The rest is what we do, how we live our lives and increasingly the molecules we take." (SMILE-MAKING)

9. "The End of Old Age: Living a Longer, More Purposeful Life" by Dr. Marc Agronin
"When someone has a meaningful relationship, they can cope with and transform every situation they have to deal with." Note: This was from an interview with Dr. Agronin on The NLP View Radio Show (UNITING)

10. "Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives" by Daniel J. Levitin
"Don't retire. Don't stop being engaged with meaningful work. Look forward. Don't look back. (Reminiscing doesn't promote good health.) Exercise. Get your heart rate going, preferably in nature. Embrace a moderated lifestyle with healthy practices. Keep your social circle exciting and new. Spend time with people younger than you. See your doctor regularly, but not obsessively. Don't think of yourself as old (other than taking prudent precautions). Appreciate your cognitive strengths—pattern recognition, crystallized intelligence, wisdom, accumulated knowledge. Promote cognitive health through experiential learning: traveling, spending time with grandchildren and immersing yourself in new activities and situations. DO NEW THINGS." (S.U.N.S.: SMILE-MAKING/UNITING/NEIGHBORING/SPELLBINDING)

THE S.U.N.S. JOYFUL AGING LIBRARY would have a major focus on books/media/programming which support physical health and psychological (mental/emotional) health. Since this is a public library with some government funding, it would not specifically trumpet any one religion but it could, and I think should, include explorations of aging as a "spiritual journey." As "The Gerontologist of Joy," a book I've referenced and shared is "The Five Stages of the Soul" by Dr. Harry Moody with David Carroll. Dr. Moody is the highly respected and influential co-founder of the Brookdale Center on Aging. He identifies the "five stages of the soul" as: The Call, The Search, The Struggle, The Breakthrough and The Return.

Books for and about the senior market are booming like the 50+ demographic itself. I also want to recommend: "Keep Sharp: Build a Better Brain at Any Age" by Sanjay Gupta, and "Aging Thoughtfully: Conversations About Retirement, Romance, Wrinkles and Regret" by Martha C. Nussbaum and Saul Levmore.

THE S.U.N.S. JOYFUL AGING LIBRARY may soon have more inspiring models. Public library visionary planners are focusing more resources on providing better patron service for the booming numbers of 50+ Americans. I look forward to supporting initiatives to create dynamic library services for seniors across the country.

LIBRARY ODES FROM OTHERS

"A library in the middle of a community is a cross between an emergency exit, a life raft and a festival. They are cathedrals of the mind; hospitals of the soul; theme parks of the imagination."—Caitlin Moran

"I have always imagined that Paradise will be a kind of library."—Jorge Luis Borges

"The very existence of libraries affords the best evidence that we may yet have hope for the future of man."—T.S. Eliot

"The only thing that you absolutely have to know is the location of the library."—Albert Einstein

"The public library is where place and possibility meet."—Stuart Dybek

LIBRARY LAFFS

In breaking news, there has been a devastating fire in Russia's presidential library. Both books were destroyed and it's even worse because Vladdy Putin had only finished coloring one of them!

A man walks into a library and asks the librarian for books about paranoia. The librarian whispers, "They're right behind you!"

A Mississippi man walks into a library and orders a hamburger. The librarian says, "Sir, this is a library." The bubba apologizes and whispers, "I'd like a hamburger, please."

A patron goes to the information desk at the public library and says, "Do you have any books on turtles?" The librarian answers, "Hardback?" The patron responds, "Yeah, and with little heads that go in and out."

JOY-GIVERS CELEBRATING A BIRTHDAY THIS WEEK

May 21—Fats Waller

May 22—M. Scott Peck

May 23—Ken Jennings

May 24—Bob Dylan

May 25—Octavia Spencer

May 26—John Wayne

May 27—James Butler "Wild Bill" Hickok

SUNFLOWER SEED HUMMUS—KANSAS
Each week, JOY AND GERONTOLOGY shares a recipe saluting a healthy food produced in America. The delicious and nutritious collection is called "The S.U.N.S. Longevity Cookbook" and highlights vitamin B-3 (niacin) which many gerontologists believe holds the promise for a long, healthy, joyful life.

INGREDIENTS
- 1 ½ cups raw sunflower seeds
- 1/3 cup lemon juice
- ¼ cup water
- 3 tablespoons tamari
- 3 tablespoons raw tahini
- ½ garlic clove

INSTRUCTIONS
Dump all in a food processor and blend until smooth. Serve with raw vegetables as a dip.

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

453. The New York City Public Library lions, Patience and Fortitude.

454. Alan, the longtime bartender/counselor at The Tutwiler Hotel (Birmingham).

455. Listen for angels and the not-so-angelic in the lobby of The Algonquin Hotel.

456. Pouring Campari in a friend's potted palm to get something better.

457. Wrigley Field and a Chicago White Sox game with my sports-fan son.

458. Killing a wild duck with a rented vehicle and feeling like a game hunter.

459. Picking blackberries in a tin pail.

460. Frozen berries.

461. Sugarbabies, my friends' 50+ tap-dancing troupe.

462. John Denver "LIVE."

463. "I need a vacation like nobody's business."

464. "There's No Business Like Show Business" sung by Kristi Tingle-Higginbotham.

465. Steak au poivre.

466. My proper mother vamping "That Old Black Magic."

467. The sherbet-colored art of Ida Kohlmeyer.

468. Fresca.

469. Tab Cola, with one, "crazy calorie."

470. Dieting with Slim Fast eggnog after the holiday feasting.

471. Watching Captain Kangaroo and no having much to do.

472. "Beanie and Cecil," a Bob Clampett cartooooooooon.

473. Sitting up with the dying who had a good, long life.

474. The first, cool day each fall when I put on my dad's cardigan.

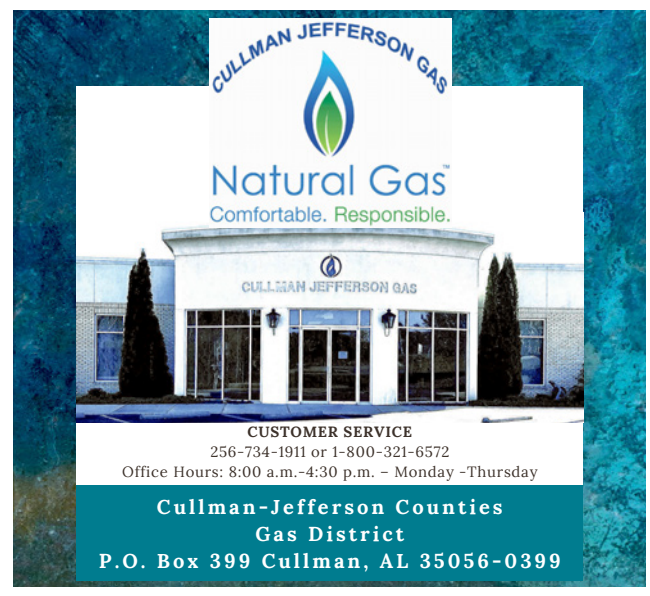
475. Being a card-carrying library goer at every age.

SHHHH...HAPPY NEW WEEK OF JOY AT YOUR LIBRARY!

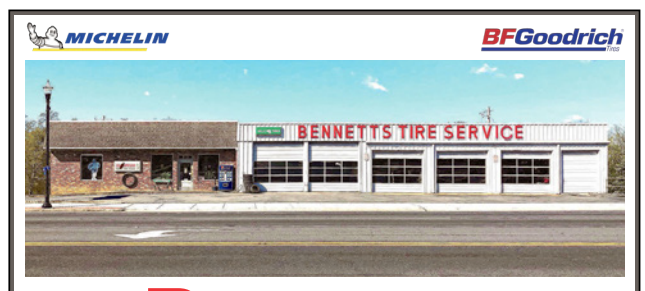
















EDUCATION

Kursten Putman becomes first female student to achieved Solid Edge Certification at CATA

Sara Gladney
sara@cullmantribune.com

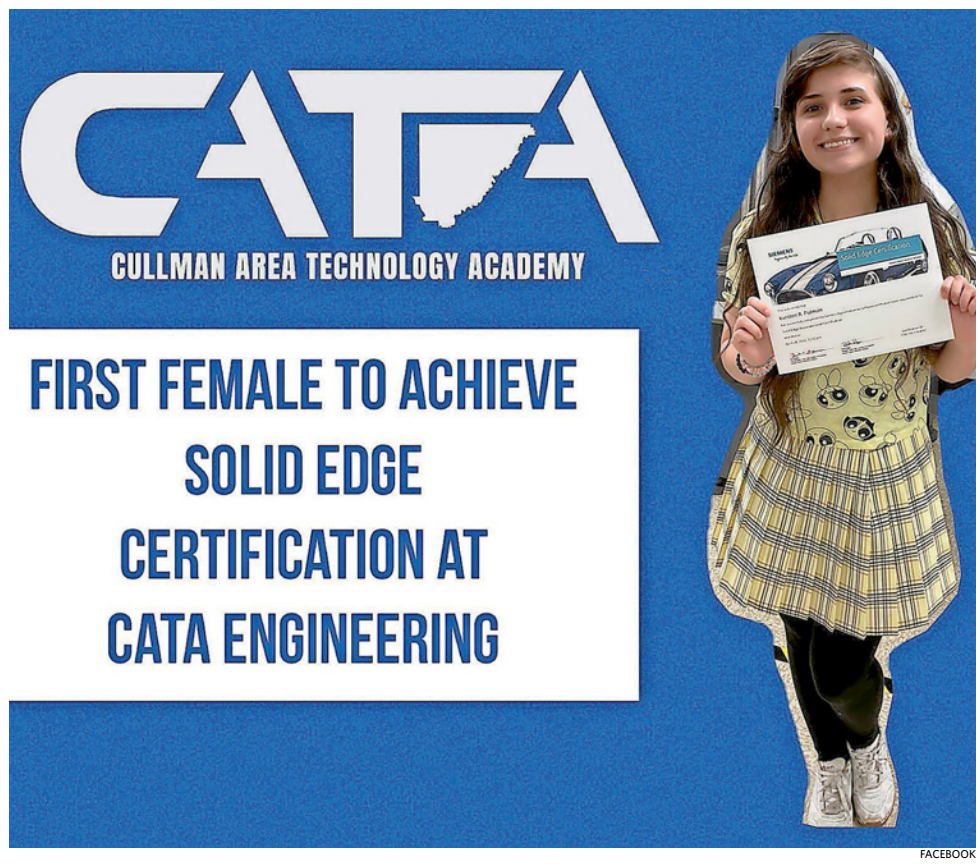
CULLMAN, Ala. — Cullman Area Technology Academy student and Holly Pond sophomore Kursten Putman is the first ever female student to pass the Siemens Solid Edge Association Level Certification Exam offered in the CATA engineering technology program. Solid Edge is an industry recognized exam that tests the skills and knowledge of students who use Solid Edge Software. Solid Edge provides a complete portfolio of product development tools for mechanical and electrical design, simulation, manufacturing, technical publications, data management and more.

The Associate Level Certification exam tests basic knowledge of the Solid Edge user interface, sketching tools and techniques, part modeling, assembly and drawing creation. A basic understanding of each environment and respective commands and features is needed to pass the exam.

Engineering instructor Mike Gay said, "She is one out of only about half a dozen that has qualified to take the exam and she is the only one that has taken the exam and passed it." Students qualify for the exam by maintaining a B average in the exercises leading up to the exam.

Over a 10-year period, Gay estimated that 35 students at CATA have received their Solid Edge certification in the program. He has had some students with this certification get a job straight out of high school, "but it also is a part of an engineering degree, so this will be something that she can do in lieu of a couple classes that she would take in an engineering school and its also something she can put on her resume."

Not only does Putman receive recognition for being the first female student at CATA to pass the exam, but she has also earned the right to use the official Solid Edge certified professional badge in marketing her Solid Edge skills.



FACEBOOK

Obituary Announcements: May 19-20

Michael Wayne Turner, 57, of Vinemont
No services are planned at this time for Michael Wayne Turner, 57, of Vinemont. Cullman Funeral Home is honored to serve the Turner family. Michael passed away Thursday, May 19, in Marshall County. He was born Sept. 24, 1964, to Dillard Turner and Susan Moon Turner Hicks. He loved being outside and he was a very patient and kind hearted person. He was preceded in death by his grandparents: Lowell and Vivian Turner, and Frank and Kristel Moon. Survivors include his mother: Susan Hicks; father: Dillard Turner; wife: Laurie Turner; sons: Christopher Turner and Garrett Turner; daughters: Vada Turner and Britney Deal; brother: Rodney (Monica) Turner; sister: Sandy (Russell) Hampton; granddaughter: Hermionie and a host of aunts, uncles, cousins and friends.

Robert Wayne Blake, 72, of Cullman
Memorial service is incomplete at this time and will be announced at a later date for Robert Wayne Blake, 72, of Cullman. Cullman Funeral Home is honored to serve the Blake family. Mr. Blake passed away May 19, at his residence. He was born Dec. 19, 1949, to Robert and Evelyn Champion Blake. He was a decorated veteran that proudly served his country in the United States Army. He was a devoted husband and father. He was preceded in death by his parents and a son: Daniel Blake. Survivors include his wife: Vicky Gunter Blake; sons: Matthew (Andrea) Blake, David Blake and Phillip Glover; daughters: Rusanne Baggett, Lindsey Glover and Matthew Glover; grandchildren: Lauren, Kaylan, Kohen, Landen and Gavin and a host of family and friends.

Minnie Beth Breakey, 69, of Falkville
Memorial service is incomplete at this time for Minnie Beth Breakey, 69, of Falkville. Cullman Funeral Home is honored to serve the Breakey family. Mrs. Breakey passed away Friday, May 20, at her residence. She was born Oct. 31, 1952, to Homer and Margaret Hauge. She was preceded in death by her parents. Survivors include her husband: Jimmy Bennefield; son: Ira Breakey; daughter: Esther Keeney; brothers: Larry Hauge and Martin (Karen) Hauge; stepbrothers: Johnny Bennefield and Ronnie (Sonya) Bennefield; stepsister: Sherry Haynes; grandchildren: Sierra Breakey and Zander Breakey; step-grandchildren: Brittany Kearley, Gary Haynes, Kayla Bennefield, Cortney Bennefield, Mahala Bennefield and Trentin Bennefield and a host of family and friends.

Jerry Lee Norman, 73, of Vinemont
Funeral service for Jerry Lee Norman, age 73, of Vinemont, will be at 2 p.m. on Sunday, May 22, at Cullman Heritage Funeral Home with David Estes and Doug Pitts officiating, with interment in Crossroads Cemetery. Visitation will be from 6-8 p.m. on Saturday, May 21, at Cullman Heritage Funeral Home. Cullman Heritage Funeral Home is in charge of arrangements. Mr. Norman passed away Wednesday, May 18, at his residence. He was born Aug. 17, 1948, in Cullman, Alabama, to John Travis and Martha Norman. He was preceded in death by his parents and brother: Charles Norman. Survivors include his wife: Charlotte Norman; son: Chris (Angela) Norman; grandson: Greyden Norman; sister-in-law: Shirley Norman; nephews: Steve Norman and Mark Norman and a host of great-nieces, great-nephews, family and friends.

Loreen Bice, 94, of Clincho, Virginia, formerlyofHanceville
Loreen Bice, age 94, of Clincho, Virginia formerly of Hanceville, passed away Sunday, May 15. She was born in Cullman, Alabama on July 26, 1927. Mrs. Bice is survived by her children: Martha Kay Mondrage, Loretta Fay Sykes, Wilford "Bo" Bice and Ed Monroe Bice; nine grandchildren; 12 great-grandchildren and two great-great-grandchildren.Funeral services will be held Sunday, May 22, at 3 p.m. from Duck River Baptist Church with Reverend Dudley Harris officiating. Burial will follow in the Duck River Cemetery.

Wayne Miles, 88, of Eldridge, Alabama
Wayne Miles, age 88, of Eldridge, Alabama, passed away Thursday, May 19, at his residence. He was born Nov. 11, 1933, in Eldridge, Alabama. Wayne owned his own auto/body shop and was known to be a great repair technician. He loved to hunt and fish, but in later years, cared more about just feeding and taking care of all deer and creatures. He loved long hikes to exercise, and to work on his little cabin in the woods. Wayne also loved Civil War history and family history. A visitation will be held Monday, May 23, from noon - 1 p.m. at Nichols Funeral Home in Haleyville, where the service will be held at 1 p.m. Burial will follow in Concord Cemetery in Lynn. Brother Jeff Chaffin will officiate. Wayne is survived by his daughters: Sandra Miles (Kenny) Franks, Lisa Miles (Jeff) Chaffin and Janet Miles (Marty) Lindsey; grandchildren: Kerry Early, Andy Franks, Macie and Mackenzie Chaffin and Hunter and Sydney Lindsey; sister: Shirley Morten a host of nieces and nephews. He was preceded in death by his parents: David Woodruff and Annie Belle Miles; brothers: Willie Miles, Bud Miles and Bill Miles and sisters: Estelle Barn, Linnie Bea Cagle, Jean Tucker and Betty Gail Braddy.

Nicholas James Dewayne Frazier, 37, of Phil Campbell
Nicholas James Dewayne Frazier, age 37, of Phil Campbell, Alabama, passed away Tuesday, May 17, at Helen Keller Hospital. Nicholas was born Oct. 11, 1984, in Trenton, Michigan. No services will be held at this time. Nicholas is survived by his mother: Kimberlin Frazier; father: Rick Lilly; sister: Magon Lilly; brother: Anthony Fragale; stepmother: Suzanne Fragale; nephew: Lennox Fragale and a host of aunts, uncles, nieces and nephews. He was preceded in death by his grandmother: Margarie Frazier; uncles: Gary, Larry, Jimmy and Rich and aunts: Sherry and Sheila.

Dorothy Ellen Thomas, 87, of Cullman
Funeral services for Dorothy Ellen Thomas of Cullman, Alabama were 10 a.m. Friday, May 20, at Sacred Heart Catholic Church. Father Patrick Egan officiated. Visitation was at Hanceville Funeral Home on Thursday from 6:30-7:30 p.m. Mrs. Thomas was born June 9, 1934, in Cullman to Claude and Mary Hoehn Schlosser. She passed at the age of 87 on May 17. Survivors include her husband: John B. Thomas; four children and a host of grandchildren, great-grandchildren and special friends.

Jerry H. Sullins, 70, of Cullman
Jerry H. Sullins, of Cullman, Alabama, passed away Tuesday, May 17. He was 70 years old. Mr. Sullins was born Dec. 4, 1951, in Cullman County, to David and Margaret Culwell Sullins. Mr. Sullins was a member of Oak Level Baptist Church. He was a carpenter by trade and was a very hard worker. Jerry was a giving man with a big heart. He loved his family and he enjoyed caring and providing for them. Mr. Sullins will be missed greatly by his family and friends. Jerry is preceded in death by his parents; brothers: Pete Sullins and Willie Sullins; sister: Patricia Sullins and a grandson: Zac Sullins. Mr. Sullins is survived by his wife: Polly Sullins; son: Derrick Lovell (Dianna); daughter: Delisa Sullins (Renita Cook); brothers: Larry Sullins and Jack Sullins (Louise); sister: Carolyn Jones; grandchildren: Gail Huggins (Will), Kristina Fletcher, Brett Lovell, Joshua Lovell and Amber Calvert; great-grandchildren: Alyssa Huggins, Amaya Heflin, Makayla Heflin and Carter Huggins (Liam); great-great-grandson: Kayden; mother-in-law: Muriel Helton and brother-in-law: Bruce Helton. Funeral services for Mr. Sullins are noon, Saturday, May 21, in the Holly Pond Funeral Home Chapel, with Etsel Riddle officiating. Burial will follow in Holly Pond Cemetery. Friends are invited to visit with the family on Saturday morning from 10 a.m., until services begin at noon. Holly Pond Funeral Home is honored to serve the Sullins family.

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BILLY BOB'S STORIES AND STUFF

Music on the mountain

Bill King
Tribune
Contributor



The Music in the Park event, hosted by ICRadio, happened this past weekend. The event is held on Sand Mountain, in the town of Geraldine, Alabama. Mayor Chuck Ables welcomed us as we began a couple of hours of music and a few tall tales. The lineup included the gospel trio Point of Honor, gospel singer Ricker Luster, and yours truly as Bro Bill Bob. We also heard from several candidates who are running for various offices. I always enjoy returning to that part of our great state since that is where I grew up. As I drove away, I wondered how much music has flowed from that mountain and its surrounding area over the years. Both Sand Mountain and Lookout Mountain stretch down into the northeast part of Alabama. Both are the southern end of the Appalachian Range. Appalachia is known for several things, but one the best is music. I've often been asked, "Does everyone up there play an instrument and sing?" Obviously, not everyone does, but there are many who do. Many have even become quite good and even famous for it.

You may have never heard of the late Pat Upton, but you probably know his signature song. He was born and grew up right there in Geraldine. He was the lead singer of the band Spiral Starecase.

He wrote a song they recorded, and it rose to #12 on the Billboard Chart in 1969. The song was "I Love You More Today Than Yesterday." Some unnamed comedian once quipped, "I love you more today than yesterday... because I was mad as rip at you yesterday!" Nonetheless, I bet you are singing that song right now.

The late Vestal Goodman, was born and grew up a few miles north of Geraldine, in Fyffe. She was a founding member of the Southern-Gospel group known as The Happy Goodman Family. For more than 50 years, she sang all across the nation. In 1969, she won the first-ever Female Vocalist of the Year at the Dove Awards.

The Goodmans won numerous Grammy and Dove awards over the years, and recorded 15 number-1 songs. She was a regular on the Bill Gaither Homecoming programs.

She was known for her trademark handkerchief that she usually held in her hand while she sang. She is a member of the Gospel Music Hall of Fame and has been named "The Queen of Southern Gospel Music."

From a little further up Sand Mountain, came a couple of brothers named Ira and Charlie Louvin. They were a musical duo, from Henagar, known as The Louvin Brothers.

They performed country, bluegrass, and gospel music. In the 50s and early 60s, they had numerous hit songs and were regulars on The Grand Ole Opry.

The brothers are members of The Country Music Hall of Fame. Rolling Stone ranked them #4 on its list of the Greatest Duos of All Time.

Three other well-known musicians/singers from the area, were from Fort Payne, in the valley below Sand Mountain.

No doubt, the best known of all the musicians from the area. The band Alabama was made up of cousins Randy Owen, Teddy Gentry, and Jeff Cook. As a teenager, I used to see them live when they were called Wild Country. In the 1980s, they had 27 #1 hits and 7 multi-platinum albums. I won't try to name all their awards, but there were over 200 of them, included Entertainer of the Year numerous times.

I am proud to say I am from Sand Mountain and that I write, sing, and play music. I am not the best, but I do come from some of the best.

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

HISTORY

Files from Yesteryear: 1932, 1952

From the Files of 1932

Mr. and Mrs. Alvin Wachter announce the birth of a daughter on April 27, whom they have named Dorothy Clair.

Mr. and Mrs. Herbert Wallace entertained at a dinner party Tuesday honoring Mr. and Mrs. Joe Gibson.

Mr. and Mrs. L.A. Bailey and Mr. and Mrs. John Walton left Saturday for Tallapoosa, Georgia, where they attended the funeral of Mart Walton.

Olen Blevins is visiting Mr. and Mrs. Edward Cook in Hopkinsville, Kentucky.

Mrs. E.M. Wallace is very ill at her home.

Mr. and Mrs. Alonzo Bailey and Mrs. Cinda Miller spent the weekend in Tennessee.

Mrs. John Mangum remains ill.

Mrs. E. Hauk entertained a group of friends Tuesday in celebration of her birthday.

Monroe Ray is recovering following a painful leg injury last week.

A fishing party on Ryan's Creek ended in tragedy Monday, when a group of Crane Hill young people were wading. Mantie Phillips, daughter of Mr. and Mrs. M.J. Phillips stepped into deep water and drowned.

Mrs. Herman J. Stewart is recovering from an appendectomy which she underwent on Friday.

Marguerite Cook and Verna Wilhite will be in the graduating class at Florence State Teachers College the last of May.

Mrs. Guy Marlow was hostess to members of the Hanceville Culture Club on Thursday.

From the Files of 1952

Felix Murrell, assistant principal at Cullman High School has been appointed to the principalship at West Elementary.

George Hamrick, son of Mr. and Mrs. Lee Hamrick is graduating form the Signal Corps Officers Candidate School at Fort Monmouth, New Jersey. His mother and sister, Mrs. J.C. Powell will go to the graduation.

Lowell Vann, son of Mr. and Mrs. S.K. Vann will attend Boys State, representing Cullman High School.

On Sunday, May 4 decoration services will be held at Welti.

The Symphony Club will sponsor a special musical presentation on May 7 at First Baptist featuring Doctor and Mrs. Steve Kimbrough, Mr. and Mrs. Spencer Speegle, Watson Carter, Charles Edward Young and Mesdames Jack Vogel, F.E. St. John, Senior, Houston Lovelace, Allen V. Hyatt, Henry F. Arnold and Forney Fuller.

POET'S CORNER

Field Day | By: Randy C. Hale

It will stay in the minds of children
for decades to come.
Sunny days in May called Field Day.
Their teachers cheering them on,
the excitement of competition.

The team events stand out the most,
working together, class relays,
sprints, the tug of war events.
The speed and strength,
the glow of hope.

Parents watching from the stands, pictures taken, clapping fans.
Every child's a part, first or second,
third or last, they all our winners
in our hearts.

And when the remarkable day is over
they come away with more than
ribbons, or trophies.
Taking with them are the magic
memories shared.



RANDY C. HALE

Grandsons Jace and Jackson and daughter Erica Self

CULLMAN TRIBUNE WORD SEARCH

MAY 21

X	A	D	D	R	E	S	S	T	B	A	C	K	U	P	Y	A	S	R
N	Y	H	E	U	R	I	S	T	I	C	C	N	O	D	E	B	K	C
W	I	N	D	O	W	E	R	S	C	A	N	N	E	R	R	C	S	U
J	X	V	I	H	U	D	P	E	R	L	Z	T	E	R	A	I	F	D
P	O	J	C	G	O	H	T	T	P	R	D	P	E	T	R	W	W	W
I	G	B	A	H	U	C	U	R	S	O	R	D	S	C	R	O	L	L
C	N	H	T	N	K	E	D	I	S	K	L	Z	A	P	W	A	P	F
O	L	E	E	A	V	W	O	R	D	O	E	D	I	T	O	R	W	T
N	M	M	D	P	O	R	T	A	F	O	R	T	R	A	N	O	U	P
P	L	A	F	A	R	I	D	S	S	S	P	I	X	E	L	D	L	N
D	P	I	I	C	O	O	N	C	Q	C	C	E	M	S	K	R	Q	C
I	A	L	L	H	B	D	M	H	P	L	I	R	R	E	B	I	U	L
A	N	B	E	E	J	B	H	J	A	V	S	I	E	A	I	V	E	A
L	E	H	S	X	E	B	B	A	S	I	C	S	I	E	T	E	U	S
O	L	U	E	D	C	B	O	V	C	R	A	S	H	L	N	I	E	S
G	V	N	R	A	T	D	S	A	A	O	B	I	Z	C	I	K	O	A
B	Q	I	V	L	D	P	R	G	L	B	B	Y	M	O	U	S	E	N
O	D	X	E	K	B	P	R	O	M	P	T	O	T	D	M	I	P	S
X	S	E	R	I	A	L	H	T	M	L	K	U	L	E	A	W	T	I

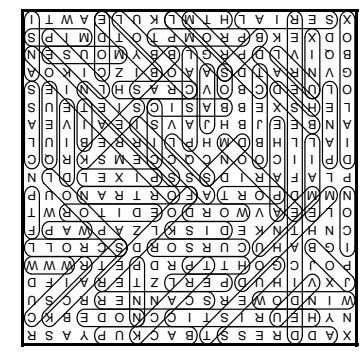
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Byte
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CISC
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Code
Crash
Cursor
Dedicated
file server
Dialog box
Disk
DNS
Drive
Editor
E-mail
EPROM
Folder
Fortran
FTP
Guest
Head
Heuristic
HTML
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Object
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OS
Panel
Pascal
Perl
Pixel
Port
Prompt
Queue
RISC
Scanner
Screen
Scroll
Seek
Serial
SGML
Spool
SQL
Stack
Track
UNIX
URL
VDU
WAP
Window
Word
WWW

CULLMAN TRIBUNE SUDOKU

MAY 21

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

ANSWERS:



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

Crash (from Front)

Staff Reports
Contributor

DODGE CITY, Ala. — A two-vehicle crash at approximately 6:10 a.m. on Friday, May 20, has claimed the life of a Remlap man.

Dustin Chase Nix, 20, was fatally injured when the 2015 Harley Davidson motorcycle he was operating crossed the center line and collided head-on with a 2020 Toyota Corolla driven by Joselin F. Pulliam, 24, of Bremen.

Nix was pronounced deceased at the scene.

Pulliam was not injured.

The crash occurred on Alabama 91 near the six-mile marker, approximately 14 miles south of Dodge City.

Nothing further is available as Troopers with the Alabama Law Enforcement Agency's Highway Patrol Division continue to investigate.

Month (from Front)

Annette King spoke to the prevalence of mental illness and the danger surrounding its stigma.

"Mental illness affects everyone. I cannot underestimate the need for everyone to be aware of the damage that can occur in untreated mental illness. The stigma around mental health gravely hinders those who suffer from mental illness. People fear the diagnosis, that the label of such behavior will somehow mark them as supposedly broken or crazy."

She continued, "Diagnosis is simply a way of collapsing the behaviors and/or thought patterns into one category. If you have runny eyes, a stopped-up nose, sneezing and coughing, we can say you have a cold. It's that simple and nothing more. We now have a name and a treatment modality for a condition that is not your fault. It is the obsessive way that we try to cover up 'quirks' that lead to very ineffective ways of dealing with our world."

Despite the millions of Americans with mental illness, only 46% of adults and 50% of youth receive treatment. Astonishingly, the average time from the onset of symptoms until the seeking of treatment is over 10 years. During that lapse, profound damage can be done to the sufferer's mind and body.

Those with depression see a 40% higher than average risk of cardiovascular and metabolic diseases. High schoolers with significant depression are twice as likely to leave school and younger students are three times more likely to repeat a grade than their counterparts.

King shares, "We know that long-term, untreated depression can cause significant brain damage. It can leave the brain inhibiting the production and release of serotonin and dopamine. With proper treatment, we can start to reverse the damage to the brain.

"People from all walks of life are affected by mental illness. Often it starts with someone seeking help for a child that is struggling at school. When the children are brought to therapy, the parent often identifies with the behavior patterns discussed by the therapist. This hopefully leads to family therapy."

Looking at the nature versus nurture origins of mental illness, King says, "Mental illness impacts families significantly. Where there is the presence of mental illness in a family, every member can be affected. Often, the person with a diagnosable illness has learned ineffective patterns of behavior from someone else in the family. There is also the genetic link of some mental health disorders. Neither of these factors are the fault of the individual diagnosed with a mental illness."

The economic impact of mental health is also of note. Mental illness sufferers have a higher unemployment rate than the general population.

"Untreated mental illness effects our economy by the loss of the ability to work effectively causing many to seek disability coverage. It causes a decrease an individual's ability to function in their work settings. It decreases the effectiveness of family members in their work settings by making their days unpredictable and often interrupted by the actions and behaviors of the individual with mental illness," King explained.

Luckily, treatment is available to those of all ages with mental illness.

Medication can manage symptoms with or without psychotherapy where coping skills and emotion regulation are taught.

Cognitive Behavioral Therapy is a common treatment modality used by mental health professionals.

Speaking of CBT's benefits, King says, "In CBT, mental health professionals seek to uncover destructive thought patterns that lead to ineffective and negative behaviors. These behaviors perpetuate the dysregulation of interpersonal patterns in the workplace, in the family, in friendships or at school.

"As therapy progresses, clients learn new sets of behaviors that can significantly change the relational patterns that could have been present for generations. Basically, CBT teaches clients to organize their thoughts and truths and to understand their actions and the actions of others. Hopefully this leads to a change in behavior.

"Most sufferers believe that theirs is a unique experience. With an open dialogue, we start to see mental illness as somewhat ordinary, no different than the common cold."

If you or someone you know is in a mental health crisis, please call 1-800-273-8255 (TALK).

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