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Shop local on Small Business Saturday

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — Saturday, Nov. 26, marks the return of the annual Small Business Saturday in Cullman and nationwide. Created in the midst of a recession in 2010, Small Business Saturday encourages holiday shoppers to support local brick and mortar businesses with their patronage and Christmas shopping, typically on the last Saturday of each November.

Many locally owned shops are still recovering from the lost revenue as a result of the COVID-19 pandemic and ensuing shutdowns.

Small Business Saturday provides an opportunity for the community's businessmen and women to recover a portion of that lost income.

Shoppers in » PAGE 2


AMY LEONARD/THE CULLMAN TRIBUNE

Cullman shoppers support locally owned businesses during their holiday shopping.

Cullman celebrates Christmas with lighting of pyramid


AMY LEONARD/THE CULLMAN TRIBUNE

Cullman Christmas lovers came out Friday evening to watch the lighting of Cullman's Christmas pyramid. Lou Johnson, a decedent of Col. John G. Cullmann, joined the community in singing "Silent Night" by candlelight before the lighting.

Hanceville man hit by train, succumbs to injuries

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Good Hope's McKenney named Miss Cahaba Valley's Outstanding Teen


AMANDA MCKENNEY

Maddie McKenney » PAGE 9

Alabama 1st state to include peer support training in fire recruit curriculum


CULLMAN TRIBUNE FILE PHOTO

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'You'll receive more blessings than you can imagine'

AFAPA president discusses need for foster, adoptive parents » PAGE 2

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Man (from Front)

Amy Leonard
amy@cullmantribune.com

GARDEN CITY, Ala. — A Hanceville man was hit and killed by a train at approximately 11:45 a.m. Friday, Nov. 25, on the Mulberry Fork Black Warrior River Bridge in Garden City.

Cullman County Coroner Jeremy Kilpatrick identified the victim as Tommy Amaro, 35.

Kilpatrick said Amaro was pronounced dead at the scene. No further details are available.

Local (from Front)

Cullman will see discounts and savings at many locally owned retailers including several in the Warehouse District.

Leldon Maxcy, proprietor of the specialty gift shop Leldon's, announced a 15% discount off all items storewide on Saturday for patrons who mention the discount code "The Cullman Tribune."

Curriculum (from Front)

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — Alabama has become the first state in the nation to add peer support training to its curriculum for new fire school recruits, thanks to funding from the Alabama Department of Mental Health and support from the Professional Fire Fighters of Alabama (PFFA).

According to reports, 37% of firemen and women have battled post-traumatic stress disorder (PTSD) and firefighters are three times more likely to die on the job than those in other careers. Tragically, one firefighter loses his or her life to suicide every two days.

The statewide peer support program will be a valuable keystone in aiding fire personnel in need according to International Association of Fire Fighters General President Edward Kelly.

"Adding behavioral health and peer support counseling training into the recruit curriculum is groundbreaking work," he said. "Firefighters in Alabama will be trained to not only recognize the signs and symptoms that someone needs behavioral health assistance, but they will also be equipped to counsel someone who is in crisis. Congratulations to the PFFA, its members, the Alabama Department of Mental Health and the Alabama Fire College making this possible."

So far, over 120 PFFA members have received training in the peer support program and all new fire fighters will undergo the training which will help meet the need of qualified personnel in mental and behavioral health in the field.

PFFA President Dave Harer shared, "We are pleased that the (Alabama) Department of Mental Health and the fire college are working with us to meet this critical need.

"With more trained peer support counselors, the Alabama First Responder Peer Support Program will be better able to provide behavioral health assistance, including help with substance abuse, critical intervention and referrals."

The Alabama Fire Responder Peer Support website explains that, as those answering calls are also fire personnel, they are especially empathetic and understanding to their peers' struggles in the day-to-day life of a fire responder. While they are not counselors, they have received specialized training to help their peers in need and have fought many of the same battles.

Their website offers the following information.

Silent signs of first responder stress:

- Fatigue
- Sleep disorder
- Irritability
- Alcohol and/or prescription drug abuse
- Physical ailments
- Late for work regularly
- Feeling pessimistic, hopeless or depressed
- Physical/emotional pain
- Suicidal thoughts (call immediately)
- Inaction on the job, anger, secretly crying, bitterness

Tips for self-care:

- Eat healthier and drink more water
- Drink less caffeine/alcohol
- Get an annual physical exam
- Exercise daily
- Get some rest
- Talk with someone you trust

More information for firefighters can be found at www.afrps.com. The 24/7 crisis hotline is 844-525-3473 (FIRE).

Vinemont (from Front)

Sara Gladney
sara@cullmantribune.com

VINEMONT, Ala. — Vinemont's inaugural Christmas in the Park will be Saturday, Dec. 3, from 4-6 p.m. at the South Vinemont Trail and Art Park.

The community is welcome to attend the lighting of an 18-foot Christmas tree and to visit with Santa Claus. Kids will have plenty of festive activities to enjoy. The Vinemont Community Center will be open for kids to make Christmas ornaments. Hot chocolate and cookies will also be provided.

The town's first Christmas in the Park will showcase the developments made to the new Art Park situated behind the community center. Plans for the park began in July, when councilmembers Chris Thompson and Sonya Copeland brought up their ideas about beautifying and adding improvements to the park. The old playground equipment was replaced earlier this year. Metal animal statues, manufactured by Vinemont Welding and Fabrication, decorate the park, painted by artist Jack Tupper to match the jungle scene mural painted on the back wall of the pavilion.

Thompson has been working the past few weeks completing the landscaping around the featured decorative animals. A beach-style volleyball court was recently added, along with a basketball goal for guests to try out before a full court is added.

"We wanted to build a unique park that we thought kids and adults would love. We were inspired by Cullman's Art Park, so we got local artist Jack Tupper to meet us there, and our ideas started coming out! We wanted a jungle theme and we wanted lots of art to look at and to take pictures with. I think all who visit will enjoy and bring their kids back to visit again," said Thompson. "We are not finished yet. There will be more surprises in the near future."

Thompson said he hopes the Town will start hosting events a couple times a year to utilize the revitalized location.

The Town is excited to invite the entire community to gather and enjoy the festivities Dec. 3. The Art Park is located at 88 Ridgeway St., Cullman, AL 35058.

AFAPA (from Front)

Sara Gladney
sara@cullmantribune.com

CULLMAN, Ala. — The Alabama Foster and Adoptive Parent Association (AFAPA) has been working to gain members this past month in recognition of National Child Adoption Month. According to the Alabama Department of Human Resources (DHR), there are over 220 children available for adoption and over 6,000 in foster care in Alabama.

AFAPA provides training, information and donations to prospective and current parents. It supports adoptive, foster and kinship parents.

AFAPA President and Cullman resident William "Buddy" Hooper spoke with The Tribune to challenge some misconceptions surrounding adoption and foster care.

Hooper has been involved in assisting parents and children through AFAPA for 23 years. He joined the board in 1999 and was elected president in 2005. He has six children, two he adopted. He and wife Martha were foster parents for 11 years until their first adoption in 2000.

Hooper said, "You almost have to talk to people one on one to explain things to them because the biggest reason that I hear for not fostering is 'I would get too attached,' and I have to tell them, 'Well that's what we want you to do. We want you to take these kids in, love them and treat them just like your own.' At the same time, you have to work for family reunification if possible. That's the hard part for some foster parents."

Out of the 6,000 children in foster care, some only need foster care for a matter of days. Others need foster care until they are reunited with their biological family, or a plan is made for them to be adopted. Many are placed in foster care due to parent neglect or abuse.

Hooper said mostly teenagers are in foster care and up for adoption now.

"The teenagers need families just the same as anybody else, more so, in some cases. There seems to be a lot of people willing to take smaller children, infants on up, but once they get even 9 years old-the people who are willing to take in 9 years old or older, are fewer than the ones willing to take smaller children."

Some children remain in foster care until they age out at 18 or 19.

He said that a big misconception around adoption is the expense. "It costs very little to adopt through foster care." He said parents need to pay for a birth certificate and sometimes a part of the attorney fee but, "DHR pays for the attorney fees in most cases, if they're considered special needs, and any child adopted through DHR 5 years or older is considered special needs. Sibling groups of two of more are considered special needs. It's practically nothing to adopt through DHR."

When adopting from DHR, the department charges no fees for the adoption home study (which includes 30 hours of training) or for the placement of children. Expenses are generally limited to the costs of criminal history record checks and obtaining physical examinations of all household family members.

"Unless you can sit people down and talk to them one on one, it's hard for them to have that view of it, its almost like they can't believe it," said Hooper.

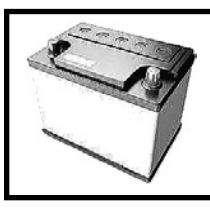
He fully recommends adoption or fostering to any who are capable. "From that adoption we did 21 years ago, we have some beautiful grandchildren. I don't know what our life would be without them."



WILLIAM HOOPER

Martha, William and Kassidy Hooper

Hooper is 73 years old and one of his adopted children is 13 years old. "I get to take her to ballgames and practice softball with her. God has blessed me with health to be able to do that. There are so many blessings in fostering. That's one thing that I would say to anyone. You'll receive more blessings than you can imagine."



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COMMUNITY CALENDAR

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

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) Mondays and Thursdays 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.
• 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 registration through Nov. 15 online only! Go to https://forms.gle/QmTtTVBUiTxTPZdZ9 or the Kids Loving Kids Facebook page and click on the registration form. NO late registrations can be accepted.
• Kids Loving Kids Birthday Blessings serves children ages 1-18 in need of assistance to celebrate their birthdays. 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.
• Sunday, Nov. 27 - 8-9 a.m. Prayer Group - Join Kevin and Pastor Bobby Sunday to pray for our church, nation and for those who need salvation and deliverance.
• Sunday, Nov. 27 - 9 a.m. Van runs in the 5 Points Area. Call 256-841-2060 for pickup. Breakfast 9:30 a.m. Bible study classes for children, youth and adults 10 a.m. Adult class. 11 a.m. message by Pastor Bobby Dodd.

Alcoholics Anonymous
Sundays, 3 p.m. at Cullman First Church of the Nazarene, 5415 Alabama Highway 157. CLOSED literature study. Handicap accessible.

TOPS (Take off Pounds Sensibly) Meetings
Fridays, 9:30-11 a.m., at Cullman Housing Authority Community Center (1545 Vine Circle SW, Cullman, AL 35055). The 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 p.m. Contact Jamie Weathersby Smith 256-708-7122 or Don or Nancy McKenzie 256-736-3327 or 256-736-3470 for more information.

Master's Hand Food Pantry at The Link
• 708 Ninth St. SE, Cullman, AL 35055
• Tuesday and Thursday 9 a.m.-3:30 p.m.
• Closed for lunch noon-1 p.m.

Monthly Weight Loss Support Group
• WHAT: Cullman Regional's Bariatric Center of Excellence is now offering a monthly support group for individuals who have had or who are considering weight loss surgery.
• WHEN: Dec. 22, 6-7 p.m.
• WHERE: Cullman Regional COE Conference Room – Professional Office Building 1, 1948 Alabama Highway 157
• WHY: The Bariatric Center of Excellence's support group provides a comfortable place to connect with people on the same weight loss journey. Bariatric team members will help facilitate a space where participants can share problems and solutions as well as encouragement to stay on the right path. For more information, call 256-735-5992.

20th Annual Sportsman Lake Park Winter Wonderland Christmas Light Display
Now through Dec. 30. Guests can drive through the magical display from 5-9 p.m. on open dates: Nov. 26-27, 30 and Dec. 1-4, 7-11, 14-23, 26-30. Admission is $10 cash per vehicle. Returning this year will also be the Christmas train, horse and carriage rides, snow machine, photo booth, hot chocolate and more. Senior Night is Dec. 1 from 5:30-8:30 p.m. Seniors 60 and older will be admitted free. A bag of candy will be given to the first 300 seniors. The last day for train rides is Dec. 23. The park will be closed Christmas Eve and Day. Dec. 26-30 will be drive-through only. Sportsman Lake Park is located at 1544 Sportsman Lake Road NW in Cullman. Find out more at www.facebook.com/SportsmanLakePark.

Colony Tree Lighting Ceremony
Sunday, Nov. 27 at 5 p.m. at Colony Town Hall. Cookies and hot cocoa will be served.

4th Annual Christmas at the Grotto
Come and experience the beauty of Br. Joseph's work at night surrounded by lights and music! We have expanded this unique holiday experience throughout the grounds and have added several dates, including more horse carriage rides! On Dec. 9,10,16,17,23 we will expand the event to include live musical performances, food trucks, kids' rides around St. Bernard's campus and horse-drawn wagon rides along a beautiful, decorated path in the woods! Refreshments will be available every night. Make your plans to visit now!

Dates:
• Nov. 26 – 5-9 p.m.
• Dec. 1,2,3 – 5-9 p.m.
• Dec. 9,10 – 5-9 p.m. (wagon rides)
• Dec. 11, 15 – 5-9 p.m.
• Dec. 16,17 – 5-9 p.m. (wagon rides)
• Dec. 19,20,21,22 – 5-9 p.m.
• Dec 23. – 5-9 p.m. (wagon rides)
• Dec 26. – 5-9 p.m.

Admission:
• Adults – $10
• Seniors – $8
• Military/Veterans/First responders – $7
• Teens (13-17) – $8
• Children (5-12) – $7
• Children younger than 4 – free
• Wagon rides on Dec. 9,10,16,17,23 – $10
• Kids' rides on Dec. 9,10,16,17,23 – $5

The Ave Maria Grotto is located at 1600 St. Bernard Dr. in Cullman.

Christmas in Cullman Christmas Parade and Tree Lighting
Friday, Dec. 2, from 6-10 p.m. The parade will begin in front of the Busy Bee Café and work its way north down First Avenue to Depot Park, where there will be entertainment and the tree will be lit.

33rd Annual Cullman County Christmas Parade
Saturday, Dec. 3, at noon. Begins at Wallace State Community College and ends at Hanceville Fire and Rescue, Station 1. This year's theme is "God's Gift of Salvation. ...Jesus!"

Cullman Community Band Christmas Concert
Monday, Dec. 5, at 7 p.m. in the Cullman High School auditorium. Free.

Cullman Women Sing Concert
Tuesday, Dec. 6, at 7 p.m. at Seventh Street Baptist Church in Cullman. The concert is free. We will be presenting Christmas music.

Cullman Regional Foundation's Dr. Herman C. Ensor Lights of Love Ceremony
Thursday, Dec. 8, at 6 p.m. at St. John's Christ Hall. This year's event is dedicated in honor of Dr. Peter Crisologo and in memory of Cullman Regional Hospice patients. Giving a gift of love for $20, $40, $60 or more places a light on the Christmas tree atop Cullman Regional as a tribute to someone special. The program will also include special Christmas music by area artists. Donations may be contributed throughout the entire holiday season, and gifts received by Monday, Dec. 5 will be included in the special ceremony. Donate online at www.cullmanregional.com/foundation/events or call the Foundation at 256-737-2565 for more information.

Senior Movie Day-"Miracle on 34th Street"
Friday, Dec. 9, from 10 a.m.-12:30 p.m. at Northbrook Baptist Church. Free popcorn, drinks, coffee and cookies. For seniors ages 55 and older.

Cullman Christkindlmarkt
• This German Christmas tradition will be one for the whole family to enjoy year after year. You will find hand-made gifts, activities for the kids, food and drink, and of course SANTA! Don't miss all the feels of Christmas at this year's Cullman Christkindlmarkt at the Festhalle downtown.
• Friday and Saturday, Dec. 9-10, 11 a.m.- 8 p.m.
• Sunday, Dec. 11, 1-5 p.m.

Huge, Gigantic, Very Big Book Sale
Saturday, Dec. 10, from 9 a.m.-1 p.m. at the Cullman County Public Library, 200 Clark St. NE. All items 50 cents each.

Good Hope Christmas Parade and Christmas in the Park
Saturday, Dec. 10. The parade begins at 2 p.m. at Good Hope High School and ends at Good Hope Municipal Park for Christmas in the Park from 3-5 p.m. with food, activities and Santa.

Inaugural Supper with Santa
Saturday, Dec. 10, from 5-6:15 p.m. at Frio's Gourmet Pops. Enjoy pancakes, patty sausage and a picture with Santa. A Christmas donation will be made to Curt's Closet. Limited tickets. Email cullman@friospops.com to RVSP.

COVID-19 BY THE NUMBERS

November 24, 2022 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 Thursdays)
• Positivity in tests in Alabama: 5.4%
• Confirmed cases in Alabama (2020): 387,822
• Confirmed cases in Alabama (2021): 538,459
• Confirmed cases in Alabama (2022): 618,469
• Total confirmed deaths in Alabama (2020): 7,189
• Total confirmed deaths in Alabama (2021): 9,558
• Total confirmed deaths in Alabama (2022) 3,876
• Positivity in tests in Cullman Co.: 3.9%
• 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) 13,423
• Deaths in Cullman Co. (2020): 128
• Deaths in Cullman Co. (2021): 188
• Deaths in Cullman Co. (2022): 69
• Total tested in Cullman Co. in the last 7 days: 457
• Total tested positive in Cullman Co. in the last 7 days: 18
• Total tested in Alabama in the last 7 days: 29,360
• Total positive tests in Alabama in the last 7 days: 1,584

Vaccine details (updated Thursdays)
• Doses delivered to Alabama: 10,910,595
• Doses delivered to Alabama providers: 5,467,565
• Doses administered: 6,622,099
• Additional doses administered: 977,648
• Number of people receiving one or more doses: 2,945,589
• Number of people who have completed vaccine series: 2,441,084
• Doses delivered to federal programs: 5,443,030

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

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THE CULLMAN TRIBUNE
NOVEMBER 26, 2022

PREP BASKETBALL

Bearcats win inaugural Mike Dean Turkey Shootout with 56-41 win over Springville



NICK GRIFFIN/THE CULLMAN TRIBUNE

The Cullman Bearcats defeated Springville 56-41 to win the inaugural Mike Dean Turkey Shootout at Bearcat Area Wednesday night.

Nick Griffin
nick@cullmantribune.com

CULLMAN, Ala. – After advancing with a 74-22 win over Moody Tuesday night, the Bearcats were back on the floor at Bearcat Arena to face Springville in Wednesday night's Mike Dean Turkey Shootout Championship Game. The 'Cats got off to a slow start in the first half but began to create some separation in the third quarter on their way to a 56-41 win.

A three-pointer by Sam Duskin and a basket from Nate Zills put Cullman in front 5-3 early in the opening period and Duskin converted an and-one play at the line to stretch the lead to 8-3. A quick bucket and a three from Jake Dorough made it a 13-5 game late in the first and the Bearcats went into the second leading 15-9.

Colton Echols and Dorough scored early in the second quarter to make it a 19-9 game and after the Tigers cut the lead to 19-12, Dorough laid another one in to keep the 'Cats in front 21-12.

Duskin scored inside and Garrison Sharpe drained a three with 10 seconds on the clock to make it a 26-16 game at the halftime break.

Cullman came out hot in the third quarter, adding to its lead with a three-pointer from Duskin and a pair of baskets by Zills.

Dorough knocked down another trey to give the Bearcats a 36-18 lead midway through the third and Kase Nixon and Evan Wilson each added a pair of free throws to make it 40-18 later in the period. Following a Wilson bucket, Echols netted a pair of free throws with just one second remaining in the third to put Cullman on top 44-22 with just eight minutes left to play.

Echols and Nixon each drilled three-pointers early in the fourth to keep the 'Cats in front 50-28 and Dorough drained a pair from the line to make it 52-32 with about four minutes remaining.

Duskin buried another three in the final two minutes to give Cullman a 55-36 lead and the Bearcats held on to win the inaugural Mike Dean Turkey Shootout with a 56-41 win.

Duskin and Dorough each posted 14 points for the Bearcats in the win. Echols finished with nine, Zills added six and Nixon scored five. Echols, Sharpe, Zills, Duskin and Nixon each All-Tournament honors and Echols was selected as the Tournament MVP.

The 'Cats will be back on the road to take on Paul W. Bryant Monday after the Thanksgiving break.

PREP BASKETBALL

Rickard's late free throws lead Holly Pond past Decatur 66-64, West Point falls to Susan Moore

Sammy Confer
sammy@cullmantribune.com

HOLLY POND, Ala. — Day two of the 66th annual Holly Pond Thanksgiving Tournament got underway Tuesday afternoon and a pair of local teams were back in action. It was a tale of two halves for West Point as they ended up dropping their game to Susan Moore, 66-49. The final game of the night saw Holly Pond come from behind to knock off Decatur 66-64 thanks in large part to a pair of free throws by Blake Rickard in the final seconds of the fourth quarter.

Holly Pond 66 - Decatur 64 (Varsity Boys)

Decatur scored the first five points of the game to take an early 5-0 lead, but Holly Pond got on the scoreboard on a Gunnar McBee trey. Blake Rickard and McBee each hit a driving layup to make it a 10-7 game.

The Red Raiders pushed their lead to 15-9, but Kollin Brown hit a layup to make it 15-11.

Rickard got fouled while shooting a three and knocked down all three from the line to cut it to 15-14 with 2:34 left to go in the first period.

Decatur finished the quarter on a 9-1 run to push their lead to 24-16 going into the second period.

Holly Pond quickly cut into the deficit to start the second quarter as Brown converted on an and-one opportunity to make it a 24-19 game.

Rickard and Daniel Farr each hit a basket down low, and Sawyer Olinger hit a pair of free throws to cut it to 26-25. Decatur scored the next five points to push their lead to 31-25, but six straight points by Brown cut the deficit to just three at 32-31 with a little over two minutes to go in the first half. Seven straight Red Raider points increased their lead to 39-31, but a pair of Brown free throws cut it to 39-33. Holly Pond would go into the half trailing, 40-33.

A Couch basket down low and an and-one by Rickard made it a 40-38 game with 5:39 left to go in the third period. Six straight points by the Red Raiders pushed their lead to 46-38, but a Daniel Farr basket made it a 46-42 game.

A huge and-one by Rickard cut it to 48-45 with 1:30 left to go in the third period and the Broncos closed the quarter out strong as a huge steal by Farr would then lead to a Brown layup to make it a 52-48 game going into what would end up being a thrilling final period.

Diego Garcia converted an and-one of his own to make it a 53-51 game early on in the final quarter.

A 6-1 run by Decatur saw them increase their lead to 59-52, but that's when Holly Pond would start their comeback.

Couch split a pair of free throws to make it 59-53, then Jayden Holloway drilled a huge three from the left corner to cut it to 59-56.

Brown knocked down a pair of free throws to make it a one-point game with 3:22 left to go in the game. Each team hit a basket to keep it at a one-point game with less than three minutes to play in the contest.

A Rickard layup made it 63-62 with 1:29 left in the game. The Red Raiders split a pair from the line to make it 64-62, then a driving layup by Olinger tied it up at 64.

After forcing a Decatur turnover, the Broncos had a chance to win the game. Rickard got fouled with eight seconds left in the contest and he calmly drilled both free throws to give the Broncos their first lead of the game, 66-64. Holly Pond forced a couple of defensive stops to help seal their huge, two-point win as they move on to the championship game.

Rickard finished the game with 21 points for Holly Pond. Brown added 16 points. McBee ended up with seven points, while Garcia and Olinger each added five points.

The Broncos will take on Arab Wednesday night at 6:30 in the championship game.

Susan Moore 66 - West Point 49 (Varsity Boys)

Jay Lamar, J.D. Cochran, and Ashton Rodgers helped West Point get off to a quick 10-4 lead with a little over four minutes to go in the first quarter. Lamar's first trey of the game pushed the Warrior lead to 13-4, but the Bulldogs scored the next five points to cut the West Point lead to 13-9 with 2:20 left to go in the first period.

Cochran drilled a huge trey right before the buzzer sounded from the top of the key as the Warriors took a 16-9 lead into the second period.

A Rodgers trey, later followed by back-to-back baskets down low by Cochran, pushed West Point's lead to 23-10 early in the second quarter.

Susan Moore countered with a huge run of their own as they scored the next nine points to make it a 23-19 game with a little over four minutes to go in the first half. Another Susan Moore basket cut it to 24-21, but a Lamar three made it 27-21.

A pair of Cade Welborn free throws and another Cochran basket down low pushed their lead to 31-24, but a Bulldog trey swiveled the deficit to just four at 31-27 at the half.



SAMMY CONFER/THE CULLMAN TRIBUNE

Holly Pond's Blake Rickard finished with 21 points and hit the game-winning free throws in the Broncos' 66-64 win over Decatur Tuesday night.

Susan Moore started the third quarter red-hot as they went on a 9-1 run to take a 36-32 lead.

Lamar hit a basket down low to make it 36-34, but an and-one, followed by a basket down low, pushed the Bulldog lead to 41-34.

A Lamar trey cut it to 41-37, but the Bulldogs finished the quarter out strong as they scored the final six points and the Warriors found themselves down, 47-37, going into the final period.

Susan Moore kept widening their lead to start out the final period as they scored the first five points of the quarter to make it 52-37.

Rodgers knocked down a long-range shot to cut it to 52-40 and later on, Lamar hit one from deep to make it 54-43.

The Bulldogs, though, didn't let West Point get any closer after that as they finished the game on a 12-6 run and the Warriors ended up dropping their game to Susan Moore, 66-49.

Lamar led the way for West Point with 18 points. Cochran added 15 points. Rodgers ended up with 12 points and Welborn chipped in with four.

West Point will take on Curry Wednesday at 2 p.m.

Bulldogs come back to edge Mortimer Jordan 53-51, Vinemont, Cold Springs earn wins

Nick Griffin
nick@cullmantribune.com

HANCEVILLE, Ala. — Day two of this year's Hanceville Thanksgiving Tournament at Lane Horton Gymnasium began with wins for the Eagles of Vinemont and Cold Springs and it ended with a dramatic comeback win for the Hanceville Bulldogs Tuesday night. Vinemont handled Ardmore 41-22 and Cold Springs defeated Falkville 57-48. Both Eagles squads will face each other Wednesday at 4:15 p.m.

In the nightcap, the Bulldogs trailed Mortimer Jordan by 12 at one point in the third quarter but rallied to tie the game with a free throw from Zach Campbell in the final 20 seconds.

On the next Mortimer Jordan possession, Will Calvert rose up to make a huge block and Campbell took it the other way for an easy basket and a 53-51 win for Hanceville. The Bulldogs will be back on the court tomorrow night at 7 p.m. to face Corner in the tournament finals.

Hanceville 53 – Mortimer Jordan 51

A layup by Campbell and a jumper from Brayden Harris gave the Bulldogs an early, 4-0 lead and another Campbell score stretched the deficit to 6-0.

Calvert turned a steal into a basket on the other end to make it an 8-2 game later in the period and Noah Jones scored to make it 10-4 at one point but a 10-0 run by the Blue Devils left Hanceville trailing 14-10 at the end of the first quarter.

Harris drained a three-pointer and Campbell laid one in to put the Bulldogs back in front 15-14 early in the second but another scoring run from Mortimer Jordan gave the Blue Devils a 22-17 advantage with three minutes remaining in the half.

Harris knocked down a pair of free throws and Campbell drove to the basket and scored to trim the lead to 25-21 late in the second quarter but Mortimer Jordan was able to move in front of the Bulldogs 30-22 at the halftime break.

Another three-pointer from Harris made it a 37-28 game early in the third quarter but the Blue Devils maintained a 12-point lead midway through the period.

That's when Hanceville began to rally, cutting into the lead with baskets by Campbell and Harris along with a pair of free throws from Jones. An AJ Wood bucket trimmed the lead to 44-36 later in the third and Braxton Broad and Campbell each scored in the final 30 seconds to cut the deficit to 46-40 going into the fourth quarter.

Broad drilled a three at the start of the fourth to make it a 46-43 game and he followed it up with a layup that brought the lead down to 46-45.

Campbell scored to keep the Bulldogs within one with about four minutes left to play.

Campbell's next basket came off a steal and gave Hanceville its first lead since the second quarter at 49-48 with three minutes remaining.

Carson Garrett split a pair of free throws to make it a 2-point game with two minutes on the clock, but the Blue Devils were able to score and tie things up with less than a minute to play. Trailing 51-50 with 20 seconds remaining,

Campbell knocked down a free throw to tie the game at 51 and on the ensuing Mortimer Jordan possession, Calvert blocked a shot attempt from the Blue Devils and sent Campbell sprinting down the court for an easy layup and a 53-51 lead with just five seconds on the clock.

The Bulldogs got the final stop they needed and completed the 53-51 come from behind win over Mortimer Jordan.

Campbell led Hanceville with 17 points in the win, followed by Harris with 12 and Broad with eight.

The Bulldogs will be back in action Wednesday night at 7 p.m. to face Corner in the tournament championship game.



NICK GRIFFIN/THE CULLMAN TRIBUNE

Hanceville's Zach Campbell (3) led the Bulldogs with 17 points in their 53-51 win over Mortimer Jordan Tuesday night.

PREP BASKETBALL

Addison drops nail-biter to Dora 48-46

Todd Walker
Tribune correspondent

JASPER, Ala. — The ladies of Addison competed in the Curry Thanksgiving Basketball Tournament over the past two days and came away with a 1-1 record. The 1A Lady Dawgs dispatched 4A Corner 49-15 on Tuesday night and lost a tough one 48-46 to 4A Dora on Wednesday. This dropped the Addison Ladies to 2-2 on the young season.

The Addison Lady Bulldogs got off to a good start as they outscored the Dora ladies 12-9. Addison's Hadley "Shooter" Butler had with five points along with "Magic" Molly Gilbreath who had five points as well to go along with four rebounds and two assists in the period.

The second period had each team scoring ten points apiece as Addison took a 22-19 lead in at the half. Gracie "Bug" Manley had a big period as she totaled five points, five boards and a steal. Gilbreath put in three more points.

The first half Addison did an excellent job of keeping the Ladies from Dora from running their fast break. Dora is a very fast and athletic team and if you let them, they will run you out of the gym. Addison played solid defense in the first half.

The third period did not get off the start that they wanted as Dora started getting the defensive rebound and hitting the outlet pass to set up their fast break. Addison went into about a three-minute funk as they had a few unforced errors and didn't shoot well. The ladies from Dora took advantage to outscore the Addison Ladies 13-8 in the frame. Going into the final period Dora led 33-30. Gilbreath scored 5 of the 8 Addison points in the period.

The fourth period was a fast paced and exciting one. Dora got off to an excellent start and grabbed a 42-33 lead and it looked like the ladies from Addison had just plain run out of gas. After two quick timeouts by Addison Coach Bailey Boland the ladies came out reenergized. They began blocking out very effectively which enabled them to grab the rebounds and keep the hyper quick Dora ladies from running the break. Addison cut the lead down to 44-42 with several key baskets by Manley and two clutch three-pointers from Butler. Dora then got two defensive stop and Dora's Bella Reese nailed three out of four free throws to give Dora the 48-43 lead with only ten seconds to go in the game. Addison's Manley threw up a Hail Mary shot from half court and hit nothing but net for a crowd pleasing three-pointer. It wasn't enough as Addison dropped the battle of the Dawgs 48-46.

Addison Coach Boland seemed pleased with her team's effort after the game.

"It's early in the season and we are not in our best shape, but I was very proud of how our young ladies hung in there with them (Dora)." We played a very good team, and they are very athletic and for the most part we went right at them," Boland said. "We just need to do the little things better and we will. I told them we have to take care of the basketball, rebound, offensively and defensively and not have too many unforced errors and we will be fine. We have three more tough games next week with Belgreen, Falkville and Decatur Heritage all coming to play us at home."

Addison drops to 2-2 on the season.

Unofficial stats

Addison was led in scoring by Manley with 17 points. Butler had 15 with Gilbreath chipped in 13. Manley had 14 rebounds, Gilbreath had eight, Butler had four and Lauryn "Beemer" Cunningham had three.

Dora was led by Lyra Meadows with 10 points, Millicent Wilson had nine, Reese and Amiah Dory had eight points each. Reese had nine boards while Dory and Wilson each had five. Reese also had six steals.

'I want to be a friend and mentor': Good Hope's Kailey White enjoying junior year

Sammy Confer
sammy@cullmantribune.com

GOOD HOPE, Ala. — Another year of cheer season is here, and Good Hope junior Kailey White is excited to get things going again alongside an amazing group of girls. She learned so much from last year's seniors that she knows will help her this year.

"This year has been a different experience because several girls who were amazing leaders graduated. So, us underclassmen have learned to take on more of a leadership role and it's been a great learning experience. Overall, it's been a really fun year and we're excited to start competing," White said. "Last year's seniors were an amazing group of girls. We knew how to have fun, but also knew how to work hard. They were also good role models to me outside of cheer in my day-to-day life."

Despite having a young group this year, there will be several upperclassmen returning as well and White can't wait to help the younger girls reach their goals.

"Since we have several younger girls now, having so many cheerleaders returning is such a blessing because we can all help our younger girls improve and reach their goals. I also think that since we do have so much experience on our team, it's easier for the younger girls to transition from middle school to high school cheerleading, instead of it just being a brand-new team. We also know how to work hard and treat our team as a family, so that influences our younger girls to do the same."

White has taken away so much from head coach Brandy Lowe, who has been her coach for five years now.

"I have learned countless things from her, cheer-related and just life-related things. At practice, she lets us know our goals and does everything she can to get us to reach them. She wants us to not only be good at cheerleading, but also respectful, and to enjoy what we do. If we're having a tough practice, she will talk to us and encourage us that we can keep going," she said.

"At the same time, if we're having a tough day, then we know we can come talk to her about anything and everything, no matter the circumstances. She's taught me how to not let anything get in the way of reaching my goals, and she has also helped prepare me for life after high school too."

White is one of the leaders on this team and she has taught the younger cheerleaders a lot.

"It's important being a leader because I know that when I started, I was so nervous and needed one of the girls, who were older and knew what they were doing, to help me and encourage me. I strive to be a leader like that, one who is kind, encouraging, and willing to fill whatever spot is needed to benefit our team. The younger girls also know that I want to be a friend and mentor to each and every one of them," she said.

"Our team worked on a lot of basics over the summer. We wanted to make sure that we were using the right techniques and making them a habit so we could work up from there. We're working every day on our routine for competition and having the time of our lives every Friday night on the sideline. I can fly, back spot, and sometimes base, so I give the younger girls every tip and trick I know to help them improve."

White worked on a lot during the summer and talked about the upcoming goals for her and the cheerleading squad.

"Since I'm able to move to different positions, this summer, I learned every role in a stunt group, and I am now working on my tumbling so that I can help improve our routine in any way I'm asked to," she said.

"My personal goals are to really improve my tumbling and to be an encourager on my team. Our team goals are to win county, state, and to get to compete at nationals this year."

White also talked about what will make this squad so special to watch this year and how she first got into cheerleading.

"If you know anything about cheerleading, you know that we like our routines to be clean and to look effortless and that is exactly how our routine is made to look this year.

"We also have many different ways to get the crowd involved and do stunts that we haven't done in the past years, so we're excited to get to perform it," she said.

"Growing up, my mawmaw was a cheer coach at Good Hope, so I was at several cheer practices as a little girl. I thought the world of the girls on that team, and I knew that I would be just like them some day. Now, I still think of how it inspired me to watch them cheer, and I hope that I can do the same for the younger girls watching me."



KAILEY WHITE

Good Hope's Kailey White

THE CULLMAN TRIBUNE
NOVEMBER 26, 2022

52 ODES TO JOY: S.U.N.S. WORLD ALPHABET

Ben Johnson South
Tribune Columnist



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BendigoArt.com/CullmanTribune.com

JOY TO THE WORLD

Joy to the world,

All the boys and girls.

Joy to the fishes in
the deep blue sea,

Joy to you and me.

- written by Hoyt Axton and sung by Three Dog Night and every joyful soul in the world

A world of joy is waiting out there for you to savor and share. There's a kind of hushed anticipation all over the world as it is reopening following the global pandemic. Let's all be open to new joys to discover around our beautiful globe.

"HAPPINESS: Found in Translation" provides a glossary of joy from around the world. The 2019 book is written by Dr. Tim Lomas, a positive psychology lecturer at the University of East London and would make a delightful gift this or any holiday.

With sunny illustrations by Annika Hunt, this charming compilation launched me into a nuanced world filled with all kinds of exotic descriptions for happiness and contentment in a world of word joy. Here, I'm adding my own words of joy and hope to add more to yours.

S.U.N.S. WORLD ALPHABET expands our understanding of the four, simple elements for "joyous aging": S.U.N.S. (Smile-Making, Uniting, Neighboring, Spellbinding).
Let's get started on our fun world of joy adventure.

A is for ATARAXIA It's Greek to me. I think of it as "A-OK." In Ancient Greece it described a "lack of disturbance or trouble" and is associated with the philosopher, Epicurus, who dedicated his studies to finding joy via reason. Here's an Epicurean recipe for joy: "If thou wilt make a man happy, add not to his riches but take away from his desires."

B is for BEATITUDES and BLESSINGS I'm Episcopalian which is basically a Church of England pie reheated in America. We share the "Book of Common Prayer (circa 1549)" which includes "Blessed are the poor in spirit" and admonishes us to "shield the joyous" because mirth is good medicine.

C is for CONTENTMENT, a general state of satisfaction which transcends the allure of basic needs and desires. It is possible to be content without being very happy. Happiness is more circumstantial and about moments of pleasure. Of course, for most of us the joys of happiness and of contentment are desirable goals.

D is for DHARMA, which I thought of this weekend as I "checked off" attending "The Nutcracker Ballet" for this holiday season. During "Clara's Dream," when the troupes do the stereotypical dances of joy from around the world—the leaping Russian soldier, the frisky French ballerinas, the clowning whatever—there is the undulating joy with Hindu-inflected music and movements that are foreign to our senses; however, the message of joy is the same. Dharma is "moving on the right path," similar to what Christians in the Western culture call "being on the path of righteousness." He's got the whole world in His hands, right?

E is for EUPHORIC, a feeling of intense happiness which urges one to follow one's dreams. British songwriter and lead guitarist for the rock band, Oasis, Noel Gallagher, has said, "There was a euphoria in the music and the way it was delivered, and as the crowds started to get bigger, it fed off itself until it became less about the band and more about being with all those people jumping up and down, drunk to the music."

F is for FRIENDSGIVING, which I dedicated a page and a half of newspaper copy to in last week's "52 Odes to Joy" chapter. Friendsgiving is a relatively new word. According to Merriam-Webster online, the first recorded usage of "Friendsgiving" was in 2007. Friendsgiving is the coupling of "friends" plus "giving" and gathers people in your tribe together for laughter, goodwill and good food.

G is for GROUNDING, that conscious choice of retracting yourself from the distractions of our oft overly busy world and thinking through what authentically, personally matters to you. "The S.U.N.S. Joyous Aging System" is an easy, useful guide. Think through: What do you find Smile-Making and Smile-Doing? Who among your friends and family do you choose to connect more deeply with through Uniting? Knowing that giving others joy adds joy to the giver, how can you radiate more NEIGHBORING now and as you plan for a joy-filled, new year? What are you so passionate about that you find it takes you out of your own thoughts and has you mesmerized in the zone, enjoying the SPELLBINDING?

H is for HYGGE, which I read about repeatedly in design magazines and blogs throughout the pandemic. It's a tad trendy to toss it out in coffee shop conversation but "hygge," a term the Scandinavians have used even before Leif "The Lucky" Erikkson brought it to American shores, translates to "comfortable conviviality," coziness and wellness. The word origins of "hygge" are both Danish and Norwegian, so YouTube some snowbound influencer for the brisk pronunciation which is something like "hhoo-guh."

I is for INUUQATIGIITTIARNIQ I swear this is a real word, and Lordy Mercy, I am THANKFUL to not be bowlderizing through it in my daily vocabulary. However, my Eskimo friends use this Inuit word to mean "being respectful of all people" also "healthy, neighborly communities" and furthermore, "living in peace and harmony with others." Remember, their native language is quite foreign to our non-native American ears. These are people who have forty-leven words to describe "snow." The pronunciation of this "world joy" word which will WOW your tribe at holiday parties is: "ih-noo-kat-ig-eet-ee-ah-ah-nik." (Need I mention this word is not original to me but from Dr. Lomas in "HAPPINESS: Found in Translation.")

J is for JOIE DU JOUR which translates from the French as "joy of the day." The French are "très bien" at adding a dollop of joy to daily life. There are literally hundreds of pastry shops in Paris each with its own "secret recipe" for joy. Then, to walk off the indulgent calories there are alluring visual treats like flower boxes everywhere and "très chic" window-shopping. Wherever you are, there is joy to add to your day.

K is for KINTSUGI with its Japanese origin coming from the art of repairing broken pottery with brilliant gold lacquer. This highlights flaws in the beauty of a vase or teacup and reminds us to celebrate every experience in our life, especially those things which we once thought may permanently leave us shattered but didn't.

L is for LOVE which makes our joy-filled world go round. "Where there is love, there is joy."—Mother Teresa of Romania and India

M is for MBUKI-MVUKI which in Swahili is pronounced as "mm-boo-kee mm-voo-kee" and is the exhilarating feeling of stripping ones clothes off to move freely and dance wildly. This African expression of joy takes the restrained invitation of "Shall we dance?" to an uninhibited expression of full-out fun.

N is for NEIGHBORING, being "others-centered." While we are thinking of others throughout the world this is good time to pause and be THANKFUL for the compassionate work done by international organizations such as Doctors Without Borders and the International Red Cross. How might you find joy in supporting good works done around the world?

O is for ORKA which is Swedish for being spirited, energetic and resilient. It's a compliment to give task-oriented do-gooders and joy-givers, however you may want to make certain someone understands the meaning before you praise them with, "WOW! You did great cleaning up the kitchen after Thanksgiving dinner. You, my dear, are sooo ORKA!"

P is for PRETOOGJES, which the Dutch pronounce as "pret-oh-yeess" and comes from "fun eyes." This is the pleasant countenance of those with a bit of a twinkle and a smile, enjoying laughter and perhaps a wee bit of mischief.

Q is for QI, the spirit that connects all of us which in Chinese is pronounced "chee." This "breath of life" divinely flows in and around all the people of the world—red and yellow, black and white--all precious.

R is for REUNITING with loved ones. This REDISCOVERY and REFINDING is what the French call "RETROUVAILLES" (ruh-trroo-vy).

S is for SMILE-MAKING, and also for SPELLBINDING. Peace, SHALOM our SOULS are SIMPATICO.

T is for TEMPUS FUGIT, Latin for "time flies." The Ancient Romans and those of today, remind us that life is fleeting, and we should seize each moment of joy.

U is for UNITING, deeply connecting with someone or some ones. "From a distance, there is harmony, and it echoes through the land. And it's the hope of hopes, it's the love of loves, it's the heart of every man."

V is for VORFREUDE, which is German for the pre-pleasure of anticipation. Pronounced "for-fhroy-duh," this is a new word I'm eagerly anticipating tossing about at holiday gatherings. Yes, I'm—THAT, pretentious, Christmas ass in the stable!

W is for WU WEI, pronounced "woo way," and seems like it should come with egg rolls under the "yum yum" tree. It's Chinese for "going with the flow," being natural, effortless and spontaneous. We can do things the hard way or we can do it WU WEI.

X is for XIBIPIINO If you guessed this word came from Dr. Lomas' "HAPPINESS: Found in Translation" book and not from my skull, you're right. Hey, "X Men" and "X Women" and "X words" are all hard. According to the good doctor, XIIPIINO, pronounced by natives in the Amazon Forest of Brazil as "ih-bih-pee-oh" is that trippy feeling one has going in and out of reality and perception. "Bartender, please don't pour me any more eggnog, I think I'm going in and out of XIBIPIINO."

Y is for YOUTHFULNESS, which 94-year-old, Japanese Buddhist sage, Daisaku Ikeda, reminds us "is not determined by age. It is determined by one's life force. One who possesses hope is forever young. One who continually advances is forever beautiful."

Z is for ZEST That Frenchman extraordinaire, Christian Dior, said "ZEST is the secret of all beauty. There is no beauty that is attractive without ZEST!" OOH-LA-LA, Y'ALL! JOIE TO THE WORLD!!

S.U.N.S. WORLD ALPHABET gives you at least 26 windows into a world of joy. Now is a great time to let your joy take you places. If you are not finding enough joy where you are, as Shakespeare wrote 400 years ago in "Coriolanus": "There is a world elsewhere."

"WUNDERGARTEN: The Miracle Garden," is a new, children's entertainment I am premiering in the new year and currently I'm feeling the joy of all things German and Austrian. Earlier this year, I wrote a more grown-up interlude based on the real letters between Wolfgang "Wolfie" Amadeus Mozart and his adoring, also accomplished musician-composer sister, Nannerl. I am feeling lots of VORFREUDE joy anticipating a voyage on the Rhine and on the Danube, but you may be exploring "JOY JAUNTS" for WU WEI in China, MBUKI-MVUKI in Africa or as an armchair traveler, listening to EUPHORIA with a British rock band.

Let's add our JOYFUL, worldly noise to Louis Armstrong:

WHAT A WONDERFUL WORLD!

I see trees of green,
Red roses, too.
I see them bloom
For me and for you.
And, I say to myself,
What a wonderful world.

The colors of the rainbow,
So pretty in the sky.
Are also on the faces
Of people going by.
I see friends
shaking hands,
Saying "How do you do?"
They're really saying,
"I love you."

Yes, I say to myself,
What a wonderful world.
Oh yeahhhh...."

- writer(s): George David Weiss and George Douglas

JOY-GIVERS CELEBRATING A BIRTHDAY THIS WEEK

Nov. 26—Charles Schultz

Nov. 27—Bruce Lee

Nov. 28—Summer Rae (wrestler)

Nov. 29—Chadwick Boseman

Nov. 30—Mark Twain

Dec. 1—Richard Pryor

Dec. 2—Nelly Furtado

BUBBLING BLUEBERRY HOLIDAY CRISP WITH OATS AND PECANS
(Source: littlespicejar.com)

Each week, "The JOY-rontologist" shares a recipe which salutes a recipe which salutes a healthy food produced in America. This week we have a delicious trinity of flavors: Tennessee blueberries, Texas pecans and Vermont oats. The tasty and nutritious collection of the recipes is called "The S.U.N.S. Longevity Cookbook" and highlights vitamin B-3 (niacin) which many gerontologists believe holds the promise of a long, healthy, joyful life.

INGREDIENTS
For the blueberry mixture:
- 5 cups blueberries
- 1 tbsp. lemon juice
- 1 tbsp. cornstarch
- 1/4 cup brown sugar

For the oats-pecan crumble:
- 3/4 cup chopped pecans
- 5 tbsp. cold butter, cubed
- 1/2 tsp. cinnamon
- 2/3 cup light brown sugar
- 1/2 cup all-purpose flour
- 1/2 tsp. salt
- 3/4 cup rolled oats

INSTRUCTIONS
1. Position a rack in the center of the oven and preheat the oven to 375F.

2. In a medium bowl, combine the ingredients for the blueberries. Spread the blueberry mixture evenly in a square baking dish (8" x 8" works great).

3. Add the pecans, butter, cinnamon, brown sugar, flour and salt into a food processor. Pulse 2-3 times, stop the mixer, add in the rolled oats and pulse an additional 2-3 times. Sprinkle the mixture evenly over the blueberries.

4. Bake for 25-35 minutes or until the oats and pecan crumble turns golden and the blueberries are bubbling. If your crumble starts to brown too much, tent loosely with a piece of foil (perhaps cover at 25 minutes and cook a total of 35 minutes.)

5. Let cool for 5 minutes before serving with vanilla ice cream.

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

971. The joy of Puerto Ricans in a Sunday, street parade

972. The joy of a serene, Japanese tea ceremony

973. The joy of going toward heaven up NYC's tallest subway escalator

974. The joy on the faces of pilgrims who are prayer-walking up Rome's Spanish steps

975. The joy of Will Drake's grandson-of-the-soil American poetry

976. The joy of Neighboring neighbors in English country villages

977. The joy of a Parisian Ferris wheel ride with my niece and our good friend

978. The joy of grilling Middle Eastern kebabs on a beach

979. The joy of rowdy Germans in a biergarten

980. The joy of rowdy Irish folk in a pub

981. The joy of rowdy, old Italians playing bocce

982. The joy of irises budding in Monet's garden at Giverny

983. The joy of being young and in love in London

984. The joy of not cooking for three years in Birmingham's "Café District"

985. The joy of cruising the Bahamas

986. The joy of giant topiaries in Mexican gardens

987. The joy of French-Vietnamese food fusion

988. The joy of cinema magic at the Montreal International Film Festival

989. The joy of Margaret Thatcher's first election win celebration in Piccadilly Square

990. The joy of being home, wherever home is

HAPPY NEW MONTH CELEBRATING JOY TO THE WORLD!

Read all the installments in this series at www.cullmantribune.com/tag/odes-to-joy-2022.

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THE CULLMAN TRIBUNE
NOVEMBER 26, 2022

Good Hope provides 2K Thanksgiving meals

Sara Gladney
sara@cullmantribune.com

GOOD HOPE, Ala. — The City of Good Hope held its annual Community Thanksgiving Luncheon Wednesday at Good Hope High School, where Child Nutrition Program (CNP) workers Emily Blankenship, Kerri McCluskey and Jamie Brannon prepared enough food for 2,000 plates.

City workers delivered food to 23 businesses in Good Hope to make sure the employees who could not leave work were treated to a free meal as well.

Food was also delivered to a local daycare, as well as several senior citizens unable to leave their homes.

"We delivered probably 300 plates to our businesses," said Good Hope Mayor Jerry Bartlett, who shared that the event usually has no leftover plates.

The Thanksgiving Luncheon offered drive-through and dine-in options. Most people utilized the drive through, but some senior citizens were appreciative of the chance to dine in and socialize.

The event started 15 years ago and was halted for two years due to COVID-19, but this year was just as successful as previous years.

"It has been great for the community.

"We started out doing several hundred plates and now we're at thousands," said Good Hope City Councilwoman Susan Eller.

The school's CNP employees worked for three days starting early Monday morning to prepare the meals. McCluskey said, "This is my first year doing it and I've really enjoyed it. It's been a blessing."

Some of the volunteers who also offered their time during the holiday included the Good Hope High School Honor Society, local Boy Scouts and the Good Hope City Council and their families.

Good Hope High School teacher Anita Whitlock was proud of the number of kids who turned up to serve. She said she sent out a notice to the kids in the honor society asking for volunteers and several showed up.



SARA GLADNEY/THE CULLMAN TRIBUNE

Good Hope High School Honor Society students serve at City of Good Hope Community Thanksgiving Luncheon Wednesday, Nov. 23.

"It just thrills my heart to see these kids give themselves to the community.

"I think that is something they'll carry into adulthood. We need more of that."

Students get creative for 100th National Christmas Tree lighting ceremony

One-of-a-kind ornaments designed by Alabama students will decorate trees around the National Christmas Tree

Staff Reports
Contributor

MONTGOMERY, Ala. — From state flowers to notable landmarks, American students have designed one-of-a-kind ornaments to celebrate the places they call home.

These ornaments will adorn 58 smaller trees that surround the National Christmas Tree. The trees represent states, territories and schools managed by the Bureau of Indian Education and the Department of Defense Education Activity.

The America Celebrates ornament program is an annual collaboration of the National Park Service, the U.S. Department of Education and the National Park Foundation (NPF). Each federal partner worked within its organization to facilitate the identification of elementary, middle and high schools to participate in the America Celebrates program.

These 58 schools designed ornaments for the 2022 National Christmas Tree display in President's Park:

- Alabama- Barton Academy for Advanced World Studies (Mobile)
- Alaska- Effie Kokrine Charter School (Fairbanks)
- American Samoa- Nu'uuli Vocational Technical High School (Pago Pago)
- Arizona- San Luis High School (San Luis)
- Arkansas- Little Rock West High School of Innovation (Little Rock)
- California- Nueva Vista Language Academy (Delano)
- Colorado- Infinity Middle School (Aurora)
- Connecticut- O'Connell Elementary School (East Hartford)
- Delaware- North Dover Elementary School (Dover)
- District of Columbia- Friendship Public Charter School Blow Pierce Academy
- Florida- Tohopekaliga High School (Kissimmee)
- Georgia- Heritage High School (Conyers)
- Guam- iLearn Academy Charter School (Dededo)
- Hawaii- James Campbell High School (Ewa Beach)
- Idaho- Christine Donnell School of the Arts (Boise)
- Illinois- Oregon Junior/Senior High School (Oregon)
- Indiana- Union Elementary School (Zionsville)
- Iowa- Eagle Grove Elementary (Eagle Grove)
- Kansas- Leawood Middle School (Leawood)
- Kentucky- Owensboro Innovation Academy (Owensboro)
- Louisiana- Harry Hurst Middle School (Destrehan)
- Maine- Robert Connors Elementary School (Lewiston)
- Maryland- Calvert High School (Prince Frederick)
- Massachusetts- Falmouth Academy (Falmouth)
- Michigan- Hanover-Horton Elementary School (Hanover)
- Minnesota- Clover Ridge Elementary School (Chaska)
- Mississippi- Madison Middle School (Madison)
- Missouri- Sullivan High School (Sullivan)
- Montana- Hyalite Elementary School (Bozeman)
- Nebraska- Bennington South Middle School (Bennington)
- Nevada- Garside Junior High School (Las Vegas)
- New Hampshire- Arts Academy of New Hampshire (Salem)
- New Jersey- Leeds Avenue Elementary School (Pleasantville)
- New Mexico- Bernalillo Elementary School (Bernalillo)
- New York- Maplewood Intermediate School (Huntington Station)
- North Carolina- Greene Central High School (Snow Hill)
- North Dakota- Valley City Jr. Sr. High School (Valley City)
- Northern Mariana Islands- Commonwealth of the Northern Mariana Islands Public School System
- Ohio- Lakota Central (West Chester)
- Oklahoma- Jenks Middle School (Tulsa)
- Oregon- Oregon School for the Deaf (Salem)
- Pennsylvania- Kutztown Area High School (Kutztown)
- Puerto Rico- Escuela Especializada de Educacion Bilingue (Cidra)
- Rhode Island- Young Woods Elementary School (Providence)
- South Carolina- Saluda High School (Saluda)
- South Dakota- Stanley County Elementary School (Fort Pierre)
- Tennessee- Arlington High School (Arlington)
- Texas- Del Valle High School (El Paso)
- U.S. Virgin Islands- St. Croix Educational Complex (Christiansted)
- Utah- Helen M. Knight Elementary School (Moab)
- Vermont- Wallingford Elementary School (Wallingford)
- Virginia- Falmouth Elementary School (Falmouth)
- Washington- Lummi Nation School (Bellingham)
- West Virginia- Robert L. Bland Middle School (Weston)
- Wisconsin- Jackson Elementary School (Janesville)
- Wyoming- Beitel Elementary School (Laramie)
- Bureau of Indian Education- Taos Day School (N.M.) and Riverside Indian School (Oka.)
- Department of Defense Education Activity- Brussels Elementary High School (Belgium), Bechtel Elementary School (Japan) and Fort Campbell High School (KY)

The National Christmas Tree Lighting has strong ties to education.

• In 1923, a letter arrived at the White House from the District of Columbia Public Schools proposing that a decorated Christmas tree be placed on the South Lawn of the White House. On Christmas Eve that year, President Calvin Coolidge walked from the Oval Office to the Ellipse and pushed a button that lit the first National Christmas Tree.

• During World War II, wartime restrictions meant no new ornaments were purchased for the National Christmas Tree in 1942. Washington, D.C. students donated ornaments that would supplement the use of reused ornaments from previous years.

• This year, more than 2,600 students participated in the American Celebrates ornament program! The students, ages 4 to 19-years-old, learned about the places they call home. From history and ecological wonders, to exploring different mediums of art, these students' ornaments are a must-see this holiday.



WWW.NATIONALTREE.ORG

Students from the Barton Academy for Advanced World Studies in Mobile designed Alabama's ornament for the National Christmas Tree display.

Since 1973, the National Christmas Tree has been a living tree which can be viewed year-round in President's Park – one of America's 423 national parks!

The America Celebrates display is one of the highlights of the National Christmas Tree experience.

You are invited to view the National Christmas Tree and the 58 trees' ornaments up close from Dec. 2 through Jan. 1, 2023. Cannot make it in person? Check out the President's Park Facebook page for photos of the ornaments!

In partnership with NPF, CBS will broadcast the 2022 ceremony on Sunday, Dec. 11 (8-9 p.m., ET/PT), on CBS. The National Christmas Tree Lighting will also be available for the public to view at www.CBS.com beginning Dec. 12.

For more event information and updates, visit www.thenationaltree.org and follow President's Park on Facebook or Twitter. Learn more at www.nationalparks.org.

The doctors and staff of Cullman Veterinary Hospital, P.C., would like to welcome Dr. Nicholas Shugarts to our practice of veterinary medicine at 1636 Main Avenue Southwest.
Dr. Shugarts is a 2022 graduate of Auburn College of Veterinary Medicine, and he and his wife, Maddie, are Cullman natives.
You can schedule your pet an appointment to see Dr. Shugarts by calling (256) 734-2181.





Ivey promotes Small Business Saturday

Staff Reports
Contributor

MONTGOMERY, Ala. — Gov. Kay Ivey on Wednesday reiterated her staunch support for Alabama's small businesses by signing a proclamation declaring Nov. 26, 20222022,Small Business Saturday in the state of Alabama.

By designating the Saturday following Thanksgiving Day as Small Business Saturday, Alabamians are encouraged to celebrate and support the impact small businesses have on communities across the state.

"Not only do our small businesses bring charm and character to Alabama, but they play an integral role in building and maintaining a strong economy.

Small business support trickles back down to opportunities for job creation, support for our schools, possibilities for new innovation, but ultimately, it is positively felt by all," said Ivey.

"I encourage all Alabamians to support small businesses and spend locally this Saturday.

"Simply put, when you support an Alabama small business, you support our state."

The National Federation of Independent Business (NFIB) applauded Governor Ivey's proclamation.

"Small Business Saturday is a great way for the community to support local and family-owned businesses," said NFIB Alabama State Director Rosemary Elebash.

"Small business owners are coming out of the pandemic facing serious economic headwinds such as inflation, worker shortages and ongoing supply chain disruptions.

"Now more than ever, small businesses need support not only on Small Business Saturday but every day.

"Small businesses are the backbone of Alabama's economy, and we encourage everyone to shop small this holiday season."

According to research conducted by NFIB and American Express, 67 cents of every dollar spent at a family-owned small business stays in the community. Additionally, every dollar spent at a local small business creates an additional 50 cents in local business activity as employers and their employees shop at other local businesses.

NFIB is the nation's leading small business advocacy organization. To learn more about NFIB in Alabama, please visit www.NFIB.com/AL.



CONTRIBUTED

Ivey offers support to Operation Iron Ruck

Staff Reports
Contributor

MONTGOMERY, Ala. — Gov. Kay Ivey on Tuesday offered her support to Operation Iron Ruck (OIR), an effort by student veterans at The University of Alabama and Auburn University to bring awareness to veteran suicide. On Wednesday, Nov. 23, student veterans from both schools embarked on a ruck march from Jordan-Hare Stadium in Auburn, and on Iron Bowl Saturday, Nov. 26, they will complete the route at Bryant-Denny Stadium in Tuscaloosa.

Ivey signed a proclamation declaring Nov. 23, 2022, Operation Iron Ruck Day in the state of Alabama.

"The sacrifice of our military men and women never ends in combat. Even when our military members return home, many struggle with the impacts of the war in exchange for our protected freedoms," said Ivey.

"Watching our state's student veterans set aside their collegiate rivalries, unite and take part in this challenging journey to bring greater awareness to veteran suicide is admirable and demonstrates that our loyalty to the veteran community is recognizably strong in Alabama.

"I'm proud to offer my support to Operation Iron Ruck. We must always continue to fight for those who fight for us, and Alabama will always stand with our veterans."

The group of student veterans will take part in the four-day, 151-mile ruck march from Auburn to Tuscaloosa while carrying 22-pound ruck sacks.

Those ruck sacks contain donated items that the students will deliver to Bill Nichols State Veterans Home, Mission 22, Tuskegee Veteran's Assisted Living Centers and Three Hots and a Cot. The items include hygiene products and an assortment of food items.

"Many veterans, myself included, personally know another veteran or service member who have succumbed to suicide," said Clayton Buchanan with the Auburn Student Veterans Association.

"On average, 17 veterans commit suicide daily. Through Operation Iron Ruck and the collaboration of the student veterans of Auburn and Alabama, it truly shows that the veteran community is strong and committed to take care of our brothers and sisters until seventeen becomes zero."

"The life of almost every veteran and service members has been touched by suicide in some way," said Tiffany Laurie with the Alabama Crimson Legion.

"This year hits close to home as our community lost a veteran recently, so this year we ruck in honor of this veteran and their family."

Operation Iron Ruck recently became a partner of Alabama's Challenge for Preventing Suicide Among Service Members, Veterans, and their Families.

The suicide prevention campaign is comprised of the Governor's Office, the Alabama Legislature, several state departments, including the Alabama Department of Veterans Affairs, Alabama Department of Mental Health, Alabama Department of Public Health, Alabama Department of Rehabilitation Services, the Alabama National Guard and numerous nonprofits.

"It speaks volumes that the Alabama and Auburn student veterans' associations set aside their rivalry during the week of the Iron Bowl to work together in raising awareness about veteran suicide," said Kent Davis, who serves as the commissioner of the Alabama Department of Veterans Affairs and co-chair of Alabama's Challenge.

"This march establishes a connectedness and level of support that has a lasting impact within the veteran community. I'm proud of both universities and all participants for the work they are doing to help raise awareness for veteran suicide."

Alabama is home to approximately 400,000 veterans. Though veterans represent about 10% of the state's population, Alabama veterans also represent a disproportionate 18% of suicides.

There were 142 veteran suicides in Alabama in 2021. If you or a loved one are battling depression or having thoughts of suicide, you are encouraged to call The Veterans Crisis Line at 988 to speak to trained counselors and access immediately available resources.

For more information on Operation Iron Ruck, contact the Alabama Crimson Legion at 205-348-0983 or the AU Student Veterans Association at 850-855-1060.

McKenney (from Front)

Nick Griffin
nick@cullmantribune.com

ALABASTER, Ala. — This year's Miss Cahaba Valley's Outstanding Team competition was hosted at Thompson High School earlier this month and Good Hope's Maddie McKenney was selected as this year's winner. McKenney won the talent portion of the competition as well and she will advance to compete for the title of Miss Alabama's Outstanding Teen in March.

The Miss Birmingham Competition was renewed as an official scholarship preliminary to Miss Alabama and Miss America in 2006. In 2009, Miss Birmingham's Outstanding Teen was added as an official preliminary to Miss Alabama's Outstanding Teen. In 2010 the Miss Heart of Dixie title was added, which became Miss Cahaba Valley in 2013. At that time Miss Cahaba Valley's Outstanding Teen was added and officially became the Miss Birmingham & Miss Cahaba Valley Scholarship Organization. The organization crowns four young women along with their Rising Stars, who all represent the Birmingham and Cahaba Valley areas in state competitions each year. Their mission is to empower young women to strive for excellence when pursuing personal and professional goals, to develop invaluable life skills that will be used throughout her lifetime, to develop & maintain connections and friendships, and to make a difference in her community, her state, and her nation.

Competing in pageants is a family affair for the McKenneys so Maddie knew from an early age that she would be up on stage competing herself one day.

"My mom and aunt were actually both Fair Queen Representatives when they were in high school. Over the years, they have told me about the amazing experience they had and the memories they made," McKenney said. "Hearing all of this, I knew from a young age that I wanted to be in the Fair Queen Pageant at Good Hope High School."

Maddie competed in the Miss Cullman County Fair pageant earlier this fall, winning the talent competition and earning first runner up honors and she largely credits her performance to the friends and family that helped her prepare.

"I competed last March in the pageant and won the title and was the talent winner as well.

"I had from March until October to prepare for Miss Cullman County Fair. Through this time, my friends and family would drill me with interview questions, workouts to prepare for the physical fitness workouts, working on my vocal and fiddle performance, practicing walking, and finishing with a random question that would be answered onstage (my most feared portion), and getting more engaged with the foster care system to learn more so I can be a great advocate for adoption through foster care," McKenney said.

"At the fair, I was the first runner up and talent winner. I was honored to receive those awards and I'm very proud of Heidi Armstrong for winning Miss Cullman County Fair! She will be a great representative!"

Maddie carried her preparation for the Miss Cullman County Fair Pageant into the Miss Cahaba Valley competition and that hard work continued to pay off. Now, she's looking for even more hardware as she shifts her focus to the Miss Alabama Outstanding teen competition in March.

"Next, I decided I wanted to try one more time for a title to move onto the Miss Alabama Outstanding Teen Competition, so I entered the Miss Birmingham/ Miss Cahaba Valley competition on Nov. 6. I prepared exactly the same as I did for Miss Cullman County Fair and actually won the title of Miss Cahaba Valley," McKenney said. "I will compete in Miss Alabama Outstanding Teen the first weekend of March. Now, I am trying to prepare as best as I can for the upcoming pageant and trying to advocate more for adoption through foster care."

Maddie has had a lot of fun and made a lot of memories participating in these events over the years and she would recommend anyone else that's interested to give it a shot.

"It has been a privilege to be a part of those wonderful competitions and they have brought on so many friendships and memories. If you or anyone you know is considering being in these competitions, please do it," McKenney said. "It's a wonderful opportunity to receive scholarships to further your education and to embrace who you truly are!"



CONTRIBUTED

Good Hope High School's Maddie McKenney won this year's Miss Cahaba Valley Outstanding Teen competition earlier this month.

Obituary Announcements: Nov. 24-25

Stanley Malone Phillips Sr., 80
Stanley Malone Phillips Sr., 80, of Brushy Pond peaceful passed away Friday, Nov. 18. He was born in Jefferson County to Oscar and Joy Phillips. He was a proud Air Force veteran. He resided in Lake Charles, Louisiana and worked at the Lake Charles Medical Center, then returned home to work at Shelby Baptist Medical Center until retirement. He loved fishing, football and cooking. He is survived by his wife, Lura Ann; son, Stanley (Darlene) Phillips Jr.; beloved nephews, nieces and two grandchildren. He was proceeded in death by his parents and two sons, Steven and Brian. No service is planned at this time, but a celebration of his life will be planned for family and friends at a later date.

Sheree Saunders, 67
Funeral services for Sheree Saunders, age 67 of Newark, New Jersey, will be held on Monday, Nov. 28 at noon at Hanceville Funeral Home with Reverend Odis Minnitt officiating. Burial will follow in the Colony Cemetery. Ms. Saunders will lie in repose on Monday. Nov. 28 from 10 a.m. until service time. Sheree was born on Sept. 23, 1955, in Montgomery, Alabama to Albert Dorsey and Juanita Ayers Dorsey.

Joe Benny Wise, 35
Funeral services for Joe Benny Wise of Cullman will be at 1 p.m. Tuesday, Nov. 29 at Hanceville Funeral Home Chapel. Burial will follow at Mt. Zion Nazarene Baptist Cemetery. Reverend Doug Barbee will be officiating. Visitation for Mr. Wise will be from 6-8 p.m. on Monday, Nov. 28 at Hanceville Funeral Home. Mr. Wise was born on Feb. 12, 1987, in New Orleans, Louisiana. He died at the age of 35 on Nov. 23, 2022, at Cullman Regional Medical Center in Cullman, Alabama. Survivors include his children, Jacob Wise, Isaac Wise, Nevaeh White and Mariah Whited; mother, Patricia Ann Doss; brothers, James Doss, Robert Doss Jr., and Terry Calvert; sisters, Josie Renee Martin, Tonya Conrad and Pattie Brumbley; stepsisters, Rita, Jenny and Miranda. Mr. Wise was preceded in death by his father, Robert Lewis Doss Sr. Serving as pallbearers will be James Doss, Robert Doss Jr., Joseph James, Dewayne Johnson (DJ), Jonathan James and Junior Thompson.

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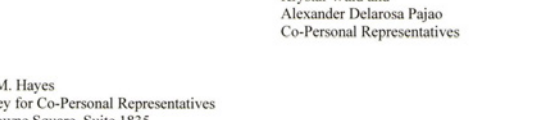
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LEGALS

PB MIN BK 211 PG 551 - 11/18/2022 08:49 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF *
JUANITA IRENE PAJAO * CASE NO PC 2022-373
Deceased *

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration have been granted to **Krystal Waid and Alexander Delarosa Pajao** as Co-Personal Representatives of the Estate of **Juanita Irene Pajao,** deceased, on the 17th day of November, 2022, by the Honorable Tammy Brown, Judge of Probate Court of Cullman County, notice is hereby given that all persons having claims against said estate are hereby required to present the same within time allowed by law or the same will be barred.

Krystal Waid and
Alexander Delarosa Pajao
Co-Personal Representatives

Kelly M. Hayes
Attorney for Co-Personal Representatives
One Towne Square, Suite 1835
Southfield, MI 48076

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

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

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

PB MIN BK 211 PG 685 - 11/09/2022 01:56 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF *
PHYLLIS RUTH ENTREKIN, * CASE NO.: PC2022-380
*
Deceased.

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration having been granted to ELLEN ENTREKIN CURTIS, as Administrator of the Estate of PHYLLIS RUTH ENTREKIN, deceased, on the 9th day of November, 2022, by the Honorable Tammy Brown, Probate Judge.

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

Ellen Entrekin Curtis
Administrator

Annette Irons-Parker
Attorney for Petitioner
215 Main Avenue Southwest
Cullman, AL 35055
256-775-4444

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

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

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

PB MIN BK 211 PG 701 - 11/09/2022 03:37 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF *
JOHN L. BISHOP * CASE NO PC-2022-274
*
Deceased. *

NOTICE TO CREDITORS

Letters of Administration having been granted to DORIS J. BISHOP, as Personal Representative of the Estate of JOHN L. BISHOP, Deceased, on the 9th day of November, 2022, by the Honorable Tammy Brown. NOTICE IS HEREBY GIVEN that all persons having claim against the said Estate are hereby required to present the same within the time allowed by law or the same will be barred.

Doris J. Bishop
Personal Representative

T. Deven Moore
The Moore Firm, P.C.
PO Box 906
Montrose, Alabama 36559

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

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

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

PB MIN BK 211 PG 692 - 11/09/2022 02:27 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE MATTER OF)
)
AARON DALE SPRAGG,) CASE NO.: PC-2022-365
An alleged incapacitated person.)

NOTICE OF HEARING
PETITION FOR LETTERS OF GUARDIANSHIP AND CONSERVATORSHIP

TO: MARY LOU SPRAGG
DARRIN SPRAGG
DARLA HARPER
GREG SPRAGG
JERRY CAMPBELL
ANY KNOWN OR UNKNOWN OR INTERESTED PARTIES

Please take notice that a *Petition for Letters of Guardianship and Conservatorship* have been filed by Mark D. Spragg and Jeanie Fowler Spragg, Petitioners, by and through Attorney, James Park Neill. A hearing on said *Petition for Letters of Guardianship and Conservatorship* has been **SET FOR THE 12TH day of DECEMBER, 2022, AT 10:00 A.M.,** Cullman County Courthouse, Probate Office Room 101, 500 2nd Avenue SW, Cullman, AL 35055.

DONE this 9th day of November, 2022.

Tammy Brown
TAMMY BROWN, JUDGE OF PROBATE
CULLMAN COUNTY ALABAMA

James Park Neill
Attorney for Petitioners
P.O. Box 2308
Jasper, AL 35502

PB MIN BK 211 PG 708 - 11/09/2022 03:51 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: The Estate of
NICHOLAS ANDREW CLAYTON, CASE NO. PC 2022-377
Deceased.

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration have been granted to Rebecca K. Clayton, as Administratrix of the Estate of Nicholas Andrew Clayton, deceased, on the 9th day of November, 2022, by the Honorable Tammy Brown, Judge of Probate, and 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.

Rebecca K. Clayton

Shay Persall
SHAY PERSALL LAW, LLC
700 Second Avenue SW
Cullman AL 35055
(256) 841-7800

Attorney for Administratrix

TO: The Publisher of The Cullman Tribune:

Please publish the foregoing notice once a week for three consecutive weeks and send an affidavit of publication.

Tammy Brown
Tammy Brown, Judge of Probate

PB MIN BK 211 PG 667 - 11/09/2022 01:35 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: The Estate of
DALTON ANGEL RAYMOND, CASE NO. PC 2022-383
Deceased.

NOTICE TO CREDITORS

TAKE NOTICE that Letters of Administration have been granted to Steven C. Smith, as Administrator of the Estate of Dalton Angel Raymond, deceased, on the 9th day of November, 2022, by the Honorable Tammy Brown, Judge of Probate, and 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.

Mia Raymond
Petitioner

Shay Persall
SHAY PERSALL LAW, LLC
700 2nd Avenue SW
Cullman AL 35055
(256) 841-7800

Attorney for Petitioner

TO: The Publisher of The Cullman Tribune:

Please publish the foregoing notice once a week for three consecutive weeks and send an affidavit of publication.

Tammy Brown
Tammy Brown, Judge of Probate

PB WIL BK 113 PG 69 - 11/16/2022 03:36 PM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
*
CULLMAN COUNTY * CASE NO.: PC 2022-387

IN THE MATTER OF THE ESTATE OF SALLY SUE HELRING, DECEASED.

NOTICE OF APPOINTMENT TO BE PUBLISHED BY PERSONAL REPRESENTATIVE

Letters Testamentary on the Estate of said deceased have been granted to Patricia Van Wert on the 16th day of November, 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.

Patricia Van Wert
Personal Representative

To the publisher of *The Cullman Tribune:*

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

Tammy Brown
Tammy Brown, Judge of Probate

Steven C. Smith
Smith & Smith, LLP
Attorneys for Patricia Van Wert
P. O. Box 398
Cullman, AL 35056-0398
(256) 734-4721

BILLY BOB'S STORIES AND STUFF

Thanksgiving is a time to give thanks

Bill King
Tribune
Contributor



As I look back on this past year, I am thankful for this first-year of my retirement. At times, I thought it might never come, but it did, it has, and now the year is almost over. I still have a number of jobs, ministries, and hobbies that keep me quite busy. I give thanks for each one of them. I had not served as a pastor since 2007, but 5 months after I retired from serving as Director of Tuskegee Lee Baptist Association, I became an interim pastor, followed by becoming their pastor. I give thanks for the sweet members of Lanier Baptist Church, in Lanett, where I now have the privilege of serving. I am thankful to also still have numerous opportunities and places to share my humor and music as Bro Billy Bob Bohannon.

Two weeks after my retirement, even with vaccines, Covid came calling. How convenient...I didn't even have to worry about missing work! I am thankful we had mild cases, and survived.

I'm thankful that Jean and I have been able to travel this year...especially, after the stay-home shutdown.

We had the joy of visiting beautiful Ireland and Scotland, in March. I'm sorry that half of our group caught Covid, but I was thankful that Jean and I still had antibodies from our bouts, so we didn't get it again.

For Christmas, Jean and I are going to take a river cruise through Germany and Austria on the Danube. I'm praying for rain over there because the river is so low, we may have to pole our way, or get out and push!

I'm thankful that some of my music has gained airplay on ICRadio this year. I've even had a few songs that charted in their top 40, and even a number-1 song.

Even though I've written quite a few serious songs, a silly little Billy Bob song called "Burnt Biscuits" was the one. I'm even thankful for silliness and for the sense of humor God has given some of us. I'm praying for rest!

I thankful for pickleball and racquetball and my buddies there, my woodworking shop, and that 31-inch Redfish that Drew caught when we went deep-sea fishing last summer. I'm thankful he caught the most and the biggest, and that I didn't get seasick!

Last, but certainly not least, I give thanks for God, for my Savior Jesus Christ, for my loving wife Jean and my family, Sara Ashley, Justin, and Drew.

I am thankful for each of you, and for this opportunity to spend with you in the newspapers that carry my column each week or online.

Psalm 100:4 says, "Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name."

Not only should we enter his gates with thanksgiving, we should enter every day with thanksgiving. Have you ever been guilty of saying, "I don't have anything to give thanks for?" Really? How about each morning when our eye lids rise, and before our feet ever hit the floor, we say, "Thank that I woke up for another day. Thank you that my eyes did open and I can see?"

Ten years I almost lost the vision in one eye, so I am especially thankful for vision. Okay, if you can't see, how about, "Thank you that I can hear?" Sorry, I didn't mean to preach... occupational habit...but, while some may have more for which to give thanks, we all have some things.

I hope you are able to give much thanks too, and have a wonderfully-happy Thanksgiving!

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

HISTORY

Files from yesteryear: 1934, 1937

From the files of 1934

Little Mary Landel Carr has been quite ill at the home of her parents, Mr. and Mrs. L.J. Carr.

Doctor and Mrs. J.G. Daves have returned after a week in San Antonio, Texas.

Martin Burks is recovering from an operation which he underwent in a Birmingham hospital, last Saturday.

The Science Club at Cullman High School presented the assembly program on Wednesday. Participating were Luther Hinds, Freda Crow, Leldon Singleton, George Stiefelmeyer, Vivian Gibbs, Esther Meyer and Margaret Heitmueller.

Miss Gertrude Ziegler attended a Farm Bureau meeting in Nashville this week.

The Carroll twins, Willie and Nelle spent Saturday in Birmingham.

From the files of 1937

Charles, the son of Mr. and Mrs. Homer Grantham, of Hanceville, who was residing in Missouri, died of meningitis last week.

Members of the new Beta Club Chapter at Hanceville School include: Bennett Abercrombie, Ruby Ashwander, Rubye Lee Glaze, Frank Jennings, Pauline Whaley, Marjorie Yongue, Marjorie Howell, Kathleen Howell and Lucille Harris. Miss Caudell is sponsor.

The 4 -H Club officers at Bolte are: Louvella West, Thelma Hicks, Audrey Brown, Dorothy Tipton, Dorothy Rigsby, Evelyn Waits, Flora Duke and Mildred Sullenger.

Gold Ridge P.T.A. officers are: president – Mrs. H.T. Bentley, vice president – Mrs. Cleoh Murphree, secretary – Mrs. Myrtle Barnett and reporter – Mrs. Tressie Golden.

Pauline Mina Hecht Pitzing (Mrs. Ernest Ferdinand Pitzing's wife since February 6, 1886, until he died three years ago) was born on January 12, 1868, and died on December 3, 1937. She is survived by eleven children, two sisters, twenty -four grandchildren and two great - grandchildren.

Marriages:

December 1st

John Stracener, 26, to Mary Etta Boyd, 18.

December 2nd

Buford Burrow, 19, to Ruthie Glenn, 18.

December 3rd

G.W. Clapp, 56, to Vernie Willingham, 21; Otis E. Staples, 22, to Ruth Yates, 19; A.E. White, 27, to Gladys Mae Ryan, 23; Luna Baker, 21, to Beulah Whitaker, 25; Claud Thomas Peek, 23, to Mildred Warren, 23 and Louie Rennett, 26, to Cora Kennedy, 20.

December 4th

Berlie Guthrie, 19, to Mae Cook, 14; Francis Milton Parker, 23, to Nellie Olean Phillips, 20; Carl Fowler, 17, to Ina Bell Washburn, 18; Pleas McDowell, 24, to Della Wilson, 24; Hulett Gilley, 21, to Rachel Armstrong, 18; Thomas Quinn, 20, to Alene Williams, 18; Cecil Brock, 26, to Vaudie Bennefield, 25 and John Dorman Pope, 25, to Louise Penn, 20.

POET'S CORNER

Definition of Love | By: Ann Coberley - Canyon, Texas

"We were so tightly wound
in mind and body,
every thought you had
was half my own,
and we breathed in sync
as we slept on shared pillows,
our fingers entwined.

We must have bled
when we were torn apart,
our ragged edges
raw with the brutal pain
of separation.

I don't know what death is,
but I know you still exist,
because when I cry
I feel your tears,
and I know my dreams
reflect your own.

We are still a matched pair,
an echo of each other,
the unexplained link
between past and present,
the definition of love."

CULLMAN TRIBUNE WORD SEARCH

NOV. 26

U	M	G	N	S	A	Y	E	A	R	C	H	G	A	P	P	V
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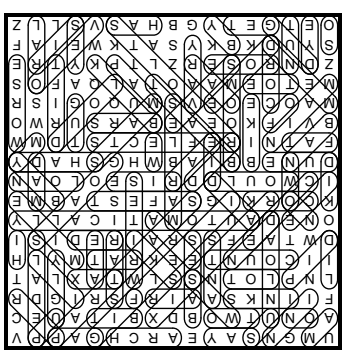
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Vary
Veto
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Worse
Would
Writes
Yes

CULLMAN TRIBUNE SUDOKU

NOV. 26

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								5
7		9						
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ANSWERS:



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

Grace (from Front)

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — Giving Tuesday began in 2012 as a way to encourage people to perform good deeds and now sees itself as "a movement that unleashed the power of radical generosity around the world" according to its website. This year, Giving Tuesday falls on Nov. 29.

Official Giving Tuesday national movements exist in 80 countries, and the global network sees every country in the world participating at least at a grassroots level. Last year, it's estimated that $2.7 billion was donated in the United States in the 24 hours of Giving Tuesday. Just as importantly, over 35 million people participated in Giving Tuesday by giving the gift of volunteering, skills and many other acts of kindness in 2021.

Monetary donations and gifts of time spent volunteering are appreciated at the following local nonprofit organizations in our community:

- Cullman Caring for Kids – 256-739-1111 www.cullmancaringforkids.com
- Curt's Closet – 256-735-4557 – www.curtscloset.org
- North Alabama Agriplex – 256-297-1044 – www.agriplex.org/WPtest
- The Link of Cullman County – 256-775-0028 – www.linkingcullman.org
- United Way of Cullman County – 256-739-2948 – www.uwaycc.org
- Victim Services – 256-775-2600 – www.victimservices.online

COLLEGE TIRE
AFTER THANKS GIVING SALE
10% OFF
Medium or Like New Sets of 4
NEW EXCLUDED
315 Main St. NW, Hanceville
256-352-2221
Mon-Tues-Thurs-Fri 8-5:30
Weds 8-12 | Sat 8-2
SALE DATES: NOV. 23-30
CLOSED THANKSGIVING DAY
...In that while we were yet sinners Christ died for us. Romans 5:8



Recycling Collection
Now Available in Cullman County for Residents and Businesses
Cardboard | Plastic | Paper | Metal | Glass
Reduce your garbage volume with Bi-monthly Recycling Pickup
It's Free to Try!
OSIRIS
RECYCLING SOLUTIONS LLC
(256) 615-2510
osirisrecycling.com
Not affiliated with Cullman County Sanitation Dept.
No drop-off location

Black Friday comes to Cullman



AMY LEONARD/THE CULLMAN TRIBUNE

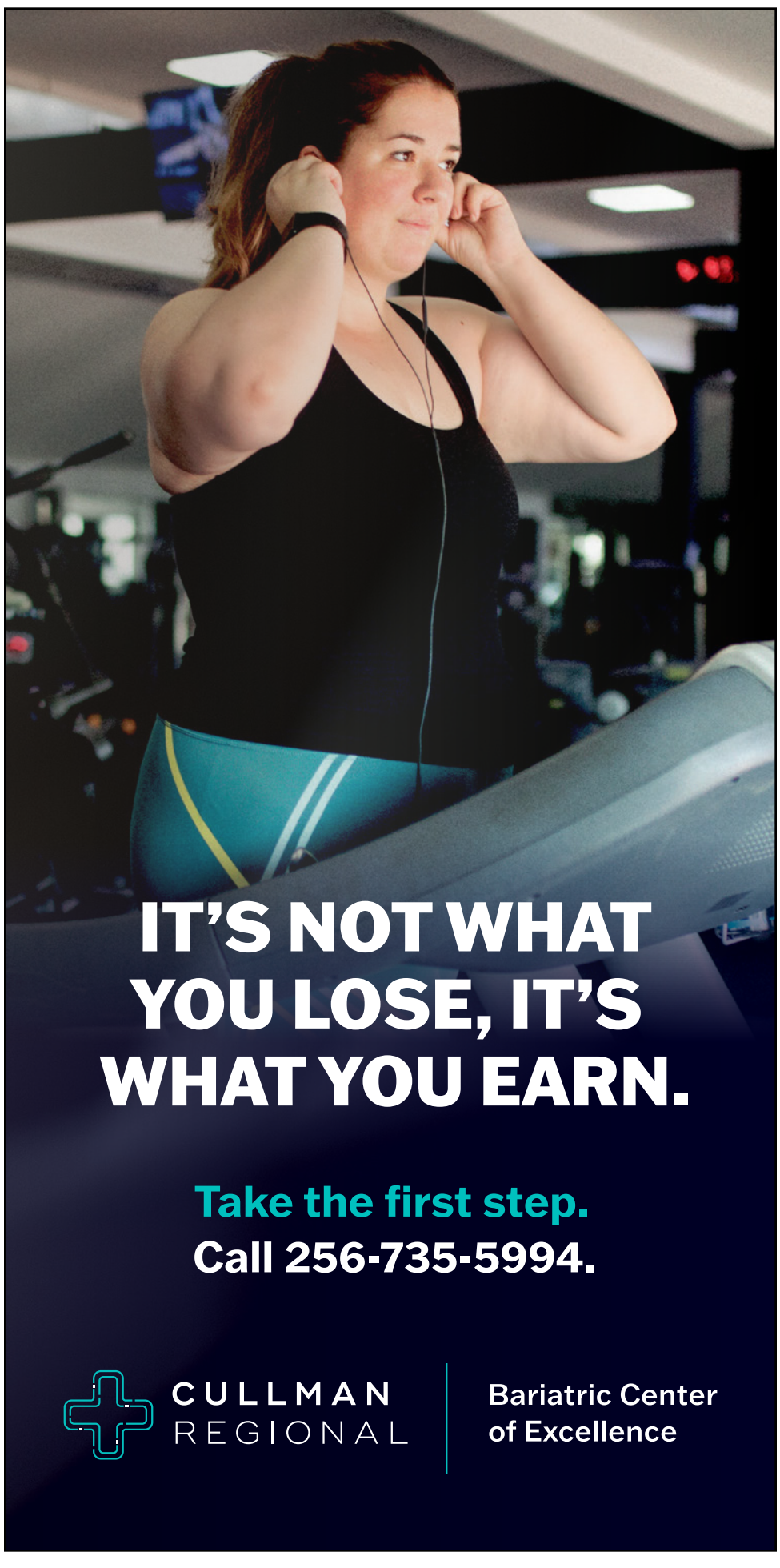
Many shoppers in Cullman started their Black Friday shopping in the misting rain huddled under umbrellas waiting for retailer doors to open. As the hours passed, the skies cleared, making the Christmas shopping a more pleasant experience despite the crowds.



AMY LEONARD/THE CULLMAN TRIBUNE



AMY LEONARD/THE CULLMAN TRIBUNE



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