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LIST: New Year’s Eve events

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — With Christmas now behind us, New Year’s Eve is on the horizon and Cullman has a variety of ways to celebrate. Regardless of how you choose to celebrate the new year, please do so safely, and if alcohol is involved, have a designated driver in place.

SATURDAY, DEC. 31 EVENTS

Stony Lonesome OHV Park New Year’s Eve Night Ride

- 8 a.m.-midnight
- Riding rates: 8 a.m.-6 p.m. (daytime only) - $15 per person and $5 per child ages 6-12; 8 a.m.-midnight (day and night) - $20 per person and $10 per child ages 6-12; Children 5 and under - free
- Stony Lonesome reminds the public that this is not a guided ride and functioning headlights and taillights are required to ride. Lodging is available on a first come, first served basis and the park recommends calling ahead to reserve lodging. Alcohol is not allowed in the park and those who choose to break the rule will be immediately ejected from the park. All » PAGE 3



CONTRIBUTED

Good Samaritan specializes in health care with dignity



AMY LEONARD/THE CULLMAN TRIBUNE

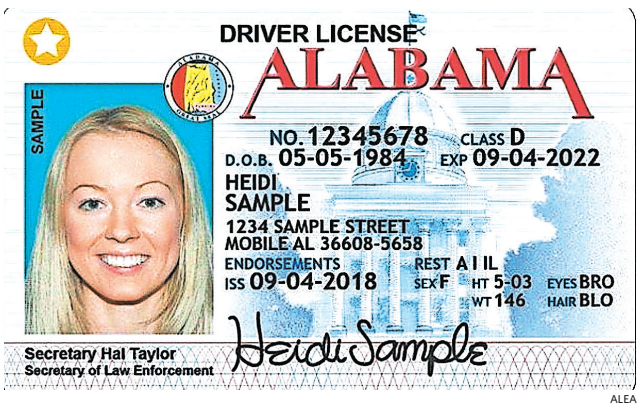
Good Samaritan Board of Directors Vice Chairman Zach Lee and Executive Director Jolanda Hutson

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — Walking through the doors of the Good Samaritan Health Clinic feels like walking into every other doctor’s office in town. There’s a reception area and lobby, examination rooms, medication rooms and a nurse’s desk. And that’s exactly how the staff and board of directors planned it, to provide top notch primary medical and wellness care in a well-maintained facility with only the most respectful and compassionate staff to serve their patients.

“I have people tell me all the time that this is not what they expected a free clinic to look like, and that’s exactly what we want,” shared Executive Director Jolanda Hutson. » PAGE 8

Important documentation needed to enroll in STAR ID program; deadline extended to May 5, 2025



ALEA

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Festival of the Cranes returns Jan. 13-15



WWW.ALAUDUBON.ORG

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UAB: Veterans invited to register for new virtual arts workshops

» PAGE 2

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UAB: Veterans invited to register for new virtual arts workshops

Shannon Thomason
Contributor

BIRMINGHAM, Ala. — An arts program of weekly virtual workshops for veterans is taking registration now for two new series in 2023, Artful Healing and Mindful Movement.

The program is presented through a partnership between the University of Alabama at Birmingham's Arts in Medicine and the Birmingham VA Health Care System's Whole Health initiative. Through the program, veterans are invited to gather in a no-judgment space and explore creative and expressive writing, visual art, movement and more to support wellness.

The virtual Artful Healing workshop will be from 8-9 a.m. Wednesdays Jan. 25-March 29. Artful Healing, led by art therapist Valerie Hanks, will guide participants through art directives to build confidence and self-esteem while focusing on strengths, developing new skills, improving emotional well-being and developing creative self-expression while giving a personalized sense of accomplishment. All supplies will be provided.

The virtual Mindful Movement workshop will be from 9-10 a.m. Wednesdays April 12-June 14.

Mindful Movement, led by AIM Artist-in-Residence Melissa Turnage, will teach participants a series of breathing patterns, gentle body movements and visualizations to connect mind, body and spirit. Participants will also engage in creative expression through a collaborative choreography process that incorporates storytelling through movement and play.

Additional workshops will be added throughout the year. For more information or to enroll, contact Kroshona Tabb, Ph.D., at Kroshona.Tabb@va.gov.

This program is made possible by the support of the National Endowment for the Arts; the NEA Creative Forces program, which is committed to improving the well-being of service members, veterans, caregivers and their families through creativity and community; and Mid-America Arts Alliance, the regional arts organization for Arkansas, Kansas, Missouri, Nebraska, Oklahoma and Texas.

A partnership with UAB Medicine, Arts in Medicine underscores UAB's commitment to patient-centered care. Integrating the arts into the health care environment has been shown to benefit patients and caregivers by reducing stress levels and perceived pain, improving mood, distracting from medical problems, and increasing self-expression and self-confidence. Started in 2013, the program provides services on a rotating schedule to a growing number of UAB Medicine units. AIM strives to transform the care environment and enhance well-being and healing through creative arts experiences for patients, families and staff.

Find, share recipes at Outdoor Alabama's Wild Eats page

David Rainer
Contributor

MONTGOMERY, Ala. — If your hunting season has gone well and you have plenty of wild game to prepare, you may be looking for new ideas on how to put the best dishes possible on the dinner table. Or you could be a novice hunter getting ready to prepare a meal with wild game for the first time and looking for helpful resources.

With that in mind, the Alabama Department of Conservation and Natural Resources (ADCNR) website, Outdoor Alabama, has just what you're looking for in the new Wild Eats page at www.outdooralabama.com/WildEats. The page features a list of tasty recipes for a variety of wild game.

"The culmination of a hunting or fishing trip is food," said Billy Pope, ADCNR's communications and marketing director. "We wanted to provide a platform on Outdoor Alabama that gives everybody the opportunity to cook wild game with unique recipes and a place for everybody to share their recipes.

"We're asking people to submit their unique recipes for wild game and fish. We've already had submissions for stir-fried duck and collard green soup with venison."

Pope also said ADCNR realizes many late-onset hunters are pursuing wild game with a different mindset from who grew up in a hunting culture.

"People being introduced to hunting or wanting to learn to hunt are doing it for a different reason," he said. "They want to harvest their own meat, so they know where it comes from. They want sustainable, healthy protein for their families.

"More and more people are interested in wild table fare, which has made learning to hunt a priority. ADCNR's Adult Mentored Hunting Program has been able to fill the void and introduce new hunters to the art of field-dressing and butchering wild game."

Justin Grider, ADCNR's Wildlife and Freshwater Fisheries Division R3 coordinator, said the process of placing tasty wild game dishes on the dinner table starts well before the hunt.

"Before it's time to hunt, you need to become proficient with whatever firearm or bow you're using," Grider said. "You want to make sure it is shooting where you're aiming so you can make a good, clean, quick kill. You owe that to the animal as a hunter to make that as quick and painless as possible. When you are proficient with the firearm or bow, it leads to a better end-product when it comes to putting it on the dinner table."

When the hunter makes a quality shot, it leads to a quick recovery of the animal, and the processing of the animal can proceed without delay.

"The quicker you can get those internal organs and entrails out of that animal, especially deer, and get that body cavity cooled down, the better," Grider said. "You're fighting three things – heat, moisture, and dirt. You're trying to avoid all three.

"Most days in Alabama are relatively warm, so if you don't have access to a skinning shed, grab a couple of bags of ice from the nearest gas station and throw it into the cavity so it starts to cool down that body cavity. Make sure you get the ice between the hip joints. There's a lot of heat down there. When you get that cooled down, it will delay any bacteria growth and meat spoilage."

Grider said when you're able to get the animal field-dressed in a reasonable amount of time, it allows you to move to the next step in providing that quality wild game for the family.

"I like to let my deer age for seven days," he said. "If you have access to a walk-in cooler, you can let it hang and allow that deer to go through rigor mortis. That whole product will start to break down and become more tender. If you don't have a walk-in cooler, which most of us don't, you can quarter the deer and age that animal in a 55-quart cooler."

The key to using an ice chest/cooler is to keep the meat elevated above the ice by using some type of rack or baking sheet to keep the meat from coming in contact with any water from the melting ice. Refresh the ice often to maintain the proper temperature.

"That will accomplish the same result as if you had used a walk-in cooler," Grider said. "That's going to lead to your best-tasting product. Any time you can age that meat for seven days, that's kind of the magic number."

After the aging process is complete, Grider starts with the hind quarters. He debones the quarters and separates the muscle groups. He trims as much of the connective tissue as possible and decides whether to use the meat for roasts, steaks, jerky or ground venison.

"I start from the back of the animal and work my way forward, all the way up to the neck," he said.

"I save that neck roast for slow cooking to break down the connective tissue and make it really tender. Of course, it depends on your needs. Later in the season, after you've got some steaks and roasts set aside, you may just focus on grinding the whole thing, so you have plenty of ground meat for the year."

Grider removes all the venison fat, which can cause the meat to have a gamey taste. Instead, he heads to a butcher shop or grocery store and procures beef or pork fat to mix with the venison for grinding. He tries to get the ratio of venison to fat to around 85-15 or 80-20.

"You can call the day before you plan to grind the meat and ask them to set aside 10 to 15 pounds of fat," he said. "Venison is so lean, you need to put in a little fat. I've seen people use bacon ends, or you can buy a chuck roast and grind that in."

If your hunt ends in a difficult recovery, Grider says hunting conditions will dictate whether the meat is salvageable.



BILLY POPE/ADCNR

One of the most common ways to use venison is to grind it with added fat and make burgers on the grill.

"If the temperature is above 45 degrees, which is pretty common for most of the hunting season in Alabama, and the deer is out in the field for 6, 8, or 12 hours, be cautious about that end product," he said. "Bacteria grows so fast. Rancid meat has a distinct odor and color. Use your eyes and nose to make the best judgment."

When the hunt goes well and the deer is processed correctly, it's time to dine on some delicious wild game. One of Grider's favorite preparations is venison burger, and he depends on the Maillard reaction to help him serve the best dish. The Maillard reaction is a chemical reaction that occurs when browning meat. After that reaction has occurred, the meat won't stick to the cooking surface.

"When I'm cooking burgers or Korean beef on a grill or cast iron, I'm cooking it so that it gets a crisp, nice brown edge to it," he said.

"That's the Maillard reaction, and it gives it a better taste. I see people browning meat, and they put it in the pan long enough for it to turn brown. If they leave it in just a little longer and continue to stir it, it gets a nice crispy edge from the Maillard reaction and the breakdown of the sugars. It changes the flavor profile for the better.

"A good way to check on the grill is if you try to flip the burger and it's stuck to the grill, the Maillard reaction hasn't happened. If you wait a little longer, it will unstick from the grill, and you can flip it easily."

Grider said the worst mistake consumers of venison can make is to overcook it. If you're not going the slow and low route with plenty of liquid, don't go past medium rare.

"If you cook venison burgers hot and fast on the grill or flattop about two minutes on each side, that will leave you with a medium rare burger, which, in my opinion, is the best," he said. "With a backstrap or inner loins, and you grill it hot and fast, you get a really crispy, tasty outside with a medium rare center. If you cook a burger or loin too long, it gets dry and tough. A well-done venison burger is not palatable.

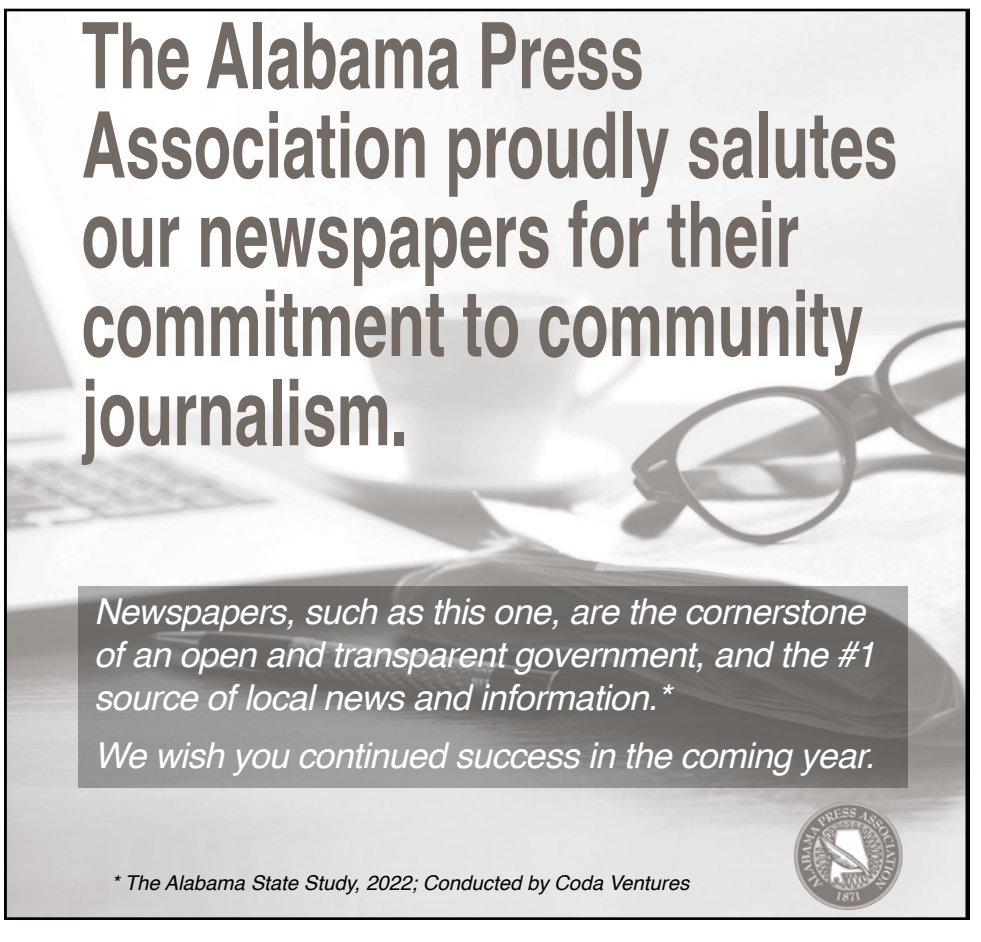
"If you're cooking shanks or neck roast, you want to cook it long and slow and keep it in some type of braising liquid."

When it comes to waterfowl, Grider uses the same techniques that he does for venison with one exception. He does not trim the fat on waterfowl.

"The only thing is I may go even a little rarer on waterfowl," he said. "A lot of people just cut the breast out, and you can be missing a great opportunity with the skin and fat. If you're lucky enough to harvest a duck with a good layer of fat, like early-season teal or wood ducks in a cypress brake, you leave the skin on and add a ton of flavor. You can also pluck the duck and cook the thigh and leg meat, which is delicious."

Even with small game, Grider prefers to age the meat before he prepares it. He removes the entrails from small game and waterfowl and ages them in the refrigerator.

"Not to say you can't cook it right out of the woods, but I find that if you age it to break down the protein, it makes for really tasty wild game," he said.



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 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! Pickup 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.
• Wednesday, Dec. 28 - We will have no Wednesday night church services.
• Thursday, Dec. 29 -7 p.m. Celebrate Recovery Ministry- Fellowship & Testimonies. Hurts, habits and hang-ups are a part of everyone's life. Come and see how to overcome these and more! For those who want to get together before class bring a dish, dessert or drink @ 6:30 p.m. for a potluck meal. Nursery provided.
• Saturday, Dec. 31 - We will have a Potluck Supper at 6pm followed by a prayer meeting at 7 p.m. to usher in the New Year with fellowship.
• Sunday, Jan. 1 - We will not have Sunday church services, have a Happy New Year!!

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.

20th Annual Sportsman Lake Park Winter Wonderland Christmas Light Display
Dec. 27-30. Guests can drive through the magical display from 5-9 p.m. Admission is $10 cash per vehicle. The park will be closed Christmas Eve and Day. Sportsman Lake Park is located at 1544 Sportsman Lake Road NW in Cullman. Find out more at www.facebook.com/SportsmanLakePark.

2023 Festival of the Cranes
Friday-Sunday, Jan. 13-15, at the Wheeler National Wildlife Refuge (WNWR) and other venues throughout Decatur. Several of the weekend's activities require reservations. www.friendsofwheelernwr.org/festival-of-the-cranes-2023.

Events (from Front)

coolers will be checked at the gate before being allowed inside the park.

412 Public House New Year's Eve Dinner
• 4-10 p.m.
• The restaurant invites the public to celebrate New Year's Eve with a one-night-only elevated menu featuring bacon-wrapped filet mignon, prime rib, shrimp etouffee and four new seasonal cocktails.

Goat Island Brewing New Year's Eve Party
• Avenue G Band will be on stage at 7 p.m. and playing until midnight and Freddie Day Catering will provide a prime rib and chicken dinner. Call Goat Island to reserve a meal.

Cullman VFW Post 2214 New Year's Eve Party
• 8 p.m.-12:30 a.m.
• Horizon will be playing live music with no cover charge. Snacks available and a champagne toast at midnight. Open to the public.

Cullman Elks Lodge #1609 New Year's Eve Party
• 8 p.m.-midnight
• $25 cover charge
• With live entertainment by BREZ, this party is destined to be a good time with laughter and dancing. Non-members must be signed in with an Elks Lodge member.

Know of an event we missed? Email amy@cullmantribune.com.

Festival (from Front)

Amy Leonard
amy@cullmantribune.com

DECATUR, Ala. — The Wheeler Wildlife Refuge Association will host the three-day 2023 Festival of the Cranes event Friday-Sunday, Jan. 13-15, at the Wheeler National Wildlife Refuge (WNWR) and other venues throughout Decatur.

The refuge center, which is home to Alabama's largest concentrations of Sandhill Cranes and Whooping Cranes, celebrates the winter migration patterns of tens of thousands of Sandhill Cranes each year. The 35,000-acre refuge is also home to the state's most populous wintering duck population.

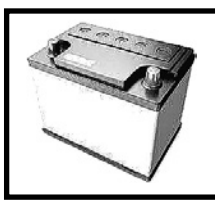
During the three-day festival, the refuge, located at 3121 Visitor Center Road in Decatur, will host guided morning bird walks and Birding 101 walks, and the observation building will be open, allowing spectators to watch cranes, geese, raptors and more from the heated structure. Attendees are encouraged to bring binoculars and cameras to fully experience the beauty of the birds.

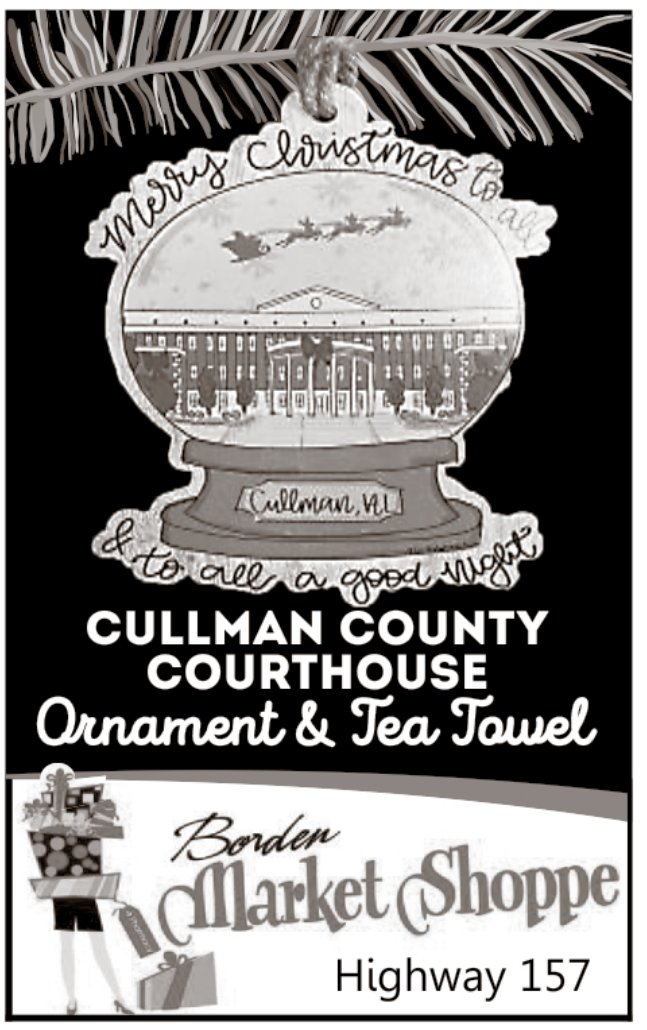
The Princess Theater at 112 Second Ave. NE in downtown Decatur will host a performance by Three on a String, followed by a schedule full of lectures on migration, the role of raptures in nature, condors and an experimental science show.

At the Alabama Center for the Arts, located at 133 Second Ave. NE, more lectures and workshops will be held, including the Junior Duck Stamp Workshop and Reptiles and Amphibians Show.

Cook Museum will provide arts and crafts for children, science lessons about cranes and an all-day Crane Dance Party. The museum is located at 133 Fourth Ave. NE.

Decatur Public Library, 504 Cherry St. NE, will be in on the celebration with scavenger hunts, children's activities, story times and goodie bags. Several of the weekend's activities require reservations. More information can be found at www.friendsofwheelernwr.org/festival-of-the-cranes-2023.


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THE CULLMAN TRIBUNE
DECEMBER 27, 2022

‘Always put God first’: Cold Springs’ Paizley Whitlow talks freshman cross country season

Sammy Confer
sammy@cullmantribune.com

BREMEN, Ala. — This season was another successful one for Cold Springs’ cross country teams. The Lady Eagles finished second in the state, and it was a great season for freshman Paizley Whitlow. Whitlow finished first at the county meet, second at sectionals and second at the state meet.

“I feel like our team did outstanding this year even though we fell short. The weather got the best of us at the state meet, but we still pushed through and finished second in state. We will definitely be back at it next season,” Whitlow said. “I learned that putting in miles when no one is watching will help you achieve your goals and being a better communicator helps bring your team closer together.”

Whitlow learned so much from Head Coach Casey Howell and this year’s upperclassmen during the season.

“He’s a great coach and he pushes us to our limits. He’s taught me to always put God first and how to be a good leader. He’s shown me that there is a difference in reaching your goal and exceeding that goal,” Whitlow said. “They’ve taught me how to be supportive and a great team leader. They have also shown me how important it is to be build good relationships with all the team members.”

Whitlow will definitely be working on some things in preparation for next season and has set some goals for herself and the team in 2023. She learned some things from this year’s senior, Madison Perdue, and talked about what she will remember the most about her freshman season.

“I’m going to work on staying conditioned by running indoor and outdoor track. In the summer, I will do harder and longer speed workouts to get faster,” she said. “I would love for our team to be back at state and win it all next year. Myself, I would love to achieve a PR of 19:25.”

She added,

“Madison is always kind, positive, and supportive to all her teammates and she’s very respectful to the coaches. She was a great role model for our team. I will definitely remember the “mud run” at state. Also, I will remember our team winning county and sectionals and me hitting the 19s for the first time this season.”



NICK GRIFFIN/THE CULLMAN TRIBUNE

Cold Springs’ Paizley Whitlow

Auburn’s Freeze lands first recruiting class: ‘Something special’

Jeff Shearer
AU Athletics

AUBURN, Ala. — Loading up on linemen, Auburn coach Hugh Freeze and his staff rocketed into the top 20 of the 2023 recruiting rankings by landing 19 future Tigers Wednesday in the early signing period.

“A wild two weeks for us,” said Freeze, who was introduced as Auburn’s head coach on Nov. 29. “We came into this considerably behind what I think Auburn should be in recruiting.”

Thanking assistant coaches Carnell Williams and Zac Etheridge, along with Auburn’s recruiting staff, for keeping the class together during a head coaching transition, Freeze said the signees and their families bought into the opportunity to rebuild the Tigers’ program.

“There’s something special that could be occurring here,” Freeze said.

“I tried to sell that to these kids to be part of the resurgence. They’re setting the tone with our returning guys.”

Auburn’s 19-member class includes two Tigers who switched on signing day: defensive back Kayin Lee and in-state defensive lineman Keldric Faulk from Highland Home.

Merry Flipmas, as the saying goes.

“He was one that I was going to be on the phone morning and night, every single day, trying to convince him that this was the best place for him,” Freeze said of Faulk, one of five in-state signees. “We did a good job of building the relationship and also the gift he can give his mom and family to be really close and do something special here at Auburn.”

Of Auburn’s 19 signees, 12 are linemen: five on offense and seven on defense.

“We tried to focus on big men,” Freeze said.

“This is a big man league. If you don’t have guys on both sides up front, it’s very difficult.

“Those DBs get a lot better if you’ve got an edge rusher who can shorten the time the quarterback has.”

The Tigers added five defensive backs, one receiver and one quarterback, prioritizing prospects who plan to enroll in January and participate in spring practice.

“If a kid told me he was a mid-year he went from a two-star to a three-star because I’ll bank on our coaching staff,” said Freeze, who expects a dozen signees to enroll in the spring semester. “If a kid has some ability, I think we’ll get the most out of it. If he was a three-star, he became a four-star.”

Auburn’s Class of 2023 signees will be the first to train in the newly completed Woltosz Football Performance Center, a facility Freeze expects to pay further dividends as he and his staff continue to connect with prospects.

“We’re thankful for it. I think it’s incredible,” said Freeze, who placed magnets featuring graphics of each signee on a whiteboard in Auburn’s new football building as their signed letters of intent arrived digitally.

“Give us time for them to get to know us, our vision, see us compete on the field, plus this facility. Then we’ve got a good combination.”

When Auburn hired Freeze three weeks ago, the Tigers’ recruiting class ranked in the 40s. As of Wednesday afternoon, ESPN ranked Auburn’s class No. 17.

The Tigers will look to continue their ascent on the traditional signing day, Feb. 1, 2023.

Said Freeze, “We still have some big targets out there.”



AUSTIN PERRYMAN/AU ATHLETICS

Auburn added 19 signees to its 2023 recruiting class Wednesday.

Alabama adds 27 players on 1st day of early signing period

Josh Maxson
UA Athletics

TUSCALOOSA, Ala. — Alabama football announced the addition of 27 student-athletes to its 2023 recruiting class on Wednesday, the first day of the early signing period.

The 27 high school and junior college signees come from 12 states and two countries – Alabama (8), Georgia (3), Florida (3), Illinois (2), Iowa (1), Kansas (1), Louisiana (1), Mississippi (1), Missouri (1), Oklahoma (1), Tennessee (2) and Texas (2) along with Finland (1).

Listed by position, the Crimson Tide added to its roster - five on the offensive line; four apiece at defensive back, defensive line, linebacker and wide receiver; two apiece at quarterback and running back; and one each at tight end and placekicker.

Among the 27 players added during the early signing period are:

• Seven signees that are five-star prospects (Malik Benson (JUCO), Caleb Downs, Justice Haynes, Keon Keeley, Kadyn Proctor, Qua Russaw and James Smith) and 19 players that are four-star athletes by at least one of the following: 247Sports, 247Composite, On3, On3 Consensus, Rivals.com and/or ESPN.com

• Twenty-two newcomers that were ranked in the ESPN300: Cole Adams, Olaus Alinen, Caleb Downs, Wilkin Formby, Jalen Hale, Justice Haynes, Edric Hill, Eli Holstein, Brayson Hubbard, Jahlil Hurley, Keon Keeley, Ty Lockwood, Dylan Lonergan, Miles McVay, Tony Mitchell, Hunter Osborne, Yhonzae Pierre, Kadyn Proctor, Jordan Renaud, Qua Russaw, James Smith and Richard Young

• Twenty players in the Top247: Olaus Alinen, Caleb Downs, Wilkin Formby, Jalen Hale, Justice Haynes, Edric Hill, Eli Holstein, Jahlil Hurley, Keon Keeley, Ty Lockwood, Dylan Lonergan, Miles McVay, Tony Mitchell, Hunter Osborne, Yhonzae Pierre, Kadyn Proctor, Jordan Renaud, Qua Russaw, James Smith and Richard Young

• Twenty players who were listed on the Rivals250: Cole Adams, Caleb Downs, Wilkin Formby, Jalen Hale, Justice Haynes, Edric Hill, Eli Holstein, Jahlil Hurley, Keon Keeley, Dylan Lonergan, Rock McElderry, Miles McVay, Tony Mitchell, Hunter Osborne, Yhonzae Pierre, Kadyn Proctor, Jordan Renaud, Qua Russaw, James Smith and Richard Young.



UA ATHLETICS

Alabama added 27 new signees last week during the early signing period.

STAR ID (from Front)

Staff Reports
Contributor

MONTGOMERY, Ala. — The U.S. Department of Homeland Security is extending the enforcement deadline for the REAL ID (called STAR ID in Alabama) to May 7, 2025, in response to COVID-19. However, STAR IDs will still be available for issuance after May 7, 2025, at an Alabama Law Enforcement Agency (ALEA) Examining Office.

In order to comply with the Federal REAL ID Act, ALEA developed the STAR ID program. STAR ID is a step beyond an ordinary Alabama driver's license or non-driver identification card and it meets all the requirements of federal law.

Document List

In order to be issued a STAR ID, applicants must present four documents to verify identity/date of birth, Social Security number and address of principal residence. Below is a list of accepted documents in each category. Photocopies of these documents are not acceptable.

Applicants must verify their identity and date of birth by providing one of the following documents*:

- Valid, unexpired United States Passport
- Certified Birth Certificate
- Consular Report of Birth Abroad (Form FS-240, DS-1350, or FS-545
- Valid, unexpired Permanent Resident Card (Form I-551) issued by the Department of Homeland Security (DHS) or Immigration and Naturalization Service (INS)
- Unexpired employment authorization document (EAD) issued by DHS (Form I-766 or Form I-688B)
- Unexpired Foreign Passport with a valid, unexpired U.S. Visa affixed, accompanied by the approved I-94 form documenting the applicant's most recent admittance into the United States.
- Certificate of Naturalization issued by DHS (Form N-550 or N-570)
- Certificate of Citizenship issued by DHS (Form N-560 or N-561)

*If the applicant's name has changed from the name displayed on the document presented to verify identity and date of birth, certified documents verifying this change are also required (ex. marriage certificate, adoption, court order).

Applicants must verify their Social Security numbers by providing one of the following documents:

- Social Security card
- United States Military Form DD 214
- Medicare/Medicaid Identification Card (if Social Security Number is followed by the letter A)
- W-2 Tax Form

Applicants must verify their address of principal residence by providing any two of the following documents:

- Valid Alabama Driver License or Identification Card displaying applicant's current address
- Voter Registration Card
- Residential Mortgage Contract
- Current Lease or Rental agreement for housing
- Proof of payment of residential property tax (Homestead)
- Previous year tax returns bearing applicants address
- Vehicle registration bearing applicants name and address
- Utility bill (Water, Gas, or Electric) less than 90 days old
- Any State or Federal Court documents indicating residence address
- School enrollment documentation
- Defense Department Form 214 (Report of Separation)
- Sex offender registration documents
- Current Homeowners insurance policy with name and address
- Social Security benefits statements/summary mailed to physical address
- U.S. or State Government check or other document mailed to applicants physical address
- Military Orders documenting duty station and place of residence.

*If utility bills or other similar documents feature the name of the applicant's spouse or parent, the applicant must produce a marriage certificate or birth certificate verifying residence address.

Effective May 7, 2025, every air traveler will need a REAL ID compliant license/ID (STAR ID) or another form of identification for domestic air travel. (See www.tsa.gov/travel/security-screening/identification for a full list of acceptable identification for domestic air travel.)

STAR IDs are issued originally to qualified individuals only at Alabama Law Enforcement Agency Driver License exam offices.

County operated license offices will continue to provide renewals/duplicates for license, ID cards, and STAR ID.

Once the provision of the REAL ID Act (STAR ID) goes into effect, individuals who do not have an unexpired U.S. passport will need an Alabama STAR ID to board commercial aircraft for domestic flights or to enter certain regulated federal facilities.

Any Alabama license or identification card issued on or after April 25, 2022, that is not compliant with the REAL ID Act of 2005 (not a STAR ID), will display "Not for Federal Identification" across the top of the credential.











Obituary Announcements: Dec. 24-26

Curtis Allan Sayles, 51
Curtis Allan Sayles, 51, of Haleyville, Alabama entered into rest Dec. 22, 2022, at his residence. Curtis was born May 23, 1971. No services will be held at this time. Curtis is survived by his sons, Steven (Shayla) Sayles, Caleb Sayles and William Sayles. He was preceded in death by his grandmother, Ernestine Waldrop; mother, Mary Helen Carter; father, Bobby Sayles; and Uncle Duck.

Franklin Gene Wilhite, 69
Franklin Gene Wilhite was born May 5, 1953, to Robert and Lola Roberson Wilhite. He passed away on Thursday, Dec. 22, 2022, at the age of 69. He was preceded in death by his parents; three brothers, Lavon Wilhite, Mack Wilhite and Wayne Wilhite; and sister, Emma Jean Lee. He is survived by a host of family, friends, nieces and nephews. There are no services planned at this time.

Shirley McBrayer Conn, 71
Shirley McBrayer Conn, age 71, of Cullman, Alabama passed away Sunday, Dec. 25, 2022, at her residence. She was born Feb. 5, 1951, in Cullman, Alabama. Visitation will be Wednesday, Dec. 28, 2022, from 5-8 p.m. at Moss-Service Funeral Home, 1901 Second Avenue NW, Cullman, Alabama 35055. A graveside service will be held Thursday, Dec. 29, 2022, at 10 a.m. at Bethlehem West Cemetery, Vinemont, Alabama. She is survived by her life partner of 31 years, Don Dingwitz; his three children and host of grandchildren; daughter, Kathy Lynn Conn (David) Bridgmon; grandchildren, Krista (Richard Lombardi) Bridgmon and Dustin Bridgmon; great grandchildren, Hattie Mae Bridgmon and Tallulah Bridgmon; sisters, Hazel (Ray) Sanford, Dorothy Johnson and Margie (Rock) Pigg. She was preceded in death by her parents, Richard Temous McBrayer and Maggie Mae Johnson McBrayer; brothers, Junior McBrayer, Howard McBrayer, Perry McBrayer, Bill McBrayer, Wade McBrayer and J.B. McBrayer; sisters, Thelma Stephens and Mary Lou Stewart and her husband, Brent Conn.

Lisa Ann Boyd, 50
Lisa Ann Boyd, age 50, of Cullman, Alabama passed away Friday, Dec. 23, 2022. Lisa was born in Chicago, Illinois. on March 2, 1972, to Bobby and Vickie Milligan Boatright. She is preceded in death by her father. Graveside services for Lisa will be Wednesday, Dec. 28, 2022, at 11 a.m. at Valley Springs Cemetery. The family will receive friends at the cemetery. Survivors are daughters, Mariah (Ryan) Miles, Cierra (Dusty) Rose; mother, Vickie Smith; sisters, Belinda Harris, Colette Speegle Huber; grandchildren, Rhyrie Ann Miles, Paisley Miles, Noble Miles, Wyatt Woodard, Waylon Woodard, Cooper Rose; and several nieces, nephews and cousins. Moss Service Funeral Home directing.

Jack A. Trawick, 90
"I had a great life." On Dec. 22, 2022, Jack A. Trawick passed away in his sleep at his home in Crane Hill, Alabama, and woke up in heaven. He lived an amazing 90 years. The youngest of four boys, Jack was born March 23, 1932, in Ariton, Alabama, to George A. and Lydia Gillis Trawick. A United States Air Force Veteran, Jack served four years during the Korean War of which two years were spent in Europe. With a GI Bill, he was able to attend the University of Alabama where he met his wife, Carolyn Otto Trawick and earned a Bachelor of Science Degree in 1958. Married June 24, 1956, Jack and Carolyn loved and raised three children, Steve, Nancy, and Susan. A successful business owner, in 1990 Jack founded Delta Business Systems, Inc. (dba/MediSYS) located in Gardendale, Alabama. Previously he was employed with Computer Services Corporation and NCR Corporation in Birmingham. After the death of his wife, Carolyn, Jack married Rebecca F. Trawick, of Cullman in 2017. Jack served on the Board of Stewards at First United Methodist Church in Cullman and more recently was a member of Northbrook Baptist Church in Cullman. In addition, he was a member of Gideon International Cullman Camp, Past President of Master Gardner Cullman, AL, past member of Toastmasters, Tuscaloosa, Alabama, and member/Past President of Optimist International Shades Mountain. He was preceded in death by his wife, Carolyn Otto Trawick; parents, George A. and Lydia Gillis Trawick; brothers, George E. Trawick, Neal G. Trawick and J. Ross Trawick. He is survived by his wife, Rebecca Trawick of Cullman, AL; children, J. Steve (Susan) Trawick of Rainbow City, AL, Nancy T. (Gavin) Ellis of Pensacola, Florida and Susan C. (Barry) Blakey of Cookeville, Tennessee; grandchildren, Ashley Trawick of Cullman, Alabama, Whitney (Michael) Gay of Pelham, Alabama, Gavin F. (Bailee) Ellis of New Brockton, Alabama, John Blakely of Louisville, Kentucky, Trawick J. Ellis of Mt. Olive, Alabama, Barrett Blakely of Cookeville, Tennessee; great-grandchildren, Sydney and Sammy Gay, Charlee Mills and Folsom Brooke Ellis; niece, Donna Trawick (Terry) Prince of Auburn; nephew, Doug Trawick of Ariton, Alabama: brother In-law, Jim (Peggy) Otto of Crane Hill, AL; and sister-in-law, Phyliss Otto of Kennesaw, Georgia. Jack left this special message to his family: "Be happy, Thanks to my family and my God, and my church, I had a great life. Place your trust in Jesus Christ." Funeral Service for Jack Augustus Trawick will be at 10 a.m. Wednesday, Dec. 28, 2022, at Cullman Heritage Funeral Home with Keith Warden officiating; graveside service will follow at Cullman City Cemetery. Visitation will be from 9-10 a.m. prior to the service. In lieu of flowers, Jack requested donations be made to Gideon International. The donation may be made at https://www.gideons.org/donate.

Hoyt Maurice Drake, 94
Funeral Service for Hoyt Maurice Drake, age 94, of Huntsville, will be at noon Monday, Jan. 2, 2023, at Cullman Heritage Funeral Home, interment in Simcoe Methodist Cemetery. Visitation will be from 11 a.m. until noon prior to the service. Cullman Heritage Funeral Home is in charge of arrangements. Mr. Drake passed away on Saturday, Dec. 24, 2022, at Floyd E. "Tut" Fann State Veterans Home. He was born April 21, 1928, to Joseph W. and Belle Drake. He was preceded in death by his parents; wife, Etheleen Drake; grandson, Brian Hale; five brothers; and four sisters. Survivors include his daughters, Dianna Hale and Sharon D. Drake; grandchildren, Kimberly Hale, Bradley Hale, Tyler Lindsey and Stephen Lindsey; and great-grandchildren, Madison Lindsey, Jaxon Wilson, Bryson Lindsey, Marlee Hale, Jackson Hale, Sara Hale, Andrew Hale, Caroline Hale and Garrett Hale. In lieu of flowers, please make a donation to either Simcoe Baptist Church Cemetery Fund or Simcoe Methodist Church Cemetery Fund.

Zachary James Calvert, 40
Funeral service for Zachary James Calvert will be 1 p.m. on Friday, Dec. 30 at Livingston Chapel Church in Crane Hill. Burial will take place at Bethany Baptist Cemetery. Visitation for the public will be from noon until 1 p.m. on Friday at Livingston Chapel Church. Mr. Calvert was born Feb. 24, 1982, in Cullman, Alabama. He died at the age of 40 on Dec. 23, 2022, at Brookwood Baptist Medical Center in Birmingham, Alabama. Survivors include his parents, Allen and Robbie Calvert; brother, Mark Allen (Kate) Calvert; sister, Erin (Ray) Campbell; nieces, Samantha Calvert and Ashleigh Campbell; nephew, Trey Campbell; uncles, Daryl (Ramona) Calvert and Louis Kaduk; aunts, Lois (Mike) Nunan and Lou (Tom) Chafin; and a host of many cousins, extended family and friends. Mr. Calvert was preceded in death by his grandparents, Ovel (Clessie) Calvert and Robert (Sara) Stevens; and an aunt, Ann Kaduk. Hanceville Funeral Home is honored to serve the Calvert Family.

Larry Joe Crawford, 77
Funeral services for Larry Joe Crawford of Hanceville will be 11 a.m. Friday, Dec. 30 at Hanceville Funeral Home Chapel. Burial will follow at Fairview West Cemetery. Visitation will be Thursday, Dec. 29 at Hanceville Funeral Home from 4:30 p.m. until 7:30 p.m. Mr. Crawford was born July 8, 1945, in Gardendale, Alabama to the late Eldridge and Lilly Crawford. He died at the age of 77 on Dec. 23, 2022 at his residence in Hanceville. He worked for about 33 years as a machine operator at Miller Wire Works. After his retirement, Larry devoted most of his time to his grandchildren who loved him deeply. Survivors include his son, Randy (Shenandoah) Crawford; grandchildren, RJ Randy Crawford Jr., Liam Crawford and Carter Crawford; and sister, Diane Farris. In addition to his parents, Mr. Crawford was preceded in death by his wife, Nelda Jean Crawford.

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LEGALS

PB WIL BK 113 PG 615 - 12/16/2022 04:07 PM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF ANNA MAE FOX, Deceased. * CASE NO.: PC2022-325

NOTICE TO CREDITORS

TAKE NOTICE that Letters Testamentary having been granted to DELILAH E. FOX, as Personal Representative of the Estate of ANNA MAE FOX, deceased, on the 16th day of December, 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.

Delilah E. Fox
Personal Representative

Alex J. Chaney
Attorney for Petitioner
P.O. Box 1052
Cullman, AL 35056
(256)-734-6330

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 212 PG 330 - 12/12/2022 08:57 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF GLORIA CANO DUFFIE, Deceased. **Case Number: PC-2022-421**

NOTICE TO CREDITORS

In the Probate Court of Cullman County, Alabama

In the matter of the Estate of Gloria Cano Duffie, Deceased

Letters Of Administration, having been granted to the undersigned on the 12th day of December, 2022, by the Honorable Tammy Brown, Judge of the Probate Court of Cullman County, Alabama, notice is hereby given that all persons having claims against said Estate are required to file an itemized and verified statement of such claim in the office of the said Judge of Probate within six months from the above date, or said claim will be barred and payment prohibited.

Lottie Nuss
Personal Representative

Tonya C. Palmer
Attorney for Personal Representative
1939 Main Avenue SW
Cullman, AL 35055

TO PUBLISHER: Cullman Tribune

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

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

PB WIL BK 113 PG 482 - 12/12/2022 10:03 AM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
CULLMAN COUNTY * CASE NO.: PC 2022-422

IN RE: THE ESTATE OF RUSSELL BRAD FABRE, DECEASED.

NOTICE OF APPOINTMENT TO BE PUBLISHED BY PERSONAL REPRESENTATIVE

Letters Testamentary on the Estate of said deceased have been granted to Holly Wilkerson on the 12th day of December, 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.

Holly Wilkerson
Personal Representative

To the publisher of *The Cullman Tribune:*

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

Tammy Brown
Tammy Brown, Judge of Probate

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

Successful resolutions

New Year's resolutions are easy to make, but not so easy to keep. Most people break their resolutions by February, according to the Business Insider.

A powerful tool in helping you keep your resolutions comes in the language that you use in making the resolution and in how you talk to yourself about them as you work on them.

The California Schools Resource Center recommends maintaining positive talk through three steps: swapping out positive for negative, eliminating negative words from your thoughts and going easy on yourself.

Self-talk matters. Henry Ford famously said, "Whether you think you can or think you can't — you're right."

Identifying negative talk

What is negative talk? Some is easy to identify, such as when you start to beat yourself up or call yourself lazy or incompetent. But sometimes it is expressed in such phrases as "I can't," "I'm not good enough," or "I'm not able to." These phrases can be swapped out for more positive phrases such as "I can," "I will learn how to," and "I can try to."

Frame your resolutions positively

Often we make resolutions for what we want to stop doing and frame them in negative ways using such words as "not" or "no" or "never."

We might say, "I am not going to eat as much." However, our brain often skips over the "not" and goes right to having you do what you resolved not to.

This is why it can be more helpful to create "I will," or positive statements. "I will only eat three meals a day" or "I will reduce the amount of food on my plate by 20%."

Be a cheerleader

You have a choice to be a cheerleader or a critic. Being a cheerleader is a way to boost your confidence and bolster performance, while a critic is more likely to sabotage your success with its negative comments and criticism.

Be flexible with yourself and don't let perfect be the enemy of good.

If you have a day where you can't keep your resolution, be prepared to start again the next day. The California Schools Resource Center advises that it can take three weeks to form a new habit.

When your self-talk starts to get negative, take a moment to recognize it and hit the pause button. Ponder how you can change that language into something more positive.

Speak in a compassionate manner to yourself, the way you would to a friend or to your child.

Create some distance

It is natural to talk about ourselves in the first person — that's what first person is designed for. However, Ethan Kross, the laboratory director at the Emotional & Self-Control Lab at the University of Michigan, says that can add to a person's anxiety or feelings of shame.

Instead, he recommends making it more of a challenge to solve rather than a threat by rephrasing the statements in second or third person, i.e., "Why are you not getting enough sleep?" or "Why is Tamara craving a cigarette?" This creates a psychological distance that can lessen your discomfort and help you regulate the emotions that can interfere with good decision making.



ADOBE STOCK

Reduce your soda intake

As delicious as it can be, soda — even diet soda — contributes to many health problems.

Resolve this year to either give it up or just to swap out soda for a healthier drink two to five times a week. Your body will thank you.

According to the Centers for Disease Control and Prevention, those sweet beverages such as soda can contribute to obesity, Type 2 diabetes, heart disease, kidney disease, non-alcoholic liver disease, tooth decay, cavities and gout.

Effects of soda

Regular soda is a major source of added sugar and calories. While it varies by brand, a 12-ounce can of soda might contain up to 39 grams of sugar or 140 calories from sugar. Diet soda isn't the key to better health either. It uses artificial sweeteners instead of refined sugar and research shows the hyper-sweetness can actually increase your desire for high-calorie foods.

Another issue? There is research that shows that caramel coloring in sodas leads to insulin resistance, increasing the risk of Type 2 diabetes.

Benefits to drinking water

What is the best replacement for soda? Water.

What happens when you reach for a glass of water rather than a can of soda? Your body reaps several benefits, according to Call to Health. Drinking water:

• Regulates your body temperature.

• Aids in absorbing nutrients from food.

• Lubricates the joints and spine.

• Helps the heart pump blood through your vessels.

• Prevents kidney stones.

Also, you can drink it free from your tap and it has no additives or preservatives.

If you want a little extra taste, consider adding a squeeze of lemon or lime or getting an infuser for a water pitcher and use such things as cucumbers, basil, strawberries or other fruits for flavor.

Other soda alternatives

While water is great for your health, it doesn't have to be your only drink option. The CDC endorses sparkling water as long as it doesn't have sugar or other sweeteners. Look for those that are sweetened with fruit or minerals.

Other options include:

• Coffee with no sugar or cream.

• Plain tea (you can sweeten with Stevia, maple syrup or honey, or add lemon).

• Seltzer.

• Unsweetened flavored waters.

Resolve to swap out soda for these healthier drinks in 2023 and reap the benefits of better health.


ADOBE STOCK

Care for yourself

January is a great time to resolve to care for oneself throughout the year. According to Southern New Hampshire University researchers, engaging in a self-care routine has been clinically proven to provide a whole slew of mental, physical, social-emotional and spiritual benefits.

Resolutions related to self-care can prevent you putting it on the back burner as you take care of everyone else.

What is self-care? According to Judy Rooney, a licensed social worker at the Tri-State Memorial Hospital and Medical Campus, self-care is "defined as the intentional practice of taking action to preserve or improve one's own health, well-being and happiness, in particular during times of stress ... self-care is not a little treat we give ourselves every now and then, we are talking about developing a sustainable practice to build resilience, health and well-being."

Mental health

How can self-care help your mental health? The Southern New Hampshire University researchers say that a self-care routine can help "to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy and more."

Physical health

Those same researchers list the benefits of physical self-care as reducing heart disease, stroke and cancer. Elizabeth Scott, an author and educator, wrote for VeryWellMind that physical self-care includes the food you eat, the water you drink, how much sleep you get, how much physical activity get, and getting proper health care and following medical advice.

Social-emotional health

Human beings are social creatures. We need contact with other people to stay healthy. The amount of contact we need varies among individuals, but nurturing strong relationships helps keep you happy and healthy.

Likewise, we need to be able to have a healthy relationship with our emotions. Scott says people should develop coping skills to deal with such emotions as anger, anxiety and sadness. One way to do this is to have a healthy outlet to be able to talk about your emotions, whether that is with a professional, a partner or a close friend. Plan time for leisure activities that help you process your emotions.

Spiritual health care

Spirituality comes in many forms. It is ultimately a belief in something beyond what we can see, hear and touch, something beyond the physical and sensory level. It can take the form of a belief in a higher power or a greater connection to others and to the world. Spiritual health care helps us realize meaning in life. Scott reports that research has shown that people who include religion and spirituality in their lifestyle are generally healthier. Spiritual self-care can involve meditation, attending a religious service, prayer or many other rituals.

Self-care resolutions

Here are some sample self-care resolutions you can make:

• Subscribe to a spa for monthly treatments.

• Meditate three times a week.

• Take medication as prescribed.

• Spend time in a garden or gardening every week.

• Schedule weekly time with friends.

• Choose a mantra of the day that provides positive reinforcement for your daily activities.

• Say no to negative people.

• Increase the fruits and vegetables you eat each day.


ADOBE STOCK

Reduce water waste in 2023

In May 2022, the United Nations Convention to Combat Desertification released a report on drought conditions.

It reported that the number and duration of droughts has risen 29% since 2000. Climate and water hazards accounted for half of all disasters and 45% of all disaster-related deaths from 1970 to 2019. From 1998 to 2017, droughts caused economic losses of about $124 billion. In 2022 alone, more than 2.3 billion people face water stress.

While you may not be able to stop a drought, you can help reduce water waste. The Washington State Department of Health reports that the average person wastes up to 30 gallons of water per day.

Consider adding one of the many ways to save water to your New Year's resolutions this year.

Indoor tips

• Take shorter showers. While showers use less water than baths, you can save water by reducing your shower time by even a few minutes. Two to three minutes can save up to 10 gallons.

• Check your pipes for leaks. A leaky toilet or faucet can waste a lot of water. Get someone out to fix it if you can't do it yourself. To identify leaks, do a check every six months and keep a close eye on fluctuations in your water bill.

• Use your dishwasher. Stop pre-rinsing dishes unless it is really necessary. Most dishwashers can get your dishes clean without pre-rinsing. Also, a dishwasher uses less water than hand washing your dishes. Only run full loads.

• Run full loads of laundry.

• Turn water off when you don't need it such as while you are brushing your teeth.

• Keep a pitcher of water in your refrigerator rather than running the tap water until it gets cold.

Outdoor tips

The Green Living Journal reports that most people over-water their lawns. Water your lawn less often and water dry spots with a hose rather than having an irrigation system go off twice a day. Do a full watering only two to three times a week.

The Washington State Department of Health recommends replacing a lawn with a vegetable or flower garden. However, if you are going to keep your lawn, water your lawn in the early morning or evening. It is less likely to evaporate than if you do it during the heat of the day or while it is windy.

Place a 2- to 4-inch layer of mulch around plants and trees to avoid excess evaporation. Wash your car on your lawn. Other options include using a bucket rather than a hose or going to a commercial car wash that uses recycled water.

Collect rain water and use it to water your indoor and outdoor plants.

Use products that reduce water waste

The U.S. Environmental Protection Agency has a water program called WaterSense. You can look for that label to identify water-efficient products, services and practices.

The agency estimates that the average family can save $350 a year in water costs by using WaterSense products, along with environmental benefits.

There are also some products you can buy or install that will save water for you:

• High-efficiency toilets.

• Faucet aerators.

• Low-flow showerheads.

• High-efficiency washing machines.

Dignity (from Front)

"We want people to feel valued and special and comfortable. The reason we have a full-time staff is not only for the demand and volume that we do, but we want to provide the same continuity of care to our patients that we expect when we have insurance.

"We know our patients, our patients know us and we like to build those relationships with them."

Good Samaritan Health Clinic opened its doors to the underserved and uninsured Cullman community in January 2004.

Residents between the ages of 19 and 65 who meet the eligibility requirements are offered primary health care and wellness care in the program, which seeks to treat the whole person.

Comprehensive medical care is provided for patients with chronic conditions such as diabetes, hypertension and COPD, as are services ranging from dental extractions, hearing evaluations, mental health counseling and social services.

As-needed services include lab work, medications, diagnostic testing and referrals to partnering medical care professionals.

Lab draws are performed each morning by an LPN who is also a phlebologist. She performs 7-8 draws each morning.

Some labs are run in-house while the others are picked up daily from a Cullman Regional courier.

"We could not keep our doors open without the support of Cullman Regional," Hutson said with gratitude for their partnership.

"They provide an amazing amount of support to us all the way from the lab analysis to providing their physicians whenever we have to refer out for more specialized care.

"We operate like a primary care clinic. A lot of times when our patients get here, they have many health concerns with one or two or three chronic conditions and we often have to refer them out at some point to a specialist.

"We're grateful for that support we receive from Cullman Regional. If we can't take care of it locally, we can refer to UAB Charity Care or Huntsville Hospital."

One of the three examination rooms at Good Samaritan is equipped with an EKG allowing those with cardiac conditions to receive that care at the clinic.

Other services include hearing evaluations held once a month at Good Samaritan and, if needed, hearing aids can be provided at no cost to the patient. Dental extractions and mental health counseling are also available to patients.

"Once a patient qualifies for the clinic, they have access to everything that we provide including dental extractions. We have about 10 dentists in the community that we can refer to and they'll do the extractions at no cost to our patients," Hutson said.

The medication dispensary is operated by two pharmacy techs and is stocked with non-narcotic medications donated to Good Samaritan by long-term care facilities, while other medications are purchased or sent by pharmaceutical companies. Last year the clinic dispensed well over 10,000 medications to its patients, valued at over $3 million, according to Hutson. Over-the-counter medications, vitamins, hygiene kits, cold kits and medical supplies are often provided by Wal-Mart.

Mental health evaluations and counseling were added to the list of services two and a half years ago due to a partnership with the Stephen K. Griffith Memorial Fund. Hutson noted the impact the additional services have had on her patients.

"The mental health counseling has been amazing. We've probably referred well over a hundred patients to Haven Counseling since July of 2020. It was a great partnership with the Steve Griffith Memorial Fund because we are the gatekeeper," she said.

"We had the infrastructure in place to know who needs these services and it's services we've wanted and needed for a long time. Mental health is such an issue that so many people struggle with and there's not enough providers. We make the assessment and the referral, and our patients go to counseling for however long they need it."

The staff of seven at Good Samaritan are bonded in their commitment to provide quality, free health care with dignity to the community in Cullman. It's been their mission for almost 19 years now and they are only getting started.

For more information on Good Samaritan Health Clinic, visit www.goodsamaritancullman.com or call 256-775-1389.

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