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– SPORTS –

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‘Constitutional Carry Bill,’ others become law

Amy Leonard
amy@cullmantribune.com

MONTGOMERY, Ala. — Alabama joined over 20 other states in making it legal to carry a weapon without a background check or permit on Jan. 1, 2023. Passing the Alabama House or Representatives and Senate in February, House Bill 272, commonly known as the “Constitutional Carry Bill,” was signed into law immediately by Governor Kay Ivey who said at the time, “Unlike states who are doing everything in their power to make it harder for law abiding citizens, Alabama is reaffirming our commitment to defending our Second Amendment rights. I have always stood up for the rights of law-abiding gun owners, and I am proud to do that again today.”

The law held onto “duty to declare,” a resident’s obligation to inform law enforcement of a firearm in his or her vehicle or on his or her person. It also allows for a law enforcement officer to disarm a resident on the grounds of “reasonable suspicion” the person plans to commit or has committed a crime. The resident can also be relieved of a weapon if posing a threat to themselves, the public or the officer. A home » PAGE 2



WWW.NRAFAMILY.ORG

Paint your own Bob Ross masterpiece



LIFE PALETTE STUDIOS

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — Life Palette Studio will be bringing its Bob Ross oil painting class to First Presbyterian Church on Saturday, Jan. 7, at 9:30 a.m. The two-hour class is appropriate for adults aged 16 and older. Students younger than 16 may paint with an adult painting as well to assist and encourage.

Bob Ross fans of all experience levels, from beginner to expert, are encouraged to participate in the wet-on-wet oil painting class taught by a certified Bob Ross instructor.

The class costs $55 and includes all supplies with the exception of a canvas. Attendees will need to bring an 11”x14” canvas to class. Students should arrive by 9:20 a.m. as the class begins promptly at 9:30.

Preregistration is strongly encouraged and can be done by visiting www.lifepalettestudios.com or calling 256-509-1161.

Students are asked to bring a facemask, which may be required by the instructor depending on COVID-19 community levels.

First Presbyterian Church is located at 615 Third Ave. SE.

Updated list of community storm shelters

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Sprucing up Sulphur Springs

Family enjoys day out cleaning up historic site



MELANIE TURNER

Sulphur Springs in Blount County

» PAGE 3

Gardening in January

Plan now for a successful harvest



MELANIE TURNER

Blackberries waiting patiently during winter before blooming and going to fruit to provide nature’s goodness.

» PAGE 2

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Shelters (from Front)

Staff Reports
Contributor

CULLMAN, Ala. — The Cullman County Emergency Management Agency (EMA) has provided a list of available storm shelters for inclement weather. If you are not in a substantial structure, please go to a shelter. For the safety of shelter occupants, especially small children, please do not take pets to shelters unless one specifically notes that it is pet friendly.

LIST OF SHELTERS WITH OCCUPANCY

Town of Baileyton – three shelters (Operated by the Town of Baileyton)
• 112 Fairview Road – 96-plus
• 130 Cemetery Road – 86-plus
• 600 Fire Station Road – 86-plus

Berlin VFD (Operated by the Berlin VFD)
• 3581 U.S. Highway 278 E, Berlin (in the old VFD building behind the new building) – 40-plus
Bethsadia VFD (Operated by the Bethsadia VFD)
• 454 County Road 804 – 86-plus

Brushy Pond Senior Center (Operated by the senior center)
• 2729 County Road 143, Bremen – 48-plus

Chapel Village/Jones Chapel (Always open)
74 County Road 1034 (just off U.S. Highway 278) – 96-plus

Colony Senior Center (Operated by senior center)
• 12980 Alabama Highway 91 S – 48-plus

Town of Colony (Operated by Town of Colony)
• 65 Byars Road (Adjacent to town hall) – 86-plus

Crane Hill Senior Center (Operated by the Crane Hill VFD)
• 15140 County Road 222, Crane Hill (basement of Cullman County Sheriff's Office Satellite Station) – 100

Cullman Senior Center (Operated by the senior center)
• 1539 Sportsman Lake Road – 89-plus
City of Cullman – two shelters (Operated by the Cullman Police Department)
• 1511 Sportsman Lake Road(across from Cullman County Fairgrounds) - 396-plus, kenneled small animals allowed
• Beech Center, 1803 Beech Ave. SE – 150-plus

Town of Dodge City (Operated by the Town of Dodge City)
• 130 Howard Cir. (town hall basement) – Unknown capacity

Dodge City VFD No. 2 (Operated by the Dodge City VFD)
• 7150 County Road223 – 96-plus

Fairview Housing Authority (Always open)
• 96 Countryside Acres Road – 96-plus

Town of Garden City (Operated by the Town of Garden City)
• 501 First Ave. SW (by Town Hall) – 396-plus

City of Good Hope – three shelters (Operated by the City of Good Hope)
• 134 Municipal Drive (city hall basement) – 75-plus
• 301 Day Gap Road – 96-plus
• 301 Municipal Drive (behind city hall) – 96-plus

Gold Ridge VFD (Operated by the Gold Ridge VFD)
• 5225 County Road 1545 – 96-plus

City of Hanceville – three shelters (Operated by the Hanceville Police Department)
• 202 Bangor Ave. (behind city hall) – 96-plus
• 203 Michelle St. NW (CW Day Park) – 96-plus
• 1407 Commercial St. (Steppville) 96-plus

Hanceville Senior Center (Operated by the senior center)
• 1500 Spruce St. SE (behind Senior Center) – 48-plus

Town of Holly Pond (Operated by the Town of Holly Pond)
• 60 Finley Road(Adjacent to town hall) – 86-plus

Logan VFD (Operated by the Logan VFD)
• 4203 County Road818 Logan – 96-plus

Smith Lake Park (Operated by Cullman County Parks and Recreation)
• 416 County Road385 (Behind Office) – 96-plus

Stony Lonesome OHV Park (Operated by Cullman County Parks and Recreation)
• 10075 Alabama Highway 69 S – two units - 144

Town of South Vinemont (Operated by the VPVFD)
• 60 Ridgeway St. (behind VPVFD No. 2) – 192

Vinemont-Providence VFD No. 1 (Operated by the VPVFD)
• 576 County Road 1355 – 192-plus

Walter VFD (Operated by the Walter VFD)
• 32655 Alabama Highway 91, Cullman (Walter community, next to Dollar General) – 70

Town of West Point – two shelters (Operated by the Town of West Point)
• 3990 County Road 1141 (next to town hall) – 96-plus
• 11160 Alabama Highway 157 (behind WPVFD No. 1) – 96-plus

The rules for the Cullman County EMA shelters are:
• No pets. Only service animals for the disabled are allowed in the shelter.

• No smoking. Smoking is not allowed inside the shelter.

• No alcohol. Consumption of alcohol is not allowed in or around the shelter.

• No drugs. Use of "recreational drugs" is not allowed in or around the shelter.

• No firearms or weapons of any kind are allowed in shelters.

These rules are strictly enforced for each of the shelters on the list. Other rules, specific to each shelter, may be in place and shall be followed.

Shelters will be opened during a tornado watch and/or a tornado warning.

The shelters will be closed as soon as the danger has passed and the watch has been canceled by the National Weather Service or allowed to expire.

It is highly recommended that those seeking shelter in the city of Cullman use the community shelter on Sportsman Lake Road across from the Cullman County Fairgrounds or the basement at the Beech Center.

One pod at the shelter on Sportsman Lake Road has been designated for owners with small pets who are in carriers.

Become familiar with the shelters located nearest your home. Monitor weather conditions and remain alert for sudden changes.

Gardening (from Front)

Amy Leonard
amy@cullmantribune.com

CULLMAN, Ala. — While January may feel like a good month to be as dormant as our gardens appear, this is the month that lays the foundation of the upcoming season's bounty. From seed starting to drawing up plans for this year's garden, tasks performed in January often hold the key to a successful harvest.

Houseplants
• Give your indoor plants a thorough cleaning since dusty houseplants cannot absorb light or exchange moisture. If humidity is low, give them a good spritzing after their dusting.

• While cleaning, examine the houseplants closely for insects and treat them accordingly.

Planning for planting
• Draw up plans for your spring planting. Graph paper is a wonderful tool to use to get accurate dimensions.

• Remember to rotate your crops from the past season to discourage pests and encourage soil integrity.

• Review notes from last year's planting and start a list of successful varieties to use again and a list of unsuccessful varieties to avoid.

Prepare for seed starting
• Locate or purchase seed starting necessities, which can include seed starting soil, trays and/or pots, lights and heat mats.

• Sterilize trays, containers and pots.

Start seeds
• Seeds for the first planting of onions, celery, cauliflower, broccoli, cabbage and head lettuce can be started now.

• Perennial flowers can be started at the end of the month.

• Herbs and flowers with long germinations, such as rosemary and begonias, can be started.

Outdoors
• Begin projects such as trellises and cold frames.

• Clean out existing cold frames.

• At the end of the month, mow cover crops

Bill (from Front)

or property owner still reserves the right to prohibit a resident from bringing a firearm onto private property.

The Alabama Sheriffs Association, Alabama Association of School Resource Officers and Associations of County Commissions of Alabama voiced opposition to the law in 2022 due to the potential threat to the public and law enforcement officers.

Other bills becoming law include:
• House Bill 17: The Bill Clardy Act allows the use of court-ordered wiretaps by law enforcement in drug investigations and other situations. The act will become law in February 2023.

• House Bill 513: Redefines a shotgun as a weapon that is "made or remade, and intended to be fired from the shoulder and designed or redesigned and made or remade to use the energy of the explosive in a fixed shotgun shell to fire through a smooth bore either a number of ball shot or a single projectile for each single pull of the trigger."

• House Bill 82: The Small Business Relief and Revitalization Act of 2022 provides both corporate and income tax relief provisions. Additionally, it allows for small business sales tax and business personal property tax relief. Specific tax relief for farmers is included by not including the loan forgiveness given by the American Rescue Plan as taxable income nor will it be a part of the income tax deduction figures. Also included is the reduction of estimated sales tax payments for over 2,400 small businesses.

• House Bill 284: The state law amendment on human trafficking includes the specification of the "use or threatened use of a law or legal process, whether administrative, civil, or criminal, in any manner for any purpose for which the law was not designed, in order to exert pressure on another person to cause that person or another person to take some action or refrain from taking some action."

• Senate Bill 216: The amendment to state law to create more thorough and accurate tracking of Alabama tobacco tax by the Alabama Department of Revenue

• Senate Bill 224: The state law amendment will require recipients of unemployment compensation to contact no less than three potential employers per week in order to receive benefits.

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, JUDGE OF PROBATE
CULLMAN COUNTY, ALABAMA

PB WIL BK 113 PG 783 - 12/30/2022 10:53 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT FOR CULLMAN COUNTY, ALABAMA

IN RE: The Estate of DELORES W. CORNELIUS, Deceased) Case No.: PC-2022-425

NOTICE TO CREDITORS

TAKE NOTICE that Letters Testamentary having been granted to Ronald Steven Cornelius as Personal Representative of the Estate of Delores W. Cornelius, deceased, on the 30th day of December, 2022, by the Honorable Tammy Brown, Judge of Probate.

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

Ronald Steven Cornelius
Personal Representative of the Estate of
Delores W. Cornelius, deceased

TO: The Publisher of *The Cullman Tribune*

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

Beverly Paschal Poston,
Attorney for the Estate of
Delores W. Cornelius, deceased.
200 1st Avenue SE
Cullman, Alabama 35055

Tammy Brown
Tammy Brown, Judge of Probate

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City of Cullman
Zoning Board of Adjustments

On Tuesday, January 17th, 2023, at Cullman City Hall Auditorium at 5:30 P.M., at the regular meeting of the City of Cullman Zoning Board of Adjustments, a public hearing will be held to allow affected parties to voice their concerns related to the following items:

1. Variance request on parking spaces at 1667 Cherokee Avenue SW

For further information, contact Brian Landreth or Amber Duke at the City of Cullman Building Department at 256-775-7203.

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, Jan. 4 - 7 p.m. Children, youth and adult "RULES of ENGAGEMENT" Bible study classes. Free pizza for children at 6:30 p.m. Van runs in the 5 Points Area at 6 p.m. Call 256-841-2060 for pickup.

• Thursday, Jan. 5 - 10 a.m. Prayer meeting has been canceled.

• Friday, Jan. 6 - 7 p.m. 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, Jan. 7 - 8 a.m. Men's Breakfast and Community Outreach - Join our men for a free breakfast; help prepare and distribute sack lunches in the 5 Points area. All men are welcome!

• Sunday, Jan. 8 - 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, Jan. 8 - 9 a.m. Van runs in the 5 Points Area. Call 256-841-2060 for pickup. Breakfast at 9:30 a.m. Bible study classes for children, youth and adults at 10 a.m. Adult class. 11 a.m. message by Pastor Bobby Dodd.

• Sunday, Jan. 8 - 5 pm Southern Gospel singing

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.

Holly Pond Homemakers Club Meeting

Tuesday, Jan. 10, at 11 a.m. at the Holly Pond Event Center. We will meet for our annual planning meeting and lunch. Think about ideas for Club activities for this year. Bring a covered dish to accompany a chili meal and dessert. Bring prospective new members.

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.

2023 Bownes Memorial For Kids' Sake Variety Show

Sunday, Feb. 5, at 4 p.m. at the Betty Leeth Haynes Theatre on the campus of Wallace State Community College in Hanceville. Tickets can be purchased in advance for $10 at the Foundation office or on the day of the program for $15 at the door.

Sulphur Springs (from Front)

Noah Galilee
noah@cullmantribune.com

BLOUNT COUNTY, Ala. – While paying a visit to Cullman County for the holidays, Jeremy Turner decided to take his family for a literal walk around a historic watering hole. When they arrived, it wasn't the same as Turner remembered from his youth.

"I grew up in Cullman County and I spent some time around Blount Springs throughout my childhood," said Turner. "I wanted to show my wife and kids the place."

Turner, along with his wife, Melanie, children Megan and Matthew and his parents, Tim and Beverly, arrived at Sulphur Springs on New Year's Eve morning. Once at the site the group noticed the once bubbling springs were saturated and covered in mud.

"I knew it had grown up since I last visited the place, but had no idea it had grown up that much. While we were looking around I noticed one spring was still visible.

"It happened to have a few bubbles come up while we were looking in the dark grown over area," he said.

"I told the family, 'Look at that. Mother Nature is asking for a little help.' Plus, I could recall what it used to look like and wanted the kids to see."

So the family got to work clearing high grass, overgrown shrubs and even the messy parts – cleaning out the springs themselves, a task taken on by Turner's daughter, Megan.

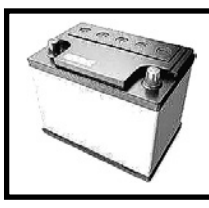
Turner said that it is important to include children in the cleanup so they, too, can understand the importance of keeping the area at Sulphur Springs and similar locations clean.

"I think it's good to show them with a little work things can always be restored," he said.

"Also, it's good for them to get out and see what nature has to offer."

Publisher note: Did you or your family have an interesting outing recently? Would you care to share your experience? If so, please send an email to news@cullmantribune.com or send a message to our Facebook page.

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THE CULLMAN TRIBUNE
JANUARY 3, 2023

No. 5 Alabama cruises to 45-20 victory over No. 9 Kansas State in Allstate Sugar Bowl

Josh Maxson
UA Athletics

NEW ORLEANS — The No. 5/5/5 Alabama football team secured a 45-20 win over No. 9/11/9 Kansas State in the Allstate Sugar Bowl. The Crimson Tide's victory at the Caesars Superdome helped UA finish 11-2 on the season.

Alabama fell behind early with Kansas State gaining a 10-0 lead in the first 12 minutes. The Tide countered with 35 unanswered points to make it a 35-10 game before the Wildcats narrowed the gap on a field goal late in the third. Alabama then put the game well out of reach thanks to a touchdown to close out the third quarter and a field goal from Will Reichard early in the fourth.

Quarterback Bryce Young was named the game's Most Valuable Player with an impressive five-touchdown effort. The junior finished an efficient 15-of-21 for 321 yards to go with the five scores. He connected with seven different receivers overall, five of which scored a touchdown. Tight end Cameron Latu led in receptions with five for 54 yards and a score while Jermaine Burton paced UA in yards at 87 on his three catches, adding a touchdown of his own.

Jahmyr Gibbs highlighted the Tide running backs with 15 carries for 76 yards followed by Jase McClellan who rushed seven times for 42 yards and a score. Gibbs also added two receptions for 66 yards and a pair of kickoff returns for 31 yards to total a game-high 173 all-purpose yards.

The Crimson Tide defense intercepted two passes while limiting the Wildcats to only 210 yards through the air. Jordan Battle picked off the first pass and finished with nine total tackles, including half a stop for loss (-2 yards). Brian Branch recorded UA's second pick and paired the turnover with 12 tackles, including a sack (-9 yards) and a game-high four tackles for loss (-22 yards). DeMarcco Hellams led all defenders with 13 stops.

Alabama Head Coach Nick Saban Said

"There was a team out there today that cared – cared about how they played; cared about the pride they had in their performance; cared about each other – and they prevailed because of that.

"I think that (mentality) started way back when we started practice.

"There are a lot of guys on this team, including these two guys that are sitting next to me (Will Anderson Jr. and Bryce Young) that have given a lot to this program. The way the team performed out there together as a group, they had something to prove."

Notes

• Alabama's matchup with Kansas State marked the Crimson Tide's 17th in the Sugar Bowl – the most by UA in any bowl and eight better than the Cotton, which holds second place at nine. Alabama owns a 10-7 all-time mark in the Sugar Bowl.

• Since head coach Nick Saban's arrival in 2007, Alabama has played in 26 games that kicked off at 11:30 a.m. CT or earlier. The Crimson Tide is a perfect 26-0 in those matchups, including a 3-0 mark this season. Alabama first secured a 20-19 win at then-No. 22 Texas on Sept. 10 before defeating Austin Peay, 34-0, on Nov. 19 in the Tide's final non-conference matchup of the regular season.

• The win over K-State was Saban's 23rd career victory by 25-plus points against a team ranked in the Associated Press Top 25 and his 25th win by 20-plus points against a top-15 opponent in the AP Poll. He is the NCAA's all-time record holder in both categories.

• With his five touchdown passes, Bryce Young now has 80 career passing touchdowns to move past AJ McCarron (77) into second on the school's all-time list. Young trails only Tua Tagovailoa's 87.

• After starting the game 1-for-4, Young finished his day 14-of-17 for 315 yards and five touchdowns.

• Young's five touchdown passes in the contest set an Alabama bowl record. It also matched Mac Jones' five touchdown throws against Ohio State in the 2021 College Football Playoff National Championship Game for the most by a Crimson Tide quarterback in a postseason game (bowl and College Football Playoff).

• Young's five touchdown passes matched his career-high total for a single game. The junior has thrown for five scores on four previous occasions, including most recently against Utah State in the 2022 season opener.

• With his first touchdown pass in the second quarter, Young has thrown for at least one touchdown across all 27 games that he has started for the Crimson Tide

• With his two receptions, Jahmyr Gibbs finished second for catches by a Crimson Tide running back in a single season at 44. The program record is 48 by Kevin Turner with Gibbs moving past Najee Harris (43) in today's game.



UA ATHLETICS

Alabama rolled past Kansas State 45-20 to win this year's Allstate Sugar Bowl.

HOW IT HAPPENED

First quarter

• 06:17 – KS | Kansas State took its second drive of the game 38 yards on 11 plays for the first points of the contest, a 41-yard field goal off the foot of Ty Zentner

• 03:26 – KS | Deuce Vaughn ran it 88 yards on the first play of Kansas State's ensuing drive to stake his team to a 10-0 lead

• 00:32 – UA | Helped by a 60-yard pass play from Bryce Young to Jahmyr Gibbs, Alabama finished off a six-play, 69-yard drive that took 2:46 off the clock and was capped by a six-yard touchdown by Isaiah Bond

Second quarter

• 11:33 – UA | Another big play – this time a 47-yard pass-and-catch from Young to Jermaine Burton – set up a one-yard touchdown reception for Cameron Latu to cap a six-play, 63-yard drive that lasted 3:09

• 00:10 – UA | The Tide finished the half with a 98-yard drive that took just seven plays and 58 seconds when it was capped by a 12-yard touchdown catch by Jermaine Burton to put Alabama ahead 21-10 at intermission

Third quarter

• 13:54 – UA | After recovering an onside kick attempt, Alabama took advantage of the short field by moving 46 yards on six plays in 1:05 when Young found Ja'Corey Brooks for a 32-yard touchdown reception

• 13:00 – UA | A Brian Branch interception set up the Tide at Kansas State's 17-yard line when Jase McClellan scored the ensuing play which resulted in UA's fifth consecutive touchdown drive

• 06:33 – KS | The Wildcats went 54 yards in eight plays and 2:17, capped by a 28-yard field goal from Zentner

• 00:00 – UA | Alabama ended the quarter with Kobe Prentice scoring on a 47-yard catch-and-run to the house, finishing off a three-play, 51-yard drive that took only 1:33 off the clock

Fourth quarter

• 11:10 – UA | Will Reichard converted a 49-yard field goal to finish off a six-play, 14-yard drive in 2:31

• 03:06 – KS | Jordan Schippers plunged into the end zone from one-yard out to cap a 10-play drive that lasted 4:27 and spanned 71 yards.

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

Marcus Davis names wide receivers coach at Auburn

Kirk Sampson
AU Athletics

AUBURN, Ala. — Former Auburn standout Marcus Davis has been named wide receivers coach at his alma mater, Tigers' head coach Hugh Freeze announced Thursday. A four-year letterman from 2013-16 who helped Auburn win a Southeastern Conference title and appearance in the BCS National Championship game as a freshman and team captain as a senior, Davis comes to the Plains after serving as wide receivers coach at Georgia Southern.

"Marcus has achieved success at every stop of his career, from his time as a player at Auburn to each of his coaching positions," Freeze said. "He is one of the bright young coaches in our business and his knowledge of Auburn combined with his work ethic will be a tremendous asset to our program."

At Georgia Southern, Davis coached receivers Khaleb Hood and Jeremy Singleton, who received second team and honorable mention all-Sun Belt recognition. Hood led the team with school single-season records for receptions (87) and receiving yards (925), while his 6.7 receptions per game ranked 10th nationally in 2022. Singleton had 66 catches for 714 yards and fellow receiver Derwin Burgess Jr. had 58 receptions for 717 yards and a team-high seven touchdowns. The trio of Hood, Burgess Jr. and Singleton were first, fourth and fifth respectively in the Sun Belt in receptions per game.

This past season Georgia Southern was fourth nationally in passing offense (329.2 ypg) and tied for 20th in the country with 28 passing touchdowns. GS receivers combined for a school-record nine 100-yard receiving games on the season.

"This is a great opportunity to return home to Auburn, a place that means so much to me," Davis said. "It's one of those things I don't take for granted and I am very appreciative to Coach Freeze for this opportunity. I'm ready to 'work, hard work' and do the little things to help get Auburn back to where it belongs."

Davis came to Georgia Southern after spending the 2021 season as the wide receivers coach for Hawaii, where he coached all-conference selection Calvin Turner Jr. After a standout season under Davis, Turner Jr. earned an invitation to the East-West Shrine Bowl.

A second-team All-Mountain West selection, Turner Jr. ranked fourth in the league in all-purpose yards (1,523) and touchdowns (12) and was sixth in receptions (73) and receiving yards (876). He was the team's fourth-leading rusher (316) and scored at least one touchdown in nine of 13 games.

Also, Nick Mardner was named an honorable mention all-conference selection for his play under Davis. He caught 46 passes for 913 yards and five touchdowns with a long reception of 79 yards in 2021.



AU ATHLETICS

Auburn wide receivers coach Marcus Davis

The Rainbow Warriors had 3,916 yards receiving and 21 touchdown catches in an offense that averaged over 300 passing yards per game.

Davis spent the 2020 season at Florida State as an offensive graduate assistant where he worked with the wide receivers and assisted with recruiting.

Prior to Florida State, Davis spent two seasons at Auburn. In 2019, Davis helped oversee player personnel and development for a squad ranked as high as No. 7 nationally. As an offensive analyst in 2018, he helped guide the running backs and kick returners.

A four-year receiver at Auburn, Davis played a part in four bowl teams, including as a starter in the 2014 BCS National Championship game against Florida State as a freshman.

Davis played in 50 career games with 15 starts. He finished his career with 83 receptions and was eighth all-time at Auburn in punt return average (9.76) when he left.

A native of Boynton Beach, Florida, he graduated from Auburn with a degree in communication in 2016 and earned a master's in education from Auburn in 2017. He and his wife, Amberly, have a daughter, Milah Patrice, who was born in March of 2022.

Walker, Gaines lead UAB to New Year's Eve win over UTSA

Paul McCaw
UAB Athletics

BIRMINGHAM, Ala. – UAB men's basketball (12-2, 3-0 C-USA) used a 13-0 run just before halftime to stretch the lead en route to a 90-67 win over UTSA (6-8, 0-3 C-USA). Jordan Walker led the way with 31 points while hitting seven three-pointers while Eric Gaines added 18 points with six rebounds and seven assists.

Jelly Walker scored his 1,000th point as a Blazer in the first half during in his 47th game at UAB. He is now the fastest player to reach 1,000 points as a Blazer, overtaking Robert Vaden's previous record of 50 games.

After trailing early in the first half, UAB used a 10-0 run that included six points from Walker to take control. Late in the half, The Blazers used an 11-0 run over the final two minutes to take a 23-point advantage into halftime.

UTSA took advantage of the Blazers' shooting struggles early in the second half.

The Roadrunners cut the advantage to 15 after six minutes and the visitors were able to cut it down to 14 at the 10-minute mark, but that would be as close as the game would get.

The Blazers shot a season-best 11-for-21 (.524) from beyond the arc in the game and Walker knocked down a pair of three-pointers down the stretch to secure the 90-67 victory.

Notes

• The Blazers have started 3-0 in Conference USA in each season under head coach Andy Kennedy.

• UAB has won 11-straight games at Bartow Arena.

• Walker recorded his seventh career 30-point game with a 31-point effort, tying Andy Kennedy for the most in UAB history.

• His seven three pointers are a season-high and the third-most in a single game in his career.

• Jelly has moved into sixth all-time in three-point field goals made in UAB history with 174.

• Eric Gaines finished with 18 points, marking his fifth-straight game in double figures.

• Gaines has shot 50 percent (9-18) from beyond the arc over the last five games.

Up next

The Blazers will travel to Boca Raton on Thursday, Jan. 5 for a showdown with FAU, who currently sits at No. 10 in the NET rankings. Tipoff is set for 6 p.m. CT on ESPN+.

Tickets

UAB men's basketball single game tickets are on sale for the 2022-23 season. Men's basketball holiday packs are also now available leading into conference play and saves you 25% off the single game price. For more information about ticket pricing, call the UAB Athletics Ticket Office at (205) 975-UAB1.

Group tickets and fan experience packages

Individual and corporate groups can plan a memorable experience at Bartow Arena by filling out the UAB Basketball Group Ticket Request Form. Discounted group tickets and fan experiences are available for a minimum purchase of 15 tickets, and fan experiences are available on a first come, first served basis to any home basketball game during the 2022-23 season.



UAB ATHLETICS

The Blazers defeated UTSA 90-67 on New Year's Eve.

Follow the blazers

For more information on the UAB men's basketball team, follow @UAB_MBB on Twitter and Instagram.

Troy picks up tight conference win to close out 2022

Rob Stevens
Troy Athletics

SAN MARCOS, Texas – Troy breaks through for its first conference win to end 2022, 55-52, at Bobcat Stadium against the defending regular season champions, Texas State, on Saturday afternoon.

The win ends a two-game losing streak for the Trojans (9-6, 1-1 SBC) and keeps them from falling to 0-2 in SBC play for the first time since 2016-17. Meanwhile, the Bobcats (7-8, 0-2 SBC) still search for their first conference win as they enter 2023.

Seniors Zay Williams and Kieffer Punter willed the Trojans to victory with 27 points combined on 10-of-20 from the field. Christyon Eugene returned to double figures for the 11th time this season alongside Aamer Muhammad with 10 points apiece.

Mason Herrell was locked up but still managed a team-high 16 points on 6-of-18 shooting. Down low, Tyrel Morgan was one rebound shy from a double-double, finishing with 10 points and nine rebounds.

Put them up, then lock them up

Both teams were on a roll as Harrell kept the combined 5-of-5 shooting going with an easy layup to push the Bobcat lead back to four, 44-40, with 9:21 remaining.

Williams responded on the other end with the slam dunk, taking the pass from Eugene seconds later, 44-42, to open an 8-0 run for Troy that lasted five minutes.

After Muhammad drilled two free throws, 44-44, a long three-minute drought for both sides occurred. Eugene broke the silence with a dunk of his own off the steal, spin and assist from Punter to take the lead, 46-42.

The final 8:23 saw Troy dominate on the defensive end, locking the Bobcats up and holding them to 2-of-12 from the field to hold onto its first conference win.

Second half strong

The Trojans entered the second half coming off their lowest-scoring half with 20 points on 9-of-25 shooting and nine turnovers.

Punter flipped the script to open the second as Williams passed it to the guard from the inside 0:09 into the half. At the wing, Punter converted his second 3-pointer to take the lead, 23-22.

The following possession saw Troy fight for the free points by Muhammad at the stripe with 19:05 remaining. Christian Turner swiped the ball from Nighael Ceasar, which led to a miss by Punter. Turner grabbed the offensive rebound and dished it to Muhammad, who drew the foul.

Despite back-to-back buckets from Texas State, Eugene and Muhammad responded with two straight buckets of their own to hold the three-point advantage, 29-26, with 16:20 left.

Head Coach Scott Cross

"I'm super proud of these guys. We battled and got the defensive stops toward the end. I can't remember the last time we held a Division-I program under 35 percent. Back-to-back games where we played really solid defense, so I can identify with this group.

"After Christmas, all we worked on was defense, and we clearly got better. Obviously, our offensive numbers are a little off because we have been out of rhythm. Once we can get the defense a constant, we'll have a chance to win every game, and then we can work a little more offensively. You just don't stand a chance in this league if you don't defend. Spudd brought the heat. Every game, Zay plays phenomenally defensively, and Punter has been with me for so long. They are some of the best defensive guys I've coached. We're going to continue to get better. The basket is going to start opening up for us again soon."



TROY ATHLETICS

The Trojans wrapped up 2022 with a 55-52 win at Texas State Saturday night.

New Year's Eve notables

• Troy finished 2022 undefeated on the opening tip-off through 15 games with Williams at the helm.

• With the win by Troy, the road team has won the last five meetings between the conference foes. The last time the home team won was Texas State in 2018, 57-56.

• For the second consecutive game, Troy played in its lowest-scoring first half, combining for 43 points – scored 49 at Southern Miss.

• With the 55-52 victory, Troy wins its first game decided by five points or less after starting the season 0-4 in games.

• The Trojans remain elite with their perimeter defense, holding Texas State to just one make from deep on nine attempts for a season-low 11.1 percent.

Moving into 2023

The Trojans return home to kick off 2023 with their first of a two-game homestand in Trojan Arena against Old Dominion.

The matchup is set for Thursday at 6 p.m.

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THE CULLMAN TRIBUNE
JANUARY 3, 2023

HEALTH CARE CAREERS

Mental health care trends

A trio of counseling fields will grow faster than all other occupations combined. More than 40,000 new openings are projected in the field of counseling for behavioral disorders, substance abuse and general mental health over the decade ending in 2030. Here's a look at how these hot career tracks are broken down.

Psychiatrists/nurse practitioners
Licensed medical doctors with psychiatric training who can diagnose special conditions, prescribe and monitor medications and provide personalized therapy are called psychiatrists. Nurse practitioners in psychiatry or mental health are licensed nurses who provide assessment, diagnosis and therapy, and in some cases may prescribe and monitor medicines.

Psychologists/counselors
These are professionals with doctoral-level degrees who make mental-health evaluations and diagnoses, while providing group and individual therapy.

Counselors, on the other hand, join clinicians and therapists as professionals with a master's degree who evaluate mental health situations and provide personal therapy. Pastoral counselors are clergy with training in clinical education, and can diagnose conditions and provide counseling.

Social workers/peer specialists
Clinical social workers are master's degree holders who evaluate mental health cases while providing therapy through specific training programs.

Social workers also have masters degrees, but only provide placement services, case management and support for patients. Certified peer specialists have lived experience with substance-abuse disorders and mental health conditions. They offer mentoring, support and guidance.



ADOBE STOCK

HEALTH CARE CAREERS

Which doctors are needed most?

Look to one of these specialties when making a career choice. The most in-demand fields in health care are pediatricians, anesthesiologists and psychiatrists, along with physicians with a focus on family.

Pediatricians
Specializing in caring for children, pediatricians diagnose and treat injuries, diseases or conditions suffered by infants, toddlers and adolescents. As with other doctors, they manage their patients' physical, behavioral and mental health, but only after additional knowledge and skills relating to the special needs of younger people. They'll handle regular checkups, immunizations and other everyday health care needs until their patient transitions to an adult general practice physician.

Psychiatrists
These medical doctors specialize in mental health conditions like substance abuse disorders or emotional issues after receiving dedicating training on how psychological problems impact parents both mentally and physically. They will diagnose patients by ordering lab or psychological tests after extensive personal conversations. Then they create treatment plans which include prescription medication, therapy or other treatments.

Anesthesiologist
Anesthesiologists are involved with patients throughout a surgery, evaluating them before administering pain medication by discussing medical history and administering a physical exam. They then share this information with the surgical team and develop a pain management plan. Finally, the anesthesiologist helps monitor post-operative recovery, and may be involved with deciding when discharge can be approved.

Family physicians
Family physicians are general practitioners who work with a broad spectrum of patients as a point of first contact before recommending any needed specialists. More typically, they help with everyday checkups, recovery from mishaps and health maintenance.

Prospects must graduate from an accredited school, complete a residency for a minimum of three years and then get a state-approved license in the state where they intend to practice.

Other needs
According to the U.S. Bureau of Labor Statistics, doctors are also needed in gynecology and women's health, cardiology and gastroenterology. Each position has its own distinctive responsibilities: Ob-gyns provide care related to female reproductive systems. Most are general practitioners who treat common medical conditions while also performing surgeries and delivering babies.



ADOBE STOCK

Cardiologists specialize in cardiovascular-system elements like the heart and blood vessels. They're trained to diagnose and treat high blood pressure, heart attacks, arrhythmia and heart failure. Gastroenterologists diagnose and treat gastrointestinal tract diseases of the stomach, esophagus, small intestine, rectum and colon, pancreas and gallbladder, liver and bile duct.

HEALTH CARE CAREERS

Recreational therapy

Ready to help someone discover creative new methods of healing? The exciting field of recreational therapy looks for new ways to treat patients by incorporating non-traditional elements like music, games or movement.

These methods have been useful across for broad range of patients, including those with physical disabilities as well as emotional or mental issues. Sports, animal companionship and even small theater projects have also been incorporated in order to help reduce anxiety or stress, address depression and recover some mental function and motor skills, experts say. Recreational therapists also connect their patients with critical community resources, which can expand their opportunities to heal.

Joining the field
Potential recreation therapists begin by pursuing a degree in recreation and fitness, or through more specialized courses associated with therapeutic recreation. You'll learn how to access patients and administer treatment, as well as intervention strategies and program planning. Classes in human anatomy are typically part of these degree programs, along with courses in psychiatric and medical terminology, and the use of various assistive devices.

Key skills
You'll need to possess certain key skills to excel in this field, including compassion, the ability to listen, patience and being resourceful. Each patient, and their needs, can be quite different — so they must be evaluated and treated on a case-by-case basis. What works for one might not work for another.

A smart way to learn more is to pursue the standard credentials afforded by the National Council for Therapeutic Recreation certification, which follows completion of a supervised 480-hour internship and written exam. Note that this certification is not always mandatory, but it could be useful either way.

Career opportunities
As the U.S. population continues to age, recreational therapists will be needed to help with related illnesses, conditions or injuries including common situations like Alzheimer's and mobility-reducing falls.



ADOBE STOCK

Chronic conditions like obesity and diabetes are also on the rise, as are incidents or post-traumatic stress among military and non-military alike, and these caregivers will provide important alternative care opportunities along the way. The U.S. Bureau of Labor Statistics projects a 4% growth among recreational therapist positions through the decade ending in 2031, which is roughly average for all other occupations. Some 1,500 positions will open annually, with most the result of transfers or retirement.

Catching up with DA-Elect Champ Crocker

Lauren Estes
lauren@cullmantribune.com

CULLMAN, Ala. — On Jan. 14, 2023, a new district attorney will be sworn in to represent Cullman County and the State of Alabama. Local attorney and DA-Elect Champ Crocker started his journey in student government in Cullman County as a teen and said he is excited and ready to serve the needs of his community.

"I grew up in Vinemont, Alabama, the youngest of three children, and my parents were the late Dr. Larry Crocker, a general surgeon in Cullman who died in 1997, and my mother Dianne, who is still living in Vinemont," Crocker said. "I grew up on County Road 1354, at the end of Childhaven Road. Back then, Cullman was not like it is now. The growth and infrastructure was something we didn't experience and are blessed by now. Vinemont will always be a special place to me."

Crocker said he went to Vinemont Elementary and stayed there through junior high before going to St. Bernard for high school where he was active in student government and continued playing sports until he graduated in 1994.

"In college, I majored in political science and got my bachelor's degree from Vanderbilt," Crocker said. "I graduated in 1998, and Nashville has changed a lot in the last 20 years, too. Vanderbilt is also where I met my wife, Emily. When I was in college, my father died in November of my senior year- and that was the situation in which I had to finish growing up really fast."

Crocker said he knew he wanted to go to law school and be in the courtroom and he decided that he would go immediately to law school after college.

"I did a lot with trial competition teams and competed all around the country while in Cumberland Law School, which is at Samford University," Crocker shared. "I graduated in 2001 and took the bar exam in July of 2001. I went to work at St. John & St. John law firm here in Cullman and practiced there for four years and I handled a variety of law cases."

In November 2005, Crocker said, he decided to open his own private practice in Cullman.

"I stayed at the law office I am at now and operated it until the close of the firm in December of 2022," Crocker said. "I started thinking seriously about this district attorney's office position in 2021 in the spring and summer — then I started discussing it with family and close friends."

He said he felt it became a calling.

"I made the decision in August of 2021," Crocker said. "I was at church in Atlanta for a weekend with my family and we attended First Baptist Church on a Sunday morning. While sitting there in a pew, I felt the calling to run and had a great peace about it. When we were walking out of church that day with my wife and kids, the decision was made and I would be running in the 2022 election cycle for Cullman County's district attorney."

The Tribune asked Crocker how he learned to juggle a business, family and campaigning for office.

"I learned how to cut back on sleep," Crocker laughed. "I started burning the candle at both ends. Running for public office involves so much. In terms of your time and going places, there is so much behind-the-scenes work to be done. I quickly learned, if I'm going to a campaign event, I still had my job, family, coaching my kids' ball teams and more to be done. There was tons of work that people didn't see."

Crocker said he spoke at well over 100 events after announcing his candidacy.

"People appreciated someone being present and having someone listen to them," he said. "Public officials are accountable to the people we serve. One of the main issues I talked about was transparency. They want to see us in their communities and know that we are taking note of their concerns. An example, Dodge City and Holly Pond aren't facing the same concerns and neither are West Point and Cullman so it's important to be there and be present. How someone campaigns shows a lot of how someone will govern. I will plan to be out just as much during my time as district attorney as I was campaigning for that position."

Crocker said his family was extremely supportive during the campaign and is excited about his new role.

"My family has been very supportive and never hesitated to go out to places and events with me. Emily, Henry is 13 and Charles who is 7 years old, have all been in this with me. My kids have handled this very well for their ages. My oldest understands government and elections from his education and real-life observation. My 7-year-old has a different look," he laughed, "but has done well."

Crocker said he wants the district attorney's office to be the best "law firm" in town.

"There is a difference because the law firm is a business and the DA's office is a service, but it should operate like a law firm and we have one client and that is the State of Alabama while serving this community," Crocker said. "My predecessor and judges have spoken about a backlog of court cases waiting for me when I take office. Well, we will hit the ground running. We are thinking outside the box and going to tackle this backlog and get to work."



CHAMP CROCKER

Cullman County District Attorney-Elect Champ Crocker meets with Solicitor Duffie Stone in Okatie, South Carolina.

Of the relationship between local law enforcement and the district attorney's office, there is one thing to remember– the DA is the chief law enforcement official in the county.

"The DA is the only lawyer in the courtroom who is sworn to do justice," Crocker said. "It's very important to remember what the oath of office says - I certainly will. We are sworn to do justice. We are blessed in Cullman County to have the law enforcement officers that we do. There is a connection in our community with law enforcement that you don't see everywhere. Our law enforcement officers are represented at every event and are available when people need them. They work very hard and we have a mutual respect between citizens and law enforcement officers and keep that between the DA's office and the public as well. One of the things we are planning on doing is having a volunteer program and there are going to be different projects. I am very excited about this and will have more to offer about that after taking office."

This summer, Crocker appointed a transition team. He has also met with Sheriff Matt Gentry and Police Chief David Nassetta to discuss their plans., as well as Das from across the state and Alabama Attorney Steve Marshall and members of Marshall's staff.

"I met with local victims' rights advocates for our plans for victim services, at the request of the family of a local murder victim. I sent a letter as an individual and that offender's parole was denied. I plan to be active in monitoring parole dates," Crocker said. "In July, we visited the southern border to see the strain that drugs and illegals are putting on our local and federal law enforcement."

Crocker also attended two week-long training workshops and created sessions to move to an electronic warrant process for law enforcement.

"Who you elect as DA will have more of a practical impact on your quality of life than any other elected official. That's not to take away from other officials— but the DA has to hold the line of crime, and what is and is not acceptable," Crocker said. "Look what's going on in some of our cities around the U.S. I believe the DA can affect the quality of life of a community. We are certainly excited to serve the community and get to work."

Crocker's swearing-in ceremony is a public event and will be held at Cotton Creek Warehouse Saturday, Jan. 14, from 2-4 p.m.

Obituary Announcements: Dec. 31 - Jan .2

Bobby G. Cotner, 81
Funeral service for Bobby G. Cotner, age 81, of Cullman, was held Monday, Jan. 2, 2023, at Cullman Heritage Funeral Home, with interment in Crossroads Cemetery. Cullman Heritage Funeral Home is in charge of arrangements. Mr. Cotner passed away on Friday, Dec. 30, 2022, at his residence. He was born July 10, 1941, in Shiloh, Tennessee, to Andy and Effie Cotner. He was retired from the CSX Railroad. He was preceded in death by his parents; brothers, Aaron Cotner, J.B. Cotner and Edwin Lee Cotner; and grandson, Adam Duke. Survivors include his wife of 60 years, Jeanette Cotner; children, Cindy (Bryan) Hollis, Teresa (Donnie) Vines and Mark (Kim) Cotner; grandchildren, Jason Duke, Ben Hollis, Christopher Vines, Nick Vines, Wesley Cotner, Josh Cotner and Nick Stabile; great-grandchild, Kora Vines; and sister, Peggy (Travis) Tucker. The family request that donations be made to Tunnel to Towers or St. Jude Children's Research Hospital in lieu of flowers.

Rhonda Marie Kilgo Hogland, 66
Rhonda Marie Kilgo Hogland, age 66 of Cullman, received her heavenly wings on Saturday, Dec. 31, 2022. She was born in Detroit, Michigan on April 2, 1956, to John H. Kilgo and Margaret Smith Kilgo. Rhonda was a nurse and took care of her patients. Rhonda was preceded in death by her father, John H. Kilgo; sisters, Cindy Calvert and Pamela Jones; her nephew, Robbie Calvert. She leaves to cherish her wonderful, loving memory by her husband, Danny Hogland; sons, Jeremy and Josh Hogland; grandchildren, Evan Zane Hogland, Brookley Marie Hogland, Blocher Jayce Owyn Hogland and Braley Grayce Hogland; her mother, Margaret Kilgo; brother, John Keith Kilgo; several nieces and nephews.Graveside services will be conducted on Wednesday, Jan. 4, 2023, at 2 p.m. at Bethany Cemetery with Reverend Josh Hogland officiating.

SGT Michael Fritz Moore, 66
SGT Michael Fritz Moore, age 66, of Holly Pond, passed away Wednesday, Dec. 28, 2022 at UAB Hospital in Birmingham. Mike loved Jesus, his wife, children, grandchildren, mother and family. He was dedicated to the work he did for Holly Pond United Methodist Church and Celebrate Recovery. He had an infectious smile that would brighten a room and make everyone around him know that he genuinely loved them. He retired from CSX Railroad and later began working as a Reserve Officer with the Cullman County Sheriff's Department. He was an important part of the Cullman Sheriff's Rodeo every year and will be missed by so many. Mike is survived by his mother – Louise Moore; wife – Roxann Henry Moore; children – Dude Moore, Kristen Caufield (Ben), Jenny Pennington (Jared), Terry Harbison (Cerri), Patrick Rainwater and Kalea Mickle; grandchildren – Cade Caufield, Kyleigh Moore, Colt Caufield, Emma Kate Halbert, Rhett Moore and J.J. Pennington; brother – Randy Moore (Robin); mother of their children – Derlyne Moore; as well as a host of cousins, nieces, nephews and extended family. He is preceded in death by his father – Fritz Moore; and brother – Andy Moore. Revered Dwight Kidd, Revered Lisa Holmes, and Sheriff Matt Gentry will conduct the funeral service on Tuesday, Jan. 3, 2023 at 2 p.m. at Holly Pond United Methodist Church. Interment will follow at Mt. Tabor Cemetery in Blountsville. SGT Moore will Lie-In-Repose, at Holly Pond United Methodist Church, Tuesday from 11 a.m. until Funeral Time. Pallbearers will be – Joe Moody, Andrew Moody, Nathan Horton, Anthony Steele, Lt. Brandon Woods, Lt. Joey Cone, Cpt. Rickey Blackwood and Reserve Officer Jon Short.

Dennis Wayne Johnson, 70
Memorial service for Dennis Wayne Johnson, age 70, of Cullman, will be at 11 a.m. Saturday, Jan. 7, 2023, at Mt. Hope Baptist Church in Crane Hill. Cullman Heritage Funeral Home is in charge of arrangements. Mr. Johnson passed away Thursday, Dec. 22, 2022, at Cullman Regional. He was born April 18, 1952, in Trenton, Michigan, to Clarence Johnson and Susan Parrish. He was preceded in death by his parents and brother, Paul Johnson. Survivors include his wife, Victoria Rose Johnson; son, Eric Michael Johnson; grandchildren, Ethan Michael Johnson and Emily Moira Johnson; brothers, Larry (Barbara) Johnson and Keith (Shelia) Johnson; and sister, Donna Stuart.

Doris Elaine Perdue, 76
Funeral service for Doris Elaine Perdue, 76, of Cullman will be at 2 p.m., Wednesday, Jan. 4, 2023 at Living Faith Baptist Church with interment in Good Hope Cemetery. Bro. Larry Brown, Bro. Gary Couch and Bro. Jason Handley will officiate. Cullman Funeral Home is honored to serve the Perdue family. Mrs. Perdue passed away Jan. 1, 2023 at CRMC. She was born July 21, 1946 to W.D. Bailey and Leonta Kathleen Owens Bailey. She was a member of Living Faith Baptist Church for 25 years. Doris served in different ministries as cooking and serving food for Royal Pines and Jimmie Hale Missions and a card ministry to the sick. She loved flowers, loved her dog and loved everyone. She was preceded in death by her parents and a son, John Perdue. Survivors include her husband of 25 years, Bro. Thomas Perdue; son, Tony Perdue; daughter, Ada Perdue; brothers, Don Bailey, David (Cindy) Bailey; sister, Cathy (Randy) Fuller; and a host of family and friends. Friends may sign the online guestbook at www.cullmanfuneralhome.com.

Rheva Alice Patton, 99
Funeral service for Rheva Alice Patton, 99, of Cullman will be at 1 p.m., Saturday, Jan. 7, 2023 at Cullman Funeral Home Chapel with interment in Cullman Memory Gardens, Pastor Robert Lancaster officiating. The family will receive friends at the funeral home from noon until 1 p.m. Cullman Funeral Home is honored to serve the Patton family. Mrs. Patton passed away Monday, Jan. 2, 2023 at CRMC. She was born May 22, 1923 to Edward Oscar and Opha Hammock Storie. She was a member of St. Andrews Methodist Church. She enjoyed line dancing and bowling. She lived in assisted living the last 4.5 years. She loved her family. She was preceded in death by her parents; her husband, Ted Patton; son-in-law, Robert DeLoach; sister, Wilma Finch. Survivors include her son, Richard (Cindy) Patton; daughter, Cheryl Deloach; grandchildren, Brian (Christen) DeLoach, Andy Patton, Kevin (Rachel) DeLoach, Tyson (Amanda) Patton; nine great-grandchildren; family and friends. Friends may sign the online guestbook at www.cullmanfuneralhome.com.

Vernon Charlie Butts, 90
Funeral service for Vernon Charlie Butts, age 90, of Cullman, will be at 1 p.m. Wednesday, Jan. 4, 2023, at Cullman Heritage Funeral Home; interment in Berlin Cemetery at Mt. Carmel. Visitation will be from noon until 1 p.m. prior to the service. Cullman Heritage Funeral Home is in charge of arrangements. Mr. Butts passed away Sunday, Jan. 1, 2023, at Cullman Regional. He was born Oct. 31, 1932, to Charlie Columbus Butts and Sarah Ann Butts. He was preceded in death by his parents. Survivors include his wife, June Butts; daughters, Karen Smith and Pam (Jimmy) Wilhite; son, Jim (Karen) Butts; grandchildren, Meredith (Dominic) Kendall, Ben Hinkle, Brock Butts and Carson Butts; and great-grandchildren, Quinn, Ezra, Ellis and Felicity Kendall.

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GIVING BLOOD

All about blood types

Blood types are determined by the presence or absence of antigens in the blood. Antigens are substances that can trigger an immune response.

There are four blood groups that are determined by the presence (or absence) of antigens A and B. There is also a protein called the Rh factor, which can be positive or negative. Taken together, these things create the eight most common blood types: A+, A-, B+, B-, O+, O-, AB+, AB-.

• Group A blood types have only the A antigen on red blood cells. The B antibody is present in the plasma. People with type A blood can give to types A and AB.

• Group B blood types are flipped. The B antigen is on the red blood cells and the A antibody is in the plasma. People with type B blood can give to people with types B and AB.

• Group AB blood types have both A and B antigens on the red cells but neither A nor B antibody in the plasma. People with AB blood can only give to other people with AB blood.

• Group O blood types have neither A nor B antigens on red blood cells but both A and B antibodies in the plasma. People with type O blood can donate red blood cells to anyone. They are the universal donor.

About the Rh Factor

Rh negative blood is given to Rh-negative patients and Rh-positive or negative blood can be given to Rh-positive patients. The rules for plasma are reversed. Your Rh factor is inherited. If a pregnant woman is Rh-negative and her baby is Rh-positive, the woman's body may produce antibodies that will affect both her and the baby. A person with Rh-positive blood will not make anti-Rh antibodies, so they can receive both Rh-positive and Rh-negative blood.

The universal blood donor

Type O negative blood can be used in transfusions for any blood type, making it in high demand by hospitals. It's used for emergency transfusions and for those with immune deficiencies.

More Black and Hispanic people have type O blood, so it's important that minority populations donate blood, the American Red Cross says. Only 7% of the total population is O negative, so if you are, consider donating as much as you can.



GIVING BLOOD

First-time blood donors

There's a first time for everything, including saving lives by donating blood, platelets or plasma. Even if you're scared, remember that you're not alone and that you can take pride in helping your community. You may also get a cool present, or maybe even just a great snack.

You can donate blood if you weigh more than 110 pounds and are over the age of 16 in most states. Some states require parental consent if you're under 18, so make sure a parent or guardian comes with you to the donation center.

At the donation center, you'll sign in, show a photo identification, and get some reading materials you should make sure you understand before donating. The staff at the center and at blood drives are specially trained in blood donation and can help you through the process.

You'll then be called back for a private interview where you'll be asked completely confidential questions and receive a mini-physical. Staff will check your blood pressure, hemoglobin and pulse. They may also check your iron levels. You can share these vital signs with your health care provider at your next visit. After you donate, your blood will also be screened for the sickle cell trait, type and Rh, and some infectious diseases. You'll get these results in the days after your donation.

During the donation, you'll be seated in a comfortable chair while a pint of blood is drawn. This part only takes about 8-10 minutes. Bring a book, listen to music or a podcast, or chat with neighboring donors. Try to relax; it'll make the donation go more quickly.

After you donate, staff will give you a snack and a drink. You should sit and rest for 10-15 minutes before going about your day. For the rest of the day, make sure you stay well hydrated, drinking at least four extra glasses of water and avoiding alcohol. Avoid heavy lifting or strenuous exercise and keep eating iron-rich foods to help your body replenish your blood supply. If you feel dizzy or lightheaded, sit or lie down and rest until you feel better.



ADOBE STOCK

GIVING BLOOD

Before, during and after donating

Blood donation is an easy way to save lives, but there are some things you can do before, during and after your donation to make sure everything goes smoothly. Here's the scoop from the American Red Cross.

Before you donate

Make sure you nosh some iron-rich foods such as red meat, fish, poultry, beans, spinach and iron-fortified cereals. Iron is an essential element in blood production. The amount of iron that your body needs will depend on factors including age, gender, body type and your genetics. Talk to your medical professional about what iron level is right for you. You should also get a good night's rest and make sure you're well hydrated before you head out. If you're donating platelets, don't take aspirin for two days before your appointment.

On the day of donation

You'll need to bring a photo ID, a list of your medications and dosages, and make sure you drink an extra 16 ounces of water before your appointment. Eat a healthy meal, avoiding fatty foods, and wear a shirt with sleeves that you can roll up above your elbows. Bring something to do, such as a book or your favorite podcast, while you donate. While you're at the blood center, you'll also get a mini-physical where staff will check your temperature, blood pressure, pulse and hemoglobin. You might consider bringing in a piece of paper or jotting down your vitals in a notes app on your phone.

After your donation

After you're done donating, you should eat a snack and have a drink. The staff at the donation center will provide one for you. Make sure you're not dizzy before you leave. For the next 24 hours, drink an extra four glasses of liquids and avoid alcohol. Keep your bandages on for the next several hours and avoid heavy lifting and exercise for the rest of the day.

If you get dizzy or feel lightheaded, stop what you're doing and sit or lie down until you feel better. Keep up with the iron-rich foods and consider a multivitamin to keep up your iron levels, especially if you donate frequently. If your needle site starts to bleed, apply pressure and raise your arm straight up for 5-10 minutes until the bleeding stops.

