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INSIDE THIS ISSUE

OBITUARIES

Frankie Bradley, Thomas Junior Fuller, Linda Gail Speegle, Claudia Elaine Hanks Kreps, Wanda Sue Moore Johnson, Larry David Duvall, Mildred Mae Wynn, Douglas Eugene Veal, Paul Hollingsworth, Shirley Shrewsbury Hardin, Betty Hildreth Metts

» PAGE 7

WEATHER

48 27

SOURCE: WEATHER.GOV

SUNNY

Arrests and Incidents
» PAGE 2

Community Calendar
» PAGE 3



NICK GRIFFIN/THE CULLMAN TRIBUNE

– SPORTS –

No. 2 Good Hope edges No. 4 Vestavia Hills 48-42

» PAGE 4

7 93888 98541 4

Man charged with attempted murder, arson in Berlin house fire

Lauren Estes
lauren@cullmantribune.com

CULLMAN, Ala. — A manhunt that began after a house fire on Dec. 23, ended Tuesday, Jan. 2, around 11 a.m., with the arrest of a man accused of attempted murder.

Christopher Todd Burton, 45, of Cullman, was arrested and charged with attempted murder and first-degree arson in connection to the house fire. He is being held at the Cullman County Detention Center.

The charges stem from a domestic incident and house fire that occurred Saturday, Dec. 23, 2023, on County Road 728 in Berlin.

"We in the District Attorney's Office have been in constant contact with Cullman County Sheriff's Office investigators and the state fire marshal since the night of Dec. 23 when this happened," said Cullman » PAGE 3



CULLMAN COUNTY SHERIFF'S OFFICE

Christopher Todd Burton

Ribbon cut on new Cullman Middle School facility



CAYLA GRACE MURPHY/THE CULLMAN TRIBUNE

In keeping with tradition, students were invited to cut the ribbon at Cullman Middle School's opening ceremony on Tuesday, Jan. 2, 2024. Left to right are Cullman City School Board President Cheryl Harrison, Cullman Middle School student McKinley Varden, Cullman Middle School student Jonathan Witcher and Cullman City Schools Superintendent Kyle Kallhoff.

Cayla Grace Murphy
caylagrace@cullmantribune.com

CULLMAN, Ala. — The foyer of Cullman Middle School's newest facility was packed on Tuesday afternoon, Jan. 2, 2024, as key players and dignitaries observed a ribbon cutting honoring the opening of the building. The new facility is officially open for learning, welcoming students returning from winter break on Wednesday, Jan. 3, 2024.

East Side Baptist Church Pastor Matt Smith opened the ceremony with prayer, while Cullman City Schools Superintendent Kyle Kallhoff expressed his gratitude to everyone who helped the facility come together, with a special note of thanks to the school board and its vision of expansion and safety.

"Specifically, they had a vision to ensure that our facilities are safe for our students, and when they said that, they envisioned this campus. We've done some work on the primary school, which is great, but when it came to safety, the round building was just not the safest design in the time that we are in right now," explained Kallhoff. "Things have changed, and they wanted better and safer facilities for our students and teachers."

Kallhoff said the move to a new facility was not made with only safety in mind, but also to reflect Cullman's standing as a school system in the state of Ala- » PAGE 5

Wagon Trail Med-Serv safe amid AMCC legal stalls » PAGE 5

ACES: USDA releases new hardiness zone map for United States » PAGE 6

Rushforth Family Care: New practice bringing holistic medical care to whole family



CONTRIBUTED

Dr. Tyler Rushforth

» PAGE 8

PET OF THE WEEK

Helen



DONNA RUTTKAY

Helen

» PAGE 5



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CRIME

Arrests and incidents reported Jan. 3

Cullman Tribune staff
Contributor

CULLMAN, Ala. – Below are the arrests and incidents reported Jan. 3, 2024. All persons are innocent until proven guilty.

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

CULLMAN COUNTY SHERIFF'S OFFICE

No arrests or incidents reported.

ARRESTS
Dec. 28 – Jan. 1

Aldridge, Dana J.; 44
- assault-harassment

Curvin, Randal A.; 47
- FTA- possession of drug paraphernalia

Davis, Joshua A.; 18
- burglary- non residence-force

Horton, Toby R.; 26
- assault-domestic-harassment-family

Hurst, Jonathan W.; 33
- possession of drug paraphernalia

Hyatt, Daniel Z.; 26
- burglary-non residence-force

Jackson, Amanda L.; 38
- assault-domestic-simple assault-family
- resisting arrest

Lee, Jonathan L.; 43
- receiving stolen vehicle
- possession of drug paraphernalia
- buying/receiving stolen property, $1,500 or more
- attempting to elude police officer-serious injury or death

Lee, Justin J.; 27
- FTA- operating vehicle without insurance

Lindley, Chad E.; 35
- receiving stolen property
- buying/receiving stolen property, $1,500 or more
- possession of drug paraphernalia
- attempt to elude police officer

Moody, Isaac B.; 19
- DUI (combined substance)

Nichols, Sarah A.; 34
- FTA- possession of marijuana-2nd degree
- FTA- possession of a concealed weapon without permit

Pearce, Jordan C.; 31
- FTA- possession of dangerous drugs

Phillips, Jami A.; 41
- assault-elder abuse and neglect-2nd degree

Roberson Sr., Ron M.; 70
- assault-harassment

Westbrook, Leah D.; 32
- larceny/theft-miscellaneous (2 counts)
- forgery-counterfeiting (6 counts)
- larceny/theft-miscellaneous theft less than $500 (3 counts)

White, Charles E.; 36
- FTA- burglary-residence-force
- FTA- possession of burglars tools
- FTA- possession of dangerous drugs
- FTA- possession of drug paraphernalia
- FTA- damaged property-criminal mischief
- FTA- no/improper tag light
- FTA- driving while suspended, revoked or cancelled

Williams Jr., Theodore V.; 35
- FTA- possession of drug paraphernalia

CULLMAN POLICE DEPARTMENT

INCIDENTS

Dec. 25
- domestic violence-3rd degree; person; Logan St. SW

Dec. 28
- theft of property-4th degree; Wal-Mart; Olive St. SW; general merchandise; $172

Dec. 29
- criminal mischief-3rd degree; person; Oak Manor Dr. SW; damaged property; $100
- counterfeit $100s; State of Alabama; Cullman Shopping Center
- theft of property-4th degree; Publix; Cullman Shopping Center; miscellaneous
- theft of property-4th degree; ULTA Beauty; Cullman Shopping Center
- harassment; person; McNabb Rd. SW
- harassment; person; Main Ave. NE
- harassment; person; Olive St. SW

Dec. 30
- theft of property-3rd degree; Wal-Mart; Hwy. 157; general merchandise; $741
- criminal mischief-2nd degree; person; 1st Ave. SE; damaged window; $1,500

Dec. 31
- theft of property-3rd degree; person; Hwy. 157; miscellaneous

Jan. 1
- criminal mischief-2nd degree; person; Hwy. 157; damaged tires; $700
- duty upon striking unattended vehicle; person; Town Square SW; damage to 2016 Nissan Sentra; $1,500
- criminal trespass-2nd degree; Wal-Mart; Hwy. 157

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ARRESTS
Dec. 29 – Jan. 2

White, Charles E.; 36
- FTA- possession of drug paraphernalia
- FTA- driving without license (2 counts)
- FTA- expired tag
- FTA- switched tag
- FTA- driving while revoked

Hollis Jr., Robert L.; 46
- FTA- insurance violation
- FTA- switched tag
- FTA- driving while revoked

Jacobs, Aaron T.; 22
- FTA- insurance violation
- FTA- driving without license

Sachs Jr., James E.; 44
- public intoxication

McCurry, Kelly J.; 48
- theft of property-3rd

Fenley, Nathaniel E.; 48
- public intoxication

Montgomery, Christopher E.; 36
- ignition interlock

Eipp, David A.; 62
- criminal trespass-2nd degree

Swann, David L.; 49
- FTA- expired tag

Crawford, Ishmeal A.; 51
- possession of marijuana
- possession of drug paraphernalia

Lumpkin, Brittinie M.; 39
- FTA- possession of drug paraphernalia
- FTA- possession of marijuana-2nd degree

Nash, Angela M.; 29
- possession/receiving controlled substance
- possession of drug paraphernalia

Farmer, Kimberly T.; 30
- possession of drug paraphernalia
- FTA- criminal trespass-3rd degree

HANCEVILLE POLICE DEPARTMENT

No arrests or incidents reported.

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

Matthew Sykes, DO joins Cullman Regional Medical Group

Staff Reports
Contributor

CULLMAN, Ala. – Sports medicine physician Matthew Sykes, DO has joined the Cullman Regional Medical Group. Sykes is board-certified in family medicine and fellowship-trained in sports medicine.

He attended medical school at the University of Pikeville – Kentucky College of Osteopathic Medicine followed by a residency in family medicine and osteopathic manipulative treatment (OMT) at Southeastern Regional Medical Center in Lumberton, North Carolina. After his residency he completed a fellowship in sports medicine at Campbell University in Buies Creek, North Carolina, where he also served as assistant professor of family medicine and sports medicine for the Campbell University Jerry M. Wallace School of Osteopathic Medicine.

Sykes provides the following services: sports and exercise medicine, regenerative medicine, ultrasound-guided procedures, platelet-rich plasma (PRP) therapy, large joint viscosupplementation, non-surgical fracture management, diagnostic musculoskeletal ultrasound, concussion management, sports and exercise injury management and minimally invasive tendon procedures.

Starting Jan. 22, Sykes will care for patients three days a week at Hartselle Health Park Physician Specialty Clinic at 1635 U.S. Highway 31, Suite C, Hartselle, AL 35640. To schedule an appointment at the Hartselle location, call 256-735-5900. He will also care for patients two days a week at Cullman Regional Medical Group Orthopedics & Sports Medicine at 1938 Alabama Highway 157, Suite 101, Cullman, AL 35058. To schedule an appointment at the Cullman location, call 256-735-5505.

For more information visit www.CullmanRegionalMedicalGroup.com.



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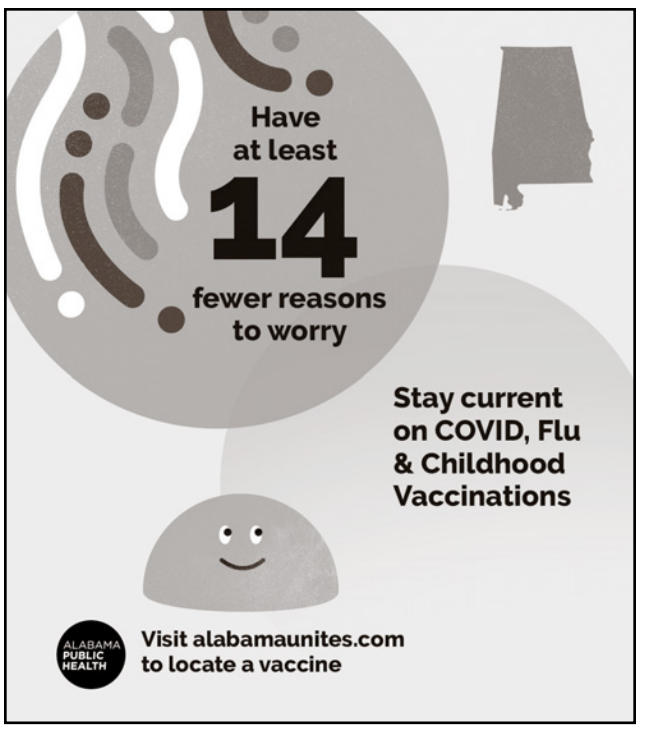
Dr. Matthew Sykes

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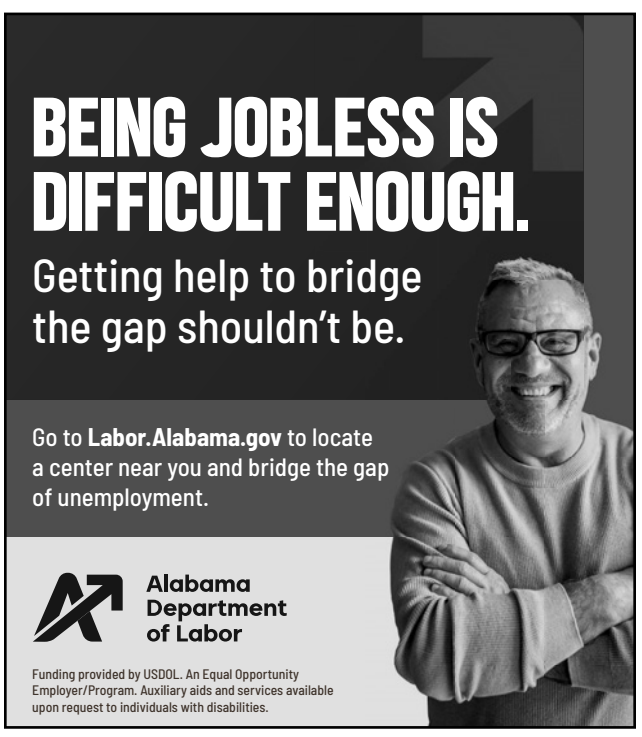






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COMMUNITY CALENDAR

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

Calling All Young Singers!
Cullman Community Young Singers (CCYS) is looking for YOU! All young singers (ages 8-15) are invited to join us on Tuesday afternoons from 3:30-4:45 at the Little House at Art Park, 1031 Second St. SW in Cullman. No auditions, just come for a fun afternoon of learning music from pop to classical styles. We will rehearse and prepare to perform at a variety of events in and around the Cullman community. Bring your friends- we will have music and everything you need to get started! For more information, text or email Miss Cindy at 256-338-4404, cindypass22@gmail.com. CCYS is sponsored by Cullman Parks, Recreation & Sports Tourism.

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 Dr. NW, Cullman
• 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.
• Friday, Jan. 5 - 7 p.m. Celebrate Recovery. Fellowship & Testimonies. Hurts, habits and hang-ups are a part of everyone's life. Come and see how to overcome these and more! Bring a dish, dessert or drink for a potluck meal at 6:15 p.m. Nursery provided!
• Sunday, Jan. 7 - Prayer - Join Teresa at 9:15 a.m. in the prayer room to pray for our church, nation and those who need healing, salvation or deliverance.
• Sunday, Jan. 7 - 9 a.m. Van runs in the 5 Points Area. Call Guy Sunter at 727-215-9092 for pickup. Breakfast at 9:30. Bible study classes for children, youth and adults 10. Praise & Worship and message by Pastor Bobby Dodd at 11.

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.

Cullman Serenity AlAnon Meetings
The Cullman Serenity AlAnon group meets each Monday at noon at 1519 St. Joseph Dr. NE. There is also a zoom meeting each Tuesday at noon. The AlAnon family groups are a fellowship of friends and family whose lives have been affected by alcoholism. For more information, call 256-708-6645, 850-323-0490 or 256-734-2231.

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.

2024 Polar Bear Plunge
Saturday, Jan. 20, at 10 a.m. at WildWater and the Cullman Wellness and Aquatic Center. Prizes include four WildWater season passes and one annual family CWAC membership. Event benefits Special Olympics. You MUST be present to win! The event is FREE to enter, and we will be accepting optional donations at the event for our partner, Special Olympics! Register NOW to take the plunge: http://tinyurl.com/PolarBearPlunge2024.

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Man (from Front)

County District Attorney Champ Crocker on Tuesday, Jan. 2. "I commend all of our local law enforcement officers, including the Cullman County Sheriff's Office, Cullman Police Department and the state fire marshal for working through the holidays to apprehend Mr. Burton."

Said Cullman County Sheriff Matt Gentry, "I am extremely proud of the continued hard work and dedication shown by our deputies and investigators in regard to this arrest. I would also like to thank DA Champ Crocker and his staff at the District Attorney's Office for their aid in this process as well.

"Throughout Christmas Eve, Christmas Day and continuing throughout the New Year holiday, our staff was relentless in tracking down Mr. Burton.

"Incidents like these truly show the lengths the Cullman County Sheriff's Office goes to keep the citizens of Cullman County safe. I would like to thank everyone at the sheriff's office and the District Attorney's Office for their tremendous efforts."

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THE CULLMAN TRIBUNE
JANUARY 4, 2024

PREP BASKETBALL

No. 2 Good Hope edges No. 4 Vestavia Hills 48-42

Nick Griffin
nick@cullmantribune.com

HANCEVILLE, Ala. -- After competing at the Hilton Sandestin Invitational over the holiday break, the Good Hope Lady Raiders returned to Cullman County Tuesday to battle fourth-ranked 7A Vestavia Hills at Wallace State's Tom Drake Coliseum. Both teams had to overcome a slow start in the opening half and the Lady Raiders got things done at the foul line in the final frame to earn a 48-42 win over the Lady Rebels.

Ivey Maddox knocked down a three-pointer to give the Lady Raiders a 3-0 start and after Vestavia responded with a three on the other end, Ava McSwain laid one in to keep Good Hope in front 5-3. However, the Rebels added one more basket before the end of the first to tie the game at 5 going into the second.

Basket by Maddox and Bailey Tetro gave the Lady Raiders a 9-7 lead early in the second quarter and after a 6-0 run put Vestavia ahead 13-7, Maddox added another bucket and Bailey Tetro drained a three to retake a 14-13 lead for Good Hope. Bailey Tetro laid one more in to make it a 16-13 game, but the Lady Rebels scored just before the end of the period to cut the lead to 16-15 going into the halftime break.

Baskets from McSwain and Charly Johnson allowed the Lady Raiders to maintain a 20-17 advantage early in the third quarter, but Vestavia Hills was able to pull and claim a 26-22 lead later in the period. Maddox drilled another three to trim the lead to 26-25 and with one minute remaining in the third, Bailey Tetro knocked down a three to tie the game at 28. Bailey Tetro's final shot of the third fell short but it was hauled in by Jolee McHan who went back up with it for a Raider basket just before the buzzer sounded, giving Good Hope a 30-28 lead going into the fourth quarter.

Maddox netted a pair of free throws and Bailey scored inside to keep the Lady Raiders in front 34-31 early in the fourth. Maddox took over for the next few possessions, scoring the next seven points for Good Hope to stretch the lead to 41-36 with two minutes to play. Heather Tetro split a pair of free throws to make it a 42-38 game with just under a minute remaining and Maddox and McSwain buried four straight from the line to give the Lady Raiders a 46-40 lead. McSwain scored one more basket as time expired to put the finishing touches on a hard-fought, 48-42 win for Good Hope.

Maddox led the way with 21 points in the win, followed by Bailey Tetro with 12 and McSwain with 10.

The Lady Raiders will travel to take on East Lawrence Friday.



NICK GRIFFIN/THE CULLMAN TRIBUNE

Ivey Maddox led Good Hope with 21 points in its 48-42 win over Vestavia Hills Tuesday.

PREP BASKETBALL

Raiders race past J.B. Pennington 101-58

Nick Griffin
nick@cullmantribune.com

HANCEVILLE, Ala. — After spending last week playing several games in Destin, the Good Hope Raiders played a little closer to home Tuesday night, taking on J.B. Pennington at Wallace State's Tom Drake Coliseum. The Raiders got the new year started on a high note, putting triple digits on the scoreboard in a 101-58 win over the Tigers.

Shots were falling early and often the Raiders in the first half. After baskets by Weston Hancock and Tyler Cone gave them a 4-0 start, Jacob Haynes drilled a three-pointer to make it 7-2. Baskets by Hancock, Dakota Overton and Haynes kept Good Hope in front 13-10 as the period went on and Cone laid another one in to make it 15-10.

Another basket by Haynes and a pair of Overton free throws extended the lead to 19-12 and Cone and Tucker Malin each scored in the final minute of the first to give the Raiders a 23-18 lead at the start of the second.

Another Malin basket and a three-pointer from Haynes put Good Hope in front 28-20 early in the second quarter. Isaiah Turner scored inside to make it a 31-22 game midway through period and free throws by Cone and Hancock allowed the Raiders to maintain a 34-28 lead.

Bell drained a three to make it 37-30 and Overton followed with a three of his own to make it 40-32 and Good Hope kept adding to its lead before the break, stretching the lead to 48-34 at the halftime break.

The Raiders continued to light up the scoreboard in the third and led the Tigers 59-48 early in the period. Buckets from Bell, Cone and Hancock made it a 65-49 game and Good Hope put together an 11-4 run to end the third quarter, capped off by a Hancock basket just before the buzzer that put the Raiders in front 76-53 going into the fourth.

Overton caught fire in the fourth quarter, knocking down four consecutive three pointers to help build Good Hope's lead up to 90-54.

Tyler Byrd laid one in later in the fourth to make it 94-56 and Overton's seventh trey of the game made it 97-56.

Turner and Haynes each scored in the final minute to cap an impressive offensive performance and secure a 101-58 win for the Raiders.

Overton led Good Hope with 27 points in the win. Bell finished with 19, Cone posted 17 and Haynes added 16.

The Raiders will be back on the road Friday for a matchup at East Lawrence.



NICK GRIFFIN/THE CULLMAN TRIBUNE

Dakota Overton led Good Hope with 27 points and knocked down seven three-pointers in the Raiders' 101-58 win over J.B. Pennington Tuesday.

No. 4 Alabama falls to No. 1 Michigan in overtime, 27-20, in CFP Semifinal

Josh Maxson
UA Athletics

PASADENA, Calif. - The No. 1 Michigan Wolverines defeated No. 4 Alabama in overtime, 27-20, in the College Football Playoff Semifinal at the Rose Bowl on New Year's Day.

The contest was evenly matched in most every category, with the Crimson Tide racking up 288 total yards of offense and possessing the ball for 32:19 while the Wolverines finished with 351 total yards and 27:41 possession.

Alabama's Jase McClellan finished with 87 yards on 14 carries to go with a pair of touchdowns to lead the rushing attack. Jalen Milroe (63 yards) and Justice Haynes (31 yards) also aided the ground game as part of a unit that piled up a total of 172 yards on the day.

Milroe accumulated 116 yards through the air on 16-of-23 passing to finish the contest with 179 yards of total offense. Isaiah Bond (47 yards) and Jermaine Burton (21 yards) each had four catches apiece to lead the receivers.

Defensively, Caleb Downs finished the game with 14 tackles and a pass breakup. Kool-Aid McKinstry collected double-digit tackles with 10, while Deontae Lawson added six tackles and a pair of pass breakups.

Notes

• Alabama participated in its eighth Rose Bowl matchup in school history with Monday's contest against Michigan. The Crimson Tide now holds a 5-2-1 mark in all-time Rose Bowl games.

• The contest marked head coach Nick Saban's first CFP Semifinal loss since 2014, with the Crimson Tide having won six straight Semifinals entering Monday.

• Will Reichard finished the contest with a pair of field goals to move past Leigh Tiffin and into first on the school's all-time career field goal list. Reichard totaled 84 career field goals, one better than Tiffin's 83.

• Reichard closes his outstanding career as the NCAA's all-time scoring leader with 547 career points.



UA ATHLETICS

No. 4 Alabama fell to No. 1 Michigan in Monday's CFP Semifinal 27-20 in OT

HOW IT HAPPENED

First Quarter

• 09:49 - UA | Jase McClellan finished off a four-play, 44-yard drive when he scampered 34 yards to paydirt for the first score of the game.

• 04:31 - UM | Michigan answered when J.J. McCarthy completed a pass for eight yards to Blake Corum to cap a 10-play, 75-yard drive that took 5:18 off the clock.

Second Quarter

• 03:49 - UM | Michigan took its first lead of the game when McCarthy found Tyler Morris for a 38-yard touchdown reception to finish off an eight play, 83-yard drive that lasted 4:43.

• 00:07 - UA | Will Reichard converted a 50-yard field goal to cap the first-half scoring as he ended a 10 play, 52-yard drive that took 3:37.

Fourth Quarter

• 14:30 - UA | Alabama regained the lead on a three-yard rush by McClellan that capped a 55-yard drive that took eight plays and 4:14 off the clock.

• 04:41 - UA | Reichard hit from 52-yards out to add to the Crimson Tide lead. Reichard's three-point make capped a nine-play drive that lasted 5:49.

• 01:34 - UM | McCarthy found Roman Wilson for a four-yard passing touchdown to even the score with less than two minutes to play. The Wolverines drove 75 yards on eight plays across 3:07 to send things to overtime.

Overtime

• 00:00 - UM | Corum rushed 17 yards for what would prove to be the game-winning touchdown.

Realistic resolutions: Goal setting with Linda Stone

Cayla Grace Murphy
caylagrace@cullmantribune.com

CULLMAN, Ala. — In the digital age there is no shortage of "new year, new me" posts circulating in the days following Jan. 1. The new year appears to be an opportunity for a fresh start, to morph into a new person by this time next year. But how does that actually happen? Local life coach Linda Stone offered tips on taking New Year's resolutions from wants and wishes to real-life wins.

First, Stone said, actionable steps are key to making resolutions a reality. A resolution is more likely to be fulfilled with a game plan, and a plan of action helps you take personal responsibility for the change you want to see in your own life.

"Actionable steps put me in the driver's seat. When I understand that it's my goal, my responsibility, my job to protect it and make it happen, it empowers me to stick with it," she explained.

"The best way to go from dreaming to making actual changes is to write each goal down and ask yourself these questions: Why do I want this? Whose help do I need to accomplish this? Why is now the right time?"

Stone maintained that when you have the answers to these few questions, you have the foundation to list out steps to take your goal from a wish to real change. Stone said for bigger lifestyle resolutions, like weight loss or smoking cessation, a support system can be key – but it takes guts sometimes to ask for one.

"A support system requires courage!" she exclaimed.

While asking for support can seem scary at first, identify the type of support you need – verbal, emotional, etc. – and ask the best person in your life for the job.

Stone also suggested asking those who have accomplished the same goal you're gunning for to join your support system to draw inspiration from their wins.

"Choose someone who is on the other side of the place you are headed and draw from their success," she smiled. Stone also said it can be advantageous to find camaraderie in the struggle points; while a stall or setback may be inevitable, a stop doesn't have to be.

"You can have multiple people in your corner depending on your goals," she said.

"If they can relate to what you are doing, it becomes less about you passing or failing and more about them sharing how they finished the race when quitting feels like an easier option."

With all the influence of social media, Stone maintained that the secret sauce to "sticking with it" is making sure your goals are your own, and not influenced by passing trends.

"Make sure the goals you are setting are your goals. We are surrounded by a tug and pull, a call to change and be like someone else. Be true to yourself and set goals that will get you closer to the person you desire to be!" she smiled.

For more from Linda Stone, visit www.facebook.com/LindaStoneLifeCoach.

Helen (from Front)

Cayla Grace Murphy
caylagrace@cullmantribune.com

CULLMAN, Ala. — Helen, an approximately 5-year-old female domestic short hair with a beautiful cream and tabby coat, is available for adoption at Cullman County Animal Shelter.

Helen's name means bright and shining light, which is certainly what she'll bring to your household when you bring her home. She's had a good bit of life so far, and is ready to take it easy and enjoy everything her later years have to offer.

Helen is hard of hearing, so an environment free of constant surprises will help her thrive best. She isn't too keen on dogs, but is happy to be the star of the show, solo, wherever she goes!

Helen has all the makings of an ideal therapy or companion animal, and though she may not be able to lend a listening ear, she'll lend you her heart and loyalty.

Are you ready to meet Helen? Head over to Cullman County Animal Shelter at 935 Convent Road NE, Monday through Friday, from 9 a.m.-3:30 p.m. for a meet and greet.

Her adoption fee includes spay, DHLPP vaccine, Bordetella vaccines, rabies vaccine, wormer, general exam at the vet and microchip.

Contact the Cullman County Animal Shelter at 256-734-5448 or cullmananimalshelter@co.cullman.al.us.

Facility (from Front)

bama as a whole.

"If you haven't looked in the papers lately, we're one of the best school systems in the state of Alabama. Not because we feel that way, but the proof is in the pudding. So, if we're going to be one of the best school systems in the state, then our facilities need to be up to date as well," Kallhoff told the crowd.

Cullman City School Board President Cheryl Harrison shared a word of encouragement, noting the "full circle" moment of a vision years in the making coming to fruition.

"A rewarding part of our service on the school board is not only creating a vision, but watching that vision, nurturing that vision and seeing it come to life," she said. "This is so incredible, and is one of those moments that makes our work on the school board so worth it. Two years ago, the board elected to move forward with plans to completely transform the CMS campus. As Mr. Kallhoff said, we wanted to address student safety, an aging and outdated structure, capacity concerns and moving the sixth-grade students back to this campus."

Harrison noted that while there is still work to be done before the final phase of construction is completed, CMS students, faculty and staff will be able to use a fresh, modern space to learn and instruct.

Kallhoff invited two standout students to cut the ribbon, saying, "The tradition we started with the primary school will continue as we have more ribbons to cut over the next few years, to have the students cut ribbons. It (the facility) is not for us; we like it and it looks pretty, but it is really for our students."

The two students selected were Jonathan Witcher and McKinley Varden, who, according to Kallhoff, stand out as well-rounded CMS students, taking academic excellence seriously, exhibiting good sportsmanship in athletics and serving humbly in student government. The ribbon was cut and met with a round of applause as attendees gathered their things and began a tour of the new facility.

Safe (from Front)

Cheyenne Sharp
cheyenne@cullmantribune.com

CULLMAN, Ala. — Wagon Trail Med-Serv, Cullman County's only potential Integrated Facility for producing medical cannabis, is secure in the licensing process. On Dec. 29, 2023, Montgomery Circuit Judge James Anderson issued a temporary restraining order, banning the Alabama Medical Cannabis Commission (AMCC) from awarding dispensary licenses. Although a total of five dispensaries throughout the state of Alabama are on the horizon for Wagon Trail Med-Serv, none have been established yet, meaning CEO and President Joey Robertson's empire is safe for now from restraining orders and legal stays on the issuance of dispensary licenses.

As reported by WHNT News 19: The ruling affects only the licenses intended for dispensaries. Brittany Peters, a spokeswoman for the commission, said (sic) the commission has issued licenses to other companies that were selected to cultivate, transport and test marijuana. The commission next month (January) is set to issue the coveted "integrated" licenses for multifunctional companies that grow, transport and sell medical marijuana. Anderson has not yet ruled on a request to block the issuance of the integrated licenses. (www.whnt.com/news/national/ap-us-news/medical-marijuana-dispensary-licenses-blocked-in-alabama-amid-dispute-over-selection-process)

AMCC board members visited Wagon Trail Med-Serv for a pre-issuance inspection in late December to assess the facility and its operations as it prepares to award licenses to Integrated Facilities on Jan. 9.

Robertson said a visit by the AMCC was precisely what his facility needed to cement one of the five coveted licenses.

"The pre-issuance inspection went well.

"We were able to demonstrate to the AMCC that everything in our application was factual and ahead of our initial projected timelines.

"The inspection covered not only our existing facilities, but also our future dispensary locations in five different counties," Robertson said.

"I believe we met and exceeded the expectations of the AMCC.

"We continue to believe that our readiness and experience will allow us to have medical cannabis to the patients of Alabama while meeting all of the AMCC's standards quicker than anyone else."

Since the Alabama Legislature voted to allow cannabis for medical use, the process of awarding and issuing licenses has been stalled multiple times for various reasons – twice due to questionable scoring practices and procedure violation allegations.

Barring any additional legal roadblocks that could potentially arise, Robertson said he is confident that Wagon Trail Med-Serv will be issued its license by the AMCC on Jan. 9.

Read more at www.cullmantribune.com/tag/wagon-trail-med-serv.


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Map (from Front)

Cole Sikes
ACES

AUBURN UNIVERSITY, Ala. — For the first time in more than a decade, the United States Department of Agriculture (USDA) released new hardiness zone maps. These new changes bring a new level of climate accuracy, allowing people to intelligently select plants that thrive best in their region. An Alabama Cooperative Extension System home grounds, gardens and home pests agent said this tool should prove fruitful for all Alabama gardeners.

Know your zone

Down to the street you live on, the 2023 USDA Hardiness Zone Map shares — in detail — what climate conditions plants need to thrive at a given location.

The zones are measured in color-coordinated scale, ranging from extremely cold climates (1a) to warmer, tropical climates (13b).

The map uses the previous 30-year average annual extreme minimum winter temperature to determine plant hardiness.

According to the last hardiness zone survey presented in 2012, Alabama's zones ranged from 8a to 7a. The zones for 2023 have shifted to a warmer range from 9b in the coastal region to 7b in extreme north Alabama. The majority of Alabama is now zone 8a and 8b.

Brian Brown, Alabama Extension home grounds regional agent, said a decade's worth of new data will exponentially improve planting decisions.

"This new version includes data collected from several thousand more weather stations throughout the U.S.," Brown said. "This makes it much more accurate. The hardiness zones in Alabama have shifted north, which is an indication of the change of temperatures over the past 30 years."

Microclimates

A microclimate is a uniform climate of a local site or habitat. These miniature biomes are everywhere, and something as small-scale as a backyard can have its own microclimate.

Brown said these small areas are something homeowners need to pay attention to, in addition to consulting the hardiness zone map

"The USDA hardiness zone map is an important tool in determining what plants you select," Brown said.

"But something homeowners also really need to pay attention to is the effect of microclimates as well. For example, plants growing on the southwestern side of a house may be exposed to extreme temperatures in the summer. And during winter, a north-facing side of the house may have more shade and possibly see more damage if we experience a harsh cold front."

To get the most out of seasonal plantings, referencing this governmental resource is necessary for success. The USDA offers this hardiness zone map as the standard for gardeners and growers.

More resources

Sometimes, using large databases can be confusing. To assist with learning more about climate maps and what and when to plant, Alabama Extension agents are a phone call or short drive away. Find contact information for your county Extension office and experts near you through the Extension directory.

For more information about gardening and programming, visit the Lawn & Garden section of Alabama Extension's website, www.aces.edu.



2023 USDA Plant Hardiness Zone Map for Alabama



NOTICE OF AVAILABILITY
REGISTRATION AND VOTING AIDS

State of Alabama
Cullman County
Probate Elections

TO: ALL CULLMAN COUNTY VOTERS

Pursuant to 21-4-23 (b), of the Code of Alabama (1975), notice is hereby given of the following requirements for and the availability of this registration and voting aids.

(b) The appropriate election officials of each county shall issue public notice in each voting precinct of the requirement for and the availability of these registration and voting aids, which notice shall be notification for all handicapped and elderly individuals. This notice shall be issued as early as practicable, but in any case, not later than 60 days before any state election or the registration deadline for such election.

Tammy Brown
Judge of Probate

PB MIN BK 221 PG 72 - 12/27/2023 09:34 AM
Tammy Brown, Judge of Probate, Cullman County, AL

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF *
CHARLES POWELL, * **CASE NO.: PC2023-405**
Deceased. *

NOTICE OF PUBLICATION

Notice is hereby given that *Petition for Summary Distribution of Small Estate* has been filed on the 13th day of December, 2023, by Melissa Klein, Petitioner, by and through Attorney, Michael J. Baggett, and that thirty (30) days after the notice of publication hereof and pursuant to the law of the State of Alabama, the Court shall be requested to enter an order directing summary distribution of the estate of said decedent.

Melissa Klein
Petitioner

Michael J. Baggett
Attorney for Petitioner
206 Ninth Street SW, Ste 102
Cullman, AL 35055

To: PUBLISHER OF ***The Cullman Tribune***

Please publish the above notice **ONE TIME** in said newspaper, and thereafter file with the Court a copy of the notice so published and an affidavit of publication.

DONE this the 26th day of December, 2023.

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

PB ADT BK 68 PG 2 - 12/11/2023 04:06 PM
Tammy Brown, Judge of Probate, Cullman County, AL

STATE OF ALABAMA * IN THE PROBATE COURT
COUNTY OF CULLMAN * CASE NO. AD 2023-038

IN THE MATTER OF THE ADOPTION PETITION OF RITA CASEY AND KENNETH CASEY TO ADOPT C.L.G. a minor child.

NOTICE OF ADOPTION PROCEEDINGS

Notice to: **TO ANY UNKNOWN OR UNDISCLOSED FATHER OF C.L.G. WHOSE IDENTITY, WHEREABOUTS, RESIDENCE AND/OR ADDRESS IS UNKNOWN OR UNDISCLOSED.**

Please take notice that a Petition for Adoption of C.L.G., a minor child (born on January 22, 2010, to Ashley Lee Griffin) was filed on the 5th day of May, 2023, in the Probate Court of Cullman County, Alabama, by Rita Casey and Kenneth Casey, Petitioners. Please be advised should you intend to contest this adoption, you must file a written response within thirty (30) days of the date of the last publication herein with the Clerk of Probate Court, 500 2nd Avenue SW, Room 101, Cullman County, Alabama.

DONE THIS 11th DAY OF December, 2023.

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

Allison K. Moody

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF)
THELMA JEAN SEENES) CASE NO PC 2022-262
Deceased.)

NOTICE OF HEARING
PETITION FOR PROBATE OF WILL AND
AMENDED PETITION FOR PROBATE OF WILL

TO: JESSICA MARIE SEENES, JONATHAN SEENES AND ANY KNOWN OR UNKNOWN NEXT-OF-KIN OR INTERESTED PARTIES

The Petition of Rose Marie Shaffer to admit to probate the Last Will and Testament of Thelma Jean Seenes, deceased, has been set for hearing on the **15th day of February, 2024, at 10:00 a.m.**

All persons are hereby given notice to appear, and contest said petition if they think proper.

Done this the 20th day of December, 2023.

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

To the Publisher: The Cullman Tribune

Please publish the above notice three (3) successive weeks is said newspaper

Tonya C. Palmer
Attorney for Petitioner
1939 Main Avenue, SW
Cullman, Alabama 35055

IN THE PROBATE COURT OF CULLMAN COUNTY, ALABAMA

IN RE: THE ESTATE OF)
SYBLE F. OSMER) CASE NO PC 2023-265
Deceased.)

NOTICE OF HEARING
PETITION FOR PROBATE OF WILL

TO: JAMES ROBERT WEBB, JR., MICHAEL KEVIN SCHAFER, JR., MAGEN LASHAY SCHAFER, ANITA FAY DAVENPORT, LORETTA LYNN SHAFER AND ANY KNOWN OR UNKNOWN NEXT-OF-KIN OR INTERESTED PARTIES

The Petition of William Osmer to admit to probate the Last Will and Testament of Syble F. Osmer, deceased, has been set for hearing on the **15th day of February, 2024, at 10:30 a.m.**

All persons are hereby given notice to appear, and contest said petition if they think proper.

Done this the 20th day of December, 2023.

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

To the Publisher: The Cullman Tribune

Please publish the above notice three (3) successive weeks is said newspaper

Pam E. Nail
Attorney for Petitioner
200 Second Avenue, SW
Cullman, Alabama 35055

Obituary Announcements: Dec. 30- Jan. 3

Frankie Bradley, 60
Frankie Bradley passed away on Dec. 26, 2023, at the age of 60. Frankie was born Oct. 7, 1963, to Earl and Sue Bradley. Arrangements for Mr. Bradley are incomplete at this time and will be updated later. In lieu of flowers, the family is asking that donations be made to Holly Pond Funeral Home to help with Frankie's services. All donations will be applied directly to Mr. Bradley's account. Holly Pond Funeral Home is honored to serve the Bradley family.

Thomas Junior Fuller, 80
Thomas Junior Fuller was born Sept. 30, 1943, in Cullman, Alabama. After a long battle with Alzheimer's, he finally found peace on Jan. 1, 2024, surrounded by family. Junior was 80 years of age. Junior is survived by his loving wife and faithful caregiver, Joyce Scott Fuller. They were married 49 years and together raised four children: Gregory Nicholas (Rita), Mendy Kiolbassa (Jeff), Leah Bolin (Mark), and Jennie Elliot. From these blessings came eleven grandchildren: Gregory "Nick" Nicholas, Audrey Nicholas, Heather Johnson, Tyler Johnson (Ashley), Chandler Kiolbassa, Alex Kiolbassa, Nicholas Bolin (Kristin), Thomas Bolin (Melissa), Timothy Bolin, Zach Witcher (Brittni) and Allie Witcher; and five great grandchildren: Charlotte Johnson, Liam Witcher, Logan Witcher, Emma Haile, and Delylah Haile. Junior was predeceased in death by his father T.O. Fuller and mother, Flora Bradberry Fuller. For most of his life, Junior was in the grocery business while simultaneously working as a professional contract painter. He worked these two jobs for over 25 years. In 1983 he and Joyce started their own property development business leasing apartments and flipping houses. His hard work was rewarded with several years of travel. He and Joyce visited all 50 states, traveled much of Europe, all the Caribbean Islands and had many adventures together. Junior loved Jesus, family, golf, and college football! (in that order) He also loved people and had a host of friends to testify to his abundant generosity, compassion and loyal nature. Although he will be missed by so many of us, we are joyful that he is in his new body with a renewed mind. Our family would like to invite you to celebrate his life with us on Jan. 4 at Cullman First Baptist Church. Visitation is from noon until 2 p.m. and funeral to follow at 2 p.m. As an expression of sympathy, the family asks that memorable contributions be made to a local charity of your choice. To leave condolences for the family please visit mossservicefh.com. Moss Service Funeral Home directing.

Linda Gail Speegle, 78
Funeral service for Linda Gail Speegle, 78, of Vinemont, is Friday, Jan. 5, 2024 at 1 p.m. at Panama Baptist Church, with Bro. Delwin Kilgo and Bro. Larry Duke officiating. Mrs. Speegle will lie in state at the church from 11 a.m. until 1 p.m. on Friday. Visitation will be held at Cullman Funeral Home Thursday, Jan. 4, 2024, from 5 p.m. until 7 p.m. Interment will follow the funeral on Friday at Bethlehem West Baptist Church. Cullman Funeral Home is honored to serve the family. Linda was born June 12, 1945, to David Benefield and Myrtie Milligan. She passed from this life on Monday, Jan. 1, 2024. She was preceded in death by her parents; brothers, Hobert Benefield, Hollis Benefield; sister, Wilda Benefield. Survivors include her loving husband of 58 years, seven months and three days, James H. Speegle; one son, Jammie Speegle; one daughter, Anna (Wesley) Lawler; brother, Verlie Benefield; sister, Freda Johnson; three grandchildren, Tyler Speegle, Elijah Lawler, Sadie Lawler; a host of family and friends. Linda was a loving and faithful wife, mother, grandmother, and friend. She loved her church so much. She enjoyed travelling and enjoyed helping James help others and build churches for many years. She will be very missed by all who knew and loved her. Visit www.cullmanfuneralhome.com to sign the online guestbook.

Claudia Elaine Hanks Kreps, 82
Funeral Service for Claudia Elaine Hanks Kreps, age 82, of Hanceville, will be at 11 a.m. on Friday, Jan. 5, 2024, at Christ Lutheran Church with Pastor Don Simmons officiating; interment in Cullman City Cemetery. Visitation will be from 6 p.m. until 8 p.m. on Thursday, Jan. 4, 2024, at Cullman Heritage Funeral Home. An additional visitation will be on Friday from 9 a.m. until 11 a.m. at Christ Lutheran Church prior to the service. Cullman Heritage Funeral Home is in charge of arrangements. Mrs. Kreps passed away on Tuesday, Jan. 2, 2024, at her residence. She was born June 15, 1941, to Claude Lee Hanks and Ina Eldorado Hanks Baker. She was preceded in death by her husband, Louis "Buck" Kreps, and parents. Survivors include her children, Bryan Kreps, Pam Kreps, and Jason Kreps (Beth Brooks): grandchildren, Andrew Kreps, William Kreps, and Mary (Keith) Chase; step-grandchildren, Erica Thomas, Nathan Sherbet, and Brandon Sherbet; great-grandchildren, Sydney Harris and Everly Kreps; step-great-grandchildren, Brantley Sherbet, McKenzie Sherbet, Brodie Sherbet, and Ezekiel Thomas; sister, Debbie Hanks; brother, Les Baker; and sister, Rhonda Richardson. In lieu of flowers, please make donations to Christ Lutheran Church or Visiting Angels Living Assistants Services.

Wanda Sue Moore Johnson, 85
Funeral service for Wanda Sue Moore Johnson, age 85, formerly of Eva, will be at 11 a.m. on Thursday, Jan. 4, 2024, at Cullman Heritage Funeral Home with Chris Jones and Ron Ryan officiating; interment in Bethel United Methodist Cemetery. Visitation will be from 10 a.m. until 11 a.m. on Thursday, Jan. 4, 2024, at Cullman Heritage Funeral Home. Cullman Heritage Funeral Home is in charge of arrangements. Mrs. Johnson passed away on Tuesday, Jan. 2, 2024, at Decatur Health and Rehab. She was born Sept. 21, 1938, to Thomas "Ed" Ezra Moore and Flora Bell Moore. She was preceded in death by her husband, Dennis Joseph Johnson; parents; sisters, Evelyn Craft and Ruby Porter; and brother, Troy Moore. Survivors include her son, Dan (Mary) Johnson; daughters, Melissa (Evan) Sealey and Ginger Broslat; granddaughter, Brooke (Jacob) Vanderheyden; numerous grandchildren and great-grandchildren welcomed in love through marriage; sister, Margaret Hall; and a host of dearly loved nieces and nephews. In lieu of flowers, please make a donation to Hospice of the Valley or Eva Church of Christ.

Larry David Duvall, 66
Larry David Duvall, 66, of Haleyville, passed away on Monday, Jan. 1, 2024, at his residence. He was born Jan. 9, 1957, in Burlingame California. Larry is survived by his wife, Wanda Duvall; son, David (Missy) Duvall; daughters, Melisssa (Jonathan) Johnson and April Paschall; sister, Diane (Larry) Kirby; 10 grandchildren; three great-grandchildren; and a host of cousins, nieces, and nephews. He was preceded in death by his parents, James and Dorothy Duvall; nephew, Kevin Kirby; and daughters, Tonya Wilburn and Leeann Lolley. No services will be held at this time.

Mildred Mae Wynn, 100
Mildred Mae Wynn, born July 3, 1923, to Oscar Angle and Alma Harris Angle, passed from this life on Dec. 27, 2023, at age 100. Interment was held at Ebenezer Cemetery. She was a beautiful lady who is now gone to be with God. Cullman Funeral Home is honored to serve the family. To sign the online guestbook, please visit www.cullmanfuneralhome.com.

Douglas Eugene Veal, 60
Memorial service for Douglas Eugene Veal is Sunday, Jan. 7, 2024, at 2 p.m. at Cullman Funeral Home chapel. Cullman Funeral Home is honored to serve the family. Mr. Veal was born Jan. 10, 1963, to Eugene Howell Veal and Betty Jane Wright Veal. He passed from this life on Dec. 31, 2023. He was preceded in death by his father, Eugene Veal; one sister, Debora Maxwell. He is survived by his mother, Betty Veal; one sister, Donna Smith; nephews, Jason Maxwell, Randy Smith; nieces, Fran Skinner, Shaina Cruz, and Deedee Smith. To sign the online guestbook, please visit www.cullmanfuneralhome.com.

PaulHollingsworth,86
Paul Hollingsworth, age 86, of Cullman, passed from this life on Dec. 29, 2023. There are no arrangements at this time. Cullman Funeral Home is honored to serve the family. Mr. Hollingsworth was born Dec. 3, 1937, to Claude B. Hollingsworth and Leetha Mae Tolbert Hollingsworth. He was preceded in death by his parents; sister, Betty Wilson; brothers, Clarence Hollingsworth and Harlan Hollingsworth; brother-in-law, Edward Skeen. He is survived by his three sons, Greg (Johnna) Hollingsworth, Timothy (Heather) Hollingsworth, and Keith Hollingsworth; two sisters, Patricia (Carlton) Hollingsworth-Smith, and Mary Imagene Skeen; grandchildren, Chance Hollingsworth, Braiden Hollingsworth, Kyle Killian, Chase (Caroline) Hollingsworth, Calen (Siarra) Hollingsworth; great-grandchildren, Cohen Hollingsworth, Palmer Hollingsworth, Fletcher Hollingsworth. To sign the online guestbook, please visit www.cullmanfuneralhome.com.

Shirley Shrewsbury Hardin, 72
Shirley Shrewsbury Hardin, born Nov. 24, 1951, to Bernley G. Shrewsbury and Alice Bishop Shrewsbury, passed from this life on Dec. 30, 2023, at age 72. Graveside service will be held Friday, Jan. 5, 2024, at 11 a.m. at Ebenezer Cemetery in Cullman. Cullman Funeral Home is honored to serve the family. To sign the online guestbook, please visit www.cullmanfuneralhome.com.

Betty Hildreth Metts, 88
Betty Hildreth Metts, 88, of Leesville, South Carolina, went to be with her Lord and Savior on Christmas Day. The widow of Philip T. Metts, she was the daughter of Sam Hill and Florence Dawe Hildreth. Born and raised in Cullman, Alabama, she was the eighth of ten children who were brought up serving the Lord and understanding the importance of family. She attended and graduated from Cullman County Public Schools. It was in Cullman that she met the love of her life while he was there working with the CCCs. The day after graduating from high school on May 31, 1953, they were married in the living room of her family's home. Betty and Philip then began their 62 years together in his hometown of Leesville, South Carolina. Though Cullman always held a special place in her heart, after her marriage, Batesburg-Leesville quickly became her home away from home. Betty and Philip welcomed four children into their lives whom they raised with love and devotion. She lives on in the memories of her family: Beth (Tom) Allen, Phil (Marie) Metts, Barbara (Jeff) Manchester, and their youngest Kim (Carey) Bedenbaugh. They were the grandparents of five grandchildren, Betty Manchester, Mary (Bryan) Shealy, Corey Metts Bedenbaugh, Rebecca (Bret) Boley, and Ben (Jessica) Bedenbaugh. She was also the great-grandmother of five: Paxton and Adair Bedenbaugh, Beth Ann and Sara Kate Boley, and Margaret Shealy. Her family was what she was the proudest of. She cared for her family and those around her with awe-inspiring devotion. When she loved you, she wholeheartedly loved you. Betty always felt blessed to live surrounded by many dear friends in the Ridge Road community of Leesville. She and many of her neighbors made lifelong friendships. Betty also loved yard work; any time she had a free minute, you could find her working in her yard enjoying the beautiful world her Lord created. Betty valued family and her home was always a welcome spot for both her family and those who quickly became a part of her family. She had a servant's heart and was always looking for ways to help the shut-ins and needy in her community. She would often take her grandsons, Corey and Ben with her to deliver food and other necessities to those in need around her. This instilled in them a love for helping others as well. Betty is survived by a brother, Phil Rodney Hildreth of Tuscaloosa, Alabama. She is also survived by many nieces and nephews. She was preceded by her beloved husband of 62 years, her parents, sisters: Mary Sims, Sybil Umphrey, Sandra Hutchens, Lucy Addy, and Nan Cook, and brothers, Earl Hildreth, Los Hildreth, and Wyman Hildreth. Betty retired from J.B. Martin after many years of service, and together with her husband owned and operated Philip T. Metts Construction for over 25 years. Long before retirement, she and her family often traveled to many National Parks and other areas across the country in their RV. After retirement, she and her husband continued traveling to many places they still wanted to visit. They would often take their grandchildren on many of their later trips which formed lifelong memories they will always cherish. A celebration of Betty's life will be held at Union Lutheran Church on Friday, Dec. 29, 2023, at 10 a.m. The family will receive friends in the fellowship hall following the service. Honorary pallbearers will be her neighbors and friends from the Ridge Road Community. Her daughter Kim would like to express her profound gratitude to the A & B Wing Staff at Saluda Nursing Center for the heartfelt love and compassion they always bestowed upon Betty in the last years of her life while there and all of the support they provided her as well. In trying to keep her mother and father at their beloved home as long as possible, she would also like to thank the numerous in-home caregivers who helped her shower Betty and Philip with love and care for over fifteen years of their lives. As a member of Union Lutheran Church and to honor her lifelong love of the Lord, memorials may be made to Union Lutheran Church-4077 US 378 Leesville, South Carolina or the charity of one's choice.

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Rushforth Family Care: New practice bringing holistic medical care to whole family

Cheyenne Sharp
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CULLMAN, Ala. — Dr. Tyler Rushforth said he and his team of health care providers at Rushforth Family Care are committed to following a plan for each patient that focuses on whole-body health, not just physical ailments.

Utah-born Rushforth moved south to attend Alabama College of Osteopathic Medicine in Dothan; he said he fell in love with Alabama in the process. To fulfill the obligations of a scholarship he received from Blue Cross Blue Shield of Alabama, he needed to find an underserved rural community to settle in and begin practicing. Rushforth and his wife searched northeast Alabama and selected Cullman.

"When I became a doctor, I really saw how in underserved areas people didn't really know what medical condition they had or what medications they were taking," he said. "That's part of what I want to do with this practice, and as a physician – making sure my patients know why they're on that medicine, what it will help with and try to find a medicine that will help with multiple issues so they don't have to take 20 medicines every day."

Osteopathic care can be described as something similar to chiropractic care, focusing on whole-body wellness instead of a traditional health care approach that may only treat aches, pains and current problems. Patients who visit Rushforth and his clinical staff can expect a hybrid experience – the check-ups, labs and medications and referrals will largely remain what is familiar to most patients, with the added bonus of a holistic approach to health care.

"As an osteopathic practitioner we have a few extra tools in our toolbox. Focusing on trying to help the body be more in alignment – it's very similar to chiropractic in the way we treat range of motion problems, knee pain, back pain, neck pain, whatever the pain may be. Osteopathic medicine is also very focused on treating the body, mind, spirit and health – the whole body, not just, 'Here's a pill,'" he said. "Rushforth Family Care is focused on making people feel like they're family; you may not be family, but we want you to feel like you can come to us and talk to us, especially about mental health issues and depression."

Affiliated with Cullman Regional, Rushforth is able to begin seeing patients as young as birth, beginning their health care journeys with a holistic approach. Rushforth said his practice hopes to create and cultivate personal relationships with clients, "from birth to death," caring for the entire family's medical needs in one building.

Rushforth Family Care is located at 1935 Alabama Highway 157, Suite C and can be reached by phone at 256-297-3030. Find out more at www.rushforthfamilycare.com.



CONTRIBUTED
Dr. Tyler Rushforth

'Operation WIPE OUT Cervical Cancer' works to eliminate preventable cancer

Dr. Scott Harris
Contributor

MONTGOMERY, Ala. — During January, Cervical Cancer Prevention Month, the Alabama Department of Public Health (ADPH) is working toward meeting the goals of "Operation WIPE OUT Cervical Cancer Alabama." Cervical cancer is caused by persistent infection from certain strains of the human papillomavirus (HPV) virus. Eighty percent of women will be exposed to this very common virus at some point in their lifetime. Because HPV usually does not exhibit any symptoms, it is possible to have HPV without knowing it, and to unknowingly spread the virus to others. Cervical cancer is a preventable disease through HPV immunization, screening and treatment of precancer.

Operation WIPE OUT" was launched last year in concert with the University of Alabama at Birmingham, TogetHER for Health, and other partners, in response to the Alabama's high rate of cervical cancer deaths coupled with the knowledge that this cancer can be eliminated.

To meet the goals of "Operation WIPE OUT Cervical Cancer Alabama," ADPH is taking these actions to advance its goals:

1. Providing free HPV immunizations through the Vaccines for Children Program at each county health department, and various grant-funded vaccine for adults.

2. Providing free cervical cancer screenings for women who have a low income and are uninsured at each county health department.

3. Providing follow-up colposcopies at county health departments for women who need them.

HPV vaccination is recommended for males and females up to age 26. In the United States, boys and girls as early as 9 years of age should get the HPV vaccine. The U.S. Food and Drug Administration approved the use of Gardisil®9 for males and females ages 9 to 45. If you are ages 27 to 45, discuss your risks with your healthcare team. Together you can decide whether you should get the HPV vaccine. Boys should be vaccinated because the vaccine protects them from other HPV-associated cancers, such as cancer of mouth/throat, penile, and anal cancer. Women should start cervical cancer screening at 21 years of age, and if the results are abnormal, they should follow up with their healthcare provider for further tests and recommendations. If screening finds early evidence of HPV infection and/or abnormalities in the cervix, timely follow-up can prevent this disease from happening.

For more than 25 years, the Alabama Breast and Cervical Cancer Early Detection Program has provided free cervical cancer screening and diagnostic services to women who have no insurance and have a low income. ADPH clinicians screen all patients over 25 years old for HPV. In addition to the HPV/Pap test, senior nurse practitioners throughout the state are now performing colposcopies. A colposcopy is a procedure used to examine tissue on the cervix and vaginal wall to check for signs of cancerous or precancerous tissue.

Out of the 9,381 HPV tests ADPH performed last year, there was a 20% positivity rate. This is significant since 99.7% of all cervical cancer is related to high-risk HPV subtypes. Last fiscal year, 823 colposcopies were performed. After finding high-grade cancer lesions with colposcopy, ADPH has a referral base to send these patients for treatment, if needed. Treatment is provided through Medicaid for U.S. citizens and legal residents, which increases access to care for patients in rural, underserved areas of Alabama.

Through community-based outreach, education and collaborative relationships with community organizations, Family Health Services staff emphasize focused goals of reducing cervical cancer morbidity and mortality through regular cervical cancer screening and preventing cervical cancer with HPV vaccine. The HPV vaccine, Gardisil 9, prevents most cervical cancers, as well as six HPV-related oropharyngeal cancers, and is available in all ADPH family planning clinics. During fiscal year 2023, the ADPH Family Planning Program provided, free of charge, 6,665 doses of HPV vaccine to 5,872 clients.

The services provided at county health departments are critical to help wipe out cervical cancer going forward. I encourage you to do your part by educating your loved ones about cervical cancer prevention and treatment. If we all come together to stop this disease, I have no doubt that Alabama will succeed in becoming the first state in the nation to eliminate cervical cancer as a public health threat.

For information about free screenings, contact your local county health department, call 1-877-252-3324, or go to Alabama Breast and Cervical Cancer Early Detection Program.