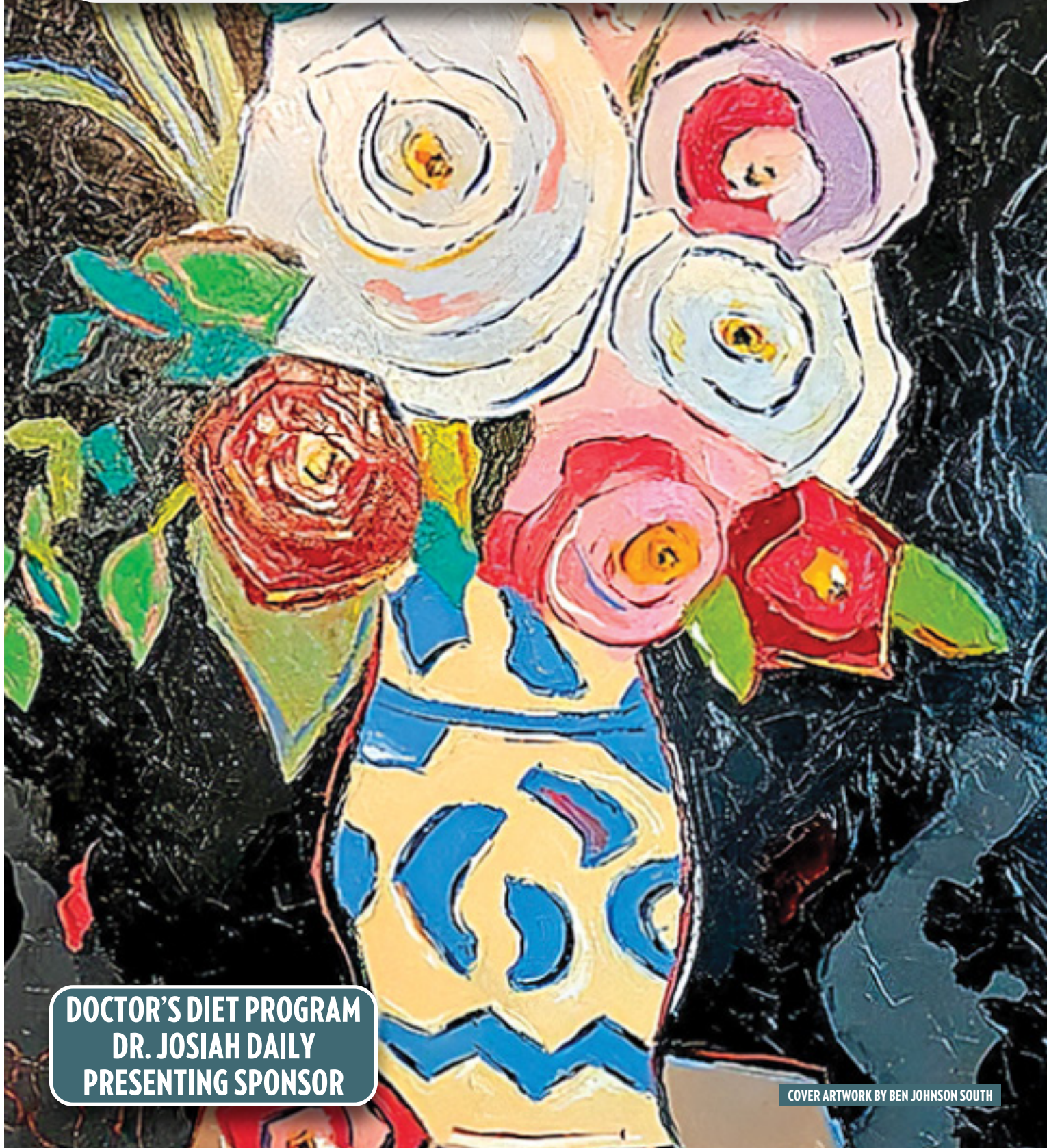


# Community Matters

From The Cullman Tribune

AUG. • SEPT. • OCT. 2022



**DOCTOR'S DIET PROGRAM  
DR. JOSIAH DAILY  
PRESENTING SPONSOR**

COVER ARTWORK BY BEN JOHNSON SOUTH



# ADVERTISER INDEX

Buettner Brothers Lumber Company, Inc. - 42	Free State Vinyl Wholesale, Inc. - 5
Carlton's Italian - 6	Freedom Insurance Agency - 43
Caroline Pinyan Alfa Insurance - 20	Garlan Gudger - 49
City of Cullman - 5	Hanceville Funeral Home - 38
Corey Harbison - 55	Kim's Parkside Catfish - 41
Cullman Ballet Theatre School - 7	Knight Free Insurance Agency - 10
Cullman County Commission - 27	La Michoacanita Ice Cream - 53
Cullman County Sheriff - 11	Lauren Estes Fitness - 33
Cullman Downtown Merchants Association - 7	Leldon's - 39
Cullman Economic Development Agency - 21	McGriff Tire Pros - 14
Cullman Electric Cooperative - 53	Merchants Bank - 31
Cullman Florist - 5	Options - 44
Cullman Funeral Home - 19	Premier Bank - 15
Cullman Jefferson Gas - 48	Signature Smiles - 14
Cullman Marble and Granite - 45	State Farm - 17
Cullman Oktoberfest - 57	Tesha Brewer State Farm - 36
Cullman Primary Care- 29	The Barn - 31
Cullman Quick Copy - 5	The Mortgage Center (Josh) - 28
Cullman Savings Bank - 9	The Mortgage Center (Meredith) - 47
Doctor's Diet Program - Presenting Sponsor, 37, 60	Urgent Care Center - 34
Earl's Body Shop - 46	Walker Brothers LTD - 6
Eddleman Stump Grinding - 32	Wendy's Health & Nutrition - 35
Farmers Insurance Jim McDonald Agency - 49	



## Getting old(er)...and turkey

**Noah Galilee**

noah@cullmantribune.com

In the past 8 months or so it's become quite clear that the trappings of life once enjoyed in abundance have now become detrimental to basic survival. But why? What happened?

After turning 40 in November it felt as if all the tales that had been uttered in front of the younger version have all decided to come true in an extremely short span.

**Let's go through a quick checklist:**

**Bald** - Yup and horseshoe bald at that.

**Overweight** - More like fat but we will go with pc version. As someone who was always underweight to now be more than 40-pounds overweight it's a stark contrast with many side effects.

**Basic tasks** - There are no longer basic tasks; those have become myths. Matter of fact, just call everything "tasks" because that's life now.

**Hot flashes** - Always been cold natured but lately it's like hades has taken residence in every room I move to.

Did I mention it's hard to breath - with all the added weight, combined with a few small heart issues, then throw in the heat and it's like breathing through a partly blocked straw... and not a good straw, one of those small red coffee straws.

Now don't get it wrong, there are some positives like...there's the...or is it... the point being positives exist as well so don't be completely bummed out.

For those who can relate just remember that the best holiday of the year is coming up in November so grab those stretch pants/sweat pants and that one undershirt which has become the primary extended family dinner feeding frenzy T-shirt and brace for Turkey Day!

Until then, enjoy life but always remember you're happiness is reliant upon yourself, not another. Stay cool and be half-decent to your fellow human beings because we are all having more bad days than good.

## Community Matters

from The Cullman Tribune  
Vol. 2 No. 3

219 Second Ave. SE | Cullman, AL 35055  
256-739-1351 | CullmanTribune.com

**PUBLISHER**  
Noah Galilee

**EDITOR**  
Wendy Sack

**PHOTOGRAPHERS**  
Martha Needham  
Michael Witcher

**ASSOCIATE PUBLISHER**  
Dustin Isom

**SALES**  
Janet Chandler  
Robin Winton

**CONTRIBUTORS**  
Amy Leonard  
Sara Gladney

**PRINTED BY**  
Russell Printing, LLC

# The Cullman Tribune Subscribe Today



Visit **Tribune.Store** or  
Call **256-739-1351**



# Coach Green, Dr. Green, Mayor Green



CONTRIBUTED

## Amy Leonard

amy@cullmantribune.com

**M**ayor Don Green, who passed earlier this year on July 4 at 88, left an indelible mark on his cherished hometown.

Cullman City Council

President Dr. Jenny Folsom shared, "Whether you knew him as Coach Green, Dr. Green or Mayor Green, everyone loved and respected Donald Green and he loved Cullman. He was a pillar of this community, and his contributions will never be forgotten."

Cullman Mayor Woody

Jacobs explained why Green was important to him and Cullman as a whole.

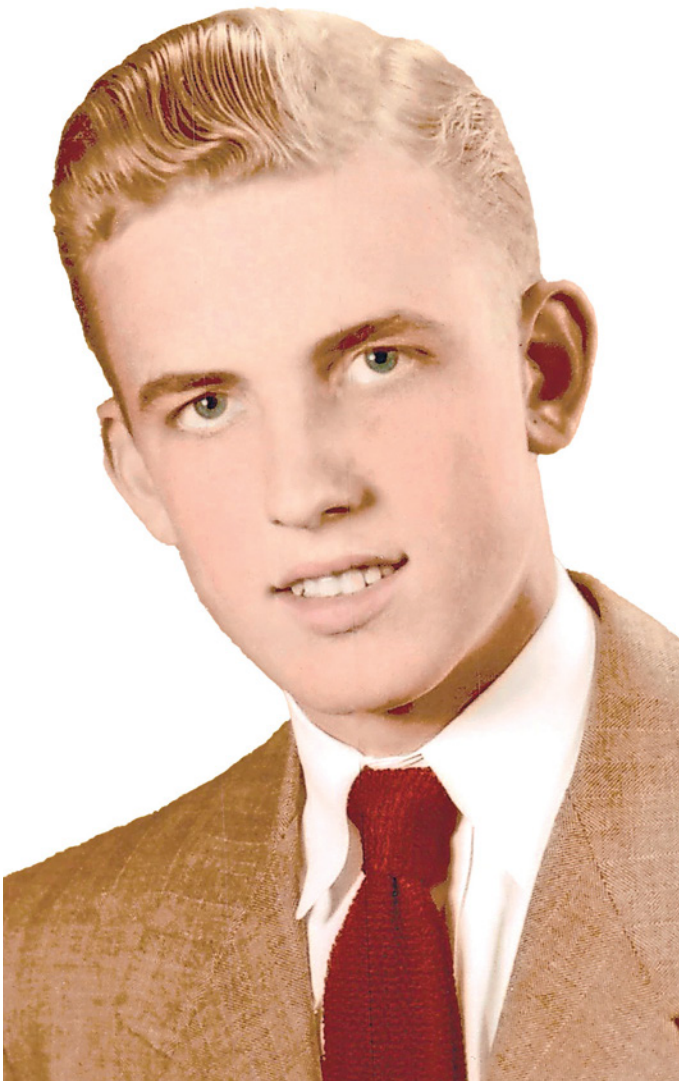
"Mayor Green had such an ability to make the long-range decisions, which were often difficult choices.

"He had the most concentrated, but diverse, perspective when wrestling with issues

that possessed consequences—both good and bad. Don was slow and deliberate in his decision-making because of this ability, and because he loved Cullman.

"Oftentimes, in the early years, it was as if we were playing checkers and Don was playing chess. At the »





CONTRIBUTED

time, you may not see the 'why' like you wanted, but a short while thereafter, you'd have this epiphany and see why he did what he did, and that was always what was best in the long term for Cullman.

Continuing to speak of Green's altruism, Jacobs said, "Don was never about Don; there was zero personal agenda with that man. He knew that the decisions of today have everlasting consequences to a whole host of people outside of ourselves.

"Doing the right thing never appeared to be difficult for Don, and because he was this type of person, he had the blessing of a triumphant conscience. Don

was a compassionate and kind leader with a pure heart, a good conscience and sincere faith. In a time of such political animosity and division, the world sure could use more people in positions of power like Don Green."

Prior to his two terms as mayor from 2000-2008, Mayor Green was a well-respected educator and coach.

In a statement released by Cullman City Schools Superintendent Kyle Kallhoff and the Cullman City Board of Education, Kallhoff said, "We were deeply saddened to learn of the passing of Don Green.

"He was a true community servant and spent his »




# CITY OF CULLMAN

MAYOR  
**WOODY JACOBS**

**CITY COUNCIL**

President Jenny Folsom	Place 1 Brad Smith
President pro tempore John W. Cook	Place 2 David Moss
	Place 4 Clint Hollingsworth

204 2nd Ave. NE, Cullman | 256-775-7102  
www.CullmanAL.gov | cityhall@CullmanAL.gov



## CULLMAN QUICK COPY

— ESTABLISHED 1988 —

**SERVING ALL YOUR COPY NEEDS**

202 1st Ave. SE, Suite E, Cullman | 256-739-0699



### Free State Vinyl Wholesale Inc.

Gary Barrett Owner  
256-747-6867 Office  
256-339-2242 Cell  
256-747-3223 Fax

**Addison, Alabama**

## Cullman FLORIST

est. 1966

**256-734-0263**

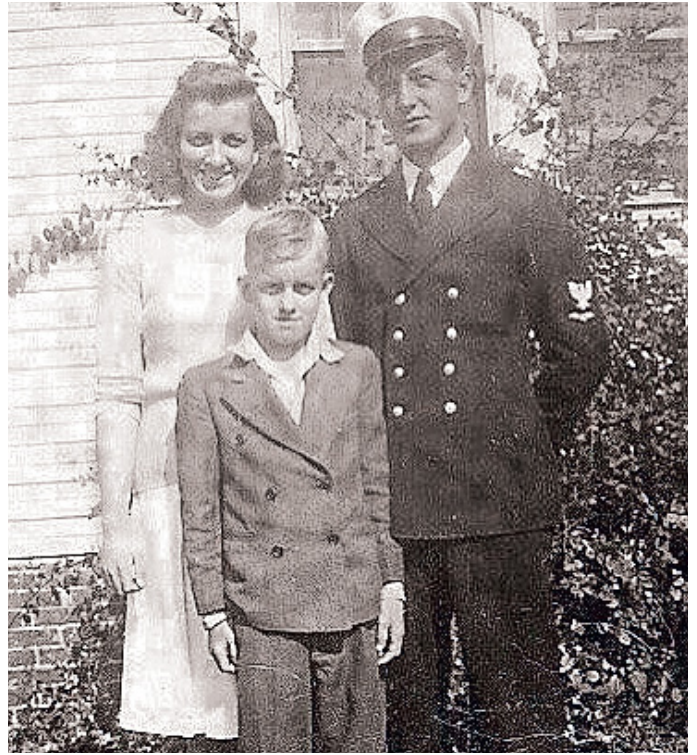
119 4th Street SE, Cullman, AL 35055

[www.cullmanflorist.com](http://www.cullmanflorist.com)





CONTRIBUTED



CONTRIBUTED

**Carlton's**  
**ITALIAN**  
*Restaurant & Catering*

**HOURS**  
Mon - Thurs  
11 A.M. - 8 P.M.  
Fri - Sat  
11 A.M. - 9 P.M.

**Dine In  
or  
Carry Out**

208 3rd Ave SE | 256-739-9050

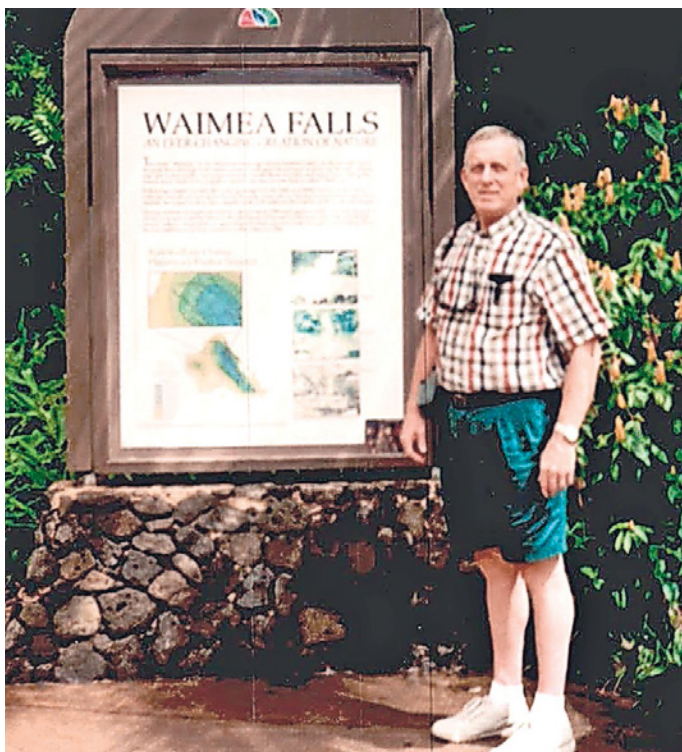
**WALKER BROTHERS LTD.**  
*"For all your building needs"*

**BAILEYTON 256-796-2211**  
OPEN MON. - FRI. 7 AM - 5 PM, SAT. 7 AM - NOON

**LUMBER, WINDOWS,  
DOORS, PLUMBING,  
ELECTRICAL, ALL  
TYPES FLOORING  
AND MORE!**

**79 SCHOOLHOUSE RD | BAILEYTON, AL**





CONTRIBUTED



CONTRIBUTED

CULLMAN DOWNTOWN MERCHANTS ASSOCIATION  
PRESENTS

# Bluegrass Festival at Depot Park

**Cotton Pickin' Kids**

**Barefoot Nellie**

**Cottonmouth Creek**

SEPT. 9 - 5-10 P.M.  
MUSIC - FOOD - FUN FOR ALL

For more information email [atog218@aol.com](mailto:atog218@aol.com)

CELEBRATING 50 YEARS

# Cullman Ballet Theatre School

The official school of the Cullman Ballet Company and The Cullman Ballet Society

**"WHERE QUALITY OF MOVEMENT IS OUR GOAL."**

ELAINE WILLINGHAM, OWNER/ARTISTIC DIRECTOR  
1704 TALLY HO STREET, CULLMAN, AL 35055  
256-734-7775 | [CULLMANBALLETTHEATRE.COM](http://CULLMANBALLETTHEATRE.COM)



entire life helping grow and strengthen the City of Cullman and Cullman City Schools.

"He touched countless lives during his decades as a local educator and deepened those relationships during his time serving in local politics and during his two terms as mayor. He will be greatly missed but leaves an indelible legacy behind."

Born in 1934, Green was a member of the 1953 graduating class of Cullman High School.

He went on to earn his bachelor's degree from Auburn University and followed it with a master's degree from the University of Alabama.

He then traveled to Texas to obtain his doctorate from Texas A&M University. Aside from his four years in Texas and time in the Air Force, Green was a lifelong Cullman resident.

While teaching and coaching at his alma mater, Cullman High School, Green guided a legion of young men and women who still carry his influence many years later.

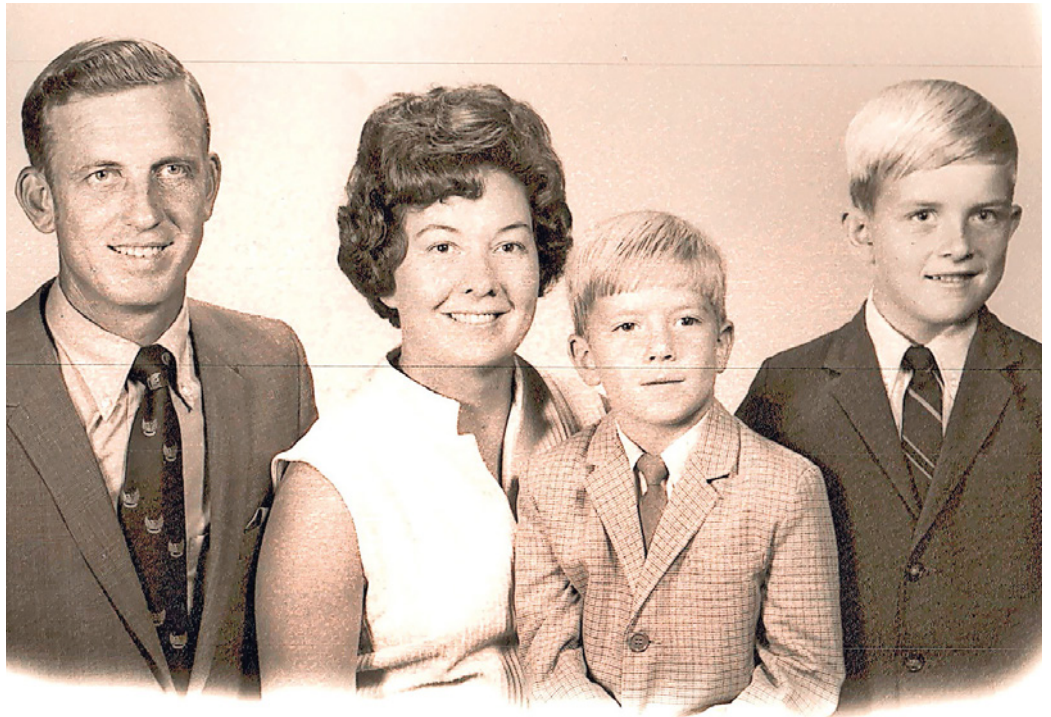
Alabama Senator and Cullman High School graduate Garlan Gudger shared, "Mayor Green was my teacher, coach, councilman, mayor and most of all, my friend.

He had the experience and knowledge to understand what it meant to lead. I could always ask him a question and know that his response would be based on what was best for the community.

I will miss my friend and mentor, and Cullman is without a great leader."

The mayor's beloved wife Dean (née Drake) Green was also an educator in the local school systems.

Former city councilman Ernest W. Hauk recalled, "I knew Donald for years in many ways. Teaching with his »



CONTRIBUTED



CONTRIBUTED



# Experienced. Trusted. Local.



Back row: Lana Self – NMLS #1759334, Kenneth Chambers – NMLS #1242184, Matt Townson – NMLS #411686  
Andrew Manning – NMLS #411684, Raymond Williams – NMLS #543359, Tania Albarran – NMLS #1826083  
Front row: Laurie Ewing – NMLS #1077826, Sondra Lawrence – NMLS #438174, T'aira Ugarkovich – NMLS #175475  
Angie Lanier – NMLS #543355, LaRue Brock – NMLS #543346, Ellen Burns – NMLS #655836

Cullman Savings Bank is proud to offer you an experienced and local team of lenders. We are a true community bank that values the individual needs of our customers and our community. Call us today for all of your banking and lending needs!

 **Cullman Savings Bank**

256-734-1740 | [www.cullmansavingsbank.com](http://www.cullmansavingsbank.com)





sweet wife Dean was just one way I came to know and love him.

In 2000 I was honored to be elected to the city council and was blessed to spend eight years learning from him and watching how this man put personal interests aside for the good of Cullman.

"I quickly saw what a selfless man of integrity Donald Green was.

"Cullman is a better place for having had such a visionary at the helm. I learned a lot from him and am thankful to call him my friend."

Green is also remembered as an excellent historian and storyteller who imparted his wisdom to many generations.

Michael Sullins of the City of Cullman Planning Commission shared, "Donald Green was one of the most genuine people I've ever met.

"I got to know him well through Oktoberfest. When researching for historic walking tours, I would ask for his input and he would share stories with me of growing up and living in Cullman.

"After receiving a city board appointment, I asked for his advice. That is what I remember the most when I reflect on our friendship over the years; he shared some of the best nuggets of wisdom I



CONTRIBUTED

have ever encountered.

"I know he loved his family and the city of Cullman. He made an impact on my life and he will be missed.

"Fortunately, I don't have to venture far from my home downtown to remind me of the lasting, positive influence he made on our city."



CONTRIBUTED

**KF**  
**KNIGHT-FREE**  
INSURANCE AGENCY  
Serving Cullman since 1943



**WESCOAT FREE**

(256) 734-4060 PHONE  
(256) 734-1904 FAX  
www.knight-freeinsurance.com  
email: wescoat@knight-freeinsurance.com

410 1st Avenue S.E. • Suite 100  
Cullman, Alabama 35055



# ★Cullman County★

# SHERIFF'S

# OFFICE

IS **256.734.0342**

# KEEPING

# OUR

# SCHOOLS

# SAFE!



"I have said many times that our children are our most valuable resource. Keeping our children safe will continue to be our number one priority at the Cullman County Sheriff's Office,"

Sheriff Matt Gentry.

## DO NOT TEXT AND DRIVE





SARA GLADNEY/THE CULLMAN TRIBUNE

Left to right are Jones Chapel Volunteer Fire Department Assistant Chief Brad Atkins, Chief Clint Thrasher, firefighter Shannon Bryant and Lt. Austin Thomas.

# Local volunteer fire chiefs discuss needs, challenges

**Sara Gladney**

sara@cullmantribune.com

Cullman County is home to more than 83,000 residents. There are two full-time fire departments serving the residents of the city of Cullman (about 16,000) and the residents of the city of Hanceville, (about 3,300). That means approximately

63,000 residents are served by the unpaid men and women who make up the 26 volunteer fire departments (VFDs) throughout the rest of the county, although West Point and Vinemont do have some paid members on staff.

Just like the departments in Cullman and Hanceville, VFDs are dispatched to fires, vehicle crashes, medical calls, weather-related emergencies

and other events.

Baileytown VFD Chief Zack McGee and Jones Chapel VFD Chief Clint Thrasher talked to The Tribune recently about the need for more volunteers and how they try to mitigate the shortage of interested recruits.

In addition to full-time jobs and fighting fires in their spare time, volunteer fire fighters attend community events to introduce themselves to their

neighbors and help them learn about the services each department offers. These events are also a great way for departments to find individuals who want to become members.

Thrasher described the recruitment process, saying, "We use our social media page as well as word of mouth in an attempt to obtain new members. We also go to several functions in »



our community. During those events we set up a display and talk to people in the community. Once someone applies, they must pass a background check and drug test. If they pass both of those, then our officers - chiefs, captains, lieutenants, secretary and treasurer - review their application and then the general membership will vote. Sounds like a lot more than it really is."

Thrasher said his department needs not only fire fighters but also people to answer medical calls.

"People who don't want to do either, can still assist in other ways such as directing traffic, handing out water at fires and cutting trees from the roadway and other support staff duties," he said.

McGee's department at Baileyton handles mostly medical calls. He said he thinks the reason many do not join, or that the station is not able to retain recruits, is because of a lack of interest in attending medical calls.

"We get a decent amount of inquiry, but many lose interest as soon as they find out there is no pay. Or they join and lose interest when they discover that most of the calls are medical. Over 80% of our call volume is medical in nature," he said.

Many of each stations' current members have full-time jobs and children. McGee said some members have reached the age where they are not able to be as physically active in department duties. Therefore, more members would help increase the odds that someone would be available to go on most calls.

As for why they think it is a challenge to find new members, McGee stated, "I think time is a key factor. It is difficult to



**Baileyton Volunteer Fire Department Station 1**

SARA GLADNEY/THE CULLMAN TRIBUNE

find someone who will give up what little free time they have to respond to calls. The job is also uncompensated, which is counterintuitive for most people. It is simply hard to find a person who is willing and able to perform as a firefighter and/or EMT, as well as do it for free, to be a volunteer. It is necessary to find a person who has a true desire to help others."

Thrasher added, "People are busy. I hear people say, 'I'm too busy to join.' I try to explain that maybe if they join, they could help with a call when no one else can go. Maybe they could go help someone out of the floor, or maybe go direct traffic at a wreck. I often tell people that my wife and I both work full time and have three kids playing sports year-round. But somehow, we both are able

to run calls, attend most of the trainings and meeting. We don't expect members to leave their job or miss important family events. My motto for the new members is 'Help as much as you can when you can. If you can't make it, you can't make it.'"

There is generally not a standardized set of mandatory training at volunteer fire departments. The Baileyton and Jones Chapel stations do not have required training. However, they do encourage as much training as their members can get.

Thrasher stated, "I think training is very important. I am still currently enrolled in training, and I have been in the fire service since 2002. You can't ever get enough training in my opinion. We don't have strict requirements

on a timeline. We do require some in-house training to drive the vehicles and we train in house on things weekly. For any member willing to become a certified volunteer fire fighter, EMT, etc., we provide that training at no cost to the member and usually provide a vehicle to get to the training if it's not at our station. The member just has to volunteer their time."

To be a state certified volunteer firefighter, personnel must attend a 24-hour Emergency Care Provider (ECP) course and a 160-hour Certified Volunteer Firefighter course through the Alabama Fire College. For Emergency Medical Technician (EMT) certification, the course is 180 hours.

"It is difficult to find people who have the time to commit to these courses and still »



have the time necessary for their jobs and family," added McGee.

Thrasher said firefighters and medical personnel do not work in any kind of shifts. Each member tries to answer any call that is dispatched if they are available.

"Usually during severe weather several members will man the stations and be ready. We also are trying out a new program by allowing members, usually EMTs, to take home one of our SUVs and one car.

"Those members respond without having to go to the station and get a rescue truck. This is in an attempt to speed

up our response times.

This is why sometimes people will see a marked fire department vehicle in someone's driveway in our community," he said.

Most volunteer fire departments in the county are in great need of more volunteers. Jones Chapel currently has 19 active members on its roster, eight of which have been in the department for two years or less. Jones Chapel had 401 calls for service in 2021. Its monthly average so far this year is 30 calls per month.

In 2021, Baileyton was dispatched to 698 calls, which averaged to around 58 per

month. Of these, only 267 were inside its coverage area, the remainder were calls for mutual aid from other departments.

Social media has become a valuable tool for recruitment. VFDs have used the platforms to gain attention for their departments by posting about recent calls and community events.

But, both Thrasher and McGee said current members are their most important assets for gaining recruits.

Thrasher said, "I think our best new tactics are new members who are getting out there shaking the bushes telling their friends about us. It's a

trickle-down effect."

Thrasher invites people to come by the Jones Chapel department Monday nights to check out the way it operates.

Jones Chapel does trainings most Mondays, except for the first Monday of the month, which is a business meeting.

Members try to keep the bay doors open so the building feels more inviting to people driving by.

"We want citizens to know that it's a community fire department," he said.

"People can always just stop by and visit if they see any of us there, no obligation to join. We just enjoy meeting our citizens."



**209 2nd Ave. NW,  
Cullman, AL 35055**


**256-734-5212 |**

**www.MCGRIFFTIRE.com**





*Family & Esthetic Dentistry*



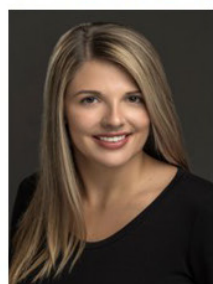

**(256) 531-9983**

LINDSEY M. MARSHALL, DMD  
KATHERINE W. STIDHAM, DMD





# Premier Bank of the South



Your Locally Owned &  
Operated Community  
Bank Since 1987





## DRIVING SAFETY

# How speed limits work

Speed limits have a long history of keeping us safer on the road, but they're not randomly set.

In fact, a lot of planning and thought goes into formulating what goes on those familiar black-and-white signs.

### How they're set

Speed limits on city streets in the U.S. are usually set at 25 or 30 miles an hour, while more rural roadways allow drivers to go 50 or 55 mph. Freeway

speed limits are 60 mph and up. Traffic engineers came up with these general parameters after doing a series of tests in speed studies. They determine whether the road is designed for local traffic or commuters, and whether it's straight or curving. They also study how many entry points like driveways and exits exist, while taking into account the width of the lanes and shoulders. Limits are most often set at the federal level in America, but local officials may adjust the numbers as conditions warrant.

### A long history

One of the first speed limits actually pre-dates motorized vehicles. The New Amsterdam

colony prevented wagons, sleighs and cars to be driven at a gallop in the 17th century. The U.K.'s Stage Carriage Act was passed to stop "furious driving" in the 1800s. By 1901, states like Connecticut were passing laws aimed at slowing down passenger vehicles. Congress took control of highway speed limits in the '70s, hoping to combat shortages in oil supply, but returned those rights to the states in 1995.

### Dangers and penalties

Speeding has been a factor in about a third of all traffic fatalities for more than two decades, according to the National Highway Traffic Safety

Administration. Nearly 9,500 died while speeding in 2019 alone. As our speed increases, crash severity goes up, too.

There are physical limits to how much a car or truck can protect the occupant based on how fast you're going, so your chances of injury or death skyrocket. You're more likely to lose control of the vehicle, and have far less time to respond to conditions. There are penalties in place for speeding in any situation, but those fines go up in certain situations.

Special-condition limits are in place around construction zones and schools. They override any other statutory speed restrictions.

## DRIVING SAFETY

# Keep little ones secure

We take on an added later of responsibility when traveling with children.

Safety starts with buckling them in the proper way, and in the proper seat.

### Lingering danger

Rates of death in vehicle crashes for those 13 and younger have consistently declined over the last few decades, but they still cause 25% of all unintentional deaths in this age group. Those numbers could

be greatly reduced by buying prescribed seats and installing them according to manufacturer instructions.

There are also dozens of deaths attributed to children who are left in their car seats when drivers exit the vehicle. Children overheat some four times faster than their adult counterparts, according to the National Safety Council. So pay at the pump or use the drive through when a child is riding along, and dial 911 if you see a small child left alone in another vehicle.

### Types of seats

Any child younger than 13 should ride in the backseat. Infants and toddlers should only

use rear-facing seats; they are designed for kids up to 35 or 50 pounds, depending on the model. Children who outgrow rear-facing seats then graduate to a forward-facing version.

Most of these seats can comfortably hold toddlers and preschoolers up to around 65 pounds. All forward-facing seats have tethers or connectors to fasten to the vehicle's anchors, securing the seat in place. School-aged children should continue to use a booster seat until they have reached 4-foot-9, meaning when they are 8 to 12 years old. Thereafter, they can ride with a standard seatbelt.

### Proper installation

Most modern seats are designed

with a safety harness that attaches at five different points to disperse crash impacts.

They don't work, however, if the seat isn't properly installed. Every seat is different, so carefully read the manufacturer's instructions.

Be aware that some older vehicles might not have these modern-era lower anchors. In that case, safety belts are sometimes used to hold the seat in place.

When secured as directed, the seat should not move more than about an inch in any one direction. Never put a rear-facing seat in the front where a passenger airbag is present. If this safety feature deploys, it can cause grave injury or death.



# Great auto rates for any budget.

Everyone's budgets are different. We can help with options to personalize your auto policy to get a surprisingly great rate that fits yours. Call us for a quote today.

Like a good neighbor, State Farm is there.®



**Tesha Brewer, Agent**  
909 Fisher Street SW  
Cullman, AL 35055  
Bus: 256-734-4645  
tesha@teshabrewersf.com



**Bill Floyd, Agent**  
409 6th Street SW  
Cullman, AL 35055  
Bus: 256-734-3652  
bill.floyd.b2ht@statefarm.com



**JD Isbell, Agent**  
101 1st Avenue NE Suite 150  
Cullman, AL 35055  
Bus: 256-734-9224  
jd@cullmanalinsurance.com



**Shirley Quattlebaum, Agent**  
905 2nd Avenue SW  
Cullman, AL 35055  
Bus: 256-255-1515  
shirley@shirleyq.biz



**Tonya Wilson, Agent**  
1624 1st Ave SW  
Cullman, AL 35055  
Bus: 256-739-1360  
www.tonyawilsoninsurance.com

Individual premiums and budgets will vary by customer.  
All applicants subject to State Farm® underwriting requirements.

State Farm Mutual Automobile Insurance Company  
State Farm Indemnity Company  
Bloomington, IL

State Farm County Mutual Insurance Company of Texas  
Richardson, TX

2101556





## DRIVING SAFETY

# Sharing the road

Passenger vehicles have long dominated our highways and byways, but we all have a responsibility to share the road.

**B**e particularly cautious around motorcycles, pedestrians and bicyclists. In some cases, they account for a staggering number of traffic accidents.

### Motorcycles

It's particularly important to look out for motorcyclists. They

make up just 3% of registered vehicles in the U.S., but account for 14% of our fatalities in traffic. Some 60% of all motorcycle accidents are the other driver's fault, according to one University of South Florida study. The most common cause of a motorcycle accident is when a driver in a passenger vehicle doesn't pay attention while making a left-hand turn. Motorcyclists are almost 30 times more likely to die in a crash than other drivers, the Insurance Information Institute confirms.

### Bicyclists

Bicyclists, like motorcycles, have the same rights as passenger vehicles. This activity has gotten safer with the advent of dedicated bike lanes, but not all roads have them. Unfortunately,

too often bikes go unnoticed by those in larger, more dangerous cars and trucks. The vast majority of traffic-related bicycle fatalities involve a motor vehicle. Watching out for bicyclists is particularly important during warmer months. Bicyclist deaths peak in June, and they remain high through the end of summer.

### School buses

Going around a stopped school bus is typically illegal — and, far worse, puts children's lives in danger. All traffic should stop with the bus on two-lane roadways — even if the street has a turning lane. Everyone should likewise stop on a four-lane roads that do not have a median. Only traffic immediately following a bus should stop on highways with four or

more lanes that are divided by a median or turn lane. Always double check for children as the bus pulls away, even if its lights are off.

### Construction zones

Pay particularly close attention in construction zones, where distracted drivers often fail to see workers or simply follow too closely. Work-zone fatalities rose more than 40% between 2013 and 2019. More than 115,000 of these crashes happened in 2019 alone, causing 842 fatalities. Those numbers were up from 2017, when 799 motor-vehicle fatalities were recorded. Related work stoppages create an economic cost of more than \$17.5 billion annually. Twenty-five percent of fatal accidents in work zones involve speeding.

## DRIVING SAFETY

# Lighting the way

The lighting in your vehicle does more than help you see. It also helps you be seen by others, too.

**H**eadlights, turn signals and taillights play crucial roles in keeping us all safe on the road.

### HEADLIGHTS

Obviously, you'll need headlights when you drive at night. But there are actually laws in place across the country governing when they

should be turned on during the day, as well.

Most states require drivers to turn on their lights when the windshield wipers are in use, according to the American Automobile Association.

Even if you're driving in a state where no such laws exist, it's a good habit to acquire since visibility can be limited by rainfall, even a minimal downpour.

Keep your headlights on until about a half an hour after sunrise, then turn them on about a half an hour before sunset. Consider buying spare bulbs and placing them in your vehicle's emergency kit for those times when one of the headlights fail and you're not near a parts store.

### Turn signals

Turn signals, along with a passenger vehicle's stop lights, are designed to alert others of your intentions as a driver.

They give those around you time to react to your vehicle's movements.

Engage the turn signal early enough that you can slow down, turn or change lanes without risking an accident. Regularly circle around your car or truck to inspect the turn signals and stop lights.

A malfunctioning or broken tail light is particularly dangerous, since drivers who are behind you may find it hard to see you at night or when you are slowing down.

### High beams

Sometimes traffic safety really comes down to being respectful of other drivers. If you're using high beams over a particularly dark stretch of road, be aware of vehicles you are following or those who are coming in the other direction. These very bright lights are very bothersome to others — and they could cause an accident, since high beams can make it difficult for others to see the path ahead. Some states require drivers to dim their lights from a certain distance when approaching. Also, remember that high beams are less effective in certain weather conditions, like rain or fog, so use low beams in those situations.

## DRIVING SAFETY

# Avoiding distractions

From hand-held devices to onboard map systems, there has never been more distractions out on the road.

**A**ll of this visual clutter has made distracting driving one of the top safety concerns of our age.

### Common activities

Even the briefest of glances away from the road can lead to disastrous consequences. The National Highway Traffic

Safety Administration annually reports thousands of deaths and hundreds of thousands of injuries in crashes involving every-day distractions. Some 3,142 lives were claimed in 2020 alone.

The NHTSA reports that the most common distraction, perhaps unsurprisingly, is texting or related use of a smartphone. Other common activities associated with these accidents include eating or drinking, talking to other passengers, doing makeup or other grooming, studying a GPS or other reading material, watching a video or adjusting the radio or music player.

### The most danger

Texting presents the most danger

because it's a multi-dimensional task. You're using both your eyes and hands. Teens and other tech-savvy people may excuse this behavior because sending a text takes only a matter of seconds, but in that time the vehicle travels further than you think. As an example, if you're going 55 miles per hour, five seconds is the equivalent of closing your eyes while driving the length of a football field. Teens are the most distracted drivers, according to the National Highway Traffic Safety Administration.

### Action steps

When you're driving, you're responsible for your own life and actions, but also the safety of your passengers and those

around you. That's a lot to take in, even without added distractions. Studies show that people can only process so much information at any one time. So, if you must use a phone, pull over to make the call. Even modern hands-free technology is distracting enough that you might miss critical cues needed to avoid an accident. Don't eat while you drive, since doing so obviously makes you less attentive to those around you. Food spills are also a huge distraction. Get settled before you pull out, whether that means picking your favorite playlist, setting the air-conditioning or engaging the GPS. The road and others around you should be your total focus when driving.

**CULLMAN'S NEWEST ON-SITE STATE OF THE ART CREMATORY NOW OPEN  
DIRECT CREMATION \$1,295 | NO HIDDEN COSTS**

*Cullman Funeral  
Home and Crematory*

**– "Sincere Compassionate Care" –**



**100% Locally Owned & Operated  
by the Steve Rodgers Family**

(256) 734-3144

461 U.S. Highway 278 East  
Cullman, Alabama 35055

[www.cullmanfuneralhome.com](http://www.cullmanfuneralhome.com)



## CIVICS

# A citizens' guide to public comments at local government meetings

**Amy Leonard**

amy@cullmantribune.com

**A** county commissioner appeared shocked at a meeting this summer when the county ordinance stipulating guidelines for the public comments portion of commission meetings was cited, despite his eight years in office participating in the meetings.

Cullman City Council meetings have been contentious at times this year, too, with hotly debated measures being heard, including the rezoning near Carroll Acres on the city's southeast side.

Both examples saw meetings where the public comments portions of the agendas were packed full of impassioned citizens voicing concerns about developers clearing acres of trees, challenging a high-density complex being built in the middle of a residential area, discussing heavy traffic, expressing displeasure with county officials and more. Some spoke calmly within their time limits. Others roared while disregarding the established parameters.

These incidents provided the opportunity to explore the Cullman County Commission's Rules of Procedure, which were voted on in 2005 and are available upon records request at the Cullman County Courthouse, and the City of Cullman's ordinances, which are available online.

What exactly are the rules for these portions of meetings in which residents are afforded the opportunity to have their voices heard?

The county commission's rules state that a public comment from a citizen during a commission meeting "shall be limited to 3-minutes per speaker and no more than two speakers may be heard on the same subject."

However, it's not that simple, as the commission reserves the right to extend the time limit or to allow more than two citizens to speak on the same topic with proper protocol.

The commission chairman may allow for comments lasting longer than three minutes. More than two speakers are allowed on the same subject with a commission vote.

The rules state: "The remarks of each speaker shall be limited to no more than three minutes, unless the Chair extends the time, and no more than two speakers may be heard on each subject unless authorized by affirmative vote of all members of the commission who are present."

The comments made are not to be personal in nature toward the commission nor any commission employee. Additionally, common courtesy is highly recommended.

"The comment shall conform to the requirements of decorum and order that apply to the members of the commission and the Chair shall take

whatever steps are necessary (including the removal of any citizen or other elected official) to preserve such decorum and order."

The City of Cullman's standards are much the same as the county's rules on public comments.

The Cullman City Council's ordinance reads: "Citizens and other elected officials who wish to be heard by the council shall be afforded such opportunity during the portion of the meeting so designated."

The City requires the same appropriate "decorum and order" that is asked of the council, and if the public commenter or council member gets "out of hand," the council president has the authority to have either removed so as to restore peace.

Comments are not allowed to be personal in nature about the council members and no debate nor action by the council is permitted during

the public comment portion of the meeting.

As for scheduled public hearings by the City, the ordinance states: "The city council may conduct any public hearings during this portion of the council meeting."

"Any notice required by law prior to the conduct of the public hearing shall be given by the city council."

Speakers are each asked to stay within the three-minute time limit and the council or president has the option to vote to either extend or reduce the time limit according to the number of speakers.

The same code of conduct, per se, is expected regarding "decorum and order," and the same provisions are available to the council and president so as to maintain order.

Both City and County officials say they welcome the public's input and recognize their responsibility to the community.



**Alfa Insurance**  
AUTO • HOME • LIFE • BUSINESS



**Caroline Pinyan**  
Agent

216 Compass Way, Southwest  
Cullman, Alabama 35055

**Bus:** (256) 734-1224  
**Cell:** (256) 822-9750  
**Fax:** (866) 253-6890  
**Email:** cpinyan@alfains.com




EST.  1873

CULLMAN

— ALABAMA, USA —

Economic Development Agency




Pictured from left, City of Cullman Economic Development Dale Greer, Hanceville Mayor Kenneth Nail, Commission Chairman Jeff Clemons, Tyson's Jason Spann, Wallace State President Vicki Karolewics and Alabama Commerce Department's Ted Clem at the announcement of a \$200 million Tyson facility expansion.

**WORKING TOGETHER TO MAKE A DIFFERENCE**

Cullman annually ranks among the best counties in Alabama for new and expanding industry. Great jobs exist here. Come to Cullman County and find your new job opportunity!

---

[www.cullmaneda.org](http://www.cullmaneda.org) 



# ROCK THE SOUTH

## The sweetest sights



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE





MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE





MARTHA NEEDHAM/THE CULLMAN TRIBUNE



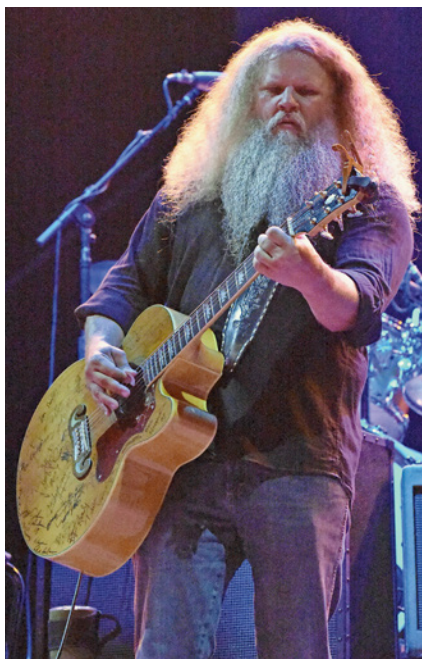
MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE





MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



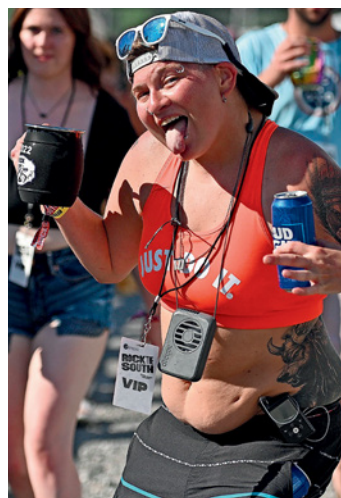
MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE





MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE



MICHAEL WITCHER/THE CULLMAN TRIBUNE

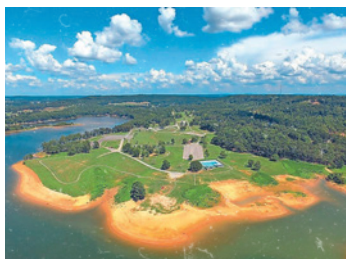


THE CULLMAN COUNTY COMMISSION INVITES YOU TO

# VISIT CULLMAN COUNTY PARKS



## SMITH LAKE PARK



Features cabins, camping grounds, pavilions, playgrounds, pool, fishing pier and boat launch

**LOCATION**  
403 County Road 386  
Cullman, AL 35057

**HOURS OF OPERATION**  
Sun. - Thurs.: 8 a.m. - 4 p.m.  
Open until 7 p.m. on Fridays and Saturdays

## SPORTSMAN LAKE PARK



Features picnic tables, pavilions, putt putt, paddle boats, fitness equipment

**LOCATION**  
1544 Sportsman Lake Road NW  
Cullman, AL 35055

**HOURS OF OPERATION**  
Mon. - Sat.:  
8 a.m. - 4 p.m.

## STONEY LONESOME OHV PARK



Features 1,456+ acre park features trails for ATVs, rock crawlers, mountain bikers, hikers, and much more

**LOCATION**  
10075 AL-69  
Bremen, AL 35033

**HOURS OF OPERATION**  
Sun. & Mon.: 8:30 a.m. - 5 p.m.  
Fri. & Sat. 8:30 a.m. - 6 p.m.

PICTURED: CLARKSON COVERED BRIDGE, 1240 COUNTY ROAD 1043 CULLMAN, AL 35057

**CULLMAN COUNTY COURTHOUSE | MON-FRI: 8 A.M - 4:30 P.M.**  
**500 SECOND AVE SW, CULLMAN, AL 35055**



## HEALTH

# Fall and fitness at home

**Lauren Estes**

lauren@cullmantribune.com

**F**all months are often active for many families with schools starting back and outdoor sports and activities keeping many busy. One of the easiest ways to stay consistent with your exercise regimen without a gym membership is to work out at home.

Here are five ways to stay consistent if at-home workouts are your only way to go this fall.

## 1. Create a split workout schedule each week in a time frame you can stick to.

Example: If you know you're an alarm snoozer, pick afternoon times that you'll be able to stay accountable with and you won't cancel on yourself. If you're an early riser, lay your materials out the night before and get up an hour earlier - or however long you need to finish your workout - and do so before your day starts. Getting a workout and/or nutrition journal or schedule to help keep you on track will help keep you disciplined.

## 2. Hire a trainer or someone who can develop a regimen for you to follow if you need assistance creating workouts for yourself.

Designing a workout plan around your personal goals, advancements and needs will help keep you accountable.

Finding a local or online trainer to work with you or create a plan for you is simple and often easier than creating workouts on your own. Consider options with local gyms that have people who make home workout plans specifically.

## 3. Find exercises that benefit your personal goals and can be modified if they're too challenging if you're creating or searching for workout routines for yourself.

As you progress, you can eventually be pushed to a more advanced level.

Example: If you can't do a strict push-up, start with modified push-ups from your knees and add repetitions and rounds (volume) to increase your depth and control within

your push-up. Over time, you'll eventually be able to move your modified movement to a strict movement. If you can already do a strict push-up, add an inverted, reverted position, or change your hand placement to increase the level of difficulty.

## 4. Try Tabata rounds if cardio is boring, and you'd like to utilize different cardiovascular options.

Tabata is doing different types of exercises for specified times with minimal rest. Example: Create a round of four exercises - they can be anything: scissor kicks, free squats, high knees and jumping jacks might be four I'd choose. Do each exercise for 30-45 seconds and give yourself a 10-second rest to transfer to the next exercise.

Do all four exercises and then repeat for three-five rounds! You can do this with multiple sets of exercises and even add bands or weights if you have them.

## 5. Exercise with someone to have fun and stay accountable.

Watch them on YouTube or

online, share your workout with a friend or even have a family member participate. HIIT cardio exercises are some of the best workout exercise options to add to your workout routine or split!

Interval training at intense rates burns excessive amounts of calories because of the minimum rest and maximum effort in keeping your heart rate high.

Adding a HIIT cardio exercise after a strength-training movement is a quick superset option to keep your conditioning levels high and increase your endurance over time.

Any of these recommendations can be modified with small dumbbells or even water bottles to increase intensity.

Always have clearance with your doctor before trying new workout programs, especially if you have any pre-existing cardiac or other health issues.

Make sure your workout environment is safe and precautions are taken to prevent injuries. If any issues occur, contact your doctor or health care professional.



**Josh Moody**  
Loan Originator

C 205.514.7245  
O 256.734.6193

josh.moody@htlenders.com  
www.themortgagecenterinc.com

109 1st Ave SW, Cullman, AL 35055

**The Mortgage Center**  
powered by



NMLS#302473

Hometown Lenders, Inc. is an Equal Housing Lender.

02/27/20-1



## Multi-Specialty Group



**CALL CPC 256-736-CARE (2273)**

With over 60 providers practicing in 17 specialties CPC has been treating families in Cullman for almost 50 years. As our practice continues to grow, we are here to take care of your family at every stage of life.

### Primary Care

- Family Medicine
- Hospital Medicine
- Urgent Care
- Internal Medicine
- Pediatrics
- Weight Mgmt / Nutrition

### Specialists

- Cardiology
- General Surgery
- Obstetrics & Gynecology
- Pain Management
- Radiology
- Sleep Medicine
- Diabetes / Endocrinology
- Neurology
- Orthopedic Surgery
- Psychiatry
- Rheumatology
- Travel Medicine

### Other Services

- Clinical Laboratory
- Diagnostic Imaging
- Infusion Center
- Physical Therapy
- Clinical Trials
- Endoscopies
- Pharmacy
- Wound Care



## HEALTH

# Healthy fall recipes for the whole family

**Lauren Estes**

lauren@cullmantribune.com

**W**ith crisp breezes and autumn leaves come all things apple, pumpkin and fall-inspired foods that are both tasty and nutritionally sound.

Here are a few, simple recipes the whole family can enjoy. (Courtesy of [www.eatthis.com](http://www.eatthis.com) and [www.chewoutloud.com](http://www.chewoutloud.com).)

## FALL HARVEST QUINOA SALAD

Prep time: 20 minutes, cook time: 40 minutes

Nutrition: Serving: 1 serving | Calories: 402kcal | Carbohydrates: 58.7g | Protein: 10g | Fat: 16.6g | Saturated Fat: 3.8g | Cholesterol: 11mg | Sodium: 139mg | Fiber: 8.7g | Sugar: 15.4g

### Ingredients

- 1 1/4 cups tri-color quinoa
- 2 cups water
- 1 1/2 teaspoons kosher salt, divided
- 2 to 2 1/2 pounds butternut squash
- 6 tablespoons olive oil, divided
- 8 ounce Brussels sprouts
- 1/2 medium red onion, diced
- 4 tablespoons lemon juice, divided
- Zest from 1 lemon
- 1/2 teaspoon paprika
- 1 medium apple
- 3/4 cup crumbled feta

- 1/3 cup dried cranberries
- 1/3 cup chopped parsley

### Instructions

1. Add quinoa, water and 1/2 teaspoon salt into a saucepan and bring to boil. Reduce heat to very low, cover the pan and let the quinoa cook for another 15 minutes, until all the water has evaporated. Turn off the heat and cover the saucepan with a lid. Let quinoa sit for 15 to 20 minutes so it can fluff up. Spread out the quinoa over a baking sheet so it can cool and dry out a little.

2. Preheat the oven to 375°. Line a large baking sheet with parchment paper. Set aside.

3. Chop off both ends of the butternut squash. Peel outer skin. If you are working with a short squash, split it right down the middle. If the squash has a long neck, cut off the neck first before cutting the bulb in half.

4. Remove seeds and chop the squash into 1/2-inch chunks. Toss the cubed squash with 2 tablespoons olive oil and 1/4 teaspoon salt. Spread the squash onto a baking sheet and bake for 25 to 27 minutes, until the squash is fork tender. Remove from oven.

5. Trim the bottoms of the Brussels sprouts. Chop them in half, and then slice them into 1/4-inch strips.

6. Heat another 2 tablespoons olive oil in a large pan over medium heat. Add onions

and sauté them for about 2 minutes, until they start to soften. Add the sliced Brussels sprouts and cook them for 4 minutes. Season the vegetables with 1/4 teaspoon salt.

7. Chop up the apple and toss it with 1 tablespoon lemon juice. This helps keep the apple from browning.

8. Add the cooked quinoa, butternut squash, onions, Brussels sprouts, apple, feta, dried cranberries, parsley, 2 tablespoons olive oil, 3 tablespoons lemon juice, lemon zest, paprika and 1/2 teaspoon salt to a large mixing bowl. Toss all the ingredients together. Taste and adjust the seasonings to your liking. Serve.

## HEALTHY FALL-INSPIRED TUNA SALAD

Prep time: 20 minutes

### Ingredients

- 1 can tuna (MSC certified!)
- 2 tablespoons avocado oil mayo
- 2 tablespoons Greek yogurt
- 1/3 apple (diced)
- 2 tablespoons pecans (chopped)
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

### Instructions

1. Drain tuna and empty can into a medium-sized bowl.

2. Add the rest of the ingredients and mix until fully incorporated.

3. Enjoy on sourdough bread

for a delicious sandwich, on top of a salad, in lettuce cups, with crackers or even on its own!

## AUTUMN ROASTED BUTTERNUT SQUASH

Prep time: 5 minutes, cook time: 30 minutes

Servings: 2 (about 1/2 cup each) | Nutrition: 234 calories, 18g fat, 19g carbs, 4g protein

### Ingredients

- 1 pound cubed butternut squash
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/4 cup pecans, chopped
- 1 tablespoon raw pumpkin seeds

### Instructions

1. Preheat oven to 400° degrees.

2. Line a baking sheet with foil and set aside.

3. In a large mixing bowl, combine butternut squash, oil, salt and cinnamon.

4. Stir until oil and spices are evenly distributed.

5. Pour squash onto a lined baking sheet.

6. Bake at 400° for 25 to 30 minutes, flipping once halfway through.

7. Remove from oven and sprinkle with pecans and



pumpkin seeds.

### HEALTHY PUMPKIN SMOOTHIE

Prep time: 10 minutes

#### Ingredients

- 1 cup canned pumpkin puree
- 1 medium ripe banana, frozen
- 1 cup unsweetened almond or soy milk (can also use regular milk - whole milk makes this smoothie especially creamy)
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon pumpkin pie

spice (recipe below!)

- 2-3 tablespoons pure maple syrup, sweetened to taste
- 4-6 ice cubes

#### Instructions

1. Add all ingredients to a blender; blend until smooth.
2. For a thinner consistency, add more milk as desired.
3. Pour into your favorite glass and enjoy!
4. Optional toppings: Granola, whipped cream, pepitas or slivered almonds

# THE BARN

8000 US HWY 31  
HANCEVILLE, ALABAMA 35077  
THEBARNLLC.COM | 256-352-2737

**WE MOVE PORTABLE BUILDINGS**

**PORTABLE STORAGE  
BUILDINGS 8' X 8'  
THROUGH 12' X 30**



FAMILY OWNED ★ EST. 1990 ★ AND OPERATED

**WE APPRECIATE YOUR BUSINESS!**

## Come Join the FUN! *Silver Spirit* C.L.U.B

Merchants Bank's Silver Spirit Club is an exclusive opportunity for our customers who are 50 and over. As a member, you'll receive many great banking services at substantial savings, enjoy informative seminars, and have access to trips that are just for fun!

To become a Silver Spirit Club Member, just open a checking account and maintain a minimum \$1,000 checking account balance. OR, maintain a \$5,000 balance in your choice of a Savings Account or CD or a combination of both. It's that easy!

We invite you to drop by your local branch or call us at 256-734-8110 to see why we say Merchants Bank offers Way Better Banking especially when you're part of our Silver Spirit Club!



**Merchants  
Bank**  
of Alabama

a division of SouthPoint Bank



Minimum balances must be maintained. No fee ATM service is for all Merchants Bank locations. Does not include additional fees that may be charged by some other banks or ATM providers. Bonus rate CD not valid in combination with any other offer.



## HEALTH

# Is coffee good for you?

We've long turned to coffee for a quick pick-me-up in the morning.

**M**any people simply love to indulge in the various flavors that are naturally present in this savory drink. Yet whether or not it was actually good for you was a topic of debate for a very long time.

### New research

Doctors are increasingly linking coffee with better outcomes against Type 2 diabetes, Parkinson's and liver disease. Coffee may also decrease the risk of depression and improve our cognitive functions, according to studies cited by the Mayo Clinic. It wasn't always this way. In fact, coffee has long been blamed for a range of health issues, from causing cancer to stunting our growth. But earlier studies didn't tend to factor in other known high-risk behaviors among coffee drinkers of that era, including lack of physical activity and smoking. Newer research now shows a connection between consumption of coffee and decreased mortality rates.

### Possible risks

Coffee isn't entirely risk free, but impacts are usually related to other health issues. For instance, drinking two cups or more of coffee each day may increase heart disease risks for those with a genetic mutation which slows the processing


ADOBE STOCK

of caffeine. Some elevation in cholesterol levels has been linked to very high consumption of unfiltered coffees like espresso. Then there are the risks associated with the things so many people add to their coffee. Milk, sugar and flavorings contain excess calories, unhealthy ingredients and other additives which can increase negative health outcomes.

### Smart tips

Some may need to limit their intake of coffee, including women who are breastfeeding or pregnant, children and those with certain health conditions. But enjoying coffee in moderation, meaning three to four cups a day, is considered generally

safe among adults. It's what we often add that lessens its positive health impacts. Avoid flavored syrups, which are usually very high in sugars, as well as whipped cream. Order smaller sizes rather than your typical "grande," in

particular if you plan to pair your drinks with cream or other sugary options. The Centers for Disease Control and Prevention also recommends fat-free or low-fat milk options. But plain, so-called "black" coffee is your healthiest option.

*Fast, Friendly Service* **Eddleman** Like us on

## STUMP GRINDING

*Professional Work* *Competitive Pricing*

256-339-0185

*Jon Eddleman - Owner/Operator*



## HEALTH

# How to start ‘eating clean’

You’ve probably heard the term, but what does it mean?

**T**here’s a growing trend toward eating natural, more healthy foods. That’s led many to cut out added preservatives and sugars, as well. Dubbed “eating clean,” this movement can have a direct impact on your health.

### What it means

Many of the things you’d be avoiding by eating clean are already recommended by the American Heart Association, which has instructed us to eat less sugar. Men should consume no more than nine teaspoons of sugar a day, while women limit their consumption to about six. A single can of soda typically meets or exceeds that quota. Study the nutritional information on what you buy, and you’ll likely find a host of additives and preservatives that the people who follow these guidelines are also trying to avoid.

### Smarter diets

Switching to healthier alternatives is smart even if you haven’t found yourself eating too many baked goods, sugary cereals or candy. Ditch pre-packaged items and instead buy fresh foods. Adults are urged to consume some three cups of vegetables and fruit per day by the U.S. Department of Agriculture. How much will depend on your age, gender and level of physical activity



ADOBE STOCK

each day. The easiest way to think about it, however, is that half of your plate should be comprised of these foods. You’ll be meeting your body’s nutritional needs — and the guidelines — while also getting a host of needed vitamins, heart-healthy fiber and antioxidants that you won’t find elsewhere.

### Huge benefits

Eating clean can lead to lower inflammation, the root of so much pain.

Many people also enjoy weight loss, better sleep and a greater sense of focus. As you get more vitamins and minerals, your skin will become healthier, too. There are mood enhancing

properties to many of the foods you’ll eat.

Most report having more energy, so there is no need for over-cafeination or energy drinks. Consuming additives, processed foods and sugar is thought to create unnatural

stress on your immune system, which spends a lot of energy protecting your body. Eating clean frees up those resources to fight viruses. As you continue detoxing from all of those bad food habits, cravings decrease and your will power improves.

**LAUREN ESTES FITNESS**

Certified Personal Trainer  
HIIT, Spin, Yoga, and Booty Build classes  
LaurenEstesFitness.com

Sports Nutrition and Meal Planning  
Online Training and Shred Challenges  
Lauren Estes Fit on IG and FB

## HEALTH

# The importance of sleep

Being chronically tired can lead to serious health consequences.

**T**he busiest people might decide to shave off some sleep hours in order to fit in a few more responsibilities each day. Some of us simply have trouble turning off our brains. Others may have a physical problem that prevents them from falling or staying asleep. But the health risks involved with not getting enough rest are very serious.

## Huge health impacts

Sleep plays an important role in metabolism, immunity, memory and other vital brain functions. Those who sleep more are obviously better able to focus. But new studies suggest that getting a good night's rest is directly related to learning.

Restorative, deep sleep cycles allow our brains to process new information, and consolidate it in ways so that these details can more easily be retrieved later.

Not getting enough sleep can also lead us to rely too much on caffeine, and that can have its own negative impacts if used to high doses.

## How much is needed?

Despite huge advances in the technology of sleep in the form of adjustable mattresses and memory pillows, a good night's sleep can remain frustratingly elusive. Work and family concerns can couple with a constantly changing world of



ADOBE STOCK

information sharing to create what feels like a never-ending buzz. How much sleep you need varies based on age, from 14-17 hours a day for newborns to 7-8 hours for average older adults.

The basic rule of thumb, however, is that your body will tell you when you're not getting enough.

## Getting more sleep


Maximize your opportunity for sleep by maintaining a consistent bedtime and waking hour, even on weekends. The National Sleep Foundation also recommends avoiding late-afternoon naps — and not napping for more than 20 minutes. Stay away from caffeine late in the day, as well as alcohol.

Daily physical activity is good for your health, and for getting more sleep. Turn off


all screens — yes, including the phone — at least an hour before you're ready to lie down. They tend to artificially awaken us. If you're still struggling with sleep issues, consider the

environment around you. Is there too much light? Too much noise? Design a room that's sleep friendly. If you continue to feel sleep deprived, reach out to your doctor.

### WHEN YOU NEED TO SEE A DOCTOR



Tom Oliver, MD




Richard Dodd, MD

Heritage Professional Building  
1701 Main Ave. SW • Ste. A • Cullman, AL

**256.737.0880**


[www.cullmanurgentcarecenter.com](http://www.cullmanurgentcarecenter.com)

The ORIGINAL Urgent Care Center



UCC  
URGENT CARE CENTER

Mon. - Sat. 8am - 6pm  
Sun. 12 - 6pm

Find us on 

Owned and operated by local physicians since 1995

Not Affiliated with CRMC



## HEALTH

# Taking care of your feet

The average American has already walked an astounding 75,000 miles by the time they reach 50, according to a study by the American Podiatric Medical Association.



ADOBE STOCK

If you'd put that kind of distance on your car tires, it would be past time for a replacement. But we only have one pair of feet, so that means taking better care of them.

### Know the risks

Regular care can help lead to early detection and treatment of foot and ankle issues. In the meantime, you'll also learn more about how to avoid pain and injury. The most common issues are sprains, fractures and strains. But each foot actually has more than 30 joints which can be impacted by arthritis, a particularly painful situation since we're on our feet all day. Sprains are soft tissue injuries that may occur during every-day activity, while fractures involve a broken bone. People who do a lot of walking, standing or running as part of their work or leisure time are susceptible to both sudden injury and gradual conditions that include arthritis. These situations often simply require rest, but may also lead

to surgery.

### Inside the numbers

The APMA reports that half of all U.S. citizens report foot pain at some point. There are more than 50,000 work-related foot injuries a year, according to the U.S. Bureau of Labor Statistics. Many might assume that the bulk of these mishaps involve more senior Americans. But the mean age for those who've been injured is actually just over 34. More than 80% of these injuries happen to men. One of the faster growing issues is plantar fasciitis, an inflammation in the arch of the foot suffered by nearly 2 million patients a year.

### Healthier feet

Stretch and exercise your toes and feet throughout the

day to avoid muscle cramps. Moisturize your feet to help with cracked, dry and irritated skin.

If you sit too long, raise your legs or stand up to lessen related swelling in the feet. It's also crucial to wear the right kind of shoes for the activity

you're taking part in. Custom-fit or pre-packaged shoe inserts can provide aid and relief for those with Plantar Fasciitis, since they support your arches. They're less effective for other foot issues, according to the American Podiatric Medical Association.

## Wendy's Health & Nutrition

WENDY SMITH

Monday - Friday, 9 a.m. - 5:30 p.m.  
Saturday, 9:00 a.m. - 1:00 p.m.  
Closed Sundays



256-739-2110

1601-A 1st Avenue SW  
Cullman, Alabama 35055

## HEALTH

# Prevent illness before it starts

## Research confirms that we can prevent or lessen these impacts

**P**ersonal wellness is about more than treating symptoms. In fact, preventative care is far more important, since so many health issues can be predicted or better managed if they're detected early.

### How it works

Most insurance plans cover preventative care like checkups at no cost. Yet millions don't get the early attention they need, worsening medical outcomes.

Some may not have a primary physician, or perhaps live too far away from care providers. Others simply suffer from lack of awareness.

These regular checkups with a physician provide a baseline from which to monitor changes in your health.

They'll check for high blood pressure, diabetes, vision and weight changes, various types of cancer, and other common issues.

In many cases, early detection can help block the worst impacts.

The doctor will set up a management program, sometimes involving activities or medicine and other times perhaps prescribing surgical options.

If left untreated, many of these health problems become far worse, even deadly.

### Women's health

Women who are 30 to 65 years

old are encouraged to have an HPV test and Pap test every five years.

Women should also have yearly mammograms to detect signs of breast cancer as early as possible.

Talk about chronic diseases that have been a part of your family history, so that the proper testing can be put in place.

They'll keep an eye on worrisome changes in areas like vision and weight, too.

Tell your doctor about feelings of depression, which should also be discussed during routine exams.

They may have staff or systems in place to provide diagnosis and effective treatments, or they may refer you to a more specialized caregiver.

### Men's health

Screenings for high blood pressure should be made every other year, or more often for those already experiencing

symptoms. Diabetes checks are recommended at least every third year for those with sustained high blood pressure. Men ages 35 and older should also be screened for lipid issues every five years, as well as those at an increased risk for coronary artery disease.

Discuss the risk of colorectal cancers with your caregiver, who will help you make informed decisions based on your age, family history and any current medical issues.



**State Farm®**

*Tesha Brewer, Agent*

(256) 734 - 4645  
TESHABREWERSF.COM

**909 FISHER STREET SW  
CULLMAN  
256-734-4645**



# **DOCTORS DIET PROGRAM X**

Physician Monitored Weight Loss

9605 AL Hwy 69 N, Cullman AL 35058

Supervised by **Dr Josiah Daily MD**

**(256)735-4650**

**WEDNESDAY 10am-7pm**

**Walk-ins Only**

**Facebook: Doctor's Diet of Cullman**

## HEALTH

# Don't forget ear health

Poor care can lead to permanent impairment or deafness.

**M**any forms of hearing loss can be prevented, and most can be treated. Unfortunately, too many people tend to take this critical sense for granted. They put themselves on a path to impairment while taking part in risky behaviors — or simply by ignore obvious warning signs.

## Inside the numbers

Hearing loss is our third most common malady after arthritis and heart disease. This major public-health issue impacts nearly 50 million American adults in some fashion, according to the Hearing Loss Association of America.

One of the most well-known issues is tinnitus, a persistent ringing in the ears typically caused by excessive noise. Children may also suffer hearing loss by way of a middle-ear infection, a condition called “otitis media.”

Many conditions are progressive, meaning they can lead to irreversible impairment or even deafness.

That's why prompt medical attention should be sought if you, or someone you love, begins to have problems with their ears or obvious issues in hearing.

## Common problems

Hearing loss in some cases may be sudden, in particular

when associated with injury. But oftentimes, it is a more progressive issue.

Protect your hearing by limited the time spent using headphones or experiencing loud sounds.

You should use headphones no more than one hour per day, according to the World Health Organization, and the volume should never be turned up to more than 60%.

Noise-canceling headphones are recommended since they help listeners resist the urge to turn up the volume.

Certain medicines have been linked to hearing loss, so it's important to take prescriptions exactly as instructed.

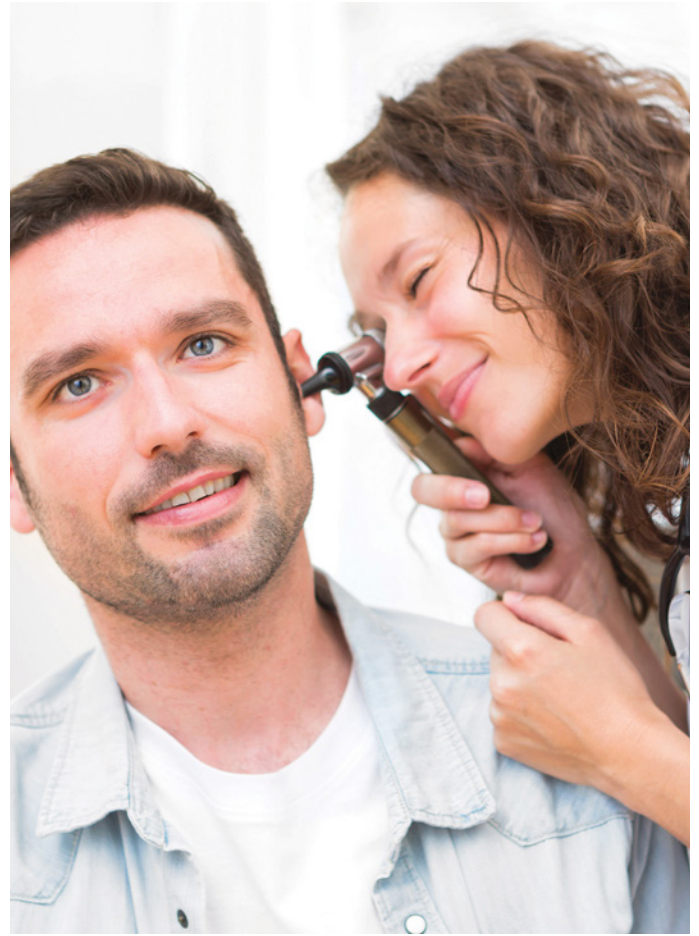
That includes over-the-counter medicines, since aspirin or ibuprofen can contribute to hearing loss if not used properly.

## Healthy tips

Be aware of early warning signs like difficulty following conversations, frequent requests to repeat things or consistently misunderstanding what others say.

You may notice problems with balance, or a ringing sensation early on.

Wax build up is sometimes to blame. Be aware of pain or itching, since they're key warning signs. Consult a primary-care physician to determine the cause, and set an appropriate treatment plan. They may recommend a specialist. In the meantime, only clean the outside of your ear. Inserting any object, including cotton swabs, can damage the eardrum or ear canal.



ADOBE STOCK



*Established in 1990*

## HANCEVILLE FUNERAL HOME

100 MICHELLE STREET NORTHWEST  
HANCEVILLE, ALABAMA 35077  
256-352-3130





# Leelan's

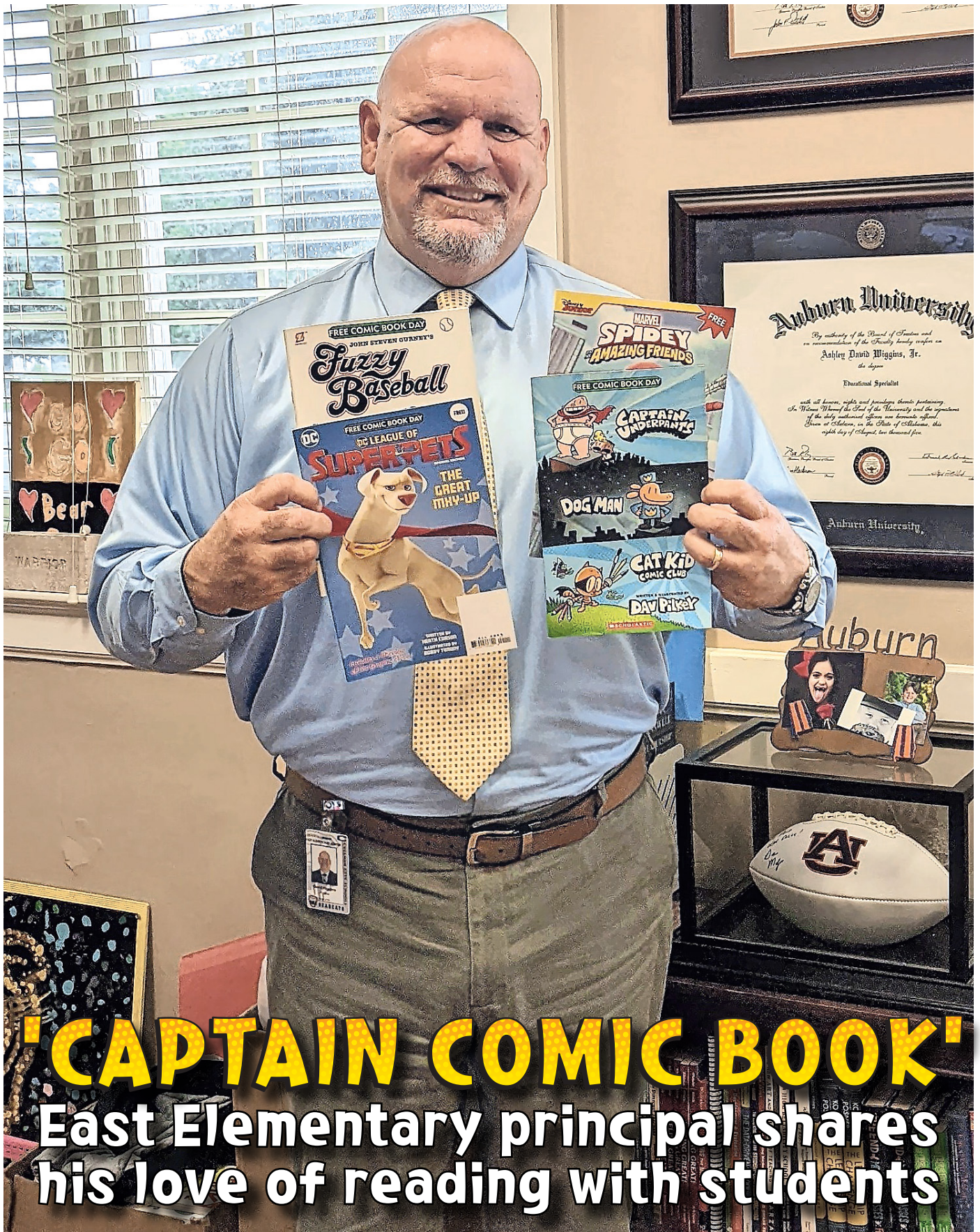
## LOCALLY CURATED GOODS

117 1st Ave. NE, Cullman,  
AL

Check out all of our locally sourced  
goods!







# 'CAPTAIN COMIC BOOK'

## East Elementary principal shares his love of reading with students

East Elementary Principal David Wiggins poses with a few of his beloved comic books.

AMY LEONARD/THE CULLMAN TRIBUNE



**Amy Leonard**

amy@cullmantribune.com

**E**ast Elementary School Principal David Wiggins was in his usual weekend haunt, Camelot Books and Comics, on a recent Saturday when he recognized a familiar face. One of Wiggins' third graders was searching through the thousands of available comics for her character, the one the student could identify with and whose story she could immerse herself in. She was looking for a comic book hero who could change her life like Spider-Man did for little David Wiggins when he was a struggling reader in Mrs. Virginia Crumpler's classroom in Eufaula, Alabama, many years ago.

"I didn't like to read at all. I had a third-grade teacher, Mrs. Crumpler, at Bluff City Elementary School in Eufaula, Alabama, and she did something that all teachers should do. She took an interest in her student," said Wiggins.

"There was a day when I did not do well on a reading test on 'Peter Pan,' who is actually my favorite Disney character. Mrs. Crumpler walked out to school dismissal with me and met my dad who had just gotten off a 12-hour shift at the mill. He respected teachers and their input."

When Wiggins' teacher requested a talk with his U.S. Marine dad that day, Wiggins was certain he was in trouble. However, that was not the case.

"She told my dad that she couldn't get me to read anything in class. She said I was smart. I was distracted and very active, but I just did not like to read. Mrs. Crumpler kept looking for my interests," said Wiggins.

"She tried everything the

library had to offer, but I didn't like any of the books that were available.

"She and my dad talked about my interests. Dad reported that, in the afternoons after I completed my homework, I went outside to play until the porch lights were on."

Wiggins' father pointed out that his son enjoyed watching the PBS show "The Electric Company," which came on after "Sesame Street" and was produced for older children.

"I watched it because of Spider-Man. He never talked. He would have a speech bubble and it would have the vocabulary word of the day, the noun of the day, the blend of the day, and he was always catching people who were stealing words or sounds," said Wiggins. "I thought it was great and I always watched."

With that bit of information, Wiggins' astute teacher recommended comic books, and Wiggins and his dad stopped that very day at a convenience store on their way home.

His father arbitrarily picked up a comic book for his son. It was a Spider-Man.

"We went home with it, and I was elated that I had a comic book. It was the most exciting but the most challenging reading I had ever done," Wiggins remembered.

"The vocabulary was immensely difficult, but it was authentic, and I got interested immediately.

"Dad had to help me with words and then Mom came home and helped me as well. I read that comic book over and over. I wanted another one real fast."

Now 52, Wiggins has amassed a collection of "boxes upon boxes of comic books,

primarily Spider-Man, bagged and boarded.

"I have CGC-graded slab comics of high value and comics that are sentimental that are of no monetary value, but I love because of the artwork and storyline."

Wiggins' office at East Elementary is a testament to his love of Peter Parker, with shelves brimming full of students' artwork inspired by their favorite administrator's love of Marvel Comics' 1962 creation by legendary writer Stan Lee and artist Steve Ditko.

The office also provides many reading options, from, of course, Spider-Man comics to "How Do Dinosaurs Go to School" and even non-Marvel Universe comics, many of which were donated by Camelot Books and Comics' Greg Patterson after Free Comic Book Day.

Wiggins masterfully uses his love of comics to form connections with his students and as icebreakers with new or prospective students.

He said they allow him to "form relationships, show an emphasis and encouragement in reading and literacy and, more importantly, it's fun! I don't care what kids read as long as they find a love of

literacy."

With three higher education degrees, Wiggins is now a voracious reader of both fiction and non-fiction, but one thing has remained the same over the past several decades: his love of comics.

"I read a comic a day even if it's a re-read. I have so many comics that I buy each week because my love of Spider-Man grew into a love of Spider-Verse which turned into a love of Ghost Rider and then Daredevil," Wiggins said.

"As a result, I'm at the comic book store every Saturday. It delights me when one of the staff members says, 'One of your kids was in here looking for comics.'"

The influence that Mrs. Virginia Crumpler, still an educator with Auburn City Schools, had on 8-year-old David Wiggins is undeniable.

Her dedication and commitment to the art of teaching are evident in her former student's life today. Crumpler's guidance of little David Wiggins to an often-overlooked valuable literary resource in comic books changed his life.

In turn, Principal Wiggins is doing the same for his students.

That's the stuff superheroes are made of.



**Kim's Parkside Catfish**

BREAKFAST - CATFISH - CHICKEN LIVERS  
 SUN. 7-2; MON. 6-2; TUES. WEDS. THURS. 6-8; FRI. SAT. 6-9  
 13610 AL HWY 69 N | BAILEYTON, AL 35019 | 256-796-4288

KIM THOMAS  
OWNER

## SENIOR LIVING

# Un-retiring' and your benefits

There's a renewed sense of purpose, but also financial considerations.

**P**revious generations looked at retirement as a destination, but more recently seniors have begun returning to some form of work. These so-called "encore careers" take advantage of special skills and a long-term knowledge base to keep us active and engaged. But the money you make is subject to IRS-imposed rules and limits on benefits.

### A growing trend

As many as 40% of workers over 65 have recently reported retiring and then rejoining the workforce. Some are simply bored with sitting idly by, while others might have experienced a financial need.

In all, the number of seniors currently working or seeking employment has doubled in the last 30 years. But the extra income associated with these jobs can impact your Social Security and Medicare benefits, as well as pension payouts and other associated retirement accounts.

### Social Security

"Un-retiring" shouldn't involve jobs with wages that jeopardize your benefits. Many choose to begin drawing on their Social Security at age 62, rather than the full retirement age — and that has a direct impact on how much you can earn in an encore career.

Early retirees can only take home around \$19,500 before their benefits change. Social Security checks go down \$1 for every \$2 earned after that threshold is met.

So a person who began drawing Social Security at 62 then got part-time job making \$25,000 a year will see their annual benefits reduced by \$2,720. If you wait until full retirement, which is 66 for those born before 1960,

allowable outside earnings rise to around \$52,000. Benefits are only reduced \$1 for each \$3 earned.

### Medicare and pensions

If you find lucrative work after age 65 but choose to keep Medicare, you might face surcharges by moving into a different income bracket. By law, high earners pay more for Part B and D coverage. Certain tax rules also apply

to your pension or retirement accounts. Retirement accounts like 401(k)s and IRA require a minimum distribution of funds beginning at age 72, whether you "un-retire" or not. Those who don't could incur a potential tax penalty of 50%. Roth IRAs are an exception. Some businesses suspend benefits if you return to work; check with the human-resources department at your former employer to find out more.

## Helping Cullman Build - Since 1892

**"One thing never changes ... our service to you"**



Windows  
Roofing • Millwork  
Doors • Lumber  
• Hardware  
Trusses • Insulation  
KraftMaid Kitchen  
Cabinets Plumbing &  
Electrical Supplies



**WE  
DELIVER!**

**BUETTNER BROS.**  
LUMBER COMPANY, INC.

256-734-4221



700 7th Avenue SW, Cullman

Mon.-Fri. 7am - 5pm

PHONE 256-734-4221

**WWW.BUETTNERBROS.COM**



## SENIOR LIVING

# Meaningful gifts for seniors

Many seniors are at a point in their life where they are downsizing, making it difficult to know what to get them as gifts.

**H**ere are some ideas of what you can get the older people in your life that they are likely to treasure and appreciate.

### Experiences

Give the seniors in your life tickets to movies, musicals, music, dance performances or symphonies. Better yet, buy a block of tickets and make it a group outing that will build memories. If there is a nearby community theater that does work the senior in your life enjoys, get them season tickets.

Consider buying them classes at a local pottery or painting shop. Buy two samplers of teas — one for you and one for them — and have tea parties over Zoom or in person. Gift tickets to a local sporting event. Have they always wanted to learn to golf? Buy them golfing lessons. Pickleball is popular among seniors; buy a set of lessons. You can also provide your favorite senior with a day of indulgence. Consider getting a gift certificate for a mani/pedi or a day at the spa. Buy them a gift certificate to their favorite salon.

### Consumables

Food and beverage can make great gifts for seniors, though you'll want to be aware of what they can and cannot eat and if they are on a restricted diet.

These gifts can range from a basket of specialty sauces and jams to a coupon for a home-cooked gourmet meal that you will come and prepare in their home. There are also many companies that will deliver monthly boxes filled with a variety of surprises from pasta to wine to chocolates to smoked meats.

### Health-related items

Gift a session with an aging-in-place specialist who can do a safety inspection of the senior's home and make suggestions that can help them stay in their home longer. Fitness trackers and step counters aren't just for the young. Pick out a model that

is compatible with the recipient's phone and comes with an app that provides workout programs.

### Safety and location items

A practical gift idea is to invest in tracking or location technology for seniors. Personal location devices can help people find their keys or other essential items. If you are willing to make a monthly investment, medical alert systems are a great gift that can help a senior stay in their home safely for longer. Home modifications can also help to achieve that goal. You can gift a senior such things as the installation of grab bars and rails.

### Nostalgia

Other oft-beloved gifts are those that tap into nostalgia, that bring back memories of beloved moments. There are several services that will arrange interviews, sometimes in the form of several questions a month for a year. They will then gather up the answers and photos and create an autobiographical book. Consider giving a photo-related gift. Digitize the senior's collection of photos. Gift them with a digital photo frame that you've loaded with shared moments. Order a blanket that has been printed with photos or create a calendar.

**"STARTED IN 1995"**  
*"Experience the Difference"*

**FREEDOM**



**INSURANCE AGENCY**

**GLORIA WILLIAMS - AGENT**

OFFICE: (256) 737-0011 | FAX: (256) 737-0616

168 COUNTY ROAD 1435, CULLMAN, AL 35058

**GLORIA.WILLIAMS@FREEDOMAGENCY.NET**

## SENIOR LIVING

# Changing nutritional needs

It's important to update your diet as you grow older.

**T**he message was the same for seniors, even after the traditional food pyramid was updated for a new era: Focus on nutrient-dense options and more fluids, while getting plenty of exercise, in order to improve mental health and lengthen your life. The USDA breaks their recommendations down into three vital areas: Fiber, fluids and supplements.

### Focus on fiber

Digestive health relies upon a recommended intake of fiber, which is found in whole-grain foods, dark-colored vegetables and brightly colored fruits. Experts recommend that we eat fresh as often as possible, but seniors should take advantage of frozen options, canned or dried vegetables and fruits needed in order to reach optimum intake levels. Canned and dried foods are also handy when traveling or in the event of a natural disaster that makes traveling to an area grocer impossible. Limit sodium, in particular if you have been diagnosed with hypertension.

### Fluid intake

Seniors should lower the risk of dehydration by drinking plenty of fluids. This is especially important, of course, when working or exercising outdoors and in the hotter summer months. But staying hydrated is important even if



ADOBE STOCK

you're not spending extended periods of time outside. Water is recommended, rather than sugary drinks or sodas, which may actually have the opposite effect since they're diuretics. Fluids can also be obtained by eating various foods with a high amount of water content like vegetables, soups and lettuce. The USDA says to gauge what's needed by listening to your body. If you're thirsty, that means you're not getting enough water.

### Supplemental needs

As we age, certain additional needs emerge, as calcium, vitamin B-12 and vitamin D supplements are recommended — in particular if your diet doesn't include enough of these vital nutrients. The World Health Organization recommends that those over 50 get 1,200 milligrams of calcium a day, the equivalent

of four cups of dairy or soy milk, or fortified orange juice. Omega 3 fatty acids serve to reduce inflammation, helping to fight cancer, heart disease and arthritis. You'll find it in walnuts, flaxseed and certain

fish. Consult with a physician about integrating supplements into your daily regimen. They may also have helpful tips on dietary updates you can make that might eliminate the need for additional vitamins.



*"Since May 1, 2013"*  
And Has Grown Each Year



# Options

CHEMO CAPS, WIGS & MORE  
AND OVER 150 WIGS IN STOCK!

2201 2ND AVE. NW, CULLMAN, AL 35058 | 256-347 5993

JUDY WATTS GRISSOM | OPTIONS5993@GMAIL.COM





## SENIOR LIVING

# Avoiding senior scams

Here's how to keep yourself safe in the internet age.

**S**enior scams are an increasing problem, whether it's health care fraud, counterfeit prescriptions or extortion schemes. Here's how to guard against, and what to do if it happens to you or someone you love.

### Health care fraud

Scam artists can easily target those over 65 for health care fraud, since all Americans and permanent residents of that age are eligible for Medicare. Information about the government-backed insurance program is also readily available, allowing them to pose as Medicare representatives while sounding completely knowledgeable. The National Council on Aging warns seniors to be wary of anyone seeking personal information on the phone or over the internet. Ask anyone who asks for confidential information for their credentials, then contact a local agency to confirm their identity.

### Funeral scams

Beware of those who try to upsell you on expensive caskets or package deals. The FTC confirms that there's no law requiring one. Neither are you forced to embalm your loved one, unless the body isn't buried or cremated within a certain timeframe. Scammers have also begun to take advantage of the grieving. They often extort money from relatives



ADOBE STOCK

by claiming to hold fake debts, according to the Federal Bureau of Investigation. Some have been known to attend funeral services of strangers based on published obituaries in order to find unknowing victims.

### Counterfeit prescriptions

As seniors seek out better prices on their medications, online drug scams have become an increasing issue. The Food and Drug Administration now investigates dozens of cases per year, when there were only a handful annually a few decades ago. Seniors risk losing their precious savings to these scammers, and may also be at risk of serious health issues if they receive fraudulent or incorrect medications. Use trusted websites with long histories of sales when

purchasing any medications. If you're unsure, consult your personal physician. They can help direct you to the safest online options.

### What to do

Have you or someone you know been the victim of a senior scam? Immediately report it via the toll-free number for the

U.S. Department of Justice's National Elder Fraud Hotline at (833) 372-8311. The AARP also hosts a Fraud Watch Network Helpline at (877) 908-3360. You can also keep up with all of the latest news through the AARP Fraud Watch Network's scam-tracking map, which includes nationwide reports.



*"Memorials of Quality Since 1910"*

**Cullman**

**Marble & Granite, LLC**

**JOSH EDDLEMAN**

Office 256-734-2353

info@cullmanmarble.com

407 First Avenue SW ~ Cullman, Alabama

www.cullmanmarble.com






## SENIOR LIVING

# Keeping safe as a senior

There is help if you've become part of a growing statistic.

**A**s many as five million older Americans are abused annually, according to the National Council on Aging. That's one in 10 Americans over the age of 60. The good news is, a broad spectrum of advisors, caregivers and law-enforcement personnel stand ready to come to your aid.

### Defining elder abuse

Elder abuse may be perpetrated by children, spouses or other family members, along with staff members at assisted living facilities, nursing homes or hospitals. It may include emotional or physical abuse, exploitation and neglect, sexual abuse or abandonment.

The first steps in keeping safe as a senior involve self-care: Stay active and connected, since social isolation can put you at risk.

Familiarize yourself with the rights you hold, and the resources at your disposal.

There's help available, both locally and nationally, if you've been verbally assaulted, willfully deprived of needed assistance or financially exploited.

### Nationwide resources

Federal law enforcement agencies are designed to investigate, detect and apprehend alleged offenders, including those who have committed

elder abuse. Find out more here: <https://ovc.ojp.gov/program/elder-fraud-abuse/overview>.

The U.S. Department of Justice hosts a searchable index for helpful agencies in your area, along with special hotline numbers depending on the situation: <https://www.justice.gov/elderjustice/find-support-elder-abuse>.

The National Adult Protective Services Association provides a state-by-state map of care providers: <https://www.napsa-now.org/aps-program-list/>.

Unsure of your rights? Head

to the National Center on Law and Elder Rights to find out more: <https://ncler.acl.gov/>. The Elder Justice Coalition is also a valuable resource for those in need of help: <http://www.elderjusticecoalition.com/>.

### Finding local help

Area agencies on aging are designed to address a range of needs for those age 60 and older, providing services to help seniors remain at home into their golden years. Local domestic violence organizations focus on securing

your safety, holding abusers accountable and promoting public awareness. Legal aid services provide courtroom assistance to those in need by offering advice and representing seniors in individual cases.

You may also be able to rely on local arms of national agencies meant to combat Medicaid fraud, sexual abuse and other issues specific to aging. Long-term care ombudsmen work as your advocate in finding a facility and getting the best care, but also in filing local complaints.

**Earl's**  
**Body Shop, Inc.**  
**Phone: 256-734-2406**

**"ESTABLISHED IN 1964"**



**2251 DECATUR AVE. NW, CULLMAN**  
**WWW.EARLBODYSHOP.COM**



## SENIOR LIVING

# How to 'age in place'

Some of us have already found our forever homes.

**S**eeking independence, even later in life? Changes can be made now to ensure that you'll always remain in the place where you've lived and loved.

### What does it mean?

The U.S. Centers for Disease Control and Prevention defines "aging in place" as living in "one's own home and community safely, independently and comfortably, regardless of age, income or ability level."

If you want to extend your independence, rather than moving in with family members or shifting to a care facility, you'll need to ready the house now with senior-focused remodeling projects meant to ease the worries that accompany growing older.

The National Association of Home Builders recommend that you focus on the kitchen and laundry areas, the general floor plan, exterior of the home and the bathroom.

### Kitchen and laundry

Consider installing pull-down shelving in the easiest-to-reach upper cabinets in your home, in order to make food, dishes and other stored goods more accessible as you age.

Roll-out trays or a Lazy Susan should also be placed in base cabinets. Side-by-side refrigerators limit the amount

of bending that must be done when retrieving things.

The same goes for your washer and dryer configuration, where you should also switch to a top-loading option.

### Exterior ideas

Switch to low-maintenance siding, which doesn't require the same kind of regular attention as natural woods like cedar.

Shift your outdoor plantings to shrubs and bushes that do not need continual pruning or shaping, rather than flowering options.

Natural landscaping can limit, or even eliminate the need for regular lawn care. If you're downsizing anyway, consider one-story homes in order to avoid using stairs in your daily activities.

Brick homes are also very low maintenance.

### Bathroom projects

Surveys say almost 90% of seniors want to remain at home as they age. Unfortunately, the bathroom can become one of the most dangerous places in the home.

Install additional bracing and handle bars around the shower, toilet and tub. Consider purchasing a shower seat, to limit the amount of time standing.

Replace the toilet with a height-adjustable model, or the taller versions that make sitting and standing easier.

Proof the area against falling with rubber matting in the shower, and bathroom flooring that's slip resistant.



ADOBE STOCK

## The Mortgage Center

powered by

**HomeTown**  
LENDERS

Company NMLS#65084

**Meredith Farrell**  
Loan Originator

C 205.873.1214  
O 256.734.6193

meredith.farrell@htlenders.com  
www.themortgagecenterinc.com

109 1st Ave SW  
Cullman, AL 35055

NMLS#302637  
Hometown Lenders, Inc. is an Equal Housing Lender.  
ADVERTISEMENT | A division of Hometown Lenders, Inc., an Equal Housing Lender NMLS#65084  
(www.nmlsconsumeraccess.org) | Terms, conditions, and restrictions may apply. Loan products are  
subject to availability and credit approval. Not a commitment to extend credit. Hometown Lenders  
USA AZ BK-0949142. Licensed by the Department of Financial Protection & Innovation 41D8C-60614

## SENIOR LIVING

# Hip fractures: A growing problem

Fall injuries can lead to serious problems down the road.

Many began to make jokes as a commercial ran for years where a woman cried out, "I've fallen and I can't get up." But it's no laughing matter for those who've suffered a hip fracture. In fact, these injuries are associated with high rates of mortality among the elderly. Thankfully, there are preventative measures and improved treatments for those at risk of this potentially debilitating injury.

## Who's at risk

White women are the most susceptible to hip fractures, sustaining some three-quarters of these injuries. But age plays a huge role: Those 85 and older are up to 15 times more likely to suffer a hip fracture as those who are 60-to-65, according to the CDC. Osteoporosis is also a risk factor, since the disease weakens bones. More than 10 million Americans over the age of 50 already suffer from this disease, according to the National Osteoporosis Foundation — and 34 million more have risk factors.

## Soaring numbers

Hip fractures are projected to reach nearly 290,000 a year by 2030, according to the Centers for Disease Control and Prevention. More than 95% of these injuries involve

falling, typically sideways onto the hip. Depending on the injured person's age and overall health, a hip fracture may result in long-term impairment, lengthier admissions to a nursing home or even death.

## Treatment options


Hip fractures typically involve hospitalization and surgery, with a one-week stay as the typical length of treatment. Many will then have to transfer to a rehabilitation center or

nursing home in order to regain full mobility. As many as one in three seniors who were living independently end up spending at least a year in rehab, according to the Journal of the American Geriatrics Society. Deaths associated with hip fractures continue at a worrying pace. But better treatment options, including advances in hip replacement, have shortened recovery times and improved outcomes. Some 400,000 hip replacements are

completed each year in the U.S.

## Avoiding falls

Daily exercise improves balance and increases leg strength, both of which factor into fall injuries. Have your doctor review your prescriptions if you are having problems with drowsiness or experiencing dizzy spells. These side effects only increase the risk of a fall. Your diet should include the recommended amount of vitamin D and calcium.



**CULLMAN JEFFERSON GAS**

**Natural Gas™**

**CULLMAN JEFFERSON GAS**

**CUSTOMER SERVICE**  
 256-734-1911 or 1-800-321-6572  
 Office Hours: 8:00 a.m.-4:30 p.m. – Monday -Thursday

**Cullman-Jefferson Counties  
 Gas District**  
**P.O. Box 399 Cullman, AL 35056-0399**





# GIVE YOUR FAMILY THE COVERAGE IT DESERVES

- Life
- Auto
- Home
- Business

## Jim McDonald

Your Local Agent

220 4th Ave SE, Cullman, AL 35055

[jmcdonald@farmersagent.com](mailto:jmcdonald@farmersagent.com) | [agents.farmers.com/jmcdonald](https://agents.farmers.com/jmcdonald)

**Call 256-737-9889 today!**  
Smart choices last a lifetime.

Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit [farmers.com](https://farmers.com) for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.



14958979



**Entering into my second term serving you as Alabama State Senator District 4, I will continue to listen to all within my district to help shape a brighter and better future. I am humbled by the continued support and will continue to do what is best for all.**

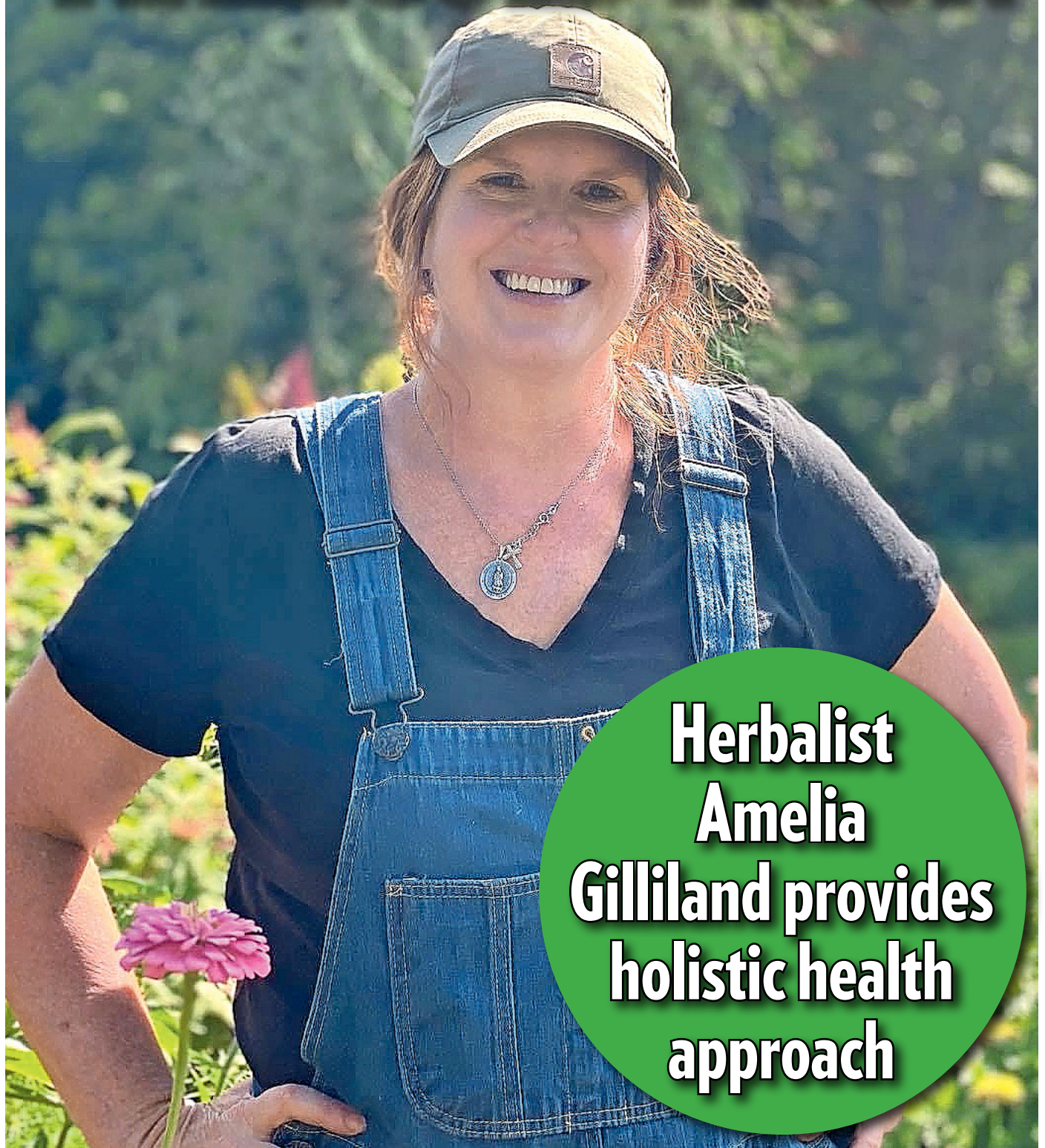


**SINCERELY,  
SEN. GARLAN GUDGER  
DISTRICT 4**

**Paid for by Garlan Gudger for State Senate 314 2nd Ave SE Cullman, Alabama 35055**



# MARIGOLD MOON



**Herbalist  
Amelia  
Gilliland provides  
holistic health  
approach**

**Amelia Gilliland**

AMELIA GILLILAND



**Sara Gladney**

sara@cullmantribune.com

**H**erbalist and gardener Amelia Gilliland recently began what she calls her “encore career” at her farm Marigold Moon, which she started last year at her home.

After retiring from a 25-year career as a professor in 2020, Gilliland began formal study of herbalism through the American Herbalists Guild she will complete in 2023.

Before pursuing a Ph.D. in education, she began studying herbalism and naturopathy informally. She has been using herbs for decades and her knowledge of herbalism was extensive even before she began formal studies.

She has studied with many well-known herbalists, including Juliet Blankespoor, Matthew Wood, Alabama’s own Phyllis Light, Maria Noel Groves and Rosemary Gladstar.

Gilliland said her move toward homesteading was a gradual transition.

“I grew up in a family that always had a garden, and my mother was very involved in our communities’ garden club, so I attribute my interest to my parents. I’ve homeschooled my children for seven years now, and homeschooling allows for more time to learn in experiential ways and engage in more activities like homesteading,” she said.

“We got our start with a small flock of chickens. We learned a lot during the first year and were hooked on fresh eggs.”

Gilliland has kept up the tradition set by her parents, and always grown a small garden with her family, but this summer is the first time they have ramped up their efforts.



AMELIA GILLILAND

***Marigold Moon farm homegrown sugar snap peas***

This year is only Gilliland’s second summer in Cullman. She began with a small garden to get to know the land and see what grows in it.

She said she was thrilled to discover she could grow a lot of plants that are used medicinally, including elder, goldenrod, chickweed, violets, yarrow, ginkgo, hibiscus and dandelions. The farm also has apple and peach trees and a blueberry bush.

This summer she expanded her vegetable garden to six raised beds and a 2,500-square-foot in-ground garden.

Next year a high tunnel will be added to the farm to further expand the garden and

lengthen the growing season.

“I deeply value knowing where my food is grown and how it was grown to ensure we eat the healthiest and most vibrant fruits and vegetables,” said Gilliland.

Last year, her family grew a small cut flower garden that also expanded this summer to 2,500 square feet.

“Our cut flower garden is a growing ministry for my daughter and me,” she said.

“We aren’t interested in selling the flowers, but next summer, we plan to make flower deliveries to residents in nursing homes or people who would otherwise not receive flowers.”

“We’ve named our flower ministry Happy Petals, and we are in the beginning stages of this exciting project.”

Gilliland’s herb garden expanded greatly in terms of diversity this year. She said she favors plants that can be used medicinally for health and wellness.

“We brought in some wetland medicinals, including skullcap, gotu kola and stinging nettle. We grow a variety of common herbs that my family uses.”

“These include chamomile, calendula, bee balm, echinacea, clary sage, white sage, California poppy, tulsi, rhodiola, wild yam, »



angelica, yarrow, mugwort, mullein, valerian, lemon balm, ginkgo and anise hyssop," she said. "This year, I have very young plants in the greenhouse, including passionflower, meadowsweet, motherwort, feverfew, woolly lamb's ear, St. John's wort and lavender."

As Gilliland expands her materia medica and working knowledge of medicinal herbs, she brings more and more plants into her garden. Her go-to herbs include calendula, lemon balm, tulsi, echinacea, elder, ginkgo and goldenrod. She said calendula is a fantastic herb for skin conditions. Calendula can also be used internally and for salves, soaps and infused oils. Goldenrod, which grows in abundance in Alabama, is her go-to herb for sinus problems. Her family also uses ginkgo in a brain health formula daily.

Said Gilliland, "As an herbalist, I sell organic herbs grown here, organic extracts, teas and skin care products. These include a brain health formula, a formula for cramps and a formula for ADHD that has been the biggest blessing. I was able to transition my son off medication for ADHD and have him on an herbal formula that manages the extra energy and helps him to focus."

She said there are a few things to be aware of when dealing with herbs, but they are generally safe. "Herbs have been used safely for centuries for varying medical issues. There have been so many cultures that led the way in this field, and I am grateful to learn from them," said Gilliland. "This includes knowledge of poisonous plants, like poisonous hemlock, which looks very similar to Queen Anne's lace and yarrow, so knowing how to identify plants »



***Zinnias growing in Amelia Gilliland's flower garden***

AMELIA GILLILAND



is essential."

She said when using an herb, people must make sure they don't have an allergy to that plant or plant family. Additionally, it's essential to understand if someone is taking prescription medications and how they may interact with a specific herb. It is important to always check with your physician before starting a new herbal supplement. "I do encourage people to shop for their herbs from a reliable source. You can walk into just about any store and find an array of herbal supplements, but the quality of the herbs may be questionable," said Gilliland.

"Herbs have a shelf life and will eventually lose their vitality over time. Shopping from a source that provides a high-quality product is critical."

For those who wish to get started planting their own medicinal herbs, Gilliland said there are a few options.

"I recommend doing your due diligence in researching which school to attend and understanding your overall goal. Some people want to learn herbal medicine for their health or their family's health.

"There are shorter programs for these goals. The American Herbalists Guild has a directory of schools that offer classes that they recognize as academic hours that count toward becoming a registered herbalist for those interested in pursuing herbalism as a career."

Gilliland will be putting her years of experience in higher education to use by offering her own introductory courses in herbalism, planned to launch this fall. She said her goal is

to provide online learning as well as in-person classes. In addition to herbalism classes, she also offers professional services to clients as a part of a holistic health approach. To address the whole person, Gilliland offers life coaching, herbal consults and prescriptive yoga depending on the individual's needs.

Marigold Moon products and services can be found at [www.marigold-moon.com](http://www.marigold-moon.com), [www.instagram.com/the.marigold.moon](https://www.instagram.com/the.marigold.moon), [www.facebook.com/Marigold-Moon-108409838149023](https://www.facebook.com/Marigold-Moon-108409838149023) and [www.etsy.com/shop/MarigoldMoonbotanics](https://www.etsy.com/shop/MarigoldMoonbotanics).

Contact Gilliland at [Amelia@marigold-moon.com](mailto:Amelia@marigold-moon.com).



**HOMEMADE ICE CREAM & MORE!**

**MICHOACANITA**  
La Linda  
es... Natural

**256-841-6401**  
**507 MAIN AVE SW**

**HARD HATS FOR THE JOB. SOFT HEARTS FOR THE COMMUNITY.**



**Cullman Electric Cooperative**

**sprout FIBER INTERNET**

**FOLLOW US @CULLMANEC**    **#POWERFULCONNECTIONS #BRIGHTERFUTURE**

## OKTOBERFEST

# Past Oktoberfest cancellations

Like most events involving crowds around the world, Munich's Oktoberfest (and nearly all other ones) was canceled in 2020 and 2021.

**W**hile everyone is looking forward to a triumphant return in 2022, the past two years weren't the first time that world events conspired to close the festival that dates back to 1810.

### 1813

Three years after the festival began, war struck. The French Emperor Napoleon turned his attention to the German states of Austria and Prussia in what he called the "wars of liberation."

At the time Oktoberfest would have happened, Munich and the German states were deep in the war against Napoleon. In October, they delivered a decisive defeat to the French monarch in the Battle of Leipzig.

### 1854

The festival then got in a good 40-plus years in before it had to be canceled again. This time, like in recent years, it was due to an epidemic. Cholera swept through Europe, killing 3,000 in Munich alone. In Munich, the pandemic started on July

5, 1854. Political officials downplayed cholera as a rumor so that people would attend the first German industry exhibition. More than 5,000 visitors showed up and the outbreak of the disease began on the first day.

The Queen Mother Therese, the original bride whose wedding the first Oktoberfest celebrated, returned to Munich after a premature all-clear was given and she died the next day. By the end of the summer, there were more than 15,000 cases of cholera, leading the city to cancel Oktoberfest.

### 1866

In 1866, the Austro-Prussian War broke out between the Austrian Empire and the Kingdom of Prussia. Bavaria, then led by King Ludwig II, the grandson of the monarch whose wedding was celebrated with Oktoberfest, decided to side with the Austrians. In the

summer, they were defeated and a war-weary state was in no mood to celebrate in the beer halls.

### 1870

Four years later, war broke out again, but this time King Ludwig II picked the winning side, fighting with Prussia against France.

### 1873

Those hoping we will soon have seen the last of COVID won't want to know that cholera outbreaks continued to plague Europe, causing the cancellation of Oktoberfest again in 1873.

### 1914-1918

With the assassination of Archduke Ferdinand of Austria and his wife, the world was engulfed in war. Germany sided with Austria, and for the next four years, there would be no Oktoberfest because most

of the male population was fighting a brutal war of heretofore never-seen carnage.

### 1923-24

After the war, economic factors conspired to make life difficult for many Germans. The worst was hyperinflation. How bad was it? At the end of 1922, a loaf of bread in Berlin cost around 160 marks. By the end of late 1923, it cost 200,000,000,000 marks.

With bread costing that much, no one could afford a bottomless mug of beer, so the Oktoberfests those years were canceled.

### 1939-1945

While the Nazis tried to appropriate Oktoberfest in the years leading up to World War II, during the war, the festival was canceled. This would mark the last time that Oktoberfests got put on hiatus until COVID pushed everyone into isolation.



ADOBE STOCK



## OKTOBERFEST

# Raise a stein to good health

Anyone who has lived through the past few years understands how a pandemic can change just about everything.

**C**OVID isn't the first time plague has spread through the world, claiming millions of victims. In fact, it was a plague in the Middle Ages that produced the iconic German beer steins that are a popular sight at Oktoberfests and a favorite of collectors.

### Origin of the stein

The bubonic plague killed more than 25 million people between 1340 and 1380. There weren't epidemiologists in those days (that

wouldn't happen until 1802), but people spent an awful lot of time trying to figure out how to survive the Black Death. They quickly learned that people who lived in clean areas out-survived those who lived in dirty ones.

At the time, many blamed the flies and fleas that were descending on Central Europe, according to Gary Kirsner in his book, "The Beer Stein Book: a 400 Year History," 3rd edition. The principalities that now make up Germany passed laws saying food and beverages had to be covered. This made drinking challenging until someone introduced the idea of covering their beer mugs with a hinged lid that had a thumbflit. People could now drink with one hand and still keep their beverages covered.

### Making of the stein

Early on, most beer steins were made with wood or porous earthenware, according to Kirsner. Only

wealthy folks were able to afford pewter or silver steins.

Scientists began experimenting with earthenware. The result was stoneware, which also lent itself to decoration. Renaissance artists created designs to apply to the stoneware or to carve into it. Common themes included shields and scenes from history, religion or allegories.

Some steins are handmade while others are mass produced. Today they are made from stoneware, ceramic, glass, faience, wood, porcelain, ivory, silver, pewter and crystal. Oktoberfest Haus, a maker of beer steins, says that the most common beer steins are made from clay that is molded into designs and shapes. It also creates a sturdy base.

Oktoberfest Haus identified Kannenbackerland as the German region known for first producing beer steins. Today's beer steins are often inspired by those centuries-old designs.

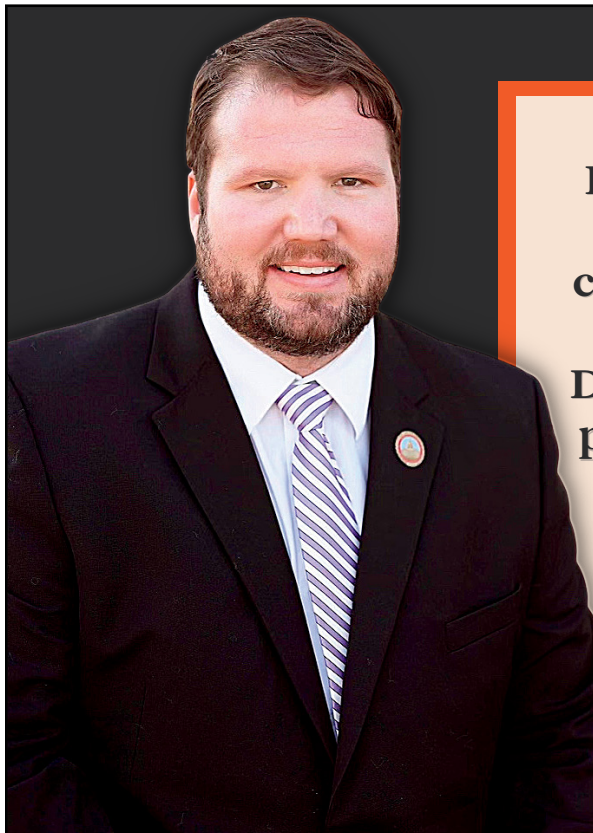
### Collecting steins

Even in the early days of beer steins, they were a status symbol and something Germans put on display. Another side-effect of the Black Death was that so many people died, the survivors were able to demand higher wages because there were fewer laborers. That meant more people were able to buy modest luxuries such as beer steins, Kirsner wrote.

Some beer steins get passed down through the generations. While many were made for drinking, some have always been purely decorative.

Oktoberfest Haus said the world's largest beer stein can hold more than 30 liters of beer, is four feet tall and weighs more than 35 pounds.

Beer steins range in value from \$7 to \$5,000. Valuemystuff says the most highly sought-after mugs are made by such manufacturers as Mettlach, Royal Vienna, and Capo-di-Monte.



I want to take this time to thank all of you who have had confidence in my abilities as your Alabama State Representative District 12. This confidence in our past encourages us when looking forward to our future together.

Sincerely, Corey Harbison Alabama State Representative District 12

## OKTOBERFEST

# Chicken and the Harvest Festival

Right after beer and pretzels, the most popular and traditional of Oktoberfest fare is the humble chicken.

**K**nown as a Wiesn-Hendl or Oktoberfest chicken, it consists of half of a chicken, basted in a paprika marinade and cooked on a rotisserie stick.

Simple, but mandatory. Oktoberfest vendors will often serve it with red cabbage, sauerkraut or roasted apples and bacon.

Slow-roasted on a spit, the chicken is known for its crispy skin and moist, tender meat.

## Wiesn-Hendl

The website Germanfoods.org offers a recipe that adapts the one vendors make to be prepared at home.

## Ingredients

- 1 whole chicken, about 3.5 pounds
- 1 teaspoon salt
- 1 teaspoon sweet paprika
- 1/4 teaspoon dried thyme
- 1/4 teaspoon oregano
- 1 pinch ground pepper
- 1/4 teaspoon marjoram
- 1 pinch ground rosemary
- 2 tablespoon butter

## Instructions

1. Wash the whole chicken inside and out, and thoroughly towel dry.
2. Mix the herbs and spices in a bowl. Rub the chicken inside


ADOBE STOCK

and out with the spice mixture. 3. Place the chicken in a baking dish filled with 1/2 in of water. Cut the butter into small pats and place on top of the chicken. Roast at 325 degrees for about one hour, or until done. Baste with the pan juices several times during the roasting, every 15-20 minutes.

4. Serve with Pommes Frites (french fries) and radish and a German pretzel or with potato dumplings and red cabbage.

## The Chicken Dance

The popularity of chicken at Oktoberfest celebrations led the celebrants of one festival in

Tulsa, Oklahoma, in the 1980s to create a new tradition (albeit one that hasn't yet crossed over the ocean to Europe).

A German oompah band was playing on television during an Oktoberfest and they wanted to perform Werner Thomas' song which was then called "The Duck Song." However, the band didn't have a duck costume, only a chicken one. They changed the lyrics and created the chicken dance. It became a hit and is now performed at Oktoberfest celebrations throughout the U.S. and Canada.

In Germany and Switzerland,

they still perform Thomas' ditty with its original animal.

The record for the "World's Largest Chicken Dance" was first set at the Oktoberfest Zinzinnati where they hold the dance every year. In 1994, there were 48,000 participants..

In some parts of the country, fair-goers don't do the chicken dance without the proper apparel—which in this case means a chicken hat. Festival vendors offer a variety of chicken hats from ones with white feathered chickens to those representing the bird already plucked and ready for roasting.





# CULLMAN OKTOBER FEST

SEPT. 29 - OCT. 1  
[CULLMANOKTOBERFESTIVAL.COM](http://CULLMANOKTOBERFESTIVAL.COM)



## OKTOBERFEST

# Oktoberfest fashion: dirndls

Today, dirndls are colorful costumes with each region contributing its own variation.

However, this sort of dirndl is relatively modern, only really taking off in the 1930s.

**B**efore that time, dirndls were worn by the agricultural class. According to the official Oktoberfest page of the Munich fairgrounds, women who worked on farms in Bavaria and Austria in the 19th century were known as “diernen” and the name of their clothing came from that term.

These hard workers would use bed linen to make an apron to go over their work dress. The apron was known as a leibgwand.

While some dirndls had a floral or tendril pattern, most were simple and monotone. They weren’t costumes worn to festivals, they were worn for cleaning, working in the stalls or laboring in the fields.

What changed? At first, it was city girls traveling to the mountains and adapting the look of the maids to something more elegant and fancy.

Then there was an operetta called “The White Horse Inn” that was popular in both Germany and on Broadway. Set in the Swiss Alps, it featured colorful dirndls that contributed to a spike in their popularity.


ADOBE STOCK

### What is a dirndl?

Native to Germany, Austria, Switzerland and the Italian Alps, the traditional dirndl has four parts.

- **Bodice:** The bodice is close-fitting with a low neckline. It is usually a single piece that joins in the front with lacing, buttons or a zipper. Originally it was made from heavy cotton, but today’s bodices may be made with cotton, linen, velvet or silk. Different traditions have different decorations or embroidery on the bodice.

- **Blouse:** The blouse goes under the bodice and is cropped just above the waist. Different

designs affect whether the neckline is a modest cut just below the throat or more deeply cut to accent one’s cleavage. The blouses are often made with lace, linen or cambric and are usually white. Some have short puff sleeves while others have more narrow sleeves.

- **Skirt:** The skirt is high-waisted and can be sewn directly to the bodice. The length of the skirt varies. In its original incarnations, the skirt was long, but today it is more popular to have mid-length or even a miniskirt. The skirt usually has a pocket which is hidden under the apron.

- **Apron:** The apron is usually relatively narrow, covering only the front of the skirt. Local traditions dictate the designs and color.

### Tying the ribbon

While not everyone adheres to this tradition, Vistawide’s World Languages and Culture points out that the ribbon around the apron can tell you what the status of the woman wearing it is. If it is tied to the left, she is single. If it is tied to the right, she is engaged, married or otherwise taken and unavailable. If it is tied in back, she is a widow. Young girls tie the ribbon in the middle.



# OKTOBERFEST

## Classic German music

When you're attending an Oktoberfest event, there are certain types of music you expect to tickle your ear.

**F**rom polkas to oompah bands, from folk bands to yodeling, the music often dates back centuries.

### Polkas

The first Oktoberfest was in 1810 and polkas started making an appearance in central Europe during this century, being especially popular among Germans. It's the type of music that is highly compatible with the party atmosphere of Oktoberfest. Most polkas are lively and upbeat and are played by a band that might include percussion, fiddles, accordions and tubas.

### Oompah bands

Oompah bands, named for a slang term that covers a large swathe of music, do most of their performing at Oktoberfest celebrations.

They are not, according to musician and music teacher Allen Cole, a single style of music, but bands that play such musical styles as polkas, mazurkas, Schottishes, waltzes and Landlers.

There are several types of oompah bands, including European groups modeled on the German and Austrian military bands of the 19th and 20th centuries; tanzmusik/



ADOBE STOCK

volksmusik that are primarily folk music for flugelhorn, tenor horns and tubas; Hungry Five bands that are of Polish-American origin and feature clarinets, trumpets, trombones and tubas; and polka music bands that appeal to various ethnicities.

### Folk music

Folk music, according to Nashville Oktoberfest, is a popular musical genre at Oktoberfest celebrations with music varying from region to region.

They often include children's ditties or repetitive work chants. Most of these bands play to an acoustic guitar, accordion or harmonica.

### Yodeling

There aren't too many places where today's yodelers can

feel welcome to ply their trade. Oktoberfests are one of them.

The drinking and harvest festival throws wide its arms to accept those who engage in the German form of vocal music in which singers rapidly alternate between a speaking voice and a falsetto, between low-pitch notes and high-pitched ones.

Some festival even host yodeling contests or crown yodeling royalty to lead their parades.

### The Oktoberfest Song

What songs should be a part of your Oktoberfest playlist? While any or all of the above genres have contributions to make, the one must-have is "Ein Prosit der Germütlichkeit," the song that Oktoberfest Tours warns you will hear every 15 minutes and love every second of it.

Munich, the home of the original and biggest Oktoberfest celebration, publishes a guide in which they say it will take you only two minutes to learn the words:

**Ein Prosit, ein Prosit  
Der Germütlichkeit  
Ein Prosit, ein Prosit  
Der Germütlichkeit**

Sometimes it is followed by people counting to three in German and then saying "Drink."

What does it mean in English? "Ein Prosit" is a wish for a person to be well. "Germütlichkeit describes a state of well-being, warmth and friendliness, according to the Munich Guide. Together, the phrase is a toast to well-being.

# **DOCTORS DIET PROGRAM X**

---

Physician Monitored Weight Loss

9605 AL Hwy 69 N, Cullman AL 35058

Supervised by **Dr Josiah Daily MD**

**(256)735-4650**

**WEDNESDAY 10am-7pm**

**Walk-ins Only**

**Facebook: Doctor's Diet of Cullman**