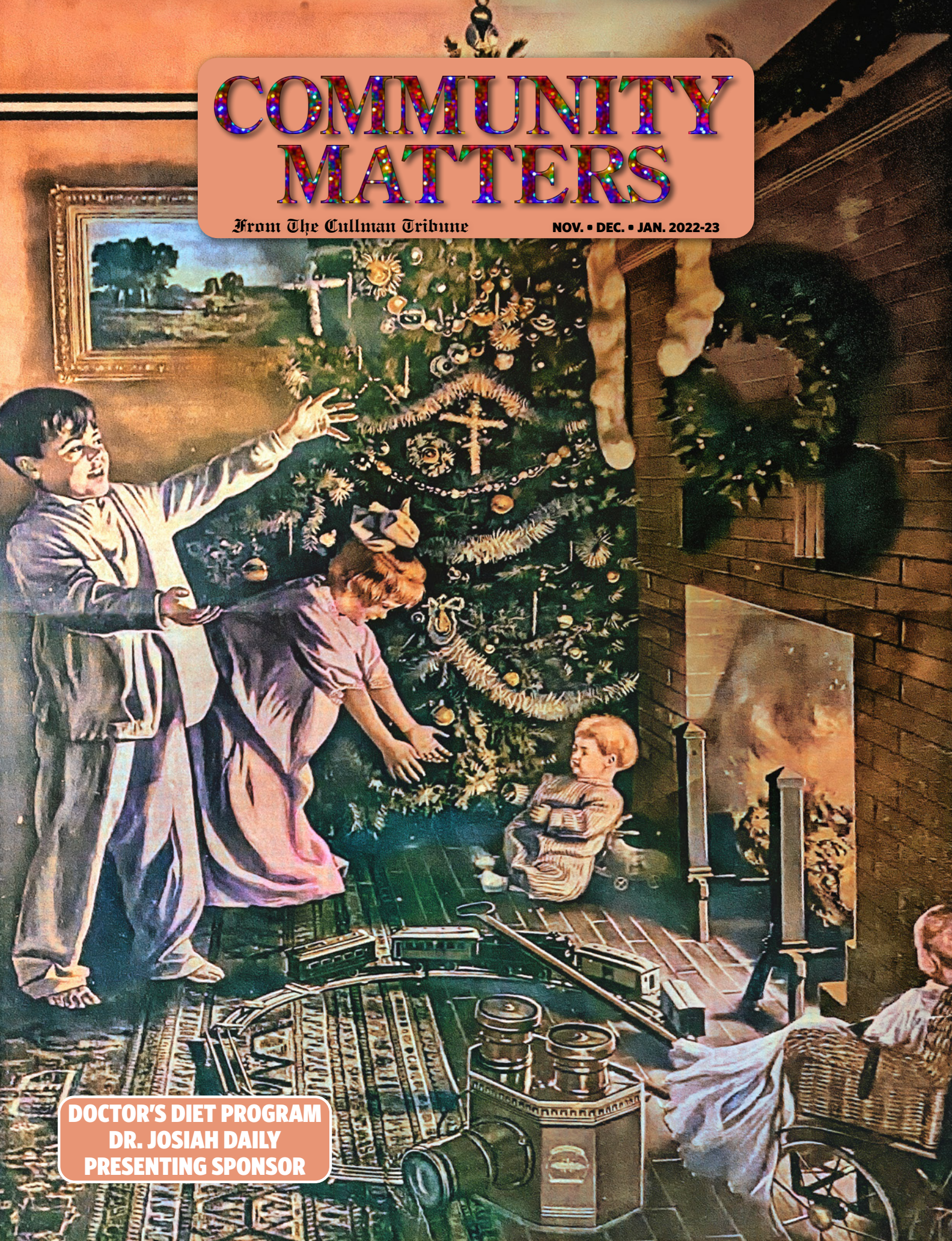


COMMUNITY MATTERS

From The Cullman Tribune

NOV. • DEC. • JAN. 2022-23



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

ADVERTISER INDEX

| | |
|---|--|
| Bill Floyd State Farm - 6 | Doctor's Diet Program - Presenting Sponsor, 37, 60 |
| Brother's Concrete Supply - 9 | EvaBank - 15 |
| Caroline Pinyan Alfa Insurance - 40 | Farmers Insurance Jim McDonald Agency - 31 |
| Carlton's Italian - 51 | Federer Fertilizer - 52 |
| City of Cullman - 15 | Freedom Insurance Agency - 56 |
| Cullman Ballet Theatre School - 5 | Garlan Gudger - 57 |
| Cullman County Commission - 27 | Hanceville Funeral Home - 44 |
| Cullman County Parks and Recreation - 41 | Kim's Parkside Catfish - 29 |
| Cullman County Probate Office - 52 | Lauren Estes Fitness - 54 |
| Cullman County Revenue Commission - 31 | Leldon's - 21 |
| Cullman County Sheriff's Office - 25 | Leonard Design - 53 |
| Cullman Economic Development Agency - 7 | McGriff Tire Pros - 36 |
| Cullman Funeral Home - 9 | Merchants Bank - 47 |
| Cullman Furniture Market - 19 | Options - 24 |
| Cullman Jefferson Gas - 26 | Tesha Brewer State Farm - 8 |
| Cullman Marble & Granite - 21 | The Barn - 24 |
| Cullman Parks, Recreation & Sports Tourism - 45 | The Mortgage Center (Josh) - 4 |
| Cullman Power Board - 59 | The Mortgage Center (Meredith) - 21 |
| Cullman Primary Care - 55 | T & T Motors - 59 |
| Cullman Quick Copy - 36 | Walker Brothers LTD - 18 |
| Cullman Savings Bank - 33 | Wendy's Health & Nutrition - 50 |
| Culpepper Real Estate - 36 | |

Always looking ahead while gliding through the present

Noah Galilee

noah@cullmantribune.com

As this year comes to an end I'm left looking back at all that was accomplished in 2022 by The Tribune crew. There are not many times I've had a few moments to reflect back on the struggles and triumphs absorbed by the crew, but the last few weeks have shown that I am no longer the sole entity behind the newspaper, or this case the magazine.

In 2023 there'll be some new changes to the crew, our site and social media platforms, and we'll introduce new forms of communication for our readers. We will keep to our roots by not implementing a paywall or service to access our website. It'll be free always - so just be sure thank our advertisers.

We are working on a few changes that will help residents and those working or living around our area better monitor road conditions and other situations that could cause delays. Of course, this will be available through our free app, available for both Android and Apple devices. This way you can keep up with all aspects of The Tribune in one simple to locate spot.

Ahh, social media. While Zuckerberg and Musk are busy changing their platforms we are monitoring the situations closely

as most platforms will be moving to a subscription base. At this time we have no plans to charge for any of these services; it's why we have such great advertisers to help bridge the gap between inflation and information.

We absorb as much of the price increase as possible before we ever consider increasing our cost of print, which has stayed steady at 50 cents per issue or \$125 per year in county; out of county is a bit higher simply due to the never ceasing pricing increases of the USPS.

Some may have noticed that our print newspaper quality has increased over the recent months. We had an unexpected three-day notice from our previous printer that they were shutting down that part of their newspaper's operations. So I scrambled and met some amazing people in north Alabama who were more than willing to take on The Tribune on such a short notice. Although many never noticed the change (besides the uptick in quality) I just want to say thank you for staying with us during this transition.

What does 2023 have in store? I guess you'll just have to download the free app, purchase a subscription for a family member or yourself and follow our social media platforms to find out!

To all, I wish you the very best holiday season!

Community Matters

from The Cullman Tribune
Vol. 2 No. 4

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

PUBLISHER
Noah Galilee

PHOTOGRAPHERS
Martha Needham

ASSOCIATE PUBLISHER
Dustin Isom

SALES
Janet Chandler
Robin Winton

CONTRIBUTORS
Sammy Confer
Sara Gladney
Nick Griffin
Amy Leonard

PRINTED BY
Russell Printing, LLC

COPY EDITOR
Wendy Sack

COVER ART
The Cullman Tribune

The Cullman Tribune

Subscribe Today



Visit [Tribune.Store](https://tribune.store) or
Call 256-739-1351

What are you thankful for?

Amy Leonard

amy@cullmantribune.com

We recently asked leaders throughout Cullman County to share what they are grateful for this holiday season. The changemakers who serve the community with open hearts readily gave thoughtful and gracious responses.

**CULLMAN COUNTY
ATTORNEY EMILY
JOHNSTON**

"What I am thankful for... Everything. It starts when I open my eyes and have another day. Without making this exceptionally long, I will name just a few. There are no words to express my gratitude for God's grace, mercy and blessings. Also, the gift of family and friends. Finally, I am thankful for everyone who works to improve the lives of others in our community."

**CULLMAN
COUNTY SCHOOLS
SUPERINTENDENT DR.
SHANE BARNETTE**

"I am thankful for my Lord and Savior, Jesus Christ, my family and friends and our awesome school system."

**THE LINK OF CULLMAN
COUNTY EXECUTIVE
DIRECTOR MELISSA BETTS**

"I'm thankful for so much. My family- that they are healthy and living their best life and that they love me. I'm thankful for the ability to work at an amazing organization, The Link. I'm thankful to live in a country where we are free. I'm thankful that God loves me and gives me an opportunity to love others."

**EXECUTIVE ASSISTANT
TO THE MAYOR, CITY OF
CULLMAN LEANNE WEST**

"I'm thankful for a lot of things, but I guess at the top my list (below my faith in the Lord) would be my family. I am grateful for the time I had and

the good memories I made with family members who are now gone and I'm grateful that he has seen fit to leave me here long enough to be a wife, a mother and a NanAnn. It's a fun life!"

**CULLMAN COUNTY
COMMISSION CHAIRMAN
JEFF CLEMONS**

"I'm always thankful to serve the citizens of Cullman County."

**CITY OF HANCEVILLE
INDUSTRIAL
DEVELOPMENT BOARD'S
NOLAN BRADFORD**

"For my parents who taught me proper values and work ethics."

**CULLMAN REGIONAL
AIRPORT GENERAL
MANAGER BEN HARRISON**

"A supportive board who works with us, along with a city and county who help us achieve goals."

**CULLMAN COUNTY
SHERIFF MATT GENTRY**

"When I think of gratitude, first and foremost I think of salvation. I am eternally grateful for our Lord and Savior who sent his only son, Jesus Christ, to save us all. Secondly, I am so grateful for the love I have for my wonderful wife and my children. They are my anchor and my reason for being the man I am. Lastly, I have a tremendous amount of gratitude for the citizens of Cullman County and the men and women at the Cullman County Sheriff's Office. I get to be the sheriff in the greatest county in the state of Alabama, and for that I will always be grateful."

**WALLACE STATE
COMMUNITY COLLEGE
PRESIDENT DR. VICKI
KAROLEWICS**

"I am thankful most of all for my faith and my family, but also food on my table and a roof over my head, the love of friends and the beauty of the world God has provided »



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

for us."

**CULLMAN COUNTY
COMMISSION ON AGING
DIRECTOR STEPHANIE
LAWSON**

"There's so much that I'm truly thankful for! I'm so very thankful to have been raised by parents in which love and compassion was given. I contribute this as to why I have a heart to help others!"

**CULLMAN COUNTY
EXTENSION
COORDINATOR KIRA SIMS**

"I'm thankful this season for my family, who show me grace when I deserve it the least, and my relationship with Christ, who carried my sin and shame that I might have life eternally."

**FLOURISH OF CULLMAN
EXECUTIVE DIRECTOR
MELISSA DEW**

"I am thankful for the amazing individuals we served in our community. Seeing each of them overcome so much to set goals and see them meet those goals. I am thankful for the smiles on their faces and the pure joy they have when they get a job or their first car or apartment. I am thankful for the amazing team at Flourish that work tirelessly to see individuals get the support they need to be successful in our community. I am thankful for our community that supports Flourish's vision. Last, but not least, I am so thankful for my family. Without them, I could not do what I do."

**FRIENDS OF THE PUBLIC
LIBRARIES OF CULLMAN
COUNTY PRESIDENT
TANYA ALLCORN**

"I'm the most thankful for the blessings that I've received through my children, family and supportive friends. We are so

fortunate to live in a wonderful community that places value on our children, families and educational needs. My heart is full of gratitude."

**CULLMAN PARKS,
RECREATION & SPORTS
TOURISM'S BRIAN KIRK**

"There are so many things. I'm grateful of my recovery, my church, my work and especially my wife and family."

**CITY OF CULLMAN
PLANNING COMMISSION'S
MICHAEL SULLINS**

"I'm grateful for my family and friends and that I live in my favorite city in the world."

**CULLMAN MAYOR
WOODY JACOBS**

"Looking back on this past year, there's a lot to be thankful for. From the perspective of Mayor, I am thankful of all the opportunities that Cullman has been presented with and how, as a whole, we have taken on these opportunities with a consistent vision of the future. I am thankful for the great people of this community and the hardworking, blue-collar mentality that is reflected state wide. I am also grateful for all the hardworking men and women of the city who bring a proactive approach to their jobs each day to allow Cullman the opportunity to continue to be a great place to raise a family as we progress. We owe a lot of thanks to the foundations that this community was built on and continues to thrive under no matter what opportunities come our way- faith, integrity, compassion and humility.

"This time is also a point of reflection on the relationships we have been blessed with. Just this past year, we lost Mayor Don Green and Councilman Coach Andy Page.

In this respect, I am abundantly thankful for my time as a member of the Council under Mayor Green's leadership and my time of working alongside Coach Page during his tenure on the Council- I am thankful men like these, full of life and personality, chose to serve their community. Life is about relationships; it is not about our individual accomplishments, and it's important we always remember that when counting our blessings.

"Personally, this year also provided me the blessing of becoming a grandparent to a healthy baby boy, Lincoln. I am so thankful for my wife, Connie, who has relished her new role as a grandmother.

"God blessed me with a wonderful son and daughter-in-law,

Tyler and Jen, who are great parents, and for that, I am very proud of them. I also have a strong sense of gratitude in the joy that my daughter Hannah brings to everyone she encounters daily. She is a constant reminder to me that a smile and a hug can bring more joy to people than anything materialistic.

"I am not sure what I did to deserve all these wonderful blessings, but I thank the Good Lord daily for letting me be a small part of them- there's nothing like family, nothing like watching your family grow up and become servants of our Lord. My prayer is that God never lets me lose sight of the 'big picture' in life and that I can continue to serve as he leads me."

Cullman Ballet Theatre School

THE NUTCRACKER

**DECEMBER 17 @ 6:00 PM
AND
DECEMBER 18 @ 2:30 PM**

WALLACE COLLEGE AUDITORIUM

TICKETS AVAILABLE BY NOVEMBER 1
WWW.CULLMANBALLETTHEATRE.COM

ANY QUESTIONS
CALL 256-734-7775

Christmas coming to Cullman

Amy Leonard

amy@cullmantribune.com

CULLMAN, Ala. — In a town known for its festivals and community celebrations, Christmas takes the cake in Cullman with numerous celebrations and festivities.

The two most heavily attended parades are the Christmas in Cullman Christmas Parade and Tree Lighting and Cullman County Christmas Parade.

On Friday, Dec. 2, the annual Christmas in Cullman Christmas Parade and Christmas Tree Lighting will be held at Depot Park at 6 p.m. Christmas in Cullman is taking nominations for the first ever grand marshal of the parade.

Nominees are suggested to have a giving heart, great love of the community and reside in Cullman County.

The 33rd Annual Cullman County Christmas Parade will follow its usual route beginning at Wallace State Community College south along U.S. Highway 31.

The parade will be held rain or shine at noon on Saturday, Dec. 3.

This year's theme is "God's Gift of Salvation-Jesus," and the event is organized by the Hanceville Civitan Club.

The parades are just the tip of the iceberg for the holiday season celebration in Cullman.

Other events include:

Nov. 18-19

Vinemont Band Booster Christmas Craft Show

- Friday, Nov. 18 and Saturday, Nov. 19, 9 a.m.-5 p.m.
- Cullman Church of Christ, 4345 Alabama Highway 157
- Annual craft show benefiting Vinemont High School Band

Christmas on Commercial and Tree Lighting

- Saturday, Nov. 19, 10 a.m.-5 p.m.
- Commercial Street, Hanceville
- Holiday market along Commercial Street followed by annual tree lighting at Veterans Park

Nov. 25-26

Christmas Pyramid Lighting

- Friday, Nov. 25 6 p.m.
- Cullman County Museum
- The six-tiered pyramid was made in Germany specifically for Cullman with tiers celebrating Cullman's history, German heritage and hometown heroes.

Dec. 9-11

Cullman Christkindlmarkt

- Friday, Dec. 9 and Saturday, Dec. 10, 11 a.m.-8 p.m. Sunday, Dec. 11, 1-5 p.m.
- Cullman Festhalle
- Food and drinks, handmade gifts, children's activities and Santa

Ave Maria Grotto

- Hours for each day are 5-9

p.m.

- Nov. 25-26
- Dec. 1-3
- Dec. 9-10 with wagon rides
- Dec. 11-15
- Dec. 16-17 with wagon rides
- Dec. 19-22
- Dec. 23 for wagon rides
- Dec. 26
- Christmas lights highlighting the grotto with music and refreshments. Wagon rides through the woods on select dates.
- Admission: Adults \$10; Seniors \$8; Military, veterans, first responders \$7; Ages 13-17 \$8; Ages 5-12 \$7; Ages 4 and under free

- Wagon rides on select dates \$10; Kids' wagon rides \$5

20th Annual Sportsman Lake Park Winter Wonderland Christmas Light Display

- 1544 Sportsman Lake Rd. N.W. Cullman
- Admission is \$10 per vehicle, cash only
- Hours are 5-9 p.m.
- Nov. 18-20, 25-27, 30
- December 1-4, 7-11, 14-23, 26-30
- Over a million lights along the winter wonderland with the Christmas train, snow machine, carriage rides, photo booth and hot chocolate



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

**Your hometown
home & auto team**

When you go with State Farm®, you get neighborly service and a local agent — all for a surprisingly great rate. Give me a call and get a quote today.

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
State Farm Fire and Casualty Company
State Farm General Insurance Company
Bloomington, IL


State Farm County Mutual Insurance Company
of Texas
State Farm Lloyds
Richardson, TX

State Farm Florida Insurance Company
Winter Haven, FL

2001735

**Like a good neighbor,
State Farm is there.®**

State Farm®

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 

The power of an attitude of gratitude

Amy Leonard

amy@cullmantribune.com

GratITUDE is often discussed by families on Thanksgiving Day as we gather around the dining room table and take turns citing what we're thankful for before delving into our delicious meals. But what is gratitude and how can expressing appreciation for what we have and feel alter our physical and mental health?

Gratitude is defined as "the quality of being thankful; readiness to show appreciation for and to return kindness" and is derived from the Latin word *gratia*, which means grace or graciousness.

It's an appreciation for the tangible and intangible things we have in our lives. Gratitude helps us connect to the world outside of ourselves and with others.

The connection to others we feel when expressing gratitude releases oxytocin in the brain.

Once the hormone is produced in the hypothalamus, it's released into the bloodstream by the pituitary gland. When moving throughout the body, oxytocin can regulate emotional responses and encourage social behaviors, almost encouraging the feelings of trust, empathy and communication.

Oxytocin is linked to serotonin and dopamine, making the trio known as the "happy hormones." The hormones work as a team; when the brain releases dopamine and serotonin levels rise, oxytocin is produced.

When practiced, daily gratitude is shown to improve sleep, heighten mood and boost

immunity. Studies also show a decrease in the symptoms of depression and anxiety, chronic pain and a reduction in the risk of disease.

The simple act of sitting for a few moments upon waking and thinking of someone or something you are grateful for is an easy start.

Some prefer to keep a gratitude journal at their bedside to jot down a few things each morning they are thankful for. Others write a gratitude list on their phones and send them to loved ones who send their lists in return. Another option is to end the day in gratitude with

time set aside to reflect on the day and write a paragraph or list in summary.

Harvard Health has the following tips for cultivating more appreciation in your life:

- Write a thank-you note. Nurturing relationships by writing a note or email communicating your gratitude for someone's influence on your life. Remember to occasionally write one to yourself.

- Spend time mentally thanking someone. Think of someone's generous acts and

spend time mentally praising the person.

- Keep a gratitude journal. Use it daily.

- Count your blessings. Set aside time each week to write down your blessings and all that went well during the week. Be detailed about how you feel.

- Pray. Daily prayer for religious people can improve one's health.

- Meditate. Focus on a word and visualize all that you are thankful for.



State Farm®

Tesha Brewer, Agent

(256) 734 - 4645
TESHABREWERSF.COM

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



LOCALLY OWNED
Serving Cullman County, Smith Lake, and Surrounding Communities



256-798-2500 | BROTHERSCONCRETESUPPLY.COM

**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

Cullman County Fair Parade

On Oct. 1, 2022, U.S. Highway 31 in downtown Cullman was packed with spectators waving and cheering as dozens of floats and other displays made their way through the city.

PHOTOS COURTESY NICK GRIFFIN/THE CULLMAN TRIBUNE





Mud Creek Marching Festival

The 31st annual Mud Creek Marching Festival was held at Hanceville High School's Ray Talley Stadium on Oct. 22, 2022. Dozens of regional high school marching bands competed with the hosting Hanceville High School band performing an exhibition followed by the University of North Alabama marching band.

PHOTOS COURTESY AMY LEONARD/THE CULLMAN TRIBUNE





Cullman County Commission and the ties that bind



Cullman County Commissioners Kelly Duke and Kerry Watson, Chairman Jeff Clemons, and Commissioners Corey Freeman and Garry Marchman

Amy Leonard
amy@cullmantribune.com

On Wednesday, Nov. 16, the Cullman County Commission will officially grow from a three-person to a five-person commission when the four commissioners are sworn into office and begin their work serving Cullman County. We sat down with the established commission and the newcomers to get to know them before the ceremony.

The new guys

Commissioner Kelly Duke has lived in Welts his whole life, starting school at Welts before graduating from Holly Pond High School in 1990. Self employed at Affordable Automotive, a family business he started with his brother Kerry in 2001, Duke earned a bachelor's degree from Athens State University.

Married to his wife Randa for 17 years, Duke is the father of Tanner, Tate and Tess, who is married to Griffin Morris.

Duke said he is ready for his new responsibilities to the citizens of Cullman County.

He shared, "I am excited to be a part of a new style of the Cullman County Commission. Going from a three-person to a five-person commission, we will be laying the foundation for the future of the commission.

If we do our jobs well and work together, we will make jobs of future commissioners better and the future of Cullman County even brighter!"

Commissioner Corey Freeman grew up in Brushy Pond and attended Cold Springs schools before home schooling while working at a family service station in Dodge City.

Freeman attended Wallace State for criminal justice and worked as a volunteer fire

fighter in his community.

He now works in law enforcement at the Cullman County Sheriff's Office.

Freeman is the father of two sons and is proudly married to wife Tonya.

He shared, "Public service is a huge passion for me. I enjoy helping our citizens in any way possible.

"This is my biggest like in working in our Commission and for the people.

"Our communities deserve leaders who care about them and their families.

"I strongly believe that to be elected to this office one should be there to listen and communicate with our citizens and do everything possible to make our county the best it can be.

"This will definitely be challenging and not everything will happen overnight but communication goes a long way in my opinion."

The old hats

Commission Chairman Jeff "Clem" Clemons has dedicated his life to working for the betterment of Cullman County and its citizens. Starting off as a dispatcher at the Cullman County Sheriff's Office in 1986, the deputy sheriff worked in investigations, patrol and was captain of the Special Projects Division. He retired after 33 years with the department.

Clem grew up in Bug Tussle and is a graduate of Cold Springs High School and the Jefferson County Law Enforcement Academy. He has been married to his wife Deborah for 33 years. Clem's stepson Justin has been with Cullman County Sheriff's Office for 18 years.

He shared, "Serving is a passion. I served the citizens of Cullman County all my life and it's truly an honor just to be serving the citizens of this great county. We have »

some good guys here and I think we'll continue to have good men on the commission that we can work with to make progress."

Commissioner Garry Marchman has worn many hats in his lifetime. The Jones Chapel native grew up farming and graduated from West Point High School in 1981. Never afraid to get his hands dirty, Marchman worked at Americold and other local factories before joining the military. Upon his retirement, Marchman returned to what he loved - cattle and crop farming.

Elected three times to the commission, Marchman has served on the commission since 2014.

He shared, "Even though it can be a thankless job, every now and then you get an

opportunity to do something good for somebody and that's what I like about it. Those little things that come along that you can do that makes a difference in people's lives- that's the reason I do it."

Marchman is married to wife Bobbi and father to four adult children ranging in age from 28-40 with a grandson and granddaughter and a great-grandson on the way.

Commissioner Kerry Watson graduated from Fairview High School in 1981 and worked with the Cullman County Sheriff's Office for 16 years before moving to the Cullman County Sales Tax Office as a revenue agent in 2004.

Serving on the commission since 2014, Watson said, "I've always like helping people

and I felt like the commission was the best way for me to help the community and do what was right by them and represent them the way they ought to be represented. They blessed me with the chance to serve the community and to continue to serve them. I feel very honored to represent the people of Cullman County."

Watson has been married to Rena Sparks Watson for 37 years, and is father to Jessica Watson Brooks and father-in-law to Nathan Brooks. The newest addition to the family, 8-month-old Watson Owen Brooks, is the first grandchild of Watson and his wife Rena's and the first boy in his family in over 18 years!



More Loans & Fewer Excuses

With the EvaBank **Every Valuable Advantage** we make more loans and fewer excuses. As your true community bank we have the technology you need and the service you expect. We are here to deliver the best loan experience possible!

To learn more about the excellent products and services we offer, please stop by our Cullman locations and talk with one of our expert lenders who can help put together a loan just right for you! You can also find us online at www.EvaBank.com.

Main Office

256-255-2000 • 1710 Cherokee Avenue SW, Cullman, AL 35055



MEGAN NEIGHBORS
256-737-1420
VP/Branch Manager/Lender
megann@eva-bank.com
NMLS #416245



ROB DEAN
256-737-1413
Lender
robd@eva-bank.com
NMLS #686759



MARBELLY SERRANO
256-737-1452
Lender (Bilingual)
marbellys@eva-bank.com
NMLS #2099031

Highway 157 Office

256-737-1655 • 3210 Alabama Highway 157, Cullman, AL 35058



KERRY NEIGHBORS
VP/Branch Manager/Lender
kerryn@eva-bank.com
NMLS #881703



BRANDI SMITH
Lender
brandys@eva-bank.com
NMLS #416244



MISTY SHANNON
Lender
mistys@eva-bank.com
NMLS #770169

Cherokee • Highway 157 • Eva • Arab • Priceville • Decatur • Madison • Clairmont

www.EvaBank.com



NMLS #414640



STEELE ORCHARD

Stock up on your holiday apple baking needs at Steele Orchard, located at 1695 County Road 1141.

Ring in the holidays with Steele Orchard

Amy Leonard
amy@cullmantribune.com

Essential to every Thanksgiving dessert table is apple pie usually prepared using great-grandma's or some other secret family recipe. The integral ingredient to everyone's recipe is the perfect apples, and for those living near Cullman

County, those apples have been found at Steele Orchard for generations.

Douglas and Linda Steele chose to try their hand at an apple orchard in 1985 for one simple reason: "Because we like to eat apples," laughed Linda Steele.

The couple planted two varieties—a Washington Red Delicious and Michigan Yellow Delicious. The first planting

consisted of 300 trees. This year the harvest is over 3,000 trees.

Apple orchards aren't plentiful in Alabama due to our climate, and the Steeles have spent the last 37 years perfecting their techniques and diversifying their apple varieties.

Their current selections include apples that are ready to harvest as early as July and

as late as October.

Early season varieties include McIntosh, Gala, Ginger Gold, Dorsett, Mollie Delicious and Golden Supreme.

August sees Honey Crisp, Ambrosia, Red Delicious and Arlet making their appearance. Later in the summer and early fall, everything from Golden Delicious to Pink Lady and the tart Granny Smith are available. »

Steele Orchard offers more than freshly picked apples to the community. Each spring, the orchard holds a tree sale where ambitious home gardeners have the opportunity to buy their preferred variety. An informative workshop is also held to provide education on the care and maintenance of the trees. Additionally, the orchard hosts tours for small and large groups of school children and adults who wish to learn about the nutritional value of apples, the trees' growing habits and soil needs and more. A trip to Steele Orchard is never complete without one (or three) of Linda Steele's famous fried apple pies.

AMY'S DUTCH APPLE PIE INGREDIENTS

Crust

- 1 cup all-purpose flour
- Pinch of cinnamon
- 1/8 tsp. salt
- 1/2 cup salted butter, cold (Tip: Grate the butter and place in freezer before using)
- A smidge of ice water, enough to form a dough

Filling

- 9 cups peeled, cored and sliced Granny Smith apples
- 1 cup sugar
- 1/4 cup All-Purpose Flour
- 1 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg

Topping

- 1 cup all-purpose flour
- 1/2 cup dark brown sugar, packed
- 1/2 cup salted butter, cold (See above butter tip)

INSTRUCTIONS

Crust

1. Place the flour, cinnamon and salt in a large bowl and combine.



STEELE ORCHARD

2. Using a pastry cutter, work in the butter until pea sized.

3. Add the ice water slowly and gradually, mixing as you go. Keep the handling of the dough to a minimum.

4. Once the dough holds together, form into a ball with your hands.

5. Wrap in plastic wrap and chill for at least an hour before rolling it out.

Filling

1. Preheat oven to 425°F.
2. Toss the apples with flour,

sugar, cinnamon and nutmeg.

3. Place the refrigerated dough on floured countertop. Roll until it's 2 inches larger than the pie pan.

4. Place dough in pan.

5. Place parchment paper in pan and fill with either pie weights or dried beans.

6. Bake the pie crust for 15-20 minutes and remove from oven.

7. Remove pie weights or dried beans and discard parchment paper.

8. Pour apple mixture evenly

into pie pan.

Topping

1. Mix butter with flour and sugar with fingertips or pastry cutter until combined but lumpy.

2. Spread evenly over apple mixture.

3. Bake for 20 minutes at 425°F for 10 minutes, then bake for 30 minutes at 350°F.

4. Remove from oven and cool before slicing.

Stock up on your holiday apple baking needs at Steele Orchard, located at 1695 County Road 1141.

4 simple ways to stay active this holiday season

Lauren Estes

lauren@cullmantribune.com

Anytime you're beginning a new workout regimen or program, always have clearance with your doctor, especially if you have any pre-existing cardiac or other health issues.

Are you looking to be held accountable and continue on your health journey during the busy Thanksgiving and Christmas season?

Here are four simple ways to stay active during the holidays, which can be as easy as setting alarm reminders on your phone.

1. Prepare with a workout

Look up or create (you can also hire a trainer or a coach) a workout structured to fit your goals.

If time is your main constraint, pick exercises you can do easily and efficiently at home three or four times a week.

If you're able to create "workout splits" where you zone in on specific muscle groups, (e.g., legs, back, shoulders, etc.) and you have the time, choose that route. If not, create workouts that are full-body friendly.

For example, choose upper body, lower body, core and cardio exercises and rotate them for repetitions or time.

2. Plan ahead and prioritize exercising

Set aside 30 minutes to an hour a day to focus on a home or gym workout. Use the pre-planned workout by making

sure you understand each exercise and have the correct materials in order to complete it. Set an alarm on your phone to remind you to do the workout and where the information explaining the exercises is stored if needed.

3. Create accountability with someone else

Utilize another person with this at-home workout regimen where you are held accountable through communication pre or post workout to ensure you are finishing them.

One of the easiest ways to complete tasks is to have someone to talk with afterward and to inform the task is finished. Working out is no different.

Find someone who will do the workouts with you or hold you accountable in the process through check-ins, working out together or discussion.

4. Get the big 5 benefits daily (SSSNR)

What are the big five benefits? Sunshine, Steps, Sleep, Nutrition and Recovery.

Daily vitamin D, walking, adequate sleep, appropriate nutrition and recovery from exercises/events/stress all pair together to give you five solid health benefits.

Managing them all will help in the process of building your healthy lifestyle and staying active.

Sunlight is the most natural form of Vitamin D, which helps absorb calcium to build and maintain bone strength. Getting your steps in daily (walking) is known to help with high blood

pressure, diabetes, protect against disease and strengthen muscles and bones.

Sleep is essential to creating healthy brain function and maintaining your physical health.

Nutrition is vital in building stronger immune systems and lowering the risks of communicable diseases.

Last, recovery time and reducing stress allow the body to bounce back faster and be more present in daily tasks.

Combine all five and you are on the route to creating a healthy lifestyle.

Sources:

- <https://www.verywellfit.com/exercise-during-the-holidays-1231555>
- <https://www.verywellfit.com/exercise-during-the-holidays-1231555>
- <https://dailyburn.com/life/db/15-minute-home-workout/amp/>
- <https://jessicasmithtv.com/join-us-for-healthy-for-the-holidays-4-week-plan/>



WALKER BROTHERS LTD.

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

CULLMAN'S LARGEST FURNITURE SHOWROOM

CT CULLMAN FURNITURE MARKET

ROWEFURNITURE.COM | ROBINBRUCE.COM



1807 2ND AVE SW | CULLMAN, AL 256-841-6755 CULLMANFURNITUREMARKET.COM

Bassett

BERNHARDT

HOOKER
— FURNITURE —

LA Z BOY
ComfortStudio

Healthy, hardy, jolly holiday recipes

Lauren Estes

lauren@cullmantribune.com

This holiday season, change up your normal Thanksgiving and Christmas dishes for something a little different with healthy, fresh alternatives that are sure to impress the relatives and be a little easier on the calories.

Here are a few recipes we've found that incorporate healthier ingredients, but still pack big flavor!

WINTER FRUIT SALAD

PREP TIME: 30 minutes

NUTRITION: Per serving: 301 calories/ 2 grams fat/ 76 grams carbs/ 11.5 grams fiber

INGREDIENTS

- 1/2 cup sugar
- 11-inch piece ginger, peeled and thinly sliced
- 1 vanilla bean, split lengthwise and seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 kumquats, very thinly sliced crosswise, seeds removed
- 1 cup pomegranate seeds (from 1 pomegranate)

INSTRUCTIONS

1. Combine sugar, 2 cups water, ginger and vanilla seeds

and pod in saucepan.

2. Use a vegetable peeler to remove wide strips of zest from the lemon and 1 orange; add to saucepan and bring to a boil over medium-high heat.

3. Reduce heat and simmer for five minutes. Refrigerate until cold.

4. Meanwhile, peel remaining oranges with a paring knife, cutting along the natural curve of the fruit. Hold an orange over a large bowl and cut along both sides of each membrane to free segments, letting them fall into bowl. Squeeze each empty membrane to release juices. Repeat with remaining oranges.

5. Add mangoes, bananas, kiwis, kumquats and pomegranate seeds and gently toss.

6. Pour syrup over fruit and chill overnight.

7. Before serving, remove citrus zest, ginger and vanilla pod. Spoon fruit and syrup into bowls.

8. To remove pomegranate seeds, cut fruit into quarters, then break apart in a bowl of water. Skim off the pith that floats to the top and drain the seeds.

Source: (www.foodnetwork.com/holidays-and-parties/packages/holidays/holiday-central-how-tos/holidays-made-healthy-smart-indulgences)

ROASTED BRUSSELS SPROUTS WITH POMEGRANATE AND HAZELNUTS

PREP TIME: 20 minutes, cook time: 45 minutes

NUTRITION: 295 calories, 17 grams fat, 35 grams carbs, 9 grams fiber, 8 grams protein

INGREDIENTS

- 1 1/4 lb. Brussels sprouts, trimmed and halved
- 2 tbsp. canola oil
- Kosher salt and freshly ground pepper
- 3 tbsp. pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tbsp. finely grated orange zest

INSTRUCTIONS

1. Preheat oven to 375F.
2. Put Brussels sprouts in a medium roasting pan; toss with canola oil and season with salt and pepper.
3. Roast in oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes.
4. Transfer sprouts to a large bowl and add pomegranate molasses, pomegranate seeds, hazelnuts and lime and orange zests. Season with salt as needed.

Source: (www.foodnetwork.com/recipes/bobby-flay/roasted-brussels-sprouts-with-pomegranate-and-hazelnuts-recipe-1973768)

granate-and-hazelnuts-recipe-1973768)

APPLE CINNAMON OAT BRAN PANCAKES

PREP TIME: 8 minutes, cook time: 20 minutes

NUTRITION: 184 calories per pancake, 27 carbs/8.8 fats/6.8 grams protein- 6 servings per recipe

INGREDIENTS

- 1 apple crisp, sweet apples are best
- 1 cup oat bran
- 1/3 cup old fashioned oats
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 2 eggs
- 1/2 cup unsweetened almond milk plus more to reach desired consistency
- 2 tbsp. honey
- 2 tbsp. coconut oil, melted

INSTRUCTIONS

1. Peel and de-core apple. (Any sweet, crisp apple will do for this recipe, like a gala, fuji or honey crisp.)
2. Once skin and core are removed, chop apple into fine, even pieces.
3. In a large mixing bowl, combine chopped apple, oat bran, old-fashioned oats, baking powder, ground cinnamon, eggs, unsweetened almond milk, honey and coconut oil. Stir well. (The mixture should be thick, but soupy and pourable. If necessary, add a touch more almond milk to loosen.)
4. Heat griddle or skillet over medium-high heat. »

5. Once pan is hot, pour 1/4 cup batter onto hot pan. (No need to grease pan since batter contains coconut oil which will prevent it from sticking.)

6. Cook pancake for 3-4 minutes, then flip and cook an additional 3-4 minutes, or until golden-brown.

7. Repeat with remaining batter.

8. To serve, drizzle with some pure maple syrup or honey.

Source: (www.asweetpeachef.com/oat-bran-pancakes)



"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



The Mortgage Center

powered by



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 41D80-60614





Home of your locally made Christmas
ornaments, gifts, and more!

Monday-Saturday 10-5
117 1st Ave. NE, Cullman, AL

LOCALLY CURATED GOODS

COUNTY VOLLEYBALL TOURNAMENT

Good Hope tops Holly Pond to claim back-to-back county titles

Nick Griffin

nick@cullmantribune.com

GOOD HOPE, Ala. — This year's Cullman County Volleyball Tournament wrapped up at Good Hope High School Oct. 4 and for the second year in a row, the Lady Raiders are county champions. Good Hope knocked off Holly Pond in its first match of the day and swept the Lady Broncos in the finals to secure the county crown.

Lady Raiders Head Coach Natasha Holder was proud to see her team defend their home court and come away with another county championship, especially with a big group of seniors leading this year's squad.

"It's really sweet to see this group come together and buy in to what we want to do at Good Hope and relive what Good Hope Volleyball is known for," Holder said.

"It's really special, especially with five seniors this year to be able to host county on our home court and to come in as the no. 1 seed and just take care of business all the way through was really nice to see. I'm really proud for them to be able to do that."

The Lady Raiders also collected a little extra hardware before the championship trophy was presented. Ivey Maddox was named this year's County Tournament MVP and Bailey Keef received this year's Samantha Perdue



NICK GRIFFIN/THE CULLMAN TRIBUNE

Good Hope swept Holly Pond 2-0 on Oct. 4 to win this year's Cullman County Volleyball Tournament.

award.

The Perdue award honors the former Good Hope coach and Cold Springs teacher who lost her battle to cancer in 2013.

Perdue was an inspiration to many young athletes as well as a blessing to everyone she met. The award is given

to a senior volleyball player for character, hard work and community involvement.

GOOD HOPE 2 - HOLLY POND 0

(25-13, 25-18)

The Lady Raiders jumped out to a 4-1 start in the opening set and quickly extended that

lead to 10-4 as the set went on. Holly Pond managed to battle back and cut the lead to 13-9 midway through the set, but Good Hope seized the momentum the rest of the way, outscoring Holly Pond 12-5 and pulling away to take the first set over the Lady Broncos 25-14. »



NICK GRIFFIN/THE CULLMAN TRIBUNE

The second set was a little tighter for the Lady Raiders. They got out to another 4-1 start, but this time Holly Pond was able to trim the lead all the way down to 9-8. However, Good Hope used an 8-1 scoring run move out in front 17-9 and held off a late rally from the Lady Broncos to win the set 25-18 and secure the county championship.

STATS FROM THE CHAMPIONSHIP MATCH

Good Hope

- Ivey Maddox (nine kills, three points, and two aces)
- Emma Bailey (Two points, two kills, and an ace)
- Bailey Keef (five kills, an ace and two points)
- Katie Creel (ace and a point)
- Maddie McKenney (two

aces)

- Addie Stripling (ace)
- Charly Johnson (three kills)

Holly Pond

- Kamryn Tankersley (three points and two kills)
- Maycie Black (ace)
- Aliyah Ryan (ace)
- Emma Earl (two points)
- Ellie Burks (ace and two points)

ALL-COUNTY TOURNAMENT TEAM

- Patton Fells, West Point
- Kaylee Rohrscheib, Holly Pond
- Laci Segrest, Cold Springs
- Maddie McKenney, Good Hope
- Charly Johnson, Good Hope
- Kylee Quinn, West Point
- Abby Young, »

Vinemont

- Maycie Black, Holly Pond
- Kamryn Tankersley, Holly Pond
- Abby McDonald, Fairview
- Emma Earl, Holly Pond
- Liberty Shadix, West Point
- Bailey Keef, Good Hope
- Brooklyn Wells, West Point
- Ivey Maddox, Good Hope (MVP)

ALL-COUNTY TEAM

- Abby McDonald, Fairview
- Bailey Keef, Good Hope
- Ivey Maddox, Good Hope
- Addie Stripling, Good Hope
- Ciara Calvert, Cold Springs
- Charity Barnes, Hanceville
- Kamryn Tankersley, Holly Pond
- Emma Earl, Holly Pond
- Maycie Black, Holly Pond
- Abby Young, Vinemont
- Laklin Shadix, West Point
- Liberty Shadix, West Point
- Brooklyn Wells, West Point

**WEST POINT 2 -
VINEMONT 0**
(25-23, 25-19)

Vinemont got off to a red-hot start in the first set as they took a quick 5-2 lead and would later stretch it to 9-2. The Lady

Eagles held a 13-6 lead later in the set, but West Point slowly started to chip away at the deficit as they went on a 7-1 run to cut it to 14-13. Vinemont would push their lead to 17-14, but the Lady Warriors would end up tying things up at 18 and later took a 21-19 lead. West Point would increase their lead to 24-21 and they would go on to win the first set, 25-23.

The second set was close early on as West Point held a slim 7-6 lead, but they went on to push their lead to 11-7. The Lady Warriors increased their lead to 16-10, but back came Vinemont as they scored the next four points to make it a 16-14 contest.

West Point scored five in a row to stretch their lead to 21-14, but Vinemont made things a little interesting in the end as they cut it to 24-19. The Lady Warriors were able to collect the final point of the game and they picked up a 25-19 win over the Lady Eagles as they moved on to the next round.

**FAIRVIEW 2 -
COLD SPRINGS 0**

(28-26, 25-17)

The first set saw Fairview jump out to a quick 4-0 lead and would later push it to 9-3. Fairview would later pad their lead even further as they made it 17-9, but Cold Springs came back to make things very interesting as they cut it to 18-15. The Lady Aggies would push their lead to 21-15, but the Lady Eagles were not done by a long shot as they came storming back to take a 23-22 lead. Cold Springs later held a 26-25 lead, but Fairview would get the final three points of the first set to win a wild one, 28-26.

Cold Springs jumped out to a 5-2 lead in the second set, but Fairview would cut it to 7-6 and would later go on a huge run to take a 16-8 lead.

The Lady Eagles cut the deficit to just five multiple times, but they wouldn't get any closer after that as the Lady Aggies would pull away at the end to take the second set, 25-17, and they moved on to the next round to take on West Point.

**GOOD HOPE 2 -
HOLLY POND 0**

(25-15, 25-19)

Holly Pond grabbed an early 4-2 lead in the first set against Good Hope and it was close halfway through the contest. The Lady Broncos held a slim 8-6 lead, but the Lady Raiders came back to take a 10-8 lead. Good Hope was leading 14-13 and that's when they began to pull away from Holly Pond as six straight points pushed their lead to 20-13. Holly Pond cut it to 20-14, but the Lady Raiders would be too much for them at the end as they ended up taking the first set, 25-15.

Holly Pond took a 4-3 lead early on in the second set and would later make it an 8-3 game. Good Hope, though, answered right back in a big way as they went on a 7-0 run to take a 10-8 lead. There would be several lead changes and ties for a while.

Holly Pond held a 15-14 lead, but another big run by the Lady Raiders gave them the lead right back at 21-15. The Lady Broncos cut the deficit to five at 24-19, but Good Hope got the last point of the set as they won the second set, 25-19, to move on to the championship »



"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



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!

As we enter into the holiday season remember to celebrate responsibly

DON'T DRINK AND DRIVE

Cullman County Sheriff Matt Gentry

**Cullman County
Sheriff's Office
256-734-0342**

game.

**WEST POINT 2 -
FAIRVIEW 0**
(25-23, 25-17)

West Point jumped out to a 6-3 lead in the first set, but Fairview came back to tie it up at six. The Lady Aggies went on a 5-2 run to take an 11-9 lead, but both teams would later find themselves in a 13-all tie.

The Lady Warriors broke the tie with three in a row to give them a 16-13 lead, but Fairview tied things up at 16 with three straight points of their own.

West Point later held a 19-17 lead and would push their lead to 23-19, but the Lady Aggies had an answer as they made it a 24-23 game. The Lady Warriors were able to collect the final point as they took the first set, 25-23.

Fairview held onto a 5-3 lead early on in the second set and later pushed it to 7-4 lead. West Point scored seven straight points to take an 11-7 lead and they would later make it a 13-9 game.

After the Lady Warriors pushed their lead to 17-11, the Lady Aggies looked to go on a little run of their own as they ended up cutting it to 18-14, and later on, to 21-17.

West Point, though, finished the game strong as they scored the final four points of the second set and ended up defeating Fairview, 25-17. They moved on to take on Holly Pond to see who would take on Good Hope in the championship game.

**HOLLY POND 2 -
WEST POINT 1**
(25-20, 20-25, 15-13)

Holly Pond jumped out to a quick 3-1 lead in the first set. Back-to-back kills by Liberty Shadix tied things up at four and later on, Laklin Shadix

collected back-to-back points to give West Point an 8-7 lead.

The Lady Warriors made it 13-10 on a kill by Kylee Quinn, but the Lady Broncos went on a big run as a pair of points by Ellie Burks gave them a 17-14 lead. Kamryn Tankersley would later add an ace and Maycie Black collected a point of her own as Holly Pond pushed their lead to 20-14. West Point trimmed their deficit to just three twice late in the first set, the last one would be 23-20. The Lady Broncos got the final two points of the first set as they ended up taking it, 25-20.

The Lady Broncos got off to a fast start in the second set as they quickly broke a 2-2 tie with five straight points, including a pair of Tankersley aces, to give them a 7-2 lead.

West Point came back to tie it up at eight on points by Laklin Shadix and Katie Beth Yovino.

It would stay close after that for a while, but after Holly Pond grabbed a 12-11 lead, the Lady Warriors scored five straight points as a kill by Liberty Shadix and a point by Kylee Quinn gave them a 16-12 lead.

West Point would later push their lead to 21-15, but Holly Pond made things very interesting after that as a point each by Emma Earl, Burks, and Tankersley cut it to 22-20.

The Lady Warriors ended up getting the final three points of the second set as they ended up winning, 25-20, to tie it up at one.

An Aliyah Ryan ace gave Holly Pond a 4-1 lead in the


third and deciding set.

A point by Black kept the Lady Bronco lead at three at 6-3. A Liberty Shadix kill was followed by back-to-back aces from Yovino as that tied it up at seven.

Neither team went on that huge run to pull away at the end as there would be several ties and lead changes for most of the third set. A Black ace gave the Lady Warriors a 12-11 lead, but Holly Pond came back to take a 13-12 lead.

West Point tied it up at 13, but the Lady Broncos would be the team to move on to the championship game as they got the final two points of the third set to take home the 15-13 win.

Sammy Confer contributed to this article.



CULLMAN JEFFERSON GAS

Natural Gas™
Comfortable. Responsible.

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



Left to right: Kelly Duke, place 3 - Kerry Watson, place 1 - Jeff Clemons, Chairman - Corey Freeman, place 4 - Garry Marchman, place 2

*Best wishes for a wonderful
holiday season and a
Happy New Year!*

Cullman County Courthouse

Mon-Fri: 8 A.M. - 4:30 P.M.

256-739-3530

500 Second Ave SW

Cullman, AL 35055



PREP VOLLEYBALL

Addison tops Covenant Christian to capture 3rd straight state title

Nick Griffin

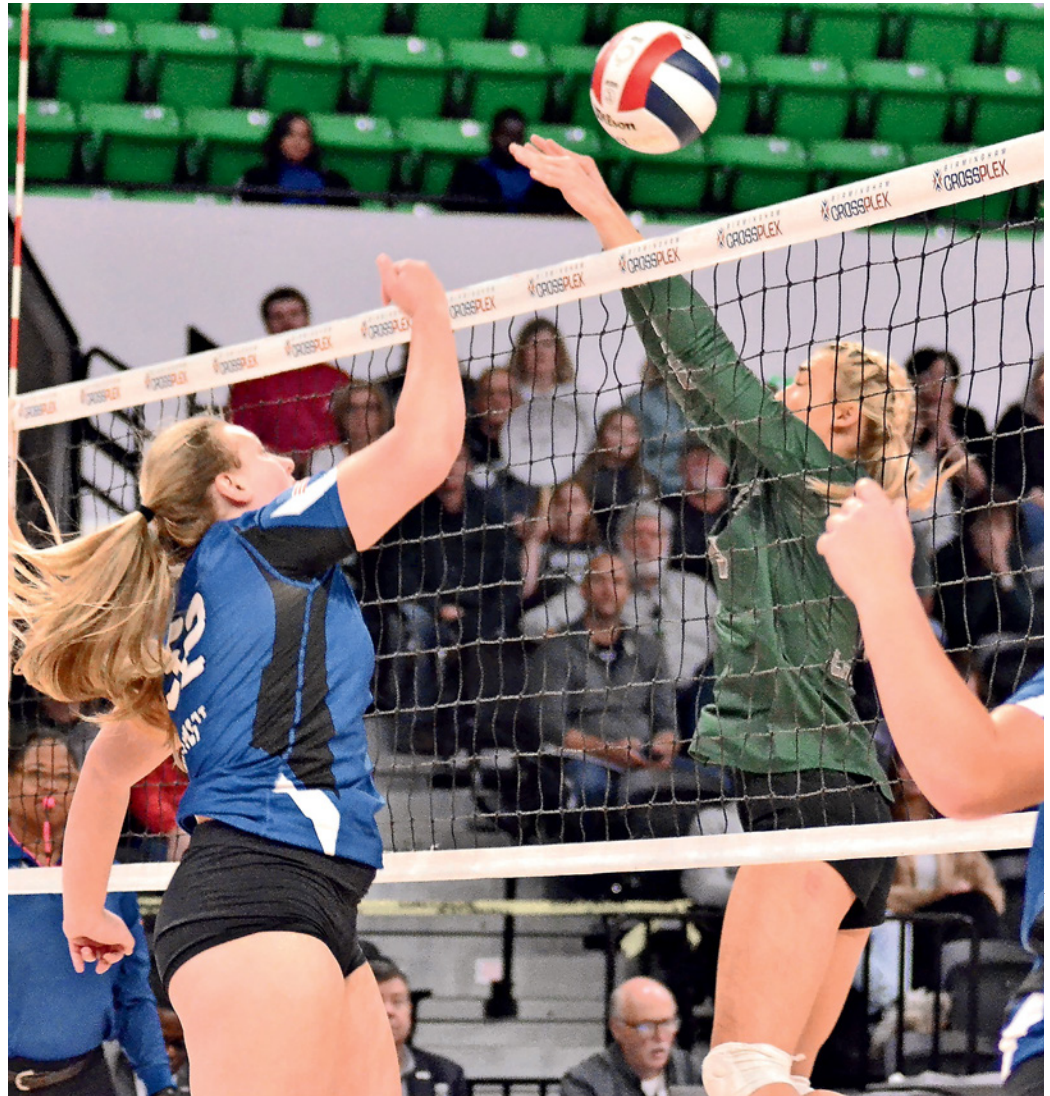
nick@cullmantribune.com

BIRMINGHAM, Ala. — The Addison Lady Bulldogs were back in familiar territory on Oct. 26, seeking their ninth state championship in 10 years. The defending state champions faced off against the Eagles of Covenant Christian in this year's 1A State Finals and they swept their way to their third straight state title and their 14th in school history.

Abby Waldrep, Bailee Ory, Dacey Baker and Gracie Manley each earned All-State Tournament honors and Manley was named Tournament MVP.

Addison Head Coach Kaydi Woodard was proud to see all of her team's hard work pay off with another state championship, but she's especially proud of the way they've bonded throughout the season.

"I'm extremely proud of them, they've worked very hard. This summer they worked out at 5 a.m. three days a week and then had practice. So, it's been a lot of work put in this year. For most of my seniors this was their third state championship in a row, so it was extremely special for us to get a three-peat. That's what they were working for," Woodard said. "With this team there has been almost no stress the whole season. They get along like sisters and sometimes they fight like sisters too, but they are there for each other. It has been stress free, drama free



NICK GRIFFIN/THE CULLMAN TRIBUNE

The Addison Bulldogs defeated Covenant Christian 3-0 (25-9, 25-20, 25-18) on Oct. 26 to win their third straight state championship.

and they are just the happiest little team I have ever been on or coached. So, they made it easy, I can't say that enough, they made it easy."

Manley is a senior on this year's Addison team and this is the fourth blue map she's

been able to get her hands on as a Lady Bulldog. She already had three state titles under her belt coming into Wednesday's match but claiming this one with her fellow seniors and going out on top meant a lot to her.

"I couldn't do it without all my teammates and I'm really grateful to be MVP. In my eyes, I don't really think it's any one person, I think it's all of us. I think everyone does their part and we couldn't have done it without anyone on our »



NICK GRIFFIN/THE CULLMAN TRIBUNE

team. I think everyone on our team does such a great job and we work together so well. I've lost a state championship before and this is definitely better," Manley laughed. "It's just the best way to go out honestly and I'm very proud that we could do that together."

Addison - Covenant Christian (25-9, 25-20, 25-18)

The Lady Bulldogs dominated the opening set against Covenant Christian, taking an early, 6-0 lead and pulling ahead 14-2 at one point midway through the set. Addison maintained an 18-8 advantage later in the set and went on to take the opening frame over the Lady Eagles 25-9.

The next set was a little more

interesting. Addison got off to a 4-0 start to build another early lead, but Covenant Christian responded and came back to trim the lead 6-5.

The Lady Bulldogs led just 9-8 midway through the set but put together a scoring run to move out in front 15-10.

The Lady Eagles cut the lead to four at one point but couldn't get any closer than that and Addison cruised to a 25-20 win in the second set.

The third set was a battle for the Lady Bulldogs. Covenant Christian led the way 7-3 early and maintained a 10-7 advantage as the set went on.

However, Addison began to come back, chipping away at the lead until the set was knotted at 13. The Lady

Bulldogs pulled ahead to take a 16-13 lead and held onto a 20-17 lead late in the set.

Addison finished the set strong, outscoring the Lady Eagles 5-1 the rest of the way to secure a 25-18 win and its third consecutive state

championship.

Baker led the Lady Bulldogs with 13 kills in the win, followed by Katie Barrett with nine and Waldrep with eight. Manley led the way with 29 assists for Addison and Ory finished with 12 digs.

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

PREP CROSS COUNTRY

Cold Springs claims County Cross Country Championships; Edgeworth, Whitlow win individual titles

Nick Griffin

nick@cullmantribune.com

BREMEN, Ala. — This year's Cullman County Cross Country Championship was hosted at Cold Springs High School on Oct. 20 and the hometown Eagles claimed both the boys' and girls' county titles. Cold Springs' Ethan Edgeworth (15:18.83) and Paizley Whitlow (19:52.29) placed first in their respective races to win individual crowns as well.

In the JV races, Cold Springs also won the JV Girls County Championship while Good Hope took home the JV Boys title.

Good Hope's Maddie O'Neil (15:14.08) and Drake Nichols (12:49.25) placed first in the JV Girls' and Boys' competitions respectively.

COLD SPRINGS BOYS

(1st place - 31 points)

- 1st - Ethan Edgeworth: 15:18.83
- 2nd - Jayden Allred: 16:07.82
- 7th - Sage Nelson: 17:36.81
- 10th - Justin Caffee: 17:37.73
- 11th - Josiah Walker: 17:41.69
- 18 - Blake Belcher: 19:19.52
- 21st - Logan Perdue: 19:59.57
- 27th - Brody Belcher: 21:20.32

FAIRVIEW BOYS

(2nd place - 63 points)



NICK GRIFFIN/THE CULLMAN TRIBUNE

Cold Springs' Ethan Edgeworth (left) and Paizley Whitlow (right) won this year's varsity boys and girls county championships on Oct. 20.

- 6th - Alex England: 17:10.36
- 8th - Parker Guterrez: 17:36.86
- 14th - Carlos Medina: 18:07.81
- 16th - Jacob Hankins: 18:53.51
- 19th - Devon Mcgee: 19:42.96
- 23rd - Jackson Haynes: 20:21.44
- 24th - Meighton McParlin: 21:04.11
- 35th - Logan Race: 28:51.07

HOLLY POND BOYS

(3rd place - 69 points)

- 5th - Travis Barnett: 16:59.71
- 9th - Matthew Putman: 17:37.48

- 13th - Joshua Putman: 18:00.35
- 20th - Emery Barnett: 19:56.87
- 22nd - Kohl Horton: 20:19.79
- 29th - Wyatt Benefield: 21:32.20
- 30th - Carter Brewis: 21:32.70

»



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 | 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 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

UNDERSTAND HOW YOUR HOME CAN SAVE YOU MONEY

Have you recently moved into a new home? Have you recently turned 65 years old? Did you know your primary home can save you money on property taxes if you assess it as your homestead?

THE PROCESS IS SIMPLE AND FREE

NEW ASSESS YOUR HOMESTEAD ONLINE AT
[HTTPS://CULLMANREVENUE.US/TAXPAYMENTS/PROPERTY/SEARCH](https://cullmanrevenue.us/taxpayments/property/search)

You may also visit any Cullman Revenue Commission location by December 31, 2022 to request and sign for an applicable homestead exemption.



*Homestead exemptions apply to primary homes only; 2nd homes, vacant land, or company/rental properties are ineligible.

• 33rd - Jonah Shockley: 25:13.90

WEST POINT BOYS

(4th place – 85 points)

- 4th - Rene Moreno-Tovar: 16:18.04
- 12th - Hayden Jones: 17:53.10
- 17th - Thomas Ferster: 19:15.17
- 25th - Caden Rusk: 21:04.74
- 28th - Jakob Salter: 21:22.38

VINEMONT BOYS

(5th place – 105 points)

- 3rd - Ethan Lemons: 16:17.27
- 15th - Brady Johnson: 18:39.98
- 26th - Michael Black: 21:16.99
- 32nd - Dekota Crider: 23:56.55
- 37th - Chad Reynolds: 34:42.50
- 38th - Owen McKinney: 42:24.12

GOOD HOPE BOYS

- 31st - Kaden Mattox: 23:49.65
- 34th - Nathan Biggs: 25:36.61

HANCEVILLE BOYS

- 36th - Dominic Sterling: 32:53.19

COLD SPRINGS GIRLS

(1st place – 31 points)

- 1st - Paizley Whitlow: 19:52.29
- 2nd - Reagan Parris: 20:31.99
- 3rd - Macie Huffstutler: 20:42.64
- 7th - Leslie Jones: 23:00.61
- 9th - Mazzy Mavers-Price: 23:49.25
- 10th - Claire Huffstutler: 24:16.66
- 13th - Abby Livingston: 25:43.26

FAIRVIEW GIRLS

(2nd place – 63 points)

- 5th - Carrington Chambers: 21:56.58
- 14th - Allyson Hill: 26:11.25
- 17th - Emma Buckelew: 26:47.82
- 18th - AnnaBelle Smith: 28:52.39
- 22nd - Violetta Castaneda: 30:45.91
- 23rd - Daniela Castaneda: 31:56.72

HOLLY POND GIRLS

- 4th - Caroline Lamoureux: 21:00.11
- 12th - Violet Adams: 25:22.03
- 21st - Kalie Bartlett: 30:33.29

GOOD HOPE GIRLS

- 8th - Rudi Derrick: 23:04.51
- 16th - Bonnie Williams: 26:37.90
- 19th - Mary Self: 29:52.04

WEST POINT GIRLS

- 11th - Lilly Patterson: 24:55.40
- 15th - Hollie Salter: 26:22.26

VINEMONT GIRLS

- 6th - Whitney Quick: 22:13.73

HANCEVILLE GIRLS

- 20th - Whitney James: 30:19.12

GOOD HOPE JV BOYS

(1st place – 24 points)

- 1st - Drake Nichols: 12:49.25
- 6th - Riley Brown: 14:45.01
- 12th - Makinnon Holt: 15:23.99
- 15th - Jack Whitfield: 15:50.12
- 17th - Lee Dickerson: 16:17.57

HARMONY JV BOYS

(2nd place – 31 points)

- 5th - Sawyer Harris: 14:43.66
- 7th - Jacob H: 14:45.48
- 14th - Zander Ashworth: 15:47.03
- 18th - Miles Fairchild: 17:03.59
- 20th - Tucker Morgan: 18:32.41
- 21st - Carson Jones: 18:57.31
- 22nd - Easton Jones: 20:09.86
- 23rd - Luke Morris: 21:13.60
- 24th - Michael Howell: 21:38.65
- 25th - Nicholas Crowe: 24:37.15
- 26th - Christian McCulloch: 24:43.88
- 27th - Tristin Williams: 24:54.04
- 28th - Josh Freeman: 25:22.67

HANCEVILLE JV BOYS

- 3rd - Avery Carnathan: 14:20.10
- 10th - Trent Bartlett: 15:00.69
- 13th - Jacob Kane: 15:36.48
- 16th - Shawn Pillman: 16:07.03

WEST POINT JV BOYS

- 9th - Nathan Marta: 14:49.47
- 11th - Zeth McCain: 15:18.23
- 19th - Sean Harbison: 18:02.30

VINEMONT JV BOYS

- 2nd - Andrew Landreth: 13:11.94
- 4th - Brayden Harbison: 14:23.30

COLD SPRINGS JV BOYS

- 8th - Blaize Anderson: 14:48.39

COLD SPRINGS JV GIRLS

(1st place – 26 points)

- 3rd - Kynzlee Garmon: 16:13.14

- 4th - Gracie Garmon: 16:18.35
- 6th - Isabella Tolbert: 17:10.73
- 9th - Leila Pearl: 18:15.74
- 15th - Conellie Philbeck: 20:20.78

GOOD HOPE JV GIRLS

(2nd place – 29 points)

- 1st - Maggie O'Neil: 15:14.08
- 7th - Caitlin Nisley: 17:11.20
- 8th - Aubrey Scott: 17:19.33
- 10th - Evelyn Quinn: 18:43.25
- 12th - Kaeley Seymore: 19:08.81

HARMONY JV GIRLS

(3rd place – 65 points)

- 17th - Savannah Motherway: 21:07.43
- 18th - Alexia Russell: 21:25.65
- 21st - Alyssa Rosales: 23:00.14
- 22nd - Analeigh Jones: 23:15.50
- 24th - Reagen Douglas: 23:29.81

WEST POINT JV GIRLS

- 2nd - Dorothy Salter: 15:50.79
- 5th - MJ Kaser: 16:54.07
- 16th - Alyssa Carr: 20:36.54

HANCEVILLE JV GIRLS

- 11th - Tara Dillard: 18:56.90
- 13th - Gabby Hunter: 19:34.67
- 14th - Piper Butts: 19:46.59
- 25th - Kerrigan Pipkin: 23:34.09

HOLLY POND JV GIRLS

- 19th - Sydney Thomas: 21:33.71
- 20th - Ramey Hall: 22:07.59
- 23rd - Clara Spitzer: 23:16.02

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

MEMBER
FDIC 
 EQUAL HOUSING
 LENDER

MIDDLE SCHOOL FOOTBALL

Good Hope downs West Point 26-20 to win County Championship

Sammy Confer

sammy@cullmantribune.com

WEST POINT, Ala. — This year's Cullman County Middle School Football Championship Game was hosted at West Point High School on Oct. 20, but it was the Good Hope Raiders that returned home with the county title. The Raiders led the Warriors 26-12 going into the fourth quarter and they withstood a late comeback effort from West Point to hold and win the game 26-20.

West Point got the ball first to start off the game and they didn't waste any time as Titan Thornton ripped off a 27-yard run on the first run, then two plays later, JJ Mink recovered a loose ball and picked up 12 yards. Big runs by Thornton and Caleb Dauksza quickly had the Warriors at the seven, but Good Hope's defense stood tall and forced a turnover on downs. On just the second play, though, a Raider fumble was recovered by Samuel Stockman at the seven-yard line.

A holding penalty pushed West Point back to the 17, but a 16-yard run by Thornton put them at the one and Mink scored on the next play to give them a 6-0 lead with two minutes remaining in the opening period.

Good Hope had a quick response on their third play of its series as Parker Johnson rolled to his left and found a wide-open Cooper Johnson on the left side for a 59-yard



NICK GRIFFIN/THE CULLMAN TRIBUNE

The Good Hope Raiders defeated West Point 26-20 on Oct. 20 to win this year's Cullman County Middle School Championship.

score to tie the game up at six with 35 seconds remaining in the first quarter. The Warriors looked to answer on its next series. Mink found Dauksza for a 20-yard gain and that put West Point at the 31. After a holding penalty, Mink picked

up 10 yards on the ground and a personal foul on the Raiders moved West Point up to the 11. Mink found the end zone on the next play to give the Warriors a 12-6 lead with seven minutes left in the first half.

The Raider running game

got going on its next series as big runs by Hunter Miller and Parker Johnson put them at the 14. On third down, Parker Johnson found Michael Lee in the end zone for a 14-yard score to tie the game up at 12. A Warrior punt gave the »



NICK GRIFFIN/THE CULLMAN TRIBUNE

ball back to Good Hope and a 36-yard pass from Parker Johnson to Cooper Johnson quickly put them in business at the 34. Two plays later, Parker Johnson connected with Cayden Adamson for a 30-yard pass play as they were now at the nine-yard line and Miller scored on the next play as Good Hope now held

a 20-12 lead. Parker Johnson recovered the kickoff at the 37, but on the first play, Mink picked off a Johnson pass and returned it to the 31. The Raider defense kept them out of the end zone as they held a 20-12 lead at the half.

The third quarter saw Good Hope pound the ball right at West Point's defense as Miller

and Johnson picked up huge first downs during the drive. A nine-yard run by Johnson was followed by a nine-yard run by Miller and the Raiders quickly got in the end zone as Johnson found Lee for a 16-yard score to push their lead to 26-14 with 3:55 remaining in the third quarter.

The Warriors looked to slow

down Good Hope's momentum on its next series as Mink picked up seven yards and that gave West Point a first down at the 43. On third down, though, Minck got sacked by Lee and came up short on fourth down.

A huge 31-yard run by Miller quickly had the Raiders at the 28-yard line and later on, another Johnson run gave »

them a first down. But they quickly went backwards, and West Point's defense forced an incomplete pass on fourth down.

The Warriors quickly got something cooking on its next series as Mink picked up 19 yards and a first down. Mink would then find Carter McAfee for 10 yards and Moon for nine more. After picking up a first down, Mink broke free for a 26-yard run two plays later to put West Point at the one and ended up finding the end zone on second down from there to cut it to 26-20 with 1:29 left in the game.

West Point's defense came up with a huge stop on the second play of the series as Jayden Graveman recovered a

Raider fumble at the 48. The Warriors looked to win the game on its final series, but a personal foul pushed them back to the 45.


Mink connected with Moon for a 25-yard gain, but Isaiah Owen sacked Mink for a seven-yard loss on second down.

Two plays later, Parker Johnson picked off a Mink pass to help seal the 26-20 win for Good Hope as they will take home the middle school championship.

Parker Johnson finished 5/9 for 155 yards and three scores. Cooper Johnson caught two passes for 95 yards and a touchdown, while Lee had two receptions for 30 yards and a pair of scores. Miller added 87 yards rushing and a touchdown.

Parker Johnson also recovered a fumble and got an interception on defense, while Lee and Owen each got a sack in the contest. For West Point, Mink finished 9/18 for 108 yards and an interception. He added 82 yards on the ground and

scored three touchdowns. Thornton ended up with 61 yards rushing. Moon added six receptions for 64 yards. Mink also picked off a pass on defense, while Stockman and Graveman each recovered a fumble for the Warriors.



**CULLMAN
QUICK
COPY**

— ESTABLISHED 1988 —

SERVING ALL YOUR COPY NEEDS


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



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


256-734-5212 |

www.MCGRIFFTIRE.com

CULPEPPER REAL ESTATE
EST. 1972

**RESIDENTIAL • FARM • LAKE
LAND • COMMERCIAL**



Neal Culpepper, Broker | 256-739-1389

Tammy Roden | 256-338-6612

Becky Flack | 256-385-5764

Clay Culpepper | 256-338-5378

Mike Sims | 256-620-5432

Jessi Eidson | 314-607-3472

Nancy Wright | 256-339-0258

WWW.CULPEPPERREALESTATE.COM

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



SARA GLADNEY/THE CULLMAN TRIBUNE

Curt's Closet provides backpacks, lunchboxes, shoes, clothes and coats to families in need.

Curt's Closet volunteers have spirit of giving year round

Sara Gladney

sara@cullmantribune.com

CULLMAN, Ala. — Nonprofit Curt's Closet, a boutique-style "shopping" experience for families in need, was founded by Ashley Wilson in 2017 in honor of her son Curtis James Wilson, to create a legacy of giving in his memory. Curt's Closet serves low-income families, foster families,

military families, families dealing with recent emergencies and others.

The charity quickly outgrew its original location on the city's southwest side and expanded into its current facility at 1103 Third Ave. SE in Cullman.

The facility needs volunteers year-round to go through mountains of donations. The volunteers only keep the items

they would allow their own children to wear. Many of the pieces they receive are brand new with tags still on.

During Christmastime, with the community feeling the spirit of giving, donations increase, and more volunteers are needed.

For many years, the primary donation organization for Cullman citizens to drop off Christmas gifts, food and

clothing was Christmas Love, created by Loreen Scott, and run for 13 years by nonprofit Cullman Caring for Kids. In July 2021, Christmas Love Inc. dissolved its corporation and handed the reins over to Wilson at Curt's Closet, presenting her a check for \$20,000 to launch the program's new chapter, which Wilson named "Curt's Christmas." »



Curt's Closet employee Brittany Tucker poses in front of wall of donated winter coats.

SARA GLADNEY/THE CULLMAN TRIBUNE

During the holidays and the commencement of Curt's Christmas, regular clients are still served, and volunteers provide Christmas for around 500 children. Last year, Curt's Closet served over 1,700 children throughout the year. They have served over 2,000 children so far this year.

Curt's Closet averages around 10 volunteers a week.

Cathy Grey has volunteered with Curt's Closet for two and a half years. She shared some of the duties she performs, saying, "I help clean and organize the warehouse. I help with the Christmas shopping- some children may have only one toy/item they want, and I try to find it. Curt's Closet wants each child to have two full outfits of new clothes, new pair of shoes, underclothes and a new coat along with their toys- I make sure we get all of those things together."

Grey prefers to work behind the scenes rather than directly with the clients. "It's very heart-warming knowing that you are helping others, but when you realize the number of kids in need, it is overwhelming."

She advocates for anyone interested in volunteering to do so, as it has been a rewarding experience for her. "I think there is always something to volunteer for. I started out with a couple hours a week and saw the need to do more. I always feel appreciated when I go. Curt's Closet makes a difference for so many kids and families, and I like being apart of something bigger than me and my family. They accept volunteers for an hour, a day or weekly."

Cathie Drake is another volunteer who has spent time at Curt's for almost three years, volunteering six-nine hours a week. Drake is retired and



SARA GLADNEY/THE CULLMAN TRIBUNE

chose to resign from her part-time job during the height of the COVID-19 pandemic. She began actively searching for a place to volunteer and discovered Curt's Closet through a Facebook post requesting volunteers. "I feel that God called me there," she said.

Drake's main focus is sorting through the clothing donations and making sure that the clothes and shoes are clean and in perfect condition. "We don't put anything out for the kids that have any imperfections because we want the children to be proud of their new clothing."

She continued, "I really enjoy my time volunteering at Curt's Closet. Even though I don't interact very much with the families, there is a window in the sorting room that allows me to see the joy that the kids have choosing their new clothes and shoes."

Volunteers are needed for sorting, restocking, helping

clients, fundraising and collecting donations.

Volunteers must be 14 or older and register online at www.curtscloset.org. The charity will be accepting donations of new shoes, coats and toys for Curt's Christmas at soon-to-be-determined drop-off locations.

Some volunteers wished to remain anonymous, keeping focus solely on Curt's Closet and its mission. One volunteer said, "Curt's Closet is truly a

special place. The love and care that is shown in that building every day is remarkable. Every child is made to feel as though they are loved and capable of amazing things. When you see the look on a child's face when you have the brand-new sneakers they have always wanted, you know you are part of something wonderful."

To learn more about Curt's Closet or to make an appointment, visit www.curtscloset.org.

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

20TH ANNUAL

Winter Wonderland

**CHRISTMAS LIGHT DISPLAY AT
SPORTSMAN LAKE PARK**



NOV. 18-20, 25-27, 30 | DEC. 1-4, 7-11, 14-23



DRIVE-THRU ONLY

DEC. 26-30



TRAIN RIDE - SNOW

MACHINE - PHOTO BOOTH

\$10 CASH PER VEHICLE



**1544 SPORTSMAN LAKE ROAD NW • CULLMAN, AL 35055
FOR MORE INFORMATION, CALL 256-734-3052**

Wreaths Across America expands FREE TEACH program curriculum for educators

Amber Caron
Contributor

COLUMBIA FALLS, Maine —

This year's theme for Wreaths Across America (WAA) is "Find a Way to Serve." In keeping with this, the organization launched a new TEACH program earlier this year. The program, which was put together by retired educator and Gold Star Mother Cindy Tatum, shares an established curriculum designed to teach the next generation about the value of their freedom. In the past few months, with consistent updates based on American holidays and other important events, this program has become wildly popular with professional educators and homeschoolers. Last month alone, this program received over 2,000 individual downloads.

The program, which consists of stories of courage and character, regularly introduces new educational materials – most recently you can find lesson plans specifically related to Veterans' Day – further focusing on character development and service projects for young people of all ages. This program is FREE to download from www.wreathsassamerica.org/teach and is also available to all educators and homeschoolers on Teachers Pay Teachers. The program curriculum encompasses all grades starting at kindergarten through the senior year of high school.

This service-based curriculum is designed to share educational materials from

philanthropic and patriotic organizations like The United States of America Vietnam War Commemoration, the American Rosie Movement, Random Acts of Kindness Foundation, The Congressional Media of Honor Society, and IKEducation at the Eisenhower Foundation. Additionally, WAA has developed a Veterans' Oral History Project for youth from 4th-12th grades that encourages young people to interview a veteran, service member or Gold Star Family member to learn about the sacrifices our military make on behalf of our country and teach the next generation the value of their freedom.

To learn more, or to download WAA's TEACH materials, please visit www.wreathsassamerica.org/teach.

"As a volunteer, founding family member, and mother of six kids and grandmother to nine, whose lives have been greatly impacted by the opportunity to meet so many in the military community, I know that the teaching aspect of our mission is the most important," said Karen Worcester, executive director, Wreaths Across America. "Finally, this long-standing desire to develop a more robust education program took a giant step forward with the launch of this expanded program. I am thrilled to see that so many educators are already seeing value in the materials and hope that more will have the opportunity to utilize these important lesson plans in their classrooms."

Lesson plans for all grade



WREATHS ACROSS AMERICA STAFF

levels and learning abilities have been designed by WAA's Education Liaison, Cindy Tatum. "Being a part of helping Wreaths Across America teach younger generations about the value of freedom and the importance of honoring those who sacrificed so much to protect those freedoms, is something I know I am supposed to be doing and I know my son Daniel would want me to do," said Tatum, a Gold Star Mother who lost her son who was serving in the USMC on Christmas Eve. "I want America's youth to learn that as citizens of this world, there are things they can do to lift the human spirit, things that are easy, things that are free, things that they can do every day."

This year, National Wreaths Across America Day is Saturday, Dec. 17, 2022. It is a free event and open to all people. For more information on how to volunteer locally or sponsor a wreath

for an American hero, please visit www.wreathsassamerica.org. To follow stories throughout the year from across the country focused on this theme, please use the hashtag #FindAWay2022

Learn more at: <https://www.wreathsassamerica.org/pages/19520/News/832/?relatedId=0>

About Wreaths Across America

Wreaths Across America is a 501(c)(3) nonprofit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. The organization's mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans' cemeteries and other locations in all 50 states and beyond.

Seasonal fun for seniors

Lauren Estes

lauren@cullmantribune.com

Cullman County has many events scheduled year-round for its senior citizens, and the holiday season is packed with opportunities.

Cullman County Commission on Aging Director Stephanie Lawson said one of their favorite events each year is the Senior Christmas Party.

"My favorite part is seeing the seniors come together in fellowship and having a good time together," Lawson said. "These seniors might see old high school classmates or folks they, at one time, went to church with. It's fun listening to them talk and enjoy seeing one another. I also love seeing the excitement when someone wins a door prize."

Lawson said the Senior Christmas Party is the largest event each year by far.

"We could not do this event for the seniors of Cullman County without the support of the Cullman County commissioners as well as our monetary sponsors and those who provide door prizes for our guests," Lawson said.

"This event allows for the Commission on Aging, as well as, state and locally elected officials, to give back and serve the seniors in our community. This is just a small token to show how much we love and appreciate them."

The Christmas Party will be Friday, Dec. 16, from 9 a.m.-1 p.m. at Stone Bridge Farms.

Lawson said she was hired in May 2021, and that year she hosted her first senior party.



CULLMAN TRIBUNE FILE PHOTO

"We had our first Christmas party in three years in December of 2021," Lawson said. "In 2018 and 2019 there was no location since the (Cullman) Civic Center was sold, and in 2020 we were unable to have one due to COVID-19 restrictions," Lawson said.

"According to an old article we found, our former COA director and current District 11 State Representative Randall Shedd was quoted as saying as far as he knew this event

has been going on since the program began in 1977."

Fairview Senior Center Manager Angie Carter said their center will host a tailgate party on Friday, Nov 18, at 10 a.m. They also have a community Christmas party and will be posting the December date soon.

Lawson also shared that there are seven full-time senior centers in Cullman County: Fairview, Crane Hill, Colony, Cullman, Hanceville, Holly Pond

and West Point.

"Each location does their own individual day-to-day activities," Lawson said. "If you live in those communities, you can reach out and visit them. There are also several part-time senior centers with their information listed."

For more information about activities for seniors, visit the Cullman County Commission on Aging website at www.co.cullman.al.us/coa and click the "Senior Centers" tab.

U.S. Postal Inspection Service: Tips to safeguard your mail and packages

Tony Robinson
Contributor

Twenty-five years ago, mail theft from a blue collection box could have been a drug addict desperate to find cash. Today the motivation behind collection box mail theft is different. With the internet and social media connections, groups of criminals now liaise with one another across the country to coordinate strategic targeting of Post Office collection boxes.

The biggest variable enticing these criminals to steal are customers depositing mail into blue collection boxes after the last collection of the day or during Sundays and federal holidays.

If customers simply used retail service or inside wall drop slots to send their U.S. Mail, instead of depositing it to sit outside overnight or through the weekend, blue collection boxes would not be as enticing after business hours to mail thieves for identity theft and check-washing schemes.

The U.S. Mail is still one of the safest and most trusted ways to send gifts and greetings to friends and loved ones and using the information below can help keep it that way.

The U.S. Postal Service offers up to \$10,000 for information that leads to the arrest and conviction for theft of U.S. Mail. This reward is applicable on those who stole U.S. Mail or are in possession of stolen U.S. Mail.

The U.S. Postal Inspection Service, America's oldest federal law enforcement branch, gives the following tips to help prevent mail theft:

1. The most secure way to send U.S. Mail is through your local Post Office retail counter. If that is not feasible, the next safest way is to use the inside collection slots that deposit mail directly into the Post Office.
2. If using the Postal Service's outside blue collection boxes, never deposit mail after the last dispatch time. Each box has dispatch times printed on a label, and it will point you to the location for the latest pickup time in your area. Avoid depositing mail during the night, Sundays and federal holidays.
3. If you witness someone going into a collection box or mail delivery receptacle during non-postal work hours, contact your local police and notify postal inspectors at 877-876-2455.
4. Sign up for Informed Delivery so that you will be notified about mail that the USPS expects to deliver to your mail receptacle.
5. Do not allow your mail to sit overnight in mailboxes. If you are going out of town, submit a mail hold order to pause your delivery of U.S. Mail.
6. If you think you are a victim of mail theft, contact local law

enforcement and the United States Postal Inspection Service. In addition to the Postal Service's reward on mail thieves, robbery of an on-duty postal employee carries a reward of up to \$50,000. Tips can be made anonymously via 877-876-2455 or postalinspectors.uspis.gov.

If customers do not report confirmed mail theft to postal inspectors, especially when financial losses occur, they are simply allowing criminals to take advantage of them.

Even if the theft is not discovered until weeks after the incident, notifying federal law enforcement can still help bring these thieves to justice.

The U.S. Postal Service delivers gift cards year-round and the peak season for mailing gift cards is soon approaching. Like any financial instrument,

thieves target gift cards. Never leave mail out overnight and the most secure way to send mail is still at your local Post Office.

If you believe your gift card was stolen from the mail, contact U.S. Postal Inspectors to report the theft at 877-876-2455.

However, gift cards can be missing for other reasons. High-speed automated machinery process envelopes through a tight and twisted maze of belts and rollers. Envelopes bending at turning points can quickly eject gift cards from their envelopes.

An address on the gift card itself could help return it if the card fell out of the envelope during mail processing.

Never sending the purchase receipt may allow for cancellation and replacement of the gift card.



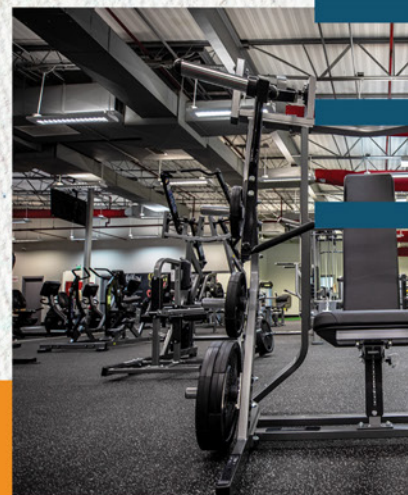
Established in 1990

HANCEVILLE FUNERAL HOME

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



CULLMAN WELLNESS & AQUATIC CENTER



SPECIAL DEALS

BLACK FRIDAY
NO ENROLLMENT FEE & NO DUES UNTIL
DECEMBER 10TH

DECEMBER SPECIAL
NO ENROLLMENT FEE & 10% OFF OF ANY PAID
IN FULL MEMBERSHIP + 1 MONTH FREE!



- 24/7 FITNESS
- CHILDCARE
- 50+ CLASSES

- PERSONAL TRAINING
- INDOOR WALKING TRACK
- AQUATICS

CWAC
CULLMAN WELLNESS & AQUATIC CENTER

1636 FIELD OF MIRACLES DR SW
256.775.7946



JESSE MICKLE

Jesse's Christmas Trees is located across from the north Cullman Wal-Mart on Alabama Highway 157.

Jesse's Christmas Trees: Bringing Christmas to Cullman

Sara Gladney

sara@cullmantribune.com

CULLMAN, Ala. — Cullman's Jesse Mickle started Jesse's Christmas Trees in 2014 to supplement his income during the winter months. He is also the owner of Jesse's Clean Cut Lawn Care landscaping company.

Jesse's Christmas Trees is one of only a couple of places that sell live Christmas trees in Cullman. Gibbs Garden Center in Hanceville will have trees for sale the week before Thanksgiving. While Stone Bridge Farms normally has some trees for sale, due to a tree shortage, it will not be selling them this year.

Mickle gets his trees from Fraser fir nursery Appalachian Evergreens out of North Carolina. He will have all Fraser firs for sale this year, between 5-10 feet tall.

Last year was a challenge for Mickle due to COVID-19 and a national tree shortage.

This year, according to the American Christmas Tree

Association, in some parts of the U.S., "Weather events such as drought and wildfires are expected to impact live Christmas tree crop yields this season."

"With growers facing tough challenges related to irrigation, elevated temperatures, and generally dry weather, consumers can expect »

to find fewer trees on farms or tree lots. Given the fuel cost for irrigation pumps and other inflation issues, some growers say customers could see more expensive trees this season."

Customers are advised to buy their Christmas trees early this year.

Mickle explained, "For the last five years now, it has been really hard to find trees. I think each year gets a little harder to find them.

"Another thing that's been hard is getting good quality trees. I always buy and pay for no. 1 quality trees, but I don't always get them.

"That is one reason why I am sometimes more expensive than others. I always try to buy the best quality that I can get, in hopes that the customers can have a good tree through Christmas."

Mickle said he keeps his trees fresh by storing the trees that are not on display in a cool, shaded place.

Most days it is just him, taking care of and selling the trees. On the busier days, he will have a member of his family help out.

Mickle said it is important to him to keep the business with his family as it has become his own holiday tradition to help others select Christmas trees.

The closest Christmas Tree Farm to Cullman is in Jasper. When asked if he would like to start his own farm, Mickle said, "I would love to, but with me doing the lawn care, I wouldn't be able to spend the time that is needed to take care of them properly. Plus, I get Fraser fir and they won't grow around here."

But Mickle is still proud to be one of the few to bring live Christmas trees to Cullman, making Christmas more convenient for those who are not



JESSE MICKLE

able to travel far for a live tree.

Mickle's pride in his trees is second only to his love of seeing happy customers.

"My favorite part is getting to see people come back each

year and the joy on their face when they pick out a tree. I enjoy seeing the excitement of the kids when they get to pick a tree."

He said he hopes to have

his trees in by the Monday before Thanksgiving. Jesse's Christmas Trees is located across from the north Cullman Wal-Mart on Alabama Highway 157.

Lenders You Can Count On

Merchants Bank
of Alabama
a division of SouthPoint Bank

www.merchantsbankal.bank | 256-734-8110

MEMBER FDIC





CHRISTMAS

Christmas Pickle game

For many families, a Christmas morning tradition involves a pickle — not the kind you can eat, but a glass one hidden on the Christmas tree.

While there are many origin stories for this tradition — including many people who insist that it comes from Germany — there is no evidence to support most of them. Rather, they simply make for fun (and sometimes gruesome) stories about why people would associate a pickle with a Christmas tree.

Christmas Pickle origins

Recent surveys of Germans led to the discovery that there aren't many Germans aware of the Christmas pickle tradition, making it unlikely that the tradition is from there. The website History Daily gathered several tales that might be the backstory for the tradition.

Spanish St. Nicholas. Three Spanish boys stopped at an inn while traveling home from school to visit their families for the holidays. A crazed innkeeper cut them up and put them in a barrel of pickles. Luckily for them, St. Nick came by, discovered them and revived them. The boys ever after hung pickles on their Christmas tree as a way of thanking the saint.

Dying Civil War Soldier.

Another story centers a Civil War prisoner of war in Georgia. As he lay dying, he asked the guards if they would grant his final wish — find him a pickle, which was his favorite food. They did so and the result was miraculous. His wounds healed and he lived. Every Christmas after that, he put a pickle on a tree to remember the kindness of his captors.

Woolworth Sales Technique. Another origin story takes place 20 years later in the late 1880s. Woolworth had started importing glass ornaments from Germany. Most of the fruits and vegetables sold well, but not the pickle. Faced with a surplus of ornaments, one sales clerk made up a story about an "old world" tradition. People loved it, so he told other Woolworth managers the story. People believed the story of the quirky Weihnachtsgurke, and the tradition took off.

Christmas Pickle traditions

The tradition itself is fairly simple. On Christmas Eve, an adult in the house takes the pickle and hides it in the tree. Naturally camouflaged, it can often be hard to find. First thing in the morning, the family searches for it. The first child to see it gets an extra present or holiday treat or might be designated the first child to open a Christmas present.

Some places get a little more elaborate. The Pickle Packers International named Berrien Springs, Michigan, population 2,000, the Christmas Pickle capital of the world, according to the city's website.

For many years they



ADOBE STOCK

celebrated with parades, an annual Christmas Pickle Festival and lots of pickle items

for sale from the traditional ornaments to chocolate-covered pickles.

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

CHRISTMAS

Holiday book reading

It's always a good time to read to one's children, but the holidays can be an even more special occasion.

It's a time when favorite stories get pulled out and read again and again to get everyone in the spirit of the season.

Three December holidays that are commonly celebrated in the United States are Christmas, Hanukkah and Kwanzaa. No matter your background, any of the following books can help your family celebrate both your traditions and those of your neighbors.

Set aside time each night during the holiday — whether Advent, the eight days of Hanukkah or the seven days of Kwanzaa — for reading aloud or curling up alone with egg nog before a fire.

Christmas

- Ages 5 and under: "How the Grinch Stole Christmas" by Dr. Seuss, "Dasher" by Matt Tavares, and "Too Many Tamales" by Gary Soto.
- Ages 6-12: "The Nutcracker in Harlem" by T.E. McMorrow, "The Legend of the Poinsettia" by Tomie dePaolo, and "The Road to Santiago" by Dan Figueredo.
- Teenagers: "Gift of the Magi" by O. Henry, "Letters from Father Christmas" by

J.R.R. Tolkien and "Silent Night: The Story of the World War I Christmas Truce" by Stanley Weintraub.

- Adults: "A Christmas Memory" by Truman Capote, "Amazing Peace" by Maya Angelou and "The Christmas Box" by Richard Paul Evans.

Hanukkah

- Ages 5 and under: "Hanukkah Bear" by Eric Kimmel, "Meet the Latkes" by Alan Silberberg and "Hanukkah Hamster" by Michelle Markel.
- Ages 6-12: "Hershel and the Hanukkah Goblins" by Eric Kimmel, "Hanukkah at Valley Forge" by Stephen Krensky and "Hanukkah Moon" by Deborah Da Costa.
- Teenagers: "Dreidels on the Brain" by Joel Ben Izzy "One Yellow Daffodil: A Hanukkah Story" by David A. Adler and "Hanukkah around the World" by Tami Lehman-Wilzig
- Adults: "It's a Whole Spiel: Love, Latkes and other Jewish Stories," "A Different Light: A Hanukkah Book of Celebration" by Noam Zion and "How to Spell Chanukah" by Emily Franklin.

Kwanzaa

- 5 and under: "Together for Kwanzaa," by Juwanda G. Ford, "Kevin's Kwanzaa" by Lisa Bullard and "Seven Days of Kwanzaa" by Melrose Cooper.
- Ages 6-12: "The Story of Kwanzaa" by Donna L. Washington, "Seven Spools of Thread," by Angela Shelf Medearis and "Imani's Gift

at Kwanzaa" by Denise Burden-Patmon.

- Teenagers: "Kwanzaa" by Joanna Ponto and Carol Gnojewski, "A Very Special Kwanzaa" by Deborah Newton Chocolate and "The Kwanzaa Contest" by Professor Miriam Moore.
- Adults: "Kwanzaa: Living on Principle" by Venus Jones, "Kwanzaa Klaus" by James Henry and "The Complete Kwanzaa: Celebrating Our Cultural Heritage" by Dorothy Winbush Riley.



ADOBE STOCK

Carlton's ITALIAN

Restaurant & Catering

Dine In or Carry Out

HOURS

Mon - Thurs
11 A.M. - 8 P.M.

Fri - Sat
11 A.M. - 9 P.M.

208 3rd Ave SE | 256-739-9050

CHRISTMAS

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.

Here 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.



**GARDEN PLANTS
SEEDS | FERTILIZER**


FULL LINE OF
GARDEN AND LAWN
SEED, FERTILIZER
AND HOME PEST
CONTROL PRODUCTS

2471 COUNTY RD. 222 CULLMAN | 256-734-1226
OPEN MON-FRI 7:30- 5:00 SAT 7:30-12:00



**CULLMAN COUNTY
PROBATE OFFICE**

**TAMMY BROWN
PROBATE JUDGE**



**PROUDLY SERVING ALL
THE PEOPLE OF
Cullman County**

PROBATE COURT
ELECTION DEPARTMENT
RECORDING DEPARTMENT
LICENSE DEPARTMENT
BOAT REGISTRATION
BUSINESS PRIVILEGE
DRIVER LICENSE RENEWALS
HUNTING/FISHING LICENSE

500 Second Avenue, S.W., Room 101
Cullman, Alabama 35055
P.O. Box 970
Cullman, Alabama 35056
Probate Web-Site: www.cullmancourts.org

(256) 775-4652
Fax (256) 775-4813
Email: tbrown@co.cullman.al.us

CHRISTMAS

Ugly holiday sweaters

Ugly may be in the eye of the beholder, but since the turn of the century, more people are embracing the kitsch and dubious fashion of ugly holiday sweaters.

What constitutes an ugly holiday sweater? The definitions vary, though the authors of “Ugly Christmas Sweater Party Book: The Definitive Guide to Getting Your Ugly On,” offer up a wide array of pictures that include just about any sweater that is a bit kitschy, a bit campy and might come with 3D snowballs or bells.

History

Holiday sweaters first became popular in the 1950s, but subsequent generations found them embarrassing and one of those dreaded gifts that got hid away in the closet. Then, after making a few heart-warming appearances in movies, they started to make a comeback.

They're pretty easy to find, as the contemporary holiday tradition means that holiday sweaters — of any degree of ugliness — will sell like hot cakes.

You can find them in your local yarn shop, any local clothier or stores that offer items from major retailers.

They all have their own version of the ugly sweater. Some of them aren't even ugly!

You can also go the DIY route. Head to your local craft store or hardware store and pick up a glue gun, LED lights, non-breakable ornaments, tinsel, garland or anything else you can think of that you can attach to a sweater in a knock-out fashion.

Ugly sweater party

It's also become a popular theme for holiday parties. According to the book “The Ugly Christmas Sweater Rebellion,” the authors were the creators of the first Ugly Christmas Sweater Party, ones that were done as festive fundraisers for such causes as cancer or Make a Wish Foundation.

Ever since 2002, their parties encouraged everyone to wear the cheesiest, most festive sweaters they could find.

They then mixed in caroling, tree decorating, eggnog chugging, live music and milk and cookies. Those are just the start of the ideas you can use for your Ugly Sweater Party.

The Ugly Sweater Party features games and contests judging the sweaters in such categories as:

- Most likely to make Santa blush.
- Funniest ugly sweater.
- Most creative ugly sweater.
- Most likely to go viral on social media.
- Most original.
- Best couple combo.
- Tackiest sweater.



ADOBE STOCK

Want more ideas? Head over to Pinterest and search for ugly holiday sweater parties and you can find printables for ballots, invitations and a plethora of games and recipes.

Consider having a box of spare sweaters by the door in case a guest shows up not wearing one. Or, make the

whole party a DIY one. Set out tables with holiday items and give people a set amount of time to create their own sweaters. Then invite everyone to a photo booth where they can get a picture taken with their ugly sweater and any holiday props you might have available.

LeonardDesign

Jock D. Leonard
Architect

115 Second Avenue NE
Cullman, AL 35055
Telephone: 256.739.8020
Email: jock@leonarddesign.net

CHRISTMAS

Burn or bake a Yule Log

No one is absolutely certain of the origin of yule logs, though historians and folklorists have many theories tracing the practice back to Germanic paganism and middle ages Christmas celebrations.

The Yule Log, also known as the Yule Clog or the Christmas Block, is burned a little bit each night or is sometimes lit with candles rather than burned. Still others spur the literal translation and make a chocolate and cream cake known as a Yule Log.

Regardless of its origins, this tradition continues to brighten homes in the often-dark nights surrounding winter holidays.

Yule and Yuletide celebrations
Yule is celebrated on the winter solstice, which in 2022 is Dec. 21. It is marked as the birthday of the sun and celebrated with feasting, caroling and dancing.

At Yule festivals in Scandinavia, according to almanac.com, logs were lit to encourage the sun to return. Their “logs” were entire trees and burnt each night for 12 days. They would be lit each

year with the remaining kindling from the previous year’s tree. Sometimes they would be decorated with holly, ivy and pine cones or anointed with wine.

The ashes from the burnt log would be put under each family member’s bed to protect them and then later it would be spread over crops as fertilizer and among the livestock to keep them strong.

Christmas log celebrations

Christmas logs are also burnt for 12 days, starting on Christmas Day and ending on Epiphany (Jan. 6). The symbolism changed to that of hospitality to welcome the holy family and the ashes symbolized Christ’s eventual sacrifice.

Christmas/Yule logs often make appearances as gifts, decorations and centerpieces. A small log is tied with red ribbon and decorated. Others use them as Advent wreaths, putting the traditional pink, purple and white candles on them.

Custom log materials

What are logs made of? It depends on where you are from and what you want the logs to do.

England traditionally uses oak logs while birch is popular in Scotland, cherry wood gets used in France and in Norway they use spruce or pine.

Pagans associate different meanings with different kinds of wood. According to The Gypsy Thread, oak is a symbol of strength and wisdom, pine is connected with prosperity, a birch promised fertility, and aspen contributes to spiritual



ADOBE STOCK

understanding.

Making cake

Ever since the 1600s, people have been taking their yule log celebrations out of the fireplace and onto the table with

cakes made to look like yule logs. Chefs through the centuries have developed myriad recipes for these round cakes and decorated them to look like logs adorned with leaves, pine cones and mushrooms.

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

CPC Multi-Specialty Group



WHEN YOU NEED A DOCTOR... 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 / Wound Care
- Obstetrics & Gynecology
- Pain Management
- Radiology
- Podiatry
- Diabetes Center
- Neurology
- Orthopedic Surgery
- Psychiatry
- Rheumatology
- Travel Medicine

Other Services

- Clinical Laboratory
- Diagnostic Imaging
- Pharmacy
- Clinical Trials
- Endoscopies
- Physical Therapy

CHRISTMAS

Three Kings Day

You don't have to stop celebrating Christmas on Dec. 25 — and many people around the world don't.

In several communities and countries, especially Spanish-speaking ones, Three Kings Day is as big of a celebration as Christmas.

Celebrated on Jan. 6, traditionally known as the 12th Day of Christmas, it marks the arrival of the three kings or magi referred to in the book of Matthew. They followed a star and brought gifts to the infant Christ child, according to the gospel writer. It's a day marked with gift-giving, parades and special cakes.

Three Kings Day has many different names, including "Little Christmas," "Theophany," and "The Baptism of Jesus."

Giving gifts

Just as the three kings were said to have brought gifts to the infant Jesus, so people celebrating Three Kings Days will give gifts — especially to children. In some countries, children are told to leave their shoes outside their door for the kings to fill them up with presents.

Like the tradition of feeding Santa's reindeer, children celebrating Three Kings Day will fill shoeboxes with bunches of grass or hay for the camels that bear the kings on their backs and are bringing them

presents.

Parades

Communities around the world will have Three Kings Days parades.

The largest one in the world takes place on Jan. 5 in Barcelona, Spain. According to the official Barcelona City website, the Three Kings arrive by sea and are welcomed by the mayor. The mayor bestows upon them the key to the city so that they can get into all the homes in Barcelona and leave presents. The Three Kings lead a parade through

the city streets followed by floats, dancers, royal pages, artists and anyone else who wants to take part.

Another parade that dates back 40 years occurs in New York, El Museo del Barrio's parade. It honors New York's immigrant and migrant communities. The parade features live camels, puppets, music and dancing.

Food traditions

What is a holiday without food? Three Kings' Bread is the traditional food for many people on this holiday and it

has different names and ingredients. The "cake of the kings" is sometimes called "rosca de reyes" or "galette des rois." In the latter, which is a French tradition, a coin, a jewel, a toy or a doll is hidden in the cake and the child who finds it gets to wear a special crown.

The bread, according to Velas Magazine article in January 2022, is made of sweet dough in the shape of an oval. Every family has its own secret recipe and traditional way of spicing it, but it often includes crystallized fruits, quince jam and a sugary paste.

"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

MAY YOUR HOLIDAY
be blessed with the love and
warmth of family and friends!



Wishing you a Merry Christmas and a Happy New Year

From: **SENATOR GARLAN GUDGER, DISTRICT 4**

PAID FOR BY GUDGER FOR SENATE 308 2ND AVE SE CULLMAN, AL 35055



STEPHANIE LAWSON

Seniors gather for fellowship at the Cullman Senior Center

Seniors share favorite New Year's traditions

Sara Gladney

sara@cullmantribune.com

CULLMAN, Ala. — In the U.S., there are several New Year's traditions to choose from for those who wish to make way for a better new year. Millions watch the Times Square Ball Drop in New York, host elaborate parties, shoot fireworks and make New Year's resolutions.

Holiday traditions are passed down through generations, often changing with new family members becoming a part of the celebrations. A few of the seniors who attend the Cullman Senior Center regularly shared with The Tribune some of their favorite New Year's traditions they hope to

pass down through the generations of their families.

A common Southern tradition known or practiced by all of the seniors is the preparation of the dish Hoppin' John: black-eyed peas, pork and rice on New Year's Day.

The ritual is said to bring luck and peace for the rest of the year. The dish originated in South Carolina and is practiced widely in Southern states.

Many out of the group noted that the more black-eyed peas one eats, the more wealth they are supposed to accumulate throughout the year.

The meal is often eaten with collard greens, which resemble paper money and symbolize wealth. The black-eyed peas represent coins.

For many senior citizens, the New Year's holiday is for reminiscing about the good times with their families.

Many prefer to pause and reflect on memories of the previous year, rather than looking ahead at the next one. The thing the most seniors placed the highest value on was spending time with their loved ones.

Keith Jones shared that each year on New Year's Eve, he and his family would go to Shoney's restaurant and have a breakfast buffet at midnight.

On New Year's Day, he said, "We would cruise around. The Globe restaurant was down there where Guthrie's chicken is at and that's where everybody hung out, was The Globe."

He said folks would spend the day driving around to find their friends. "If somebody that you wanted to see was in town and you knew what kind of car they were in, you'd spot them somewhere."

Mary Thomas also loves to spend holidays with her family, but she said, "For the last few years, with this Covid, we have not been together."

The time has been difficult for her, but she hopes to be able to get back together with her family for holiday celebrations soon.

She also shared her traditional New Year's resolution: "I always make my resolution to be a better person and help someone in the year ahead."

Wanda Leipert has »

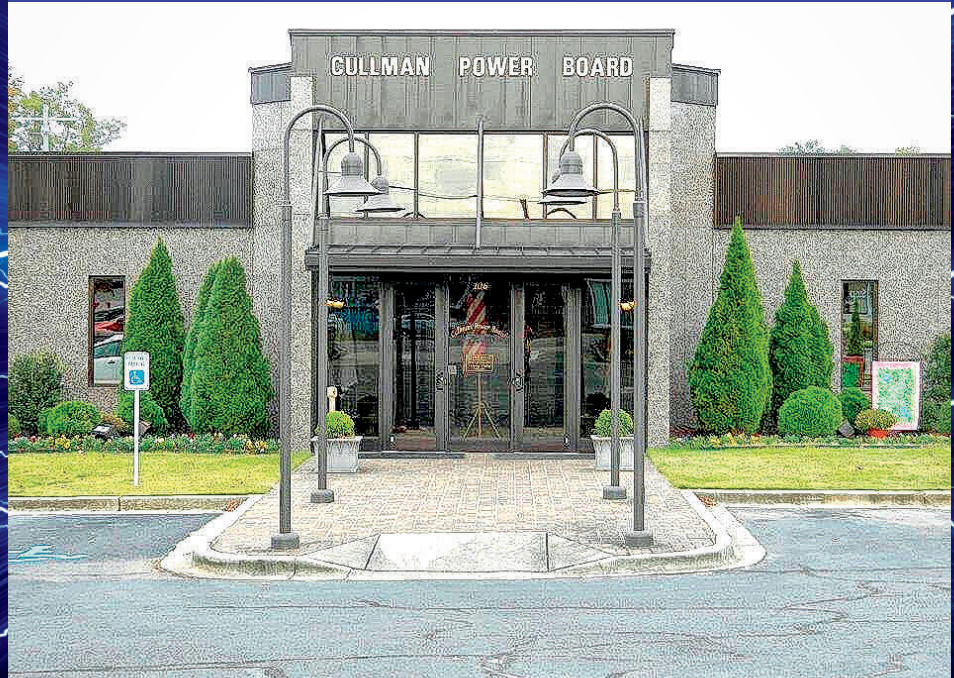
fond memories of innumerable holidays spent with her nine siblings, two daughters, grandchildren and many nieces and nephews. She said every year, without fail, the group has a big get-together.

"Christmas Eve is my birthday and I'm the oldest girl out of 10 kids and we just have a ball. We have a great big family and every one of them lives right here in Cullman, Alabama."

She added, "My daughter and her husband used to gather at my house and watch the ball drop. I used to watch it every year. That had to be done."

One of the ways to commemorate the end of a year is to sit down with one's relatives and think back on happy memories of the previous months. Making a resolution to spend time with one's elder relatives, looking at old photographs and retelling old stories is a great way to start any year.

Cullman Power Board



The Electric Department of the Utilities Board of the City of Cullman

106 2nd Ave. NE, Cullman, AL 35055

Phone: 256-734-2343 | Fax: 256-734-0540

T&T MOTORS

256-739-2915

**WE OFFER IN HOUSE FINANCING!
NO CREDIT CHECKS AND LOW
MONTHLY PAYMENT**

1801 B. CHEROKEE AVE. SW, CULLMAN

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