

# Community Matters

From The Cullman Tribune

MAY • JUNE • JULY 2022



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# Calendar of events around Cullman

## 2022 Hanceville Grilled Cheese Festival

May 28 - The Hanceville Grilled Cheese Festival is back for the second year! The festival will take place Saturday, May 28 starting at 9:00 a.m. Features will include vendors, food trucks, live music and plenty of activities for adults and kids alike. Most food trucks will feature their own signature grilled cheese. There will also be a grilled cheese cook-off. Follow them on Facebook for more information: <https://www.facebook.com/events/265071822436868/>.

## Smith Lake Memorial Day Weekend Festival

May 28 - The Smith Lake Memorial Day Music Weekend Festival will be Saturday, May 28 from 9 a.m. - 6 p.m. at Smith Lake Park. This event will feature art vendors, food and of course, live music. It will also mark opening day for the summer swimming pool season, with kayaks, canoes and paddle boards available to rent. Admission to the park will be free. For more information, visit [www.facebook.com/SmithLakePark](http://www.facebook.com/SmithLakePark) or call 256-739-2916.

## Smith Lake Park Fireworks and Music Festival

July 4 - The Smith Lake Park Fireworks and Music Festival will take place Monday, July 4 from 9 a.m. - 9 p.m. at Smith Lake Park. Along with art and food vendors and live music throughout the day, visitors can also play putt-putt golf, visit the beach area and rent kayaks, canoes and paddle boards. The golf cart parade will be returning and fireworks to end the day. Admission is \$5 per person. For more information, visit [www.facebook.com/SmithLakePark](http://www.facebook.com/SmithLakePark).

## Fireworks at Lake Guntersville

July 4 - The annual Fireworks at Lake Guntersville returns Monday, July 4 at Civitan Park (1120 Sunset Drive, Guntersville, AL). Show begins at 9 p.m. Get there early to get the best view.

## "Heartland Has Turned 20" 2022 Quilt Show sponsored by Heartland Quilters of Cullman

July 8-9 - This event will feature beautiful quilts made by Heartland members, vendors, Guild Challenge 2021 display, donation quilt give away (made with turning 20 blocks), drawing at 3:30 p.m. on Saturday, door prizes and free mini demonstrations. Friday, July 8 from 1-5 p.m. and Saturday, July 9 from 9 a.m. - 4 p.m. at East Elementary School (608 Fourth Ave. SE, Cullman, AL 35055). Admission is \$7 per person.

## Friday

- 2-3 p.m.: Finishing Your Quilt with Carol McKay
- 3-4 p.m.: Paper Piecing with Porsia Anderson

## Saturday

- 10-11 a.m.: Selvages- Not One Left Behind with Sheryl Simpson
- 11 a.m. - noon: Hand Embroidery/Redwork with Geraldine Hendrix
- Noon - 1 p.m.: Making Bags

with Cheryl Johnson/ Teresa Rogers

- 1-2 p.m.: Rope Bags with Laurie Osborn
- 2-3 p.m.: Bed Turning with Jennifer Bridges

Contact: Porsia Anderson 256-737-7557, Carol McKay 256-841-2977, Geraldine Hendrix 256-734-8316 or Hazel Ruehl 256-339-2224. Please join us as we celebrate 20 years of quilting!



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## SCHEDULE



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## UKRAINE

# United with Ukraine— from Kiev to Cullman



CONTRIBUTED

## Igor and Joy

**Sara Gladney**

sara@cullmantribune.com

**CULLMAN, Ala.** — Igor Tirnoviy, born in Pustovarivka, Kyiv region, has lived in Cullman since October 2021 with his wife Joy Tirnovia.

Joy has lived in Alabama her whole life until she traveled to

Ukraine to participate in Youth with a Mission's University of the Nations. She went when she was 18 and again when she was 21 in 2019 which is when she met Igor, also a part of YWAM. Joy spoke about how sincere and welcoming the Ukrainian people were during her visits. "They were so ready to love

and ready to accept, they were beautiful people." They were married soon after Igor moved to the U.S. in 2021.

They spoke about the efforts they have made to support Ukraine during the war and shared the ways in which others can help too.

Igor works tirelessly to

raise money for his fellow Ukrainians. He has visited different local organizations and churches including the Hanceville Civitan Club and the Cullman Lion's Club to give presentations about the war in Ukraine and gather donations to send. He and Joy asked the Decatur and Hartselle »



Police Departments for any gear and supplies they could spare, such as body armor, and sent those items to the organization Help Heroes of Ukraine, a charity organization based in Chicago.

They have their own 503c, which a friend gave them, called Charis Orphan Care and Adoption Ministry, where people can send donations. If anyone has physical donations like sleeping bags, first aid kits, blankets, diapers, clothes, etc. and nowhere to send them to, they can email [Igortirnoviy@gmail.com](mailto:Igortirnoviy@gmail.com) and he will pick them up for Help Heroes of Ukraine. Monetary donations can be sent through PayPal, @charisorphan

When discussing overwhelming international support for Ukraine, Joy said, "A lot of people recognize like - that was really unprovoked. We really appreciate all the support. Of course, physical donations and financial donations make a huge difference, but in the end, people continuing to keep Ukraine in their prayers really makes a huge difference."

Igor said that he would like to go back to Ukraine and help, but he feels that God's mission for him is to start by sending over necessary supplies. "They already have a lot of volunteers, what they need is resources. That's why I'm starting here as much as I can to find those resources and send to them, so people feel that they are not alone."

Men between 18 and 60 cannot currently leave Ukraine, so Igor has many friends and family left in the country. Even if they were able to come, the process is extensive, and the U.S. culture so different, that it is exhausting for the already war-ravaged people. "It's how quickly they give you work

permission, who will take care of you, it's a lot of logistic stuff. It's not like they can just come. Even if you come to a different country, you will always feel like it is not your home. You would always feel better at home, even if it's war," Igor stated.

Currently, the only method for Ukrainians to come to the U.S. is through private sponsorship with American individuals through a program President Biden calls Uniting for Ukraine, announced on April 21. To be eligible, Ukrainians must have been residents in Ukraine as of Feb. 11, 2022, have a sponsor in the United States, complete vaccinations and other public health requirements and pass rigorous biometric and biographic screening and vetting security checks.

Ukrainians approved via this process will be authorized to travel to the United States and be considered for parole, on a case-by-case basis, for a period of up to two years. Once paroled through this process, Ukrainians will be eligible for work authorization.

Igor said that he is heartbroken by the violence he has seen during the war. He had lived in Mariupol for a year, where now, 95% of the buildings are destroyed. "It's so difficult to believe that it's the 21st century and for this to be in the middle of Europe. I just still don't understand where it's come from—like how it's come to this point to do this horrible stuff. I understand if you are a soldier you have to fight, but you have a heart." He

says that the reason Russia is so intent on capturing Kyiv is because it is the Motherland of Russia. "Ukraine is motherland to Moscow. They really want to take Kyiv because it's where the story starts."

Igor has Ukraine on his mind constantly, always keeping track of the death tolls of the Ukrainian and Russian soldiers with statistics on his phone. Despite the hardships they will face, Joy and Igor plan on returning to Ukraine as missionaries as soon as Igor gets his citizenship. They had planned to get him his citizenship before the war started, but now it may be two to three years before it happens.

"I am proud of my country, of my President and my people," he finished.

## Cullman Power Board



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## HISTORY

## AN EXPANSIVE HISTORY

A guide to Downtown Cullman's most historic buildings



SARA GLADNEY/THE CULLMAN TRIBUNE

**Mary Carter Paint Store was once the site of the German Bank.**

**Sara Gladney**  
sara@cullmantribune.com

**CULLMAN, Ala.** — The National Register of Historic Places criteria for evaluation allow for prioritization of the preservation of historical sites based on their quality of significance in American history, including places that are associated with events

that contributed to the broad patterns of our history, that are associated with the lives of significant persons and that embody the distinctive characteristics of a method of construction among other criteria according to the U.S. Department of the Interior National Register Bulletin.

Cullman has several historical sites registered in

the National Register of Historic Places. The Cullman Downtown Commercial Historic District was listed in the National Register in 1985.

It contains 58 buildings making up two complete blocks and parts of six other blocks on the east side of the railroad track. When nominated to the register, the nomination form read:

“The Cullman ‘Downtown’ Historic District is significant as an excellent representative of late 19th and early 20th century small town commercial architecture found in Alabama. The styles exhibited within the district include Italianate, Eastlake, Neo-Classicism and Commercial-Brick with some Chicago School influence and commercial buildings with »



no pretense at style. The architecture found within the district reflects the local interpretations of these architectural styles and serves to reflect the development of the downtown as a commercial area from the 1880's thru the 1930's."

The Main Street Program created in the 1980s inspired many downtown districts to preserve their historical storefronts.

Alabama downtowns are home to new businesses that keep the classic storefronts. This is done to add character to towns and keeps communities in touch with their heritage, as well as preserving beautiful architecture and attracting tourists that add to town revenue.

The Cullman County Museum keeps track of the ever-changing business developments in the historic downtown while remembering the businesses to first inhabit the buildings.

### CULLMAN COUNTY MUSEUM

The Cullman County Museum itself is a historical monument, built as a replica of founder Johann Cullmann's house in 1975. The home's design was influenced by Swiss architecture with a narrow front porch extending its width, gingerbread trim and twin towers from which, in Johann Cullmann's day, flew the German and American flags. The museum is home to the rich German heritage brought to Cullman by its founder. It is also where the Cullman Historical Society holds its monthly meetings. Cullmann brought thousands of Germans to the area to establish his "Die Deutsche Kolonie Von Nord Alabama," The German Colony of North Alabama.



SARA GLADNEY/THE CULLMAN TRIBUNE

### *The Stiefelmeyer building*

#### STIEFELMEYER BUILDING

One of the most prominent buildings in the Commercial Historical District is the Stiefelmeyer Building. It was the Walmart of its day and was in business until the early 1980s. Now various offices and a restaurant inhabit the space. Most of the early buildings in Cullman including Stiefelmeyer's were made of wood. The majority of the wooden buildings burned including the C. A. Stiefelmeyer Storehouse in 1892, which was quickly rebuilt even larger as the current Stiefelmeyer's building. The buildings in the district now are mainly one-to-two story brick buildings. The Stiefelmeyer building is the only one left to be made of wood in the historic downtown. It was registered in the National Register of Historic Places in 1983. Charles Stiefelmeyer was well-loved by his employees, some of whom worked for him

for decades. He and his wife, originally Maggie Dreher, died in 1959. They never had any children, but after his death, he left more than \$260,000 in cash and thousands of dollars' worth of property to 73 beneficiaries all of which were employees. A 1983 Cullman Tribune article stated about C.A. Stiefelmeyer, "...during his 50 years of business in Cullman, has not only endeared himself to his employees but also has enjoyed the highest esteem of the business world and the sincere respect and trust of the people from all parts of this county who have dealt with him during this half century."

#### GERMAN BANK

The Mary Carter Paint Store, located at 104 Fourth St. SE, was originally the site of the German Bank. Raymond Young started the store in 1964. The German heritage

is remembered through the signage on the side of the building painted by Steve Carter. The bank was chartered on Feb. 26, 1903, with a capitalization of \$25,000. It closed just 11 years later in 1914. The book "Legendary Locals of Cullman County" describes the scandal that was the reason for the short life span of the bank, stating, "One of the tellers absconded with a large portion of the deposits, leaving the bank, which had been having financial problems for years, in a bind. Sacred Heart Catholic Church lost \$5,000 and was forced to cut back on its building program. The twin steeples were to have been one story taller and clocks were to have been on all four sides. Most stories say the teller took off to Germany with the embezzled funds, but an alternative version says he was arrested and served time. Either way, the action resulted in »



several lawsuits since there was no federal insurance for banks at the time.” (Courtesy Cullman County Museum)

### RUEHL BUILDING

The Ruehl building (pronounced reel), built in 1900, was purchased and renovated by the members of St. John’s Evangelical Protestant Church. It is now used as a community building for meetings, church functions and parties. It used to house the Charles Ruehl Wagon and Carriage Manufactory located at the corner of Sixth Street and Third Avenue SE. The business provided blacksmithing and built wagons and carriages which were the only form of local transportation in early Cullman. An excerpt from The Cullman Tribune, 1924, states, “Mr. Ruehl was well known throughout Cullman and adjoining counties for since his young manhood, he had been engaged in the manufacture of wagon and repair work. His kind and gentle disposition was ever such as to win for him the strong personal friendship of all whom he had dealt with.” The Cullman Historical Society has had multiple meetings at the historic site.

### BUSY BEE CAFÉ

The Busy Bee Café first opened in 1919 and is the oldest restaurant in Cullman. It had multiple owners in the early years. But, the current owners, the Spears family, are making history by having owned it the longest—four generations.

Director of the Cullman County Museum Drew Green shared a story which took place during the tornado outbreak of 2011, saying, “Kitty Spears, the owner, was cleaning up on April 27, 2011, when the barber next door came over and said she better take cover, but she

decided to stay and told him she would have a cup of hot tea for him when it was over. The buildings were destroyed, and she was badly injured but a year later she served him the tea.”

In 1922, an ad in the Cullman Tribune for Busy Bee Café stated, “Good eats served quick at the Busy Bee Café on the handy corner. You can’t beat the Busy Bee Café when you want a good quick lunch, cigars, tobacco, cigarettes, soft drinks, fruits, candies, etc.”

### LUTHER HAYS HOME

In 2010, The Dr. Luther Hays home was the headquarters of the Cullman County Historical Society located at 611 First Ave. SW. The site is now an empty lot as the historical Hays home was subject to be one of the unfortunate cases of a historic building evading preservation. The building was damaged in the tornado outbreak of April 2011 and was a part of a block purchased by the county for future development. The Historical Society offered to sell the house for \$1 if someone would move it, but the offer was never accepted. Dr. Hays, one of the pioneer physicians of Cullman, began practicing medicine in 1901. The home he built with his wife Ethel featured a wraparound porch typical of Southern houses. When not seeing patients in his home office, Dr. Hays would travel by horseback and treat patients in their own homes.

Many other businesses make up the historic downtown of Cullman. The information in this article was provided by Director Green at the Cullman County Museum who is happy to provide information to anyone looking to know more about the history of Cullman County.



SARA GLADNEY/THE CULLMAN TRIBUNE

*The Ruehl building*



SARA GLADNEY/THE CULLMAN TRIBUNE

*Busy Bee Café*



CULLMAN COUNTY HISTORICAL SOCIETY

*The Luther Hays home*



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# FLAG ETIQUETTE

## Flag Dos and Don'ts

**T**here are rules in place for handling and displaying Old Glory, known as the Flag Code.

Compiled by the U.S. House of Representatives' Office of the Law Revision Counsel, these guidelines ensure that you display the flag in the most respectful manner.

**DO** place the U.S. flag to the right when displayed with any other flag. If part of a group of local or organizational flags, the American flag should be placed in the center and/or highest point. International flags should be flown at the same height.

**DON'T** use the flag to cover cushions, as part of a costume, or for advertising purposes. Military personnel, police officers, firemen and patriotic organizations may use a flag patch.

**DO** follow presidential or governor's orders to fly the flag at half staff. These orders are made after national tragedy or the death of an important person. The flag should be hoisted to its peak before being lowered to half staff. Before it is lowered for the day, the flag should again be raised briefly to its peak.

**DON'T** attach anything to a flag. The flag also shouldn't be used as a receptacle of any kind.

**DO** place the flag to a speaker's right as they face the audience in an indoor meeting or other gathering.

**DON'T** display a flag with the blue area to the right when looking in from any window. The flag should be on display for those who are outside.



JOHN SONDERMAN/CREATIVE COMMONS

**DO** position a flag over the middle of a street with the blue field of stars pointing to the north on streets going east and west. On streets going north and south, the blue area should be to the east.

**DON'T** place the blue area over the right shoulder of the deceased when used to cover a casket. The flag should also never be lowered into a grave, or be in contact with the ground.

**DO** hoist the flag out with the blue area first when suspending it on a rope over a sidewalk.

**DON'T** carry the flag to the left when marching in a

procession with other flags. The U.S. flag should be held to the right if being carried by itself. If

among a line of other flags, the Star-Spangled Banner should be carried front and center.

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## FLAG ETIQUETTE

# America's First Flag

The Continental Congress confirmed on June 14, 1777, that the U.S. flag would have 13 stripes alternating in red and white, with 13 stars arranged in a blue area to the upper left.

These represented the original states, including Connecticut, Delaware, Georgia, Massachusetts, Maryland, New Jersey, New Hampshire, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina and Virginia.

Each color of the flag was chosen for a specific reason according to Charles Thomson, the secretary of the Continental Congress and an instrumental figure in creating the American seal: Red represented valor, blue stood for justice and perseverance, and white stood for purity. The original 13 stars were to be arranged in a circle such that no individual colony was arranged above another.

A group led by George Washington was said to have chosen Betsy Ross, a Philadelphia-based upholsterer, to fulfill the design instructions before the first flag was presented to Congress.

No evidence of this folklore has been found in either Continental Congressional record or in Washington's diaries. But Ross continued to make flags for more than five decades, many by government contract.

The flag was first carried into war on Sept. 11, 1777, in the Battle of the Brandywine, then initially flew over a foreign territory in 1778, after capture of a British fort in the Bahamas.

In all, there have been 27 different versions of the flag, as

one or more states were ratified as members of the U.S.

Initially, both stars and stripes were added as additional states joined the union, resulting in a 15-stripe flag sewn by Mary Young Pickersgill that added Vermont and Kentucky in 1795.

This flag, said to have inspired Francis Scott Key to compose our National Anthem, now hangs in the Smithsonian.

Thereafter, the design reverted back to 13 stripes, with only stars added.

The next update, from 1818, added five more stars to represent the new states of Mississippi, Indiana, Louisiana,



JEAN LEON GEROME FERRIS/WIKIMEDIA COMMONS

Ohio and Tennessee.

The flag was initially dubbed "Old Glory" in 1831 by a shipmaster from Salem, Massachusetts, named Capt.

William Driver. At that point, the flag had 24 stars. The most recent update moved the flag from 49 to 50 stars in 1960 after Hawaii was granted statehood.

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## FLAG ETIQUETTE

# Flying in Weather or Darkness

**S**trictly speaking, the Flag Code dictates that the banner should only fly from sunrise until sunset.

Lowering the flag at nightfall was considered to be a sign of respect both to the symbol itself and to all of those who served under it. The worry, too, was that displaying the flag in inclement weather would lead to early degradation of the material.

But a subsequent loophole has since opened the door for 24-hour displays: Modern flag code makes allowances for new all-weather fabrics, with the added requirement that the flag be properly illuminated.

Look for a flag that boasts synthetic, nylon or other non-absorbent material meant to withstand extra-long usage in order to show your patriotism day or night. They should also have metal grommets, double-stitched hems and a sturdy edge.

Just remember that even flags that have been labeled as “all-weather” can be damaged

by extreme conditions. Very high winds can strain the banner’s stitching and fibers, while heavy rain over a long period of time can make the flag too heavy and stretch the material.

Next, be ready to light the flagpole such that the banner is recognizable to casual passersby.

There are a series of low-current lighting options, as well as affordable outdoor solar lighting, that are ideal for illuminating a flagpole. Floodlights and below-grade uplighting are also commonly employed.

Issues may arise if your residence or business is near an airport, depending on the lighting system in use.

If it’s powerful enough, the lights may cause visual interference or a dangerous distraction within the plane’s approach pattern. Check with airport authorities.

In some cases, ambient lighting may be enough to satisfy the requirement. What happens if you don’t? Technically, the U.S. Flag Code is federal law, and



ADOBE STOCK

it’s used as the foundation for a series of state laws regarding the display and handling of our official banner. The federal code doesn’t include penalties for infringement, but some state laws do.

Once you’ve met all these

guidelines, it’s important to inspect, clean and repair your flag on a regular basis. Small tears can become unrepairable holes quite quickly. Don’t continue to fly your flag after it’s become tattered or worn out.



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as the right to  
do as we  
please, but as  
the opportunity  
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*Peter Marshall*

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# FLAG ETIQUETTE

## How to Handle a Flag

**W**ondering what to do when a flag isn't majestically flying above you? Here's how to handle one.

### FOLDING THE FLAG

Folding the flag into its familiar three-corner shape might take some practice, but soon you'll become part of a long history of honoring the banner. First, hold your flag lengthwise and fold it in half — then fold it in half lengthwise once more. Be sure the blue area is on the outside. Make a triangular fold from the other end, continuing until the flag is completely folded. Tuck the edge of the flag into the folds to ensure that only the blue field with white stars can be seen.

### LOWERING THE FLAG

The Flag Code instructs us never to let a flag touch the ground. This is most often a risk as we lower the flag at dusk. Accidents happen, but extra care should be taken to ensure that this historic symbol is treated with proper respect. Keeping it away from dirt and grime will also lengthen the life



MASS COMMUNICATION SPECIALIST 2ND CLASS DAVID DIDIER, U.S. NAVY/WIKIMEDIA COMMONS

of your banner. Should it fall to the ground, the Flag Code doesn't require that the flag be destroyed. It might require washing or dry cleaning, but can continue to be flown.

Presidents or governors may also order the flag lowered to half-staff as a form of mourning. There are set days in which flags are to be lowered, including Peace Officers Memorial Day on May 15, Memorial Day on the last Monday in May, Sept.

11, and National Pearl Harbor Remembrance Day on Dec. 7.

### RETIRING THE FLAG

The Flag Code states that banners which have become torn or frayed should be retired, preferably by burning them. Exercise proper caution throughout the ceremony, and be aware of any local or state fire codes that may be in place. Begin by folding your flag in the customary manner,

while building a fire which has enough intensity to completely consume it.

Salute as the flag is placed in the fire, reciting the Pledge of Allegiance and then pausing for a moment of silence. The ashes of the flag should then be buried. If you're not comfortable holding the ceremony, contact your local American Legion post. Many of them conduct disposal ceremonies on Flag Day.

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LIFESTYLE

# Cullman skatepark project designer Adam Eichorn discusses design process

**Amy Leonard**

amy@cullmantribune.com

**CULLMAN, Ala.** — “Skateboarding is not a crime” was the battle cry shared by generations worldwide for the past 40 years as they watched in awe as pioneers such »



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as Mike McGill, Christian Hosoi and Mike Vallely defied the laws of gravity, dedicating their lives to the then underground vocation.

After years in the making, the City of Cullman and Cullman Parks, Recreation and Sports Tourism revealed their final plans for the new 8,000 square foot skatepark, to be located on Second Avenue Northeast due north of Depot Park.

CPRST Executive Director Nathan Anderson talked of the formation of the newest park, "We started researching skatepark designs many years ago.

"This has been a long-standing need in our community; however, other pieces needed to fall into place to move forward with the park. Locating the skatepark in the heart of downtown has been a priority for a while, so it was imperative to have other infrastructure and planning worked out to ensure that the park complimented the feel of downtown for decades to come."

As the project progressed, Anderson and members of the city council traveled throughout the southeast, visiting skateparks to access their designs.

"We have researched many different designs and parks throughout the past eight years, including the



AMY LEONARD/THE CULLMAN TRIBUNE

following: Coffman Skate Park, Louisville Extreme Skatepark, Skatepark of Tampa (S.P.O.T.), Sarasota Skatepark, Lakeland Skatepark, Jax Skatepark and SK8 Charleston.

"Cullman has been

experiencing a growing demand for a skatepark. This park will provide a safe environment for skateboarders and riders.

"This skatepark will serve a significant need within our community and aesthetically

complement the downtown architecture and Depot Park.

"It will promote a safe environment for our youth and adults to enjoy while reducing damage to private property," Anderson said. »

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Honoring the input of almost 200 local skating respondents to an online survey, Los Angeles-based award-winning skatepark design firm Spohn Ranch and lead project designer Adam Eichorn have created a design specific to Cullman skateboarder enthusiasts.

Eichorn said, "We are super stoked to be able to work with Cullman. The process that we went through, being able to be chosen as the design build firm of your skatepark."

"It kicked off with an online survey. You guys knew what was up. What that did for me and for us was we were able to collect a lot of data."

"We got to know who is interested in the park. We got to know what kind of riders were going to be using this skatepark, what kind of obstacles and terrain are you most comfortable on. We took that data. We put together a conceptual design."

"I skate and I recognize all other kind of riders that use a skatepark—wheelchairs, roller skates, scooters, bikes – they all fall under the realm of skatepark users."

"We came to the conclusion that just by drilling into the info is that this community is looking for an intermediate style park."

"What we do best at Spahn Park is put together a park for all user groups, from beginner, intermediate and to advanced."

Explaining his design firm's process, Eichorn continued, "So, we took that data and started working with the design team to put together some conceptual designs."

"We came up with the initial conceptual designs and talked a little bit about that. Then, we bounced it back to the municipality, tweaked it a little bit, rotated it, changed it, moved

it until we got to the point that we are today where it's final. It's ready to present to the community."

The Cullman park, with a continuous flow, will feature a 3.5 – 6-foot bowl with a waterfall on the north end.

The flow will allow for continuous riding yet different zones will be available.

One zone will feature smaller obstacles, including an 18" spine, designed with beginner to intermediate riders.

In the middle of the skatepark, a manual pad with steel edging will allow for grinding without damaging the concrete. Eichorn noted that "all grindable edges will be coated in steel, powder coated black."

The advanced section of the street portion will include a slappy curb, quarter pipe ramp and stair steps.

"I started skating two years ago. I'm just really hyped for this park."

"We've just been skating on flat ground at the Festhalle because there's no park around here. I'm about to spend every single day at this park when it opens."

"Seriously," shared local skater Phillip Aufderhaar as he and his friends eyed the details of the new park designs.

Anderson spoke of the impact the park will have on the community, saying, "Skateparks are also a proven economic driver; participants in the sport often travel to find new courses to try out."

"It has been and will continue to be our mission to improve quality of life through exceptional parks, facilities, events and recreational opportunities for all."

Construction will begin in July and the park is slated to be open at the beginning of October.

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# PREP BASKETBALL STATE CHAMPS!

Cullman claims 1st state title in school history with 58-50 win over Huffman

**Nick Griffin**

[nick@cullmantribune.com](mailto:nick@cullmantribune.com)

**BIRMINGHAM, Ala.** — “There’s no other way to describe it except as a dream come true.”

Bearcat Forward Max Gambrill was nearly speechless following Cullman’s first-ever state championship win but he, along with his teammates managed to find a few words to describe the historic moment. All-State Tournament co-MVPs Tucker Cagle and Tucker Gambrill know that their team has put in the work to bring home a blue map but in the moments just after the game, they could still hardly believe what they had achieved.

“I think it’s really crazy because if you had told me at the start of the year that we were going to win a state championship, I would’ve said no way,” Cagle said. “I think just getting our bodies right in the offseason and getting stronger really helped us. We became a family, and this is just awesome for the community.”

“I just see it as a kind of reward for how hard we worked. I’m still speechless,” Gambrill said. “My last varsity basketball game is a win, so that’s pretty great.”

Garrison Sharpe was still trying to wrap his head around what just happened too but knows that he and his teammates had reached all the goals they set for themselves when this season began.

“That was our main goal. That’s what we all put in our blood, sweat and tears for,” Sharpe said. “It’s honestly making me speechless, »



MARTHA NEEDHAM/THE CULLMAN TRIBUNE

**The Cullman Bearcats defeated Huffman 58-50 Saturday to claim their first basketball state championship in school history.**



and it hasn't really hit me yet, but this is what we dreamed about. This is everything for us."

It's safe to say that Bearcats Head Coach Stu Stuedeman has hit the ground running at Cullman and after the game, he was quick to pass all credit to his players for all this team has accomplished this season.

"I'm so thankful for these players, because they deserve all the credit. I'm just so happy for them that they get to experience this because they put in all the work, and they deserve all the credit," Stuedeman said. "Way too many times in sports, the coach gets all the credit for what's going on but it's not the coach out there putting blood, sweat and tears into the practices and in the weight room, it's these guys up here and the rest of those guys in the locker room. They have just believed in themselves, believed in each other, they play fearless basketball, and they keep coming at you every night. They deserve all of this because they did it, and I am so happy for them."

Cullman led by double digits early in fourth quarter, but the Vikings managed to cut the lead to five late in the game. Following a missed free throw, Cagle pulled down a huge offensive board and reset the offense for Cullman. That play was one of the biggest for the Bearcats down the stretch and it's a play they have been preparing to make all season.

"We coach offensive rebounds and I think we rebound better than anyone else in the state. Offensive rebounding on free throws is something we work on, and it showed up in a big moment," Stuedeman said. "We get a big offensive rebound and it just kind of settles us and we »





started hitting our free throws again. I think we missed two in a row, but that offensive rebound just calmed us down. That's what we do, the little things of the game win. There really are no little things and rebounding and free throws are some of those."

Two quick baskets by Tucker Cagle and Garrison Sharpe gave Cullman the early, 4-0 edge but the Vikings responded 7-0 run to move ahead 7-4. Max Gambrill sank a pair of free throws to cut the lead to one and another Cagle bucket tied the game at 8 midway through the first quarter. Nate Zills then entered the game and buried a three-pointer to keep the score knotted at 11. Cagle dropped one in to retake a 13-12 lead for the 'Cats with less than two minutes remaining in the period. Max Gambrill split a pair of free throws to trim Huffman's lead to 15-14 »



MARTHA NEEDHAM/THE CULLMAN TRIBUNE



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with 20 seconds on the clock and he tipped one in at the buzzer to put Cullman back in front 16-15 going into the second.

Tucker Apel drilled a three and Colton Echols split a pair of free throws to make it a 20-15 game early in the second quarter. Cagle drove to the rim and scored to keep the Bearcats in front 22-17 midway through the second and Tucker Gambrell knocked down a three to make it 25-21 with two minutes to play in the opening half. The Vikings were able to get one more shot to fall before end of the second and Cullman went into the locker room with a 25-23 lead at the break.

Tucker Gambrell drilled a deep three early in the third quarter to stretch the lead to 28-23 and Sam Duskin scored through a foul to make it a 30-23 game. Max Gambrell netted a pair of free throws to add to the lead and midway through the third, Jamar Kay knocked down a three of his own to keep the 'Cats in front 35-27. Kay drove to the basket and scored on the next possession to add to the lead and Cagle pulled down an offensive board and scored underneath the basket to give Cullman a 39-28 advantage. The Vikings were able to chip away a bit of the lead in the final two minutes but went into

the final frame trailing the Bearcats 39-32.

Apel scored in transition to make it a 41-32 game early in the fourth quarter and Max Gambrell split a pair of free throws to put the 'Cats up by 10. Apel sank a pair of free throws to extend the lead to 12 and Cagle split a pair of foul shots to maintain a 45-35 lead midway through the fourth. Cullman tried to eat up as much clock as possible with each possession and after a pair of Garrison Sharpe free throws, the Bearcats led 47-37 with less than three minutes to play. Apel laid in an easy basket off an inbounds play to keep Cullman in front 49-40 and Cagle added a free throw to make it a 10-point game with less than two minutes to play. The Vikings knocked down a three on the other end to cut the lead to 50-43 with just over a minute on the clock and another inside basket for Huffman made it a 5-point game but Sharpe and Gambrell each answered with a pair of free throws to build the lead back up to 54-47. Sharpe sank two more foul shots to make it a 56-47 game with 35 seconds remaining and Apel drained two more with 15 seconds on the clock to ice a 58-50 victory and Cullman's first state title in school history.

Cagle led the »





Bearcats with 12 points in the win. Apel posted 11, Tucker and Max Gambrill each added eight and Sharpe finished with seven. Cagle, Tucker and Max Gambrill were earned 6A All-State Tournament honors and Tucker Gambrill and Cagle were selected as co-MVPs.

Stuedeman is thrilled to celebrate this massive accomplishment with his team but also has his eyes on the horizon and what this day can mean for the future of Cullman Basketball.

"I'm just telling, we're really just getting started. We've got a lot of younger dudes in that locker room that have played a lot of minutes and put in a lot of hard work. We have a lot of things coming back and

we're just getting started," Stuedeman said. "It's fantastic that we were able to do this and go on a run in year one with the program but we're going to keep grinding and keep working. The biggest thing I learned from Bucky (McMillan) and my sisters is that when you're at the top, it's easy to fall down and there's only one way to go so you have to keep working."

Shortly after Cullman's win, Birmingham Police investigated reports of possible shots fired in or near the arena, but BJCC security gave the all-clear just minutes later, saying the sounds heard were not caused by gunfire. Tournament play then resumed with the 7A Girls Championship.



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## STATE TRACK MEETS

# Vinemont's Lemons posts new state records in 1600 and 3200; locals shine in Cullman, Gulf Shores

**Nick Griffin**

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**CULLMAN, Ala.** — This weekend was packed full of local action at both the 4A-7A State Track Meet in Gulf Shores and at the 1A-3A State Track Meet in Cullman. One local standout even made history. Vinemont's Ethan Lemons dominated both the 3A 1600 and 3200-Meter Runs to earn a pair of gold medals and set a pair of new state records in the process. Lemons posted a time of 4:15.80 in the 1600, outpacing the next finisher by nearly 20 seconds and recorded a 9:22.62 in the 3200, winning by over 30 seconds. His third gold medal of the weekend came in the 800-Meter where he finished with a time of 2:00.25.

Lemons wasn't the only local athlete to bring home gold. In Gulf Shores, Cullman's Patrick Adcock placed first in the 6A Discus Throw with a mark of 146-00 and Good Hope's Cadence Watson earned gold in the 4A High Jump at 4-10.00.

At Oliver Woodard Stadium in Cullman, Cold Springs' Ethan Edgeworth blew past the field in the 2A 1600-Meter with a time of 4:31.32 and fellow Eagle Hunter Calvert claimed gold in

the Pole Vault after posting a 12-00.00. St. Bernard's Claudia Fallin celebrated her birthday with a first-place finish in the 2A Discus Throw at 106-08 and Nic Fallin collected another gold medal for the Saints with a mark of 41-08.25 in the 2A Triple Jump.

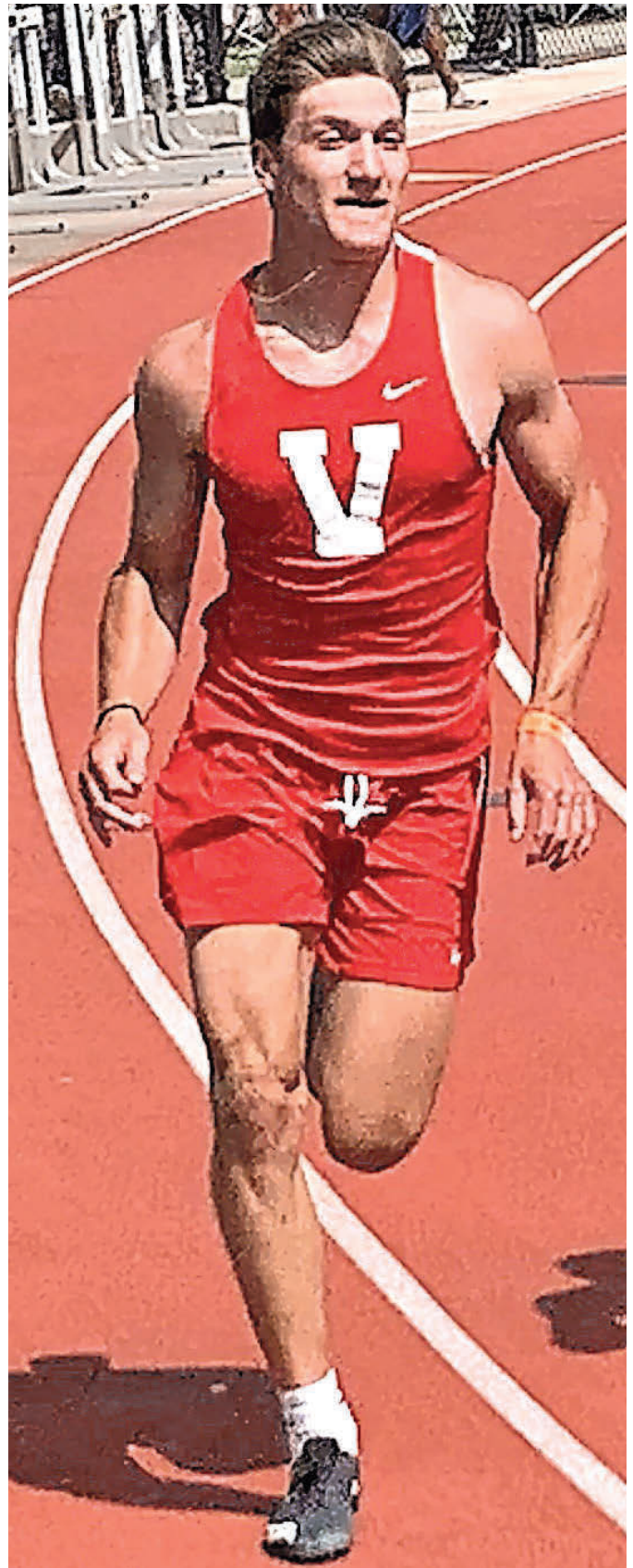
"I woke up this morning and said, it's a good day to throw Discus. It's my birthday!" Fallin said after receiving her gold medal, "It's something I've been working toward for a long time. It's a real blessing."

Saints Coach William Calvert was excited to see Claudia go out on such a high note and was proud of the way his young squad performed over the weekend.

"We have a young team and we're very grateful to have qualified 10, five boys and five girls, to be at the state meet and fortunately they did a fantastic job over the weekend.

"All of them had personal records for the most part and many of them scored," Calvert said.

"Of course, we had a couple state champions, a brother and sister combination, Claudia in the Discus on her birthday and her brother, Nic, in the Triple Jump so it was a great day for that combination there. »



**Vinemont's Ethan Lemons set new 3A state records in both the 1600 and 3200-Meter runs at this year's state track meet.**

NICK GRIFFIN/THE CULLMAN TRIBUNE





NICK GRIFFIN/THE CULLMAN TRIBUNE

Abbi McBride was another medalist in the 300-Meter Hurdles so all in all it was a great meet for our young team, other than our one senior Claudia. It was a great way to send her out and it was great encouragement for the rest of the team."

As a team, the Cold Springs Eagles (64.5) finished second in the 2A Boys division, just seven points behind Lafayette.

#### 4A-7A STATE CHAMPIONSHIP

(Gulf Shores)

#### CULLMAN

Patrick Adcock: 1st place Discus

Throw - 146-00

Tatum Nixon: 2nd place Discus  
Throw - 108-07

Tatum Nixon: 5th place Shot  
Put - 35-11.75

Evan Richards: 7th place Shot  
Put - 46-11.50

Troy Adkison: 7th place 3200-  
Meter - 9:27.66

Troy Adkison: 10th place 1600-  
Meter - 4:21.09

Sarah Kate Dockery: 11th place  
Discus Throw - 87-02

Troy Adkison: 11th place 800-  
Meter - 1:59.04

Nicholas Wood: 21st place  
1600-Meter - 4:36.87

Sawyer Trimble: 14th place  
Javelin Throw - 143-05

Abella Skipper: 13th place Shot  
Put - 31-05.25

Dylan Sessions: 15th place 300-  
Meter Hurdles - 42.76

Banks Baker: 20th place 300-  
Meter Hurdles - 45.32

Jamar Kay: 16th place High  
Jump - 5-10.00

Jamar Kay: 19th place Long  
Jump - 18-08.50

Grace Thompson, Mabry Free,

Bella Caretti, Giselle Gibbs:  
15th place Girls 4x800 Meter  
Relay - 11:00.32

Troy Adkison, Charlie Worley,  
Nicholas Wood, Ethan Nix: 11th  
place Boys 4x800 Meter Relay  
- 8:34.25

#### ARAB

Drake Brown: 3rd place Pole  
Vault - 13-00.00

Mitchell Duquette: 10th place  
Pole Vault - 12-00.00

Gabe Norton: 5th place Triple  
Jump - 44-08.50

Wyatt Glispie: 17th place  
Discus Throw - 120-00 »



Girls 4x800 Meter Relay: 16th place – 11:03.52

Libby Wright: 4th place Javelin Throw – 111-04

Ragan Barnes: 8th place Javelin Throw – 104-07

Jenna Hill: 11th place Pole Vault – 10-00.00

Libby Chance: 11th place Pole Vault – 10-00.00

Gabe Norton: 14th place Long Jump – 20-04.75

Julie Stapler: 17th place 300-Meter Hurdles – 50.17

Taylor Anderson: 17th place 300-Meter Hurdles – 43.02

Aubrey Elrod: 17th place Pole Vault – 9-00.00

Grace Gosline: 19th place

3200-Meter – 12:20.42

Allie Ryan: 18th place High Jump – 4-08.00

Julie Stapler: 21st place 800-Meter – 2:27.85

### WEST POINT

Rene Moreno-Tovar: 6th place 3200-Meter – 10:35.09

Gabe Laney: 15th place 1600-Meter – 4:57.17

Aiden Dujoud: 10th place Shot Put – 42-02.00

Aiden Dujoud: 17th place Discus Throw 42-02.00

Brooklyn Wells: 10th place Triple Jump – 31-02.50

Brooklyn Wells: 19th place 300-Meter Hurdles – 53.10

Girls 4x800 Meter Relay: 13th place – 11:47.51

### FAIRVIEW

Kabri Redding: 2nd place Discus Throw – 106-01

Laci Segrest: 20th place Discus Throw – 67-00

Alex England: 6th place 1600-Meter – 4:50.67

Rodrigo Gomez: 13th place 1600-Meter – 4:56.23

Kabri Redding: 7th place High Jump – 4-10.00

Kailyn Redding: 14th place High Jump – 4-06.00

Eli Frost: 17th place Long Jump – 18-02.00

Jameson Goble: 22nd place Triple Jump – 36-02.00

Alex England: 13th place 800-Meter – 2:09.36

Eli Frost: 9th place High Jump – 5-10.00

Darby Nichols: 12th place Long Jump – 15-02.25

Laci Segrest: 10th place Shot Put – 30-10.00

Kabri Redding: 18th place Shot Put – 29-05.00

Abby McDonald: 19th place Triple Jump – 29-01.25

Boys 4x800 Meter Relay: 12th place – 9:08.00

Girls 4x400 Meter Relay: 15th place – 4:35.10

Sadie Smith: 10th place Javelin Throw – 102-06

Alex England: 8th place »



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3200-Meter - 10:41.91

Parker Gutierrez: 14th place  
3200-Meter - 11:09.71

### GOOD HOPE

Cadence Watson: 1st place  
High Jump - 4-10.00

Bailey Keef: 2nd place Long  
Jump - 16-03.00

Addie Stripling: 3rd place  
Javelin Throw - 107-06

Rudi Derrick: 5th place 800-  
Meter - 2:30.73

Matt Self: 6th place Pole Vault  
- 10-00.00

Cadence Watson: 9th place  
300-Meter Hurdles - 51.60

Ryker Gonzales: 14th place  
Javelin Throw - 132-10

Ryker Gonzales: 15th place  
400-Meter - 53.59

Peyton Caudle: 18th place Triple  
Jump - 27-08.75

Zoe Marks: 20th place Shot  
Put - 27-08.75

Girls 4x800 Meter Relay: 8th  
place - 4:33.52

Fernando Dominguez, Matt  
Self, Logan Self, Nathan Biggs:  
14th place Boys 4x800 Meter  
Relay - 9:19.35

### HANCEVILLE

Connor Pitts: 7th place Discus  
Throw - 125-00

Zach Campbell: 7th place 200-  
Meter - 22.87

Eli Akin: 12th place Discus  
Throw - 113-00

Kelson Moore: 13th place  
Discus Throw - 111-09

Kelson Moore: 17th place Shot  
Put - 39-04.00

Kate Sterling: 10th place Discus  
Throw - 86-10

Kate Sterling: 19th place Shot  
Put - 28-03.25

Ben Johnson: 11th place 400-  
Meter - 52.94

Will Calvert: 5th place High  
Jump - 6-00.00

JT Davis: 18th place High Jump  
- 5-04.00

### 1A-3A STATE CHAMPIONSHIP (Cullman)

### COLD SPRINGS

Ethan Edgeworth: 1st place  
1600-Meter - 4:31.42

Hunter Calvert: 1st place Pole  
Vault - 12-00.00

Ethan Edgeworth: 2nd place  
800-Meter - 1:59.14

Reagan Parris: 2nd place 3200-  
Meter - 12:09.45

Cameron Nunn: 2nd place High  
Jump - 6-00.00

Girls 4x800 Meter Relay: 2nd  
place - 10:34.21

Cameron Nunn: 3rd place Pole  
Vault - 10-06.00

Boys 4x800 Meter Relay: 4th  
place - 8:50.35

Paizley Whitlow: 4th place Pole  
Vault - 7-00.00

Cameron Nunn: 4th place 110-  
Meter Hurdles - 17.24



NICK GRIFFIN/THE CULLMAN TRIBUNE

Ellanora Slusser: 4th place  
Discus Throw - 93-00

Seth Williams: 4th place Javelin  
Throw - 144-00

Tristen Jewell: 14th place  
Javelin Throw - 122-04

Paizley Whitlow: 5th place  
1600-Meter - 5:48.05

Jayden Allred: 5th place 3200-  
Meter - 10:06.09

Jayden Allred: 6th place 1600-  
Meter - 4:47.04

Girls 4x400 Meter Relay: 7th  
place - 4:40.76

Ellanora Slusser: 7th place Shot  
Put - 29-08.50

Madelyn Pearl: 8th place Shot  
Put - 29-06.50

Reagan Parris: 8th place 800-  
Meter - 2:35.08 »



Claire Huffstutler: 14th place  
800-Meter – 2:39.89

Macie Huffstutler: 15th place  
3200-Meter – 13:45.79

Kynzlee Garmon: 9th place  
Javelin Throw – 82-00

Claire Huffstutler: 16th place  
3200-Meter – 13:46.23

Boys 4x400 Meter Relay: 10th  
place – 3:46.89

Zeke White: 16th place Discus  
Throw – 112-03

Jayden Allred: 11th place 800-  
Meter – 2:11.88

Gavin Parris: 16th place Shot  
Put – 39-10.00

Justin Caffee: 15th place 800-  
Meter – 2:13.02

Kaley Barger: 19th place Discus  
Throw – 68-07

Kaley Barger: 11th place Javelin  
Throw – 78-10

### VINEMONT

Hollyn Bruer: 12th place Javelin  
Throw – 75-08

Ethan Lemons: 1st place 1600-  
Meter – 4:15.80

Josiah Walker: 14th place  
3200-Meter – 11:13.37

Ethan Lemons: 1st place 3200-  
Meter – 9:22.62 »



NICK GRIFFIN/THE CULLMAN TRIBUNE



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Ethan Lemons: 1st place 800-Meter - 2:00.25

Boys 4x400 Meter Relay: 13th place - 3:48.32

Gracie Goodwin: 24th place Discus Throw - 56-11

Abbi McBride: 6th place High Jump - 4-08.00

Colby Miller: 2nd place Long Jump - 19-08.50

Colby Miller: 14th place 400-Meter - 53.94

### SAINT BERNARD

Madilyn Kerber: 6th place 1600-Meter - 5:52.39

Dawson Wilhite: 5th place Pole Vault - 9-06.00

Kendall Harbison: 7th place 800-Meter - 5:50.59

Nic Fallin: 1st place Triple Jump - 41-08.25

Madilyn Kerber: 7th place 3200-Meter - 12:42.56

Kendall Harbison: 6th place 3200-Meter - 12:26.27

Logan Ford: 16th place Triple Jump - 37-01.50

Claudia Fallin: 1st place Discus Throw - 106-08

Boys 4x800 Meter Relay: 9th place - 9:33.35

Kendall Harbison: 7th place 1600-Meter - 5:50.59

Dawson Wilhite: 17th place Triple Jump - 36-05.00

Abbi McBride: 2nd place 300-Meter Hurdles - 50.68

Claudia Fallin: 10th place Javelin Throw - 79-06

Dalton Thomason: 12th place Discus Throw - 107-04

Justin Marotz: 20th place 300-Meter Hurdles - 50.29

Abbi McBride: 5th place 100-Meter Hurdles - 18.76

Madilyn Kerber: 13th place 800-Meter - 5:52.39 »



Charli Roberson: 14th place  
300-Meter Hurdles – 55.49

Caroline Lamoureux: 15th place  
3200-Meter – 13:16.04

Parker Guthery: 16th place  
3200-Meter – 11:35.30

Blakely Baggett: 19th place  
800-Meter – 2:50.20

Tessa Sanders: 22nd place  
1600-Meter – 6:21.44

Caroline Lamoureux: 21st place  
800-Meter – 2:52.19

Parker Guthery: 20th place  
1600-Meter – 5:36.37

Isaac Chambers: 8th place  
Discus Throw – 117-01

### HOLLY POND

Tiffany Cofield: 14th place High  
Jump – 4-02.00

Travis Barnett: 3rd place 1600-  
Meter – 4:35.51

Boston Gibbs: 9th place Javelin  
Throw – 136-05

Travis Barnett: 3rd place 3200-  
Meter – 10:00.43

Isaac Chambers: 10th place  
Javelin Throw – 135-09

Kadin Suryono: 3rd place  
Discus Throw – 137-01

Kadin Suryono: 12th place  
Javelin Throw – 132-00

Gunnar McBee: 10th place  
400-Meter – 53.51

Emery Barnett: 11th place Triple  
Jump – 38-02.00

Travis Barnett: 13th place 400-  
Meter – 53.74

Girls 4x800 Meter Relay: 11th  
place – 11:58.10

Christopher Putman: 5th place  
3200-Meter – 10:20.76

Boys 4x800 Meter Relay: 13th  
place – 9:24.91

Hunter Farr: 7th place Long  
Jump – 18-08.75

Violet Adams: 19th place Triple  
Jump – 26-08.50

Isaac Chambers: 10th place  
Long Jump – 18-08.50

Kalli Ham: 20th place Triple  
Jump – 26-05.75

Christopher Putman: 8th place  
1600-Meter – 4:57.93

Violet Adams: 23rd place 300-  
Meter Hurdles – 58.91

Travis Barnett: 8th place 800-  
Meter – 2:06.11

### ADDISON

Caroline Lamoureux: 14th place  
1600-Meter – 6:14.72

Bracie Rodgers: 5th place Triple  
Jump – 30-10.25

Blakely Baggett: 15th place  
1600-Meter – 6:16.90

Katie Barrett: 20th place Triple  
Jump – 28-08.00

Joshua Putman: 17th place  
3200-Meter – 11:18.43

Gracie Manley: 7th place  
Discus Throw – 88-08

Blakely Baggett: 14th place  
3200-Meter – 13:14.04

Olivia Gober: 9th place Shot  
Put – 29-03.50



NICK GRIFFIN/THE CULLMAN TRIBUNE

Jasmine Daniel: 12th place 300-  
Meter Hurdles – 54.36

Jump – 32-05.00

Ava Barlett: 18th place 300-  
Meter Hurdles – 56.89

Jasmine Daniel: 10th place High  
Jump – 4-06.00

Bradley Willette: 15th place  
Discus Throw – 113-11

Bracie Rodgers: 21st place Long  
Jump – 12-00.50

Jedidiah Wilkins: 9th place  
Triple Jump – 38-06.75

Boys 4x100 Meter Relay: 4th  
place – 45.55

Briley Hayes: 22nd place Triple

Boys 4x400 Meter Relay: 9th  
place – 3:45.63



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# TORNADO PREPAREDNESS

## Staying Safe

**F**inding a safe space as a tornado approaches can be more difficult than it sounds.

### RECOMMENDED ACTIONS

Immediately take shelter when there's a tornado warning. You're encouraged to find a location in the interior portion of your home, preferably in a basement. The idea is that the lowest possible floor with plenty of surrounding walls provides the best protection against wind and flying projectiles. Unfortunately, you may be away from home when disaster strikes, at work or in a shopping center, so it's important to keep up with impending weather systems — and be aware of your surroundings. You might have to take cover in an unlikely location.

### AVOIDING DEBRIS

Wherever you are, stay well away from windows. Instead, shelter in a bathroom, center hallway or closet. Wind-driven explosions of glass can kill, or at the very least cause serious injuries. Make sure your emergency kit includes a sleeping bag or heavy blanket, because they can also provide protection from flying debris. Get underneath a sturdy piece of furniture like a heavy dinner table, if possible. Be aware of bulky items on any floors above you like refrigerators and pianos, and try to shelter elsewhere in case the structure above gives way.

### STURDY STRUCTURES

Be aware that all indoor places as not built the same. Long-span

structures like theaters and gyms are especially prone to collapse because the roof is often only supported by the outside walls. If you are living in or visiting a mobile home, the CDC urges complete evacuation as a storm approaches. Tornadoes can turn these homes over, or potentially carry them away. Even if the mobile home remains upright, its walls are not strong enough to withstand tornado-force winds. Build a tornado shelter, or plan ahead by coordinating with friends or family members on where you'll go instead. Find a sturdy nearby structure, again ideally with a basement.



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### IF YOU'RE OUTSIDE

If you are outside or in a vehicle when a tornado strikes, avoid areas with lots of trees. If there's no nearby shelter, lie flat in a low-lying area such as a ravine or ditch. Never try to

outrun a tornado in your car since they can be easily tossed by raging winds.

Protect your head with your hands or a nearby object. Stay away from bridges and overpasses.



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# TORNADO PREPAREDNESS

## How to Build a Safe Room

**M**oving to an interior space is recommended during a tornado, but better still is a safe room. Here's how to create one.

### WHAT THEY ARE

The Federal Emergency Management Agency has set criteria for hardened structures known as safe rooms, which are meant to provide close to absolute protection for you and your loved ones during extreme weather events. Remember that risk remains anywhere in your home: EF-5 tornadoes boast winds of more than 200 miles per hour, and dry-walled spaces built with 2x4 studs are simply not built to withstand that kind of force. Rooms built in accordance with FEMA guides promise a better chance of emerging from storms without injury or death. They can be fortified to resist even EF-5-level tornadoes.

### GETTING STARTED

Safe rooms typically cost between \$2,500-\$5,000 to build, according to Reader's Digest. Before securing the services of a professional contractor, obtain the free FEMA booklet titled "Taking Shelter From the Storm: Building a Safe Room Inside Your House." Inside, you'll find plans for construction that meet all National Performance Criteria for Tornado Shelters. The best place for a safe room is in your basement. If that space isn't available to you, build in an interior safe room on the home's first floor or — failing

that — a separate place that remains easily accessible in the event of a storm. Allot five square feet of space in the room for each person who'll seek shelter.

### HOW THEY'RE MADE

Safe rooms are made with reinforced concrete or concrete block, or with a combination steel design. They need to be constructed independently from the structure of your

home, and securely bolted into a concrete slab to keep everything in place. The impact-resistant shell should be strong enough to protect everyone inside from wind-blown debris that account for so many injuries and deaths.

### WHAT YOU'LL NEED

FEMA's map of U.S. wind zones will help you determine how strong the walls should be. Keep in mind that this space

can pull double duty when not in use. If the safe room is inside your home, you can also use it as a walk-in closet, bathroom, storage room or pantry. Outside spaces can function as a storage shed. Either way, be sure to stock the room with emergency and first-aid kits, any needed medications, batteries and an emergency radio, blankets, basic tools and a flashlight, water and snacks.

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## TORNADO PREPAREDNESS

# Decoding Tornado Bulletins

**T**he National Weather Service specializes in creating timely and accurate weather bulletins meant to keep us safe from dangers like tornadoes. Here's what they mean — and what you should do.

### TORNADO WATCH

It's critical to understand the difference between a tornado watch and a tornado warning, in order to make the right decisions to stay safe. A watch means tornadoes are possible in your area. Severe thunderstorms also have the potential to produce tornadoes. Move to a building or space that offers protection — or shelter in place

if the structure is safe where you are. Remember: Watches can quickly become warnings, so stay weather aware and be prepared to follow your tornado safety plan.

### TORNADO WARNING

A warning is far more serious than a watch, requiring immediate moves to protect life and property. A tornado has been sighted on the ground, or is indicated by radar. Move immediately to your pre-selected safe space, which should be an interior room with no windows on the lowest floor of a sturdy structure. Should you find yourself in a vehicle or mobile home, quickly head to

a nearby shelter — or lay on a low area of ground away from trees. If a severe thunderstorm happens while you are under a tornado watch, treat the situation like a tornado warning.

### THE EF SCALE

The Enhanced Fujita scale attaches a rating based on three-second gust levels, and can only be issued by the National Weather Service. The ratings help people understand the severity of these weather events after they've taken place, setting wind estimates based on the highest speeds within the tornado's path. The original measurement was named after Ted Fujita, a

severe-storm research scientist at the University of Chicago who came up with this scale in 1971. Improvements were made by a panel of meteorologists and engineers, and the current enhanced scale was unveiled in 2007. Evaluations are done across several structures rather than just one, and then a final rating is announced. An EF-0 tornado had wind gusts of 65-85 miles per hour, while an EF-1 blew up to 110 mph. EF-2s are 111-135 mph, while EF-3 rates up to 165 mph. An EF-4 tornado packs winds of 166-200, followed by the catastrophically damaging EF-5 with gusts of more than 200 mph.

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## TORNADO PREPAREDNESS

# What Happens Next?

In the midst of a tornado, most injuries and fatalities are due to flying debris. But what happens next can be very dangerous in its own right.

### FIRST DO A MEDICAL CHECK

Injuries sometimes happen without being noticed in the trauma and stress of a tornado. So it's smart to do a quick check to see if anyone requires medical attention before doing anything else. The CDC reminds everyone that the injured should not be moved, unless they appear to be in immediate danger or are risking further injury. Stop any bleeding with the application of direct pressure, then clean out open wounds with soap and clean water. You'll need to get any puncture wounds evaluated by a doctor. Next, if possible, connect with family and loved ones to make sure everyone is OK. Text and social media messages are often more reliable in these situations than phone calls.

### EVALUATE THE SITUATION

Tornadoes are typically the result of a larger storm system, and there can be heavy downpours after the winds die down. Flooding and damaging hail are a constant threat. So continue monitoring battery-powered radios or TVs for critical emergency information before leaving your safe place. Wait for the all clear from forecasters or government officials. Be aware of your surroundings when exiting a structure, since it may be damaged. If it's safe, retrieve heavy boots, a long-sleeve shirt and gloves. Exposed

nails, power lines and broken glass could be all around. When phone service returns, report hazards to your utility company and first responders. Don't return to badly damaged structures until advised by authorities that it's safe to do so.

### LEAVING YOUR SAFE SPACE

Extreme caution must be exercised as you emerge afterward. One government study found that an astounding 50% of storm-related injuries were the result of clean up, rescue attempts and after-tornado activity. Downed power lines, compromised electrical

systems and broken gas lines are common issues, leading to the risk of fires, explosions or electrocution. Turn off gas, water and electricity to your building if possible. Falling or

heavy rolling objects can also be a huge danger. A third of injuries in the federal study were actually the result of stepping on nails from damaged and destroyed structures.



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## AGRICULTURE

# North Alabama Agriplex: celebrating the region's farming heritage

**Amy Leonard**

amy@cullmantribune.com

**CULLMAN, Ala.** — Preserving Cullman's agricultural legacy was on James "Hutch" Hutchinson's mind as he sat surveying the comings and goings at the county fair with fellow members of the Lion's Club in the 1990s.

"Hutch thought that the fair was such a celebration of Cullman County agricultural that we needed to do something to recognize that Cullman was consistently ranked No. 1 in state for agricultural. He and some of his friends thought maybe a museum or

facility would be good," Rachel Dawsey, executive director of the North Alabama Agriplex, shared as she told the origin story of the center.

Fast forward to several decades later and the mission statement for the Agriplex rings true to the original vision.

The mission statement, "Cultivating a community passionate about preserving our agricultural heritage, educating and feeding our neighbors and growing a sustainable future," was in the heart of the founders. They began visiting other cities and states to learn how other locales were honoring their farming heritage. These

included Mike Roden, Tom "Big Doc" Williamson, Jimmy Gilley and Chester Freeman, Dawsey's own grandfather.

Dawsey continued, "Zeb Little was in state legislature then and helped them tremendously. They started a nonprofit, the Alabama Agricultural Museum and Hall of Fame, and became an unfunded state board in 2000."

The first Touring Farm for Kids began that year in cooperation with Cullman County Soil and Water Conservation District and Cullman County Extension. At the same time, the board applied for grants, brainstormed on a physical

location and began drawing up plans for a facility.

With a site secured on Tally Ho Street on the southwest side of town, construction began in 2009 and was complete two years later. In 2012, the Agriplex was officially open to the public.

"I came along and joined the team in fall of 2011. In 2012 we started doing for Farm Kids Club and the Garden Camps that summer same summer. From then, we kept growing. We worked with our local extension office to start the Living Landscapes program," Dawsey recalled.

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AMY LEONARD/THE CULLMAN TRIBUNE

the center has grown in leaps and bounds.

"Now, we're up to nine monthly programs. It's just continued to grow with our summer camps and school outreach," said Dawsey.

Currently, the Agriplex is home to 24 raised garden beds and a pavilion which is available for the public to rent as is the meeting space within the center.

With adult programming now including the Lunch and Learn series, Heritage Skills, Learn to Sew classes, and the Living Landscapes program, the center is bursting with educational opportunities for those over the age of 18.

The latest addition to the schedule is the Beginning Farmer and Rancher series

from Auburn University, led by Tony Glover.

"We're so lucky to have Tony as our farm technical assistance provider. He has over 90 people on his list as beginning farmers.

"Some are hobby farmers and retirees, but many are farmers just getting started. Tony is such a valuable person for them because he knows all the resources available for them," Dawsey explained.

Children have many options for learning as well. The Little Farmers and Heritage Homeschool programs are favorites, whose registrations fill up quickly.

Summers are full of activity with Garden Camp, Tour Farms for Kids in both Cullman and Winston counties, Sewing

Camp, Nature Day Camp and Heritage Skills Day Camp.

In addition to the on-site learning opportunities and summer camps, the mission is also spreading into the schools, both local and throughout north and central Alabama. The Agriplex takes its lessons into the schools to promote hands-on learning.

Education Director Julie Kelly shared, "These programs are great and so much fun for the kids. We go in the schools and teach mainly about hands on agricultural and science programs from pre-K through eighth grade. All the interested schools have to do is give us a call and we'll get them on the calendar when we have an open spot. Currently, we're scheduling for the fall. We go to

Harmony School, Lynn, Welts, Cold Springs, Winston County, Blount County, Jefferson County plus our East and West Elementary in Cullman. We are heading to Hanceville this morning!"

With nine staff members, countless volunteers and all programs, the Agriplex has outgrown its current building and will be expanding in the coming years.

Dawsey gave an update on the future of the Agriplex.

"We worked last year with an architect on a master plan for our expansion. Our tentative plan is to have our new community hub building near the back of our parking lot. That building will have more teaching space, specifically a teaching educational »



kitchen that we're really excited about. There's such a need for it in our community. We see that we can do summer camps, kids cooking classes and we can also partner with other agencies to do classes on diabetic education and nutrition education. We see a need for team building activities with corporations where they could work together to harvest potatoes in our gardens and walk them to the kitchen and roast potatoes and eat together. We've seen a lot of interest in this in the community and the need."

While many of the men who were together on that afternoon at the Cullman County Fair are no longer with us, they can rest assured their seeds of knowledge are still being passed down, sown and harvested today and tomorrow thanks to the efforts of the North Alabama Agriplex.



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## SUMMER RECREATION

# Summer Stargazing

**T**he warm months give us a great opportunity to stare out into a sky full of wonder.

### TIPS FOR GAZING

In some places, temperatures fall quickly after sunset. So, summer stargazing should be accompanied by a blanket, jacket and extra set of clothes. This is particularly crucial in areas with mountains or deserts. If temperatures remain moderate, use the blanket to lie back on for the very best views. Your supply kit should also include bug spray, since any extended time spent outdoors increases the risk of running into pests that might carry illnesses. Summer weather can be very unpredictable, so bring along rain jackets and water-resistant protection for cameras or stargazing tools.

### WHAT YOU'LL SEE

Constellations turn over our heads all evening, accompanied by the waxing and waning moon and the occasional shooting star. Find a dark place away from city lights, then look for the Big Dipper, one of the most recognizable star groups for those in the Northern Hemisphere. Those seven bright lights are at the center of Ursa Major, or “greater bear” in Latin. Elsewhere, you might find Cassiopeia, Scorpius, Cygnus, Sagittarius among the other constellations and asterisms. You can easily pick out some satellites as they fly by. The International Space Station is particularly noticeable as it orbits our earth. Many have spotted the Iridium satellite as



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it flares as well. Neighboring planets will also become more visible as summer continues. Those with a telescope or binoculars may find deeper-sky objects like Brocchi's Cluster or the Ring Nebula. The famous Perseid meteor showers peak every August, as debris from the comet streaks across our atmosphere.

### STUDY UP FIRST

Wondering where to find all of those cool things? Seek out a night sky map for your particular region. Maps from a mid-northern latitude include sights that can be viewed from southern Canada, the lower 48 United States, central and southern Europe, Japan and central Asia. Objects on the map will be lower in the sky for those north of those areas, and the horizon might completely obscure distinctive things like the Summer Triangle — a three-cornered star pattern that's formed by Altair, Deneb and Vega. There are a total of 88 constellations surrounding the planet, and some are visible year round. Others, however, are seasonal.



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## SUMMER RECREATION

# Playing It Safe

**W**arming temps mean more time spent outside, exciting vacations and evenings spent gathered around the grill. Here's how to play it safe.

### WATER

Trips to the pool or beach are a signature part of summer, but there are inherent risks associated with any time spent in the water — in particular for younger, less experienced swimmers. Use a life jacket for safety, in particular in waterways with currents or deeper depths. Air-filled swimming aids are typically not sufficient if a swimmer begins to struggle.

Keep a watchful eye on children when they're in the water, and try to stay within reach in case they need your assistance. Take a shower before swimming to make sure you're not bringing dirt and grime into the pool. Bacteria spreads quickly in water, so we should all do our part to keep it as sanitary as we can. Bathe quickly afterward too, so you don't transfer germs or harsh chemicals into your home.

### HOME

Always wear a helmet when bicycling, skateboarding or roller blading. The use of fertilizers, pool chemicals and weed killers rises every summer,

along with the risk of poisoning. Store them away properly. Grilling becomes a common outdoor activity, with the added benefit of not overheating your home while using the oven. But there are important safety issues relating to the grill, beginning with the fire and burn hazards. Keep small children away from the flames, and stick to all recommended safety measures. Heating the grill to the required temperature is also crucial, in order to avoid serious food-borne illnesses. Consider purchasing an internal temperature gauge for added confidence.

### SUN

Sunburns increase our risk of skin cancer, according to the U.S. Centers for Disease Control and Prevention. If you're planning a trip to the beach or pool, or will be doing summertime yard work where shade isn't possible, wear a wide-brimmed hat to protect your head, face and neck. Apply sunscreen with a SPF of at least 15; look for products that provide protection from both UVA and UVB rays. Drink plenty of water when you're outdoors, since dehydration is always a risk. Try not to work in the sun during the hottest parts of the day. High-energy activity on summer afternoons can lead to heat stroke.

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## SUMMER RECREATION

# Rental RV Adventures

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### A GROWING TREND

Some 65 million travelers are planning an RV vacation in 2022, according to one survey from the Go RVing trade group. Many of them will be renting instead of buying.

The practice became trendy during the first year of the pandemic, as the Austin-based peer-to-peer rental site Outdoorsy saw a stunning 4,000 percent increase during 2020's busiest months. RV

and camper-van rentals are now expected to be a \$356.2 million industry in 2022, as the segment continues its steady rise. Growth of more than three percent has been charted every year for the past five. Outdoorsy now has 48 million users; company officials says they have already passed 1 billion total transactions.

### HOW TO CHOOSE

Size, space, distance and your driving comfort level are all key factors in deciding which RV to rent. You'll obviously need additional room if more friends and family are coming along, but the largest Class A models can present driving and

parking challenges. These RVs range from 24 to 40 feet, and comfortably accommodate up to seven people. Less experienced drivers might select a Class B version, which is about as wide as the average pickup truck and less than 25 feet long. They're easier to maneuver and get better gas mileage, but you shouldn't try to fit more than four people inside. Class C RVs are usually built on a truck chassis, with sleeping bunks located above the passenger cabin. They're usually 30 feet or less, and can welcome up to six people.

### READY TO RENT?

Professional dealers will be

easier to research. They'll also have technicians on duty to help should anything go wrong. Renting from large companies like Cruise America includes package deals with roadside assistance and insurance, while RVshare also offers fifth wheels and travel trailers for rent. (RVshare makes one-way renting possible, too.)

Be aware that some states require RV drivers to have a commercial driver's license — in particular for Class A motorhomes — so check local laws along your travel route. Research RV camp sites before you go, since there is a very wide range of amenities and pricing.



## LIFESTYLE

# Workout without weights and tone at home

**Lauren Estes**

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**T**he term we've designated to label a lean-muscled, built physique is "toned" and here are five ways to tone at home this summer without the weights.

**1.** Find exercises that can be modified if too challenging and eventually can be pushed to an advanced level. Example: If you can't do a strict pushup, start with modified pushups from your knees and add repetitions and rounds (volume) to increase your ability within your pushup. Over time, you'll eventually be able to move your modified movement to a strict movement. If you can already do a strict pushup— and an inverted, reverted position or change your hand placement to make the level of difficulty higher.

**2.** Bored with typical cardio? Try tabata rounds. Tabata is engaging in different exercises for a certain amount of time with minimal rest. AS an example, create a round of four exercises, they can be anything— mountain-climbers, leg lifts, butt kicks and free squats would be four I might choose—and do each exercise for 30-45 seconds, giving yourself a 10 second rest to transfer to the next exercise. Do this four all for exercises and then repeat for 3-5 rounds! You can do this with multiple sets of exercises.

**3.** Are single exercises getting



UNSPASH

easy? Try a drop set! A drop set is doing the same exercise twice in a row with the same amount of repetitions but you'll start with a heavier weight and drop to a weight of half the amount or so and repeat the exercise for multiple rounds.

**4.** Even though you don't have to use weights at home for your workouts, have you tried adding a band to your leg workouts to add tension to your stable movements? A band creates tenacity and puts your muscles into overtime to burn extra calories during glute, quad and hamstring geared exercises.

**5.** When In doubt— HIIT It out! HIIT cardio exercises are some of the best workout

exercise options to add to your workout routine or split! Interval training at intense rates burns more calories because of the minimum rest and maximum effort. Adding a HIIT cardio exercise after a strength training movement is a quick superset option to keep your conditioning levels high and increase your endurance

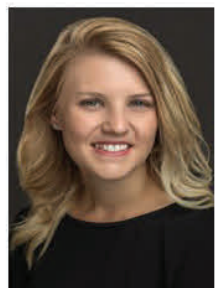
over time.

Any of these recommendations can be modified with small dumbbells or even water bottles to increase intensity. Always have clearance with your doctor before trying new workout programs especially if you have any preexisting cardiac or other health issues.

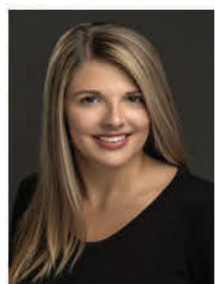


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## LIFESTYLE

# Summer eats—health edition

**Lauren Estes**

lauren@cullmantribune.com

**T**his summer—change up your planned at-home meals with some healthy, fresh alternatives. Here are a few recipes we've found utilizing healthier ingredients, but with a big flavor!

## PINEAPPLE SALSA GRILLED CHICKEN

### INGREDIENTS

- Juice of 4 limes, divided
- 1/4 cup plus 1 tablespoon freshly chopped cilantro
- 1/4 cup extra-virgin olive oil, plus more for grill
- 2 teaspoon honey
- Kosher salt
- 1 pound boneless skinless chicken breasts
- 2 cup chopped pineapple
- 1 avocado, diced
- 1/4 red onion, diced
- Freshly ground black pepper

### INSTRUCTIONS

- Make marinade: In a large bowl, whisk together juice of 3 limes, 1/4 cup cilantro, oil and honey and season with salt.
- Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the refrigerator at least 2 hours, or up to overnight.
- When ready to grill, heat grill to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
- Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, remaining lime juice and remaining

tablespoon cilantro. Season with salt and pepper.

- Spoon salsa over chicken before serving.

## ZUCCHINI ENCHILADAS

### INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 teaspoon ground cumin
- 2 teaspoon chili powder
- Kosher salt
- 3 cup shredded rotisserie chicken
- 1-1/3 cup red enchilada sauce, divided
- 4 large zucchini, halved lengthwise
- 1 cup shredded Monterey jack
- 1 cup shredded cheddar
- Sour cream, for drizzling
- Fresh cilantro, for garnish

### INSTRUCTIONS

- Preheat oven to 350 F. In a large skillet over medium heat, heat oil.
- Add onion and cook, stirring, until soft, 5 minutes. Add garlic, cumin and chili powder and season with salt.
- Cook until fragrant, about 1 minute.
- Add chicken and 1 cup of enchilada sauce and stir until coated.
- On a cutting board, use a Y-shaped vegetable peeler to peel thin slices of zucchini.
- Lay out 3 slices, slightly overlapping, and top with a spoonful of chicken mixture.

- Roll up and transfer to a baking dish.

- Repeat with remaining zucchini and chicken mixture.

- Spoon remaining cup enchilada sauce over zucchini enchiladas and top with both cheeses.

- Bake until cheese is melty, and enchiladas are warmed through, 20 minutes.

- Top with sour cream and cilantro before serving.

## BRUSCHETTA GRILLED CHICKEN

### INGREDIENTS

- 4 tablespoon extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- 1 teaspoon Italian seasoning or dried oregano
- 4 boneless skinless antibiotic free chicken breasts, pounded to even thickness
- 3 slicing tomatoes, chopped
- 2 cloves garlic, minced
- 1 tablespoon freshly chopped basil
- 4 slices mozzarella

- Freshly grated parmesan, for serving

### INSTRUCTIONS

- In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper and Italian seasoning (or oregano) and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes.

- Heat grill over medium-high then add chicken, discarding excess marinade.

- Grill until charred and cooked to an internal temperature of 165 F, about 5 to 7 minutes per side.

- Meanwhile, combine tomatoes, garlic, basil and remaining lemon juice, and season with salt and pepper.

- While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes.

- Top chicken with tomato mixture.

- Garnish with parmesan and serve.



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## SENIOR LIVING

# Making Your Savings Last

Reaching retirement means more time to spend with family, to enjoy your hobbies, to travel and try new things. But making your retirement savings last can be difficult, especially for those who have tied those funds to an ever-fluctuating stock market. If your plan is to live on your savings, while also perhaps leaving an inheritance as a legacy for your loved ones, you'll have to make every dollar count. Here's how to do it.

### ANNUITIES

Annuities have become increasingly popular in retirement planning, since they provide a guaranteed stream of income no matter how the stock market is faring. That can be of particular comfort, considering how volatile Wall Street has been more recently. Annuities are basically insurance products, with variable and fixed options. You pay up front for the annuity, then earn a steady return on investment for a set period of time. The annuity is secure, as long as the company that issued it remains financially sound. There are a couple of notable downsides with annuities: Your money is locked away in this investment, and there are expensive fees if you try to access it.

### SECOND CAREER

Ironically, retirement doesn't have to mean you stop working. Many people relish the chance to start a second career. These jobs, typically worked on a part-time basis, might be an offshoot of your previous professional experience, or

perhaps in something new that you have always been interested in. Either way, extra earned income means you'll access less of your savings in early retirement, while staying active and engaged. Both things can be very important in our golden years.

### GET GOOD ADVICE

Whatever route you choose, one of the best ways to make your retirement savings last as long as you will is to seek out professional advice on investing and money management. Ask friends and neighbors for

recommendations on finding a financial advisor in your area, then make sure they have a solid local reputation and current certifications. The best advisors won't pressure you to purchase a specific product, but will instead tailor their advice to your personal needs. If someone gives you a hard sell, look for another advisor. The right one will help you make the kind of money-management reevaluations needed for retirement, even if you've always done a good job of investing while still on a career track.



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## SENIOR LIVING

# Considering In-Home Care

Once upon a time, our only long-term care options for the elderly were nursing homes or assisted-living facilities, moves that can be both pricey and difficult since some of us don't want to lose our independence.

Today, in-home care is an increasingly popular option, because it addresses both issues. Seniors can continue life where they are most comfortable, rather than moving out. Care can also be calibrated so the caregiver is there only when needed. Thinking about in-home care? Here's a look at how it works.

### TYPES OF CARE

In-home care is generally divided into three over-arching categories: Personal care, companionship and medical care. Personal care involves helping with every day help, including dietary needs, bathing and general chores.

Companionship is just what it sounds like, a person who can serve as a sounding board while helping patients stay physically and mentally fit. Finally, medical care varies widely, from simple reminder services to 24-hour round the clock nursing.

Some also have what's called respite-care option, where someone stops by so that primary caregivers for aging family members or the

disabled can run errands or pursue other activities.

### CONVENIENCE AND COMFORT

Not every patient is wrestling with whether to enter a nursing home. Some of our aging neighbors simply have chronic illnesses that must be regularly addressed. In-home care offers an opportunity to avoid the difficulty of traveling back and forth to a medical facility. Instead, trained professionals visit your home on a timely schedule. As in-home care options have proliferated, the cost has gone down and the specialization has gone up. Today, these caregivers can provide everything from

daily medical help to every-day housekeeping, depending on your level of need.

### FINDING THE RIGHT OPTION

Begin your search for the right in-home care service by discussing it with a doctor. They'll be able to help you gauge the level of care you or a loved one will need on an every-day basis. They'll also be intimately familiar with the local services in the area, so their recommendations will be more closely tailored to your specific needs. As you evaluate the individual plans, be sure these companies have all of the proper training, certificates and degrees in order to operate as an in-home care provider.



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## SENIOR LIVING

# How to Become Tech Savvy

**T**he caricature of a tech-averse older generation who can't even work the TV remote persists, despite their growing comfort with modern advancements. More than half of older Americans use the internet, according to the Pew Research Center, and far more have mobile phones. Still, there are some who aren't as comfortable with all of this new gadgetry, and they may find social networking and web browsing difficult to understand. If you've been struggling, here's how to become tech savvy.

Sites like Facebook and Instagram give you a chance to keep up with their busy lives in between return visits, so you'll never miss the small, good things that happen along the way. This kind of socialization also leads to better health outcomes. Once you log in, you'll find that most sites include a user guide to help understand their features.

### OTHER USES

Desktop computers, tablets and smartphones also allow us

to use email to stay in touch, manage our finances, participate in voice calls and video chats, play games, shop online, listen to music and write letters.

### INVOLVE FRIENDS AND FAMILY

Don't feel pressured to know more than you do. Talk to friends and family members, in particular younger ones who've never known a world without the internet. They'll help you get a handle on how all of it works, and can even

set up handy shortcuts that will make using the latest tech a breeze.

### LEARNING MORE

If you don't have a circle of loved ones who can guide you through these adventures in technology, consider taking a course at a local community college or learning center. They offer classes for every level of computer expertise, generally in small-class settings in order to encourage questions and collaboration.

### A LIBRARY AT HOME

Think of the internet as having a library right inside your home. The web provides a similarly free-ranging wealth of content, from medical and financial information and to the historical.

Streaming services even give you a chance to watch television shows, documentaries and movies, from yesteryear or today.

This is a particularly useful education and entertainment resource for older shut ins, or those who are serving as caretakers for their aging spouses. You can see the world from your kitchen table.

### SOCIAL NETWORKING

Social networking sites also give you a chance to reconnect with far-flung family members and old friends.

Gone are the days when loved ones remained in their legacy homes, or even in their hometowns.

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## SENIOR LIVING

# The Importance of Vitamins

**V**itamin deficiencies are a growing problem for aging Americans. As many as a third of elderly people were lacking some basic nutritional necessities, according to one study. There were particular issues with vitamins D and B. In many cases, incorporating specific foods into your diet can address these deficiencies, while also offering important health benefits. Vitamin supplements might also be required, though you should consult your physician before increasing any dosages. Here's a deeper look at the importance of vitamins, and why we need them.

### IN YOUR DIET

What we eat directly impacts how your body functions and how you feel. You won't have to worry with the right diet, because certain foods are known to contain the vitamins that are essential for our good health.

Fruits and vegetables are loaded with vitamins, while whole grains are an important source of B vitamins. Try for a healthy balance of proteins, carbohydrates and health fats, which also support your body through needed vitamins.

### CHANGING BODIES

Older people's stomachs produce less acid, reducing our ability to absorb nutrients like vitamins B12 and B6, and iron.

That's why adults who are 50 and over need to pay close attention to their levels. As we age, we also start to lose more of the mineral calcium than we

absorb, leading to bones that break more easily — especially for post-menopausal women.

### FIGHTING DISEASE

Beyond the obvious health benefits of a vitamin-filled diet, eating right may lower your risk of developing diseases like Alzheimer's.

Vitamin E, or a combination of vitamins E and C, vitamin B12 and folate are thought to be important preventative tools,

according to the Alzheimer's Association.

They urge a diet of cold-water fish, dark-skinned fruits, vegetables and nuts to help increase your needed vitamin intake.

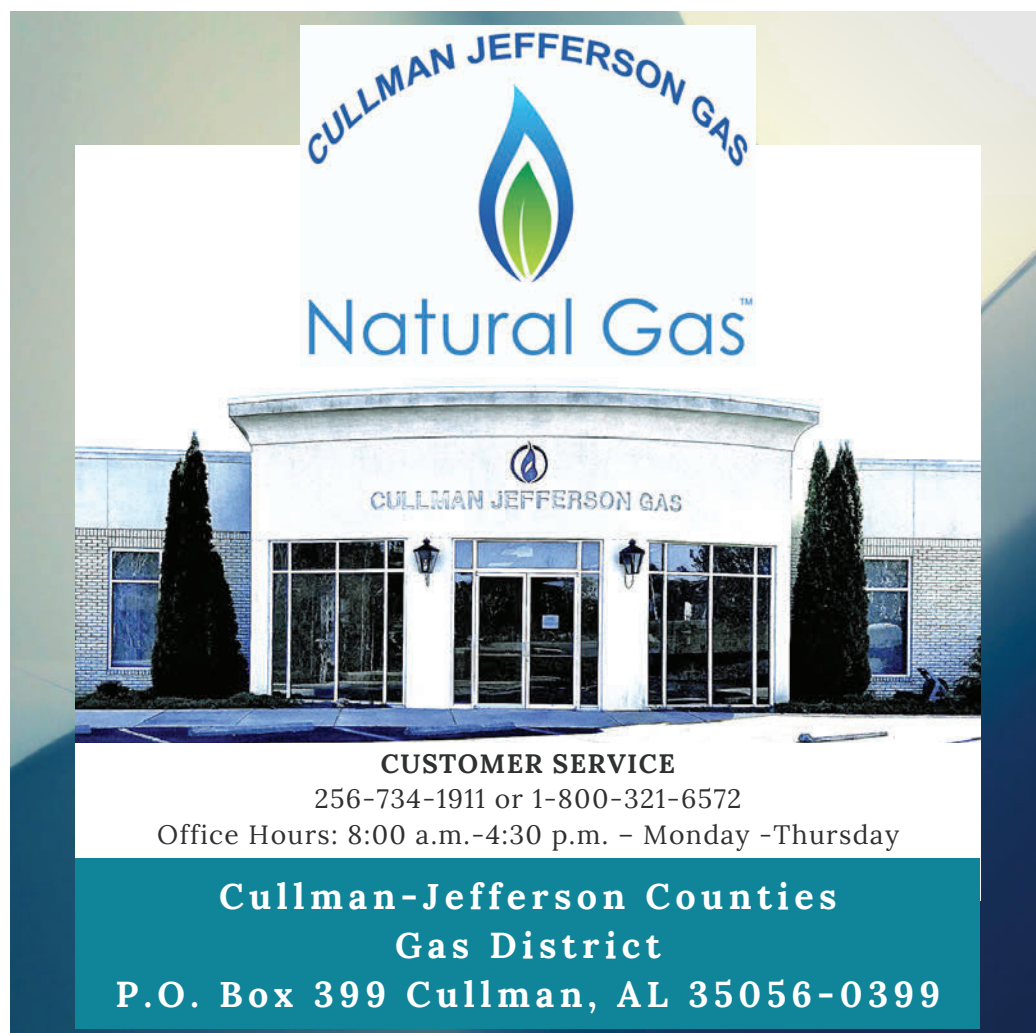
### WHEN TO SUPPLEMENT

The Food and Nutrition Board of the National Academy of Sciences has set the recommended daily allowance for vitamins, which you regularly

see on the labels of food products and supplements. But seniors, and women in particular, may have specific needs not outlined in those general guidelines.

Consult a nutritionist or health care professional about which levels are appropriate for you.

They'll base these recommendations on your particular diet, weight, health condition and other factors.



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## SENIOR LIVING

# Choosing a Retirement Community

**A**ctive seniors aren't looking for sleepy retirement homes anymore. Today's bustling retirement communities are meeting that demand, providing vibrant and active lifestyles where once there were only rocking chairs. Here's how to choose one that's right for you.

### PRICE AND AMENITIES

Start with price and the facility's amenities. Maybe you're a big fan of tennis or horseshoes, and this particular community doesn't have a space for that. On-site or nearby hair salons, gardens, libraries, music rooms, exercise classes, and concierge and laundry services separate the great from the

merely adequate options. But maybe it's a little bit out of your financial comfort zone. Keep moving, as there are typically plenty of other options in this growing sector of our economy.

### COMMUNITY ACTIVITIES

Seniors are more health conscious than ever before, and that includes mental health. The best retirement communities sync up with a desire to remain part of a larger social circle with planned activities. Make sure they give residents plenty of opportunities to interact in a fun and open environment. Arts and crafts, dancing and board games help build new friendships. Ask if the community provides transportation for local trips to local

points of interest. Who doesn't love a fun outing?

### LIFESTYLE

Be aware that some community restrict visits, so closely examine these policies if you are expecting company on a regular basis. Does retirement mean an opportunity to leave the kitchen for good? That could be a factor in deciding, so inquire about their dining services.

Many seniors move into their retirement years with a treasured furry friend. Make sure any potential community allows pets before you consider moving in. Finally, safety is huge part of feeling comfortable. The facility should have security cameras, emergency-response

systems, ample lighting and a formal visitors check-in area.

### PROXIMITY

You'll want to be near fun external activities like golf courses, retail and swimming pools. Churches, libraries and public transportation are important, too. Most critical, however, is the community's proximity to needed health care. The building itself should be accessible to first responders, but also close to a hospital, preferred physicians and any other critical service providers. (Review their formal emergency plan, too.) At the same time, be aware of potential noise and traffic issues from nearby sports facilities and schools.

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## SENIOR LIVING

# Stroke Risk and You

**O**ur chances of suffering a life-threatening stroke unfortunately increase with age. Some 70% of victims are 65 and older, according to one national estimate. Some factors are obviously beyond anyone's control, but a few important lifestyle changes can lessen your risk. Here's a look.

### KNOW YOUR FAMILY HISTORY

Genetics may predispose you to a stroke, along with certain health conditions like heart disease and sickle-cell disease, according to the Centers for Disease Control and Prevention.

Knowing your own family history and the issues they've dealt with can help you better understand your own risk of stroke.

This information will play a vital role in how your doctor approaches any plan to maintain your health.

### BE PROACTIVE

High blood pressure can lead directly to stroke, so the U.S. Department of Health and Human Services recommends keeping your blood pressure in normal range as a preventative measure.

Quit smoking, or never start. Monitor your blood-sugar and cholesterol levels, and go in for regular checkups.

Your doctor can perform routine tests and listen for arrhythmias, both of can help determine your risk of stroke. If needed, a carotid ultrasound can identify cholesterol-fueled plaque buildups in the neck

— a key area that can lead to strokes.

### DIETARY ISSUES

Consume no more than 1,500-2,000 calories per day, depending on how active you are and current body-mass index. Reduce salt to no more than half a teaspoon a day.

Avoid saturated fats, while eating a daily allotment of 4-5 cups of fruits and veggies. Have no more than one glass of alcohol — preferably red wine, since it contains heart-healthy resveratrol — per day.

### KNOW THE SIGNS

There are specific signs that indicate when you, friends or family are suffering a stroke. They include a sudden inability to coherently speak, numbness or weakness in the arm, leg or head (in particular on only one side); sudden vision problems in one or both eyes; or a severe headache that occurs for unknown causes, according to the National Institutes on Aging.

We should all become familiar with the symptoms and be prepared to immediately



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call 911. Timeliness is key. The faster we make this determination and get lifesaving help to the victim, the lesser the impacts of a stroke.



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## SENIOR LIVING

# Depression in the Golden Years

**M**ost people enter retirement with plenty of goals still to be accomplished, even if it's just to finally relax after decades spent building a career. Fighting depression might have been the last thing you expected to see on that list. Still, statistics show that more than 6.5 million Americans who are 65 or older are impacted by depression, according to the National Alliance of Mental Illness. The good news is, there are proven ways to battle depression in your golden years. Here's how.

### MAKE NEW FRIENDS

Loneliness often fuels depression in the senior population. Children grow up and move away, and friends and treasured family members might pass on. We can be left feeling isolated. The truth is, however, that we're surrounded by others who are on the same journey, and that camaraderie can help break the bonds of depression. They'll be understanding and empathetic, as you share stories of the previous lives you've led — and you'll be able to likewise provide support and advice. As you expand your social circle, you'll realize that there are few better ways to rebuild the feelings of self-esteem and value that may have been lost while suffering from depression.

### EXERCISE

Get out there! Those with an active lifestyle enjoy numerous health benefits, and they're not all related to your heart, lungs and muscles. It's a great stress buster, and a depression buster too. Reluctant to join a fancy gym and become a workout warrior? Don't worry: Even moderate exercise like walking can improve your health and happiness, according



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to the National Institute of Health.

### DIETARY CHANGES

Our feelings can be directly linked to what we eat and drink. Of course, there is no dietary cure for depression, but researches have still found that specific foods can boost mental health. Studies out of Spain and the U.K. confirmed that a diet plan that's high in vegetables, fish, fruits, whole grains, nuts and olive oil — the so-called "Mediterranean diet" — has been proven to lessen our risk of depression. On the other hand, fast food (and drugs and alcohol) can have the opposite effect.

### TREATMENT

More formal treatments for depression include counseling with a psychologist, psychiatrist, social worker or other mental health-care professional; taking medications that affect mood, like serotonin; and therapies involving electric currents and magnets.

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