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## **Relay For Life of Cullman County Readies for May 1 event**

Relay For Life of Cullman County is gearing up for the 2015 event but there is still time for teams and individuals to join in the fight against cancer.

This annual event, a culmination of months of fundraising efforts by groups of people who want to see a cure for cancer, will be held Friday, May 1 at the Cullman County Fairgrounds. It will begin at 6 p.m. and will end at midnight. Teams who wish to celebrate their efforts and/or raise more funds will be on site with food, games and activities for the whole family.

As always, survivors and caregivers will play a large role in Relay For Life events. Survivors will be celebrated as they make the first lap around the fairgrounds after the opening ceremonies. Caregivers are asked the join them on the next lap, with the teams following for the third lap. The always-moving luminary ceremony will be held after sundown, with closing ceremonies beginning as midnight approaches.

"The goal is to have participants walking the paved trail for the entire event as a way to signify the minuteby-minute, hour-by-hour battle that cancer patients and their family and friends go through each day," said Helen Allen, a 20-plus year participant of Relay For Life of Cullman County. "But mainly we would just like people to show up to support the survivors, the caregivers, the teams, the sponsors and everyone who has worked so hard to help the Relay For Life of Cullman County."

The money raised through Relay For Life goes to fund cancer research, patient support efforts and programs offered by the American Cancer Society. Research funded by the American Cancer Society has helped millions of people all over the world and in our own area. In the last 65 years, ACS has spent more than \$4 billion for cancer research. Their research projects range from how to cure cancer to how to prevent cancer in the first place. Support programs are offered in many ways, from programs that connect people going through similar situations, to access to lodging, to the 24/7 assistance offered via phone and the Internet. Hope Lodge is one such support program. There are more than 30 Hope Lodges in the United States, including one in Birmingham, where cancer patients from Cullman and surrounding areas can go when they need a place to stay while undergoing treatments. Anyone with an interest to participating in Relay For Life of Cullman County as a team, team member, survivor or sponsor can call Helen Allen at (256) 709-4019 or visit www.relayforlife.org/cullmanal. For more information about ACS or for 24/7 access to information about all types of cancer, treatment, research, programs and more, visit www.cancer.org or call toll free (800) 227-2345.



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207 Bell Springs Rd., Lacon Mt. March 27 – 28, 7:30 AM. Tools, appliances treadmills, jewelry, on enhancing your porches & patios on ennancing your porches & patios. Tips on potting plants, de-cluttering, all on a budget. March 26, 7 PM, refreshments served, small fee \$5. Come early and shop, great selection all styles, sale in progress. 104 Main St., Hanceville, Hwy 31. Open Wed. – Sat. 10 – 5. 256-339-9016. Like us on facebook. clothes, etc

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# WHAT'S ON DECK AT PARKS AND REC....

# www.cullmanrecreation.org 256-734-9157

- Community Garden Coming in March. CP&R's Community Garden will open in March at Nesmith Park. The garden will feature plots to rent and use throughout the year with community supplies, provided water, and other perks.
- Gardening Classes will start March 31 at the NEW Community Garden at Nesmith Park. Classes will be held on Tuesday nights from 6pm-7:15pm and are limited to the first 15 who register. A work session will also be offered on Saturdays from 9am-12pm for the duration of the 8 week class. Cost is \$75 which includes all supplies, a plot in the Community Garden for the entire year, and all seeds for start up. Registration is now open at the Civic Center.
- Youth Outdoor Adventure will begin Saturday, April 4 and continue for 6 weeks meeting Saturday each week at 9am. Adventures will include hiking, rock climbing, paddling, rappelling, and more! Program is open to ages 7-14; registration is open now at the Cullman Civic Center for \$75. Parents are encouraged to attend with their children and will not be charged. Call 256-734-9157 for info.
- Spring Kayaking Classes will start Monday, April 6 at the Cullman Wellness & Aquatic Center. The first class will be offered on Mondays at 7pm and the second on Tuesdays at 7pm for a course of 4 weeks. Boats & gear will be provided,



A free community service available to churches, schools, civic organizations and individuals with news items of real value to the general population of our community.

You may mail or bring your happening or news item to The Community Shopper's Guide at 219 1st Ave. SW, Cullman. You may also

fax it to 256-734-1672 or email to kathyh@csgonline.com

All items must be in the CSG office by 12:00 noon on Monday to be in the following Wednesday issue. The Community Shopper's Guide reserves the right to edit and/or reject any item.

### ATTENTION

Please Remove all out of season, ground flowers and decorations in the mowing path at East Point Cumberland Presbyterian Church. Please Remove all ground flowers from Cullman City Cemetery by April 15th in preparation for Decoration Day.

### MARCH 26 & 30

Overeaters Anonymous meets in the Carriage House behind Grace Episcopal Church at 1:30 p.m. on Thursday and 9:30 a.m. on Monday. Info 724-376-2124 or 256-352-1143.

### MARCH 22 & 29

Revival Services at Simcoe Worship Center, 5185 AL Hwy. 69, Cullman. 5:00 p.m. Speakers: Jerry Wallace. For more info call 256-796-1184. March 22-Caleb Gordon; March 29-

#### **MARCH 25-27**

Revival at Cullman First Congregational Methodist Church, 715 Viegl Ave., Cullman. 7:00 p.m. Evangelist: Jesse Lockhart. Revival at New Prospect Baptist Church, 5805 Co. Rd. 38, Cullman, 7:00 p.m. Evangelist: Toby Powers.

### **EVERY MONDAY-JUNE 8**

Grief Support Group will be held at Cullman First Baptist Church, 501 2<sup>nd</sup> Ave. SW. 6:00-8:00 p.m. \$15 registration fee.

#### MARCH 26

Cottage Food Law Class & Test For Certification will be held at North Alabama Agriplex Heritage Center, Tally Ho Street SW Cullman, 4:00-5:30 p.m. Call Cullman County Extension Office, 256-737-9386 for more info.

### MARCH 26-27

2015 ACTWS Annual Meeting at Guntersville State Park. The program will focus on wildlife diseases and their management as well as technical presentations covering the latest research and management in Alabama. Donations are being accepted for the silent auction to be held at the meeting. Contact Carrie, 334-242-3864.

### MARCH 27-28

St. Paul's Lutheran School Rummage Sale, 510 3<sup>rd</sup> Ave.SE, Cullman. Friday, 6:00 a.m. to 5:00 p.m. Saturday, 7:00 a.m. to 2:00 p.m.

#### MARCH 28

Canoe/Kayak on Lake Guntersville. Leaving out of Town Creek Fishing Center. 4 hour trip. Rental rates: \$33 canoe: \$40 single kayak and \$50 for tandem Sponsored by Auburn Student TWS members. Contact Tori, ves0004@tigermail.auburn.edu Singing at New Hope North Missionary Baptist Church, Wilhite Rd. in Morgan County. 6:00 p.m. Guest Singers: Apostle II. Call 256-

775-1895 for more info. Singing at Mt. Vernon FCM Church.

Singing at Falkville Church of God. 10:30 a.m. with Danny Frasier Located 87 West 3<sup>rd</sup> St. Falkville. Call Ray, 256-739-2849., Jessie 256-531-6571. Will have food at 12. Bring covered dish. Singing at Cullman First

Congregational Methodist Church, 715 Viegl Ave., Cullman. 5:00 p.m. Guest Singers: The Cleghorn Family.

Singing at St. Andrew's United Methodist Church, 7<sup>th</sup> St. and Main Ave. SW, Cullman, 6:00 p.m. **Easter** Cantata at Jones Chapel First Baptist Church, 235 Co. Rd. 1114, Cullman, 10:30 a.m. with Sunday School, 10:00 a.m. to 10:30 a.m.

#### MARCH 29-APRIL 1

Revival at Fairview West Baptist Church, Sunday 10:45 a.m. & 5:00 p.m. Monday-Wednesday, 7:00 p.m. Evangelist: Dennis Trimble.

### MARCH 30

Swamp John's Dinner will be held at Trimble Community Center, 4:00-7:00 p.m. \$10 plate. Sponsored by Sardis Baptist Youth Group for Summer Missions efforts. Call Pastor Jonathan, 256-708-5978.

MARCH 30-31 & APRIL 1

**Revival** at Corinth First Congregational Methodist Church, 7:00 p.m. Evangelist; Ed King.

#### MARCH 31

Celebrate Recovery at Cullman First Baptist Church Fellowship Hall, 501 2<sup>nd</sup> Ave. SW. Free light supper, 6:00 p.m. Meeting, 7:00 p.m. Call Roy, 256-347-5536 or Deanie, 256-347-5322.

Raised Bed Gardening Workshop at the Agriplex Heritage Center 1714 Talley Ho St. Cullman, 6:00-8:00 p.m. \$5. Call 256-297-1044.

#### APRIL 1

Cemetery Clean up at Bethsadia Baptist Church. All flowers need to be removed by this date.

### APRIL 1-3

Revival at Mtn. Grove Baptist Church, two miles west of Johnson Crossing. 7:00 p.m. Evangelists: Wednesday-Jason Hancock; Thursday-Billy Gable; Friday-Tommy Swann. Call Othelia, 256-352-5616, cell 256-595-1172.

### APRIL 1, 8, 15 & 22

Revival on Wednesday nights at Walter Baptist Church, located between Center Hill & Holly Pond, justoff Hwy. 91 on Co. Rd. 649. 6:15 p.m. Evangelists: April 1-Van Billingsley, April 8-Stanley Kilgore; April 15-Butch Kilgore; April 22-Lucky Teague.

#### **NOW-APRIL 2**

Photography Class for beginner photographers held at Cullman Civic Center, 6:00 p.m. \$45. Registration open now. Call 256-7 3 4 - 9 1 5 7 or email wharbison@cullmanrecreation.org

#### APRIL 3

Greater Vision will be singing at Bethlehem West Baptist Church,

and the class will culminate with a trip down a Class II-III whitewater river. Registration is open now at the Wellness & Aquatic Center for \$100.

- Art in the Park will take place Saturday, April 11 at Heritage Park featuring craft vendors, an art show, sidewalk chalk contests, and FREE crafts for your child. Information to enter the art show is online at www.cullmanrecreation.org. Winners receive cash prizes, so be sure to display your art!
- Father/Son Night Out will take place on Friday, April 17 from 7-10:30pm at Heritage Park. This event will feature great bonding time for sons ages 5-12 and their fathers with games including team events, capture the flag and more. Registration is \$30 for a father/son pair at the Civic Center.
- Mother/Daughter PJ Party will also take place April 17 from 7-10:30pm at the Wellness & Aquatic Center. Register at the Civic Center for games, makeovers, and great bonding time!

6:30 p.m. featuring Fellowship Quartet.

### Annual Berlin Community Easter

**Egg Hunt** will be held at the Berlin Community Center, 3309 Hwy. 278E, 2:00-4:00 p.m. For ages 0-12 years. Sponsored by Berlin Sunshine Club.

Carolina Snowflake Workshop will be held at Peinhardt Living History Farm. Arrive at 9:30 a.m. Leader: Charlie Gardner, Bring sack lunch. \$3 fee. To register or for more info call 205-540-5694 or email cullmanfiber@yahoo.com

### MARCH 29

Revelations Quartet in concert at Logan Baptist Church, 4684 Co. Rd. 831, 5:30 p.m. Meal to follow. Homecoming at Midway Freewill Baptist, 1409 Commercial St. Hanceville. All day service with singing and lunch.

14310 Ala. Hwv. 157. Vinemont. 7:00 p.m. Call 256-739-5858.

### **APRIL 4**

Youth Outdoor Adventure will be held for 6 weeks on Saturdays at 9.00 a m Trips will be taken to Bankhead National Forest, Hurricane Creek Park and other locations. Register at the Civic Center. Open for boys and girls ages 7-14. \$75. Call 256-734-915.7 Sponsored by Cullman City Parks and Recreation.

Easter Eggstravaganza at Sulphur Springs Baptist Church, 4:00 p.m. Egg hunt, inflatables. food and prizes.

APRIL 4 & 5 God's House of Praise Easter Drama, "People Get Ready, Jesus Is Coming". April 4, 7:00 p.m. April 5-11:00 a.m. Call Pastor Jean Parsons, 256-287-0287.



We are pleased to introduce to you the employees at Morningside Assisted Living. The Resident Assistants, Nurses Cooks, Maintenance Service Director Business Office Manager, Food Service Manager, Lifestyle 360 Director Resident Service Director and Executive Director.

Pictured front row: L To R: Megan Spyniewski-RA, Charlotte Maddux-LS360D, Judy Cason-LPN, Mary Ann Bolinger-BOM, second row: Lila Hunter RA, Michele Wilson-RA, Naom Dauksza-Cook. Diane Carter-RA. Sara Goodwin-RA, Dee Dee Cleghorn-ED Shirley Rhodes-RA, Maxine Curd-RSD Marie Campbell-FSD, Brenda McGriff RA. Back Row: Mary West-RA, Bonnetta Baughman-Cook, Frankie Stewart-MSD, Cassie Trammel-RA, and Cherie Manning-LPN. Not Pictured: Bobbie Maury-LPN, Brenda Runge-LPN, Shana Phillips-Cook, Lindsie Sweatmon-RN, Debra Veal-RA, Cindy White-Cook and Allie Witcher-RA.

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The Burrow Museum

If You Build It

Ε

V

Dutch painter

Piet Mondrian

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Exhibition

March 30-April 11

FREE ADMISSION

Presented by the WSCC Art Department

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Deluxe Family Pack - 1 1/2 Lb. Pork BBQ, 1 Pint Sauce, 1 Pint Slaw, 1 Pint Beans, Large Chips, 12 Buns - \$24.99

Super Pack - 4 Lb. Pork BBQ, 1 Pint Red Sauce, 1 Pint Slaw, 12 Buns - \$42.99

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The Community Shopper's Guide

# MARX OPTICAL

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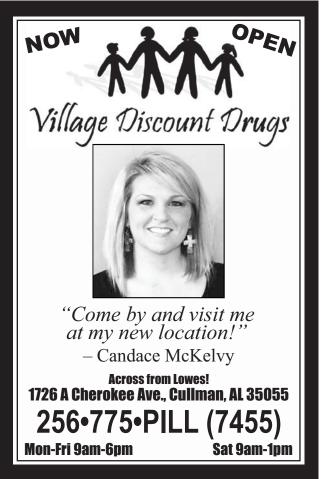
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A new covenant of grace without law is nothing but Satan's beguilement (Dan 7:25) and many church people are devouring it as The Holy Truth (Jn 14:6). People are calling themselves Christians (followers of Christ) by trusting in false teachers, but are not Christians from trusting The Christ and are told they will walk on streets of gold in heaven. If one does not trust The Holy Christ's Words, then they do not believe in Him and it is proven they are Satan-ians (1 Jn 3:8)! Satan and his followers shall have their part in the lake of fire (Rev 21:8, 22:15), not heaven.

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# LIVE FOLK/FOLK ROCK Atlanta musician Hart Deer performs

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The dollars raised support critical MS research along with programs and services for people living with MS. Participation is free, but participants are encouraged to set a minimum fundraising goal of \$100. Individuals raising \$100 will receive the official T-shirt, and participants raising \$500 or more are eligible for other awards and prizes.

Joining or forming a team makes Walk MS an experience you won't forget! And the camaraderie of a team shows those affected by MS that they are not alone - that the movement is working together to end MS forever. If you start your own team, you'll rally friends, family and co-workers together to change the world for everyone impacted by MS.

Join Walk MS and start fundraising today! Call 1-800-344-4867 or go to www.walkms.org



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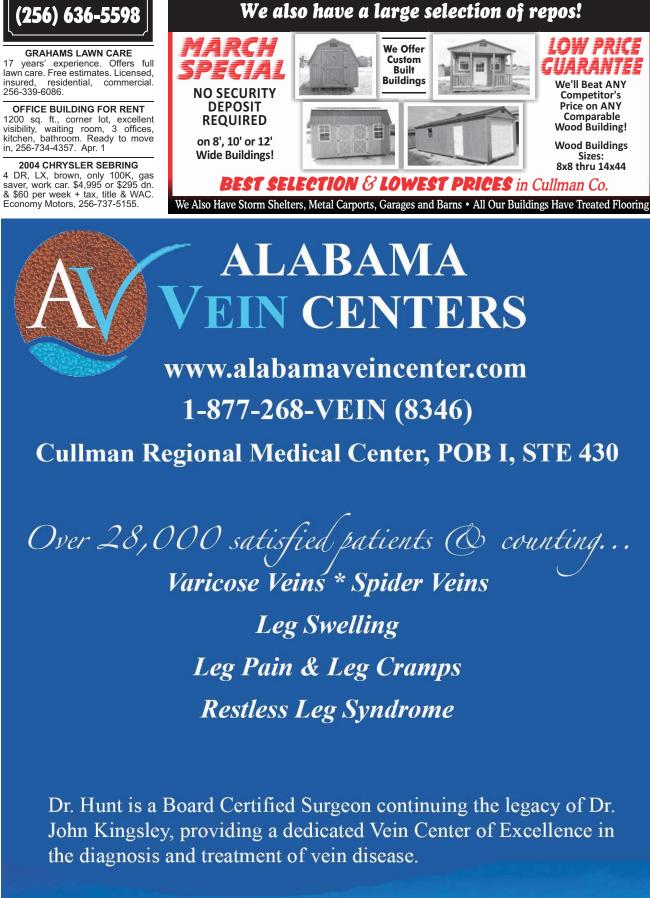
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The Community Shopper's Guide

Wednesday, March 25, 2015



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# **GS FROM WAREHOUSE DISCOUNT GROCERIES**

The Community Shopper's Guide



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The Community Shopper's Guide



94181 Need trees? We have 89 acres covered in

94267 Land in Holly Pond, 9.5 acres road

93986 In the city, brick rancher, remodeled and appliances stay \$119,900

93547 Brick house, corner lot, in city, with three bedrooms and two full ba on the main floor with big family room, fireplace and , finished bsment has big den , fireplace, full bath and two car garage \$194,000

92025 Reduced. Vacant 3.7 acres +Birdsong area,- mostly wooded property. driveway built back to creek but not over the it, one side of property backs up to duck river.

93273 Vacant lot 278 East to 9th avenue, turn right, corner lot maybe it would make a good basement house.

92761 Berlin 3/2 move in ready house with open floor plan, family room has vaulted ceiling, floors are tile and carpet. 2 car attached garage. all at



carport \$154,900

trees, creek only \$227,000

frontage with small pond \$45,000

looks great! Three bedroom two ba, ch/a, real hardwood floors, new counter tops built in

storage buildings security system, storm shelter

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RESTAURANT Open 7 days. Mon-Fri. 11 a.m.-2 p.m., Sat.-Sun. 11 a.m.-3 p.m. Holly Pond. Great food daily, buffet or menu. 256-796-9010.

MOBILE HOME FOR RENT West Point, 2 BR, 2 BA, \$300 deposit, \$120 week, water included, no pets. 256-595-1315, 256-339-0219.

FOR SALE Very good condition, sectional sofa with recliners. 256-734-5963, 256-708-7963. Mar. 25



If you or someone you love is no longer able to stay alone, Country Living, Inc., Cullman's oldest Assisted



0000 Hanceville, Darling two story house on level lot, main floor has great rm, master bedroom and 1.5 baths, second floor has two bedrooms and one ba, high ceilings, big front porch, above ground pool and free standing carport

93669 Near Eva, this two story house on five acres, three bedrooms two ba, high ceilings, fireplace, kit din comb (appliances stay), detached two car garage and in ground pool \$179900

94165 Looking for a farm? Fifty one acre with pond, barn with stalls and tac room, fenced and cross fenced, some open land with trees, very private setting

94194 13.4 Acres in Cullman City!!: Nice and level 13.4 acre tract of property that is located in Cullman City just off St. Joseph Street. The property has +/- 1,295' of road frontage on Scott Street NW and +/- 206' of road frontage on Warkne Road. This property is conveniently

end of cul de sac for privacy.

93142 4/2 Gorgeous granite counter tops, hardwood floors throughout the upstairs, hypoallergenic carpet downstairs, salt water pool w/stamped concrete. fenced in back yard. new roof.

93548 Vacant lot in the city of Hanceville with paved driveway, power pole, water meter, storm shelter.

92979 Vacant land on cord 594. Pines cut a few years ago, mostly hardwood still standing. 1.78 acres

93052 3/2 with hard wood floor, stainless steel appliances, vaulted ceiling, attic storage, back deck, fenced back yard, outside lighting, cement drive

94130 3/2 house in Hayden. 2.5 +- acres. with a few updates of your choice, this could be the perfect house for you. grapes vines and plum trees. propane gas tank goes with house.

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Mar. 25

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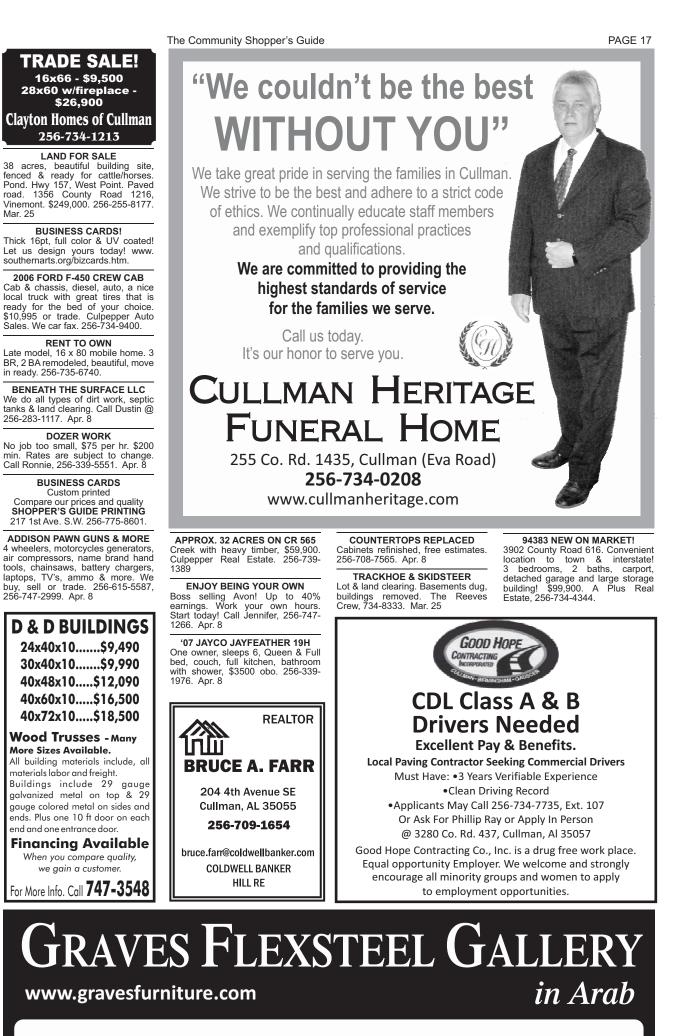
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PAGE 18





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2013 Salem 31 ft., 3 slideouts, elec. stabilizers, sleeps 10, 18' elec.

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WHITE CITY, CR 605

TRAVEL TRAILER Hideout 31 BHS, 33' Bunkhouse with Superslide, queen bed in front, 4 bunkbeds in rear, sleeps 8, swaybars and bumper hitch included. \$14,500. Ph. 256-339-2191. Apr. 1

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Agent

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Cullman, AL 35055-4138

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Heavy Duty, 16 ft. equipment trailer, \$1,000. 6 ft. bush hog, \$200. 256-

FOR RENT

Jones Chapel, 3 BR, 1 BA, hardwood, CH&A, \$600/mo., \$600

34 FT. 5<sup>TH</sup> WHEEL CAMPER/

Dodge Dually. Camper has 3 slides, washer hook ups, separate shower

and potty rooms, sleeps 4, queen

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S83





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10WING ANY WHERE IN THE COUNTY \$75, no heavy equipment please. 256-775-2880, 256-339-5752.

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People who've already suffered a heart attack may face higher odds of death or subsequent heart attack if they regularly take a common form of painkiller, researchers report. The painkillers are known as nonsteroidal anti-inflammatory drugs (NSAIDs), and include over-the-counter drugs such as ibuprofen (Advil, Motrin) and naproxen (Aleve), as well as prescription drugs such as Celebrex ( celecoxib), the researchers note in a report published in Circulation. Compared to non-users, people who took the painkillers had a 59 percent higher risk of dying from any cause within a year after their heart attack, and a 63 percent higher risk within five years, the researchers found. In addition, the risk of having another heart attack or dying from heart disease increased 30 percent within one year, and 41 percent after five years. Since 2007, American Heart Association guidelines have warned of the potential cardiovascular risk of NSAIDs in patients with established cardiovascular disease and after a heart attack and discouraged their use in these patients. After a heart attack patients are usually prescribed aspirin, which is also an NSAID. However, these findings do not apply to aspirin, which is a protective therapy after a heart attack.

A number of herbs and dietary supplements (HDS) can cause potentially harmful drug interactions, particularly among people receiving medication for problems with their central nervous or cardiovascular systems, according to an extensive research review published in the November issue of the International Journal of Clinical Practice. They



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found that the greatest problems were caused by interactions between prescribed drugs and HDS that included ingredients such as StJohn's Wort, magnesium, calcium, iron or ginkgo. Warfarin, insulin, aspirin digoxin and ticlopidine had the greatest number of reported interactions with HDS.

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2010 Equinox stk#14T1201	2008 Tahoe Stk#15T222      2003 Ranger Stk#15T300      1998 Blazer Stk#15T306      1999 F250 Stk#15T310      2011 Charger Stk#14905      2010 MKZ Stk#141202	5,990    2008 Focus stk#1      5,990    2006 Focus stk#1      6,990    2012 Cruze stk#1      17,490    2012 Versa stk#1	###141204    29,990      15303    7,990      5301    5,990      #15305    7,800      15311    12,990      5314    10,990      #15T305    Call for Price



