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NEWSLETTER

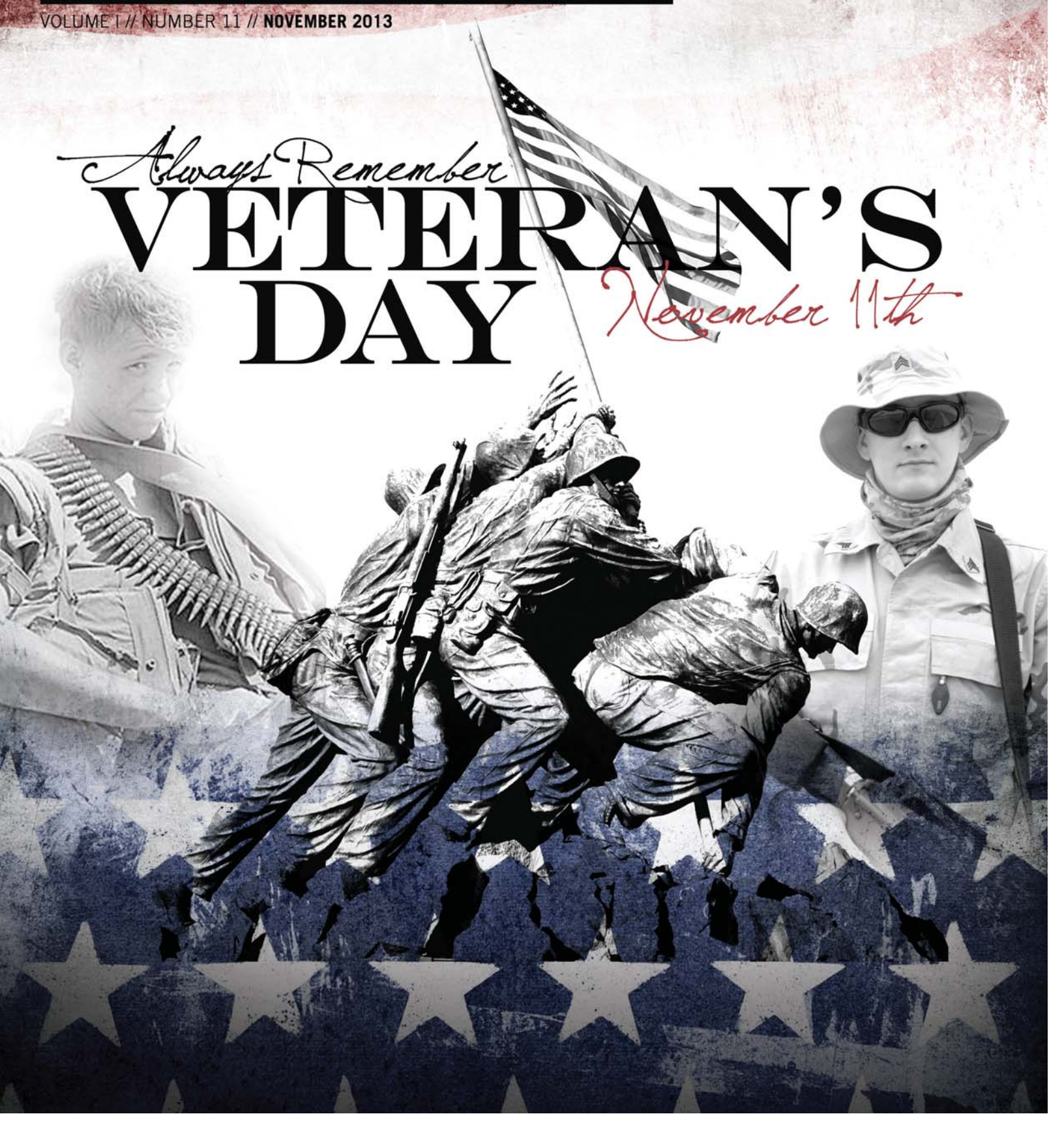
VOLUME I // NUMBER 11 // NOVEMBER 2013

COAST GUARD
MARINES
NAVY
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Always Remember

VETERAN'S DAY

November 11th



Alabaster

A Word from the Editor & Publisher, Ted Vodde



November is marked by our salute to Veterans on Veterans Day November 11th.

I was not in the service but my father, like many in 1941, was. After Pearl Harbor he enlisted in the Navy. One of his favorite stories was of his first day

as an enlistee.

He and hundreds of other young men were told to report to the gym at the University of Cincinnati where he lived.

They gathered there on the appointed day crammed into the gym. A Chief Petty Officer got up on a platform and welcomed everyone to the Navy and gave them their first order, "Strip Naked Now!" Everyone looked at each other sheepishly and then after further exhortations, followed orders.

They were then told to form a line to get outfitted for the Navy.

At the head of the line a

sailor with a cash register rang up 5 dollars and handed it with a piece of paper to each recruit saying it was a clothing and gear allowance. 5 dollars was a lot of money then and the sailors were pretty happy with their sudden windfall.

As they moved down the line they held out their arms and got a woolen blanket which was subsequently piled with underwear, socks, pants, shirt, hat, and pea coat. At the end of the line was another sailor with a cash register who told the sailors, "Cost of gear will be 5 dollars" and then they were to hand the 5 dollars back. The sailor also added, "Welcome to the Navy."

Like many young men, they would complain about things in the Navy but as time and years passed he felt it was

the greatest time in his life.

He was on several ships, but the most interesting was LST 945. This is a Landing Ship Tank - a giant ship with doors in the bow of the ship. In an invasion the ship would literally beach itself and open the huge doors and out would pour tanks, trucks, jeeps, and usually Marines.

Dad saw action in Europe and the Pacific. He was even on a ship sunk by a torpedo and after being rescued was sent to a rest home in upstate New York which was a converted mansion. In the end, Dad loved the sea so much he was buried there.

What's your veteran's story? You can post it now for all to see on the new database created by American Village. Read all about it on page 5. Let's remember our veterans and their stories and salute their service to our country.



The Alabaster Newsletter Published Monthly Editor & Publisher: Ted Vodde

Contributors: John Brackin, Eric Starling, Sarah P. Jones

Danny Doyle, Dawn South, David Frings

We welcome your comments, suggestions & story ideas. Call 620-5505 and e-mail tedvodde@gmail.com or tedvodde@alabasternewsletter.com

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VETERANS MEMORIAL PATRIOTIC TRIBUTE NOV. 10

The Alabama Veterans Memorial Foundation will host its sixth annual Patriotic Tribute on Sunday, November 10th from 1:30PM until 4:00PM at the Alabama Veterans Memorial Park located off I-459 at the Liberty Parkway Exit 23 in Birmingham.

The Patriotic Ceremony will begin at 1:30 in the Memorial Plaza. In honor of the 100th anniversary of the beginning of World War I (1914), this ceremony will focus on Alabama's involvement in the war. Descendants of WWI veterans will be recognized. Park founder, Della Fancher, will give a presentation on the history of the Park and its inspirational components. Colonel Robert Lewis Howard will be honored posthumously with a

Medal of Honor plaque designed to be placed on the columns in the Memorial Plaza.

During a brief intermission, visitors are encouraged to read the veterans' letters and citations of Alabama's twenty-four Medal of Honor recipients that are on the Regiment of Columns in the Memorial Plaza as well as the artwork from fifty-five Alabama artists also displayed on the columns. In the Hall of Honor located in the Memorial Plaza visitors can view the names of over 11,000 Alabamians who lost their lives in service to their country in the 20th and 21st centuries.

After intermission, visitors will reassemble at 2:45PM in the American Flag Plaza for the StepStone Ceremony. The

Foundation Board Members will dedicate StepStones to honored veterans. Family and friends of these veterans are given an opportunity to briefly talk about their honored veteran's service to our country. Each StepStone is a 4X8 brick paver that has been engraved with the veteran's name, rank and branch of service and has been installed for permanent viewing under the American Flag.

This event has no admission fee. Golf carts are available for transportation down the Memorial Trail for both events. Handicap parking is close to the entrance. For more information call 205 912-2019 or email avstepstone@gmail.com. Visit our website at www.alabamaveterans.org.



The Alabama Veterans Memorial Park was created and is maintained by the Alabama Veterans Memorial Foundation, a 501 (c)(3) non-profit organization.

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Always Remember VETERAN'S DAY

THE NATIONAL VETERANS SHRINE AND REGISTER OF HONOR AT THE AMERICAN VILLAGE IS NOW AVAILABLE ONLINE

The National Veterans Shrine and Register of Honor at the American Village will open on January 12, 2014. The Shrine will house the Register of Honor, a website and database containing the photographs, biographical sketches, and stories of hundreds of thousands of America's veterans. The visitor will be able to select and view personalized multimedia presentations honoring individual veterans.

Even though the building won't be open until January, the Register of Honor web site, www.veteransregisterofhonor.com, is now live, and the folks at American Village are actively seeking your family veteran's information, photos, and even videos for inclusion in their database. No matter what war - from the Revolutionary War forward through Iraq & Afghanistan, they are looking for information on Veterans to preserve forever online.

They want to include your veteran honorees in the Register of Honor, and they encourage you to begin gathering information about the veterans and active military members of your family so that you may honor their service and sacrifice by inclusion in the Register of Honor.

www.veteransregisterofhonor.com is a link to a free downloadable PDF that will provide an outline of the information that may be included in the Register of Honor. After filling out the online form on the computer, you can also upload up to 5 photographs of the honoree and you can also upload 3 videos of the hon-

oree (file size should not exceed 10 mb for each video).

Whenever anyone accesses the veteran's records, the photos will be displayed. This is an especially moving companion to the nearby National Veterans Cemetery.

A CALL FOR PHOTOS!

They are also looking for photos that depict military life for presentations. Veterans and their families are invited to submit photographs or high resolution scanned images pertaining to the following themes for the exhibition and artifact spaces in the National Veterans Shrine:

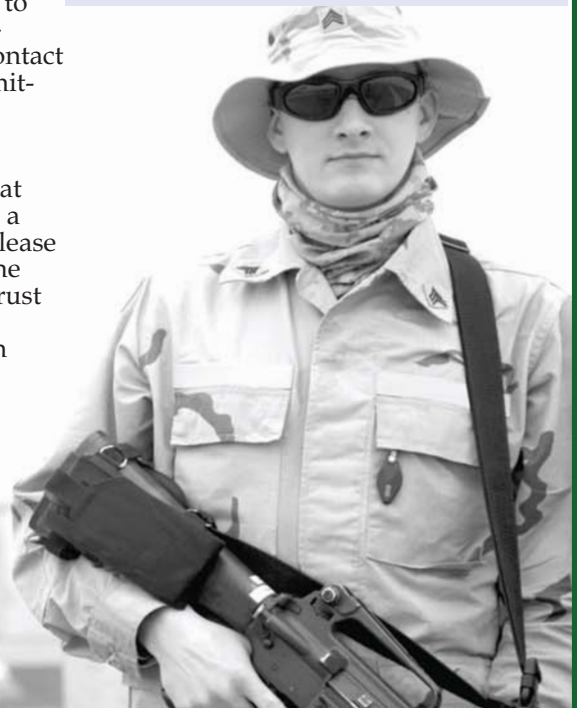
- leaving home
- reporting for duty
- deployment
- everyday life (where you slept, ate, relaxed)
- service buddies
- times of peril on the battlefield
- keeping in touch with loved ones
- coming home

Images may be from any era or branch of service. Email images to veteransregisterofhonor@americanvillage.org. Please include contact information for the person submitting the images (name, mailing address, email address).

In supplying images to the American Village, you affirm that you are over the age of 18, have a legal right to the images, and release them with your permission to the American Village Citizenship Trust for use in the National Veterans Shrine and Register of Honor, in related publications and for educational purposes.



The National Veterans Shrine and Register of Honor at the American Village will open on January 12, 2014 but you can register your veteran online now.



**REGISTER YOUR FAMILY MEMBER TODAY
ONLINE AT
WWW.VETERANSREGISTEROFHONOR.COM**

WREATHS ACROSS AMERICA FOR FALLEN VETERANS

The Wreaths Across America annual ceremony grew from a tribute that began in 1992, when the Worcester Wreath Company of Harrington, Maine had a surplus of holiday wreaths and donated them to Arlington National Cemetery to be placed in one of the older sections of the cemetery. That annual tribute went on quietly until 2005, when a photo of the headstones at Arlington, adorned with wreaths covered with snow, received national attention.

In 2006, with the help of the Civil Air Patrol and other civic organizations, simultaneous wreath laying ceremonies were held at over 150 locations around the country. The U.S. Congress unanimously voted that December 13, 2008 would be "Wreaths Across America Day" and wreath laying ceremonies were held in every state, Puerto Rico and 24 overseas cemeteries.

The Blue Star Salute Foundation, Inc. (BSSFI) is a nonprofit corporation founded in Alabama January 4, 2006 to honor those who have served, those who are serving and those who have fallen at various statewide events. Once again in 2012, BSSFI proudly accepted the distinction as program planner for Wreaths Across America at the Alabama National Cemetery. Wreaths Across America is committed to remembering the

fallen, to honoring those who are serving in uniform today and teaching younger generations about the value of their freedoms and the importance of honoring those who sacrificed so much to protect those freedoms.

Also, mark your calendars and share with neighbors and friends that at 10:00AM, Saturday, December 14, sponsors of the wreaths, family and friends of those buried in the National Cemetery, and the general public are invited join together for this splendid honor to those who are now resting here after having Honorably Served the United States of America in our Military Services.

The Holiday Wreaths will adorn each veteran's grave from December 14 2013 until about 15 January 2014...and EACH AND EVERY grave deserves a wreath!

Your interest, consideration and caring is much appreciated. Contact Blue Star Salute Foundation, Inc. at (205) 672-2887 or www.bluestarsalute.org/

The Blue Star Salute Foundation, Inc. (BSSFI) of Alabama is seeking sponsors for annual Wreaths Across America, a nationwide fundraising effort to place fresh Maine Balsam wreaths on each of the Veteran's graves each holiday season.

All wreaths sponsored through this BSSFI fundraising campaign are laid on Veterans graves at the Alabama National Cemetery in Montevallo during a Wreaths Across America National Remembrance Ceremony, at 11:00AM on December 14th, 2013. The cost for each wreath is \$15.00. This year we will need between 2,600 - 2,700 wreaths for our Alabama National Cemetery! The public, ALL wreath sponsors and family members of all Veterans buried within ALNC are invited and



encouraged to attend and participate in the ceremony. DEADLINE is November 20th.

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SHELBY HUMANE HOSTS BARK IN THE PARK

On Saturday, Oct. 5, Shelby Humane Society, in partnership with the Alabaster Parks and Recreation Department, hosted the seventh-annual Bark in the Park. The popular pet festival was held at Veterans Park in Alabaster and drew a large number of



participants to enjoy a fun day with their canine friends.

"The weather was great," said Sara Shirley, the executive director of Shelby Humane Society. "I think attendance was good. We got positive feedback from the vendors that thought it was a real good event. There was lots of foot traffic. It was lots of fun."

Activities for the event included live music, inflatables for the kids, the Mutt Strut and a costume contest for the dogs. There were also plenty of pet-related vendors on hand selling pet treats and the like, as well

as a vaccination and microchip clinic for the pets. As usual, the vaccination clinic was a popular stop for pet-owners.

"It was pretty consistent all day long with people in line," said Shirley.

This year, Shelby Humane Society invited other nonprofit rescue organizations to participate in the event as well. Shirley said the idea was to promote a sense of togetherness amongst the various organizations.

"That went really well," said Shirley. "We had four other organizations and there were adoptions by many of those."

In addition to finding homes for several dogs at Bark in the Park, Shelby Humane Society was also able to send 100 animals to a shelter in Maine as part of its transport program. Representatives from the Greater Androscoggin Humane Society in Lewiston, Maine attended Bark in the Park on Saturday, and on Sunday, they made the trip north with 86 dogs and 14 kittens.

"About nine o'clock

Saturday morning, they decided they would take more animals if we could secure drivers to take our vehicles. So we

ended up sending out 100 animals," said Shirley. "For us that transport coming together at the last minute was icing on the cake."

Shirley said the number of animals they can transport at one time depends on the size of the pets.

"We always want to make sure that they're traveling comfortably. We don't



want to overcrowd them," she said.

The Shelter Partners Program, which began in 2006, sends animals from Shelby County to shelters in the Northeast, where the number of adoptable pets is much smaller.

"It's been a marvelous weekend," said Shirley.

For more information, visit Shelbyhumane.org.



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SCHOOLS TO HOLD RED RIBBON WEEK

Area schools will be holding Red Ribbon Week this month to promote drug-free living and healthy lifestyles. The annual campaign is sponsored by the National Family Partnership, a non-profit organization dedicated to drug prevention and advocacy in America.

Red Ribbon Week was started in 1985 in response to the murder of DEA Agent Enrique Camarena. People across the country began wearing red ribbons as a way to commemorate his death and raise awareness of the dangers of drugs.

This year's Red Ribbon Week theme is "A Healthy Me is Drug Free!" The theme was created by an Ohio seventh-grader, Aly Falck, who won this year's national theme contest.

At Thompson Sixth-Grade Center, Red Ribbon

Week will start on Friday, Oct. 25 with an assembly and run through Friday, Nov. 1. Assistant Principal Shannon Rose said they try to make the week about being a healthy person overall.

"During Red Ribbon Week, we talk about healthy choices," said Rose. "Not only trying to stay away from drugs, alcohol, smoking, those types of things, but focusing on their whole body, taking care of themselves physically and emotionally, surrounding themselves with good friends, getting an education, making sure they eat healthy foods and get exercise every day."

Rose said she'll share her own personal story with students at the kickoff assembly. Rose said she lost a family member to drug use about 15 years ago.

"The first year I did the assembly, we came to a quick understanding that the kids seemed to grasp a stronger connection to it when it affects somebody that they know. Because most kids say, well, it can't happen to me. It's not going to happen to me. It's not going to happen to anyone that I know and I love," said Rose.

Following the kickoff assembly, the school will have daily activities and themes to support the overall message, including one activity called the Living Dead.

"We try to make it realistic and informative but at the same time not too scary, because they're at that age that we have to find a happy medium," said Rose.

On Oct. 7, Alabaster Mayor Marty Handlon issued a proclamation in support of Red Ribbon



Week at the Alabaster City Council meeting. The proclamation named Oct. 23-31 Red Ribbon Week for the City of Alabaster. A number of students were on hand to receive the proclamation, along with Thompson Sixth-Grade Center guidance counselor Susan Beard.

For more information about Red Ribbon Week, go to Redribbon.org.

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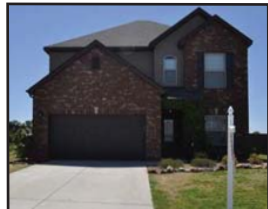
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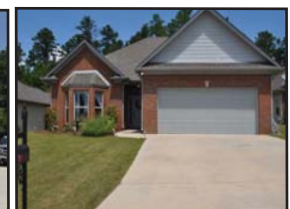


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"We specialize in taking a vehicle that's been damaged and putting it back as good if not better than it was before it was wrecked," said owner Scottie Hawkins.

Hawkins, who graduated from Thompson High School in 1984 and played on the Warriors' state



Owner Scottie Hawkins will make sure your damaged car's paint and body work is done to the highest quality.

championship football team in 1983, first got into the business to help pay for his education at the University of Montevallo.

"Before I had graduated from Montevallo, I had already started buying cars, fixing them and selling them. That's how I actually got into the business, to pay for my school," said Hawkins. "By the time I graduated, I was

already making more money than I could make going and getting a job, so I just went full-time."

The business soon evolved into doing repair work for other people.

"People started bringing me their cars, saying I've got a State Farm check, will you fix it? So we phased out buying and selling cars and just started doing

the repair work," Hawkins said.

Since first opening in 1989, Professional Paint & Body has grown into a thriving business as a collision-repair specialist.

"We are strictly a collision-repair service," said Hawkins. "We don't do all-over paint jobs."

According to Hawkins, customers don't have to have insurance to get their vehicles fixed at Professional Paint & Body, but they are a preferred provider for several insurance companies.

"We're on the preferred list of just about all insurance companies," said Hawkins. "We transmit all the information back to the insurance companies."

Another thing that sets the business apart is its commitment to customer service.

"We'll actually go to people's houses and pick up the car and carry it back to them," said Hawkins. "We do it on every car just about."

For local customers that are dropping off a vehicle or following up under their lifetime warranty, Professional Paint & Body features a comfortable waiting room with a coffee station, flat-screen television and the nicest bathroom in the business.

For more information, visit them online at www.propaintandbody.com. Professional Paint & Body can also be found on Facebook by searching "Professional Paint and Body."



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FIRE DEPT. GOES PINK FOR BREAST CANCER AWARENESS

For the month of October, the Alabaster Fire Department is helping to promote National Breast Cancer Awareness Month by "going pink." As part of the 2013 Pink Ribbon Project, the department painted the fire hydrants at the different Alabaster fire stations pink, along with the fire hydrant at the new City Hall.

The department is encouraging Alabaster residents to stop by and sign the pink fire hydrants as a way to show their support for those affected by cancer.

The department has also had specially-designed T-shirts made, which they're selling to help raise funds for the Breast Cancer Research Foundation of Alabama. The T-shirts feature the department logo on the front with a pink fire-department helmet

and ribbon on the back, along with the words "Alabaster Fire Department Pink Ribbon Project"

The T-shirts are available at Firehouse No. 3, which is located at 910 First St. S., across from the Shell gas station. The short-sleeve shirts are \$15, and the long-sleeve shirts are \$20.

"Like so many others, members of our family have been affected by breast cancer. We are proud to help bring awareness and raise funds for much needed research," said Alabaster Fire Chief Jim Golden.

National Breast Cancer Awareness Month is a collaboration of a variety of public-service organizations and medical associations, ranging from the American Cancer Society to the Oncology Nursing

Society. It was started over 25 years ago to help promote breast cancer awareness and provide greater access to services. Each year, October is designated as National Breast Cancer Awareness Month.

The pink ribbon has become a symbol in the fight against breast cancer, as a way to promote awareness and honor both the survivors and those who've been lost to the disease.

In recent years, tremendous progress has been made in breast cancer treatment. According to a new report from the American Cancer Society, death rates from breast cancer are down 34 percent since 1990 in the United States. It's



still the second-most common cancer among women, however, behind skin cancer. (www.cancer.org)

For more information about the Alabaster Fire Department's effort to help promote breast cancer awareness, visit them on Facebook at [Facebook.com/alabasterfire](https://www.facebook.com/alabasterfire). Residents can also email afd@alabasterfire.org.

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Standing: Crystal Jones, Accountant; Steve Emerson, CPA; and Sally Truxal.

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CHEERLEADER HONORED

Thompson Middle School cheerleader Yantasia D. Thomas has been selected to perform in the Thanksgiving Day Parade at the Walt Disney World Resort (Magic Kingdom Park)

Yantasia is a Junior Varsity cheerleader at Thompson High School where she serves as Tri Captain coached by Mrs. Brandy Mitchelle.

She began cheering in kindergarten for the Thompson Youth football and later making the Thompson Middle School squad. Mrs. Mitchelle saw Yantasia's potential and encouraged her to tryout. The individuals invited to perform in the parade are part of a select group of cheerleaders chosen as All-American during Universal Cheerleaders Association (UCA) summer camps across the country. All Americans are selected via



Yantasia D. Thomas

tryout based on superior cheerleading skills.

Only the top 12% of the cheerleaders from the UCA camps earn the chance to march in a holiday parade of this caliber. Yantasia is a member of Emmanuel Temple Holiness Church where Dr. William Fitts Sr. is pastor. She is the daughter of Carlos and Yolanda Thomas, granddaughter of Eddie and Joyce Thomas and Freddy

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TIM MITCHELL GIVES TO AREA SCHOOLS



(from Left) Tim Mitchell presents grant to teacher Allison Festavan, and Helena Elementary Principal Mary Cooper

Tim Mitchell with Keller Williams Realty recently awarded a grant to another area school. Helena Elementary teacher Allison Festavan received a \$300 grant for her classroom.

Tim's exclusive School-Grant promotion is for any area school, public or private, in the Alabaster or Jefferson and Shelby County areas for the next 2013-2014 school year. His exclusive School-Grant promotion provides grants that go directly to our area teachers and their classrooms (or to a specific

department) when any parent or staff member uses Tim Mitchell to help buy or sell a home.

This promotion is a great way to help support our schools and is available to anyone in the community who has a local school connection or fundraiser they would like to support.

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LIBRARY ACTIVITIES

Every Wednesday
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3:30 pm Tunes & Tales for all
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1st Thursday 1:00 pm
Friends of Library Bookmenders

Every Friday 10:30 am
Toddler Tales (2s, 3s) 10:30 in the
meeting room. Children must
be with an adult.
LIBRARY CLOSED
Nov. 11 for Veterans Day
Nov. 28 - Dec. 1 Thanksgiving

LIBRARY ADULT ACTIVITIES

Cake Decorating Class - November 4 6:00 pm. Join us for a
cake decorating class by the experts at K&J's Elegant Pastries.
Call or come by to sign up. 664-6822.

On the Money: Saving for College - November 5, 6:30 pm.
Learn where to search for college funds, including grants, schol-
arships, and matching savings accounts.

Estate Planning with Jay Greene - November 9, 10:00 am. Join
us as attorney Jay Greene explains the best ways to protect your
assets and your loved ones through the preparation of trusts,
wills, and planning ahead. On the Money & Estate Planning are
brought to you by MakingCents - Resources to help your money
grow and Smart investing@your library® series, a partnership
between the American Library Association and the FINRA
Investor Education Foundation.

Adult Computer Classes - Call or come by to sign up. 664-6822.

Wednesday, November 6, 10 am - Microsoft Excel 2007 Pt. 1

Wednesday, November 20, 10 am - Microsoft Excel 2007 Pt. 2

Positive Maturity Job Search Workshops - Join us as
A.W.A.R.E. volunteer Denise Stamps guides job seekers 50 and
over through the process of returning to the workplace.
Programs take place in the meeting room.

Thursday, November 7, 10 am.

Orientation Workshop

Thursday, November 14, 10 am.

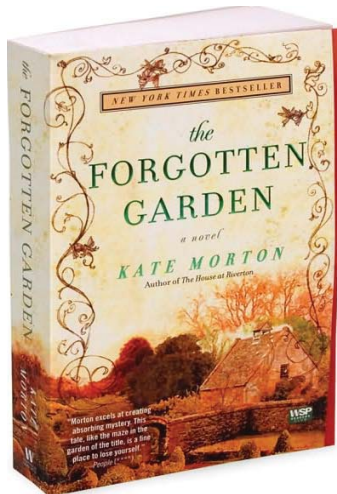
Resume Workshop

Thursday, November 21, 10 am.

Interviewing Skills Workshop

Library Book Group - Thursday,
November 21, 7 pm - Join us in
our discussion of "The Forgotten
Garden" by Kate Morton.

Abandoned on a 1913 voyage to
Australia, Nell is raised by a
dock master and his wife who do
not tell her until she grows up
that she is not their child, a situa-
tion that causes her to return to
England and eventually hand
down her quest for answers to
her granddaughter. Program
takes place in the meeting room.



Friends of the Albert L. Scott Library

The Fall Book Sale was a huge success. Our thanks go out to
all who support the Friends and the Library. We appreciate
everyone who is a member, volunteers who worked at the sale,
Sepco for printing, and all who came to shop

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library in serving our city and our success depends on Friends.
Applications at the Library or on our page at
www.cityofalabaster.com

LIBRARY KIDS ACTIVITIES

**Monday, November 4 Homeschool Happening: Road to
Research with Reference Librarian Judith Wright 11am-
1pm** Reference librarian Judith Rae Wright will help kids
have fun demystifying the materials catalog, Dewey
Decimal System, search engines, Alabama Virtual Library
(AVL), HomeworkAlabama's online tutoring help, and
more! Lunch is included and students from 1st grade
through 12th grade can sign up. The fun and learning is in
the meeting room and children 6 years old must be with an
adult.

Thursday, November 7 American Girls Club 4pm Join
us for a fall fashion show and you and your doll are the
models! Be prepared to model and tell a little about your
outfit and your doll's outfit. Girls 7 years old and older
can sign up. Remember girls can come with or without a
doll. Meets in the meeting room.

Tuesday, November 12, 4:00pm-4:45pm Lego League
Building forts, farms, and friendships are possible during
this program where kids of all ages play with Legos of all
sizes. Meets in the meeting room. Children 6 years old
and younger must be with an adult.



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CITY CHRISTMAS PARADE SAT. DEC. 7TH

The holiday season is just around the corner, which means it's time for local residents to start thinking about their plans for the Alabaster Christmas Parade.

This year, the Alabaster Christmas Parade will be held on Saturday, Dec. 7. The theme for this year's parade is "Wishin' for a White Christmas." The theme was selected by the

online, but you can get the form online and bring it to us or mail it to us," said Parks and Recreation Director Tim Hamm.

According to Hamm, the Christmas Parade will once again take the traditional parade route on U.S. 31, past the old city hall and in front of the municipal annex on First Street Southwest. It will end at the intersection in front of the CVS Pharmacy.

Hamm said people were pleased to have the parade back on 31 after it moved temporarily to the shopping center off Interstate 65. The only issue with the traditional route is the possibility of trains, he said.

"The logistics of it aren't hard," said Hamm. "You just have to worry about trains. I think we had three trains last year."

The Alabaster Christmas Parade is traditionally one of the largest in the state. During the parade, southbound traffic on 31 will be switched



over to the northbound side, while the southbound lane is shut down.

For more information, call the Parks and Recreation Department at

664-6840. Entry forms can be found on the City of Alabaster website at www.cityofalabaster.com.



students at Creek View Elementary School and Meadow View Elementary School.

Parade participants will be able to start registering for the parade on Monday, Oct. 14. The entry forms will be available to print on the City of Alabaster website.

"You can't sign up



"If the local bowling alley calls to complain about the volume of your TV set...

If you didn't realize your alarm clock has been set for 3 am every morning for the last two years...

If you think your dog has laryngitis...

If you love Yoko Ono's singing...

If you don't know the difference between a yodeler and a mime...

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CITY RECOGNIZES DYSLEXIA AWARENESS MONTH

At the Oct. 7 City Council meeting, Mayor Marty Handlon proclaimed October 2013 as National Dyslexia Awareness Month for the City of Alabaster.

According to the mayor's proclamation, dyslexia is a disability that's characterized by "difficulty with accurate and/or fluent word recognition." The proclamation indicated that dyslexia is a widespread disorder, affecting "between ten and 20 percent of the population."

After the reading of the proclamation, local parent and dyslexia advocate Susan Long expressed her appreciation to city officials for lending their support to the cause.

"I want to thank the

City of Alabaster for being one of the very first cities in the state of Alabama to sign a proclamation," said Long.

Long, whose daughter Melanie was diagnosed with dyslexia when she was nine, has been one of the area's most passionate advocates for dyslexia awareness. Following a proclamation signing last year, she started a dyslexia support group that meets once a month in Alabaster at the First Baptist Church.

"I decided to start a support group for parents and children to be able to come and receive information about dyslexia and for kids not to feel alone," said Long on Oct. 9. "Kids would get the diagnosis, but they wouldn't know

that their friend so-and-so had it too. So we wanted to bring them together so they could talk about what works best for them in a classroom, what technology do they like, that kind of thing. It gives them a chance to talk about their weaknesses and their strengths."

The need for a dyslexia support group was so great that parents and kids started coming from all over the area, said Long.

"It started off for the City of Alabaster, but it ended up being for the metro city of Birmingham," said Long. "We were having people coming from Gardendale, Trussville, Chelsea. They were coming from everywhere. One of

the things parents were struggling with was they needed other parents that were going through the same thing we were going through."

Since starting the support group, Long has also become involved with a national network called Decoding Dyslexia. That organization was started in New Jersey and now has organizations in 38 states.

For more information about Decoding Dyslexia in Alabama, go to Decodingdyslexiaala.com. The group is also on Facebook at [DecodingDyslexiaALA](https://www.facebook.com/DecodingDyslexiaALA).

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Parks & Rec Dept., 100 Depot St. 664-6840 www.alabasterparks.org

PARKS & REC OFFICE

The Parks and Recreation Office is located inside the Depot at 100 Depot Street, Alabaster Office Hours: Mon. thru Fri. 8 am until 5 pm Phone: 205-664-6840 www.alabasterparks.org

CHRISTMAS PARADE

The annual Christmas Parade will be held on Saturday, Dec. 7 at 10 am on Highway 31 South. The 2013 theme is "Wishin' For A White Christmas". We would like to say "Thank You" to the Elementary School children at Creek View and Meadow View for choosing the theme by popular vote. Anyone wishing to participate in the Parade will need to complete a registration form and return it to the Parks and Recreation office between Oct. 14 and Nov. 15. The form will be on our web site. There is no fee to participate. All participants are strongly encouraged to decorate even if their entry is not a "float".

BASKETBALL

Youth Basketball practice will begin the first week of November. Games are scheduled to begin after Thanksgiving; break for the Christmas holidays; and then resume play after the first of the year. Pictures are scheduled for Nov. 23 at the THS Gym.

SOCCER

Our Fall Soccer season is about to conclude with 49 teams participating. We would like to say "Thank You" to all of the volunteer coaches and team moms for your dedication and time spent working with the players. Please watch for future postings of Spring Soccer Registration which will occur in early January.

FOOTBALL & CHEER

We had another successful year with 231 Football players and 170 Cheerleaders. We will have several teams in the playoffs, and hope to bring home a championship. The Hoover Met will be hosting the JSYFL Championship games on Nov. 23. The games will begin at 9 am and run all day. Please come out and support our teams.

GIRL'S SOFTBALL

Girl's Fall Softball had six teams playing in Alabaster as well as the surrounding communities of Helena, Chelsea, and Oak Mountain. "Thank you" to all the coaches and parents who supported our Fall program. Girl's Spring Softball registration will occur during January so be sure to watch for future postings of details and dates.

FALL BASEBALL

Fall Baseball had 150 participants at the conclusion of the program at the end of October. We would like to say "Thank You" to Coach Hamrick and his staff from Thompson High School for conducting this program. Spring Baseball registration will occur during January so be sure to watch for future postings of details and dates.

FALL FEST SAT. OCT. 26

FALL FEST AT BUCK CREEK on Saturday, Oct. 26
The 5th annual Fall Fest will be held at Buck Creek Trail from 9 AM until 3 PM with FREE admission. This will be a great family outing with live music, inflatables, Trick-or-Treat Trail, arts and crafts vendors, food vendors, hay rides, etc. All activities will be located behind the Alabaster Senior Center. Parking will be available at Buck Creek Park with shuttles running to the trail. Vendor applications will be accepted thru 5 PM on Oct. 18. If you are interested in participating, please contact Sharon or Tim at 205-664-6840. 15'x15' booths available for \$25. No duplicate business vendors (i.e. Avon, Scentsy Candles, 31 Products, etc.) allowed.

PAVILIONS FOR RENT

Outdoor Rental Facilities: Several of our City Parks offer pavilions for rental use. The best way to make sure your event happens at the location of your choice is to contact Parks & Recreation before our books are filled with reservations. Pavilions are available for use by permit only. There is a \$40 rental fee and an additional refundable \$40 deposit which must be paid before your reservation is complete.



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LET'S PREVENT THE FLU by Rep. April Weaver



Representative April Weaver

Through my work with the Alabama legislature, I have had the opportunity to work in conjunction with the Alabama Department of Public Health (ADPH) on many initiatives. They provide a great resource to our state. As flu season approaches, ADPH has created a program to let people know the top ten things they can do to help prevent the flu. First and foremost, get vaccinated! If you are looking for a flu shot, there are many options in the community. Healthcare providers, county health departments, drug stores—if you are looking for a flu shot, they are easy to find! Seasonal flu vaccines are usually given from October through March each year. Each year, the flu vaccine is updated to fight current flu strains. Wash your hands. It is very important to wash

your hands with warm water and soap for 20 seconds. If you don't have soap and water available, use alcohol-based hand sanitizers.

Cover your coughs and sneezes with a tissue or your upper sleeve. It is much better to sneeze or cough into your elbow than your hand.

If you have fever, stay home. It is recommended that you stay home if you have a fever of 100 degrees F or higher. You should return to normal social and work activities after you have been fever-free without taking fever reducing medicine for 24 hours.

Other recommendations include stockpiling supplies, frequently wiping surfaces to clean and disinfect, creating an office emergency plan, learning home care and calling your doctor is your symptoms get worse. The ADPH plan for flu can be found at www.adph.org.

If you have questions about flu shots, call the ADPH Immunization Division toll free at 1-800-469-4599 from 8 a.m. to 5 p.m., Monday through Friday. Your call will be directed to an ADPH nurse who will provide flu



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SOUTH CITY THEATRE PRESENTS



South City Theatre -- the best "little" award-winning theatre in Alabama-- offers a marriage of entertainment delights in their 2013-14 season. Artistic Director Sue Ellen Gerrells explains, "there's something old, something new, something borrowed and one acts, too!"

South City Theatre presents "WILEY AND THE HAIRY MAN", directed by Lisa Ponder, will be staged December 6-14.

Something new...and borrowed from a folk tale, Wiley and the Hairy Man, set deep within the mysterious Alabama Swamp, centers around a young fatherless boy, his conjure-woman mother, his faithful dog, and the Hairy Man who haunts Wiley's days and dreams. In an exciting duel of wits, Wiley learns to rely upon his own resources and conquers two villains: the Hairy Man and his own fear. For the young and young-at-heart!

Performances are scheduled for Evening Time: Dec 6, 7, 12, 13, 14 at 8:00pm
Matinee Time: Dec 8, at 2:00pm

Tickets are \$15 general admission or \$12 seniors and students. Season tickets are a value at \$60 for one admission to each production. For more information or to make reservations, go to www.southcitytheatre.com or call the box office at (205) 621-2126. Performances are at 8 pm.

The new South City Theatre is located on County Road 26 approximately 3.5 miles past the Camp Branch Civic center. To get there, take Highway 31 south and simply turn left at County Road 26. The theatre will be on the right.
www.southcitytheatre.com
on Twitter (@SouthCityTheatr)

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We look forward to hearing from you!

JOY DUNLAP, LOCAL WWII VETERAN PILOT, PASSES

Local World War II veteran Joy Dunlap passed away on Tuesday, Sept. 24 at the age of 90. Dunlap lived in Alabaster following an eventful life that included time as a B-17 pilot in Europe.

A native of Ohio, Dunlap graduated from high school in 1941 and was attending college at Ohio Wesleyan University when the Japanese attack on Pearl Harbor occurred. As a boy, Dunlap had been inspired by Charles Lindbergh, so he decided to join the Army Air Corps in hopes of becoming a pilot.

After he was accepted, he underwent flight training in South Carolina, Alabama, Indiana and Ohio. In 1944, he was deployed to England, where he flew with the 385th Bombardment Group.

"We got there in Europe just about the time the Germans made a big push that was known as the Battle of the Bulge," Dunlap said in a 2007 interview. "It was a big push in the French-German border, where they were trying to break through and isolate the American troops. So my first missions were flown during the Battle of the

Bulge. I had a ten-man crew."

According to Dunlap, their daily bombing missions involved a large stream of aircraft that could stretch for three or four hundred miles. The average flight time for each mission was about seven or eight hours, though he did have one that lasted over nine. That flight nearly exhausted the aircraft's fuel supply.

"The engines quit after we got on the ground," Dunlap remembered.

In 2007, Dunlap was selected to represent the 8th Air Force on an honorary flight of a B-17 bomber from Huntsville to Bessemer. Afterwards, he said the experience gave him a better appreciation for the crews he'd flown with during World War II.

"As a combat pilot, I was pretty busy in the position I was in. I didn't have time to go to the other stations, where the rest of the crew was and see them in action. So for once, I got to go to these other places on the airplane, and really realize how small and crowded it was. It gave me a lot more respect for what they did on that airplane as a crew," he said.

In addition to his World War II experience, Dunlap also served with a jetfight-



Joy Dunlap got to fly on a B-17 once again on an honorary flight held several years ago. Photo Courtesy of Bernard Troncale.

er unit in Korea during the Korean War. Following his military service, he captained a charter boat in Florida for many years.

Dunlap is survived by his wife Maria Jackie

Dunlap, seven children, 14 grandchildren and 11 great-grandchildren.

A memorial service was held for Dunlap on Sept. 30 at the Episcopal Church of the Holy Spirit.

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NICHOLAS MASSIE EARNS EAGLE SCOUT RANK

Nicholas Massie, son of Louis and Sharon Massie, was awarded the rank of Eagle Scout in a ceremony at the chapel in American Village on September 22nd.

Eagle Scouts have to perform a significant project to quality for the rank, and Nicholas took on the task of planting the Rose Garden in front of the Barn Reception area at American Village where the roses

will greet many a newly married couple who pose for pictures there.

Nicholas' journey to Eagle began in January of 2007 with pack 3072 here in Alabama. Upon crossing over to Scout troop 72 he also received the Arrow of Light, Cub Scouts Highest Award. Nicholas has camped out with his troop, and has led them at different times whenever called



New Eagle Scout Nicholas Massie is joined by his mom and dad Sharon and Louis Massie at the induction ceremony at American Village



upon. He participated in merit badge days, camping and back packing trips, clean up of equipment and maintenance days. He has always led by example and helped others achieve and completed his Eagle project here at American Village with the assistance of two troops.

unit, troop 72 and members of his new unit, troop 532 were all there together to help him complete his project. Nicholas took the lead giving direction to all of the participants in this project.

Congratulations to Eagle Scout Nicholas Massie!

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CITY COUNCIL MEETS IN NEW CHAMBERS

On Monday, Oct. 7, the Alabaster City Council held its first city council meeting in the new city administrative building. It was an historic occasion for the City of Alabaster, and dozens of local residents turned out to participate.

"Thanks everyone for coming out tonight," said Councilman Russell Bedsole. "I'm glad everyone came out to be a part of this first meeting."

The new building is located off 11th Avenue S.W. on the old Buck Creek mill property, alongside the Alabaster Senior Center. Its address, 1953 Municipal Way, was chosen in honor of the year that Alabaster was incorporated.

The new council chambers are housed in the municipal courtroom at the far end of the building. To enter the courtroom, residents are required to first pass through a metal detector.

The new facility features a number of technological advancements over the council's previous meeting space in the old municipal annex.

City Council President Scott Brakefield said he hopes to eventually expand the council's reach by employing some of those new features.

"What we hope to be able to do is incorporate our high schoolers, those people that are in that mass communications track, to come and videotape these and put them out on the city website, so that we can reach more of our residents," said Brakefield. "We've got to figure out a way to get as much information as possible out to our residents."

Councilman Rick Walters said he hopes to see similarly-large turnouts for future council meetings as well.

During the meeting, City of Alabaster Mayor Marty Handlon read three proclamations, including those for Dyslexia Awareness Month, Red Ribbon Week



at Thompson Sixth-Grade Center and National Fire Prevention Week. She also swore in two members of the Alabaster Fire Department, Calem Hicks (apparatus operator) and Brian Thrasher (firefighter).

In new business, the city council approved a resolution authorizing the mayor to enter into an agreement with the Middle Alabama Area Agency on Aging. The group provides important services for seniors in a five-county area in central

Alabama.

"This is a renewal of an agreement we have with M4A every year," said Councilman Bob Hicks. "It's basically a way to guarantee that the meals we're offering at the senior center are nutritionally sound."

For more information, visit the City of Alabaster website at www.cityofalabaster.com.

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ALABASTER CITIZEN ANNOUNCES RUN FOR CONGRESS

On Tuesday October 8th, Dr. Chad Mathis, a citizen of Alabaster, formally announced his candidacy for the congressional seat for the 6th District vacated by Spencer Bacchus who recently announced that he will not seek re-election.

Mathis will join a crowded field of contenders and feels that his background as a physician, successful businessman, and family man coupled with his core conservative values will earn a place in voters' hearts as they consider the field to elect Bacchus' successor.

Mathis is the son of a blue-collar union worker and a nurse's aid. Growing up in a working class family and attending Christian and public schools taught him the prospect of having a better life through hard work and doing well in school. He was the first per-



Dr. Chad Mathis

son in his family to finish college.

Mathis attended medical school at Indiana University and became a specialist in orthopedic sports medicine. He has been a team physician for multiple professional sports teams and has been practicing medicine for a decade as a founding member of Alabama Bone and Joint Clinic in Pelham off Highway 119.

He met his wife Angie in college, and they have been married for 19 years. Chad

and Angie have two children, Abby, who's 13 years old, and Ben, who's 12.

Mathis is also the founding board chairman of the Alabama Coalition for Charter Schools. He believes that underprivileged children trapped in failing schools should be able to attend a better, safer school of their choice. He pledges to lead the effort to keep more money and power at the local level to allow parents greater educational choices.

In 2012, Mathis went to Texas and served as a volunteer for Ted Cruz's winning election. His belief in sending true conservatives and not career insider politicians to Washington was solidified by that race. Now, Mathis wants to take his experience as a suc-

cessful small businessman to fight for America's free market economy. He will always vote to put an end to out-of-control Washington spending and support a balanced budget amendment to the U.S. Constitution.

Mathis believes it's time to stop sending the same type of Republican to Congress from the same old farm system, who will answer to the same old power bosses. That type of legislator has led to bloated spending and a refusal to balance the budget. He feels its time for a new type of conservative leader who will hold the line on spending, cut taxes, repeal the Affordable Care Act, stop running deficits, balance a budget, and make government smaller.

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SALVATION ARMY GEARING UP FOR CHRISTMAS

It's nearly time for the holidays, which means the Salvation Army will soon be kicking off its annual Christmas programs. For local residents, that means plenty of opportunities to enjoy the holiday season by helping someone in need.

The Salvation Army's well-known Red Kettle Campaign is one of the organization's largest fundraisers, and it's scheduled to run this year from Nov. 15 to Dec. 24. Residents can look for the red donation kettles in front of various retailers around the area starting in just a couple of weeks.

Funds raised through the campaign are used to fund various local programs, including social services.

"That's not just money that's used at Christmas time," said Brian Wallace, the director of public relations with the Greater Birmingham Salvation Army. "It's used throughout the entire year, and we rely very heavily on it. We have over 14 programs area-wide, including in Shelby County."

The Salvation Army's Angel Tree program is another terrific opportunity to help out a family in need. By adopting Angels who are represented on various Angel Trees around Birmingham, residents can provide a fun and memorable Christmas for children who might otherwise go without.

According to Lt. Brian Leonard of the Shelby County Salvation Army, the Cracker Barrel restaurant off Highway 119 in Pelham will have an Angel Tree. He also said people can call the Salvation Army in Alabaster to adopt Angels.

The season also brings a number of opportunities for local residents to volunteer. The Red Kettle Campaign needs volunteers to ring the bells at donation stations. Groups are encouraged to participate so they can divide up the shifts, which last from 10 a.m. to 8 p.m.

"We're currently taking volunteers and getting them on the schedule," said Leonard. "Every year, we do have to hire people but we try to get as many volunteers as we can to help offset the cost of having to pay people. So we're looking for both volunteers and people to come in and apply for the job of bell-ringer."

To apply for a bell-ringer position, Leonard suggests stopping by the Salvation Army office in Alabaster and applying in person. The office is located at 108 Plaza Circle.

"They can just come into our office here and we have applications on hand," said Leonard.

To volunteer for a shift, Leonard said people can call the Salvation Army at 663-7105. When the day of their shift comes, someone

from the Salvation Army will meet them at the location.

"We would meet them at the location at 10 a.m. with the kettle and bells and everything they would need," said Leonard.

Volunteers are also needed to assist with Angel Tree distribution. Distribution day is scheduled for Dec. 14, and volunteers will be needed the week prior to that, plus the day of distribution.

Last year, the Shelby County Salvation Army was able to help over 600



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children receive Christmas gifts. For more information, go to BirminghamSalvationArmy.org

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ARCA HOSTS FAMILY FUN DAY

The Alabaster Radio Control Association (ARCA) recently hosted its Family Fun Day at the ARCA flying field at Limestone Park. The event was a way for club members to involve their families in their passion for radio control aircraft and to enjoy a fun day at the park.

"It went great," said Alabaster RC member Leslie Harrison. "We had about 60 members with their families. The mayor came. We had a good time."

The event was originally planned for Saturday, Sept. 21, but it had to be postponed when the weather called for rain. The club moved the event to the following Saturday, Sept. 28, and was fortunate enough to enjoy clear skies and great temperatures for the day.

"It's something the club does once a year for the members and their fami-

lies," said Harrison. "It's a good fun day to fly airplanes and socialize."

Club member Joe LaRock and his wife Connie provided food for the event, and City of Alabaster Mayor Marty Handlon stopped by to enjoy lunch.

The club has another big event planned for Saturday, Oct. 26, in its Club 40 Pylon Race. Pylon racing allows RC pilots to race their planes around two pylons, which will be placed at the end of the airstrip.

"They all have the same type of airplanes," said Harrison. "They have to weigh them. They have to have the same motor and use the same fuel. The most they have in the air at one time is five airplanes. It's pretty exciting to have five airplanes in the air at the same time."

According to Harrison,

the pilots will all use inexpensive Club 40-type planes.

"They're real inexpensive planes," said Harrison. "The reason for that is if they have a mid-air crash, they don't have too much money in it."

Harrison said the event should be a big draw for the club, bringing in competitors from all around the South.

"They'll be coming from Georgia, Tennessee, Mississippi, Florida and Alabama," he said.

The winners of each heat will compete at the end of the day, and the overall winners will



receive trophies. In March, the club hosted a successful Club 40 pylon race. The winners for that race included Greg Doe, Mike Talley and Ernie Duffey.

For anyone interested in watching the pylon races, the flying field is located at Limestone Park in Alabaster. Limestone Park is just south of Saginaw Pipe off U.S. 31. The airstrip is located in the back, just beyond the pond.



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FUNDRAISING - Buck's Pizza of Alabaster is proud to announce that during the school year, we will be offering a fundraising service ideally suited for teachers & coaches of Thompson. On Monday or Tuesday night of each week, Buck's will donate half of our dine-in sales directly to the teacher or coach who participates. First Come, First Served. Call owner Hunter Spradlin to set up your own fundraiser!

Buck's Pizza offers fun favorites and a dash of unique options to satisfy everyone in the family. Here is some of what we offer: Hand tossed pizzas -12 signature hot-wings sauces-Chicken wings-Boneless tenders-22 specialty pizzas-Oven-baked sandwiches-Home-made bread-Salads-Kids menu-Catering
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Baptist Health System & Viva Health form Medicare Plan

Baptist Health System and VIVA HEALTH have joined forces on a Medicare Advantage health plan that offers lower out-of-pocket costs and close coordination of members' health care needs. Unveiled this week in advance of the annual enrollment period (AEP) that runs Oct. 15 - Dec. 7, the new VIVA MEDICAREMe plan has a primary network of Baptist's four hospitals and more than 400 physicians in the Baptist Physician Alliance.

"This is exciting for us because not only is it a partnership that is new to the area but it is focused on some key areas of health care that we think are important," said Baptist Health System President and CEO Shane Spees. "More than half of our patients are Medicare patients, and we've become very good at caring for this senior population."

In exchange for staying within the Baptist network for most of their care, members will have lower costs, such as a \$5 co-pay to visit their primary care physician. VIVA MEDICAREMe is the only Medicare Advantage health plan in Alabama to be co-branded by a hospital system and an insurance company. VIVA MEDICAREMe is a Medicare Advantage health plan offered to Medicare beneficiaries with coverage starting January 1, 2014. Medicare Advantage plans are private health plans that take the place of traditional Medicare and often, as with VIVA MEDICARE Me, offer additional benefits and lower out-of-pocket costs. Every year from Oct. 15- Dec. 7, Medicare beneficiaries may choose a Medicare Advantage plan or switch to a new one for

the following year.

VIVA MEDICAREMe provides an additional choice for members in Jefferson, Shelby, Walker and Talladega counties, where Baptist Health System operates hospitals - Princeton Baptist, Shelby Baptist, Walker Baptist and Citizens Baptist Medical Centers.

With the VIVA MEDICAREMe plan, Baptist Health System and VIVA HEALTH will be able to share data about the members' health care to make sure the members are getting the right care in the right health care setting at the right time.

"The new plan will provide coordinated physician care and communication for its members, which is especially important for those patients who have chronic health conditions, whether hospitalized or not, who could benefit from this level of communication and service," said BHS Chief Medical Officer Dr. Elizabeth Ennis.

"The Baptist Physician Alliance physicians will practice in a highly coordinated manner, to report and share their clinical quality data with their colleagues and to work collegially and collaboratively in adopting 'best practices' for patient care. We eagerly look forward to this opportunity to serve our many Medicare patients in this innovative and exciting way."

"We are interested in innovations that will help bring about true health care reform that puts insurance companies, providers and patients all on the same team," said Cardwell Feagin, VIVA HEALTH's chief operating officer. "We feel like we already have a strong partnership with all

our providers, and we have a similar model with our owner, UAB Health System. But this alliance with Baptist tests a new type of relationship with a provider that does not have common ownership. If this is successful, as we believe it will be, we would be interested in similar models with other providers in the future."

For Baptist Health System, the new Medicare plan is just another step toward its goal of putting the patient first.

Baptist Health System, Inc. is one of the largest health care systems in Alabama and one of the state's largest employers. The System is a not-for-profit, 501(c) corporation that owns and manages four hospitals in the state of Alabama. Baptist Health System is a ministry of the churches of the

Birmingham Baptist Association, whose representatives elect the Board of Trustees. It was founded in 1922 by a group of local Baptist congregations.

VIVA HEALTH Founded in 1996, VIVA HEALTH is licensed to sell employer group health coverage in 45 Alabama counties and has a contract with the federal government to offer private Medicare plans in 24 counties. VIVA HEALTH has the largest Medicare Advantage plan in its service area, including the Birmingham metropolitan area. The company has approximately 40,000 Medicare members and provides or administers health benefits for 55,000 people through their employer-sponsored coverage. VIVA HEALTH is a member of the UAB Health System.

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- Working with Jessie Brooks Foundation to supply water wells in Ghana. Africa where the foundation has started an orphanage.

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- Speech Contest Scholarships for High School Seniors

- Christmas Senior Citizen Project • Support Manna Ministries food distribution center
- Shelby County Day Program

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NOVEMBER SENIOR ACTIVITIES

Mark your calendars: **The Annual Shelby County Senior Christmas Dance is Friday, December 13 from 5:30-8:30pm at Thompson Middle School Cafeteria.** Don't miss a great evening of fun, food, dancing and connecting with friends. Cost is \$5/person. Includes: dinner, live entertainment, door prizes and more! Please stop by the Senior Center to purchase your tickets. Deadline is Monday, December 2

New Workshop- Basic Principles of Treating Trigger Points/Muscle Knots with Self Massage. This two hour workshop will be offered on Tuesday, November 5 from 12:30-2:30pm. Muscle knots or "trigger points" are small patches of super-contracted muscle fibers that cause aching and stiffness. They can affect performance of the whole muscle and spread pain to adjacent areas. You will learn the basic principles of treating trigger points with self-massage. Deb Cleveland will instruct both standing and lying techniques for relieving trigger point pain. Cost is \$5/person and space is limited.

NEW Tai-yoga-lites Flow Class- 1st and 3rd Monday and 2nd and 4th Thursday of each month at 1pm. Space is limited. This class will combined Tai Chi, Yoga and Pilates. All other Mondays and Thursday will be basic Tai Chi. Encouraged donation of \$2/class.

Arthritis Foundation

Exercise Program- Wednesday at 10am. Space is limited. Encouraged donation of \$2/class.

Zumba Gold- This explosive exercise program is designed so that everyone can do it. You will see a variety of styles: Meringue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock and Roll rhythms. Zumba Gold guarantees you will have fun while you are getting a great workout. Join us every Wednesday at 1pm. Encouraged donation of \$2/class.

Zumba Gold Toning- Join us for a dynamic class using lightweight resistance training. This class can help participants prevent age-related bone loss, increase muscle strength and definition, decrease body fat and improve mobility, posture, coordination and cognition. Fridays from 1-2pm. \$2 donation encouraged.

Faux Painting with Betty- Friday, November 1 at 9:30am. Learn how to faux paint and create your own fall painting. Cost is \$5/person and includes all supplies. Space is limited.

Southern Home and Gardens Open House- Friday, November 1. We will travel to Montgomery and eat lunch at Fried Tomato Buffet and shop at the beautiful Southern Home and Gardens Christmas store. \$1 to reserve your spot and bring money for lunch. Space is limited.

Visit to Cedar Creek Nursery and lunch in community- Tuesday, November 12. \$1 to reserve your spot and bring money for lunch. Space is limited.

Making Glass Christmas Ornaments -Monday, November 18. You will design and create several glass Christmas ornaments. Cost is \$25/person and bring \$10-\$12 for lunch. Space is limited.

Book Club- join us on Friday, November 22 at 10am We will meet every 4th Friday to discuss the book and introduce a new book. Sign up at the senior center.

You won't want to miss all the activities at the senior center:

Wii Bowling -Tuesdays 12pm
Zumba Gold (exercise)- Wednesdays 1pm
Beginner/Inter Line dancing - Thursdays 9:30am
Beginner Line Dancing - Thursday 10:30am
Tempo exercise - Fridays 10am
Zumba Gold Toning- Fridays 1-2pm
Bridge- Thursday 12-3pm
Rook- Wednesdays 9:00am
Timeless Treasures (singing) - Monday 10am

If you would like more information concerning senior programs, please contact Alabaster Senior Center at 663-1307 or awalters@city-ofalabaster.com

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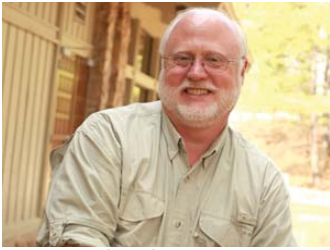
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LET'S TALK TURKEY by David Frings

As Thanksgiving approaches, most of us begin reflecting on the things in our lives that we can be thankful for such as freedom, friends, family, and the abundance of food at the table. The iconic center piece of the traditional Thanksgiving meal in America is turkey. The eastern turkey (*Meleagris gallopavo silvestris*) was designated as the official game bird in Alabama in 1980 and if Ben Franklin had his way, it would have become our national emblem instead of the bald eagle. Native Americans hunted the wild turkey for thousands of years before the Europeans arrived, primarily valuing them for

their feathers and symbols in many of their spiritual rituals.

Both the Toms or gobblers (males) and hens (females) of wild turkeys can reach nearly four feet in height with males weighing a maximum of 20 pounds and around 12 pounds for females. Mature Toms will develop spurs on the lower legs and that distinctive long beard which is formed of modified filaments and tufts of feathers rather than hair. A small number of females may also have small, underdeveloped beards. The large size of the turkey made it the target of overharvesting which, along with habitat destruction, severely damaged wild populations by the early 1900's.

Conservationists and wildlife biologists quickly went into action managing the flocks by establishing bag limits, seasons, and creating new habitat. Today, the turkey has recovered to

the point where populations from one of the five subspecies roam all of the continental 49 states.

The Tom's neck will turn a bright red as the early spring breeding season begins. The female will construct a nest on the ground in heavy brush and other cover. The hen will incubate her 8 to 12 eggs for approximately 28 days. The chicks or poults will forage for plants, seeds, berries, and insects with the hen. As the poults grow, they will forage as a group until they are ready to disperse and join various flocks in the area. In late summer and early fall, groups of now mature poults can be seen feeding in open habitat adjacent to woodland areas. Even though Alabaster is a very urbanized area, groups of wild turkey can be found in the city. Two of the best areas to look are the remaining pasture lands along Butler Road and the unde-



veloped lots in the Shelby West Corporate Park. In fact, I watched a group of turkeys forage in the grassy areas adjacent to the Hibbett Sports warehouse while construction was in progress during the month of September. Other areas to look for turkey would be in similar habitats along the route of County Road 17.

If you get out and look, Alabaster has many nature moments for all to experience.

David Frings is an Adjunct Professor of Environmental Management and Director of the Oak Mountain Interpretive Center Samford University located at Oak Mtn State Park

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Calendar of Events

- Nov. 4, City Council Meeting 7 pm Chamber
- Nov. 5, Water Board 7pm Chamber
- Nov. 6, Municipal Court 9 am & 2 pm Chamber
Public Safety Committee 6pm Conference
- Nov. 11, Board of Education 6:00 pm Chamber
- Nov. 12, Housing & Abatement Board 5:00pm Conference
- Nov. 13, Municipal Court 9 am & 2 pm Chamber
- Nov. 14, Finance Committee 5:30 pm Conference
- Nov. 18, City Council Meeting 7 pm Chamber
- Nov. 19, Driving School 7 pm Chamber
- Nov. 20, Municipal Court 9 am & 2 pm Chamber
Sewer Committee 6 pm Chamber
- Nov. 21, Public Works Committee 5 pm Chamber
Economic Development Committee 5:30 pm Conf
- Nov. 25, Board of Adjustments 6:30 pm Conference
- Nov. 26, Planning & Zoning 7 pm Conference
- Nov. 28 & 29, CITY OFFICES CLOSED
FOR THANKSGIVING HOLIDAY

Meetings are now held in the new City Hall next to the Senior Center. Chamber refers to the large meeting chamber and conference refers to the conference room in the new facility. Questions about a meeting? Call 664-6800. A full 2013 Calendar is available for reference at www.cityofalabaster.com

~ November 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Marty Handlon, Mayor
handlon@cityofalabaster.com
664-6800

Sophie Martin, Ward 1
martin@cityofalabaster.com
358-8742

Bob Hicks, Ward 2
hicks@cityofalabaster.com
663-1801

Stacy Rakestraw, Ward 3
rakestraw@cityofalabaster.com
621-0168

Rick Walters, Ward 4
walters@cityofalabaster.com
281-7394

Russell Bedsole, Ward 5
bedsole@cityofalabaster.com
663-6212

Scott Brakefield, Ward 6
brakefield@cityofalabaster.com
685-0302

Tommy Ryals, Ward 7
ryals@cityofalabaster.com
664-1301

George Henry,
City Manager and
City Clerk
ghenry@cityofalabaster.com
664-6800

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• Personnel Dept 664-6838 • Code Enforcement 664-5907 • Revenue/Business License Dept 664-6844
• Alabaster Water Board 663-6155 • Garbage/recycling bins 664-6800 • Alabaster Parks & Recreation 664-6840



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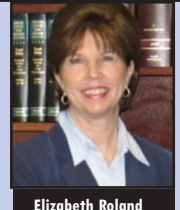
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