A word to the wise: Think before you speak to ailing spouse.

Late on the fifth day of my recent bout with the winter plagues, by which time I had plowed through two-and-a-half giant economy-size boxes of tissues and was tired of watching far too much of the Disney Channel for my sanity’s sake, I shuffled through the den and past Jimmie on my way to the kitchen. “You need to take a shower,” he said, sounding just a little too healthy for my taste. And the idea that he might be making a veiled statement about my personal appearance and/or hygiene habits wasn’t sitting too well either. I wanted to buck him back.

“I’ve already had one,” I croaked through a voice haze of laryngitis.

And it seems to have grazed my Miss America gown away.”

Saunders didn’t really translate when you barely have a voice.

Norvis “Sports” defense, he thinks there’s nothing like a long, hot shower to wash the sins of a scratchy throat and otherwise cure whatever ails you. So in reality, his ill-timed suggestion was one based on concern for my comfort and welfare.

But by that stage of the sinus crud game, I would have taken off the shower cap, had been presented with a bouquet of roses and chocolate candy. I was sick of being sick, tired of being stuck at home, and falling further behind on work assignments by the minute.

And honestly, I was looking for an excuse to wash. While I managed to remain reasonably odor-free (as far as I knew, it’s not like my sense of smell was working), any motivation for styling the hair and putting on makeup was non-existent.

The clothing left a little desire. Too short. And it felt like I was carrying a bailing bucket of laundry down to the basement and back. I was even thinking of the drawer stuff: ripped underwear, tattered T-shirts, and the regular outlet underwear that never fit right but was too good to throw away. (Go ahead, ladies, admit it. You’ve got some in the bottom of your drawers, too.)

But the most frustrating thing about my situation was my total inability to do anything about it except treat the symptoms and wait for the crud to go away. And the winter crud, as we all know, comes and goes as it darn well pleases.

In the waiting, I missed my retirement party for a longtime work friend, a chamber of commerce banquet at which I was supposed to present awards to two other friends, and a bridal shower for the future daughter-in-law of yet another friend.

I understand, however, that all the events went just fine without me, which does nothing for my ego but is gratifying for the sake of my friends, and all the events I missed. I suppose sharing the excitement of the occasions, neither did I share whatever wicked crud-causing germ someone else so generously shared with me.

Finally, after a week or so of coughing and sneezing and starting to feel like my old self again, I’m telling you, guys, I’m telling you, guys, don’t say I didn’t warn you.

Email June Mathews at jmathews@trussvilletribune.com.

June Mathews

Somewhere in the Middle!

Trussville youth baseball flash mobbed by moms on Opening Day

by Scott Buttram

Publisher

Is anything more American than Opening Day at the little league baseball parks across the country? Every team is undefeated and full of promise. There’s the National Anthem, hotdogs, packed stands and a flash mob of little league moms taking over the field.

You read it right, a flash mob of moms. Walking, dancing, singing, and wearing a variety of coordinated outfits, the moms are taking over the field. It’s a fun tradition that started, I’m told, when one of the mothers was told to go home by a bad umpire.

The flash mob has become a tradition and a way for the moms to cheer on their kids. The teams are usually prepared for the first pitch of the Trussville Baseball Association spring season; their mothers take center stage – actually, the field – and stole the show.

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What is an alternative dispute resolution?

Typically, ADR means using a process other than the court system to come to a resolution of a conflict between two parties. ADR is a system recognized under federal and state law that allows private parties to resolve civil disputes. The most common forms of ADR are mediation and arbitration. An arbitrator and mediator are paid for their work by the parties to the dispute. The decision of who pays for these services is usually included in the ADR agreement.

Mediation is a process in which two parties meet to discuss settlement of their dispute. The mediator doesn’t have the power to render a decision on the underlying dispute. Rather, the mediator’s role consists of acting as a third party to help guide the two (or more) opposing sides to a compromised solution. In this process, each party is asked to give up something of value to reach a final settlement of the issue. Arbitration is a process in which the parties present their respective positions to an arbitrator, who is a private judge. Usually, the arbitration agreement sets out the qualifications of the arbitrator and the law the arbitrator must follow in reaching his or her decision. Many contracts also refer to a third party’s rules of arbitration. An example of such a third party is the American Arbitration Association. Generally, an arbitrator’s decision can be turned into a civil judgment enforceable by the courts. In all cases in which you’re involved in a dispute involving ADR, you should retain the services of an attorney to guide you through the process. An attorney’s role will be similar to that in a lawsuit. Depending on the process, the parties will be able to pursue discovery of information from the other party prior to the arbitration hearing. While not an actual lawsuit, ADR affects your legal and economic rights. In any ADR process, retaining an attorney to help you prepare your case is highly recommended.

Paine Primary raises thousands for Jump Rope for Heart

From staff reports

Paine Primary School raised more than $24,000 as part of this year’s American Heart Association Jump Rope for Heart campaign. That total breaks a school record. During the week of Valentine’s Day, students jumped rope to raise money for the campaign.

Supporting the event helps fight against the nation’s No. 1 and No. 4 killers—heart disease and stroke. Donations support research, education, advocating for better health, improving patient care and reaching populations at risk.

Mr. Phillips has consistently challenged me to think beyond just math,” Stanley said. “He has been a big encouragement for me.”

CCHS senior named Rotary Student of Month

From staff reports

The Trussville Rotary Daybreak Club Student of the Month is John Garrett Stanley, a senior at Clay-Chalkville High School.

Stanley is drum major for the high school band, a member of the symphonic band and a member of the math team. He plans to attend the University of South Alabama. Stanley was asked to nominate a teacher who has impacted him as the Teacher of the Month. He selected his math teacher, Scott Phillips.

“Mr. Phillips has consistently challenged me to think beyond just math,” Stanley said. “He has been a big encouragement for me.”

HTHS FBLA prepares lunches for homeless

From staff reports

On Saturday, Feb. 28, several Hewitt-Trussville High School Future Business Leaders of America members prepared lunches and compassion bags for the homeless at Linn Park in downtown Birmingham.

Walmart and Gigi’s cupcakes in Trussville donated to the cause as well as students involved with the project.

In total, 50 lunches and HTHS FBLA compassion bags were distributed. The compassion bags included hand sanitizer, Kleenex, crackers, granola bars and more.

The co-chairs for the project were Madi Knight, Megan Zettovogel and Sam Ledbetter.
Will Common Core be high-profile issue this session?

The 2015 legislative session is under way in Montgomery

The 2015 session of the Alabama Legislature opened March 8. The first regular session of the 2015 legislature was adopted by 45 states. Supporters of Common Core have fought to have their bills pre-filed and will look for ways to prevent the state from opting out of using the national common core academic standards. The debate over Common Core has been raging for more than three years. Indeed, it was a lynchpin issue in legislative races last year, especially in Republican primary contests.

The official name of CommonCoreAlabama’s College and Career Readiness Standards is simple and straightforward. The core standards are simply benchmark levels of learning that students must meet at certain grade levels. It’s a national standard that has been in place for several years. The Alabama Actuarial and College Board are in the process of implementing the national standards as required by the Common Core Act, which passed statehouses in 45 states.

The Repulsion Regel Act, which will repeal more than 300 obsolete, unnecessary and unneeded laws that are currently on the books.

The Alabama First Agenda includes:

- The Capital Punishment Act, which will provide additional $5 million in funding to the state’s Department of Corrections to pay the costs to taxpayers.
- The Freedom of Religion Act, which will protect ministers and judges from having to participate in wedding ceremonies that violates their fundamental religious beliefs and will refrain from existing law. This bill has received input from a number of groups, including state school superintendents, educators, and employees of the Consolidated Education Superintendent Tommy Bice. I have spoken with the two school superintendents that cost to the taxpayers.

Several districts in the state have voiced concerns about charter schools. Alabama’s public charter schools work within a number of different legislative frameworks. Charter schools have received input from a number of groups, including state school superintendents, educators, and employees of the Consolidated Education Superintendent Tommy Bice. I have spoken with the two school superintendents that cost to the taxpayers.

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Another important issue in the 2015 session is the growth and success of public charter schools. Charter schools are small and offer unique programs that cannot be provided to students in other schools if the standards currently don’t offer this form of public education. Charter schools are also an experiment that can’t establish criteria for evaluation. In addition, a charter school must achieve high standards and goals and results in order to maintain its charter. Because the current legislative framework is the 50th anniversary of the Edmund Pettus Bridge, while he marched across the Bridge and I had the opportunity to visit the Edmund Pettus Bridge on Saturday, March 7. Damascus and Bremen, from the perspective of the people of Alabama. Danny Garrett represents District 44 in the Alabama House of Representatives, which includes Trussville, Alabaster and portions of Birmingham. He can be reached by phone at 205-410-4637 or by email at dammygarrett44@gmail.com. You may also follow his Facebook page, “Representative Danny Garrett.”

Steve Flowers Inside the Statehouse

For 36 years, Steve Flowers has been the press secretary for Alabama’s House of Representatives. He was appointed to the post in 1979 by Speaker of the House Steve Roper and has served under 12 different Speakers of the House. Flowers also served as a journalist for 12 years, writing for the Yellowhammer News before joining the state legislature. He can be reached by phone at 334-242-7620. Flowers is a member of the Alabama Political定期 column. His weekly column on Alabama politics appears in over 60 Alabama newspapers. He may be reached at www. steveflowers.us.
meetings
Republican Women of Trussville

2015 Trussville City Council
meetings
March 11 — 17, 2015
March speaker is Alabama Republican
and the meeting follows at 6 p.m. The
are at Sherry’s Cafe on Valley Road near
at Clay City Hall on Old Springville Road.
21, Oct. 5, Oct. 19, Nov. 2, Nov. 16, Dec. 7
30, Oct. 13, Oct. 27, Nov. 10, Nov. 19, Dec. 8 and Dec. 17. All meetings are at 6:30 p.m.
1 p.m. to 5 p.m. Tuesday.
Juniors League of Birmingham
5K for Kids March 21
The Junior League of Birmingham 5K for Kids is Saturday, March 21 at Regions Field.
The 5K begins at 9 a.m. with a one-mile fun run scheduled for 10 a.m.
For more information, visit http://www.

Jeff State 5K March 14
Jeff State 5K 5K Run and One-Mile Fun Walk for the

Flashlight Easter Egg Hunt
March 21
March 19 at the Trussville Civic Center. For more
information, visit www.trussvillechamber.
com or call 205-655-7355.

Trussville City Schools Recruiting Day March 22
The Trussville City Schools Recruiting Day is Saturday, March 22 at Howis-Trussville High School from 2 p.m. to 4 p.m. For more information, visit www.trussvillecityschools.com.

Trussville spring carnival March 26-April 4
Trussville’s annual spring carnival will be at Magnolia Park Thursday, March 26 through Saturday, April 4. Hours are 5 p.m. to 9 p.m. Monday through Thursday, 6 p.m. to 10 p.m. Friday and Saturday, and 1 p.m. to 5 p.m. Sunday. Wristbands for all the rides are $16. For more information, call 205-655-7355 or visit www.trussvillechamber.com.

Clay Days set for April 1-4
The 2015 Clay Days Festival is scheduled April 1-4 at the city’s baseball fields. The carnival is open 6 p.m. to 10 p.m. April 1-2, 6 p.m. to midnight April 3 and 10 a.m. to 10 p.m. April 4. The event features carnival rides, food, crafts and more.

Georgiana Davis Logan Pence breakfast April 4
Georgiana Davis Logan Pence will be hosting its annual pancake breakfast April 4 at Applebee’s in Trussville from 7 a.m. to 9 a.m. All proceeds will go to support charitable events in the Trussville area. Tickets are $5 per person and will pay for all you can eat pancakes and sausage plus orange juice and coffee. Tickets will be available at the door and can also be purchased from a brother of the lodge.

Japan International Karate Do Academy events
Japan International Karate Do Academy in Trussville has a couple upcoming events. A self-defense class is April 11 from 10 a.m. to noon. Those who attend should bring a partner and dress comfortably. Participants must be 13 years of age or older. Karate Kamp is June 1-5 from 9 a.m. to 9 a.m. to 9 p.m. each day for ages 6 to 12. For more information on both, call 205-601-3656.

Trussville City Fest set for May 2
Trussville City Fest is set for Saturday, May 2 at The Mall in downtown Trussville. More information about the event will be released as the date nears.
Huskies, Indians with big wins; Cougars lose in extras

by Erik Harris

Local baseball teams got a moisture-free weekend to play multiple games Friday and Saturday, an occurrence that has come far too little in the early portions of the season.

Hueytown’s Casey Tranville (C-1) hosted the Varsity Biblical Bowl for the second straight year, deciding against traveling to Mississippi. The Huskies defeated Helena 11-0, in a game that only needed five innings. Colton Blount took the loss, as it went on record, as it went on three hits in the game. Hunter Davidson threw a complete game in the shutout. Hueytown leading 1-0. When play resumed, Clay-Chalkville brought across its five runs in the sixth inning when the start and pitched well, as the game ended in the sixth inning when the Indians faced off against Hueytown due to an injury. Hasan Abdullah was one of three significant family deaths he suffered before turning 14. That didn’t stop him from becoming the Cougars’ career leader in rushing yards (3,558), before losing short due to a torn ACL and MCL. It didn’t stop him from becoming a “great guy,” in Lee’s description. “I don’t think anybody has any doubt in their mind that he’s going to be successful whatever he does, because he’s a fighter, he’s a hard worker and he’s got a lot of character,” Lee said. “Terelle’s just a humble kid with a lot of character.”

Abdullah’s stellar play on the hardwood contributed with his 4.34 grade-point average and gobs of community service hours made him a sure-fire recipient for the Scholar-Athlete Award.

Lee referred to the point guard as a “Tim Duncan-type guy” that leads quietly from the basketball court, classroom and community. Earlier this year, he qualified as a semifinalist for the scholar-athlete scholarships, which is annually awarded to roughly 100 students from around the country. “Hasan’s a kid who has a good ACT score, he has a high GPA, but what a lot of people don’t know about Hasan Abdullah is what a great person he is and the community service that he does and the (times) that he gets out and works with young kids,” Lee said.

West and Abdullah to fill our resumes that were studied by those who give out the Bryant-Jordan Awards, but much more goes into the decision process than can be read on a piece of paper. Coaches, principal and school staff members were used to evaluate the character and maturity of the qualifying student-athletes. They look deeper than a kid’s GPA and athletic achievements to extend these awards.

“We look at community service; we look at the things that they do above and beyond what a normal person would be,” Lee said.

Anyone who understands that criteria and sees West place his homecoming king medal around the neck of former teammate and cancer patient Carlos Osto last Oct. 17, gets the picture.

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2 from Clay-Chalkville named Bryant-Jordan Award winners

by Kyle Parmley

Huskies defeated Helena 11-0, in a game that only needed five innings. Colton Blount took the loss, as it went on record, as it went on three hits in the game. Hunter Davidson threw a complete game in the shutout. Hueytown leading 1-0. When play resumed, Clay-Chalkville brought across its five runs in the sixth inning when the start and pitched well, as the game ended in the sixth inning when the Indians faced off against Hueytown due to an injury. Hasan Abdullah was one of three significant family deaths he suffered before turning 14. That didn’t stop him from becoming the Cougars’ career leader in rushing yards (3,558), before losing short due to a torn ACL and MCL. It didn’t stop him from becoming a “great guy,” in Lee’s description. “I don’t think anybody has any doubt in their mind that he’s going to be successful whatever he does, because he’s a fighter, he’s a hard worker and he’s got a lot of character,” Lee said. “Terelle’s just a humble kid with a lot of character.”

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Clay-Chalkville’s Reedus makes future plans

by Erik Harris
Sports Editor

Clay-Chalkville senior linebacker Jarred Reedus has committed to play for the University of North Alabama.

The Cougars announced his pledge via Twitter last week. He was set to sign his national letter of intent-Wednesday at 1:45 p.m. at the Clay-Chalkville High School field house. Reedus, standing at 5-foot-9, isn’t a space eater, but his quickness and low center of gravity make him hard to handle for bigger blockers. He expects to sign his national letter of intent sometime in the next week.

He’d be a good defensive back at the next level? Reedus believes he has all the tools needed to transition his game back to the third level.

“I want to step in the secondary and play strong safety or a roll down line-backer (at UNA),” Reedus said.

The Lions, under the direction of head coach Bobby Wallace, signed 21 players to its Class of 2015 on National Signing Day, but said they still had target prospects to pursue.

Reedus would mark the 13th defensive player to sign with North Alabama’s incoming class. Clay-Chalkville head coach Jerey Hood isn’t sure what position his former linebacker will play at the next level.

Reedus’ older brother, Jalen, is a former Clay-Chalkville defensive back who plays at North Alabama.

Clay-Chalkville lands 2 on Alabama-Mississippi roster

by Erik Harris
Sports Editor

On March 20, the 25th annual Alabama-Mississippi All-Star Basketball games will be played in Alabama State University’s Dunn-Oliver Acadome, and two Clay-Chalkville stars will be competing for Alabama. For the boys, Naval Academy signee Jarrod Reedus is one of 12 players selected to represent the state. Point guard Kristian Hudson, who holds a scholarship offer from Louisiana Tech University, will represent the Lady Cougars in Montgomery.

“What a great honor for our basketball program at Clay-Chalkville to have someone chosen to represent our state in this event,” said Clay-Chalkville boys’ head coach Jeremy Monceaux.

“I think Hudson is well deserving of this honor and will represent Alabama very well in the game,” Hudson said.

Midway through her senior season, Hudson eclipsed the 2,000-point mark, and finished her prep career just shy of 2,300 points.

“She ended up scoring almost 2,300 points, led her team to back to back area championships, and won over 90 games in her four-year career,” Monceaux said. “What a great honor for her and being selected to this team is a result of that.”

“Hudson has worked really hard throughout his career and being selected to this team is a result of that,” Monceaux said. “I am very happy for him.”

Hewitt-Trussville runner-up at Jaguar Classic

by Kyle Parmley
For The Tribune

Hewitt-Trussville nearly ran the table on Saturday again. For the second weekend in a row, the Lady Huskies were in a position to win five consecutive games in a day’s time to capture a tournament title.

But this time, they fell just short. Curley knocked off Hewitt-Trussville 2-1 in the championship game of the Jaguar Classic, held at Spain Park over the weekend.

“Our team always keeps the same approach,” head coach Karen Johns said. “Love, serve and care for your team, no matter what the outcome is. We always make our culture our priority.”

The Lady Huskies suffered their first loss of the season in pool play Friday night, which had to play at Southside on Deck Field due to weather. They split the two games, falling 2-1 to Hillcrest-Tuscaloosa and beating Chelsea 3-2.

Bracket play started Saturday with a 2-0 shutout of Hale County, with Bailey Murphy getting credit for the complete-game shutout. Sara Borden provided the fireworks during the second game of the day, as her walk-off double lifted Hewitt-Trussville to a 3-2 win over Dothan.

Murphy took hold of the spotlight again in the team’s quarterfinal matchup with Sumiton Christian. She pitched another complete-game shutout in one day, which resulted in a 7-0 win. One last shutout win over Hayden lifted the Lady Huskies to the title game.

The grind of five games in one day is what the Lady Huskies are used to run the gamut once again. A good offense program is to thank for that. Johns said, as their team sits at an impressive 18-2 record following three tournaments to open the season.

Clay-Chalkville (1-5) also participated in the Jaguar Classic, falling in each of its three games. In pool play, the Lady Cougars fell to Spain Park 10-1 and lost to Montevallo 6-2. They were unable to score against Chelsea, losing in the first round of bracket play 5-0.

The crypts in Westminster Abbey were reserved for British Monarchs

Our crypts are reserved for the public

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Cunningham joins teammates, signs with Lindsey Wilson College
by Erik Harris
Sports Editor
A third Pinson Valley defenser has signed a football scholarship with Lindsey Wilson College in Kentucky.
Senior linebacker Nathan Cunningham made it official last week as he chose to join teammates Jarey Smith and D’Andre Chappell, both senior defensive backs, as a member of the Blue Raiders’ 2015 signing class.
Smith and Hart signed with the NAIA program on National Signing Day. The class was already packed with 49 members, but head coach Chris Oliver knew he needed a few more signatures to make the group complete.
Apparently Cunningham, who is the younger brother of Vanderbilt linebacker and former Indians’ standout Zach Cunningham, was one of the boosts Oliver’s incoming class needed.
As a senior, Cunningham recorded 82 tackles, 12 of them behind the line of scrimmage, with 4.5 sacks and two forced fumbles. He and his high school defensive teammates are part of 31 Albertans bound for Kentucky.
Oliver has pulled more talent from Alabama than any other state other than his own.
As of National Signing Day, the Blue Raiders had 21 signees from the state of Kentucky. Cunningham, Smith and Hart hope to build on the program’s best season to date. In 2014, Lindsey Wilson won its first Mid-South Conference East Division championship with a 10-3 record.

Lady Indians’ Alex Lowery commits to Wallace State
by Erik Harris
Sports Editor
Pinson Valley senior guard Alex Lowery was recently offered basketball scholarships by Wallace State Community College and Snad State College.
Lowery committed to Wallace State last week. She will sign her letter of intent at 11 a.m. on Pinson Valley High School.
Lowery led the Lady Indians on the floor last season. According to ncsasports.org, she stands 5-foot-8 as a shooting guard with the ability to play the point when needed.
Her head coach, Kristan Cromer, always expected big things from Lowery, regardless of the opportunity.
“I always dreamed of being an All-American that went to a basketball school,” wrote Lowery. “I am a leader and always give my best in any situation that I would want to guard a player like (Lady Cougars guard Kristan Hudson).”

Pinson Valley pitcher signs with 2-year college
by Erik Harris
Sports Editor
Pinson Valley head baseball coach Shane Chappell took pitcher Brett Jordan, who was a junior at the time, to a showcase at Alabama Southern Community College in Monroeville last year.
The big righty took the mound in southwest Alabama as there
against some Eagle players. While throwing a consistent 87-88 mph, he retired each of the college hitters he faced. A couple went down via strikeout.
Last Tuesday, Jordan signed a baseball scholarship to Alabama Southern at Pinson Valley High School.
Jordan is expected to be one of the Indians’ top two arms this season, along with fellow senior Hunter Davidson.
the photo by Don Buckel

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Fresh! $3.97 lb.
Drumsticks
Each $1.34
Green Cabbage
$0.18 lb.
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Each $0.99

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