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Pinson Valley going for school record, see sports, see page 10



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The Trussville Tribune

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Your news source for Trussville, Clay and Pinson

50¢

Council approves rezoning to property along Gadsden Hwy.

by Chris Yow

Editor

The Trussville City Council voted unanimously at the meeting Tuesday night to rezone a piece of property along U.S. 11 at 6838 and 6850 Gadsden Hwy. that backs up to a number of subdivisions in the area at the request of the property owner.

The property was zoned

commercial preferred in the front along the highway, and residential in the back of the property. The property owner asked the council to zone the property Qualified Commercial Preferred with some of the qualifiers being the height of the building, limiting it to two stories, and the buffer allowed between the property and the subdivisions, going from the required 12 feet to 35-40 feet.

Homeowners in the

subdivisions opposed the rezoning, despite the concessions made by the property owner, stated they wanted a provision that no restaurant could ever build on the property. Currently, a restaurant could build in the front part of the property with approval from the Board of Zoning Adjustments. Under the new ordinance, that won't change.

Don McGriff, president of

the homeowner's association in Sherman Oaks subdivision, said he felt most of the homeowners opposed the change because of the idea that a restaurant could potentially be built on the property.

"I find it real interesting that when the city drafted this, there were 16 businesses on that list. Restaurants are not one of them. You have come back for a special exception, so I think they realized

that could be some problems," he said.

Property owner Jo Ann Milam said at the first reading of the ordinance during the last council meeting there were no interested buyers in the property, and no restaurant has contacted her about the property.

"We haven't sold it," Milam said. "We don't even have an

see COUNCIL page 3

TCS enacts a plan for expectation, communication

by Chris Yow

Editor

Trussville City Schools unveiled a specific plan this week to improve communication among parents, students and teachers. The plan outlines expectations of each level of education from teachers to the principals, and each goal achievement is labeled with those who are responsible.

Beth Bruno spoke about the plan during the last board meeting, and said she felt that would give the plan more meaning.

"We put names by the person who's responsible. We wanted this to have some real meaning," Bruno said. "We want them to know that I'm responsible, Dr. Cardwell's responsible, principals are, so we put actual names beside these. We intend to go back and make sure we're doing all of these things to meet these goals."

In creating this plan, Bruno said she looked at data from every level of stakeholders in the school system from parents to students and teachers. The plan is in place to give everyone in the system a look at what they are expected to accomplish.

"To hold people accountable, they need to know what we're holding them accountable for. We are letting people know what the expectations are," Bruno

see TCS page 2

Showdown: Huskies and Cougars battle in rivalry game



photo by Ron Burkett

Hewitt-Trussville and Clay-Chalkville will do battle for the 19th time this Friday night in Cougar Stadium. The Cougars lead the overall series 12-6.

by Erik Harris

Sports Editor

The season-ending injury to Hewitt-Trussville quarterback Zac Thomas definitely takes some flare out of the upcoming clash between the Huskies and Class 6A No. 1 Clay-Chalkville.

Thomas was the senior leader of the Huskies' offense, which was averaging 32.1 points per game heading into last week's struggle with Hoover, but a broken leg has now taken him out of the huddle and replaced him with sophomore Davis Burgin.

Burgin moved the offense in the second half against

the Bucs, but could never produce any points in a 38-0 defeat. With senior signal caller Ty Pigrome taking snaps for the opposition, Burgin must find a way to get familiar with the end zone if Hewitt-Trussville has any hopes of pulling the upset.

"(Hewitt-Trussville) is a

see RIVAL page 9

Jefferson County dedicates new E-911 center

by Chris Yow

Editor



photo by Chris Yow

Jefferson County has not been looked to as a leader in emergency services through their E-911 program in the past. A message delivered today hopes to change that conception.

Today, at a press conference, Jefferson County E-911 Director Howard Summerford announced the opening of a consolidated communications center at the Jefferson County Multi-Use building in Center Point.

Summerford said he was proud of the effort put in by every organization, and said this center will really be more efficient in handling emergency calls. He went on to say it could mean the difference in life or death.

"Thirty seconds to a minute may seem trivial, but in a life-threatening situation

see E-911 CENTER page 3

TRIBUNE AREA WEATHER

Here is The Trussville weather conditions in Trussville, Clay, and Pinson, see The Trussville seven days. For current Tribune weather web page by scanning the QR code below with your smartphone.

7 DAY FORECAST						
WED	THU	FRI	SAT	SUN	MON	TUE
71 57 60%	72 47 20%	71 53 0%	70 61 60%	69 62 90%	74 59 60%	75 59 60%



Two scams in Trussville

From Staff Reports

Trussville Gas and Water received two calls today from local hotels with employees claiming to have received phone calls from the company stating their water bill was overdue.

Mike Strength, General Manager of Trussville Gas and Water said in an email to The Tribune these calls are not coming from Trussville Gas & Water.

"When customers are

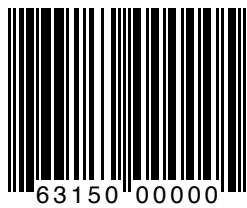
past due, their bill will have "Disconnect Notice" noted in large letters in the upper right portion of the bill. No further notice is provided before discontinuing service," the email read. "We do not contact our customers and ask for payment over the phone. If customers have any question about the validity of a call they receive from us they should call our customer service department at 205-655-

3211." Hewitt-Trussville High School Athletics Director Karen Johns said there are also reports of a person calling local businesses and asking for \$300 to sponsor t-shirts for the Hewitt-Trussville cheerleaders to throw out at the next game. Johns said this is a scam.

The name the person has used is Ricky Thomas according to Johns.

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NEWS

Three arrested in robbery of Dollar General near Chalkville

From Staff Reports

Just before 8 a.m. on Saturday Oct. 24, Jefferson County sheriff's deputies responded to a report of an armed robbery at the Dollar General store located in the 2200 block of Brewster Road according to a release from the Jefferson County Sheriff's Department.

When deputies arrived and spoke to four employees, the store manager reported she and the other three employees were walking across the parking lot from the store to a nearby bank to drop the deposit from the previous night. The manager said a black male emerged from a wooded area behind the

store and approached them. He then pointed a handgun at them and demanded the money. He took the money and ran behind a vacant grocery store.

The suspect was reportedly seen getting into the back seat of a black Acura that left the area traveling south on Old Springville Road.

A description of the suspect and the vehicle was broadcast to other deputies in the area. A deputy spotted the reported vehicle turning on to Red Lane Road from Roebuck Parkway. A traffic stop was conducted and the three occupants of the vehicle were taken into custody. Two women and one man were in the car;



Jequita Holloway

the man was identified as the person who committed the robbery. The money was recovered and returned to the store.

The investigation revealed one of the women was an employee of the store and had given information to the other two suspects on



Latoya Banks

when deposits were made. According to the sheriff's department, the women admitted to knowing the man committed the robbery and to dropping him off to



Rico Johnson

do so. Rico Vantino Johnson, 39, of Leeds was arrested and charged with robbery first degree. He remains in the Jefferson County Jail

with bond set at \$60,000. Jequita Renee Holloway, 44, of Center Point, was the driver of the car. She was arrested and was also charged with robbery first degree. She remains in the Jefferson County Jail with bond set at \$60,000. Latoya Denise Banks 29, of Birmingham, was the employee of the store who allegedly helped plan the robbery. She was arrested and charged with conspiracy to commit robbery and theft of property. She posted \$11,000 bond and was released.

photos courtesy of Jefferson County Jail

Floyd Bradford paving project will likely begin in spring 2016

by Chris Yow

Editor

Jefferson County Commissioner Joe Knight said the joint project between the county and three cities to pave Floyd Bradford Road will likely begin next spring.

The funding for the project will also likely get a boost when Pivotal Gas, the local liquid natural gas plant in Trussville, agreed to contribute \$150,000 to the project.

Knight said the funds will prorate everybody's share once the agreement has been submitted in writing. Pivotal Gas is on a calendar year, however, and must wait until the beginning of 2016 to allocate the funds, causing the delay.

The project is said to cost \$1.16 million with Jefferson County paying close to \$700,000 of that and the cities splitting the remaining cost according to how much of the road is in their jurisdiction.

Trussville was scheduled

to pay \$174,860, but that number will now decrease due to the private support from Pivotal Gas.

Floyd Bradford Road runs from Roper Road near the Trussville Country Club to U.S. 78, but Trussville Mayor Gene Melton said in a previous interview he was unsure exactly where the plans to paving would end.

"If it goes all the way to Roper Road, the whole thing would get paved," Melton said. "That would be great."

HTMS Etiquette Club shows off their learned skills

From Staff Reports

The Hewitt-Trussville Middle School Etiquette Club visited The Club in Homewood on Saturday, Oct. 17 for lunch. The Etiquette Club is one of the many clubs sponsored by HTMS teachers during HT Time, a time set aside in the day for students to participate in a club of their choice.

Students who choose Etiquette Club learn about table manners, invitation etiquette, movie etiquette and basic social expectations.

The clubs last for approximately 10 weeks



submitted photo

(L-R): Ben Fico, Audrey Smith, Machaela Charles, Katie Coleman, Jordan Kyle, Abbygayle Stacey, Ashley Greene, Maris May, Kendall Sedran, Izzy Vidales, Morgan Sellers, and David Boggis.

and at the end of Etiquette Club, students are given the opportunity to attend an elegant lunch at The Club to practice their newly acquired etiquette skills. Kathy Troncale, Etiquette Club Sponsor,

said "Etiquette is a skill that students need now, and will continue to use later in life. Providing a way for students to acquire this skill set in a comfortable and safe environment is a win-win for all involved."

TCS continued from page 1

said. The top concern at every level was that parents and teachers felt the communication process was not the best possible, and the schools plan to alleviate the issue by hosting more meetings with parents and teachers as well as other forms of communication via technology.

Every goal listed accomplishes more than one thing, and each goal is fundamentally different. One of the main goals Bruno said she hoped this

would accomplish is to find a way to better instruct each child.

"We asked parents if they thought their child was getting instruction based on his or her needs, and the answer was a resounding 'No.' We're working on that," Bruno said.

This plan also has students from first grade until ninth grade being assessed three times per year, including at the beginning and the middle of the school year. Bruno said she hoped doing so would allow teachers to

better know the strengths and weaknesses of each student.

"We're not waiting until the end of the year. We're going to be able to get them in the beginning, in the middle and do something about it before it's too late," Bruno said.

The fourth goal listed in the plan is to create and maintain a comprehensive counseling and guidance program. Bruno said there are some programs she feels very good about being implemented already, and

the bullying program rolled out recently will likely help keep the environments safe and mentally friendly.

Additionally, the plan includes a more detailed program for new teachers to be included and mentored by veteran teachers.

"We have new teacher mentoring program. We never intend to lose a new teacher because of something we did or did not do," Bruno said.

Comprehensively, the plan will serve to give parents, students and

teachers a measuring stick to which they can compare.

"The expectation is that every employee will need to fulfill their responsibilities in order to meet our goals.

I fully expect everyone to do their part. I believe that we all want to do whatever it takes to help our students succeed," Bruno said.

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E-911 CENTER continued from page 1



photo by Chris Yow

Jefferson County Sheriff Mike Hale speaks at the dedication.

it could make all the difference,” Summerford said.

The way the command center will work gives it more of a streamlined process as all calls will be fielded and processed in the same room. That will allow for less confusion among dispatchers as well. Both fire and police dispatchers are in the same room, although in different areas, but that allows them to communicate more quickly.

“If there’s any confusion,

they can talk directly to each other, which is much better than making a phone call,” Summerford said.

Summerford called Jefferson County a “unique situation” with regards to its emergency jurisdiction. There are 18 cities and unincorporated Jefferson County included in this communications center. Outside of that, there are a remaining 16 other E-911 jurisdictions in the county.

Jefferson County Sheriff Mike Hale said he was pleased this would give the

ability of many jurisdictions to come together and help one another in emergency situations.

“In law enforcement, we have to respect everybody’s jurisdiction, but this is one of the rare opportunities we can pool our resources, let somebody take the lead and not jeopardize any of the cities but create and put forth a great service at a cost savings to the cities,” Hale said. “We don’t want

to (buy) a multi-million dollar radio system for Sylvan Springs, and we don’t want to do that for Trussville. So, to be a part of 9-1-1 is cost-saving, but keeps the sub-divisions and cities in tact.”

Hale also said Summerford was instrumental in the idea behind the facility.

“When I first ran for sheriff in 1997, Howard (Summerford) believed in



photo by Chris Yow

Jefferson County E-911 Director Howard Summerford is joined by the E-911 board to cut the ribbon.

9-1-1 and he sold me on it,” Hale said.

Pinson and Clay are both part of the areas covered by this E-911 district, and Pinson Mayor Hoyt Sanders said he believes the communications center will be a major factor in helping his citizens.

“Being able to take calls and dispatch them from one place is really important,” Sanders said.

Summerford said he hopes this allows Jefferson County to continue to lead

the E-911 services for Alabama into the future.

“We’ve always been kind of a mess to be truthful with you, but that’s no longer true,” he said. “The state 911 board points to us as an example of how it should be done in the future.

“I’m proud of that. Jefferson County is -- and should be -- a leader in many areas, and I’m proud to say that we now take that leadership role statewide in the 911 area.”



photo by Chris Yow

A look at the operations center inside the new E-911 building.

COUNCIL continued from page 1

interested party. We’ve never had a restaurant talk to us.”

Suzette Gallant, who also lives in Sherman Oaks, said she was concerned about traffic implications of a business being built on the property.

“I fight every morning to get out of my subdivision,” she said. “I love the school, that’s why we’re here.”

Councilman Anthony Montalto added that a traffic study is done before any new business is

approved.

Council President Alan Taylor said he wanted to reiterate the council is charged with making tough decisions sometimes, but they have to do what is best for the city.

“Our job is to make sure we do what’s best for the overall property and what’s best for the city,” Taylor said.

The only difference now as it pertains to a restaurant possibly being built is where on the property the

building could be built, but it would still have to come before the Board of Zoning Adjustments.

“The only problem I have with that, is only adjoining property owners are notified,” McGriff said.

Councilman Brian Plant said the board would notify the homeowner’s association, and they would be responsible to get the information to their homeowners.

After the vote, many of those in opposition of the

ordinance left the meeting.

The council also add e-cigarettes to the prohibited acts in public buildings and public places.

The council voted unanimously to adopt the new ordinance.

According to Trussville City Clerk Lynn Porter, there have been complaints by some citizens at public buildings in the city that people were vaping.

“I think most people just found it annoying in public

buildings,” Taylor said of the reason they added the

In addition to adding vaping to the prohibited acts, the council cleaned up some language in the ordinance, including the definition of public buildings and public places.

The city defines e-cigarettes as any electronic oral device, such as one composed of a heating element, battery, and/or electronic circuit, which provides a vapor of

nicotine or any substance, and the use or inhalation or exhalation of which simulates smoking. The term shall include any such device, whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, or under any other product name or description.

Nothing in the ordinance changed as it pertains to where smoking and vaping would be allowed.

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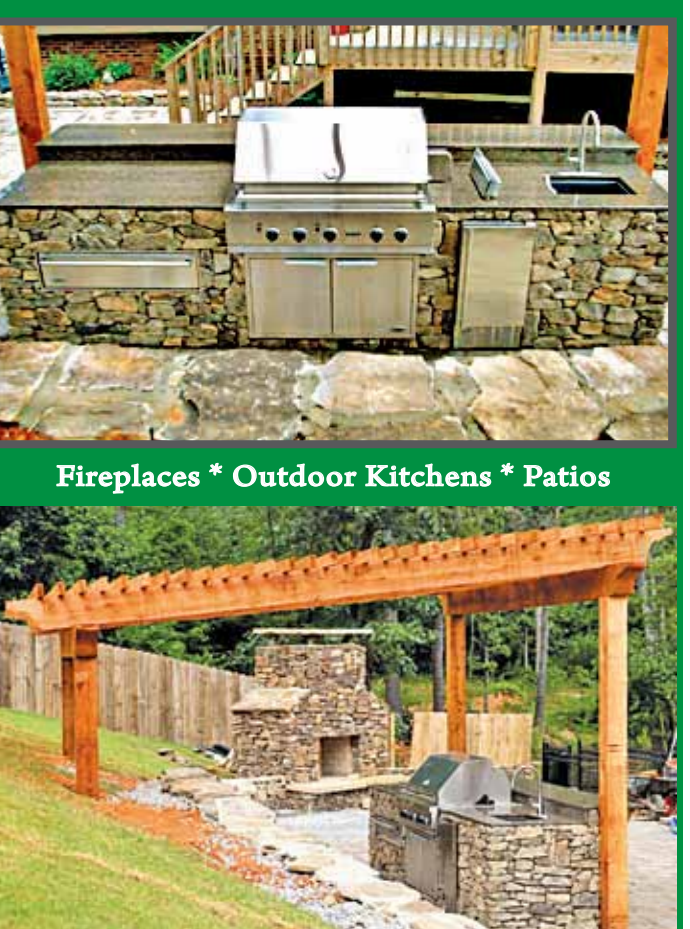
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LIFESTYLE

Preventing Cancer Naturally, Before it Begins Part 2

Last time, we came to the realization that cancer is the real deal. We described what cancer was and some habits that may contribute to the cause of cancer in our bodies. This time, I want to dive into some health habits for you and your family that may help reduce cancer cell damage in your body.

Something you need to realize, something many people do not know, is we all have cancer cells in our bodies. Our key to victory is found in our ability to fight off those dangerous cancer cells.

Let's figure out how to beat this deadly disease before it begins.

We talked a little bit about toxins last time and the need to eliminate as many toxins in our life as possible. Many people know toxins are bad but don't know where they come from. Some things to try to avoid or limit are smoking and secondhand smoke, prolonged exposure to fumes, polluted drinking water, and petroleum-based cosmetics and lotions. Limiting these types, as well as other toxins, will help your body be strong



DR. CHANNING KING

and will help you avoid the negative effects of toxin overload that tends to cause cancer.

What is, most likely, the number one key to fighting cancer? The answer is a strong immune system. You want to do whatever

you can to have a strong immune system, no matter what your age. The first key to strong immunity is having a strong nervous system. This is why regular chiropractic care is important.

Eating plenty of vegetables, preferably organic, fresh, and lightly cooked or raw, helps give your body the great nutrients it needs to build and sustain a strong immune system. Also make sure your body gets its share of antioxidants -- or phytonutrients -- which will help your body fight those cancer

cells. Vitamins A, B, C, D, E, Selenium, grapefruit seed extract, green tea, turmeric, pine bark extract, and CoQ10 are some antioxidants to consider.

Finally, when fighting cancer naturally, it is important to consider possible immune system crashers. These are things and habits that can cause you to have a weak or poorly functioning immune system and should be avoided or limited so that you do not continue to have problems. Some immune system crashers and things to avoid as much as possible:

- Sugar and sodas because sugar weakens the white blood cells in your body that fight cancer
- Smoking and excessive alcohol consumption
- Unnecessary medications
- Stress
- Toxins

Once you get your body working right, strengthen your immune system, and avoid what is crashing the immune system, you will be on the road to preventing cancer naturally.

Have a great day!

PVHS queen trades her crown for the National Guard

by Chris Yow

Editor

When Aliyah Curry was crowned Pinson Valley High School's homecoming queen last year, she knew she wouldn't be there when it was her turn to crown the new queen. The reason wasn't because she had a vacation scheduled or was moving off to college, however. It was because she made the decision to join the Army National Guard.

For the first time in at least ten years, the previous homecoming queen was not there to crown the next year's queen, but sponsor Erin DeArman had no objections.

"I told her not to worry about it, and that I would invite her back to fulfill her duties," DeArman said.

Curry has now traded her crown for a Hazmat suit, as she is training to become



photo by Ron Burkett

2015 Pinson Valley Homecoming queen Norma Contreras and her court.

a Chemical, Biological, Radiological, Nuclear (CBRN) specialist.

She will graduate her Advanced Individual Training (AIT) in three weeks on Nov. 19.

Joining the Army National Guard wasn't something Curry set out to do and planned for several years, in fact, she only took the ASVAB test just for fun.

"My junior year, I took

the ASVAB just to see what I would score," she said.

Apparently her score was good.

"When my senior year came, and me and my parents were talking about college and money, I told them I took the ASVAB and made a pretty good score and I've been thinking about joining the National Guard," she admitted.

The news didn't set well

with her father at first, but after some convincing from her mother, Curry's parents came around.

"It started out for college and the money, but it turned into something bigger than that. Especially when I got here and in training, it turned into not just being about the money," she said.

Curry will be a 74 Delta, CBRN Specialist, once she completes the training, and will then begin her college education at Alabama State University, where she plans to major in biology. She then plans to continue her education at Auburn University and become a pharmacist.

Friday night when Norma Contreras was crowned homecoming queen by 2010 queen Lauren Garrett, it crossed Curry's mind that she wouldn't be there to experience that, but it didn't bother her much.

"I was a little upset



submitted photo

2010 Homecoming queen Lauren Garrett crowns 2015 Homecoming queen Norma Contreras.

because it's a big thing. When I was crowned, the previous queen was there to crown me. I was upset I wouldn't get my time to shine, but I knew I was doing something way bigger than myself," Curry said.

DeArman said she wasn't surprised that Curry expressed putting others first.

"The amount of emphasis she places on making sure what she chooses to do is not for personal gain. The choices she makes have always been more mature and any person I know. She has an amazing amount of understanding for what

it takes to be a leader," DeArman said.

In addition to her ability to lead, DeArman also gave high praise for Curry's ability to win over others and to care for them.

"She has a remarkable ability to win over anyone," DeArman said. "If I had to be around a chemical natural disaster, Aliyah would be the first person I would want to help. She takes the big scope and breaks things down to make it achievable. She will take care of anyone under her care, and they would be in great hands."



submitted photo

Aliyah Curry in her uniform surrounded by her family.

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Safe ways to trick-or-treat this Halloween

Special to The Tribune

What would Halloween be without trick-or-treating? For youngsters, so much of the fun of Halloween involves scouring the neighborhood with friends in search of candy. While children may have their eyes on the sweet prize, parents may be concerned about their little ones' safety.

The United States Census Bureau says an average of 41 million trick-or-treaters venture out every year across the country, and roughly 106 million homes are solicited for candy and other treats on this holiday. Such a high number of people out on the streets increases the risk of injury, and it can be easy for kids to get lost as well.

According to Kate Carr, president and CEO of Safe Kids Worldwide, a

network of organizations geared toward preventing unintentional childhood injury, "Halloween is an important night for parents to be extra vigilant." But Halloween seems to lessen one's inhibitions, and wearing a costume and being hidden from others can encourage some revelers to engage in atypical and unsafe behaviors. To ensure everyone has a safe and fun Halloween, here are some safety tips to follow.

- * Go in groups. Children can be accompanied by their parents while older children should be encouraged to trick-or-treat in groups. Should an emergency occur, having a group of friends around enables someone to call for help or alert an adult.

- * Use a flashlight. When trick-or-treating at night, take steps to improve visibility. This includes



using reflective tape on costumes and carrying a flashlight or glow sticks so that other pedestrians

as well as drivers will be able to see children.

- * Walk on sidewalks. Wherever possible, trick-or-treaters should use sidewalks and crosswalks. Avoid walking in the street, where the risk of being hit by a car is considerable. The National Highway Traffic Safety Administration says twice as many kids are hit by a car while walking on Halloween than any other day of the year.

- * Avoid distractions. Trick-or-treaters should not be wearing earbuds or talking on a phone while trick-or-treating. They should be paying attention to their surroundings and using caution.

- * Do not enter homes. If an adult or even a youngster whom a child does not know offers entry to the home, the trick-or-treater should not enter. Let kids know they should

only enter the homes of known friends, and even then they should only do so after getting permission from a parent.

- * Consume only factory-wrapped treats. Well-meaning people may hand out cupcakes or marshmallow cereal treats. The ingredients such people used and the safety of these treats cannot be confirmed, so it is best to stick with store-bought items instead.

- * Wear well-fitting shoes. Shoes that are uncomfortable or loose can cause children to fall and risk injury.

- * Adults should drive carefully. All drivers should slow down and anticipate children darting out into the roadways on Halloween. Drive slowly and pay attention to the roads.

Dig into these pumpkin facts

Special to The Tribune

Pumpkins are a common sight come around Halloween. This fruit of the fall is often used in decorating the interior and exterior of homes, but can be an integral component of cooking and baking as well.

Little thought is given to pumpkins and their makeup. But pumpkin aficionados who want to know more about these delicious gourds can dig into the following facts.

Pumpkins are a member of the squash family that grow on long vines close to the ground. Before pumpkin fruit grows, brightly colored flowers will form and then turn into pumpkins. Pumpkins adapt to many climates and are grown on all of the continents except

Antarctica.

In colonial times, settlers and natives alike relied on pumpkin as a staple of their diets. The British saw the possibilities of pumpkins as a food source and brought seeds back to Europe to enjoy as well.

Pumpkins are comprised of several parts. The pumpkin is covered in a skin that surrounds the pulp, or the meaty part of the pumpkin. The stem is at the top of the pumpkin and connects to the vine. Tendrils are thin pieces of vine that tether the pumpkin to the ground to protect it from the wind and weather. The inside of the pumpkin is known as the cavity and can contain seeds and fibrous strands. The bottom of the pumpkin is known as the blossom end because that's where the flower started before

the pumpkin formed.

Most varieties of pumpkins are edible, but some taste better than others. Once pumpkins turn orange they can be eaten. People bake the meat into pies, soups and stews. It can also be used in breads and cakes. Pumpkin puree can replace the oil in cake recipes much in the same way applesauce can. Adding pumpkin to recipes provides a healthy way to increase nutritional value.

There are many interesting pieces of trivia regarding pumpkins. Here are some things to ponder.

- * Pumpkins were once believed to eliminate freckles and were also used as a remedy for snake bites.

- * In 2007, people in Boston earned the world record for the most lit



pumpkins with 30,128 twinkling jack-o-lanterns.

- * Thousands of people participate in pumpkin chucking, an event where air cannons propel pumpkins thousands of feet. Each year people

compete to see who can launch a pumpkin the farthest.

- * On September 25, 2010, people in New Bremen, Ohio, broke their own record when they baked a 3,699 pound

pumpkin, surpassing their prior record of 2,020 pounds.

Pumpkins are a seasonal delight to many come the fall. But in addition to being delicious, they're also interesting.

Improve the nutritional value of candied apples

Special to The Tribune

Homemade candied apples are a fixture come Halloween. Sweet, delectable and very easy to make, these apples are a staple at parties and

may even be distributed to trick-or-treaters. As anyone who has bit into a sticky-sweet candied apple can attest, although delicious, these apples are not exactly a healthy snack. Yet, with a few,

easy modifications, it's possible to improve the nutritional value of candied apples.

With ingredients like caramel, marshmallow, chocolate fudge, and sugar, it's easy to see how candied apples do not embody a healthy treat, despite an apple being underneath all those candy adornments. Try these ideas to increase the nutritional value of this beloved treat.

- Make your own caramel using condensed milk, brown sugar and butter. By controlling the ingredients, you can avoid extra sugar and any additives in commercially sold caramel toppings.

- Use honey for the outer coating of the apple. Then roll it in chopped almonds or granola.

- Coat apples with dark chocolate, which contains less sugar than milk chocolate and is packed with antioxidants. Sprinkle with dried cranberries and chopped walnuts.

- Substitute actual cinnamon for melted cinnamon candies in recipes. Mix powdered

cinnamon with a light corn syrup and then dip the apples to coat.

- Swirl homemade raspberry jam with an all-natural peanut butter and spread it on the apples for a gourmet take on peanut butter and jelly.

- Hazelnut spreads are all the rage right now. Use your favorite chocolate

hazelnut spread on the apples and sprinkle with granola for crunch.

- Drizzle the apples with your sugary concoction rather than dipping them to cut down on the sugar. This still provides much flavor but does so without all of the sugar.

- Dip apples in melted cheese, like brie or gouda.

Sprinkle with bacon bits for a sweet and salty combination.

Experiment with your own flavors. Making your own candied apples, rather than purchasing them from stores, enables you to control the ingredients and how much actual candy goes into the recipe.



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FAITH

Try Jesus for a jolt in life

By Buddy Champion
First Baptist Trussville

It seemed like a good idea. The fall day was so refreshing, how could anything go wrong? Time could be saved and steps could be eliminated. Instead of walking all the way around to the gate to turn the water off, I could just reach through the fence. Well, actually it was between two fences running parallel to each other and separated by about four inches. One is a link fence for a dog and the other is an electric

fence for livestock. So, I lean over the dog fence in such a way that the top of the link fence is pressed against my chest, stretch my arm through the two fences down toward the leaking water faucet. I slowly -- and carefully -- begin to turn off the faucet and once my hand got very wet, it happened. It made a popping noise akin to the sound of clapping thunder, (not really but it seemed like it) and then pulsed through my body and

completed the flow where my chest was leaning on the metal link fence! I had been shocked by the electric fence that I knew was on! After I screamed like a woman and yanked my hand out of the obstacle course of fences, I wondered how I could be so stupid -- again.

We would all agree things seem so simple at first but suddenly life gets complicated and at times painful. Sometimes, we have the ability to take



Buddy Champion

First Baptist Trussville

the ordinary and make it miserable. However,

the God who gives us the beautiful creation of fall colors also brings order to our lives with His presence. The world offers chaos and electrical jolts but God offers a "peace that passes understanding," Phil. 4:7. One day Jesus was teaching His disciples about His departure. Reasons were given for them to be encouraged and strong. He mentioned things such as His presence through the Holy Spirit, the promise of Heaven and

even His return to earth! He finished this teaching with the promise; "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world," John 16:33 (NIV).

Life may give you a jolt this week. Get away from the fence and turn to the presence of a personal relationship with Jesus. He really will help you to see clearly again!

HHS student completes project to help earn Eagle Scout badge

by Chris Yow

Editor

Ben Isom, a Hewitt-Trussville High School student, is in the process of earning his Eagle Scout badge, and he recently finished a project to benefit the community in order to help him attain his goal.

Just before the annual Oktoberfest gathering at the Holy Infant of Prague Catholic Church in Trussville, Isom, with the help of his Scout Troop 245 completed his Eagle Scout project on Saturday, Sept. 26, by building a walkway of pavers near the barbecue pit at the church.

"Originally they didn't even have a sidewalk, it was just some plywood boards and there were



submitted photo

Ben Isom stands at the barbecue pit at Holy Infant of Prague Catholic Church, where he recently finished his Eagle Scout project by building a brick paver walkway.

bushes in the way. It wasn't very stable ground at all," Isom said.

Completing the project

about two weeks before the event wasn't an accident.

"I knew it would especially benefit them for

Oktoberfest because they have a lot of food to cook. That's why I chose the date and time to build it," he said.

Father Bill Lucas of Holy Infant of Prague Catholic Church said he was very pleased with the project and how it helped his church and the community.

"It was so helpful to us that day to be able to cook the food and serve it in a timely manner. It made a big difference for us," Lucas said. "Before, there wasn't a good way to get food from the pit to the kitchen, but this paver walkway has really helped."

Finding a worthy project wasn't easy, but his Scoutmaster told him of the need at the church, and although Isom attends First



submitted photo

The markers where Ben Isom and his scout troop laid the brick walkway.

Baptist Church Trussville, he knew the project would benefit more than the church.

"They use the pavilion for a lot of things," Isom said. "That's why I wanted to do something like this.

"Looking around trying to find a specific project I could do that wasn't so big it would cost me like \$1,000, but I didn't want it

to be so small that it would seem insignificant."

The walkway was built using crusher rock and sand for the base, and then topped with pavers and sand swept in the cracks.

The project alone, however, does not earn him the Eagle Scout badge. He said he is still filling out paperwork and holding a position of leadership.

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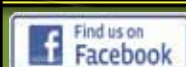


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