THE GARDENDALE CHRONICLES

MAY 2018 • 3rd EDITION

TRADITION 110 YEARS IN THE MAKING

Brought to you by Serra Gardendale Kia

Mother's Day is an annual holiday celebrated on the second Sunday in May. **FUN FACTS** This day was established by Anna Jarvis, with the first official Mother's Day celebration held at St. Andrew's Methodist Church in Grafton, West Virginia, on May 10, 1908.

Anna's mother, Ann, in 1868 had created a committee to establish a "Mother's Friendship Day", the purpose of which was "to reunite families that had been divided during the Civil War". Ann, who had previously organized "Mother's Day Work Clubs" to improve sanitation and health for both Union and Confederate encampments undergoing a typhoid outbreak - wanted to expand this into an annual memorial for mothers, but she died in 1905 before the celebration became popular. Her daughter, who became almost obsessed with her. would continue her mother's efforts.

On May 10, 1913, the U.S. House of Representatives passed a resolution calling on all federal government officials (from the president down) to wear a white carnation the following day in observance of Mother's Day. On May 8, 1914, the U.S. Congress passed a law designating the second Sunday in May as Mother's Day and requesting a proclamation. The next day, President Woodrow Wilson issued a proclamation declaring the first national Mother's Day as a day for American citizens to show the flag in honor of those mothers whose sons had died in war. In 1934, U.S. President Franklin D. Roosevelt approved a stamp commemorating the holiday.

The holiday was declared officially by the state of West Virginia in 1920, and the rest of the states followed quickly. One hundred years later, in 2008, St. Andrew's was declared the International Mother's Day Shrine and is a National Historic Landmark.

- Mother's Day is the third largest holiday in the U.S. for sending cards.
- · It is estimated more than 50 percent of American households send greeting cards on this holiday.
- · Some call this day a "Hallmark Holiday."
 - England was the first country to set aside a day to recognize mothers.
 - The "flowers" of this holiday are pink carnations, with pink symbolizing gratitude and appreciation.
 - Anna Jarvis was arrested in 1948 for disturbing the peace while protesting against the commercialization of Mother's Day.
 - · Mother's Day is the most popular day of the year to dine out at a restaurant.
 - Americans spend over \$2.6 billion on flowers, \$1.53 billion on pampering-type gifts and \$68 million on greeting cards.
 - One of this day's most popular childrens' traditions is to serve their mom breakfast in bed.
 - Moms spend an average of 14 hours per week cooking.

• 7,300 is the average number of diapers changes a mom does by a baby's second birthday.

ANNUAL MOTHER'S DAY SPORTING EVENTS

• Since 2014, the NASCAR Cup Series hosts the Go Bowling 400 at the Kansas Speedway on Saturday of Mother's Day weekend.

• The INDYCAR Grand Prix has been held on Saturday of Mother's Day weekend since 2014.

• Since 2007, THE PLAYERS Championship men's golf tournament is held on Mother's Day weekend, except when May 1 falls on a Sunday, when it is held the next weekend. Professional sports players often wear pink clothing accessories on Mother's Day weekend.

HIGH SCHOOL FOOTBALL PUTS GARDENDALE ON THE MAP



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ROCKETS HIRE ED BRUCE 1975

Herbert Edwin "Ed" Bruce coached the Rockets from 1975 to 1982, guiding the team to four seasons with 10 or more wins, including an undefeated regular season in 1982.

He coached four players who went on the the National Football League. His overall record with GHS was 67-33-1. Five of his teams reached the playoffs and all five won area titles.

Mr. Bruce left coaching after the 1982 season finishing his educational career as principal at Corner, retiring in 2001. He served in the Jefferson County, Bessemer and Birmingham school systems over the course of his 38-year career. Gardendale honored him with a commemorative plaque overlooking Driver Field. In 1998, he was inducted into the Alabama High School Sports Hall of Fame.

LONGEST RUNNING RIVALRY

Gardendale and Mortimer Jordan have played 34 games. Gardendale won 27 out of those 34.

TEAM TIMELINE

1977 - First playoff win 1977 - First 10 win season 1977 - First playoff appearance 1977 - First region championship 1982 - First 11 win season 1982 - First 10-0 regular season 1984 - First 13 win season

REGION FOOTBALL CHAMPIONSHIPS

1977, 1978, 1979, 1981, 1982, 1983, 1984, 1985, 1986, 1988, 1989, 1990,



LEGENDARY COACH ED BRUCE

> GARDENDALE NOT ONLY SHINED IN FOOTBALL, THE SCHOOL HAS WON 17 STATE ATHLETIC CHAMPIONSHIPS Boys' Cross Country: 1976, 1977, 1978, 1979, 1982 Boys' Indoor Track: 1978, 1979, 1980, 1984, 1988, 1989 Girls' Indoor Track: 1980 Boys' Outdoor Track & Field: 1979, 1984, 1989 Wrestling: 1974, 1975

630 Fieldstown Rd., Gardendale SERRAGARDENDALEKIA.COM



1991, 2002, 2003, 2006

ALL STATE PLAYERS: 77 NFL PLAYERS: 4

Statistics source: ahsfhs.org

NFL ALUMNI

Curt Jarvis 1983 graduate, University of Alabama football and Tampa Bay Buccaneers Kevin Drake 1993 graduate, University of Alabama at Birmingham football. NFL's Cardinals, Bills, Broncos and Cowboys Willie Wyatt 1986 graduate, University of Alabama football and Tampa Bay Buccaneers Jordan Howard, running back for UAB now with Chicago Bears.





Gardendale Fire and Rescue Established 1956

OUR HISTORY

The City of Gardendale Fire and Rescue service was chartered in 1956 with thirteen volunteer members. By 1992, increased call demands led to the Mayor and City Council hiring a full time Fire Chief, Clint Doss, to oversee the operation, growth and services of the Fire Department.

As the city grew, so did the demands on the fire service. In 2003, the Mayor and City Council, at the recommendation and request of the Fire Chief, began the process of transitioning from a volunteer to a full time firefighter/paramedic department.

The Gardendale Fire and Rescue Service is a full time career fire department currently operating in the North Jefferson County area. It employs twenty-seven full time fire/medics, Fire Marshal Jason Murrell, and Fire Chief Joe Thomas. Gardendale Fire and Rescue Service covers approximately 50 square miles and averages over 200 alarms monthly with 70% assigned to medical-related alarms. The staff is trained and certified in various levels of service, ranging from paramedics, high angle/rope rescue, confined space, trench rescue, fire prevention, haz-mat to other individual certifications.

Fire Station #1, located at 1811 Decatur Highway,operates as the main fire station. In 2014, city officials added a satellite station, Fire Station #2, in the western area of the city located at 1648 Fieldstown Rd. Future plans include an additional satellite station in the eastern area of the city to cover the growing number of new subdivisions and businesses.

Through the dedication, knowledge and experience within our department staff, we feel we can provide the citizens and patrons of Gardendale with the finest protection, best services, and the highest quality of life possible. If you would like to know more about the additional services provided by the Gardendale Fire Department Staff, please see our Fire Department Services list.

CPR certification classes and child safety seat inspections are available. For more information, call (205) 631-6660.

Source: cityofgardendale.com

AMERICA'S BEST VALUE

SUMMER EVENT

Serra Automotive

Our mission is to provide an experience to each and every customer that is beyond their expectations in a friendly, professional, and efficient manner, creating true customer value. We treat our customers as we would our family by helping them meet their transportation needs.

It's really quite simple. We want to be your lifelong provider for vehicle sales and service products, and to do that we will commit every resource to ensure that we never lose sight of the big picture.

Serra Automotive Group Customers First

<u>Tony Serra</u>

Tony Serra









IT'S AS EASY AS JRRY, HURRY, HURRY



0% APR for 66 months. With \$15.15 per \$1,000 financed. With approved credit through Kia Motors Finance. Available on 2018 Optima, Optima, Optima, Sportage, Sorento, Forte, Forte5, Soul, Niro and Sedona. No down payment required. Cannot be combined with lease programs. See dealer for details. Offers Expire 5/31/18.

Gardendale Kia

OPEN

MEMORI 630 SERRAGARDENDALEKI

AVAILABLE

YOUR HOMETOWN PROFESSIONAL AT GARDENDALE KIA



Dear Friends,

I have lived in Gardendale for 51 years. All of my longtime friends have had a part in making this city grow. Business owners, mayors, educators, civic clubs, etc., have all had an influence in my life.

Gary Travis

I owned a real estate and development company for over 30 years. My team made thousands of people happy, helping them achieve the American Dream of

owning a home. I was part of the Gardendale Rotary Club for many years, becoming president in 1987.

My good friend, G. William Noble, a retired Circuit Judge, led Gardendale as mayor through a tremendous growth period, as well as former Mayors Kenny Clemons and Othell Phillips, both of whom were associates of mine in the real estate and mortgage industries.

The current mayor, Stan Hogeland, whom I've known since he was a kid, is doing a wonderful job continuing the tradition of growth for this city.

I have wonderful memories of Gardendale football, at a time when my son was in the marching band and the late great coach "Ed" Bruce was taking our teams to the playoffs five times and all five won area titles.

Since retiring from active real estate, I have been associated with Serra Automotive for eight years, and working as Senior Sales Associate for Gardendale Kia for the last five years. During these past eight years, I have been privileged to make over 1,400 people happy car owners.

The Serra family has been good to me and I can testify to the fact that they will be good to you, too, with honesty, integrity, and standing behind their products.

Call me if you want to buy a car or just to talk about old times.

Thank you, Gary Travis Sr. Sales Associate Serra Kia (205) 631-2277 (205) 965-8107 travisga@icloud.com



MARK YOUR CALENDARS!



Saturday, May 19

VETERANS APPRECIATION BBQ

10am-2pm Good Shepherd Lutheran Church



Thursday, May 24

FARMERS MARKET

Gardendale Civic Center 9am-1pm

FirstBank is a TN State chartered Depository Bank regulated by the TDFI and the FDIC. A Reverse Mortgage is an FHA-insured loan. Homeowners must be 52 years of age of older and live in the home as their primary residence. Homes must meet FHA/HUD minimum property standards. Borrowers must maintain hazard and flood insurance premiums, property taxes, utilities and make any property repairs. Although there are no monthly principal and interest mortgage payments, interest accrues on the portion of the loan amount disbursed. Reverse mortgages can use up all or some of the equily in your home and the amount you owe on a reverse mortgage grows over time. Loan must meet underwriting requirements. Program rates, fees, terms and conditions are not available in all states and subject to change. FirstBank Mortgage is a division of FirstBank. All products and services offered through FirstBank NMLS# 472433. This document is advertising by FirstBank and is not from FHA/HUD. This docinement is not approved by any government agency.



Thursday, May 31

FARMERS MARKET & KIDS SUMMER STORY READING EVENT & PETTING ZOO

Gardendale Civic Center 9am-1pm

FOR MORE LOCAL EVENTS, SEE THE CALENDAR ON THE BACK PAGE!

New 2018 Kia Forte LX



\$2698 due at lease signing (\$1999 down & \$699 doc fee) plus tax & license. No security deposit required. Lessee is responsible for insurance, maintenance, repairs, 20¢ per mile over 12k miles/year, excess wear & \$400 termination fee. Offer applies to Forte (MSRP \$18,795, includes freight & excludes taxes, title, license, additional options & retailer charges). Photos for illustration purposes only. Dealer not responsible for typographical errors or omissions. Actual prices set by dealer. See dealer for all details. Expires 5/31/18.

New 2018 Kia Sportage LX FWD



\$3698 due at lease signing (\$2999 down & \$699 doc fee) plus tax & license. No security deposit required. Lessee is responsible for insurance, maintenance, repairs, 20¢ per mile over 12k miles/year, excess wear & \$400 termination fee. Offer applies to Sportage (MSRP \$24,590, includes freight & excludes taxes, title, license, additional options & retailer charges). Photos for illustration proposes only. Dealer not responsible for typographical errors or omissions. Actual prices set by dealer. See dealer for all details. Expires 5/31/18.

New 2018 Kia Sorento L FWD



\$3498 due at lease signing (\$2799 down and \$699 doc fee) plus tax & license. No security deposit required. Lessee is responsible for insurance, maintenance, repairs, 20¢ per mile over 12k miles/year, excess wear & \$400 termination fee. Offer applies to Sorento (MSRP \$26890, includes freight & excludes taxes, title, license, additional options & retailer charges). Photos for illustration purposes only. Dealer not responsible for typographical errors or omissions. Actual prices set by dealer. See dealer for all details. Expires 5/31/18.

Base with New 2018 Kia Soul Automatic Transmission



\$2698 due at lease signing (\$1999 down & \$699 doc fee) plus tax & license. No security deposit required. Lessee is responsible for insurance, maintenance, repairs, 20¢ per mile over 12k miles/year, excess wear & \$400 termination fee. Offer applies to Soul (MSRP \$18695, includes freight & excludes taxes, title, license, additional options & retailer charges). Photos for illustration purposes only. Dealer not responsible for typographical errors or omissions. Actual prices set by dealer. See dealer for all details. Expires 5/31/18.

New 2018 Kia Optima LX



LEASE FOR ONLY:



PER MONTH!

24 months. \$2,698 due at signing (\$1,999 down + \$699 doc fee) + tax and license. For qualified lessees. 12,000 mi/year.

ΚΙΛ

Technology for the modern driver.

LEASE FOR ONLY:

ER MONTH



24 months. \$3,698 due at signing, (\$2,999 down + \$699 doc fee) + tax and license. For qualified lessees. 12,000 mi/year.

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Built For Life's Adventures.

LEASE FOR ONLY: PER MONTH!



24 months. \$3,498 due at signing (\$2,799 down + \$699 doc fee) + tax and license. For qualified lessees. 12,000 mi/year.

Perfect Getaway.

LEASE FOR ONLY:



LEASE FOR ONLY:



36 months. \$2,698 due at signing (\$1,999 down + \$699 doc fee) + tax and license. For gualified lessees. 12,000 mi/year.

Share some Soul





24 months. \$3,198 due at signing (\$2,499 down + \$699 doc fee) + tax and license. For qualified lessees. 12,000 mi/year.

\$3198 due at lease signing (\$2499 down & \$699 doc fee) plus tax & license. No security deposit required. Lessee is responsible for insurance, maintenance, repairs, 20¢ per mile over 12k miles/year, excess wear & \$400 termination fee. Offer applies to Optima (MSRP \$23495, includes freight & excludes taxes, title, license, additional options & retailer charges). Photos for illustration purposes only. Dealer not responsible for typographical errors or omissions. Actual prices set by dealer. See dealer for all details. Expires 5/31/18



Exhilarating, Inside and Out.



15-386-437 630 Fieldstown Rd. - Gardendale SERRAGARDENDALEKIA.COM

10 Year/100,000 Mile Warranty is a limited powertrain warranty. For details see retailer or go to kia.com









Price plus tax, license & \$699 doc fee. Does not include price of any additional equipment or options. Includes all incentives, rebates & discounts. Offer may not be combined with finance or lease offers. Photos for illustration purposes only. Dealer not responsible for typographical errors or omissions. EPA fuel economy estimates. Actual mileage will vary with options, driving conditions, driving habits & vehicle's condition. These estimates reflect EPA's revised coefficients beginning with some 2017 models. See dealer for details. Expires 5/31/18.



Exhilarating, Inside and Out.



205-386-4377 630 Fieldstown Rd. • Gardendale SERRAGARDENDALEKIA.COM

10 Year/100,000 Mile Warranty is a limited powertrain warranty. For details see retailer or go to kia.com

AT SERRA GARDENDALE KIA, YOU'LL RECEIVE AMERICA'S BEST WARRANTY!



- 10-year/100,000-mile limited powertrain warranty
- 5-year/60,000-mile limited basic warranty
- 5-year/100,000-mile limited anti-perforation warranty
- 5-year/60,000-mile 24-hour roadside assistance







2015 HYUNDAI SONATA SE STOCK#072663 • CALL FOR PRICE



2003 FORD FOCUS TITANIUM STOCK#515870NA • \$11,849



2015 JEEP PATRIOT LIMITED STOCK#P304885 • **\$11,995**



2015 TOYOTA CAMRY SE STOCK#P892141 • \$14,991



2017 BUICK VERANO SPORT TOURING STOCK#P106758 • \$16,795



2018 KIA SOUL + STOCK#P518052 • \$16,818



2015 TOYOTA CAMRY SE STOCK#P482338 • \$16,994



2015 MAZDA CX-5 SPORT STOCK#P525013 • \$17,241



2017 KIA OPTIMA LX STOCK#P162298 • \$17,241



2017 NISSAN ALTIMA 2.5 STOCK#P187961 • \$17,996



2015 KIA OPTIMA LX STOCK#660340 • \$18,177



2016 CHEVY MALIBU LT STOCK#P184768 • \$18,328



2017 JEEP RENEGADE LATITUDE STOCK#PE46081 • \$18,497



2016 FORD ESCAPE SE STOCK#PB14324 • \$18,866



2015 MAZDA MAZDA3 S TOURING STOCK#P267324 • \$18,564



2015 NISSAN ROGUE SV STOCK#P871812 • \$18,641



2016 CHEVROLET MALIBU LT STOCK#P299875 • \$18,681



2017 NISSAN ROGUE SV STOCK#P531996 • \$19,566



2016 CHEVY EQUINOX LT STOCK#P112333 • \$18,951



2015 KIA OPTIMA LX STOCK#648216 • \$19,248





2017 TOYOTA CAMRY XLE STOCK#P332809 • \$19,653

630 FIELDSTOWN ROAD GARDENDALE

Price plus tax, license & \$699 doc fee. Does not include price of any additional equipment/options. Photos for illustration purposes only. Dealer not responsible for typographical errors or omissions. See dealer for details. Offers expire 5/31/18.





2016 KIA FORTE KOUP EX STOCK#623867 • \$20.675



2018 TOYOTA CAMRY LE STOCK#P008913 • \$20.833



2017 FORD ESCAPE SE STOCK#PC35816 • \$20,987



2016 CHEVY EQUINOX LTZ STOCK#P141524A • \$22.210



2016 HONDA CIVIC SEDAN TOURING STOCK#P031121 • \$22,345



2016 MAZDA CX-5 GRAND TOURING STOCK#P633960 • \$23,995



2015 NISSAN ARMADA SV STOCK#236790A • \$25,795



2015 MERCEDES-BENZ GLA 250 STOCK#P179843 • \$25,995





2017 DODGE CHALLENGER R/T STOCK#P589101 • \$26,590



2017 FORD F-150 XLT STOCK#PC84665 • \$27,495



2017 NISSAN PATHFINDER SL STOCK#P669080 • \$28,944

2017 JEEP GRAND CHEROKEE LIMITED



2017 BMW X3 SDRIVE28i



2017 RAM 1500 BIG HORN STOCK#P748342 • \$30,395



2017 DODGE RAM 1500 LARAMIE STOCK#P591624 • \$33,994



2016 KIA SORENTO LX STOCK#061541 • \$29,881



2015 FORD F-150 XLT STOCK#PA25915 • \$31,995



2017 DODGE DURANGO GT STOCK#P896561 • \$29,895

2018 KIA STINGER BASE

STOCK#012125A • \$32,991



2017 JEEP GRAND CHEROKEE LTD STOCK#P029170A • \$33,697





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2015 CHEVROLET TAHOE LT STOCK#423253A • \$35,994

Price plus tax, license & \$699 doc fee. Does not include price of any additional equipment/options. Photos for illustration purposes only. Dealer not responsible for typographical errors or omissions. See dealer for details

2019 KIA SORENTO Sophisticated New Look

Kia's best-selling Sorento remains as capable as ever, touting a number of visual and feature enhancements, inside and out. Visually, you'll be able to spot the 2019 Sorento thanks to its new grille and updated lighting elements.

NOW STANDARD ON ALL MODELS

A third-row seat • 7-inch touchscreen with Apple CarPlay and Android Auto Wireless charging pad • Smart Shift & Drive feature

NEW FOR 2019

8-speed automatic transmission • Sculpted front fascia resulting in a bolder expression Artfully detailed radiator grille and new headlamp configuration • New bumper design and sleeker taillamps Revised lift gate • Sportier muffler tip • New Nappa leather trim available in new Mahogany and Terracotta colors Available full LED headlights • Redesigned instrument cluster • Available panoramic sunroof

Higher towing capacity up to 5,000 pounds



BRAIN GAMES



WWW.KARENKAVETT.COM @KARENKAVETT

1	2	3	4	5	6			7	8	9			10	11
12	+	+	+	+		12		13		+		14		+
15		+	+		+	16		17	+			18		+
19					20		21		22	+	23		+	
24		+			25	+	+				26	+	+	
	27		28		29	+	+	30	31		32	+	+	
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ACROSS

1 What you might call a parent who has a full-time job, takes care of her kids, and keeps a spotless household

- 7 It ain't nothing but a number, according to Aaliyah **10** Where the Liberty Bell lives, for short
- 12 Decide to like something again?
- 13 British word for the theme of this puzzle
- 14 Prohibit
- 15 You might cheer when your team is doing this
- 17 ___ I Am
- 18 "____ you not entertained?"
- 19 Beer

20 Abbreviation for the Knoxville, TN aiport, or an anagram for a pigpen

- 22 Indian spice
- 24 Name for a recent presidential candidate if his family was called the Nush's and named their kids like the Kardashians
- 25 To do better than someone else, with "up"
- 26 British word for your rear end
- 27 Fo' sho
- 29 A baby does this to a diaper

32 One was caused by zoot suits

33 [They're the ones who type like 3 year olds, not me, | swear!]

- 35 There are three in the answer to this clue
- **37** _ Androids Dream of Electric Sheep?
- 39 You might put this under a flashlight to get out of going to school
- 42 Jr.'s father
- 43 Able to be changed
- 45 Who you gonna call...when your car breaks down
- 47 Intersection
- 48 Multiply this to add a 0
- **51** "Yes, ____," the first rule of improvisation games
- 53 "If you want to know what I think" abbreviations **54** Female tribute from District 11 in The Hunger Games
- 55 1150, to someone who doesn't know how Roman
- Numerals work
- 57 If mass and velocity are constant, this has to stay contant as well
- 60 Traditional Thanksgiving food
- 61 We share 50% of it with bananas
- 62 A to __ C to D

63 Remind incessently

- 65 What you might say to a toddler after they knock over their cup
- 68 Not working anymore, for short
- 69 Change the color of something
- 70 "I'm _____" -me the morning after every workout
- 71 George Clooney's workplace, on TV
- 72 The sound a ghost might make
- 73 What you might call a parent who is also your trusted advisor

DOWN

- 1 Lazy_ 2 What Jesse did to DJ, Stephanie, and Michelle
- 3 "At my old school..." girl in The Magic School
- Bus, for one
- 4 Word before buds or ache
- **5** Rearrange these letters to get a big name in fabric dve
- 6 Souvenirs
- 7 Mornings
- 8 The best part of your Chipotle meal, informally 9 Jane Austen classic
- 10 They might block the sun, if you lived in Victorian times
- 11 Tool for measuring wind speed
- 14 It might give you food poisoning at a barbeque
- joint
 - 16 Lady-parts doctor, informally
 - 21 The scientific study of earthquakes
 - 23 What old-school cheerleaders might vell
 - 28 Most athletic
 - 30 Heavy-duty soap
 - 31 ____ & Pppr Wheel of Fortune clue for
 - someone who refuses to buy a vowel
 - 34 Half of a popular dance
 - 36 ____ Michele of "Glee"
 - 37 You might call a pair of jeans this if their wash
 - goes from light to dark
 - 38 What Ferris spun backwards so Cameron
 - wouldn't get in trouble
 - 40 Opposite of flow
 - 41 O __ Owl
 - 44 The worst thing you could hear at a wedding **46** "What _____" -Hermonie after Harry flies to rescue the Remembrall
 - **49** Four of the first letters guessed in Hangman
 - 50 Yet another animal mother who got killed off
 - at the beginning of a kid's movie
- 52 Money south of the border
- 56 Word before tag or dome
- 58 Ctrl-Z
- 59 Condiment that people either love or hate,
- informally
- 64 Prefix before -metry or -graphic
- 66 Society that's meeting at the Independence Inn when it catches on fire, in Gilmore Girls
- 67 Worst thing to give to a scammer, for short

<u>FAMOUS MOMS' QUOTES</u>

"Having children just puts the whole world into perspective. Everything else just disappears." - Kate Winslet

"My mom is an amazing listener, and that's taught me how to listen to my daughters. Sometimes we don't always want advice, just an open ear and a big hug." - Michelle Obama

"When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child." - Sophia Loren

"A mother's love for her child is like nothing else in the world. It knows no law, no pity, it dates all things and crushes down remorselessly all that stands in its path." - Agatha Christie

"Being a mother is probably the hardest job in the world. I feel like, in a lot of ways, children come into the world to teach us." - Mariah Carey

"It's not easy being a mother. If it were easy, fathers would do it." -Dorothy, "The Golden Girls'

"Oh, I'm just a mom, you heard women say. Just a mom? Please! Being a mom is everything. It's mentorship, it's inspirational, and it's our hope for the future." - Sally Field

"Motherhood has a very humanizing effect. Everything gets reduced to essentials." - Meryl Streep

"Motherhood is tough. If you just want a wonderful little creature to love, you can get a puppy." - Barbara Walters

FASH BACKUEERS

2018 KIA FORTE5



CASH BACK

Cash back from Kia Motors America, Inc. Must take delivery from retail stock. Expires 5/31/2018. Cash back offer when you purchase a new eligible 2018 Forte5 and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

2018 KIA SORENTO LX



CASH BACK

Cash back from Kia Motors America, Inc. Must take delivery from retail stock. Expires 5/31/2018. Cash back offer when you purchase a new eligible 2018 Sorento LX and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

2018 KIA SPORTAGE

Cash back from Kia Motors America, Inc. Must take delivery from retail stock. Expires 5/31/2018. Cash back offer when you purchase a new eligible 2018 Sportage and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

CASH BACK

2018 KIA OPTIMA EX



CASH BACK Cash back from Kia Motors America, Inc. Must take delivery from retail stock. Expires 5/31/2018. Cash back offer when you purchase a new eligible 2018 Optima EX and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

2018 KIA SEDONA SX & SX LIMITED



CASH BACK

Cash back from Kia Motors America, Inc. Must take delivery from retail stock. Expires 5/31/2018. Cash back offer when you purchase a new eligible 2018 Sedona and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

2018 KIA FORTE



CASH BACK

Cash back from Kia Motors America, Inc. Must take delivery from retail stock, Expires 5/31/2018, Cash back offer when you purchase a new eligible 2018 Forte and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

2018 KIA SOUL



CASH BACK

Cash back from Kia Motors America, Inc. Must take delivery from retail stock. Expires 5/31/2018. Cash back offer when you purchase a new eligible 2018 Soul and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

2018 KIA RIO



CASH BACK

Cash back from Kia Motors America, Inc. Must take delivery from retail stock. Expires 5/31/2018. Cash back offer when you purchase a new eligible 2018 Rio and may not be combined with finance or lease offers from Kia Motors Finance. Not all incentive programs are compatible. See dealer for details.

Connie's Corner



Surprise Mom With These Healthy and Delicous Meals!

You don't have to wait until Mother's Day to show her how much you care. Whip up these easy recipes in no time and keep her healthy at the same time. A tomato-rich diet may help protect postmenopausal women from breast cancer according to Adana Llanos, assistant professor of epidemiology at the School of Public Health at Rutgers Cancer Institute of New Jersey. As body mass index climbs, postmenopausal women are at an increased risk of breast cancer. Consuming a diet high in tomatoes has higher levels of adiponectin, a hormone involved in regulating blood sugar and fat metabolism. Higher adiponectin levels have been shown to be associated with reduced risk of breast cancer. Participants of the study were all postmenopausal women who consumed enough tomato products daily to get 25 milligrams of lycopen, a key antioxidant. About one cup of tomato juice or a combination of a bowl of tomato soup, ½ cup serving of tomato based pasta sauce and 1 tablespoon salsa can make a difference in a short amount of time. During this study within 10 weeks of a tomato rich diet the levels of adiponectin climbed 9%. The effect was slightly stronger in women who had a lower body mass index. If you are not a tomato fan, no worries you can also include watermelon, papayas, guavas and pink grapefruit in your diet for good sources of lycopen.

BREAKFAST IN BED WITH EGGS BENEDICT

INGREDIENTS

YIELDS: 1

- 2 tbsp. white vinegar
- 1 egg + 3 egg yolks
- 1 tbsp. lemon juice
- 1/2 c. (1 stick) butter plus 1 tbsp. butter, melted
- Pinch of cavenne
- kosher salt
- Black pepper
- 2 slices thick bacon or
- Canadian bacon or crab cake* • 1 English muffin
- Parsley and diced tomatoes, chopped for garnish

1. Bring large pot of water to boil and add in vinegar. Reduce heat so water is at gentle simmer. Crack egg into small bowl and carefully pour it into simmering water. Poach egg for 3 minutes and remove with slotted spoon.

 To make hollandaise, vigorously whisk the egg yolks and lemon juice together in a stainless steel bowl and until the mixture is thickened and doubled in volume. Place the bowl over a saucepan containing barely simmering water (or use a double boiler,) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use for the eggs benedict. If the sauce gets too thick, whisk in a few drops of warm water before serving.
 Fry bacon on medium high heat for 2 to 3 minutes per side until beginning to brown or other alternative choices*.

4. Toast and butter English muffin. Place bacon or other choices on bottom half then top with poached egg and drizzle with hollandaise. Garnish with chopped tomatoes and parsley.



ENJOY THIS BEEF STEAK TOMATO SALAD FOR LUNCH



Beef Steak Tomatoes are ideal for their taste and size with this salad. Place one large tomato on a bed of lettuce. Cut a large X on the top of it and another cut down the center to fan out the tomato like a flower petal. Place your choice of lump crab meat, chicken salad, shrimp salad or tuna salad in the center of the cut tomato. Add crumbled cheese of your choice such as blue cheese or shredded cheddar. Drizzle your favorite dressing such as Italian or Dorothy Lynch's salad dressing or balsamic vinegar and serve with love.





THE GRAND FINALE: TORTELLINI SPINACH TOMATO SOUP

This just takes minutes for a delicious and healthy meal. You can add more veggies if you like such as sautéed mushrooms or frozen corn.

- 2 Tbs unsalted butter
- 6-8 garlic cloves, chopped
- 1 quart low sodium chicken broth
- 6-8 oz fresh or frozen cheese tortellini
- 14 oz canned diced tomatoes with liquid
 10 oz fresh spinach, washed and stemmed; coarsely chopped

Melt butter in a large saucepan over medium high heat. Add the garlic and saute. Add broth and bring to a boil. Add the tortellini and cook halfway, about 5 minutes for frozen pasta, less if fresh. Add the tomatoes with the liquid, reduce the heat to a simmer, and cook just until the pasta is tender. Add the spinach and basil and cook until wilted about 1-2 minutes. Add grated cheese. Serves 2-3 with love.

- 8-10 basil leaves; coarsely chopped
- Freshly grated Parmigiano-Reggiano



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May 2018											
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
		1 Nat'l Chocolate Parfait Day Legends Light Show @ DeSoto Caverns (Thru 5/26)	2 Nat'l Truffle Day Bullet For My Valentine & Trivium @ Iron City	3 Nat'l Raspberry Tart Day The Diviners (thru 5/19) @ Birmingham Festival Theatre	 A Nat'l Hoagie Day Sculpt Your Own Flower 2pm @ DeSoto State Park 26th Annual Wildflower Day @ DeSoto State Park Cullman Strawberry Festival Alabama Folk Fair - McCalla Brian Culbertson @ Lyric 	Nat'l Enchilada Day Blue Eye Creek Festival 6th Annual Crawfish Boil @ NE Alabama Reg Airport 13th Annual Birmingham Zoo Run Trussville City Fest Cullman Strawberry Festival Chris Tucker StarDome Beck 8pm @ BJCC Concert Hall					
6 Nat'l Crepe Suzette Day Grand Boutique @ BJCC Exhibition Hall Oak Mountain Spring Fair	7 Nat'l Leg of Lamb Day	8 Nat'l Coconut Cream Pie Day Board Meeting @ Fireside Room Kevin Farley @ StarDome Vintage Video Game Night @ Saturn	9 Nat'l Shrimp Day Troy U Baseball v MS State Moneybagg Yo @ Workplay	10 Nat'l Liver & Onions Day Chamber Lunch @ Gardendale Civic Center Steel Magnolias @ Brook Besor	Nat'l Eat What You Want Day Travis Tritt @ Alabama Theatre Etowah County Sherriff's Mounted Unit Rodeo Buck Creek Festival @ Helena's Amphitheater (thru 5/13) Black Jacket Symphony @ Iron City	Nat'l Nutty Fudge Day Movie in the Park @ Blue Eye Creek Great Southern Beer Fest @ RR Park Mutts and Butts @ Noccalula Falls Jasper Art in the Park @ Gamble Park Magic City Wine Fest @ Birmingham Zoo Steve Earle & The Dukes Copperhead Road @ Lyric					
13 Nat'l Apple Pie Day Mother's Day Bottomless Brunch @ Iron City A Mother's Day Celebration 7pm @ BJCC Concert Hall Homestead Hollow Festival	14 Nat'l Buttermilk Day Senior Citizen Luncheon @ Dogwood Room Primus & Mastodon @ BJCC Concert Hall The Underwater Forest @ Lyric	15 Nat'l Chocolate Chip Day May Luncheon @ Greyson Valley Country Club Trap Yoga @ The Hub	16 Nat'l Juice Slush Day Drawing for 2018 Regions Traditions Golf Show @ Greystone Country Club Shinedown and Starset @ Legacy Arena	117 Nat'l Cherry Cobbler Day Lucas Bohn @ StarDome James Brown Dance Party @ Wordplay Lightfoot White Collar Institute Cocktail Event @ Grand Bohemian	188 Nat'l Cheese Souffle Day Poke Salat Festival - Arab Do Dah Day @ Rhodes & Caldwell Parks (May 18th & 19th) Del Shores' Six Character in Search of a Play @ Terrific New Theater	19 Nat'l Devil's Food Cake Day Swing Forward Golf Clinic - Birmingham Veterans Appreciation BBQ 10am-2pm Good Shepherd Lutheran Church Creek Bank Festival @ Leads Memorial Park Jamfest 2018 @ JSU Willie Neslon & Alison Krauss					
200 Nat'l Quiche Day Beads & Jewelry Show @ Pelham Civic Complex Sergio & the Satin Dogs @ The Nick	21 Nat'l Strawberries & Cream Day David Bromberg Quintet @ Workplay	222 Nat'l Vanilla Pudding Day A Perfect Circle 8pm @ Legacy Arena	23 Nat'l Taffy Day Iceage @ Saturn	224 Nat'l Escargot Day STREAM Golf Tourney & Fundraiser @ Highland Park Golf Course Farmers Market 9am-1pm Gardendale Civic Center	225 Nat'l Wine Day Que Open Charity Golf Tourney @ Highland Park Golf Course Neil Simon's The Sunshine Boys @ Virginia Samford Theatre	26 Nat'l Blueberry Cheesecake Day Bluegrass & Craft Fair @ Horse Pens 40 Hot Air Balloon Festival @ Point Mallard Park Decatur Smith Lake Park Festival Pullman Memorial Day Festival					
227 Nat'l Grape Popsicle Day Mad Mad Science Double Feature @ Rojo Birmingham Hot Air Balloon Festival @ Point Mallard Park Decatur	28 Nat'l Brisket Day Kids Summer Academy Topgolf	29 Nat'l Coq Au Vin Day Bishop Briggs @ Saturn	30 Nat'l Mint Julep Day The Front Bottoms @ Saturn	311 Nat'l Macaroon Day Improv @ StarDome Southern Avenue @ Zydeco Farmers Market & Kids Summer Story Reading Event Gardendale Civic Center 9am-1pm							



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