



The City of
COLUMBIANA
 cityofcolumbiana.com

October, 2010

OUTDOOR WEATHER
 SIREN TEST
 WEDNESDAY,
 OCTOBER 13, 11 A.M.



OCTOBER 2010

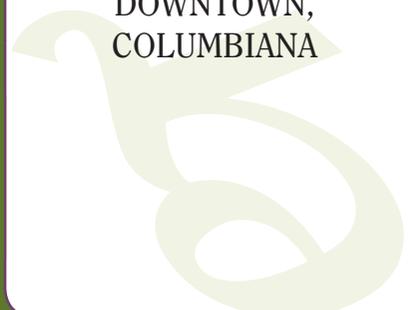
OCTOBER UPCOMING EVENTS

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MONSTER WALK

OCTOBER 29, 4:30 P.M.

DOWNTOWN,
 COLUMBIANA



You've worked hard to get where you are, to achieve the goals you've reached.

As your local independent agent, we'll work just as hard to help make sure all you've built has the right protection. Ask about Safe. Sound. Secure.® protection from Auto-Owners Insurance Company.

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Rux Carter Insurance Agency
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SHELBY COUNTY HIGH SCHOOL

The Armed Services Vocational Aptitude Battery (ASVAB) will be administered at Shelby County High School on Monday, Oct. 11, at 9 a.m. If students from other high schools would like to take the ASVAB that day, they should contact either of the SCHS guidance counselors by calling 205-682-6600.

Orders for the 2010-2011 Shelby County High School yearbook, the Shelana, will be taken through Friday, Oct. 29. The cost of the yearbook is \$85. Nameplates may be purchased for an additional \$5.

The Pride of Shelby County Marching Band received several recognitions at the Phenix City Invitational Band Festival and Contest held Saturday, September 25. Receiving "Superior" ratings in both the festival and the contest were Drum Major J.P. Gravitt, the Dance Line, Pit Percussion, Batterie Percussion, and Band. In addition, Gravitt and the Dance Line were named "Best in Class" in the contest. The Pride of Shelby County received the "First Place Band" award and the Woodwind Section was named "Best Overall" in the contest.

COLUMBIANA MIDDLE SCHOOL

Kona Ice will be at the school Friday, Oct. 8 during the students' lunch time. CMS will host its annual Open House Tuesday, Oct. 12.

Eighth grade students will be taking a new test from the state department, Explore, beginning Wednesday, Oct. 20.

Thanks to Maite Miller and Samantha Lickwala for their hard work in getting together the school improvement plan. Thanks to Robin Merrell, Krista Smith, and Robin Gurganus for their hard work in making the school's homecoming game and dance a success.

The school's homecoming court consisted of sixth grade representatives Kallee Merrell and Joseph Pennington, seventh grade representatives Karlee Cardwell and Jeremiah Pennington, eighth grade representatives Jordan McKoy and Zac Scott, homecoming queen and king Missy Zeigler and Coleman Beasley, and Ms. and Mr. CMS Marcy Wright and Hunter Horton.

CORNERSTONE CHRISTIAN SCHOOL

It's been enjoyably busy here at Cornerstone during September. Many thanks to the teachers, support staff, parents, students, and volunteers who make our school and its mission a possibility.

Dad's Day on Campus was a huge success under the direction of Mrs. Joy Griffin. Our school got to play host to 130 fathers who took advantage of the day to come spend some time on campus with their kids and have a few slices of pizza. It was very rewarding to see so many fathers taking a visible and active interest in their child's education.

See You at the Pole was also more successful than it's ever been, as our students, parents, and staff gathered to sing a few songs and pray for our families, schools, and political leaders.

We were also very excited to host nine local professionals who participated in our inaugural CCS Interview Day. At Interview Day '10, we began the process of preparing students in grades 7-12 to communicate effectively in a non-academic setting. The interviews gave our students a chance to learn the importance of perception and communication in a working environment.

CCS also played host to admissions officers from both Samford University and Mississippi College this month, as they met with our juniors and seniors to talk about the collegiate admission and financial aid process. We look forward to seeing the class of 2011 push our cumulative scholarship offer total over \$3 million.

During the last week of September, Homecoming brought alumni from each of our nine graduating classes back to CCS to watch the Chargers take on Jackson Academy. During the week, students competed through a variety of games and costume days to earn a day out of school for their class.

There's a lot going on right now at Cornerstone, and the activity will continue throughout the year. To be a part of the action, call 669-7777 or visit us on the web at <http://www.ccschargers.us>.

ELVIN HILL ELEMENTARY SCHOOL

Students at Elvin Hill have so many wonderful opportunities to involve themselves in community activities, in addition to being in an academic environment where everyone can learn with dignity and respect. Our students are invited to participate in the Mercedes Marathon, on Saturday, February 12, 2011 – Team Elvin Hill. Between Oct. 6th and Jan. 30th, students will run or walk the track on Wellness Wednesday, to log miles each week, to reach the goal of 25 miles. On Feb. 12, Kids from all over our area will run the last mile of the marathon in downtown Birmingham on the Mercedes Marathon course.



Students will receive a Race Day T-shirt and a medal as they cross the line. This activity provides experience, accomplishment, and healthy bodies. You may sign up in the office or contact Terri Sullivan. Thanks to Mrs. Bates for heading up the Wellness Wednesday Activities. Our 5th grade has already taken a wonderful trip to the McWane Center. Thanks to Mrs. Hermecz for organizing our trip.

Thanks to the Kiwanis Club for supporting our choir, library, and dance program. They invited our kids from the EHES Choir to perform at the fair, as well as the students from Dream Makers Dance Community Ed Program.



Both groups performed an outstanding show on both nights. Thanks to Ms. Howell, Ms. Howard, Ms. Lespi, Ms. Woods, and Ms. Bates, and Mr. Kearly and Mrs. Wilson for their Booth.

October 12th is our Fall Festival. The time is 5:00 – 7:00. There is no school on October 11. It is a teacher workday. Make-Up picture day is 10/26 if your child was absent on Sept. 23. Our PTO fundraiser begins on October 4-8.

Thanks again to all of our parents and staff who make Elvin Hill a school where our diverse students will all reach their full potential. Parenting Day is October 21. Thanks to our counselor, Jan Smith for organizing this day.

SEE PHOTOS ABOVE: eCO Credit Union has selected Mary Kay Park as their September Teacher of the Month. This title includes a \$250.00 classroom scholarship, write up in their newsletter and on their website. Her name will be included for the 2010 Teacher of the Year Award. Mr. Joey Hand of eCO credit union came to Elvin Hill Elementary to present the award on Thursday, September 23, 2010 at 9:00. She was nominated by April Waugh.

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Applicants qualify based on several factors including geographic location and appraised value of property, family size and household income.

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Caregivers Tip Ten tips for the family caregiver

1. Take care of yourself -- you can't care for another if you're sick or exhausted.
2. Exercise and watch what you eat. Develop a plan of how to stay healthy.
3. Strive to achieve balance in your life. Remember to ask for help.
4. Don't neglect doctor visits. Make time for your health.
5. Pace yourself. It takes different skills to run a marathon than a race. Caregiving is often a marathon. You can't operate in crisis mode all the time.
6. Check out support services in your community and at work. Many companies offer elder-care services.
7. Guard against depression
8. Tell family and friends that you need help.
9. Take regular breaks. Pamper yourself when you need to.
10. Create a support network of friends, family and professionals. You should never be alone.

Columbiana Health and Rehabilitation is a 63-bed skilled nursing facility located on Highway 25 in Columbiana. The facility provides residents with access to extensively trained professionals in nursing care, physical, occupational and speech therapies. For more information, call Kay Sertell at (205) 669-1712.

AEROBICS

Monday, Tuesday, & Thursday
5:15 pm – 6:15 pm
Columbiana United Methodist Church
For information call
Shea Williams @ 612-6012

ADVERTISE IN THE COLUMBIANA NEWSLETTER

Call Jessica Hardin at the Shelby County Reporter
(205) 669-3131

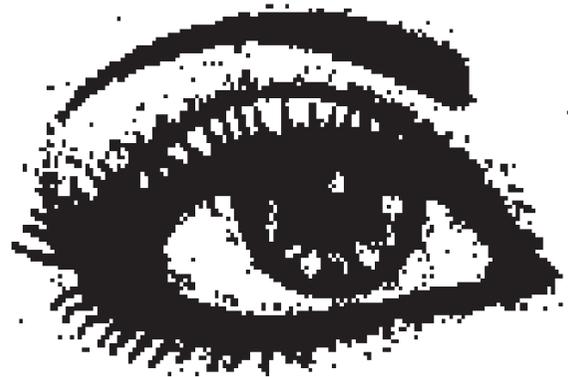
DRUG FREE MESSAGE

Some teens are popping pills like they are candy. Tell your children that you expect them to be completely drug-free, including not abusing prescription or over-the-counter medications.

The Shelby County Drug Free Coalition provides the drug free message each month. The Coalition is a program of Family Connection made up of volunteers who are concerned about and want to reduce alcohol, tobacco and other drug use among our youth. Representatives from law enforcement, health agencies, businesses, church and civic groups and Shelby County Schools are part of the Coalition.

Join the Seniors

Columbiana Senior Center at the Rec. Building
Monday – Friday 9 AM until 1 PM
For More Information call Donna Higgins at (205) 669-3969



Dr. Stancil Handley

“Cares For Eyes”

COLUMBIANA
669-4131

Columbiana cats fixed FREE!

If you live in Columbiana, your free roaming cat (a cat that routinely goes outside) or feral cat qualifies for:

- FREE Spay/Neuter Surgery
- FREE Rabies Vaccination
- FREE Flea & Worm Treatment
- FREE Micro-chipping
- FREE Ear-Tipping (Required)

Cats will be picked up every Saturday at 8:00am in the Piggly Wiggly parking lot. Cats must be brought in one per carrier or trap.

Assistance with transportation & feral cat trap-neuter-return (T-N-R) is available on a case-by-case basis. You will be responsible for picking up your cat at the Alabama Spay/Neuter after surgery is complete. Some assistance with returning cats will be available on a case-by-case basis.

To schedule your appointment, call (205)956-0012 visit website: www.alspay.org
Email: ferelcat@alspay.org

Alabama Spay/Neuter is located at:
2721 Crestwood Blvd, Birmingham, AL.

Yard of the Month for September:

Kim and Michael Hale
112 Bolton Lane

Get Control of Your Weeds and Help the Beautification Board!

In conjunction with the Columbiana Beautification Board, Kellis Vegetation Management, Inc. will be offering one-time professional herbicide applications through October to any business or residence in South Shelby County in exchange for a \$100 donation to the Columbiana Beautification Board. As part of this fundraising project, Kellis Vegetation will provide weed control for gravel or paved areas and will address kudzu or other brush issues for South Shelby County businesses and residents, up to 1/4 of an acre or 350 feet of fence line.

Weed control services for lawns or other ornamental areas are not being offered. For more information or to take advantage of this offer, please call Beautification Board member Brandi Kellis at 317-8769.

STATEWIDE ALERT

The Alabama Forestry Commission has issued a statewide fire alert, because of extremely dry weather conditions.

The order, issued by State Forester Linda S. Casey, mean outdoor burning is restricted. In the past 30 days, 459 wildfires have occurred in Alabama. The fires burned about 4,743 acres of land. The forestry commission battled six wildfires during all of September 2009.

"The lack of rain and unseasonably high temperatures have left much of the state extremely dry, creating high risk potential for devastating wildfire," said Dan Jackson, the forestry commission's protection division director. "With no significant rainfall in more than a month, many Alabama counties are experiencing an increase in wildfire occurrence." "Although the official start of fall 'fire season' in Alabama is not until October under normal conditions, the extremely dry weather this year has brought it on much sooner. Conditions are such that any fire can quickly spread out of control, not only resulting in damage to our forests but also threatening and destroying homes," Jackson said.

The fire alert will remain in effect until rescinded by the State Forester. For more information on the current wildfire situation in the state, visit the forestry commission's website at <http://www.forestry.state.al.us/>.
(*Source: The Birmingham News)

Burn permits are issued through the Police Department for the City of Columbiana!

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Merchants & Professionals Meeting

Thursday October 28th from 8:00am - 9:00am @
Jeanette Niven House.

We invite all merchants and business professionals to attend and look forward to seeing everyone. For more information please contact Sharon Ogle @ 205-669-4061 or 205-907-6745.

10 tips for starting a walking exercise program

Columbiana has 2 great walking tracks (One at Elvin Hill Elementary & the other at the Sports Complex on McDow) as well as a great downtown area to walk in! Here are 10 tips to help you get your walking program started!

1. Set your expectations reasonably. If you have been sedentary for a long period of time, you will want to start out slow and go only a short distance.

2. Find a good place to walk.

3. Pick an easy first walk. Make sure that no matter how far you get from your starting point, you are able to get back there. Walking on an oval track no more than a quarter mile around should be perfect.

4. Pay no attention to how far you walk. It matters more that you walk for a longer period of time. Faster and farther walks will come later.

5. Set a time. When you first start walking, decide how many minutes you will walk. Choose a length of time you know you can make. Do not worry about how short that period is. Just keep moving until you reach it. 2-5 minutes each day is a good start. That time will increase from week to week.

6. Increase your time. Each walk, increase your walking time by thirty seconds to one minute until you are able to sustain a 10 minute walk. Again, do not fret if you can't go longer than the day before. Set the goal and keep at it and you will reach it faster than you think. After reaching 10 minutes, the increases may take a bit longer; however, try to increase your time by 5 minutes each week.

7. Work on speed and difficulty. After you are able to walk 45 minutes a day, you can work on speed and difficulty. Try moving off of the oval and onto the city streets: You will encounter hills and declines, and that will increase the difficulty of your walk.

8. Determine your target and maximum heart rate. If you are under your target heart rate (THR), you need to increase walking speed for it to be beneficial; if you are above your THR, decrease your walking speed. Again, weight loss and aerobic health will come through sustained effort, not through increased speed or distance.

9. Try interval training. Walk at an increased rate for one to two minutes, then slow back to your normal rate for two minutes. Every day or two add an interval until you reach your desired total time, including rest periods. As you become more physically fit, reduce your rest periods until they are down to a minute or less.

10. Be sure to wear proper footwear. Sandals, flip-flops, and even fashion athletics do not support the various muscles, tendons, and joints in your foot and can therefore cause strain and injury.

And, Don't forget to stay hydrated! Drink water during walks of ten minutes or more whether you feel thirsty or not. (Yes, this applies to cold weather and warm weather.) Dehydration can lead to dizziness, blackouts, and trips to the emergency room!.

(*Tips courtesy of willHow.com)

October is Breast Cancer Awareness Month



Tips for a Safe Halloween

(from theCDC)



Swords, knives, and similar costume accessories should be short, soft, and flexible.



Avoid trick-or-treating alone. Walk in groups or with a trusted adult.



Fasten reflective tape to costumes and bags to help drivers see you.



Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.



Hold a flashlight while trick-or-treating to help you see and others see you.



Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.



Look both ways before crossing the street. Use established crosswalks wherever possible.



Lower your risk for serious eye injury by not wearing decorative contact lenses.



Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.



Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.



Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.



Enter homes only if you're with a trusted adult. Otherwise, stay outside.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes

What's New At The Library

By Jane Bailey - Director

Autumn colors are surrounding us with their beauty. The scent of fall is in the air and the days are getting shorter. Many of us will be looking for indoor activities to do with our families. How about spending some time at the Columbiana Library?

On Thursdays evenings this fall and winter, we will be hosting game nights at the library! We have family favorites such as Trivial Pursuit, Yahtzee,

Boggle, Clue, Battleship, and Scrabble, just to name a few. The library will provide some snacks, you provide your favorite drink and enjoy an evening together.

On the 4th Thursday of the month, we will show a recently released movie sponsored by the Friends of the Library. There will be a small donation fee to see the movie and proceeds will help support the library.

Be sure you don't miss our special Alabama Humanities program this month "School Spirits: Ghost Stories from Alabama's College Campuses", with Dr. Alan Brown. He will have a slide show presentation and true ghost stories from all over the state. This program is sure to get your spines tingling!

There is always so much to do, so much to see @ your library! Please stop in soon!

Columbiana Friends of the Library

Thurs. Oct 7th – 5:30 to 7:30 p.m. – Learn to make an adorable "cut & tie" blanket. Tues.

Oct 12th – 1 – 2 p.m. - Friends of the Columbiana Library monthly meeting

Wed. Oct. 13th – 9 till noon – Garden Gate Quilting Class

Thurs. Oct. 14th – 5:30 – 7:30 p.m. – Garden Gate Quilting Class

Thurs. Oct. 28th – 6 p.m. – Halloween movie sponsored by the FOL

Halloween Specials!

Thurs. Oct. 21st – School Spirits: Ghost Stories from Alabama's College Campuses.

Thurs. Oct. 28th – Join us for a Halloween movie and assorted "ghastly" refreshments. Wear your costume if you dare...and trick or treat at the front desk!

Adult Knitting Classes

Every Tuesday from 10 until noon

Want to learn to knit? Classes are FREE @ your library! Bring your current needlework project or learn to knit with The Loose Stitches Knitting Group. Join us for fun and fellowship!

Pre-school Storytimes with Ms. Jane

Join us every Tuesday at 9:30 a.m.

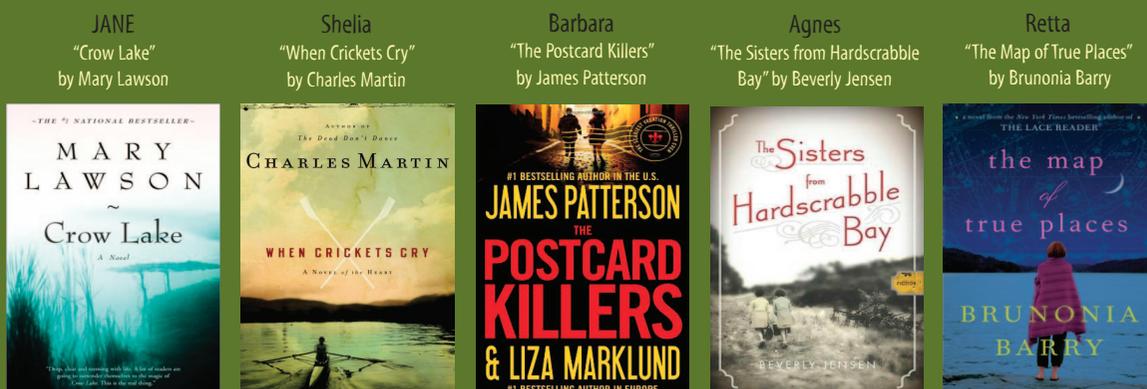
5th – Tell me a spooooky story!

12th – Surprise stories

19th – Pumpkins are everywhere

26th – Halloween is here

Monthly Recommended Reads



City of Columbiana
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Columbiana, AL 35051

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OZAN WINERY PRESENTS "A TASTE FOR THE ARTS"
BENEFITING THE SHELBY COUNTY ARTS COUNCIL
ON THE VERANDA AT OZAN VINEYARDS SATURDAY, OCTOBER
9, 2010, 6:00PM TO 9:00PM.

This year's event promises to be more enticing than ever with a selection of gourmet treats from B&A Warehouse and delicious wines from Ozan. Guests will enjoy beautiful views overlooking the vineyards and live musical entertainment. Tickets are \$75.00 per person and may be purchased online at www.shelbycountyartsCouncil.com or by calling 669-0044. Ozan Winery is located at 173 Highway 301, Calera, Alabama. Committee chair is Lisa Ramsey.



COLUMBIANA IS ON FACE BOOK!

If you are on Face Book, look for Columbiana, AL!
Click on the Like button and join us!



Scrapbook All Weekend!

Friday, Oct. 15 ~ 6 pm - Midnight

Saturday, Oct. 16 ~ 10 am - 6 pm

Columbiana United Methodist Church

\$10.00 Weekend Admission Fee

(or \$5.00 if you only participate one day)



What to Bring: A snack to share, supplies and tools for your personal projects, and gently used supplies and tools that you may want to sell.

Invite a friend to join you!

All are WELCOME! Please contact one of the following people to let us know if you will be joining us on Friday only, Saturday only or for the entire weekend:

Sue Eddins ~ Agnes Pool ~ Kathy Corbitt ~ Jamie Barnes

670-6985 305-8375 919-6089 529-6916

Or email: KathyCorbitt@aol.com

Student Exhibition

Shelby County Arts Council
is proud to present
SCAC Student Exhibition

Featuring works in clay, paintings,
drawings, and mixed media

by youth and adult students of the SCAC.

Opening Reception: Thursday, October, 14, 2010

Exhibit dates: October 14 - November 25, 2010

Youth Chorale

Shelby County Arts Council Youth Chorale

A new children's choir brought to you by
The Shelby County Arts Council

The Shelby County Children's Chorale is now filling vacancies
in our choir for the Fall 2010 semester!

Grades 4-8

Singing, Music reading, stage presence, choreography and
more!

Come join the Shelby County children's Chorale
for an experience you'll never forget!

Schedule: Wednesdays 3:45 - 5:15pm

Location: Shelby County Arts Council Studio
Tuition: \$40/month

For more information about being a part of
The Shelby County Children's Chorale or to register, please
call the Shelby County Arts Council office at 669-0044!