

Principals

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be involved with.”
Warrior Elementary School changed from a kindergarten-through-eighth grade school into a kindergarten-through-fifth grade school when Frugoli accepted the job, and the middle school students mostly moved over to North Jefferson Middle School in Kimberly. He’s been in elementary education throughout most of his career.

“I felt like it was my calling. It’s where I really hit my stride,” said Frugoli.

Frugoli is one of the founders of the “Strong Schools, Strong Communities,” program, at which community leaders and school administrators from the local school feeder pattern gather quarterly to discuss current issues.

“There’s so many good things going on in Warrior,” he said.

After retiring, Frugoli will volunteer with the

Jefferson County Literacy Council.

Further south, at Snow Rogers Elementary School, Karen White said she knew all her life that she wanted to be a teacher. After 32 years, she’s hanging up her hat. She said she’s proud of the work her students have done, and that she’s leaving with high test scores.

“But, I don’t take credit for it. The teachers at Snow Rogers are great. I just created an avenue for them to succeed.”

Despite her retirement, White will hardly be a couch potato; she’s accepted a job as a consultant and advocate for administrators in Jefferson County.

“It’s a lovely job. I just want to come in and do back door stuff, just be another hand. It’s a hard job, and it can be a lonely job,” she said. “I was born wanting to be a teacher, and now I’m ready to do it

another way.”

She said she also wants more time with her grandchildren.

“They want more of my time and energy, and it was more than I had left to give,” said White. “I decided that it was time.”

White said economic crises and proration have hit teachers hard, but that it isn’t a factor in her decision to leave. She actually started working as an educator in the midst of a period of proration in the 1980s.

White also speaks highly of her successor, Laura Ware, who previously worked as a principal at North Highlands Elementary School in Hueytown.

She said she feels like she’s leaving the school in good hands.

“To be a teacher, you have to love it, have a passion for it,” she said. “Just loving children is not enough.”

Tire

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“He swerved and dodged it, and it went straight through my windshield,” said Burnett. She was driving a 2000 Ford Contour.

Retreads are scraps of previously-mounted tires that are recycled and used to patch the wheels of large vehicles, such as tractor-trailer trucks. They can often be seen on the side of roads.

“There should be some-

one who goes up and down that road cleaning those up. They’re dangerous,” said Burnett.

According to police, the impact was hard enough to shower Burnett with glass, causing minor scrapes and cuts. Police also said the car had to be towed because it was not drivable.

The incident happened around mile marker 279 in Morris. While attending to

Burnett, police officers learned that a tractor trailer truck was sitting on the side of the road near mile marker 280, with the driver working on one of the tires.

Police said the driver was aware that he had blown a tire and smashed Burnett’s windshield.

The truck driver does not face any charges at this time. Burnett said she has fixed her windshield.

Health

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body weight and diet. “If it’s good for the heart, it’s good for the prostate,” he said.

That interconnectedness is key, Moody said, in order to get a better understanding of an individual’s health.

For that reason, Moody and other physicians with UCA team up with county health departments to host free health screenings for men.

Since 2006, the doctors have screened more than 3,000 men at free clinics in 16 counties.

Up until now, the physicians have done only prostate screenings at the clinics. But Moody said they are soon expanding their screenings to also check blood pressure and height and weight in order to determine individuals’ body mass index.

“We want to emphasize overall health for men,” he said.

Most of the clinics are held in rural areas where income is often low and people tend to not have medical insurance.

“We wanted to go where the need was greatest,”

Moody said.

The clinics are free for men. Moody said many of them are afraid the first time they attend, because they do not know what to expect. But they usually find that the exam is not nearly as bad as they thought it would be, Moody said, and they will often bring a friend the next year.

That makes Moody and the other physicians happy. “The men that we see are incredibly appreciative,” he said.

At one of the clinics, a health department nurse asked Moody an important question: “What are you going to do if you find something in one of the men? You can’t just find a problem and then leave them high and dry.”

Moody’s response was, “Well, we’ll just treat them.”

UCA has an agreement with at least two Birmingham hospitals that

will let men from the clinics stay there for free if Moody and his group will treat them for free.

Prostate cancer is the group’s main concern (one in six Caucasian men will get prostate cancer, and one in four African American men), but they are also watchful for other issues dangerous to men such as low testosterone, obesity, heart problems and others.

Moody urges men, especially in June for Men’s Health Month, to get their annual exams. He said it not only has physical benefits, but also economical (being sick costs a lot of money) and social (if you’re sick, you can’t work or do your normal activities).

“It’s ingrained psychologically in women to get checked every year. It’s not ingrained in men,” he said. “Men need to be proactive, not reactive. Do it for your families.”

CITY OF GARDENDALE

ZONING NOTICE

Notice is hereby given that, at a regular meeting of the Council of the City of Gardendale to be held in the Council chambers in the City Hall of Gardendale on July 5, 2011, commencing at 6:00 p.m., said Council will hold a public hearing upon a proposal that it, the said Council, adopt an Ordinance in words and figures substantially as follows, and anyone who so desires may attend said hearing and voice their approval or disapproval to said proposed rezoning:

PROPOSED ORDINANCE

AN ORDINANCE AMENDING ORDINANCE NO. 97-15, THE ZONING ORDINANCE OF THE CITY OF GARDENDALE, ALABAMA

BE IT ORDAINED by the City Council of the City of Gardendale, Alabama, while in a special session on the 5th day of July, 2011, at 6:00 p.m., as follows:

SECTION 1. That Ordinance No. 97-15, the Zoning Ordinance of the City of Gardendale, Alabama, be and is hereby further amended by rezoning the following described property from INST-2 (Institutional District) to C-2 (Community Business District) and by changing the map of the City of Gardendale accordingly:

LEGAL DESCRIPTION

Part of the NW 1/4 of the NW 1/4 of Section 13, Township 16 South, Range 3 West, situated in Jefferson County, Alabama, Birmingham Division and being more particularly described as follows:

Commencing at a concrete monument found at the Northwest corner of said 1/4-1/4 section; Thence South 00 degrees 02 minutes 00 seconds West, a distance of 208.91 feet to a point; Thence leaving said section line, South 89 degrees 23 minutes 01 seconds East, a distance of 25.65 feet to a bolt found on the eastern right-of-way of Grubbs Avenue; Thence leaving said right-of-way, South 89 degrees 22 minutes 35 seconds East, a distance of 184.05 feet to a 1/2-inch rebar found with cap #16166, said 1/2-inch rebar found with cap #16166 being the TRUE POINT OF BEGINNING. Thence North 00 degrees 07 minutes 35 seconds West, a distance of 133.58 feet to a 5/8-inch rebar set with cap #28852 on the southern right-of-way of Fieldstown Road (variable right-of-way); Thence along said right-of-way the following courses and distances: South 88 degrees 26 minutes 11 seconds East, a distance of 5.71 feet to a concrete monument found; North 04 degrees 39 minutes 57 seconds East, a distance of 26.57 feet to a concrete monument found; South 89 degrees 07 minutes 53 seconds East, a distance of 245.00 feet to a point; South 43 degrees 30 minutes 39 seconds East, a distance of 21.97 feet to a point to a concrete monument found at the intersection of the southern right-of-way of Fieldstown Road with the western right-of-way of Main Street (50' right-of-way); Thence along said right-of-way of Main Street, South 06 degrees 45 minutes 24 seconds East, a distance of 262.03 feet to a chiseled X found; Thence leaving said right-of-way, North 89 degrees 44 minutes 06 seconds West, a distance of 112.04 feet to a point to 5/8-inch rebar found; Thence North 01 degrees 06 minutes 37 seconds East, a distance of 65.10 feet to a 1/2-inch rebar found; Thence South 89 degrees 35 minutes 00 seconds West, a distance of 91.13 feet to a PK nail found; Thence South 02 degrees 38 minutes 47 seconds East, a distance of 4.45 feet to a PK nail found; Thence South 89 degrees 43 minutes 34 seconds West, a distance of 96.67 feet to a 5/8-inch rebar set with cap #28852; Thence North 00 degrees 07 minutes 35 seconds West, a distance of 59.91 feet to 1/2-inch rebar found with cap #16166, said 1/2-inch rebar found with cap #16166 being the TRUE POINT OF BEGINNING.

Said tract of land contains 1.524 Acres.

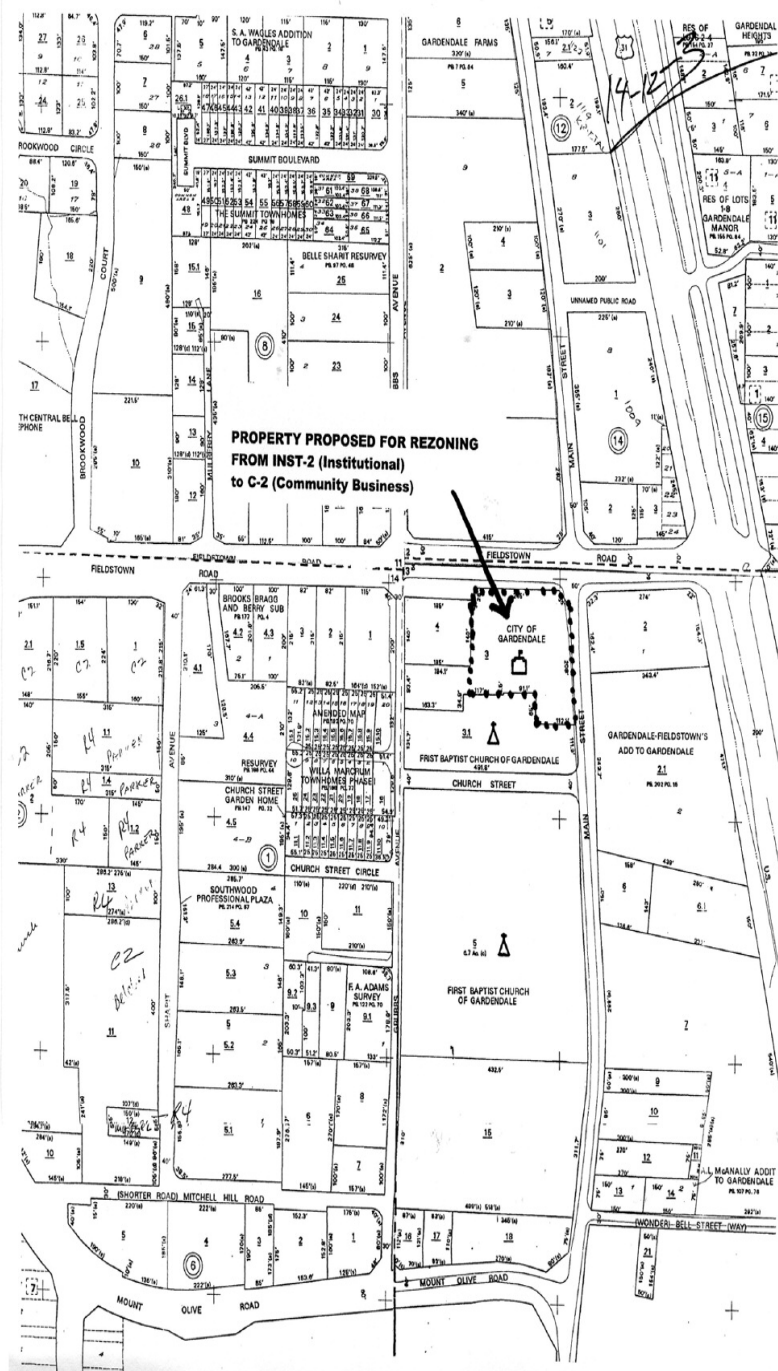
PART OF PARCEL ID# 14-13-2-0-3-000
SITE ADDRESS: 970 MAIN STREET
OWNERS: CITY OF GARDENDALE

SECTION 2. That a map of the property rezoned herein, showing its location within the City of Gardendale, is attached hereto and made a part hereof as “Exhibit A.”

SECTION 3. That this Ordinance shall become effective immediately upon its adoption and publication or by its otherwise becoming a law and upon conveyance of the subject property to CVS Corporation.

ADOPTED AND APPROVED on this the 5th day of July, 2011.

EXHIBIT A



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