

EXPLORE



About the Presenter

Mark Everett Kelly is a sports historian who worked for ESPN, and The Anniston Star, and is currently the sports editor for the Fort Payne Times-Journal. His work at ESPN earned him two Emmy Awards.

Perhaps the most remarkable aspect of Mark Everett Kelly's life is that he overcame impossible circumstances to beat a rare form of cancer after a diagnosis at age 16. The story of his fight, faith, and resilience is worth the read ([Visit his website](#) for the inspirational story).



HISTORIC RIVALRY

Library to Host Presentation on the Iron Bowl

Whether you bleed crimson and white or orange and blue, everyone in Alabama can agree that the Iron Bowl is one of the most storied rivalries in college football. This month, the [Pelham Public Library](#) hosts "The History of the Iron Bowl," presented by Mark Everett Kelly, on Saturday, November 16, 2024, at 1:00 p.m.

For those who have been living under a rock, or are new to the state, the Iron Bowl is a date etched in stone on most Alabama calendars. Every Saturday after Thanksgiving, the Alabama Crimson Tide and Auburn Tigers face off to settle who gets bragging rights for the next 364 days. Recent games solidified memories such as "The Drive," "The Camback," and "Kick Six." Each team's legendary coaches and players make this one of the most intense rivalries in sports.

Mark Everett Kelly offers a deep dive into some little-known facts about the rivalry. You'll learn how a congressman from Vermont played a role in instigating the rivalry, and how the schools' first meeting was almost their last. Discover what bragging rights Auburn has held over Alabama since the NFL-AFL merger in 1970, and the statistic behind the games when both teams are ranked in the top 10.

Regardless of which side of the rivalry you're on, Mark Everett Kelly's "A History of the Iron Bowl" will leave you filled with facts, figures, and statistics to make you the most informed fan at your Iron Bowl gathering.

The event is free, and no registration is required.



Scarecrows in the Park Last Call, Y'all!

THE DEADLINE TO REGISTER IS NOVEMBER 8, 2024.

Can your family or organization STUFF the competition and win the 2024 Scarecrow in the Park title? Registration is open for the annual Pelham Parks & Recreation contest to see which scarecrows are up to the challenge and which are full of fluff. Scarecrows in the Park is open to any Pelham resident, business, or organization. Use your imagination and start planning your scarecrow now.

Scarecrow Set-up: Tuesday, November 12, 2024, 4:00 p.m. - 6:30 p.m., Pelham City Park

Scarecrow Viewing: November 13 - 22, 2024, Pelham City Park

[Click here for the Scarecrows in the Park registration form.](#)

[Click here for Scarecrows in the Park FAQs and helpful hints for scarecrow building.](#)



A Southern Christmas Bazaar

Holiday cheer will fill the Pelham Civic Complex & Ice Arena on Saturday, November 16th. The Rotary Club of Alabaster-Pelham presents the annual Southern Christmas Bazaar from 9:00 a.m. to 4:00 p.m. Craftsmen, artisans, and merchants across Alabama and the Southeast will offer unique and amazing gifts, including clothing, ornaments, decorations, and sweet treats. Tickets are \$8.00 for adults and \$3.00 for children. A \$1.00 discount on each ticket is available with a canned food donation for Oak Mountain Ministries.

A Southern Christmas Bazaar is one of The Rotary Club of Alabaster-Pelham's biggest fundraisers of the year. Over the previous decade, the Bazaar has raised more than \$175,000 to donate back to Shelby County, benefiting groups such as the Pelham Public Library, the Community of Hope, Backpack Buddies, Manna Ministries, the King's Ranch Equestrian Program, and others.

Read more about A Southern Christmas Bazaar on the [event website](#).



Let's Go On an Elf Adventure!

Pack your sleuthing skills, shop local, and go on an Elf Adventure to kick off the holiday season. The adventure is scheduled for November 30th through December 7th. Pete the Pelham Elf will be hiding in local retailers during this time. It's your job to find him!

Alicia Walters, Assistant Director of Pelham Parks & Recreation, said "passports" for the Shop Local Elf Adventure will be available at the Pelham Rec Center by mid-November. Participants will visit the retailers listed on the passport and have it stamped. On Saturday, December 7th, a Shop Local Elf Adventure finale party will be held at the Pelham Rec Center from 2:00 p.m. - 4:00 p.m. Participants can turn in their passports to win prizes from participating retail businesses at that time. "We have it on good authority that Santa will appear for a photo op. We will also have hot chocolate, cookies, and crafts," said Walters.

2024 marks the second year of the Shop Local Elf Adventure. The City of Pelham Parks & Recreation Department designed the event to celebrate local retailers by helping to attract customers during the busy holiday shopping season. "Not only is it a way to bring the community together, but it also creates exposure for our local retailers. We encourage Pelham residents to shop small this holiday season," said Walters.

Complete details will soon be available on the [Pelham Parks & Recreation website](#) and the department's [Facebook page](#).





Yoga is for Everyone at Pelham Racquet Club

Director Chaney Mills wasn't necessarily thinking about introducing fitness classes at the Pelham Racquet Club. However, when a local yoga instructor who just happened to be a tennis player offered her services to teach, an entire world of possibilities opened up.

Former first-grade teacher April Wittmann noticed the remodeling at the Pelham Racquet Club and messaged Chaney to discuss the possibility of offering yoga classes in the renovated upstairs space at the clubhouse. April, a fitness enthusiast who received her yoga certification over a year ago, had perfect timing when she approached Chaney with her idea.

"I had been thinking about options to utilize the new space in addition to rentals, and April's offer of yoga classes made sense. She contacted me at just the right time, and we sat down to meet. We felt we could make it work and were excited about offering something that would benefit tennis players and community members," Chaney recalled.

After some planning, April began teaching yoga classes at Pelham Racquet Club in mid-August. She teaches classes Monday through Thursday at various times of the day. Two different courses are offered: Yoga Flow and Tennis Yoga. Although the lessons are geared towards stretching and preventing injury in tennis players, anyone can attend the classes, and the yoga principles can be applied to various lifestyles and people from all walks of life.

Yoga Flow is a Hatha-style yoga practice that uses deep breathing, plus standing and seated poses, to stretch, strengthen, and balance. Tennis Yoga is a basic yoga practice that improves flexibility, strength, core strength, and balance. This class focuses on common tennis-related injuries or imbalances to prevent injury and improve your game.

"Yoga improves flexibility and decreases stress and anxiety," said April. "The benefits are incredible. Yoga improves strength, reduces injury, helps you maintain balance, and builds mental toughness," she added.

(This article continues on the next page.)



Yoga instructor April Wittmann offers classes at Pelham Racquet Club.



Many might not know, but yoga can streamline breathing and expand lung capacity. April explained, "It is good for those with asthma. As your breathing rate decreases, stress and anxiety are reduced. Controlling your breath can help manage stress and stress-related conditions."

April has a keen sense of adapting her classes to the needs of the people in them. "When I have a class of people new to yoga or older people who haven't exercised in a while, I slow things down. In advanced classes, I go faster, and there's more of a flow."

April has been a fitness instructor for 15 years. She has taught classes in strength, Pilates, and other forms of exercise. When her children were out of the house and in college, April decided to tackle the long process of becoming a certified yoga instructor. "The program is around 200 hours in total. It took a lot of commitment outside of my regular job. After I received my certification, I quit my teaching career and started building my fitness practice."

April's interest in yoga came about organically. "I ran a lot, and I found benefits to yoga. I realized it helped me not to get injured. When parts of your body that you use for specific sports and activities are tight, you get in trouble."

Using tennis players as an example, she said tennis yoga focuses on specific body areas such as wrists, shoulders, hips, and hamstrings. "The tennis yoga classes are focused on these areas, but most people could benefit from this focused workout."

April said she's passionate about helping people prevent injuries. "My daughter was a cheerleader and tore her ACL last year. After she experienced that injury, I looked around and realized other girls who were cheerleaders were tearing their ACLs." April talked to coaches and doctors to see what could be causing the high number of injuries. She found out that teens, as well as adults, often overtrain in the same sport. "They're banging on the same muscles over and over. Five minutes of stretching before play is not going to do it. I started training the cheerleaders with yoga. We focused on their glutes, hips, and hamstrings. I found most of them suffered from extreme tightness. When these areas are tight, the way you walk and jump is different, and you put pressure on your knees and ankles. This leads to injuries."

April advised, "Pay attention when you have pain. Find out where it stems from. Sometimes, yoga helps pinpoint those areas. If your body is telling you this, and you're feeling pain, it's time to address it".

Chaney Mills is thrilled to welcome members and regular players to yoga classes at the Pelham Racquet Club and realizes the great opportunity to introduce the facility to those who might not otherwise have a reason to go. "Our main focus is providing a space for people to move and exercise. We hope to provide another outlet for movement to anyone who wants to do so. We are excited to welcome new people who come through our doors and give them a chance to see what tennis may offer them or someone in their family." Chaney said Pelham Racquet Club will work to build the yoga program before considering other forms of exercise classes, but the future is unlimited.

The newly renovated upstairs space at the Pelham Racquet Club offers privacy and comfortably holds about 20 people. April Wittmann said class participants can bring their yoga mats, but she has a few mats to loan to people who may want to try yoga before they buy their own.

Please visit the [Pelham Racquet Club website](#) to view the schedule of classes and to register.

HAPPENING IN PELHAM



FRIDAY | NOVEMBER 1 7:00 P.M. | PELHAM HIGH SCHOOL PHS Varsity Football vs. Fort Payne

The Pelham High School Panthers take on the Wildcats of Fort Payne in the last game of the season. Come out to the game and show your Pelham pride!

General admission tickets \$12.00
[Game day and ticket information here.](#)

SATURDAY | NOVEMBER 2 10:00 A.M. | OAK MOUNTAIN STATE PARK The CCC and WPA's Role in the Development of Oak Mountain State Park

Learn about the park's history from Mr. John Croom, a retired local history teacher who wrote his thesis on the work of the CCC and WPA, who helped create the park.

\$10 per person (park entry fee included)
Learn more on the [OMSP event website.](#)

THURSDAY | NOVEMBER 14 10:00 A.M. | PELHAM PUBLIC LIBRARY Pelham Garden Club

The Pelham Garden Club is open to adults interested in all aspects of gardening. A Pelham residence is not required. Each month, a guest speaker presents a different program.

All adults are welcome. | Free
Learn more on the [Pelham Public Library website.](#)

SATURDAY | NOVEMBER 16 11:00 A.M. | OAK MOUNTAIN STATE PARK Lessons on the Longleaf

Join Park Naturalists and learn about the Alabama state tree and one of the most important habitats in the south. Learn why these tall trees are worth saving.

Park entry fees apply | All ages are welcome
Learn more on the [OMSP event website.](#)

WEDNESDAY | NOVEMBER 20 10:00 A.M. - 3:00 P.M. | PELHAM PUBLIC LIBRARY American Red Cross Blood Drive

Help save a life by giving blood. Schedule your donation today.

Register on the [American Red Cross website.](#)

SATURDAY | NOVEMBER 23 11:00 A.M. | OAK MOUNTAIN STATE PARK From Highlands to Hollers: Celtic Influence on Old Appalachia

Enjoy a deep history of the influence that Scottish and Irish natives had on Appalachian culture, including arts, music, food, and more.

Park entry fees apply | All ages are welcome
Learn more on the [OMSP event website.](#)

HAPPENING IN PELHAM



SATURDAY | NOVEMBER 23 8:00 A.M. | OAK MOUNTAIN STATE PARK Death By 5K

Sign up and participate in RunStrong's signature 24-hour challenge, Death By 5k, which requires participants to run ten 5ks, starting each 5k spaced 2.5 hours apart.

Registration fee required | Park entry fees apply
Learn more and sign up on the [Death By 5K event page](#).

THURSDAY | NOVEMBER 28 9:00 A.M. | OAK MOUNTAIN STATE PARK Thanksgiving Day Guided Hike

Burn off some calories before your Thanksgiving meal! David Graves leads this hike to King's Chair. Meet at the North Trailhead Parking Lot. It is considered an intermediate hike, and it is not stroller-friendly.

Park entry fees apply | 4-mile, 1.5 hour hike
Learn more on the [OMSP Facebook event page](#).



Pelham Racquet Club
Junior Turkey Camp
NOVEMBER 25-27
SCAN TO SIGN UP



Pelham Racquet Club
IRON BOWL MIXER
NOVEMBER 29TH
10:00 A.M. - 12:30 P.M.
FAMILY DOUBLES
ADULT DOUBLES
JUNIOR DOUBLES
ALABAMA VS AUBURN
Sign up at www.pelhamracquetclub.com



BIRMINGHAM BULLS HOCKEY
November 2024 Home Games
Pelham Civic Complex & Ice Arena

- Friday, November 1, 7:00 pm vs. Macon Mayhem
- Saturday, November 2, 7:00 pm vs. Macon Mayhem
- Friday, November 8, 7:00 pm vs. Roanoke Rail Yard Dawgs
- Saturday, November 16, 7:00 pm vs. Knoxville Ice Bears
- Friday, November 22, 7:00 pm vs. Macon Mayhem

Tickets at www.bullshockey.net