



STEPPIN' OUT

THE ARTS, ENTERTAINMENT & EMPOWERMENT GUIDE OF THE GULF COAST

JANUARY 2017 • Volume 16:Issue 05



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ABOUT STEPPIN' OUT...

STEPPIN' OUT is a subsidiary of LEGACY 166 Inc., a non-profit organization with a Mission to provide Educational, Career, and Economic opportunities for Youth and the Underserved of Diverse Cultures; make available Cultural Activities for community participation; and deliver Quality of Life Skills Training through the Arts and Community Collaborations.

STEPPIN' OUT provides quality of life information to the community each month at no cost to the reader. Even though STEPPIN' OUT is not a "hard news" publication, the columns submitted by our contributors touch on subjects that address a wide range of community and cultural issues. Regular features include articles on health, history, entertainment, and finance. Articles on fashion, literature, and technology are some of the subjects that are occasionally featured.

STEPPIN' OUT and LEGACY 166 Inc. will continue to expand their roles in the community by offering internships and career training, and youth development and work opportunities. Volunteers are always needed with this mission.

STEPPIN' OUT welcomes your comments and suggestions regarding this publication.

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REFLECTIONS

BELTEGLIONS?

There was a farmer who sold a pound of butter to the baker. One day the baker decided to weigh the butter to see if he was getting a pound and he found that he was not. This angered him and he took the farmer to court. The judge asked the farmer if he was using any measure. The farmer replied, "Your Honor, I am primitive. I don't have a proper measure, but I do have a scale." The judge asked, "Then how do you weigh the butter?" The farmer replied "Your Honor, long before the baker started buying butter from me, I have been buying a pound loaf of bread from him. Every day when the baker brings the bread, I put it on the scale and give him the same weight in butter. If anyone is to be blamed, it is the baker."

What is the moral of the story? We get back in life what we give to others. Whenever you take an action, ask yourself this question: Am I giving fair value for the wages or money I hope to make? Honesty and dishonesty become a habit. Some people practice dishonesty and can lie with a straight face. Others lie so much that they don't even know what the truth is anymore. But who are they deceiving? Themselves!!!♣



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MARTIN LUTHER KING Day of Service

“Life’s Most Persistent and Urgent Question is: ‘What Are You Doing for Others?’” —Dr. Martin Luther King, Jr.

Mobile United will be hosting a “MLK Day of Service” from 8:30-11:30 a.m. on Monday, January 16 at Tricentennial Park (2121 Lake Drive). Created by Mobile United’s Natural Resources Committee, the purpose of this community-wide cleanup is to honor the legacy of Dr. Martin Luther King, Jr. by inspiring citizens to give back to the community.

“On this special day of service, it is only appropriate that we honor Dr. King by working together to make a difference,” said Katherine Pitman, executive director of Mobile United. “Collaborating with diverse partners is what makes us stronger as a community.”

This event also highlights the need to protect our abundant natural resources, as it takes place on the banks of one of Mobile’s most historic, yet neglected waterways – Three Mile Creek.

“Three Mile Creek was once the city’s primary drinking water supply, and today it faces a variety of environmental issues, including litter”, said Casi (kc) Callaway, co-chair of the Natural Resources Committee and executive director of Mobile Baykeeper. “Today we honor Dr. King by educating citizens on the importance of giving back to both our environment and our community.”

Registration begins at 8:30 a.m. and the cleanup will last from 9 a.m. until 11:30 a.m. Admittance to the event is free and all volunteers are welcome to

attend. Volunteers with canoes and kayaks are encouraged to bring their boats to help remove as much litter from the creek as possible. Cleanup supplies (rubber gloves, trash pickers, trash bags, etc.), food, and beverages will be provided on site. Volunteers should expect cold weather and dress accordingly in long-sleeved clothing. Waders and boots are also encouraged.

In addition to the cleanup, there will also be a variety of guest speakers from the community, including City Councilman Fred Richardson, Kelly Jones, Karlos Finley, and others to be announced at a later date.

Jeff DeQuattro, co-chair of the Natural Resources Committee and executive director of Delta Bike Project, is hosting a bike ride to and from the cleanup to encourage the use of alternative forms of transportation. “Offering a bike ride to the cleanup is a fun and unique way to engage different areas of the community, and we are looking forward to having a team show up on two wheels!” said DeQuattro.

To register for the event in advance, please sign up on the official Eventbrite Event Page. To sign up for the bike ride, visit the Facebook Event Page for the ride. For more general information about the event itself, please visit the MLK Day of Service Facebook Event Page or call Mobile United at 251-432-1638.

TRICENTENNIAL PARK – 8:30AM – 11:30AM

CELEBRATE
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PARTICIPATE



Mobile Area Chamber of Commerce | 180th Annual Meeting

Thursday, February 9, 2017 | 5:00 p.m. | Mobile Convention Center

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Tickets are \$60 per person | RSVP at 251-431-8606 or events.mobilechamber.com

QUOTE OF THE MONTH

“
**Better a Hundred
Enemies Outside
the House Than
One Inside!**

”

TAKING MOBILE TO THE NEXT LEVEL



Memphis Vaughan Jr.

A native Mobilian and editor of literary website, TimBookTu.com
Feedback can be sent to: mempv57@gmail.com

Matching Resources to Needs

The New Year is always the ideal time for reflection. As the milestone of a new year occurs, I always think about the things that occurred during the past year and think about what's in store for the upcoming year. Many of us should use it as the time to get a fresh start and work on doing the things we didn't get accomplished in the previous year. If you're like me, you want to be sure that your efforts are worthwhile and beneficial to yourself, your family and the community.

I entitled this piece "Matching Resources to Needs" and it is based on a statement that I heard from my pastor the other day. One of my favorite bible passages is Luke 12:48 in which it states "From everyone who has been given much, much will be demanded." It means that those of us who are blessed with much have a responsibility to help those who do not. I'm sure many of us know people in need and we know people with ample talents, time and resources. You and I fall into one of those categories.

The challenge is finding the way to match the people with the resources to those in need. Most of us may already be doing this via our churches, social groups or volunteer organizations. Yet there is still a great need out there that isn't being met. Just the other day, I was talking with my cousin who has gone through a lot in his life and has turned his life around. He would like to find or start a prison ministry where he assists others and help them make the transition back into society. Another example may be as simple as sharing your professional talents with young people or someone without skills to show them how they can follow in your footsteps and one day have marketable skills.

We lament about the poor state of our schools yet how many of us take time to volunteer at schools in the various programs that are in dire need of volunteers? Do we take the time to show our children the ways to help others by starting them off at a very young age where it becomes second nature to them? If your children are grown, then perhaps you have a grandchild or niece or nephew that you can impart the wisdom of service. Imagine how great it would feel to take a young child with you to do volunteer work. Even if they can't do the work, perhaps just witnessing it will have a lasting impact on them. For those of you who have a church home but have been backsliding and not regularly attending, the church may be a way to share your resources, time and talents. If you don't have one, then Toulminville-Warren Street Church will welcome you into our fold.

Our nation has just endured the ugliest, craziest and most mean-spirited election campaign that I have witnessed in my 59 years. I tend to be the eternal optimist (at times), yet I feel that a lot of things we have taken for granted may no longer be available in the future. It will be incumbent upon us to get out in the community to get things accomplished and stop waiting on elected officials to make it happen. And if they are to make it happen, it will require us to hold them accountable.

So in 2017, let's get involved in making Mobile a better community. After all, you are living here and our community is a reflection of all of us. Now's the time to do your part as the bible instructs and match your resources with the needs. ♣

The Flow (The Rhythm of Dance)

The University of South Alabama Marx Library is pleased to present a new art exhibit by professional photographer, Vincent Lawson. Lawson has been teaching USA special courses photography classes for over 11 years. He has a strong passion for taking real life photographs that capture the still, small moments in life that would otherwise fade away and be lost. The photos in this exhibit are beautiful examples of Lawson's talent for capturing and preserving these images on film. He states, "Everything in the universe has a rhythm, everything dances. This quote from Maya Angelou put this show in perfect perspective. These photos are about rhythm, and flow. Flow and rhythm are interchangeable. From fractions of a second to whole seconds these images represent life and the movement of dance."

This exhibit, "The Flow (The Rhythm of Dance)", will be on display on the first floor gallery of the Library from January 03 - February 28, 2017. All exhibits are free and open to the public during regular Library hours.

For more information, please visit our website <http://www.southalabama.edu/librarygalleries>. ♣



Vincent Lawson
Professional Photographer



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NEW YEAR • NEW LOCATION • NEW OPPORTUNITY to Learn Even More About Mobile History

by Kelly Jones



Kelly Jones
17-YEAR NEWS VETERAN

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Each month, I am able to share with you...updates, thoughts and progress happening in our city and as we celebrate this New Year, we are kicking off this column on a historic note!

Full disclosure, I proudly serve as a board of director, for the Dora Franklin Finley African-American Heritage Trail (DFFAAHT). As soon as we acquired our new office space, I could not wait to share the great news with you! We are strictly volunteer based. Recently, I interviewed our president, Judge Karlos Finley, our vice president, Dr. Joycelyn Finley-Hervey and our docent, Eric Finley and they are sharing their thoughts as to what the DFFAAHT means to our community...

Kelly Jones: You have recently moved into your new office inside the History Museum how do you think your presence helps boost the city's image on the international stage?

Karlos Finley: Our presence in the history museum enhances its commitment to diversity and underscores its exhibits that are already housed there, documenting the contributions that African-Americans have made to our city. The mission of the DFFAAHT is to educate, preserve and mark the historic contributions of African Americans in Mobile.

KJ: Describe your founder, Dora Franklin Finley.

KF: Our founder was one of the most dynamic, driven people I've ever met. She was motivating and could charm the venom out of a rattlesnake before he realized ever he was being milked. She was a passionate, caring person who would help a person in any way she could and did in many ways that her family didn't know about until testimonials were given at her repast. She was rooted in her family and held it in high esteem. Her love for history drove her daily to ensure that none who had given of themselves for her beloved city, Mobile, were forgotten. She cherished her birthplace and fought for it to be what she knew it was capable of.

KJ: You invite everyone to step back in time and learn more about history, by booking a tour.

KF: Visitors from around the world can now take the DFFAAHT and visit the actual sites where the individuals on display lived and worked. They can see the contributions and stand in the places that these great Mobilians did as opposed to just reading about them or seeing a picture. For Mobilians, our goal is to instill a sense of pride and appreciation in and for those who have contributed significantly to our community and to motivate all of us, young and old to make significant contributions to our city. First among us being our children. I feel that if our children can be given a sense of the contributions made by those who have come before them with far less resources than they have, they will believe more in their own capabilities to do the same and to an even greater extent.

KJ: When you conduct a tour what feelings go through your mind as you describe what has transpired, so many years ago, in the city?

Eric Finley: Initially, I would try to empathize with and express a wide range of feelings and experiences about the struggles and successes as the history is recorded. To be honest, I found this experience to be tough and a real challenge. Soon the experience evolved and I found myself delivering the history with compassion and begin to watch those participating on the tour. Our visitors displayed immense emotions ranging from their eyes tearing up to joy, for the accomplishments they were learning more about. These emotions energized me and directly impacted how I conducted tours.

KJ: What are you hoping people take away from their first tour?

Joycelyn Finley-Hervey: After embarking on their first DFFAAHT tour, I want participants to feel a sense of accomplishment, pride and empowerment. To have a feeling of being interconnected with their past; knowing that we all come from people who strived against great odds to survive and thrive. I want them to know that they too can thrive, excel and make a positive difference - in their lives and in their community. I want them to know the real stories of their diverse cultural heritage that stands as the foundation to which the City of Mobile is built. ❖



Finally, I want them to leave "The Trail" experience with an awareness of courage, authenticity and knowledge to propagate relationships that unite rather than divide our local, national and global community. (Tours are \$10 for adults, \$5 for kids.)

KJ: If your founder were alive today, what would she think of the DFFAAHT?

KF: She would proud of her "Trail" and see that it continues to embody her dream. She would also be glad to know that it continues to educate, inspire and motivate those who partake upon its journey. She would be humbled by the work of her Board of Directors to achieve all that they and her "Trail" are capable of. I can still hear her say: "YOU CAN'T KNOW WHERE YOU'RE GOING, UNLESS YOU KNOW WHERE YOU'VE BEEN!"



What's Next for DFFAAHT?

You are invited to join us March 10 at the History Museum of Mobile for our annual "Griot Awards." We honor a remarkable individual who carries on the oral history of our community, in an effort to ensure this vital information is not lost for future generations. Last year we recognized Alabama native and Motown star, Martha Reeves. Be sure to follow us on social media where we will announce this year's recipient and ticket information, as well.

FACEBOOK: Dora Franklin Finley African-American Heritage Trail
INSTAGRAM: Dffaaht • TWITTER: Dffaaht1 • WEBSITE: www.dffaaht.org

LOCAL FLAVA

ARTS NEWS

THE ADVENTURES OF ARCHY AND MEHITABEL

Fridays and Saturdays, 8 p.m., Sundays, 2 p.m., Mobile Theatre Guild, 14 N. Lafayette Street. In a deserted office, a cockroach dives headfirst onto the keys of a typewriter, pouring out the ruminations of his soul. It's "archy" (he's too small to hold down the shift key), poet, philosopher, moralist and futile worshipper of "mehitabel," the alley cat. This bizarre, highly original musical takes us into the streets of the big city as archy tries hopelessly to bring the "toujours gai" mehitabel off the back fence and into a respectable home as a housecat. Tickets: \$20 General Admission, \$15 Seniors/Students/Military. Available at www.mobiletheatreguild.org. 251-510-0654

MOBILE LIBRARY NEWS

CHESS CLUB

- **MONDAYS, JANUARY 9, 23 & 30; 4-5 PM; AGES 9-12**, West Regional Branch, 5555 Grelot Road. Come enjoy the fun! Learn to play chess or improve your skills. For more information, call the Children's Department at 340-8571.
- **TUESDAYS, JANUARY 3, 10, 17, 24 & 31; 4 PM, AGES 8 AND ABOVE**, Ben May Main Library, 701 Government Street. Beginners and experienced players are welcome. For more information, call the Ben May Main Library Children's Department at 208-7086 or crhodes@mplonline.org.
- **WEDNESDAYS, JANUARY 11, 18, & 25; 3-4:30 PM; AGES 8 AND ABOVE**, Toulminville Branch, 601 Stanton Rd. Mr. Ronald Reece will instruct children on how to play the game of chess. For more information, call 438-7075.
- **THURSDAYS, JANUARY 12, 19 & 26; 4 PM; AGES 6-18**; Semmes Branch, 9150 Moffett Road. Learn to play Chess! Beginners and experienced players are welcome. For more information, call 645-6840.

AFTERSCHOOL SPECIAL MOVIE

Thursday, January 5, 4 p.m., Ages 8 and Above, Ben May Main Library, 701 Government Street. Kick back and enjoy some of your favorite films. The film is The Angry Birds Movie. It runs 97 minutes and is rated PG. For more information, call the Ben May Main Library Children's Department at 208-7086 or crhodes@mplonline.org.

TEEN BOOK YAK & MOVIE SNACK

Friday, January 6, 4 p.m., Moorers/Spring Hill Branch, 4 South McGregor Ave. The BFG; Enjoy the Book - Watch the Movie! Steven Spielberg directed this adaptation of Roald Dahl's beloved novel, which centers on the unlikely friendship between a lonely orphan named Sophie and the titular "big friendly giant." The film runs 117 minutes and is rated PG. For more information, please call 470-7770 or email eenglish@mplonline.org.

A PAGE IN TIME

Tuesday, January 10, 6:30 p.m., West Regional Branch, 5555 Grelot Rd. If you love Historical Fiction this book club is for you. This month's topic of discussion is Victoria by Daisy Goodwin. For more information, please call Michele at 340-8561.

SILVER SCREENINGS

Tuesday, January 10, 11 a.m., Toulminville Branch, 601 Stanton Rd. It's a Senior Getaway! Join us for refreshments and a film. Our film is SouthSide with You. The film runs 84 minutes and is rated PG-13. Reservations are required. For more information or to reserve a space, please call 438-7075.

EBONY MOMENTS BOOK CLUB

Thursday, January 12, 6 p.m., West Regional Branch, 5555 Grelot Rd. Ebony Moments is a book discussion designed to increase the awareness of African-American authors, both past and present, and to promote the love of reading for all. This month's topic of discussion is His Last Name by Daaimah Poole. For more information, contact Betty Kidd at 470-7766.

READING PAWS: MEET, GREET & READ

Saturday, January 14, 2 - 3:30 p.m., Ben May Main Library, 701 Government Street. Come meet the Pet Therapy dogs and their owners. Learn all about the dogs and the services they provide the community. Practice your reading skills with a four-legged friend. For more information, please call the children's department at 208-7086 or email crhodes@mplonline.org.

EXTRAVAGANT READERS BOOK CLUB

Saturday, January 14, 3 p.m., Toulminville Branch, 601 Stanton Rd. Topic of discussion is Blue by Danielle Steel. For more information, please call 438-7075.

THE READER'S CHOICE BOOK CLUB

Tuesday, January 17, 1 p.m., West Regional Branch, 5555 Grelot Rd. Join us every third Tuesday for some lively book discussions and tips on what's hot and what's not in the world of books. This month's topic of discussion is Truly, Madly, Guilty by Liane Moriarty. For more information, please call 208-7097.

TUESDAY GREAT MOVIE ADVENTURE

Tuesday, January 17, 3 p.m., Parkway Branch, 1924-B Dauphin Island Parkway. Our feature is The Secret Life of Pets. The film runs 90 minutes and is rated PG. For more information, please call 470-7766.

MOVIE MYSTERIES @ MOORER

Tuesday, January 17, 5:30 p.m., Moorers/Spring Hill Branch, 4 South McGregor Ave. Enjoy wonderful classic Who Done It films with commentary and fun facts provided by Frank. This month's feature is Key Largo. The film runs 101 minutes and is not rated. For more information, please call 470-7770 or email ftigner@mplonline.org.

MOVIE TIME WITH MR. BUTCH

Thursday & Saturday, January 19 & 21, 4 p.m., Moorers/Spring Hill Branch, 4 South McGregor Ave. The featured film for January is Despicable Me 2. The film runs 98 minutes and is rated PG. For more information, please call 470-7770 or email ftigner@mplonline.org.

BAYSIDE BOOK CLUB

Thursday, January 19, 6 p.m., Parkway Branch, 1924-B Dauphin Island Parkway. This month's topic of discussion is The No. 1 Ladies Detective Agency by Alexander McCall Smith. For more information, please call Betty Fowler at 476-2600 or 208-7097.

OUT OF THIS WORLD BOOK CLUB VIA SKYPE

Saturday, January 21, 10 a.m., Moorers/Spring Hill Branch, 4 South McGregor Ave. Join us for a SciFi/Fantasy book club from the comfort of your home. Meetings will be conducted entirely over Skype video chat. This month's topic of discussion is Hitchhiker's Guide to the Galaxy by Douglas Adams. To participate in the group chat, download and register for a Skype ID for free at: <http://www.skype.com/en>. Once you're registered, simply have the Skype program open, log in at 6:30 p.m. on the first Tuesday of the month, and click or tap the answer button. For more information or help with Skype set up, contact Jill Stewart at 470-7770 or jstewart@mplonline.org.

SATURDAY MATINEE

Saturday January 21, 2 p.m., Saraland Public Library, 111 Saraland Loop. The BFG; Steven Spielberg directed this adaptation of Roald Dahl's beloved novel, which centers on the unlikely friendship between a lonely orphan named Sophie and the titular "big

(continued on Page 14... see **FLAVA**)

MOBILE JEWISH FILM FESTIVAL

Fanny's Journey



Wednesday, January 18 @7 p.m.

Admission: \$8 • \$6 for Students and Seniors

Bernheim Hall/Ben May Main Library (701 Government Street)

Fanny's Journey is an incredible tale of bravery, strength and survival, a story of a daring young girl who will stop at nothing and fear no one. In 1943, 13-year old Fanny and her younger sisters were sent from their home in France to an Italian foster home for Jewish children. When the Nazis arrive in Italy, their caretakers desperately organize the departure of the children to Switzerland. Suddenly left on their own, these 11 children will do the impossible to reach the Swiss border in order to survive. The film runs 94 minutes and is not rated. French language with English subtitles.

For further information or to make reservations, please contact the Mobile Area Jewish Federation at 251-343-7197 or mobilejewishfederation.org. ❖



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EXPRESSIONS: RIGHT OR WRONG

Lisa Johnson

A Poet and Writer who lives in Mobile



Most people when they hear the word inventory, they think of a business taking stock of their merchandise, goods, or raw materials on hand. Sometimes items have to be discarded because they've expired or no longer usable. Have you ever thought to take inventory of your life? One definition for inventory is, "To take stock of; evaluate: to inventory one's life and accomplishments." Are there people in your life that no longer need to be there because they serve no useful purpose? Are there clothes in your closet that are long overdue in being discarded or donated to charity?

Ironically, I recently purchased in December some cookie mix in a bag and discovered when I got ready to bake them; the expiration date was stamped January 2016. I did a triple take and realized someone apparently wasn't on their job because it's now December 2016. Needless to say, I returned it and got a fresh bag with an expiration date of August 2017. Sometimes in life you can overlook things that should have long been discarded so once a friend or family member call it to your attention, take action. Although it's hard to get rid of something that you've had for a long time, ask yourself, when was the last time you wore or used it? Is it a collectibles item? How much dust has it collected? Am I ever going to lose the weight to fit back into these clothes?

When taking stock of the people in your life, try categorizing them. When dealing with people, how big a part are they in your life? Some people sad to say are users and only call you when they need a favor but conveniently disappear when you need them. Others are there for the long haul and you can always count on them. At any rate, whatever it is that you need to take inventory of, please be honest with yourself.

~Ruth 1:16, 17; Proverbs 3:27; Proverbs 17:17; Psalms 18:25~ ❖

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Franklin Primary Health Center is pleased to welcome Dr. Joseph Peter.

Dr. Peter is a board-certified pediatrician with more than 25 years of experience, spanning nearly three continents. He recently practiced in Crestview, FL. for 18 years. He completed his pediatric internship and residency from Northeastern Ohio University College of Medicine, where he served as chief resident. He completed a fellowship in pediatrics and adolescent medicine at Cincinnati Children's Hospital Medical Center. He received additional education and training at the Royal College of Physicians and Surgeons in Glasgow, Scotland, and worked with the Flying Doctors in Zambia. In addition to private practice, his medical experience includes pediatric assignments at the Royal Hospital in Oman, Tod Children's Hospital in Ohio, Children's Hospital Medical Center in Ohio and Allegheny General Hospital.

Dr. Peter is a fellow of the American Academy of Pediatrics, as well as a member of the American Medical Association.

He was one of four physicians in the nation to receive the annual "Pediatric Hero Award: Champion for Children" from the American Academy of Pediatrics.

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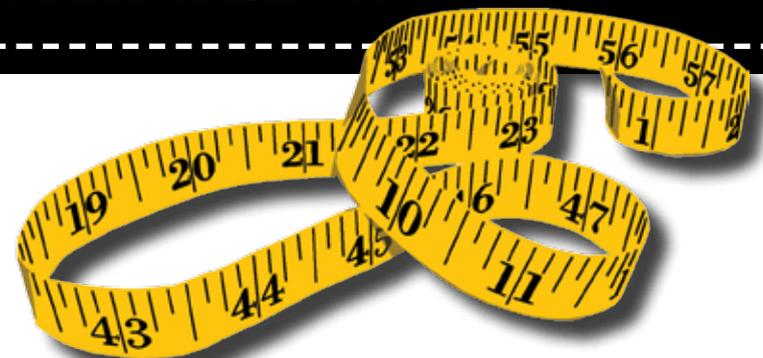
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Dashikis, Melanin, Dreads.... OH MY! The celebration of being Black is at an all time high. Some people just jumping on the bandwagon to say they are part of a movement. Others are genuinely learning the African/American history and using it as a lifestyle and voice. Meanwhile, others are just speaking to be heard with no substance or value. Either way you fall into the "movement"; we as people of color must realize that we ARE people of color that come from an interesting history throughout the world. Black people are NOT a fashion statement. We are people that want to be recognized, appreciated, and celebrated. We have contributed to the esoteric mixtures of culture throughout the world. However, we have also contributed to our demise in strength. We are in a period, where we are reliving our past, with a glimpse of hope and a lot of prayer that lay somewhere in the horizon. We have to take accountability for our social actions and perceptions within our own community, as well as globally. We are a driving force economically, culturally, socially. Moving money from one bank to another does not scathe the top of the barrel. It is just the beginning. Achieving a sound financial platform means, you HAVE to consistently do business with Black owned business (not just the banks). You have to have education whether vocational or higher education and you have to communicate. Somewhere in the course of discussion amongst peers, discuss institutionalized racism, stereotypes, and class within the African/American community. The opinions will surprise you. Make sure you listen, because that is the first step to empowerment. Become strategic with the plan. Then make it happen, making sure to include the community and how it effects the community at large. For example, Locs of Soul is a dread/loc salon that offers natural hair and barbering services. My goal is to educate my client as well as the public, on perception of dread/locs and natural hair.

While we look for the world to take African/American (people of color) serious, we have to start at home. African/Americans have to take the African /American community seriously. Let's work together to build a resilient, stronger community locally, nationally, and globally. ♣

Resume Writing Workshop

Making a first impression with employers takes on a new meaning in today's job market. Oftentimes, the first point of contact is your resume. Learn strategies to making a great first impression by writing a winning resume and cover letter that appeals to potential employers and get the phones to ringing. Facilitator is Pamela G. Ware, Director of Marketing and Public Relations at Mobile Works.

Tuesday, January 24, 10 a.m. – 12 p.m., Armbrrecht/Briskman Meeting Room at the Ben May Main Library, 701 Government Street. Registration is not required, but is strongly encouraged. For more information or to register, email jsigler@mplonline.org or call 208-7078 or 208-7085.

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Friday only: Drive Thru open until 6 p.m.
Saturday: Drive Thru only 9 a.m.-Noon

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JAMS PLUS MEDIA

NOVEMBER 25, 2016 • LOUISVILLE KY. PALACE

Jim James w/Twin Limb

Photos and Review by Tony Vasquez of Vasquez Photography

Jim James along with his backing band Twin Limb played a hometown show at the historic landmark Palace Theatre in Louisville, Kentucky. The set list was a mix of both his solo albums, and covers including one of Woody Guthrie from his side project band New Multitudes “Changing World”, and a cover of Bob Dylan’s “The Times They Are A-Changin’.”

Jim spoke to the crowd during his encore stating that he was extremely thankful that everyone came out to hang out and enjoy some music. He also asked a favor of the crowd before going into his cover the Velvet Underground’s “I’m Set Free.” It was a simple request that we all try to get along. At the end of the tune hearing the crowd singing in unison I’m Set Free... was a beautiful and magical moment.

Jim James is currently on tour now supporting his latest album Eternally Even. ❖



DECEMBER 13, 2016

Old National Centre Murat Theater

Ms. Lauryn Hill

Photos by Tyler Muir



REVIEWS • REVIEWS

JAMS PLUS MEDIA

NOVEMBER 30, 2016 • OLD NATIONAL CENTRE (INDIANAPOLIS)

Fitz & The Tantrums w/Phantogram • The night ALT 103.3 stole Xmas

Photos by: Tony Vasquez of Vasquez Photography



REVIEWS • REVIEWS

Bishop State Flying High



Bishop State Community College has partnered again with MAAS Aviation and MOBILE WORKS to train workers for jobs in the aerospace industry. Participants in the training program receive both classroom and hands on training for future work in the painting field at MAAS Aviation. All of the classroom work was done at Bishop State's Main Campus and the hands on paint training occurred on the Carver Campus which has a paint shop, both onsite. Bishop State Community College is proud to work hand in hand with MAAS Aviation to prepare a skilled workforce to meet the growing needs of the aviation industry in the Mobile area. Such a partnership like this is a win-win for Bishop State and MAAS Aviation. Hand and hand both are committed to providing local training to workers pursuing not just a job but a career in the field of aviation.

All trainees completing the program are offered jobs with MAAS Aviation. A graduation ceremony will be held on Friday, January 13, 2017 at the Carver Campus of Bishop State Community College. Certificates of completion will be presented to each person that has completed the training program. Geoffrey Myrick, Chief Operations Officer of US Operations for MAAS Aviation, will be one of the speakers at the graduation along with other stakeholders involved with the program. There are 10 participants that will be recognized at the ceremony. The graduation will start at 10:00 am on Friday, January 13, 2017 on the Carver Campus of Bishop State Community College. That campus is located at 414 Stanton Road in Mobile.

If you have any questions, please contact Austin Monk, Director of Workforce Development at Bishop State Community College at 251-405-7118 or by email at amonk@bishop.edu. ♣

THE REAL ENEMY — THE INNER ME

by A.D. McKinley



Releasing Mental Entrapment Understanding Who You Are!!!

Releasing Mental Entrapment is not simple but it is a relief from the obligation to others and accepting your own accountabilities. To release is to let go of something or someone and that is hard to do when you desire someone. It is easier to release when there is no desire for the thing or person. Why is it so hard to let go of things that may not be good for you? It may be because of your commitment level and because there is a desire to be needed and loved. If the wrong people fill that desire then the search for fulfillment continues and runs the risk of it being filled from anyone common. "The desire for love is so imperative that if it is not filled correctly with genuine love, then any substitute that appears and feels like love will be acceptable."

This statement suggests the level of commitment through love. It is hard to let go of harmful people and things that are not good. Why? Because we feel loved and desired by this substitute. Substitutes will allow you to acquire mixed emotions and misguided perspectives of reality and people. I want to tell you truth so you can be free from your entrapments. IT WAS YOUR FAULT.

Releasing Mental Entrapment is a personal desire to change and gain a positive thinking process about SELF. ♣

New Common-Law Marriages No Longer Recognized

Starting on January 1, the state of Alabama will no longer recognize any new common-law marriages. However, any unions entered into before Sunday will still be valid.

State Rep. Mike Jones, R-Andalusia, introduced House Bill 332 in the last legislative session that ended the practice of unions that are legally recognized despite the absence of an official license. Gov. Robert Bentley signed the bill on May 3. According to the Alabama Department of Public Health (ADPH), vital records will no longer be issued to common-law spouses after Sunday. An applicant may obtain a restricted vital record if they meet one of the other eligibility criteria (for example: informant on death certificate, beneficiary on insurance policy, etc.).

The exact reason for the request must be stated on the application. In some cases, it may be necessary to obtain documentation so that eligibility can be determined. LeAndrew Pears, who oversees Vital Records at the Mobile County Health Department, said his office will follow all procedures established by ADPH. For additional information, please call 251-690-8150.

The previous Alabama law required both parties in a common-law marriage to have the mental capacity to enter into the union; show they intended to be married to each other; and present themselves as married to family, friends and the community. There was no requirement on how long the couple had been together to be considered a common-law marriage. Proof of marriage could include jointly filing tax returns or having a joint bank account.

In Alabama, it was as legally valid as a traditional marriage once the relationship was established. A divorce was required to end the union. This could lead to problems if one party claimed to have been in a common-law marriage while the other party denied the union has existed.

As of January 1, only Colorado, Iowa, Kansas, Montana, Rhode Island, South Carolina, Texas, Utah and Washington, D.C., still recognize new common-law marriages. New Hampshire accepts the unions for the purpose of inheritance. Georgia, Idaho, Ohio, Oklahoma and Pennsylvania recognize any unions created before specific dates (1997, 1996, 1991, 1998 and 2005, respectively.) ♣

Councilman Appointed to National Committee

Councilman Levon Manzie has been appointed to the National League of Cities (NLC) 2017 Community and Economic Development (CED) federal advocacy committee. This committee has the lead responsibility for developing NLC's federal policy positions on issues involving housing, community and economic development, land use, recreation and parks, historic preservation and international competitiveness. The appointment was announced by NLC President Matt Zone.

"I am honored to have been chosen to serve on this committee," said Councilman Manzie. "I look forward to working with the federal government on these issues that are of such incredible importance to Mobile."

As a committee member, Councilman Manzie will play a key role in shaping NLC's policy positions and advocate on behalf of America's cities and towns before Congress, with the new administration and at home. ♣



Former Commander of Blue Angels to Speak to Firefighter and Police Recruits

Recruits from the Mobile Fire-Rescue Department and Mobile Police Department as well as department staff members will have the honor of hearing Captain Donnie Cochran (USN Retired) speak on Monday, January 09 @9:00 a.m. at the Saenger Theatre.

Captain Donnie Cochran grew up on a farm near Pelham, GA, where many of the fundamental values and a genuine work ethics were instilled in him by his parents. Captain Cochran is a 1976 graduate of Savannah State University, earning a Bachelor's degree in Civil Engineering Technology and a Commission in the United States Navy. He is a recognized expert and "motivational teacher" in both the military and business sector, who inspires high performance in individuals and organizations. Prior to this role, Captain Cochran was employed at The Coca Cola Company's Aviation Department, as the Manager, Aviation Programs and he worked for United Parcel Services, (UPS) as a Flight Training Supervisor and Captain, onboard the Boeing 727 aircraft.

Captain Cochran came to the Civilian Aviation Industry in December 2000, with experience gained from his 24year aviation career with the U. S. Navy. He retired from the Navy as a Captain in November 2000. His Navy career included duty as a fighter pilot, flying the RF-8 and F-14A from the decks of the aircraft carriers USS Nimitz and USS Ranger.

Donnie Cochran's distinguished career also included two tours with the United States Navy Flight Demonstration Squadron (The Blue Angels). In 1985, he was honored by his selection as the first African-American pilot to fly with the Blue Angels, and in 1994, he was honored again by his selection as the first African-American pilot to command the Blue Angels.

During his tours as a Blue Angel pilot, he flew over 2,200 hours in more than 300 air shows before over 30 million spectators throughout the United States and Canada. He has also served as the Professor of Naval Science at Florida A & M University with cross-town enrollment for students at Florida State University. During his final assignment he served as the Deputy Commander, Navy Recruiting Command, second in command of over 7,000 people at over 1500 locations around the nation and abroad. He is a command pilot with ratings and experience in 9 types of aircraft and over 6,000 hours of flight time.

Captain Cochran's other academic achievements include graduating from Troy State University with a Master's Degree in Human Resource Management. He is also a graduate of the United States Air Force Air War College, with a diploma in National Security and International Studies and recently earned qualifications as a Certified High Performance Coach. He was also; selected Savannah State University Black Engineer of the Year for 1989, presented two Legion of Merit Medals, (3) Meritorious Medals, a Navy Commendation Medal, a Air Medal and numerous other awards and honors. And most recently, Captain Cochran was honored by Governor Nathan Deal in the renaming of the old Pelham's Detention Center to the Donnie Cochran Community Complex and he was recently selected into the 2016 Georgia Military Veteran Hall of Fame. ❖



Captain Donnie Cochran
United States Navy
Retired

Addressing Blight in District 2

Councilman Levon Manzie announced that the City is working to acquire the old Yarborough Machine & Iron property located at the cross streets of Midway Avenue and Dublin Street, across from Williamson High School.

Late last month at a 'Council in the Community' meeting at the Harmon Recreation Center in District 2, several citizens complained the property had been abandoned, fallen into severe disrepair and that there appeared to be individuals living in the structures on the property. In response, the City Council began an inquiry into the property and surrounding issues.

"I am pleased to report that the City is taking action to secure the site and address these concerns," said Councilman Levon Manzie.

"Abandoned properties like this hurt our communities. They are an eyesore, create public safety issues, and discourage economic development and much more."

The City is working to acquire the property through the Neighborhood Renewal Program (NRP), which the Council created to streamline the City's efforts to address blight. ❖



SCALE BACK ALABAMA Kicks Off Its 11th Year

A new year is the perfect time to shed those extra pounds, and the state's largest weight loss and physical activity competition can help you do that.

Scale Back Alabama is an 8-week statewide program that encourages Alabamians to eat healthier, exercise, and have fun while doing it. Cash prize drawings are held for teams and individuals that lose at least 10 pounds and participants receive weekly tips on ways they can improve their health.

This year's contest began with a kickoff today in Montgomery and a challenge from the city of Montgomery. Michael Briddell, director of public information and external affairs for the city, called out fellow city administrators and mayors to join Montgomery in participating in the contest.

"In Montgomery, we are not only concerned about roads and buildings, but also about the health of our citizens," said Briddell. "We have participated in this exciting program for many years; it's a fun way to develop some healthy habits, and the results have been amazing. I urge all cities to encourage their staff and their citizens to participate."

The contest that began with a challenge from American Idol winner Ruben Studdard in 2006 has continued to be a staple in many companies, hospitals, health departments and other organizations, with millions of pounds lost over the 11-year history.

Last year, 10,826 teams of two participated, a total of 21,652 people. More than 1,000 of those teams had each team member lose 10 pounds, and there was a total of 76,485 pounds lost.

The program is free, and two-member teams can register to participate at scalebackalabama.com. Participants must be at least 18 years of age, live in Alabama or work in Alabama, and must weigh in during the week of January 11-18 at an official weigh-in site. Public weigh-in sites are listed on the Scale Back Alabama website.

Scale Back Alabama is a public awareness program sponsored by the Alabama Hospital Association, the Alabama Department of Public Health and Blue Cross and Blue Shield of Alabama. ❖

THINKING OUTSIDE OF THE BOX

Arthur L. Mack

FREELANCE WRITER; Mobile, Alabama
Contact Info: steppinoutnews@aol.com



Hello, 2017...Bring It On!!

Well, 2016 is about to come to an end, and by the time this column is published, we'll be into 2017. Just out of curiosity, how many of you are glad 2016 has come to an end? I'll tell you this, I am, for so many reasons.

First, there were the presidential elections. It was a very crazy time, and when it was all said and done, the unthinkable happened—Donald Trump was elected President of the United States. It was incredible that someone with so much baggage could garner the majority of electoral votes, but yet, Trump did.

Then, there were so many celebrity deaths...way too many to mention. From David Bowie to Prince to John Glenn, the deaths just kept coming. I don't know about you, but it was a stark reminder of my own mortality.

Locally, there were simply too many homicides for one city. And to top it off, there was the Michael Moore shooting by a police officer. That incident put the community on edge, and made people realize that incidents such as these were not isolated in Ferguson, Missouri, or Baton Rouge, Louisiana, or even in Minnesota.

It was just a crazy year. What does 2017 hold for all of us?

Well, for some, it will be a year of uncertainty. A Trump presidency has struck fear in a lot of people, but I need not remind you what I said in last month's column—don't be afraid, but stay work, prayed up, and be prepared to fight like hell. There are a whole lot of negatives in a Trump presidency, but know this—communities will have to rise up and uplift themselves if they expect to survive.

For others, it could very well be a year of hope. Some of these individuals caught hell in 2016, and they fought to survive all of the pitfalls that the year brought to them as well as their families. From what I've gathered from some of my Facebook friends and other, they are putting their faith in the Lord Jesus Christ. Here's the way I see it—it is faith in the Lord Jesus Christ that's going to ultimately get us through the year—and beyond.

Beyond that, I feel that the good Lord will guide us to make the right decisions and do the right things in order to help us to do the right things in order for us to survive 2017. Ever hear of God-given sense? It is what one uses in order to make the right decisions.

It is that God-given sense that gives us courage to rise up and speak out against what is wrong. It is that God-given sense that helps us to come up with ways to create solutions to solve problems. And it is that God-given sense that helps us to put those solutions into action.

So, for those who are worried about 2017, I understand your frustrations and your fears. At the same time, rise up above the uncertainty and make it a good year—uncertainty or not. ♣

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FLAVA (continued from Page 06)

friendly giant." The film runs 117 minutes and is rated PG. For more information, please call 675-2879.

TEEN BOOK CLUB

Saturday, January 21, 2 - 4 p.m., West Regional Branch, 5555 Grelot Road. Hot Teen Reads in the Library-Make new friends and join in the book discussion of some of the best YA Literature for Teens. The topic of discussion is *The Rest of Us Just Live Here* by Patrick Ness. For more information, please call the children's department at 340-8571.

POETRY ENTHUSIASTS

Monday, January 23, 6 - 7:45 p.m., Toulminville Branch, 601 Stanton Rd. Join members of Spoken Word of Mobile for an evening of poetry readings at the Toulminville Branch. Students and adults are encouraged to share readings of their own works or works from their favorite poets. For more information, please call 438-7075.

HEART & SOUL SPOKEN WORD

Saturday, January 28, 4 - 5:30 p.m., West Regional Branch, 5555 Grelot Rd. Join members of Heart & Soul for an afternoon of poetry readings. Students and adults are encouraged to share readings of their own works or works from their favorite poets. For more information, please call Cassandra at 209-3559 or email heartand-soulbookclub@gmail.com.

CLASSICS REVISITED BOOK CLUB

Monday, January 30, 6:30 p.m., Ben May Main Library, 701 Government Street. Join us the last Monday of the month for some lively book discussions on some of our favorite classics. This month's topic of discussion is *Antigone* by Sophocles. For more information, please call 208-7902.

For information on these and other events, visit www.mobilepubliclibrary.org

PRICHARD LIBRARY NEWS

FRIDAY VIDEOS • 12:00-1:00 PM • AGES 3-13 YEARS OLD

JANUARY 06—VIDEO: "DISNEY'S DARKWING DUCK HIS FAVORITE ADVENTURE; Not one, not two, but a Fearsome Five of Darkwing Duck's most dastardly enemies - Negaduck, Quackerjack, Bushroot, Megavolt and Liquidator - have taken over St. Canard! Now it's up to Darkwing to lead the mighty Justice Ducks into the battle of the century to liberate the city.

JANUARY 13—VIDEO: "Martin Luther King, "I Have a Dream". When 200,000 civil right marchers-black and white gathered at the steps of the Lincoln memorial on August 28, 1963, they heard strong words from their spiritual leader.

JANUARY 20—VIDEO: Fat Albert and the Cosby Kids; Dumb Donald's cousin Jason is a real practical joker. He learns that these jokes can have a way of backfiring and can be harmful and even dangerous.

JANUARY 20—VIDEO: The Magic School Bus "Inside Ralphie". Ralphie is crushed when a fever and sore throat keep him home from school the day he's scheduled to host the Frizzle News Network television broadcast on health. ♣

CALENDAR

January 2017

MOBILE

CONCERTS

Honey Island Swamp Band-Soul Kitchen, 1/6
Jeff & Sherri Easter-Cottage Hill Baptist Church, 1/7
Tedeschi Trucks Band-Saenger, 1/13
Lettuce, Jaw Gems-Soul Kitchen, 1/18
Travis Tritt-The Steeple, 1/20
Alter Bridge, Monster Truck-Saenger, 1/21
Pop Evil, Red Sun Rising, Badflower-Soul Kitchen, 1/22

FAMILY SHOWS

World Wrestling Entertainment-Civic Center, 1/8

SPORTS: COLLEGE BASKETBALL-MEN

Bishop State vs. Wallace-Selma, 1/10
Bishop State vs. Alabama Southern, 1/17
Bishop State vs. Chatahoochee Valley, 1/23
Bishop State vs. Faulkner, 1/30
Spring Hill vs. Paine College, 1/2
Spring Hill vs. Benedict College, 1/14
Spring Hill vs. Claflin College, 1/16
Spring Hill vs. Clark Atlanta, 1/19
Spring Hill vs. Morehouse College, 1/21
Spring Hill vs. Lemoyne-Owen College, 1/30
Univ. of Mobile vs. Southern Univ. New Orleans, 1/7
Univ. of Mobile vs. Loyola, 1/12
Univ. of Mobile vs. Blue Mountain, 1/19

Univ. of Mobile vs. William Carey, 1/21
Univ. of Mobile vs. College of Coastal Georgia, 1/26
Univ. of Mobile vs. Brewton-Parker, 1/28
USA vs. Troy, 1/2
USA vs. Texas State, 1/14
USA vs. Texas Arlington, 1/16
USA vs. Georgia Southern, 1/28
USA vs. Georgia State, 1/30

SPORTS: COLLEGE BASKETBALL-WOMEN

Bishop State vs. Wallace-Selma, 1/10
Bishop State vs. Alabama Southern, 1/17
Bishop State vs. Chatahoochee Valley, 1/23
Bishop State vs. Faulkner, 1/30
Spring Hill vs. Paine College, 1/2
Spring Hill vs. Benedict College, 1/14
Spring Hill vs. Claflin College, 1/16
Spring Hill vs. Clark Atlanta, 1/19
Spring Hill vs. Lemoyne-Owen College, 1/30
Univ. of Mobile vs. Trinity Baptist, 1/7
Univ. of Mobile vs. Loyola, 1/12
Univ. of Mobile vs. Blue Mountain, 1/19
Univ. of Mobile vs. William Carey, 1/21
Univ. of Mobile vs. College of Coastal Georgia, 1/26
Univ. of Mobile vs. Brewton-Parker, 1/28

USA vs. Texas Arlington, 1/12
USA vs. Texas State, 1/14
USA vs. Georgia State, 1/26
USA vs. Georgia Southern, 1/28

SPORTS: COLLEGE FOOTBALL

REESE'S SENIOR BOWL-Ladd Peebles Stadium, 1/28

MUSEUMS

—Exploreum

Hands on Hall; ON-GOING
Minds on Hall; ON-GOING
Science Lab (Ciba Lab); ON-GOING
Wharf Wonder; ON-GOING

—Fort Conde

Historic Fort: Founded in 1702,
Moved to Mobile in 1711; ON-GOING

—Museum of Art

Material Imaginings, ON-GOING

—Museum of Mobile

Old Ways, New Days Part I & II, ON-GOING
Walls and Halls, ON-GOING
CSS Alabama Cannon, ON-GOING

—Phoenix Fire Museum

Steam Engines, Motorized Vehicles, Gallery;
ON-GOING

ATLANTA

CONCERTS

Lee Brice, Justin Moore, William Michael Morgan
-Fox Theatre, 1/21
Ramsey Lewis, Jimmy Cobb, Lou Donaldson
-Rialto Center, 1/21
Don Henley-Fox Theatre, 1/22
The Beach Boys-Cobb Centre, 1/25
Chippendales-Center Stage Theatre, 1/25
Alan Jackson, Lee Ann Womack-Infinite Energy Center, 1/28
Pat Metheny, Antonio Sanchez, Linda Oh, Gwilym
Simcock-Woodruff Arts Center, 1/31

BILOXI

CONCERTS

Gregg Allman-Beau Rivage, 1/6
The Harlem Globetrotters-Coast Coliseum, 1/16
Neil Sedaka-IP Casino, Resort and Spa, 1/20
Irma Thomas-Golden Nugget, 1/20
Golden Dragon Acrobats-Hard Rock, 1/20
Boz Scaggs, Robert Cray-Hard Rock Live, 1/28

BIRMINGHAM

CONCERTS

Kathleen Madigan-Lyric Theatre, 1/8
Gregg Allman-Iron City, 1/10-11
Wynton Marsalis-Alys Stephens Centre, 1/18

FAIRHOPE

CONCERTS

Flow Tribe-Fairhope Brewing, 1/13

NEW ORLEANS

CONCERTS

Willie Nelson-House of Blues, 1/8
Red Hot Chili Peppers, Trombone Shorty & Orleans
Avenue, Jack Irons-Smoothie King Center, 1/10
Joe, Jagged Edge, Dru Hill-Lakefront Arena, 1/15
Chippendales-House of Blues, 1/22
Aaron Lewis-Joy Theatre, 1/25

FAMILY SHOWS

Shen Yun Performing Arts-SMahalia Jackson Theatre, 1/20-21

SPORTS: PRO BASKETBALL

Pelicans vs. Atlanta Hawks-Smoothie King Center, 1/5
Pelicans vs. Orlando Magic-Smoothie King Center, 1/18
Pelicans vs. Brooklyn Nets-Smoothie King Center, 1/20
Pelicans vs. Cleveland Cavaliers-Smoothie King Center, 1/23
Pelicans vs. OKC Thunder-Smoothie King Center, 1/25
Pelicans vs. San Antonio Spurs-Smoothie King Center, 1/27
Pelicans vs. Washington Wizards-Smoothie King Center, 1/29

SPORTS: PRO FOOTBALL

Saints vs. Detroit Lions-Superdome, 12/4
Saints vs. Tampa Bay Buccaneers-Superdome, 12/24

PENSACOLA

CONCERTS

Black Jacket Symphony-Saenger Theatre, 1/6
Honey Island Swamp Band-Vinyl Music Hall, 1/7
Dweezil Zappa-Vinyl Music Hall, 1/11
Badfish-Tribute To Sublime, Fayuca-Vinyl Music Hall, 1/17
J Boog, Jo Mersa Marley, Jemere Morgan-Vinyl Music
Hall, 1/22
Mike Doughty, Wheatus-Vinyl Music Hall, 1/23
Reel Big Fish, Anti-Flag, Ballyhoo!, Direct Hit!
-Vinyl Music Hall, 1/26
Geoff Tate-Vinyl Music Hall, 1/27
Alan Jackson, Lee Ann Womack-Bay Center, 1/27
Ann Popovich-Vinyl Music Hall, 1/29

FAMILY SHOWS

Rogers and Hammerstein's Cinderella-Saenger Theatre, 1/11

TUSCALOOSA

CONCERTS

Black Jacket Symphony-Bama Theatre, 1/13
Travis Tritt-Bama Theatre, 1/26



Winter Wednesdays @Bellingrath Gardens and Home

Even during the cold season, Bellingrath Gardens is filled with blooms and beauty! Gulf Coast residents and visitors are invited to join us at our Winter Wednesdays series in January and February for sessions on gardening, history and the beautiful collections in the Bellingrath Home.

By tradition, the series kicks off on the first Wednesday of the New Year with the After Christmas Sale in the Bellingrath Gift Shop, a daylong event on Wednesday, January 4. Visitors are encouraged to take advantage of post-holiday discounts and to tour the Gardens and Home.

The Winter Wednesdays sessions are held each week in the Magnolia Room from 10:30 to 11:30 a.m. through February 22. Admission is included in the regular Gardens admission, and guests are encouraged to tour the Gardens after the session. Registration is requested @ 251.973.2217.

THE 2017 WINTER WEDNESDAYS SCHEDULE

January 11—Winter Garden Walk

Learn about the interesting winter borders and container plantings throughout the Gardens from Bellingrath's Horticulture Management Team: Executive Director Dr. Bill Barrick, Nursery Manager Chuck Owens and Display Coordinator Barbara Smith.

January 18—Lost Mansions of Mobile w/Tom McGehee

First-time visitors to the historic city of Mobile are enthralled at the array of historic homes lining the streets near downtown. But much has been lost to fire and development over the years. Tom McGehee, Director of the Bellingrath Museum Home and a noted historian of the city, will discuss one hundred years of long-vanished stately homes and the interesting stories of their builders and owners.

January 25—Growing Vegetables w/Bill Finch

Longtime Mobile gardening expert and columnist Bill Finch will show guests how to grow superior-tasting vegetables in a Southern garden, and describe the best times to plant them to ensure a long harvest season. Join us to find out how to set your plantings by the Gulf Coast clock!

February 01—Our Camellia Heritage w/Dr. Bill Barrick

Walter Bellingrath's favorite flower was the camellia. Join Executive Director Dr. Bill Barrick to learn how Walter and his wife, Bessie, transformed their 65-acre garden estate with extensive plantings of this wonderful, winter-blooming shrub.

February 08—Fertilizing Roses w/Linda Guy

Linda Guy, longtime Rosarian of Bellingrath's award-winning Rose Garden, will discuss the best times to fertilize roses and what nutrients the bushes need in order to thrive throughout the year. Questions are encouraged! Books and supplies will be available in the Gift Shop.

February 15—Ancient Forests of Alabama

Explore our ancient forests and learn how they affect our climate today in this session with University of South Alabama professor Dr. Brian Axsmith. Brian will describe how scientists use plant fossils to reconstruct ancient climates and explain how the fossil record helps us understand the past, present and future of our state's amazing forests.

February 22—Horticulture by the Numbers w/Chuck Owens

If you're mystified by all of the numbers on fertilizer bags and how to measure pH, this session is for you! Bellingrath's Nursery Manager, Chuck Owens, will share his extensive knowledge of the basics of horticultural management and how to use this information to get your garden in perfect balance.

Bellingrath Gardens and Home is operated by the Bellingrath Gardens and Home Foundation, a charitable, not-for-profit organization. Bellingrath Gardens and Home is dedicated to the preservation and enhancement of the 65-acre garden and estate home of Walter and Bessie Bellingrath. For more information, visit www.bellingrath.org or call 251.973.2217. ♣



Winter Garden Walk



Lost Mansions of Mobile



Growing Vegetables

Tax Free Holiday Announced

Mobile County residents can stock up on emergency supplies - TAX FREE - during Alabama's tax holiday Feb. 24-26. The two-day tax holiday was recently approved locally by the Mobile County Commission.

"The recent storms and freezing weather remind us we need to be prepared for severe weather and emergencies all the time," said Commission President Merceria Ludgood.

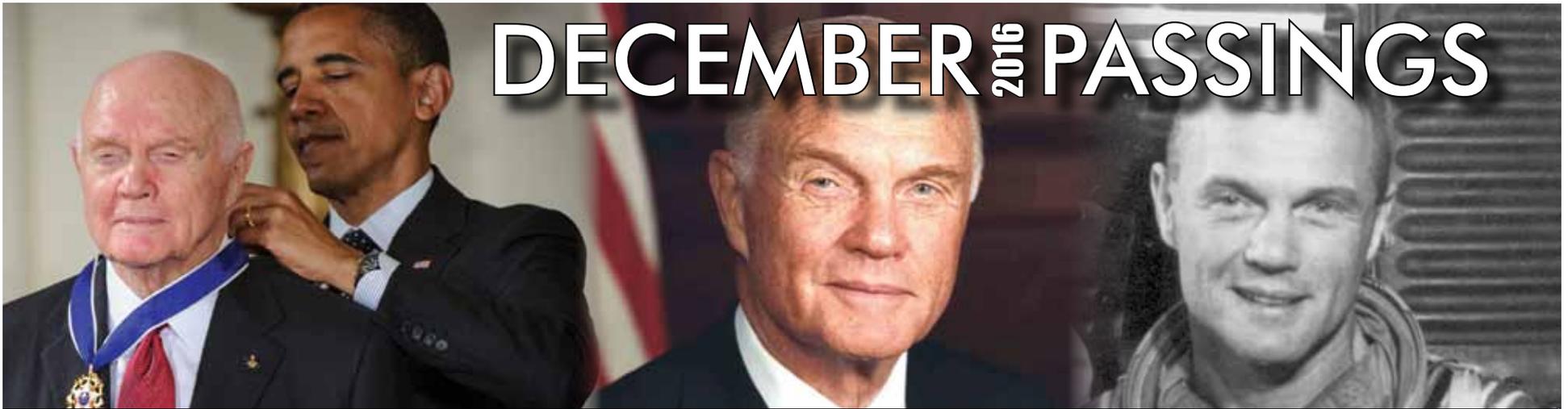
The date for the tax holiday and items exempt from sales tax are set by the State of Alabama Department of Revenue. Batteries, flashlights, emergency radios, tarps and other safety items are exempt. Please visit <https://www.revenue.alabama.gov/salestax/WPHolidayQuickRefSheet17.pdf> for complete list of items which may be purchased tax free.

"In the past five years we've had two terrible storms - the Christmas tornado and the massive ice storm. These storms remind us we don't have to be in hurricane season to get ready for bad weather," Commissioner Jerry Carl said. "Be prepared, stay prepared!"

"I encourage everyone to take an inventory around their house to see how to be best prepared for storms," Commissioner Connie Hudson said. "Do you have adequate supplies of food, water, batteries and other necessities to take care of your family?" Hudson also suggested walking your property to check for weak tree limbs and items that may fly or roll during high winds.

For additional safety and preparation tips, visit www.mcema.net/Emergency-Preparedness/Disaster-Supply-Kit and www.weather.gov/mob/Winter_Alabama#Safety

DECEMBER ²⁰¹⁶ PASSINGS



JOHN GLENN-95
ASTRONAUT/POLITICIAN



DON CALFA-76
ACTOR



WILLIAM CHRISTOPHER-84
ACTOR
(Mash)
Non-Lung Small Cell Carcinoma



ALICE DRUMMOND-88
ACTRESS
(Ghostbusters)
Fall



CARRIE FISHER-60
ACTRESS
Heart Attack



BERNARD FOX-89
ACTOR
(Bewitched; The Mummy)
Heart Failure



ZSA ZSA GABOR-99
ACTRESS
Heart Attack



RICKY HARRIS-54
COMEDIAN/ACTOR
Heart Attack



HENRY HEIMLICH-96
INVENTOR
OF THE HEIMLICH MANEUVER
Heart Attack



BOB KRASNOW-82
CO-FOUNDER
Rock & Roll Hall of Fame



GREG LAKE-69
MUSICIAN
(Emerson, Lake & Palmer)
Cancer



JOE LIGON-80
GOSPEL SINGER
(Mighty Clouds of Joy)



JOSEPH MASCOLO-87
ACTOR
Alzheimer's Disease



GEORGE MICHAEL-53
SINGER
Heart Failure



JOE MCKNIGHT-28
NFL PLAYER
(Jets)
Shot



DEBBIE REYNOLDS-84
ACTRESS/DANCER
Stroke



CRAIG SAGER-65
SPORTSCASTER
Leukemia



GORDIE TAPP-94
ENTERTAINER
(Hee Haw)



ALAN THICKE-69
ACTOR
Heart Attack



PETER VAUGHAN-93
ACTOR
(Game of Thrones)



VAN WILLIAMS-82
ACTOR
(The Green Hornet)
Renal Failure



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Ask Dr. Walker

Baby It's Cold Outside

It's finally winter! It's getting dark earlier, the humidity is low and it's a little chilly. There is no better time to snuggle up next to a cozy fire and spend some time with the one you love. A fulfilling sex life is an important part of good health. Having sex at least once per week can improve the immune system, lower blood pressure, improve bladder function in women, and reduce insomnia. It may also improve heart function, reduce prostate cancer risk in men and reduce over all stress levels.

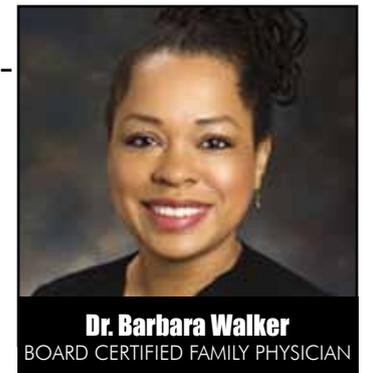
There are also a number of physical and psychological issues that can complicate a healthy sex life. Sexual dysfunction is extremely common with 30-50% of men and women experience some type of sexual difficulty during their life cycle.

Probably the most important factor of having good reproductive health is having good health in general. If you are not taking good care of yourself, eventually your sex life will suffer as well. Optimizing your general health and fitness level is crucial.

Human beings need to eat five servings of fresh or frozen vegetables every day. We need to eat breakfast. We need to eat lean proteins like beans, chicken and fish. We need fresh fruit. We need to avoid simple starches and sugars. We need some healthy fats in our diets. Human beings need at least 6 to 8 hours of sleep every day. We need to meditate, pray or have a moment of peace on a daily basis to help alleviate stress. We need to try to minimize the negative stressors in our lives. Human beings need at least 30 minutes of vigorous physical activity five times per week.

Making sure you are doing what it takes to be a healthy is a great first step towards being ready for a fulfilling sex life.

Each Ask Dr. Walker column this winter will focus on sexual and reproductive health. Any questions? Ask Dr. Walker at steppinoutnews@aol.com. ♣



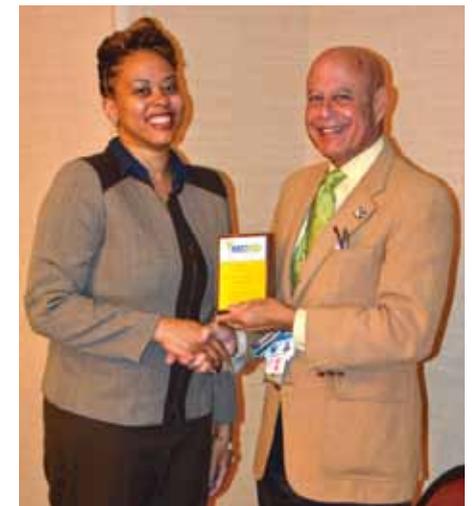
Board of Health Elects Officers

The Mobile County Board of Health elected its officers and members for 2017 during its monthly meeting this week, according to Dr. Bernard H. Eichold II, Health Officer for the Mobile County Health Department.

Dr. D. Lawrence Bedsole, F.C.C.P., will serve as chairman. Taking on the role as secretary is Dr. Matthew E. Cepeda, F.A.A.P., who is also a new member of the board. Returning members include Dr. Nina Ford Johnson; Dr. Barbara Mitchell; Dr. William O. Richards, F.A.C.S.; and Dr. C.M.A. "Max" Rogers IV. Mobile County Commission President Merceria L. Ludgood also is a member on the Board of Health.

Dr. Johnson served as president of the board in 2016. During the meeting, Dr. Eichold presented to her a certificate of appreciation for the fine work she did.

Each year, the board includes six physicians serving on the Medical Society of Mobile County's Board of Censors and the current president of the Mobile County Commission. The Board of Health meets monthly to review Mobile County Health Department activities and to provide guidance to Alabama's oldest public health agency.



Dr. Nina Ford Johnson
Dr. Bernard H. Eichold II

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DIGITAL MARKETING

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Twenty years ago many were getting acclimated to emails. Ten years later digital technology laid its footprint for consumers. Now digital marketing (email, mobility, search, social media, website) has become a vital part of small business strategy.

STATISTICS

- 75% of consumers utilize mobility, search engine optimization (SEO) and/or social media in the buying process
- Several studies show that average person spends more time online than with TV and all other media combined
- B2B marketers say the biggest impact on revenue: email (31%), SEO 16% and paid search (12%)
- Smartphones top desktop for searches
- 70% of B2B buyers are reviewing video before purchasing
- Local searches lead 50% of mobile visitors to visit stores within one day (Google)
- 28% of searches for something nearby result in a purchase (Google)
- Companies who blog receive 97% more links to their websites
- By 2020 executives predict 47% of revenue will be influenced by digital

BLOG

Marketers who prioritize blogging are 13x more likely to achieve a positive ROI on their efforts (Hubspot). Developing blogging into a priority creates engaging content, increases lead generation, referrals and revenue.

EMAIL

Some people may call email archaic but it has proven to be the best and least expensive lead generation. Now here is the catch. You will have to spend time testing three sections: subject lines, opening and call to action (closing). Remember this: 53% of emails are opened on a mobile phone or tablet.

MOBILITY

Cell phones, tablets sales are rocketing. The average consumer spends 127 minutes per day on mobile apps. Small businesses need to be able to reach their audiences on their preferred channels.

SOCIAL MEDIA

62% of the entire adult population has a Facebook profile; 70% log in daily. LinkedIn is popular as a career site and 22% of adult population has a profile. Pinterest is home to women, under fifty and 26% of adult population.

WEBSITE

Websites are a tool to create credibility and to document the story of your business. Social media and websites increase exposure and allow businesses to create professional revenue services.

The digital environment awaits you....CONTINUED SUCCESS! ❖

Nathaniel Patterson, Managing Partner for Patterson Marketing Group is seeking opportunities for consulting, public speaking and training. Connect with us on Facebook: PMGnp2 or connect with Patterson on LinkedIn.



LAUGHTER

I'M ALCOHOL FREE!!!

A Mormon was seated next to a Baptist named Leroy on a flight from Los Angeles. After the plane was airborne, drink orders were taken. Leroy asked for Crown Royal, which was promptly brought and placed before him. The flight attendant then asked the Mormon if he would like a drink. He replied in disgust, "I'd rather be savagely raped by a dozen whores than let liquor touch my lips." Leroy then handed his drink back to the attendant and said, "Hell, me too, I didn't know we had a choice!!!"

WINNER WINNER!!!

Eighty-year-old Willie Mae bursts into the recreation room of the retirement home with her clenched fist in the air and announces, "Anyone who can guess what's in my hand can take me out to dinner tonight and get lucky tonight!" Leroy, a witty and spry seventy-five year old shouts out, "An elephant?" Willie-Mae thinks a minute and replies, "That's close enough!!!"

THE PARTY'S OVER!!!

Leroy, the town drunk, is driving the wrong way up a one way street. The officer stops him and says, "And where do you think you are going?" Leroy looks up, lets out a hiccup and answers, "I don't know; but I must be damn late cause everyone else is already coming back!!!"

CATCH YOU LATER!!!

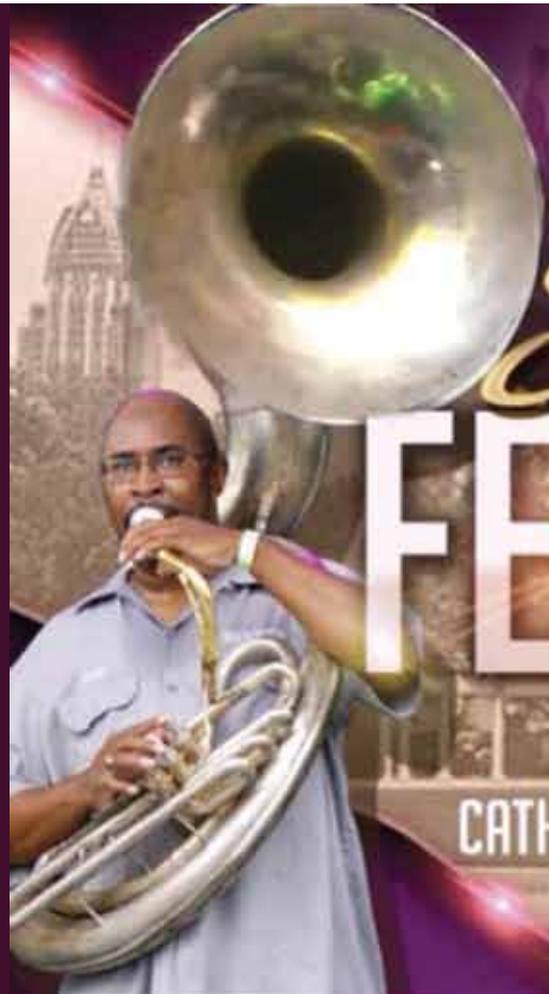
Leroy hustled over to a job interview. After the interview, he was offered the job. The interviewer says, "I'll give you \$10 an hour, starting today, and in three months, I'll raise it to \$15 an hour. So when would you like to start?" Leroy replies, "In three months!!!"

CAN I CHOOSE???

Leroy was being questioned about his intentions by his girlfriend's father. "So," said the father, "you want to be my son-in-law, do you?" "No, not particularly," said Leroy tactlessly, "but if I want to marry your daughter I haven't much choice, have I???" ZABCDABCD



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