



STEPPIN' OUT

THE ARTS, ENTERTAINMENT & EMPOWERMENT GUIDE OF THE GULF COAST

NOVEMBER 2016 • Volume 16: Issue 03



Thanksgiving Traditions

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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?

Change Your Thanksgiving Story

Here is a story, that I heard many years ago. A young girl is watching her mother prepare a ham for Thanksgiving. Before she puts the ham into the pan, she cuts about six inches off of the end of it, and throws it away. The daughter asks the mother why she cuts the end off the ham. She replies; I'm not sure, but that is how my mother did it.

So, knowing that all the family is gathered in one place, she approaches her grandmother. She asks her grandmother why she cut the end off the ham, before preparing it. Her grandmother replies; I'm not sure, but that was how my mother did it.

In one final attempt, the young lady approaches her great grandmother. She asks why she cut the end of the ham, before cooking it. Her great grandmother replies; we only had one pan to cook with in our day. I had to cut the ham, so it would fit in the only pan we had.

An unknown writer said; You can't do much about your ancestors, but you can influence your descendants enormously.

Maybe you did not grow up in a Christian home. Maybe your parents did not grow up in a Christian home. And maybe their parents did not grow up in a Christian home. There may be a multitude of reasons why this was the case; you have no control over that. But, here is what you do have control over:

...but as for me and my house, we will serve the LORD.
—Joshua 24:15b NLT

Would you change your story this Thanksgiving, and serve the Lord? ❖



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Jazz & Blues Show to Benefit Baton Rouge Flood Victims

NOVEMBER 13 @ 5 PM

(Doors opening at 4:00 PM)

HELENA II BALLROOM

1568 St. Stephens Road

Grammy Award Nominee Kenny Neal and his Band will perform in a Pre-Thanksgiving Concert. Also appearing with Neal will be Gino Rosaria, Joe Lewis, Bryan Morris, Joe Morris Jr., Harolyn Bettis and Denise Small.

Kenny Neal, born in New Orleans and raised in Baton Rouge, began playing music at a young age. Learning the basics from his father, singer and Blues harmonica master, Raful Neal, Kenny is known as a modern swamp-blues and multi-instrumentalist, that draws from the sizzling sounds of his native Louisiana.

Sax Man Joe Lewis is well-known locally and abroad as one of the premier jazz saxophonist on the gulf coast, he performs on the tenor, alto, and soprano saxophones as well as piano and flute.

TICKETS @\$40 • A limited number of TABLES of 10 @\$350

TICKET LOCATIONS:

Northside Check Exchange (251) 471-5280

Saucy Q Barbecue (251) 433-7427

Morris Hair & Fashions (251) 432-2204 or 680-2067



Kenny Neal



Joe Lewis

BLACK CATHOLIC HISTORY MONTH CELEBRATION



YOU ARE INVITED TO JOIN US AT OUR INAUGURAL CELEBRATION

The HISTORICAL LUNCHEON
will be held at:
Alabama Contemporary Art Center
301 Conti St.
12 NOON

& The EUCHARISTIC CELEBRATION
Starts at 4:30pm, and will be held at:
The Cathedral Basilica
2 S. Claiborne St.
MOBILE, ALABAMA
NOVEMBER 5TH, 2016

LUNCHEON TICKETS: Free for kids under 7, \$5.00 for children 7 to 13 years of age, \$10.00 for youths from 13 to 18 years of age, and \$20.00 for persons over the age of eighteen.

CALL 251-209-5261 FOR MORE INFORMATION

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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

Expand West

Over the last few decades, the population within the city limits of Mobile has hovered just under the 200,000 person mark. The overall population of the metro area has grown and has a two-county population of around 615,000 people. The city's population has remained about the same because most of the growth in the area has been in the unincorporated portions of Mobile County and on the eastern shore.

Many residents of the unincorporated areas of Mobile County that are adjacent to the city already have a Mobile mailing address. Most may not realize that they aren't located within the city limits. Some may only discover that fact when they go to vote in city elections or when they need services that are only available to those within the city limits.

Recently, the mayor of Mobile has pushed to have the police jurisdiction reduced from its current limits to something lesser in order to reduce the expenditures for the services that are provided within the police jurisdiction. This has caused concerns for residents in the areas that will no longer be covered and it is understandable. It is also understandable that if services are desired, they should be supported at the same level as city residents.

I'd like to urge the mayor and city council to consider annexing those areas adjacent to the existing city limits into the city. I feel that the time is right and it would benefit those being brought into the city as well as the city itself. It would give the new residents the full benefit of all the services of the city. It would also help to boost the population of the city of Mobile. There are various benefits that the city could derive when the population reaches a certain level such as federal block grants and increased revenue. Let's extend the city limits out to and even beyond Snow Road, Dawes Road, and Three Notch Road to bring the residents of those areas into the city limits. As shown with past annexations, this will help to make Mobile a stronger and thriving city ❖

QUOTE OF THE MONTH

“

**After biting off
more than
you can chew,
it is definitely
not the time
to start talking.**

”

believe in mobile belong to the chamber

connect ... succeed ... grow

At the Mobile Area Chamber of Commerce, our goal is simple – to help your business grow. Membership links you with resources and contacts for success during challenging times. Join us. Get involved in the Gulf Coast's most dynamic business community. Connect to our more than 2,200 members – network, ask questions, learn, share insights and form important business relationships. Believe in a strong future for Mobile. Belong to the Chamber – because it's good for business and good for Mobile.



www.MobileChamber.com



Thanksgiving Traditions

In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy's department store since 1924, New York City's Thanksgiving Day parade is the largest and most famous, attracting some 2 to 3 million spectators along its 2.5-mile route and drawing an enormous television audience. It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.

Beginning in the mid-20th century and perhaps even earlier, the president of the United States has "pardoned" one or two Thanksgiving turkeys each year, sparing the birds from slaughter and sending them to a farm for retirement. A number of U.S. governors also perform the annual turkey pardoning ritual.

THANKSGIVING CONTROVERSIES

For some scholars, the jury is still out on whether the feast at Plymouth really constituted the first Thanksgiving in the United States. Indeed, historians have recorded other ceremonies of thanks among European settlers in North America that predate the Pilgrims' celebration. In 1565 the Spanish explorer Pedro Menéndez de Avilé invited members of the local Timucua tribe to a dinner in St. Augustine, Florida, after holding a mass to thank God for his crew's safe arrival. On December 4, 1619, when 38 British settlers reached a site known as Berkeley Hundred on the banks of Virginia's James River, they read a proclamation designating the date as "a day of thanksgiving to Almighty God."

Some Native Americans and others take issue with how the Thanksgiving story is presented to the American public, and especially to schoolchildren. In their view, the traditional narrative paints a deceptively sunny portrait of relations between the Pilgrims and the Wampanoag people, masking the long and bloody history of conflict between Native Americans and European settlers that resulted in the deaths of millions. Since 1970, protesters have gathered on the day designated as Thanksgiving at the top of Cole's Hill, which overlooks Plymouth Rock, to commemorate a "National Day of Mourning." ♣

Thanksgiving Day Celebration in Africa

African harvest festivals have a lot of religious connotations. African harvest festivals are characterized with lot of dancing and singing. Dancers wear traditional masks and outfits. Each dance sequence unfolds a unique story. Festival of Yams is a popular harvest festival celebrated with days of ceremonies and offerings to God and ancestors. It is later distributed among the village folk. It is usually held in the month of August, marking the end of rainy season.

It is a time for rejoicing as well as praying for a bountiful harvest. Incessant dancing, singing mark the occasion. Dancing was earlier restricted only to men, but with the change in times, women folk is sometimes made a part of dancing. Some people observe lot of praying and fasting, a night before the beginning of the festive celebration.

Dancing and beauty competitions are organized during the entire week, increasing the enjoyment of the native people. Bull fights and Bird fights are another major source of attraction and entertainment during the week long celebration. The entire state of Assam rejoices in the festival. ♣

LOCAL FLAVA

ARTS NEWS

MARK HUNTER'S STAGEPLAY-LET IT BURN

Saturday, November 19, 8 p.m., Mobile Civic Center. Comedic Drama.

Tickets are available at www.ticketmaster.com or the Mobile Civic Center Box Office. (251)208-7904. On sale now, \$35-45.

MOBILE LIBRARY NEWS

BOOK-A-MONTH STORY TIME

Mondays, October 3, 17, 24 & 31, 4 p.m., Ages 10 to 15, Moorer/Spring Hill Branch, 4 South McGregor Ave. Join us every Monday to read a few chapters of *The Secrets of Droon* by Tony Abbott. For more information, please call 470-7770 or email ftigner@mplonline.org.

CHESS CLUB

•MONDAYS, OCTOBER 3, 17, 24 & 31, 4 - 5 p.m., Ages 9 - 17 Years, 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, OCTOBER 4, 11, 18 & 25, 4 p.m., 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, OCTOBER 5, 12, 19 & 26, 3 - 4:30 p.m., 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, OCTOBER 6, 13, 20 & 27, 4 p.m., Ages - 6 to 18, Semmes Branch, 9150 Moffett Road. Learn to play Chess! Beginners and experienced players are welcome. For more information, call 645-6840.

AFTER-SCHOOL SPECIAL MOVIE

Thursday, October 6, 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 *Hocus Pocus*. It runs 95 minutes and is rated PG. For more information, call the Ben May Main Library Children's Department at 208-7086 or crhodes@mplonline.org.

TAKE & MAKE

Wednesday, October 12, 3 - 5 p.m., Moorer/Spring Hill Branch, 4 South McGregor Ave. Celebrate Teen Read Week! Take it and make it an Edible Book. For more information, please call 470-7770 or email eenglish@mplonline.org.

EBONY MOMENTS BOOK CLUB

Thursday, October 13, 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 *Sinful Calling* by Kimberla Lawson Roby. For more information, contact Betty Kidd at 470-7766.

TEEN BOOK YAK & MOVIE SNACK

Friday, October 14, 4 p.m., Moorer/Spring Hill Branch, 4 South McGregor Ave. *The Fault in Our Stars*. Enjoy the Book - Watch the Movie! Hazel and Gus are two extraordinary teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them on an unforgettable journey. Their relationship is all

the more miraculous, given that they met and fell in love at a cancer support group. The film runs 126 minutes and is rated PG-13. For more information, please call 470-7770 or email eenglish@mplonline.org.

OUT OF THIS WORLD BOOK CLUB VIA SKYPE

Saturday, October 15, 10 a.m., Moorer/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 *Welcome to Night Vale* by Joseph Fink. 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 October 15, 2 p.m., Saraland Public Library, 111 Saraland Loop. *Teenage Mutant Turtles Out of the Shadows*-When the evil Shredder creates his own mutants, Bebop and Rocksteady, the Turtles must team up with April O'Neil, news reporter Vern Fenwick, and vigilante Casey Jones to defend New York City from destruction. The film runs 112 minutes and is rated PG-13. For more information, please call 675-2879.

READING & BOOK SIGNING

Saturday, October 15, 2 - 4 p.m., Moorer/Spring Hill Branch, 4 South McGregor Ave. Local author and playwright Thomas Perez will read excerpts from his new novel, *Sister Mary Bartholomew's Basic Training Manual for Religious Tyrants*, a comic satire of a 13 year-old troublemaker growing up Catholic on the Gulf Coast. For more information, please call 208-7097. Thomas Joseph Perez is a native of Mobile. A satirical playwright, he produces his works under the theater he founded in 1985, *The South of the Salt Line Theatre . . . of Comedy, Satire, and Deeper Meaning*. For more information on the author and his books, you can contact Thomas Joseph Perez on Facebook, or email at tojoperez@yahoo.com.

TEEN BOOK CLUB

Saturday, October 15, 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. Today's topic of discussion is *Shadow and Bone* by Leigh Bardugo. For more information, please call the children's department at 340-8571.

POETRY ENTHUSIASTS

Monday, October 17, 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.

THE READER'S CHOICE BOOK CLUB

Tuesday, October 18, 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 *A Spool of Blue Thread* by Anne Tyler. For more information, please call 208-7097.

MOVIE MYSTERIES @ MOORER

Tuesday, October 18, 5:30 p.m., Moorer/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 *Laura*. The film runs 88 minutes and is not rated. For more information, please call 470-7770 or email ftigner@mplonline.org.

BAYSIDE BOOK CLUB

Thursday, October 20, 6 p.m., Parkway Branch, 1924-B Dauphin Island Parkway. This month's topic of discussion is *Apprehensions & Convictions* by Mark Johnson. Mr. Johnson joins the group for a discussion of his book. For more information, please call Betty Fowler at 476-2600 or 208-7097.

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

Pope Named New President & CEO of Feeding the Gulf Coast



Judy Scroggins, Board Chair of Feeding the Gulf Coast, announced that Cathy Pope of Macon, Georgia is the new President & CEO of Feeding the Gulf Coast, formerly Bay Area Food Bank.

Current President & CEO, David Reaney, is retiring after 16 years of service

Pope is currently Executive Director of the Meals on Wheels Program of Central Georgia, located in Macon. In her 25 years of work experience, Pope has worked at the Susan G. Komen Foundation, managed her own business, taught high school math, worked as an adjunct college instructor in microeconomics, and as a network engineer for Bell Atlantic. She has an undergraduate degree in mathematics, a Master's in Business Administration and a Master's in Political Science.

Cathy has four children, two in college and two recent college graduates, all living in Georgia. ♣

Mobile Fire-Rescue Takes Delivery of New Rescue Units

Mobile Fire-Rescue has taken delivery of four new Braun Liberty Rescue Units (Ambulances). These units are the most technological advanced ambulances on the market today.

The units are built on an Ford F450 chassis with Liquid Spring Suspension, Braun SolidBody construction, EZ02 lift, MasterTech Weldon VMUX Electrical System, Weldon Link 2, Motorola VML WiFi Router for real time diagnostics for fleet monitoring 24/7 and for transmitting EKG's to hospital emergency rooms and many other features.

The units have been placed into service and are currently assigned to Rescue 3 (Central Fire Station), Rescue 6 (Edwards Station-Hillcrest Rd), Rescue 23 (Sirmon Station-Airport/Florida) and Rescue 24 (Lathan Station-Maryvale/DIP).

The units replace older units which will be placed in reserve. ♣



KELLY'S KORNER



Kelly Jones... a 17 year news veteran and mom to 2 children
Follow her on Instagram and Twitter: @KellyKJTV and Facebook: Kelly Jones

As we welcome in a new season on the calendar, it seemed fitting to highlight a local company producing big results, right here in the port city. Recently I sat down with Harper Tech to learn more about the family run business which prides itself on being a "comprehensive IT Solutions provider that offers IT service, IT sales, Internet and Telephone Products, and Forensic Data Services."

"Our company mission: to offer reliable solutions to technological problems at reasonable prices," said Abe Harper.

Harper Technologies is currently in its 13th year and consists of 6 core teammates. Back in 2003 Abe Harper started the company as President, (an idea hatched in his sophomore year of college) and Carl Harper became Vice-President. Cecily Harper is director of Marketing and Public Relations and Audra Harper is director of Operations and Bookkeeping.

How does this group of talented professionals maintain their synergy at work and home? Audra says, "We each respect the value of our other teammates roles. Each of our roles are unique and vital to attain this goal. We are a tight knit unit, so maintaining the "Family First" principle is easy.

Advice they would offer to young business leaders trying to launch? Abe recommends you "surround yourself with people who have a strong work ethic and high energy. Own the responsibility, apologize where the situation allows, learn from it, and move on to the next success." Cecily says you should "study other companies and see if they have certain strategies that worked for them that you may be able to incorporate into your life or company, and always prepare for the unexpected, cover ALL of your bases."

Finish this sentence, the best part of working at Harper Tech is?

Carl tells me, "I'm a natural problem solver and love a good challenge. I walk into work everyday getting to do something I love. I get to see my dream come true every day and that's an amazing thing to say."

Harper Tech is located at 50 N. Broad St. and is scheduled to open it's doors to the public, this month ♣

Southern Ceremonial Complex: Cosmology and Continuity

Currently on display at the USA Marx Library is an exhibit entitled, "Southern Ceremonial Complex: Cosmology and Continuity", which will be on display through December 15, 2016. Iconography was, and still is, used by many Native American cultures. In this exhibit the icons and their descriptions on the wall of the art gallery are a "key" of sorts to the icons that you will find in many of the artifacts and art pieces in the glass cases. Another thing to keep in mind when going through the exhibit is that the items on the top shelves are items pertaining to the upper world; The items on the middle shelves are pertaining to the middle world and the items on the bottom shelves are pertaining to the lower world. Toward the end of the exhibit, you will see how these icons are still being used today in the basket making and other works of art, thus showing continuity. This exhibit was produced through a partnership between the Poarch Band of Creek Indians and the USA Native American Studies Program.

The exhibit is being shown in the Mary Elizabeth and Charles Bernard Rodning Gallery of Art on the third floor of the Marx Library. The exhibition is free and open to the public during regular Library hours. We hope you will come out and learn more about the fascinating Native American culture. ♣

Bahay Kubo Restaurant *Review*



-BICOL EXPRESS-



-LUMPIA-



-TURON-

Culinary Delights

—Greg Cyprian

Later this month, the Mobile International Festival will turn the Mobile Civic Center into a venue where international cultures display various relics from their home countries and luckily, samples of their cuisine.

Estela Dorn, the past Executive Director of the festival and a native of the Philippines, decided to give me a preview by inviting me to lunch at a new restaurant in town, Bahay Kubo. The restaurant features foods from the Philippine Islands and after my experience couple of weeks ago, I will be a regular customer.

The intimate atmosphere was fantastic and the wait staff was very attentive. We started the meal off with Lumpia, crispy springrolls made with pork and vegetables served with Sweet and Sour Sauce or a Soy Vinaigrette (I had both). They were crispy as advertised, and they work well with both sauces, Wow!!! I could have made this my meal but I'm glad I didn't because my entrée, the Bicol Express, was absolutely fantastic. It will be hard for me to go there and order anything else. The dish is made of pork or shrimp (I had pork) cooked in spicy Coconut Milk and served with Garlic Rice. Man!!! The pork was tender and the dish was not so spicy that it took away from the wonderful flavors yielded by the milk.

As I sat there full and contented, Estela said I had to try one of the desserts, Turon. I kept saying no but she insisted and I'm glad she did! The dish is made with Plantain, in a eggroll wrap, deep-fried and drizzled with a chocolate sauce and served with home-made Whipped Cream. Folks... you've got to try this!

Again, I will see this spot again and again. Estela, thank you. What a great way to get ready for the International Festival!!! ❖

Noodles for Long Life!

—Estela I. Dorn

Past Executive Director of Mobile International Festival and the Author of "A Fusion of Cultures - A Memoir"

It is customary for Filipinos to eat noodles for their birthday. So when I turned 72, we went to Bahay Kubo Restaurant to have my noodle dish called Pancit Canton! The venue is the new ethnic restaurant in ever-growing diversity in Mobile.

Bahay Kubo has the ambiance of a house with souvenir items and pictures of different islands from the Philippines. Interestingly, a house means "Bahay" in the Tagalog language. Smiles greet the guests. Chef Jopee's selection of Filipino cuisine represents different regions from the Philippines. It is said that food is the best way to learn another culture.

Bahay Kubo Restaurant is a must for Foodies and for others interested to learn another culture through FOOD! "Kain na tayo!" (Let's eat!) ❖



GLORIA FINCH (r)
Owner of Bahay Kubo
and
ESTELA DORN (l)

Bahay Kubo Restaurant
4513 OLD SHELL ROAD
MOBILE AL

TRANSITIONING BASICS

Tanene Jackson... OWNER OF LOCS OF SOUL (www.locsofsoul.com), a natural hair salon and barber shop in Mobile, Al. She is also the organizer to the Mobile Natural Hair and Wellness Expo. You can be reach Tanene via Facebook... Locs of Soul and/or email: curiosity4_u@yahoo.com.



Transitions

Unfortunately, I am not going to write about hair this month. I am a bit disturbed and very unsettled. I have lived in Mobile for 9 years now. When I moved here, I saw gentrification in its inception. Now, the plans are being implemented. However, I think no one took a look at what I call, "the grass is greener on the other side effect."

Therefore, I write this article to hopefully place something on your mind. I hope that it is something you can use on a day-to-day basis.

There comes a time in the many inter/introspective times of your life that you just have to take stock. Stock in YOUR lifestyle. Your vision. Your dreams. The morals and values of course have to be a part of it. In addition, please let us not forget faith.

The accountability for your actions is just something that should come with the overhaul of you. And in that decisive moment, you find yourself surrounded by STUFF.

What is considered "STUFF"? Stuff.....Things that are sitting around with no place to go. Projects that are unfinished. Things you don't like and intend on changing. The person in the mirror. Your financials. Your social circles. OPD (other people's drama). Your life.

For this massive self realization/evaluation/overhaul you will need:

1 heaping amount of transparency and truth; 1 heaping amount of love; 1 pinch of hope; 1 cup of faith; 2 tablespoons of determination; 5 tablespoons of self respect; 2 teaspoons of patience; 1 pint of time; And a tumultuous load of I DON'T GIVE A DARN! With these ingredients, you will be making "ALA DO YOU".

I suggest start to make changes in baby steps. You have to be strategic. Documenting your pros and cons, strengths and weaknesses. Know that you are a child ever evolving, absorbing knowledge from everything (right or wrong). State your priorities. Find your purpose. Live by your creed. Tell yourself, "I love you" a couple times a day. Tell someone "Thank you". Pay it forward. Always pick your battles, possibly being a solution to a problem within your community. Organize and redesign the "stuff" around you that can facilitate functionality and help finish the unfinished.

As a business, it is my duty to work my Ala Do You recipe and make things happen. My customer service has a blend of these elements. Now like any other recipe, it can be altered to suit you and yours. However, this is MY recipe.

Locs of Soul is part of the Mobile community. As so many people, I want to be safe. I want my customers to be safe. I want my surroundings to be safe. Therefore, I pledge to you to continue to plant seeds of change via one encounter at a time. Through discussions and actions, consistency, and trust I believe something will change.

We are a divided community of have's and have not's. The laundry has to be aired out at some given time. The children are crying, lashing out dangerously and in return, people are being hurt or worse, killed.

We fuss and discuss, and life goes on until someone else makes the evening news. Can we really identify the problem? Not the symptom, the ROOT of problem. Let us not point fingers. Obviously, that is not solving the problem. Has this violent behavior become the status quo, to the point we just fuss and discuss and our day goes on because it's OPD? We have to do better! We MUST do better! R.I.P. to all the individuals that have lost their lives to violence. May your soul move in peace.

In the words of Ghandi, "BE THE CHANGE THAT YOU WANT TO SEE IN THE WORLD"...? ♣

LISA KNOWLES
CORY RICKS
CHRISTIAN RAPPER

THE BEST OF BOTH WORLDS
Concert

NOVEMBER 4, 2016

DOORS OPEN AT 6:30PM SHOW STARTS AT 7:00PM
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JAMS PLUS MEDIA

The Mowgli's/Colony House/DREAMER OCTOBER 16 • HOUSE OF BLUES – DALLAS, TX Written by Bret Arata • Photos by Ben Mohler



It was a school night, and a throng of mostly Dallas high school students eagerly gathered in the Cambridge Room of the House of Blues, a sharp contrast to my last experience there at a Bad Company show, where the average age was 45. If you've never been to the House of Blues in Dallas, it's a venue you just can't miss when you're in the area. The exterior looks as purposely gritty and bluesy as any House of Blues, but the inside reminded me of some Spanish mansion in the colonial Southwest. Additionally, I was baffled by how much space is actually in the establishment; it's like stepping into Scooby-Doo's dog house. There was even another big show at the same time which only figured out from the large number of Bad Religion t-shirts around. Still don't know where they put that crowd.

This was the second to last stop on the Mowgli's Where'd Your Weekend Go Tour promoting their most recent album of the same name. Formed in 2010 by high school friends, this "quintessential California band" has been uplifting and invigorating audiences all over with their sunny and upbeat indie rock. You may know them by their incredibly popular "San Francisco," but you should get to know them better because their entire catalog is phenomenal. This was the second time I've seen the Mowgli's, the first right after fellow Jams Plus contributor Caspian Roberts and I had narrowly escaped the clutches of the Gulf Shores Police Department (our friend was not so lucky).

The opening act was DREAMERS, a band whom I had yet to hear of but was pleasantly surprised by. Their music is energetic and at once both hard-hitting garage rock and modern indie rock. One song that really got this teenage crowd going was "DRUGS" which, as you may have guessed, is a song about the consumption of illegal materials. Other highlights of the performance were their renditions of "Sweet Disaster" and "Wolves," all of which can be found on their debut album, This Album Does Not Exist.

Next up was Colony House, formed in Franklin, TN in 2009 by two brothers and their friends. Their music is upbeat, Southern-influenced but not folksy. Although I was not very familiar with the band before the show, I recognized a few songs like "Silhouettes" and "You Know it." The band was very interactive and energetic, jumping on top of speakers while playing and engaging the crowd often.

Finally, our most anticipated act arrived on stage. Giant red balloons were placed behind the stage before they came on (Where'd Your Weekend Go features a little girl with a big red balloon on its cover). And for the next hour or so, the Cambridge Room might as well have been Santa Monica beach. The set was a groovy mix of both songs from their new album and some of their old standby's. My favorite part of a Mowgli's performance is how personal they make it. Both Colin Dieden and Katie Earl speak to the crowd as if they were old friends invited to a private performance in their living room. A particularly soulful rendition of "Love is Easy" was a highlight of the show. As the show was drawing to close, Earl told the crowd that their goal is that everybody leaves feeling better than they did, which was followed by a rocking performance of "I'm Good." The band subsequently left the stage, a move which was followed by chants of "One more song! One more song!" After a moving solo performance by Dieden, the band brought both DREAMERS and Colony House back onstage to do a phenomenal ensemble performance of "San Francisco."

Overall, this was a fantastic show at a fantastic venue. The last show of the tour is October 18th in Tucson, AZ, so you may have missed your opportunity to see these three bands together. However, if you get a chance to see any individually, take it. Trust me, you won't regret it.. ♣

REVIEWS • REVIEWS

JAMS PLUS MEDIA

Widespread Panic – 30 Years and Having a Blast!

SEPTEMBER 13 • HIPPODROME THEATRE, BALTIMORE, MD

Review and Photos by Stuart Dahne

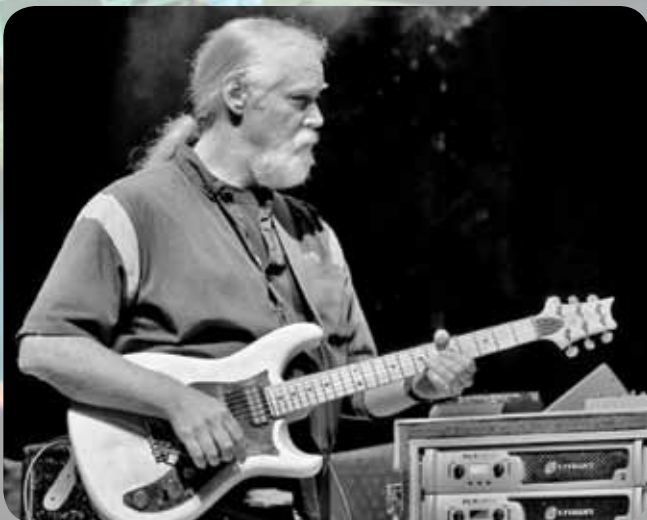


Well it was obvious to me that this final full tour is one that will go down in the books as a definite good time! Although the band still plans on playing some festivals and a few well thought out short runs this is supposed to be the last full run! So let's talk about fun! With the band having a bag of tricks of upward to 300 different songs to pull out of and a new album in the last year you just know that you are going to be in for a treat!!! From the beginning of the Fall Tour which started in Washington D.C. on Sept. 6th and at the completion of this 6th show the Band had played 120 songs without a single repeat and 14 of those songs have not been played in the last 10 shows! When you couple that with a fan base that is comprised of some of the kindest most appreciative people on earth... how could it not be a great time?

From the moment that David Schools walked out on stage with his smiling face and fun loving vibe, you just knew that this show was going to be on! Then JB came out on stage and said 2 words (Hello Everybody) and it was straight into a musical trip that would carry you through 2 amazing sets that kept the fans on their feet throughout the entire evening! The band was incredibly together, a true well-oiled machine! The interactions and transitions were smooth and effortless, an obvious byproduct of many years of playing together as well as the strong bonds and friendships formed throughout this time.

Their song choices were just great! I loved their selection that included everything from "The Band" to "Levon Helm"! The choice to play Neil Young's "Mr. Soul into the very untraditional rendition of the age old traditional song "One Kind Favour" was outstanding! ♣

HERE IS WHAT SOME FANS HAD TO SAY:



*Widespread Panic at Hippodrome last night? Gosh I'm not a great writer, I would just say they sounded so fresh and full of energy – it is hard to believe they will stop touring. I could listen to Jimmy Herring play for hours – those crisp leads and cool sustains and he is just so amazing. And the Duane Trucks sounded like he'd been playing those songs for decades – you wouldn't even know he just joined up with this band a few months ago – I really liked him. Big Daddy Dave had a couple of funky solo's that got me moving – and even Marty was grooving (he's not a big dancer LOL!) As always – I love loved DB – but I really enjoyed hearing him sing a couple by The Band songs and sounding nothing like Levon Helm but such a raspy, cool voice just the same! I enjoyed watching Jimmy play some crazy lead and DB eases over with some melodic rhythm to accompany – *SIGH* Hoping to see them again soon.*

—SHELLY (Reisterstown, MD)

Loved the Band medley and Second Skin & Timezones off of Earth to America... I think it is their strongest album in terms of songwriting and accessibility. Musically they sounded tight and on point.

Here is the setlist and some photos, if you were not there then use your imagination... But just know one thing... This Show Kicked Ass!!!! Thank You Widespread Panic for 30 Amazing Years!

Shanna From Fenwick Island, De.

I haven't been to a ton of panic shows, but every show I've been to have been such an amazing experience. Not just the music, but the people they draw too! It's sad to think I won't be catching anymore small venue panic shows with my family anymore.

Those guys have such a tight rhythm and watching them play and feed off of each other and the crowd is incredible! Till next time....

—MIKE (Annapolis, MD)

REVIEWS • REVIEWS

2016 FOOTBALL SCHEDULES

ALL HOME GAMES ARE CAPITALIZED

NEW ORLEANS SAINTS

N. 06	at San Francisco	3:05 pm
N. 13	DENVER	Noon
N. 17	at Carolina	7:25 pm
N. 27	LOS ANGELES	Noon
D. 04	DETROIT	Noon
D. 11	at Tampa	Noon
D. 18	at Arizona	3:05 pm
D. 24	TAMPA	Noon
J. 01	at Atlanta	Noon



COLLEGIATE GAMES

SOUTH ALABAMA

N. 05	at Louisiana-Monroe	4:00 pm
N. 19	at LSU	TBA
N. 26	at Idaho	TBA
D. 03	NEW MEXICO STATE	TBA

ALABAMA

N. 05	at LSU	TBA
N. 12	MISSISSIPPI STATE	TBA
N. 19	CHATANOOGA	TBA

ALABAMA A&M

N. 05	GRAMBLING STATE	2:00 pm
N. 12	at Jackson St	2:00 pm
N. 19	at Auburn	TBA

ALABAMA-BIRMINGHAM

N. 18	at Florida	TBA
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AUBURN

N. 05	VANDERBILT	TBA
N. 12	at Georgia	TBA
N. 19	ALABAMA A&M	TBA
N. 26	at Alabama	TBA

ALABAMA STATE

N. 05	JACKSON STATE	2:00 pm
N. 12	at Grambling State	2:00 pm
N. 24	MILES	3:00 pm

JACKSONVILLE STATE

N. 05	at Southeast Missouri	1:00 pm
N. 12	at Murray State	1:00 pm
N. 19	UT MARTIN	1:00 pm

MILES

N. 05	TUSKEGEE	2:00 pm
N. 24	at Alabama State	3:00 pm

NORTH ALABAMA

N. 05	WEST FLORIDA	1:30 pm
N. 12	at Mississippi College	2:00 pm

SAMFORD

N. 05	at The Citadel	1:00 pm
N. 12	MERCER	2:30 pm
N. 19	at ETSU	TBA

SOUTHERN MISSISSIPPI

N. 05	CHARLOTTE	2:30 pm
N. 12	at Old Dominion	2:30 pm
N. 19	at North Texas	2:30 pm
N. 25	LOUISIANA TECH	TBA

STILLMAN

(SCHEDULE NOT AVAILABLE)

TROY

N. 12	APPALACHIAN STATE	TBA
N. 17	ARKANSAS STATE	8:30 pm
N. 26	at Texas State	3:00 pm
D. 03	at Georgia Southern	Noon

TUSKEGEE

N. 05	at Miles	2:00 pm
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WEST ALABAMA

N. 05	VALDOSTA STATE	2:00 pm
N. 12	MALONE	2:00 pm

Organizational Meeting for POLICE CITIZENS COMMUNITY RELATIONS ADVISORY COUNCIL

The Police Citizens Community Relations Advisory Council held an organizational meeting this afternoon. At the meeting, members reviewed the ordinance creating the council and discussed their mission and responsibilities.

"This is a great group of citizens and we look forward to them working collaboratively with the Police Department and its leadership to enhance communication between our communities and police," said Council President Gina Gregory.

The group is planning to meet again on Wednesday, November 09 at 4:00 PM in the City Council Conference Room on the 9th floor of Government Plaza's South Tower. At that meeting, they are expected to elect leadership positions. They will also be inviting Chief Barber, Kenyen R. Brown, U.S. Attorney for the Southern District of Alabama and some citizens to join them.

In August, the Council voted to approve the creation of the advisory council to enhance the relationships and expand outreach efforts between the community and Police Department.

There are eight (8) members of the Council - one appointed by each City Council member and one by the Mayor. They include: Vanessa Davis Wright (Appointed by Council Vice President Fred Richardson), Thomas Nelson (Appointed by Councilman Levon Manzie), Diane Chapman (Appointed by Councilman C.J. Small), Doug Dabney (Appointed by Councilman John Williams), Brad Israel (Appointed by Councilman Joel Daves), Samuel L. Davis, III (Appointed by Councilwoman Bess Rich), Dr. Claude Warren (Appointed by Council President Gina Gregory), Sara McCoy (Appointed by Mayor Sandy Stimpson). ♣

P. A. C. C.

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The Prichard Area Chamber Of Commerce' s mission is to enhance economic prosperity and the quality of life through partnerships, education and civic pride for the Prichard Area.

JOIN TODAY!

Efforts Underway to Reduce Spread of Germs on Birthday Cakes



According to the Centers for Disease Control and Prevention, each year about 20,000 children younger than 5 years of age are hospitalized because of flu-related complications. Influenza causes more hospitalizations among young children than any other vaccine-preventable disease.

The Mobile County Health Department and Family Health, its primary care division, agree the single best way to protect against seasonal flu and its potential severe complications is for children to get a flu shot each year. Flu vaccination is recommended for all children ages 6 months and older. But making healthy choices at school and at home also help prevent the spreading of flu to others. Offering an alternative to the centuries-old tradition of blowing out candles on a birthday cake can certainly assist in achieving this goal.

A recent study by Clemson University provided shocking evidence of what occurs when someone blows out candles. According to the report, on the small cakes that still had their candles lit, there was an average of 200 bacteria capable of forming colonies. After the cakes had someone blow on them, there were approximately 3,000 bacteria observed.

“Whether benign or pathogenic, it is important to understand how bacteria is transferred and become familiar with measures for avoiding contamination,” the Clemson study stated.

Dr. Bernard H. Eichold II, Health Officer for Mobile County, said the message is starting to spread around the world. Australia’s National Health and Medical Research Council handed out guidelines for agencies working with children that no candles are to be placed on birthday cakes.

The tradition of blowing out candles can be traced to many cultures, with the thought that the smoke carried their wishes to the heavens. While Dr. Eichold is not suggesting that the serving of cake at birthday parties be stopped, he is hoping for a way to reduce the spread of disease.

“Why not have your birthday candles on a cupcake?” Dr. Eichold asked. “Or just have a candle sitting down, have everyone sing ‘Happy Birthday,’ blow out the candle and eat the food?”

The owners of Pollman’s Bakery, which has been serving customers in Mobile since 1918, agree. They are the first local bakery to join with the health department’s plan. When a customer purchases a birthday cake at any of their locations, they can ask for a cupcake to hold the celebratory candle.

“We think it is a great idea,” said Rose Pollman. Her husband, Fred, is the third generation to run the company. “This will keep the germs off the cake. This is great for kids and adults.”

Mrs. Pollman said they sell about 10 to 12 birthday cakes a day at their locations, and sometimes up to 50 on Saturdays. Giving away one cupcake each time is worth the cost.

“I agree with Dr. Eichold on how it can help the public,” she said. “Pollman’s has been here for almost 100 years, and we are proud to be a part of this plan.”

Dr. Eichold said he hopes all bakeries in Mobile County will soon follow the trend of helping to stop spreading germs. “It is as easy as blowing out a candle,” he said. ♣

Beaco To Head Build Mobile



Shayla Beaco has been tabbed as the new Executive Director of Build Mobile. She will oversee planning and zoning, historical development, long range planning, urban design, inspecting and permitting.

Build Mobile is a new City department that lays the initial foundation for the City to serve everyone who wants to do business, create jobs and grow Mobile. This department was created following recommendations from the i-team Mobile’s comprehensive look of business development. This in-depth gathering of information gave insight into the components and cross-collaboration needed for new business development in Mobile. ♣

Women Beautifully Rooted in Christ

Emmanuel Seventh-Day Adventist Church will be hosting a church service and seminars focused on empowering women in our communities.

Emmanuel Seventh-Day Adventist Church
2000 Dr. Martin Luther King Jr. Ave.
Mobile, AL 36617

October 29 — November 05, 2016

THINKING OUTSIDE OF THE BOX

Arthur L. Mack

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



WHAT NEXT??

By the time you see this article, the 2016 Presidential election will likely will be history. And believe me, it couldn't have happened soon enough.

Never in almost 62 years of life have I witnessed such craziness leading up to the most important election in America's history. It was as if one was living out a scene from the 1960's television classic, *The Twilight Zone*. The craziness was unreal, and if people thought that this year's campaign was going to be ordinary, they were sadly mistaken.

I don't know if you voted for Hillary Clinton or Donald Trump. Really, I don't care if you even voted for a third-party candidate. But I can tell you this—America is at a crossroads.

Whoever takes over residency at 1600 Pennsylvania Avenue will not only have the power to shape the destiny of this country for the next four years, but for many years to come. And you can bet that whoever is elected will be capable of leading the country to higher heights—or lower lows.

Think about this—the next President will be in a position to select Supreme Court Justices. He or she will also have influence on this nation's allies, as well as its enemies. And believe me, a lot of domestic policies will be greatly affected by this election.

It's too bad this publication is not a weekly instead of a monthly, because if it was, I would have been in a position to tell you more about what to expect in the weeks and months leading up to the election. But, as it is, I can only tell you my thoughts on a monthly basis. But in months and years past, I've touched on what things are like not only nationally, but locally.

This time, I can tell you what can possibly happen if the WRONG person gets into the White House. If you think things are bad now, wait until the wrong person takes over as president—many of the gains America made, especially getting out of a deep recession and creating job growth—could very well go away. There would be civil and racial unrest not seen since the civil rights era.

Also, keep this in mind—it was Trump who said during the final presidential debate that he would keep people “in suspense” if he lost the election. One can only imagine what would happen if he kept people “in suspense.”

Could his words lead some of his supporters to resort to anarchy? It's possible. For the past 240 years, in spite of highly contested elections, and even assassinations, there was an orderly transfer of power in this country. The only real issue came in 2000, when it took a Supreme Court ruling that gave George W. Bush the election after voting controversy in Florida.

This, though, could be an entirely different scenario. If Trump loses, he may not go away quietly. I only hope that he doesn't do anything really crazy, like incite some of his supporters to riot. Come to think of it, I heard some talk from various sources that some people are prepared to do just that—even assassinate Clinton if she won.

Not a comforting thought, isn't it? But it wouldn't surprise me one bit. All we can do is hope—and pray—that sanity prevails and the right person gets into office. But whoever gets into office will not only have to answer to the American people—and God—if the fortunes of this country take a turn for the worse. ♣

CAR OR 18 WHEELER ACCIDENT? HURTING?
476-PAIN
DR. JAMES GORDON, DC Habla Un Poquito Español

FLAVA (continued from Page 06)

MOVIE TIME WITH MR. BUTCH

Friday, October 21, 4 p.m., Moorers/Spring Hill Branch, 4 South McGregor Ave. The feature is *Hotel Transylvania 2*. The film runs 89 minutes and is rated PG. For more information, please call 470-7770 or email ftigner@mplonline.org.

HEART & SOUL BOOK CLUB

Saturday, October 22, 4 – 5:30 p.m., West Regional Branch, 5555 Grelot Rd. Heart & Soul Book Club is for those seeking to improve their life through Mind, Body, Heart and Soul. We read and discuss motivational and inspirational books that enhance who we are as we journey to a deeper meaning of our life's purpose. This month's topic of discussion is *Lost & Found: Finding Hope in the Detours of Life* by Sarah Jakes. For more information, please call Cassandra at 209-3559 or email heartand-soulbookclub@gmail.com.

CLASSICS REVISITED BOOK CLUB

Monday, October 31, 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 *The Neverending Story* by Michael Ende. For more information, please call 208-7902.

HALLOWEEN SPOOKTACULAR!

Thursday, October 27, 6 p.m., Saraland Public Library, 111 Saraland Loop. Families & Children of All Ages—Join us for Monster Hand Punch and Graveyard Pudding Cups! Try on different Halloween costumes, make some crafts, and Trick or Treat throughout the Library. For more information, please call 675-2879.

PAINT A PUMPKIN

Saturday, October 29, 3 - 6 p.m., Moorers/Spring Hill Branch, 4 South McGregor Ave. A Halloween Celebration – Ages 3 and Up—Join us for Pumpkin Paintings, crafts, and “Trunk or Treating” in the parking lot. For more information, please call 470-7770 or email eenglish@mplonline.org.

HALLOWEEN FUN @ THE LIBRARY!

Monday, October 31, 4 - 5 p.m., Ben May Main Library, 701 Government Street. Families & Children of All Ages—Put on your costumes and join us for crafts and Trick or Treating throughout the Library. For more information, please call the Ben May Main Library Children's Department at 208-7086 or email crhodes@mplonline.org.

TRICK OR TREAT @ THE LIBRARY!

Monday, October 31, 4 - 6 p.m., West Regional Branch, 5555 Grelot Road. Don't Forget Your Bags—Calling all children – put on your costume and join us for Trick or Treating throughout the Library. For more information, please call the children's department at 340-8571.

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

SEPTEMBER 02 — *BEAUTY AND THE BEAST*: A fairy tale romance! To save her beloved father, a beautiful young girl agrees to become the companion of a brutish-and very unhappy beast!

SEPTEMBER 09 — *WINNIE THE POOH*: Pooh and Piglet tries to teach their feather friend to sing.

SEPTEMBER 23 — *JURASSIA PARK*: On a remote island, a wealthy entrepreneur secretly creates a theme park featuring living dinosaurs drawn from prehistoric DNA.

SEPTEMBER 30 — *WALT DISNEY THE TIGER MOVIE*” This movie is filled with the joy and wonder of what it means to be a family and that families come in all shapes and sizes. ♣

CALENDAR

October 2016

MOBILE

CONCERTS

Anderson East, Brent Cobb-Moe's, 11/3
Banditos-The Merry Widow, 11/5
The Record Company, The Marcus King Band
-Soul Kitchen, 11/7

Evanescence-Saenger, 11/9
Qointron & Ms. Pussycat-The Merry Widow, 11/11
The Head-Blind Mule, 11/12
Bob Dylan-Saenger, 11/16
Future Elevators-Calaghans, 11/18
A\$ap Ferg, Playboi Carti, Rob Stone-Soul Kitchen, 11/18
Bejamin Francis Leftwich-The Merry Widow, 11/20

SPORTS: COLLEGE BASKETBALL-MEN

Bishop State vs. Ms. Gulf Coast, 11/7
Bishop State vs. Univ. of Mobile, 11/8
Bishop State vs. Delgado, 11/10
Bishop State vs. Marion Institute, 11/14
Spring Hill vs. Univ. of Mobile, 11/14
Spring Hill vs. Loyola Univ., 11/17
Spring Hill vs. Univ. of West Alabama, 11/28
Spring Hill vs. Univ. of West Florida, 11/30

Univ. of Mobile vs. Selma, 11/2
Univ. of Mobile vs. Pensacola Christian, 11/10
Univ. of Mobile vs. Dillard, 11/19
USA vs. Blue Mountain, 11/14

SPORTS: COLLEGE BASKETBALL-WOMEN

Bishop State vs. Shelton State, 11/3
Bishop State vs. Ms. Gulf Coast, 11/7
Bishop State vs. Delgado, 11/10
Spring Hill vs. Univ. of West Alabama, 11/11
Spring Hill vs. Univ. of Mobile, 11/14
Univ. of Mobile vs. Selma, 11/2
Univ. of Mobile vs. Carver Bible, 11/7
USA vs. Auburn-Montgomery, 11/3
USA vs. Spring Hill, 11/17

SPORTS: COLLEGE FOOTBALL

USA vs. Presbyterian-Ladd Stadium, 11/19

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

STAGE PLAYS

A Midsummer's Night Dream-Mobile Theatre
Guild, 11/4-6, 11-13, 18-20

The Producers-Joe Jefferson Playhouse, 11/4-20

ATLANTA

CONCERTS

Colbie Caillat, High Dive Heart-Center Stage Theatre, 11/2
Galactic, Fruition-Variety Playhouse, 11/4
War-Variety Playhouse, 11/5
Stevie Nix, The Pretenders-Phillips Arena, 11/6
Tweezil Zappa-Variety Playhouse, 11/7
Mindless Behavior, 4Ey The Future, Joe Moses
-The Tabernacle, 11/12
Sheila E-Center Stage Theatre, 11/12
George Winston-Variety Playhouse, 11/13
The Pet Shop Boys-Woodruff Arts Center, 11/14
Jonny Lang, Guthrie Brown-Variety Playhouse, 11/16
Spyra Gyra, Patti Austin-Cobb Centre, 11/17
David Crosby-Woodruff Arts Center, 11/18
Jeff Dunham-Phillips Arena, 11/18
St. Paul And The Broken Bones-Fox Theatre, 11/18
Drive-By Truckers, Kyle Craft-The Tabernacle, 11/19
The Robert Cray Band, Elliot Holden-Variety
Playhouse, 11/19
Straight No Chaser-Fox Theatre, 11/19
Brian Culbertson-Woodruff Arts Center, 11/20
Angie Stone-Eddie's Attic, 11/23
Maxwell, Mary J. Blige, Ro James-Phillips Arena, 11/25

STAGE PLAYS

Love Jones-The Musical-Fox Theatre, 11/9-13
A Drag Queen Christmas-Center Stage Theatre, 11/21

BILOXI

CONCERTS

Rick Springfield-Hard Rock Live, 11/4

Hellyeah-Kress Live, 11/10

PENN & TELLER - Beau Rivage, 11/11

The Oak Ridge Boys-Golden Nugget, 11/18

Travis Tritt-IP Casino, Resort and Spa, 11/18

Lisa Lampenelli-IP Casino, Resort and Spa, 11/26

BIRMINGHAM

CONCERTS

Bonnie Raitt, The California Honeydrops-BJCC
Concert Hall, 11/4
Jeff Dunham-BJCC Arena, 11/4
Gucci Mane-BJCC Arena, 11/11
Kip Moore, John Pardi-Alabama Theatre, 11/11
Carrie Underwood, Easton Corbin, The Swon Brothers
-BJCC Arena, 11/14
Bob Dylan-BJCC Concert Hall, 11/15
Galactic, The Hip Abduction-WorkPlay Theatre, 11/15
Blues Traveler-Iron City, 11/16
The Velcro Pygmies-Iron City, 11/18
Casting Crowns-Boutwell Auditorium, 11/25
Fred Hammond, Donnie McClurkin, Hezekiah Walker,
Israel Houghton, Karen Clark Sheard, Regina Belle,
Casey J, Earthquake-BJCC Concert Hall, 11/25
Moon Taxi, The Soul Rebels-Alabama Theatre, 11/25
Goo Goo Dolls, Safetysuit-Alabama Theatre, 11/27

FAIRHOPE

CONCERTS

Flow Tribe-Fairhope Brewing, 11/11

NEW ORLEANS

CONCERTS

Straight No Chaser-Civic Theatre, 11/2
Bonnie Raitt, The California Honeydrops-Saenger, 11/5
Anderson, Rabin & Wakeman-Saenger, 11/11
Fred Hammond, Donnie McClurkin, Hezekiah Walker,
Israel Houghton, Karen Clark Sheard, Regina Belle,
Casey J, Earthquake-Lakefront Arena, 11/16
Mindless Behavior, 4Ey The Future-House of Blues, 11/17
Pentatonix, Us The Duo, Abi Ann-Lakefront Arena, 11/17
Vanilla Ice, Salt-N-Pepa, Color Me Badd, Coolio,
Tone Loc, Rob Base-Lakefront Arena, 11/18
Jeff Dunham-Smoothie King Center, 11/20
Dave Jordan & The NIA-Joy Theatre, 11/25
Dolly Parton-Smoothie King Center, 11/30

FAMILY SHOWS

Sesame Street Live-Lakefront Arena, 11/4-6

SPORTS: PRO BASKETBALL

Pelicans vs. Milwaukee Bucks-Smoothie King Center, 11/1
Pelicans vs. Phoenix Suns-Smoothie King Center, 11/4
Pelicans vs. L.A. Lakers-Smoothie King Center, 11/12
Pelicans vs. Boston Celtics-Smoothie King Center, 11/14
Pelicans vs. Portland Trailblazers-Smoothie King Center, 11/18
Pelicans vs. Charlotte Hornets-Smoothie King Center, 11/19
Pelicans vs. Minnesota Timberwolves-Smoothie King
Center, 11/23
Pelicans vs. L.A. Lakers-Smoothie King Center, 11/29

SPORTS: PRO FOOTBALL

Saints vs. Denver Broncos-Superdome, 11/13

continued on Page 16, see CALENDAR

Prichard Fire Department Improvements

Improvements valued at nearly a million dollars are slated for the Prichard Fire Department. The department is getting new equipment and a renovated station thanks to teamwork between the City of Prichard and the County of Mobile. Included in the upgrades is a complete overhaul of the Bullshead Fire Station, 21 sets of turnout gear, 10 AEDs, a new mini-pumper truck and an air compression system.

The upgrades are funded by a U.S. Department of Housing and Urban Development (HUD) Community Development Block Grant (CDBG). "Mayor Troy Ephriam submitted a request for our assistance and we were pleased to find funds through this federal grant program," explained Mobile County Commissioner Merceria Ludgood.

"Public safety is our number one priority for our city and for our citizens. These improvements, made possible by the CDBG funding through the Mobile County Commission, help us continue to add to the improvements we have already completed to make Prichard safe and our neighborhoods stronger," said Mayor Ephriam.

Renovation of the station will include gutting the station and modernizing the equipment bay, living quarters, sleeping facilities and kitchen. The station is used for community events, including health checks and will be compliant with the Americans with Disabilities Act (ADA). Bids on the project will be opened on Nov. 16, with an estimated construction start date of early 2017.

Twenty-one sets of personal protective equipment or turnout gear have already been purchased and delivered. This includes coats, pants, boots, helmets, gloves and hoods. A Cascading Compression System to refill firefighters' self-contained breathing apparatus tanks (SCBA) also is being purchased.

In addition, 10 AED automated external defibrillator (AED) units were purchased for the fire rescue service.

The mini-pumper was designed and built to standards specified by the Prichard Fire Department. When the Bullshead Station is renovated, the pumper will be housed there.

Prichard Fire Chief Fred Chambers said the city is "very fortunate to have received the grant funding and that it helps accomplish two of our major goals – the purchase of a new 300 gallon mini-pumper and the complete renovation of our Number 4 Fire House (Bullshead Station) located on St. Stephens Road." ❖

CALENDAR (continued from Page 15)

Saints vs. Los Angeles Rams-Superdome, 11/27

OCEAN SPRINGS

CONCERTS

Felix Martin, The Fine Constant-Mezo's
Juke Joint, 11/4

PENSACOLA

CONCERTS

Straight No Chaser-Saenger Theatre, 11/1
The Red Jumpsuit Apparatus, Scream Out
Loud, Rise Up Lights-Vinyl Music Hall, 11/3
Surfer Blood-Vinyl Music Hall, 11/4
Perpetual Groove-Vinyl Music Hall, 11/5
Mewithoutyou, Needlepoints-Vinyl Music
Hall, 11/7
Moonshine Bandits-Vinyl Music Hall, 11/10
Casting Crowns-Bay Center, 11/10
Unknown Hinson-Vinyl Music Hall, 11/11
Leon Russell, Dave Griffin-Vinyl Music Hall, 11/15
Mannheim Steamroller-Saenger Theatre, 11/15
Galactic, The Hip Abduction-Vinyl Music
Hall, 11/16
Enter The Haggis-Vinyl Music Hall, 11/17
Jeff Dunham-Bay Center, 11/19

Rumours-A Fleetwood Mac Tribute-Vinyl
Music Hall, 11/25

Too Close To Touch-Vinyl Music Hall, 11/28
Dolly Parton-Bay Center, 11/29

FESTIVALS

GREAT GULF COAST ARTS FESTIVALS-

Jonathan Byrd-Seville Quarters, 11/4

GREAT GULF COAST ARTS FESTIVALS

Jonathan Byrd, The Claire Lynch Band
-Seville Quarters, 11/5

Great Gulfcoast Arts Festivals-Seville
Quarters, 11/6

SILVERHILL

CONCERTS

Lilly Winwood, Sugarcane Jane-Blue Moon
Farm, 11/13
Will Kimbrough-Blue Moon Farm, 11/20

TUSCALOOSA

CONCERTS

Drive-By Truckers, Kyle Kraft-Druid City
❖



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OCTOBER ²⁰¹⁶ PASSINGS



ROD TEMPERTON-66

KEYBOARDIST (Heatwave) • SONGWRITER (Thriller; Rock With You; Give Me The Night) • **Cancer**



ANTHONY ADDABBO-56
ACTOR
The Bold & the Beautiful



EDDIE APPLGATE-81
ACTOR
The Patty Duke Show



PATRICIA BARRY-93
ACTRESS
All My Children, Days of Our Lives



ROBERT BATEMAN-80
SONGWRITER
Please Mr. Postman
Heart Attack



LUCY BAXLEY-78
LIEUTENANT GOVERNOR
Alabama 2003–2007



DENNIS BYRD-50
NFL PLAYER
Jets
Traffic Collision



PHIL CHESS-95
CO-FOUNDER CHESS RECORDS



STEVE DILLON-54
COMIC BOOK ARTIST
The Punisher, Judge Dredd



GARY DUBIN-57
ACTOR
The Partridge Family
Bone Cancer



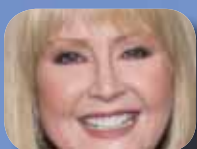
ROBERT EDWARDS-74
SINGER
The Intruders
Heart Attack



THOMAS MIKAL FORD-52
ACTOR
Martin
Stomach Aneurysm



QUENTIN GROVES-32
COLLEGE/NFL PLAYER
Auburn; Jaguars
Heart Attack



CECILIA HART-68
TV/STAGE ACTRESS
Ovarian Cancer



JOAN MARIE JOHNSON-72
SINGER
The Dixie Cups
Heart Failure



IAN LISTON-68
ACTOR
The Empire Strikes Back



LARKIN MALLOY-62
ACTOR
All My Children
Heart Attack



KEVIN MEANEY-60
ACTOR



GLORIA NAYLOR-66
NOVELIST
The Women of Brewster Place



AARON PRYOR-60
BOXER
Heart Disease



JOSH SAMMAN-28
MIXED MARTIAL ARTIST

Ask Dr. Walker

The Right Foods at the Right Time: All summer, we've been talking about maintaining a healthy weight. This is the last article in that series and it focuses on the most important factor that helps determine your weight: what you eat. This is not a comprehensive guide to healthy eating, but it will give you a framework for making healthy food choices. While most animals instinctively eat the foods they need to flourish, humans often fail when it comes to choosing what's best for us.

Eating brings us comfort. It is an opportunity to bond with others. A delicious meal is one of life's great pleasures. Sometimes we forget that getting the nutrients we need is the primary purpose of eating. I want to encourage you to start thinking of food not just in terms of what tastes good, but also in terms of what your body needs to perform well. To choose the right foods, you need to know what purpose they serve.

FIVE ESSENTIAL NUTRIENTS HUMANS NEED TO SURVIVE...

	Vitamins/ Minerals	Proteins	Fibers	Fats	Carbohydrates
Used for	Essential for all bodily functions. Help all body systems stay healthy. Extremely important.	Essential for muscle growth and maintenance and repairing damaged tissues.	Add roughage and bulk to stool. Keep the digestive system healthy and regular.	High calorie energy source. Essential for proper nervous system function.	An energy source.
Healthy source	Fruits, vegetables, dairy products and proteins	Poultry, fish, lean meats, eggs, beans, yogurt	Fruits, vegetables and whole grains	Nuts, avocado, some oils	Fruits, potatoes and whole grains
Cautions	Dairy products and proteins have a lower concentration than fruits and vegetables	Some meats can be high in unhealthy fats and have oxidizing properties	Can make you gassy	Eat only small servings of fat (high calories)	Limit them in your diet. What is not used for energy, will be stored as fat.

Notice there are no sweets on the list; they are empty calories with no significant nutritional value. They are technically carbohydrates, but eating them can lead to diabetes, obesity, and poor health. This includes sweet drinks and juices. Avoid them.

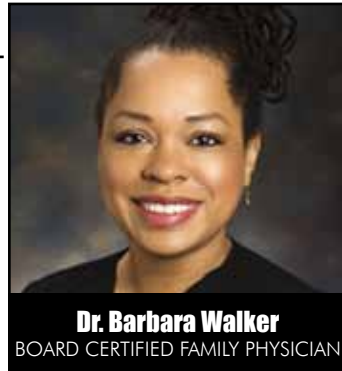
Now that you know which foods you need, here are some tips on when to eat them. Eat within 2 hours of waking to get your body back into a calorie-burning mode. Try to eat at least 3 times per day. Snacks should be protein, fruit or vegetables. Dinner should be primarily protein and vegetables. Fats help you feel full longer so you should eat them with breakfast and dinner.

Basically, the only time you should eat carbs is when you are going to be active. Fruits and vegetables are the best sources of vitamins and minerals. Proteins are good just about any time, but make sure they are lean. Fiber is great. Get it in any time you can. Limit your fats. They have a lot of calories, so a little goes a long way. Avoid sweets.

How much to eat? Count calories. (You need about 10 calories per pound of body weight to maintain your weight and about 8 calories per pound to lose weight.) Listen to your body. If you aren't losing weight, cut back by 20 calories per day until you start to see the needle move.

Eat for nourishment. If you eat what you need, in time you'll learn to like it. Or at least you'll like the results.

Any questions? Ask Dr. Walker at steppinoutnews@aol.com ♣



Dr. Barbara Walker
BOARD CERTIFIED FAMILY PHYSICIAN

EXPRESSIONS: RIGHT OR WRONG

Lisa Johnson

A Poet and Writer who lives in Mobile



Do you know someone that's in a bad place in their life? How many times have you tried to help them? My grandmother used to have a saying, "Ain't nothing you can do. A person has to get sick and tired himself." It can be quite frustrating though because it hurts you to see the bad effects that this causes them. Their desire to change could be what they desperately want, but fear holds them captive. Perhaps they're too afraid of the hereafter. A lot of questions no doubt can run through their minds such as: Where will I go? Who's going to be there for me? How will I make it? Will I find another job? Who's going to give me another chance to get myself together? Will I ever find someone who will appreciate and love me for me? What's going to happen to me and my children? Who's going to take me seriously now that I've broken free? (Matthew 6:25-34)

The flip side could be that they like being in that place. It's new, different, and exciting to them. It very well might be new and exciting but you can see the pitfall. When the new and excitement wears off, just be there for them to pick up the pieces if you can. Some people feel that experience is the best teacher especially if you're dealing with an individual who's insistent on doing things their way. If that's case, then experience will have to be their teacher. However, it's much better if an individual can learn from someone else past mistakes so that they can avoid the pitfalls (Proverbs 22:3). People that are too close to the situation can't see what those on the outside see. As time passes, it's really amazing to see the light bulb come on and watch the individual finally see what you've seen all along. Until they break free, just try to be there for them without having a critical spirit. Be supportive and understanding during this time? ♣

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Will They Show Up

Increasing Attendance at Local Non Profit Events

Fundraising is important to sustainability of non-profits. After serving on twenty non-profit Boards and volunteering for countless events, I feel qualified to write a few notes on increasing attendance.

Audience. As in all marketing, it is critical that you understand your audiences (clients, boards, donors, elected officials, employees, influencers, media, members, prospects, sponsors, stakeholders, vendors, volunteers). The key is to understand behaviors and their triggers for attendance, donations and volunteering.

Events. There are two primary types of events. Signature are your primary events (gala, golf, donor reception, etc.). You should have two scheduled annually. Staged Events are created to gain exposure of your organization and/or of client solutions.

Planning. A lot can be gained or lost in the planning stages. It is wise to have a team, for new ideas or freshen up long standing events. Most importantly, plan the events for your audiences, not for your preferences. Brand event with a creative theme, tagline, logo and hashtag. Be mindful of event time management.

Sponsorships. Sponsor funds should allow you to market and cover expenses (plus profit). Tickets and other sales should be icing on the cake. Your sponsor pool are the companies who need your audience.

Database. You should have an accurate database of people who have attended past functions and the aforementioned audiences. Survey the audience to ascertain their top communication preferences. This will allow you to communicate via the platforms they prefer.

Pre-Communication. Ensure all communication expresses key message, theme, tagline, logo, hashtag, crisp spacing and images. Your first communication is with your board and employees. Set up an editorial calendar of communication tools: email and direct mail templates (Save The Date/You Are Invited), interviews, invitations, newsletters, social media ads - announcements and event page, flyers, online calendars, postcards, PSA and media releases.

Sneak Peaks. Leading up to event, allow your audience to view preparations, testimonials and venue. During event highlight hashtag and encourage people to post on social media. Give prizes for most likes.

Post-Communication. Survey at event. Thank people who attended and ask for suggestions. Utilize social media and tag images of event. Prepare report for board, sponsors and stakeholders.

CONTINUED SUCCESS! ♣

Stuffed Animal Slumber Party

In honor of National Teddy Bear Day, children ages 5 and up are invited to bring their stuffed animals to the Ben May Main Library (701 Government Street) for stories, crafts and videos on Monday, November 14, 6-7 p.m. Leave your stuffed animals for a Slumber Party. Photos will capture the fun the animals had during their overnight stay in the library. You can pick up your stuffed animals and pictures the following day.

For more information, call the Ben May Main Library Children's Department at 208-7086 or email crhodes@mplonline.org. ♣



A couple of women were playing golf one sunny Saturday morning. The first woman teed off and watched in shock as her ball headed directly toward a group of men playing the next hole. Indeed, the ball hit one of the men, and he immediately clasped his hands together at his crotch, fell to the ground and proceeded to roll around in evident agony.

The woman rushed down to the man and immediately began to apologize. She said, "Please allow me to help. I'm a physical therapist and I know I could relieve your pain if you'd allow."

"I'll be all right...I'll be fine in a few minutes," he replied breathlessly as he remained in the fetal position still clasping his hands together at his crotch.

But she persisted, and he finally allowed her to help him. She gently took his hands away and laid them to the side, she loosened his pants, and she put her hands inside. She began to massage him. She then asked him, "How does that feel?"

To which he replied, "It feels great, but my thumb still hurts like hell."™
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