



STEPPIN' OUT

THE ARTS, ENTERTAINMENT & EMPOWERMENT GUIDE OF THE GULF COAST

SEPTEMBER 2015 • Volume 15:Issue 02

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21st Annual
BAYFEST



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.

For information on advertising, to comment on subject matter, or to volunteer your services, please contact us at:

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STEPPIN' OUT reserves the right to refuse any advertisement it deems inappropriate for our readers or that does not meet the publications standard of quality.

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-and-

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TRANSITIONING BASICS

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REFLECTIONS

The Elephant Rope

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up the struggle in life. ♣

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Catt's BROWN Bag CONCERTS

September & October 2015

30th Anniversary Series 1985-2015

Wednesday
MOBILE-BIENVILLE Sq
CITY of MOBILE
SPECIAL EVENTS

Thursday
DAPHNE-MAYDAY PARK
Daphne
ALABAMA

Friday
FAIRHOPE-WINDMILL MKT
WINDMILL
MARKET

Sept 2, 3, 4 - ERIC ERDMAN (AMERICANA)

Sept 9, 10, 11 - GREGG FIELDS (SOUL/POP)

Sept 16, 17, 18 - LISA MILLS (BLUES)

Sept 23, 24, 25 - EXCELSIOR BAND (TRAD. JAZZ)

Sept 30, Oct 1, 2 - LEE YANKIE (BLUES)

Oct 7, 8, 9 - NOAH THOMPSON & JOE MORRIS (JAZZ)

Oct 14, 15, 16 - TROPIC FLYER (STEEL PAN POP)

Oct 21, 22, 23 - NU IMAGE (GOSPEL SOUL)

Oct 28, 29, 30 - MOLLY THOMAS (FOLK)

CONCERTS 11:30AM-1:30PM

INFO : 92.1FM-RADIOAVALON.COM-92ZEW.NET

FOODIE FINDS!



Greetings Foodies!!!

The weather outside is frightful!
(Over 100 degrees!) But Foodie Finds
are delightful!

So if you've no place to go...Just
follow Foodie & Friend!!

Hope you're all enjoying this summer
weather; Foodie & Friend decided to
keep it kind of light without skipping
on flavor or dining experience.
This trip; we take you to Café 615 on
Dauphin St., in Mobile, AL (251)432.8434.
This place had a great atmosphere
that just lured us in! Eager to dig in,
we started with the Tempura Shrimp
Panier (a fancy way of saying Shrimp
basket, but it was delightful!) which was
served with an Asian Slaw & Spicy Aioli.
We also tried the Thai Pork Lettuce Wraps,
Asian-seasoned Ground Pork wrapped
in Baby Romaine. Our appetizers were
on-point and left us anticipating the main
courses! Foodie selected the Shrimp Diane
Fettuccine, lightly glazed in a White Wine
Worcestershire Butter Sauce with Peppers
& Wild Mushrooms; Friend chose the
Beer Battered Chicken Marsala served
with Spinach Crème Penne. The flavors
were a culinary dream and we literally
couldn't stay out of each other's plates!
We can't wait to go back for the Champagne
Brunches on Saturdays and Sundays!
Service was wonderful and the prices,
not bad for the high quality of cuisine
served. We will be back!!

Café 616 YOU'VE BEEN FOUND!!!

Until next time, Stay Cool, Stay
Hydrated and Keep Dining!!

Foodie & Friend

Don't forget to hit us up
and tell us what you're eating!

Reach us at
foodieandfriend@aol.com. ♣



Ginger Girl

Brown haired girls everywhere are weeping. Why you ask? Red hair is making a grand entrance. Centuries ago red hair was only suitable for fair skinned girls with blue eyes and freckled skin, but things have drastically changed since then. It's 2015 and nearly every skin tone is rocking red hair. It won't make you look overly eccentric if you play your cards right. The key is to choose a flattering shade of red. You want to enhance your features, not downplay them! Red is never just red, there's burgundy red, magenta, orange-red, maroon, crimson, raspberry, etc. Don't think you have to settle for the standard cookie cutter cherry red. Some people have an itching desire for change and this is where red dye comes into play. It's refined yet still flirty and fun.

Keep in mind no one human is exactly the same. Don't go making dreadful hair decisions because what you thought looked good on someone else would also look good on you. Pale skinned girls look great with fire engine red hair, it doesn't look unusual or queer. If you're one of those girls that has a killer tan or you were just born with a deep complexion, STAY AWAY from stark red hair, if it's straight up red it you will look all kinds of crazy. Burgundy looks more fitting for dark skinned divas, if you choose a bright red it will clash against your skin terribly.

A lot of people tend to not go the whole 9 yards with red hair, they just dye bits and pieces of their hair. Some people even get red highlights so the dominant hair color can remain black/brown/blonde.

In the fall months (October, November, December) red hair is everything. There's something about autumn leaves that makes red hair look that much outstanding.

Red is not a neutral color so you must proceed with caution when you're trying to do your makeup and put together outfits. Red hair will make your physical appearance in general more vibrant and interesting. You'll have to switch up your beauty routine so that it matches up with your hair. You'll probably have to ease up on the crazy colors (blue lipstick, pink eyeshadow girls- I'm looking at you). Gold and bronze makeup will be your best friend.

Dare to be different. ❖



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BAYFEST is ADDING to the MUSIC!!! MORE MUSIC and MORE FUN!!!

Alabama's largest music festival has added more value to this year's festival experience! Held in Downtown Mobile, October 02-04, BAYFEST continues to offer something for everyone!

Artist's additions: Seether, Johnny Gill, The Swon Brothers, The Vespers, Kristy Lee & Dirt Road Revival, Molly Thomas & Rare Birds, PEEK, Eterniti, Marrio "Multi" Parrish featuring Standout, Alonzo Wood, Erin McLendon, Elle Duhe & 100 Dollar Car, Holli Mosley, Derek Norworthy, Rebecca Roubion, Battling Delirium, The Real Hooks, HanaLena, Bianca Clarke, Bridget Kelly Band, Stereo Dogs, Love the Hate, The William Earl Smith Band, Neil Dover, Daphne & the Mystery Machines, Jacob Needham, Rod Maine, Dat B, Al & Cathy, Acoustic Café, ROGERWOOD, The Lizards, Back In Action, B Graves & Dead Last, The String Slingers, Deluxe Trio, Pic of the Liter and Grits N Pieces!

Previously announced artists: Shinedown, Cage the Elephant, Justin Moore, Three Days Grace, Kip Moore, Slash/featuring Myles Kennedy & the Conspirators, Randy Houser, Eli Young Band, Travis Tritt, George Clinton and Parliament Funkadelic, St Paul & the Broken Bones, Chrisette Michele, Eric Paslay, Black Stone Cherry, Willie Clayton, Manchester Orchestra, Calvin Richardson, OB Buchana, Dennis Nelson, Malcolm Jamal Warner, Barrington 'Bo' Henderson, Vick Allen, The Joe Taylor Group, Wendell B, Ms. Jody and Crystal Pistol.

Where can you see this many artists over a three-day weekend for only \$45!! For a more unique experience, BAYFEST is offering for the first time NEW VIP SECTIONS that give you exclusive, with front of stage, access including reserved seats (with you name on them), private parking, separate cash-bar access and air-conditioned restrooms! Seated sections are very limited and are "first come, first serve." Advance general admission weekend passes will be available September 1 in area Circle K & Kanagroo Express outlets. For store locations and more information visit www.bayfest.com. ❖



BAYFEST 2015

October 02-04

\$45!

3-Day Weekend Pass

★VIP SECTIONS OFFERED★

Download Complete Festival Line Up... WWW.BAYFEST.COM

LOCAL FLAVA

ARTS NEWS

TRUMPETER DAVID JONES AND SAXOPHONIST IKE JOHNSON perform Smooth Jazz at the Battle House Hotel and Spa. Presented by LEGACY 166 on Saturdays, September 12 at 7:30 p.m. Proceeds benefit after-school programming in Mobile. For ticket information please call 533-5726.

MOBILE LIBRARY NEWS

TEEN BOOK YAK & MOVIE SNACK

Thursday, September 3, 4 p.m., Moorer/Spring Hill Branch, 4 South McGregor Ave. Alexander & the Terrible, Horrible, No Good, Very Bad Day; Enjoy the Book – Watch the Movie! Judith Viorst's acclaimed children's book is brought to the big screen. The tale recounts a day in the life of a grumpy young boy who has everything go wrong, all in one day. The film runs 81 minutes and is rated PG. For more information, please call 470-7770 or email eenglish@mplonline.org.

EXTRAVAGANT READERS BOOK CLUB

Saturday, September 5, 3 p.m., Toulminville Branch, 601 Stanton Rd. Topic of discussion is Prodigal Son by Danielle Steel. For more information, please call 438-7075.

CHESS CLUB

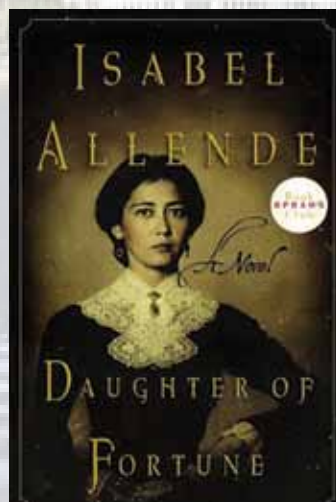
- Tuesdays, September 8, 15, 22 & 29, 4 p.m. Ages 6 and Above. Ben May Main Library, 701 Government Street. Beginners and experienced players are welcome. For more information, call the Ben May Main Library Children's Department at 208-7086 or crhodes@mplonline.org.
- Mondays, September 14, 21 & 28, 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.
- Wednesdays, September 16, 23 & 30, 3:30 - 5 p.m. All Ages, Toulminville Branch, 601 Stanton Rd. Mr. Ronald Reece will instruct children and adults on how to play the game of chess. For more information, call 438-7075.
- Thursdays, September 17 & 24, 4 p.m. Ages - 7 to 12, Semmes Branch, 9150 Moffett Road. Learn to play Chess! Beginners and experienced players are welcome. For more information, call 645-6840.

AMERICAN GIRL BOOK CLUB

Tuesday, September 8, 4 - 5 p.m., Ages 7 - 12 Years. West Regional Branch, 5555 Grelot Road. Explore America through the eyes of a different American Girl from the popular book series. In addition to the book discussions, there will be activities, crafts, and snacks. Lots to learn and opportunities to make new friends! This month's topic of discussion is Grace. Registration is required. For more information or to register, call the Children's Department at 340-8571.

A PAGE IN TIME

Tuesday, September 8, 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 Daughter of Fortune by Isabel Allende. For more information, please call Michele at 340-8561.



LOOKING FOR GRANTS

Wednesday, September 9, 2 - 4 p.m., West Regional Branch, 5555 Grelot Road. Michael Reimer, Grant Collection Supervisor, will show the class how to search internet sites that list grants through the Funding Information Network. Registration is required due to the limited number of computer workstations. For additional information or to register, please call the Reference Department at 340-8561 or e-mail westref@mplonline.org.

FAMILY FEATURE FILM

Thursday, September 10, 4 p.m. Semmes Branch, 9150 Moffett Road. Alexander & the Terrible, Horrible, No Good, Very Bad Day; Judith Viorst's acclaimed children's book is brought to the big screen. The tale recounts a day in the life of a grumpy young boy who has everything go wrong, all in one day. The film runs 81 minutes and is rated PG. For more information, call 645-6840.

EBONY MOMENTS BOOK CLUB

Thursday, September 10, 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 The Favorite Son by Tiffany Warren. For more information, contact Betty Kidd at 470-7766.

MYSTERY MONDAY

Mondays, September 14, 21 & 28, 3:15 p.m., Boys & Girls Ages 6-16. Parkway Branch, 1924-B Dauphin Island Parkway. There are no limits to creativity and innovation - arts, crafts, games, music and so much more! For more information, please call 470-7766.

FAMILY FEATURE FILM

Monday, September 14, 5:30 p.m., Toulminville Branch, 601 Stanton Rd. If I Stay; On a day that started like any other, Mia had everything: a loving family, an adoring boyfriend, and a bright future full of music. Suddenly, a family drive on a snowy day changes everything. The film runs 106 minutes and is rated PG-13. For more information, please call 438-7075.

THE READER'S CHOICE BOOK CLUB

Tuesday, September 15, 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 The Girl on the Train by Paula Hawkins. For more information, please call 208-7097.

MOVIE MYSTERIES @ MOORER

Tuesday, September 15, 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. Today's feature is the 1941 Maltese Falcon with Humphrey Bogart. The film runs 100 minutes and is NR. For more information, please call 470-7770 or email ftigner@mplonline.org.

MATINEE @ THE MAIN

Thursday, September 17, 1 p.m., Bernheim Hall at the Ben May Main Library, 701 Government Street. Based on true events, Foxcatcher tells the dark and fascinating story of the unlikely and ultimately tragic relationship between an eccentric multi-millionaire and two champion wrestlers. The film runs 134 minutes and is rated R for some drug use and a scene of violence. For more information, call 208-7097.

BAYSIDE BOOK CLUB

Thursday, September 17, 6 p.m., Parkway Branch, 1924-B Dauphin Island Parkway. This month's topic of discussion is The Stories We Tell by Patti Callahan Henry. For more information, please call Betty Fowler at 476-2600 or 208-7097.

(continued on Page 18... see FLAVA)

Sister II Sister Returns



The 3rd annual Sister II Sister Women's Expo is back!
93 BLX, 104.1 WDLT and Gospel 900 will present this year's women expo unlike it has been presented before. The day is jam packed with vendors, entertainment, as well as interactive sessions and seminars. This year, there will be five areas of events happening throughout the day including: health and wellness events, a gospel competition for soloists, praise teams, quartets, and choirs; a dance party, and How-To sessions to make a woman's life a little easier.

This year, Sister II Sister is making sure the women on the gulf coast are informed and talking about matters that are important to them. A panel of women will grace the stage this year to discuss the disparities in our community; both socially and economically. A police interaction forum will also be held on this year's main stage.

And speaking of the main stage; the one and only Cupid will shuffle across the GLR sponsored stage this year. Expo participants will shuffle and learn the Wham together. In addition, Dewayne Crooker, Jr and Craigh Franklin will also perform.

There is so much to see and do and most important, Sister II Sister is a great place to shop, and win great prizes throughout the day.

So make sure you grab your girlfriends, aunts, mother and sisters, and come to the largest women's expo on the Gulf Coast. Did I mention, its free?!!!! See you there! ❖

Sister II Sister

The Premiere Gulf Coast Women's Expo

IT'S THAT TIME AGAIN !!!
MOBILE'S 3rd ANNUAL PREMIERE EVENT!!!!!!

~ *The Mobile Civic Center* ~

Saturday, September 19, 2015
9am-6pm

~ **Admission is Free** ~

Seminars

Women of Stature
Police Interaction
Ben Lambert of Ben's Fitness
Suncoast/Champion Automotive

Performances by

Cupid
DeWayne Crocker Jr
Craig Franklin
Gospel Competition
Prichard Performing Arts Dance Company
Afori "C-Nile" Pugh
LaToya Bradshaw
David J
Nashon Taqi
Nu Image
YOTWS Junior Chorale

Tutorials

How to recreate your Apparel
Simple Sewing Tips
Ballet
Natural MakeUp
Eyebrow 101

93BLX
The Big Station!

104.1
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SCHOOL FIELD TRIPS

2016

MARCH 04: **THE TORTOISE & THE HARE... The Musical**

Aesop's fable gets a fun updated twist in this musical with audience participation. Bunni Hare wins every race, so how will Thomas Tortoise compete? The famous sports reporter Howard Crow-sel will be there to call the "play by play" in this fantastic fable with an ANTI-BULLYING message.

Literature • Theatre • Music • Audience Participation • Character Education — GRADES K-5

❖ **\$5⁰⁰ ADMISSION** ❖



MARCH 25 **QUEEN BESS: The Story of Bessie Coleman**

Born to sharecroppers, Bessie Coleman heard stories from pilots returning home from World War I about flying during the war. She learned to fly in a biplane and became the first woman to earn an international aviation license and the first woman of African-American descent to earn an aviation pilot's license, in 1921. She became a Barnstormer (Stunt Pilot) and quickly gained a reputation as a skilled and daring pilot who would stop at nothing to complete a difficult stunt.

Literature • Theatre • Character Education • History — 4TH GRADE to ADULTS

**This is a STEAM (Science, Technology, Engineering, Arts, & Math) Production!*

❖ **\$8⁰⁰ ADMISSION** ❖



❖ **RESERVATIONS REQUIRED • STUDY GUIDES AVAILABLE** ❖

For More Information Call: 251.533.5726 -or- Email: legacycenter166@aol.com



February 27

DAR HE: The Story of Emmett Till

Mike Wiley Productions

In 1955, a 14-year-old black Chicago youth traveled to the Mississippi Delta with country kinfolk and southern cooking on his mind. He walked off the train and into a world he could never understand — a world of thick color lines, hard-held class systems and unspeakable taboos. **Performance by MIKE WILEY.**

March 26

QUEEN BESS: The Story of Bessie Coleman

Born to sharecroppers, Bessie Coleman heard stories from pilots returning home from World War I about flying during the war. She learned to fly in a biplane and became the first woman to earn an international aviation license and the first woman of African-American descent to earn an aviation pilot's license, in 1921. She became a Barnstormer (Stunt Pilot) and quickly gained a reputation as a skilled and daring pilot who would stop at nothing to complete a difficult stunt. **Performance by SHERRIE TOLLIVER.**

June 18

The True Story of Huey P. Newton: Revolutionary, Political Activist, PhD

Huey P. Newton, co-founder of the Black Panther Party, endured jail, police harassment, and drug addiction while serving as Minister of Defense of the Party. While many know the story of Newton and the Party's armed resistance during that turbulent period, few know the story of the programs introduced by the panthers to feed, clothe, educate, and provide healthcare services to their community.

Performance of ALTON LANDRY.

For More Information Call: 251.533.5726 -or- EMail: legacycenter166@aol.com

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

The Heart of the City

I write about downtown because it represents the heart of the Mobile. It is the location of the seat of government and the main business area with its high-rises and office buildings. It is the cultural and entertainment center of the city. It has many of the tourist attractions and historic sites in the city. No other area of the city offers quite the combination of these entities. It has the waterfront.

At one time in the city's history, downtown was where just about everything occurred. When suburban growth took off due to the advent of freeways and the desire to escape the urban environs of the city, downtown suffered. This not only occurred in Mobile but in most cities across the nation. Suburbia beckoned with nicer and more spacious neighborhoods, shopping centers and less crime. Downtown quickly became a bad name. Government, banking, industry and some businesses were the only thing left behind. The heart of the city seemed to have moved west to the Airport Boulevard and I-65 intersection.

But over time, even suburbia couldn't really lay claim to the heart of the city. Shopping centers offered free parking and climate controlled malls but it still didn't seem like the heart of the city. Suburban neighborhoods sprawled across the city in different directions and no single area seemed like the heart. Despite its sad state, downtown still had a faint pulse.

Even though new suburban lifestyle centers and shopping areas tried to emulate downtowns by erecting structures that had the look and feel of a downtown or city center, they still didn't have the heart of a city. They had the same stores, the same big boxes that could be found anywhere in the United States. Wal-Mart, Lowes, Best Buy, Target, Bed Bath & Beyond...you get the picture.

Over time, things began to pick up downtown and it reversed its downward trend. What downtown Mobile offers is its unique assortment of historic buildings, distinctive homegrown restaurants and bars, museums and other diverse things that add to the flavor of the city. You have the Peanut Shop, Wintzells, the Soul Kitchen, NoJa, BayFest, the Saenger Theater, the Garage, the Bicycle Shop, the Battle House Hotel, Mardi Gras parades, the Elks Club, the GM&O building, the Cathedral and all the other businesses, establishments and activities that give Mobile its unique essence.

There is still a long way to go before downtown Mobile reaches its full potential but I believe it is on its way. It will take citizen support, strong city leadership, business investment and increased tourism to help make downtown Mobile the thriving, vibrating heart of the city that it once was. Yes, downtown is still the heart of the city. ♣

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POWERTRAIN

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October 16, 2015
7:00 PM
AFTER-FIVE ATTIRE

Crystal Ballroom
Holiday Inn Downtown Mobile

Featuring



Michael Ward, International Jazz Violinist
Sonia Daniels, Host
The Gentle Spirits
The Men of Praise

\$40
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This event is a benefit for the local, national, and global ministries of the United Methodist Church.



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INSIDE EDUCATION

WITH MOBILE COUNTY PUBLIC SCHOOLS



Written by...
MARCIE MCNEAL
DIGITAL MEDIA SUPERVISOR
Telecommunications
Mobile County Public School System



A Back to School Message from SUPERINTENDENT PEEK

It's always exciting to welcome students back to another year in Mobile County Public Schools, where education is our focus and It Starts With Us.

You have probably heard the term "school choice," and I am proud of the choices Mobile County Public Schools offers to our 59,000 students and their parents.

That includes our Signature Academies, where students in all 12 of our high schools are participating in hands-on, relevant learning experiences and preparing for college and careers in fields ranging from aviation to engineering, health care to coastal studies.

That includes our 12 Blue Ribbon Schools, recognized by the U.S. Department of Education for being the top public and private schools in the country, as well as our seven magnet schools specializing in college preparation, math and science, and the arts.

It also includes our two pre-International Baccalaureate schools and two International Baccalaureate schools; our four Torchbearer schools; and our 40 Schools of Innovation that are changing the way students learn and teachers teach.

Twenty-seven of our elementary schools offer pre-kindergarten. We also have two stand-alone schools for students with special needs: Augusta Evans and the Southwest Alabama Regional School for the Deaf and Blind.

All our schools are engaging students in their learning through the use of state-of-the-art technology. We have SMARTboards in all of our classrooms. Students are collaborating and creating projects with the 1 terabyte of storage and access to Microsoft and Adobe software for use at school and home. They are blogging, writing code and using 3-D printers.

Mobile County Public Schools was the first in the state to open an entirely online school for students in grades 6-12 who prefer to take their classes at home via the computer at their own pace. We graduated our first students from the Envision Virtual Academy this summer.

We were one of the first schools in the country to offer college classes on campus through a partnership with the University of Alabama Early College and Murphy High School. Students can earn up to 30 hours of college credit there and we are preparing to open applications up to students from across the county.

Besides that program, all of our high schools offer students the opportunity to earn college credit through dual enrollment and Advanced Placement courses. Baker

High is one of a handful of schools in the state to be named an Advanced Placement Capstone School for its success with AP.

We are in the midst of \$100 million worth of school construction projects, where we are building brand new schools, renovating campuses and adding multi-purpose buildings.

Our Class of 2015 earned \$97 million in college scholarships, which is a significant increase from the \$72 million earned in 2014.

We also saw a significant increase in the

number of students earning industry-certified career credentials, from 7,307 in 2014 to 11,162 in 2015. They include

dual enrollment college credit in technical fields, NCCR (construction) credentials, CNA (Certified Nursing Assistant), OSHA 10-Hour Safety Card, Microsoft Office Specialist, AWS (welding), etc.

I credit that to the efforts we are making to provide rigor and relevance in the classroom that challenges our students and has them thinking about and preparing for their futures.

Please know that you are sending your child off each morning to receive the best education possible. We appreciate the opportunity to teach your child and are happy you have chosen Mobile County Public Schools.

I encourage you to stay involved in your child's school and informed about what we are all working together to accomplish. Join the PTA or PTO. Ask your child about his or her school work and homework. Also, encourage your child to attend school every day as attendance is a leading factor in academic achievement.

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And remember... It Starts With Us! ♣

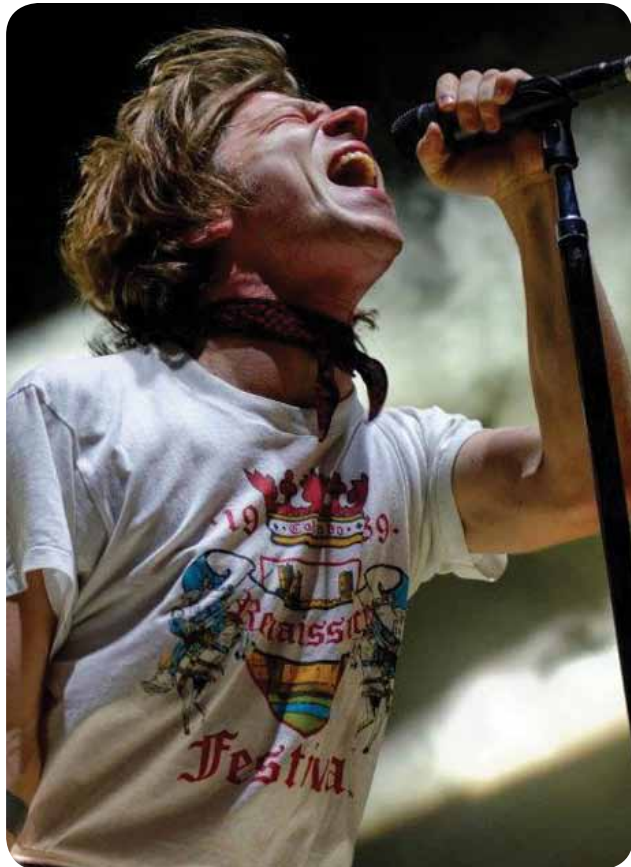


Martha L. Peek
SUPERINTENDENT
Mobile County Public
Schools System

JAMS PLUS MEDIA

Sloss Music and Arts Festival (BIRMINGHAM • JULY 18-19)

Written by Rosemary A.W. Roberts



As summer festivals continue to be a major driving force in the live music realm, promoters and producers stretch their creative muscles in search of unique concepts and locations for fests. The inaugural **Sloss Music and Arts Festival** in Birmingham, AL on July 18-19th 2015 threw down an iron gauntlet, placing an enticing indie-rock lineup in the midst of a former iron-forging facility that has been a National Historic Landmark since 1981. Sloss Fest embraced its industrial atmosphere, as banners hung beside the two large “Blast” and “Steam” stages depicted working miners, and the smaller “Shed” stage was inside a steel-beamed old building. One of the hottest attractions (quite literally) was the **Sloss Metal Arts Iron** Pouring demonstration, where you could choose or design a mold into which workers poured flame-orange molten iron, creating unique souvenirs. Other art vendors were on hand with sculpture,

jewelry, and clothing; there was also an API Poster Show featuring several current concert art studios. The culinary arts were included too, with microbrew beers on tap, food trucks and tents, Sprout and Pour Juice, Sweet Tea from Royal Cup (only in the South, y’all!), and tasty frozen treats from Steel City Pops. There was a free water refill station, but it would’ve been helpful to have these in more locations to better serve the masses in the extreme heat of mid-July; but besides the water, it seemed overall the Sloss setup was a winner.

The music was scheduled quite well, with acts that alternated slots on the Blast and Steam stages on opposite ends of the open concert grounds, and the Shed hosting acts throughout with 30 minutes between them. Saturday’s lineup found **Paul Thorn** with his authentic country storytelling songs early afternoon, and Icelandic newcomers

(continued on next page)

REVIEWS • REVIEWS

JAMS PLUS MEDIA

SLOSS (continued)

Kaleo started off slow but hit their stride with “All the Pretty Girls”, and then bluesy-rocked their set out in the Shed. **Noah Gunderson** contributed an enjoyable alt-folk flavor to the fest. The heavy-hitters of the indie-rock scene began appearing, with **Lord Huron** sounding like a ray of sunshine, deliciously danceable, a highlight of the day. Next up was **First Aid Kit**, and these Swedish sisters came on with beautiful vocal harmonies, wearing gorgeous white dresses with long hair flowing. Both **Klara Söderberg** on guitar and her sister **Johanna** on keyboards danced while playing, making for a great show; this band is beautiful to see and hear. There was considerable excitement surrounding the appearance of **Young The Giant**, who featured a driving, full, feel-good sound. They played fan favorites “It’s About Time”, “Cough Syrup”, and “Mind Over Matter”, and their set was great from open to close. Back on the Blast stage, **Band of Horses** brought their chill-out rock to the stage, and the crowd went wild for “Ghost In My House”, “The Great Salt Lake”, and “The Funeral”. Then the intensity of **Cage The Elephant** took the crowd by storm, with wild stage antics and hit songs like “Take It Or Leave It”, “Cigarette Daydream”, and “Ain’t No Rest For the Wicked”. To wrap up the first day, alt rock giants **Modest Mouse** put forth a surreal set that alternated between whimsical and hardcore, playing some tunes off their newest album like “Lampshades On Fire”, and also older crowd-pleasers like “Ocean Breathes Salty” and “Dashboard”.

Saturday’s weather, though very hot, had the reprieve of a thunderstorm that passed nearby the festival grounds which reduced the temperature nicely; but Sunday brought the real heat. However, with great music to fuel the cool vibes, the fans still came out in droves. Artists like **Judah and the Lion**, **Sturgill Simpson**, **Zella Day**, and **The New Pornographers** got the ball rolling, and **Manchester Orchestra**, **Purity Ring**, and **Tyler the Creator** followed that evening. Swiftly gaining fans across the country, **St. Paul & The Broken Bones** drew quite a crowd with their high-energy soulful sounds. Longtime listeners were pleased to find **Primus** amongst the Sunday talents, and **The Avett Brothers** finished the night in style.

Overall, Sloss Fest was a huge triumph, succeeding in nearly every aspect by which music festivals can be judged. The music was totally top-notch; it was great to see all these alt rockers in Birmingham, and refreshing to have the scheduling set up such that you could easily see and hear just about everyone. The community seemed very supportive, and they had a great turnout (about 25,000 attendees) which was awesome to see, especially for a first try. The really great news is that **Red Mountain Entertainment** plans to keep the fires of Sloss burning, as 2016 Sloss Fest is already confirmed. Keep an eye on SlossFest, it’s definitely a fantastic music festival to attend! ♣

Phish (TUSCALOOSA AMPHITHEATRE • AUGUST 02)

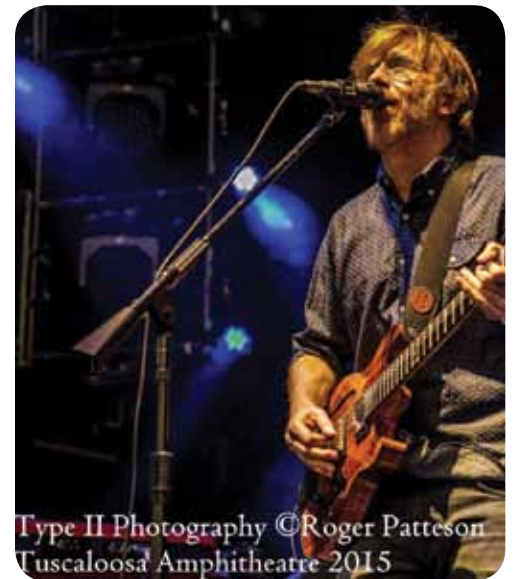
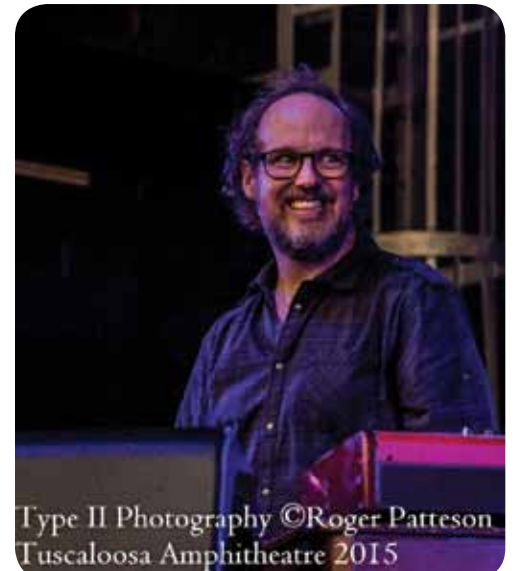
Words and Photos by Roger Patteson

Phish has fallen in love with the South in recent years playing some of their finest 3.0 shows in Alabama and Georgia while making a name stay at Pelham’s Oak Mtn. Amphitheatre, Orange Beach’s The Wharf Amphitheatre and Alpharetta’s Verizon Wireless Amphitheatre and Atlanta’s Aaron’s Amphitheatre at Lakewood.

This past weekend, Phish continued their trademark “Never Miss A Sunday Show” by making a return to Tuscaloosa, AL after a 24 year absence from the popular college town. Embracing the city’s newest music venue, Tuscaloosa Amphitheatre, fans would be treated a continuing theme through out the 2015 tour: Monster Second Set.

The venue sits on the Black Warrior River in the west Alabama town that serves as home to the University of Alabama and, in its short time of serving music, has already had the likes of Widespread Panic; Umphrey’s McGee; Willie Nelson; John Mayer; Neil Young & Crazy Horse; and Crosby, Stills, and Nash to name a few and is quickly becoming a hot spot for the South.

First set would be Phish in solid form with a Sample/Chalkdust opener, Gordon’s Meat (first appearance for 2015), a stellar Maze, and 46 Days > Cavern closer. Second set would open the doors full steam ahead with a quintessential Disease opener clocking in at almost 20 minutes and the heat never stopped. Camel Walk grew legs out of DWD and worked itself perfectly into a sexy, sassy Seven Below (also a 2015 debut) which Mr. Anastasio nailed perfectly. A seamless second set would be on fire with Fuego next right into a dance party many had waited for all tour with 2001 (Also Sprach Zarathustra) causing the entire massive pit to be funking it up only slightly slowing down for a sweet Harry Hood followed by the end is the road Possum. Another first of 2015 appearance, A Day In The Life, manhandled by Page, was the encore of choice. ♣



REVIEWS • REVIEWS



Charitable Pharmacy Moves To New Location

Ozanam Charitable Pharmacy has moved to its new location at 109 South Cedar St. The space is being granted to the pharmacy by the Mobile County School Board of Commissioners. The new facility is over 4,000 square feet and will give the volunteers and staff adequate space to serve the 10,000 visits to the pharmacy it receives every year. Patients of the pharmacy have been alerted of the change of location.

Established in 1998, Ozanam Charitable Pharmacy serves people between the ages of 19 and 65, many of whom have been diagnosed with acute illnesses. In 2014, the organization provided more than 34,000 prescriptions to 1,668 unduplicated, uninsured, underinsured, and indigent patients.

Ozanam Charitable Pharmacy, Inc. is funded, in part, by the Mobile County Commission, Baldwin County Commission, Alabama Public Health Department, HUD, Catholic Charities, United Way of Southwest Alabama, the City of Mobile, and the South Alabama Regional Planning Commission, local foundation and individuals.

If you would like to volunteer or donate funds call (251) 366-0713 or email sarcher@ozanampharmacy.org. For more information, please visit their Facebook page and like or visit their website at www.ozanampharmacy.org ❖

Beyond the Business Card: Tips on Networking

SEPTEMBER 17 • 12:00-1:00 PM • BEN MAY MAIN LIBRARY • 701 GOVERNMENT STREET

Learn ways of networking with other business contacts that go beyond just the exchanging of business cards. Create more meaningful business connections. The facilitator is Meaghan Chitwood, Executive Director with BNI Alabama. Ben May Main Library, 701 Government Street. For more information, please email jsigler@mplonline.org or call 208-7078 or 208-7085. ❖

FRANCHISING 101: Principles of Business Ownership

SEPTEMBER 22 • 6:00-7:30 PM • BEN MAY MAIN LIBRARY • 701 GOVERNMENT STREET

Learn the basics of franchise business ownership as a career alternative. The facilitator is Julian Reid, an alternative career coach with The Entrepreneur's Source (TES). TES is a coaching firm that helps people to assess their lifestyle and financial goals. For more information, please email jsigler@mplonline.org or call 208-7078 or 208-7085. ❖

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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 reach Tanene via Facebook... Locs of Soul and/or email... curiosity4_u@yahoo.com.



Tanene Jackson
LOCS OF SOUL

Hypothyroidism and Hair Loss.....Part 1

Your hair has a symbiotic relationship with everything going on in your body. From your stress levels to your dietary consumption, your hair can tell you the business, or at least give you clues to a developing situation. Sometimes hair thinning or hair loss can be caused by what is malfunctioning within the body itself (specific allergies, malnutrition, absorption issues) versus what you put on your scalp and hair. The thyroid, amongst other glands, is specific to how the body works.

Your thyroid is a small, butterfly-shaped gland situated at the base of the front of your neck, just below your Adam's apple. Hormones produced by the thyroid gland — triiodothyronine (T3) and thyroxine (T4) increase the body's metabolic rate.

Some symptoms of hypothyroidism are feeling tired, fatigue, weight gain, depression, and infertility. Consult your physician or endocrinologist if you are suffering from any of these symptoms.

Hypothyroidism, also known as Hashimoto Disease is a condition of an underactive thyroid. It is a condition in which your thyroid gland does not produce enough of certain important hormones essentially upsetting the normal balance of chemical reactions in your body. It seldom causes symptoms in the early stages, but, over time, untreated hypothyroidism can cause a number of health problems, such as obesity, joint pain, infertility and heart disease.

MANAGING HYPOTHYROIDISM

Hypothyroidism (Hashimoto Disease) is a treatable condition. Although your physician may recommend medication and radiation, a diet plan should also be discussed. Partaking in certain foods can hinder the body's ability to perform properly (specifically thyroid glands).

- Estrogen, a female hormone, can interfere with the body's ability to use the thyroid hormone. Foods such as Soy, which contain phytoestrogen, should be consumed moderately or avoided.
- Cruciferous vegetables (broccoli, cabbage, Brussel sprouts, kale...) can interfere with the absorption of iodine. Iodine is essential to thyroid health. By cooking these vegetables can reduce the effects of the vegetables to the thyroid gland.
- Gluten based foods may need to be limited or avoided. The gluten irritates the small intestine and cause problems with the absorption of thyroid hormone replacement medication. Try eating whole grains instead.
- Sugary foods, Fried foods, and Junk foods...Although, it tastes good and satisfies cravings, these foods are high in calories, contain little to no nutrient value, and slow the metabolism. Limit or avoid these foods as much as possible!
- Processed foods.... Individuals with Hashimoto disease should avoid processed foods. Processed foods contain a high level of sodium. Having an underactive thyroid increases the risk of high blood pressure.
- Coffee....I know! I know! Not the coffee! Well I am not telling you to avoid coffee. Coffee blocks the absorption of thyroid replacement medication. Therefore, instead of taking your meds with coffee take it with water or juice. Wait about 30 minutes to an hour, and then drink your coffee.
- Alcohol....This is something people need to be careful with or abstain from in general. Alcohol hinders the body from functioning properly. It can alter thyroid levels, as

(continued on Page 22... see **HYPOTHYROIDISM**)

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2015 FOOTBALL SCHEDULES

ALL HOME GAMES ARE CAPITALIZED

NEW ORLEANS SAINTS

PRE-SEASON

S. 03 at Green Bay 6:00 pm

REGULAR SEASON

S. 13 at Arizona 3:05 pm
 S. 20 TAMPA Noon
 S. 27 at Carolina Noon
 O. 04 DALLAS 7:30 pm
 O. 11 at Philadelphia Noon
 O. 15 ATLANTA 7:25 pm
 O. 25 at Indianapolis Noon
 N. 01 N.Y. GIANTS Noon

N. 08 TENNESSEE Noon
 N. 15 at Washington Noon
 N. 22 BYE
 N. 29 at Houston 7:30 pm
 D. 06 CAROLINA Noon
 D. 13 at Tampa Noon
 D. 21 DETROIT 7:30 pm
 D. 27 JACKSONVILLE Noon
 J. 03 at Atlanta Noon



COLLEGIATE GAMES

SOUTH ALABAMA

S. 05 GARDNER WEBB 5:00 pm
 S. 12 at Nebraska 7:00 pm
 S. 19 at San Diego State TBA
 S. 26 N. CAROLINA STATE TBA
 O. 3 at Troy St. TBA
 O. 13 ARKANSAS STATE 7:00 PM
 O. 24 at Texas State TBA
 N. 07 IDAHO TBA
 N. 12 LOUISIANA-LAFAYETTE... 6:30 pm
 N. 21 at Georgia State TBA
 N. 28 at Georgia Southern TBA
 D. 05 APPALACHIAN STATE TBA

ALABAMA

S. 05 Wisconsin 7:00 pm
 S. 12 MIDDLE TENNESSEE ST. 3:00 pm
 S. 19 OLE MISS 8:15 pm
 S. 26 LOUISIANA MONROE TBA
 O. 03 at Georgia TBA
 O. 10 ARKANSAS TBA
 O. 17 at Texas A&M TBA
 O. 24 TENNESSEE TBA
 N. 07 LSU TBA
 N. 14 at Mississippi State TBA
 N. 21 CHARLESTON S'THERN TBA
 N. 28 at Auburn TBA

ALABAMA A&M

S. 05 at Cincinnati 6:00 pm
 S. 19 at Prairie View A&M 6:00 pm
 S. 26 ARKANSAS PINE BLUFF.. 1:00 pm
 O. 03 at Coastal Carolina 5:00 pm
 O. 10 at Grambling State 3:00 pm
 O. 17 JACKSON ST 1:00 pm
 O. 31 Alabama State 2:30 pm
 N. 07 MISS. VALLEY STATE 1:00 pm
 N. 14 at Southern 4:00 pm
 N. 21 at Alcorn State 2:00 pm
 N. 28 TEXAS SOUTHERN 1:00 pm

AUBURN

S. 05 Louisville 2:30 pm
 S. 12 JACKSONVILLE ST 11:00 am
 S. 19 at LSU 2:30 pm
 S. 26 MISSISSIPPI STATE TBA
 O. 03 SAN JOSE STATE TBA

O. 15 at Kentucky 6:00 pm
 O. 24 at Arkansas TBA
 O. 31 OLE MISS TBA
 N. 07 at Texas A&M TBA
 N. 14 GEORGIA TBA
 N. 21 IDAHO TBA
 N. 28 ALABAMA TBA

ALABAMA STATE

S. 06 at Tennessee State 6:00 pm
 S. 12 ALCORN STATE 6:00 pm
 S. 19 GRAMBLING STATE 6:00 pm
 S. 26 at Miss. Valley State 6:00 pm
 O. 01 at Texas Southern 6:30 pm
 O. 10 SOUTHERN 6:00 pm
 O. 15 at Arkansas Pine-Bluff 6:30 pm
 O. 31 Alabama A&M 2:30 pm
 N. 07 at Jackson State 6:00 pm
 N. 14 PRAIRIE VIEW A&M 2:00 pm
 N. 21 MILES 2:00 pm

JACKSONVILLE STATE

S. 05 at Chattanooga 5:00 pm
 S. 12 AUBURN 11:00 am
 S. 19 TENNESSEE ST 1:00 pm
 S. 26 at UT Martin 2:00 pm
 O. 03 MISS. VALLEY STATE 1:00 pm
 O. 17 at Tennessee Tech 6:00 pm
 O. 24 at Austin Peay State 4:00 pm
 O. 31 EASTERN KENTUCKY 1:00 pm
 N. 07 at Eastern Illinois 1:00 pm
 N. 14 SOUTHEAST MISSOURI... 1:00 pm
 N. 21 MURRAY STATE 1:00 pm

MILES

S. 06 North Alabama 6:00 pm
 S. 12 at West Georgia 6:00 pm
 S. 19 WEST ALABAMA 4:00 pm
 S. 26 MOREHOUSE 4:00 pm
 O. 03 ALBANY STATE 4:00 pm
 O. 10 at Central State 12:30 pm
 O. 17 KENTUCKY STATE 4:00 pm
 O. 24 LANE COLLEGE 4:00 pm
 O. 29 at Stillman 5:30 pm
 N. 07 at Tuskegee 1:00 pm
 N. 21 at Alabama State 2:00 pm

NORTH ALABAMA

S. 06 Miles College 6:00 pm
 S. 12 HARDING 6:00 pm
 S. 26 MISSISSIPPI COLLEGE 6:00 pm

S. 29 FLORIDA TECH 6:00 pm
 O. 03 at Valdosta 1:00 pm
 O. 10 at Western Oregon 3:00 pm
 O. 17 N. CAR.-PEMBROKE 6:00 pm
 O. 24 at West Georgia 1:00 pm
 O. 31 DELTA STATE 1:30 pm
 N. 07 at Shorter 12:30 pm
 N. 14 WEST ALABAMA 1:30 pm

SAMFORD

S. 03 CENTRAL ARKANSAS 2:00 pm
 S. 12 FLORIDA A&M 2:00 pm
 S. 19 CHATTANOOGA 2:00 pm
 S. 26 at Louisville TBA
 O. 10 at VMI 12:30 pm
 O. 17 THE CITADEL 2:00 pm
 O. 24 at Western Carolina 2:30 pm
 O. 31 FURMAN 2:00 pm
 N. 07 CLARK ATLANTA 2:00 pm
 N. 14 at Wofford TBA
 N. 21 at Mercer TBA

SOUTHERN MISSISSIPPI

S. 05 MISSISSIPPI STATE 9:00 pm
 S. 12 AUSTIN PEAY 2:30 pm
 S. 19 at Texas State 6:00 pm
 S. 26 at Nebraska 11:00 am
 O. 03 NORTH TEXAS TBA
 O. 09 at Marshall 6:00 pm
 O. 17 UT SAN ANTONIO 6:00 pm
 O. 24 at Charlotte 11:00 am
 O. 31 UT EL PASO 6:00 pm
 N. 07 OPEN
 N. 14 at Rice 2:30 pm
 N. 21 OLD DOMINION 2:30 pm
 N. 28 at Louisiana Tech TBA

STILLMAN

S. 05 at West Alabama 6:00 pm
 S. 12 CONCORDIA-SELMA 3:00 pm
 S. 19 at Albany State 6:00 pm
 O. 03 LANE COLLEGE 1:00 pm
 O. 10 at Clark Atlanta 1:00 pm
 O. 17 at Tuskegee 1:00 pm
 O. 24 CENTRAL STATE 3:00 pm
 O. 29 MILES 6:00 pm
 N. 07 at Kentucky State 12:00 pm

TROY

S. 05 at N. Carolina State 6:00 pm
 S. 12 CHARLESTON S'THERN... 7:00 pm

S. 19 at Wisconsin 3:30 pm
 S. 22 at North Texas TBA
 O. 03 SOUTH ALABAMA TBA
 O. 10 at Mississippi State TBA
 O. 17 IDAHO TBA
 O. 24 at New Mexico State 8:00 pm
 O. 31 at Appalachian State TBA
 N. 07 LOUISIANA MONROE TBA
 N. 14 GEORGIA SOUTHERN TBA
 N. 27 at Georgia State TBA
 D. 05 at Louisiana Lafayette TBA

TUSKEGEE

S. 05 CLARK ATLANTA 1:00 pm
 S. 12 at Albany State 3:00 pm
 S. 19 WINSTON-SALEM STATE . 1:00 pm
 S. 26 at Lane 2:00 pm
 O. 03 at UNC Pembroke 2:00 pm
 O. 10 at Morehouse 2:00 pm
 O. 17 STILLMAN 1:00 pm
 O. 24 at Kentucky State 1:00 pm
 O. 31 CENTRAL STATE 1:00 pm
 N. 07 MILES 1:00 pm

WEST ALABAMA

S. 05 STILLMAN COLLEGE 6:00 pm
 S. 10 CUMBERLAND 6:00 pm
 S. 19 at Miles College 4:00 pm
 S. 26 at Texas A&M Kingsville 7:00 pm
 O. 03 WEST GEORGIA 2:00 pm
 O. 10 at Florida Tech 6:00 pm
 O. 17 SHORTER [HC] 2:00 pm
 O. 24 at Delta State 6:00 pm
 O. 31 at Valdosta State 1:00 pm
 N. 07 MISS. COLLEGE 2:00 pm
 N. 14 at North Alabama 1:30 pm

HIGH SCHOOL GAMES

ALMA BRYANT

S. 04 at Foley
 S. 11 at Fairhope
 S. 18 GREENVILLE
 O. 02 at McGill
 O. 09 BAKER
 O. 16 at MGM
 O. 23 at Davidson
 O. 30 MURPHY

BAKER

S. 04 at Theodore
 S. 11 at McGill
 S. 18 FAIRHOPE
 S. 25 B.C. RAIN
 O. 02 FOLEY
 O. 09 at Alma Bryant
 O. 23 MGM
 O. 30 at Davidson

BALDWIN COUNTY

S. 04 GULF SHORES
 S. 18 LEFLORE
 S. 25 MGM
 O. 02 at Spanish Fort
 O. 09 SARALAND
 O. 16 at Blount
 O. 23 DAPHNE
 O. 30 at Robertsdale

BAYSIDE ACADEMY

S. 04 at T.R. Miller
 S. 11 EXCEL
 S. 18 CLARKE COUNTY
 S. 25 at UMS Wright
 O. 02 at Cottage Hill
 O. 09 HILLCREST
 O. 16 at Opp
 O. 23 GENEVA
 O. 30 at Mobile Christian

BLOUNT

S. 04 at Daphne
 S. 11 CITRONELLE
 S. 18 at Gulf Shores
 S. 25 at McGill
 O. 02 ROBERTSDALE
 O. 09 at Spanish Fort
 O. 16 BALDWIN COUNTY
 O. 23 at Leflore
 O. 29 SARALAND

CHICKASAW

S. 04 at Mcintosh
 S. 11 at Marengo
 S. 18 at J.U. Blacksher
 S. 25 ST. LUKE'S
 O. 02 J.F. SHIELDS
 O. 09 FRUITDALE
 O. 23 MILRY
 O. 29 at Satsuma

CITRONELLE

S. 04 at Leflore
 S. 11 at Blount
 S. 18 DAPHNE
 S. 25 SATSUMA
 O. 02 SARALAND
 O. 09 at Robertsdale
 O. 23 GULF SHORES
 O. 29 at Spanish Fort

COTTAGE HILL CHRISTIAN

S. 04 at Geneva
 S. 11 T.R. MILLER
 S. 18 at Excel
 S. 25 MOBILE CHRISTIAN
 O. 02 BAYSIDE ACADEMY
 O. 09 SATSUMA
 O. 16 at Hillcrest-Evergreen
 O. 23 OPP
 O. 30 at ST. LUKES

DAPHNE

S. 04 BLOUNT
 S. 11 ROBERTSDALE

S. 18 at Citronelle
 S. 25 MURPHY
 O. 02 FAIRHOPE
 O. 09 GULF SHORES
 O. 16 SPANISH FORT
 O. 23 at Baldwin County
 O. 29 at Leflore

DAVIDSON

S. 05 SPANISH FORT
 S. 12 at Theodore
 S. 19 FOLEY
 S. 26 WILLIAMSON
 O. 03 at Murphy
 O. 10 at McGill Toolen
 O. 16 FAIRHOPE
 O. 23 ALMA BRYANT
 O. 31 at Baker

FAIRHOPE

S. 04 MCGILL
 S. 11 ALMA BRYANT
 S. 18 at Baker
 O. 02 at Daphne
 O. 09 MGM
 O. 16 DAVIDSON
 O. 23 at Murphy
 O. 30 at Theodore

FAITH ACADEMY

S. 04 UMS-WRIGHT
 S. 11 WILLIAMSON
 S. 18 at St. Paul's
 S. 25 LEROY
 O. 02 ESCAMBIA CO.
 O. 09 at Vigor
 O. 16 B.C. RAIN
 O. 23 at Jackson

FOLEY

S. 04 ALMA BRYANT
 S. 11 at MGM
 S. 18 DAVIDSON
 S. 25 at Robertsdale
 O. 02 at Baker
 O. 08 at Murphy
 O. 16 THEODORE
 O. 30 at McGill

LEFLORE

S. 04 CITRONELLE
 S. 11 at Spanish Fort
 S. 18 at Baldwin County
 S. 25 at Williamson
 O. 02 GULF SHORES
 O. 16 at Saraland
 O. 23 BLOUNT
 O. 29 DAPHNE

MARY G. MONTGOMERY

S. 04 at Murphy
 S. 11 FOLEY
 S. 18 MCGILL
 S. 25 at Baldwin County
 O. 02 at Theodore
 O. 09 at Fairhope
 O. 16 ALMA BRYANT
 O. 23 at Baker
 O. 30 VIGOR

MCGILL TOOLEN

S. 04 at Fairhope
 S. 11 BAKER
 S. 18 at MGM
 S. 25 BLOUNT
 O. 02 ALMA BRYANT

O. 09 at Davidson
 O. 16 MURPHY
 O. 23 at Theodore
 O. 30 FOLEY

MCINTOSH

S. 04 CHICKASAW
 S. 11 at Millry
 S. 18 at Florala
 O. 02 at Marengo
 O. 09 J.U. BLACKSHER
 O. 16 J.F. SHIELDS
 O. 23 at Fruitdale

MOBILE CHRISTIAN

S. 04 at Southern Choctaw
 S. 11 SWEET WATER
 S. 18 CHOCTAW COUNTY
 S. 25 at Cottage Hill Chr.
 O. 02 WASHINGTON COUNTY
 O. 09 at Flomaton
 O. 16 at Leroy
 O. 23 ST. LUKE'S
 O. 30 BAYSIDE ACADEMY

MURPHY

S. 04 MGM
 S. 11 at Vigor
 S. 18 THEODORE
 S. 25 at Daphne
 O. 02 at Davidson
 O. 08 FOLEY
 O. 16 at McGill
 O. 22 FAIRHOPE
 O. 30 at Alma Bryant

RAIN

S. 04 at St. Paul's
 S. 11 ESCAMBIA COUNTY
 S. 18 at Vigor
 S. 25 at Baker
 O. 09 JACKSON
 O. 16 at Faith Academy
 O. 23 WILLIAMSON

ROBERTSDALE

S. 04 at Saraland
 S. 11 at Daphne
 S. 25 FOLEY
 O. 02 at Blount
 O. 19 CITRONELLE
 O. 16 at Gulf Shores
 O. 23 SPANISH FORT
 O. 30 BALDWIN COUNTY

ST. LUKE'S

S. 04 at Sweet Water
 S. 11 WASHINGTON CO.
 S. 18 at Leroy
 S. 25 at Chickasaw
 O. 02 SOUTHERN CHOCTAW
 O. 09 at Choctaw County
 O. 16 FLOMATON
 O. 23 at Mobile Christian
 O. 30 COTTAGE HILL CHR.

ST. PAUL'S

S. 04 B.C. RAIN
 S. 11 at Jackson
 S. 18 FAITH ACADEMY
 S. 25 LINDEN
 O. 01 at Williamson
 O. 16 ESCAMBIA CO.
 O. 23 at Vigor
 O. 30 at UMS Wright

SARALAND

S. 04 ROBERTSDALE
 S. 11 at Gulf Shores
 S. 18 SPANISH FORT
 S. 25 THOMASVILLE
 O. 02 at Citronelle
 O. 09 at Baldwin County
 O. 16 LEFLORE
 O. 23 HILLCREST-EVERGREEN
 O. 29 at Blount

SATSUMA

S. 04 SOUTHSIDE SELMA
 S. 11 at Thomasville
 S. 18 MONROE COUNTY
 S. 25 at Citronelle
 O. 02 CLARKE COUNTY
 O. 09 at Cottage Hill Chr.
 O. 16 at W.S. Neal
 O. 23 at UMS Wright
 O. 29 CHICKASAW

SPANISH FORT

S. 04 DAVIDSON
 S. 11 LEFLORE
 S. 18 at Saraland
 O. 02 BALDWIN COUNTY
 O. 09 BLOUNT
 O. 16 at Daphne
 O. 23 at Robertsdale
 O. 29 CITRONELLE

THEODORE

S. 04 BAKER
 S. 11 at Davidson
 S. 18 at Murphy
 S. 25 PARK CROSSING
 O. 02 MGM
 O. 16 at Foley
 O. 23 MCGILL
 O. 30 FAIRHOPE

UMS WRIGHT

S. 05 FAITH ACADEMY
 S. 12 CLARK COUNTY
 S. 19 at W.S. Neal
 S. 26 at Bayside Academy
 O. 03 at Thomasville
 O. 10 SOUTHSIDE SELMA
 O. 17 MONROE COUNTY
 O. 24 at Satsuma
 O. 31 at St. Paul

VIGOR

S. 04 at Escambia County
 S. 11 MURPHY
 S. 18 B.C. RAIN
 O. 02 at Jackson
 O. 09 FAITH ACADEMY
 O. 16 at Williamson
 O. 23 ST. PAUL'S
 O. 30 at MGM

WILLIAMSON

S. 03 JACKSON
 S. 11 at Faith Academy
 S. 25 LEFLORE
 O. 01 ST. PAUL'S
 O. 09 at Escambia County
 O. 16 VIGOR
 O. 23 at B.C. Rain
 O. 30 at Gulf Shores

AFTER HOURS



JOANIE STIFF-LOVE

A graduate of Birmingham-Southern College, Stiff-Love currently works for the City of Mobile and is active in Community Theater in the Mobile area. She loves all things southern, food, and the arts.

Send article suggestions to joanie.3564@yahoo.com.

Live theater is a premium this month with only Chickasaw Community Theater performing on this side of the bay. They've got Neil Simon's *The Odd Couple* running from September 11 through September 20. Take two writers, one writes news and the other writes sports, with completely different habits and lifestyles and make them roommates. What could possibly go wrong? For more information and tickets, go to www.cctshows.com.

The Crescent has *The Diary of a Teenaged Girl* running September 1 through 3, a film about a young girl who decides to have an affair with her mother's boyfriend. Scary as it sounds, it stars Bel Powley as the Minnie Goetze, Kristen Wiig as her mom, and Alexander Skarsgard as the hapless boyfriend. With Wiig in a film, it has to be funny! Following that is *Mistress America*, the story of a lonely college freshman living in New York, not having the time of her life until she is taken in by her soon-to-be stepsister, who shows her life in the big city. The film runs from September 4 through 10. *A Dog Named Gucci* is the film about our home town heroes, Doug James and the puppy who was set on fire and he rescued. It tells the story of how they worked to change non-existent animal cruelty laws in Alabama as well as formed a "fur" ever friendship. A question and answer period will follow each show, with times available on the site. September 25th starts *The Intern*, starring Robert DeNiro and Anne Hathaway. The film casts Hathaway as the founder/CEO of an e-commerce company that agrees to participate in a community outreach program and finds that its newest intern is a widowed, retired business owner, played by DeNiro. Film trailers, tickets and info can be found at www.crescenttheater.com.

The Saenger is home this month to lots of music. Here's what's on the calendar: Black Jacket Symphony presents The Allman Brothers Band "Eat A Peach" on September 12; *The Price Is Right - Live Stage Show* on September 16; *Wine Taste of Mobile*, September 19; and contemporary Christian artist, Don Moen, September 24. For more info on activities at The Saenger, go to www.mobilesaenger.com

Soul Kitchen that is hot with an amazing September calendar. GWAR will perform there on September 6. Big Brown will have their album release on September 5. September 12 will have a GlowRage, and the month ends with Keys 'N Krates on September 24. For more info, including ticket prices and times, go to their website, www.soulkitchenmobile.com

The City of Mobile's Special Events Department brings back Catt Sirten's Radio Avalon weekly Brown Bag in Bienville series again this September. Starting Wednesday, September 2, from 11:30 to 1:30, listen to Eric Erdman; September 9 is Gregg Fells; September 16 is Lisa Mills; September 23 is the Excelsior Band; and September 30 has Lee Yankie. Bring your friends, bring your lunch and enjoy the beautiful Square and weather. For more info, go to their website, www.specialeventsmobile.org.

September 22 go enjoy the Mobile Big Band and the bay at the Blue Gill. Be sure to get there early, around 5 p.m., because they drop the first down beat at 6:30. Enjoy the big back deck overlooking the water, while soaking in the music and atmosphere of the Mobile Delta. For more info, go to www.bluegillrestaurant.com. ♣



FLAVA (continued from Page 06)

SATURDAY MATINEE

Saturday September 19, 2 p.m., Saraland Public Library, 111 Saraland Loop. Kenneth Branagh directs Disney's 2015, live-action take on the classic fairy tale *Cinderella*, a young woman forced to endure a life of labor at the hands of her stepmother after her father dies unexpectedly. The film runs 112 minutes and is rated PG. For more information, please call 675-2879.

POETRY ENTHUSIASTS

Monday, September 21, 6 - 7:45 p.m., Toulminville Branch, 601 Stanton Rd. Join members of Spoken Word of Mobile for an evening of poetry readings. Students and adults are encouraged to share readings of their own works or works from their favorite poets. For more information, call 438-7075.

MOVIE TIME WITH MR. BUTCH

Friday, September 25, 4 p.m., Moorer/Spring Hill Branch, 4 South McGregor Ave. Disney Favorites; The feature is *Pete's Dragon*. The film runs 134 minutes and is G. For more information, please call 470-7770 or email ftigner@mplonline.org.

STORYTIME & ACTIVITIES

Saturday, September 26, 10:30 a.m., Ben May Main Library, 701 Government Street. Enjoy the story and a variety of activities from Mo Willems' book, *Don't Let the Pigeon Drive the Bus!* For more information, please call the Ben May Main Library Children's Department at 208-7086 or email crhodes@mplonline.org.

CLASSICS REVISITED BOOK CLUB

Monday, September 28, 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 *Franny and Zooey* by J.D. Salinger. For more information, please call 208-7902.

For information on these and other events, visit our web site at www.mplonline.org.

PRICHARD LIBRARY NEWS

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

September 5—Activity includes a video: "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 11—Activity includes a video: "Winnie the Pooh: Pooh and Piglet tries to teach their feather friend to sing.

September 18—Activity includes a video: "Jurassic Park: On a remote island, a wealthy entrepreneur secretly creates a theme park featuring living dinosaurs drawn from prehistoric DNA.

September 25—Activity includes a video: "Mike Mulligan & His Steam Shovel: Mike Mulligan was sure that his steam shovel, Mary Ann could dig more in one day than 100 men could dig in a week! Then one terrible day, Mike and Mary Anne lost their job. Join us to see what happen to Mike and Mary Anne. ♣

Little Discoveries with Mr. Wayne

SEPTEMBER 4, 10:30-11:30 AM • BEN MAY MAIN LIBRARY • 701 GOVERNMENT STREET
Mr. Wayne from the Gulf Coast Exploreum Science Center presents lessons and projects fusing science and literature for preschool children. For more information, please call the Children's Department at 208-7086 or email crhodes@mplonline.org.

CALENDAR

September 2015

MOBILE

CONCERTS

Tim Easton, Cary Hudson-Satori Coffee House, 9/2
 Justin Townes Earle-Callaghan's, 9/2-3
 J.W. Teller-The Blind Mule, 9/3
 Gwar, Butcher Babies, Battlecross-Soul Kitchen, 9/3
 Uncle Lucious-Callaghan's, 9/9
 Kristy Lee-Soul Kitchen, 9/11
 Black Jacket Symphony-Saenger Theater, 9/12
 The Stolen Faces-The Brickyard, 9/18
 Telluride-Legacy Bar & Grill, 9/20
 That 1 Guy-Alchemy Tavern, 9/21
 Keys N Krates-Soul Kitchen, 9/24

Otis Gibbs-Satori Coffee House
 Voo Davis-Blues Tavern, 9/26

MUSEUMS

—**Explorem**
 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

SPORTS

—College Football

Jags vs. Gardner Webb-Ladd Stadium, 9/5
 Jags vs. N. Carolina State-Ladd Stadium, 9/26

ATLANTA

CONCERTS

Marcus Miller-Variety Playhouse, 9/4
 Chris Brown, Kid Ink, Omarion, Fetty Wap, Teyana Taylor,
 Migos, Compton Menace-Lakewood Amphitheater, 9/5
 Jagged Edge, Silk, 112, Kilo, Pastor Troy-Wolf Creek
 Amphitheater, 9/5
 Morris Day & The Time, Con Funk Shun, Lakeside, Zapp
 Band-Wolf Creek Amphitheater, 9/6
 Kelly Clarkson, Pentatonix, Eric Hutchinson, Abi Ann
 -Lakewood Amphitheater, 9/6
 Dwight Yoakam-Woodruff Arts Centre, 9/11
 Angie Stone-Eddie's Attic, 9/12
 Nick Collionne-Mabel House Barnes Amphitheater, 9/12
 The Roots, Lauryn Hill, Wale, Big K.R.I.T., A\$AP Rocky,
 Janelle Monae, Ghostface Killah, Raekwon, Scarface,
 8Ball & MJG, Jidenna, Sza, St. Beauty, Raury, Deep
 Cotton, Roman GianArthur, The Internet-Lakewood
 Amphitheater, 9/12
 Seth Macfarlane-Woodruff Arts Centre, 9/18
 Charlie Wilson-Chastain Park Amphitheater, 9/19
 Lisa Fischer-Variety Playhouse, 9/19
 Willie Nelson-Chastain Park Amphitheater, 9/25

Bottlemen, August Alsina, Metric, Elliot Moss, Jamie N.
 Commons-Piedmont Park, 9/18

MIDTOWN FESTIVAL-Van Halen, Lenny Kravitz, Darryl
 Hall & John Oates, Billy Idol, Sam Smith, Run The Jewels,
 Andrew McMahon In The Wilderness, Colony House,
 Icona Pop, The Airborne Toxic Event, X Ambassadors,
 Panic! At The Disco, Elle King, New Politics, Alessia Cara,
 Vance Joy, Vinyl Theatre, Rozzi Crane-Piedmont Park, 9/19

ATMORE

CONCERTS

The Band Perry-Wind Creek, 9/18
 MissUsed-Wind Creek, 9/18-19
 Willie Nelson-Wind Creek, 9/26

BILOXI

CONCERTS

Hank Williams Jr.-IP Casino, Resort & Spa, 9/4
 Easton Corbin-Harrah's, 9/6
 Larry The Cable Guy-Beau Rivage, 9/11
 Clint Black-IP Casino, Resort and Spa, 9/12
 Shooter Jennings With Waymore's Outlaws-Kress Live, 9/12
 Little River Band, Ambrosia, Player, Stephen Bishop, Robbie
 Dupree, Peter Beckett-IP Casino, Resort & Spa, 9/18
 Trace Adkins-Beau Rivage, 9/18
 Blood, Sweat, & Tears, Bo Bice-Golden Nugget, 9/19
 Kenny Wayne Shepherd-IP Casino, Resort & Spa, 9/19
 REO Speedwagon-Harrah's, 9/25
 Vince Gill-Beau Rivage, 9/25
 Billy Idol-IP Casino, Resort & Spa, 9/26
 Ethan Bortnick-Saenger Theatre, 9/27

BIRMINGHAM

CONCERTS

Chris Brown, Kid Ink, Omarion, Fetty Wap, Teyana Taylor,
 Migos, Compton Menace-Oak Mountain Amphitheater, 9/1
 Lady Antebellum, Hunter Hayes, Sam Hunt-Oak Mountain
 Amphitheater, 9/3
 Jonny Lang, Dwan Hill-Iron City, 9/3
 Steve Earle, The Mastersons-Iron City, 9/15
 Blues Traveler-Iron City, 9/16
 Van Halen, Kenny Wayne Shepherd-Oak Mountain
 Amphitheater, 9/17
 Indigo Girls, Hannah Thomas-Alys Stephens Center, 9/23

DAPHNE

CONCERTS

Flow Tribe-Manci's Antique Show, 9/6
 MissUsed-Top of the Bay, 9/12

GULF SHORES

CONCERTS

Lefty Collins-Lulu's, 9/2, 19, 23
 The City Harmonic-Gulf Shores United Methodist Church, 9/11

MOSS POINT

CONCERTS

Three Bridges-Three Rivers Assembly of God, 9/11
 Willie Nelson-Wind Creek, 9/26

NEW ORLEANS

CONCERTS

ZZ Top, Blackberry Smoke, Goodbye June-Champion Square, 9/3
 Motley Crue, Alice Cooper, The Cringe-Smoothie King Center, 9/4
 Naughty By Nature, Salt-N-Pepa, Doug E. Fresh, Slick Rick,
 Rakim, Houdini, DJ Kool-Lakefront Arena, 9/5
 Halestorm-The Civic Theatre, 9/11
 Blues Traveler, Matt Jaffe & The Distractions-The Civic Theatre, 9/22
 Billy Idol, The London Souls-The House of Blues, 9/28
 Wilco, William Tyler-Orpheum Theater, 9/28

SPORTS

—Pro Football

Saints vs. Tampa Bay Buccaneers-Superdome, 9/20

OCEAN SPRINGS

CONCERTS

Chico and Chris-Castaway's, 9/18

ORANGE BEACH

CONCERTS

Alabama-The Wharf, 9/6

PASCAGOULA

CONCERTS

LeFevre Quartet-First Baptist Church, 9/13
 Fat Man Squeeze-Jack's, 9/18
 Sugarcane Jane-Jack's, 9/24

(continued on Page 20... see **CALENDAR**)



JANET JACKSON

-Chastain Park Amphitheater, 9/26

Boney James, Maysa, Marion Meadows, Paul Taylor
 -Wolf Creek Amphitheater, 9/26

Marc Anthony, Carlos Vives-Phillips Arena, 9/27

FESTIVALS

MIDTOWN FESTIVAL-Elton John, Drake, Alice In Chains,
 Hozier, Kodaline, Jenny Lewis, Tove Lo, Catfish and The

Ask Flo!



DEAR FLO:

I love helping others but it seems that when I need help, I am often standing alone. I don't want to sound like a complainer; I am grateful for my life, my family, and the love that is shared with me. But, I am often lonely and alone. How can I shake the feeling that I don't have a right to complain?

-so confused

DEAR CONFUSED:

Take a deep breath. You are not alone in your struggle. Many people find themselves standing in loneliness in a crowded room when they feel no one hears, appreciates and/or listens to them. You must first acknowledge the fact that you have a right to feel disappointed or even angry at times. Always be true to you and others. Please don't allow any one to put you in a box and give you a cookie cutter perspective about life. You expressed that you freely give to others, I need you to understand that love starts within. Please reevaluate the reasons you believe it is fair for you to give without ever expecting the same help and concern in return. Everyone will not understand your ability to give, help, and embrace others but they will accept these gifts. Decide today to put your needs first, without explanation. When you take care of you, you open up opportunities to care for others. Self love is the first love. If you neglect your needs, others will follow your lead and neglect them too. It is not a complaint to say that you are hurt, disappointed, discouraged or just tired. Truth is never overrated. Live in your truth and require others to appreciate and acknowledge it; if they want to benefit from it. May your days be filled with hope and your life be a light in darkness. ♣

DO YOU HAVE QUESTIONS FOR FLO?
steppinoutnews@aol.com

From a Great Start... To a Strong Finish

Bishop State held its Summer Graduation on July 30 at the Baker-Gaines Central Campus. Judge Karlos Finley, a former student at Bishop gave the Commencement address. What he told the 155 graduates was from experience.

After graduating from Leflore High School and a five year stint in the United States Coast Guard, Bishop State was his first choice. His father, James Finley, Ph., his aunt, Corine Finley-Jackson, and his sister, Dr. Joycelyn Finley-Hervey, all began their collegiate academic careers there.

His father later became an assistant principal in Waynesboro, MS and subsequently opened Finley's Drug Stores, the first African American-owned chain of drug stores in Alabama.

At his initial meeting with academic counselor, Juliette Womack, Finley learned he would need to take an entrance exam. When he didn't score high enough to take college level classes, he was told he would have to take remedial courses to begin his collegiate education. This information could have discouraged him from enrolling, but he decided to become a student and persevere.

"In my first semester I developed an unquenchable thirst for knowledge and a desire to learn that still drives me today," Finley told the graduates. He encouraged the students to continue their education as he did. He went on to earn a Bachelors of Science degree cum laude from the University of Mobile.

Finley shared with the graduates that he has strong connections with Bishop State in many ways. Dr. Sanford Bishop, the first president of the college, and his family rented a home on Davis Avenue, now Martin Luther King Avenue, from Judge Finley's grandfather, Dr. J.A. Franklin. His mother, Mrs. Joycelyn Franklin Finley, taught the late Dr. Yvonne Kennedy at Central High School, now the Baker-Gaines Campus of Bishop State.

Finley also shared how his father had key roles in the Civil Rights movement. His father was Vice President of the Neighborhood Organized Workers, a local civil rights organization that held benefit concerts to raise funds for Bishop State. Well-known artists like Isaac Hayes and James Brown were headliners.

When Vivian Malone left Mobile in 1963 to attend the University of Alabama as its first African American student. Finley's Drug Store provided school supplies to her free of charge. He also led movements in the City of Mobile to allow African Americans to hold leadership roles throughout the community in government and businesses.

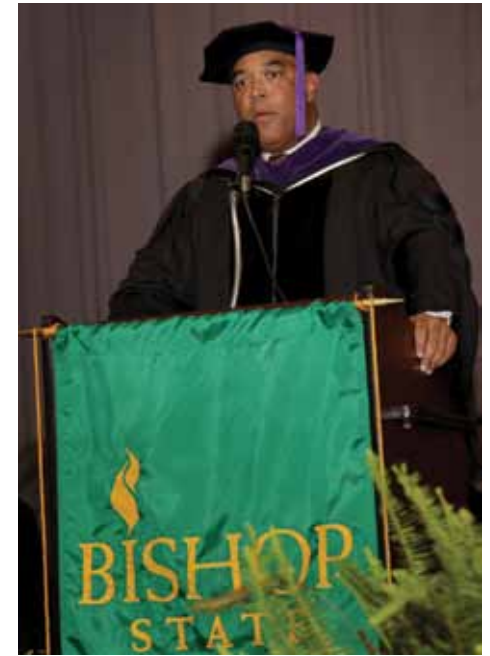
Judge Finley stated that his parents' roles in the Civil Rights movement led him to pursue a career in law. He earned his Juris Doctorate from Miles School of Law in Fairfield, Alabama, and was class valedictorian.

He went on to become Assistant District Attorney in the Mobile County District Attorney's Office and is now a Partner in the law firm of Boteler Finley & Wolfe. He serves as the Southern District Representative for the Alabama Lawyers Assoc. and is a Mobile Municipal Court Judge.

As Judge Finley concluded his speech to the graduates, he reminded them that the only limitations they have, are the ones that they place upon themselves. If they have the desire and stick-to-itiveness, they can achieve any goals they set for themselves.

For Judge Karlos Finley, Bishop State was a great place to start and the place that taught him how to finish strong.

For information about attending Bishop State, call (251) 405-7000 or visit www.bishop.edu. ♣



Judge Karlos Finley

CALENDAR (continued from Page 19)

PENSACOLA CONCERTS

Naughty ProfessRevivalist-Vinyl Music Hall, 9/4
Cowboy Mouth, Roxy Roca-Vinyl Music Hall, 9/5
Gladys Knight, Stephanie Mills, The Whispers-Pensacola Bay Center, 9/5
J.J. Grey & Mofro, Maggie Koerner-Vinyl Music Hall, 9/6
Kate Keys-Flounders, 9/6
Earl Sweatshirt, Remy Banks-Vinyl Music Hall, 9/10
Grayson Capps-Vinyl Music Hall, 9/11
Jelly Roll-Vinyl Music Hall, 9/12
Shooter Jennings and Waymore's Outlaws-Vinyl Music Hall, 9/13
One Man Breaking Bad-Vinyl Music Hall, 9/15
Earl Sweatshirt, Remy Banks-Vinyl Music Hall, 9/16
Blues Traveler-Vinyl Music Hall, 9/18
Juvenile, Mad Love-Vinyl Music Hall, 9/19
Precubed, Wray-Sluggo's, 9/25

Michael Howard-Sluggo's, 9/26
Pat Travers-Vinyl Music Hall, 9/27
Sweet Macdaddy and the Trixie Train-Flounders, 9/27
Helmet-Vinyl Music Hall, 9/30

FESTIVALS

Seafood Festival-Seville Quarters, 9/25-27

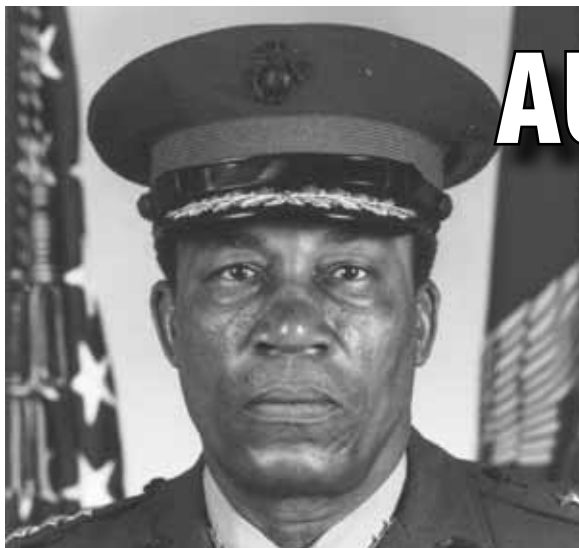
SPANISH FORT CONCERTS

John King-Bluegill, 9/15
Sugarcane Jane-Jack's, 9/24

TUSCALOOSA CONCERTS

The Whispers, The Spinners, The Manhattans-Amphitheater, 9/25
♣

AUGUST 2015 PASSINGS



FRANK E. PETERSEN-83 • MILITARY OFFICER • First Black General



LYNN ANDERSON-67
COUNTRY SINGER
Rose Garden
Heart Attack



STUART BAGGS-27
CONTESTANT
The Apprentice
Asthma Attack



BOBBI KRISTINA BROWN-22
MEDIA PERSONALITY



BUDDY BUIE-74
SONGWRITER
Spooky
Heart Attack



WAYNE CARSON-72
SONGWRITER
The Letter;
Always on My Mind



YVONNE CRAIG-78
ACTRESS
Batman; Star Trek
Breast Cancer



DARRYL DAWKINS-58
NBA PLAYER
(Philadelphia 76ers)
Heart Attack



EMMA DIDLAKE-110
SUPER CENTENARIAN/
OLDEST VETERAN IN US



MEL FARR-70
NFL
Detroit Lions



FRANK GIFFORD-84
NFL
New York Giants
Heart Attack



E'DENA HINES-33
ACTRESS
Morgan Freeman's Granddaughter
Stabbed



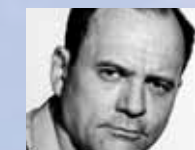
GEORGE HOUSER-99
CIVIL RIGHTS ACTIVIST



VINCENT MAROTTA-91
CO-CREATOR OF MR. COFFEE



TOM MOORE-86
CARTOONIST
Archie
Throat Cancer



GERALD S. O'LOUGHLIN-93
ACTOR



MELODY PATTERSON-66
TV ACTRESS
F Troop
Multiple Organ Failure



ROWDY RODDY PIPER-61
PRO WRESTLER
Pulmonary Embolism



AMELIA BOYNTON ROBINSON-104
CIVIL RIGHTS ACTIVIST
Multiple Strokes



LOUIS STOKES-90
POLITICIAN
Lung and Brain Cancer



LOUISE SUGGS-91
PRO-GOLFER
Co-Founder of LPGA

EXPRESSIONS: RIGHT OR WRONG

Lisa Johnson — A Poet and Writer who lives in Mobile



Have you ever wondered why people say they'll be there for you but when the rubber meets the road, all you see are skid marks? I mean really!!!

Better yet have you ever heard: "Man I got your back" "I'm down for you like four flat tires" or "Girl you know I got you". Let's clarify some things. These things I'm referencing doesn't have anything to do with being down for a person that wants you to do something foolish with them like, commit a crime, murder, or hurt someone. What I'm talking about is being there for your wife, husband, child, mother, father, family member, congregation member, friend, or co-worker. Perhaps the person you promise to be there for is struggling with an illness and needs your support such as running errands, cooking a meal, cleaning the house, picking up the kids, or medicine. Maybe it's a financial matter and you're in a position to help but you don't. Better yet they just need a listening ear but you're too busy to stop and actively listen to them. Let's say it's the middle of the night and they call you crying and you dismiss them saying "man can I call you back in the morning." My all time favorite is "My word is my bond" but when you ask to be bailed out, they make like a banana and split on you.

Don't tell someone that you're going to be there for them because you feel it's the right thing to say when in actuality you don't mean a word of what you're saying. Just let your yes mean yes and your no mean no if you can or can't do it. I understand things happen in life but when called upon to make a withdrawal don't pretend like you got amnesia. At least try to explain and offer to make some type of arrangements if you can't personally be there to assist. All I'm saying is don't duck, dodge, or hide. (Matthew 5:37; Ecclesiastes 5:5, 6; James 2:15, 16; 1 John 3:17) ♣

HYPOTHYROIDISM (continued from Page 15)

well as hinder the thyroid's ability to produce hormone. Having a toxic effect on the gland, it also suppresses the ability of the body to use thyroid hormone.

Next month we will explore information pertaining to Hyperthyroidism (Grave's Disease).

If you have concerns pertaining to your inner health, please consult a physician or medical specialist. The dietary notes suggested are meant to assist in the stability of your health. Locs of Soul is not rendering a diagnosis to any medical condition and is not responsible for an individual's decision to self medicate or go against physician orders.

For more information about this article call 240-515-4388. ♣

THINKING OUTSIDE OF THE BOX



Arthur L. Mack
FREELANCE WRITER
Mobile, Alabama

Contact Info: steppinoutnews@aol.com

A Strange Experience

It's been said that things happen for a reason.

An incident that happened last month when I was driving to Huntsville for an event prompted me to bring up this saying.

I was on my way to a district meeting for an organization that I had been involved with since 2000. For me, it was very special, because I had not been to a district meeting in ages, and since I recently took a district position with the organization, it was more of a reason for me to attend.

Anyway, I left on a Thursday afternoon and hit I-65, hoping to get to Huntsville by around 6 or 7 p.m., and grab some sleep before what was sure to be a very busy weekend. Everything went well for the first couple of hours of driving, and at the first rest stop I reached, I bought some snacks and a Coke before resuming my trip.

Then, something happened that would change my life. Stay with me readers, because this is going to get very interesting.

Traffic suddenly came to a standstill just south of Montgomery, and naturally the first thing that came to my mind was a traffic accident. Figuring it was no big deal, I decided to wait it out. Surely, traffic would flow smoothly again.

Some of the drivers that were directly in front of me decided to take an exit. I figured they were simply impatient, and when traffic moved a little bit more, I figured things would be okay.

How wrong I was!! Two hours later, I, along with a bunch of other cars, were still at a standstill. To make matters worse, the traffic began to back up even more and more. Two hours became three, then four.

It turned out that two 18-wheelers had collided on I-65 near Exit 159. But at the time, I didn't know it, so I vented my frustrations on Facebook, giving people a rundown on my plight. Of course, they were encouraging, urging me to be safe. One Facebook friend urged me to be thankful that I wasn't involved in the crash.

Much later, I found out that one of the drivers of the 18-wheelers died at the scene. By that time, traffic had been at a standstill for six plus hours. I felt like a fool, drowning myself in pity while a man lost his life. By the time traffic finally cleared, it was well past midnight, and I didn't reach Huntsville until shortly past 3:30 a.m.

After I finally settled in the hotel, I thought to myself: What if I didn't make that rest stop? Would I have avoided the backed-up traffic, or would I have been part of the crash? It weighed on my mind off and on for most of the weekend, and even when I was on the way back to Mobile.

I decided to put this in my list of stories to tell and be thankful that I wasn't involved in the wreck. Maybe pulling into the rest stop saved my life, maybe not. One thing's for sure—I'm here to write about it.

Sometimes, things DO happen for a reason. ♣

Starting a Small Business Two-Day Workshop

SEPTEMBER 15 & 16, 9:00 AM-3:00 PM • BEN MAY MAIN LIBRARY • 701 GOVERNMENT STREET

Starting a Small Business from Scratch is a two day workshop with Rick Zapata, Regional Extension Agent with the Alabama Cooperative Extension System.

Registration is not required, but is strongly encouraged. For more details on the workshop or to register, please email jsigler@mplonline.org or call 208-7078 or 208-7085. ♣

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Social Media: Answers And Statistics, Part I

Over 1.7 billion people have active social media accounts and 3 billion are active internet users. Forty-seven percent of all internet users are on Facebook (1.4 billion); 500 million use Facebook Messenger. Instagram, which is owned by Facebook, has 300 million users. Twitter has 284 million active users sending 500 million tweets per day. Eighty percent of Pinterest 70 million users are female. LinkedIn has over 347 million users with yours truly being in the Top 1% Viewed for 2012, 2013 & 2014 (that is my non-shameless plug). HubSpot is the source for social media statistics.

Five years ago, many questioned the validity of social media. Today, the top 18 sites have a combined 7.8 billion users. The primary reason for utilizing social media is to increase exposure, drive traffic to your website and/or location.

Now, to answer the questions that are important to you (in a concise format)...

WHAT PLATFORM IS BEST FOR MY ORGANIZATION?

All major business decisions should relate back to your business or strategic initiatives, i.e., target market, growth projections, positioning. I would encourage small organizations to start off with Facebook business because it is widely used, incorporates posts with images and video. The next selection will be based on your targeted audience. My recommendation: Twitter for business to consumer or LinkedIn for business to business. Google+, Instagram and Pinterest are worthy of consideration.

HOW MUCH TIME SHOULD I DEDICATE?

Fortunately there are a lot of studies that document the answer (see Social Media Examiner). But the quick answer from my clients and personal experiences – about 6 to 12 hours per week.

WHEN WILL I SEE A RETURN ON MY INVESTMENT?

Depending on the content appeal and freshness, you may gain a documented increase in exposure within 6 months. Turning your traffic into consistent revenue dollars may take upwards of three years. Yet, I have seen entrepreneurial organizations create positive revenue within a year. Overall social media will decrease your marketing budget if developed effectively.

CONTENT DEVELOPMENT

Ensure your content is congruent with your positioning statement, timely and fresh. Integrate images and video to obtain mass appeal (viral). ♣

The Living Up to Values Club

SEPTEMBER 10, 17 & 24 • 3:30–5:00 PM • TOULMINVILLE LIBRARY • 601 STANTON ROAD

"Living Up to Values" for girls is a program designed to empower and encourage all girls through a variety of activities that include - crafts, games, music and special guests. The program is designed for girls ages 7 – 18. Registration is encouraged. For more information or to register, please call 438-7075. ♣

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LAUGHTER

WHY DIDN'T YOU TELL ME???

Willie lived alone in the country with only a pet dog for company. One day the dog died, and he went to Leroy, the local minister and asked, "Pastor, my dog is dead. Could ya' have a funeral service for the poor creature?" Pastor Leroy replied, "I'm afraid not; we cannot have services for an animal in the church. But there are some Catholics down the road, and there's no tellin' what they believe. Maybe they'll do something for the creature." Willie said, "I'll go right away pastor. Do ya' think \$5,000 is enough to donate to them for the service?" Pastor Leroy exclaimed, "O Lawd, ' Father God! Why didn't ya tell me the dog was Baptist???" ☺

I CAN DO THAT!!!

The homeowner was delighted with the way Leroy the painter had done all the work on his house. "You did a great job." he said and handed the man a check. "Also, in order to thank-you, here's an extra \$80 to take the missus out to dinner and a movie." Later that night, the doorbell rang and it was Leroy. Thinking the man had forgotten something the homeowner asked, "What's the matter, did you forget something?" "Naw," replied Leroy. "I thought about what you said and I'm here to take your missus out to dinner and a movie just like you asked!!!" ☺

A REAL HUMANITARIAN!!!

Leroy, a big, burly man visited the pastor's home and asked to see the minister's wife, a woman well known for her charitable impulses. "Madam," he said in a broken voice, "I wish to draw your attention to the terrible plight of a poor family in this district. The father is dead, the mother is too ill to work, and the nine children are starving. They are about to be turned into the cold, empty streets unless someone pays their rent, which amounts to \$400." "How terrible!" exclaimed the preacher's wife. "May I ask who you are?" The sympathetic visitor applied his handkerchief to his eyes and said, "I'm Leroy. I'm the landlord!!!" ☺

EXECUTIVE DECISIONS!!!

A very successful businessman had a meeting with Leroy his new son-in-law. "I love my daughter, and now I welcome you into the family," said the man. "To show you how much we care for you, I'm making you a 50-50 partner in my business. All you have to do is go to the factory every day and learn the operations." Leroy interrupted, "I hate factories. I can't stand the noise." "I see," replied the father-in-law. "Well, then you'll work in the office and take charge of some of the operations." "I hate office work," said the son-in-law. "I can't stand being stuck behind a desk all day." "Wait a minute," said the father-in-law. "I just made you half-owner of a moneymaking organization, but you don't like factories and won't work in an office. What am I going to do with you?" "Hell, that's easy," said Leroy. "Buy me out!!!" ☺



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