



# STEPPIN' OUT

THE ARTS, ENTERTAINMENT & EMPOWERMENT GUIDE OF THE GULF COAST

DECEMBER 2016 • Volume 16:Issue 04



## INSIDE...

COVER STORY  
**38 Special/New Years Eve 05**



EVENTS/ENTERTAINMENT  
**R. Kelly 15**



PASSINGS  
**Gwen Ifill 17**



Events Calendar.....15

Passings .....17

Laughter.....19



## 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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**THINKING OUTSIDE OF THE BOX**



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# REFLECTIONS

## The Gold Wrapping Paper

Once upon a time, there was a man who worked very hard just to keep food on the table for his family. This particular year a few days before Christmas, he punished his little five-year-old daughter after learning that she had used up the family's only roll of expensive gold wrapping paper.

As money was tight, he became even more upset when on Christmas Eve he saw that the child had used all of the expensive gold paper to decorate one shoebox she had put under the Christmas tree. He also was concerned about where she had gotten money to buy what was in the shoebox.

Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!"

As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her.

But when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young lady," he said harshly, "when you give someone a present, there's supposed to be something inside the package!"

The little girl looked up at him with sad tears rolling from her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full."

The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger.

An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life. Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there.

In a very real sense, each of us has been given an invisible golden box filled with unconditional love and kisses from our children, family, friends and God. There is no more precious possession anyone could hold. ❖

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# Music Festival Celebrates 19 Years

OK... Here's the line-up so far and keep in mind while you're reading this, they're not finished... Kenny G, Brian Culbertson, Boney James, Tower of Power, Norman Brown, Candy Dulfer, Richard Elliot, Rick Braun, Patti Austin, Pieces of a Dream, Michael Lington, Darren Rahn, Paul Brown, Eric Darius, Doc Powell, Ken Ford, Four 80 East, Althea Rene, Matt Marshak, Jake Shimabukuro, Roman Street, and rising stars Adam Hawley and Jeanette Harris. That's the roster of stars that's been announced by the Seabreeze Jazz Festival.

The festival takes place April 19-23 in Panama City Beach, FL at Pier Park at the Aaron Beasant Park Amphitheater. Title Sponsor ResortQuest by Wyndham Vacation Rentals is pleased to once again be the official title sponsor of the annual events and guests can choose from hundreds of Panama City Beach Condos all located directly on the beautiful Gulf of Mexico.

Check out the COOL NEW MOBILE APP for Seabreeze Jazz Festival! It's a free download — and includes great features to get you ready for "The Ultimate Weekend of Smooth Jazz!"

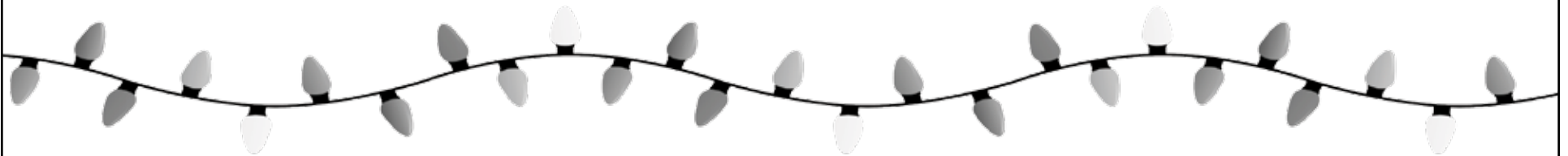
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# QUOTE OF THE MONTH

“

**To be successful,  
you have to have  
your heart  
in your business  
and your business  
in your heart**

”

## 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

## How Much Growth is Too Much for Mobile?

I'm an advocate for growth when it comes to cities and especially for Mobile and its surrounding areas. Although I was born in Mobile, I spent my childhood in a much larger northern city and benefited from many of the things that it offered back in its heyday. We moved back to Mobile just as I was becoming a teenager and it took time to adjust to differences between the two cities.

Since then I have watched as Mobile has grown slowly but not at the pace of other cities during the same timeframe. I have often discussed what Mobile needs to make it grow faster and it wasn't until I had a discussion the other day with my two older sons, did the question come up about how much growth is too much. My sons each live in two of the largest and most iconic cities in the world, Washington D.C. and New York City. Whenever I visit those cities, I often wish that Mobile had some or more of the things that are found in these cities. I am by no means comparing Mobile to those two cities. There are cities of similar sizes, such as Charleston and Savannah, that has certain things that I wish Mobile had, to make Mobile more competitive with places around this country.

My son's question made me stop and think about how much growth I'd like to see in Mobile. I do not wish for it to become a city with so many people that traffic, rising housing prices, congestion and other urban ills of major cities overtake Mobile and make it a less desirable place to live. However, I would like to see Mobile grow to the point that we have more options in the areas of transportation, leisure activities, shopping, education, housing choices and cultural happenings to make it a more progressive and vibrant city. I do want Mobile to retain the charm, character and uniqueness of its southern and Gulf Coast culture and heritage.

It's all about finding the right balance of things to make it a desirable place for young people to want to remain here and have the jobs, amenities and educational facilities to continue to draw people to the area. We're doing okay right now but we could do much better. We have to strengthen our educational system, beef up our infrastructure and stop letting the attractions that we do have slip away (the closing of the Maritime Museum is a prime example that I'll save for a future article).

We must also have the right attitude for growth. Sometimes, I feel that some Mobilians are their worst enemies. We spend too much time complaining and being complacent and we don't celebrate, appreciate, utilize, highlight and take care of things that we do have. It's okay to point out our shortcomings but we must also roll up our sleeves and do our part to help make it better. This may be in the form of civic involvement, investments, support and advocacy to implement the needed changes for positive growth.

I don't have the answer to my son's question and we probably don't have to worry about too much growth right now. His question has made me stop to think about each thing that I advocate in the future for the city and whether it will be positive growth for the community and its citizens. ❖

## The City of Mobile Visitor Center Moves to History Museum

The City of Mobile, Mobile Museum Board, and Visit Mobile announced that through a collaborative effort the Visitor Center is moving to the History Museum (Old City Hall) to be staffed and managed by Visit Mobile.

"We are thrilled to work with our tourism partners to make sure this important element of Destination Mobile remains available and accessible to our guests and citizens," said Mayor Sandy Stimpson.

"Visit Mobile remains committed to providing our tourists and guests a world class experience and is pleased to partner with the City and History Museum to offer this important accommodation," Karen Atchison, Chairman of Visit Mobile added.

Greg Reynolds, Chairman of the Mobile Museum Board shared, "We are excited about all that is going on in Mobile, especially around the History Museum with the opening of Mardi Gras Park, the Cruise ship returning and our recent agreement with a private entity to activate Fort Conde into a vibrant and unique attraction."

The Visitor Center will re-open on December 12, 2016, at 9 am. ❖



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# GOODBYE 2016



“Hold on Loosely” because New Year’s Eve will be a blast this year! 38 Special will be “Rockin’ Into the Night” with thousands of revelers as the giant MoonPie atop the RSA Trustmark Building descends at midnight. Any child of the 80s will remember singing to the band’s many hits, and three decades later 38 Special continues to bring their signature blast of Southern Rock to more than 100 cities a year. And at each and every show, thousands of audience members are amazed by the explosive power of the band’s performance. Their many Gold and Platinum album awards stand in testament to the endurance of a legendary powerhouse.

With sales in excess of 20 million, most associate the band with their arena-rock pop smashes, “Hold on Loosely,” “Rockin’ Into the Night,” “Caught Up in You,” “Fantasy Girl,” “If I’d Been the One,” “Back Where You Belong” and more; timeless hits that remain a staple on the radio, immediately recognizable from the first opening chord, and paving the way to their present-day tours.

38 Special will cap an evening of activities that begin with the cutting of the world’s largest edible MoonPie at 9:15, followed by a second line parade at 9:45 from the Renaissance Riverview Plaza Hotel to the main stage. There, the opening act (to be announced later) will take the stage, followed by 38 Special at 11:00. At midnight the band will sing “Auld Lang Sine” as the MoonPie descends and fireworks light the sky, accompanied by a laser light show.

## 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.

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# LOCAL FLAVA

## ARTS NEWS

### WHO KILLED THE BOSS AT THE CHRISTMAS PARTY

Saturday, December 3rd, 7:00 p.m. at The Carnival Museum - 355 Government Street. Advance reservations are required at [www.mobilemysterydinners.com](http://www.mobilemysterydinners.com)

### THE ADVENTURES OF ARCHY AND MEHITABEL

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

## MOBILE LIBRARY NEWS

### CHESS CLUB

- MONDAYS, DECEMBER 5 & 12, 4 - 5 P.M., AGES 9-17, 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, DECEMBER 6, 13 & 20, 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](mailto:crhodes@mplonline.org).
- WEDNESDAYS, DECEMBER 7 & 14, 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, DECEMBER 1, 8 & 15, 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.

### HEART & SOUL BOOK CLUB

Saturday, December 3, 4 - 5:30 p.m., Ben May Main Library, 701 Government Street. Poetry Readings: Join members of Heart & Soul Book Club for an afternoon of poetry readings at the Main. Students and adults are encouraged to share readings of their own works or works from their favorite poets. For more information, please call Cassandra at 209-3559 or email [heartandsoulbookclub@gmail.com](mailto:heartandsoulbookclub@gmail.com).

### BOOK-A-MONTH STORY TIME

Mondays, December 5, 12 & 19, 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 Best Christmas Pageant Ever by Barbara Robinson. For more information, please call 470-7770 or email [ftigner@mplonline.org](mailto:ftigner@mplonline.org).

### SILVER SCREENINGS MATINEE FOR SENIORS

Tuesday, December 6, 11 a.m., Toulminville Branch, 601 Stanton Rd. It's a Senior Getaway! Join us for refreshments and a film. Our film is It's a Wonderful Life. The film runs 129 minutes and is rated PG. Reservations are required. For more information or to reserve a space, please call 438-7075.

### EBONY MOMENTS BOOK CLUB

Thursday, December 8, 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 Every Woman's Dream by Mary Monroe. For more information, contact Betty Kidd at 470-7766.

### TEEN BOOK YAK & MOVIE SNACK

Friday, December 9, 4 p.m., Moorer/Spring Hill Branch, 4 South McGregor Ave. The Scorch Trials-Enjoy the Book - Watch the Movie! They may have escaped the maze but Thomas and his fellow Gladers face their greatest challenge yet: searching for clues about the mysterious and powerful organization known as WCKD. The film runs 132 minutes and is rated PG-13. For more information, please call 470-7770 or email [eenglish@mplonline.org](mailto:eenglish@mplonline.org).

### A PAGE IN TIME BOOK CLUB

Tuesday, December 13, 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 All the Stars in the Heavens by Adriana Trigiani. For more information, please call Michele at 340-8561.

### LOOKING FOR GRANTS

Wednesday, December 14, 2 - 4 p.m., West Regional Branch, 5555 Grelot Road. Through the Funding Information Network; Michael Reimer, Reference Librarian, will show the class how to search internet sites that list grants. 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](mailto:westref@mplonline.org).

### BAYSIDE BOOK CLUB

Thursday, December 15, 6 p.m., Parkway Branch, 1924-B Dauphin Island Parkway. This month's topic of discussion is The Whole Town's Talking by Fannie Flagg. For more information, please call Betty Fowler at 476-2600 or 208-7097.

### MOVIE TIME WITH MR. BUTCH

Friday, December 16, 4 p.m., Moorer/Spring Hill Branch, 4 South McGregor Ave. Popcorn & Lemonade; The feature is Mickey's Once Upon a Christmas. The film runs 70 minutes and is not rated. For more information, please call 470-7770 or email [ftigner@mplonline.org](mailto:ftigner@mplonline.org).

### READING PAWS:

Saturday, December 17, 10:30 a.m. - 12 p.m., Ben May Main Library, 701 Government Street. Meet, Greet & Read; Come meet the Pet Therapy dogs and their owners. Learn all about the dogs and the services they provide the community. Practice your reading skills with a four-legged friend. For more information, please call the children's department at 208-7086 or email [crhodes@mplonline.org](mailto:crhodes@mplonline.org).

### SATURDAY MATINEE

Saturday December 17, 2 p.m., Saraland Public Library, 111 Saraland Loop. Finding Dory; In this sequel to Pixar's 2003 smash hit Finding Nemo, lovable, amnesiac blue tang Dory decides to go off in search of her long-lost parents. The film runs 103 minutes and is rated PG. For more information, please call 675-2879.

### TEEN BOOK CLUB

Saturday, December 17, 2 - 4 p.m., West Regional Branch, 5555 Grelot Road. Make new friends and join in the book discussion of some of the best YA Literature for Teens. Our topic of discussion is Ruin and Rising by Leigh Bardugo. For more information, please call the children's department at 340-8571.

### HEART & SOUL BOOK CLUB

Saturday, December 17, 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.

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

## In The Community, For The Community & Serving The Community

Bishop State truly is Mobile's Community College as said best by Dr. Reginald Sykes, Acting President. Bishop State is in the community, for the community, and serving the community in a number of ways. Many think of Bishop as only having campus locations, but the college is located right in the heart of the community with its 6 off campus locations. In addition to the Main, Carver, Southwest, and Baker-Gaines Central Campuses, there are 6 off campus locations where courses are offered. Bishop State is more than just a traditional learning environment through on-campus classes and online courses. Bishop State has off campus locations at several high schools throughout the area such as Alma Bryant, Baker, Citronelle, Mary G. Montgomery, Theodore, and McIntosh High Schools. Students can attend classes at those locations if distance is an issue. Hence, Bishop is "in" the community.

The college's workforce development initiatives illustrate that the college is "for" the community. Bishop has and continues to partner with industries such as MAAS Aviation, Alabama Power, and others in an effort to make sure that there is a qualified workforce ready and able to fill jobs that are coming to this area. Many students that have attended Bishop are working in the aviation, maritime, and other growing industries throughout the college's service area. Bishop is for the business community and the community as a whole. It strives to provide the tools needed to succeed in career development or furthering one's education at a 4 year college or university.

In the true spirit of "serving" the community, Bishop's students, faculty, and staff give back to the Mobile area in numerous ways. Examples of this can be seen with community service projects. With the upcoming holiday season, students from the barbering program will provide free haircuts to young men that attend the 2016 Inaugural "Meddie Ivory Clark" Breakfast with Santa. Bishop State's Phi Theta Kappa Honor Society is involved in many community projects such as the 10 Caring Gifts. The students, faculty, and staff, give back to the Mobile Community throughout the year by sharing their time and talents.

Bishop State is truly Mobile's Community College. The college is in the community, for the community, and serving the community. Bishop stands ready and willing to provide educational opportunities with a focus on being a true partner of the Mobile Community. Dr. Reginald Sykes states it best when he says Bishop State is Mobile's "community college." ❖



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## 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



## On the Road and Loving It!

Ahhhh its holiday time and many of you will bypass the airport and hit the road to visit your loved ones. Of course you filled up the gas tank, loaded up on snacks and checked the tires. But are you ready? Ready to see the world, our nation and quaint towns up close with your own eyes? Of course we are on "electronic overload" with our favorite gaming system, dvds, cell phones, computers. But what about absorbing all the beauty outside? From the crisp leaves of the trees, to the historic and national monuments, to meeting new people? This is the time where you are all...one! One vehicle, one family, one mission...to get there safely. Have fun playing "old fashioned" games, as my kids call it. Who remembers "that's my car"? Or keeping track of the different license plates from other states? Or "I spy"? Hearing different accents, enjoying different food and talking to the locals. We are missing out because we are so busy go, go, going.

Now back to technology...interview one person inside the vehicle and ask them what are they hoping for with this trip, what do they want to do once there? Are they happy to take this trip? When you arrive safely make a quick video with a grandparent, favorite relative, family friend. Ask them about fun times when you were growing up, what they wished they had known then, that they know now? Etc..

As you head home, video tape and ask your fellow passenger, how much fun did they have? What was the best part of the trip? Which family member or friend did they enjoy spending time with and why? Now take that video and send it to your host who you visited or stayed with as a "thank you" gift for their hospitality. Look at that! You had fun, made memories, are now closer to your family members. These memories are priceless and your happiness endless...all because your slowed down a bit and enjoyed life.

Wishing you safe travels and a very Merry Christmas!

## Santa to Visit Daphne Public Library

Guess who is coming to town? Santa, that's who! Join the Daphne Public Library in the Library Community Room on Thursday, December 15 at 4:00 p.m. or 5:00 p.m. as Santa shares his favorite stories with his Eastern Shore friends! Cookies and warm cocoa will be provided. Don't forget your camera! For more information contact Rhonda Moss at 621-2818 ext. 203 or Jami Weekley at 621-2818 ext. 209. ❖

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## THE FACE OF HOMELESSNESS

### Michelle Krulewicz-Dees

Licensed, Professional Counselor  
Chief Operations Officer for Housing First, Inc.  
Contact Info: 251-445-3481



December. That period between Thanksgiving and Christmas where many of us begin reflecting on the things that we do have. We start making plans for the coming year that is still full of promise. For many of our neighbors, Thanksgiving, Christmas and the coming of the New Year blurs into the same hopeless grouping of all the days before. The New Year isn't looked forward to with anticipation.

For our neighbors who struggle with homelessness and unsuitable and unstable housing the promise of the New Year is no more promising than the days that came before.

How can we help? Here are a few ideas:

- Monetary support of local agencies that provide services and support to enhance housing options.
  - Volunteer at your local agencies. There is a lot of work to be done, be it one day in a kitchen passing out meals or a regular volunteer shift at a local agency, your presence has exponential potential to assist some of the people who are most in need in your neighborhood.
  - Donate goods and services. A good way to do this is to partner with area agencies that do the work daily.
  - Be a kind face and ear to a person in need. Oftentimes, it is hard for us to slow down and talk to people, especially those who are different from us. Slow down this month – talk to someone who is down on their luck. You never know how that conversation and kindness will help that person. Besides, I find that I usually get as much out of performing small acts of kindness as the person on the receiving end does.
  - Serve on a board or task force that aims to improve housing options in our community. What we know about homelessness in Mobile and Baldwin counties is that the only consistent factor is a high disparity between the demand and availability for housing options.
- This list isn't all inclusive. There are endless options, it doesn't matter what we do as long as we do something! It has been wonderful sharing the ins and outs of homelessness with you this year. Thank you for caring about those in our community that struggle with this issue. Please reach out to Housing First if you would like to continue to be kept aware of this issue in the future. ♣



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

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

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

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

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Dashikis, melanin, dreads .... OH MY! The celebration of being Black is at an all time high. Some people just jumping on the bandwagon to say they are part of a movement. Others are genuinely learning their African American history and using it as a lifestyle and voice. Meanwhile, others are just speaking to be heard with no substance or value.

Either way you fall into the “movement”, we as people of color must realize that we ARE people of color that come from an interesting history throughout the world.

Black people are NOT a fashion statement. We are people that want to be recognized, appreciated, and celebrated. We have contributed to the esoteric mixtures of culture throughout the world. However, we have also contributed to our demise in strength. We are in a period, where we are reliving our past, with a glimpse of hope and a lot of prayer that lay somewhere in the horizon. We have to take accountability for our social actions and perceptions within our own community, as well as globally. We are a driving force economically, culturally, socially.

Moving money from one bank to another does not scathe the top of the barrel. It is just the beginning. Achieving a sound financial platform means, you HAVE to consistently do business with Black owned business (not just the banks). You have to have education whether vocational or higher education and you have to communicate. Somewhere in the course of discussion amongst peers, discuss institutionalized racism, stereotypes, and class within the African/American community. The opinions will surprise you. Make sure you listen, because that is the first step to empowerment.

Become strategic with the plan. Then make it happen, making sure to include the community and how it effects the community at large. For example, Locs of Soul is a dread/loc salon that offers natural hair and barbering services. My goal is to educate my client as well as the public, on perception of dread/locs and natural hair.

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

**Main Branch**  
2214 St. Stephens Road Mobile, AL 36617  
Telephone: 251-476-5938  
Hours: Monday-Friday 9 a.m.-5 p.m.  
Friday only: Drive Thru open until 6 p.m.  
Saturday: Drive Thru only 9 a.m.-Noon

**Midtown Branch**  
2861 Springhill Avenue Mobile, AL 36607  
Telephone: 251-478-1222  
Hours: Monday-Thursday 9 a.m.-5 p.m.  
Fridays only: Drive Thru open until 6 p.m.

**Come Home**  
to  
**CNB**  
**Commonwealth**  
NATIONAL BANK

**Happy Holidays**  
from your Locally Owned and Operated Bank

# JAMS PLUS MEDIA

## Rebelution with HIRIE

OCTOBER 26 • HOUSE OF BLUES – DALLAS, TX

Words and Photos by Bret Arata



Once again I made the trek down to House of Blues in Dallas, TX, but this time a very different crowd gathered to get their reggae fix. I was surrounded by dreadlocks and shirts emblazoned with pot leaves, and the air was thick with the stench of marijuana despite security's best efforts to enforce the no smoking policy. We were in the large hall on the basement level which had both balcony seating and standing room in front of the stage. Luckily, the photo pit was in front of the stage instead of to the side like in the Cambridge Room, so I could get some great up-close shots.

The opening act was HIRIE, a septet from Hawaii founded in 2013. HIRIE, a portmanteau of the Jamaican greeting "irie" and the "H" from Hawaii, is also the name of the lead singer. And I tell you, Hirie may be the most beautiful woman I have ever seen sing on stage. If you're reading this Hirie, know that I am single and definitely ready to mingle. They started their performance with a reggae version of the Legend of Zelda theme which to say the least was quite incredible. Their music is very ska-influenced, with Chris Hampton and Andrew McKee belting away on their saxophone and trombone respectively. Highlights of the show were an excellent cover of Matisyahu's "King Without a Crown" and a crowd pumping rendition of their own "Don't Take My Ganja." Maybe they were trying to send a message to the security staff. Compared to their recorded stuff, which sounds pretty light and chill, their live performance is upbeat and hard-hitting, with Hirie bouncing up and down the stage. Most definitely a band you have to see live.

This was one of the many stops on Rebelution's fall tour with HIRIE. Formed in 2004 by five music students from UC Santa Barbara, Rebelution has been delivering both rocking and relaxing reggae to fans, initially doing local shows and eventually working up to their first studio album in 2007, *Courage to Grow*, which was a smashing success. I admit my admiration of this

band has been brief (a friend told me about them a couple weeks ago), but I have quickly come to love this rocking reggae troupe. Their sound is reminiscent of Sublime, but it's chiller and more rock influenced. "Pretty Lady," "Safe and Sound," and "So High" got the whole crowd up and singing along. My favorite part of the show was the battle between the trumpet and saxophone players right before "Feeling Alright."

Overall, this was a pretty relaxing night of reggae beats and good vibes. If you get the chance to see these guys on this tour, don't miss it. ♣



# REVIEWS • REVIEWS

# JAMS PLUS MEDIA

## The Mowgli's

OCTOBER 16 • COLONY HOUSE/DREAMERS – HOB – DALLAS

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 purposefully 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

continued on Page 18... see **MOWGLI'S**

## Jason Isbell Took Mobile by Storm

Photos by Beth Childs



With a show at the Saenger Theater and then a late night appearance at our local bar Veet's, Jason Isbell really treated Mobile, Alabama to a great evening.

### SETLIST:

Flying Over Water; Stockholm; 24 Frames; Something More Than Free; Palmetto Rose; Speed Trap Town; If It Takes a Lifetime; Traveling Alone; How to Forget; Codeine; (Jason Isbell and the 400 Unit cover); Elephant; Alabama Pines; (Jason Isbell and the 400 Unit cover); Cover Me Up; Relatively; Easy; Outfit (Drive-By Truckers song); Never Gonna Change; (Drive-By Truckers song); Encore: Storm Windows; (John Prine cover) (with Josh Ritter); Super 8; Children of Children ♣

# REVIEWS • REVIEWS

## 2016 FOOTBALL SCHEDULES

ALL HOME GAMES ARE CAPITALIZED

### NEW ORLEANS SAINTS

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

D. 03 NEW MEXICO STATE ..... TBA

#### TROY

D. 03 at Georgia Southern ..... Noon

## Congressional Recognition for Bishop State

Bishop State became the first community college to receive the Veteran's Braintrust Award at a ceremony held in Washington, DC. This year marked the 26th anniversary of the award presentation sponsored by the Congressional Black Caucus (CBC). It is given to recipients advocating on behalf of African American Veterans, supporters, and families. Bishop State is committed to supporting African American veterans and veterans as a whole.

The military service of Dr. Sanford D. Bishop, Sr. was also acknowledged. Dr. Bishop was appointed as the first president of the college in 1971 when it became an independent junior college. In 1971, the Alabama Legislature renamed the College as "S.D. Bishop State Junior College."

Congresswoman Corrine Brown, Ranking Member of the Veterans Affairs Committee in Congress, bestowed this award upon several recipients. Congresswoman Brown co-chairs the CBC Braintrust along with Congressman Sanford D. Bishop, Jr. and Congressman Charles B. Rangel. Bishop State are truly honored to have received such distinguished recognition. ♣

## THE REAL ENEMY — THE INNER ME

by A.D. McKinley

### Releasing Mental Entrapment Understanding Who You Are!!!

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

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

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



## New Recommendations for Safe Infant Sleeping

According to the latest revision of the International Classification of Diseases, approximately 3,500 infants die annually in the United States from sleep-related deaths. These figures include sudden infant death syndrome (SIDS), ill-defined deaths, and accidental suffocation and strangulation in bed.

After an initial decrease in the 1990s, the overall death rate attributable to sleep-related infant deaths has not declined in more recent years. Many of the modifiable and non-modifiable risk factors for SIDS and other sleep-related infant deaths are strikingly similar.

The American Academy of Pediatrics recently updated its recommendations for safe infant sleeping environment. The task force is seeking ways that can reduce the risk of all sleep-related infant deaths.

"As a pediatrician, I fully support the updated sleeping guidelines from the AAP," said Dr. Tonya Dobbs, who is a board-certified pediatrician with Family Health, the primary care division of the Mobile County Health Department. "I believe parents will be excited and welcome the new changes. They will be keeping their baby safe while also having more precious bonding time with their little ones."

Dr. Dobbs, who sees patients at the Eight Mile Health Center on Saint Stephens Road, said the key guidelines from the AAP report included the following:

- Placing the baby on his or her back on a firm sleep surface such as a crib or bassinet with a tight fitting sheet.
- Avoid using soft bedding, crib bumpers, blankets, pillows, and soft toys.
- Sharing a bedroom with parents but not the same sleeping surface, for at least the first 6 months of life preferably until the baby turns one.
- Avoid exposing the baby to smoke, alcohol, and illicit drugs.

"The guidelines support evidence that babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their stomachs or sides," Dr. Dobbs said. "The sleep recommendations will reduce the risk of an infant suffocating, strangling, or becoming trapped while sleeping in an adult's bed."

"Sharing a room with the infant can decrease the risk of SIDS by as much as 50 percent and is much safer than bed sharing. The current recommendations aim to promote infant bonding, and will allow easier access for infant monitoring and for infant feedings."

Please visit <http://pediatrics.aappublications.org/content/early/2016/10/25/peds.2016-2938.full> to read the full report from the American Academy of Pediatrics. ♣

# Smooth Jazz and Jingle Bells

Saturday, December 10th at 7:30pm "A Peter White Christmas"  
The annual smooth jazz holiday show this year returns to the Emerald Coast at Mattie Kelly Arts Center at Northwest Florida State College in Niceville. All seats are reserved. Front section seating is \$80... General admission is \$40 each. Order online at [Seabreeze.fm](http://Seabreeze.fm) or by phone at 729-6000.



Appearing on stage with guitarist PETER WHITE will be trumpeter RICK BRAUN and saxophonist EUGE GROOVE.

the seabreeze 106.3  
SMOOTH-JAZZ

## Ask Flo!



### DEAR FLO:

My kids are scared to death in this cycle of hateful behavior in our country. What should I tell them?  
—*I'm scared too*

### DEAR I'M SCARED TOO

I know it seems as if we have entered into a new era of disrespect and misuse of power. I am uneasy of the unknown also. I can share with you what I had to share with myself. I had to remind myself that love has always trumped and destroyed hate. I had to remind myself that in order to win the war, we will lose some battles. We are our strongest defense against hate, bullying, mistreatment, discrimination, or any thing that divides us. We must hold each other accountable, starting with the people we live, work, socialize and worship with on a consistent basis. My nephew asked me "why would people hurt each other"? The only answer I could muster, with tears in my eyes, was "hurt people hurt people". Tell your kids that love is more available than hate and it starts with them. They can turn the world towards the sunshine of diversity and tolerance. They are the hope of our future. Tell them that we (the 1970's babies) are sorry for letting them down. We apologize for reaping the benefits of those who fought and sacrificed for all of the triumphs and accomplishments this country has made over the last four centuries and not continuing to sacrifice and protect those behind us. It was not easy but they put the good of the country first. e however, put the good of ourselves and stood silent as evil and hate gained a new voice among us. There is a layer of fear in the air, but there is also a rising layer of hope as we are reminded of what we have endured and accomplished, that we need each other and that only if we stand together can we defeat hate with love, mercy and unity. Tell them about their history, our history, in the words of our illustrious First Lady, Michelle Obama "when they go low, we go high." ♣

DO YOU HAVE QUESTIONS FOR FLO?  
[steppinoutnews@aol.com](mailto:steppinoutnews@aol.com)

## THINKING OUTSIDE OF THE BOX

### Arthur L. Mack

FREELANCE WRITER; Mobile, Alabama  
Contact Info: [steppinoutnews@aol.com](mailto:steppinoutnews@aol.com)



Don't Be Afraid—But Stay Woke, Prayed Up, And Be Prepared To Fight Like Hell Well, hell has indeed frozen over—the Chicago Cubs are World Series Champions, and Donald Trump is President-Elect of the United States.

While I was happy that Chicago got over its 108-year World Series drought, I had many concerns when Trump was elected in could be best described as the nastiest, most contentious Presidential campaign in this nation's history. Never mind that there were so many undesirable things that Trump had going against him—misogyny, racism, nastiness towards women, and just being a plain old bully—in the end, he proved the pollsters, the experts, and everybody else wrong.

Immediately after Trump's election was made official, there was the predictable wailing and gnashing of teeth from the very ones who were the targets of his rage. Based on what Trump said during the campaign, a lot of those fears were justified.

But now that the election is over, and Trump is, as we speak, putting the final touches on his Cabinet, there are some things that bear pondering: How will America exist with a Cabinet which has the potential of being the most right-wing in years? How will Americans have to deal with not only a divided country, but one whose disadvantaged (minorities, Muslims, gays, etc.) groups will feel even more marginalized?

There was talk about 'draining the swamp,' but that swamp will likely be replaced by dragons swimming in a moat, or a school of piranhas just waiting to eat away at many of the hard-fought gains we had over the past few years. Take note that Steve Bannon, a white nationalist who headed Breitbart News and who is being considered as Trump's pick for chief White House strategist, is one of these individuals in question.

And what about being under the guidance of a man who has not only talked about cutting out overtime benefits for certain workers, but has changed his mind on some issues? Pretty unpredictable, indeed!

The answer, is not, as some celebrities (and some who are not celebrities) have talked about doing—that is, moving to Canada. To me, that would be running away from the problem. Here's what I think has to be done, in several easy steps.

First, we have to accept the fact that like it or not, Trump is the duly elected President of the United States. No amount of hell raising or marching, or protesting, is going to change that—even though I understand perfectly the premise behind these acts.

The only way that things could change is that the Electoral College changes its mind and declares that Hillary Clinton gets enough popular votes in certain states to sway the electoral vote total. Frankly, I don't think that's going to happen.

Second, those who are likely to be hurt by Trump's policies will have to organize and create a movement that is so powerful, and so mind-blowing, that it will make the rest of the world take notice. Perhaps they should take a lesson from the Tea Party, which sadly turned things for the worse in 2010. Unlike the Tea Party, however, this movement will be much, much more progressive.

Third, and particularly for Blacks in this country, it's going to be on us to make things better. Some see Trump's election as a blessing in disguise because it could very well place an emphasis on self-reliance. To me, however, it's a gigantic wake-up call. All along during the course of my writing this column, I've always preached self-reliance. Not only can (and will) help us economically; it will also help us spiritually.

Simply put, we're going to have to get away from being in a consumer mode, and get unto a producing mode.

Fourth, continue to put your faith in God, because when it's all said and done, he's the one who's going to ultimately get us out of this mess. It's not going to happen, though, until we use our God-given talents and come up with ways to improve conditions in our communities.

That brings me to Step Number Five—education. Take the time to get more educated about what is going on around you, and spend less time being entertained

(continued on Page 18... see **THINKING**)

### FLAVA (continued from Page 06)

This month's topic of discussion is The Good, the Bad, and the Grace of God by Jep and Jessica Robertson. For more information, please call Cassandra at 209-3559 or email [heartandsoulbookclub@gmail.com](mailto:heartandsoulbookclub@gmail.com).

### POETRY ENTHUSIASTS

Monday, December 19, 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.

### CLASSICS REVISITED BOOK CLUB

Monday, December 19, 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 Of Mice and Men by John Steinbeck. For more information, please call 208-7902.

### THE READER'S CHOICE BOOK CLUB

Tuesday, December 20, 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 Tipping Point: How Little Things Can Make a Big Difference by Malcolm Gladwell. For more information, please call 208-7097.

### MOVIE MYSTERIES @ MOORER

Tuesday, December 20, 5:30 p.m., Moorers/Spring Hill Branch, 4 South McGregor Ave. Enjoy wonderful classic Who Done It films with commentary and fun facts provided by Frank. This month's feature is Who Is Killing the Great Chefs of Europe? The film runs 112 minutes and is rated PG. For more information, please call 470-7770 or email [ftigner@mplonline.org](mailto:ftigner@mplonline.org).

### FINDING DORY

Wednesday, December 21, 2 – 3:30 p.m., Ages 2 & Up, West Regional Branch, 5555 Grelot Road. Calling all children - enjoy a special screening of Finding Dory. The feature runs 103 minutes and is rated PG. For more information, call the Children's Department at 340-8571.

### PJ'S & THE POLAR EXPRESS

Thursday, December 22, 2 p.m., All Ages, Moorers/Spring Hill Branch, 4 South McGregor Ave. Wear your favorite jammies and join us for an afternoon showing of The Polar Express. Film runs 100 minutes and is rated G. For more information, please call 470-7770 or email [eenglish@mplonline.org](mailto:eenglish@mplonline.org).

For information on these and other events, visit [www.mobilepubliclibrary.org](http://www.mobilepubliclibrary.org)

## PRICHARD LIBRARY NEWS

SATURDAY, DECEMBER 2, 12:00-1:00 P.M., AGES 6-13 'YEARS OLD—VIDEO: "How the Flintstones Saved Christmas". With the holiday season upon Bedrock, Fred decided to help the Flintstones Family finances with a Part-time job.

FRIDAY, DECEMBER 9, 12:00-1:00 P.M., AGES 3-13 'YEARS OLD—VIDEO: "Quigley's Village A Christmas Story; The Quigley's are busy preparing for their Christmas pageant. In all the rush Mr. Quigley accidentally loses Danny's present. Everyone learns that Christmas is much more than getting presents.

FRIDAY, DECEMBER 16, 12:00-1:00 P.M., AGES 3-13 'YEARS OLD—VIDEO: "Rudolph" The Red Nosed Reindeer. Rudolph, everyone's favorite reindeer up Christmas with his fantastic red nose! ♣

# CALENDAR

## November 2016

### MOBILE

#### CONCERTS

Fantasia, Guordan Banks, LaPorsha Renae-Saenger, 12/2  
Poarch Ninjas-Moe's, 12/2  
John Prine, Shovels & Rope-Saenger, 12/3  
The Molly Ringwalds-Soul Kitchen, 12/9  
Flow Tribe-Callaghan's, 12/15  
38 Special-Moonpie Celebration, 12/31

#### SPORTS: COLLEGE BASKETBALL-MEN

Bishop State vs. Spring Hill, 12/2  
Bishop State vs. Lawson State, 12/15  
Spring Hill vs. Williams Baptist College, 12/17  
Univ. of Mobile vs. Spring Hill, 12/10  
Univ. of Mobile vs. Carroll, 12/21  
Univ. of Mobile vs. Middle Georgia State, 12/29  
Univ. of Mobile vs. Dalton State, 12/31  
USA vs. Middle Tennessee State, 12/3  
USA vs. Denver, 12/13  
USA vs. Spring Hill, 12/19

#### SPORTS: COLLEGE BASKETBALL-WOMEN

Bishop State vs. Pearl River, 12/1  
Bishop State vs. Lawson State, 12/15  
Spring Hill vs. Loyola, 12/9  
Spring Hill vs. William Carey, 12/12  
Univ. of Mobile vs. Spring Hill, 12/10  
Univ. of Mobile vs. Middle Georgia State, 12/29  
Univ. of Mobile vs. Brenau, 12/31  
USA vs. Southern Mississippi, 12/4  
USA vs. Southern, 12/12  
USA vs. William Carey, 12/15  
USA vs. North Carolina State, 12/19  
USA vs. Troy, 12/31

#### SPORTS: COLLEGE FOOTBALL

Dollar General Bowl-Ladd Peebles Stadium, 12/23

#### MUSEUMS

##### —Exploreum

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

##### —Fort Conde

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

##### —Museum of Art

Material Imaginings, ON-GOING

##### —Museum of Mobile

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

##### —Phoenix Fire Museum

Steam Engines, Motorized Vehicles, Gallery;  
ON-GOING

### ATLANTA

#### CONCERTS

Dave Koz, Valerie Simpson, Jonathan Butler,  
Kenny Latimore-Cobb Centre, 12/2  
Kanye West-Phillips Arena, 12/8  
Atlanta Rhythm Section-Eddie's Attic, 12/8  
The Blind Boys of Alabama-Ferst Center, 12/8  
Will Downing, Najee-Cobb Centre, 12/11  
Adam Sandler, Rob Schneider, David Spade,  
Nick Swardson-Fox Theatre, 12/13  
Ken Ford-Eddie's Attic, 12/15  
Michael W. Smith, Amy Grant, Jordan Smith  
-Infinite Energy Center, 12/16

#### R. KELLY • Fox Theatre • 12/27

Indigo Girls-City Winery, 12/31

#### FAMILY SHOWS

Dancing With The Stars-Fox Theatre, 12/31

### BILOXI

#### CONCERTS

Todd O'Neill-IP Casino, Resort and Spa, 12/1-2  
Goo Goo Girls, Safetysuit, Todd O'Neill-IP Casino,  
Resort and Spa, 12/3  
Donny & Marie Osmond-Beau Rivage, 12/2  
Martina McBride, High Valley-Beau Rivage, 12/10  
Wynonna & The Big Noise-IP Casino, Resort and Spa, 12/16  
The Molly Ringwalds-Beau Rivage, 12/31

#### FAMILY SHOWS

Disney On Ice-Coast Coliseum, 12/1-4

### BIRMINGHAM

#### CONCERTS

The Blind Boys of Alabama-Lyric Theatre, 12/8  
St. Paul And The Broken Bones-Alabama Theatre, 12/28-29

### FOLEY

#### CONCERTS

Poarch Ninjas-Moe's BBQ, 12/2

### NEW ORLEANS

#### CONCERTS

Maxwell, Mary J. Blige, Ro James-Smoothie King  
Center, 12/1  
Ms. Lauryn Hill, The Soul Rebels, Seun Kuti &  
Egypt '80-Saenger, 12/1  
John Prine, Shovels & Rope-Saenger, 12/2  
John Cleese/Eric Idle-Saenger, 12/3  
The Spinners, Kenny Neal-Lakefront Arena, 12/3  
Adam Sandler, David Spade, Rob Schneider, Nick  
Swardson-Lakefront Arena, 12/8

#### SPORTS: PRO BASKETBALL

Pelicans vs. L.A. Clippers-Smoothie King Center, 12/2  
Pelicans vs. Memphis Grizzlies-Smoothie King Center, 12/5  
Pelicans vs. Philadelphia 76'ers-Smoothie King Center, 12/8  
Pelicans vs. Golden State Warriors-Smoothie King Center, 12/13  
Pelicans vs. Indiana Pacers-Smoothie King Center, 12/15  
Pelicans vs. OKC Thunder-Smoothie King Center, 12/21  
Pelicans vs. Miami Heat-Smoothie King Center, 12/23  
Pelicans vs. Dallas Mavericks-Smoothie King Center, 12/26  
Pelicans vs. L.A. Clippers-Smoothie King Center, 12/28  
Pelicans vs. N.Y. Knicks-Smoothie King Center, 12/30

#### SPORTS: PRO FOOTBALL

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

### PENSACOLA

#### CONCERTS

The Movement, The Holdup-Vinyl Music Hall, 12/1  
David Shaw-Vinyl Music Hall, 12/3  
Yelawolf-Vinyl Music Hall, 12/4  
The Fixx-Vinyl Music Hall, 12/8  
Vale of Pnath, Aethere-The Handlebar, 12/8  
Salt-N-Pepa, Kid N Play, Color Me Badd, Coolio, Tone Loc,  
Young MC-Bay Center, 12/9  
Cowboy Mouth-Vinyl Music Hall, 12/30

#### FAMILY SHOWS

Rudolph The Red-Nosed Reindeer: The Musical  
-Saenger Theatre, 12/19



## EXPRESSIONS: RIGHT OR WRONG

**Lisa Johnson**

A Poet and Writer who lives in Mobile



Hatred, racism, and prejudice all have one thing in common. They are all taught. No one is born having hatred in their heart. No one is born a racist. No one is born prejudice. When you look into the eyes of a baby, all you see is love. Why would anyone want to train their child to show hatred towards another race? It takes a lot of negative energy to expend hatred, racism, and prejudice. Neither is it healthy to display such traits in your life. Interestingly enough, hate comes in many shades and forms. There's a writer by the name of Andrew Sullivan who summed up the matter nicely: "There is hate that fears, and hate that merely feels contempt; there is hate that expresses power, and hate that comes from powerlessness; there is revenge, and there is hate that comes from envy. . . . There is the oppressor's hate, and the victim's hate. There is hate that burns slowly, and hate that fades. And there is hate that explodes, and hate that never catches fire."

The fact of the matter is we are all descendants of Adam and Eve. We are all made in God's image, so how can any person hate another human being. God is love and he wants us to love one another. Can you imagine what this world would be like if hatred, racism, and prejudice didn't exist? Love is a powerful component to overcoming such behavior traits. \*Proverbs 10:12; Matthew 5:44; Romans 12:17-19; Hebrews 4:12\* ♣

## 2016 Helen Keller Art Show of Alabama

The 2016 Helen Keller Art Show of Alabama is currently on display in the first floor gallery of the University of South Alabama Marx Library. The show will be on exhibit from November 1, 2016 – January 31, 2017. It is free and open to the public during regular Library hours.

The Helen Keller Art Show of Alabama is an annual show for Alabama students who are visually impaired, blind, or deaf/blind. It was established in 1983 as a cooperative project between agencies serving children with visual impairments. The art show is open to students of all ages in Alabama public, private, residential, and home schools. The philosophy of the exhibit is that all participating students are considered winners and teachers are encouraged to incorporate visual arts into the individual educational plan of each student. The show provides students an opportunity to showcase their special talents and abilities. The artwork is unique with emphasis on creativity, color, and tactile media.

Every year, the art show travels throughout the state of Alabama and is displayed in museums, art galleries, and agencies. The grand prize winner's art remains in a permanent collection at Ivy Green in Tusculumbia, Alabama, which is Helen Keller's birthplace.

Support for the annual Helen Keller Art Show of Alabama is provided through the sale of the art and through sponsors, including UAB Vision Science Research Center – Education and Outreach Module, UAB School of Optometry, UAB Program for Visual Impairments, UAB School of Education, EyeSight Foundation of Alabama, Callahan Eye Foundation Hospital, the Patty Johnson Award, the Colbert County Tourism and Convention Bureau, the Nelson Family Award, and the Boyd Rogan Family Award. ♣

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# NOVEMBER <sup>2016</sup> PASSINGS



## GWEN IFILL-61

JOURNALIST (PBS NewHour) • **Endometrial Cancer**



**COLONEL ABRAMS-67**  
MUSICIAN  
(Trapped)



**NATALIE BABBITT-84**  
CHILDREN'S AUTHOR/ILLUSTRATOR  
**Lung Cancer**



**VICTOR BAILEY-56**  
BASSIST  
(Weather Report; Lady Gaga)



**GREG BALLARD-61**  
NBA PLAYER  
(Bullets; Warriors)  
**Prostate Cancer**



**FIDEL CASTRO-90**  
POLITICIAN



**EDGAR "DOOKY" CHASE-88**  
NEW ORLEANS RESTAURATEUR



**LEONARD COHEN-82**  
SINGER/SONGWRITER  
(Hallelujah)  
**Fall**



**KEVIN CURRAN-59**  
TV ACTOR/WRITER  
**Cancer**



**HOLLY DUNN-59**  
COUNTRY SINGER/SONGWRITER  
**Ovarian Cancer**



**RON GLASS-71**  
ACTOR  
(Barney Miller)  
Respiratory Failure



**JULIE GREGG-79**  
(The Godfather)  
**Cancer**



**TAMMY GRIMES-82**  
ACTRESS



**FLORENCE HENDERSON-82**  
ACTRESS  
(The Brady Bunch)  
**Heart Failure**



**SHARON JONES-60**  
SINGER  
(Dap Kings)  
**Pancreatic Cancer**



**MELVIN LAIRD-94**  
SECRETARY OF DEFENSE  
(1969-1973)  
**Respiratory Failure**



**DON MARSHALL-80**  
ACTOR



**GEORGE ORTIZ-45**  
HAIR STYLIST  
(Project Runway)  
**Suicide**



**JANET RENO-78**  
U.S. ATTORNEY GENERAL  
(1993-2001)  
**Parkinson's Disease**



**LEON RUSSELL-74**  
MUSICIAN



**ROBERT VAUGHN-83**  
ACTOR  
**Acute Leukemia**

## Ask Dr. Walker

### Baby It's Cold Outside

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

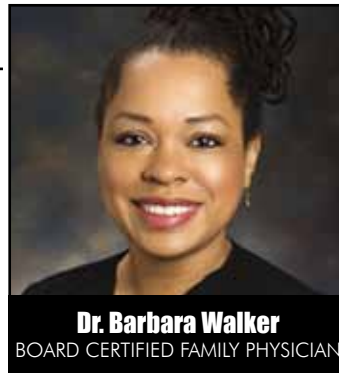
There are also a number of physical and psychological issues that can complicate a healthy sex life. Sexual dysfunction is extremely common with 30-50% of men and women experience some type of sexual difficulty during their life cycle.

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

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

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

Each Ask Dr. Walker column this winter will focus on sexual and reproductive health. Any questions? Ask Dr. Walker at [steppinoutnews@aol.com](mailto:steppinoutnews@aol.com). ❖



### MOWLI'S... continued from Page 11

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. ❖

### THINKING... continued from Page 14

by silly stuff. I always said that some of us (and I stress SOME) of us are more concerned with being entertained by silly videos instead of reading educational books.

Which leads me to number six—be aware that racism was jacked up to new levels during the Trump campaign. There were some reports of increases of racially-provoked attacks after Trump was elected. Add to that the rise of the Alt-Right movement—which to me is while small, one of the most dangerous organizations to ever walk the planet.

That right there is cause for alarm. But I was comforted by one thing—I've heard some people say that they are not going to put up with racial attacks as well as the reversal of other gains, and are willing to defend themselves. Their battle cry is this: We're not living in the '50s and '60s anymore!!

No, we're not. I'm willing to stand up and not allow the clock to be turned back. You should be willing to do the same, too. ❖



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## Marketing Strategies For Small Businesses, Part 2

In October, 2016 we reviewed Part 1, where I highlighted Business to Business (B2B), Business to Consumer (B2C), Content Marketing and Guerilla Marketing. Now let's review three of my favorite marketing strategies.

**Human to Human (H2H)** — is taking a step back and saying we need to communicate more with our audiences. The campaign connects with the customer in such a personalize way that they know the business is listening to them. H2H marketing is a conversation with your customers/clients which draws positive emotions and creates solutions. H2H marketing instills more human to human contacts along the touch-points. It trains employees to represent the brand by owning the moments and creating inspiring customer experiences.

Example: We developed a H2H strategy for small Southern California apparel firm. We told the story of an average student, who was discouraged but found her path. She was known for her smile especially in the face of adversity. Utilizing Twitter and Facebook we told her story in increments over a year. In addition, she sent daily positive affirmations with her unique logo smile. We surveyed customers monthly asking, 'How can we serve you better?' and followed up with customers via phone calls, emails and social media.

**Lifestyle Marketing** speaks to people through their current statuses. The premise is that people seek products and services based on their present or aspired lifestyles. Businesses create innovations, products and services around these lifestyles.

Example: Some banks have embraced Lifestyle Marketing by creating categories: No Credit, Poor Credit, Moderate and High Credit. Based on consumer selection the bank can market specific products and services, sponsor related events and utilize lifestyle content marketing.

**Relationship Marketing** — This is one of the earliest marketing strategies that focused on retention and long-term relationships. Relationship marketing utilizes customer relationship management (CRM) software, inbound marketing, public relations, search engine optimization (SEO) social media and web applications. It tracks and analyzes customer preferences to focus on products and services that they want. Information gathered is shared through the organization to create pleasant customer experiences. Relationship marketing focuses on upgrading customers based on their purchase history and business growth. Retention is important, being that it is 5x more costly to acquire than retain.

*Continued Success! ❖*

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### NOT YET!!!

Willie Mae and Leroy were in a busy shopping center just before Christmas. The husband wandered off as she was standing in line, saying something about being back in a little bit. After getting through the line, Leroy wasn't back yet and since they still had more shopping to do, Willie Mae called him on his cell phone. The wife said, "Where are you?" Leroy said, "You remember the jewelers we went into about 10 years ago, and you fell in love with that diamond necklace? I couldn't afford it at the time and I said that one day I would get it for you." Tears started to flow down Willie Mae's cheeks and she got all choked up. "Yes, I do remember that shop," she replied. "Well", said Leroy, "I'm in the bar next to that!!!"

### I CAN FIX THAT!!!

A couple of women were playing golf one sunny Saturday morning. The first woman, Willie Mae, 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, Leroy, and he immediately clasped his hands together at his crotch, fell to the ground and proceeded to roll around in evident agony. Willie Mae rushed down to Leroy 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. Willie Mae then asked him, "How does that feel?" To which Leroy replied, "It feels great, but my thumb still hurts like hell!!!"

### LET ME CHOOSE!!!

Leroy went to confession and he told Father Duffy that he had an affair with a married woman from the parish. Father Duffy asked Leroy who she was and Leroy said, "Father, I can't tell you." Father said, "If you don't tell me I can't give you absolution." Leroy again said, "I know Father, but I just can't tell you." Father Duffy then asked, "Was it Mrs. Murphy?" "No, Father." "Was it Mrs. Johnson?" "No, Father." "Was it Mrs. Williams?" "No, Father", said Leroy, "I just cannot tell you who it was." Father Duffy tells Leroy to go out and think about it and then come back when ready to confess who it was. Leroy leaves the church and runs into his friend Willie. Willie asks, "Did you tell him you had the affair?" Leroy said, "Yes. He wanted to know who it was, but I wouldn't tell him." Willie asks, "What did he say? Did he give you absolution?" Leroy grins and says, "Oh no, but he did give me three new possibilities!!!"



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