



The Lillian

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MARCH 2024

Lillian, AL 36549
Volume 28, Number 3

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Project Brings Scouts' Honor to Lillian Park

Eagle Scout Candidate Leads Troop 70 in Bringing Wildlife Viewing To Our Doorstep

Boy Scout Troop 70, under the leadership of Eagle Scout candidate Cade Kichler, recently completed a new wildlife viewing area at the Lillian Recreational Park. Featuring new picnic tables and bird houses, all constructed by the Scouts, the area also features newly planted native trees and a large informational sign that will contain information about the native plants and the types of birds the viewing area is meant to attract, as well as Park events.



The project was conceived by Cade Kichler as his Eagle Scout Project. The Eagle Scout award is the highest rank that can be earned in Scouting. Since its inception in 1911, only four percent of Scouts have earned this prestigious rank.



Cade explained, "I went to the Park a lot as a kid and I felt like I could give back to the community (CONTINUED ON PAGE 2)

Lillian Rec Park Slates Huge Flea Market March 16

Optimist, Rec Park Events Offering Double Day of Fun Across the Street

The place to be on March 16 is at the corner of Widell Ave and Perdido St. starting at 8 a.m. Turn into the Lillian Methodist Church on Perdido St. for their Craft, Plant and Bake sale, sponsored by the Lillian Methodist Women. They will be open until 2 p.m. Joining the day of fun will be The Lillian Recreational Park on Widell Ave as it hosts a Flea Market from 8 a.m. until noon that Saturday.

If you are interested in participating in either event, there's still time.

Call/text Jo Nagorka, 561-339-0303 for vendor availability at the Methodist Church and email Nickie Robson with questions about vendor availability at the Park's Flea Market or any future markets at lillianrecreationalpark@yahoo.com.

Spring is just around the corner and with that comes Spring Cleaning. Don't know what to do with all your stuff? Consider boxing it up and register for the Flea Market at the Lillian Recreational Park on March 16, 2024, from 8 a.m. to 12 p.m. Your items just might make someone else very happy.

You can also recycle your unused electronics on the day of the Flea Market. Bag up your aluminum cans and drop that at the recycling booth as well. Doesn't all this purging make you hungry? We are working on a solution for that too!! Check out the Park's website www.lillianrecreationalpark.org for the Market Guidelines and Application, plus the Facebook page for updates.

If you want to participate and secure a booth, email lillianrecreationalpark@yahoo.com by March 2. Mark your calendars. See you at the park! Spring is just around the corner and with that comes Spring Cleaning.



(CONTINUED FROM PAGE 1)

and this project was the best opportunity to do so. I really enjoyed doing this project. I hope it is beneficial for both the Park and the community.”

Beneficial it is! The four new picnic tables, new birdhouses and all the new native plants provide a great space along the Park’s walking trail to relax and enjoy watching the birds and the antics of the squirrels.

Monica Leonard, Park President, said that the viewing area will undoubtedly be enjoyed by everyone in the community. “Cade and the members of Troop 70 created an eco-friendly area in the Park for all to enjoy. We are so proud of Cade for being the third generation in his family to improve the park’s offerings.”

Cade was responsible for planning, developing and leading the other Scouts on the project’s implementation.

Approximately 20 Scouts and their parents helped with the build. They constructed the picnic tables from scratch, as well as the bird houses (2 robin houses and 2 cardinal houses) and a large, 3’x4’ informational sign that will be used to post park events, as well as provide information about what you see in the wildlife viewing area.

Come out to the Park and check out the new wildlife viewing area. It’s a great place to sit, relax, and have a picnic.



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Here are a Few Corrections to Easter Falsehoods Oft Passed Around

Now days we hear much about artificial intelligence (A.I.) or fake news on the internet. Before those stories began, there was already tides of misinformation and groundless speculation of fable and stories around the world. Some of these stories attribute to many of our Christian festivals their "Pagan roots," Easter being chief among them. Here are a few corrections on falsehoods that are repeatedly passed around.

First, the word "Easter" itself is derived from the Old English word "ēastre," which simply meant "spring" or "dawn". There is some evidence for the name "ēastre," coming from an old British goddess of that name but this was never a major festival. Before the fourth century, the holiday to celebrate Christ's resurrection was referred to as Pascha for its associations with Passover. The word for Easter in many European languages is still derived from Pascha, such as French (Pâques), Spanish (la Pascua de Resurrección) and Italian (Pasqua).

Second is the timing of Easter is not based on any pagan festival. While it is true that some pagan festivals also fell around the same time as Easter, the Christian celebration of Easter is based on the belief that Jesus Christ was resurrected from the dead on the third day after his crucifixion. There is no evidence that the early Christian church intentionally adopted pagan customs or festivals in order to make Christianity more appealing to pagans. In fact, many early Christian leaders condemned pagan practices and worked to distance Christianity from paganism.

Third, the Easter Bunny is a fun celebratory addition to the holiday. But Easter was celebrated for over a thousand years before the Easter Bunny became a symbol. Yes, rabbits were symbols of fertil-

ity in a variety of ancient cultures, but this is not an especially surprising fact. Bunnies can be associated with Spring. No that does not mean that every use of rabbits derives from ancient fertility rites. The symbolism of a bunny is not particularly religious, and we can be fairly certain that Christian groups of long ago were not intending to teach their children about fertility. The Easter Bunny was an invention of German Protestants; the "Easter Hare," or "Osterhase" brought eggs and sweets to good children, in the same way that Santa Claus brought gifts to well-behaved kids. The Easter Hare played this Santa Claus like role at the start of the Easter season, judging whether or not children had been obedient to their parents. Like Santa Claus, the Easter Bunny is something fun to do with the kids."

The Easter bunny first arrived in America in the 1700's with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare. The children made nests in which this creature could lay its colored eggs. Along the same time the Easter Bunny began to hide the eggs and candy for the children to find.

The Easter Bunny leads to the fourth tradition, that of eating eggs. Eating eggs at Easter is not a holdover from a pagan custom either but connected to the Lenten fast. During Lent, Christians traditionally abstained from eating meat, dairy and eggs. However, chickens were still laying eggs during these weeks. The eggs were preserved by pickling so that they could be eaten after Lent was over. The first eggs eaten after the end of Lent were often decorated and given as gifts or used in Easter egg hunts. In the Eastern Orthodox Church, eggs are also an important symbol of the resurrection of Je-

sus Christ. Orthodox Christians dye eggs red to represent the blood of Christ, and then tap the eggs against each other to symbolize the breaking open of the tomb. I hope this helps with a few falsehoods surrounding some of the traditions of Easter. Beyond the name of the day, the bunny, the eggs, the decorations or anything else about our celebration of the resurrection of the Lord Jesus, the most important piece is that we celebrate. Each day we remember Christ has died, Christ is risen, Christ will come again!



Moving Forward

By Rev. Tina Lockett

Shepherd of the Bay Lists Easter Services

Shepherd of the Bay Lutheran Church and Pastor Tim Sowers announce plans for Easter services. There will be a Maundy Thursday service with Holy Communion at 9 a.m. on March 28, followed by Bible Class and a luncheon. On Good Friday, March 29, there will be a Tenebrae Service at 9 a.m.. On Easter Sunday, March 31, there will be a service with Holy Communion at 9 a.m. followed by an Easter Brunch. Everyone is welcome to join us. For additional information call the church at 251-962-7682.



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As Spring Approaches, Expect to Hear Those Lovebugs Begin Kissing Our Windshields



Know Your Critters

By Celeste Hadley-

Where do bugs get off the train? At the infestation.

Sometime soon we will have our Spring season of flying, mating, sounds-like-rain-hitting-your-windshield, annoying Lovebugs. Sometimes also called the: united bug, honeymoon fly, telephone bug, double headed bug and March fly, the black and red little fly we all love to hate. And to make matters worse, there are actually two species of Lovebugs, *Plecia nearctica* and *Plecia americana*.

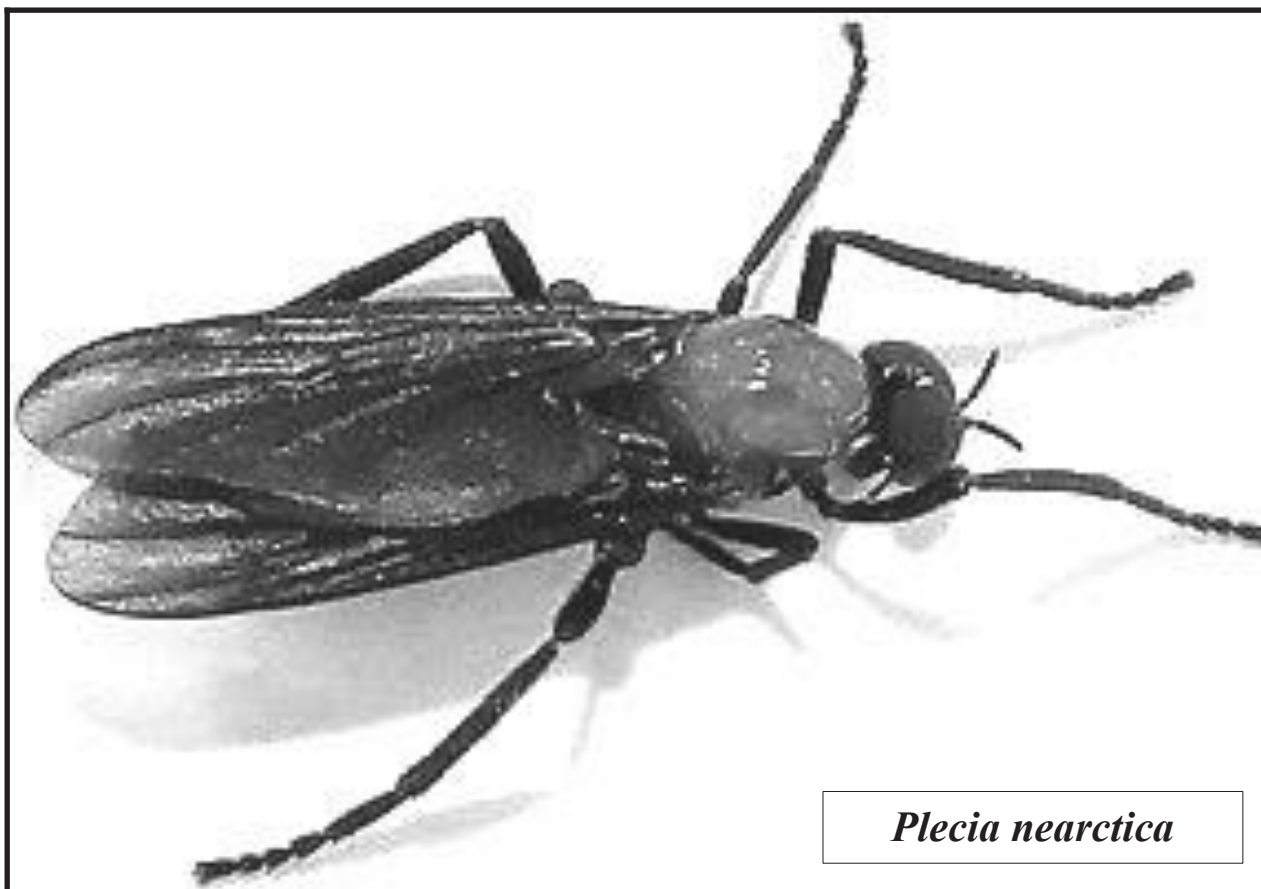
Now you might be thinking that the University of Florida entomologists are responsible for the introduction of Lovebugs to our area. Sorry y'all, that's an urban legend. Lovebugs have been working their way from Central America northward along the Gulf of Mexico since the 1940s. Lovebug migration might have been accelerated by winds, traffic, sod transport, increased habitats along highways, and the expansion of pasture lands. Anytime people change the environment, it will be both good and bad.

Adult lovebugs emerge twice a year, in the spring and the fall. Did you know there's lovebug activity even when the massive swarms aren't visible. When the adults disappear, the next generation of Lovebug eggs have been deposited into our flowerbeds. During the next several months, the eggs hatch and the larvae feed on the leaf litter and grass clippings near where they hatched. The larvae are storing up all the energy they can so when they emerge from their pupal state as adults they are ready for their single mating season. Lovebugs are beneficial in the larval and pupal stages, where they help to recycle plant materials into soil.

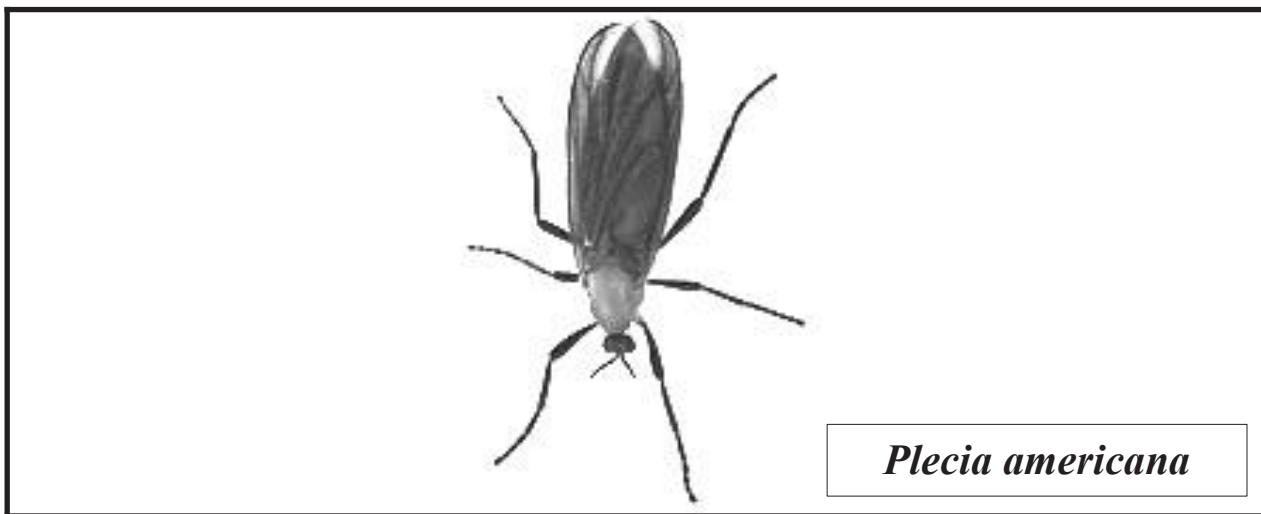
Mating lovebugs form large swarms that seem to blacken out the sky. Adult Lovebugs sole focus is to reproduction. Female lovebugs launch themselves from vegetation and take flight through a group of hovering males. Hopefully, a male lovebug will latch onto the female as she flies by. Since the lady lovebug is larger than the male, she tows him along, like an amorous hitchhiker. The female dies shortly after laying her eggs, living only 2 to 3 days. The male lovebug lives a little while longer, long enough to catch another female for a little afternoon delight.

Lovebugs are attracted to automobile exhaust fumes; they are not deliberately killing themselves. Also, the vibrations of automobiles contribute to the attraction of lovebugs to our highways, which is the reason the entire front of your vehicle will be covered in little dead lovebugs by the time you reach your destination.

A bigger problem begins when the dead bugs are left on the vehicle. Within 48 hours, bacteria start to dissolve the bug, *increasing* the acid already present in lovebugs. This is how to get a nice little acid etched bug print in the paint of your car. Large number of lovebugs can also cause overheating of



Plecia nearctica



Plecia americana

liquid-cooled engines and can severely reduce windshield visibility. What's a car wash's favorite season? Lovebug season!

Remove the crusted critters quickly by soaking the car with water for a while and then give it a good scrubbing. We like to use bug remover before we wash our trucks for those extra stuck-on lovebugs. Dryer sheets may be used to wipe off the bugs, but we haven't had any more success with that method than any other. Elbow grease is elbow grease!

There are, as yet, NO chemical treatments effective against the lovebug. There are types of fungi

that are lethal to the lovebug. You can be sure that someone somewhere is researching these fungi to determine how they may be used to control lovebugs. Remember that for all that we just hate scraping them, sweeping them and shooing them off, for all the damage they can do to our cars, lovebugs are harmless. Lovebugs do not bite, sting, burrow, nibble, or pinch – and for that we should be grateful! All lovebugs can do (and do very well) is to tickle and annoy. It's a minor, tiny, black and red price to pay for living in Beautiful Lower Alabama.

What did one Lovebug say to the other?
I larva you!



The Lillian

PO Box 1088

Lillian, AL 36549

ADVERTISING INFORMATION

The Lillian newspaper is a monthly publication. Advertisements may be dropped off at the Lillian Perdido Bay Library, mailed to *The Lillian* at PO Box 1088, Lillian, AL 36549 or emailed to lillianeditor@yahoo.com

Advertisement inquiries can be directed to Julie McManus at 703-217-2874 (cell) during the business hours of 9 a.m. to 5 p.m.

ADVERTISING SIZES

- Full page = 10" wide x 11.5" tall
- 1/2 Page (horiz.) = 10" wide x 5.5" tall
- 1/2 Page (vertical) = 5" wide x 11" tall
- 1/4 Page = 5" wide x 5.5" tall
- 1/8 Page = 5" wide x 2.75" tall

Business Card = 3.5" wide x 2" tall
Classified = maximum of 40 words

The Lillian is not responsible for the factual content of ads or articles submitted to us.

LETTERS TO THE EDITOR

Letters are welcome but must be signed and include contact information should our staff have any questions.

No letters will be accepted regarding property owner associations' problems. All letters must be legible and limited to 300 words or less.

ARTICLE OR OBITUARY INFORMATION

We gladly accept news and information from the community. Please

submit by:

- Mail to PO Box 1088, Lillian, AL 36549
- Email to lillianeditor@yahoo.com
- Drop off at Lillian Perdido Bay Library

DISCLAIMER

The content of articles and letters to the editor do not necessarily reflect the opinion of the editor, the board of directors for *The Lillian* or the Lillian Action Committee.

We are also not responsible for the business practices of our advertisers.

POLICY

Thank you for your articles and news items, but due to space limitations, some submissions may not be included in this issue. They will be included in a future edition when possible. The editorial board has the right to deny any articles or ads not suitable for this publication.

DEADLINES AND CONTACTS

The deadline for the April issue of *The Lillian* will be March 20.

Anyone may send an email to lillianeditor@yahoo.com for information on articles and news.

Call Julie McManus at 703-217-2874 or email lillianadvertise@yahoo.com for advertising information.

EDITORIAL BOARD

Executive Editor: Sally McKinney
Managing Editor: David Monaghan.
Board Members: Nancy Scott, Gloria Cramp, Jackie Reid, Florence McLendon, Tammy Robinson.

LILLIAN ACTION COMMITTEE

President: Sally McKinney, Vice President Jackie Reid, Secretary: Nancy Scott, Treasurer: Florence McLendon, Board Members Gloria Cramp, Tammy Robinson and David Monaghan.

POLICE BLOTTER

Assault No Weapon

300 Block Cove Bayou Cir Lillian, Al 36549
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Responding Agency: Baldwin County Sheriff's Office

Theft

00 Block Horn Dr Lillian, Al 36549
Reported on 02/14/2024 at 09:26 am
Responding Agency: Baldwin County Sheriff's Office

Assault

32800 Block Lantana Dr Lillian, Al 36549
Reported on 02/13/2024 at 4:42 pm
Responding Agency: Baldwin County Sheriff's Office

Burglary - Residential

1300 Block Caney Loop Lillian, Al 36549
Reported on 02/13/2024 at 11:00 am
Responding Agency: Baldwin County Sheriff's Office

Theft

33800 Block Us-98 Lillian, Al 36549
Reported on 02/09/2024 at 12:32 am
Responding Agency: Baldwin County Sheriff's Office

Assault

37300 Block W Barclay Ave Lillian, Al 36549
Reported on 02/08/2024 at 08:20 am
Responding Agency: Baldwin County Sheriff's Office

Assault

34300 Block W Barclay Ave Lillian, Al 36549
Reported on 02/08/2024 at 08:17 am
Responding Agency: Baldwin County Sheriff's Office

Burglary - Residential

34900 Block Boykin Blvd Lillian, Al 36549
Reported on 02/02/2024 at 1:38 pm
Responding Agency: Baldwin County Sheriff's Office

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Theft

33800 Block Us-98 Lillian, Al 36549
Reported on 02/01/2024 at 2:02 pm
Responding Agency: Baldwin County Sheriff's Office

Assault

32500 Block Us-98 Lillian, Al 36549
Reported on 01/30/2024 at 5:57 pm
Responding Agency: Baldwin County Sheriff's Office

Assault

1600 Block Matias Dr Lillian, Al 36549
Reported on 01/24/2024 at 10:14 pm
Responding Agency: Baldwin County Sheriff's Office

Assault

2800 Block Ave Alberto Lillian, Al 36549
Reported on 01/22/2024 at 6:14 pm
Responding Agency: Baldwin County Sheriff's Office

Here's What Else is Going on for the 2023 ('Taxes Due') Season

It's once again time to talk about Alabama taxes. There is great news concerning taxes this year because the state had a \$2.7 billion surplus. If you filed an Alabama tax return in 2021, you received a tax rebate of \$150 (\$300 if married filing jointly) in December 2023. This rebate is not taxable to you for Alabama, and if you did not itemize deductions when filing your 2021 federal form, it is not taxable for the IRS. Better news for those of you **who are 65 or older** and have your pension or IRA taxed by Alabama, you get to exclude the first \$6,000 from your Alabama income. This means you will get up to \$300 subtracted from your Alabama tax due (\$600 if you filed jointly and each of you has pension or IRA income taxed by Alabama). This pension/IRA exclusion is reported on a Schedule RS.

What's Else is Going on for 2023:

Check out the updated website at www.revenue.alabama.gov for downloadable forms, fill-in-forms, instructions, and the most accurate up-to-date information available. The website also hosts links to on-line filing providers supporting the Federal/State electronic filing programs.

Refund Status: For the most up-to-date information concerning the status of your current year refund, call 1-855-894-7391 or check the website.

Identity Quiz: If you receive a notice to complete an ID Confirmation Quiz, it is not because you are suspected of ID theft. The purpose of the quiz is to protect your identity as the filer and prevent loss of taxpayer dollars to thieves.

Credits: more tax credits are required to be pre-approved through:

My Alabama Taxes (MAT) at www.myalabamataxes.alabama.gov.

See the credit instructions in the Booklet and Schedule OC instructions.

The Standard Deduction & Dependent Exemptions: For Adjusted Gross Income (AGI) below \$26,000, the standard deduction for Singles is \$3,000, MFJ \$8,500, HOH \$5,200 & MFS (up to AGI of \$13,000) \$4,250. The standard deduction is reduced on a sliding scale if your AGI is over \$26,000 or \$13,000 (MFS). The dependent exemption is \$1,000 if your AGI is less than \$50,000, \$500 for AGI from \$50,000-\$100,000, and \$300 for AGI over \$100,000.

The storm shelter credit is still available. It provides a credit of the lesser amount of \$3,000 or 50% of the cost of a storm shelter constructed or acquired and installed at your primary residence.

There is a new credit for volunteer firefighters and paramedics providing proof of 30 hours or more of qualifying training during the tax year. The credit is 20% of the cost of the qualified training.

Some of the basics for filing an Alabama return include:

Check whether you must file an Alabama tax return. For both full and part year residents, if you are Single and your gross income is **less than** \$4,500, Head of Household \$8,200, Married Filing Jointly \$11,500 and Married Filing Separately \$5,750, you do not have to file. When calculating gross income, you do **not** include Social Security or retirements from the Federal Government or the Military. Also, an employer or a Union established and paid for you, are also not includable as Alabama gross income. This is called a Defined Benefit Plan IRC (414j).

Alabama did not suspend miscellaneous deductions as the Federal government did. You can still take some employee expenses not reimbursed by your employer, union dues, small tools, uniform maintenance, travel, transportation,



Let's Talk Taxes

By Carol Kovacs
CPA, EA

or meal expenses for your job. Also, other expenses like tax preparation fees, safe deposit rental, certain legal and accounting fees, IRA custodial fees, and financial management or advisory fees are still itemized deductions in Alabama. These expenses are subject to a 2% Adjusted Gross Income (AGI) threshold before they can be claimed.

Alabama also allows deductions for Casualty Losses due to theft, vandalism, fire, storm, and car, boat, and other accidents or similar causes. Of course, these losses are still limited to amounts over 10% of your AGI less \$100.

You can deduct expenses to retrofit/upgrade your home to resist wind or

flood damage. You may deduct from gross income the lesser of 50 percent of the cost or up to \$3,000 to upgrade your home. You must have a certification as prescribed under Chapter 31D, Title 27, *Code of Alabama 1975* or the Alabama Residential and Energy Codes Board, so make certain you select a reputable company to make these changes.

For folks new to Alabama, who have not owned or purchased a home ten years prior to the purchase of the first home may take a deduction for contributions to a first-time home buyer savings account. Individuals must open an account with a financial institution, and the account must be designated as a First-Time and Second Chance Home Buyer Savings Account.

For folks who have lived in their person residence for 10 years and are 65 or older, you can get your property taxes frozen (a special exemption on your property tax). You must go to the County Office (adjunct seat in Foley) to request the exemption.

For those of you who are uninsured or underinsured for a specific loss, you can make deposits to a Catastrophe Savings Account to prepare for such a loss. You may deduct from Alabama gross income the amount of your deposits for the year. The maximum deduction is \$2,000 if your insurance deductible is equal to or less than \$1,000. If the deductible is greater than \$1,000, the amount of your deduction from your Alabama gross income is less of \$15,000 or twice the amount of the insurance deductible.

If you choose not to obtain insurance for a specific loss, then the deduction is the lesser of \$250,000 or the value of your legal residence. If you have a mortgage on your property, your mortgager will not allow you to self-insure. Wait at least 90 days for your refund – this hasn't changed from prior years.

I hope this information is helpful.

If you have any specific questions or areas of interest, you would like addressed in future columns (leave out your personal information), my email is carolpkovacs@aol.com. Use "Let's Talk Taxes" as the Subject.



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Red Hat Ladies Celebrate Birthdays



The Perdido Grande Dames Red Hat ladies had their February gathering at the RV clubhouse in Spanish Cove. Our great hostesses were Kay Lett and Brenda Cannon. We brought our own lunch and the hostesses provided cupcakes, drinks, and a gift bag with walnuts and Mary Kay samples. The birthday girls: Sandra Jurries, Deb Fifer (new member) and Brenda Cannon wore their crowns and received birthday gifts including jewelry, scarf, and cosmetics. We played Card Bingo. The winners were Judy Wargo, Karen Brady, Deb Fifer, Waynette Brown, and Sandra Jurries. They each won signs like the one Deb is holding in the picture. We look forward to our next gathering on March 12 at El Patron restaurant on Navy Blvd at 11 a.m.

Speed Limit Lowering Eyed for 98, 99

FRESH START! LOCAL ORDINANCES TEXT AMENDMENTS TA-23001 denied on December 5, 2023 On January 17, the County Engineer who oversees Planning and Zoning, Frank Lundy, informed me that our request to re-notice the text amendments minus any controversial issues is DENIED! Public response via email to planning@baldwincountyal.gov was resounding and more would be even better.

Primary day, March 5th please look for our tent **"KEEP IT COUNTRY!"** outside of the Lillian Community Club to sign new petitions for local ordinances to be presented to Planning and Zoning for a fresh start.

ALDOT Request made to lower speed limit by 10 mph from US Highway 98 and County Road 99 to west of County Road 91. No other updates for now.

NATURAL WONDERS Don't let the expectation of something positive get in the way of your happiness in the present.

I, for one, am grateful to be here.

I will keep you updated in The Lillian each month ... please consider subscribing! Please email me with your thoughts ...

KEEPING IT COUNTRY! All the best ...Tracey Gambill ... Ruralcharacterlillian@gmail.com



Keeping it Country

By Tracey Gambill

Submit news items, photos & community interest pieces by email to lillianeditor@yahoo.com

 An advertisement for Shapiro & Sons, Inc. The background is a grey and white illustration of a complex plumbing system with pipes, valves, and a water tap. In the center, there is a logo featuring a splash of water with a wrench and a screwdriver, and the text "SHAPIRO & SONS PLUMBING & ROOTER EXPERTS".

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Post 48 Third Ham Dinner March 24

Thank you to all who attended our ham dinner in January we served up 160 meals.

Please remember to join us for the final ham dinner of the year scheduled on Sunday, March 24, 2024, from 11 a.m to 1 p.m. Cost is \$12.00 for adults and the ham dinners are the only fund raisers held by Post 48 American Legion. These monies are used for Lillian Little League, Boys State, Veterans Day, and our Memorial Day celebration. We appreciate the Lillian Community's support.

Along with the arrival of new residents in Lillian, the snowbirds have returned. As a result, there are questions regarding the Medical Closet which is maintained by the American Legion, Post 48. One frequently asked question is "what are the costs relative to needed items." The answer is very simple - there is NO cost for any requested item. The other question is, "Is this available only to veterans?" Again, the answer is very simple, NO. These items can be used by any member of the Lillian community. The Medical Closet contains many items for use by the Lillian community: wheel chairs, hospital beds, raised toilet stools, shower stools, canes, etc.

The individuals to contact are as follows: Bill Burns at 251 978-3440 and Darrel

Ochs at 251 269-9084. We are very fortunate to have this much needed service and we invite everyone to use it.

So if you are a veteran please stop by and see one of our members for information on Sunday March 24 and join our great organization, for a minimum yearly cost it helps our community and Veterans of every war. Isn't time for you to get involved. If you are a veteran, don't wait. Now is the time for all veterans to support an organization that works to help you. The focus has always been and always will be on service to the community and support of our Veterans.

If you cannot make the ham dinner membership applications may be picked up at the American Legion Building next to the Lillian Community Club on Wednesday mornings between 9 a.m. and 10 a.m., come by and have a cup of coffee with us on Wednesdays - we'd like to meet you. You can also get an application from any member who is already a member of our great organization.

Meetings are held on the third Monday of the month at 7 p.m. at the Lillian Community Club. Come and join us and become one of the millions of Legionnaires still serving.



Lillian American Legion Post 48
By Wayne B. Lavallee Adjutant

Episcopal Church of the Advent 'Little Yellow House' Thrift Shop Closes

After many years serving the Lillian and surrounding communities, the "Little Yellow House" on Hwy. 98 in Lillian has closed its doors. Many thanks to those of you who have patronized our shop over the years. This post is to ask that you please do not leave any donations in front of the building anymore. We have no one to handle the donations or dispose of them. There are several local thrift stores who would be happy to accept your donations You could also contact Waterfront Mission of the Salvation Army and they would pick up at your home.



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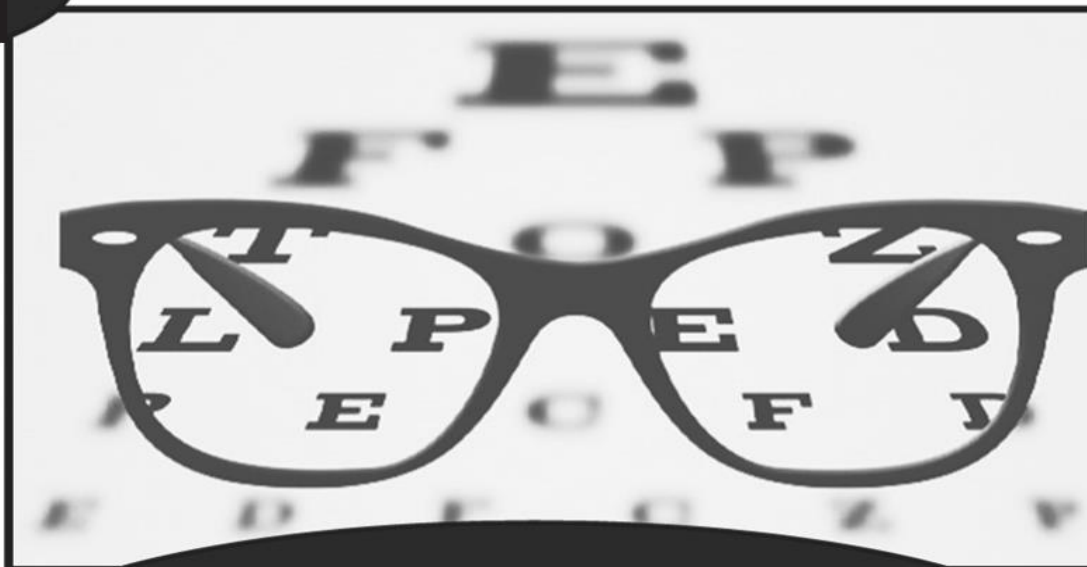


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Local Club Hits the Recruiting Trail

President-elect, Robin Newell, of the Optimist Club of Perdido Bay announced a "Membership Campaign" starting March 1 through May 31. The "Just Ask Membership Campaign" targets residents that have an interest in giving back and are interested in volunteering.

The "Just Ask Membership Campaign" will focus on two strategies: Strategy one is to invite friends, relatives and acquaint-

ances' to attend regular club meetings on the second and fourth Saturdays of the month at 8 a.m. in the Lillian Community Club. Breakfast is always free for visitors. A speaker addresses the group following breakfast at 8:30 a.m.

The second strategy is to leverage its community service projects like the Baldwin County Special Olympics on March 15 and the Easter Egg Hunt on March 30 at the Lillian Recreational Park.

If you are interested in helping out with the Special Olympics, the local club feeds the participants and their support staff. Prep work occurs on March 14 from 9 a.m. to 12 noon. On the 15, the day of the event, volun-

teers meet at the Lillian Community Club around 7:30 a.m. and return after the event around 3 p.m.

The Easter Egg Hunt project is set for March 30 and set up begins at 9:30 a.m. at the Lillian Recreational Park. The event starts for the public at 10:45 a.m. Local churches provide the plastic eggs, while the Optimist Club and its volunteers hide the eggs.

The Optimist Club then offers the children and family hot dogs, chips, cookies and a drink after they get their picture taken with the Easter Bunny.

The Optimist Club meets on the second and fourth Saturday monthly at 8 a.m. in the Lillian Community Club. For more information, please contact Club President Dodd Bouchillon at 256-280-6346 or Mem-

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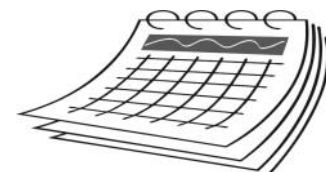
TWO LOCATIONS:

10261 Sorrento Rd.
Pensacola, FL 32507
850-455-0455

30135 US Hwy 98
Elberta, AL 36530
251-961-1686



The Lillian Calendar



*March 5, 12, 19 & 26 at 7 p.m.: ALANON Support Group Meeting at the Lillian Methodist Church located at 12770 S. Perdido Street, Lillian, AL 36549. Discover more about ALANON at <https://al-anon.org/>

*March 5, 12, 19 & 26 at 1 p.m. and March 7, 14, 21 & 28 at 10 a.m.: Ageless Grace, Brain Fitness at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL. For more information contact Sharvon Miller at 850-221-8630.

*March 9 at 8 a.m.: Optimist Club of Perdido Bay Community Breakfast with this year's Essay Contest Recipients at the Lillian Community Club located at 34148 Widell Ave., Lillian AL 36549. To discover more about the Perdido Bay Optimist Club at www.OptimistClubPB.org

*March 16 from 8 a.m. to 2 p.m. Spring Bake, Craft & Plant Sale, at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL. To reserve a booth contact Jo Nagorka at 561-339-0303 or jonagorka@yahoo.com

*March 21 at 1 p.m.: Dementia Education Forum & Caregiver Support Group at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL. For more information contact Sharyon Miller at 850-221-8630.

*March 23 at 8 a.m.: Optimist Club of Perdido Bay Community Breakfast with this years Renewal Scholarship recipient, Noah Givens, at the Lillian Community Club located at 34148 Widell Ave., Lillian AL 36549. To discover more about the Perdido Bay Optimist Club at www.OptimistClubPB.org

*March 24 at 8 to 10 a.m.: Palm Sunday Services at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL.

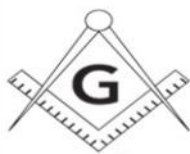
*March 28 at 6:30 p.m.: Tenebrae Service of Darkness at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL.

*March 29 at noon: Good Friday Service at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL.

*March 30 at 10:30 a.m. - Annual Community Easter Egg Hunt at the Lillian Recreation Park sponsored by the Optimist Club of Perdido Bay in partnership with Park and area churches. Children must be accompanied by an adult and will need to bring their own Easter Basket. Complimentary hotdog and beverage will be served following the Easter Egg Hunt. If the weather is an issue we will move to the Lillian Community Club as we did last year.

*March 31 at 8 and 10 a.m.: Easter Sunday Services at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL.

Lillian Masonic Lodge # 925



'Looking for a Few Good Men'

Meeting: 1st and 3rd Tuesday of each Month

Join us, with a guest, for a social gathering at 5:30 pm for a great meal.

Lodge Meeting at 6:30 pm

(No problem for those who haven't visited a Lodge lately)

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Sunday School (all ages) 9:15am
 Worship Service: 10:30 am
 Evangelism Study and Dinner 5:00 pm

Weekly Bible Study Opportunities:

Wed. 5:30 pm: Dinner
 Adult prayer meeting in the FLC
 Children Grades: K-5 Bible Activities
 Youth Grades 6-12 Bible Study & Activites
 *Free childcare is provided during all Bible Studies and services at our church.

Pastor: Josh Thompson
 Worship Leader: Beverly Thompson
 Children's Director: Debbie Sweppenhiser
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Optimists Hear Sheriff's Update

The Optimist Club of Perdido Bay recently heard Baldwin County Sheriff's Department Inspector Kyle Faldoski give a report of activity in the Elberta and Lillian communities. He informed members of the club on ways to fight fraud and to keep safe. The Optimist Club of Perdido Bay meets on the second and fourth Saturdays at 8 a.m. in the Lillian Community Club. The famous Optimist breakfast is served. Guests eat free. All are welcome to attend.



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MARCH 30 10:30 AM

AT THE LILLIAN RECREATIONAL PARK

33914 Widell Avenue, Lillian, AL 36549

ATTENTION PARENTS: Arrive at the park by 10:15 AM! Gather in front of pavilion for instructions on Easter egg hunt. The Hunt will start promptly at 10:30 AM. The Easter Bunny will be available for you to take photos before and after the hunt.

HOT DOGS, CHIPS & DRINK

Compliments of Optimist Club of Perdido Bay

SPONSORED BY:
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Lillian Recreational Park
& Area Churches



To help with this event, call/text 251-234-1122.

The Lillian Online!

Read your local
newspaper anytime,
anywhere!



Go to lilliancommunityclub.com, click on The Lillian newspaper link at the top of the page. Please bookmark our page!

2024 TUITION GRANT APPLICATION

Sponsored by *The Lillian* and the Lillian Action Committee

NAME: _____

PHONE: _____

ADDRESS: _____

(Applicant MUST have a 36549 zip code on their school records for their senior year of high school to apply)

HIGH SCHOOL: _____

(Applicant MUST be a 2024 school or home school graduate)

UNIVERSITY/COLLEGE/TRADE SCHOOL ATTENDING IN FALL 2024

ADDRESS OF ABOVE SCHOOL: _____

PLANNED MAJOR/COURSE OF STUDY: _____

APPLICANT'S SIGNATURE: _____

(Signature authorizes the Lillian Action Committee to verify residency and graduation records with the graduating school.)

Follow these instructions to apply:

~ Completed application MUST be returned and postmarked to *The Lillian* by May 15, 2024. Applications received after this date will not be considered.

~ Application MUST be submitted by mail to *The Lillian*, PO Box 1088, Lillian, AL 36549.

~ Applicant should submit a clear, current photo headshot by email to lillianeditor@yahoo.com. We will publish the winner's photo when the award is announced.

~ Questions may be directed by email to lillianeditor@yahoo.com.

~ All eligible applications will be placed in a drawing to win the grant.

The \$500 award will be paid directly to the school once the student's enrollment has been verified.

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The Good News of Easter

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- Chicken wings
- Chicken tenders
- Cheese Burgers
- Foot-long chili dog

- Potato salad
- Pasta salad
- Onion rings
- BLTs & Mushroom Swiss burgers



DROP BY OR CALL AHEAD FOR A PICKUP

MONDAY	CLOSED
TUESDAY	11 A.M.-6 P.M.
WED.	11 A.M.-6 P.M.
THURSDAY	11 A.M.-6 P.M.
FRIDAY	11 A.M.-6 P.M.
SATURDAY	11 A.M.-6 P.M.
SUNDAYS	CLOSED



Episcopal Church of the Advent

12099 County Road 99
Lillian, AL 3654



Easter Service is 10 am Sunday, March 31, 2024

All are welcome to worship with us
Sunday mornings at 10:00 a.m.

The Rev. Tina Lockett, Vicar
churchoffice@adventlillian.org

251-961-2505 & www/AdventLillian.org

"A little church with a big heart"

Spring Into Reading This Month

February was a wonderful month of book sales and membership responses from our patrons at the library. Our next monthly book sale will be in August, although we will have some titles for sale throughout the year on designated shelves. If you want to become a member or would like a library card, visit us during our hours and we will gladly get you what you need. There is an opening for a volunteer on our library board now. If you are at all interested, please call Betty Bovat at 850-529-0988, at any time. I will be able to explain what your job entails.



**Lillian Perdido
Bay Library
Corner**
By Betty Bovat

March begins with Read Across America Day on Saturday the 2nd. It's a great opportunity to check out some books to read during the month. Look for a favorite author, genre or even reference book to get ready for warmer weather. Remember also to peruse our DVDs and CDs for rainy days or road trips. We also have a full room of Western books and articles that you might like to check out. We have a computer room and some IT support as needed. As an all donation and volunteer library, we understand that can be useful as well. The Lillian Perdido Bay Library is open Tuesday, Wednesday and Thursday from 10 a.m. until 2 p.m. and on Friday and Saturday from 10 a.m. until noon.

The library has a container for Greer's Cash Saver receipts to be collected by a member of the Optimist Club of Perdido Bay and given to Elberta Elementary School for them to participate in the Apples for Teachers Program. Please visit the Lillian Perdido Bay Library to deposit your receipts.

We also have a container for soda can tabs to be taken to the Ronald McDonald house for them to finance utility bills.

Thank you for supporting our library, we certainly love it and appreciate our community.

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www.LillianMC.org office@LillianMC.org

PASTOR: Rev. Daniel W. Randall

SUNDAY WORSHIP at 8:00 & 10:00 AM

Children's Church and Nursery are provided during
10:00 AM Worship for children birth to second grade.

SUNDAY SCHOOL FOR ALL AGES at 9:00 AM

ONLINE WORSHIP ANYTIME at

www.LillianMC.org (Click on the Worship tab to view.)

SPRING BAKE, CRAFT & PLANT SALE

March 16 from 8:00 AM - 2:00 PM

**DEMENTIA EDUCATION FORUM
& CAREGIVER SUPPORT GROUP**

March 21 at 1:00 PM

The support group meets in the Fellowship Hall
on the third Thursday of each month.

PALM SUNDAY SERVICES

March 24 at 8:00 & 10:00 AM

TENEBRAE SERVICE OF DARKNESS

March 28 at 6:30 PM

GOOD FRIDAY SERVICE

March 29 at 12:00 Noon

EASTER SUNDAY SERVICES

March 31 at 8:00 & 10:00 AM

REACHING OUT WITH GOD'S LOVE SINCE 1980

Be a Believing Thomas



The Methodist Message

By Rev. Daniel Randall

One of the most relatable disciples in the Easter account is Thomas. You may be interested to know that in the first three gospels we are told absolutely nothing about Thomas. It is in John's Gospel that he emerges as a distinct personality, but even then, there are only 155 words about him. There is not a lot about this disciple in the Bible but there is more than one description. When Jesus turned his face toward Jerusalem the disciples thought that it would be certain death for all of them. It was only Thomas who said: "Then let us go so that we may die with him." It was a courageous statement, yet we don't remember him for that. We also fail to point out that in this story of Thomas' doubt we have the one place in all the Gospels where the divinity of Christ is boldly stated. The same story that gives Thomas his infamous nickname, is the same story that has Thomas making an earth-shattering confession of faith, "My Lord, and My God." It is the only place where Jesus is called God without qualification of any kind. It is uttered with conviction as if Thomas was simply recognizing Jesus is his Lord and his God! These are certainly not the words of a doubter. Unfortunately, history has remembered him for this scene where the resurrected Christ made an appearance to the disciples in a home in Jerusalem. Thomas was not present and when he heard about the event, he refused to believe it. Thomas said that unless I feel the nail prints in his hands, I will not believe it. Sadly, Thomas has separated himself from the disciples and therefore, in his solitude, missed the resurrection appearance, just like when we separate ourselves from the church, we take a chance on missing Christ's unique presence experienced in the Christian fellowship. Thankfully, the story doesn't end here. The second time Jesus made His appearance Thomas was present with the disciples and this time he, too, witnessed the event. This time he believed it. I think Jesus understood that once Thomas worked through his doubts, he would be one of the surest followers in all Christendom. I am suspicious of people who say that they have never had any doubts, people who always seem so sure.

Authentic faith always begins with intellectual honesty, and doubt is the bedrock of honesty. Faith is not the absence of doubt; it is the overcoming of doubt.

It was Alfred Lloyd Tennyson who said: "There lives more faith in honest doubt than in half the creeds." Jesus said: "Thomas, you have believed because you have seen. Blessed are those who have not seen yet still believe." It is of great comfort to me that Jesus is talking about us. We will never see Jesus in this life like the disciples did. We will not have the chance to put our finger in the nail scars. We will not get the chance to touch His pierced side. Jesus understands it's harder for us to believe than for Thomas and He counts us blessed.

There is a sad danger when we live in a purely rationalistic world, one where miracles are removed from our way of thinking. Which is precisely what Thomas Jefferson did. As one of our nation's greatest intellects, he rejected the notion of miracles in the Bible. He could not tolerate those scriptures passages, which dealt with the supernatural. So, he wrote his own bible that only shared the moral teachings and historical events of Jesus' life. Excluding the virgin birth, healings, miracles, and the resurrection of Jesus. The Jefferson bible ends, "There laid they Jesus and rolled a great stone at the mouth of the sepulcher and departed." His bible ends at the foot of a grave. I am convinced that the church does not accomplish 2000 years of life inside the walls of a closed dark sepulcher.

There is no power in that dark place; rather, the Church is alive because Jesus is alive forevermore. We had better leave some room for mystery and miracles in our worldview. Some of the most important things in your life will never be conclusively proved. Like the Apostle Thomas we must move beyond doubt to faith. We can't get to Easter without passing through Good Friday.

Don't ever doubt that! Blessed are those who have not seen yet still believe. My dear brothers and sisters in Christ move from doubt and be a believing, Thomas! Experience the resurrection power that Christ has provided for you.

Save the Date for the 2024 Primary Election Tuesday, March 5

Yikes! It's March already. Wasn't yesterday Christmas? Who has put the world in overdrive? Next thing you know, it will be November and time to vote once again for president of the United States and others.

But before that can happen, we are asked to let the political parties know who we would like to see on that November ballot. That means we must vote in the Primary Election that will be held on Tuesday, March 5. Polls will be open from 7 a.m. to 7 p.m. at the Lillian Community Club.

I was brought up in a family where my uncle was a Precinct Captain in Chicago. He never pushed us to vote for any particular individual.

However, Lord help you if you didn't go to the polls and vote.

There was a time when we lived in the suburbs that I forgot it was election day. It wasn't a particularly exciting election, just a list of judges or something. However, my upbringing checked in and I panicked. Where was the polling place? In those days, the voting places changed depending on whether it was a township, city, county, state or national election. I went to the school, nope. On to the pizza place, nope. I finally found it in a recreation building and was able to cast my vote before the polls closed.

Now, we don't have a problem finding our polling place as it's al-

ways at the Lillian Community Club, so we don't have to scurry from place to place to find the right spot to cast our ballot. But are we conscientious enough to take time to do it? What is more important than telling the powers that be who we want to lead our country for the next four years?

Step Number One is to get over to LCC some time on March 5 and vote for the people who we think will do the best job. It's time, folks, to say "I am an American and I get to make my feelings known." Do it.

Not registered to vote in Alabama? Call the Foley Probate office at 251-972-6845 to find out how to register to vote. You may also visit



Just a Thought or Two

By Sally McKinney

www.baldwincounty.gov and click on Government, Probate Office and then Elections.

Remember, if you don't vote, you lose your right to complain about the candidates who win. Your candidate may not win, but at least you had a chance to stand up and be an active citizen of the United States of America.

Mary's Shelter Drawdown Event Supports Homeless Mothers-to-Be

Mary's Shelter Gulf Coast recently held the 4th Be My Valentine event to raise funds for the home for homeless pregnant women who choose life for their unborn child. The event included a \$10,000 drawdown, silent and live auctions, songs by Baldwin County's "Elvis" and a chili lunch. Winner of the top prize was David Mandler.

Opened in 2006, the shelter provides 24/7 care for pregnant women and their other children. The main area served are the counties of Mobile, Baldwin and Escambia in Alabama, and Santa Rosa and Escambia counties in the state of Florida. These five counties average about 100 abortions

per week. MSGC is the only charitable organization in this five-county area able to offer shelter and support to homeless, pregnant adult women, before and after the birth of their child.

Mary's Shelter Gulf Coast is overseen by a volunteer Board of Directors. The facility is staffed 24 hours a day, seven days a week. During the work day, the Executive Director oversees all aspects of operating the home. She is assisted by a Program Manager, who helps the residents set goals for their future, and meets with each resident on a regular basis to review their progress; an administrative assistant; and a grant researcher and writer.

A resident adviser is always on the premises.

Also, many volunteers help with all aspects of the program, from rocking babies, to preparing mailings and performing upkeep on the facility.

To learn more about Mary's Shelter visit www.maryssheltergulfcoast.org.



The Uphill Battle Continues for Baldwin County's Bobwhite Quail

Now that the white-tailed deer season has ended, hunters will likely turn their attention once again to small game like rabbits, squirrels, and the bobwhite quail, although quail hunting is nothing like it once was. When fence rows from small farms and family gardens crisscrossed Alabama and the Southeast, the bobwhite flourished. Since large-scale farming operations became the norm and many families moved to urban and suburban areas, the quail habitat has significantly diminished, and so has the number of wild bobwhites.

"Unfortunately, we can't turn back the clock to the habitat we had at landscape levels in 1970 and prior," said Steven Mitchell of the Alabama Department of Conservation and Natural Resources' (ADCNR) Wildlife and Freshwater Fisheries (WFF) Division. "We do have some private lands that manage for wild bobwhites, and they have to intensively manage year-round for wild quail. They have the resources to do that, and they have good populations there. When I say good populations, I'm talking about how many (dog) points per hour. Some places find four or five coveys per hour. That's the old Southern style hunting off of horseback and mule-drawn wagons. So, they're moving, and they have some big running dogs. That's how they can find those numbers per hour hunting.

"But they have also put in the work on the habitat to have that number of birds."

Mitchell, who recently turned over the Upland Game Bird Coordinator position to Brandon Earls, said WFF tries to improve habitat for quail whenever possible on ADCNR's wildlife management areas (WMAs) throughout the state.

"It's difficult to manage public areas for just quail," Mitchell said. "We have to manage for multiple species, but we do have areas that we consider 'quail

emphasis' areas, where the management is more focused on improving quail habitat conditions. We continue to identify and expand emphasis areas where feasible. Though bobwhite densities remain low, we have seen some positive responses.

"We still have people who are very interested in quail hunting. Quail hunters are still finding some birds on WMAs. Some have reported finding a few coveys in a three- or four-hour hunt. Those successful hunters contribute their success to weather and scenting conditions. Colder days were reported to be better due to increased movement of quail to satisfy their higher metabolic rates during lower temperatures. Cool, moist days are also best for dogs to locate bird scent."

One of the emphasis areas is the Boggy Hollow WMA within the Conecuh National Forest, cooperatively managed by WFF and the U.S. Forest Service. This acreage of Conecuh National Forest is being converted into bobwhite habitat through selective timber thinning and more frequent, smaller prescribed burns. Timber thinning increases sunlight reaching the ground, encouraging the growth of native grasses and forbs to provide food and nesting habitat for the quail. The quail harvest on Boggy Hollow is limited, with a daily bag limit of four birds and a season that ends on February 10, while the private land quail season runs through February 29. Visit www.outdooralabama.com/hunting/wildlife-management-areas for a list of WMAs and the hunting opportunities available. For more information about quail, go to www.outdooralabama.com/what-hunt/quail-hunting-alabama for links to the publication Ecology and Management of the Bobwhite Quail in Alabama.



Now For Some Good News ...

Local Lillian resident, Jeff Keener is the Governor of the Alabama Mississippi Optimist Clubs. This is his monthly update. Keener shared how well the District has done so far after four months of the Optimist year which runs from October 1 through September 30.



Optimist Club

By Jeff Keener, Optimist District Governor

Keener said, "The Alabama Mississippi District finished as one of four Districts in the country to exceed its membership goal for the first four months of the year. The Optimist Club of Perdido Bay won the travelling trophy for securing the most new members, while the Pleasure Island Optimist Club (Orange Beach and Gulf Shores) has taken the lead for the month of February.

February also had Keener travelling to Athens, Alabama for the second Super Zone meeting. Thirty-one individuals attended the meeting in-person and another 34 attended via the internet and Zoom. The intent of this second quarter meeting was to increase awareness of the many projects and programs that the District clubs are conducting.

The first Super Zone meeting was held in Lillian at the Lillian Community Club and was a huge success. Over 50 people attended in-person at the one-day event and 37 attended via Zoom.

Several local Club members presented at the Athens meeting. Dodd Bouchillon, Club President and District Lt. Governor, shared the details of the upcoming District Junior Golf Tournament set for June 10 at Glenlake Golf Course. The cost to participate is \$75 and is open to boys and girls age 10 to 18.

The contest has seven categories, four for the boys and three for the girls. The top two finishers in each age group will receive awards. Those golfers who meet or exceed the national qualifying scores will receive invitations to the Optimist Junior Golf Championship to be held at Donald Trump's Doral Country Club in Miami, Florida. Dodd shared that the District is planning to award the entry fee to those winners of the District tournament who qualify for the International Championship (approximately \$700 each)

This quarter is a busy one for most Optimist Clubs. Several Scholarship programs are conducted in March and April. The Essay contest is in its final stages as all entries have to be received by the Essay District Chair by February 28. Each of the four Zone 6 clubs, all located in Baldwin County have elected to participate this year. This includes the Optimist Club of Perdido Bay; Foley, Fairhope Eastern Shore and the Pleasure Island Optimist Club. The contest provides \$2,500 to the winner.

Clubs are also gearing up for the Oratorical Contest where the District winners receive \$2,500 for first, \$1,500 for second and \$1,000 for third place. Local contests are already occurring across the region. The competition levels include the club level, Zone, Region and then District. The District contest is slated for Saturday, May 4 in Pearl, Mississippi. Also, that same weekend, is the CCDHH (Hard of Hearing) contest where \$2,500 will be awarded to the winner of this contest.

Throughout Alabama Mississippi District, clubs are preparing for a variety of additional programs like the Easter Egg Hunt, Special Olympics, Teacher of the Year at the school level, Photography and Art Contests and more.

Optimist Clubs are committed to improving the lives of young people, their community and themselves. For more information on what an Optimist Club does, and to locate one in your area, please reach out to Governor Jeff Keener at 251-210-9081 or jeffreakeener@gmail.com.

Improve Your Well-Being – Take Breaks

Are you one of the many people who work non-stop trying to check off your to-do list only to find yourself feeling overwhelmed?

Do you find yourself trying to "push through" to get things accomplished even when you feel yourself not focused on the task? This is a perfect time for you to take a break and discover how taking breaks throughout the day may benefit your overall well-being.

Research has demonstrated the benefits of taking breaks throughout the day and that the type of break you take also plays a role in motivation and replenishing energy levels.

American spends an average of 8 to 12 hours of their day at work so I thought I would start by discussing the benefits of why taking breaks at work are both beneficial to you as the employee and to your employer. According to the Harvard Business Review (2023), taking breaks can help employees to recharge as well as help facilitate productivity.

Moving from one task to another throughout the workday without taking a break can result in a loss of mental focus as well result into a safety issues. We are not designed to be "on" all the time, and taking breaks helps reduce stress and mental fatigue. Taking breaks throughout the day can help reduce stress levels and prevent burnout. This can leave you feeling more engaged and energized.

The length of the break a person takes may also play a role in overall well-being and performance. An hour-long break may not be as effective as taking micro-breaks throughout the day to replenish mental energy and focus. Also, the type of break you take is important. For example, going outside in nature for a few minutes can produce a state of calm. Getting some light physical activity in such as a brisk walk while talking to a co-worker not only helps with a change of scenery but also provides social connection.

Ways to Design Effective Breaks

Designing a break that works for you may take some creativity and some insight to when you feel more fatigued or stressed. It also depends on what energizes you when you are not focused on a task. Some people enjoy a social break talking with co-workers while others enjoy spending time alone and reading a short article of interest. Taking a break may not be something you are used to doing so it may require some kind self-discipline to schedule breaks throughout your day.

The importance of breaks not only applies to increased productivity and preventing mental exhaustion in the workplace. The bottom line is that breaks are good for your well-being and should be part of your self-care plan both at work and in your personal life. Medical Disclaimer: The information provide in this article is for educational and informational purposes only and solely as a self-help tool for your own use. Talk to your doctor before starting any new diet or exercise program. If you would like to receive free tips on health and wellness, email me at wellnessd@wellnessdimensions-c.com.

Optimists Athens Meeting Draws Recognitions



From left to right - Optimist Governor Jeff Keener, Athens, AL Mayor William Marks, Optimist Lt. Governor Pam Marks and Jim Miner, who was recognized for life-time of service to the children of Athens and to his local Optimist Club. The recognition took place during the recent Optimist second Super Zone meeting recently held in Athens.



Health Corner

By Donna Chetta, RN

Successful Chili Cook-off Caps 2023 for Lillian Firefighters

The Lillian Volunteer Fire Department responded to 54 calls dispatched by the 911 operators in January: 36 Medical Assistance; 7 Public Assists; 2 Motor Vehicle Accidents/Clean up; 0 Brush Fire; 1 Structure Fire; 1 Cancelled en route; 5 False Alarm/Miscellaneous and 2 Aircraft standby.

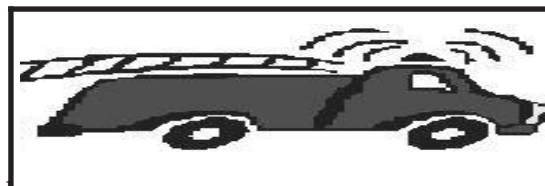
LVFD celebrated the end of a successful 2023 with a get-together dinner for the fire fighters, board members, and families. It was a wonderful occasion to enjoy a night of relaxation and good company. During the celebration fire fighters: Andrew Normandeau, Janett Siler, Gwen White, Paul Behling and Marvin Showers were awarded their shields and years of service pins. Thank you all for your dedication and service to the community.

We would also like to take this opportunity to congratulate our youngest fire fighter, Bethany Dewhurst, for passing the National Emergency Medical Technician exam.

Bethany received her Alabama Fire College VFF certification in November, completed her EMT class in December and February became a nationally registered EMT! Bethany has been with the fire department since she was 14 years old. During this time, Bethany has dedicated her time and effort in honing her skills by participating in all required training, and running medical and fire emergency calls with senior firefighters. We are all very proud of all her achievements and dedication to the

community. Thank you Bethany for all your hard work; you are a credit to the department.

On February 18 LVFD held their second annual Chili Cook-off. We are proud to announce LVFD Lt. Curtis Cantrell won first prize. Proceeds from the cook-off will be presented to Hadji Shriners Children's Hospital. We appreciate all who attended and made this a fun event. We would also like to thank everyone again for your generous donations. If you have not received your annual letter and would like to donate, please fill in Membership form below or go to our Facebook page: 'Lillian Fire Rescue' and click the donation button.



Lillian Volunteer Fire Department

By Goretti Lysek



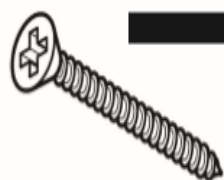
Bethany Dewhurst EMT



Receiving shields and service pins. From L-R are Andrew Normandeau, Janett Siler, Gwen White, Paul Behling and Marvin Showers



Lt. Curtis Cantrell wins 1st prize in Chili Cook-off



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The Lillian Volunteer Fire Department

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Lillian, AL 36549

CHIT CHAT

Chit Chat is a column for you. Take this opportunity to brag a little, share a little, and have fun with a wide variety of events like birthdays, anniversaries, vacations, grandchildren and family visits.

Happy birthday wishes in March go out to Cathy McNeill, Andy Gauci, Ivy Pitard, Eric Goff, Jean Legg, Edward Heiner, Edi Langlois,

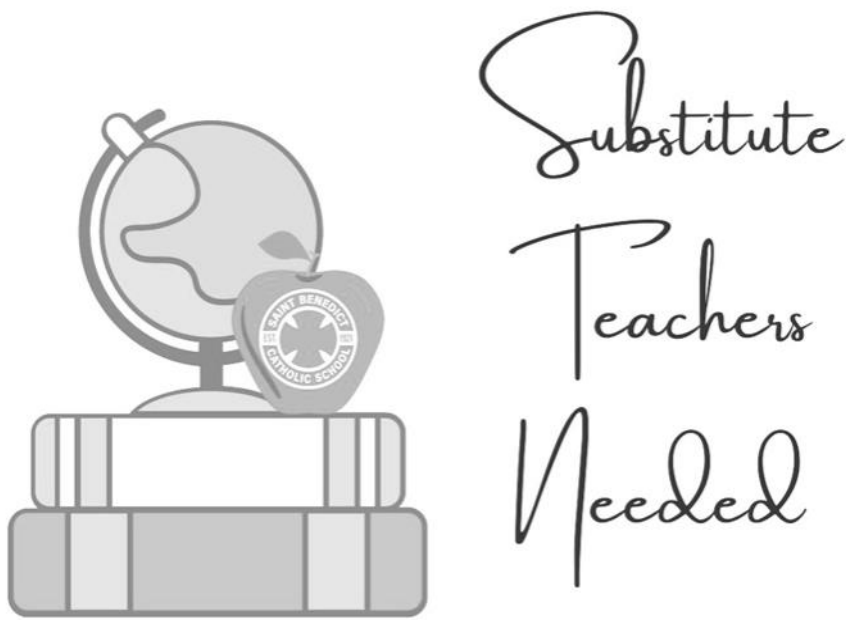
Elaine Grounds, Marcia Allen, Rita Roth, Joan Rugg, Bill Weaver, Bob Davidson, Tootsie Farrell, Sarah Wigton, Ted Bennett, Lynn Corker, Cliff Ledbetter, Patricia Heiner, Don Hartman, Inez Parker, Jerry Skates, Julie Moore, Dee Woodford, Louise Greenley, Joanne Bold, Ron Morris, Chuck Townsend, Ed Rugg, Jim Avera, Jean Bartlett, Christine Clark, Joe Keller,

Jana Widener, Kelly Varret and-Brooks Foster.

Celebrating a wedding anniversary in March are William and Sara Laibe, John and Peggy Blalock, Jim and Blanch Crandall 1961, Richard and Carolyn Holt, 1963, Jim and Mary Morris 1972, Dennis and Linda Roach 1975, and Joanne and Brooks Foster 2019.

If you would like to add or delete information from the Chit Chat column, please email lillianediator@yahoo.com, mail it to The Lillian, P.O. Box 1088, Lillian, 36549.

Additionally, you may place a note in our folder at Lillian Perdido Bay Library. The deadline for the April issue is March 20.



Contact Dr. McCool
if interested.

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ROOF REPAIRS Tree limb removal, new and used construction wood for sale. Close to Lillian Bridge call 850-434-

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MISCELLANEOUS

FOR SALE BY OWNER New house and lot 12558 Perdido St. Lillian. Call or text 251-228-6247 or 251-424-5707

LOOKING FOR EXTRA CASH: Sit with an elderly woman. Light housekeeping and fix her meals. Call 850-384-0002 and leave a message.

March 16 - 8 to 12

If you would like to participate and have a booth, email LillianRecreationalPark@yahoo.com.
Deadline is March 2.

Lillian Recreational Park * 33914 Widell, Lillian

OBITUARIES

Harold Leslie Haight, 61, Elberta

Harold Leslie Haight, age 61, and a resident of Elberta, Alabama, passed away on January 28, 2024.

Harold was a loving son, brother, dad, and papa and an avid saltwater and freshwater fisherman who also enjoyed motorcycles. He retired from his job with the City of Huntsville and moved to Baldwin County to fulfill his dream of retiring to the Gulf.

Harold was preceded in death by his father, James Leslie Haight.

He is survived by his mother, Wanda F. Haight of Huntsville, AL; sons, Harold Leslie Haight Jr. of Ohio, Donald David (Jessica) Haight of Fayetteville, TN, and Bryan Michael (Amanda) Haight of New Market, AL; brother, Harlan James (Jinja Stover) Haight of Athens, AL; sister, Camilla Haight (Bruce) Whisenant of Baileytown, AL; grandchildren, Allyson Haight, Weston James Haight, and Eli Haight; nephew, Kevin Glenn Gean; and many other relatives and friends.

A Celebration of Life was held for Harold Haight on February 10.



Clifford Gordon Horn, Sailor

Clifford Gordon Horn passed into the loving arms of Jesus Christ on January 30, 2024 at South Baldwin Regional Medical Center, Foley, Alabama. He was the son of the late Paul Brooks Horn, Sr. and Glenda Irene Arwood Horn. Cliff served in the Marine Corps in the heat of battle in the Vietnam war. After returning from the military he earned a Bachelor of Science degree in civil engineering. He worked as a civil engineer with the Department of Defense. After retirement, he became a member of the Perdido Bay Power Squadron where he held many offices and taught boat and water safety. He was honored by the South Baldwin Chamber of Commerce as volunteer of the Year in 2014. He told them that he realized a long time ago that if you are doing well, you should give back.

His survivors include a dear friend, Erby Huggins who was at his side when he left, a son and granddaughter, four sisters and many cousins, nieces and nephews.

Besides his parents, he was preceded in death by two sisters and one brother. Sail into the sunset old warrior and sleep well!



Arthur Ernest Schuck, Lillian

Arthur Ernest Schuck, of Lillian, Alabama, passed away January 24, 2024. He was born in Detroit, Michigan on January 17, 1935 to Henry J. and Evelyn G. Schuck. He was married to Joan Christina Schuck for 32 years.

Arthur worked for the U.S. Air Force as a Master Sergeant. He also worked for Bingham Willamette and Hanna Car Wash as an accountant in Portland, OR. He was the captain of his own vessel doing charters on the Columbia River and in the U.S. Virgin Islands. He was a member of the Shepherd of the Bay Lutheran Church in Lillian and a member of the Pensacola Yacht Club. Art was a member of the American Legion in Lillian as well as a volunteer at the Naval Aviation Museum. He was preceded in death by his dad and mom Henry and Evelyn Schuck. He is survived by his wife Joan C. Schuck; his children Cathy (Schuck) Parker (James Parker); Mary Schuck; David Schuck; step-children: Doug Peters, Beth Nistler (Richard Nistler), grandchildren: Athena, Christian, Brittany; one step-grandchild: Kristina. one great grandchild, Lillian. He was dearly loved by all. friends and will be greatly missed.



DEATH NOTICE

WALTRAUD "DAGMAR" JEWELL

2240 Perdido Circle Passed on to the Lord on Feb. 12.
A private graveside service will be held at a later date
in Barrancas Cemetery, Pensacola, Florida

WILLIAM MONROE

2702 Pi8ne Ridge Drive passed away
Friday, Feb. 9

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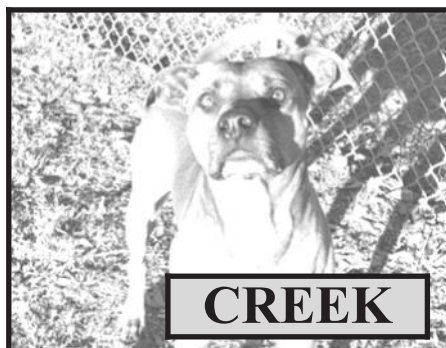
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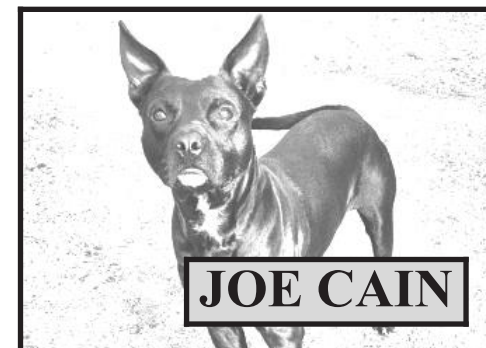
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Food Additives Should be a Concern

Is your child's behavior problem due to additives in the foods and beverages he or she consumes? Could that health problem, disease, or cancer you suffer from have gotten its start from the artificial additions to your processed packaged food?

Many Americans suffer from sluggishness and gut problems from eating flour products, cereals, breads, pasta and only get relief if they avoid these type foods. However, testimony from Americans who traveled to Europe found that they could eat their pasta and breads without any ill effects. The reason most likely stems from the fact that many of the food additives used in the U. S. have been banned by the European Union.

The International Agency for Cancer Research has labeled potassium bromate a possible carcinogenic that is used in the production of flour, bread and baked goods. Last year California passed a law to ban the use of additives, but the law won't take effect until 2027.

Some dairies, except for organic dairies, add bovine growth hormones (rBGH) to their feed to stimulate the production of milk in their cows. It is possible that this may be linked to some breast cancers in humans.

Coloring in candy, cereal, soda, health drinks and even the enhanced orange color of the cheese in packaged mac and cheese are the result of titanium dioxide.

Azodicarbonamide, butylated hydroxyamicole, hydroxytoluene and food coloring are all processed food additives that are suspected of causing a maraud of health conditions, diseases, and cancers. They even sound dangerous and certainly don't sound appetizing.

What should we be grateful for but has a scary name? Dragonfly, sometimes called 'mosquito hawk'.

It won't be long before the buzzing disease carrying, biting and horribly annoying pests hatch from stagnant waters and start sucking blood from humans and other living creatures.

Ta da, in comes the voracious mosquito eating dragonfly. One mosquito hawk can consume dozens of mosquitos in one day. How great is that! But their help doesn't stop there as their nymph feeds on mosquito larvae that float on the water. We may not help the dragonfly, but we can help ourselves by keeping outdoor containers empty of that mosquito producing habitat of gunky water.

Telescopes here on earth spotted a huge solar flare at the end of February. That could have been the reason for some of the beautiful sunsets of bright oranges and reds we were experiencing at that time.

These flares can also play havoc on our communication equipment.

"The opportunity of a lifetime must be taken in the lifetime of that opportunity." Jean Grainger.



Bits and Pieces

By Jackie Reid

Perdido Bay Residents,

Your bay is being used as a dump. International Paper is dumping chemicals into our bay. The water is toxic to larvae and is herbicidal. Testing by Friends of Perdido Bay has demonstrated the toxicity. Our government has not only allowed this to happen but has supported it. No longer do we see shrimp boats or crabbers in our beautiful bay. This million dollar fishery is gone. Paper mills are the problem. Restore Perdido Bay to its once prolific past. Join Friends of Perdido Bay with a \$30.00 annual membership. Send your membership (Name, Address and Telephone Number) to: Friends of Perdido Bay, 38 S. Blue Angel Parkway, PMB 350, Pensacola, FL



Lillian Veterinary Hospital

Beth Williams, DVM

Small Animal Medicine & Surgery

33940 US Hwy 98
Lillian, AL 36549

251-962-2304

LVHclientinfo@gmail.com



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Here's a Few Reasons Why You Should See a Financial Advisor

Investing for your future is important — but it can be challenging. How can you navigate the complexities of the financial markets and make the right decisions for your situation?

Fortunately, you don't have to go it alone. A financial advisor can help you in these key areas:

* **Developing a personal financial strategy** – Many factors go into creating a long-term financial strategy. What is your risk tolerance? When would you like to retire? What sort of retirement lifestyle have you envisioned? What are your other important goals? A financial advisor will ask these and other questions in getting to know you, your family situation and your hopes for the future. By taking this type of holistic approach, a financial advisor can help you create financial and investment strategies appropriate for your needs.

* **Avoiding mistakes** – A financial advisor can help you avoid costly investment mistakes. One such mistake is attempting to “time” the market. Investors pursue market timing when they try to “buy low” and “sell high.” In theory, of course, this is a great idea — if you could consistently buy investments — stocks, in particular — when their price is down and then sell them when the price has risen significantly, you'd always make some tidy profits. The main drawback to this technique, though, is that it's virtually impossible to follow, especially for individual investors. Nobody, not even professional money managers, can really predict with any accuracy when stock prices have reached high or low points. Consequently, those who try to make these guesses could miss out on opportunities. For example, investors who are determined to buy low might not want to purchase investments when the market is up — but this practice could lead to taking a “time out” from investing just when the market is in the midst of a rally. But a financial advisor can steer clients toward a more

disciplined approach, such as buying quality investments and holding them for the long term, regardless of the ups and downs of the market.

* **Checking progress toward your goals** — If you were to invest without any guidance, you might not be looking at your investments' performance with the proper perspective. For example, some investors simply compare their portfolio returns against a widely used market index, such as the S&P 500. But this comparison may not be that useful. The S&P 500 only measures the stock prices of the leading publicly traded U.S. companies by market capitalization — but your investment portfolio, if properly diversified, will include investments other than U.S. stocks, such as bonds, government securities, international stocks and more. Consequently, the performance of your portfolio won't track that of the S&P 500 or any other single index, either.

Your financial advisor can help you employ more meaningful benchmarks, such as whether your portfolio's progress is on track toward helping you meet your financial goals.

Also, a financial advisor will review your portfolio and investment strategy regularly to determine what changes, if any, need to be made, either in response to the markets or to events in your life.

Investing for your future can be exciting and rewarding — and you can feel more confident in your decisions when you have someone helping you along the way. For questions, please contact Jason Kozon or Chantz Blackmon located at 22394 Mifflin Road in Foley, 251-943-3399.



Financial Focus

By Jason Kozon
of Edward Jones

MARCH 2024

LILLIAN COMMUNITY CLUB

34148 WIDELL AVENUE, LILLIAN, AL 36549

OFFICE HOURS: MONDAY-FRIDAY 8AM-11AM - OFFICE (251) 962-3366 / LOUNGE (251) 962-3966

CIVIC & LEGISLATION MEETING: MONDAY, MARCH 11TH - 8:30 AM
GENERAL MEMBERSHIP MEETING: THURSDAY, MARCH 14TH - 7:00 PM
NEW MEMBERS MEETING: SUNDAY, MARCH 24TH - 3:00 PM

BANDS

Friday, March 1st • Funkhouse Fever Trio • 7-11 pm
Friday, March 8th • Gary Story & Bad Habit • 7-11 pm
Friday, March 15th • Charlie & The Hammerheads • 7-11 pm
Sunday, March 17th • Big Jake & Paula K | Karaoke • 3-7 pm
Friday, March 22nd • Riptide • 7-11 pm
Sunday, March 24th • Gary Story • 3-7 pm
Friday, March 29th • Jeri Band • 7-11 pm

\$5.00 cover for non-members

Arts & Crafts Festival

THE LIGHTHOUSE March 9th • 11:00am-3:00pm

Local Vendors • Food Vendors • Live Music • Silent Auction • Raffles
Proceeds Benefit The Lighthouse Shelter of Baldwin County

LCC Fish Dinner
Friday, March 15th
5-6 pm (in the Hall)

Whitefish, French Fries, Grits, Baked Beans, Hushpuppies, Coleslaw, Dessert and Coffee or Tea

\$12.00

American Legion Ham Dinner
Sunday, March 24th
11 am - 1 pm (in the Hall)

Ham with Raisin Sauce, Green Beans, Yams, Potatoes, Salad, Roll, Dessert & Iced Tea or Coffee

\$12.00



LOUNGE HOURS:
Sunday thru Thursday: 11:00 am - 10:00 pm
Friday & Saturday: 11:00 am - 11:00 pm
\$2.50 Bloody Mary Sundays: 11:00 am - 3:00 pm

BANQUET FACILITIES
Best rates in the area
The Grand Hall Accommodates up to 250 People
State of the Art Full Kitchen / Non-Smoking

RV CONVENIENCE SITES
(Pay in the Lounge or Office)
Members \$15.00 a Day
Located behind the LCC



NOW OPEN FOR LUNCH !
LUNCH SPECIALS M-F 11-2 \$9.95
SEAFOOD/PO BOYS. ARE BACK !

LIVE MUSIC EVERYDAY

MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	1	2
JOHNNY B & BRITT 4-8	KARAOKE GARY & JACK	MIKE & ANNITA 3-5 AL & CATHY 5-9	LBA 6 JAY & ERIC 3-5 BONE & BO 5-9	OPEN MIC 6-10 GARY STORY	DONNA SLATER 2-5 BAT BENNETT 6-9 WIRE & CO 10	JON JOINER 2-6 GARY STORY 7-11 CHRIS BEV 11
JOHNNYB & BRITT 4-8		MIKE / ANNITA 3-5 J JEANSONNE 5-9	LBA 13 JAY/ERIC 3-5 JJ/DARRELL 5-9		GIRLS OUT DONNA SLATER 3-8 RHONDA/ELAINE 6 RACHAEL DESTINY RENE A 9:30	JON JOINER 2-6 BRANDON GILES 7 LATE TBA
JOHNNYB & BRITT 4-8	KARAOKE GARY & JACK	MIKE/ANNITS 3-5 BAT BENNETT 6-9	LBA 20 JAY/ ERIC 3-5 TBONE / BO 5-9	OPEN MIC 6-10 GARY STORY	DONNA SLATER 3 JASON JUSTICE 6 LATE TBA 11r	JON JOINER 2 BAT BENNET 6 RAECHAEL 10s
JOHNNY B & BRITT 4-8		MIKE/ANNITA 3-5 AL / CATHY 5-9	LBA 27 JAY/ ERIC 3-5 BAT BENNETT 6-9		DONNA SLATER 3 SUGARCANE JANE 6-10r	JON JOINER 2 AL CATHY 6 P LATE TBA
JOHNNY B & BRITT 4-8	25	26	27	28	29	30
JOHNNY B & BRITT 4-8	MIKE/ANNITA 3-5 AL / CATHY 5-9	LBA 27 JAY/ ERIC 3-5 BAT BENNETT 6-9	DONNA SLATER 3 BRIAN / TONY. 6 LATE TBA	JON JOINER 2 JUSTIN JEANSONNE 6 CHRIS BEVERLY 11		

5TH ANNUAL CRAYFISH FESTIVAL SAT MAR 9TH



LUNCH SPECIAL
MON THRU FRI 11-2
DINE IN ONLY !

- MON: FRIED SHRIMP BASKET**
12 SHRIMP COOKED TO PERFECTION , SERVED WITH FRIES !
- TUE: 3 TACO S SOFT OR HARD**
BEEF OR SHRIMP TACOS , YOUR CHOICE
- WED : SHRIMP SPAGETTI**
CAN BE SERVED WITH OR WITHOUT SHRIMP
- THUR : HAMBURGER & FRIES**
BEST BURGER IN TOWN
- FRI : FISH FRIED OR GRILLED**
SERVED WITH FRIES OR CHIPS

\$200 WELL M-F (HH)
\$2.25 DOMESTIC (HH)
11am / 4pm

\$9.95

JOHNNY Bs

FRONT PORCH

33925 US HWY 98 LILLIAN AL