

Medstar EMS and Medstar Air Win National Ambulance Awards for Heart Attack Care

Paramedics and EMTs at Medstar EMS, the ambulance service for Baldwin County, recently received awards from the American Heart Association’s (AHA) national quality assurance program, Mission: Lifeline.

Medstar’s ground ambulance service and its helicopter ambulance partner, Medstar Air, each received the Mission: Lifeline Silver Award for care provided to patients suffering severe heart attacks.

If Medstar meets the standards for the Mission: Lifeline Silver Award in 2020, its ground and air operations will automatically receive the program’s Gold Award.

EMS agencies such as Medstar win awards by following written guidelines for patient care based on work at AHA and the American College of Cardiology.

The program emphasizes care for a certain kind of heart attack caused by a complete blockage of blood flow to the heart. To prevent the victim’s death, paramedics must provide the right out-of-hospital care and quickly deliver the patient to a specialized hospital team.

The hospital team must restore blood flow as quickly as possible, either by surgically opening the blocked vessel or giving clot-dissolving medication.

“Paramedics and EMTs play a vital part in the system of care for those who have heart attacks,” said Nancy Brown, chief executive officer of the American Heart Association/American Stroke Association. “Since they often are the first medical point of contact, they can shave precious minutes off life-saving treatment time by activating the emergency response system that alerts hospitals. We applaud Medstar for earning the Silver Award. This accomplishment shows that Medstar meets evidence-based guidelines in the treatment of people suffering severe heart attacks.”

Medstar EMS has provided medical transportation in Baldwin County for 20 years.



Medstar EMTs introduced their newest team member, Oliver, a goldendoodle therapy dog. From left are Brett Jovanovich, Mike Sandell, Ed Badamo and John Jones.

Medstar EMS Adds Therapy Dog to Their Team

Visit Medstar EMS, the ambulance service for much of Baldwin County, Flomaton and other locales, and you’re likely to be greeted with barks and a wagging tail. The greeter is the newest member of the Medstar team, a 12-week-old goldendoodle named Oliver, who will soon begin training to become a certified therapy dog.

Once certified, Oliver will help Medstar’s paramedics and EMTs express and release stress associated with their work.

Medstar EMS director of operations Mike Sandell said Oliver is one of the latest additions to the therapy dog program within AMR, the nation’s largest medical transport company. Medstar is an AMR affiliate.

“Our company now has some two dozen therapy dogs across the

nation,” Sandell said. He said the vision of the program is to support and address EMTs and paramedics’ mental health needs. He said Medstar could make Oliver available to other first responder agencies.

The first time the therapy dogs were “deployed” was in 2017 following the mass shooting at the Route 91 Music Festival in Las Vegas. Just weeks ago, AMR sent therapy dogs to help first responders in El Paso after a mass shooting.

Two members of Medstar leadership team are Oliver’s handlers. The primary handler is administrative supervisor John Jones and secondary handler is operations supervisor Terri Lewis. Both have worked at Medstar for more than ten years. As part of becoming Oliver’s handlers, both took classes on the therapy dog program.

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Love Letters

I don't know about you, but when someone dies I find it really hard to come up with just exactly the right words to say. You want to console their loved ones, but I don't want to make them cry, or cry even harder. Yes, 'I'm sorry for your loss' always works. 'I'm keeping you and your family in my prayers' is good. 'I'm so sorry' and giving them a tight hug are all appropriate words and actions. Yet sadly after my little brother, Craig, 56, passed away much faster than any of us expected last month, not any of those condolences helped heal that knife turning in my heart.

About a week after my brother died, I received a brightly colored envelope in the mail. Looking at the return address, I see it's from my daughter Keelyn. How sweet, she sent me a sympathy card. My child went out of her way to select a card, write a little something heartfelt, put a stamp on it, and she actually walked down her long driveway and out to the mailbox to post it. Ha! Guess I raised that kid right.

Walking toward the house, I rip the cover apart, only to find three handwritten pages. What the heck? Pulling it open wider, I peer inside, and look on the ground to see if I dropped something, but no.

The first page is from my daughter expressing how much she loved me, and how glad she was able to spend some time with Uncle Craig before he passed. Keelyn wanted me



Spilling Coffee with Pam

By Pamela Vanden Bos

to know that if I need to talk, I could call her anytime, because heck, she's up with her baby anyway.

The second page written in pencil is from my granddaughter, Trista, 11. "Grandma I'm so sorry your brother died. If your brother ever told you that you're ugly it is not true, because you're beautiful." Obviously her older brother has been picking on her. "Grandma, if you need to talk, you can call, but don't call crying because it will make me cry." Then Trista goes on to say, "Your brother Craig is out of pain now and in heaven. Grandma, Heaven is an amazing happy beautiful place. And I know this because I googled it."

The third page is written in ink from Kalese, 10. Of course, Kalese also states she is sorry I lost my brother. She couldn't imagine losing someone that important to her. "Grandma you need to move on to the real world not the depressing side. Stay strong grandma. I know you can do it." Kalese continued, "Craig is in heaven with God watching over him. And up in heaven your brother is probably watching you." Then I see some inky scratched out marks and she went on. "But not in a creepy way."

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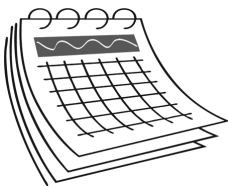
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Community Bulletin Board

- Sept. 3, 7, 10, 14, 17, 21, 24 & 28 - Alcoholics Anonymous meeting, every Saturday and Tuesday at 7 p.m., Lillian United Methodist Church**
- Sept. 3, 10, 17 & 24 - Weight Watchers meets every Tuesday, 4:30-5:30 p.m. at Lillian United Methodist Church**
- Sept. 3 & 17 - Lillian Masonic Lodge 925 meetings first and third Tuesday of each month, 6:30 p.m. Contact Joe Taylor at 251-962-4301 or Jim Covert at 251-962-7354**
- Sept. 5 - Lillian Recreational Park meets the first Thursday of the month, 6:30 p.m. in the park conference room.**
- Sept. 6 - Movie in the Park, music starts at 6 p.m., movie at dusk, Lillian Recreation Park**
- Sept. 7, 14, 21 & 28 - Optimist Club of Perdido Bay Saturday breakfast and meeting, 8 a.m. at Lillian Community Club**
- Sept. 9 - LASAR meeting, 7 p.m. second Monday of each month, Barclay Street**
- Sept. 10 - Lillian Civic and Legislative Committee meeting on second Monday of each month, 8:30 a.m., open to public**
- Sept. 12 - Gulf Coast Classic Car Club meeting, 6 p.m. second Thursday of each month, Gulf Bowl Bowling Alley, 2881 S. Juniper Street, Foley**
- Sept. 15 - Sunday Night Songfest, 6 p.m., third Sunday of each month, Bayside Baptist Church**
- Sept. 16 - American Legion Post 48 meeting, 7 p.m. third Monday of each month, Lillian Community Club**
- Sept. 17 - Lillian Women's Club meets the third Tuesday of the month Sept. through May, 11:30 a.m., Lillian Community Club**
- Sept. 21 - Market in the Park, 8 a.m. to noon, Lillian Recreational Park**

BALDWIN COUNTY BLOTTER

- Officers responded to a report of assault at 8 p.m. July 24 in the 33100 block of Gilley Road, Lillian.
- On July 27 at 3:14 p.m., a claim of assault was reported in 12800 block of Sixth Street in Lillian.
- At 3:42 p.m. July 28 officers responded to a burglary report in the 10200 block of AL 181 in Perdido Beach.
- Officials responded to an assault report at 10:20 p.m. July 28 in the 13700 block of CR 93 in Lillian.
- A theft report was investigated at 10:33 a.m. July 29 in the 10300 block of Wharf Parkway East, Perdido Beach.
- Assault was again reported in the 13700 block of CR 93 in Lillian at 5:37 p.m. July 30.
- Officers responded to a report of assault at 10:27 a.m. Aug. 1 in the 11600 block of CR 99, Lillian.
- At 2:49 p.m. Aug. 9 officers were called to the 13300 block of Cripple Creek Lane, Lillian, for a report of assault.
- At 7:12 p.m. Aug. 9 officers responded to an assault report in the 13400 block of Cripple Creek Lane, Lillian.
- Assault was reported at 7:15 p.m. Aug. 10 in the 13700 block of CR 93 in Lillian.
- Officers were called at 4:58 p.m. Aug. 14 for an assault report in the 34600 block of HS Hwy. 98 in Lillian.
- Theft was reported at 1:29 p.m. Aug. 15 in the 300 block of Buena Vista Drive in Lillian.
- Officers responded to a report of assault at 1:08 p.m. Aug. 21 in the 11600 block of CR 99 in Lillian.

The Lillian

Advertising and Article Deadlines

Issue Month	Deadline	Delivered
October 2019	Sept. 17	Sept. 26
November 2019	Oct. 23	Oct. 31



Dr. Cathy McAtee is continuing her education, working on a research Ph.D. in innovative teaching strategies.

Learning Never Ends for McAtee

By Sally McKinney

When Dr. Cathy McAtee began her nursing career in 1994, she had participated in an entirely different program that is available to aspiring nurses in the 21st century. That’s why she is returning to the “classroom” to improve the nursing school experience for young nurses.

She will be working toward a research Ph.D. in innovative teaching strategies at the University of Texas on a full scholarship. Her loyal patients at the Gulf Shores offices of her husband, Dr. John McAtee, should not be concerned, though. Her “classroom” is basically her computer in her home and office. She will only be required to visit the UT campus a few times during completion of her two-year program.

“My first priority is my patients, so I will continue to be here in Gulf Shores at my husband’s internal medicine practice,” she said. “Our priority is always our patients.” With the new technology she can continue that dedication on the Gulf Coast and add on another educational achievement to provide excellent care to all patients.

Dr. Cathy will be doing research on integrating today’s electronic experience with hands-on basic nursing practices. Instead of practicing on live patients when learning to give injections or draw blood, the new, improved program will use life-like mannequins with real veins and blood to provide the best possible experience for patients. It will also help to make the new nurses more comfortable in their new roles, as well as give them the confidence they need to make the

patients comfortable during stressful times.

“We need to get rid of the outdated curriculum and teach the students the new techniques,” Dr. Cathy says. Of course the new focus will also include interaction with patients in the clinical unit.

Meanwhile she will continue her invaluable service to her patients, providing pulmonary and critical care both in the hospital and in the Gulf Shores office, a service she has been providing for the past 23 years.

Although Dr. Cathy has spent many years in the medical field from her earning an Associate of Science in Nursing in 1994, Bachelor of Science from University of South Alabama, Master of Science Acute Care Nurse Practitioner Program and her Doctorate in Nursing Practice at University of Alabama Birmingham in 2018, her other great love is gardening.

Her home now boasts collections of amaryllis and day lilies, a koi pond with water lilies and ginger lilies. Her goal is to become a Master Gardener.

“I love anything beautiful,” said the doctor who likes to get her hands dirty in the garden.

She considers her Gulf Shores patients in that love category, too. “I love the year-round relationships with the local patients.”

Those special men, women and children come not only from the Alabama community, but also from as far away as Mississippi, Florida and beyond.

To make sure all patients everywhere receive that kind of love, Dr. Cathy McAtee is going back to school — again.

ALCOHOLICS ANONYMOUS MEETINGS

Lillian United Methodist Church 7 p.m. Tuesday and Saturdays
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The Lillian

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Past Choices Can Be Left in the Past

View From the Other Side

By Jim Belcher

A study in the United Kingdom finds that four persons in ten are dissatisfied with the way they live their lives and the life choices they've made. The study, conducted by OnePoll, surveyed 2,000 British adults.

According to OnePoll, the major regrets Brits have about their lives are their choice of careers, spending too much time at work, neglecting their health, spending too little time with family and not traveling as much as they would like.

Other major regrets include being less-than-ideal parents, putting too much emphasis on money, spending too much time on their smartphones, spending too much time watching television and not getting around to doing the things they consider important.

The survey was not all gloom-and-doom, however. Many Brits believe that "all hope is not lost" and that their past choices don't have to dictate their future choices. More than half the respondents believe they still have time to change the course of their lives and embrace more meaningful lifestyles.

A separate survey of 2,200 Americans, conducted by the Harris Poll, shows similar results. The Harris Poll shows that only 33 percent of Americans are satisfied with their life choices. Americans who report being satisfied run the gamut from high-income households to high school dropouts. The poll reports that American men are more satisfied with their life choices than American women.

One of the biggest differences between the British survey and the American survey is in the area of spirituality - how people feel about the role religion plays in their life satisfaction. Seventy-one percent of Americans say their spiritual beliefs are "a positive guiding force for them."

Americans also say their relationships with family play a

major role in their life satisfaction. Eighty-six percent say they have "positive relationships with their family members."

Forty percent of Americans says they engage in enjoyable hobbies and pastimes. And 53 percent of Americans say they rarely worry about their health. Senior Americans (those 65 and older) report greater life satisfaction than all other groups.

The takeaway from the two studies is that life satisfaction has more to do with meaningfulness than with significance. When a life choice, vocational or avocational, holds personal meaning, it contributes to our satisfaction. It may not contribute to society or make the world a better place; still, its importance to us enhances our lives. If a life choice isn't personally meaningful, it usually doesn't contribute to our satisfaction no matter how important it may be to society.

One of the lead researchers in the British study, Deborah Jones, summarized the study's findings. "This research is an interesting wake-up call to make us think about how we spend our time," Jones said. "All of us will die one day. None of us know when that time will come. And none of us want to have regrets about what we've missed out on or how we've lived our lives."

Maybe the time has come for us to reflect on the choices we've made with our lives and the level of satisfaction we derive from them. Maybe it's time for us to discard choices that no longer satisfy and embrace choices that bring greater satisfaction. The British respondents were right: Past choices don't have to dictate future choices.



Lillian American Legion Post 48

By Wayne B. Lavalley,
Adjutant

2019-20 dues are requested at this time. If you have not yet renewed, please do. We need you!

The Bladensburg World War I Veterans Memorial isn't going anywhere. In a landmark victory for the American Legion, the Supreme Court ruled 7-2 on June 20 that the 40-foot memorial can remain on public land on Prince George's County, Md.

The President signed the Legion Act into law on July 30 which makes all U.S. military veterans from Dec. 7, 1941, eligible for membership in the American Legion long as they served one day of active duty and were honorable discharged. Please pass this information on to every

veteran you know. Let's get the word out and make your Post 48 here in Lillian larger and stronger than it already is.

If you are a veteran and would like to join Legion Post 48, stop by the legion building next to the Lillian Community Club any Wednesday morning from 9 to 11 a.m. Stop by and pick up an application or see any legion member for one. Dues are \$45 a year to become a member of one of the strongest organizations fighting for your rights as a veteran.

Meetings are held the third Monday of the month at 7 p.m. in the LCC hall. Come join us and become one of the millions of Legionnaires still serving.

Rabies Update

Critical information regarding the rabies virus and rabies vaccinations has been provided by The Alabama Department of Public Health (ADPH), the primary state health agency. If your pet is not currently vaccinated against the rabies virus, please contact the Lillian Veterinary Hospital at 251-962-2304 for an appointment to get your pet vaccinated as soon as possible.

Rabies is a deadly viral disease that infects the brain and spinal cord of mammals. The virus is spread from exposure to saliva or nervous tissue from an infected animal, usually through a bite. Scratches or saliva contact with a mucous membrane are also considered as exposure risks.

Rabies is preventable if proper treatment is given before symptoms occur, but is fatal once symptoms are present. The primary public health concern is to prevent people from developing rabies after a possible exposure. Any bite or scratch from an animal should be checked by a physician and reported to the county health department.

Dogs, cats, and ferrets that bite or scratch a person will be required to undergo quarantine for a period of 10 days. The observation for clinical signs of rabies developing in the animal during the quarantine provides complete assurance for the person bitten or scratched that the animal did not infect the person from the bite. Unlike pets, wildlife species that bite or scratch cannot be quarantined because they may shed the virus longer than 10 days. Rabies tests can be performed in the laboratory on deceased animals that do not qualify for quarantine.

In Alabama, there are two different strains of rabies virus: the raccoon variant and the bat variant. The raccoon strain can infect other wildlife such as foxes, coyotes and skunks; but more importantly, it can infect people's pets. Vaccination of dogs, cats and ferrets is required by law. Vaccinations for other species, such as horses and livestock are also available and recommended.

Vaccinating animals helps ensure protection should they unknowingly be exposed to a rabid animal.

Other simple prevention methods are to keep pets properly confined, avoid leaving trash or leftover pet food uncovered which may attract wildlife and to avoid handling bats.

The bat variant can also infect pets or people. Bats present a unique risk of rabies because their bites may be unknown or leave insignificant marks. If you should have bats in your house or bedroom, please contact your physician or local health department for consultation.

Steps for prevention include:
• Avoid being bitten or scratched. Get medical attention immediately and report to local health department.

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- Don't approach stray or injured animals or wildlife.
- Don't handle bats.
- Keep your pets and livestock vaccinated.

How can you protect your pets from rabies? First, take your pets to the veterinarian on a regular basis and keep rabies vaccinations up-to-date for all dogs, cats and ferrets. This is a legal requirement in Alabama. Second, keeping your pets under direct supervision will help prevent unknown exposures to the wild rabies-carrying wildlife population. Third, spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or vaccinated regularly.

Your pets can be infected when they are bitten by rabid wild animals. Animals represent a common link between humans and rabies reservoirs. When rabies occurs in domestic animals, the risk to humans is increased. Therefore, pets are vaccinated to prevent them from acquiring the disease from wildlife, and possibly transmitting it to humans.

You should seek medical evaluation for any animal bite. In Alabama, potential exposures must be confirmed by a licensed physician before ADPH can issue quarantine orders. The county health department should be notified by you or your physician or in some cases by the local law enforcement agency that is involved. ADPH will then investigate the exposure and determine what actions need to be taken for you and the animal.

If the animal is owned, it can be quarantined for 10 days under the supervision of a licensed veterinarian. Research on the disease stages of rabies in dogs, cats and ferrets has proven that if the animal is still alive at the end of 10 days and free from clinical signs of rabies, then the animal was not shedding the virus at the time of the exposure, thus eliminating the chance of exposure to rabies virus. If a dog, cat or ferret appeared ill at the time it bit you or becomes ill during the 10 day quarantine, it should be evaluated by a veterinarian for signs of rabies and you should seek medical advice about the need for rabies prophylaxis.

The vaccine must be administered by a county rabies officer (who is a licensed veterinarian); his/her authorized representative (which is intended to be a licensed veterinarian); or a duly licensed veterinarian.

A paper copy or an electronic copy of vaccination evidence shall be maintained by the licensed veterinarians for a period of one year past the expiration date of the certificate. This is a recommendation, not a law.

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Newspaper Notes 24th Year

The Lillian and Lillian Action Committee Story

By Jacqueline Reid

To tell the story of *The Lillian* we must first tell the history of the newspaper’s parent, the Lillian Action Committee.

In 1994, Donald Kuntz, an active member of the community, suggested a central committee be formed in Lillian which would gather information from churches, organizations and civic leaders and with their help spread word of their activities to the public. And so the Lillian Action Committee was formed and incorporated. The committee has quarterly meetings at the Lillian Perdido Bay Library. Dates and times are printed in *The Lillian*.

The LAC purpose is “To promote the health and safety of the residents of Lillian, to promote the quality of life for the residents of Lillian and to find a way to communicate with the residents of Lillian to promote the activities of each of the organizations that are represented.”

So what has the Lillian Action Committee done over the years?

- LAC has sponsored political forums at the Lillian Community Club
- Completed incorporation and zoning studies
- Petitioned for the traffic light at the foot of the Lillian Bridge (Hwy. 98 and Co. Rd. 99) and at S. Perdido Street and Hwy. 98
- Petitioned for extending S. Perdido Street to Co. Rd. 99
- Petitioned to make the intersection of Barclay and Hwy. 98 less hazardous
- Requested boat ramp
- Asked Baldwin County to make Lillian Park on Hwy. 98 more usable
- Attempted to start Meals on Wheels program while AARP at that time succeeded in organizing the program

Now we come to the idea of a paper or newsletter. In 1995 LAC president Joe Taylor presented an idea to better get information to Lillian residents. As Joe said, “It took Sam McLendon with his ability to get people together and to get things done.” If you presented Sam with something you thought Lillian needed, he would look at you and say, “Well, do it.”

The committee found a man who published a sports newspaper in Pensacola to explain the costs and process involved in putting together a community newspaper and possibly hire this man to do it. But Sam McLendon said he couldn’t see any reason why they couldn’t do it themselves.

With \$50 in the treasury, the LAC put together the newspaper or the start of the plan. Sam and his sub-committee of LAC met with Melissa Smith, a young woman and mother of two small children. She worked

full time at a Gulf Shores magazine and had the experience the committee was looking for and she lived locally. She was hoping to work closer to home and have more time with her boys but here was the catch — the committee couldn’t pay her right away and there was no guarantee the paper would make it. Melissa decided to take the risk. Would she if Sam wasn’t the person talking her into it? I kind of doubt it, but I could be wrong.

Since \$50 wasn’t going to go very far, the committee of Olive Hearon, Evelyn Fischer, Lynn Kline and Melissa Smith went out to area businesses in hopes of getting ads. This was a gutsy move - asking businesses to pay in advance for ads for a newspaper that didn’t yet exist. They must have sounded convincing because they succeeded. These ladies also sought individuals to write articles.

Rev. Stephen Cloud, pastor of First Baptist Church in Lillian at that time, donated the software needed for the paper to start up and the use of the church office and computer.

With ads, articles and printer deadlines, it was time to put the paper together. Sally McKinney and Joe Taylor joined the others in burning the midnight oil until 2 a.m. They had papers and themselves sprawled all over the floor doing paste-ups. This was a process by which the articles, ads and photos were pasted onto poster board and taken to the printer where it was made camera-ready for publication.

On Sept. 22, 1995, the first Lillian newspaper arrived in the mailboxes of all residents in the 36549 postal route. Although reactions were mixed, LAC members were just proud that they got the 12-page issue out.

This first issue had no official name and no logo but asked the public to suggest a name. The second issued listed Laura Cloud, Kim Early and Mildred Porter as the winners of the naming contest. They all suggest “The Lillian” and they received gift certificates to Miss Kitty’s Restaurant which was located where the boat ramp is today.

Robert Knutson created the logo and in 1996 and 1997, retired syndicated cartoonist Bud Morris created caricatures of the columnists. Mine is the only one left and I cherish it.

In 1999 Melissa moved to Georgia but continued as editor. She would fax each page of the newspaper in two sheets. We proofed the paper at the home of Harvey Green, the advertising rep. The process was slow and with Melissa’s busy schedule it was decided that a new editor had to be hired. Floyd Replogle, the president/ executive editor of the LAC asked Pat Lucy to take the job and in January 2000 she became the second



Many people have helped proof pages of *The Lillian* before it went to press over the years including from left in the photo above, Floyd Replogle, Jocelyn McCoy, Jackie Reid, Ethel Replogle and Tom Reid.

editor. At that time Pat lived in a park model and at deadline you couldn’t find a place to walk for the paste-ups scattered all over her floor and everywhere else.

In 2002 Pat learned she could submit *The Lillian* to the printer by email but it wasn’t as easy as you would think. She had to buy new software and the first issue was missing all apostrophes and commas. She then had to go to Robertsdale to meet with their computer expert to adjust her software settings to comply with the printer’s settings.

Pat was ready to retire in 2004. She kept asking me to take over the job. I’d been writing articles for the paper since 1996 and selling ads since 1998 but I didn’t have any editor experience except for being on *The Lillian* editorial board, which I joined in 1999. Pat told me that I knew more than I thought I did. She was having trouble convincing me, so she sent my husband in for the final push and that is history. My husband, Tom, took over my job of selling ads. After my husband died in 2013, Mark Smith took over selling ads. He has put in his resignation and we will soon have another advertising rep.

I took over in June 2004 as the third editor. I had to buy a more powerful computer to handle the job and get off of dial-up. The July 2004 issue began 14 years for me in the position. One good thing, I never had to do paste-ups thanks to the work Pat Lucy did.

From emailing each page to the printers, which was tedious and time consuming, a new process became available - the fetch or remote site where I could dump the whole newspaper at once.

The only time we were late getting the newspaper out was after Hurricane Ivan hit. We didn’t miss the October issue and not only that; we were only a week late. I still wonder how we managed that.

In 2018, I decided to retire and we hired our fourth editor, Janel Smith. She has been a blessing.

She was a new transplant to Lillian. She moved from Illinois with her husband to be close to her dad.

She had experience to boot. The LAC board hopes she will be the editor for many years to come.

I see the editor’s job as an artistic field. A paper can’t just be thrown together, it has to have balance and be visually appealing.

The managing editor gathers the articles, photos and ads, and then places them on each page. She has to make sure everyone gets their stuff to her in a timely matter. From there she takes the paper to the editorial or proofing board. The board proofs it twice. She makes the appropriate corrections, changes each page to PDF format and sends it on to the print facility. She also presents a financial sheet compiled from the ad information given to her by our advertising sales representative. The managing editor designs ads that aren’t already done by the advertiser. She is the one who has to communicate with the printing facility which is located in Opelika if problems occur. There are a lot of little things that pop up that the editor has to address.

The advertising sales representative is important because without the ads there would be no newspaper. Besides going out and making contact with businesses, the rep must put together the paperwork to submit to the managing editor, pick up the newspaper from our distributor and deliver to designated areas in Lillian and surrounding areas.

Long time LAC president/ executive editor Floyd Replogle retired from his post to move to a senior facility in 2014 and in November 2014 Sally McKinney took his position. The LAC board and editorial board have seen many good men and women sitting at its table.

This month is the 24th anniversary of *The Lillian*. Those people who reached into their mailbox in September 1995 and wondered what the heck that was and said that it wouldn’t come to anything were wrong.

It took tenacity and hard work, but it also took a love for the community and the LAC child, *The Lillian*.

Thrift Store Adds Camera For Surveillance Purposes

By Kathy Cunningham

Summer hours for the Episcopal Church of the Advent thrift shop will continue into fall. We are closed Mondays but open Tuesday through Friday from 11 a.m. to 3 p.m. and Saturday from 10 a.m. to 1 p.m. Recently a Lillian resident expressed surprise at her first visit to this little yellow house. She had often driven by but stopped with an out-of-town

friend to do some ‘thrifting.’ “You would never expect the inside to be as nice by seeing the outside,” she said. We invite all to stop and shop our new fall and winter offerings put out after Labor Day and to be surprised by how our volunteers manage local donations. We ask you to please donate during business hours. This protects your donation from after-hours pilfering and

rainy weather. To this effort we are adding a 24-hour camera surveillance service. We can’t keep items that are broken, incomplete or too large. Old mattresses and TVs create significant disposal issues. We love the term ‘gently used’ for clothing and household goods and decor. Hope to see you soon at our shop! Thank you for your long-standing support.



Lillian Perdido Bay Library Corner

By Sally McKinney

Wow! Thanks so much for your support of our August Book Sale. We’ve sent some of the leftovers to various charities. Just in case you missed the sale, we’ve kept a supply for you to peruse and purchase for the regular low prices of \$1 for hard cover and 50 cents for paperbacks. Now for the bad news. Due to medical problems we’ve lost a couple of board members, so we need to fill those spots. It’s not a hard job. Board members agree to fill a two-hour slot once a week and attend a monthly

board meeting. Take a shift from 10 a.m. to noon or noon to 2 p.m. Tuesday to Saturday or from 4 to 6 p.m. on Tuesday or Thursday. Don’t worry. We’ll be happy to train you to check books in and out. Oh, yes, you’ll also need to know your alphabet in order to get the books in the right place on the shelves. Stop by, take a tour and leave your name with one of the volunteers and our president will get back to you. It’s a great way to meet your neighbors, too.



Lillian/Perdido Bay

LIBRARY HOURS

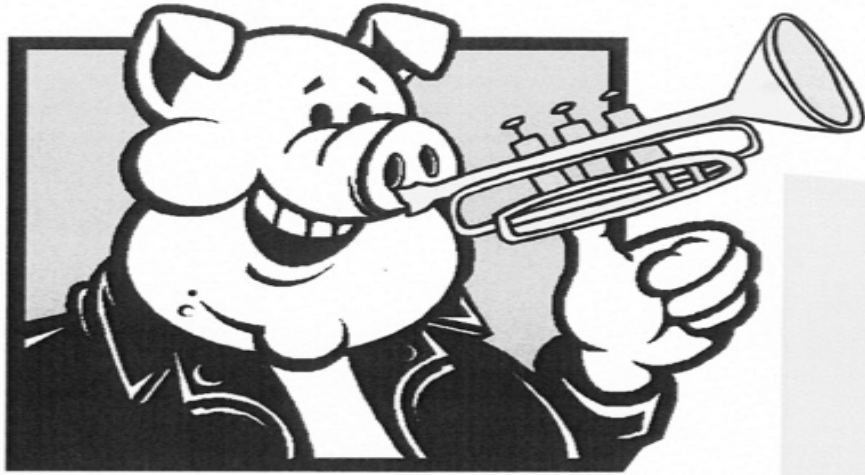
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CHIT CHAT

Chit Chat is your column. Brag a little, share a little, and have fun. Birthdays, anniversaries, vacations, grandchildren, family visits. Happy September Birthday VIRGO: The Lillian, Bill Hayden, Robert Metts, Ed Fehn, Jim Belcher, Patricia Cote, Donna Rosen, Pat Colburn, Miriam DeHaan, Nancy Yuettner, Ken Brady, Mickey Gugliotti, Laverne Holtz, Louise Hawley, Aaron Brewer, Bo Burgenmeyer, Jill Caudill, Susie Harrison, Elmer Covert, Arnie Gegerke, Andy Wilkinson, Joni Matthews, Pat Lutz, Bill Suttle, Joe Shankwitz, Connie Long, Tammy Koskie, Eugenia Robinson, Jaylene Brown, Bill Hall and Jack Gethmann. Happy September Birthday LIBRA: Traci Price, Al Carpentier, Barbara Flynn, Mary Morris, Gloria Jackson and Bryce Winnett. Happy September WEDDING ANNIVERSARY: Bill and Carole Hayden - #61, Frank and Nicole Fehn - #23, Tom and Caroline Canaday, Jerry and Marci Langford - #50, Stephanie and Chad Porter - #9, Andy and Tina Kociban - #60, Cliff and Nancy Yuettner - #60, John and Therese Le Vasseur - #63, Richard and Johanna Martin - #63 Wayne and Christine Fritchie and Bob and Vicki Shankwitz. Sometimes we all need a hug- Gwen Furio, Dick McCoy, Julia Stephens and Henry Wagner. Any information you want added or deleted from Chit Chat, send to The Lillian, P.O. Box 1088, Lillian, AL 36549 or place in the yellow folder at Lillian Perdido Bay Library. The deadline for the October issue of The Lillian is Sept. 17.

Episcopal Church of the Advent

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Dealing with Water Boatmen

How has this summer passed by so quickly? September comes earlier and earlier; it is unforgiveable! There are too many things left to do this summer: tubing, fishing, and swimming in the pool. You know what else swims in a pool - water boatmen or corixids. Corixidae is the name of the family where these water-based bugs belong. There are more than 125 individual species of water bugs.

This humble little bug is found all over the world. Anywhere there is a body of water, there are water boatmen. They can be found from the highest elevations in the Himalayas to the lowest parts of Death Valley. Water boatmen live in fresh, brackish and salty waters. They are most commonly found in the quieter areas of lakes, ponds and streams, where vegetation along the shoreline gives them something to eat as well as something to hang on. These little guys are quite clumsy out of water.

They are strong fliers and are attracted to artificial lights at night. Homeowners may find a stray water boatman in birdbaths and swimming pools, where the insect ends

up after a frantic night's flight.

Adult water boatmen normally range in size from 5-15 mm long (usually less than half an inch). The head is dominated by large, triangular shaped eyes. They are named for their flat, boat-shaped bodies and their long, oar-like hind legs. Their bodies are dark brown or black but can be light brown with dark spots. Some species have several narrow, dark, parallel cross lines.

Like all insects, they have 3 sets of legs. Water boatmen have slender middle legs and short front legs. The third set of legs are in the rear and are way longer than the other 2 sets. In fact, they extend forward past the second set of legs when they are swimming. Those back legs are responsible for the short bursts of jerking movements when they are swimming. These powerful legs are covered in tiny hairs which help them float and paddle on the surface of the water.

Water boatmen are one of the few aquatic members of this order that are not predaceous and do not bite people. Only a few species of water boatmen eat other small



Know Your Critters

By Celeste Hadley-Champion

aquatic creatures such as mosquito larvae.

The males can make a chirping sound, like crickets. The sound they make is so loud that it could be heard by a person standing nearby. The frequency of their sound can reach up to 90 decibels. Isn't it crazy that an insect hardly a half inch long can be so loud?

Water boatmen are often confused with backswimmers, which are predators who eat other bugs. Backswimmers have a keeled back, which is often a light color and lacks the cross lines typical of water boatmen. Backswimmers swim on their backs (thus the name) and water boatmen swim "right side up." Backswimmers can deliver a painful bite to humans. When you go swimming, try to pay attention to how the bug darting away from you is swimming. You could save yourself some pain that way.

• How do water boatmen greet each other in the ocean? They wave.

Consider Your Wifi Security

Security, protection, theft and privacy are just some of the things that we are vulnerable to. Can we ever be secure enough? Because the Internet isn't controlled by our government, we have to protect ourselves. In an age where we have the ability to do almost anything wireless, it allows for less security.

Webroot WiFi Security is a brand new virtual private network (VPN) app for home users. It maintains the online safety of your family at home and on public internet connections without slowing you or your devices down. Whether you're shopping online, managing financial or social media accounts or sharing photos, Webroot WiFi Security protects your connection from malicious hackers, ISPs, targeted ads and others who try to spy,

track or intercept your data.

You may think you don't need a VPN if you have antivirus or antimalware software, or vice versa. But to stay safe, you need both.

Antivirus or antimalware software is a program that you install on your computer, tablet or smartphone to protect you from viruses, worms and other malware that could infect your system. Depending on the kind of protection program you use, it can also protect you from going to bad websites that could try to download viruses onto your computer or mobile device.

A VPN protects your actual connection to the internet.

Think of browsing the web like you're on a road trip.



The Mouse

By Joseph Oakley

If you were driving on the open road, anyone watching could see where you went, how you got there, where you stopped on the way and more.

But if you drove the whole way through your own private system of tunnels that no one else could use, then nobody could spy on you. That's what Webroot WiFi Security does. It stops cybercriminals and other peeping toms from spying on everything you do on the web, so they can't track or intercept your data.

We lock our doors, we lock our cars. Why not lock your network?

Need To Borrow Medical Supplies?

You can borrow medical supplies for free! Lillian American Legion Post #48 has a 'lending closet' that stocks many useful items, including wheelchairs, crutches, walkers, hospital beds, potty chairs, etc. Please contact Glen Gandy at 251-979-6005 or Darrell Ochs at 251-269-9084. Check here before you buy or rent. Donations may be dropped off at Twice Upon A Time thrift shop and the Lillian Community Club. THANK YOU! ~ Individuals who have items borrowed from the closet and no longer have a need, please call and return the items to the Legion. ~ Individuals willing to donate unused items can call and we will pick them up.