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AUGUST 2022

Lillian, AL 36549
Volume 26, Number 8

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Toxic Tit-for-Tat

Decades-Long Florida/Alabama Bay Battle Drags On...

This month we are featuring the second of a three-part series chronicling the romantic history and the tragic pollution of our community's centerpiece: The Perdido Bay

By Robyn Monaghan

Perdido Bay pollution is a Baldwin County problem rooted in Florida dysfunction. Its waves, its grasses, its water creatures have no respect for state lines.

Sunshine State politicians saw no upside to state action forcing the paper mill or the small sewage treatment plants to change their ways. Mill money was flowing into Florida tax coffers, businesses, and the pockets of political campaigns.

Baldwin County? Not so much. The Florida-Alabama tit-for-tat over Perdido Bay would go on for decades.

In 1999, Champion, the paper mill owners at the time, held a public hearing about moving its discharge from Perdido to Escambia Bay. After all, Escambia is much closer to the mill than Perdido Bay. Pollution was so bad that in 1999, a grand jury was convened

An overflow crowd of 359 turned out at a public hearing to heckle Champion spokesman Willy Timms about the idea of dumping into Escambia Bay.

"Everyone in the crowd was

Coming September in Part 3: County commissioner's defend the status quo as bay poisoning worsens

against switching bays but me. But I always thought that Champion never really intended to switch bays. The meeting was all a show," Jackie Lane, founder of Friends of Perdido Bay, writes in the group's October newsletter.

Friends of Perdido Bay advocates for restoration of the bay.

Escambia Bay already had a paper mill discharging into it near Brewton, AL. If Alabama politicians complained about Florida giving a permit

Pollution was so bad that in 1999, a grand jury was convened

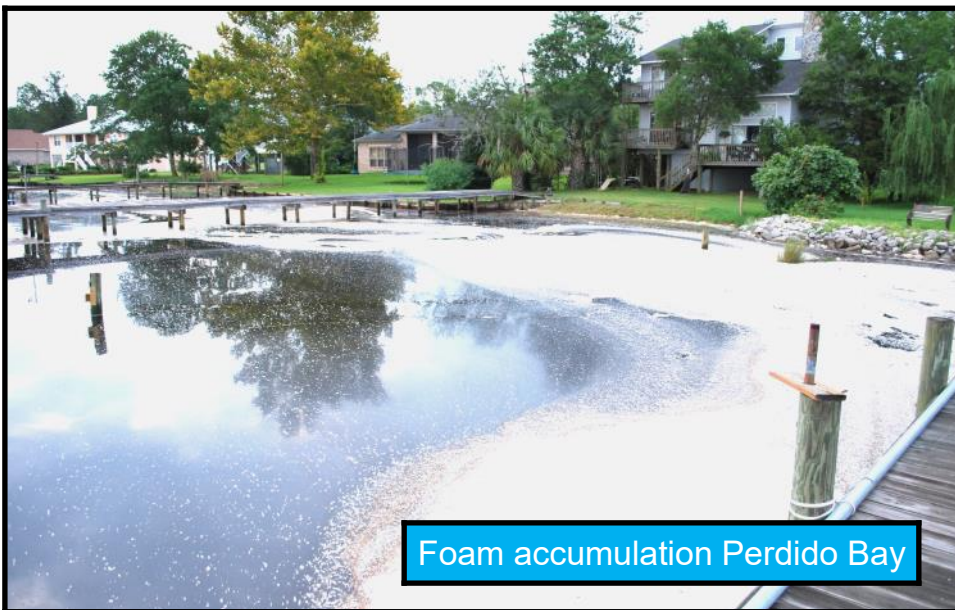
to a Florida paper mill to pollute Perdido Bay then Florida folks would complain about Alabama giving a permit to the mill in Brewton, Alabama to pollute Escambia Bay.

"The end result is that the pollution has been spread around in all bays" Lane writes.

See BAY on page 5



Sludge accumulation Perdido Bay



Foam accumulation Perdido Bay

Legion Hosts Area Sluggers From NALBL

American Legion Post 48 Lillian and Post 240 of Pensacola hosted a number of baseball games at Lillian Recreational Park Friday and Saturday July 8 and 9. The teams, members of *National American Legion Baseball League*, included the Post 24 Hub City Bombers from Hattiesburg Mississippi, Post 99 Perdido Cubs and The Pensacola Bay Blues. All teams hope to make it to the 2022 American Legion World Series tournaments to be held at Shelby North Carolina August 11 to 16th. (Photos by Ken Stewart)



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Perdido Bay Residents,



Your bay is being used as a dump. International Paper is dumping sludges laden with dioxin, heavy metals, and PCBs 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. We must stop this destruction of our beautiful bay and restore it 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 32506. We send out a bimonthly newsletter.

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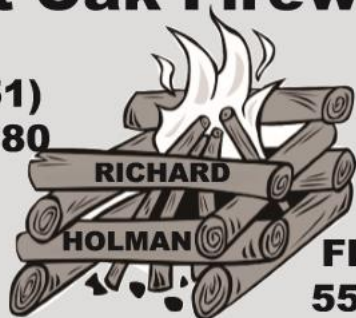
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Sometimes it Means a Whole Lot

OK. Today it's going to be all about me, well maybe not exactly. Many of you know I recently had a medical emergency. I broke my femur for no reason at all, no fall, no kick, no sports injury. Just old age, I guess. Wait, no, that can't be true. Hmmm!

It was really kind of funny. A yard maintenance team that I had only met once was introducing me to another team that was going to take over my yard. I was on my way out to say "Hi!" and crack! Yikes! Did you hear me scream?

One of my new friends is a Bay Minette police officer and he immediately called 9-1-1 and explained the problem to them. Within minutes Spanish Cove Security and the Lillian Volunteer Fire Department arrived. I don't know who did what because I was too busy screaming, but somehow, they got me in a chair to wait for Med-Star. Too bad no one was filming it. It would have gone viral, I think.

Next the ambulance arrived and the nicest young man took over. He explained everything they were going to do and managed to get me from the chair to the stretcher to the ambulance without much ado, except, of course, for my screaming.

Next thing I knew I was in low pain and on my way to Foley to the hospital. Do you know that

somehow Foley is now at least 100 miles from Lillian? I

didn't think we'd ever get there.

After what seemed like a week in emergency, I was hustled into surgery and now have a bunch of metal in my thigh. While at the hospital for a day or so, I received excellent care. They didn't leave me alone for long and responded immediately to my beck and call.

I've been home now for a couple of weeks and on the mend under the watchful eye of family members and friends and the help of the Spanish Cove Care Force for needed equipment to make my recuperation time easier.

Now you might say, "Who cares about this?" Well, I'll tell you, it's our first responders. I know I have sung their praises many times in the past, but recently I found out myself that everything I have said is true. Lillian is absolutely the best place on earth to live.

Thank you, one and all, for your kindness, care and generosity. It means a lot to me and my family.



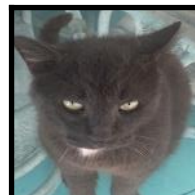
Just a Thought or Two

By Sally McKinney

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Fireflies: Long Live the Beetles

Summer comes with a lot of problems: the heat, the mosquitos, the heat, the tourists, the heat, the traffic, the heat. It's a little bit hot these days, so please be taking appropriate precautions: lots of water, lots of breaks, protective clothing, and sunscreen. Summer is not just about the heat; it also brings out some of the best critters - the Fireflies.



Know Your Critters

By Celeste Hadley-Champion

Whether you call them fireflies or lightning bugs, these insects are neither flies nor true bugs. Fireflies are beetles. Fireflies have a pair of hardened wing cases, called *elytra*, that the wings fold underneath. The elytra lift for flight like the doors of a 1981 Delorean, which if you don't understand that reference you must look up the movie "Back to the Future" immediately!

There are more than 2,000 species of firefly worldwide. Fireflies are found all over the world, on every continent except Antarctica—and they are incredibly diverse. There are around 170 species in the U.S. and Canada. Most of them are found in most tropical and temperate regions. Many fireflies are nocturnal, although some species are *diurnal*, which is a fancy term for active during the daylight hours. They are soft-bodied beetles that range up to 1 inch in length. The flattened, dark brown or black body is often marked with stripes of orange or yellow. There are most likely multiple species when you are watching them.

Fireflies produce the most efficient light in the entire world! 100 percent of their energy is emitted as light. Compare that to a regular incandescent light: it emits 10 percent of its energy as light and the other 90 percent as heat! Even LED bulbs produce heat as a side effect of light.

Firefly light is produced under nervous control within special cells called *photocytes*. These special cells are surrounded by air tubes. Science still doesn't fully understand the entire process of firefly lights. The belief is that light production may be triggered by nerve impulses which stimulate the *photocyte* to release a specialized enzyme into a "reaction chamber". The resulting chemical reaction produces light energy and a by-product, usually carbon dioxide.

Science may not have cracked the entire code of firefly lights, but Science has found uses for what they do know. The two specialized chemicals found in a firefly's tail, *luciferase* and *luciferin*, light up in the presence of ATP, or *adenosine triphosphate*. ATP is an organic compound found in almost every living cell that drive muscle contraction, nerve impulses, and chemical synthesis. If these chemicals from fireflies are injected into diseased cells, Science can detect changes in cells; Cells that can be used to study many diseases, from cancer to muscular dystrophy!

Like Monarch butterflies, fireflies experience the complete life cycle, which has 4 stages: egg, larvae, pupa, and adult. Fireflies spend most of their life in the



larval stage. While not all adults emit light, all fireflies have glowing larval stages. These armored grubs are vicious predators of slugs, snails, and earthworms. Larvae feed on their prey by injecting a fluid into their captive and then slurping the partly digested matter through their hollow mouthparts. They can spend up to two years in the larval stage before metamorphosing into adults.

Adults may live only a couple of weeks, and most do not eat during this time—they just mate, lay eggs and die. Those that do eat feed on pollen and nectar.

Fireflies use flashes as mating signals. The flashes are generally from males looking for females. (No surprise there!) The boys flash a specific pattern while they fly, hoping for a female reply. If a female waiting in the grass or bushes likes what she sees, she responds back with a flash of her own. They will engage in this twinkling "conversation" until the male locates the female and they mate. Each species has its own pattern—a code that lets individuals identify appropriate mates of the same species.

The flashing is a tricky business. Like an insect Morse code, it can be hacked by those that know the inner workings. There is a species of firefly where the female will mimic the flash of a different species. She does this so the male will come into her reach, hoping to mate. She will then capture and eat him! Another species of firefly, the males will sometimes flash a bad pattern hoping to chase off competing males! It is Tough To Be a Firefly!!

There's one more weird little tidbit to share. Fireflies engage in a defense called, "reflex bleeding". If attacked, they will shed a drop of blood. The blood is full of chemicals designed to make the firefly taste bitter, and it can be poisonous to some creatures!

Why did the spider eat the firefly? It wanted a "light" snack.

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BAY continued from page 1

After citizens started campaigning for a clean-up in 1986, the Florida Department of Environmental Protection (DEP) abruptly halted the studies of small critters living on the bottom of the bay that lent scientific credence to fears about the bay's health and water quality. A consultant working for Champion took over the testing. The DEP did not look at bottom life again until 2007 when Champion stopped testing. But that DEP data inexplicably disappeared.

Pollution was so bad that in 1999, a grand jury was convened to assess local air and water quality. The jury found that Florida regulators weren't doing their jobs and that local elected officials were serving corporations rather than citizens. Immediate action, the report concluded, was urgent to stem the tide of toxins in our community.

But none came.

A long-time bar tender at Pirates Cove Marina likes to tell about the day a few decades back when he sailed with Greenpeace to blockade a bleach shipment to the mill. The Coast Guard interrupted the endeavor, but no one was detained, he recounted.

A 30-year Spanish Cove resident among the founders of the Lillian Public Library says they knew they were taking dirty money when they took \$10,000 from Champion to transform an old building into a library. She resented that the mill was polluting Perdido Bay. But Champion's money made it happen.

That's just the way it was. Florida allowed the bleach paper mill to operate under an expired permit and violate water rules for Eleven Mile Creek, a major tributary to Perdido Bay. The Florida DEP has continually renewed and extended the mill's operating permit even though it was not in compliance with environmental regulations.

During that time, International Paper owners banked \$14 million in tax breaks while the mill increased production and cut its workforce by half.

Waste in wetlands

It would be another dozen years

after the original grand jury before action came.

When it did, it was unprecedented. It was experimental. In 2012, The Florida DEP launched the nation's first-ever plan to discharge industrial waste into a protected wetland.

International Papers would get approval to build an \$85 million 10-mile pipe to funnel the toxins into the wetlands surrounding upper Eleven Mile Creek instead of straight into the creek itself.

The idea was to use the wetlands as a filter to strain out pollutants before the waste landed in lower Eleven Mile Creek and, after that, Perdido Bay. Both by then had been pretty much surrendered as polluted waterways.

"That exemption doesn't come easily," Gulf Breeze wetlands scientist Gerald Moshiri explained in news reports at the time. "Typically, you'd have to get the (wastewater) just about to drinking-water standards in order to get (state) approval."

In a curious coincidence, as officials were working out the details, Florida's top environmental official, David Struhs, stepped down to take a high-level job at International Paper.

"What the effluent transfer did, was allow IP to increase production and continue to pollute Perdido Bay for an additional 12 years," Lane said.

International Paper was supposed to do continuing studies of aquatic animals after they transferred their effluent to the wetland in 2012 to "demonstrate that there was no significant impact from their discharge". Instead, they turned to analyzing plankton and did find some hardy blue-green algae.

"Have we had any help from other environmental groups or from any particular politicians?" Lane asks. "No."

"It has become clear that our government, no matter what the political party, has supported paper mills, not us. This is one of the few industries we have left in this country, so our government has turned a blind eye to the pollution from paper mills."

**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

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

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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

The Lillian

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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 September issue of *The Lillian* will be August 24.

Send an email to lillianeditor@yahoo.com for information on articles and news.

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

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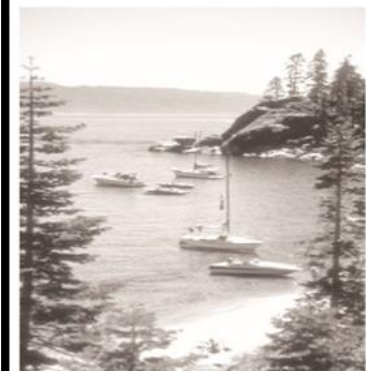
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Time to Rethink Budgeting and Reap a World of Benefits

When you hear the word "budgeting," your first thought might be that it's mostly for young people starting out in their careers and adult lives. Yet, budgeting can be important for everyone, no matter their age. And even if you feel that you're in pretty good financial shape, with a reasonable amount of savings and investments, you can still benefit by establishing a budget or improving your current one.

Here's what budgeting can do for you:

Give you feelings of control – Not knowing where your money is going can be bewildering. But when you follow a budget, you'll get a clear picture of your money movements. Consequently, you'll feel more in control of your finances – and possibly your life, too.

Help you identify your priorities – A budget is, first of all, a practical tool that can help you manage your finances by showing what you must

spend on your needs – mortgage, utilities, car payment and so on. But a good budget should also have space for your wants – which can range from mundane things, such as new clothes and entertainment, to more aspirational items, such as gifts to charitable organizations you strongly support. By having your needs and your wants in front of you, on a piece of paper or a computer screen, you can determine if you're spending too much on things that aren't important to you and not enough on those that are. Consequently, you may be able to adjust your budget in a way that allows you to put more financial weight behind your priorities.

Save for emergencies – You never know when you'll need a major car repair or a new furnace or face a large medical bill – all of which can be true budget busters. That's why, within your monthly budget, you should designate a certain amount to an emergency fund, with the money held in a

liquid, accessible account. To make it easier to contribute to this fund, you can set up automatic transfers from your checking or savings account into a separate, liquid, low-risk account. It's a good idea to keep at least three to six months' worth of living expenses in your emergency fund.

Help you pay down debt – By sticking to a budget, you can determine how much money you can devote to paying down your debts. And if you find opportunities within your budget to cut back on your spending, you can use the savings to reduce your debts further.

Save for your future – Here's another important category for your monthly budget: the future. You should always try to put away some money, even if it's only a relatively small amount, to a retirement account such as an IRA. As your salary goes up, you can increase these amounts. Of course, you may already be contributing to a 401(k) or similar ac-



Financial Focus

By Jason Kozon
of Edward Jones

count where you work, but you could spend decades in retirement, so you'll want to accumulate as many resources as you can for those years.

A budget is a humble-appearing document. But, as we've seen, it can play a far more meaningful role in your life than you might have thought – so use it wisely. For questions, please contact Jason Kozon of Edward Jones, 251-943-3399.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

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Due to the continued COVID pandemic, door prizes & raffles may be limited.

Check out our Facebook page - Annual Bunco Bash

Community Calendar



August 2, 9, 16, 23 & 30 at 7 PM - AL-ANON meets every Tuesday at the Lillian United Methodist Church in the conference room

August 11 at 5 PM– Join Optimist Club of Perdido Bay for Optimist Night out at the Crazy Horse. To make a reservation call 256-280-6347 by Tuesday August 8.

August 13 at 8 AM– Optimist Club Breakfast at the Lillian Community Club. Join us as we hear from Dawn Lindsey with the Cindy Habor Center. (No Reservation Needed & Guests eat for Free!)

August 27 at 8 AM– Optimist Club Breakfast at the Lillian Community Club. Join us as we work out final details of this year's 37 Annual Mullet Festival. (No Reservation Needed & Guests eat for Free!)

August 28 at 3 PM – Sing-spisation at the Lillian United Methodist Church, located at 12770 S. Perdido Street, Lillian AL 36549. Join University of West Florida Music professor Blake Riley as we sing the beautiful hymns of our faith! Join us for fellowship refreshments following.

Send Items to lillianeditor@yahoo.com



Lillian Perdido Bay Library Corner

By Betty Bovat

Library Launches Annual August Book Sale

Lillian Perdido Bay Library has the annual August book sale this month. Such items will be available for sale: hardback books, non-fiction books, paperback books, audio CDs, DVDs, Baldwin County books and numerous other subject books.

Everything is priced at 50 cents per book or a bag full for \$3, except for the paperbacks at 25 cents a book or 10 for \$1. We must make room for our new donated books. We do accept book donations that are within 5 years old, by copyright, and in good condition for processing to be shelved for our patrons to check out. Our current hours are: Tuesday, Wednesday, Thursday 10 a.m. to 2 p.m. Friday and Saturday 10 a.m.-noon

We offer a service to anyone who wants a book not in our library. We

order the book from another library, the bookmobile picks it up and delivers it to us. The bookmobile delivers to us every 2 weeks. We can even do all this over the telephone, if you cannot come into our library.

The library building has a nice, clean look, after Wulfric Painting Company painted the outside. Chris and his crew did a wonderful job, we are certainly pleased with it. Soon the ramps and steps will be painted the same green as they have been.

We hope to see everyone at the library this month for our big sale.

The restaurant coupon books are still for sale in the library.

Thank you always for your support and patronage. We appreciate each and every one of you and feel so fortunate to be able to provide services to our community.

OBITUARIES

Donald Leroy Wilkinson, 91

Donald Leroy Wilkinson, age 91, a resident of Lillian, AL, passed away Monday, July 18, 2022. He was a U.S. Air Force veteran and a member of Lillian Baptist Church, Lillian, Alabama. He was preceded in death by his wife Janice. He is survived by his children, Sandra J. Wilkinson of Lillian, AL, Donald Lee Wilkinson of Middletown, OH and John Howard Wilkinson of Upper Marlboro, MD; grandchildren, Donald, Daniel, Alissa, Melissa Wilkinson; brother, Floyd Wilkinson in Ruckersville, VA; many other loving relatives and friends.

A Celebration of Donald's Life will be held Tuesday, August 2, 2022, at 12 p.m., at Lillian Baptist Church with inurnment to follow at Barrancas National Cemetery. Visitation will begin one hour prior to service.

In lieu of flowers, the family suggests donations be made to First Baptist Church of Lillian, 34421 Barclay Ave, Lillian, AL 36549

Mary Anne Merryfield, 89

Mary Anne Merryfield, 89, passed away peacefully June 14, 2022, surrounded by family. She is survived by her husband James L. (Jim) Merryfield, daughter Eugenia Shanks and several nieces and nephews. Mary Anne was born in Birmingham, Alabama, August 2, 1932. Mary Anne enjoyed life in Birmingham, Alabama, Orlando, Florida and Bedford, Indiana. Mary Anne loved her children, her family and her home. Anyone who spent time with her learned the two things that brought her the greatest joy were her only grandchild, Emily, and her dogs. When asked about a career, Mary Anne would always respond, "wife, mother and grandmother." Described as "classy", "elegant" and "regal", Mary Anne took satisfaction entertaining and did so in true southern style. One friend said it best, "she was full of grace and kindness." Travel safely home, Mrs. Merryfield. A celebration of life will be held August 6, at 2 p.m. at The Lillian United Methodist Church, 12770 S Perdido Street, Lillian AL 36549.

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Optimist Club of Perdido Bay ANNUAL LABOR DAY MULLET FESTIVAL MONDAY, SEPTEMBER 5 At the LILLIAN COMMUNITY CLUB 34148 Widell Avenue, Lillian, AL 36549

6-7 AM 5K Run/Walk Registration

<https://runsignup.com/Race/Events/AL/Lillian/MulletFestival5K1MileFunRun>

7-9 AM Breakfast - \$5 (Kids 8 & younger eat free!)

Eggs, Sausage, Pancakes, Grits, Biscuits & Gravy, Fruit, Drinks

7:15 AM Presentation of the Flag by American Legion Post 48

7:30 AM Run for the Mullet 5 K Run/Walk Age Group Awards

Followed by 5K Runners/Walkers Party

8:30 AM 1 Mile Mullet Fun Run

10 AM-12 PM Mullet Toss (Age Level Prizes given at 12:30 PM in Main Hall)

10 AM-1 PM Kids' Bouncy House

10 AM-2 PM Silent Auction & Déjà Vu Market

11 AM-2 PM Lunch - \$12 (Kids 8 & younger eat free!)

Fish or Ham, Hushpuppies, Beans, potato salad, Dessert & Tea

11 AM-2 PM Big Jake & The Tag-A-Longs – Sing-Along & Dancing

2:15 PM 50/50 & Raffle Drawing Do not need to be present to win!

The Optimist Club of Perdido Bay is a volunteer service organization and ALL profits go directly to the activities, programs and scholarships for local children and teens.

To learn more about our organization and to register for the Mullet Festival 5K Run/Walk, 1 Mile Fun Run, Online Silent Auction and Online Raffle go to our website and follow the links at

<https://www.optimistclubPB.org/>

**For more information contact: Dodd Bouchillon
256-280-6346 or Daniel Randall 251-234-1122**

"Bringing Out the Best in Kids for 37 Years"

Optimist Club Gears for Mullet Festival

Mullet Festival Chairman Dodd Bouchillon announced the details for the Labor Day "Mullet Festival", Monday, September 5. The committee chairs are well into their planning for the event. "This is the largest fundraiser of the year for the Optimist Club of Perdido Bay and it funds the programs offered by the Club over the course of the year event's" said Event Chair, Dodd Bouchillon. "The importance of this events' success is critical as it drives just how much our Optimist Club can do in the community. Our mission is improving the lives of young people and we take it seriously."

The schedule is full of action and excitement. The "Run for the Mullet" day of the race registration for the 5K Run & Walk opens at 6 a.m. through 7:15 a.m. near the front entrance to the Lillian Community Club.

The 5K race starts at 7:30 a.m. while the 1 Mile Mullet Festival Fun Run & Walk starts at 8:30 a.m. The post-race 5K Run / Walk party opens at 7:30 a.m. and is conducted on-site. Pre-event registration is open now for \$25 each at <https://runsignup.com/Race/Events/AL/Lillian/MulletFestival5K1MileFunRun> or by following the link at www.optimistclubpb.org.

T-shirts are guaranteed for those pre-registered (post marked by August 26th) and are to be picked up on the day of the event. The "Run for the Mullet" starts and ends at the Lillian Community Club.

Race registration increases to \$30 per individual on the day of the race or for those registrations received or post-marked on August 27th and later. Awards for the 5K Race include the top three men and women overall; Top man and woman masters 40+; top man and woman grand masters 50+; top man and woman senior grand masters 60+.

The 1 Mile Fun Run & Walk is offered at no charge to participants. Participants must register if they want to be considered for any of the awards for top finishers. The race recognizes the top two men and women finishers. The top 40 finishers will receive an event ribbon. T-shirts may be purchased for \$15. For more details on the race, please contact race directors Vickie Loper (251) 979-1973 or Jake Atkisson (205) 612-7905.

The famed "Mullet Toss" is scheduled from 10 a.m. to noon. The event record is 178 feet and is held by Lewis Pope, Executive Director of My Community Mentors. Age group awards are provided to encourage young and old to participate. The OCPB provides frozen mullet for the toss.

Parents and Grandparents looking for an activity for their children are encouraged to visit the children's bouncy house. It is open from 10 a.m. to 1 p.m. and play is offered at no-charge.

The De'ja' Vu market and Silent Auction open at 10 a.m. and run through 2 p.m.

If you have an item that you wish to donate to the cause of improving the lives of young people, please reach out to Jane Foster at 251-213-8300 or Kathy Keener at 251-228-9470 to arrange acceptance of an item.

To view the items available, please feel free to visit them online at <https://secure.qgiv.com/event/ocpb/>. The online viewing of the items will open August 6th.

This year's event entertainment will be offered by Big Jake & the Tag-A-Longs and begins at 11 a.m. and runs through 2 p.m.

Sing-along and dancing are encouraged.

Raffles are part of this year's Mullet Festival offering. The first number drawn is for \$50, the second for \$100 and the third number drawn for \$500. Tickets are sold, one ticket for \$5, two tickets for \$10, three for \$15, four for \$20 and six for \$25. Tickets may be secured by calling Jeff Keener at 251-210-0981 or 859-991-4619. You also may go online at <https://secure.qgiv.com/for/202mulfes/>.

This year the Mullet Festival will also offer a 50 – 50 raffle. Tickets will be available for purchase on the day of the event inside the LCC.

If you have an interest in helping to sell tickets, please contact Doug or Nancy at 314-660-0654.

A major part of the success of the Optimist Club of Perdido Bay has been the support of the business community.

If you have an interest in supporting the efforts of the Optimist Club of Perdido Bay, please reach out to current OCPB President, Daniel Randall at 251-234-1122.

The Optimist Club of Perdido Bay is the largest Optimist Club in the Alabama – Mississippi District and supports a number of youth activities in Southern Baldwin County.

For more information on the Mullet Festival and the Optimist Club of Perdido Bay, please call Mullet Festival Chair & Incoming President Dodd Bouchillon at 256-280-6346.



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Gentle reminder – 2023 dues are requested. If you have not renewed yet – please do not forget. **WE NEED YOU!**

Post 48 would like to thank the Lillian Community Club for the excellent fireworks display on July 2 along with the activities on the July 4 so many of us here sometimes take for granted.

Great show and effort keep up the great work. The American Legion, Post 48, would consid-

**Lillian American
Legion Post 48**

By Wayne B. Lavallee,
Adjutant

WHAT IS A VETERAN?
A "Veteran" – whether active duty, discharged, retired, or reserve – is someone who, at one point in his life, wrote a blank check made payable to "The United States of America", for an amount of "up to and including his life."
THAT IS HONOR!

er it an honor for all Veterans in the Lillian area to join our Post. The dues are \$45 a year. We work very hard to help our fellow Veterans. Last year we helped sponsor a Legion baseball team, if you

haven't seen the kids play you missed some great baseball.

Post 48 would like to encourage all 1983 Legionnaires (those in the American Legion but do not have a home Post) to consider joining with us. For more information please contact Wayne B. Lavallee, Adjutant, at the following email: legionpost48@aol.com or stop by the legion building any Wednesday morning between 9 and 10. **POST 48 WOULD BE HONORED TO HAVE YOU AS PART OF OUR MEMBERSHIP!**

Meetings are held on the third Monday of the month at 7:00 PM in the Lillian Community Club Hall. Come and join us and become one of the millions of Legionnaires still serving.

In addition, every Wednesday morning from 9 -11 am many of our members "drop by" the American Legion Building 48.

The building is located next door to the Lillian Community Club, adjacent to the POW/MIA flag. Come and join us for a cup of coffee.

CHIT CHAT

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

Happy birthday wishes go out to Hal Heiner, Mary Collier, Faith Dowd, Gene Stewart, Ginny Foreman-Wynn, Teresa Metts, Georgia Everett, Kayla Cooper, Larry Price, Art Ensign, Greg Wade, John Asbjornsen, Virginia Allen, Ella Ford, James Harden, Mitzi Wolowic, Billy Youngs, Charlotte Befay, Nita Tate, William Vana, Carl Hendrickson, Cliff Collier, Pat Lucy, Carl Benoit, Bruce Allen, Garnet Brady, June Dupree, Richard

Martin, Ken Mason, Marty Leonard, Ron Tremblay and Frances Garner

Happy anniversary congratulations go out to Lee and Cheryl Hoffman, Brandon and Misty Williams, Bob and Charlene Taylor 1982, Eugene and Gail Stewart 1992 and David and Lois Mitchell 2008

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

Or you may place a note in our folder at Lillian Perdido Bay Library.

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SLEEP!

Insufficient sleep is associated with negative health consequences such as cardiovascular disease, weakened immune system, increase of obesity and Type 2 DM. Lack of sleep is also responsible for negative work-performance, drowsy driving, and a decline in overall quality of life. It can also affect mental health causing depression and anxiety. According to the National Sleep Foundation, the recommended amount of sleep for an adult is 7-9 hours.

Getting a good night's sleep involves a complex set of processes. A cascade of chemicals and hormones regulate the sleep cycle generating specific reactions in the brain. Melatonin is a common hormone that promotes sleep and is naturally produced as light exposure decreases. Lack of sleep can also affect the production of vital hormones that help with weight control. Leptin and ghrelin are two hormones that are responsible for regulating appetite. Ever notice how hungry you tend to be when you skimp on sleep for a few days? There is a ten-

dency to want to eat processed, quick, and easy foods. Growth hormone is also produced while you sleep and keeps your metabolism fired up preventing weight gain.

Not only is sleep important to keeping your weight in check it is also critical to keeping you mind sharp. Quality sleep is linked to cognition, learning and memory. The brain cycles through four stages of sleep and it needs approximately 7 hours of sleep to complete all its tasks. Some of these tasks include clearing out two proteins beta amyloid and tau which have been linked to Alzheimer Disease. Sleep is the time your brain does some cleaning to get rid of debris that is unwanted. Poor sleep quality impedes the cleaning process. Who couldn't use some nightly brain housecleaning?

Ways to Improve Sleep Hygiene

If you struggle with getting quality of sleep, there are strategies that may help to improve your sleep pattern. Sleep hygiene begins with recognizing sleep is integral to our health and environmental. Lifestyle habits play a big role in how well we sleep each night. It is also important to remember that you must do a little prep work to



Health Corner

By Donna Chetta, RN

get yourself ready for sleep. A sleep routine is a great way to wind down. Experiment with works such as a taking a bath, reading a book, or journaling at least an hour before going to

bed. Make sure your room is dark and cool and turn off the electronics. Limit caffeine at least five to six hours before going to bed and watch your alcohol intake. Finding the best way to get good sleep is not a one size fits all strategy so it may take some experimenting. It is also important to remember if you suffer from chronic insomnia, excessive daytime sleepiness or excessive snoring regularly it may indicate a medical condition such as obstructive sleep apnea and it is important to talk to a health care provider.

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Tuesday

Men's Breakfast 8:00 am

Wednesday

Prayer & Bible Study 6:00 pm
Girls in Action 6:00 pm
Missions for girls grades 1-6

Friday

Women's Bible Study 10:00 am

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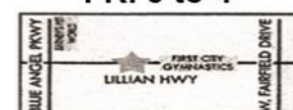
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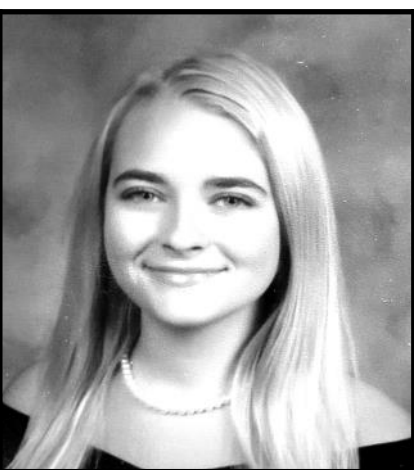
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Two Receive Grant Funds



Breaking from tradition thanks to the generosity of an anonymous donor, two students were named as recipients of The Lillian Tuition Grant scholarship sponsored annually by The Lillian Newspaper. Announced during the Independence Day holiday celebration held at the Lillian Community Club, Mary Kate Robertson and Nicholas Thrift captured the grants. Both are from Lillian and attended Elberta High School. Mary Kate will be attending Pensacola State College to study early childhood education while Nicholas will head to Huntingdon College to study Chiropractic. Traditionally one student is chosen for the \$500 grant but since these students were the only ones who applied, a generous, anonymous donor stepped forward allowing both students to benefit. Congratulations and good luck to our budding scholars.

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WEDNESDAY
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Rev. Daniel W. Randall

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Summer means different things to each and every one of us. As a teenager, it meant going to the beach every day. Great weather and no worries. That was then. Now, I go about my everyday life and hope each day brings me and my family health. But, for me, there are underlying feelings of sadness. I don't linger on them but I sometimes can feel them gnawing under the surface. My wedding anniversary was over the summer, as well as my husband's birthday and death.

Why do I bring up such private thoughts? Because, there are many of you out there going through the same thing and are sure you are the only one. Maybe even thinking that after a few years as a widow or widower, that it isn't normal.

Even after nine years, I have my moments. Many of my friends are widows who have their moments too and I can tell you, with all certainty, that none of us are abnormal. Well, at least not from our mourning. It doesn't matter whether your loved-one has been gone two years or thirty. If they were part of your heart and soul while alive, they are still there in their death. You can cherish it, it's okay as long as you don't dwell on it every minute of every day. I am a true believer in Tension's quote, "It is better to have loved and lost, than not to love at all".

Sometimes family, especially the young ones, think that if a spouse dies you should honor them by never finding someone else. I know a person who has had to deal with that mentality, to the point of having an adult child denounce him for falling in love again.

This woman's dad is not dead. He has to go on with his life and if he has been able to find happiness in his life again, good for him. The daughter has a lot of growing up to do, even

**Bits and
Pieces**

By Jackie Reid

though she is married and has children, she still has a lot to learn. Hopefully, she doesn't learn the hard way. We cannot wither into ourselves forever. The world moves on and so must we. Things do get better but you have to eventually open up and let life enter you again. It's okay.

Your world may open up to new adventures and experiences that you would never have dreamed but you have to open up to it first.

Another thing that still flits about in my head from time to time is did I tell him I loved him that day or enough? Did he know how much I cared? How many angry words did I say over our 48 years of marriage? How could I have been a better wife? Guess what? If I wanted to correct something, it is too late. Then finally I think, he was the love of my life and if he didn't know it by the end, maybe that's on him. Surely that love had to show. I get over the down thoughts until next time. I assume that that is normal too. It is said that there are no thoughts that you can have that someone else hasn't thought of before. Life does go on and you must learn to travel it down its road in a different way. The heart holds a lot of love in it and it is a safe place to keep it. Now smile as you enjoy the life you have.

"Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task go to sleep in peace. God is awake." Victor Hugo.



Free Bluegrass Concert & Ice Cream Social. The String Farm Bluegrass Band is coming to Lillian for the second year in a row. Shepherd of The Bay Lutheran Church at 12851 Perdido Street in Lillian will hold a Free Bluegrass Concert and Ice Cream Social on Sunday August 14, at 3 p.m. This well-known Bluegrass Band from Pensacola is known for their Gospel Bluegrass and all-time hits from stage to screen. There will be an ice cream social after the concert. A Free Will offering will be accepted at the door.

Spiritual Maturity: It's Time for Us to Grow Up!

In Ephesians 4:14-15, the Apostle Paul tells us, "We are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming. But speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ." Over and over in the Bible we are told that God wants us to grow up. "We are to grow up in every way unto Him who is the head, into Christ. (Ephesians 4:15) "So let us stop going over the basics of Christianity again and again. Let us go on instead and become mature." (Hebrews 6:1) "Like newborn infants, long for the pure spiritual milk, of the Word of God that by it you may grow up to salvation." (I Peter 2:2) Not only does God want us to grow, but we must want to grow. It is important to understand that spiritual maturity is a process, not a destination. It is a never-ending journey that won't be totally completed until you get to heaven. There is a process that

you must follow that takes you from being a selfish demanding baby to a young person to a mature adult. Spiritual maturity and spiritual growth is not automatic. If you are going to grow, you have got to want to grow. You have to decide to grow. You have got to make an effort to grow, and you've got to continue to grow.

If spiritual maturity is going to be a priority in your life, reading your Bible and having a quiet time must become a priority in your life. The Bible is God's manual for maturity. II Timothy 3:16 says, "All scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction and righteousness." (II Timothy 3:16) Each one of those purposes is very important.

The Bible gives us Doctrine that tells us what is right. It then gives us Reproof so we can know what is not right. It then gives us Correction to tell us how to get right. It then gives us Instruction so we can know how to stay right.



The Methodist Message

By Rev. Daniel Randall

Ultimately, spiritual maturity is demonstrated more by how you apply what you have learned than it is by what you say you believe. In fact, what you believe or say you believe doesn't matter if you do not behave like you believe or what you say you believe. James, the Lord's half-brother said, "Who among you is wise and understanding? Let him show it by his good behavior." (James 3:13) That is why the real mark of spiritual maturity is simply obeying God. James said once again, "Do not deceive yourselves by just listening to His word; instead put it into practice." (James 1:21) Real maturity is not just learning what the Bible says, but practical-

ly applying it in the different circumstances that come up in your life. As you spiritually mature, you grow closer to God, you grow deeper in your faith, and you grow stronger in difficulties.

The more spiritually mature you are the better person you will be in all areas of your life. When you are spiritually mature God can do more in you, with you and through you.

You can have a greater impact on the lives of other people.

God is so determined to get you on the road to spiritual maturity that everything that He allows to happen in your life, either good or bad, is for your spiritual growth.

To quote James just one more time, he said, "Whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything." (James 1:2-4, NLT)

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10 am to 1 pm ONLY

St. Joseph Catholic Church Welcomes Rev. Alwin Legaspi to Lillian as New Pastor

Rev. Alwin Legaspi, originally from the Philippines, was ordained a Catholic priest on March 9, 1996. He has been in the priestly ministry for 26 years, five of which have been in the United States. His first assignment was as Parish Administrator at St. Joseph Parish in Prattville, AL, where he served for one year. His second assignment was as pastor for four years at St. Margaret Catholic Church in Bayou La Batre, AL.

In 2021, Rev. Alwin was incardinated and officially attached to the Archdiocese of Mobile. He was recently assigned to St. Joseph Catholic Church in Lillian, AL, where he was welcomed into the parish family as their pastor during the Rite of Installation at Mass presided over by Arch-



Rev. Alwin Legaspi

bishop Rodi on July 9, 2022.

As the Catholic Church's newest "good shepherd" in Lillian, Father Win, as he is called, humbly states, "I have come to do your will" (Psalm 40).

Submit your news items, photos, meeting notes and community interest pieces to *The Lillian* by email to lillianeditor@yahoo.com

The Lillian Volunteer Fire Department responded to 110 calls dispatched by the 911 operators in June: 65 Medical Assistance; 11 Public Assistants; 7 Motor Vehicle Accidents/Clean up; 1 Structure Fire; 2 Brush Fire; 1 Unauthorized burning; 1 Water Rescues; 11 Cancelled en route; 6 False Alarm/Miscellaneous; and 5 Aircraft Stand By.

June was a very high call volume at 110 calls. We continue to need committed volunteers to help with call load.

One of the great results from our Open House was the addition of two committed volunteers: Carla Thomas and Susan Baxter. They have been a tremendous help and valid addition to the department. If you feel you can contribute to the department in any function, please don't hesitate to give us a call @251-962-2696. Leave a message and telephone number and someone will get back to you.

As usual, July went off with a 'bang'. LVFD was delighted to help the community to celebrate Independence Day in a safe and secure environment.

Several of the firefighters took

Lillian Volunteer Fire Department

By Goretti Lysek

time away from their family and friends to ensure plenty of coverage in case of any unforeseen problems. Please join me in thanking them for their dedication to duty.

Last month we purchased two Lifepack AED/Monitors. These lifepacks are very similar to the monitors they use in the ambulances. These monitors are complex pieces of equipment that allow us to monitor patient's heart rates, blood pressure and pulse oximetry.

They also replaced some aging AEDs. The members received training on the devices and they've already been used on several calls. Last but not least! A special shout out to one of our members, FF Alan Garrone, who has been with the fire department for many years won the bronze medal at the Special Olympics for Surfing. We are all very, very proud of him. Congrats, Alan!!

August Fun



AT THE LILLIAN RECREATIONAL PARK

MOVIE & MUSIC IN THE PARK

Friday, August 5

Movie: MOANA

Music by Bryan Bailey

Music & fun family begin at 6:00; movie begins at dusk

CRAFT AND FLEA MARKET

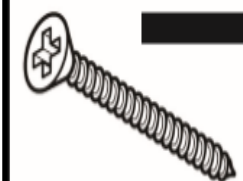
Saturday, August 20

8 am to 2 pm

The Park is always looking for volunteers. If interested, please call us at 251-962-2129 or message us on the Park's Facebook Page.

For more information about Park events, check the Lillian Recreational Park Facebook page.

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St. Monica Was a Model of Patience

Saint Monica, (332-387) is better known as the mother of Augustine of Hippo. The circumstances of St. Monica's life could have made her a nagging wife, a bitter daughter-in-law, and a despairing parent, yet she did not give way to any of these temptations. Although she was a Christian, her parents gave her in marriage to a pagan, Patricius, who lived in her small hometown in North Africa. Patricius had some redeeming features, but he also had a violent temper and was more than a little promiscuous.

Monica also had to bear with a cantankerous mother-in-law who lived in her home. Patricius criticized his wife because of her charity and piety, but on the side respected her. Monica's prayers and example finally won her husband and mother-in-law to Christianity. Her husband died in 371, one year after his baptism.

Like many women at that time, Monica may have had many children but only three survived infancy. The

oldest, Augustine, is the most famous. At the time of his father's death, Augustine was 17 and a rhetoric student in Carthage in present day Turkey. Monica was distressed to learn that her son had accepted the Manichean heresy that said, "all flesh is evil"—and was living an immoral life. For a while, she refused to let her son eat or sleep in her house. Then one night she had a vision that assured her Augustine would return to the faith. From that time on, she stayed close to her son, praying and fasting for him. In fact, she often stayed much closer than Augustine wanted.

When Augustine was 29, he decided to go to Rome to teach rhetoric. Monica was determined to go along. One night he told his mother that he was going to the docks to say goodbye to a friend. Instead he set sail for Rome. Monica was heartbroken when she learned of Augustine's trick, but she still followed him. She arrived in Rome only to find that he had left again, this time for the city of Milan. Although travel was difficult, Monica pursued her son to Milan.

In Milan, Augustine came under the influence of the new bishop, St. Ambrose, who also became Monica's spiritual director. She accepted the Bishop's advice in everything and she became a leader of the devout women in Milan.

She continued her prayers for Augustine during his years of instruction. At Easter of the year 387, Bishop Ambrose baptized Augustine and several of his friends.

Soon after, Augustine and his friends left to return to Africa taking with them the knowledge of Christianity brought by the Holy Spirit through the teaching of Bishop Ambrose.

Although no one else was aware of it, Monica knew her life was near the end. Before Augustine left, she told him, "Son, nothing in this world now affords me delight. I do not know what there is now left for me to do or why I am still here, all my hopes in this world being now fulfilled." She became ill shortly after and suffered severely for nine days before her death. Almost all we know about St. Monica is in the writings of St. Augustine, es-



Moving Forward

By Rev.
Tina Lockett

pecially in the book he titled his Confessions.

Today we seek instant information and immediate answers to our prayers. We can send text messages, tweets, and tic tocs, so we have little patience for things that take time. Monica is a model of patience. Her long years of prayer, her nights of tears, coupled with a strong, well-disciplined character, finally led to the conversion of her hot-tempered husband, her cantankerous mother-in-law and her brilliant but wayward son, Augustine. Who among us has just one of those three things — a spouse, an in-law, or a child that we have named to the Lord in prayer time after time. Have patience. St. Monica understands. As do many of us. Share your burdens with each other. Share your requests with the Lord.



First Baptist Church

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life" John 8:12

Weekly Bible Study Opportunities

Adult Men & Women 18 years & up:

Monday 6pm: Dinner and Bible Study in the Family Life Center

Wednesday 5:30pm: Dinner All Ages

Adult Prayer Meeting and Bible Study in the Sanctuary

Children Grades K-5: Bible activities in the FLC

Youth Grades 6-12: with Bro. Elijah in the FLC

Youth and Kid's Activities in the Family Life Center

* Free childcare is provided during all Bible Studies and services at our church

Sunday Worship Opportunities

Sunday School (all ages) 9:15am

Worship Service: 10:30am

Pastor: Josh Thompson

Children's Minister/Youth Minister: Elijah Parden

Worship Leader: Beverly Thompson

Children's Director: Debbie Sweppenhiser

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Data Can Never Completely Be Deleted, But Try

Delete data your files and or folders. When a file, folder or in general data is deleted on your computer where does it go?

There are various ways to delete your data. One method is to right mouse button click on the data you need to delete and from the menu that appears click on delete. In Windows 11 click on the trash can icon. Another method is to drag and drop the data to the recycle bin icon on the desk top. To drag and drop left mouse button click and hold on the data, then move your mouse to the recycle bin icon on the desk top and release the left mouse button. The data will be dropped into the recycle bin icon on the desk top.

If data is deleted inadvertently; it can be restored. Open the recycle bin icon on the desk top locate that piece of data, right mouse button click on it and click restore. The data will be returned to the original location.

Seriously where does my data go

when I delete it?

Data is never completely deleted from a computer. The space or data block(s) it occupies is in computer language shown as vacant. This allows for overwriting data into that data block(s). Because what data was there before is overwritten it becomes corrupted and the new data is on top of it (simply speaking).

Can that deleted data after the recycle bin is emptied be recovered?

Having software that can recover said deleted data can be expensive, and very time consuming.

Until next time When you empty the trash and it is picked up on trash day it's not really gone it is in a land fill!

I hope to accomplish that you know you are smarter than your computer, that the computer is a tool, and you are the master of that tool. If you have any questions, you would like answered in this column, please send



The Mouse

By Joseph Oakley

them to: mouse@pc-s4u.com

Until next time, safe computing.

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Submit your news items, photos, meeting notes and community interest pieces to *The Lillian* by email to lillianeditor@yahoo.com

Obituaries may be submitted to lillianeditor@yahoo.com.

LILLIAN COMMUNITY CLUB
 34148 Widell Ave., Lillian, AL 36549
 Office Hours: Mon.-Fr. 8A.M.—11A.M. Office (251) 962-3366 & Lounge (251) 962-3966
 E-Mail lcc@lilliancommunityclub.com

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