

The Lillian

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FEBRUARY 2024

Lillian, AL 36549
Volume 28, Number 2

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BAY OYSTER GARDENING OK'd

Rule Change Allows Local Fostering of Nature's Purification System

BY ROBYN MONAGHAN

For years Perdido Beach marine biologist Chris Head has been oyster farming and gardening in Mobile Bay off Fort Morgan .

Now, thanks to new permitting regulations, the co-owner of Admiral Shellfish Company could garden oysters specially nurtured to purify polluted waters right off his dock in Perdido Beach.

“It’s great news that we can start an oyster gardening program in Perdido Bay,” Head said.

Oyster farming and oyster gardening are two different things. Oyster farming is cultivating food-grade oysters for people to eat. Oyster gardening is something anyone can do by growing inedible oysters in baskets under private docks. Once the baby oysters have matured, they’re released in compromised waters that can benefit from their super-filtering talents.

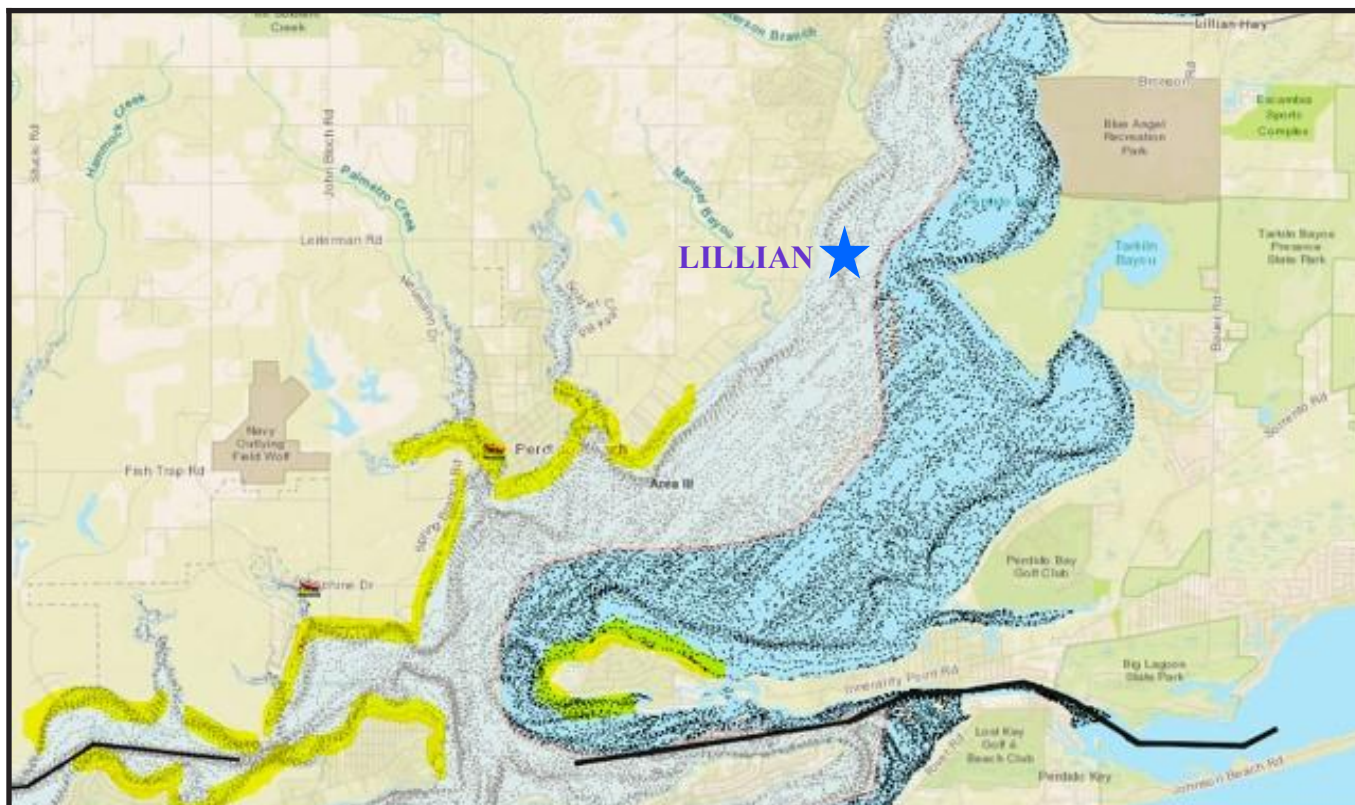
“We’re super excited about starting a few new oyster gardening sites in Perdido and Wolf bays,” said PJ Waters of Waters Associate Extension Professor of Fisheries, Aquaculture and Aquatic Sciences Program at Auburn University.

Head, who is an environmental scientist himself and is married to marine biologist, Marie, calls Waters the “guru of oyster gardening.” Waters helps local environmental groups like the Little Lagoon Preservation Society near Gulf Shores, grow oysters destined to improve water quality.

And now that he has got the green light from the Alabama Department of Public Health, the guru is gung ho about working with the new Perdido Bay Watershed Management Committee. In fact, he’s hoping to attend a committee meeting soon to make a presentation on how Perdido Bay dwellers can seed their very own oyster gardens.



Pictured (from left to right) are Joe Ingraham and partner with Perdido Beach marine biologist Chris Head in their company Admiral Shellfish. Below is a partial map of the Perdido Bay Watershed. The yellow markings indicate areas of the watershed now open, with permits, to oyster gardening.



(CONTINUED ON PAGE 9)

Post 48 Ham Dinners Fundraising Cycle in Full Swing

A big "thank you" to everyone who attended the ham dinner on January 28th! Now, don't forget to place a reminder on your calendars for the ham dinners on Sunday, February 25, and March 24 from 11 a.m. to 1 p.m. at the Lillian Community Club Hall. The dinners are our fund raisers for the year and enable us to provide services to the community through veteran's assistance.

This year the post will award two eligible JRROTC students a scholarship of \$1,000. This can only be accomplished yearly with your help attending the ham dinners as this is our biggest fundraiser. The process is just in the beginning stages and Post 48 will be glad to help in sponsoring this endeavor.

At the January meeting the post presented longevity award pins and certificates to legionnaires who have attained at least five years of continuous membership in American Legion. Post 48 does this to show their thanks and gratitude to our fellow legionnaires. Pins are given in 5-year increments for five, 10, 15, 20 and so on.

Post 48 belongs to the District 33 in Alabama and will again be sponsoring a district meeting in February here in Lillian on February 18. Legion members from all over Baldwin and Mobile County will be attending the meeting. A lunch will be served to all members attending the meeting put on by Post 48 wives and friends.

We continue to increase our involvement in community activities with an



Lillian American Legion Post 48

By Wayne B. Lavallee
Adjutant

emphasis on supporting the schools, the educational process, and staying healthy through team building activities. Efforts accomplished in these areas include refurbishing donated computers and providing them to local schools for use with learning programs, and sponsoring attendees at the Alabama Boys' State program. But we need your help and support!

Every Wednesday morning 9 to 11 a.m. many of our members "drop by" the American Legion Building 48. The building is located next door to the Lillian Community Club, where the POW/MIA flag is flying.

This is a time when volunteers may be building ramps, re-working computers, helping with the landscape, or cleaning and restocking the medical closet. Why not drop by and join us!

All Veterans who have served since December 7, 1941, are eligible to become American Legion Members.

GIGI's, D's Score 'A' Plus Safety Rating From State

ALABAMA DEPARTMENT OF PUBLIC HEALTH
FOOD ESTABLISHMENT / RETAIL FOOD STORE INSPECTION REPORT
Baldwin COUNTY HEALTH DEPARTMENT (251) 947-3618 SCORE 100

ESTABLISHMENT NAME: D's Sweet Bakery
ADDRESS: 12998 6th Street, Lillian, AL 36549
INSPECTION DATE: 01/12/24
INSPECTOR: Evelyn Shinkarev

PERMIT NUMBER: FS-5498
PRIORITY CAT: 3
COMPLIANCE VISIT: YES [] NO [x]
NO. OF P/PF ITEMS: 0

REMARKS: S/S Eric Fenlon 3/10/2024

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REMARKS: S/S Denise Stout 12/9/2023

Lent: A Time of Reflection, Preparation for Easter

Ordinarily if I asked what is February 14, we would respond Valentine's Day. This year, February 14 is something more, something that might effect sales of chocolates and dinner reservations. This year February 14 is Ash Wednesday, the first day of the Christian Season of Lent that ends with Easter Sunday. Lent is a time of preparation for Easter marked by repentance, fasting, reflection, and ultimately leads to celebration.

Ash Wednesday begins a period of weeks to remember Jesus' trials in the desert where Jesus fasted and resisted the temptations of Satan (Luke 4). Jesus was then tried, sentenced to death, and executed, and on that Easter Sunday, he rose again. Ash Wednesday serves as a time for Christians to reflect on their lives, confess their sins, seek repentance, and prepare spiritually for the celebration of Easter. It is a solemn day that signifies humility and mortality, and the acknowledgment of human frailty. Many Christians also engage in fasting and self-denial during the Lenten season as a way of drawing closer to God.

Ash Wednesday starts Lent by focusing our heart on repentance through personal and communal confession. This usually happens during a Ash Wednesday service. During the worship service the mood is solemn and the minister usually shares a reflective sermon. Many services will have long periods of silence. Often there is a passage of Scripture read that is centered around confession. The members of the

congregation will have a time of silent prayer to confess their individual sins to God and then join together to say a prayer of communal confession. After this, the members of congregation will be invited to receive the ashes on their foreheads. The minister will dip a finger into the ashes, spread them in a cross pattern on the forehead, and say, "From dust you came and to dust you will return."

In many congregations, the ashes are prepared by burning palm branches from the Palm Sunday of the previous year. On Palm Sunday, churches bless and hand out palm branches in references to the Gospels' account of Jesus' entry into Jerusalem, when onlookers lay palm branches on his path. The ashes on this Wednesday symbolize death and repentance. Ashes are equivalent to dust and when a human body decomposes, it returns to dust or ash. (Genesis 2:7) When we come forward to receive ashes on Ash Wednesday, we are saying that we are sorry for our sins and that we asking God to help us use the season of Lent to purify our hearts and grow in holiness so we will be prepared to celebrate Easter. With this focus on our own mortality and sinfulness, Christians can enter into the Lent season solemnly while also looking forward in great joy to the message of Easter and Christ's ultimate victory over sin and death.

Though Lent is not named in the Bible, the reasons for Lent - prayer, fasting, and generosity - is part of the lifestyle of Jesus and many peo-

ple in the Bible. The Season of Lent has likely been observed since apostolic times, though the practice was not formalized until the First Council of Nicaea in the year 325 AD. By the end of the fourth century, the 40-day period of Easter preparation known as Lent existed, and that prayer and fasting constituted its primary spiritual exercises.

During the Season of Lent, Christians often give up something that they enjoy perhaps social media or sweets. In the early centuries, fasting rules were strict in the Christian Church. All meat, alcohol, eggs and dairy products were forbidden. Through the years many traditions have relaxed some of these rules. Ash Wednesday and Good Friday are generally kept as days to fast from food.

Lent asks Christians to set aside a time each year for fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection. But we must not take on fasting and other disciplines to show our own self-righteousness. What is more important than the practices we take on is the heart attitude behind them.

To begin an observance of Lent in preparation for Easter, I encourage you to find a church that is having an Ash Wednesday service. You are welcome to join us at Episcopal Church of the Advent at noon on Wednesday, February 14 as we mark a different kind of Valentine's Day, when Jesus brought his love to us.




Moving Forward

By Rev. Tina Lockett



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Pharaoh Ant Diet: Protein & Carbs



Know Your Critters

By Celeste Hadley-

Why was the Pharaoh ant boastful? Because he Sphinx he's the best.

The Pharaoh ant, also sometimes referred to as the Pharaoh's ant, *Monomorium pharaonic*, is native to Africa. This ant was named in 1758 after a specimen was found in Egypt. For many years, people thought that the pharaoh ant was one of the 10 plagues of Egypt. While there is no good way to prove a biblical connection, it certainly has been a worldwide pest (or plague) for over 100 years!

The pharaoh ant is a major indoor pest in the United States. This ant will survive most conventional household pest control treatments to establish colonies throughout a building. More than just the food it consumes or spoils, this ant is considered a serious pest simply due to its' ability to get into things. They can wriggle their way into the most tightly sealed food containers. Pharaoh ants are reported to have penetrated the security of sterile DNA laboratories! These ants must be over-achievers!

Pharaoh ant workers are tiny, 1.5 to 2 mm long, or a little more than 1/16-inch. They are light yellow to reddish brown in color with a darker abdomen. Pharaoh ant eyesight is poor. The 12 antennal segments end in a distinct club with three progressively longer segments. Males are about 3mm long, black, winged (but do not fly). Queens are dark red and 3.6–5mm long. They initially have wings that are lost soon after mating, but do not fly. What has five eyes and a mouth? The Mississippi River!

Indoor pharaoh ant populations are difficult to manage because they nest in hard-to-find voids, like behind walls or in between floors of multi-story buildings. Pharaoh ants will nest in the oddest places like between sheets of stationery, layers of bed linen or clothes, inside appliances, or even in, under and around piles of trash. In medical facilities, pharaoh ants can contaminate sterile supplies and patient wounds. Burn victims and newborns are at an increased risk because the Pharaoh ant can transmit over a dozen disease pathogens such as Salmonella, Staphylococcus, and Streptococcus! Pharaoh ants have been seen seeking moisture from the mouths of sleeping infants and from in-use IV bottles!

Pharaoh ants eat a wide variety of foods including grease, sugary foods, and dead insects. They can also gnaw holes in silk, rayon, and rubber goods. Pharaoh ant workers can use wiring or hot water pipes to travel through walls and between floors. Once a worker has located a food source, it lays a chemical trail from the food to the nest. If sweet, fatty, or oily foods are left uncovered for only a short period of time, a trail of Pharaoh ants may be found marching to the food. Which dessert is perfect for eating in bed? A sheet cake!

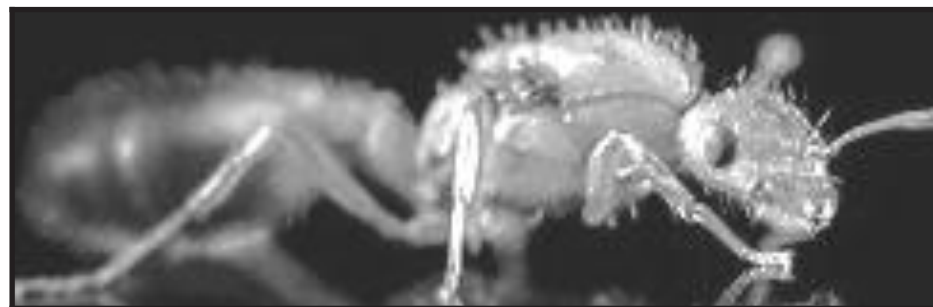
For all their tiny size, pharaoh ants have a sophisticated food preference. They use a two-



pronged strategy: satiation and alternation. With satiation, the workers will show a strong preference for a certain food. If this food is offered alone, with no other options across several weeks, the workers will show a distinct preference for a different type of food. With alternation, given a continuous choice between food groups, pharaoh ants will tend to alternate between carbohydrate-rich foods and protein-rich foods. The decision to vary the type of food consumed is an evolutionary trait that ensures that the colony maintains a balanced diet. A balanced diet to me is a cookie in each hand!

Pharaoh ant workers have a stinger that doesn't sting. Instead, the stinger is used to make pheromones.

Pharaoh ants utilize three types of pheromones. One is a long-lasting attractive chemical that is used to build a trail network. It remains detectable even if the ants do not use the trail for several days. Pharaoh ants cease activity at night and begin each day of work at around 8 a.m. The second pheromone is also an attractive chemical but will decay to imperceptible amounts in a matter of minutes without reapplication. This pheromone is useful in marking food sources, as these are unpredictable, and the



colony must be able to respond to environmental changes quickly. They don't want to waste time on a trail to a cake that has been put away! So maybe don't eat a sheet cake in bed?

The third is a repellent or negative trail pheromone! (Repell-ant!)

Pharaoh ants were the first species discovered to use a negative trail pheromone! If an ant finds an area with little food, or with significant danger, it will release this repellent pheromone to warn other ants!

Like the food source pheromone, the negative pheromone is chemically volatile, decaying roughly two hours after being emitted.

The chemical fragrance is so powerful that an individual can detect it from 1.2 inches away.

By human distances that would be an aroma you could smell from over 100 feet away!

What kind of Ant smells the best?
De-odor-Ant!



The Lillian

PO Box 1088

Lillian, AL 36549

ADVERTISING INFORMATION

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

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

ADVERTISING SIZES

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

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

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

LETTERS TO THE EDITOR

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

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

ARTICLE OR OBITUARY INFORMATION

We gladly accept news and information from the community. Please

submit by:

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

DISCLAIMER

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

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

POLICY

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

DEADLINES AND CONTACTS

The deadline for the March issue of *The Lillian* will be February 21.

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

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

EDITORIAL BOARD

Executive Editor: Sally McKinney
Managing Editor: David Monaghan.
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LILLIAN ACTION COMMITTEE

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

POLICE BLOTTER

Assault

300 Block Buena Vista Dr Lillian, AL 36549. Reported on 01/04/2024 at 08:24 am
Responding Agency: Baldwin County Sheriff's Office

Assault

22600 Block Doc Mcduffie Rd Elberta, Al 36535 Reported on 12/27/2023 at 04:08 am
Responding Agency: Baldwin County Sheriff's Office

Theft

1300 Block Ridgewood Dr Lillian, Al 3654 Reported on 11/06/2023 at 10:10 am
Responding Agency: Baldwin County Sheriff's Office

Assault

33600 Block Field Stone Ln Lillian, Al 36549 Reported on 11/02/2023 at 05:28 am
Responding Agency: Baldwin County Sheriff's Office

Theft

33900 Block Us-98 Lillian, Al 36549 Reported on 11/01/2023 at 10:35 am
Responding Agency: Baldwin County Sheriff's Office

Assault

100 Block Portage Cir. Lillian, AL 36549

Reported on 10/28/2023 at 3:35 p.m. Responding Agency: Baldwin County Sheriff's Office

Assault 33900 Block US-98 Lillian, Al 36549 Reported on 10/27/2023 at 11:13 pm
Responding Agency: Baldwin County Sheriff's Office

Assault

32000 Block Us-98 Lillian, Al 36549 Reported on 10/26/2023 at 9:28 pm
Responding Agency: Baldwin County Sheriff's Office

Assault

9700 Block Wilson Rd Elberta, Al 36530 Reported on 10/26/2023 at 07:05 am
Responding Agency: Baldwin County Sheriff's Office

Theft

28500 Block Leiterman Rd Elberta, Al 36530 Reported on 10/24/2023 at 11:01 am
Responding Agency: Baldwin County Sheriff's Office

Burglary - Residential

1900 Block Torres Cir Lillian, Al 36549 Reported on 10/21/2023 at 11:44 pm
Responding Agency: Baldwin County Sheriff's Office

Burglary - Auto

12400 Block S 7th St Lillian, Al 36549 Reported on 10/09/2023 at 08:22 am
Responding Agency: Baldwin County Sheriff's Office

Assault No Weapon

3100 Block Spanish Cove Dr N Lillian, Al 36549 Reported on 10/08/2023 at 3:28 pm
Responding Agency: Baldwin County Sheriff's Office

Assault

1800 Block Spanish Cove Dr N Lillian, Al 36549

Burglary - Auto 9100 Block Tuscaloosa Dr Elberta, Al 36530 Reported on 12/18/2023 at 10:24 am
Responding Agency: Baldwin County Sheriff's Office

Burglary - Auto

30900 Block Magnolia St Perdido Beach, Al 36530 Reported on 12/17/2023 at 7:42 pm
Responding Agency: Baldwin County Sheriff's Office

Burglary - Auto

1700 Block Rico Dr Lillian, Al 36549. Reported on 12/18/2023 at 11:41 am
Responding Agency: Baldwin County Sheriff's Office

Hear Are Some of the Proposed Tax Changes Over the Next Ten Years

Well folks, tax season becomes a reality this month. The Inflation Reduction Act enacted on August 16, 2022, proposed changes over the next ten years and I covered the new energy provisions for 2023 in last May's article, but I will mention the main provisions again. Other than those, there are just the normal yearly adjustments. Space limits my listing all changes, here is a list of some key changes for 2023:

Income Items: Required Minimum Distribution (RMD) and IRA Contributions. For those of you who are not yet taking an RMD from your retirement or Individual Retirement Account (IRA), the age requirement was changed to 73 for 2023. This change does not apply to those already taking RMD's. There is no longer an age limit for contributions and the amounts you can contribute in 2023 are \$6,500 if under age 50, and \$7,500 if over age 50.

Capital Gains & Qualified Dividends

Tax Rate: The capital gains rate is 0% if taxable income is less than \$89,250 if MFJ; less than \$59,750 if HOH; and less than \$44,625 if Single or MFS. The ranges for the 15% rate are: less than \$553,850 if MFJ; less than \$523,050 if HOH; less than \$492,300 if Single; and less than \$276,900 for MFS. The top rate of 20% is for all others not falling within the 0% or 15% capital gains rates. When adding the 3.8% surtax on investment-type income/gains *the overall rate for higher-income taxpayers will be 23.8%*.

Discharged Home Mortgage Debt and Mortgage Insurance Premiums: The cancellation of debt not taxable for personal home foreclosures up to \$750,000 remains for 2023, but the deduction for Mortgage Insurance Premiums expired at the end of 2021 and has NOT been extended for 2023.

Deductions: The Standard Deduction: It will be \$27,700 for those Married Filing Jointly (MFJ), \$20,800 for Heads of Household (HOH) and \$13,850 for Single or those Married Filing Separately (MFS). Seniors (age 65) will get an extra \$1,850 if Single and \$1,500 for all others over 65 or blind. The standard deduction for dependents who file a tax return is a minimum of \$1,250 or up to the amount earned if less than \$13,850, plus \$400.

Personal Exemptions: These are suspended for all taxpayers until TY 2026, however, the income level to claim a dependent is \$4,700 for 2023.

Qualified Business Income Deduction (QBID): This deduction from taxable income applies to all businesses except Corporations. **Rental of residential real**

estate is considered a business if renting for profit. The phase-out taxable income levels begins at \$364,200 for MFJ and \$182,100 for all others. There are additional limitations for a Specified Service Trade or Businesses (SSTB). A SSTB includes health, law, accounting, actuarial science, performing arts, consulting, athletics, financial services, brokerage services and any other trade or business where the principal asset is the reputation or skill of one or more of its employees or owners. Specifically excluded from the definition of a SSTB is architectural or engineering activity.

Itemized Deductions: Medical Expense Deduction: For 2023, the expense threshold for deducting medical expenses



as an itemized deduction is still 7.5% of AGI.

Real Estate, State Income & Sales Tax: The deduction for all three combined remains capped at \$10,000. You still have the choice of either state income or sales tax as a deduction, but the cap applies. Those filing MFJ have a \$5,000 cap. **Home Mortgage Interest:** New acquisition debt is still limited to \$750,000 but debt incurred before 12/15/17 is grandfathered at \$1,000,000. Home Equity Loans not specifically related to the purchase, construction or substantial improvement of a qualified home are not deductible.

Charitable Contributions. The "above-the-line" deduction for charitable contributions when you do not itemize no longer exists. To claim charitable deductions for 2023, you must itemize, and the 60% AGI limitation continues.

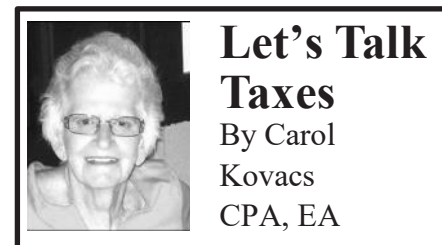
Mileage Rates for Deductions: Use of your vehicle for business is 65.5 cents per mile, for charitable work stays at 14 cents, and for travel for medical treatment or to pick up prescriptions increases to 22 cents for 2023.

Casualty & Theft Losses: Through 2025, these are only deductible when a disaster has been declared by the Federal government. In that event, casualty losses

are deductible even if you take the standard deduction.

Employee & Miscellaneous Deductions Subject to 2% AGI: These have been suspended until 2026. This means that unreimbursed employee expenses (job search expenses, union dues, small tools, protective clothing, etc.) and other expenses like tax preparation fees, investment/advisory fees, IRA custodial expenses, safe deposit boxes are not deductible. However, they are deductible in Alabama and may be in other states as itemized deductions.

Tax Credits: Dependent Tax Credit: The Child Tax Credit remains at \$2,000 for each dependent under age 17 or for a disabled child. However, Congress is considering adding to this credit to assist children in



Personal Energy Property Credit: There is no longer a lifetime credit of \$500. Instead, you may take a credit of up to \$3,200 each year, limited by the type of energy improvement. \$1,200 for energy property costs and certain energy efficient home improvements, with limits on doors (\$250 per door and \$500 total), windows (\$600) and home energy audits (\$150) and \$2,000 per year for qualified heat pumps, biomass stoves or biomass boilers. These credits are now available for primary and secondary personal residences. There is also additional credit available on solar electric property, solar water heaters, geothermal heat pumps, small wind turbines and fuel cell property. This credit for 2023 is 30%.

Clean (Electric) Vehicle Credit: Up to \$7,500 per qualified vehicle, subject to AGI limits: MFJ \$300,000, HOH \$225,000, Single or MFS \$15,000.

Tax Rates: There are still 7 tax brackets in effect until 2025. Percentages are: 10, 12, 22, 24, 32, 35 & 37. Dollar limits are: Singles - <\$11,000, >\$11,000, >\$44,725, >\$95,375, >\$182,100, >\$231,250, >\$346,875 & >\$578,125 respectively; MFJ - <\$22,000, >\$22,000, >\$89,450, >\$190,750, >\$364,200, >\$462,500 & >\$693,750 respectively; and for HOH - <\$15,700, >\$15,700, >\$59,850, >\$95,350, >\$182,100, >\$231,250 & >\$579,100, respectively. MFS has the same limits as Singles except the 37% rate applies to income over \$346,876.

Shared Responsibility for Health Insurance: The penalty (extra tax) for not having health insurance was eliminated for 2019 and subsequent years. There is no requirement that you report the status of your health insurance; however if you acquired insurance through the Marketplace and received premium tax credits, a reconciliation is still necessary. You will receive form 1095-A.

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

poverty. The legislation is still pending at this time. You may also claim a \$500 credit for each qualifying dependent not eligible for the Child Tax Credit. The income for phase-out of these credits is \$400,000 for MFJ and \$200,000 for any other filing status.

Child and Dependent Care Credit: This credit reverts to \$3,000 for one and \$6,000 for two or more dependents under 13 while you work. The maximum credit is 35% of your employment-related expenses. The more you earn the lower the percentage of employment-related expenses that are considered in determining the credit. Once your adjusted gross income is over \$43,000, the maximum credit is 20%.

Earned Income Credit (EIC): The maximum EIC is \$7,430 for taxpayers who have 3 or more qualifying children with earned income and (AGI) less than \$63,398 (MFJ). Your investment income must be below \$11,000. There are phase out ranges for Single, MFJ and HOH. You *cannot* claim EIC if your filing status is MFS. The EIC amounts and AGI limitations decrease with fewer or no children. The review of eligibility for EIC continues to be stringent, requiring tax preparers to review documents as proof of taxpayer's eligibility.



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ANYONE LOSE A BOAT?



SUBMITTED PHOTOS

All too often the Lillian Boat Launch becomes a dumping ground for discarded vessels. On or about the afternoon of Friday, Dec. 29, someone abandoned this boat at the launch. The derelict vessel was stripped of any identifying tags and most of its hardware. The last time a boat was abandoned near the launch it remained for months before being removed. This time the boat was removed relatively quickly and was gone by mid-month.

Most Valuable Gift: Your Time

I recently attended a meeting when I heard a report from a former member of the Lillian Fire Department. You have probably seen it in their report here in The Lillian. The fire department is in dire need of volunteers. Now, you may not have needed their help, but believe me when I tell you that when you see that vehicle arrive at your location when you are helpless, it is like a visit from an angel. You can finally breathe, as help has arrived.



**Just a
Thought or
Two**

By Sally McKinney

But it's not just the fire department that needs volunteers. Recently the Episcopal Church of the Advent has closed the doors of the thrift shop due to lack of help. Yep, the "Yellow House" no longer provides clothing and other items at affordable prices for us.

Others in need of volunteers include Lower Alabama Search and Rescue (LASAR), Lillian Perdido Bay Library, churches, Optimist Club of Perdido Bay, Lillian Community Club, the Masonic Lodge and of course, Elberta schools.

Think about it. Think of the organizations around town that affect your life. Those tables at the pot luck dinners you attend don't get set up and cleaned by themselves. The coffee and tea don't just arrive when needed without someone filling the pot and plugging them in. Food banks don't exist on their own, volunteers are needed to organize and distribute the goodies to needy families.

There are many ways you can help your community. Many of us are retired and can finally give some time to help others. You do know that sitting around all day watching TV or playing on your phone are not healthy. Giving a couple of hours here and there will help to keep you moving and happy. It's time to get up and get active. It's amazing how great you will feel after doing good for others. And, you will meet a lot of great people who will become your new best friends.

One of the readings in church recently was about the time when Samuel listened to the Lord and said "Here I am, Lord." Maybe it's time we followed his lead, not only for the Lord, but also for our friends and neighbors.

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(CONINUED FROM PAGE 1)

Until now, it was impossible to get a permit to grow oysters in Perdido Bay because conditions - lack of salinity and sea grasses for oysters to spawn and eat - were not right to grow oysters that are safe to eat.

What changed?

“Over the past few years, the regulatory bodies have become more supportive of environmental concerns,” Waters said. “They’re looking for ways to say yes.”

Oysters are an essential part of a healthy estuarine environment. As filter feeders, they can remove impurities from the water. A single oyster can filter 50 gallons of water each day. Oyster reefs provide habitat for a wide range of fishes and invertebrates such as crabs and shrimp. A combination of over-harvesting and habitat degradation has resulted in

drastic reductions in oyster populations.

It only costs about \$130 for the gear and baby oysters to start an oyster garden. But often environmental groups get grants and do fundraising to raise money to pay for startups, Waters said.

Each year the Little Lagoon Oyster Gardening Program kicks off by recruiting gardeners in the winter and early spring. Gear is ordered and paid for by LLPS and by grants from folks like, Republic Services and Gulf Coast RC&D. Gardening gear is ordered and delivered in the spring. Waters with MS-AL Sea Grant conducts seminars on oyster gardening, explaining the finer points of gardening and cage maintenance.

Baby oysters are delivered, usually around the first week of June, and the oysters grow and mature until November-December.

In November and early December, volunteers

pick up the tiny oysters and deliver them to restoration locations selected by the Alabama Marine Resources Division.

Even though Perdido Bay oyster gardeners have a new opportunity to experience what Waters calls “the happiness factor” of gardening baby oysters, their spawn still won’t be able to live out their lives purifying their birth home in Perdido Bay.

“The oysters go into active restoration projects or onto restoration reefs. Those reefs move around some, but are typically around Mobile Bay as directed by the regulatory agencies,” Waters said.

“Being classified as ‘unclassified’, we are not allowed, at present, to create a reef, only to hold oysters for a season during which they provide the ecosystem services for that body of water that are associated with oyster reefs - namely filtration and habitat.”

County Planning & Zoning Director Resigns Amidst Anti-Sprawl Battle

The Baldwin County Planning and Zoning director who nixed Lillian citizen’s bid to limit residential lot sizes has resigned.

Brown, who has a scandal-ridden past, left his post to launch an auto-related franchise, county officials said. Former deputy director John Buford King is serving as interim director.

Local zoning activist Tracey C Gambill says she hopes her group “Keep it Country” will fare better under new planning commission leadership. After

nearly 300 Lillian area residents submitted letters supporting a plan to limit home lot sizes to half an acre, Brown sided with a handful of large owners opposing the change and disregarded the unanimous recommendation of the Planning Commission to approve.

“Brown completely misled the county board,” Gambill said, “and he misled me.”

Brown was the focus of national attention when Alabama Gov. Robert Bentley's appointed Brown

to the State Board of Education in 2015.

Education reporters charged Gov. Bentley of selecting someone to serve on the board who "never attended public schools, publicly declared that his children never will either, and actively supported a successful effort to defeat a vote on a school tax in a divisive campaign in his home county."

At the same time, Brown was moved out
(CONTINUED ON PAGE 12)

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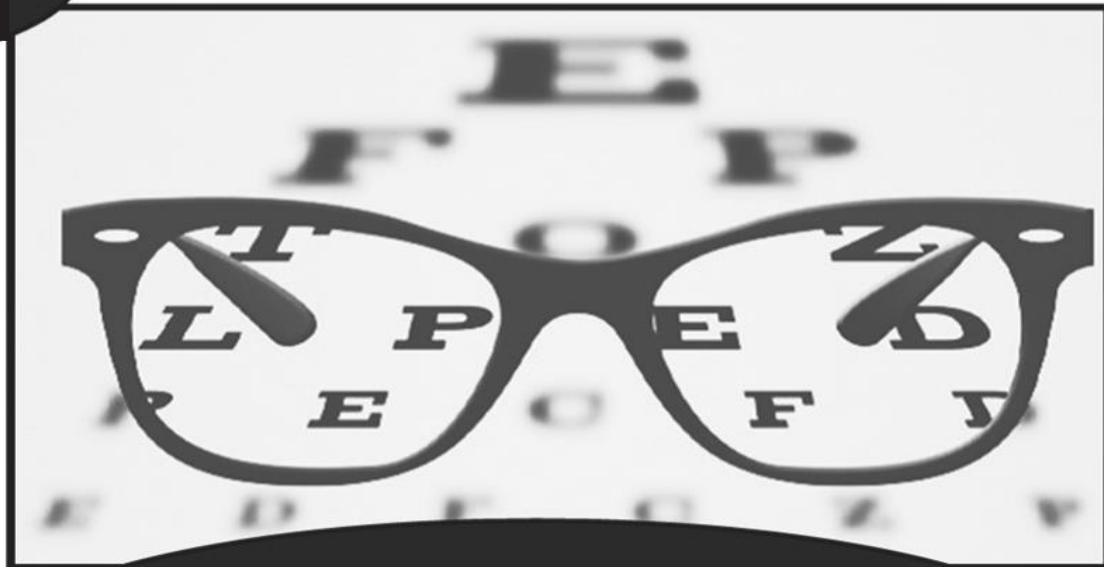


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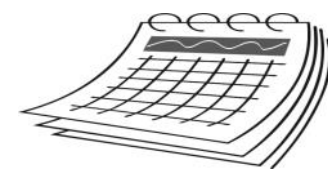
Lodge Meeting at 6:30 pm

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

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The Lillian Calendar



February 6, 13, 20 & 27 at 7 p.m.: ALANON Support Group Meeting, Lillian Methodist Church located at 12770 S. Perdido Street, Lillian, AL 36549. Discover more about ALANON at <https://al-anon.org/>

February 6, 13, 20 & 27 at 1 p.m. Ageless Grace, Brain Fitness at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL. For more information contact Sharyon Miller at 850-221-8630. (No class the week of Christmas)

February 10 at 8 a.m.: Optimist Club of Perdido Bay Community Breakfast with Baldwin County Sheriff Hoss Mack at the Lillian Community Club located at 34148 Widell Ave., Lillian AL 36549. To discover more about the Perdido Bay Optimist Club at www.OptimistClubPB.org

February 14 at 6 p.m.: Ash Wednesday Services at Lillian Methodist Church located at 12770 S. Perdido Street, Lillian, AL 36549.

February 15 at 1 p.m.: Dementia Education Forum & Caregiver Support Group at Lillian Methodist Church, located at 12770 S. Perdido St., Lillian, AL. With a guest speaker. This month's topic is managing difficult dementia caregiving situations. For more information contact Sharyon Miller at 850-221-8630.

February 24 at 8 a.m.: Optimist Club of Perdido Bay Community Breakfast with Baldwin County Public Schools Special Services Supervisor, Natash Kelly at the Lillian Community Club located at 34148 Widell Ave., Lillian AL 36549. To discover more about the Perdido Bay Optimist Club at www.OptimistClubPB.org

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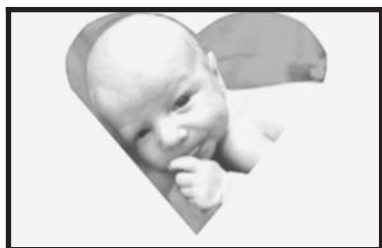
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Fourth Annual Drawdown Extravaganza to Benefit Mary's Shelter Gulf Coast Feb. 18

The fourth annual Be My Valentine drawdown extravaganza to benefit Mary's Shelter Gulf Coast (MSGC) will be held from noon to 4 p.m. Sunday, Feb. 18 at Our Lady of the Gulf Catholic Church, 208 E. 22 Ave., Gulf Shores.

Tickets for the event are \$100 each with a chance to win \$10,000. The ticket also includes lunch and entertainment by the Gulf Coast's very own Elvis! Numbers will be eliminated throughout the event and the last number drawn will be the winner of the \$10,000. There will also be a silent and live auction. Only 500 tickets will be sold. Tickets may be purchased online at maryssheltergulfcoast.org.



Thanks to the support of area churches, businesses and individuals who believed in the mission of providing a home to women who were homeless, pregnant and in danger of aborting their baby, the Shelter opened its doors in the spring of 2006.

The main area served are the counties of Mobile, Baldwin and Escambia in Alabama, and Santa Rosa and Escambia counties in the state of Florida. These five counties average about 100 abortions per week. MSGC is the only charitable organization in this five-county area able to offer shelter and support to homeless, pregnant adult women, before and after the birth of their child.

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

A resident adviser is always on the premises. Also, many volunteers help with all aspects of the program, from rocking babies, to preparing mailings and performing upkeep on our facility.

LASAR Classes Key to Success

Spring classes at LASAR covered many subjects. January's class was Basics of Search & Rescue, taught by Ray Hogans and Susan Baxter.

The timing of the class initiated a lot of discussion, since a 4-year-old boy was missing in Clayton, AL. Discussion centered around the timing of the call for help, the method of response, and the special challenges the disappearance created, since the boy was a special needs child.

Next month will be the Initial Response class. Typically, these classes are on the second Saturday of each month, however, the March classes will be taught on the Carnival Spirit out of Mobile. A group trip, paid for by each person in the group, will be taken March 10-16. Classes, such as Pediatric Search & Rescue and a CPR class, will be taught.

As soon as the weather warms, LASAR will conduct training at the Lillian Boat Launch in the proper use of the Aqua Eye, recently acquired by the local group. The hand-held sonar eye detects bodies under water. Robert Wragg, a representative from the company Central Alabama Training Solutions, attended the January meeting. He participated in basic instruction on the Eye's use at the Annual Conference at the Wharf in November.



LASAR Commander John Wade welcomes Robert Wragg, from Central Alabama Training Solutions, to the January meeting.

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

Weekly Bible Study Opportunities:

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New Optimists



The Optimist Club of Perdido Bay inducted four new members recently. From left are Optimist sponsor Robin Newell, Mary Speck, Theresa Brazner, Optimist President Dodd Bouchillon, Theresa Togneri, Kathy Whitten and Optimist Sponsor Jeff Keener. The club provides a variety of programs and sponsorships to students attending area schools as well as those being home schooled, including essay and oratorical contests, college and technical school scholarships, fishing rodeo, Easter Egg Hunt, the Lillian Christmas Parade and Breakfast with Santa. The club meets on the second and fourth Saturdays at 8 a.m. in the Lillian Community Club. Guests are invited to attend for a free breakfast and to get information about the club.

(CONTINUED FROM PAGE 9)

of his coordinator's role on the Eastern Shore Metropolitan Planning Organization and into the Baldwin County Highway Department where he served as a design engineer.

County Commissioner Chris Elliott questioned whether Brown would have enough time to serve on the board of education while also working in a demanding full-time job.

Although Gambill hopes working with a new director will be a positive development in her group's bid to control urban sprawl, county officials reaffirmed in January that they have no plans to revisit the proposed changes in zoning laws.

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Baldwin County Debuts New Animal Shelter Intake



The Baldwin County Commission hosted a ribbon cutting ceremony and official grand opening of the newly constructed Baldwin County Animal Shelter Intake Building on Tuesday, Jan. 9. Left are staff members and county officials attending the ribbon cutting ceremony. The new building consists of 54 kennels inside and 22 outside for dogs and 30 kennels for cats. The animal shelter receives approximately 1,300 to 1,500 animals per year. The layout of the new building allows for faster animal processing, reducing the risk of cross contamination between animals.



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Congrats to Elberta MS FCCLA Winners



Congratulations to Elberta Middle School FCCLA on their success at the 2024 Baldwin County FCCLA Competition participants! First Place Chapter Service Project Display: Addison Cranford and Mackenzie Santose. Second Place Event Management: McCoy Ezell, Brylee Householder, and Maggie Thorjusen. First Place Food Innovations: Blakely Kichler. First Place Hospitality, Tourism, and Recreation: Avie Busby and Ryleigh Fogos. First Place Sports Nutrition: Emma Franks and Michlyne Shaver. Special thank you to our volunteers Brelyn Bowman, GG Goxcon, and Taylor Yates. Next stop State Competition March!!!

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Red Hat Ladies Welcome New Members



The Perdido Grande Dames Red Hat ladies had their January gathering at Lillian's Pizza on Perdido Key. The buffet was delicious. Our great hostesses were Ann Cox and Deborah Donin. The birthday girls: Candy Reed and Diane Gilbert wore their crowns. Each lady received a unique fragrant diffuser. Six ladies won door prizes: hand lotion and candles, or slippers and candy. Everyone introduced themselves to our new members, Joy Woreck and Lois Koslucher. We look forward to our next gathering on February 13 in the Spanish Cove RV Clubhouse at 11 a.m.

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Snuggle Up With a Good Book as Lillian Library Begins its Annual February Sale

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put your winter coats on and come over to see just what we have for you!

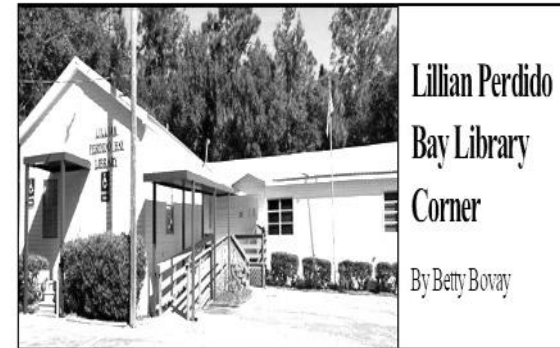
Our prices are 50 cents each for hardback books or a bag of these books for \$3.

The paperbacks are 25 cents each or 10 for \$1.

Our open hours are: Tuesday, Wednesday, Thursday 10 a.m to 2 p.m. Friday and Saturday 10 a.m. to 12 p.m.

The Lillian Perdido Bay Library has sent out membership postal cards and do hope you have received them by now. We do not receive any federal, state, county or local monies, we rely on donations from our memberships. This is so very important.

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The Methodist Message

By Rev. Daniel Randall

George Bennard was struggling with personal problems that were causing him a great deal of trouble and anguish. In his suffering, his mind returned again and again to Christ's anguish on the cross. This, he thought, was the heart of the gospel! The cross he pictured was not ornate, pretty, gold or silver. It was "a rough, splintery thing, stained with gore." "I saw the Christ of the Cross," he said later, "as if I were seeing John 3:16 leave the printed page, take form and act out the meaning of redemption." And so, in a room in Albion, Michigan, Bennard sat down and wrote a tune. But he struggled with the lyrics. In fact, he could only come up with one line.

He struggled for weeks to set words to the melody he had written. Then Bennard, a Methodist evangelist, was scheduled to preach a series of messages in New York. He found himself focusing on the cross. The theme of the cross grew increasingly more urgent to him. He struggled once more with the words to his hymn. This time the lines came. He later told a friend, "I sat down and immediately was able to rewrite the stanzas of the song without so much as one word failing to fall into place. I called in my wife, took out my guitar, and sang the completed song to her. She was thrilled!" On June 7, 1913, George Bennard introduced the new hymn in a revival meeting he was conducting in Pokagon, Michigan.

The words went like this: "On a hill far away stood an old rugged cross, the emblem of suffering and shame; and I love that old cross where the dearest and best for a world of lost sinners was slain. So I'll cherish the old rugged cross, till my trophies at last I lay down; I will cling to the old rugged cross, and exchange it someday for a crown." The Old Rugged Cross became one of the most popular hymns of the 20th century. What impressed me, however, was how Bennard described his feelings as he struggled to bring his feelings to the printed page: "I saw the Christ of the Cross as if I were seeing John 3:16 leave the printed page, take form and act out the meaning of redemption."

John 3:16 has had that effect on many people. Martin Luther called John 3:16, "the Gospel in Miniature."

If all you had of the New Testament was this one verse, it would be enough to save your soul. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." How do you describe a love that is unearned, undeserved, given freely and generously and sacrificially for the sake of everyone, whether they can ever return that love or not? That's God's love. God had a million reasons to condemn the world. But He didn't. God saved the world by giving the absolute greatest gift He could give, Himself! And God made us a promise that whoever believes! Yes, whoever believes in God's Son, Jesus Christ, will not perish but have eternal life. Have you accepted that promise in your own life? My dear friends, I pray that you believe in the Lord Jesus Christ as your Lord and Savior so that you will not perish but have everlasting Life in the presence of Jesus who gave His life for you!

The
Lillian

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Baldwin Lawmakers Still Wrangling the Anti Sprawl Movement



Keeping it Country

By Tracey Gambill

LOCAL ORDINANCES TEXT AMENDMENTS TA-23001 denied on December 5, 2023, is currently being addressed by Commissioner Gruber to determine whether to republish notice of the non-controversial items and place on the Commissioners' Agenda for public hearing. Having met with Commissioner Gruber on January 10, a resolution is pending. Page 13 of the December 5 Commissioners' Meeting Minutes says "Discussion took place regarding the motion to be taken. Mr. Brown noted after conferring with the County Attorney, the text amendments would need to be re-noticed."

Re-notice and scheduling of this is all we ask. If not, we are left without a single local ordinance in Planning Districts 22, 29 and 33.

Public pressure is the best way to get action, so please call your commissioners and express your opinion on proceeding forward on the local provisions. **Commissioners:** Gruber 251-943-5061 Ext. 2801, (Commissioner representing Planning Districts 22, 29 & 33), Underwood 251-972-8515 Ext. 8515, McKenzie 251-990-4620 Ext. 4620, Ball 251-937-0330 Ext. 2330

Lillian Medical (Lillian Hwy 98) Heard January 4, 2024, by the Baldwin County Planning and Zoning Commission requesting a preliminary plat was approved. The application is for a dentist business. **Hillbilly Hideaway RV**

Park (Elberta Gardner Road near CR 95) Heard January 4, 2024, by the Baldwin County Planning and Zoning Commission requesting approval of an RV Park was denied. **ALDOT** No update on timeframe for traffic light at Highway 98 and County Road 91. ALDOT has sent the request to the Baldwin County Highway Department for cost sharing and is awaiting a response. No updates on the flashing beacon at Hwy 98 & Santa Piedro St.;

Flooding issues Ongoing examination; **Committee on Infrastructure** Five local citizens to meet monthly.

NATURAL WONDERS May your heart and attitude be filled with gratitude. I, for one, am grateful to be here. I will keep you updated in The Lillian each month ... please consider subscribing! Please submit *your* natural wonders or other matters to my email below:

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

LCC to Host Optimists Fat Tuesday/Pre-Valentine's Day Feb. 13

The Optimist Club of Perdido Bay Foundation is hosting a Community Celebration on Fat Tuesday/Pre-Valentine's Day on Tuesday, February 13 at the Lillian Community Club. The purpose of the event is to raise funds for local high school students. The OCPB Foundation provided five \$1,000 scholarships last year.

This year's event will again feature dinner and dancing. The doors open at 5 p.m. with dinner service starting around 5:30 p.m. The cost of the event is \$25 per person for the dinner, dancing and one entry into the Grand Prize Give-away. Those folks who just want to come for the dancing will pay a reduced fee of only \$5 and they also receive one ticket for the raffle. Additional raffle tickets may be purchased for \$5 for one ticket and 6 tickets for \$25.

Reservations are required and may be completed in paper form or may be secured online, <https://secure.qgiv.com/for/valentinesdayform/event/888185/>. See an Optimist Club member or visit the main office of the Lillian Community Club to secure your reservation.

The menu includes your choice of shrimp or

chicken alfredo as a main entree. All meals will come with salad, green beans, garlic rolls, sweet or unsweet tea, coffee, water and dessert.

Those people wishing only to dance should arrive after 6 p.m. Dancing will begin between 6:15 and 6:30 p.m. As was done last year, we will recognize the community groups in attendance. The give-away will take place around 7 p.m. Each dinner ticket includes one-entry into the Grand Prize give-away. The prize is \$100.

Confirmation emails will be sent with each reservation and both the dinner and dance tickets will be picked up at the door (check-in table) on the evening of the event. The drawing entries will be filled out in the name of the person designated at the time of the reservation. Individual ticket purchasers, couples or a complete table of eight are available. When a group is larger than eight, we will attempt to increase the number at the table to nine, change the table configuration or place the additional attendees at the next closest table.

For more information on the event, please contact Jeff Keener at 859-991-4619 or 251-210-9081 or email jeffreyakeener@gmail.com.



Karen and Tom Rocque participated in last year's Valentine Dinner/Dance. This year the Optimist Club of Perdido Bay Foundation will host a Fat Tuesday/Pre-Valentine's Day event on Tuesday, February 13 at the Lillian Community Club. Proceeds from the event will benefit the club's scholarship program.

Teachers Of The Year Honored



Teachers of the Year of Elberta Elementary, Middle and High School from left are Optimist President Dodd Bouchillon, Elberta High School teacher Cody Hall, Middle School teacher Kasey Guimarin and Elementary school teacher Stacey Tatum.

The Optimist Club of Perdido Bay recently honored Teachers of the Year from Elberta elementary, middle and high schools, Stacey Tatum, Kasey Guimarin and Cody Hall.

Stacey Tatum is a third-grade teacher at Elberta Elementary School. She has a Masters in Education from Grand Canyon University and is also certified in a variety of education programs. Previously she taught English as a Second Language (ESL) in China. She and her husband, Jason, have two sons, Steven and Daniel.

Kasey Guimarin has a Master of Library Science degree from the University of West Alabama and is a reading intervention teacher at Elberta Middle School. She has served as a sixth-grade teacher and a media specialist in Georgia before moving to Baldwin

County. She and her husband, Mark, have two sons, Noah and Luke and a daughter Lillie.

Cody Hall holds a Masters of Arts in Teaching from the University of West Alabama. He is Elberta High School's AP US History teacher, guiding students to surpass the state and national average in the AP exam. He and his wife, Taylor have a five-month-old daughter, Heather.

"Through dedication and commitment to their students, schools and community, they are actively making our world a better place one student at a time," says Optimist of Perdido Bay President Dodd Bouchillon. "We are grateful for their service and honored to recognize them for their well-deserved achievement!"

District Optimists Meet in Lillian

Lillian was the site of the first-ever in-person and virtual Super Zone meeting of the Alabama Mississippi Optimist District #29 on January 27th at the Lillian Community Center.

“It was great for our area clubs to interact in-person,” said District Governor Jeff Keener. “We got good representation from our Zone 6 (Baldwin County) clubs, Zone 5 (Mobile) and Zone 4 (Montgomery) Clubs. We also were surprised by getting participants from Northern Mississippi and Northern Alabama, both online and in-person”.

The daylong training kicked off with a presentation from the Optimist International President Tracy Huxley, who stressed the importance of member engagement and retention of club members. The Canadian resident encouraged clubs to take part in the CARE program, one that lays out the actions of clubs where celebrating Club successes are emphasized; addressing areas of concerns as discovered; recognizing individual accomplishments; and pursuing our goals to ensure that the Club excels in improving the lives of young people, our communities and ourselves.

The local Club, Optimist Club of Perdido Bay, received the traveling trophy awarded to the Club in the District with the most growth in membership. John Larson, OCPB VP of Membership, accepted the trophy for the local club. Robin Newell, OCPB President-elect, was recognized for leading all District members for the recruitment of five new members. The traveling trophy is awarded quarterly.

One of the objectives of the one-day conference was the sharing of knowledge among clubs and the ability for Optimist members to network. E. Gaylon McCollough, MD, internationally recognized plastic surgeon and author was the featured luncheon speaker and his talk on patriotism was motivational.

The Flag program is a great fundraiser for some of the clubs in the District. The program is straight forward. Flags are placed in the yards of residents and businesses on the five Patriotic Holidays. The Crichton Optimist Club President Larry Lartique and Flag Chair Don Foster shared how they grew to over 800 flags, while the OCPB shared how their program differs. Lt. Governor Zone 6 Dodd Bouchillon also showed how to assemble the flags and the tools used to conduct the program.

The local Junior Optimist Club (JOI Club) presented their Warrior Wardrobe's Drop or Swap. Students were encouraged to clear out their closets and the clothes were cleaned, sorted and displayed for others to take. The program has been highly successful. The Fairhope Eastern Shore Club shared the many facets of their Dogwood Trail program and the impact of their leadership development program on the young girls. The Foley Club laid out their highly successful Taste of Baldwin County fundraiser.

Based on the success of the Lillian Super Zone meeting, the District leadership has opted to hold a second Super Zone meeting on February 17. This one will be held at Athens State University in Athens, Alabama.

Anyone interested in improving the lives of young people, their community and themselves is encouraged to contact local Optimist Club Membership Vice President John Larson at 636-236-5226, or send an email to jl Larson007@gmail.com.

Optimist Club

By Jeff Keener

Strategize for a Healthier Life

What changes in your health are wanting to achieve? I am not talking about making another New Year Resolution but rather real change that you can start at any time. New Year Resolutions are broad-based, and most people abandoned them within a few weeks only to feel defeated. That is because they fail to have a strategy that outlines how they will achieve the change. A strategy considers short- and long-term goals and the outside variables that effect change. For example, chess is a game where a person has to continually assess the position of their chess pieces as well as their opponents so they can gain advantage on the gameboard. Leading a healthier lifestyle by having a strategy is similar to playing chess because you have to see how other pieces of wellness effect your ability to win at change. You can accurately assess and adjust for setbacks if you are able to see how all the pieces fit into the big picture of inner and outer game of change.

The good news is that you can start right now in making healthier lifestyle changes by taking some time to develop your own personalized health strategy. So why wait?

The first step in developing your strategy is to determine what areas of health you would like to improve and why is important to change in those areas. Also assess what you are currently doing to change and what has or has not worked in the past? I recommend taking some time to write down the changes you would like to make in one sentence or less because this is something you will want to refer back to at least once a week. Label the wellness areas you want to change for example, physical, social, emotional, spiritual etc., and how might one area of wellness affect the other. For example, the goal might be to lose five pounds, but your thought life is working against you instead of for you. Losing five pounds is within the physical dimension of wellness and thoughts fall into the behavioral dimension of wellness. By the way, thoughts drive everything you do or don't do! That is why during the first week of labeling the wellness areas you would like to work on making changes I also recommend examining your thoughts. Thoughts have a power effect on our emotions which drive our actions. Feeling good about yourself and you will feel more inclined to not want to eat that half a gallon of ice-cream at the end of a stressful day but rather go for a walk instead. Identifying your daily emotions and what action it prompts you to take will help you to see the relationship between the BODY and mind.

The key to this activity is to prioritize the changes you want to make in order to identify and reflect on mapping out your course of action to achieving your goals and how one area of wellness affects the other as well as identifying the thoughts you think and how they drive your behavior.

Once you have completed your strategy towards a healthier you, make sure you take at least five minutes each day to reflect on your progress. What did you achieve? Is there something you can improve upon for the next day and so forth? This daily habit is effective because it brings your change efforts to the forefront of your day. It also allows you to think about your thoughts. Once this process becomes a habit then you can start building into your strategy other areas of wellness you want to work on throughout the next few months.

Achieving Wellness Checkmate

Having a strategy will help you learn about what moves you forward or backwards towards achieving your desired health changes within the context of a wellness dimensions framework. Working your strategy will give you the outcomes you desire. My wish for you is to move you towards wellness checkmate in reaching all your health goals!

If you are interested in becoming part of a *Strategize Your Health* virtual community for tips and accountability, please contact me wellnessd@wellnessdimensions-c.com.

Medical Disclaimer: The information provided in this article is for educational and informational purposes only and solely as a self-help tool for your own use.



Health Corner

By Donna Chetta, RN

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

Lillian Fire Department in 'Desperate' Need of Volunteers

The Lillian Volunteer Fire Department responded to 64 calls dispatched by the 911 operators in November: 33 Medical Assistance; 8 Public Assists; 4 Motor Vehicle Accidents/Clean up; 1 Brush Fire; 1 Structure Fire; 9 Cancelled en route; 8 False Alarm/Miscellaneous.

The total calls LVFD responded to for 2023 was 874. This is a bit lower than previous years which have been a blessing since the department has had challenges recruiting volunteers especially during the day time. Again, I would like to remind the community we are in desperate need for volunteers to help during the day. If you are available during the day time and looking for something exciting to fill your days, we would be more than happy to talk to you.

You don't need any experience and there are no age limits; just a passion for helping is all that's needed. Call 251-962-2696 and leave a message, one of the officers will call you back.

Good news for you Chili fans! Mark your calendars for our next LVFD 'Chili Cook-off. It will be held at the 'Lillian Community Club' on February 18, from 2 p.m. to 5 p.m.

We would also like to thank everyone again for your generous donations. If you have not received your annual letter and would like to donate, please fill in Membership form to the right or go to our Facebook page: 'Lillian Fire Rescue' and click the donation button.

	<p>Lillian Volunteer Fire Department By Goretta Lysek</p>
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Membership Registration Form 2023-2024

Please Print

Name _____

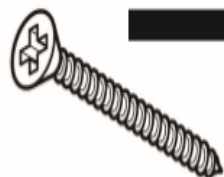
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VENDOR INFORMATION

CHIT CHAT

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 in February go out to: Brandon D. Williams Jr., Jennifer Canaday,

Trisha Gingras, Joyce Sheldon, Ed Dowd, Bob Taylor, Nicole Fehn, Evelyn Duckworth, Tom Ryborski, Ken Robinson, Lois Mitchell, John Flynn, Melodye Barnhart, MJ Rooks, James Covert, Barbara Jennings, Jim Baxter, Char Kuhr, Lindsay Sherwin.

Celebrating wedding anniversaries in February are: Ken and Diane Robinson, Marvin and Judy Cain 1968, Sam and Josephine Roberts 1975

If you would like to add or delete information from the Chit Chat column, please email lillianeditor@yahoo.com or

mail it to The Lillian, P.O. Box 1088, Lillian, 36549.

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

The deadline for the March 2024 issue of The Lillian is February 21.

CLASSIFIED ADS

Advertise here for just \$9 a month for up to 40 words. Discounts offered for ads that run 3, 6 or 12 months. Must adhere to our classified ad format and does not include photos. Call Julie McManus at 703-217-2874.

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MISCELLANEOUS

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

FOR SALE: Napier Truck/SUV tent. Used one time. 1980s Kenwood stereo system, small aluminum trailer, Joe Rocket motorcycle jacket, 2XL, dog cage, 10-foot Christmas tree (pencil), card table 4 chairs. Call 251-923-6531

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OBITUARIES

Myrlin Francis ‘Babe’ Rohan, 86

Myrlin Francis (Babe) Rohan, 86, of Perdido Beach, Alabama passed away December 20, 2023. He was preceded in death by his son Mark Russell Rohan, parents Minnie and Myrlin Rohan, brother and sister-in-law David and Sandi Rohan. He graduated from Catholic High School, Pensacola FL and earned a bachelor’s degree in electrical engineering from Auburn University. He went on to earn a master’s degree in management from Troy University. He served in the United States Navy during the Vietnam war on the USS Kitty Hawk. He began his career as an electrician apprentice at NAS Pensacola and served as an electrical engineer and became a total quality management director for the Naval Air Rework Facility.

He married his spouse Pamela Russell on June 8, 1968, at St. Margarets Catholic church in Foley Alabama. They had a loving marriage and three sons Paul, Mark, and Justin and grandson Mark.

He was a wonderful father and best friend. He briefly taught Total Quality at the University of Mobile. He was a lifetime scuba diver and loved fishing and the outdoors.

He is survived by his wife Pam, his sons Paul and Justin, Paul's son Mark and Paul's wife Charyl, his brothers Donald and Bill, their wives Patty and Mary and his brothers in law Tim and Peter Russell, sisters in law Sandy and Terri, numerous nieces, and nephews.

A funeral Mass was held at St. Bartholomew Catholic church, 12795 Illinois St, Elberta, Alabama on Saturday January 6, 2024, at 10 a.m. In lieu of flowers we kindly request that donations be made to St. Bartholomew Parish.



Douglas Eugene Strassner, Captain

Douglas Eugene Strassner, a resident of Elberta Alabama, passed away Friday, January 05, 2024, surrounded by his family and close friends. Doug had fought a year-long battle with head and neck cancer.

Doug was born in Akron, Ohio, on March 3, 1955. Upon graduation from high school, he attended the United States Merchant Marine Academy at Kings Point, after an appointment from his senator. He graduated with a Bachelor of Science Degree in Nautical Science in 1977, and then spent the next 39 years at sea.

During his maritime career, Doug progressed through the ranks, spending 20+ years as a Captain. As Captain he sailed the world – US coast, Suez Canal, Panama Canal, South Africa, Northern Europe, Middle East, making friends all over the world along the way. He transported military equipment during Desert Storm, Desert Shield and Operation Iraqi Freedom, and he also spent five years in the Naval Reserves.

Doug was a welcoming soul and made friends everywhere he went, treating them as family. His love of motorcycle riding led him to join the Southern Cruisers Riding Club, where he and his wife Angie started the Baldwin County Chapter #411 in 2016. Doug was a member of the Krewe of Mullet Mates Mardi Gras association at Point Clear and enjoyed riding the float every year. As a member of the Lillian Community Club Monday and Wednesday nights were for poker, where he was just as quick to make many friends there.

Doug and Angie both volunteered with A Place of Hope Small Dog Rescue fostering dozens of dogs over the past several years. Doug never said no when Angie asked if we had room for one more. Doug was also a member of a group of retired men called the Soggy Bay Boys, who met every Wednesday to cook breakfast and drink champagne. There’s no doubt that Doug has already made friends in heaven.

Doug was also a loving husband, father, and grandfather. He is survived by his devoted wife Ange Jimmerson; Children - daughters Kristin (Kenny) Allison of Daphne, AL, Jenna Strassner of Bay Minette, AL, and Taylor (Josh) Smith of Daphne, AL; stepsons Matthew Mabry of Huntsville, AL, and Will (Zoe) Jimmerson of Foley, AL; two sisters Cynthia (Mike) Caprez of Akron, OH, and Helen (Mike) Kurtz of Redding, PA; 10 grandchildren and other relatives and close friends.



DEATH NOTICE

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DRIVE THRU ALSO AVAILABLE

Additional fundraiser dinner will be held on March 24

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Lillian Recreational Park Slates Its Massive Flea Market for March 16

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



Lillian Recreational Park
By Lucy Smith

You can also recycle your unused electronics on the day of the Flea Market. Bag up your aluminum cans and drop that at the recycling booth as well. Doesn't all this purging make you hungry? We are working on a solution for that too!!

Check out the Lillian Recreation Park's website by searching for www.lillianrecreationalpark.org for the Market Guidelines and Application, plus the Facebook page for updates. If you want to participate and secure a booth, email lillianrecreationalpark@yahoo.com by March 2. Mark your calendars. See you at the park!

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Sweet Info About Valentines Day

So where do we get Valentine's Day and who was St. Valentine?

Valentine was born about 226 AD in Terni, Italia, Roman Empire. In 269 he was beheaded by the Romans for reasons that didn't survive through history. However, it is believed that at least one of the reasons was that as a priest or perhaps a bishop, he ministered to persecuted Christians. On February 14 Valentine was buried.

In the eighth century, February 14 became the Feast of Valentine. In 496 Pope Galasius canonized Valentine and St. Valentine's Day replaced what was once the Roman fertility rites festival, which marked the beginning of spring.

Maybe because of that fertility festival, Valentine's Day eventually became a day to express love. But could the first line of the first stanza from the fourteenth Century poem, *Parliament of Fowls* by Geoffrey Chaucer have started the annual recognition of the day?

"For this was on St. Valentine's
When every bird comes there to choose his match
Of every kind that men may think of
And that so huge a noise they began to make
That earth and air and tree and every lake
Was so full, that not easily was there space
For me to stand—so full was all the place."

Of course, as with everything else, there is some controversy that Chaucer didn't mean the Valentine of Terni, but instead he had the Valentine of Genoa (May 3) in mind. The reasoning is that February 14 would be too early for birds to mate and springtime.

Those who are pro the Terni Valentine state that at the time of Chaucer the Julian calendar was in use, which is 13 days behind today's Gregorian calendar. This would make February 14, in Chaucer's time February 27 and some birds would be mating. Who knows for sure but who cares?

Probably the first Valentine's Day card written in English was in a letter in 1477 by Margery Brews of Norfolk England to her finance, who she called "My right well-beloved Valentine."

Valentine's Day is a perfect time to stop and express to the special people in your life how much they mean to you and the love you have for them. And remember that every human being should grow up in a loving home knowing they are respected and loved. Maybe then they may, in turn, become better, loving people who also produce loving homes. Hopefully, someday this quality of life will eradicate all of the hatred and violence in this world. Couldn't hurt.

"We are all born for love.... It is the principle of existence and its only end."
Benjamin Disraeli.

Happy Valentine's Day y'all.



Bits and Pieces

By Jackie Reid

Perdido Bay Residents,

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



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Beth Williams, DVM

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As the Year Rolls On, Think About Tax-Loss Harvesting



Financial Focus

By Jason Kozon
of Edward Jones

It's been a bumpy year for the financial markets — which means that some of your investments may have underperformed or lost value. Can you use these losses to your advantage?

It's possible. If you have some investments that have lost value, you could sell them to offset taxable capital gains from other investments. If your losses exceed gains for the year, you could use the remaining losses to offset up to \$3,000 of ordinary income. And any amount over \$3,000 can be carried forward to offset gains in future years.

This "tax-loss harvesting" can be advantageous if you plan to sell investments that you've held in taxable accounts for years and that have grown significantly in value. And you might receive some gains even if you take no action yourself. For example, when you own mutual funds, the fund manager can decide to sell stocks or other investments within the fund's portfolio and then pay you a portion of the proceeds. These payments, known as capital gains distributions, are taxable to you whether you take them as cash or reinvest them back into the fund.

Still, despite the possible tax benefits of selling investments whose price has fallen, you need to consider carefully whether such a move is in your best interest. If an investment has a clear place in your holdings, and it offers good business fundamentals and favorable prospects, you might not want to sell it just because its value has dropped.

On the other hand, if the investments you're thinking of selling are quite similar to others you own, it might make sense to sell, take the tax loss and then use the proceeds of the sale to purchase new investments that can help fill any gaps in your portfolio.

If you do sell an investment and reinvest the funds, you'll want to be sure

your new investment is different in nature from the one you sold. Otherwise, you could risk triggering the "wash sale" rule, which states that if you sell an investment at a loss and buy the same or a "substantially identical" investment within 30 days before or after the sale, the loss is generally disallowed for income tax purposes.

Here's one more point to keep in mind about tax-loss harvesting: You'll need to take into account just how long you've held the investments you're considering selling. That's because long-term losses are first applied against long-term gains, while short-term losses are first applied against short-term gains. (Long-term is defined as more than a year; short-term is one year or less.) If you have excess losses in one category, you can then apply them to gains of either type. Long-term capital gains are taxed at 0 percent, 15 percent or 20 percent, depending on your income, while short-term gains are taxed at your ordinary income tax rate. So, from a tax perspective, taking short-term losses could provide greater benefits if your tax rate is higher than the highest capital gains rate.

You'll want to contact your tax advisor to determine whether tax-loss harvesting is appropriate for your situation — and you'll need to do so before each year's end. But time has run out to pursue this technique this year so be sure to keep it in mind for the future — because you'll always have investment tax issues to consider. For questions, please contact Jason Kozon or Chantz Blackmon of Edward Jones, located at 22394 Mifflin Road in Foley, 251-943-3399.

FEBRUARY 2024

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