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DECEMBER 2023

Lillian, AL 3654
Volume 27, Number 12

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EVERYONE LOVES OUR PARADE

Dec. 9 -The Most Wonderful Time of the Year!

The annual Lillian Christmas Parade will be held Saturday, December 9 at 1:00 p.m. The parade is sponsored by the Optimist Club of Perdido Bay.

The parade will follow a route from the Lillian Community Club (LCC) to 98 and then north on 6th Street, west on Barclay then south on Santa Piedro and back to the LLC. Please come and watch!!

Registered parade participants are asked to be in place by 12:30 p.m. that morning. An award ceremony with refreshments will be held directly following the parade at the LLC. Awards (\$50 gift certificates) will be given for:

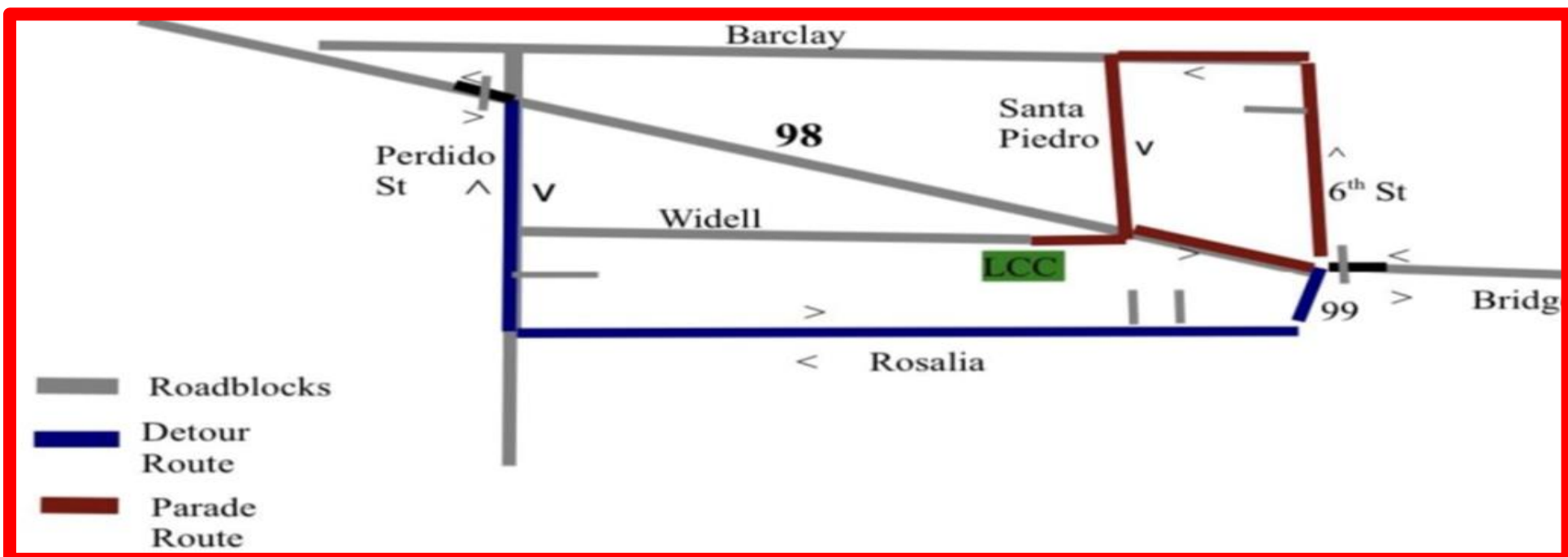
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 Parade Route from the
 Lillian Community Club - 34148 Widell Ave.
 Left on Santa Piedro St., Right on Hwy. 98,
 Left on 6th St., Left on Barkley Ave.,
 Left on Santa Piedro and back to the LCC.

TO PARTICPATE AND FOR MORE INFORMATION CONTACT
 ROBIN NEWELL 402-677-3944
 ROBINNEWELL3@GMAIL.COM



Spirit of Lillian If you or your organization would like to register to be in the parade or if you have questions, please contact parade chair Robin Newell, 402-677-3944, robinnewell3@gmail.com.



OPTIMIST CHOOSE WILLIAM HALL AND LEE HOFFMAN AS GRAND MARSHALLS

Legion Post 48 Begins Work on Upcoming Fundraising Events

Dues for the year 2023 are now due for all Legionnaires, if you haven't paid, please due as your local post would like to make 100 percent this year, Thank you.

Thank you to all Veterans and their families as well as the Lillian Community for participating in the American Legion Post 48 Veterans Day Celebration. The American Legion Post 48 wishes the Lillian Community a very safe and happy Holiday season. We hope you will all come out and see our float at the Christmas parade on December 9.

The American Legion is currently working on the ham dinners planned for Sunday, January 28, 2024, February 25, 2024, and March 24, 2024. These dinners are the Legion's fund raisers and provide the money for the continued activities and donations such as Legion Baseball we sponsored last year.

All veterans in the Lillian area are invited to join Post 48 and become a part of the largest veteran organization in the United States. The focus has been and always will be on service to the community and support of our Veterans. Membership applications may be picked up at the American Legion Building next to the Lillian Community Club on Wednesday mornings between 9 and 11 a.m., from any member, or at any American Le-



Lillian American Legion Post 48

By Wayne B. Lavallee

gion meeting. Meetings are held on the third Monday of the month at 7 p.m. at the Lillian Community Club. Come and join us and become one of the millions of Legionnaires still serving or come by and have a cup of coffee with us on Wednesdays – we'd like to meet you.

MEDICAL CLOSET: Post 48 would like to reaffirm to the Lillian Community that the Medical Closet is for all Lillian citizens and there is absolutely no charge. Many items are available for use, such as walkers, hospital beds, toilet items and walkers. The only requirement is the return of said items when no longer needed. Donations are accepted to assist in the maintenance of this valuable commodity. The individuals to contact are as follows: Bill Burns @ 251 978-3440 and Darrel Ochs @ 251 269-9084. We are very

Watershed Cleanup Forges On; Committee Seeks New Members

Perdido Bay boosters are answering the call to serve as the Western Perdido Bay Watershed Management Action Committee marshal to find new ways to clean up the bay.

Seven local citizens joined the committee and eight volunteered to

start testing the bay waters soon through Alabama Water Watch. Volunteers held a water testing field trip on Friday, October 27, where Michael Cleveland demonstrated techniques in various tests on the local waters. The volunteers will be

trained and begin water testing after the first of the year.

Future projects now include bay shoreline cleanup events and other community outreach.

The group works for cleaning up decades of pollution in the Alabama waters of Perdido Bay,

With money allotted from the Mobile Bay National Estuary Program, the Western Perdido group has commissioned civil engineer Wade Burcham to produce an outline of remediation solutions. Burcham, who has worked informally with locals on water quality solutions, is an internationally recognized water resources engineer with more than two decades of professional experience focused on natural stream stabilization, water resources engineering, stormwater management, and municipal engineering.

Leslie Gahagan, the Environmental Director for the City of Foley and

the Board Chairperson of the Wolf Bay Watershed Watch, at a November 13 meeting, emphasized the problems that excess sediment caused largely by new construction is creating in area waterways.

"Leslie has helped to create a great program in Wolf Bay and at the Graham Creek Preserve in Foley," said Lani Hudson-Cameron, one of three local committee members.

"We are fortunate to have her assistance in helping us as we continue to establish our Western Perdido Bay Watershed Action Committee. What Leslie and the Wolf Bay Watershed Watch Board have created in their watershed will assist us as we work on implementing our watershed management plan."

Anyone interested in being part of the watershed committee can contact the group at via this email address: wpbwac@gmail.com

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How do you spell 'Christmas Spirit'?

That's easy - M-E-R-R-Y-O-K-E!

And if you don't believe us, come find out for yourself for the Park's first-ever Merry-Oke and Christmas Caroling night on Thursday, December 14. Featuring all your Christmas favorites, you can sing alone, in teams, or, if you'd prefer, as part of the whole-community sing.

There will be hot chocolate and cookies, and lots of fun. Bring a friend, your family and encourage everyone you know to join us at the Park and sing your heart out surrounded by the awesome Christmas in the Park lights. There will be old favorites, new favorites - something for everyone!

Merry-Oke and Christmas Caroling will begin at 5:30 on December 14 at the Lillian Recreational Park, 33914 Widell in Lillian.

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Accepting the Challenge



Moving Forward

By Rev. Tina Lockett

The year was 373. The place northern Italy. The church of Milan, Italy was fighting over the election of a new bishop. Tempers flared between the two groups of Christians – the Arians and the Orthodox. The Roman imperial governor, came to offer his help in settling the dispute. The governor had a reputation for being just and fair. His hope was that settling this dispute would help further his political career. Gathering the people, he addressed them with great eloquence and passion. He urged the people to cease their arguments, to obey the law, and to find a way to keep the peace. Suddenly, from the crowd came a cry, “Ambrose for Bishop!” The whole crowd took up the call. This was much to the horror and embarrassment of Governor Ambrose, for you see, he was not yet baptized. The crowd refused to listen to his protests. Finally, Ambrose consented. Within eight days, he was baptized and ordained bishop of Milan on December 7, 373.

For the next 20 years, Ambrose served Christ’s church in northern Italy. He preached passionately for the true divinity of Christ. Ambrose is remembered as a gifted preacher and defender of the faith. And he is also credited as being an important influence on the conversion of Augustine. At that meeting in 373, Ambrose had the mantle of Christian leadership thrust upon him. He was certainly not expecting to be chosen bishop, but he accepted the task and by his faith in Christ, accomplished much for the Kingdom of God. He may not have been baptized, but Ambrose was willing to get dressed and ready for service. This is exactly what Jesus asks of his disciples and of us in our reading today from the Gospel of Luke. That in all times and in all places, we should be ready and faithful servants.

Jesus tells us how to start. “Be dressed and ready for service”. Other translations say, “Let your loins be girded.” In either version, Jesus is comparing our outer dress – shirt, pants, long flowing robes, with our inner manner of dress – the way we prepare our hearts and minds. We can picture rising from bed in the morning and getting dressed and ready for the day. With the unpredictable weather we sometimes have dressing for the day can anything from sun hats to umbrellas. However, we dress, this is a step of preparation for the day.

And with these good steps to being faithful in all times and all places, Jesus tells us how to continue, saying, “and keep your lamps burning...” In another story, Jesus warns the disciples against being a servant who falls away from his post and allows his lamp to extinguish. This leaves the servant in the dark and unable to see when the master of the house returns. Thus being in the dark is being unprepared. During the time of Jesus, if your lamp went out, you could not simply drive to Walmart and buy more oil for your lamp. To re-light your lamp would involve finding another lamp or some source of fire to light it from.

That is our challenge today. We have started the journey. We are here getting dressed and ready for service. Now we must keep our lamps burning. At some point, maybe many years ago, perhaps only a few weeks, you accepted the call of God. In exchange, you began to keep a lamp burning. To keep alert for the master’s call.

Ambrose was unexpectedly called as bishop of Milan, but he accepted that challenge. And while dressed for service, there were probably times when his lamp was burning low. This following few sentences credited to him may have been what he said during those low times. “Lord Jesus Christ, you are for me medicine when I am sick; you are my strength when I need help; you are life itself when I fear death; you are the way when I long for heaven; you are light when all is dark; you are my food when I need nourishment.” May this be a prayer for all of us.

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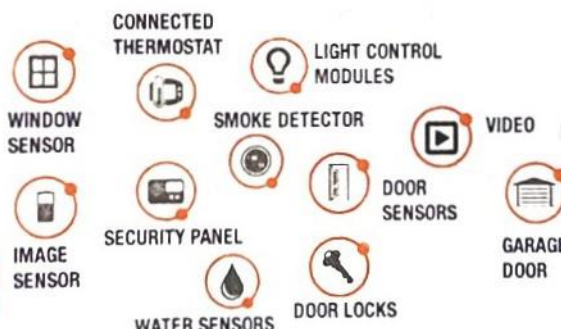
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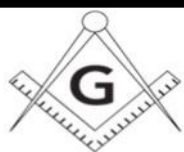


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Masonic Lodge Taking Orders for Boston Butts



Lillian Masonic Lodge is taking orders for 5 to 10 lb Boston Butts effective October 1 for delivery later in the month. Call Jeff Keener at 859-991-4619, or Joe Taylor at 251-753-6225.

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Lillian Park Welcomes Santa With Christmas in the Park

Get into the holiday spirit at this year's holiday lights spectacular, Christmas in the Park, which opens at the Lillian Recreational Park on December 2. Come see how the Park has been transformed into a one-of-a-kind Christmas wonderland, with thousands of twinkling lights, a 20' Wonderland Tree, and festive exhibits around the Park.

This year's celebration will include a giant Christmas card contest. Businesses and organizations were asked to create giant 4'x8' plywood Christmas cards to be displayed around the Park's walking trail. The cards will be judged and prizes will be given in three categories: Most Creative, Most Holiday Spirit, and Community Favorite during opening ceremonies. People will have a chance to vote for their favorite on Facebook and at the Park until noon on December 2.

This year's Christmas in the Park celebration will be hosted by WKRK news reporter, Debbie Williams. She and Fran Thompson, publisher of the Mullet Wrapper, will judge the Christmas card contest.

Christmas in the Park officially opens at 3:00. However, earlier in the day, Santa's elves will be hosting an Elf Run for kids 12 and under. Kids are asked to dress as elves for this fun run.

The Elf Run is free and begins at 9:00. There will be two runs, one for children under the age of 6, one for children ages 7 to 12. Preregistration is not necessary. Just be at the Park no later than 8:45 to sign up and participate. The run will be staged around the Park soccer field.

Santa and Mrs. Claus have indicated they will arrive at the Park around 4:15 and that they are bringing a few of their favorite elves with them to help hand out goodie bags. Unfortunately, Rudolph is unable to attend since he's resting up for his big night later in the month.

A variety of children's activities will start at 3. Make a tree trimming, have a snowball fight, play games like "Pin the nose on Rudolph," or write a letter to Santa. These are just some of the activities that will be offered that afternoon. There will also be music by Curt Cantrell, face painting, hot chocolate and visits with Santa and Mrs. Claus. The "Launching of the Lights" will be at 5:30.

This year, Christmas in the Park is partnering with Toys for Tots, so there will be a box you may use to donate toys and books to the toy drive. The box will be available for



donations until December 10. Organizers are excited this year about this year's offerings. "Christmas in the Park has become a family favorite. Last year, over 10,000 people visited our month-long lights display, with many people coming multiple times just to sit and enjoy the lights.

"This year, our incredibly hard-working volunteers have added some new features we think people are going to love, including our Christmas train that will take children around the Park and our new, soon-to-be holiday favorite, "Merry-Oke" Christmas caroling night on December 14," said Lucy Smith, Christmas in the Park volunteer.

This holiday season, treat yourself and your friends and family to this festive display of lights. The lights will be on for everyone to enjoy, weather permitting, through December 31. Admission and parking are free. Golf carts will be available opening day to transport anyone with mobility issues. The Park is located at 33914 Widell Avenue in Lillian. For more information on Christmas in the Park, visit the Park's website LillianRecreational-Park.org or call the Park, 251-962-2129.

Optimist Club Reading Team Begins 2023-2024 Program Year



The Optimist Club of Perdido Bay Reading Team started their 2023-2024 program year at Elberta Elementary on November 7. Team members promote positivity and read books to the kindergarten and first grade classes at the school every Tuesday. Reading Team members are, from left to right, George Thompson, Dan Randall, Ellen Thompson, Nancy and Doug Scott, Janice Dollen, guest Sandy Robins, Robin and Dennis Newell.

Thanks For Making Us Sparkle!
2020-2021-2022-2023










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The Lillian

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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 January issue of *The Lillian* will be December 20.

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

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

EDITORIAL BOARD

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

LILLIAN ACTION COMMITTEE

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

The Happiness Project

SPREAD HOLIDAY CHEER WITH RANDOM ACTS OF KINDNESS

Christmas is a magical season for giving and for sharing. Let's make this Christmas one to remember. Let's share the true spirit of Christmas by doing random acts of kindness.

Sometimes simple acts of kindness are the best ways to spread holiday cheer. Simply saying "Happy Holidays" or offering a compliment to store clerks or waiters can easily brighten their day.

There are toy drives, food drives, and volunteer opportunities galore this time of year. Participate in them.

Donate to a toy drive. Every child should be able to open a gift at Christmas, so why not make a child's day special by donating a new toy or book to Toys for Tots. There's a Toys for Tots box at the Lillian Recreational Park that will be available until December 10.

Churches have food drives to make sure no one goes hungry during the holidays. Check with your church or Prodissee Pantry to see what they're planning. Support a charity, either with a cash gift or by volunteering.

Reach out to other people. Check in with an elderly neighbor. Many elderly people often go days without talking to a single person. So, reach out to them. Invite them to go sing Christmas carols with you at the "Merry-Oke" on December 14. Take them some

cookies and, maybe, a small gift. Acts of kindness can go a long way to brightening someone's day.

Write a note and say "thank you." When was the last time you thanked your mail carrier or trash collector for all their hard work? Why not write them a note and, maybe, include some cookies? It's a really simple thing to do, but it's certain to be very much appreciated.

Invite someone whom you know will be alone at Christmas to join you and your family's holiday celebration. The holidays can be a very lonely time for those with family far away or no family at all.

Or get some candy canes or other holiday treats and secretly leave them on a neighbor's doorstep.

Buy coffee for someone in line behind you. Help bring joy to others' lives. Bet it will make you feel happy, too!

It's so easy to become so wrapped up in ourselves at this time of year, with all the presents to buy, parties to attend, and the endless lists. But just imagine if each of us chose just one of these ideas to do, what a happy place our little corner of the world would be.

As we end this year-long series about volunteerism and the joys that it can bring, we want to thank you for following along with us. We hope you learned a little bit, were inspired to help out in the community and that you've discovered the joys of volunteering. Happy holidays, everyone!

Church of the Advent Thrift Shop to Close December 30



Church of Advent Thrift Shop will officially close on December 30, 2023. We are no longer accepting donations. We have been blessed to be part of the Lillian Community for over 20 years and we are sad to close but the time has come.

+ Through the Thrift Shop, our Church has been able to give financial gifts to the Lillian Volunteer Fire Dept, Library, and Recreational Park, Lower Alabama Search and Rescue, scholarship for kids to attend summer camp, as well as hurricane and tornado funds to various organizations.

+ We want to thank the valuable donors who have brought items to our Thrift Shop to be sold. Without you we would not have had a Shop all these years.

+ We want to thank our wonderful customers who have visited us over these years. You have brought joy to our hearts, and we hope we have brought joy to yours as well.

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Three Elberta Middle School Students Shine at 2023 Leasership STAR Event

The 2023 FCCLA National Leadership Conference (NLC) took place in Denver, CO prior to this school year, drawing more than 7,900 students, educators, and guests from across the nation.

This gathering provided a valuable platform for attendees to expand their leadership skills, sharpen their talents, explore career pathways, and listen to inspiring speakers.

At the heart of the conference were the highly anticipated Students Taking Action with Recognition (STAR) Events. Over 4,300 FCCLA members competed in these events, where they were recognized for their proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. The collaboration between youth and adults in managing the events and evaluating participants allowed students to develop real-world skills and gain valuable insights.

STAR Events play a pivotal role in supporting student development by enhancing their classroom experience and guiding them towards successful career pathways.

With more than 30 events to choose from, participants have the opportunity to demonstrate their knowledge, skills, and abilities by actively addressing important issues concerning families, careers, or communities.

By researching the topic and implementing projects to advocate for positive change, students acquire valuable skills and industry insights needed to thrive in the 21st century.

We are thrilled to share that Haley Burnett, Sadie Kitchens, and Meredith Williams (pictured above) proudly represented Elberta Middle School at the FCCLA conference in Denver. Burnett and Kitchens competed in the Nutrition and Wellness STAR Event and achieved a gold medal and placed 6th in the nation; Williams competed in the Event Management STAR Event and achieved a gold medal and placed 6th in the nation.

The students' project exemplifies their dedication, creativity, and commitment to making a positive impact on the lives of others. Their accomplishment at the national level is a testament to their hard work, teamwork, and unwavering passion.

For more information on FCCLA, please contact *Alyssa Corbitt* at akpaterson@bcbe.org



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Around Town

Holidays Bring a Trip Down Memory Lane

It's the hap happiest time of the year! Yes, December has arrived and lots of fun activities are available for the whole family in Lillian.

I'm used to being busy during the Christmas holidays. Even before we moved here, we were doing all kinds of things. We had a group that went to the Great Lakes Naval Hospital to visit the veterans of the Viet Nam War. We brought Santa and gifts to make their hospital days a little better. I don't care how old they were, when they saw Santa Claus in their room, they became little kids again. And the smiles on their faces would melt the snow sitting on the windowsills.

That same group made arrangements with the powers that be on the base to bring recruits to our town for Christmas dinner. What fun! Although we registered for the number of visitors for our home, I never knew how many would come bouncing out of the car when my husband came home from the pick-up. One year he took the four-door pick up truck and the RV. When they arrived in the driveway all the doors opened and guys popped out all over. It was like a crazy circus car. We had 10 strangers at our home that year. By the time the day was over, they were like family.

Many times we were invited to their graduation at the base. Of course, that was usually in January during the coldest time at Great Lakes. I'm sure many of you Navy veterans who are reading this remember those days. The ceremony was well worth the wind and below zero temperatures.

Fortunately, we don't have to worry about those kinds of weather events in Lillian, so you are able to take part in any or all the many fun days. The Christmas in the Park Preview Party will kick off the season on Friday, Dec. 1. It will include great food, steel drum music, live auction and raffle.

The next day will feature Christmas in the Park for the whole family. It begins with the Elf Run at 9 a.m. Children's activities begin at 3 p.m. and Santa Claus arrives at 4:15. The boys and girls will have time to visit with Santa and then ta-da! Launching of the Lights that includes the 20-foot Christmas Wonderland Tree.

The lights will dazzle all every night until Dec. 31.

Take a breather and then get ready for the annual Optimist Club of Perdido Bay Christmas Parade on Saturday, Dec. 9. The fun kicks off at 1 p.m. at US Highway 98 and Santa Piedro Street. Be sure to bring a bag to carry all the goodies that will be thrown from the many participants.

And yes, Memaw and PawPaw, you can grab as much candy as you want. It's not just for kids. Watch out for the rolls of toilet paper catapulting out of the Baldwin County Sewer Service float, though.

The following Saturday, Dec. 16, Santa and Mrs. Claus will visit with boys and girls at the annual Breakfast with Santa hosted by the Optimist Club of Perdido Bay.



Just a Thought or Two

By Sally McKinney



Cove Gardeners Support Backpack Program

Members of the Spanish Cove Garden Club recently presented a check for \$300 to the Elberta Elementary School to support the school's backpack program which provides food to needy students on weekends. Pictured are Emily Harvell, Assistant Principal, Joanne Monroe, Ellen Thompson, SCGC, Torrey Berry, Principal, and Robin Newell, SCGC.



Optimists Names Officers, Board for 2023-24

From left to right: Officers: Dan Randall, Past President and Vice President of Programs, John Larson, Vice President of Membership, Lee Hoffman, Treasurer, Vickie Loper, Secretary, Robin Newell, President Elect, Jeff Keener, AL/MS District Governor, Dodd Bouchilon, President. Board Members Kathy Keener, Garnet Eubanks, Mary Collier, Melissa Harris, Kathy Rocque, Beverly Woosley.

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## LASAR Chalks a Busy November

During November Lower Alabama Search and Rescue (LASAR) members have been very busy. Some of the activities include:

\*Rebecca Brandenburg and John Wade taught a CPR certification class

\*LASAR hosted the Alabama Rescue Squad (AARS) annual conference at The Wharf Event Center in Orange Beach

\*Jack Hammond and Ken Kameron attended a drone operating/practice drill in Tuscaloosa

\*Debbie Lindsay and John Wade won the Pumpkin Carving Contest sponsored for divers at Dive Pro

\*Several members provided support for the Mega Ball contest at Tate High School

\*Continued work on the repelling tower. LASAR members Ray Hogans and Chauncey Wood were elected to the Alabama Association of Rescue Squads (AARS) board during the conference. John Wade and Doug Goff taught the Dive Tender class and Susan Baxter taught the Snake Bites class at the conference. New members are welcome and can call Commander John Wade at (518)859-7381 for more information.



*At the state AARS conference, Susan Baxter (left) was awarded Rescuer of the Year for the Fourth Quarter.*



*Above, John Wade and Doug Goff taught the Dive Tender class at the state conference.*



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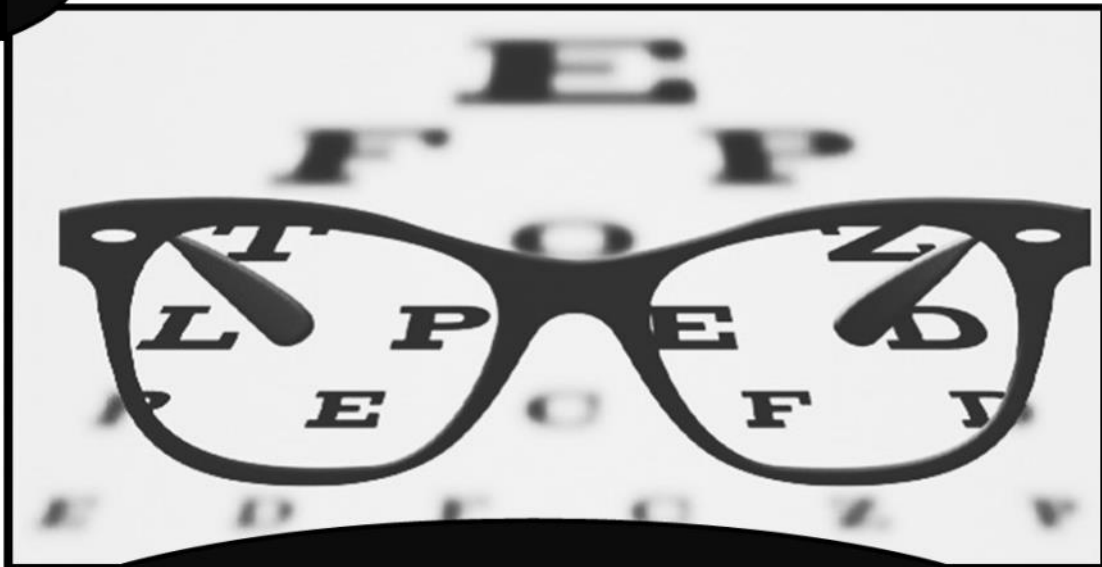


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## Community Food Drive Extended

Due to the tremendous need expressed by Ecumenical Ministries, that services our area, this year's Annual Community Food Drive sponsored by the Optimist Club of Perdido Bay is being extended through December 11.

Ecumenical Ministries are critically low in all items and are in desperate need of canned meats, soups, vegetables, fruits, grits, oatmeal, hamburger/tuna helper, mac & cheese, pancake mix, jelly, peanut butter, powdered milk, syrup, instant potatoes, brownie mix, cookie mix, Ramen noodles, etc.

Items may be placed in the marked boxes at Lillian Methodist Church located at 12770 S. Perdido Street or the front porch of the Property Owner's of Spanish Cove Office located at 2129 Club House Drive. Please help provide for this great need. Volunteers are taking items weekly because they are extremely low on items.



## Primary Care House Calls Offering Locals More Than Just Transport

Primary Care House Calls (PCHC) is a Medical House Call Practice designed to care for people with limited mobility who find it difficult to get to the doctor's office. Primary Care medicine is provided by Nurse Practitioners and Physician Assistants in collaboration with and under the supervision of a physician.

Our team of Physician Assistants and Nurse Practitioners perform physical examinations, diagnose and treat illnesses, order and interpret lab tests, perform procedures, provide patient education and counseling in the comfort of the patient's home. We also prescribe and monitor medications, order therapies, and call on many teams to help us give the best care for our patients including Home Health, Hospice, nursing, activities, dietary and others.

Our patients have consistent and preventive treatment of their multiple medical conditions rather than the piecemeal of ER visits in crisis. Homebound patients, unable to travel to the doctor's office will frequently go by ambulance to the emergency room for problems that may have been prevented if treated earlier. This is not only the most expensive medical treatment, it solves problems only for the moment. We intend to stop that cycle allowing patients to stay healthy where they live.

2744 Gulf Breeze Parkway, Gulf Breeze FL 850-934-5713. More info on page 10.



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Submit your news items, photos, meeting notes and community interest pieces to *The Lillian* by email to [lillianeditor@yahoo.com](mailto:lillianeditor@yahoo.com)

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## The Lillian

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## Lillian Masonic Lodge # 925

### 'Looking for a Few Good Men'

Meeting: 1st and 3<sup>rd</sup> Tuesday of each Month

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

Lodge Meeting at 6:30 pm

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

Joe Taylor, Worshipful Master

251-753-6225

## Send Us Your New Year Resolutions

*Curious about how others handle the prospect of committing to a New Year resolution? Readers are asked to send us their goals for 2024 to [lillianeditor@yahoo.com](mailto:lillianeditor@yahoo.com) for publication in our January issue*



## READY FOR ADOPTION NOW!

Baldwin County Animal Shelter  
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MALE  
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2 YEARS OLD  
47 LBS.  
HEARTWORM  
NEGATIVE



### BERNIE

MALE  
SHEPHERD MIX  
2 YEARS OLD  
62 LBS.  
HEARTWORM  
POSITIVE



### BUTTERSCOTCH

MALE  
HOUND MIX  
8 WEEKS OLD  
6.2 LBS.



### Caramel

Female  
Terrier Mix  
8 Weeks Old  
4.4 lbs.



### HENRY

Male Bully  
Mix 3 Years  
Old 70 lbs  
Heartworm  
Positive



### licorice

male  
terrier mix  
8 weeks old  
5.3 lbs.



### Reese's

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Hound Mix  
8 Weeks Old  
7.4 lbs.



### Trident

Male  
Catahoula Mix  
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## 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

**Sunday Worship Opportunities:**

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

**Weekly Bible Study Opportunities:**

Wed. 5:30 pm: Dinner  
Adult prayer meeting in the FLC  
Children Grades: K-5 Bible Activities  
Youth Grades 6-12 Bible Study & Activities

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

Pastor: Josh Thompson  
Worship Leader: Beverly Thompson  
Children's Director: Debbie Sweppeniser  
Youth Director/ Pianist: Erin LeAnne

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Dr. Dan Kammer

### A New Optimist

he Optimist Club of Perdido Bay welcomed new member Marilyn McDaniel at their October 28 meeting. Pictured are Dodd Bouchilon, President, Marilyn, and her sponsor Robin Newell.

## NOW OPEN IN LILLIAN

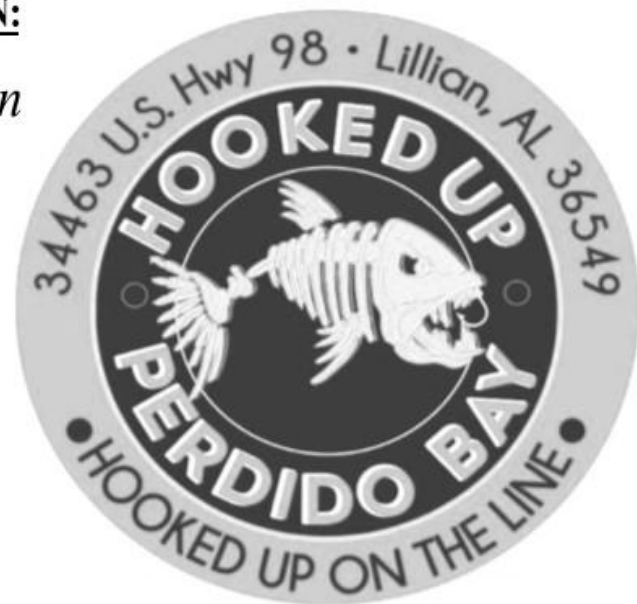
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## LILLIAN METHODIST CHURCH MEN'S CAR SHOW AWARDS

**BEST OF SHOW** - Dean Wyant. Sponsor: Vic and Linda Lakatos

**PASTOR'S CHOICE AWARD** - James Britt -1923 Model T

Awards were presented in memory of church members who passed since the 2022 Car Show. Each award was sponsored by individuals or businesses.

**TOP THREE PRE 1939** - Doug Hodo-1931 Chevy S Window, In memory of Joyce Sheldon - Sponsor M.B. "Bill" Jones Tax and Bookkeeping Service - Johnathan Prior-1931 Ford Model A Coupe - In memory of Helen Clay - Sponsor Kirk and Christine Clark - Richard Hodo - In memory of Frank Koskie - Sponsor Lillian Chevron and Mini Storage

**TOP THREE 1940-1959** - John Adkinson-1949 Chevy Style Line - In memory of Barbara Harris - Sponsor Dick and Betty Erwin - David Castle-1957 Chevy Nomad - In memory of Larry Wilson - Sponsor J.C. and Joyce Conn - Robbi Thorpe-1952 Chevy Truck - In memory of Ted French - Sponsor Doug and Donna Silsbee

**TOP THREE 1960-1973** - Rex Beach-1968 Chevy Camaro - In memory of Vi Wilson - Sponsor Andy and Rosemary Kaiser - Gary

and Becky Pennington-1969 Chevy Camaro - In memory of Ted Hall, Jr. - Sponsor Ruth Ginn and Family - David Bodenheimer-1967 Olds 442 Convertible -In memory of Ken Grounds - Sponsor Ken and Diane Robinson

**TOP THREE 1974-1989** - Mike and Darlene Immesote-1985 Chevy Iroc Camaro -In memory of Dick Martin - Sponsor Dick and Betty Erwin - Wade Doubrava-1990 Chevy Corvett -In memory of Caroline Canaday - Sponsor The Lillian Methodist Women - Buddy Vick-1978 Chevy Corvette - In memory of Pat Lewis - Sponsor Cliff and Mary Collier

**TOP THREE 1990-2005** - Lenny Leight-1994 Chevy Camaro - In memory of Jim Westgate - Sponsor Priscilla Westgate - Tom and Jennifer McCabe-2000 Corvette - In memory of Connie Harris - Sponsor Dan Harris and Family - Mark Clark-1997 Camaro - In memory of Sam McLendon - Sponsor Florence McLendon

**TOP THREE 2006-2023** - Chuck Hamrick-2018 50<sup>th</sup> Anniversary Hot Wheels Camaro - In memory of Eddie Fowler - Sponsor Amy Fowler and Hammond Green - Jeff Rosoo-2022 Dodge Challenger - In memory of Andy Wilkinson - Sponsor Sondra Wilkinson - Todd Bates-2016 Ford Mustang - In memory of Ray

Peoples - Sponsor Jerry and Francis Garner  
**SPARK PLUG TOSS AWARDS** - 1<sup>ST</sup> Place Ben Franklin - 2<sup>nd</sup> Place Chris Gehlein - 3<sup>rd</sup> Place Chris Crawford

**TOP TWO IMPORTS** - Dwyke Rushing-1952 MG TD - Sponsor United Bank, Gear Jammers Car Club and CEAS - Tom Schmitz-1957 MG MGA Convertible - Sponsor Fisherman's Corner, Gelato Joe's Italian Restaurant and David Tau Automotive Solutions

**BEST PAINT** - Jame Gentry-1963 Chevy II Nova SS - Sponsor Joe Patti Seafood

**BEST ENGINE** - Karl Gray-1980 El Camino - Sponsor Perdido Grading and Paving

**BEST MOPAR** - Rod Matthews-1967 Plymouth Barracuda - Sponsor Greer's CashSaver

**BEST INTERIOR** - Rick Tipton-1939 Ford - Sponsor Mike and Bonnie Sailor

**BEST G.M.** - John Shelters-1967 Chevy El Camino - Sponsor Ward's Motorsports, Inc.

**BEST FORD** - Mike Vargas-1956 Ford F-100 - Sponsor Hadley Termite and Pest Control

**BEST TRUCK** - Jim Reidy-1964 Chevy - Sponsor J.C. and Joyce Conn

\*\*\*

**MOST UNUSUAL** - Gary Crosby-1956 Glass Magic Playmaster Boat - Sponsor Kendall and Vick Loper.

### Kane-9 Pet Supplies & Training

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Drop your dog off one day a week for Doggy Boot Camp. When you pick them up, you get an hour session with us to learn what they learned!

# Christmas in the Park

**Saturday, December 2**  
LILLIAN RECREATIONAL PARK

9:00 Elf Run  
3:00 Children's activities begin  
4:15 Santa arrives!  
5:30 "Launching of the Lights," including the 20" Christmas Wonderland Tree

**FREE ADMISSION**  
Lights will be lit nightly through December 31.



**The Nutcracker**  
 PRESENTED BY  
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DECEMBER 8TH & 9TH  
**6PM & 2PM**

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December 8th  
 Holiday Open House  
 Food Music &  
 Meet the Artist

OPEN 7 DAYS \*\* MONDAY-SATURDAY 10-6 SUNDAY 1-5



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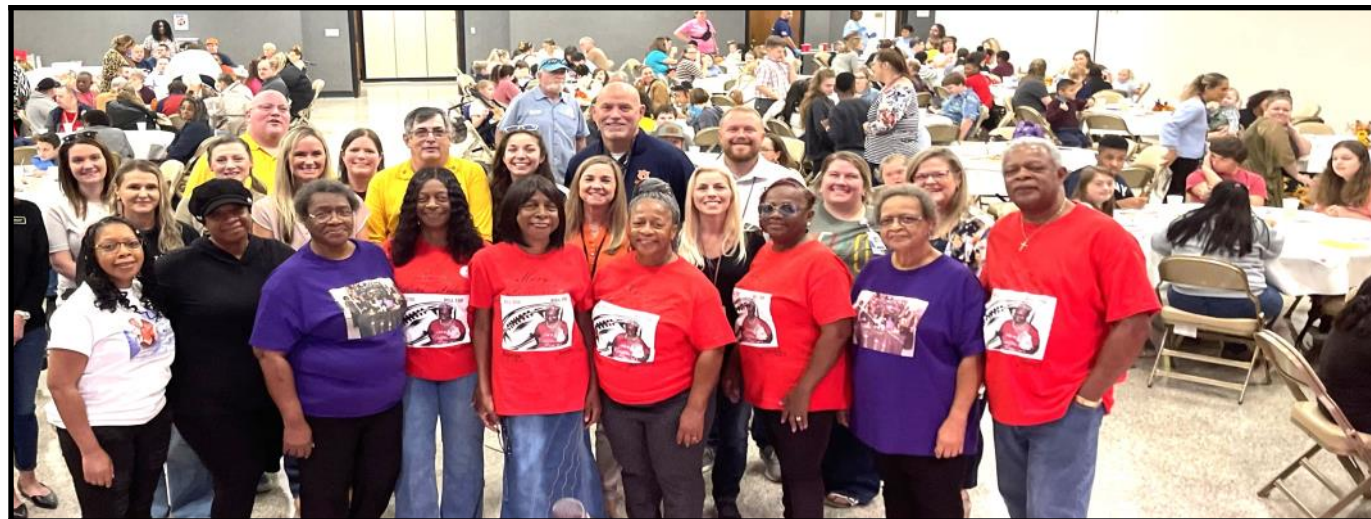
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## ARC Celebrates It's 46th Year Thanksgiving Celebration

*The 46th Annual ARC Thanksgiving was held November 17 at the Foley Civic Center. The Willie Nell Evans Family with support from the Optimist Club of Perdido Bay fed more than 255 special needs students and citizens from Elberta, Lillian, Foley, Summerdale, Robertsdale, Magnolia Springs a traditional Thanksgiving feast. The community is forever grateful for the legacy of love and service that the late Mrs Willie Nell Evans left us all and we are thankful that what she helped to start 46 years ago continues through the love and service of her family. Pictured are members of the Willie Nell Evans family, administrators from the schools present and members of the Optimist Club of Perdido Bay.*



## Optimists Host Annual 'Breakfast With Santa' at Lillian Community Club On December 16

*Members of the Optimist Club of Perdido Bay have contacted Santa and Mrs. Claus to make sure the Annual Breakfast with Santa event is on their calendar for Dec. 16. They have responded and are anxious to see the wonderful boys and girls of the Lillian area. The event begins at 9 a.m. at the Lillian Community Club, 34148 Widell Avenue, Lillian. After breakfast Santa will visit with each child, birth to 12 years of age, and present an age-appropriate gift. For more information call or text 251-234-1122 or visit [www.OptimisClubPB.org](http://www.OptimisClubPB.org). The Sutton family are pictured with Santa and Mrs. Claus.*



## Episcopal Church of the Advent SUNDAY SERVICE AT 10 AM



**Healing Service every third Wednesday  
at noon — All are welcome!**

**12999 County Road 99, Lillian, AL**

(1.5 miles south of Hwy 98)

*Please join us for our worship and healing services.*

**The Rev. Tina Lockett, Vicar**

251-961-2505

[churchoffice@adventlillian.org](mailto:churchoffice@adventlillian.org)

[www.AdventLillian.org](http://www.AdventLillian.org)

### HOLIDAY SCHEDULE



**Dec 24, Christmas  
Eve Sunday  
Worship at 10 a.m.  
and at 4:30 p.m.**

## Library Gears for Parade, New Year

I do hope everyone had a great Thanksgiving and ate their fill of turkey!

As usual, things are busy this month for our small town of Lillian. The Lillian Perdido Bay Library will be represented with people in two convertible sports cars in our Lillian Parade on Saturday, December 9 at 1 p.m.

We have another display in the library, set up for our 30th Anniversary celebration in October. An American commercial and wildlife artist, Robert C. Knutson, donated several of his artwork to the library several years ago. His art is circulated around our library, and we have unframed prints for sale at different, reduced prices, because of our Celebration. The prints are artwork of four different Ducks, a Bald Eagle, and a Blue Heron. Robert C. Knutson entered his work into the Alabama Waterfowl Stamp contest where it was selected as stamp artwork in 1987, 1994 and 1998. He brought his artwork to the Lillian Perdido Bay Library to better his chosen community. Yes, he did live in Lillian for several years. This display is open to everyone.

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

On our shelves we have hardback books, large print books, short story books, classics, biographies, non-fiction on all subjects, new books, music CDs, audio CDs, DVDs, a room full of Western books and literature, travel information, Alabama information, large map display of Baldwin County and a Childrens book section.

We also have hardback books for \$1 and paperbacks for \$.50.

We do accept donations of books, DVDs, and audio CDs, not any older than five years, so we can process them for our patrons. The library also has a computer room with five computers and 2 printers for public use, for a small donation. There is a large printer/copy/scan/fax machine for public use that the volunteer will help you use.



Lillian Perdido  
Bay Library  
Corner  
By Betty Bovat

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## Land Density, Lillian Farmers' Market Issues on County Table

**CALL TO ACTION!** Local Ordinances Text Amendments TA-23001 for Lillian and Unincorporated Elberta.

The public hearing for the local ordinances text amendments matter is **December 5, 2023, 322 Courthouse Square, Bay Minette, AL 36507, at 10 a.m.**

**Important** The main issue included in these text amendments is to create a minimum lot size category **RSF-1.5, 2 homes per acre** or 0.5 acres per home, *rather than the current RSF-2 category, 2.9 homes per acre.* This should not be controversial. The Planning and Zoning staff indicates the feeling that reducing RSF-2 to RSF-1.5 is too restrictive outside of the activity nodes. ***Either RSF-2 is RURAL or it is NOT.*** Most area residents feel it is **NOT RURAL** and 289 registered voters resoundingly expressed their desire to **keep the rural character of these districts**, Planning Districts 22, 29 and 33. Some landowners with significant acreage are claiming they were not aware of our amendments until a few days prior to the final vote on October 17<sup>th</sup> Commissioners' Meeting, therefore deferring the matter to December 5<sup>th</sup>, 2023. Please call your commissioners and/or email [planning@baldwincountyal.gov](mailto:planning@baldwincountyal.gov) to express your opinion in favor or opposition of RSF 1.5 outside of activity nodes.

***Your presence is needed at the meeting if possible!*** Please sign the speaker form designating **Tracey Gambill as community spokesperson** so that I may give a 5-minute presentation. Commissioners: Gruber 251-943-5061 Ext. 2801, Underwood 251-972-8515 Ext. 8515, McKenzie 251-990-4620 Ext. 4620, Ball 251-937-0330 Ext. 2330

***Z23-37 Nogueira Property, Rezoning Request from RSF-E (Residential Estate) to RA (Rural Agriculture), 6.1 acres (Lillian)*** Heard November 2, 2023 by the Baldwin County Planning and Zoning Commission with recommendation for approval to the Baldwin County Commissioners in approximately six weeks. Proposed farmers market to sell pick-your-own blueberries and plants, sunflowers and plants, zinnias and plants, honey, fresh eggs and assorted seasonal vegetables. Several residents spoke in favor of the farmers market as did several in opposition mainly due to traffic concerns and loss of privacy. Director Brown of Planning and Zoning says that this will have to come back before the Planning and Zoning Commission for a hearing for a farmers' market, or any other type of business, if the rezoning gets final approval and that an entrance/exit on Barclay would most likely be the preferred choice over Kee Avenue or 7<sup>th</sup> Street. Email [planning@baldwincountyal.gov](mailto:planning@baldwincountyal.gov) with your opinion.

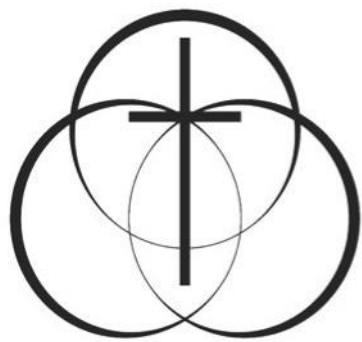
***ALDOT*** No update on timeframe for traffic light at Highway 98 and County Road 91; ***FLOODING ISSUES*** ongoing examination; ***COMMITTEE OF LOCAL CITIZENS Formed*** Please submit your number one concern to the email below. The current plan is to meet monthly beginning in January 2024. Appreciation to these volunteers is warranted.

***NATURAL WONDERS:*** What advice would you give yourself to make a fresh start or find a new way of doing things? 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 to my email at [Ruralcharacterlillian@gmail.com](mailto:Ruralcharacterlillian@gmail.com)



**Keeping it  
Country**

By Tracey Gambill  
Gambill



# LILLIAN METHODIST CHURCH

12770 South Perdido Street  
Lillian, AL 36549  
(251) 962-4336

“A Global Methodist  
Congregation”

[www.LillianMC.org](http://www.LillianMC.org) [office@LillianMC.org](mailto:office@LillianMC.org)

**PASTOR: Rev. Daniel W. Randall**

**JOIN US WEEKLY FOR:**

**Sunday Worship at 8:00 & 10:00 AM**

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

**Sunday School for All Ages at 9:00 AM**

**Online Worship: [www.LillianMC.org](http://www.LillianMC.org)**

(Click on the Worship or Bible Studies tab to view.)



## CHRISTMAS 2023 SCHEDULE

**Christmas Musical December 10  
8:00 & 10:00 AM in the Sanctuary**

**One Morning Worship at 9:00 AM  
Christmas Eve December 24  
& New Years Eve December 31  
No Sunday School or Childcare**

**Christmas Eve Candle Light Communion  
Service December 24 at 4:00 PM**

**MERRY CHRISTMAS!**

 **REACHING OUT WITH GOD'S LOVE SINCE 1980**

## What We All Really Need This Christmas



### The Methodist Message

By Rev. Daniel Randall

We need a Savior, and a Savior has been given! The name "Jesus" means literally "The Lord is Salvation," or Yahweh Saves, or Savior.

Jesus came at Christmas to do for us what we cannot do for ourselves. He came to save us from our sins. This is what God did for us on that first Christmas.

He sent us His heart! He sent His only Son into the world to save us, to redeem us and to turn our lives around. He sent us His heart to show us how much He loves us and to show us how He wants us to love one another.

God sent His only Son into the world to be our Savior. Outside of the Bible, the most famous Christmas story ever written is "A Christmas Carol" by Charles Dickens. It is a story about a gruff, miserly character named Ebenezer Scrooge. We probably also recall that there is a little crippled boy in the story named Tiny Tim Cratchit who is most always happy and who is always saying, "God bless us, everyone."

A Christmas Carol is a conversion story..., and oh my, did Scrooge ever need converting! I mean he was a despicable character, a selfish, arrogant, greedy, hard-hearted, mean-spirited, uncaring, unsympathetic, un-Christian tightwad. His now famous response to Christmas, "Bah! Humbug!" has become the sad symbol of such a disillusioned spirit.

As the story unfolds, Ebenezer Scrooge is visited one night by ghosts that made him see himself as he was. The visits of the ghosts and the Christ-like unconditional love of the Cratchit family, who keep on loving him even though he has treated them horribly, work to convert Ebenezer Scrooge.

And now with a second chance, he changes completely! Why are we so fascinated with this story? It's not just that it's a well-written classic piece of literature. There is something more here. You see, the truth is, this is our story. Deep down inside, deeper than some of us even realize, we all relate to Ebenezer Scrooge!

We all need to face up to ourselves. We all need to be converted from selfishness to love or to put it more dramatically, we all need a Savior!

This is the good news we celebrate at Christmas. Two thousand years ago, God looked down and saw the sick, disillusioned Scrooge-like spirit of the world, and He knew that would not work, so He sent His Son to save us, change us and show us a better way.

Christ came to change us from greedy, selfish, disillusioned people into generous, loving, gracious servant people. Jesus saves us from disillusionment, He Saves us from sin and hopelessness.

He saves us from fear of death. Some years ago, Harry Belafonte recorded a Christmas carol that says it all. It has these words: "A long time ago in Bethlehem, the Holy Bible says, Mary's boy-child Jesus Christ was born on Christmas Day. Hark now, hear the angels sing. A new king was born today, and we shall live forevermore, Because of Christmas Day." I pray that everyone reading this has a saving relationship with Jesus Christ.

It was for this very reason that He came into this world, to save us from sin and to everlasting life!

## Here Is the Best Piece of Advice: Don't Leave Your IRA to the IRS

If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it would likely end up in your estate plan.

If you leave your IRA to grown children or other family members, could they be hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals.

But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to withdraw the entire balance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are

also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for certain non-spouse beneficiaries.

Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty waiver for 2023.

Although these rulings give beneficiaries — those not eligible for the

exemptions listed above — more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect your heirs, consider these suggestions:

- *Using permanent life insurance.* A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

- *Leaving taxable investment accounts to your heirs.* Apart from your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This means your heirs will essentially inherit all the gains your investments earned by the time of your passing —



**Financial Focus**  
By Jason Kozon  
of Edward Jones

but they won't be taxed on these gains if they sell the assets immediately.

This type of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and financial advisors before making any moves.

And, as with many areas relating to inheritances, the sooner you start planning, the better.

\*\*\*

For questions, please contact Jason Kozon of Edward Jones located at 22394 Mifflin Road in Foley, 251-943-3399.



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## Optimist Gov. Jeff Keener Announces New Leadership at Opening Ceremony

The Governor of the Alabama Mississippi Optimist District #29, Jeff Keener, a Lillian Resident, from the Optimist Club of Perdido Bay announced the incoming leadership for the District and local clubs within the State of Alabama and Mississippi in a ceremony opening the 2023-24 Optimist year.

### Optimist Club of Perdido Bay

By Jeff Keener

The Optimist International structure starts with the local Club. The Club consists of members who elect their local leadership in April and May. The transition of leadership occurs on October 1 each year. This normally consists of a Club President, Secretary, Treasurer, the Club Foundation Representative to the Optimist International Foundation and its Board of Directors.

The President of the local Optimist Club of Perdido Bay is Dodd Bouchillon. He is serving in his second year of a two-year term. Robin Newell is the President – Elect of the local club and her term as President of the Optimist Club of Perdido Bay will start on October 1, 2024 and run for two-years.

The OCPB has two Vice Presidents, one to serve in charge of membership (John Larson) and one to serve over programming (Daniel Randall). The Secretary is Vicki Loper, while Lee Hoffman is Treasurer. The Club Foundation Representative is John Maye. Kat Keener, Mary Collier and Garnett Eubanks were elected for two-year terms, while Melissa Harris, Karen Rocque and Beverly Woosley are fulfilling their second year of their two-year term on the Board.

Governor Keener was elected Governor Elect in August of 2022 and served in that position for one - year. He officially took office October 1, 2023. His role during that year was to recruit and train the District team. One of the key positions to the Optimist structure is the selection of the Lt. Governor, who serves as the administrative officer for their Zone. Multiple clubs (three or more) are grouped together to make up a Zone. The AL – MS District has ten zones.

The list of Lt. Governors are as follows: Michael Holt (Zone 1 Birmingham area); Pam Marks (Zone 2 Athens & Northern AL); Dennis Andersen (Zone 3 Huntsville area); Rose Jackson (Zone 4 Montgomery & Central AL); Ernie Rogers (Zone 5 Mobile, AL); Dodd Bouchillon (Zone 6 Baldwin County, AL); Zone 7 is open; Mary Harris (Zone 8 Jackson MS & area); Pam Black (Zone 9 Central MS) and Judy Richardson (Zone 10 Northern MS).

Over the course of the year, the local Optimist Clubs offer a number of Optimist International Scholarship programs. These include the Essay, (\$2,500), Oratorical, (District \$5,000 – International \$22,500), CCDHH (Hard of Hearing \$2,500) and the Junior Golf Program. (\$700 per qualifier at District level – 30 plus scholarships awarded at the Junior Golf International Championship at Doral.

Most clubs, including the local Perdido Bay Club, also offer individual scholarships for graduating seniors. The local club awards a scholarship to a vocational student and multiple scholarships to children of law enforcement officers and deserving students from Elberta High School and the area. For more information on becoming a member of the local Optimist Club, please feel free to reach out to Club President Dodd Bouchillon at 256-280-6346 or email president.ocpb@gmail.com.

## Be Healthy During the Holidays

The holidays are fast approaching and it's during the next few months people tend to slack off on their regular exercise routine. Traveling, family gatherings and cold weather brings inconsistency on how we eat and workout.



### Health Corner

By Donna  
Chetta, RN

So how do you stay on track and maintain a regular workout plan? First thing to do is to think about what happens when you don't exercise and how that makes you feel. Dr. Dean Ornish, the pioneer of lifestyle medicine and his wife wrote a book *UnDo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases* "the combination of both sitting more than six hours a day and being less physically active was associated with a 94-percent increase in all causes of premature death rates in women and 48 percent increase in men compared with those who report sitting less than three hours a day and being most active." The main point is that moving more is good for your health.

The next thing is to assess your current exercise plan and determine what changes you need to make to ensure you are including cardiorespiratory, strength and flexibility training. Aim for 30-45 minutes a day of some type of cardiorespiratory activity. Even if you break your cardiorespiratory exercise training into bouts of 10 minutes, 3 times a day you are still getting heart health benefits. A great way to get the benefits of strength training and cardiorespiratory training is doing compound exercises. Compound exercises are exercises that work multiple muscle groups at the same time. For example, a squat is a compound exercise that works the quadriceps, glutes, and calves. You can also do compound exercises that combine two exercises into one move to target even more muscles. For example, a lunge with a bicep curl. Compound exercises save you time and burns lots of calories. All you need is 20-25 minutes for a full-body workout. Strength training should be performed at a minimum of 2-3 times a week. What if you don't have weights or aren't able to get to the gym? Body-weight workouts are the simplest form of exercise-no equipment needed. Using only your weight to get fit can shape your best body and boost your confidence. Focusing on a minimum of four basic body-weight exercises-squats, lunges, push-ups, and planks will improve your muscle endurance if you perform them correctly and consistently.

Develop a plan to challenge yourself and do more each time you perform the exercises. Resistance bands are also a great tool for building muscle endurance and adding fun to your workout. They can easily be packed and used anywhere.

Flexibility exercises are also important to incorporate into your exercise routine to help with mobility and relaxation. The main take away when it comes to improving flexibility is that you want to focus on static stretching which is holding a stretch for 30-60 seconds. Look for ways to stretch the entire body in a slow progressive manner. Stretching on rest and recovery days are ideal for focusing on relaxing the mind and body. Also, remember it is equally important to add time for rest and recovery. Happy Fall!

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

Talk to your doctor before starting any new diet or exercise program. If you would like to receive free tips on health and wellness, email me at [wellnessd@wellnessdimensions-c.com](mailto:wellnessd@wellnessdimensions-c.com).

\*\*\*

Ornish, D., & Ornish, A. (2022). *Undo it!: How simple lifestyle changes can reverse most chronic diseases*. Ballantine Books.

Submit your news items, photos, and community interest pieces to *The Lillian* by email to [lillianeditor@yahoo.com](mailto:lillianeditor@yahoo.com)

## Lillian Volunteers Pass Budget, Slate 'Santa Run' December 16

The Lillian Volunteer Fire Department responded to 75 calls dispatched by the 911 operators in October: 46 Medical Assistance; 2 Public Assists; 4 Motor Vehicle Accidents/Clean up; 3 Brush Fire; 1 Structure Fire; 11 Cancelled en route; 4 False Alarm/Miscellaneous and 4 Aircraft standby.

During the monthly LVFD membership board meeting, we discussed the budget for FY 2023/24, and the board came to a unanimous decision to pass the budget. The largest item on the budget was the down payment of \$300k for the new engine. Although the engine was ordered in FY 2022/23, due to supply chain issues, we had to move the purchase to this fiscal year.

A reminder that the LVFD Christmas 'Santa Run' will be held December 16 from 8am to approximately 11 a.m. Please come out to see Santa and get some goodies. You will hear us coming so don't worry about staying out in the cold for too long. In addition to the Santa Run, The Lillian Parade will be held December 9. Looking forward to seeing everyone!

Lillian Volunteer Fire Department would like to give a shout out to three of our volunteers. First, congratulations to our former junior firefighter Bethany Dewhurst, who is now a fully certified firefighter. Second, one of our newer firefighters, Art Vargas ran nearly 50 percent of all the calls in October. That's some dedication! And last but not least, a big congratulations to Lt. Nick Dosh and his wife Gabby for the new addition to their family: Waylon Scott Dosh was born on 10/28/23, weight 7lbs, 8oz and he is absolutely gorgeous. Congratulations guys!

As most of you are now aware the annual solicitation letters have been sent out. So far we have had a fantastic response. Again, I would like to remind you



### Lillian Volunteer Fire Department

By Goretta Lysek

that we are provided the addresses from Baldwin 911. Unfortunately, some of the addresses may not be accurate for various reasons.

However, the envelopes will read the name provided and 'or Current Resident'.

In the situation that you don't receive a letter, we will provide a mailing form each month through the Lillian Paper, as provided below, or you can go on line to 'Lillian Fire Rescue' and make a payment on line.

The amount requested will be the same as previous years: Residents \$75 and Businesses \$150. All your contributions are tax deductible and greatly appreciated. These donations go toward the acquisition of medical equipment, fuel and the upkeep of the stations. Last year we hit an all time record and we want to sincerely thank each of you for your generous donations. These donations are tax deductible.

### Membership Registration Form 2023-2024

Please Print

Name \_\_\_\_\_

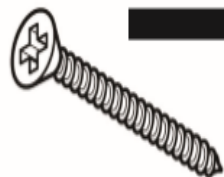
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## CHIT CHAT

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 belated birthday (Nov. 26) to Homer McNeill II.

Happy birthday wishes in December go out to: Nancy Nagan, Shannon Price, Juanita Hubacker, Stan Everett,

Lois Price, Dan Randall, Laurel Hixson, Sue Eldred, Gary Birschard, Ernest Hasselback, Charles Farrow, Dennis Roach, John Morton, David Brown, Lois Russell, Dorothy Jones, Marcy Carmichael, Joanne Kish, Eleanor Stewart, Ken Miller, Carole Hayden, Don Joffrion, Stephen Stork, Bill Krueger, Cheryl Hoffman, Bob Johnson, Lois Lindt, Jackie Reid,

Priscilla Westgate, Bob Donnenwirth, and Richard Libby.

Celebrating wedding anniversaries in December are Catherine and Homer McNeill II (2003), Bruce and Nelda Clements, Al and Stella Hart (1975), Billy and Pat Bonner (1992), Richard and Carolyn Libby (2018), Catherine, Homer McNeill II (2003) and Robyn and David Monaghan

(2003).

\*\*\*

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.

The deadline for the December issue of The Lillian is November 22.

## Red Hat Ladies Give Shrimp Box a Try



*The Perdido Grande Dames Red Hat ladies had a delicious lunch at the new Shrimp Box in Elberta in November. Our hostess was Waynette Brown. We sent Get Well cards to several of our members who are sick. We decided to give \$100 to each of these charities: Lillian Volunteer Fire Department, Lillian Library, Lillian Recreation Park, and Mary's Shelter. Our members will continue to do volunteer work at Episcopal Thrift Store and we will continue to collect Greer's receipts for the Elberta Elementary School. Our Christmas gathering will be at Jade Chinese Garden in Foley on December 12 at 11:00 AM. If you would like information about joining our group please call Judy Wargo at 586-383-1206.*

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## MISCELLANEOUS

**Wanted** - Looking for community residents that see the positive side of things, expect things to turn out well and believe they have the skill and ability to make good things happen. Must be able to work with others. Contact robinnewell3@gmail.com.

## SERVICES

**PET SITTER** Dependable, responsible and loves all animals. Years of experience. Will provide pet references upon request. Call Susan at 850-281-5557 or 251-962-3523. I look forward to loving and taking care of your pets.

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### DOG TRAINING/HOUSE PET SITTING:

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**ROOF REPAIRS** Tree limb removal. Close to Lillian Bridge call 850-434-7896 or 850-418-7163,

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## HELP WANTED

**HELP WANTED** - Bayside Baptist Church (across from the Chevron station, Hwy 98) is in search of a Music Director/Song Leader. Call 251-978-8586 for information, or send resume to: Bayside Baptist Church, P.O. Box 533, Lillian, AL 36549..

**HELP WANTED** -Bayside Baptist Church (across from Chevron station, Hwy 98) is in search of a Pianist. Call 251-978-8586 for information, or send resume to: Bayside Baptist Church, P.O. Box 533, Lillian, AL 36549.

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The Lillian

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## Baldwin Vial of Life Free Program Could Help Make Complex Medical Issues Available to First Responders

Baldwin County Council on Aging offers Vial of Life Program During medical emergencies it can be difficult to answer all of the questions that first responders may be asking.

The Baldwin County Council on Aging offers a FREE service called the Vial of Life Program that may be particularly helpful for those with a complex medical history.

Through the Vial of Life program, first responders will have all critical and essential information at their fingertips. A red Vial of Life decal is placed on the front door of the residence making it visible to first responders. A second Vial of Life decal is placed on a Ziploc bag, containing complete medical information. The bag is then placed on the refrigerator door for easy access and viewing. Information First Responders need to know:

- What is your name?
- What medications are you currently taking?
- What illnesses do you have?
- Who is your emergency contact?
- What is your normal blood pressure?
- Are you wearing any hearing or seeing devices?
- Additionally, hospital staff will need information related to insurance coverage.

The Council on Aging is available to assist with filling out the medical form and will provide the two Vial of Life decals and Ziploc bag.

For more information, or to schedule a presentation for a group or organization about the Vial of Life Program please call the Baldwin County Council on Aging at 251-972-8506.

## DEATH NOTICE

**HELEN KIRKENDALL**

2116 Clubhouse Drive

passed away

Saturday, Nov. 11

### Blue Sky Trading Company Facilitates Fundraising for Lillian Recreational Park



*A big thank you to Blue Sky Trading Company for helping raise \$928.48 for The Lillian Recreational Park. We appreciate the support from Lillian and the Spanish Cove community for making the check presentation at the annual Holiday Market in the Park. Pictured (left to right) are board member Juanita Dodd, Wanda and Joe Wilson of Blue Sky Trading Company and board member and market coordinator Nickie Robson.*

### The Lillian Calendar



December 5, 12, 19 & 26- ALANON meets every Tuesday at 7:00 PM, Lillian Methodist Church located at 12770 S. Perdido Street, Lillian, AL 36549

December 5, 12, 19 at 1:00 PM & December 7, 14, 21 at 10:00 AM - 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)

December 9 at 1:00 PM- Annual Lillian Christmas Parade sponsored by the Optimist Club of Perdido Bay.

December 10 at 8:00 & 10:00 AM - Christmas Musical at Lillian Methodist Church located at 12770 S. Perdido Street, Lillian, AL 36549

December 16 at 9:00 AM - Breakfast with Santa at the Lillian Community Club, sponsored by the Optimist Club of Perdido Bay. All children from Newborn - 12 years old will receive a gift from Santa.

December 24 at 4:00 PM - Community Christmas Eve Candlelight Communion Service, Lillian Methodist Church located at 12770 S. Perdido Street, Lillian, AL 36549

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**Friday**

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## Entertainment, Travelers & Tourist Visitors Guide



### Church Leaders Host Community Thanksgiving

The Optimist Club of Perdido held its Annual Community Thanksgiving Service on November 12 at this year's host church St. Joseph Catholic Church of Lillian, AL. Participants enjoyed a great worship lead by the St. Joseph Choir and Filipino Charismatic Community Choir. This year's participating clergy are pictured from left to right: Rev. Daniel W Randall, Lillian Methodist Church; Rev. Rick Long, The Gathering Church; Rev. Bryan Mack, New Mt. Marriah Baptist Church; Father Alwin Legaspi, St. Joseph Catholic Church; Rev. Tina Locket, Episcopal Church of the Advent; Dodd Bouchillon, President of the Optimist Club of Perdido Bay; Rev. Dean Conkel, Lillian Fellowship Church and Rev. Greg Brown, Bay-side Baptist Church. Father Alwin Legaspi of St. Joseph Catholic Church shared a meaningful message about returning to Jesus to give thanks for all He has done for us based on the 10 lepers that were healed and only one returned to give thanks. A wonderful fellowship followed with refreshments provided by the members of the St. Joseph Catholic Church. We look forward to next year's gathering. To learn more about all the wonderful events and programs provided by the Optimist Club of Perdido check out the Optimist website at [www.OptimistClubPB.org](http://www.OptimistClubPB.org).



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# December Fun

## LILLIAN RECREATIONAL PARK



### Christmas in the Park

Opens December 2

9:00 - Elf Run

3:00 - Activities Begin

4:15 - Santa Arrives

5:30 - Lighting of the Lights

Trees will be lit nightly thru December 31.

### Christmas in the Park Preview Party

#### A Coastal Christmas

Friday, December 1

5 pm to 9 pm

Great Food - Steel Drum Music - Live Auction



collection box available at the Park

Lillian Recreational Park - 33914 Widell, Lillian  
[www.LillianRecreationalPark.org](http://www.LillianRecreationalPark.org) (251) 962-2129

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## Entertainment, Travelers & Tourist Visitors Guide



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**SUN. 12-5 p.m. - CLOSED MON-**

## Christmas is a Time of Kindness



### Bits and Pieces

By Jackie Reid

One day I was ready to pull onto Perdido Street and actually had to wait for eight cars to pass by going toward 99 traffic on a little side street in Lillian.

I remember when that street didn't go through to 98.

Is our cozy Lillian losing everything that makes it special? I'm afraid it is but I sure hope not.

**Alcohol and drug abuse** destroys every organ in the body. The first sign that we notice is usually the skin. It loses its elasticity and healthy coloring along with the eruption of sores.

After watching the results of several autopsies on TV of individuals who died of alcoholism or drug addiction was eye-opening to see the effects it had on the arteries and all of the organs, starting from the brain down through the intestines.

If tweens and teens were shown what the heart, liver, pancreas, brain and lungs etc. of a healthy person look like and what they look like in the substance user would the lesson have a positive outcome?

Would the realization of knowing the corpse was only in its 20s be shocking enough to keep them from experimenting in the first place? After they start using, it most likely is too late.

Many drugs, and this includes street marijuana, may be laced with fentanyl or other dangerous substances. So, your first time could also be your last time. Drugs can cause your heart to beat too fast causing that much vital organ to stop under the stress. It doesn't matter how old you are.

**When I was six** and seven-years-old there was only one other girl of my age in the neighborhood and all she wanted to do was stay indoors and play with dolls.

I played with my dolls when the weather was bad and I couldn't be outside where I most wanted to be. The boys had more fun racing their bikes, climbing trees, and playing kick-the-can among other great things. They were the kids I hung around with out in the fresh air.

Today in some areas of this country, there are those who would say that I was actually a male trapped in a female body and would suggest that my sexuality be altered.

The worst part is that there are some parents who submit to this atrocity. They mistakenly think that these people in authority are experts and should know. Credentials doesn't mean that they aren't crazy and deranged. Just saying.

**The facts are out** but is anyone paying attention? The cities that decided to defund their police and treat them badly by allowing and ignoring the violence and murders of these first responders are now the cities that have the most crime and murders in this country. Oh, wow, what a surprise.

People who don't want the police are the criminals or disillusioned, brain-washed or braindead nuts who think the bad guys are just misunderstood. Good grief.

**Tis the season.** I blinked somewhere in May and here we are entering the Christmas Season. No matter what holiday you celebrate in December, it's a good time because they bring families together.

We also have to think of others and not just ourselves when we think about our family and friends and wanting to pick out the perfect gift. It's a hectic season but it is also a loving one. Merry Christmas!



## Elberta's FCCLA Fundraising Effort Nets Benefits for Studer Family Children's Hospital

*Elberta Middle School's chapter of Family, Career, and Community Leaders of America (FCCLA) raised funds to send to the Studer Family Children's Hospital. They raised \$250, by selling lemonade at the volleyball game and selling childhood cancer ribbons before school and at the volleyball game. The school had 25 FCCLA members helping out at volleyball to raise funds for this amazing cause.*

### 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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## Entertainment, Travelers & Tourist Visitors Guide

### Ageless Grace Comes to Lillian; Put Your Brain on This Fitness Program

Ageless Grace is based on the science of Neuroplasticity. The ability of the brain and central nervous system to change form and function, specifically when stimulated with physical movement. It was founded 14 years ago by Denise Medvid of North Carolina.

Ageless Grace is a Brain Fitness program. It is based on the principle of Neuroplasticity. It addresses 21 physical activities for daily living and five areas of the brain: Strategic, Memory/ Recall, Analytical, Creativity/Imagination and Kinesthetic Learning.

Here are a few of the exercises and their primary benefits:

1. Juicy Joints - Joint mobility, ligament flexibility, circulation
2. Spelling "B" - Cognitive function, kinesthetic learning, range of motion
3. Front Row Orchestra - Spinal flexibility, right-left brain coordination, eye-hand coordination
4. Body Math - Ability to respond, react, recover, cognitive function, agility
5. Rockin Rockettes - Hip flexors, lower body

function, thigh strength

6. Grab Bag - Dexterity in the hands, fingers and wrists.

All of these are done while seated in a chair, which makes it available for anyone to participate.

After seeing her mother suffer with Alzheimer's, Denise was inspired to find a way to help aging adults engage their bodies and brains. She spent seven years working with scientists from Duke University and what emerged was a program of 21 specific aging factors such as joint mobility, spinal flexibility, balance and the five areas of the brain, as mentioned above.

Ageless Grace fitness activities are largely spontaneous, set to music, and all accomplished while sitting in chairs for stability and wider range of motion. The music and movements are paired to focus on neural pathways created in childhood. The idea is to reopen old ones and create new ones through movements made up on the spot by participants. This is not a strict follow the instructor program.

"I want them to go off on their own and use their creativity and imagination and make up their own

moves," according to Sharyon Miller, Certified Educator in Pensacola and Lillian. One of my students, Marie says "she loves the fitness class and the music is awesome and She has a great time being creative and knows it has been so helpful for her cognitive function and physical self." She has been a participant for seven years.

The classes empowers a person to choose their movements. It lets them be creative and involved. The music engages memory and rhythm. Sharyon tells her students to feel free to act silly, laugh out loud and let yourself go.

Ageless Grace is taught in 50 states, 30 countries with 3600 educators certified to teach. Ageless Grace has also met the criteria provided by the United States Department of Health as an evidence based health program.

Sharyon teaches classes at Gullpoint Resource Center, in Pensacola and United Methodist Church in Lillian, Al. She teaches classes for Parkinson's patients and at the Retreat in Pensacola. She has been a Certified Educator for seven plus years and is also a Laughing Yoga Coach.

DECEMBER 2023

## LILLIAN COMMUNITY CLUB

34148 WIDELL AVE., LILLIAN, AL 36549

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

**LOUNGE HOURS:**

SUNDAY-THURSDAY 11:00 A.M. TO 10:00 P.M. (CLOSED CHRISTMAS DAY)

FRIDAY & SATURDAY 11:00 A.M. TO 11:00 P.M.

\$2.50 BLOODY MARY'S SUNDAYS 11:00 A.M. TO 3:00 P.M.



**BANDS**



Friday, December 1st - Jeri Band

Sunday, December 3rd - Jimmy Smith

Friday, December 8th - Lipstick & Lead

Friday, December 15th - Big Jake/Karaoke

Friday, December 22nd - Gary Story & Bad Habit

Friday, December 29th - Knee Deep



**Annual Lillian Christmas Parade sponsored by Optimist Club of Perdido Bay - December 9th**



**CIVIC & LEGISLATION MEETING: MONDAY, DECEMBER 11TH - 8:30AM**

**GENERAL MEMBERSHIP MEETING: THURSDAY, DECEMBER 14TH - 7:00 P.M.**

**NEW MEMBER MEETING: SUNDAY, DECEMBER 17TH - 3:00 P.M.**

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**Bartenders Christmas Party**  
Thursday, December 7th, 6:30 pm



**Member Appreciation Christmas Dinner**  
Friday, December 15th | 5-6 pm in the Hall  
Ham & Turkey provided.  
Members bring the trimmings.

*New Year's Eve Celebration*

Sunday | December 31st | 7:00 pm  
\$25 per person | Tickets available at the bar

**Gary Story & Bad Habit**

8 pm - 1 am (In the Hall)

Heavy Hors d'oeuvres

Champagne Toast at Midnight

Breakfast served following Champagne Toast



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Entertainment, Travelers & Tourist Visitors Guide

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