July 1, 2019

Warm Weather Fun Continues at Park

Summer is really upon us! The garden volunteers have suspended their work in the park until October when they will resume working on the first and third Tuesdays of each month.

As a thank you for their efforts, members of the park board treated them to a luncheon in the conference room on June 4. Not everyone who helped was able to attend, so next year we plan to hold a thank-you luncheon earlier in the spring.

The movie for Friday, July 5, will be Captain Marvel. There will be a super hero contest and prizes will be awarded for best costume in several age groups: under 6, ages 6-12, over 12 and adult (over 18).

Music and fun begin at 6 p.m. with the costume contest at 7:30 p.m. The film starts at dusk and admission is free. There will be a photographer on hand, so let's make this a memorable occasion. In case of rain, the event will be held the following Friday. We are grateful to all the sponsors who have made it possible for the park to put on these monthly movie events.

Market in the Park continues to be held throughout the summer. The July market will be on Saturday, July 20, from 8 a.m. to noon. Vendors contact Monica may at leonardMO2@outlook.com. There is a \$5 charge to reserve a space.

We are planning a special event when the Alabama heritage markers and the timeline pavers are placed in the Alabama Garden (the triangular garden close to the Mike Russell building).

We were fortunate to receive funds through the Alabama **Bicentennial Commission to finance** the markers and pavers. Up-to-date details on when this event will take place will be posted on our website at lillianrecreationalpark.org and also on our Facebook page.

American Tennis Courts, Inc. has finally been available to refinish the surface of the basketball/pickleball court. This resurfacing provides a level, crack-free green textured surface for the safe play of all players. They have laid down all the court lines for basketball play in one color and pickleball play in a different color. Because pickleball courts are smaller than tennis courts, we were able to have three pickleball courts marked off within the much larger basketball court.

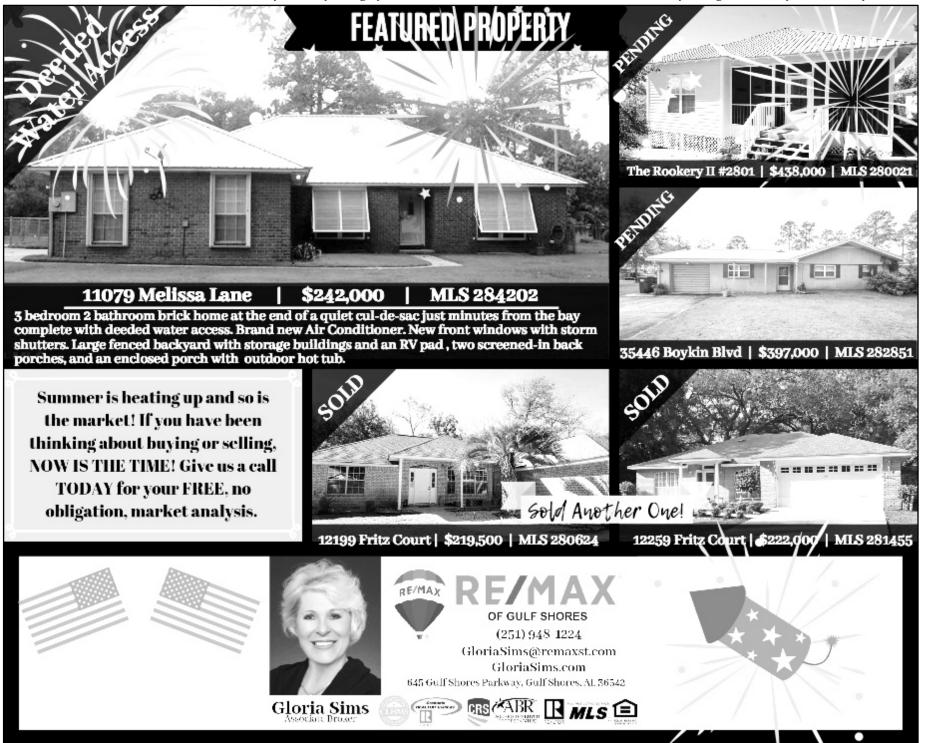
Lillian Recreational Park News

By Janet Lewis

Please note the article written by Lucy Smith on Page 8 about the grant our park has received for a bandshell/gazebo. We need to raise an additional \$12,000. If you or someone you know is able to make a donation, we will be so grateful for vour help. Please note on your check orPaypal contribution that it is for the bandshell/gazebo project.



Volunteering at the Lillian Recreational Park gardens were, from left, JoAnn Monroe, Rhonda Morris, Carol Steely, Shirley Langley, Vera Clarkson, Juanita Dodd, Janet Lewis, Judy Wargo and Marylee Donnelly.





We have numerous options for contact lens wearers, with the latest materials designed to



one they've not yet experienced." Alabama became a state on Dec. 14, 1819. Work on what would become Alabama's oldest continuously operated park, Cheaha, began in the early 1930s. Today, there are 21 parks in the Alabama state parks system.

vantage of Bicentennial Day and visit

their favorite state park or explore

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Free admission covers all gate

and a 20 percent discount on over-

night accommodations (some excep

tions apply).

A saltwater fishing license will still be required when fishing from the Gulf State Park pier or at beaches.

Free parking includes the Beach Pavilion parking lot at Gulf State The discount Park. on the overnight accommodations is for July 19 only and does not apply to groups or include The Lodge at Gulf State Park, a Hilton Hotel or Bladon Springs, Chickasaw, PaulGrist and Roland Cooper state parks.

In addition to Alabama's bicentennial, the state parks system is also celebrating its 80th anniversary. "From providing work for veterans The state's history is on display throughout Alabama's state parks.

Park visitors can tour museums dedicated to the CCC, rent CCC built cabins, hike historic trails like the Pinhoti, and experience the Alabama's natural history through preserved outdoor spaces and beaches.

To plan your adventure, visit w ww.alapark.com. The Alabama State Parks Division relies on visitor fees and the support of other partners like local communities to fund the majority of its operations.



Access the Library from Home

One huge advantage our library offers is the ability to access our inventory using a home computer. This means patrons are able to view items we have at the library including DVDs, fiction and non-fiction books, paperback books, large print books, music CDs, audio book CDs, classics and any other items in our inventory, as well as other capabilities.

In order to view our inventory and review your account, you must have a library card with us.

If you don't have one, please stop in while we are open and one of our volunteers will get you a card and get vou entered in our system.

Once you have a library card, here are the steps to access our items:

to lpblal.booksys.net • Go online. This stands for Lillian Perdido Bay Library AL.

• This takes you to the Online -Public – Access – Library.

• Click on Display. This will take you to the Search area, which opens the entire library catalog for you to search.

• Type in the title of the book, DVD, audio CD, etc., you are looking for or a subject you're interested in (for example, magic or science fiction). If we have the item or anything about the subject you typed in, a brief summary will be displayed. You can read this summary and decide if this item is what you want.

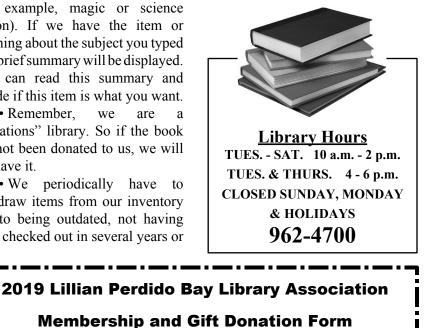
• Remember, we are а "donations" library. So if the book has not been donated to us, we will not have it.

• We periodically have to withdraw items from our inventory due to being outdated, not having been checked out in several years or older copyright date. We have very limited space and try to keep the most recent and most popular items available. If the item has been you'll withdrawn, find WITHDRAWN on the right side, indicating we no longer have the item.

• To set up your own account, look on the right hand side. Click on Account. Your library barcode is your login and the last 4 digits in your barcode number will be your password. Remember, you must have a library card with us!

 Click on My Items to view your library history, any reserved items you might have requested, items you currently have checked out. Ignore fines. You can set up a Bookbag where you can add things you find of interest that you'd like to refer to again at a later date.

Being able to access the library at home is a huge advantage. We hope you'll use this opportunity. Please let us know if we can help in any way with the process. As always, we appreciate you as patrons and association members and greatly thank you for your support.





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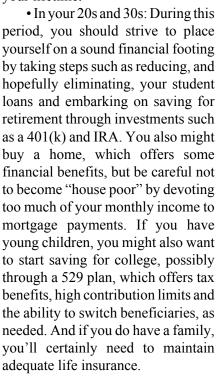
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Smart Financial Moves for Every Stage

Regardless of what stage of life you're in, you must make financial and investment decisions that will be with you for the remainder of your years. But the moves you make when you're just starting out in your career may be quite different from when you're retired. So let's look at some of these moves, stretched out across your lifetime.



Also, since you're at the early stages of your working life, you should chart a long-term financial and investment strategy with the help of a financial professional. Your strategy should encompass your important goals, risk tolerance and time horizon.

• In your 40s and 50s: These are the years in which your career advances, leading to bigger salaries. The more you earn, the more you should be putting away in your 401 (k) or other employer-sponsored retirement plan, along with your IRA. During the middle-to-end of



this particular period, you might finish helping pay for your child's higher education - which should free up even more money to put away for retirement.

• In your 60s, 70s ... and beyond: Once you're in this age range, chances are pretty good that you'll either retire soon or are already retired. (Although, of course, you may well want to work part-time or do some consulting.) However, you certainly haven't "retired" the need to make financial and investment decisions, because you'll have plenty, including these: When should I take Social Security? Will my investment portfolio provide me with enough income to help keep me ahead of inflation? How much can I afford to withdraw each year from my retirement accounts without outliving my resources?

• Also, if you haven't done so, now is the time to draw up your estate plans, so you can leave the type of legacy you desire - one that provides for the next generation (or two) and the charitable organizations you support. You'll need to work with a legal professional to create estate planning documents and arrangements appropriate for your needs.

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

Happy About the Job I'll Always Love

When you are are growing up, everyone asks you what you'd like to be when as an adult. As a kid, you have some wild ideas of what might be a cool job or you stick to familiar things, like what your parents or other family members do for a living.

Many of us put up with a career for many years to keep our families cared for. Retirement is something



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that seems very distant, but is a great motivator to keep working and dreaming about the future.

I've had a handful of jobs over the years, and consider myself very fortunate that most of them were positive, fun experiences, brought me great friendships and helped provide for our family. My work history includes retail management, graphic designer, newspaper writer/ photographer, computer technician, college bookstore manager and medical coding.

And I love serving as managing editor for this newspaper. It allows me to combine my writing, editing and graphic design skills to bring our community a much-needed monthly publication.

But it hit me recently that I have

found my dream job. In fact, I've had it for nearly eight years. This realization occurred while our grandson stayed with us for a good part of last month. We had such a wonderful time with him here, and were thrilled to spend days playing games, talking, swimming, reading, cooking and sometimes acting like kids ourselves.

Being a grandparent isn't a job in the conventional sense, but it made me think of all the other careers I may have considered when I was a kid. I thought about being a teacher, lifeguard, counselor, artist, stand-up comedian, athlete, chef, author, talkshow host, librarian and coach.

In some ways, I did become all those things, all rolled into one as Grandma Nellie.

July 1, 2019

The Lillian

Quick Action Can Save Lives

One of the most frightening experiences for an individual is choking. Most of the time coughing is enough to dislodge or expel the object blocking the throat or airway (larvnx or windpipe trachea) and restore full airflow to the lungs. However, choking can quickly become an emergency situation if the airway is not cleared and normal breathing isn't restored.

It is not obvious when someone is choking, particularly with older adults. Choking commonly occurs when eating a piece of meat, but older adults appear more susceptible to choking on softer foods such as a bite of sandwich, a meatball, fruit, vegetables or noodles.

In many cases, a morsel of food may "go down the wrong pipe" and the coughing reflex may take care of the problem. It is best to keep an eye on the person, particularly if he or she moves to a more private location. Ask, "Are you choking?" If the person can talk, cough freely and has a normal skin color, he or she is not choking.

Panic is often the first response of someone who is choking. When you ask about choking, the person may nod or try to communicate with hand motions.

Additional indications of choking include difficulty breathing or wheezing, gasping or gurgling while breathing, the inability to cough forcefully or a silent cough, loss of consciousness or blue or dusky skin, lips and nails.

If you are the one choking and there are bystanders, make the universal signal for choking by clutching you hands to your throat. In this case, quick action is very important. Hopefully, an observer knows what must be done:

• Stand to the side and just behind a choking adult. For a child, kneel down behind them. Place one arm across the chest for support.

• Bend the person over at the waist and deliver five separate back blows between the person's shoulder blades with the heel of your hand.

• If you give back blows and the



Health Issues By Vicki S. Coyle RN, BSN, MSN, MSEd, MA, Ed.S., **CNOR**

 Make a fist with one hand. Position it slightly above the person's navel. Grasp the fist with the other hand. For someone who is pregnant or obese, place your hands higher at the base of the breastbone, just above the joining of the lowest ribs.

• Press hard into the abdomen with a quick, upward thrust, as if trying to lift the person up. If it is a smaller child, be careful not to use too much force.

• If you are unable to quickly dislodge an object from the throat or if a person has lost consciousness, immediately call 911 if someone has not already done so. While awaiting emergency assistance, get the person on his or her back.

• Clear the airway, if possible. If a blockage is visible at the back of the throat, reach a finger into the mouth and sweep out the cause of the blockage. If you cannot see the object, do not try to push the food or object deeper into the airway.

• Begin cardiopulmonary resuscitation (CPR) chest compressions if the object remains lodged and the person does not respond after you take the above measures. The chest compressions may dislodge the object.

• Remember to recheck the person's mouth periodically.

If you are home alone and choking, call 911 or your local emergency number immediately. Hopefully, you will still be able to do SO.

Individuals, for obvious safety reasons, should set their cell phone or land line to a quick emergency call. Even if you cannot speak, emergency responders know something is wrong and will follow up.

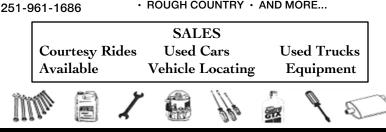
You can perform abdominal thrusts on yourself by doing the following:

• Placing a fist on your midsection slightly above the navel. • Grasping your fist with the



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object does not dislodge, give abdominal thrusts (known as the Heimlich maneuver). It is also OK to start with abdominal thrusts. To perform them: Stand behind the person and wrap your arms around the waist. With a small child, kneel down.

other hand and bending over a hard surface such as a chair back or a countertop.

• Pulling your fist inward and ■ upward on your body. Repeat the process again with success hopefully.



per Alabama Department of Environmental Management

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Principal Making Her Mark at St. Benedict in Elberta

By Sally McKinney

When Dr. Kathy McCool opened the doors to her school office in August 2017, she had no idea how her life would change in the next year.

However, God did and He sent the Holy Spirit to make sure the Baldwin County Board of Education (BCBE) educator heard the plan.

By the end of the school year in 2018, Dr. McCool had resigned from her BCBE career and opened the doors of her new life as Principal of St. Benedict Catholic School in Elberta.

While on a spring break cruise, she was contemplating her life, feeling that the Holy Spirit was calling her to step up to something new. A cancer survivor, she had been very active in the Relay for Life, so she thought perhaps a new door was opening there.

However, after having no contact with the outside world for a week, she checked her phone for messages. The first one was from a friend who had called to inform her about the ad in the Archdiocesan newspaper "The Catholic Week." St. Benedict was looking for a principal. Within 48 hours another friend from the school contacted her to make sure she applied.

With much prayer and conversation with her pastor at St. Margaret of Scotland Catholic Church in Foley, she applied and, as they say, "The rest is history."

Dr. McCool was born in Detroit, Mich., and was raised in Sterling Heights, Mich. After a career in marketing, she moved to Gulf Shores in 1984 where she began a courier company.

Many of her stops were at Baldwin County schools and she decided that's where she wanted to be, teaching the children. She sold her business and went back to school to get her master's degree in Education and later a Doctor of Philosophy (Ph.D).

For 26 years, Dr. McCool served children in public schools, as a teacher, a

curriculum coach and other leadership roles, all necessary in her new position as principal.

She also shared her talents as adjunct instructor in the College of Education, Leadership and Teacher Education Department for the University of South Alabama for the past nine years.

The beginning of her new job was quite exciting. After two days on the job, storm water inundated all the classrooms due to a leaking roof.

Fortunately, a parent had a contact and they were able to get the materials donated, so the \$90,000 job was reduced to \$45,000. She came to St. Benedict's and "raised the roof."

After literally getting her feet wet the first week, the rest of the year proved to be outstanding.

One of her first projects was to promote the STEM program, concentrating on Science, Technology, Engineering and Math.

All faculty and staff are dedicated to the mission, says Dr. McCool.

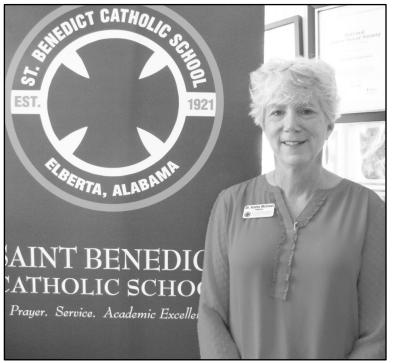
Retired engineer Greg Tucker and eighth grade teacher Blair Ellenburg provide the enthusiasm for science and math and the students show their enthusiasm at their Tuesday after school Engineering Club.

Dr. McCool is also dedicated to promoting "witnessing Christ through love and service." Every month a student in each class is nominated as the best example of providing love and service.

Examples include helping pre-k students to their classrooms in the morning, reading to younger students, helping clean up in the cafeteria without being asked and treating others with kindness and respect at all times.

The program also extends outside the classroom and school. Students are encouraged to show their witness by helping in the community.

• Principal, continued on Page 18



Dr. Kathy McCool began her first year as Principal of St. Benedict Catholic School in Elberta with a splash. She ended it by bringing two special summer events for students. Classes were barely dismissed and the boys and girls began STEM Camp provided by a grant from the National Inventors Hall of Fame as well as a special program from Auburn University Southeastern Center for Robotics Education (SCORE).



These young students in the STEM Camp were trying to find a way to stop pollution. From left are Grady Saltz, Lucy Seiberg and John Michael Schumacher.





Learning all about robotics projects are from left, Samuel Whitson, Sasha Prouty, Freddie Seibert and Zachary Taylor.

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Page 16





Tom's Auto Repair

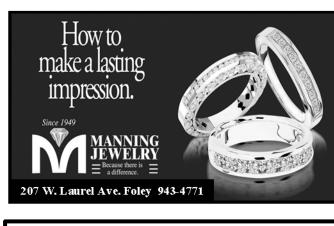
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DIVINE REVELATION DELIVERANCE CENTER

Meeting at Lillian Masonic Lodge 925 South Perdido Street, Lillian 251-978-9033 Email jesusbishop@hotmail.com Bishop Booker T. Washington Jr. Christian education at 9 a.m. Sunday worship service at 11 a.m.

EPISCOPAL CHURCH OF THE ADVENT

12099 County Road 99, Lillian 1 block south of Highway 98 251-943-2173 or 251-961-2505 Sunday worship at 10 a.m.

ETERNAL LIFE CHURCH

34223 US Highway 98, Lillian 251-747-0183 Pastor Calvin Bartl Associate Pastor: Justin Schaff Worship Pastor: Charlie Ellisor Congregational Care Pastor: Josh Soto Sunday worship service at 10 a.m. includes nursery and kids' church Home groups in Lillian & Elberta Sunday nights Wednesday night service meal at 5:30 p.m. Bible study for all ages at 6:30 p.m. Wednesday Youth group meeting Wednesday at 6:30 p.m.

FIRST BAPTIST CHURCH OF LILLIAN

34421 Barclay Avenue, Lillian 251-962-2180 Email: LillianBaptist36549@gmail.com Pastor Josh Thompson Youth leader Alex Harris Sunday school for all ages at 9:15 a.m. Sunday worship at 10:30 a.m. includes children's church Sunday evening worship at 5 p.m. Wednesday prayer meeting at 6 p.m. Wednesday student and children's ministry from 5:30-7:30 p.m., meal included

FIRST PENTECOSTAL CHURCH

209 Berry Avenue West, Foley 251-979-9878 or 251-979-6477 Pastor Rev. Carroll Pruitt Email: carrollpru2@gmail.com Sunday services at 10 a.m. and 6 p.m. Wednesday service at 7 p.m.

LILLIAN UNITED METHODIST CHURCH

12770 South Perdido Street, Lillian 251-962-4336 www.lillianumc.org Email: office@lillianumc.org Rev. Daniel W. Randall Sunday worship at 8 and 10 a.m. Sunday school at 9 a.m. for all ages Nursery provided Sunday from 8-11 a.m. Youth meetings on Sunday at 9 a.m.

NEW MOUNT MARRIAH MISSIONARY BAPTIST CHURCH

32852 US Highway 98, Lillian 251-962-3072 Pastor Rev. Brian Mack Sunday school at 9:30 a.m Sunday worship at 11 a.m. Wednesday prayer meeting at 7 p.m.

PERDIDO BEACH BAPTIST CHURCH

9110 County Road 97 251-986-3186 Email: perdidobeachbaptist@yahoo.com Pastor Fred McGee Sunday morning worship at 11 a.m. Sunday evening worship at 6 p.m. Wednesday worship at 6 p.m.

ST. ANDREWS BY THE SEA

37035 Magnolia Street, Perdido Beach, Ala. 256-419-4494 Non-denominational Pastor Michael Stafford Sunday worship service at 10 a.m. Fellowship at 11 a.m.

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34290 US Highway 98, Lillian 251-962-3649 Father Saleth Mariadoss Daily Mass at 8 a.m. (Tues. through Friday) Saturday Mass at 5 p.m. Confession from 4 to 4:30 p.m. Sunday Mass at 8 and 10:30 a.m.

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Sunday service at 11 a.m.



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