

**LOOK!
INSIDE**

MAY 2023 Contributing Writers:

Steve FlowersPg. 2

Will Sellers.....Pg. 2

Rob Tate.....Pg. 3

Ronald Holtsford..... Pg. 4

John W. Giles.....Pg. 4

John Sophocleus.....Pg. 5

John Martin.....Pg. 6

John Eidsmoe..... Pg. 7

John Taylor..... Pg. 7

Martha Simmons.....Pg. 9 & 10

Kylle McKinney.....Pg. 11

Lester Spencer..... Pg. 12

Peggy Givhan.....Pg. 13

Gary Miller.....Pg. 13

Pat Killough.....Pg. 14

Amanda Walker.....Pg. 15

Trisston Burrows.....Pg. 15

**THANKS TO OUR GREAT
STAFF OF CONTRIBUTING
WRITERS, MANY HAVE
WRITTEN 3-19 YEARS FOR THE
ALABAMA GAZETTE.
THEY ARE THE BEST
IN THE STATE.**

Barbara Harrington will be sharing with our readers monthly her journey thru her fight with cancer.

The Gazette thanks Barbara for sharing her story. Our personal experiences are always our greatest ministry to others.

See page 15



MEMORIAL DAY

MAY 29, 2023

Memorial Day:
The day whene we remember and pay respect to all the men and women that have made the ultimate sacrafice in the name of freedom. In addition to those that were never found, but are still considered “missing in action”.

Veterans Day:
A day that we take time to appreciate all servicemen/women that have served their country in any conflict. Especially those that are still living.



**REMEMBERING ALL...
WHO GAVE ALL!**

**Central Alabama Veterans Health Care System
Honors Veterans' Volunteers**

Volunteers at the Central AL Veterans Health Care System were honored at a luncheon and awards ceremony at Martha’s Place in Montgomery, AL, on April 20, 2023.

Eleven of the volunteers who were present are veterans. Volunteers serve at the Veterans Health Care facilities at Montgomery, Tuskegee, Dothan, Monroe County, Fort Rucker, AL and Columbus, GA.

Following the luncheon, the Central AL Veterans Health Care System,

Director/CEO Amir Farroqi FACHE addressed the volunteers explaining how very meaningful the service of the VA volunteers is to the veterans and the staff at the VA health care facilities and thanked them for their service.

Mac Jemichael Manora, Interim Associate Director for the Central AL Veterans Heath Care System, also expressed appreciation for the services of the volunteers.

Each volunteer was given a special certificate in recognition of time and commitment as a volunteer for the Central AL Veterans Health Care System.

A special recognition was given for those having a large number of volunteer hours. They were:

1. Joseph Hogan for 5000 hours
2. Sherry Jiles for 1000 hours
3. Gerald May for 1000 hours
4. Oscar Davis for 1000 hours
5. Martha Poole Simmons for 500 hours and other volunteers for their 50 to100 hours of voluntary service.

In addition, each volunteer was presented with a useful household gift, and door prizes were given away.

Volunteers are needed at each location.

Hours and days are flexible. If anyone is interested in serving veterans at the VA health care facilities, contact Erica Moore, Chief, Center for Development and Civic

Engagement by calling 334-272-4670, dial the operator and ask for extension 34748.



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Inside the Statehouse with Steve Flowers



As the first Regular Session of the Quadrennium evolves there are a myriad of complex issues arising. I am reminded of three simple truisms regarding the Alabama legislature and the governing of the State of Alabama.

First of all, if anything significant or controversial or any major initiative is to be addressed, then it is dealt with in the first year of the four-year quadrennium. Thus, giving legislators three years before their constituents vote on them again. The political pragmatism and expectation is that voters will forget.

Secondly, there may seem to be an urge to deal with all the hundreds of bills that have been thrown into the hopper and special interest groups or lobbyists are espousing that a particular piece of legislation has to be dealt with or it will be the downfall of the state. Not so. The only definitive legislation that has to be dealt with are the state budgets. That is the only constitutional mandate required of legislators in a session.

The third truism surrounds the second. In regard to passage of the budget, our Constitution wisely has a sacrosanct conservative mandate that there must be a balanced budget. The Alabama Legislature cannot deficit spend or overspend the projected revenues for the year. Our current super Republican majority legislature is so conservative, they not only adhere to the Constitutional prohibition against deficit spending, they do not even spend 100% of the year's budget.

For the past decade they have put state revenues away into a rainy day fund. They are truly budgeting conservatively. If that were only true of our United States Congress. Our U.S. Congressmen and Senators are simply printing money in Washington. They are recklessly spending our nation into an abysmal-hole, one that we may never be able to get out of. This tremendous federal deficit is our nation's most acute problem.

The United States cannot survive and keep spending money that we do not have. Our national debt is so high that we are basically nothing more than a third world country.

Communist China will not take us over militarily or by flying balloons over our country. They will take us over without firing one bullet. They will defeat us economically. Again, it is a serious problem that must be addressed if we are to survive as a nation.

The national debt is so devastating that within the next year it will be higher than our Gross National Product (GNP). In fiscal year 2022 alone, the deficit



was \$1.4 trillion. The total national deficit is so high that it is difficult for the treasury or economic analysts to accurately assess. It is between \$400 trillion to \$528 trillion. Folks, that is trillion with a "t" not billions.

Our National Debt is Unsustainable

To put it closer to home, the federal debt per person for

every man, woman, and child and yes, that includes you and your children and grandchildren, is \$96,403 per person. That is what your federal government legislators have done to you. It is simply unsustainable. The United States cannot continue down this path of spending ourselves into oblivion.

We cannot keep spending like drunken sailors. Our great conservative President, Ronald Reagan, made a legendary statement when facing a free spending Democratic Congress,

One of my wise readers wrote me this anecdote about the crisis. She said,

"You know people are saying that the Democratic Congress is spending money like drunken sailors. That's an insult to sailors, they don't hold a candle to Congress."

"Democrats are determined to bankrupt the country. Just paying interest on the debt is going to wreck the economy and very soon. What they are doing would be analogous to my going out and buying a luxurious ocean liner, a castle in Spain, and a Lamborghini and charging it all to my grandchildren and great grandchildren."

She is not the only one of my readers that are concerned with this crisis.

Our United States Federal deficit and debt is our nation's number one problem. Hopefully, one of the GOP Presidential aspirants will make this their major political platform. They may be surprised at how many conservative Americans will follow them. We will see.

See you next week.

Steve Flowers is Alabama's leading political columnist. His weekly column appears in over 60 Alabama newspapers. He served 16 years in the state legislature. Steve may be reached at: <https://steveflowers.us/>

The views of submitted editorials may not be the express views of The Alabama Gazette.



THE INTEGRITY FOR COMMERCE

JUSTICE WILL SELLERS



Trading in commodities, which are ingredients or components of finished goods, is the focus of global commerce. Information about commodities, their availability, and the impact of events that create scarcity, affect both current and future prices.

Two hundred years ago, one significant commodity was tallow, a substance rendered from animal fat that was used to make candles, served as a basis for early skin care ointments, and was an essential ingredient of soap. Today, when we think about commodities, we don't think about cow and sheep fat, but two centuries ago, trade in tallow was critical to manufacture these everyday items. At that time, more than 65 percent of all tallow came from Russia and the Baltic region and was imported into England to create finished goods.

Given the need for tallow, speculators would bid the price up and down, making the market very unstable and hurting industries that needed tallow at a consistent price to produce goods.

To curb speculation and create a more stable market in the tallow trade, a group was formed 200 years ago this month. Called the Baltic Club, this group met at a coffee house and was one of the first self-regulating voluntary associations working to reduce price volatility in the tallow trade with an index of prices.

The initial group was limited to 300 members and their goal was two-fold. First, given the extent of global trade in and around London, the club sought information from returning ship captains about market conditions in other countries and the price paid and charged for cargos of commodities. From this information they compiled a list of the prices for tallow to reduce speculation based on fear mongering from limited information.

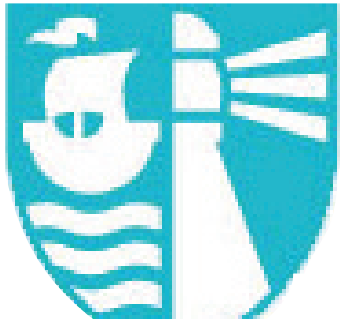
The club also brokered cargo space in ships for tallow and, eventually, other commodities. This informal coffee house grew to become the Baltic Exchange, which still exists today.

Two hundred years ago, the coffeehouses and taverns of London were the basis of a number of important groups all connected with shipping and trade. Everyone knows Lloyd's of London from insurance, but other groups like the Baltic Club were critical to the growth of international trade.

These clubs or exchanges were not created by government, nor were they regulated by any outside committee or commission. Rather, they were formed by merchants and other businessmen to create an organization of honest brokers to reduce market instability and create a consistent price index for more robust trading.

In the case of the Baltic Club, the motto adopted by the members was: "Our Word, Our Bond." Thus, the entire enterprise was based on the personal integrity of each member. Buying and selling commodities with price fluctuations and daily changes did not allow for precise contracts that were necessary for insurance. Instead, individual members agreed to a price and the ability to deliver the goods and acceptance of the agreed upon price was based on the ethics of the individual buyer and seller.

And should anyone fail to deliver or pay the agreed terms of the transaction, they would be removed from membership and not permitted to trade with other members again.



THE BALTIC VLLIG INSIGNIA HAVING ITS 200TH BIRTHDAY THIS MONTH

These self-regulating groups realized that no amount of legal jargon - regardless of the length of the contract - could ever take the place of honesty among business leaders. Anyone not living up to his word or otherwise trying to avoid an obligation would be ostracized and humiliated in a way that legal proceedings could never achieve.

Voluntary and self-regulating business organizations were critical to the development of commerce and the growth of British prosperity. While government might pass laws that taxed the import or export of commodities, the actual regulation of the internal aspects of trade was deemed to be beyond the reach of government.

The enforcement of contracts related to shipping, the value of cargo, and its sale was enforced by the courts. But, there was no authority to inspect the quality or quantity of the traded commodities and certainly no interference with the free flow of goods on the London docks.

"Personal integrity, fairness, and trustworthiness will always remain a foundation of best business practices."

The limited role of government worked well as long as merchants, vendors, and traders possessed high morals, believed in fundamental fairness, and acted honestly. Unlike the Medieval guilds, which sought to restrict trade and limit commerce, the exchange clubs sought to expand trade by limiting speculation and providing a stable marketplace to confidently buy and sell.

To make this work, membership was exclusive and limited. The strict rules for admission mandated that a vacancy be filled only by the nomination of a current member. A nomination had to have a second member's consent; then, any existing member had two weeks to voice objections. Membership was forfeited by unacceptable conduct.

The hallmark of these exchanges was trustworthiness and integrity to abide by the terms of a transaction regardless of changes in the market. Self-regulation worked well as long as leaders carefully managed the exchange and policed rogue behavior. Expulsion impacted an individual commercially, socially, and personally. Thus, the significance of the penalty was sufficient to maintain high standards and a fluid trade in commodities.

Many of these exchanges continue in England, but in other countries, self-regulation has given way to government licensing, review, and restrictions. In any organization, especially those engaged in commerce, one miscreant can taint the entire exchange. And, in many cases, rather than allow internal discipline by expulsion or otherwise, governments routinely intervene to prevent bad actors. But frequently the regulations imposed overreach beyond what is needed to control racketeering speculators. The regulations become a limiting factor restraining the growth of commercial activity by restricting the free flow of goods at competitive prices.

The world of self-regulation may be a thing of the past, but the principles embraced by commercial exchanges are still applicable. Governmental regulations and intervention notwithstanding, personal integrity, fairness, and trustworthiness will always remain a foundation of best business practices.

And no amount of contracting can ever replace honest brokers who embrace the motto: **My Word, My Bond.**

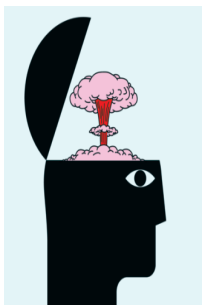
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BITS & PIECES

DERELICTION OF DUTY AND OTHER NONSENSE...

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Robert Tate

Hello my fellow Robservationites! Today I am bringing you the 16th Edition of my: "Bits and Pieces." For all of you who are familiar with this column, you know there comes a time when there is so much going on that I just want to touch base with several stories instead of focusing on just one topic.

So, here we go. But first, this is my 158th Robservation. Anyone who knows me realizes that I write a lot about German ace Hans-Joachim Marseille. He shot down 158 airplanes. What does that mean? Well, that tidbit of information along with about 5dollars will buy you a Grande White Chocolate Mocha at Starbucks. I digress.

1. Getting Old:

On Facebook the other day, I posted a couple of thoughts about getting old. I said I was not referring to the creaking of bones and joints but rather, seeing airplanes I once flew being retired and sent to the desert boneyard at Davis-Monthan AFB. Earlier this month, the USAF retired its first AWACS, sending it to an inglorious end to be cannibalized and perhaps turned into 1 billion razorblades.

Back in 2015, NATO sent its first of three AWACS to the boneyard. This aircraft, tail #449 was the AWACS in which I flew my first (1987) and my last (1993) NATO flight. I went online just last night and found several photos of this airplane looking like Marvis Frazier did after one round with Mike Tyson.



The cockpit was stripped bare of anything recognizable of the plane I flew almost a lifetime ago. It was sad. What is perhaps even more disappointing is that after writing no less than three letters to the USAF museum at Wright-Patterson, they told me that at the moment, there are no plans to bring an AWACS to the museum and put on display. Can you say, "Unfathomable?"

This airplane and thousands of crewmembers from over a dozen nations have flown the AWACS in times of peace and several wars for over 40 years and there seems to be no interest in preserving at least one at the museum of the United States Air Force. I think it is time for me to get some of my old AWACS brothers and sisters to start writing some letters. More to come later.

2. Chinese Balloon - Again:

Two months ago, I spent my entire Robservation writing about the Chinese spy balloon. And you guessed it. Since then, a lot more information has come to light.

One of the biggest, although not surprising revelations, is that many of our country's leaders cannot get out of the way of their stupendous lies. At first, we were told that nobody noticed it until it was over the CONUS and of course we found out we knew the moment it crossed into Alaskan airspace. Then we were told that it was too dangerous to shoot down and then someone announced that it was too cold over Alaska to shoot it down. Ask me about ISA temperatures one day. Then we were told that it was just a weather balloon that moved about at the whims of winds at altitude. Now we have been told, what most suspected anyway, that this balloon was able to move itself and did figure 8 patterns over several classified military sites. Then of course we were told that it was not able to collect nor transmit data back to China. Do you remember Frau Farbissina from the Austin Powers movies. "Lies! All lies!"

In an NBC news article, I read where some officials said, "China could have gathered much more intelligence from sensitive sites if not for the administration's efforts to move around potential targets and obscure the balloon's ability to pick up their electronic signals by stopping them from broadcasting or emitting signals." Wow! We are to admire the heroic efforts of the administration? You expect us, after all the lies, to believe no data was sent back to China. But they do qualify their statement by saying the Chinese could have gathered "much more" intelligence data. What in the heck does that really mean? Much more? Lies, or at a minimum, a severe deflection of the truth.

In my not-so-humble opinion, this crosses over from stupidity to clear dereliction of duty. This falls on the shoulders of one man: The commander and chief. I know I sound like a broken record but I cannot comprehend what the man was thinking other than the ice cream he was going to get that night.

We all saw a clear enemy threat and the man did NOTHING to stop it. "Hey, Rob. They moved stuff around." Really? Why in the @#%&^%\$# did they not shoot the %%%Sing thing down before it finished its spy mission? Weakness? Fear? Compromised? You name it. A good definition of dereliction of duty is, "failure through negligence or obstinacy to perform one's legal or moral duty to a reasonable expectation. In other words, it means willful or negligent failure to perform assigned duties or performing them in a culpably inefficient manner." Yeah, this pretty much sums it up. "But, Rob. Don't you think that is kind of harsh?" He and his administration allowed a Chinese spy balloon to linger over our country for a week. You tell me.

TEAM TIDBITS



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3. Drag Queen Reading Hour:

For those of you on Facebook, I am going to let the link below speak for itself. We have all heard about this insane phenomenon in many of our schools where they allow drag queens to come in and read to children.



In the clip below, a "man" is sitting in front of a bunch of children, they look to be around 5 so likely in kindergarten. He holds up a book and asks these kids how the drag queen does, "Shimmy, shimmy, shimmy." Then "he" moves "his" shoulders provocatively and asks if any of the children know how to "shimmy." One little boy stands up and shimmies his shoulders.

Disgusting. Okay, why is this allowed? Well, we all know. There is a hard push for this agenda they are I saw this wonderful meme the other day. It said: "Ask not why children shouldn't see drag queens; ask why drag queens crave an audience of children."

Wise up America. This stuff is real.

<https://www.facebook.com/reel/190409340007795?fs=e&s=m>

4. Chinese Buying Land:

I would love to have someone tell me why we are still allowing China to purchase land inside the U.S. Do people not see the problem here? And why are they so interested

in purchasing land close to some of military installations? I am sure we all know the answer to this question.

But here is the kicker, when I was doing a little bit of research, I found that of all the foreign countries that have purchased land inside the U.S., China ranks only 18th. Wha-what??? In terms of acreage, here are some numbers for you. 109 countries own agricultural land inside the U.S.

Check out these numbers:

Canada, 12,845,000 acres

The Netherlands, 4,875,000 acres;

Italy, 2,703,000 acres;

U.K., 2,538,000 acres;

Germany, 2,269,000 acres. And the list goes on.

Of course, the question you guys know is coming. Why do we allow any foreign countries to own agricultural land within our borders? I am sure there may be a good reason for it. Okay, I am not sure about that but someone may be able to give a good reason as to why.

In some way, I can perhaps understand an Allied country but a potential and likely enemy? No! This has obviously been going on for a while so I am not pinning this solely on the current administration but from where I am sitting, this practice needs to stop. You can possibly lease it and work it but own it? Not in my universe.

5. UN Backs Normalizing Sexual Relations with Minors:

Yup. Here it is. Read the following article: <https://www.foxnews.com/lifestyle/un-backed-legal-recommendations-normalize-sex-minors-critics-say>

Our children and children of the world for that matter are under attack. Child predators, sexual slavery, child prostitution, you name it. To most of us, that is about as sick and abhorrent as you can get. For many in the world, it is what they want to become the norm.

Just like I wrote several years ago that some found the term "pedophile" offensive and they want to change the term to "minor attracted persons." Shut up! War is upon us whether we like it or not. Winston Churchill said to Prime Minister Neville Chamberlain after he acquiesced to Adolf Hitler's demands, "You were given the choice between war and dishonor. You chose dishonor and you will have war." What are willing to fight for?

Get me outta here, Percy!



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The Gazette, (now The Alabama Gazette) was created in the year 2000 for the people of Central Alabama with the intent of being a thought-provoking, non-partisan publication reaching over 20,000 readers monthly. Written comments, stories, advertisements, social and church events, as well as classifieds are always welcome. The publisher is not responsible for errors in text reprinted from other sources. Furthermore, this publication does not establish due diligence on authors or advertisers and cannot guarantee that their offerings or writings are correct or suitable. We assume no responsibility for errors or omissions. We reserve the right to print, edit or condense any and all contents submitted. The publisher reserves the right to refuse advertising and submissions at its own discretion. All articles, ads and photographs may be subject to copyright.



Ronald A. Holtsford



OF THE TWO MEN WHO ENDED UP WOUNDING EACH OTHERS DAUGHTER IN A FLORIDA ROAD RAGE INCIDENT, WHY WAS ONLY ONE CHARGED CRIMINALLY?



The incident occurred in Florida on the interstate. The two men are from different states but with the incident occurring in the sovereign State of Florida, Florida law and jurisdiction applies regardless of the law in the residential states of the two men. Florida, as you may recall has a “*stand your ground*” law. Alabama also has a similar stand your ground law but we will discuss the Florida law and incident.

Two families driving down a Florida became involved in a road rage incident between the two men that were driving. Both men were husbands and fathers, each having at least one child being a daughter. The two men would run in front of the other’s vehicle slamming on brakes to try and cause an accident. At some point the windows were rolled down while I am sure they exchanged verbal insults and threats and probably obscene gestures.

During this time one father threw a water bottle through the open window at the other driver and his family. Not being exactly sure what was thrown, the other father then picked up his handgun and shot into the vehicle of the man that had thrown the water bottle. The bullet hit the leg of the five-year old daughter of the man that threw the water bottle. The other father, now defending his family picked up his own handgun and shot multiple rounds into the other vehicle striking the fourteen-year old daughter in the back. At least one person called 911 during the incident and law enforcement was able to stop both vehicles without incident. Both daughters survived and both men were arrested.

After consideration, the man that was on the receiving end of the thrown water bottle and returned fire, striking the fourteen-year old was released under the “*stand your ground*” statute.

So what are the basics of the “*stand your ground*” statute?

When I came through law school there was only a no duty to retreat from an aggressor under the “*castle doctrine*” when you were in your home, business or vehicle. Several years that changed. Instead of a duty to retreat when possible from a life-threatening incident, a person is now allowed to “*stand your ground*”.

When such an incident occurs provided it is not a threat from legitimate law enforcement, or it is not while you are committing a crime or you are not in a place that you don’t have a right to be in. It was determined that the one that threw the water bottle was the aggressor by throwing a “*missile*” into the other vehicle causing the other driver to fear great bodily harm. The arresting sheriff was pretty upset about the actions of two grown men (age range from late 30’s to early 40’s) who could have both ended up with dead daughters due to their actions.

The criminal trial will be interesting and I expect a civil trial to follow which will include a counterclaim by the defendant. Both men acted recklessly and both would be liable under various tort theories.

Interestingly enough Florida uses a comparative negligence theory. That means under the causation if **driver A** is found the be eighty percent liable and the other **driver (B)** is twenty percent liable then **driver B** is awarded theoretically only 80% of what he asks for should he win the case. Alabama, which follows contributory negligence as only a handful of states do would not award anything under that theory to **driver B** because he contributed a scintilla or more in the way of negligence in the case. And of course, **driver A** would also recieve nothing.

Alabama had an interesting case in Birmingham where a man was coerced by “*friends*” to sell marijuana to four others. He went to the place with a marijuana sample and his pistol. He was told he was being robbed by those he met with who took his pistol and drug sample. They forced him back to his apartment to rob him of the marijuana stash and did so. Once the four men left, the man grabbed another gun and went outside to see if they had left. They began shooting at him and he returned fire. The other vehicle eventually stopped and three men ran out because one had been shot dead. The man who killed one of the four men was released under the Alabama “*stand your ground*” law.

Even though it occurred during the commission of a criminal act it was held that he was involved in the act because of coercion and thus entitled to “*stand his ground*”.

I think retreating when you can is wise to keep from escalating the incident to where a bad injury or death occurs. I had an incident where someone driving a pickup on I-85 harassed me and my family by driving aggressively and not letting us pass could have escalated, but the safety of all involved was too important and prudent.

I think the older approach to retreating when possible was wiser. It’s very hard to know how you would react in such a situation but I think swallowing some pride and deescalating an incident when possible is the best course.

This article is informative only and not meant to be all inclusive. Additionally this article does not serve as legal advice to the reader and does not constitute an attorney-client relationship. The reader should seek counsel from their attorney should any questions exist.

"No representation is made that the quality of legal services performed is greater than the quality of legal services performed by other lawyers."

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A Quest For Truth ~ A Journey Home!

John W. Giles –
President & Chairman - Choose Life Alabama



John W. Giles

John W. Giles - Past President – Christian Coalition of Alabama

At six years old traveling with my family and passing several churches along our way to church, I recall asking my father, who is right and why are there so many different churches? My father did not have an answer.

Fast forwarding as an adult, routine discussions in Christian circles were often centered around; what did the New Testament Church look like? Every church wishes to emulate the early church this side of the resurrection. Since the reformation in 1517, this discussion continues with church splits and approximately 45,000 denominational expressions of Christianity worldwide. When you get past God the Father, Jesus the Son, the Holy Spirit and the bible being the inspired word of God, unfortunately interpretations and divisions fiercely emerge. So, the question today is still relevant, why are there 45,000 Christian varieties and what did the New Testament Church look like? Did Christ intend on their being so many divisions within one body?

In 1979, I began a seven-year quest researching the answer to this question, and my early conclusion was, if you were a Christian in the first 1500 years AD, you were either Roman Catholic or Orthodox (Coptic). My research also concluded that all post Reformation Christian expressions are less than 500 years old. Here is what triggered my search; please stay with me.

After attending a pro-life event in Birmingham, my wife Deborah and our family attended a church service, where Jim Pinto was the pastor. He and his wife Joy organized the pro-life event. During the service, we recited the Apostles Creed, which is still embodied in many Christian services today. I called Reverend Pinto on my way home and asked him where did it come from, his simple answer at that time was: “I do not know.” This one question began my expedition of Christian history. The facts I unearthed on this journey, changed my perspective for life. With only the Old Testament around, the Creed became the “Mission Statement for Christianity.” I always found it interesting, we always made a big deal swerving away from the word “catholic” in the creed and stress “universal,” but the facts and history confirms this is the language chosen by the early church.

Continuing on this exploration, I bumped into the Nicene Creed, now what is this? From about 150 AD when the Apostles Creed was written until 325 AD, a disagreement arose earning the title as the “Arian Heresy.” The core of this heresy was rooted in the view that Jesus could never be humanity and divinity all in one person. Severely splitting the Roman Empire apart, Constantine being the head of state called a church meeting, including Arian to settle this notion. The Nicene Council was formed in 325 AD giving birth to the Nicene Creed, which tightened up and eliminated any wiggle room in the language from the Apostles Creed. Both creeds are divided into 4 sections: God the Father, Jesus the son, the Holy Spirit and one holy, catholic and apostolic church. This was another weight point for me, the Catholic church is authenticated for having apostolic succession, meaning there is a line of senior pastors (Pope’s, Cardinals and Bishops), much like the Wall of Presidents with 2000 years of history. All other expressions of Christianity are less than 500 years old.

My next convincing check point on this tour was in 397 AD, the Council of Carthage canonized the 27 books of the New Testament. Christianity was now almost 400 years old, there was no New Testament, just the creeds, word of mouth, letters sent around and traditions passed down from the lineage of Apostles. I was a sola scriptura advocate until these 400 years without the New

Testament became a sobering reality. Fast forward now to 1611 AD, the Gutenberg Press prints the first King James Bible, but wait a minute, where did these extra books in the Old Testament come from? What do you mean, I thought there were 66 books in the Old Testament? It blew my mind to learn the Martin Luther, who led the reformation stripped these 7 books from the Old Testament. The Catholic Bible today has the 73 Old Testament books as printed in the original King James. Study this one out for yourself, but be careful, you too may find yourself saying...all roads lead to Rome.

Just after Easter 2004, the front-page of almost every daily newspaper in Alabama cited; “Christian Coalition President converts to Catholicism.” Who cares, but the media saw this as a divisive opportunity, particularly in the deep south. The Christian Coalition had been catapulted into several high-profile statewide encounters including defending the Ten Commandments in State Judicial Building, defeating casino gambling and the lottery, passing a constitutional marriage amendment and opposing a \$1.2 billion tax hike on Alabama families. This is a plausible explanation for the media coverage, but the real story lead is a lifelong Protestant converting to Catholicism, Why?

After my seven-year historical exploration, it became clear to me the Roman Catholic Church dates back to Peter emerging as the lead apostle launching the New Testament Church with his powerful message converting and baptizing 3000 on Pentecost Sunday. In addition, the Catholic church gave us the New Testament. Like the early apostles and all Christian churches down through the years, the catholic church has experienced the leadership of flawed men, but the seven sacraments and the catechism has remained intact and core beliefs were inked in. Publicly noted sinful lifestyles of leadership never changed or affected the core teachings and beliefs of the church. All of my perceptions about what I thought the Catholic Church taught and believed were proved incorrect and a misguided view, slowly dissolving my observations that were opinion only, not fact.

I have noticed in candid talks with fellow Christian friends that are not Catholic, often they mention something is missing or void in their current worship setting. I have three observations, the creed, ancient liturgical worship and the seven sacraments.

When Jesus died on the cross, the veil in the temple was ripped from top to bottom. Up until that point, there were daily sacrifices at the temple, while readings and prayers were done in the synagogues. In a catholic service, there is the liturgy of the word, which is what took place in the synagogues and the liturgy of the eucharist (communion) sacrificing the lamb presented at the temple. The two forms of worship became one. Jesus the word and Jesus the sacrificial lamb found in ancient liturgy.

The Catholic Church reflecting on Jesus earthly ministry, instituted seven sacraments: baptism, confirmation, eucharist, reconciliation, anointing of the sick and holy orders. The Eastern Orthodox left all sacraments intact when departing the Catholic Church around 1054 AD. Post reformation, only a hand full of Christian expressions (Denominations) actually listed any of these as sacraments. The Creed, Seven Sacraments and the Ancient Liturgy are at the three-legged stool of Catholicism.

Looking back, the Catholic Church was never on my multiple-choice list, but at least now I know the answer to the question I asked my father 63 years ago. On this voyage I also concluded what others were missing in their expression of Christianity, and since my decision in 2004, never once looking back.

One Holy, Catholic and Apostolic Church.





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Lee County Installations More Ivey Poison



John Sophocleus

On April 10th Richard Lagrand (who recently lost reelection as the incumbent last summer) was reinstalled to Lee County Commission District 5 by Gov. Ivey, reaffirming her fidelity to ACCA, BCA, et al corruption over the citizens of Lee County.

The death of Commissioner Harris (see my February 2022 *Gazette* column) soon after taking office provided a perfect example for Ivey to show resolve on holding a special election with an entire term of office **unexpired**. Obviously this wouldn't bode well with Ivey's masters still incredulous their skill for political theft had not been reinstalled via our anti-competitive election result in the 2022 Democratic primary. Furthermore voters removing the most corrupt Commissioner of a dozen years (Lagrand had sycophantically enabled in his first and only term) landed another blow to our politburo and indicated the duopoly didn't have complete control over the Republican primary either.

Fear Lagrand would lose again in a special election was real. Informed, non-politburo voters understood Lagrand was a shameless minion of the Felon Hubbard gang and there were other uncorrupted candidates in the mix. Most notable was an exemplary Army Veteran (in full disclosure he's one of many wonderful brethren at Green Chapel I attend) who's been a steadfast volunteer and advocate for Ft. Mitchell Military Cemetery and familiar with the 'Hubbardland' gang in Lee County. In fact, it was this good man who helped Commissioner Harris through his severe health problems which surfaced a few months after winning the election. I was pleased he agreed to submit his name to Ivey providing a decent, different alternative to the usual politburo members.

The first thing that came to mind when telling me he'd 'thrown his hat in the ring' was remembering this good gentleman pushing the wheelchair for Commissioner Harris to be sworn in... no better replacement (who Harris approved of) and would likely win a special election with a little campaigning to get his name recognized by voters. The second thing which came to mind; the Hubbard machine would do a full-court press spewing their poison to smear him... as usual, Felon Hubbard/Auburn Family minions lived up to this well earned reputation.

The installation show at the Lee County Courthouse was something to behold. To make clear who's in charge and in control of Ivey, the Republicrat politburo brought in the former Probate Judge who didn't run for reelection when told his corrupt actions as a public servant would be exposed when we had functioning media decades ago. This is the same incompetent judge who didn't follow bonding requirements, used corrupt commissioners to undervalue properties so **US 280** would be rerouted to redistribute wealth to "Tiger-Town"/Opelika. Sad how many lives were damaged/lost for a few pieces of silver while feigning care about the public.

As years unfolded and deaths/injuries mounted at Veteran's Parkway, College & 280, etc. individuals began to see the harm done - esp. as the segment of **I-85** and **US 280** gets increasingly worse, where original plans (designed to limit accidents, deaths, expenses) were designed to be one intersection/crossover on the way to Columbus. Not to be outdone in display of taking the Lord's name in vain, public servant Fuller held The Bible for Lagrand to remind us of a mayor who would be in prison (think Bristol, VA) <https://www.alabamagazette.com/story/2018/11/01/opinion/giggin-for-dollars-in-opelika-as-forecasted-ops-they-did-it-again/1499.html>) for accomplishing 'Gig-City' political theft from Opelika Power customers.

Some tell me Commissioner Lagrand has learned his lesson from losing, they're not ones who witnessed the re-installation by a corrupt former judge, mayor, et al or ones who regularly attend commission meetings. If Mr. Lagrand has indeed changed, I'll be happy to admit I was wrong and support Richard's re-election in 4 years.

Three days later Ivey's next Installation of President Roberts displayed much more fanfare in keeping with the bigger political theft 'Poison Ivey' has aided and abetted these past years. It comes as no surprise to anyone familiar with this public servant's history with the College Savings Program debacle, Kay has complete disregard for students and taxpayers... not to mention 'hide the softball' rape type scandals in athletics along with covering up sham 'cluster' degrees. One of the many columns to show Ivey/Administrator disregard for faculty, students and taxpayers is: <https://www.alabamagazette.com/story/2021/04/01/opinion/how-our-polit-buro-puts-the-au-in-fraud/2122.html>

Kay's alma mater [yep, she's an AU grad] is **very** familiar with Ivey's poison installations. As Governor, Lady K is in charge of the AU Board of Trustees. Upon replacing 'Dr. Luv Guv' (one couldn't make this stuff up) of her initial stint in Gov. Bentley's remaining term, Ivey presided over the installation ceremony of Steven "Crash" Leath as AU President. How was Ivey supposed to know Leath would generate three first amendment lawsuits at AU while also generating a \$4.5 million hush-money payoff to **NOT** serve out the remainder

of his term? Perhaps Ivey (along with the search committee?) could've done a simple Google search and discovered Leath was responsible for first amendment violations at Iowa State before he was ever installed at Auburn. Moreover, newspapers and internet sources were full of stories about investigations of "Crash" Leath for his misuse of University aircraft at Iowa State, hence the nickname "Crash" in my first column on this well paid 'Auburn man.' Seems the Auburn Family gravitates toward Aistrup, Leath, Roberts type administrators.

Seemingly unrepentant from the Leath fiasco, Special Kay Ivey has now overseen the installment of Dr. Chris Roberts as AU President. Rather than having already been found guilty of First Amendment violations, Dr. Roberts is currently only charged in Federal Court with First Amendment violations as well as conspiracy and defamation. We certainly couldn't expect Kay Ivey to provide her alma mater with a President respectful of the Auburn Creed and academic freedom. If citizens were to have basic civil rights/freedoms, such as the first amendment, then they might be able to criticize her performance in office or worse yet, organize opposition to the corruption of the Auburn Mafia.

Reinstalling **BoT** members such as president pro tempore Bob Dumas who helped bankroll Felon Hubbard's failed defense, sends a clear message that Ivey has no intention of cleaning up the AU/Lee County mess sucking the life and resources out of our productive citizens keeping these political parasites well fed. Seems public servant Dumas is bent on driving AU into the ground as much as AuburnBank stock prices this investor has been ditching whenever financially apropos.

The April 13th AU communication:

https://ocm.auburn.edu/newsroom/news_articles/2023/04/131753-president-roberts-installation-ceremony.php?ref=hpslider?nlan on installation of a President who refuses to fire a university employee who's racked up over a \$1mil. in legal fees, settlement cost, judgments (\$500,000 for malice) etc. seemed more 'aspirational' [sic] of future largesse and malfeasance than inspirational AU would once again be guided by the Auburn Creed instead of more Auburn Greed.

Of all the reader comments I've received on:

<https://www.alabamagazette.com/story/2023/04/01/opinion/the-auburn-greed-20/2522.html> the most biting were explaining how foolish it is to think an AU President (or most public servant administrators of this sort) who aided and abetted wrongdoing would fire one of their own. It is indeed foolhardy to expect a former Samuel Ginn College of Engineering Dean (who is having to answer for similar actions in federal court) to discipline/fire another who has been so deleterious to our students and taxpayers. The Felon Hubbard minions are still sucking AU dry from 'YellaGrubber's Hell's Kitchen' to failing to support/re-instate the few righteous living up to Auburn Creed and trying to get this once fine university back on course.

Postscript: many thanks for all the [mostly positive] correspondences on last month's Auburn Greed 2.0 *Gazette* column. Most noteworthy was an invite to be on Harry Still's podcast [Backstory Podcast No 151 The Auburn Greed](#). It evokes some optimism to see more AU Alumni starting to notice the unbridled corruption done with malice as recently found in our federal courts. I pray more Alums take note and contact their politicians on malfeasance of this sort and make efforts to repair the harm done some of our best (e.g., Prof. Kat Privett-Duren <https://www.alabamagazette.com/story/2023/01/01/opinion/call-her-kat-privett-duren-that-is/2478.html>) destroyed by AU administrators and other public servants.

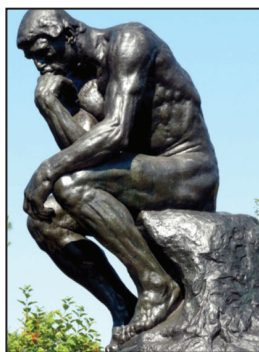


In Memoriam: With heavy hands I type on the passing of:

Camilla L. Rice [1929-2023] a well known, long-standing righteous force in Lee County. Sobering to contemplate the 'circle of life' taking good souls of Camilla's Spirit to witness those (some written of above) who currently drive results in this world. She was the devoted mother of John Rice and supported him in some of the most important political/spiritual battles in our State these past decades.

John's father died at a young age (long before I came to AU from Clemson) so I never met his earthly father, but Rice has always strived to reflect his Heavenly Father in him. As years passed and I got to know Camilla better, I found myself compelled to think those who truly saw John Rice could see the strength and wisdom of his momma in him.

I pray readers who understand this will exert great effort to instilling this into younger generations lest we squander God's blessings resulting from those who squander God's blessings resulting from those who struggled for righteousness (realizing their true God; Exodus 20) as the 3rd and 4th generations are always but a blink of an eye in the great travails of time.



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John Martin

The Rise of Tesla

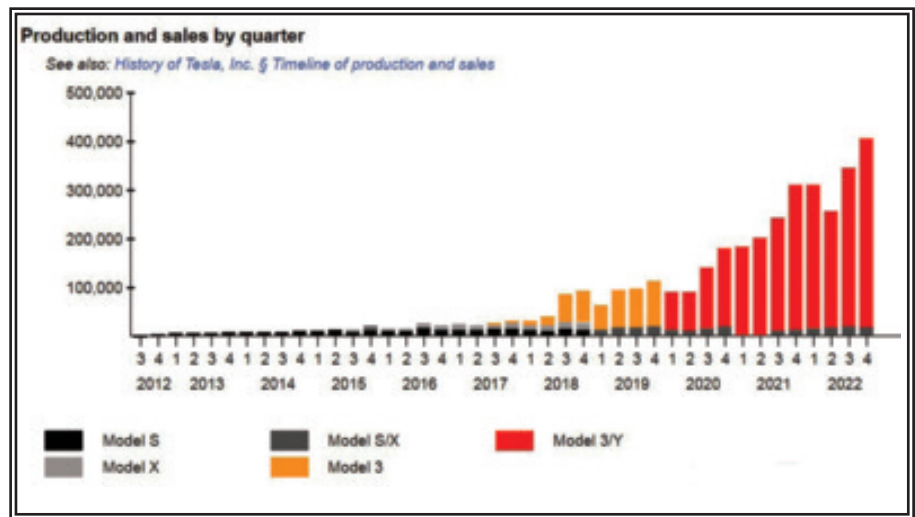
As long-range battery technology advances by leaps and bounds, there is no question that the popularity of electric cars and trucks will rapidly advance in the next few decades, due primarily to far greater fuel economy and expected shortages of petroleum and possible cutoffs from OPEC and other hostile countries. Ford, General Motors, Toyota, and many others are ramping up production.

But one company is far ahead—TESLA. It makes **ONLY** EVs. In July, 2003, Martin Eberhard and Marc Tarpenning founded it as Tesla Motors. In February 2004, **Elon Musk** invested \$6.5 million dollars to become its largest shareholder and later became its CEO in 2008.

In 2008, Tesla built and sold its Roadster, followed by its Model S sedan in 2012, Model X SUV in 2015, Model 3 sedan in 2017, Model Y SUV in 2020, and Semi truck in December, 2022. Its iconic Cybertruck is due July or later this year (2023), but “volume production” won’t begin until 2024.

By 2021, Tesla had sold more battery electric vehicles worldwide (21%) than any other EV producer. In October 2021, its market capitalization reached \$1 trillion and has now become **the world’s most valuable automaker**. In Q3 of 2022, Tesla produced 68% of all EVs sold in the USA.

Today’s best sellers are models 3 and Y. Over a million were sold in 2021; about 1.31 million were delivered in 2022 and 422,875 were delivered in Q1 of 2023.



Tesla does not sell its vehicles like other makers. It has no advertising, no dealers, no car lots, no hassles with MSRP add-ons (like dealer prep), no contrived “discounts,” no bait and switch schemes, and no reams of fine print paperwork. This saves Tesla tons of money by not hiring non-essential personnel and not building retail outlets—money that enables it to avoid greedy and sometimes shady dealers and middlemen.

To buy a Tesla, a customer goes to Tesla.com, picks out the model and options that he wants, downloads the Tesla app and follows its instructions, agrees to the price, and waits for his turn to purchase—from a few weeks to several months (for a Cybertruck or Semi, probably longer). After payment, a Tesla representative delivers his new vehicle.

Today, the demand for Teslas far exceeds the supply, but that deficit is about to be rectified within a decade or less with its new state of the art “gigafactories” in California, Nevada, Texas, New York, China, Germany, and plans for one in Nuevo Leon, Mexico. These establishments are “vertically integrated” with all of the essential parts made and assembled in the same location so any hiccups in production can be immediately addressed on the spot with no long delays for responses and deliveries from far away locations. Once finished, these facilities will crank out new Teslas at lower costs and greater savings that will eclipse all other makers.

All of the gigafactories are huge, but they do vary greatly in size—from 1.2 million square feet of work space at Buffalo, New York to 10 million at Austin, Texas.

The original Gigafactory at Sparks, Nevada contains 5.3 million square feet of operational floor space and produces approximately 35 gigawatt-hours of batteries annually.

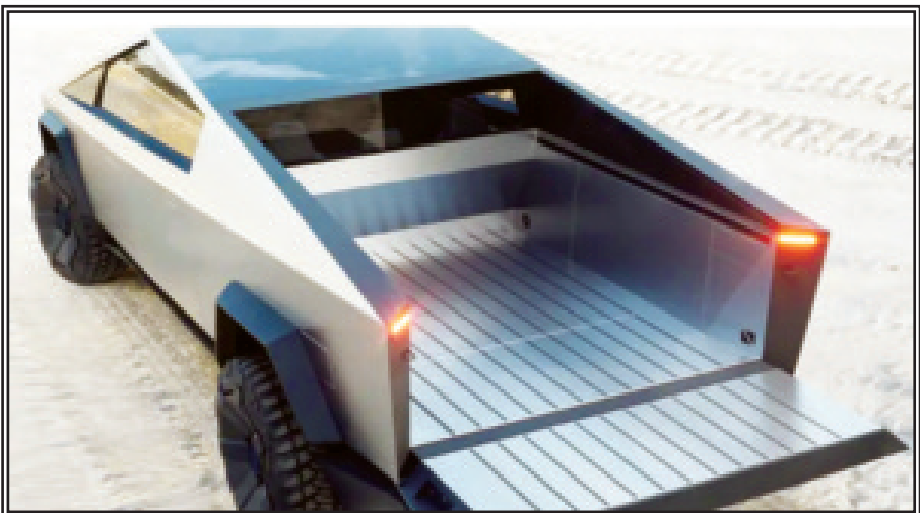
The biggest factory, **Giga Texas**, at Austin, is the site of Tesla’s corporate headquarters and is one of the largest buildings in the world with more than 10 million square feet of floor space. Construction began in July 2020, and the first complete Model Y rolled out in August, 2021. Deliveries began at an opening party called “Cyber Rodeo” on April 7, 2022. Besides the Model Y already in production, this factory will build the Model 3 and become the primary producer of semis and Cybertrucks. Elon Musk said it will hire as many as 20,000 new employees.

Tesla’s Shanghai factory, built in a single year, is already producing about 450,000 Models 3 and Y annually.

Tesla’s new factories are (or soon will be) equipped with massive state of the art aluminum die-casting machines called “giga presses” that weigh 410 to 430 tons each—“the largest high-pressure die casting machines in production as of 2020, with a clamping force of 55,000 to 61,000 kilonewtons (5,600 to 6,200 tf).” A Model Y front or rear single piece casting is made by injecting 180 lbs. of molten aluminum into the machine at 22 mph for about 80-90 seconds, producing 40-45 castings per hour.

The most exciting recent developments are Tesla’s trucks. A few semis have already been finished at the Nevada factory and sold to PepsiCo in California. Once the Texas gigafactory is completed and running full steam, they will be making deliveries everywhere, and will be especially thrifty in crowded cities like Atlanta, where about every fourth vehicle on the interstates is a semi. During traffic jams, while the diesels idle and waste tons of fuel going nowhere, the EVs consume NONE. In the near future, many will be equipped with Tesla’s Full Self Driving (FSD) software, and during the all too frequent jams, the drivers can take brief naps, enjoy snacks, and, yes, text on their phones.

Tesla’s latest and most spectacular product is the **Cybertruck**, a futuristic “cross between a DeLorean and a Stealth Fighter”—a sleek, gleaming, faceted stainless steel jewel with every component designed for superior strength and endurance. It is armored with an “exoskeleton” of “Ultra-Hard 30X Cold-Rolled stainless steel” that is a full 3 mm (1/8”) thick and can withstand the impact of a sledge hammer with barely a dent and even stop a 9 mm round—the same 301 stainless used to make the bodies of SpaceX Starships. Because



of its hardness, it cannot be stamped into body parts. Instead, it is laser cut, laser etched, folded in one direction only, and stir-welded together—hence its unique angular appearance. The stainless steel construction also eliminates corrosion and the costly, time-consuming process of painting.

The Cybertruck has adjustable self-leveling air suspension, up to 3,500 pounds of payload capacity, a towing capacity of over 14,000 pounds, 100 cubic feet of lockable storage space, a slide-out tailgate that doubles as a ramp, on-board power and compressed air, comfortable seating for five people, 0-60 mph in as little as 2.9 seconds, up to 500 miles of range per charge, 15 watt “Lazer Blade” headlights that illuminaqte the road up to three km, and a tonneau cover that is strong enough to stand on (like Elon Musk demonstrated to Jay Leno in a YouTube video). Elon has promised an MSRP of under \$40,000 for the one motor version, under \$50,000 with two motors, and under \$70,000 for the three motor deluxe version. Over 1.7 million people have already pre-ordered it.

The Cybertruck does have a drawback. At seven feet wide and about 19 feet long, this beast cannot fit into many garages and parking spaces or easily negotiate narrow trails in the woods.

An utterly fail-safe car is impossible, but Tesla’s safety record is impressive. Tesla’s crash about **12 times less often** than average. **Fatalities** are also **12 times fewer**. A Tesla safety exclusive is its driving software. **Autopilot**, which comes standard with every Tesla, keeps it within its lane and adjusts its speed to avoid hitting a car in front. It also includes “**Active Crash Avoidance**” that enables it to instantly recognize an obstacle and steer and/or slow down as needed—far more quickly than a human’s reaction.

Full-Self-Driving is a deluxe extra that can automatically change lanes, recognize and obey signals and stop signs, and can find its way through cities and even on dirt roads. Other companies have been working on similar versions for years, but Tesla has developed it to the point of practical use. It is not yet fully autonomous or officially approved to having nobody in the driver’s seat, but it can outperform a human driver with far faster reaction times and greater ability to avoid accidents. And if a self-driving Tesla should crash, Elon has already covered it by buying an insurance company. Call Tesla, and it pays for it, regardless of who was at fault.

The most expensive part of any EV is its battery pack. An 85 kWh version for a Tesla Model S consists of 7104 ‘18650’ lithium-ion cells that are slightly larger than AA flashlight cells—“modified Panasonic NCR18650A 3100 mAh cells with nickel-cobalt-aluminum cathodes.” The cells are made into modules, each containing six groups of 74 cells wired in parallel. The groups are wired in series to complete a module. Sixteen modules are wired in series to complete the 1200 pound battery pack. A titanium plate is placed under it for protection from collisions and/or road hazards.

Repairing and/or replacing EV batteries has been a challenge for both consumers and repair shops. The battery pack is the most expensive part of any EV. An invoice from Tesla stated that a new 75kWh pack for a Tesla Model 3 cost \$13,500 for the pack itself, and with added labor costs, \$16,550.67 installed. A different quote said \$22,500 for an out of warrenty replacement.

Even with anti-collision software, people in other cars do sometimes hit Teslas and damage them, including the battery packs. That makes them problematic when they are used as structural components. Auto manufacturing teardown expert Sandy Munro says a damaged Tesla Model Y has “zero reparability,” and that “A Tesla structural battery pack is going straight to the grinder,” where it may not be properly recycled. Elon could be well advised to simplify battery replacement and repair procedures, possibly by placing the modules into a rigid, sturdy aluminum or stainless steel frame where they can be well protected, but also easily accessed and replaced. Ford and GM are already working to make their batteries fixable.

Another challenge is to minimize the consumption of scarce and expensive cobalt, which comes primarily from the politically unstable DRC (about 85% of the world’s deposits). The most efficient batteries available now require both cobalt and nickel for their cathodes. LiFePO4 cells contain neither and cost less, but are a bit less efficient. To provide longer ranges at lower costs, battery technology still needs improvement.

Tesla is very young and has a great deal of growing ahead. Today, it makes vehicles for the upper and upper middle classes. For the masses, Musk plans to build a smaller “Model 2” in his proposed Mexico plant at half the \$33,600 cost of a basic Model 3 and retail it for under \$25,000.

Besides the richest, Elon Musk must be the world’s most ambitious man—SpaceX, Mars colonization, Starlink, Powerwall, and of course, Tesla. Some people have mentioned that he could be a reincarnation of Nikola Tesla.

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Col. John Eidsmoe

ARRESTED FOR PREACHING THE GOSPEL IN ALABAMA?

Maybe in North Korea, maybe in Cuba, maybe in Iran – but not in the United States, the land of religious liberty.

Well, maybe in Boston, or San Francisco – but certainly not in Selma, Alabama, right in the center of the Bible belt.

But it happened. A man was arrested for preaching the Gospel of Jesus Christ on the street.

It was Halloween 2022. People in Selma were walking, some in costume, in an annual Monster March. And Rickey Caster, a Georgia street evangelist accompanied by his sister, came to tell them about Jesus Christ.

All went well for awhile. But then a police vehicle parked beside Rickey, and an officer demanded to see Rickey’s permit. Rickey said he didn’t need a permit to preach, but the officer said he needed a permit because he was using a microphone. Rickey then set down the mike and began preaching without it, but the officer still insisted he had to stop. His sister then asked whether Rickey could preach on a different street corner, but the officer was adamant. Deciding that he must obey God rather than men (**Acts 5:29**), Rickey continued to preach, whereupon the officer handcuffed him, placed him in the patrol car, and took him to the police station where he was booked and released pending trial.

The police charged Rickey with disorderly conduct in violation of the **Code of Alabama 13A-11-7**. The complaint alleges that he “*cause[d] a public disturbance by blasting his voice over several speakers, at parents and children,*” and that he “*placed his speakers within inches of said participants as they crossed over to the southwest side of the sidewalk.*”

Fortunately, or perhaps we should say providentially, Rickey made several wise choices.

First, he and his sister videoed the entire event, and the video clearly refutes the officer’s account. The video proves that Rickey set up his speakers, not “*inches,*” but clear across the street from the pedestrians, although some of them did come close to him during the march. He was speaking loudly enough to be heard, but he wasn’t shouting, he wasn’t getting into people’s faces, and he wasn’t threatening or insulting people. The people didn’t seem bothered by his preaching. Most hardly took notice; a few looked his way, and a few spoke words of encouragement like “*Preach it!*” When the patrol car arrived, several made comments like “*He’s not bothering us.*” Rickey was respectful toward the officers, always addressing them as “*Sir,*” but he was firm about his right and duty to preach the Word of God.

Second, Rickey promptly sought legal help. He contacted the Alliance Defending Freedom, which referred him to the **Foundation for Moral Law, a nonprofit legal foundation in Montgomery, AL** for which I serve as Senior Counsel. Together with Foundation attorneys Talmadge Butts and Katrinnah Darden, we began to prepare Rickey’s defense.

The disorderly conduct statute prohibits “*abusive or obscene language*” and “*unreasonable noise.*” It sounds like the kinds of prosecutions that took place during the civil rights era, but race played no role in this case. Rickey is black; the arresting officer and the officer who accompanied him are black; the prosecutor and the judge are also black. But the principle is the same. Free

exercise of religion and free speech are civil rights, and Rickey’s civil rights were violated. Rickey’s speech certainly wasn’t obscene, so the City could only claim that it was “*abusive.*” But is street preaching abusive? A few might think so, but many might view it favorably. We prepared to argue that the statute as applied was void for vagueness and violated the Fourteenth Amendment guarantee of due process of law because it did not give adequate notice of what was prohibited.

We prepared a motion to dismiss the charge. In the motion we argued that Rickey did not violate the statute, and further that even if he did violate it, the statute was unconstitutional because of vagueness, and because of the free exercise of religion and free speech and free speech clauses of the First Amendment.

We also noted the case of *Shuttlesworth v. City of Birmingham, 373 U.S. 262 (1963)*. The Supreme Court in that case ruled that Rev. Shuttlesworth and his fellow demonstrators had a right to demonstrate without a permit, and when the City refused them a permit, they had a right to conduct their demonstration without it. The Court further noted that the requirement of a permit was “*prior restraint,*” requiring advance permission to exercise the right of free speech, which is highly disfavored in American law; see *Near v. Minnesota, 283 U.S. 697 (1931)*. We were convinced that this prohibition on prior restraint applied to Rickey, and we were hopeful that the court would grant our motion to dismiss.

So on March 29, Rickey, Talmadge, Katrinnah, and I drove to Selma for Rickey’s trial. The courtroom was filled with people waiting for their cases to be called. Then the prosecutor entered the courtroom and asked to talk with us in the back room. There we explained the case to him, along with our factual and constitutional objections. He spoke to the officer, and they agreed to dismiss the charge. Selma is Bible belt country, and they don’t want to seem hostile to preaching. But the officer wanted to make a statement to the court. He said Rickey had a constitutional right to preach and he was welcome to preach again in Selma, but others have rights too, and Rickey needs to respect them.

Rickey was sitting next to me, and he whispered that he hadn’t been disrespectful and wanted to answer the officer’s remarks. But I whispered back, “*Rickey, you’ve won. Now it’s best to just thank the court and keep quiet until we get out of the courthouse.*” He agreed.

Rickey is a fine man of God, and we are thankful for the privilege of having represented him. May he continue to preach God’s Word and lead many precious souls to Christ.

Colonel Eidsmoe is a retired Air Force Judge Advocate who serves as Professor of Constitutional Law for the Oak Brook College of Law & Government Policy <https://www.obcl.edu/>. He pastors two country churches and lives with his wife Marlene in rural Pike Road, Alabama.

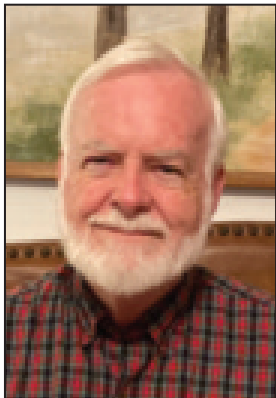
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John Taylor

Lincoln, Republicans, and Corporate Welfare

“I supported President Lincoln. I believed his war policy would be the only way to save the country, but I see my mistake. I visited Washington a few weeks ago, and I saw the corruption of the present administration—and so long as Abraham Lincoln and his Cabinet are in power, so long will war continue. And for what? For the preservation of the Constitution and the Union? No, but for the sake of politicians and government contractors.” J.P. Morgan—American financier and banker, 1864.

Many individuals are familiar with President Dwight D. Eisenhower’s warning about the “military-industrial complex” in his January 17, 1961, Farewell Address. The crux of this foreboding was to be leery of the military-industrial establishment’s propensity to influence America’s actions at home and abroad. Although this primarily referenced “war for profit” (echoing Smedley Darlington Butler’s description of the war profiteers in his book, War is a Racket), it is not always confined to the war industry. Indeed, the intertwining of corporations and government can extend to multiple industries. Corporate welfare is typically manifested in the form of special favors, grants, tax breaks, etc.

Abe Lincoln’s political career was intimately connected to corporate and banking interests. In 1832 Lincoln described his political philosophy: “I am in favor of a national bank. I am in favor of the internal improvement system, and a high protective tariff.” These beliefs remained consistent, whether he was a Whig or a Republican.

The Republican Party was the amalgamation of several factions, one being the Protectionist Wing of the defunct Whig Party. This sect’s philosophy mirrored many of the early Federalists relative to Lincoln’s aforementioned trifecta of political thought. When Lincoln, a minority president, came to power, astute Southerners anticipated what was in store. A modern example that puts it in clear perspective appears in the AMC show Hell on Wheels, where Thomas Durant describes a circuitous railroad route to the bewilderment of some observers. The route is drawn to maximize per mile federal subsidies and line the pockets of the group with direct financial interest in the railroads. Many of Lincoln’s supporters would reap the rewards of this venture.

As one of the highest paid lawyers in the country, Lincoln’s services were in high demand, especially by the railroads. He won numerous cases that benefitted the railroad industry and received many personal benefits in return. The Union Pacific Railroad, approved by Congress on July 1, 1862, was a key part of West Coast railroad expansion. [Massachusetts-born Thomas Clark “Doc” Durant was intimately connected to the Union Pacific, serving as its Vice-President. He was also part of the Credit Mobilier scandal.] Given the responsibility of naming the terminus of the newly created railroad, Lincoln selected Council Bluffs, Iowa; he owned property in the area. In one pen stroke Lincoln was able to greatly increase the value of his own property.

Many Southerners were aware of Lincoln and his ilk and the Confederate Constitution reflected it. One upgrade over the original constitution was the way

the corporate welfare/internal improvements agenda was handled. From the outset, many Southerners complained about the ambiguously worded General Welfare Clause; Patrick Henry and others saw it as an open door for federal interventionism. The U.S. Constitution stated “...provide for the common defence and general welfare of the United States” whereas the Confederate Constitution stated “provide for the common defence, and carry on the government of the Confederate States...” This rewording was designed to lessen the chance of corporate/government abuse.

Not only did the Confederate Constitution “clean up” the “General Welfare Clause” it supported free trade and opposed protectionism. Article I, Section 8, Clause 2 stated: “but no bounties shall be granted from the Treasury; nor shall any duties or taxes on importation from foreign nations be laid to foster any branch of industry.” [This wording is not in the U.S. Constitution.] This was clearly aimed at the Republican agenda of protecting industries that fostered cozy relationships with political leaders or parties.

The Southern States had fought the corporate welfare efforts of these political factions since the beginning of the republic. This “internal improvements” agenda went hand-in-hand with corporate welfare. Economist Randall Holcombe explained: “Southern Founders sought to prohibit general revenues from being used for the benefit of special interests. Tax revenues were to be spent for programs that benefited everyone, not a specific segment of the population.” As another way to deter financial shenanigans, the Confederate Constitution gave its president a line item veto, where parts of a bill could be removed.

It is not surprising that so many modern Democrats, Republicans, Neoconservatives, Globalists, Socialists, etc., place Lincoln on a pedestal. As J.P. Morgan noted, Lincoln and his cabinet were masters of corruption and connecting favored industries with government.

Sources: “The Confederate Constitution,” by Randall Holcombe, from The Free Market, June 1992; “Defining Differences Between the United States and Confederate Constitution,” by Vito Mussomeli, from the Abbeville Blog, March 2019; Union At All Costs, by John M. Taylor; and Mildred Lewis Rutherford, A True Estimate of Abraham Lincoln & Vindication of the South (Wiggins, Mississippi: Crown Rights Book Company, 1997.). **The J.P. Morgan quote appeared on page 11 of the December 25, 1922, edition of Barron’s. Original source: New Haven Register; copied in New York World, September 15, 1864. It was reprinted in Rutherford’s book. Also, in Hear that Lonesome Whistle Blow, Dee Brown covers much of the greed surrounding Westward railroad expansion.

The views of submitted editorials may not be the express views of The Alabama Gazette.



President
Abraham Lincoln



Sheriff
Derrick Cunningham

Montgomery County Sheriff's Office

(334) 832-4980

◆ www.montgomerysheriff.com



Chief Deputy Murphy



There were games, activities and food at Deputy Day in the Park. Fun was had by all starting at 10 a.m. til 1 p.m. at the Montgomery County Activity Center, Grady.

The day allowed law enforcement to get to know the community, and is a yearly highlight for Sheriff Derrick Cunningham and his department.

"Public programs and events allow our deputies to connect with the communities in which we serve and build valuable relationships," Cunningham said. "We always look forward to hosting these fun activities for our residents."

June 3: Sheriff's Junior Fishing Rodeo

The Sheriff's Junior Fishing Rodeo will be from 6 a.m. - noon at Montgomery County Ponds on US 231 South.

"Participating in county events keeps kids off the streets and challenges them physically and mentally. Let's get involved in something that's going to really help them."

Stated Commissioner Chariman Doug Singleton

Sheriff's Office App

If you haven't already heard, the Montgomery County Sheriff's Office has a phone app called "Montgomery County AL Sheriff" that can be accessed through your phone's app store. Once you have added this app to your phone, you can easily set your phone up to receive important push notifications. Push notifications are quick, important messages that can notify you of road closure(s), blocked road(s), anything pertinent to your travel, escapee, etc. While our app can help you with many things including checking to see if someone is in the county jail, it is most helpful to receive push notifications. After you have downloaded the app, go through the follow steps to make sure your phone is set up to receive the push notifications:

- Go to your Phone's setting icon.
- Scroll Down and click "Applications".
- Scroll down to "MCSO" or "Montgomery County AL Sheriff" ... OR
- Click "Application Manager", if it doesn't take you directly to the location.
- Click "Notifications".
- Turn on "Allow Notifications" & "Previews in pop-ups".

You should be all set to receive the Montgomery County Sheriff's Office push notifications!



Support YOUR Local Law Enforcement

Alabama Highway Patrol



Troopers patrol approximately 69,500 miles of rural roadways in Alabama and are responsible for motor vehicle law enforcement, rural traffic crash investigation, and special duty performance during emergencies. The Alabama Highway Patrol was created in 1936. Since its establishment, 29 officers have died while on duty.



Autauga County Alabama

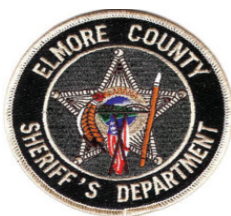
SHERIFF'S OFFICE
(334) 361-2500

162 W 4th Street,
Prattville, AL

www.autaugasheriff.org



Sheriff
Mark Harrell



ELMORE CO ALA

SHERIFF'S OFFICE
(334) 567-5546

8955 US-231
Wetumpka, AL 36092

<https://www.elmoreso.com>



Sheriff Bill
Franklin

Lowndes County



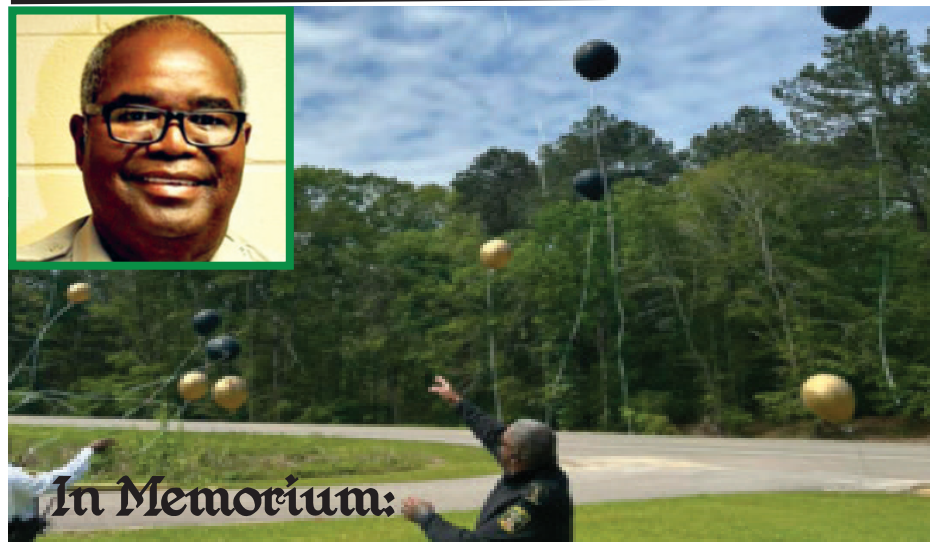
(334) 548-2222

1 S Washington St
Hayneville, AL 36040

www.facebook.com/LowndesCountyAlabamaSheriffsOffice/



Sheriff Chris West



DEPUTY LT. LEVY PETTWAY

A Special Celebration of the life of fallen Lt. Levy Pettway

He was a beloved SRO (School Resource Officer) for Calhoun High School and served with Lowndes County Sheriff's Office, Alabama for over 12 years.

Deputy Sheriff Levy Pettway was killed in a single-vehicle crash on Alabama 21 in Hayneville. Deputy Pettway's patrol car left the roadway and struck several trees. Rescue crews extricated him from the vehicle but were unable to revive him.

We had a balloon release to honor the fallen and pay our upmost respects to our brothe in arms.

"Blessed are the peacemakers for they will be called the Children of God." EOW: 04/10/2017

Sheriff on a Bull!

Augauga County Sheriff Mark Harrell has made a promise that this event on July 14 & 15 can raise \$10,000 in donations for Brooke's medical expenses or other financial needs Brooks family may have.

Payment options are: Venmo-@danhollis1985

PayPal-hollis8825@gmail.com

Cashapp-\$hollis8825

Hope to see everyong there!



RIDING FOR BROOKE BENEFIT PCA RODEO

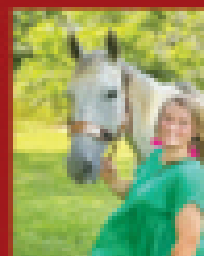
Tickets \$13.00

JULY 14TH-15TH

5 & Under FREE

VENDORS - FOOD - FAMILY FUN- MUTTON BUSTIN

BAREBACK RIDING
BREAK-AWAY ROPING
STEER WRESTLING
SADDLE BRONC RIDING



TEAM ROPING
CALF ROPING
BARREL RACING
BULL RIDING

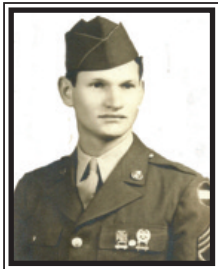


RH Kirkpatrick Agricultural Pavilion
2224 AL-14, Autaugaville, AL 36003

Honoring Our Heroes



In Memorium of those that served:



**Donald E.
Hayhurst**
4/1/1924
3/30/2023



**Kenneth W.
Ragan**
4/4/1930
4/5/2023



**Rudolph
Johnson**
4/11/1926
4/17/2023.



Veterans are entitled to a patriotic ceremony at their funerals.
Raymond Keel
will provide this service free!

Call him at 334-233-8736

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



**Petty Officer First Class,
Frank Stovall**

1. Edward G. Platt: May 2nd
2. Jimmy F. Meacham: May 5th
3. Linda Lake Boyle: May 6th
4. Joel A. Burdette: May 6th
5. David L. McFarland: May 16th
6. Lenora White: May 19th
7. Ronald Webster Balkom: May 20th
8. Jerry Elmer Fossum: May 20th
9. Willie Durham: May 22nd
10. Charles Lynn: May 23rd
11. Johnny Saxton: May 25th
12. Ell White: May 27th
13. Jamie Michael LyBrands: May 30th
14. Danny Malcolm McDonald: May 30th

MAY BIRTHDAYS!

ALABAMA MARINE CORPS LEAGUE CONVENTION

The Alabama Marine Corps League Convention will be held at the Double Tree Hotel 120 Madison Avenue, Montgomery, AL, June 22nd - June 24th.

This Convention is the annual gathering of the detachments of the Department of Alabama of the Marine Corps League.

The purpose of this event is to elect the officers who will lead the department in the coming year.

Registration and check in at 0800
Friday the 22nd with opening ceremonies at 0900!



Memorial Day Service at Vietnam War Memorial

A Memorial Day service will be held at 10:00 a.m. at the Vietnam War Memorial site at the Greenwood Cemetery at Montgomery, AL, on Monday, May 29th, at the Harrison Road entrance. Services will be led by members of Chapter 607 Vietnam Veterans of America.



COL DOUGLAS B. CAIRNS



Col Douglas B. Cairns served for 30 years in the United States Air Force. His primary Air Force specialty was pilot and Director of Air Operations. He began his career with pilot training and then as a Flight Training Instructor. His variety of assignments included: F-4C/D/E fighter pilot and test pilot,

Logistics Staff Officer, Air Operations Staff Officer, Planning and Programming Officer and Director of Operations. His final assignment was as Academic Program Director and instructor.

Col Cairns was highly decorated, receiving the following medals: Defense Superior Service Medal, Legion of Merit, Distinguished Flying Cross, Meritorious Service Medal with three oak leaf clusters, Air Medal with nine oak leaf clusters, Air Force Commendation Medal with two oak leaf clusters, Distinguished-Presidential Unit Citation, Air Force Outstanding Unit Award, Defense Service Medal with Bronze Star, Vietnam Service Medal with two Service Stars, Republic of Vietnam Gallantry Cross with Palm Device and Republic of Vietnam Campaign Medal.

Col Cairns was born on June 4, 1938 into a military family to his parents, Bogardus and Doris Cairns. His father was a career officer in the U.S. Army. Col Cairns received most of his high school education in DoD schools in Germany and then graduated from North Fulton High School at Atlanta, GA, in June 1956. He graduated from the U.S. Air Force Academy, CO, entered active duty and was commissioned as a Second Lieutenant on June 7, 1961.

He completed pilot training and served as a flight instructor at Craig Air Force Base, AL, for five years. Next, he went to George Air Force Base, CA, where he trained to fly the F-4C Phantom. His Vietnam tour followed which included 100 missions over North Vietnam. Next, he served at Kelly Air Force Base as a general's aide and logistics staff officer for two years. Then he completed the Aerospace Research Pilot's School at Edwards AFB, CA, followed by service at Wright Patterson AFB, OH, as a test pilot. Following

attending the USAF Air Command and Staff College, AL, his next assignment was as lead pilot for operational test and evaluation at Clark AFB, Philippine Islands, for three years. He then attended the Naval War College, R.I., followed by three years of on the Air Staff in the Pentagon. Col Cairns then served as the Deputy Commander for Operations in the 347th Tactical Fighter Wing at Moody A.F.B., GA. Next, he served at Kirtland A.F.B., NM, overseeing operational test and evaluation of tactical aircraft and munitions. His last overseas assignment was directing the Office of Defense Cooperation at the U.S. Embassy, New Delhi, India. His final assignment was as instructor and academic course director at the USAF Air War College, AL. He retired from the Air Force in Montgomery, AL, on 6 June 1991.

Cairns and his wife, Diane, have been a married team for 61 years. They have two children, three grandchildren and one great-grandchild. Their son is a graduate of the U.S. Military Academy and served in the US Army Special Forces with a tour in Afghanistan. When his son retired from the Army his service was the fourth generation to serve in the US military. Their daughter is a nurse in Montgomery. Col Cairns and his wife were very involved as a team supporting chapel and church activities throughout their journey. After retirement, they were members of Christ the Redeemer Episcopal Church, Legacy Anglican Church and now Christchurch Anglican in Montgomery, AL. He was active with Officers Christian Fellowship throughout his military Career. He and Diane have enjoyed playing golf and tennis and skiing.

Col Cairns observed that: "I had a variety of assignments. Most of them were exciting and interesting. Because my father was a career officer, I was nurtured in an atmosphere of a military society where service to country was normal, expected and rewarding. It has been an honor for me to serve."





RDML WILLIAM K DAVIS AND LCDR LISA R DAVIS



Rear Admiral (RDML) William Kent Davis served 30+ years in the United States military including 10 years in the U. S. Navy, 18 years in the U.S. Navy Reserve and two years in the U.S. Army. His Navy Occupational Specialty (NOS) was Public Affairs. His medals, decorations, citations and awards were: Legion of Merit, Defense Meritorious Service Medal (two), Meritorious Service Medal (three), Joint Service Commendation Medal, Joint Meritorious Unit Award, Armed Forces Reserve Medal with "M" device, National Defense Service Medal (two), Navy/Marine Corps Commendation Medal (four), Navy/Marine Corps Achievement Medal (two), Army Achievement Medal, Meritorious Unit Commendation (two), NATO



Medal, Armed Forces Expeditionary Medal, Southwest Asia Service Medal, Afghanistan Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Military Outstanding Volunteer Service Medal, Sea Service Deployment Ribbon (two), Navy-Marine Corps Overseas Service Ribbon (two), Kuwait Liberation Medal (Kuwait), Navy Rifle Marksmanship Ribbon (with Sharpshooter "S"), Navy Pistol Marksmanship Ribbon (with Sharpshooter "S"), and Navy Surface Warfare Supply Corps Officer badge.

RDML Davis was born December 22, 1962, in Montgomery, AL, to his parents, Joe and Ruby Davis. He was reared in Montgomery, AL, Atlanta, GA, and New Orleans, L A. He graduated from De La Salle High School in New Orleans in 1981, served in the Navy Reserve for a short time while attending college, and he graduated from Louisiana State University with an B.S. Degree in Business Administration in 1985. Upon graduation, he went to the U.S. Navy Officer Candidate School in Newport, R.I., followed by training at the U.S. Navy Supply School in Athens, GA for six months and was commissioned as an Supply Corps Officer with the rank of Ensign in 1986.

His first assignment was serving aboard the battleship USS Missouri BB-63, stationed at Long Beach, CA, for three years where he served as Assistant Supply Officer and Gun Director Officer for the five- and 16-inch guns. He deployed to the Persian Gulf during the Iran-Iraq War for Operation Ernest Will

and to the Northern Pacific off the coast of the Soviet Union in support of Cold War operations. This tour was followed by duty at the Naval Air Station, GA, as Aviation Supply Officer. Shortly after that assignment, he attended the Defense Information School at Fort Meade, MD and switched to working in Public Affairs. His first assignment in Public Affairs was serving as Assistant Public Affairs Officer at Commander, Naval Base San Francisco, and then he was assigned to the aircraft carrier, USS Abraham Lincoln CVN 72 at Alameda, CA, for two years. During that sea tour, he was deployed to the Persian Gulf for Operation Southern Watch and to Somalia in support of United Nations peacekeeping missions.

In 1994, he transferred to the Navy Reserve serving at the Navy Office of Information in Atlanta, GA, and using the G.I. Bill, he received a Juris Doctor Degree from Georgia State University in 1998. He then transferred to service in the U.S. Army's Judge Advocate General's Corps and served on active duty as an attorney at Fort McPherson, GA, for two years. Next, he transferred back to serving in the Navy Reserve and simultaneously worked as an attorney for the Atlanta, GA, law firm, King & Spalding, where he worked with cases involving labor and employment for two years. From 2003 to 2016, as a civilian, he served as a full-time attorney with the U.S. Department of Homeland Security. He was recalled to active Navy duty and served in Iraqi Freedom in 2006 and in Operation Enduring Freedom in Afghanistan in 2012.

RDML Davis retired from military service in 2016, left the practice of law and was employed for two years as the City Manager of Anniston, AL. He then worked as the civilian Director of Communication and Outreach at Air University at Maxwell Air Force Base, AL, for two years. He was appointed AL Commissioner of Veterans Affairs in 2019, and in 2023, he was reappointed to serve another four years.

RDML Davis's conclusions about his military service are: **"I met some incredible people. Being able to serve my country was important. My father served in combat in WWII. I felt like I needed to give back to the country that has been so good to me. There are no friendships like those that you form in military service."** As Commissioner of Veterans Affairs, RDML Davis states, **"In 2019, I thought my affiliation with the military was coming to closure, but now it is such a great thrill to work with the veterans from all of the military services."**



Lieutenant Commander (LCDR) Lisa Renee Davis served 21 years in the U.S. Navy Reserve. Her NOS was Intelligence Officer. Her medals, decorations, awards, and citations included: Joint Meritorious Unit Award with oak leaf cluster, National Defense Service Medal, and Navy Pistol Marksmanship Ribbon.



LCDR Davis was born August 21, 1965, to her parents, David and Mary Jane Rogne, in Santa Barbara, CA, was reared in CA and graduated from University High School in 1983. She graduated from Long Beach State University with a B.S. Degree in Liberal Arts in 1987 followed by teacher certification in Elementary Education, and she received a Master's Degree in Special Education from San Francisco State University in 1993. She taught for 15 years.

She joined the U.S. Navy Reserve September 1, 1992, as an Ensign, and she was a Career Reservist. She was called to active duty for deployment to NATO in Naples, Italy, in 2011. She served with the Navy Sealift Command in San Francisco, CA, for two years and then with a Navy Intelligence Unit at Fort Gillem, GA, for three years. Then she served with the 6th Fleet in Marietta, GA, for four years and afterward in the Individual Ready Reserve.

Her service included assignments at Ford Island in Pearl Harbor, HI, Stuttgart, Germany, Garmisch, Germany, Rota, Spain and JAC Molesworth, England. She retired from military service September 1, 2013. LCDR Davis's conclusions about her military service are: **"My father was a chaplain in the Army, and I felt like I could also give back to my country."**

RDML Davis and LCDR Davis have been married 34 years, and they have two children. They are members of First Methodist Church of Montgomery. He is a member of the Rotary Club, the Kiwanis Club, American Legion, VFW, Central-East AL Chapter of the American Red Cross Board of Directors, Disabled American Veterans, Military Officers Association of America, Alpha Phi Omega Service Fraternity, Air Force Association and Association of the U. S. Army. LCDR Lisa Davis volunteers at the Montgomery Humane Society. They enjoy hiking and going on cruises.



Their conclusions about how they would like people to remember them are: RDML Kent Davis states: **"I would like people to remember that I served, but I did not let it go to my head."** LCDR Lisa Davis states: **"I would like people to remember me as being a good person."**



CCM DAVID E. HEADLEY



Command Chief Master Sergeant (CCM) David E. Headley served 32 years in the United States Air Force Reserve. His Air force Specialty Code (AFSC) began as an administrative specialist with the 4th Air Postal and Courier Flight at Maxwell AFB Alabama. His other AFSCs included: Command and Control Technician, Intelligence Operations Superintendent and Individual Mobilization Augmentee (IMA). He also served as interim MAJCOM CMSGT for the Air Force Reserve Command, Robins AFB GA. His medals, awards and decorations include: National Defense Medal with cluster, Air Force Achievement award, Small Arms Marksmanship award with cluster, Air Force Longevity award and Meritorious Service Medal with clusters. Chief Headley had tours in Germany, Japan, Panama as well as the United States.

CCM Headley was born in Troy, Alabama, to his parents Msgt ret. Clyde and Lucille Headley. He graduated from Charles Henderson High School in Troy as well as Troy State University with a B. S. degree in Business Administration and Marketing. Upon graduation, he worked for a finance company in Dothan,

AL, and then he started a 24 year career in Montgomery, AL, with Lowe's Companies where he achieved the position of District Manager. He is currently employed Part-time at Castaway Animal Clinic in Eclectic, AL. He also is a corporate pilot who flew turbo prop and jet aircraft for almost 15 years.

CCM Headley and his wife Linda have two children and three grandchildren. He is a talented trumpet player having played in the Sound of the South Band at Troy University. He continues to play his trumpet with the Upbeats Band in Montgomery at the Alcazar Shrine Temple and with the Southeast Alabama Community Band in Troy. He also continues to play with his high school rock and roll band, The Fabulous Shades, at Troy AL. He and his wife are members of Refuge Baptist Church in Tallassee, AL.



CCM Headley's conclusions about his military service are: **"Every young person should have some military training from ROTC to active duty military. It will grow them up and give them perspective and discipline. This will help them make sound decisions later in life."**

Supporting Veterans this Memorial Day...

By: Veronica Raussin

Memorial Day allows every American to honor those who died while serving in the military. It should also remind us how many veterans have lost their lives to substance use, untreated mental health issues, and suicide.

Countless veterans struggle with substance use disorders and mental health issues. In Alabama, there are over 350,000 veterans. Substance use disorders in the veteran population have been linked to homelessness and suicide.

In Alabama, nearly 18% of those who died from suicide were veterans, according to the states Department of Veterans Affairs.

"For veterans, military life comes with its own set of risk factors and potential causes for substance use and mental health issues," said Michael Leach of Addicted.org. "It's critical they receive the support and help they need."

Awareness of what leads to these problems can

ensure family and friends are equipped to help a loved one who is a veteran access the help and support they need. Risk factors can include the following:

- Trauma or stress because of past service, deployment, or combat.
- Struggling to reintegrate into civilian life.
- Mental health issues because of military service, such as PTSD, brain injuries, depression, or anxiety.
- Injuries and chronic pain because of military service.

Veterans struggling with substance use or mental health problem also need help overcoming the barriers to accessing the treatment they need. These barriers may include cost, stigma, inadequate funding, and limited resources in rural locations.

There are ways to help and make a difference in a veteran's life. The Alabama Department of Veterans Affairs offers a variety of benefits of services.

Alabama Veteran is a community-based peer-to-peer organization helping veterans, service members, and their families.

Nationally, the VA Facility locator and all the services provided through the U.S. Department of Veterans Affairs, such as those helping homeless veterans.

Important phone numbers include the Veterans Crisis Line—1-800-273-8255 and the Lifeline for Vets—1-888-777-4443.

While we honor those who have lost their lives in service of their country this Memorial Day, we must always continue to recognize the problems so many veterans face when they return home and take steps to ensure the help is available.

Veronica Raussin is a Community Outreach Coordinator for Addicted.org, passionate about spreading awareness of the risks and dangers of alcohol & drug use.

YOU ARE NEVER ALONE...



Veterans Crisis Line
www.veteranscrisisline.net





Alabama Public Affairs Specialist
Social Security Administration
4344 Carmichael Road, Suite 100
Montgomery, Alabama 36116



SOCIAL SECURITY ADMINISTRATION (SSA) SERVICES IN MONTGOMERY

By: *Kylle' D. McKinney*
kylle.mckinney@ssa.gov

Cell: (334) 479-1242 Fax: (334) 272-7630

SOCIAL SECURITY HONORS OUR MILITARY HEROES

On Memorial Day, our nation honors military service members who have given their lives for our country. Families, friends, and communities pause to remember the many great sacrifices of our military and ensure their legacy lives on in the freedoms we all enjoy.



We recognize these heroes who, in President Lincoln's words, **"gave the last full measure of devotion."**

The benefits we provide can help the families of deceased military service members. For example, surviving spouses and their dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at <https://www.ssa.gov/survivors>

We also offer support to our wounded warriors. Social Security benefits protect veterans when an injury prevents them from returning to active duty or performing other work. Wounded military service members can receive expedited processing of their Social Security disability claims. Are you a veteran with a 100% Permanent & Total compensation rating from the U.S. Department of Veterans Affairs? We will expedite your disability claim. Both the Department of Veteran Affairs and the Social Security Administration have disability programs. You may qualify for disability benefits under one program but not the other, or you may qualify for both. Depending on your situation, some of your family members, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Want more information? Visit: <https://www.ssa.gov/people/veterans/> for answers to commonly asked questions or to find information about the application process.

Thinking about retirement? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage, You Can Get Both Military Retirement and Social Security Benefits, at: <https://www.ssa.gov/benefits/retirement/planner/veterans.html>

Please share this information with the military families in your community. To the veterans who bravely served and died for our country, and to the military service members who serve today, we honor and thank you.

SLAM THE SCAM WITH SOCIAL SECURITY!

The Social Security Administration and its Office of the Inspector General (OIG) continued to raise public awareness about Social Security imposter scams during the fourth annual **"Slam the Scam"** Day held in March. Social Security scams — where fraudsters pressure victims into making cash or gift card payments to fix alleged Social Security number problems or to avoid arrest — are an ongoing government imposter fraud scheme. For several years, Social Security impersonation scams have been one of the most common government imposter scams reported to the Federal Trade Commission. We've made concerted efforts to address this issue, through extensive outreach and investigative initiatives. These efforts have made a significant impact, reducing money reported lost to Social Security scams by 30 percent from 2021 to 2022.

"I am proud of the work we have done to combat Social Security imposter scams and raise public awareness," said Kilolo Kijakazi, Acting Commissioner of Social Security. **"We will continue to use every tool at our disposal to protect the public and their critical benefits. We urge Americans to remain vigilant, do not give out personal information or money, and report any scam attempts."**

Scammers use sophisticated tactics to trick potential victims into disclosing personal and financial information. **Typically, they use the five P's – Pretend, Prize or Problem, Pressure, and Payment.**

For example, scammers pretend they are from Social Security in phone calls or emails and claim there is a problem with the person's Social Security number. The scammer's caller ID may be spoofed to look like a legitimate government number. Scammers may also send fake documents to pressure people into complying with demands for information or money.

Other common tactics include citing **"badge numbers"** and using fraudulent Social Security letterhead to target individuals for payment or personal information.

We will never:

- Tell you that your Social Security number is suspended.
- Contact you to demand an immediate payment.
- Threaten you with arrest.
- Ask for your credit or debit card numbers over the phone.
- Request gift cards or cash.
- Promise a Social Security benefit approval or increase in exchange for information or money.

Our employees do contact the public by telephone for business purposes. Ordinarily, we call people who recently applied for benefits, are already receiving payments and require updates to their record or requested a phone call from us. If there is a problem with a person's Social Security number or record, we will mail a letter.

"Working with our law enforcement and private sector partners to inform consumers about scammers and their deceptive practices remains a priority for my office. We will continue promoting National Slam the Scam Day to help protect consumers from these predators. Slamming the scam begins with consumers quickly taking a step to hang up the phone, or delete suspicious texts and emails, without responding to the scammers," said Gail S. Ennis, Inspector General for the Social Security Administration. **"That remains the easiest and most effective method to avoid falling prey to these vicious scams."**

To report a scam attempt, go to: oig.ssa.gov. For more information, please visit www.ssa.gov/scam and www.ssa.gov/antifraudfacts.

READY TO RETIRE? APPLY ONLINE WITH SOCIAL SECURITY

It's never too early to start planning for retirement and our online tools can help. Go to <https://www.ssa.gov/myaccount/> to access your personal my Social Security account to get an estimate of your retirement benefits based on your earnings record. Once you have an account, you can use our Plan for Retirement tool to see how your benefits can change at different ages. Don't have a personal my Social Security account? You can create one at <https://www.ssa.gov/myaccount/>

You can also use your personal my Social Security account to see your entire work history and make sure we have all your wages recorded correctly. We base your benefit amount on the earnings reported to us. If you find any errors in your work history, read this guide www.ssa.gov/pubs/EN-05-10081.pdf to learn how to correct your Social Security record.

When you're ready to apply for Social Security retirement benefits, you can complete our online application in as little as 15 minutes at www.ssa.gov/retirement. We will contact you if we need any further information. You can check the status of your application through your online account.

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Dr. Lester Spencer
Lead Pastor
St. James Church
9045 Vaughn Road, Montgomery, AL

Soul Searching

Unleash His Power within You

Would you love to experience fresh power in your life? You can!

Many people feel powerless in so many areas of their lives. Many feel powerless to change their circumstances, their anxieties, their worries, their relationships, their marriages, their children, their financial conditions, their jobs, their bad habits, their addictions, their attitudes and so many other things in their lives they would like to change.

Did you know that Jesus came to offer us the power to change as well as the power to impact others too? **“But you will receive power when the Holy Spirit comes upon you.” Jesus, Acts 1:8**

Did you know? **“The same mighty power that raised Christ from the dead is available to you!” Paul, Ephesians 1:20**

Tony Robbins is one of the most successful motivational speakers in the world with over 6.5 million followers on social media, many #1 Best Selling books, and a net worth of over \$600 million. People flock to his in-person and on-line seminars by the tens of thousands, and they pay a great deal of money to attend. I actually agree with a lot of things Tony Robbins teaches and find him to be a very wise and generous person as well as a person of integrity. I do not know exactly where Tony Robbins stands in terms of his faith, but I do know that many of his principles are actually based on the wisdom and principles we find in the Bible as well as the teachings of Jesus himself. He often quotes the Bible and Jesus.

Why are people so attracted to Tony Robbins and his books and seminars? I believe it is because he teaches people how to gain control and discover power within their lives. His books and seminars have such intriguing titles as, “Unleash the Power within You” and “Unlimited Power”. People who want more power in their lives are drawn to his motivating and inspiring teachings.

The truth is that many people feel powerless to change their lives and circumstances. So, people are anxious to hear and learn any ways that might help them gain more power and control over their lives which often seem totally out of control and often overwhelming.

But there is one point in particular where I would disagree with Tony Robbins. Robbins teaches that the power is within us ourselves to make the changes we can and may need to make. But, as a Christ follower, I would proclaim that the power to change and the power to take control over our lives comes from God, not from ourselves. I believe the Holy Spirit, God’s Spirit, the same mighty power that raised Christ from the dead, is the One who empowers us. When we invite the Risen Christ and the Spirit of God to live inside us, then we avail ourselves of His power in our lives. The power to change!

Paul says it this way, **“I have strength to face all conditions by the power Christ gives me.” Paul, Philippians 4:13**

In fact, Paul goes on to say in **2 Corinthians 12:9** that we can’t do it on our own power. Paul claims that left up to our own power to make the changes in our lives and to gain control, we are in fact weak.

“But he (the Lord) said to me, ‘My grace is sufficient for you, for my power is made perfect in your weakness.’ Therefore, (Paul says) I will boast all the more boldly about my weaknesses, so that Christ’s power may rest on me. For the Spirit God gives us does not make us timid or afraid but gives us power, love and self-discipline.”

I am so glad I do not have to struggle through this life on my own power. Frankly, I am not sure I would make it. The pressures. The let downs. The betrayals. The hurts. The pain. The brokenness. I am so thankful that God has unleashed His power in me through the Risen Christ living in me and the Holy Spirit who dwells in me.

You too can experience the unleashed power of God in your life. You can know the power of the Risen Christ living in you and the powerful presence of the Holy Spirit dwelling in you. So, to summarize Paul, the Spirit God gives us does not make us timid and afraid, rather the Spirit God gives us unleashes God’s power in us to change the way we love, live and lead.

What must you do to Unleash God’s Power in your life?

1. Believe Jesus Christ is who he says he is and that he died on a cross for your sins and mine. And that God raised him from the dead. **(John 3:16-17)**
2. Accept God’s free gift of grace, forgiveness, and salvation. **(Ephesians 2:8-9)**
3. Invite the Risen Christ into your heart and receive the gift and the Power of the Holy Spirit. **(Philippians 2:10-11 and Acts 1:8)**
4. Commit yourself to be a believer and a follower for Jesus Christ from this day forward. **(Matthew 4:19)**

When you take these four steps you can... Unleash His power Within You!

Blessings,
Dr Lester Spencer

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**Judge Peggy Givhan**

Southern Gardening



"April showers bring May flowers"

The old adage, "April showers bring May flowers" will hopefully hold true for May 2023. And with these showers come many weeds. Before getting down to the business of actually planting, preparing the beds is a must. And this includes weeding, adding any soil or organic material, and applying fertilizer.

Over the years, many newer gardeners have asked how much water do flowers and shrubs require. Of course, some plants need more water than others. As a rule of thumb, a woody stemmed flower requires less water than a herbaceous plant.

Watering requirements also depend on the time of the year. Naturally plants take less water in the dead of winter than in the middle of July. For example, the common marigold can thrive in constantly wet soil which would rot impatiens. Let me put it this way, there are always exceptions to the rule. When purchasing unfamiliar flowers and plants, the plant label is a good guide for watering requirements. Below are some general guidelines which have helped me over the years.

General Watering information:

1. Water flowers and shrubs before noon, so that they dry out, as opposed to later in the day this time of the year. This timing is essential to allow the moisture on the leaves and the top layer of soil to dry out. If the watering takes place in the late afternoon and/or evening, the soil will be warm and together with the wet foliage, it creates a magnet for mold, fungus and pesky insects. And if the soil has been mulched to conserve water, then watering before noon can be critical for the health of the plants. Watering before noon allows the maximum amount of water to reach the roots before the water evaporates.

2. Many people believe that they have adequately watered their plants by sprinkling the ground or pot with a hand held hose. Much of the time, although the ground looks wet, only the surface of the dirt is wet and not the roots. The best rule of thumb is to poke an index finger into the ground to the depth of the first knuckle. If the soil feels watered, the watering is complete.

3. The above caveats are good for the pot garden.

Potpourri for MAY

4. Although overwatering plants is rare, it can also be a problem. Most flowers and shrubs do not like what is called "wet feet", which means that the roots are sitting in water. Poor drainage rots the roots, leading to death of the plant. In pot gardens, the cause usually can be attributed to the drainage hole being stopped up with the pot collecting water.

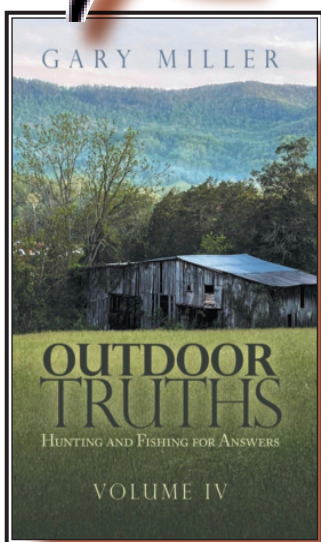
5. To prevent poor drainage in flower pots, no matter the size, add gravel or broken pottery over the bottom hole. This prevents caking of the soil which acts like a plug in a bathtub drain. If the soil in the garden does not drain, the first thing to notice is yellowing of the leaves which alerts one to the poor drainage issue. Also, when lifting the plant, the plant roots may have an odor attributed to what has become sour soil. So the remedy would be to take all plants out of the ground, and raise the beds between 4-6 inches. Of course those plants with the rotten roots should be discarded.

PLANT OF THE MONTH--CLEMATIS



Clematis is a member of the Buttercup family and includes climbing species and shrubby forms. Most are familiar with the woody stemmed vines, which produce showy bright flowers in the spring. I have had clematis vines for years which bloom off the dead wood. Spectacular saucer sized flowers adorn the vines. They need moist humus rich soil and at least 4 hours of sun per day. Some say that if you put their feet in the shade and their heads in the sun, they will thrive.

Happy Gardening

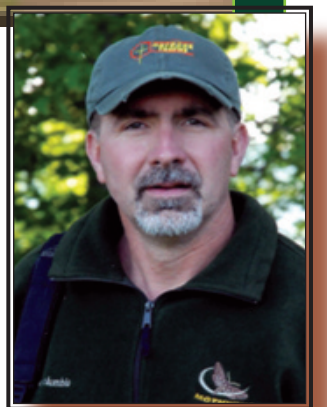


a lost opportunity

I don't remember being so annoyed as I was the other day. There I was sitting with a friend, sulking about a lost opportunity to pull the trigger on a tom turkey. The night before, we had seen a gobbler and a hen move into a certain part of the woods. We surmised they would certainly roost there, so our plans were to be their wake-up call the next morning. The next day we were in place as the sun began to rise. The woods all around us were being filled with a chorus of gobblers. None of them, however, were coming from this particular bird we were set up on. We stayed and waited. We continued to wait as we called softly to let him know we were around. Still no response. The other gobblers wanted us to come to them, but we remained steadfast until we determined that somehow this bird had eluded us. Our plan now was to try to get on one of the other gobblers that had been calling. But we had waited too long. They had already found other hens. So, there we were, empty-handed, frustrated, and sulking in the price of a bad decision.

While sitting on the side of that hill, I contemplated a lesson from what had just happened. It seemed that very quickly my mind went to this subject of decisions. You see every decision has at least two components; sacrifice and risk. Some decisions – the easiest ones, come with very little sacrifice and very little risk. These are the ones most of us make every day. They keep us in our comfort zone, and that is really where we all like to live. I ask myself as I thought about what had just transpired that morning if my decision to stay put was based on my unwillingness to sacrifice to climb a difficult hill or if it was based on some fear I would run into the bird I was trying to get close to. Was I afraid of that risk? I'm not sure, but I was reminded of this. The greatest successes and results will always come from the greatest sacrifices and risks. In investments, the greatest return on one's money also comes with the greatest possibility of losing one's money. So, as you can imagine, most people prefer to remain in the safe confines of the local FDIC insured bank. In turkey hunting, most people chose to stay on level ground instead of climbing a difficult hill. They prefer to stay several hundred yards from a gobbler's roost instead of moving close and risking being seen. The truth is, the one closest is more likely to garner the kill.

My friend, remember that while most of your decisions in life will take very little sacrifice and risk, if you are truly going to enjoy the most thrilling victories, you will have to put something on the line. Your risk may not always pay off, but at least you won't be sitting on the side of a hill somewhere, wondering what might have been, if you had only moved.

**Gary Miller**

Gary can be reached via email at:

gary@outdoortruths.org.

Gary Miller has written Outdoor Truths articles for 20 years. He has also written five books which include compilations of his articles and a father/son devotional. He also speaks at wild-game dinners and men's events for churches and associations.

Genesis 1:12

And the earth brought forth grass, the herb that yeilds seed according to its kind, and the tree that yeilds fruit, who seed in itself according to its kind and God saw that it was good.



Michael Jeffers of Calera, Alabama was able to harvest this nice Rio Grande turkey about an hour south of San Antonio, TX. The Rio Grande is one of four subspecies of wild turnkeys native to the United States.

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Patricia Killough
Community Editor

Home Town Community News

NOTICE! Please send Patricia your family and friends:
BIRTHDAYS, ANNIVERSARIES, WEDDINGS AND EVENTS to:
alabamagazette@gmail.com



Sarah Kate Celebrates Eight!

Sarah Kate (Sarah Kathleene Selvage), the granddaughter of Patricia Killough, has been growing up through The Alabama Gazette for the last eight years. She recently celebrated her birthday on April 7th.



HAPPY BIRTHDAY! MAY

- | | |
|-------------------------------|---------------------------|
| 2 Judy Grubbs | Waldon Woodall (64) |
| Weston Ashley Sellars (12) | 16 Lonnie Smith |
| Pat Duffell Smith | Stephan Turnipseed |
| 3 Scarlett Box | Devery Wright |
| Teresa Grant | 18 Ken Stafford |
| Forrest Taylor (29) | 19 Connie Butts |
| 5 Ashton Box | 20 Maggie Royster |
| Debra Findley | 21 Rhonda Alexander |
| Jayne Ward | Al Barnett |
| 7 Tory Alexander | Ashley Boyd (47) |
| Bryson Box (18th) | Daniel Selvage (14) |
| 8 John P. Hanson | 22 Hunter Meadows (25) |
| Michael Moseley (54) | Brad Williams (43) |
| 9 Jim Garrett | 23 Susanne Boyd |
| 10 Nicole Sansom | Julia Grant |
| 11 Johnson Alexander | Mike Sikes (45) |
| Pam Lynch | Casey Woodall |
| Barbara Strickland (72) | 24 Brantley Box (22) |
| Dee Dee Ward | Sydney Ellen Grant |
| 12 Mary Ellen Grant | Seth Meadows |
| Liz Morris | 25 Wynne Ross Sloane (48) |
| 13 Betty Casey | 26 Carrie Rhodes |
| Chris Cordle | 30 Michele Blount |
| Debbie Mills | Kate Sansom |
| 14 Luke Dickinson | 31 Betty Crowe |
| Victor Chad Mason (Trace) (9) | Susan Daffron (74) |
| 15 Ann Macon Adams | |

HAPPY 100TH BIRTHDAY!

Shirley Watt



Montgomery-Relatives and friends from Alaska to Florida gathered to celebrate the 100th Birthday of Shirley Watt at a gala Sunday afternoon reception at the Montgomery Country Club.

Shirley was born April 24, 1923 in Springfield, MA. While attending high school in the tenth grade, she met her late husband Donald H. Watt, who was a senior at the time. A movie date that same week in 1938 began a loving relationship which included a prom date, their 1941 engagement, and latter their wedding.

Shirley was a military wife, as Don was an Air Force pilot who saw action in three wars before retiring as a Colonel and Commander of the Air Force Logistics Management Center at Tuntar AFB in 1975. He then served as Manager of the Arrowhead Country Club for 12 years before his second retirement.

In her earlier years, Shirley loved to play golf and still is an avid tennis fan and follows professional tennis on television. She is a constant reader of everything from news to novels and also enjoys playing "Wordle" daily. She is extremely active and loves to travel regionally and to visit local restaurants.

Since the loss of her husband in 2014, she was resided in the Arrowhead Community with daughter Cameron Martindale-Stanton and son-in-law, Elvin Stanton and regularly attends church and Sunday School at Woodland United Methodist Church in Pike Road.

Her younger daughter, Alison Jentry resides with her husband Cade in Auburn and her oldest child, (Ret.) Col. Donald H. Watt Jr., lives in Madison Alabama.

MEMORIAL DAY - May 26, 2023!

Help your kids honor our country and its fallen soldiers with Memorial Day activities, including crafts, decorations, songs, poems, and outfit ideas. Memorial Day takes place annually on the last Monday of May.

Share your special birthdays with us!

Send pictures and information to:
alabamagazette@gmail.com

Alabama Gazette's Sympathy to the families of...

Kirby, Dr. Jerry Steven 70	December 12, 22
Engelhardt, Elizabeth Fraser Douglas	February 1
Phillips, Elaine Madigan 69	March 24
DeLongcham, Lawrence L. "Goose" 100	March 24
Brambit, Charlotte Wyatt 84	March 27
Hayhurst, Donald Edward 98	March 30
Fitzpatrick, Martha Page 83	April 2
Loeb, Betty Burger 94	April 2
Fain, Sarah Prentiss	April 3
Rosummy, Nina Denmark 97	April 4
Atkins, Jr, William "Bill" Harry 85	April 9
Batchelor, Jr. Horace R. 80	April 9
Giordano, Anita Ray 89	April 9
Wallace, Patti Eloise 81	April 9
Dawson, Rudeen Frazier 91	April 10
Baugh, Jr. Robert Lee 81	April 11
Jackson, Betty Grace Pouncey 91	April 11
Wood, Charlie William "Bill" 88	April 14
Herring, Amy Frances Burdeshaw 66	April 18
Ball, Jr., Richard Arledge 84	April 21
Williamson, Jr., Richard Allen	April 24

Happy Anniversary

- | | |
|------------------------------------|-----------------------------------|
| 5 Haley & Josh Bass (4th) | 19 Billy & Ann Cox (75th) |
| 6 Corey & Alicia Smith (26th) | 21 Allan & Shannon Vinson (17th) |
| 8 Billy & Courtney Whigham | 28 Carl & Betsy Penn (61st) |
| 10 Clint & Tiffany Andrews | 29 Joe & Gail Cotney |
| 11 Roger & Sandy Brown | 30 Richard & Gwen Walters |
| 15 Travis & Christle Jordan (17th) | Carma & Bill Marks (57th) |
| 15 Woody & Linda Foxworth | 31 Mike & Connie Northcutt (47th) |
| 17 Carl & Faye Boyd (48th) | |



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Norman Bridge Rd/US Hwy 331
Sunday June 11th - Thursday June 14
5:30 ea. evening - VBS family meal.
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VBS



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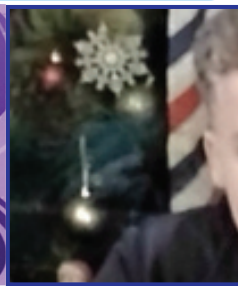
Today's Woman

By: Amanda Walker

Tears & LAUGHTER

By: Trisston Wright Burrows

Trisston's Tidbits:



Ms. Wheelchair America/Alabama 2005

site.trisstonwrightburrows.com

A huge portion of America has probably been clinging to their throw pillows and couch cushions just waiting for the final details of King Charles' coronation in the United Kingdom to be announced.

This week it was revealed that Prince Harry will be attending his father's coronation. Wife Meghan will remain in California with the children. All media outlets have been more than generous with their reporting.

Journalists have long attempted to explain people's interest in the Royal family. Millions of Americans follow their happenings. The attraction could be just the uniqueness of their monarch style of government combined with our distance from it. It allows it to be viewed almost like a soap opera – countered by the nations literal ties throughout history.

I was a child when the then Prince Charles and Lady Diana Spencer got married. I was nine-years-old in 1981 and my awareness was limited to what the three network channels our rooftop antenna allowed – ABC, NBC, and CBS. There was also The Mobile Press Register, and the magazine covers I would read while waiting on my mother to check out at the grocery store. They were sources that showed only the beauty and romance surrounding it all. And somewhere within it all I decided that I wanted my hair to be cut like Princess Diana's.

I ran it by Daddy, who had no issue with it. My mother was all for it. She figured if nothing else, short hair would be easier to fix every morning when getting ready for school.

Within a few days she drove me to downtown to the beauty shop in Thomasville where my Aunt Gale – a beautician – worked.

I went prepared. I took several pictures

Always a Southerner, Never a Royal

of Princess Diana. She said she thought she could do it and with one flick of her wrist, she cast the cape around me, bumped me up a couple notches in the chair, and started snipping.

When she had finished, she spun me around to the mirror. Fewer times in my life have I felt more disappointed.

Aunt Gale had done a fine job with my hair...but I still didn't look anything like Princess Diana, and I didn't look like myself anymore either.

But Aunt Gale was standing there waiting, and Mama was sitting there watching, and I am sure I tried to act like I was happy with it. I didn't want to hurt anybody's feelings. It wasn't like they could glue it back on.

When we got home, I walked down to the garden and cried. I also committed myself to having long hair, and at 50, I still do

The American audience for Princess Diana's funeral in 1997 exceeded the audience for her wedding. It was topped only by the audience for Queen Elizabeth's funeral in September of last year.

People will undoubtedly watch King Charles III's coronation with the same interest. Queen Camilla will hold a deeply symbolic gold staff topped with a cross, and a second staff made of ivory surmounted by a dove during the service at Westminster Abbey on May 6. The one made of ivory has been held by every Queen Consort at coronations since 1685.

Watch, admire...but keep your own hairstyle.

Amanda Walker is a columnist and contributor with AL.com, The Birmingham News, Selma Times Journal, Thomasville Times, West Alabama Watchman, and Alabama Gazette.

So often in this life when we are wronged, betrayed, offended, or treated unfairly. In the moment, we want to rise up to defend our rights and on our own point of view. Or we fight to get even. Or even stew in silence while nursing our wounds and getting angrier. It's hard to extend the same grace and compassion that Christ Himself extended to others in the midst of His own pain. Yet He set the example, the way for us to walk.

To be betrayed or wronged by one who was trusted is a difficult hurdle to get over. It can sometimes leave us stuck right where it happened, we spin it over in our minds a million different ways, asking all the why's, but there's usually no adequate answer to even satisfy. Jesus knew the trap of betrayal and unforgiveness. He saw through its lies and the deep wounds of the soul that it could cause. He chose the better way, stepped over its grasp, and chose to love and to forgive.

Unforgiveness, even towards ourselves, will keep us prisoner to the past, to the wrong, to the betrayal, to the offender. It will never allow us to move forward in the freedom of where God wants us to live. And even hidden resentments, the ones we think no one sees, or knows about, safely tucked away into a secret place in our souls, will weigh us down, trapping us in the very place we wish to let go of. But we don't have to live there. We can make the choice to move forward.

P.S. Happy 15th Wedding Anniversary to my husband, Brian! I love you!! "I have found the one whom my soul loves" Song of Solomon 3:4

"From Betrayal to Forgiveness"

Though forgiveness may never "feel" right, it will always "be" right. Because in it you will be set free. Choosing to forgive doesn't mean that the wrong never happened. It just means you refuse to allow it to control your life anymore.

Christ was betrayed by many. One of His own dear friends was given 30 pieces of silver in exchange for His life. Yet, He forgave. Huge love covering all the wrong, all the sin, all the barriers that block our way to God. He whispered these words up to His Father, grace words, breathing out love, through the suffering and the pain. He spoke them out loud. For those that persecuted Him. For us. For the world.

Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots. **Luke 23:34**

My friend, I pray that God will help in healing those places where you may have been deeply wounded. He knows our pain, He understands. By His own wounds, He promises healing and restoration. Take the first step today. Confess your need for His touch of grace, give Him all that has caused you pain. He never intends for us to stay stuck in our hurt but will bring us through to the other side.

The Value of a Woman...

Be very careful if you make a woman cry because God counts her tears.



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Barbara F. Harrington's Ongoing Story.....

Metastasized Breast Cancer stage 3

The story I didn't expect.....

I was diagnosed with cancer in my lymph nodes next to my breast where I had breast cancer 21 years before with a total radical mastectomy.

How did I know? I was encouraged to have a breast MRI with contrast by the Montgomery Imaging Center when I had my yearly mammogram. It is by the Grace of God that I responded to their request. It began within a day, there was also an order, prearranged CT scan for that day to check my lungs. Both tests showed two lymph nodes that looked cancerous. An ultrasound was two days later which confirmed it on the day before Thanksgiving.

A needle biopsy was ordered for six days later confirming they were finding at least two cancerous lymph nodes. I would need to have an appointment with my oncologist, Dr. Stephan Davidson. He reassured me, then told me how surprised to see me with Metastasized Breast Cancer. He bragged on about how I always had my mammograms and scheduled oncology appointments. But he wanted a PET scan done. I am thankful his scheduling secretary was able to get a quick appointment.

A PET scan let him see if there are cancerous tissues or cells anywhere else in the body. He saw me December 20 to discuss what the scan showed. Only saw a few nodes in my lungs he is watching.

He discussed all procedures he needs to consider such as surgery first or shrink the nodes first before surgery.

I choose to wait until after Christmas to go to the surgeon. I asked for Dr. Pam Strickland. I decided to have surgery on December 30 with Dr. Strickland, breast surgeon.

She did a follow up with me to discuss what the pathology report from UAB showed after surgery. She located five cancerous lymph nodes and cancer around one in the tissue. She removed it all.

In the meantime I experienced a Seroma. It is where fluid gathers around the incision. She had me come into her office two times to drain the fluid, each time it was 4 ounces. On February 14, the second visit she decided to place a drain in my incision to take the fluid out for 10 days. I emptied it several times a day.

Then I saw my oncologist on February 16, he said until all fluids are gone, plus the hematoma, seroma and incision are healed, no chemotherapy can start.

We made the decision to have a smart port surgery before starting chemotherapy. After chemo radiation is recommended, when it is completed I will begin a new chemo pill.

The first visit to use my port was a successful

one. It is still a little difficult to get comfortable sleeping with the port. I had a few side effects that were uncomfortable.

The first was thrush in my mouth and throat. Yes, think of those poor babies that have it and don't understand.

There is a lot of special skin care this time, and I started losing my hair two weeks after my first chemo treatment. When I went for the second treatment on April 12, I am bald.

Another side effect is lymphedema, I have a special consultant with TherapySouth. She has told me what I needed to be successful with this. I have a routine of massaging and lifting exercises I can do. I will need a lymphedema sleeve for airplanes and higher elevations.

As far as radiation treatment, that is the recommended next step. After my last chemotreatment I will be checked to see if I am ready for radiation.

Expect to hear more from me soon.



*Barbara will be sharing with us her journey each month....
We are sure that your prayers are appreciated.
The Gazette is honored to share her story with you.*



Southern Cuisine

Chef David Spooner, Retired Chef
Volunteer Fireman, Lowndesboro V.F.D., St. Paul's Episcopal Church,
Lowndesboro Board of Registrars, Lowndes County



Southern cuisine in the United States has been shaped by a variety of influences, including African and Asian cuisines. Both of these culinary traditions have left an indelible mark on the flavors, techniques, and ingredients of Southern cooking. The influences of African and Asian cuisines have helped to shape the unique and diverse flavors of Southern cuisine. From the use of spices and herbs to the incorporation of new ingredients, these culinary traditions have contributed to the evolution of Southern cooking over time. Two recipes introduced this month will be examples of the African and Asian influence to Southern cuisine.

AFRICAN INFLUENCES:

African slaves were brought to the Southern United States during the 18th and 19th centuries, and they brought with them a wealth of culinary knowledge and traditions. Many Southern dishes today, such as gumbo, jambalaya, and black-eyed peas, have roots in African cuisine.



One significant contribution from African cuisine is the use of spices and herbs, such as cumin, coriander, and ginger, which add depth and

complexity to Southern dishes. Okra, a key ingredient in gumbo, is also of African origin.



African-American cuisine has also been influenced by the cooking techniques and ingredients of West and Central Africa. For example, the use of smoked meats, such as ham hocks and smoked turkey, is similar to the West African practice of using smoked fish and meats in stews and soups.

Ingredients:

- 1 pound dried Lima beans
- 6 slices bacon
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cups chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 2 tablespoons all-purpose flour
- 1/2 cup milk
- 1/2 cup grated Parmesan cheese



Instructions:

- Preheat the oven to 350°F.
- Rinse the Lima beans and soak them overnight in a large pot of water.
- In a large skillet, cook the bacon over medium heat until crisp. Remove the bacon from the skillet and set it aside, leaving the bacon grease in the skillet. Add the onion and garlic to the skillet and cook over medium heat until the onion is translucent, about 5 minutes.
- Drain the Lima beans and add them to the skillet along with the chicken broth, thyme, salt, black pepper, and cayenne pepper.
- Bring to a boil and then reduce the heat to low.

- Cover and simmer for 1 1/2 to 2 hours, or until the beans are tender.
- In a small bowl, whisk together the flour and milk. Stir the mixture into the lima beans and cook for 2-3 minutes, or until the mixture thickens.
- Crumble the cooked bacon and stir it into the lima bean mixture. Pour the lima bean mixture into a 2-quart casserole dish and sprinkle the grated Parmesan cheese on top.
- Bake the casserole for 20-25 minutes, or until the cheese is melted and bubbly.
- Serve hot and enjoy!

ATLANTA-STYLE BARBECUE SAUCE



Ingredients:

- 1 cup ketchup
- 1/4 cup apple cider vinegar
- 1/4 cup molasses
- 1/4 cup honey
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Dijon mustard
- 1 tablespoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- Salt and black pepper to taste

Instructions:

- In a medium saucepan, combine all of the ingredients and whisk together until smooth.
- Heat the sauce over medium-high heat, stirring frequently, until it comes to a simmer.
- Reduce the heat to low and simmer the sauce for 10-15 minutes, stirring occasionally, until it thickens and the flavors melds together.
- Remove the sauce from the heat and let it cool to room temperature.
- Taste the sauce and adjust the seasoning as needed with salt, black pepper, or additional cayenne pepper for more heat.
- Once the sauce has cooled, transfer it to an airtight container and refrigerate until ready to use.
- Use the sauce to baste grilled or smoked meats during the last 5-10 minutes of cooking, or serve it on the side as a dipping sauce.
- Enjoy

Asian cuisine has also had an impact on Southern cuisine, particularly in Louisiana, where there is a significant Vietnamese population. Vietnamese immigrants have introduced ingredients such as lemongrass, fish sauce, and rice noodles to traditional Southern dishes, resulting in new and exciting fusion cuisine.



In addition, Southern cuisine has been influenced by Chinese cuisine, particularly in the use of soy sauce and ginger. Soy sauce is often used as a marinade or seasoning, while ginger adds a spicy and slightly sweet flavor to dishes.

ASIAN INFLUENCES:

Dessert: Remember to always monitor your blood sugar levels and speak with your healthcare provider about any dietary changes. There are many delicious and healthy dessert options for people with diabetes. Here are a few ideas:

Dark chocolate: Dark chocolate is lower in sugar than milk chocolate and contains antioxidants. Enjoy a small piece of dark chocolate as a sweet treat.



- Slice an apple** and bake it in the oven with a sprinkle of cinnamon until it's soft and tender.
- Serve it warm with a dollop of plain Greek yogurt.

- Chia seed pudding:** Mix Chia seeds with unsweetened almond milk and a small amount of stevia or honey.

Let the mixture sit in the refrigerator overnight to thicken, then top with fresh fruit or nuts.

- Cut up your favorite fruits and mix them together in a bowl. You can add a drizzle of honey or a sprinkle of cinnamon for extra flavor.
- Greek yogurt with berries:** Top plain Greek yogurt with fresh berries for a sweet and creamy treat.
- You can also add a small amount of honey or stevia for sweetness.

