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# OUADM

University of Alabama Dance Marathon

The University of Alabama Dance Marathon raises \$248,796.19 for Children's Miracle Network Hospital Children's of Alabama Birmingham







Grant Walker is from

Wetumpka, Alabama and was

born with a rare

pediatric cancer

Neuroectodermal Tumor of

Infancy of the Skull.

Approximately 485 cases have

been documented in the world

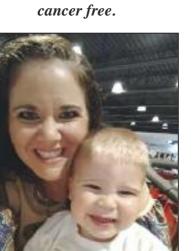
He is now 2 years olds as of

February 13th and is

miracle network dance marathon

UADM exists to provide financial and emotional assistance to the children and families undergoing treatment at the Children's Miracle Network Hospital.

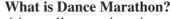
Children's of Alabama, in Birmingham, AL. Dance Marathon, the main event of UADM, is a nationwide movement, involving college and high school students at over 150 schools across the nation who raise money for the Children's Miracle Network hospital in their community. UADM is entirely student-run. It has become a tradition on campus and in the community. These students spend a year learning invaluable leadership and social skills while raising funds in a variety of ways. They interact with Children's Hospital patients and families. The year culminates with a 13.1 hour long event where the students stay on their feet through dancing, games and entertainment in order to celebrate the total amount raised that year. Why stay on your feet for that long? To quote the first Children's Miracle Network Dance Marathon's mission statement: "We dance for those who can't."



UADM first joined Children's Miracle Network in 2011 in a partnership to support Children's Hospital in Birmingham, AL. In their first year, UADM was able to raise \$14.952.18.

The Main Event is a celebration of life that is yet to be lived by the next generation. It's a celebration of victories, both big and small, enabling kids to move forward to reach their full potential. It's a celebration of the blood, sweat, and tears that each Miracle Family, the hospital, and UADM puts into one common goal: eradicating childhood illness. We dance for a cause, we dance for a cure, and most importantly, we dance...For The Kids (FTK). ~

2018: \$341,000.18 ~ 2019: \$248,796.19 *UADM.org* 



"movement uniting college, university and high school students across North America. Students involved in a campus' dance marathon organization spend a year gaining leadership, teamwork, and nonprofit business experience while raising funds and awareness for their local Children's Miracle Network Hospital. This year culminates with an 8-40 hour event (the dance marathon) on each campus where students get to meet patient families who are treated at their local hospital, participate in games and dancing, enjoy entertainment, and reveal their annual fundraising total."

400+ dance marathon programs ~ 200,000 student participants ~ 11 campuses raising over \$1 million annually

The Dance Marathon was started in 1991 at Indiana University by students that wanted to make a difference. One of the students, Ryan White, passed away from HIV/AIDS and so dance marathon was created in memory of him. This movement is now national and accumulating millions of dollars every year for different Children's Miracle Network Hospitals (CMNH) around the United States. Each organization is completely student-run and all proceeds go directly to their local CMNH.

https://dancemarathon.childrensmiraclenetworkhospitals.org

23 families are currently registered as a Miracle Family for The University of Alabama's Dance Marathon. These children range from two-years-old to twenty-two years old. Many people automatically assume all the children have had cancer. That statement is false. Our beautiful Miracle Children have suffered and overcame several different diagnoses. Some children were diagnosed at Children's of Alabama with a mental disability, others had to receive organ transplants, others suffered accidents. Yes, some children have suffered from cancer and gloriously persevered, but not all. UADM raises money for Children's of Alabama and the future generations to come. UADM raises money for the kids and we dance for the kids that cannot. It is our responsibility to do what matters and fight for the next generation.

February 23, 2019 was a wonderful day for all! See testimonies on page 2A

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# Inside the Statehouse with Steve Flowers

Steve Flowers is Alabama's leading political columnist. His weekly column on Alabama politics appears in over 60 Alabama newspapers. He served 16 years in the state legislature.

www.steveflowers.us



# State Revenues Up as Legislature Prepares for Session and Crafting of State Budgets

March 6, 2019

The Governor has been inaugurated and the Legislature has had its organizational session. The quadrennium has begun. Therefore, it is time for our state officials to get to work.

Among the three branches of government, Legislative, Executive and Judicial, our 1901 Alabama Constitution renders our Legislative Branch as the most powerful.

Some of you who witnessed the Wallace Era may disagree and point to the Executive Branch. That was a unique Era. Wallace had basically become "King" of Alabama politics from 1963 through 1986 with a couple of interlopers taking four-year residency in Wallace's Governor's Home on Perry Street. They left all of the wheelchair accessibility aspects and Wallace features designed for his paralysis and his cigar smoking bedroom in the Mansion alone. They probably assumed he would return after his constitutionally mandated hiatus. There will never be another politician that will control the reins of state government for five terms like Wallace did. He essentially established himself as "King of Alabama" in pretty much the same way as Franklin Delano Roosevelt did as President from 1932 until his death in 1945. Ironically and coincidentally, both ruled from wheelchairs.

Wallace simply owned the State Legislature. He was like a dictator and legislators were his puppets. As a young legislator, I watched as Wallace's lieutenants simply sent the Agenda for the day down from the Governor's office, bypassing the Rules Committee completely. The Governor's budget became the budget. If there was any pork in the budget, it went to Wallace's loyal legislators. Thankfully, I represented Wallace's home county of Barbour. Therefore, my district was on the pork list. In essence during that 20-year Wallace reign, the Legislature was simply an appendage of the Governor's office.

That is not the case today. The Legislature has assumed its inherent power. That power is derived from the power of the purse. The Legislature controls

the appropriation of the state's dollars, the ways and means of State Government if you will. It is the most powerful branch because it controls the purse strings. Thus the old political Golden Rule, "Those that control the gold make the rules."

Governor Kay Ivey and the State Legislature have a golden opportunity to have a successful four years. They are all of the same party and have a close working relationship. As Lt. Governor and presiding officer of the Senate for over six years, Kay built an excellent rapport with the Republican leadership in the State Senate. She understands the workings and machinations of the Legislature and she has built excellent relationships with members of both the House and Senate. She is especially close to the Senate leaders like Del Marsh, Jabo Waggoner and Greg Reed.

The Legislature is overwhelmingly Republican. The Senate has 27 Republicans and only eight Democrats. There is an equally supermajority in the House. The numbers there are 77 to 28.

The Legislature and Governor are also the recipients of outstanding financial news as they begin their first regular legislative session this week. Alabama is seeing the strongest tax growth since the Great Recession a decade ago.

The tax dollars that makeup the Educational Trust Fund have grown by 6.9 percent over 2017. That is a whopping \$428 million more dollars to work with in the crafting of the next fiscal year's budget. The primary sources for funding the Education Budget are income and sales tax. Income taxes, the biggest source of school funding, grew by more than \$300 million this past year.

It appears that President Trump and the Republican Congress' passage of a tax cut package last year has been the stimulus for the growth in revenue for Alabama's tax coffers. Even the beleaguered General Fund Budget is in better shape than was first thought. Our General Fund reaps its revenues from different taxes and tends to grow much more slowly than the Education Fund revenues. However, it grew by \$76 million. This is a 2% gain, which puts the General Fund Projection close to \$2 billion.

The good news for Legislators as they prepare the budgets for next year is that both fund's revenues have exceeded projections.

## Two Paths Forward for Healthcare



By Daniel Sutter

Numerous prominent Democrats now support Medicare for All, the most recent proposal for a single-payer healthcare system. A recent Trump Administration report, Reforming America's Healthcare System Through Choice and Competition, offers a different path forward, detailing the numerous ways government restricts competition and increases costs.

Medicare for All suggests that we would be turning away from markets and private insurance to government healthcare. In truth, government rules have dominated the industry for over fifty years.

A handful of economists have arrued for

A handful of economists have argued for more competition. These arguments have been largely ignored. Until now. Market proponent and economist John Goodman describes the new report

as "astonishingly bold," and "the first time any administration has explicitly acknowledged" government as the source of our most serious problems in healthcare.

Competition for profits in markets controls costs. Let doctors and hospitals

compete and we can see who offers patients the best service for the best price. Yet we do not truly use markets for healthcare. For instance, doctors rarely quote prices for treatments or procedures ahead of time.

People seem to fear that profitable medicine must involve cutting costs and offering low quality care. Yet luxury thrives under competition. Luxury hotels succeed because they deliver high quality, albeit costly, service. Examples like the Mayo Clinic demonstrate that reputations for excellence in medicine can be maintained. Concierge doctors provide high quality care for paying customers.

Reforming America's Healthcare System's list of how government inhibits competition is too long to thoroughly examine. I will consider some highlights.

Scope of practice laws often prevent medical professionals like physician assistants, advanced practice nurses, and pharmacists from offering services consistent with their training. These professionals can competently diagnose many routine conditions or prescribe standard drugs but are restricted by law. A Mercatus Center study estimated that eliminating state scope of practice laws would save over \$800 million annually. Such restrictions particularly hurt rural areas facing a shortage of physicians.

Certificate of Need laws require government-appointed boards to approve new or expanded healthcare facilities. Alabama's law covers hospitals, nursing homes, and out-patient surgery centers, among others. Executives from hospitals and clinics often staff these boards, letting existing providers deny entry to would-be challengers. This is a dubious idea. Sears would have loved to keep Walmart and Amazon out of retail.

Telemedicine promises considerable cost savings. Smart phones can already transmit a significant amount of information to a medical professional. The barriers to telemedicine today are primarily regulatory. And the benefits extend beyond dollars: patients with limited mobility can avoid painful trips to a doctor's office.

America arguably needs more doctors. We have fewer doctors per capita than most other developed nations despite spending a larger percentage of our GDP on healthcare. Medical doctors must be smart and spend years in intensive training, so the supply will always be limited. But the restrictions are artificial, not natural. Medical organizations run by physicians - who benefit from restricted supply - determine the number of slots in America's medical schools.

The report proposes redirecting Federal medical education dollars to gradually increase enrollment in U.S. medical schools. Simplifying the process for approving foreign-trained doctors to practice in the U.S. offers more immediate relief. Residency and licensure burdens could be waived for doctors completing foreign medical training judged comparable to American programs.

The alternative to markets and competition is governance by experts. State Certificate of Need laws resulted from one such Federal planning effort in the 1970s. Government experts would avoid investments in unneeded hospitals and facilities to help control costs. Yet the healthcare costs have outpaced inflation since the 1970s. Experts never seem to outperform competition in controlling cost.

Government control and markets provide alternative ways to organize our economy. We rely on markets to supply us with food, which is as much a necessity as medical care, with ever-declining prices and an incredible array of options as a result. Perhaps we should give a healthcare market a chance before turning to Medicare for All.

Daniel Sutter is the Charles G. Koch Professor of Economics with the Manuel H. Johnson Center for Political Economy at Troy University and host of Econversations on TrojanVision. The opinions expressed in this column are the author's and do not necessarily reflect the views of Troy University.



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# ROBSERVATIONS...

#### by Robert Tate

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

## BITS AND PIECES – EVIL ON DISPLAY

It never ceases to amaze me the amount of evil on display here in the good ole' US of A. Here goes a small sample of what I have seen over the past month.

1. Martha Plimpton: https://www.foxnews.com/entertainment/goonies -star-martha-plimpton-says-she-had-her-best-abortion-in-seattle. Who? Yeah, exactly. She was one of the child actors in the 1980s movie, The Goonies. She is now a washed up nobody who was being interviewed recently by former Planned Parenthood medical director Willie Parker. Willie, not one-eyed Willie from the Goonies, is a black abortionist who claims to be a Christian. This guy has even referred to his line of work as "Godly". Sorry, buddy, but not a chance! Anyway, Ms. Plimpton stated, "Seattle has some particular significance for me for lots of reasons. I've got a lot of family here, some of whom are here in the audience tonight. I also had my first abortion here at the Seattle Planned Parenthood!" This was followed up with a loud "Yay" as the audience cheered the clueless 46-year-old demon spawn. Not content with this TMI tidbit of trash, she felt compelled to add that this abortion was her "best one." What? Then she said that this abortion, clearly one of many was "Heads and tails above the rest. If I could Yelp review it, I totally would. And if that doctor's here tonight, I don't remember you at all, I was 19. I was 19, but I thank you nonetheless."

What kind of evil is this? Look, there are two distinct lines in this battle. Pro-Life and Pro-Death. Either you are for abortion or against it. Regardless, I believe if you are going to do it, which I do not support, it should at a modicum be a very private, personal event, not one that you so willingly shout out to crowds of adoring idiots. Cheering the deaths of children should be quite reprehensible to any society. I do find it funny, as in the stupid, brainless kind of funny, that most people in favor of abortions are the same ones who call our soldiers baby killers and are willing to stand in front of a prison protesting the death penalty for someone who may have murdered dozens of people. Sorry, but it makes no sense to me. Martha Plimpton, you my dear are a moron.

- 2. Reproductive Health Act (RHA): It should have come as no surprise that as soon as the Democrats gained the edge in the New York Legislature, Governor Andrew Cuomo immediately signed the RHA into law. What does this mean? Basically, it does three things.
  - 1) It allows for late-term abortion (i.e., after 24 weeks) if the health (which can include mental health) of the mother is threatened or the fetus is not viable. Previously, late-term abortions had only been legal in New York if the life of the mother was at risk.
  - 2) It expands the list of health care professionals who can perform abortions beyond physicians to also encompass highly trained nurse practitioners, licensed midwives, and physician assistants.
  - 3) It removes abortion from the criminal code and places it entirely within the realm of public health law.

In short, it is open season on unborn babies in New York. Late term abortions, once argued to never be part of the leftist agenda, are now clearly front and center. There have been discussions on what actually defines "late term" in practice and whether this means up to the moment of birth. One article argued that this is a ridiculous assertion and that, "Do we honestly believe that doctors and other medical care providers will risk their licensure and professional lives to perform medically unnecessary procedures because pregnant women wake up one day at six months or seven months pregnant and decide that they don't want to be pregnant anymore?" Well sports fans, there are clearly some doctors out there who definitely fit this bill. Sorry. Thank God there a lot of doctors who are beginning to see the light, and many one-time Pro-Death doctors are now firmly entrenched on the other side of the fight. www.teen breaks.com/abortion/abortiondoctors.cfm

To me, among the saddest elements of this story was watching Cuomo and some of his slack-jawed, demon-inspired minions smiling and laughing as they were signing this filth into law. https://www.usatoday.com/story/opinion/2019/01/30/ new-york-abortion-law-liberal-leaders-celebration-death-lifecolumn/2670049002. Like Martha Plimpton above, is abortion really something you need to be cheering about? We have a Navy SEAL on trial right now for killing some poor and wounded teenaged Taliban fighter and then taking pictures with his corpse. Killing a guy who moments before was trying to kill you and snapping a pic of your "kill" lands you in jail, but murdering babies gets standing ovations and applause. And then Cuomo decides to light up the One World Trade Center in pink lights to commemorate the historic event. And all of this coming at a time when only 13 percent of Americans polled support abortion into the third trimester. A majority of Americans, in fact, say abortion is immoral. You would never guess this listening to the mainstream media.

**3. Jussie Smollett:** Evidently, the actor faked his own mugging but there is much more to come of this story. As of this writing, he was just charged with filing a false police report. Back in January, he said he was jumped by two guys wearing MAGA hats, saying, "This (Chicago) is "MAGA country." Then they tied a noose tied around his neck and beat him up. Apparently, the two guys were Nigerian brothers who knew the "Empire" star. Oooops! Those pesky security cameras everywhere you go these days. The brothers, in a joint statement, tried to clarify things by saying, "We are not racist. We are not

When I was younger, the help I offered was direct to my brother, always

remembering to bring his drumsticks so he was not bored in the hospital while

I was at school. This urge and need to help quickly grew. My brother still battles

daily with his medical needs and remedies these needs through medicine but no

one would ever know. Not once did he stop battling or trying. He will forever

remain to be my role model to push through the hard because the good is

waiting. He is now part of the dance marathon team at Florida State University to raise money for CMNH and give hope to children in need of that light. He is my 'why' on how I found UADM and continually strive to raise money for the

kids so more miracles can be made. Lastly, even though my original 'why' is

my brother, my 'why' keeps growing as I create friendships and connections

with the beautiful Miracle Families and UADM staff. I will continue to Do What

Matters and fight for the next generation to come.



homophobic and we are not anti-Trump. We were born and raised in Chicago and are American citizens." I will likely say something about this at a later date but if it is true that he lied and filed a false police report, for which he is now charged, what do you think his penalty should be? Thrown off the show? Not my call, but at a minimum he should be required to write a check to the city of Chicago for every penny spent on this superfluous investigation. Jail time? If the law dictates it, yeah probably. Being a television star, that is probably unlikely. More to follow.

**4. Goodloe Sutton:** My, my, my, my, my. And the hits just keep on coming. https://www.cnn.com/2019/02/19/media/alabama-newspaper-klantrnd/index.html Mr. Sutton is the owner, publisher and editor of the weekly Linden, Alabama newspaper **The Democrat-Reporter**. If you haven't heard, Mr. Sutton penned an editorial saying that it is "Time for the Ku Klux Klan to night ride again." This is wrong on so many levels, but I have read Mr. Sutton's article and some other of his racist comments. For example, concerning NFL players kneeling in protest he penned, "That's what black folks were taught to do two hundred years ago, kneel before a white man." The newspaper editor is clearly striking terrible chords using poorly crafted and certainly ill-advised analogies. We see it anytime people try to compare President Trump to Nazis. The use of the Klan in any positive light will draw immediate ire, rightfully so, from most people. In the past, Mr. Sutton has stated, "they (the Klan) didn't kill but a few people" and they weren't "violent until they needed to be." So a Black man allegedly looking at a White woman "needed" to be killed? Really?? I can only imagine that he has never made it to the new lynching memorial or equal rights museums here in Montgomery. No, these guys were violent from the outset for sure. Sorry Mr. Sutton, I have to disagree with you here. Why? Because you are wrong.

That being said, I have to agree, in part, with something he did write and is something most people have glossed over. He wrote, "This socialist-communist ideology sounds good to the ignorant, the uneducated and the simple-minded people." Yeah, I have to agree that I am no fan of socialism and that it has NO place within our borders. None!! However, sadly many American socialists/ communists are very educated and smart. That is the scary part. An educated, simple-minded, or should I say "singularly-focused" ignoramus hell-bent on dismantling the Constitution is a dangerous animal indeed. And then Mr. Sutton gums up his palatable argument with guys in hoods lynching all the socialists; immediately negating any credibility he may have had. Oy. I definitely agree that American socialists and communists are a threat to our nation and should be classified as enemies of the state. What else do you call people who want the remove so many rights found within our Constitution? Vote them out, and those who cross the line and try to implement laws clearly contrary to the constitution need to be removed from office, but let's lay off the lynching and killing stuff. Lastly, Mr. Sutton, the Democrats did not get us into WWII. You see, back on 7 December 1941 there was this little thing called Pearl Harbor where the Japanese attacked our fleet. And then the next day, this dude with a funny looking mustache, living in Berlin decided to declare war on us. That pretty much sealed that deal.

Continued from page 1

Elizabeth's Why: Every person involved with UADM has a 'why'. Their own, individualized reason they are a part of the organization and advocate for the hospitalized children. My personal 'why' begins with my brother. Throughout my life, my older brother has been hospitalized frequently for asthma, GURD syndrome, acid reflux, surgeries, chronic migraines, chronic sinus infections and more. The hospital quickly became a place I went after school, ate dinner, finished homework at and sometimes slept. I have experienced, through my brother, the pain and suffering that children face daily in the hospital. I quickly came to the realization that it was my responsibility to help as much as I could.

L-R: Elizabeth, Addie, Jessie, Grant & Kaeli

Kaeli's Why: Last year when I decided to join the University of Alabama Dance Marathon (UADM), my main reason for joining was to make friends here at school. I did not realize how much this organization would come to mean to me. A year later I can now say that is no longer why I will be staying with this amazing organization, it's because of families like the Walkers who have shown me what perseverance and strength that they have for going through what they go through. Knowing that UADM can help provide families going through hard times a little bit of comfort or reassurance is a great feeling. Seeing everyone come together for such an amazing cause like UADM

is what makes me believe that one day, we will be able to find a cure for all those being treated so they can dance with us.

Meeting Grant has been such a great blessing in my life this year because seeing the determination that he has, and the pure joy that he has to live every day makes me want to live every day like Grant too, nothing holding me back. Seeing him grow and reach new milestones has been one of the greatest experiences of my life, and I cannot wait to see what else Grant is going to

I can truly say, Grant, is now my WHY for being involved in UADM. At first,

it was for a selfish reason, and now it is so I can see him grow up and continue making everyone's day just a little bit better.

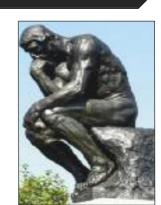
-Kaeli Gordon, University of Alabama, March 2019.

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

# John Sophocleus

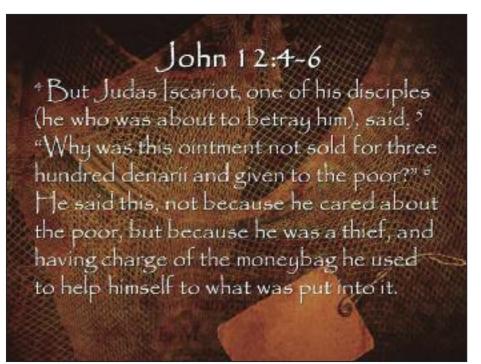
GazetteSophocleus@gmail.com.

What Shall it Profit Apparatchiks to Win Rigged Elections and Lose their Souls?



As designed, the \$80,000 rigged special election on February 19 tax votes in Lee County proffered low (3.6%) turnout results similar to convicted felon Hubbard's \$3 million wasted on our 2012 Statewide special election sham result (14% turnout 49 days before a general election) to rob the ETF back in 2012 and 4.5% turnout to get the last Lee County sales tax to pass after failing **twice** on a general election. I'm confident most of my readers are familiar with **Mark 8:36-38** (KJV) scripture the title above evokes:

For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?



Hubbard minions (most notable Superintendent Delano who used her school/ taxpayer funded e-mail system to press the vote) lost whatever shred of moral standing they may've still held among thoughtful decent citizens. The painful fact these apparatchiks, educrats and politburo members had so little confidence to stand the scrutiny/approval of voters on the recent general election ballot speaks volumes. I voted NO on of all of the tax votes in protest of this reoccurring practice of special election abuse in our county, although I would've voted yes on at least two of the taxes if put on the last general election a few months ago as any **decent** public servant would've wanted. Most productive citizens (as planned) did not know there was a special election vote to put a little fear in these undisciplined tax parasites continued misuse of special elections. If enough NO votes showed to close the margin of victory, waste of this sort would attenuate. Taxpayers spent \$80,000 on this special election to get about 4,000 participants -- that's right we spent \$20 to get each vote for this skewed, pressed, sham 3.6% sample of voters. Not that our school superintendents in Lee County show much concern for wasted taxpayer money these past years and the \$80,000 did not come out of the school budget where it might cut some overpaid administrator salaries by a few bucks.

This is the modern 'reality TV show' world we live in. In fact, it really isn't all that difficult (as shown by the current BCA, Riley, Inc. et al corporate welfare queens) in a State like Alabama for a group of parasites to do well extracting from our productive taxpayers. The ability to manipulate the system in an increasingly more command economy, less driven by market forces is seen by many as good, profitable business activity instead of selling one's soul for inconsequential wealth transfers. I do find it revealing how many devote great effort and focus to be a 'one percenter' or better. For me to move from a five percenter to a 'one percenter' would not impact the quality of my life and Spirit one scintilla of substance. My parents made it very clear what the 'Good Book' is... today it seems "Art of the Steal" - you know the book with **four** Chapter 11s is more in vogue with the zeitgeist.

Bringing 30 years of teaching to a close, I still can't understand why anyone would become a teacher for the pay. I understand my charity. I made much more in the private sector and purposefully did so that I could afford to be a teacher; if things got tough I would simply return to working for money instead of charity. Even with all the govt. impediments, corrupt administrators, hatred from lazy/jealous faculty, I've NEVER lost the joy of seeing a student understand the diagrams/math applied to economic concepts, and appreciate the importance of using words carefully and correctly. While my students seem as bright as ever, it saddens me how more ill prepared I find them this past decade. Most simply assert me as the problem after being told how wonderful they are for a dozen years, but it does give me all the more joy to get those who realize they've been poorly served (sound teaching requires a lot of caring, effort and Spirit) to learn how to do a percentage and what it means, the power of taking a derivative and decision making analysis on the margin, etc... Seems memorization and multiple guess is now the 'common core' of teaching, but when a student has to actually draw a graph and show the important/relevant points or actually write a few equations and explain the results - words can't convey the joy I receive in their accomplishments. My biggest paycheck ever earned at FoMoCo doesn't even come close! If this text makes me sound like "I'm Rotten to the [Common] Core" so be it. I know how blessed I've been to be a teacher not a robot sticking to some predetermined script these past decades; I cheerfully tell my honour students I'm the one who's honoured to be able to shepherd great



young minds to exceed my greatest accomplishments - which are not too shabby for a lowly college instructor. This is the greatest joy of accomplishment for a teacher of good Spirit.

Again, what can be more revealing 'public servant' Delano et al thugs have little confidence in their inferior, over-subsidized result than going through the effort to put these votes on a special election, waste tens of thousands of tax dollars in direct expense and productive (non-special interested) voters time and effort instead of putting it on the recent general election to get a more representative result? Certainly our corrupt Lee County Commissioners have no moral standing to berate this path after taking "Hubbard Boulevard" to perdition via special election abuse. Commissioner Eckman was most entertaining claiming the prior tax increase had to be put on a special election 'so the people could decide' after voting it down **twice** on general elections with respectable voter participation results. Terrifying to watch people 'snake fascinated' by a political predator rhetoric of this sort. I pray our attenuating number of honest legislators on Goat Hill follow-up on Sen. Glover's recently passed amendment to again display courage and statesmanship in crafting sound text to stop political predation via this sort of special election abuse.

One poll worker on Facebook said she didn't know about the special election until receiving notice to work the poll. At her precinct (usually one of the busiest AT A SCHOOL) 183 votes were tallied with 6,600 ballots wastefully printed. This was about 40% more ballots than all the votes cast in the entire county with such low turnout! Another precinct reportedly tallied 50 votes of 2,200 registered voters. One voter said they received all the literature on it through the school. I've heard mixed reports on if some of what was done by educrats and superintendents are ethics violations according to the Sect. of State. If so, I pray John Merrill will pursue the matter, but understand if he doesn't given his past efforts on clear ethics violations going nowhere in our State. Spending this much effort/money/time to get the 3.6% special election abuse turnout is despicable. No doubt the politburo get their minions to the polls and carry the day with such a small denominator. The spirit of Hubbard special election abuse is alive and well in Lee County, God help us if this deleterious spirit has permeated to our classrooms.

My understanding is State law determines poll workers are paid \$100 for the day - approximately 14 hours work or just under federal minimum wage. My impression is these good folks are passionate about the dignity, importance and sanctity of voting and did not appreciate their time and sincerity squandered in such a despicable, sham result. As an economist, I'm further sensitive to the opportunity cost of my sheriff deputies taken away from other duties after just working a general election a few months ago. We (me and my bride) had about a 6 mile round trip to vote and just over half an hour out of our busy day to levy our protest votes in this sham, unrepresentative result. My voting place was **NOT** a govt. school - it would be interesting to analyze how skewed results are where administrators/teachers could easily go (and of course disproportionately informed using taxpayer e-mail systems, etc.) vote in this special election. I've still not been able to find any official returns before having to go to press.

I assure you I've heard the usual slings and arrows of how I don't care about "the children, the children!" To those who voted for this knowing the despicable circumstances, you have no moral standing. May the chains you're forging upon yourself weigh lightly and not too greatly saddle your innocent posterity you've accelerated upon this 'Boulevard' to perdition. My orthodox Sunday school education taught us the cautionary scripture of John 12:5-6 (KJV) about those feigning concern for the poor to cloak their avarice:

Why was not this ointment sold for three hundred pence, and given to the poor? This he said, not that he cared for the poor; but because he was a thief, and had the bag, and bare what was put therein.

Perhaps the biggest heroes of the day were those few voters with children in govt. schools and/or employed by this corrupt county school system under these hostile tactics and still voted no. Sadly with our anti-competitive ballot access laws, hyper-gerrymandering, corrupt contracting, etc. all these malfeasant 'public servants' will be re-installed and undisciplined. It is time for those of good Spirit to remove your children from these corrupt institutions, knowing the money wrongfully taken in unrepresentative results of this sort is the consequence of poor government allowed to stand as the "Noon Day Devil" a dear orthodox brethren and scholar of the KJV Bible would reference at times of this sort. I've grown increasingly more impressed with home schooled students these past years and it seems Lee County students who do well are more a result of parents who are educators and friends of students with educator parents passing on what they learn. The most astute economic historian of Lee County I know claimed it was over when Auburn was no longer a county school and the occupational tax got to extract from those outside the city limits but couldn't vote to discipline the increased corruption the ill-gotten revenue incubates. There's no easy way to move forward out this now deep rooted rot.

Postscript: many thanks to John Martin's mention of our fight to the US Supreme Court on eminent domain abuse. Our case was simple/straightforward because we could prove they did not meet the public purpose for making us homeless for almost a year as claimed in open court. We weren't kicked out (without compensation) so our house would be immediately razed, we were removed so others could live in our home and increase the financial and emotional burden to finally get our day in Lee County Circuit Court. We submitted the documents proving perjury which went undisciplined in Judge Myron Thompson's court as expected, given the pattern and practice of a public servant of his character, intellect and integrity. Many have asked me to write on the matter and I shall when the time is ripe... it is difficult to put 1.1 million acres of arable land (as some have estimated) in proper perspective. Of course, my point will be simple - I don't care if you think the wall is the greatest thing since Qin Shi Huangdi (first Emperor of China) or you think it the greatest folly since Seward... there's no justification for these property owners to disproportionately bear the burden of the endeavour according to the text of their 5th Amendment civil right. Sadly the 9 in black robes these past several score have almost completely gutted this civil right.





March 2019

**Tobias Grant** 

# **POLISHING A T#RD - A Conversation on Racism**

Having an honest and productive conversation about racism is a lot like trying to polish a t#rd ball. It can be done (MythBusters Episode 113), but it's stinky and messy and in the end what have you really accomplished? I will try anyway.

As the Alabama representative of my eclectic collection of friends, late on February 18, I was

confronted with the comments of a Mr. Goodloe Sutton of Linden, Alabama... because somehow it's my responsibility to address the comments made by an

80-ye editor w e e k Report Alaba

80-year-old now former editor but owner of the weekly Democrat-Reporter of Linden, Alabama. In his article, "Klan Needs to Ride Again" which after reasonable effort I was unable to obtain an original copy, Mr. Sutton called for the Ku Klux Klan to "raid the gated communities" of the Democrats and "Democrats in the

Republican Party" who are "plotting to raise taxes in Alabama." Later when contacted by the Montgomery Advertiser he continued, "If we could get the Klan to go up there and clean out D.C., we'd all been better off."

I reached out to Mr. Sutton via the comment function at <a href="http://drp.stparc-hive.com/">http://drp.stparc-hive.com/</a> for an interview in hopes of further clarifying his comments or at least to provide an objective opportunity to expound upon his reasoning, but received no response. Regardless, he was formally censured by the Alabama Press Association and has been rebuked by too many sources at this point to differentiate. Suffice to say that at his age and under the current circumstances, his professional career is over, and honestly I don't believe that he is too concerned about it. Whatever. That was the impetus for this article, but it is not directly what I wish to discuss.

I have noticed a strong thread in reporting during the last several years that can be summed up in one word – hyperbolic. Before President Barack Obama's ascendancy, many people throughout the United States assumed that the most egregious racial offenders were a dying breed if not outright extinct. But as President Obama and afterwards President Trump became an arguably disproportional part of the national narrative, "race warriors" have been awakened, and the various flavors of the media have been energized to expose them to skew the narrative one way or another.

From my experience, the level of racial tensions in the United States has remained relatively constant for decades, and simply becomes inflamed from time to time by some perceived, anecdotal, orchestrated, or genuine injustice perpetrated against one another. However the majority of Americans continue to live in whatever race version of -topia they happen to live in and just are not used to hearing anything outside of their perception. All the while the various media for whatever reasons are just more sensitive to and obsessed with anything related to race, racial identity or pride, or racial tension. The reader can infer the reasons why for himself.

I guess that I am fortunate in that people feel comfortable expressing whatever off-color or risqué comments they may have to me in confidence, and I can tell the reader firmly from that diverse but unscientific sampling that there are many good people from all races that say some socially objectionable things from time to time. But rational human beings must actively construct modes of communication to confront objectionable ideas without immediately attacking other individuals personally. Unfortunately all of us are emotional creatures with visceral impulses, and it requires social skill to hold these impulses in check when discussing racially related subjects. We all have a psyche as well as an external identity upon which we are constantly being judged and race is an integral part of that assessment. I value my disparate friendships and they better my overall life much more than any specific point of disagreement that we may have. We must all come to terms with the fact that honest and otherwise kind people are going to disagree at times.

We must also come to terms with profiling. And contrary to what the reader may have been told, it is not inherently evil. In fact it is a powerful and valuable tool every person and organization with limited information uses every day to make quick assessment of individuals and groups, and race is a key component of that. For further proof of that look no further than Dwayne Perkins' skit on ethnic and ethnic-sounding names (https://youtube/YKLTsqyzqmc) when while reviewing the resumes of Skyler and Lacresha, the presumed human resources manager says "Ya'know, Lacresha doesn't sound like she thinks the customer's always right."

Profiling is how we as individuals assess benefits, threats, and potential mates. It is how we make snap decisions. It is innate in all of us and we should recognize that and accept it. But if profiling is a hammer, then we also have to recognize that not everything is a nail. Acknowledging that profiling is a fact

of life does not justify us into using that initial assessment as our only criteria in evaluating and judging others, and as we engage with others, either in camaraderie or hostilities, we must continually reassess our initial assessments of one another against more subsequent and current data and experiences. Because friend and foe do not always remain static.

All identity politic groups use profiling to perform acts to paint a narrative or advance a cause: Jussie Smollett allegedly lying about being assaulted by Trump supporters, perpetrators assaulting people in various places for wearing MAGA hats, Neo-Nazis threatening violence against perceived illegal immigrants, Salafist supporters justifying violence against homosexuals, Antifa assaulting conservative speakers and supporters at certain universities, certain Hispanic groups advocating for the repatriation of the American Southwest to Mexico, individuals vandalizing the U.S. Border Patrol Museum, the Charlottesville tragedy, and even the recent vandalism of the Major General William C. Lee statue because the vandals mistakenly thought he was the Confederate General Lee. Are any of these things broadening our desire to reason with one another or making our communities better?

There are attacks upon our individual and race-associated psyches every day. Ignorant fringes of tribalism have become emboldened and I will be the first to admit that over the last three years, presidential candidate and President Trump's vernacular has at times been detrimental to facilitating national dialogue. But equating that to believing that the systems and institutions created by the white majority centuries ago and refined by all Americans over the years is inherently evil or wrong. Our Republic is not perfect. Capitalism objectively has winners and losers. Slavery and Manifest Destiny created many tragedies. That does not mean that the current system is inherently unfair. Anyone who wishes to overthrow the status quo, without providing viable substitutes benefiting everyone by propagating ideas such as Socialism or reparations is simply, if perhaps unknowingly, trying to instigate armed conflict, to which ultimately there will be no winners.

Some people say that the wheels have come off civil society since Trump was elected, and others would argue that Obama initiated the trend beforehand, but how much of this ugliness is Trump's direct responsibility, and how much of it is simply the gaudy neon glowing ball of entropy with the TRUMP marquee that is shining upon everything that is ugly in America? That answer is going to be radically different depending upon where you look.

It is frustrating to Trump's political opponents that he is not racist in the classical sense. He has great rapport on an individual basis with people from all backgrounds, but he is autistic when it comes to social communion at the social group, national, and international levels. How would the reader define racism? Being culturally insensitive? Trump absolutely is. That he thinks that white Americans are better than anyone else? I would argue against this assessment. That Americans are better than anyone else? This is very debatable depending on the circumstance. He is however unabashedly "Amero-centric," which in Trump's defense almost the entire United States used to be until recently. I do think that in general he thinks that America is really better than perhaps every other country in the world.

So much of Trump's fault is his grotesque styling and mannerisms, and I do not condone his gross lack of nuance. There is no denying that he sometimes says really stupid things in order to paint his perceived narrative, and it is bizarre how sometimes he makes patently false statements with enough force and frequency that they change the overall narrative and an initially erroneous statement can become reality. There are generally equal parts information and misinformation being weaved when he speaks; but no one can say that Speaker Pelosi and Senate Minority Leader Schumer do not engage in the exact same behavior on a daily basis. When assessing Trump in relation to racism, the degree to which he is uncouth and he is actually perpetrating evil is very important to accurately ascertain. Contrary to others assessment, he is far from bonafiably evil.

And if there is one thing that the Trump Presidency has taught us, it is that we all could stand to be more nuance when discussing race and perceived racism. We all need to allow for a greater degree of social détente in social interactions when we inevitably do not agree. We as Americans are perhaps the most vocally free people on Earth and must ensure that this freedom remains intact, even when we do not agree with what is being said. It is the only way we can identify issues before they become serious problems. Mr. Sutton situation is nothing if not a fine example of that.

What should give us all great pause is the way that the press and social media frequently frame and shout down individuals and organizations into a black hat / white hat scenario, and how the various media facilitates "social warriors" who so casually threatened violence against individuals they do not agree with. For society to remain relatively harmonious, we must all be prepared to accept that there are things that can be changed and influenced and there are things that are bridges too far...at least for now...or we end up just becoming collections of mobs racing from varying degrees of social wrong to social wrong with the same vengeful force, with no sense of the fact that some social wrongs are indeed worse than others. We all could stand to review the Serenity Prayer, especially when it applies to race, and realize that no individual or group has a monopoly on virtue or being aggrieved. People who say otherwise are just trying to sell you dangerous things with no warning labels.



# Bike Night!!!! Saturday, March 16th

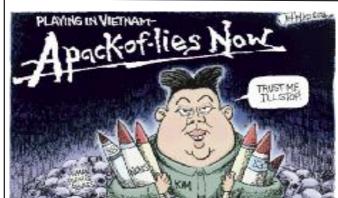
The Alabama Family Rights Association will setup an informational booth and table at Heart of Dixie Harley-Davidson Motorcycle Dealership in Pelham during their Bike Night. Event from 5-8 pm.

Volunteers are needed to help greet visitors, and hand out ALFRA informational pamphlets. This is a great opportunity to share with the surrounding community about ALFRA's efforts in promoting equality for all children to freely love and spend time with both of their parents and extended family.

If you are interested in volunteering and participating, please email us at info@alfra.org.

Location: 333 Cahaba Valley Pkwy N. Pelham, AL 35124 Date: Saturday March 16 Volunteer time: 4:30 pm - 8:00 pm

Kids Win with Shared Parenting.





# Can a city such as Birmingham decide to remove existing historical markers or monuments if the city feels it should no longer honor them?



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

Ronald A. Holtsford

I am sure you are referring to the reaction of the past few years mostly to mentally unstable individuals who have committed crimes of murder and hate and shown to wave the Confederate battle flag believing

it to be a sign of supremacy and racism.

For a bit of history, about 122,000 Alabama men served the Confederacy in the various segments of its military. Of those it is believed that about 35,000 died during their service leaving about 20,000 widows and 60,000 orphans. Dependent on the age of the Alabama soldier, I would suggest 6-7 generations of descendants have been born since that time. Of course a couple of the older generations have completely died off and many in the older pre-WW II generation have not passed on. Extrapolating that out with only an average of two children produced from each generation still leaves hundreds of thousands of descendants now living, spread not only throughout this state and country, but even parts of the world. Without a doubt there are some that may know of their descendancy and either do not care or have reached the opinion that there is some reason not to honor their blood kin. Some because of the slavery issue that many educators, media and activists have propagated as being the only cause of the War Between the States.

Confederate soldiers did their duty to defend their country from northern invaders who in some cases pillaged, burned homes and committed crimes against non-combatants, free and slave. Consider that most battles occurred in the South and exacted heavy tolls on cities like Atlanta and Richmond and left supplies short through the rest of the South. Even with former foreign enemy combatants of the United States, descendants of soldiers may honor their kin that did their duty without being involved in criminal action. I had ten lineal descendant great-great or even great-great grandfathers, which fought for the South. Some endured injuries, some capture and imprisonment, and even one died of disease the day after his fortieth birthday. I do honor each of them. Only those men that are descended from Confederate veterans and a part of the Sons of Confederate Veterans and those women also descended that are members of the United Daughters of the Confederacy have rights to use the Confederate flags and then only as symbols of heritage, respect and NEVER hate. The memorials and plaques placed in various Alabama cities are for those hundreds of thousands that care that their Confederate ancestors have been honored. It is fitting that other groups who have had landmarks and memorials placed on public property to honor their heroes and heroines should also remain





and be maintained. Those so raised on public property should not be discarded or dismantled in weakness when politicians feel years later that it affects their voter base. Consider former Birmingham Mayor William Bell who was defeated a year after his order to cover a Confederate monument. I don't know if his actions played a part in his defeat especially since he was replaced by another individual in his own party.

**The Alabama Memorial Preservation Act** was signed by Governor Ivey in May of 2017. It provides for the security of memorials, etc. that are greater than 40 years of age, for those 20-40 years certain protections and a process for review and certain considerations for memorial named schools greater than twenty years old. There is a \$25,000 fine for each violation.

In August 2017, then Mayor William Bell of Birmingham ordered the Confederate Soldiers and Sailors Monument in Linn Park first covered in plastic and

then by plywood. The Alabama Attorney General then filed suit against the city for violation of the Memorial Preservation Act. In January 2018, Alabama Tenth Circuit Judge Graffeo (D) issued an order only twenty minutes before his retirement started which basically said that the State could not control the free speech of a city and that the fine allowed for no due process and was overbroad. State Sen. Gerald Allen, a co-sponsor of the Bill said: "Under the Constitution, judges are to be neutral umpires who apply the rule of law fairly. A judge's personal beliefs, whether about politics, sociology, or history, have no bearing on how he is to apply the law. Judge Graffeo has taken it upon himself to know and declare that it is 'undisputed' that the majority of residents of Birmingham



are 'repulsed' by the Linn Park monument, and has thus ruled the Alabama Memorial Preservation Act void. But judges are not kings, and judicial activism is no substitute for the democratic process.

An appeal to the Alabama Supreme Court provided for a stay in mid February on Judge Graffeo's ruling. Attorney General Steve Marshall was pleased and said, "The Supreme Court's stay allows the Alabama Memorial Preservation Act to remain in effect until the Supreme Court resolves this appeal over the Act's constitutionality. We continue to hold that the Circuit Court erred when it ruled that the U.S. Constitution grants cities free speech rights that they can enforce against the State. For more than a century, the U.S. Supreme Court has held just the opposite, recognizing that 'a political subdivision, created by the state for the better ordering of government, has no privileges or immunities under the federal constitution which it may invoke in opposition to the will of its creator.' We look forward to presenting these arguments to the Alabama Supreme Court."

Memorials placed with permission on public property should be honored and not removed or defaced just because the political leaders become emboldened by change in political climate. Short of compelling information that an honored hero or heroine committed a heinous crime, there is no reason to attack a memorial so approved by local or state government whether we find favor with that memorial or not.

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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\*VENDOR SPACES AVAILABLE\*





# The Education Station... By Bobbie Ames

Bobbie Ames writes from The Hoffman Education Center for the Family, where the ministry promotes Christian Education that is foundational to the Historic Biblical Principle Approach. Consulting services are available through the Hoffman Research Library. She can be reached at P. O. Box 241405, Montgomery, AL 36124, or at bobbiehames@gmail.com.

# The Native Peoples of Alabama

The Indians were the first native people of Alabama, as we know. Before Europeans came to Alabama, the native people had been here for many generations. They had built mounds and discovered natural resources in abundance.

Careful Alabama History still tells of their lives, filled with sports, music, art, religion, recreation and occupations. Indian ballplay was a favorite sport, reminding us of football. The ball was made of deerskin and the object was to get the ball over the goal line.

The mounds provided for the burial of their dead, but also for their protection in times of danger. A visit to Moundville in Hale County is a delight; a great place for children to enjoy a day of adventure.





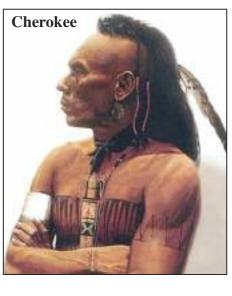
Moundville Archaeological Park Overlooks The Black Warrior River. A National Historic Landmark

The four principal groups of Indians in Alabama were the Creeks, the Cherokees, the Chickasaws, and the Choctaws. They inhabited the four corners of our state, Creeks in the Southeast, Cherokees in the Northeast, Choctaws in the Southwest, and the Chickasaws in the Northwest.

The Creeks occupied more land than the others, and their true name was Muskogees, but early explorers noted that they preferred to live along creeks and thus gave them the name, Creeks.

The Indian tribes had great conflict and fought wars from time to time. The head of each tribe was their Indian Chief, held in high regard and selected by the

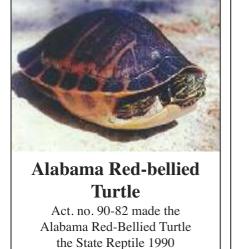












warriors. The chief shared his authority with the council of advisers and the tribe's religious leader, often called "the medicine man."

Farming was essential to the Indians and corn was an important crop. Corn and cornbread were introduced to the first Europeans who came to America. Indians cultivated many healthy vegetables as well for their diet.

Grapes and plums were known in both Europe and Alabama. Tobacco was unknown in Europe until their people visited America. It was common for a family to have a small garden for farming. Crops often included yams, corn, squash, tobacco, peas and beans.

Their corn was ground between two stones to make popular cornbread. While women did most of the cooking, they were very active in a variety of work, tending to children and taking delight in manufacturing. Indian women wove pouches of buffalo hair and made blankets of turkey feathers. Basket weaving was one of their favorite kinds of manufacturing. They used bright colors and intricate designs in their patterns.

Homes were built with upright logs and plastered over with mud. Their homes were often made weatherproof by skilled managers.

Hunting and fishing was more than a game of recreation. Indian boys were taught to hunt and fish, and an important part of their schooling was to master these crafts early.

Indians loved music, dancing, painting, the study of birds and animals, and all of Nature. The Cherokees and others used drawing pictures to tell their stories, long before they had an alphabet.

They did not read or write until after the coming of the white man and Sequoyah's success with the Cherokee alphabet.

The greatest blessing of the arrival of the Europeans to America was the advance of Christianity to our shores. Think of all the generations who lived in America who never heard of Christian principles, the Love of The Lord Jesus Christ and, best of all the path to Redemption.

The influence of the Alabama Indians is relived daily, with all the rivers, creeks, counties and towns, all with Indian names. Their lives were filled with adventure. Close by us, are Autauga creek, county and town. Talladega also names a creek, county, and town. Mobile and Coosa name a river, county, and town. On and on we go, remembering them.

To neglect to study our early history is such a disservice to students. Indians did believe in a life after death. They worshiped many gods. They worshiped the sun, moon, stars, wind, and signs of nature. While they did not have Christianity, they no doubt longed for something to meet their needs, beyond themselves.

An exciting part of our history took place in 1540, when Hernando de Soto crossed the Tennessee River and entered Alabama. He was the first European to enter Jackson County, crossing Sound Mountain. A great deal of research was focused on DeSoto's travel. For the Spaniards to survive, they enjoyed hunting game in Alabama's beautiful forests, and the capture of the plentiful hogs in the large fields. DeSoto went through Dallas County, Wilcox County and on through Monroe County.

determined to protect themselves, and their corn supplies. Therefore the Battle of Mobila did take place. The Spanish cross bow was a better defense than the Indian's bow and arrow.

Hernando de Soto Seeing DeSoto's invasion, the Indians were

In this battle of Mobila, the Indians were led by Chief Tuscaloosa. His name and reputation live on, as the river, city, and county even still today are named

The Spaniards and the Indians entertained each other even though they each knew their true motives. DeSoto did not find the gold he envisioned, but he has to be recognized as one of the greatest and earliest of world explorers. And Alabama was prominent long before her Statehood, even in 1540. Two of DeSoto's men chose to remain in Alabama, with DeSoto allowing them to do so.

We are blessed today by our climate and natural resources. We are blessed that much of our Southern heritage lives on in our manners, our courtesies, and our willingness to make sacrifices that benefit others. This writer prays that the "old South" that she has known, will continue to live on in generations to come.

The green line is **DeSoto's** trail through Alabama





Judge **Peggy Givhan** 

### Southern Gardening Potpourri for March by Peggy Givhan

The month of March brings in windy, kite-flying days, and much activity in the garden scene. March is the official month of Spring, and the harbinger of warm balmy weather. The dormancy of most trees and shrubs is broken with a burst of buds on the limbs and stems. We have already seen the flowering of the majestic Japanese magnolias, the fragrant old-fashioned Kiss-me-at-the-gate, beautiful camellias and sasanquas. Every time I see these

flowers, it makes me so grateful I live in the south. The narcissus and daffodils are having a banner year and add to the spring fragrance. So far this year we have had more than our share of rain. After planting larkspur, zinnia and cleome seed in beds filled with fresh garden soil, I watched in horror as the dirt and, along with it, the seed, floated over the border stones out into the grass. So, I just repeated the task. I do not know what will come up or where.

#### Below is a list of suggestions of what to plant this month:

- 1. Geraniums-- This is the perfect weather to plant these showy plants which will bloom until the dog days of August and beyond. I have wintered mine over from last year, and, after cutting them back by half, planted them in my pot garden. I call them greedy plants as they love to be fertilized about every 10 days. I use a time-release fertilizer such as Osmocote, and, afterwards, a liquid fertilizer such as Peter's or Miracle Gro. The most prolific bloomers would be the ones that are in the red and orange group. The ones with the least blooms would be the whites. Geraniums can be rooted very easily in water or moist soil.
- **2. Dianthus--** These plants love cool nights and days. I planted a few trays in November and when the 25 degree cold spell hit, these plants kept on blooming and did not miss a beat. After a bloom cycle, it is good to take some garden shears and cut the tops off. They will get a little ratty looking in the summer, but if you put them in the shade, they will survive the summer heat, and revive themselves in the fall. Like geraniums, Dianthus do well in pots and in the garden. They come in a variety of colors, and some are two-toned. What a great addition to any spring border.
- **3. Pansies--** These are always a favorite and so very easy to grow. The yellow varieties take less sunlight than the other colors, so plant them in areas of the garden that will be more shady when the deciduous trees put out their leaves. The tiny Johnny Jump-Ups look so delicate and fragile, but do not let looks fool you. These are hardy souls and can take most anything Nature can throw their
- **4. Phlox--** Perennial Phlox can be the main stay for the garden in the late spring and all summer. I usually find mine at Petals from the Past, a nursery, in Jemison, Alabama. White, lavender, pink, reddish pink, fuchsia, and darker shades of lavender color the beds. They are especially good flowers for the beds because of their height which is around two feet. They do require full sun and should be planted in clumps of three or four to make a dramatic statement. Very slightly fragrant, they can be cut and used in flower arrangements. If you go to Petals from the Past to make this purchase, request the Givhan Phlox. My husband, Dr. Ed Givhan, found these plants in the wild, collected the seed and grew them. Givhan Phlox proved to be better suited to the south as more heat resistant and can be relied upon to come back year after year. It is nothing short of a superior variety.
- **5. Loebelia--** There are over 400 varieties of this plant. They can be found in garden centers and nurseries, and if you see them, buy them. I like to use them in pots as accent plants, and in the garden border in large clumps. The neon dark blue blooms in the front of the bed makes a sharp contrast with any other flowers there. They bloom for a couple of months and usually do not last all summer due to the heat.
- **6.** Blue Salvia-- The mealy cup variety is a perennial that champions the garden with spiked blooms from late Spring through frost. It also can be cut for indoor flower arrangements and has an interesting gray-green leaves.
- 7. Begonias-- Later this month it should be fine to plant begonias. These plants



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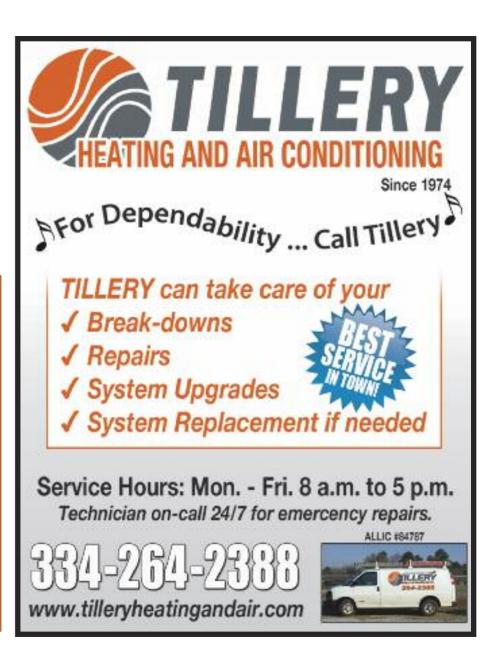
Beautiful home in the desirable Cobblestone Run subdivision! This property boasts a spacious living area with well proportioned bed rooms and large closets! The master suite offers a quiet retreat set away from the living room and plenty of sitting space to go with your bedroom suit. Not only does this property have plenty of curb appeal but also a large back yard for entertaining and a small wired workshop for projects and storage. Don't miss out on this property! Set up a viewing today!

do much better planted in early spring than in the heat of the summer. Be careful when fertilizing for if the fertilizer gets on the leaves it will burn them. I like a liquid fertilizer for begonias.

#### PLANT OF THE MONTH--SCABIOSA

This flower is associated with old fashioned grandma's gardens along with Bachelor's Button and Carnations. A long-lived perennial, it likes well drained soil, but also tolerates lime or a slightly higher pH than neutral or acid soils. They come in a variety of colors, with the blue, S.caucasica, being the most well known. Scabiosa is also a great cut flower and flowers all summer long. It is noted that one needs to divide them every 3 years. Also if one removes the dead







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# Woods & Waters

# with Steve



## **SPECKLED TROUT FISHING IN MOBILE BAY** | FINATICS FISHING CHARTERS

Finatics Fishing Charters offers every kind of fishing you could think of in and around the Gulf of Mexico and the Mobile Bay system. With that being said we cut our teeth and continue to target SPECKLED TROUT more than any other fish. Along with being a wonderful fish for the dinner table, it is a great fish to target whether you're a novice or a seasoned fisherman. They can be caught all year long and have a 10 fish per person limit in Alabama.

In this post I am going to be focused on the novice fisherman that we regularly take and hope to educate them on what to expect on their charter. We have so many people that have never been fishing and just simply have no idea what they will be doing, so if this can reach them before their trip I hope it will ease the minds of everyone involved.

Starting in early March thru late August we are fishing in the lower part of Mobile Bay and the Mississippi Sound leaving out of Dauphin Island and Fort Morgan, AL. The typical trip leaves the dock about 15 minutes before sunrise. You will meet your captain at the boat launch closest to your location with your group ready to go. We ask that you bring whatever you would like to eat and drink, Sunglasses, Hats, Camera and plenty of sunscreen. An onboard cooler with ice will be provided to hold and chill your drinks. After everything is put away and secure your captain will have a quick safety meeting. You will be shown where the life jackets and fire extinguisher are located and how to operate each piece of equipment. Now the FUN begins.

Armed with plenty of live shrimp, we will push away from the dock and head to the fishing grounds. Depending of what the time of year dictates where we fish. We will talk about early spring fishing (March-April) first. This is primarily in shallow water (2-5 feet). Very early morning is usually best over oyster shells and grass beds, and along the south side of Dauphin Island very close to

Popping corks with live shrimp and croakers are the weapon of choice this time of year. Before I get into how we are going to use them I will explain what they actually are for those of you that have never seen them. We use the FAIRHOPE RATTLE CORKS, and this is a description of these corks from www.fairhoperattle.com.

"This is the original Fairhope Rattle. This cork was thoughtfully designed by our team of fishing guides, providing you with a fast resetting popping cork that will stand the test of time. Our stainless-steel wire and 3/8 oz egg weight separate our corks from the rest, with the ability to cast these corks a country mile. The Fairhope Rattle features the brightest cork combinations out there with our bright orange float, and tie dye beads. All Fairhope Rattles are carefully handmade by the Bousson family.'

These corks are attached to the braided line on the reel with a leader of fluorocarbon from the cork to the hook. Depending on the depth of water this leader is usually 18-36 inches. The cork is designed to make a popping sound by a sharp jerk of the rod tip. This simulates the sound a trout makes attacking bait at the waters surface. Once the fish eats the bait, the cork disappears and

Sometimes we get lucky and land on the mother load of fish at the first stop, but that's not the norm. Speckled Trout are a schooling fish and move around a lot over a large area. So it's normal if your captain picks up and moves around a lot until they find the school. But when you do find them it will be something to remember.

As the morning moves on and the temperatures rise, the fish will migrate to deeper water. This is not a problem, it just usually requires a different tactic. THE SLIP CORK. Also from Fairhope Rattle.

The largest advantage to the slip cork is the ability to fish different depths, up to 25 feet in some cases. You will cast just like you would with the popping cork or for that matter an artificial lure. The cork is free floating along the line with a bobber stopper (small piece of string) tied on to your main line to set the depth. This can be changed many times by sliding the stopper up and down the line until the correct depth is located. Below the cork is usually a 1/2 oz weight, a couple small beads and a swivel. Below the swivel is approximately 2 fee of fluorocarbon leader and a hook.

Once the cork hits the water, the bail on the reel is left open to allow the bait to drop to the desired depth where the bobber will stop on the top of the cork, and then you wait for the bite. Another difference here is, unlike the popping cork there is a lot of slack in the line. This means that the traditional hook set might not make contact with the fish. As you see the cork disappear into the



water, instead of setting the hook you will just start reeling. When you feel the line get tight, it's time for you to set the hook and again the fight is on!

Now lets talk about summer(May-late August). Again leaving before sunrise, we will target the Gas Rigs in Mobile Bay, deeper structures and the Dauphin Island Bridge. The temperature is usually so hot this time of year that the fish usually stay in deeper water where it is cooler. A little trick we use is to keep constant contact with these fish. What I mean by this is not lifting the rod up and down while you are reeling. This creates slack in the line which is bad because Speckled Trout have very soft mouths and when the hook becomes tight it will create a large hole in its mouth. If slack is introduced into the line, you can bet that the odds of the fish popping off increase greatly.

By mid-morning hopefully we have plenty of fish, sunshine and fun. Your captain will stow all the gear, make sure everyone is seated with an ice cold drink then head to the dock. This is where your work is over but not ours! We will remove the fish from the boat and arrange them so you can have as many photos as your group could ever want. I always say take more photos than you think you need because you can always delete them. After photos you will just have to find a nice place in the shade, or if you want stay with the captain while he cleans and prepares the fish for you to take home.

There are a wide variety of ways to cook these fish. Don't forget to ask the captain His/Her favorite way to prepare them. But don't forget to go to our website WWW.FINATICSCHARTERS.COM and take a peek at our recipes page. There we have detailed instructions of how we like to cook them at our home.





## The Great Shutdown

By John Martin

not express the views of The Alabama Gazette.

During this past December and January, the United States suffered the longest government shutdown in its history—over a month.

But was it really a shutdown? Of course not. Like all of the previous

ones, it was only partial. Only "nonessential" functions were cut. And to really rub it in, many departments that were truly nonessential kept on trucking with no layoffs at all.

Politicians are constantly afflicted with the syndrome of spending more to fix problems they created by spending more. This has been particularly rabid during the eight Obama years from 2009 through 2016, when our national debt exploded and more than doubled from \$9 trillion to beyond \$20 trillion. They almost never have the backbone to make cuts, and when they do on rare occasions, the reductions are usually miniscule.

Hence, we routinely have deadlocks when bloated budgets get stymied by our minority of responsible public servants who insist on some spending accountability.

And thus—a shutdown.

The most visible cutbacks were our museums, monuments, and national parks. These disruptions did have some impact on some people's vacations and activities, and no doubt, we had some unhappy campers. And since these items generate revenue on their own, like the Postal Service, these closures didn't even save any tax money. The only logical reason for this was to agitate the people enough to make them demand their representatives cave in and end the shutdown.

Meanwhile, the multitudes of departments and programs that really

should have been stopped—and I mean permanently—remained fully funded and allowed to carry on their abuses on the American people. Much of our deep state is on auto pilot. No matter what happens, our arm terrorists and manipulate civil wars. Innocent non-violent people will continue to be arrested and given long sentences in overcrowded prisons for using or selling marijuana. Spying on American citizens will continue unabated. Abusive regulators will still be on the prowl. The Departments of Energy and Education will not even feel a blip. Bloated public assistance will continue reckless, unearned handouts.

So we end up with no solution at all—just more spending, more taxes, bigger debt, and bigger problems down the road.

The honorable Ron Paul had a suggestion: "We are told that all 'nonessential' personnel will be furloughed until Congress agrees to begin funding the Federal government again. In fact, the real 'non-essential' personnel are most Members of Congress themselves! Perhaps their pay should be docked for each day they pretend to be in conflict. The only danger of that, of course, is that they would reach the inevitable compromise even sooner.

"Who wins when a "compromise" is finally announced? Not the American people, that's for sure! The winner will be, as usual, big

government." As Ron Paul said, a "compromise" is not a solution. It is just kicking the can down the road. Sooner or later, we run out of road.

What IS the real solution? Cut spending. Eliminate non-essential

programs and actions. That should not be hard at all. Roughly 90 – 95% of our federal government is unconstitutional. The bulk of that percentage is government

involvement in public assistance, health care, education, and meddling in various parts of the world. Lower taxes. Massive spending cuts. Much less government. A balanced

budget. Let's demand our elected leaders get enough backbone to carry it out.

That is the one way we can make America great again..

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- 1. Paul, Ron, "What to Really Expect from the Government **Shutdown,"** January 23, 2018, www.lewrockwell.com.
- 2. Ringer, Robert, "The Dreaded Government Shutdown," December
- 25, 2018, www.robertringer.com. 3. North, Gary, "The Shutdown and Liberty," January 19, 2019,

700 overseas military bases will remain open. The CIA will continue to https://www.garynorth.com/public/19065print.cfm Thank you Ed for 16 years of great writing for the Alabama Gazette!





# **What I Don't Like About Football**

The views of this editorial may not express the views of The Alabama Gazette

#### **Ed Jones Football Writer**

This column will be devoted to the many things that I don't like about modern day football. As addicted as I am to the sport, there are certain trends that do not enhance the game of football. Even worse, these trends are in some cases very bad for football. Most football fans do not see those trends, or care about their impact on the game. However, as a traditionalist, they are an abomination to me. What is so frustrating is that there is little that can be done about them now. When you make exceptions to the rule, the rule becomes the exception. It is hard to get the genie back in the bottle.

It is my hope that you as a reader, and as a fan of football, can see that when football gives up its control over the traditions that has made the game so great, the game itself will eventually spiral out of control. The players themselves do not respect these traditions. The coaches are afraid to enforce the rules that govern the orderly conduct on and off the field in high school and college football today. In the NFL, owners are afraid to make hard decisions because the players, through the NFL Players Association, can call for a boycott, a strike. This will cost the owners millions of lost revenue through attendance and most importantly, television revenue. It seems that everyone in authority is afraid to control the way the players and their appearance is presented to fandom of the game. Take for example, the owners of NFL teams, and the NFL itself, considered kneeling during the national anthem a minor inconvenience. They collectively decided that they had to allow for social protests on the field. These protest should have occurred on the street corner.

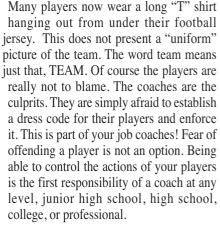
The leader of the "Kneeling Team," Colin Kaepernick has actually personally benefited from the experience. Nike used him in an advertising campaign that swelled his bank account. He is considered a hero by many in America. His cause has not benefited from his protests however. His actions only benefited himself. No NFL owner would consider hiring Kaepernick to play quarterback for two reasons. One is that running an NFL franchise is difficult enough without hiring any kind of distraction such as Kaepernick would bring to the locker room. The other is that Colin Kaepernick is not the quarterback that he was when he was drafted out of the University of Nevada. He ended what limited opportunities that were available to him. NFL teams are about winning. They are not social forums for discontented players.

On the college level this same acceptance attitude prevails. Ole Miss recently had eight players to kneel during the national anthem prior to a home game. The coaches and administrators "understood" the intention of the players and considered their cause to be legitimate. Therefore, no punitive action for the players will be forthcoming. It is not the job of players to use any part of a game to protest social inequities, especially during the playing OUR national anthem.

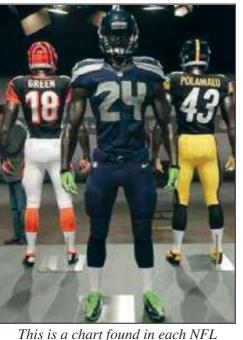
Every game that I see now shows some evidence of lack of control by the coaches, administrators, owners. I must admit that I am a traditionalist in the purest sense of the word. Therefore, some of you will probably disagree with my zealous attitude toward changes in football that I consider to be detrimental to the game. The following paragraphs will provide you with some of my concerns:

UNIFORM - According to the first definition in Webster's Collegiate Dictionary, Eleventh Edition, "uniform" is described as "having always the same form, manner or degree." This is

interpreted by most people to say that to be represented properly, a team or organization that is required to wear a uniform is also required to wear that uniform in the same manner as all members of that team or organization. One cannot decide not to wear a hat if the organizational uniform requires wearing the proper head gear. To most, that means that a member of a team cannot wear a "T" shirt under his or her basketball uniform unless every member of a team wears an identical "T" shirt under their uniform. To me that means that a football player cannot wear black socks when the majority of the teams wears white socks. The same would apply to other items being worn that are not part of the team uniform. It is not up to the player to determine how to wear the team uniform.



It is not hard to understand why Nick Saban's Alabama football team is in contention every year for the national championship. First, he recruits good players. Secondly, he maintains a strict code of conduct for these players. They wear the Alabama uniform, not part of the uniform, not personal additions to the "uniform". It is not hard to understand why Bill Belichick has the New England Patriots in the playoffs every year. Belichick is THE COACH. Belichick is in



locker room showing how an NFL player is to dress. No one enforces this anymore.



dress code. Who cares? The players are in charge.

charge. He leads a benevolent dictatorship. In the course of my life, I have served in two branches of the military, retiring from one branch. There was never any doubt in my mind as to how I would wear the uniform. If you were



supposed to wear black shoes, you could not choose to wear brown shoes. If you were supposed to wear a hat when you went outside of a building, you could not choose not to wear a hat. The reason is that a uniform is uniform for everybody in the organization. It was that way at one time in football. No more!

RESPECT FOR THE FLAG AND THE NATIONAL ANTHEM- This subject has been covered to some degree in my opening remarks. There are traditions that were not options when I was young. They seem to have passed us by. For example, when we went to games where the national anthem was played, everyone stood, faced the flag or the music, and either put their hat or their hand over their heart. As a boy, I remember wondering if everybody was doing that. So one night at a game when I was with my father, I looked around to see... and they were, everybody; men, women and children. Don't look today. You will be very disappointed. The reason traditions are traditions is because they have been traditionally part of our culture, part of our training, part of our heritage. There are no more absolutes today. Everything today seems to be optional. I don't like it one bit. When the national anthem is played, and I see the flag of the United States of America unfurl in the wind, I get chills running up my spine every time. If you don't, you need another country. Do not use MY flag or MY national anthem to protest anything, ever!

VERNACULAR- Somewhere along life's highway certain familiar phrases have disappeared. They have been replaced with new phrases that mean the same thing. For instance, radio and TV football announcers use the phrase, "line to gain" when they actually mean 1st down marker. Why? Coaches have come up with new phrases that have begun to irritate me. They describe a tall player with good reach or a wide wing spann as having "good length." Why?

Some of the "coachspeak" has become boring and unnecessary. I'm really tired of hearing a coach say they were gonna' play them "one game at a time." We don't need to hear that. One game at a time is the only way a team can play a season. Another phrase that makes me cringe is "they are well coached." Everybody seems to be well coached if you are playing them next. Every team is not well coached! That's why so many coaches get fired at the end of the season. How about "they never quit" or we lost but "we never quit." Why do coaches give us the impression that their team might quit but they didn't today. Here is another one. "We have a young team." What does that mean? Kentucky has a young basketball team every year and they practically beat everybody. "We have a young team" is generally an excuse for losing or prepar-



Missouri players run on the field all dressed in black socks. I don't like this, but, it is acceptable. Their colors are gold and black. Black and gold can be a great uniform color combination. However, Missouri has one of the ugliest uniforms in America.

ing to lose. This one really confuses me, "he is a competitor." That is not needed information. He, meaning the athlete, had to be a competitor to get a scholarship. Along the same line is this one, "he's a real hard worker." The coach is responsible to make sure everybody on the team is a hardworker.

Well, those are some of my pet peeves. There are others that don't come to mind as I write this column. I bet you have some others. How important all this is, I don't know. But, it seemed important to me so I just had to write about it.

I put a personal ban on the NFL two years ago but it didn't last. Football of any kind is in my blood. I am the only person that I have met that thoroughly enjoyed the Super Bowl this year. That was football. Games that end in 52-48 are track meets with helmets to me.

I will probably ban Ole Miss basketball this year. This ban may be effective. I will probably never miss Ole Miss basketball!

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#### Chef **David Spooner** Retired Chef

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

Have you ever watched a carpenter preparing to make a piece of furniture, or a artist starting to put their vision on a canvas? Or watched a professional chef prep for a meal? Have you noticed what anyone preparing to paint, assemble, repair, or prepare a meal have in common? They have all of the materials, be it paint, wood, tools, and if need be, instructions, on hand and easily accessible before they started. I have lightly covered this before. The term mise en place means "everything in its place" and is used in the culinary world to a point that in professional kitchens it is en-grained in chefs as a state of mind.



besides a tasteless over priced frozen waffle. So you load it with a frozen waffle or pancake that has over 25 grams of protein. This is where you can use tip number nine with those over-ripe bananas that you left for too long in that bag with that apple. The other plus with this recipe is it is gluten free. And Elvis would love them.

Mise en place is also important in the home kitchen. If you are following a long recipe, the recipe calls for several different time sensitive steps, and the list



of ingredients is more than two items (LOL), having your yourself organized, will make the experience easier and more enjoyable. The final dish will probably look and taste better.

My friend, Dave, sent me a picture of his mise en place before preparing King Ranch Chicken for 30 people. The picture shows his recipe close at hand next to his glass of wine. I'm sure the wine is

an ingredient in the recipe! I know his kitchen and the knives and other utensils he will need are either in the drawers under the cutting board or on a knife rack behind him. Also the sink is behind him. His recipe has been printed out and I am sure that he added steps and clarified the procedures he was going to follow. When setting up your mise en place, remember that you need to pay attention also to the utensils, not just the food required for that particular recipe. Does the recipe call for the use of a cheese cutter, a cheese knife, or a cheese slicer? They all have different purposes when handling cheese.

There are two other terms that my wife, Anne, and I discuss when we are planning a dinner party. They are "service a la russe" and "service a la française." The first term is dining when the courses are brought to the table sequentially. An example is when you are served the salad or soup first, then the entree and then the dessert. The later term is when all the food is brought at once and set on the table. The "Southernized" terms are, "plate up" or "family style." For plate up my wife and I will have the salads on the table when we call everyone to dinner. While the guests are eating their salad I will plate and then serve the entree. When the guests are close to being finished with the entree, Anne will then prepare and serve the dessert. As for family style, the meal will be divided up into bowls and platters and everything will be on the table when the guests are called. The bowls and platters are passed around the table so each guest can chose which and how much they want of each item. Family style for a group of people larger than the number of place settings at your dining room table would warrant a buffet station and seating locations around the house. The deciding factor for which method to use is the number of guests.

Every once in a while, I come across an article that has some sort of list. Like the top ten things to eat, drink, buy at COSTCO, and don't eat, don't drink and should not buy at COSTCO. My favorite lists are the ones about kitchen gadgets, ratings of different foods, and just general tips to make your life easier. A list of tips to make your life in the kitchen easier, is my favorite. I am going to share some of the tips that I did not know of forgot about and will heed in the future. This list was in ESQUIRE. Not sure which, the web site or the magazine, or both.

#### Kitchen Tips:

- Line your refrigerator crisper drawer with paper towels. This will absorb moisture and keep your fruit and vegetables from prematurely going bad.
- 2. If you need a small amount of lemon juice, do not cut the lemon into pieces because whatever you do not use will just dry up and you will end up throwing it away. Grab a skewer and poke a hole in the lemon. Then just squeeze the lemon the get the juice you need. The lemon will still be fresh the next time you need it.
- To keep your hard cheeses, the ones with a rind or wax covering, from being exposed to the air and get hard and dry, rub the exposed cheese with butter. You are using a dairy product to protect a dairy product.
- When radishes, celery, or carrots lose their crunch, put them in a bowl of ice water with a potato slice. They will crisp right up.
- Store your plastic tubs of sour cream and cottage cheese upside down. The vacuum this creates with inhibit bacteria growth.
- **6.** I think this is a fairly well-known tip about honey. Honey is the only nonperishable food. It has not gone bad because it is cloudy or crystal have formed in it. Be careful of the container the honey is in(no metal or thin plastic) and microwave the honey in 15 to 20 second increments until crystal clear.
- 7. For short term storage, put leftover pasta in a sealed plastic bag with as much air squeezed out as possible, and refrigerate. When you need it, take pasta out of the bag and drop in a pan of boiling water for a few seconds. This will heat and restore moisture to the pasta.
- **8.** If you are not sure how to cook a piece of tough meat, first marinate it in beer, vinegar, papaya, tomato juice or pineapple juice. The acid in these liquids will soften the meat. How long is up to you. Too long and you will end up with a pan of mush.
- **9.** I have never had the desire to hasten the ripening of my fruit, I wish I could stop it until I was ready to eat the fruit. But if you have some bananas or other fruit that is not quite ready to be eaten, place the fruit in a paper bag with a apple. The apple produces ethylene gas and will speed the process. Shippers of tomatoes use this method to ripen green tomatoes. Green tomatoes ship better than ripe
- 10. If the instructions on the box of instant chocolate pudding calls for water substitute whipping cream. End product is thicker, creamier and yummier.
- 11. My favorite bacon tip, is save your bacon fat. One of hundreds of reasons to save bacon fat, is for use in a spinach salad. Mix two parts bacon fat with three parts balsamic vinegar for your dressing. If you need the dressing to be a little tamer add one part vegetable oil to the mix.
- 12. If you do not have a salad spinner, get one. When you get home with your whole heads of salad greens, give the leaves a rinse and then a spin. Roll the leaves in a dish cloth lined with paper towels and put in your paper towel lined crisper. Remember tip number one? If I do not have a lot of greens, I wrap them in paper towels and put in a plastic bag and store in the refrigerator for up to a

week. It is a school day and the kids need to be fed or you are in a hurry to get to work and everyone needs something quick and healthy to eat. You can pull out

some store bought pancakes or waffles from the freezer, but I said something healthy and quick. The toaster is ready and you want to load it with something

#### PEANUT BUTTER BANANA WAFFLES

Depending on the style of your waffle iron, this recipe can make about four waffles.

#### *INGREDIENTS*

Two cups over ripe bananas, mashed One teaspoon molasses ½ teaspoon vanilla extract

One tablespoon corn starch

1 ½ teaspoons baking powder Six large eggs

1 ½ cups peanut butter, your favorite. I recommend a sugar free smooth peanut butter.

#### **METHOD:**

- 1. Preheat waffle iron.
- 2. Mix together the bananas, baking powder, corn starch, molasses and vanilla in a large bowl.
- **3.** Whisk in the eggs until smooth and then the peanut butter. If your waffle needs it, spray with cooking spray.

**4.** Start with one cup of batter to check your waffle iron size. Add more or

- cut back as needed.
- **5.** With most waffle irons about 5 minutes will be enough time to cook. If you are industrious in the morning, cook to order. If you are in a fog

in the morning, cook several batches and freeze them. Your toaster will heat the waffles and you will need to heat the butter and syrup. Also top with fresh berries. And as with any batter like this, you can make pancakes.

I am always looking for something out of the ordinary or just weird to cook. I have found something that I knew about but just never tried. And that is black rice. For centuries, black rice was known as Forbidden Rice, because the only people allowed to eat it were the emperors of China.

My how the world has changed because you can buy black rice at Walmart and on Amazon! It is said to help your heart and has antioxidants to fight chronic diseases, is high in fiber, improves your blood sugar levels, is gluten free and is high in protein. And it is low calorie and low fat. I think the only reason it has not caught on in the mass market is it takes long to cook and is still fairly pricey compared to the white tasteless rice that we eat.

You can serve black rice (which is more purple than black) as you do any rice. The color and cooking time limits its use. But I found a recipe using black rice in a salad and the color does not interfere with the rest of the ingredients. The final assemble salad has good presentation at a meal. This recipe can be changed by using cooked yellow (saffron) rice if black rice is unavailable and by adding froze peas that are thawed. You can then call it Paella Shrimp Salad.

The recipe has sixteen ingredients and several steps, but remember mice en place and you should be able to make the salad without any trouble.

I am always good for a celebration. A celebration of food is a plus. So for the whole month of March we can celebrate Fresh Celery, Noodles, Flour, Nutrition, Peanuts, Sauce, and Caffeine Awareness. You can get real tired of fresh celery and noodles about a week into the month, so enjoy a day when you can appreciate the food without over doing it. On the Fourth of March, enjoy National Poundcake Day. My wife is noted in town for her poundcakes. Do not miss National Irish Food Day on the 17th. Most people on that day will be celebrating with something besides Irish food. Try the Peanut Butter and Banana Waffles on International Waffle Day, the 25th. That is if you missed the First of March, National Peanut Butter Lover's Day. What a way to end the month but with National Turkey Neck Soup Day on the 30th, and on the last day of the month, National Oyster on the Half Shell Day.

I will have to find a good recipe for turkey necks. I like them smoked.

#### BLACK RICE, ARTICHOKE AND SHRIMP SALAD

#### **INGREDIENTS**

Two cups cooked black rice at room temperature One 14-ounce jar quartered artichoke hearts drained 1 pound shrimp, medium size cooked and peeled, cold ½ red bell pepper cut to 1/2" dice ■ ½ yellow bell pepper cut to 1/2"

Four green onions thinly sliced One large tomato seeded and cut into 1/2" dice

Two cups kale leaves tough stems removed, finely chopped

1/4 cup fresh basil leaves thinly

Two tablespoons fresh mint leaves thinly sliced

#### FOR LEMON VINAIGRETTE

One lemon zested and juiced One teaspoon Dijon mustard Four tablespoons olive oil ½ teaspoon kosher salt ¼ teaspoon fresh ground black

One large clove garlic minced

#### **METHOD:**

#### MAKE THE RICE SALAD

Combine the shrimp, artichoke hearts, rice, bell peppers, onion, tomato, and kale into a large bowl. Set aside.

MAKE THE VINAIGRETTE

In a small bowl, whisk together the lemon zest, juice, Dijon mustard, olive oil, salt, pepper and garlic until emulsified.

ASSEMBLE THE SALAD

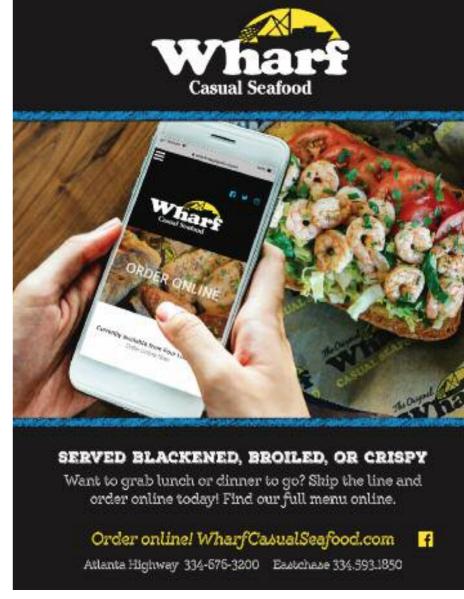
Add the basil, mint and dressing to the salad and toss well to combine.













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



## SOCIAL SECURITY'S RESOURCES FOR WOMEN

March is Women's History Month. It's a time when we reflect on the achievements and contributions of our nation's remarkable women. Many of these heroes might be people close to you: mothers and daughters, aunts, and grandmothers. Each of them plays a special role in our lives as they provide love and

Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

Women face greater economic challenges in retirement. First, women tend to live longer than men. A woman who is 65 years old today can expect to live, on average, until about 87, while a 65-year-old man can expect to live, on average, until about 84. Second, women often have lower lifetime earnings than men. And, third, women may reach retirement with smaller pensions and other assets than men.

Today, women have challenging choices to make. Some may spend their entire adulthood in a career or job outside the home. Some may work for a few years, leave the labor force to raise children, and eventually return to work. Others may choose not to work outside the home. Whether they work, have worked, or have never worked outside the home, women should understand how Social Security

can help them and their families.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If you're



eligible and apply for benefits on more than one work record you generally receive the higher benefit amount.

We have specific information for women at www.socialsecurity.gov/people/ women that you can easily share with friends and family. Giving this gift of knowledge can change the life of a woman you care about.



# Gazette Seniors... Dr. John Bitter, Editor Senior Section

# 3rd Annual Dementia Friendly Alabama Golf Classic

**Friday, March 29, 2019** Robert Trent Jones Golf Trail, Prattville, AL (Senator Course)

Central Alabama Aging Consortium, the Area Agency on Aging for Autauga, Elmore and Montgomery counties, established the **Dementia Friendly Alabama Initiative in 2016** to provide dementia education, training and resources to those serving and those living with dementia. This year we have partnered with the Alabama Law Enforcement Agency (ALEA) who will perform a rescue on the course to highlight their efforts when searching and rescuing loved ones who have wondered away from home. Please help us continue our efforts by supporting our only fundraiser of the year and thank you in advance for caring!

- 11AM Registration & Lunch / 1PM Tee Time
- Registration is \$125 per Player / \$500 per Team
- Sponsorships still available.

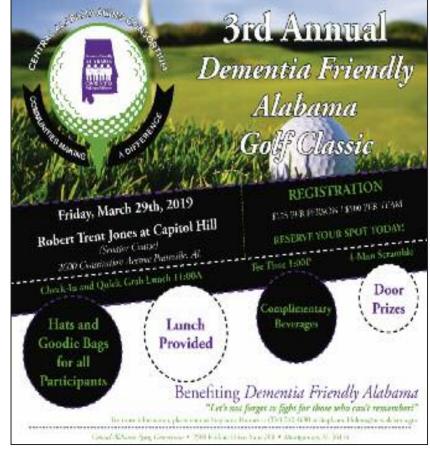
For more information, please call Stephanie Holmes, Dementia Project Coordinator @ (334) 240-4680 or Stephanie. Holmes@adss.alabama.gov.



#### GOLF SPONSORSHIP OPPORTUNITIES

3rd Annual Dementia Friendly Alabama Golf Classic Hosted by Central Alabama Aging Consortium

Friday, March 29, 2019 Robert Trent Jones @ Capitol Hill, Prattville, AL



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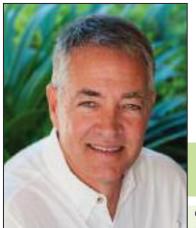
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# Dr. Lester Spencer Soul

Lead Pastor
St. James United Methodist Church
9045 Vaughn Road
Montgomery, Al

# Soul Searching

# The Lifesaving Station

drowning.

On a dangerous seacoast where shipwrecks often occur, there was once a crude little life-saving station. The building was just a hut,

and there was only one boat, but the few devoted members kept a constant watch over the sea, and with no thought for themselves went out day and night tirelessly searching for those who were lost. Some of those who were saved and various others in the surrounding area wanted to become associated with the station and gave of their time, money, and effort to support its work. New boats were bought and new crews trained. The little lifesaving station grew.

Some of the members of the lifesaving station were unhappy that the building was so crude and poorly equipped. They felt that a more comfortable place should be provided as the first refuge of those saved from the sea. They replaced the emergency cots with beds and put better furniture in the enlarged building.

Now the lifesaving station became a popular gathering place for its members, and they decorated it beautifully because they used it as a sort of club. Fewer members were now interested in going to sea on life-saving missions, so they hired lifeboat crews to do this work. The lifesaving motif still prevailed in the club's decorations, and there was a liturgical lifeboat in the room where the club's initiations were held. About this time a large ship wrecked off the coast, and the hired crews brought in boatloads of cold, wet, and half-drowned people. They were dirty and sick. The beautiful new club was in chaos. So the property committee immediately had a shower house built outside the club where victims of shipwrecks could be cleaned up before coming inside.

At the next meeting, there was a split among the club membership. Most of the members wanted to stop the club's lifesaving activities as being unpleasant and a hindrance to the normal social life of the club. Some members insisted upon life-saving as their primary purpose and pointed out that they were still called a life-saving station. But they were finally voted down and told that if they wanted to save the lives of all the various kinds of people who were shipwrecked in those waters, they could begin their own lifesaving station. So they did.

As the years went by, the new station experienced the same changes that had occurred in the old. It evolved into a club, and yet another lifesaving station was founded. History continued to repeat itself, and if you visit that seacoast today, you will find a number of exclusive clubs along that shore. Shipwrecks are frequent in those waters, but most of the people drown.

The author of this parable was an Episcopal priest named Dr. Theodore O. Wedel who served as the former Canon of the Washington National Cathedral in Washington DC. He penned this parable in 1953, but it is, without a doubt, still very relevant today!

I read it for the first time many years ago, and I make myself re-read it periodically to remind me of what the mission of the Church is really all about. The mission of the Church of Jesus Christ is first and foremost about saving and

serving lost people who are drowning and hurting in the midst of life. This parable is unfortunately a remarkable and enlightening appraisal of many modern-day churches in America. Would you agree that many people that grew up in churches across the United States feel like this may describe their current or home church?

In the parable, there is a moment when, for various reasons, what was once a lifesaving station on a dangerous coast becomes a "Club." From that point forward, the primary reason for joining the Club was the benefits of membership, the prestige of belonging and the nice and comfortable facilities. In the beginning, the motivation was that of saving and serving lost souls. Saving people from shipwrecks on that rocky coast was the most important mission. But now it is just a Club with optional weekly attendance for meetings, occasional opportunities to serve, hired staff to do the work and very relaxed membership responsibilities! Sound like your church or one you know?

We wonder why 59% of millennials that grew up in the church have dropped out! And many of us Baby Boomers are shocked that only 25% of 18 to 29-year old's in America are practicing Christians! And did you know that 44%-52% of millennials in the US did not grow up in and did not and do not attend a church at all! (See Barna Research Group)

So, if you are like me and you are a Christ follower who is a part of a local

church, we have our work cut out for us. We have a huge mission field and an

exciting challenge! 75% of the millennials in our communities are not practicing Christians and need to hear the gospel of the Good News of Jesus Christ! Less than 18% to 20% of all the people in our communities attend church at all on a regular basis. There are many lost and hurting people all around us! Many folks in our communities are drowning in hopelessness, pain, confusion, addiction, and unhappiness!

We have the best news in the world to offer the lost and drowning! We have a

Son, who offered himself on a cross to save us! We have the Holy Spirit who is here to live in us and be our comforter, guide and counselor!

Yes, we have the One God who reveals Himself through the Trinity! One God

who we can experience in three ways: As Father over us. As the Son with us. As

Heavenly Father who loves us unconditionally! We have Jesus Christ, God's

the Holy Spirit in us. That is Good News worth sharing!

We are told that 97% of Christians believe that the best thing that could ever happen to someone is to know Jesus Christ! (Barn Research Group) If that is true, then may we get on with the mission of the Life Saving Stations. The rocky coast of our culture and the dangerous seas of life are very real. People are

As Christ followers, may we once again focus on the mission of the Church! May we man the life boats and venture out to rescue those in need!

# Seasonal Reasoning



By Hannah Wilkinson Johnson, Founder LIFT Ministries

To everything there is a season, A time for every purpose under Heaven.

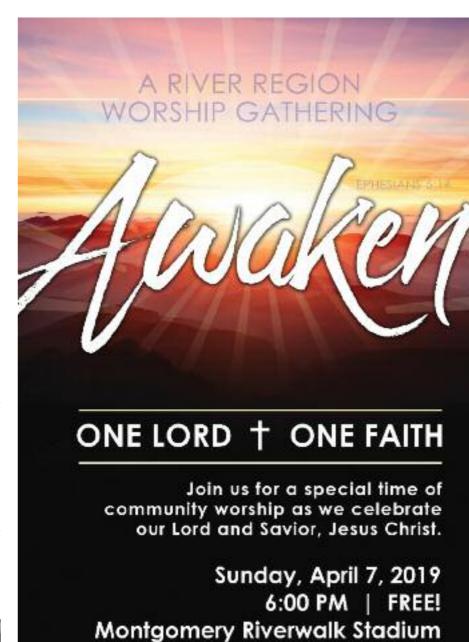
Ecclesiastes 3:1



# Your Time Again?

You were married and for whatever reason you are single now. You've spent your life planning retirement with your mate, but now entering your golden years single is not always the way you envisioned. You probably had planned on growing old with your spouse. Sometimes we don't understand why we lose people, but there may be answers to your broken heart. According to The **Washington Post** "Adults between the ages of 55 and 64 are also turning to websites and apps more often, with 12 percent reporting they've used an online dating site." There are even sites geared to the older crowd, 50 and above. *Ourtime.com* is a site run by AARP. So maybe there is someone out there you can spend you later years with. Maybe there is someone out there in the same position you are, maybe like you they are lonely. Maybe they are missing their loved one and just like you they are looking for first, a friend.







For more information, call 334.356.4478

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#### JUST FOR FUN! RELAX!

#### THEME: THE OSCARS 63. Casual attire CROSSWORD 64. \*"The Emperor," winner of **ACROSS** 9 Oscars 1. \*Animated Isle dwellers 5. Dropped drug **DOWN** 8. \*Kind of editing 1. "Can you \_\_\_\_ it, man?" 2. Schiller's address to joy 12. Doing nothing 3. \*The Oscars show is filled with it 13. Hoodwink 14. Support person informal 15. Toothy wheel 4. Tranquil 16. Distinctive flair **5. Seductive beauties** 6. Tire in the trunk 17. Tadpoles, eventually 18. \*"Bohemian Rhapsody" 7. Say it isn't so protagonist 8. \*Ryan Gosling's role 20. Norse capital 9. \*Former American and bes 21. \*Kathy Bates' Annie Wilkes, e.g. supporting actress winner 10. Emmet Brickowski's brick 22. Contrary conjunction 23. Withdraw, like Ukraine from 11. \*Robinson in "The Graduate" 13. King's order **Soviet Union** 26. Sweet Madeira wine **14.** Run \_\_\_\_ of the law 30. \*"Green Book" nominee 19. Red, as in healthy complexion 22. \*"The \_\_\_\_ and the Beautiful," 31. Completely lacking winner of 5 Oscars 34. Clip contents 23. Heidi's shoe

for "Blue \_\_\_\_"

44. Teen worry

Born"

party

Gift

Station

**Hours of Operation** 

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46. Israeli money

49. Stupid or silly

41. Famous existentialist

48. \*Jackson \_\_\_\_ of "A Star is

64. *"The Emperor," winner of	4	- 2	- 2	14			E		7			e.	0	40	4.4
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© StatePoint Media 51. "Cogito, \_\_

52. Neighborhood map

53. \*Best Picture and Best Foreign

Language Film nominee

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57. " the season ..." 58. Giant Hall-of-Famer

**54.** Dry, Demi-\_\_\_\_, Doux

35. Like pleasant winter day 37. Charge carrier 38. Food between meals 39. Relating to ear 40. Religious split 42. \*"BlacKkKlansman" nominee 43. Sweet treat 45. \*Paths to glory 47. One or some 48. Wharton's "The House of \_ 50. Shipping hazard 52. \*T'Challa, a.k.a. Black **54.** Arranges into categories 55. One with pants on fire? 56. Japanese stringed instrument 59. \*Nominations for "A Star Is Born" (2018) 60. \*Olivia Colman's royal character 61. Discharge 62. Fill to excess

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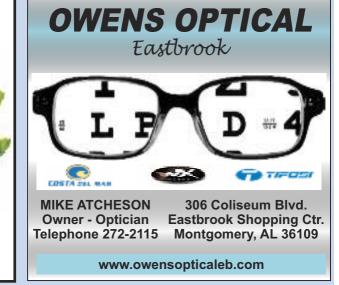
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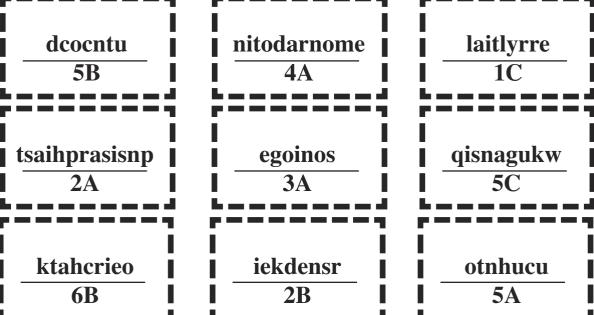
**Box Scrabble Words** 

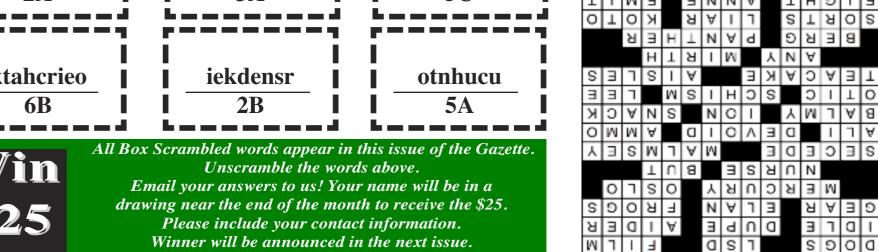
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# **BOX SCRABBLE WORDS**







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# Honoring Our Heroes

By Dr. Martha Poole Simmons

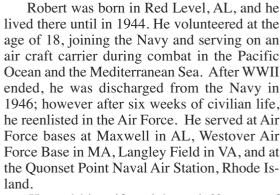


#### **Robert Terry Harper**

Robert Terry Harper during three wars, namely, WWII, the Korean War and the Vietnam War. He served a total of 22.5 years with 4.5 years in the Navy and 18 years in the Air Force. Robert served as an aircraft mechanic and reached

the rank of E7 Master Sergeant at the end of his service. He was never wounded in combat; however he did receive one injury, a smashed finger.

Robert was born in Red Level, AL, and he



He and his wife celebrated 68 years of marriage December 26, 2018. They had two children, one son who is deceased, and a daughter, Jo Ann Register. They have five grand-children, and they adopted two of those grand-children and reared them. They also have one great-grandchild.

After retiring from the military, Robert lived and worked in Montgomery at Barber's Milk Company. He also worked as a truck driver for Winn Dixie grocery stores for 14 years. He worked as a maintenance person at the Evangel Temple for 10-12 years. He drove a blind man

to the RSA Towers so the blind man could refill the vending machines. Today he spends time assisting widows in his neighborhood who need help with repairs.

When reflecting on his military career, Robert stated, "It was not joy all of the way, but it was joy along the way."



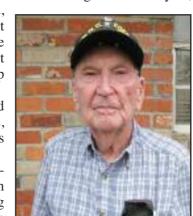
SUPPORT OUR MILITARY THEY KEEP US FREE!

#### **Robert Douglas Pike**

Robert Douglas Pike is a WWII veteran who served 20 years in the military with 17 years in the Air Force and three years in the Army Infantry. Immediately after graduation from high school at the age of 18 in May, 1943, Pike volunteered to serve during WWII. Pike trained for 15 weeks to become a pilot at Camp Fannin, a U.S. Army Infantry Replacement Training Center at Tyler,

Texas. He was then sent to Ft. Mead, Maryland, en route to overseas assignments. His first unit was the 147th Infantry Regiment. After that, he was island hopping in the Pacific with the last island, Iwo Jima where he served in the cleanup operations in areas where the Japanese had hidden. After the War ended, he was shipped to Okinawa, and when he had enough points, he returned to the U.S.A. where he was discharged from the Army in 1946.

Because he always wanted to fly, he reenlisted to serve in the United States Air Force in 1947. He received primary and basic training for pilots at Randolph Air Force Base, San Antonio, TX, and advanced single engine pilot



training at Chandler, Arizona, flying the P-51 Mustang. He graduated as a single engine fighter pilot. His first assignment was with the 325th Fighter Group. When the Korean War began, Pike was in armament officer school. From there he went to Norton Air Force Base, CA, where he was in charge of the base armament shop and also test flying the P-51, C-47, B-26, B-25 and other aircraft that had been repaired or overhauled. In October, 1951, he received orders for B-26 combat and then went to Korea flying B-26 low level missions. He never was injured, although he flew 50 dangerous missions in Korea, all of which were night missions just above the trees without the aid of lights. The B-26's were equipped with 8 to 14 50-caliber machine guns and carried loads from 260 to 500 pound bombs. Pike stated that he had no external or internal lights on those missions, just two good eyes and lots of luck. His planes never received any flack or battle damage.

for future pilots. After his retirement from the military in 1961, he worked as a commercial pilot for corporations, for the state of AL for five years, and for private plane owners until he began to suffer hearing loss. Pike then worked at the pro shop at the River Run and the Prattville County Club golf courses. Major Robert Pike received four stars for his pilot and infantry combat service, the Combat Infantry Badge, as well as other ribbons for valor and service. As a flight instructor training new pilots, he was dedicated and successful in this field. Pike told them to listen to what he was telling them and that he would get them through. He possessed that rare ability to teach others the skills in becoming a pilot, and he was always thinking how to solve problems and to do his job better

Not only did he serve as a fighter pilot, but, he also served as an instructor

Robert was born March 24,1925, at Bradley County, Arkansas. He and his wife, Vera, were married over 63 years before she passed; they had two daughters and one son. Pike states that the love for his wife still shows.

#### Perron "Buck" Lowe

Buck Lowe, born in Luverne, AL, was drafted in 1942, joining the Army in Ft.

McPherson, GA. He was sent to Camp Swift,

Austin, TX, and on to Nashville, TN, for maneuver training. After a short visit home, Buck left for Boston where he was loaded for troop transport overseas. After a brief delay, he shipped out to Glasgow, Scotland, and deployed with his group to Ballymena, Northern Ireland, for six months of training followed by a move to London for another week of training and then deployment to Omaha Beach with the 1st Army under the command of General Courtney Hicks Hodges. From Omaha Beach, Buck deployed to Saint-Lô; re-assigned to the 3rd Army under General Patton, Buck's group began fighting in the Battle of the Hedgerows. World War II carried him through France, Luxembourg and Holland. Buck saw action in the Battle of the Bulge when General Anthony Clements "Nuts" McAuliffe contacted General Patton asking if he could help break out of Bastogne in two days. General Patton responded "Yes;" the troops walked 90 miles to assist in the battle. The march through Europe continued ending in Passau, Austria, where the last shots were fired. Buck was transferred to Germany where he participated in the liberation of the Buchenwald Concentration Camp near Weimar, Germany, and began training for

the Pacific Theater; the atomic bomb was

dropped, ending the War before Buck completed training. He returned to the

U.S.A. on the Queen Mary, reporting to Camp Kilmer, New Jersey. From there he returned to Ft McPherson, GA, and was discharged from the Army, December 2, 1945. After discharge from the Army Buck spent 34 years as a truck driver with A.N.O. Motor Freight and Johnson Motor Lines, retiring from Johnson Motor Lines. Buck was married for 18 years to Virginia Ward, and they had two daughters and one grandson.

Buck concludes about his service in WWII saying, "We had to do it. We had to win that War. I was proud to have served my country. One time our own artillery was mistakenly close to hitting us, and I had to jump into a ditch."

My Grandfather: Buck Lowe By Chase McMichen

He went to the War at the age of 18. He killed lots of men, then drank his canteen. He fought all day through rain, sleet or snow. He went by the name of old "Buck" Lowe. He crossed the English Channel on a ship called "Queen Mary," And he often tells stories of the journey that was so scary. He stormed the beaches of Omaha, And Oh! The dead men that he saw! He moved inland, deep into France On a wing, a prayer and a chance. Concentration camps he helped liberate and oh how they did celebrate! When the War was over, he came home to stay, Never wanting to venture away. A hero is this man I know, He's my grandfather; his name is "Buck" Lowe



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# Montgomery County Alabama Sheriff's Office

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**Chief Deputy** Kevin J. Murphy

## SHERIFF OF THE YEAR **DERRICK CUNNINGHAM**



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We know that learning how to protect yourself is very important in today's world.

The class is held at our Sheriff D.T. Marshall Firearms Training Center and is FREE to Montgomery County residents! The morning session is classroom instruction on firearm safety and firearm laws. The afternoon session allows citizens to practice shooting on our Firing Range for the remainder of the class (if you would like). All classes are under the instruction of the Montgomery County Sheriff's Office Range Master.

#### **Course Requirements:**

- Montgomery County Citizen
- Obtain a Montgomery County Pistol Permit (prior to the course date)
- Complete an Application for the Course



#### **2019 Course Dates:**

April 6 August 10 June 8 September 7 July 13 October 12

**Pistol Permit Questions?** 334.832.1335 or 334.832.1337 Course Questions or to Obtain an Application? Lisa Crenshaw@mc-ala.org

334.832.1339

Your safety is our primary concern; therefore, we ask that you do not bring children to this class.

**Support Your Local Law Enforcement!!** 

Sheriff Derrick Cunningham received the Robert D. "Bobby" Timmons SHER-IFF OF THE YEAR award during the President's Banquet on Tuesday night, February 26, 2019, while attending the Alabama Sheriffs Association Winter Training Conference.

As Sheriff Derrick Cunningham sat among his colleagues during the Present's Banquet, talking and making faces and displaying his sense of humor as he always does, he was in awe that his name followed "SHERIFF OF THE YEAR."

He later stated, "this is a top award. Anytime that you strive so long to become a sheriff and now that I am the sheriff - and then your other sheriffs, your other colleagues to be able to recognize you, that means a lot."

"It says a lot about the time I spend. It says a lot about the time my staff spends on making sure that information is being put out there."

The sheriff gives all the credit to God and his parents for molding him into the person he is today. It should also be noted that Sheriff Cunningham was sworn in as Vice President of the Alabama Sheriffs Association for the year 2019 as well during the President's Banquet. His goal every day is to be the best sheriff he can be to the citizens of Montgomery County and to his staff.

#### **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 following 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 sheriff"

- Click "Application Manager", if it doesn't take you directly to the location
- Click "Notifications"
- Turn on "Allow Notifications" and "Previews in pop-ups"

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# AUTAUGA COUNTY



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**Sheriff Joe Sedinger** 



# THREE NEW **DEPUTIES FOR AUTAUGA COUNTY**

The Autauga County Sheriff's Office graduated three new Deputies from the Alabama Advanced Criminal Justice Academy on February 26, 2019. Sheriff Sedinger swore these deputies in on February 28, 2019. Help us welcome Deputy T. Manley, Deputy A. Evans and Deputy T. Powell to the Sheriff's Office.

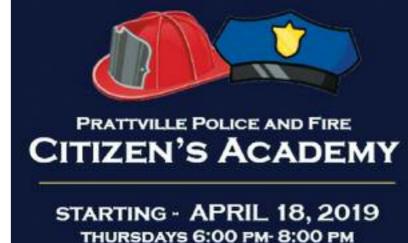




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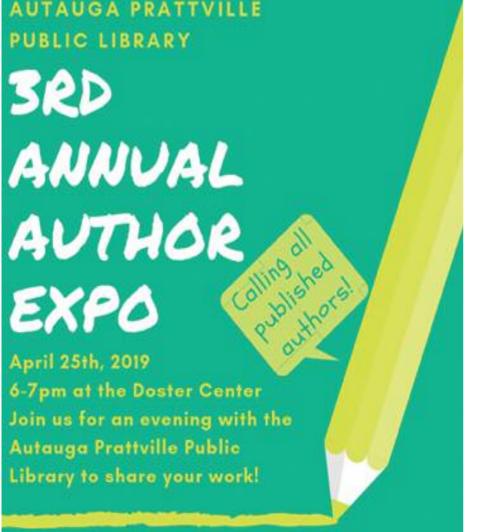


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# Home Town Community News

Please send Patricia your family birthdays, anniversaries and weddings to

# alabamagazette@gmail.com

The Alabama Gazette will make every effort to include your submissions as space permits.

# Wedding Announcement

Jennifer Casey Payne, daughter of Mr. and Mrs. Thomas Payne Jr. of Birmingham, Alabama, and Jesse William Guffin II, son of Mr. and Mrs. William Guffin of Jasper, Alabama, were married on December 22nd, 2018.

The ceremony was held at Woodland United Methodist Church in Pike Road, Alabama, with Reverend Tim Meadows officiating the ceremony.

Given in marriage by her father, the bride was attended by Shelby Smith as maid of honor with Jenni Whitaker, Noelle McKinney, and Elizabeth Guffin, sister of the groom, as her bridesmaids.



The best man was Samuel Wicker. Robert Amunds, Daniel Mease, Sean Eiland, and Jonathon McKinney served as ushers.

The bride graduated from the University of Montevallo and holds a Master's degree in Counseling. She was employed by the University of Montevallo before moving to Montgomery with her husband.

Mr. Jesse attends Auburn University at Montgomery and is employed by Woodland United Methodist Church as the youth minister.

After spending their honeymoon in the mountains of Gatlinburg, Tennessee, the couple now resides in Montgomery, Alabama.

## March Birthdays

- 1 Jean Bennett Davis Abbott Mason (2nd) Brett O'Neal Donna Ross
- Amie Dean Bill Oates Norma Renfro
- Dorothy Fuller (81st) Frank Reynolds
- Todd Cole Russ Russell
- Glen Yost
- Gayle Bosworth Emmett Poundstone Marjorie Wright
- Everett Cole Laura Lane Tony Law Michael Carroll Brad Wallace
- Frances Ard Linda Clayton David Ehrlich
- Grace Neighbors (92nd) Courtney Whigham
- 10 Jane Grubbs Paula Lansdon Cory Smith Jeanne Villar Michael Weldon
- 11 Dr. John Bitter Glenn Harper Herb Meadows
- 12 Angie Ferreira 13 Linda Richardson
- Samantha Jane Rice (8th) 14 Brian Takacs
- Dana Webster (64th)

- 15 George Handey Sandy Stephans Rogers Betty Lossman David Hancock
- 16 Lisa Gordan Hester 18 William Watters Box
- George McKinley (72nd) Robert Singleton Jacque Takacs Olivia Thomas (84th) Kayla Woodall
- Charlotte Crane Keisha Glasscock
- 20 Connie Crowe
- 21 Hannah Yost Murlyne Clements Dorothy Lasaine Phillip Reeves (68th)
- 22 Kentston Whigham (6th)
- 23 Ben Garrett Laura Hudson Morgan James Brandy Landreau Dawn Lane Lallage Neil
- 24 Robert Adams Zenia Mims
- 25 Deborah Cox Hunter Hannon Wanda Madison
- 26 Ruby Macon 27 Renee Grant
- Cynthia Harper Wendy Powell Delicia Fuller
- 31 Carlie Corbin

(Send us YOUR Birthdays!)

# Happy Anniversary

- Ed & Dot Truitt (66th)
- Frank & Helen Ralph
- 7 Bobby & Myra Mills Jim & Barbara Garrett John & Melanie Higgins Fred & Connie Crowe
- Sonja & Steve Campbell (45th)
- 10 Willard & Joyce Haines (67th)
- 14 Nicholas & Sally Corley 15 Jim & Linda Richardson
- Ken & Linda Stringer (57th)
- 18 George & Lynn McKinley
- 21 Craig & Mindy Trotter (9th)
- 23 Paul & Cynthia Harper 25 Tim & Nicole Sansom
- 26 Elvin & Cam Stanton
- 27 Al & Conni Barnett
- Mike & Cindy Smith 29 Bill & Vickie Gulsby

(Send us YOUR anniversaries!)

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## In Memory Of

Arvel C. Griffith - February 1, 2019 James C. Wittkop - February 4, 2019 Carlton E. Robinson, Sr., - February 5, 2019 Roger D. Reese - February 5, 2019 Charles J. Talley - February 6, 2019 Iris M. Wright - February 6, 2019 William L. Heisler - February 7, 2019 Douglas E. Atkisson - February 12, 2019 Kirby J. Lesley - February 12, 2019 Francine Thornton - February 12, 2019 Richard E. Dennis, Sr., - February 13, 2019 Rosanna K. Alford - February 14, 2019 Ally J. Salmeron - February 14, 2019 E. W. L. Coker - February 16, 2019 Betty J. Williams - February 19, 2019 James M. Ingram - February 19, 2019 Craig S. Norrell - February 20, 2019 Max E. Baker - February 20, 2019 Joseph Dosier - February 22, 2019 Wilburn H. Preston - February 24, 2019 Mary G. Gilbert - February 25, 2019 Stephanie L. Bowden - February 26, 2019 John P. Blankenship - February 28, 2019

#### Gazette's Sympathy to the families of... Allen, Mary Ann (71) ......died December 30, 2018

1111CH, 1110H y 111H (71)	
Harris, Lessie Etoile (99)	
Brassell, Janis White (84)	died January 23, 2019
Carmichael, Gloria Jean (70)	died January 24, 2019
Welden, Jeanette Edwards (99)	died January 24, 2019
McGowin, Sumpter Milligan (95)	died January 26, 2019
Sullivan, Cynthia "Cindi" Chastain (69)	died January 26, 2019
Hall, Clyde Eugene "Jimmy" (90)	
Williamson, Jerry Luther (73)	died January 27, 2019
Wood, Curtis Odell (80)	died January 27, 2019
Guy, Annette Tanner	died January 28, 2019
Wilson, William "Bill" (93)	died January 28, 2019
Diamond, Betty (87)	
Baxter, Cathy "Cat" Taylor (64)	
Ford, Audrey Scheeren (71)	
Chappell, Alfonso "Bud" (91)	
Pierce, Kathryn "Kathy" Mary Mayer (74)	died January 30, 2019
Coley, Esther Marie Haney	
Beasley, Thomas (69)	
Burrows, Sara "Nanny" (88)fur	
Byrd, Mary John Garrett (71)	
Kinman, Jeanette Lanier (83)	
Faulkner, Charlotte Ann (76)	
Orr, Jeanette (84)	
,(/,	

Talley, Sr, Charles Joseph (74) ......died February 6, 2019 Cantey, Jean Reeves (89).....died February 7, 2019 Chambliss, John "Billy" (79)......died February 7, 2019 Eagerton, Norma Jane Walls (93) ......died February 8, 2019 Mustin, Joseph Q. (87) ......died February 10, 2019 Horne, Donald Jackson (88) ......died February 11, 2019 Hagan, Jr., James Thomas (82)......died February 12, 2019 Thornton, Roger Wayne (72) ......died February 12, 2019 Jones, Jr., Michael Hogan (29) ......died February 13, 2019 Kiefer, Ruby May Gilliam (97) .....died February 13, 2019 Day, II, Cameron Donald "Don" ......died February 14, 2019 Hodgson, James Clark (71)......died February 15, 2019 Butler, Juanita Sipes (92) ......died February 18, 2019

Morris, Jr., Robert "Bob" Lee (87)......died February 18, 2019 Ronan, Mary Frances Cheatham (94).....died February 18, 2019 Johnson, Kayla Renee (31) and her unborn son Memphis Kade Teal......died February 19, 2019 Lewis, Joseph Brady "Jay" (72) ......died February 19, 2019 Cassady, Martha Helen "Hedy" Cross (89) ......died February 20, 2019 Dorsey, Charles Henry "Tumbleweed" (76)......died February 20, 2019 Pugh, Edna Lorene (98) ......died February 22, 2019 Praytor, Jr., Dr. Hugh B. (96) ......died February 23, 2019

Gilbert, Margaret Sullivan (90)......died February 26, 2019

Dawkins, Betty Carolyn (77) ......died February 27, 2019

# TODAY'S WOMAN

The Value of a Woman...Be very careful if you make a woman cry – because God counts her tears.



Jeans and Langhten:

#### **Beware Of Chicken Fever As Spring Draws Near**

By Amanda Walker

Based entirely upon my casual observation, women seem to be more susceptible than men, and children ag it on, but for some reason many people who have never so much as grew a turnip patch suddenly get the urge to raise chickens when daytime temperatures start climbing toward 70.

All that has to happen for someone to catch chicken fever is to visit a farm

supply store. A woman can go in there, maybe just shopping for a new pair of bib overalls, and then, innocently enough, she will see the cute little biddies chirping and hopping around under a heat lamp. The next thing she knows there's a cardboard box full of baby chickens in her backseat and the kids are trying to feed them fries on the ride home.

It is easy for anyone to justify having a miniature farm. All you have to do is say it will be an opportunity for the children to learn responsibility and that the money saved by using the eggs the hens produce will offset the cost.

The average healthy hen with good genetics in the prime of her life with proper diet, housing, sanitation, and protection from predators, averages laying about 300 eggs a year – or 25 dozen.

A pullet, or girl chick if you prefer, will cost between \$4 and \$6. Some backyard chicken farmers say it is a waste of money to buy pullets because usually there will end up being a rooster in the mix anyway. So you may as well save yourself a couple of dollars and buy straight run chicks, which means might get both hens and roosters, and they will run between \$2.50 and \$4 each – depending on the breed of the chicken and the location of the farm store.

If you buy chicks too young you will also want to buy a heat lamp, and any business-minded chicken person will also want to calculate the cost of building a coop. I can't quote the price of lumber and wire, but I do know you can buy a dozen large grade A's at Piggly Wiggly for like \$1.89. Or you can get a full grown hen roasted and ready for supper for around \$5.99.

But cost aside, once you get them home and get the pen built, you will be able to call yourself an official keeper of chickens, and sleep as you have known it will no longer exist. You will find yourself lurching awake often in the night asking, "Was that a chicken?"

As it turns out, people aren't the only ones who like to eat chicken. Coyotes, your dogs, your neighbors dogs, stray dogs, cats, raccoons, foxes, and possums are all very fond of them too. And a healthy chicken snake in the prime of its life with good genetics can eat over 300 eggs a year.

You won't be able to just go peacefully back to sleep once you are startled awake by a squawking chicken. Because your kids are going to give every one of their ugly asses names like Sweet Baby Betty or Miss Sparkle Feathers, and the things die easy already. I don't know why, but they have a high mortality rate, which is upsetting, so it won't be the kids staggering out to the chicken coop with a flashlight and shotgun in the predawn hours of the morning.

You might tell yourself while you are there at the farm store that you will be happy with only getting five of them, half a dozen at the most, but you will be wrong. And don't go near the ducks. You can't tell much about what a chicken is thinking by looking them in the face, but ducks have vibrant personalities. They also eat more and are much messier.

If you ever get chicken fever, duck fever usually isn't far behind. It is almost unavoidable. If you catch it, just remember you can't put a price on a good time.

Amanda Walker is a contributor with AL.com, The Selma Times Journal, Thomasville Times, West Alabama Watchman, and Alabama Gazette. Contact her at Walkerworld77@msn.com or at https://www.facebook.com/AmandaWalker.Columnist.

Trisston Wright Burrows Ms.Wheelchair America/ Alabama 2005

# Trisston's Tidbits... "Finding Balance"

By: Trisston Wright Burrows www.trisstonwrightburrows.com

Recently, I was listening to a Podcast and one of the speakers referred to the word "ego" as an anacronym. E-G-O....Edging God Out. For me, and maybe for some of you, this is idea or concept is thought provoking, to say the least.

There's a story in Greek mythology about a young man named Narcissus. He was a very handsome young man and he knew it. One day he saw his reflection in a stream

away; he stared into the stream day and night. As the story goes, he became so trapped in his own ego he eventually turned into the Narcissus flower, rooted at the water's edge.

As believers, we are God's children. The world looks at us to see a reflection of

and he became enamored with the image of himself. He couldn't pull himself

God and to see what God and his children are like. If we are caught up in ourselves, in narcissism, the watching world will see a marred image. It will see a body of Christ which is selfish, cares nothing for anyone else, and doesn't believe its own teachings.

"Pride makes us artificial and humility makes us real." – Thomas Merton

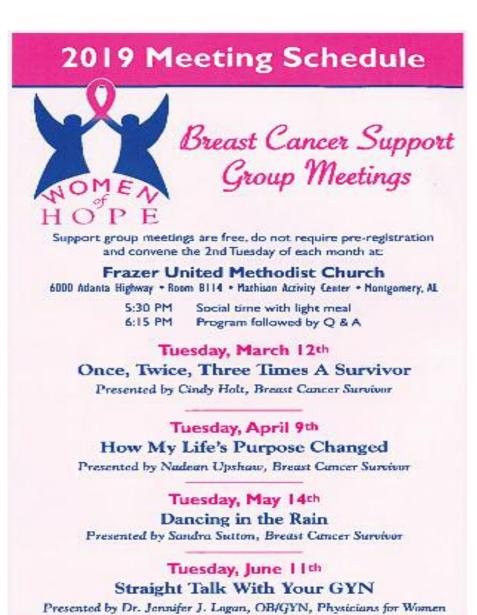
My friends, ego is a fickle thing. On one hand, having a deficient ego can cause someone to wallow in self-doubt and lack confidence. On the other hand, someone with an inflated sense of self-worth can be seen as an egomaniac and arrogant. It can be particularly challenging for any of us to successfully find balance. Think about it...how can we be in the world, but not of the world?

The apostle Paul serves as an example. His ministry grew and spread rapidly, yet this was his perspective: "We do not want to boast about work already done in someone else's territory. But, 'Let the one who boasts boast in the Lord.' For it is not the one who commends himself who is approved, but the one whom the Lord commends" (2 Corinthians 10:16-18).

Perhaps finding balance is best rooted in seeing ourselves as clothed in God's grace. Colossians 3:12 reminds us, "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience." After all, balance is not something you achieve someday; balance is something we should strive for every day.

Many Blessings!





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#### U.S. REPRESENTATIVE

# MARTHAROBY

Representing Alabama's 2nd District

# Fighting for Those Who Fought for Us

Here in Alabama's Second District, we are fortunate to share our portion of the state with two of our nation's finest military installations: Maxwell-Gunter Air Force Base in Montgomery and Fort Rucker down in the Wiregrass. I'm honored to serve our district that is home to these installations, thousands of active duty and reserve personnel, and more than sixteen thousand military retirees.

In fact, according to last year's federal statistics, our district has the thirteenth largest population of military retirees in the entire country, and many of these men and women were active duty service members. We owe these individuals who have put on the uniform a great debt of gratitude, but unfortunately, our heroes often do not receive proper care.

I'm sure you recall that just a few years ago, the Central Alabama Veterans Health Care System (CAVHCS) was involved in a scandal of epic proportion. Some changes were made and new local leadership was installed, but CAVHCS still ranks as one of the nation's worst VA medical centers.

To be clear, some veterans have told me that they have had positive experiences receiving care at CAVHCS, and I'm grateful for that, but isn't this how the standard should be across the board, for every single veteran? Failure to properly treat even one veteran is still failure, and right now, the VA is failing far more than succeeding.

With my position on the Military Construction and Veterans Affairs Appropriations Subcommittee, I recently had the opportunity to speak to VA Secretary Robert Wilkie during a hearing. I was grateful to have a direct conversation with him about my concerns with failing VA medical facilities, including our system in Central Alabama.

During the hearing, I introduced myself to Secretary Wilkie and explained the severity of the problems our veterans face in Southeast Alabama. According to the VA's own data, CAVHCS continues to be a terrible VA health care system,

and I am sick and tired of getting status quo answers as to why. The VA's goal should be for every single system in this country to be the very best it can be for our veterans. But, at CAVHCS, we're seemingly unable to get even the simple things right, like just saying "hello" and greeting a veteran when they come in for their appointment so they feel valued and like someone cares.

As I told Secretary Wilkie, I am eager to cultivate a strong relationship with him and with his Department so that we can work together to make badly needed improvements at CAVHCS and other health care systems across the country. I also invited him to Southeast Alabama to visit our VA so he can see firsthand what is happening. It's not working, and it is not the way it should be, so I hope to host him in the Second District soon so that he can see the state of affairs for himself and work with us to make changes.

At the end of the day, my priority is simple. I want to be in public places at home in our district, like church, the grocery store, or restaurants, and have veterans approach me and tell me how wonderful their experiences at the VA are. Instead, I usually speak with men and women, sometimes with tears in their eyes, who have flat out given up hope of ever receiving proper treatment, or in some cases, receiving care at all.

We should be giving veterans the absolute best care available in a timely fashion, and it just is not happening. This is a huge disservice to the men and women who have served us all, and I will not stop making the case to Secretary Wilkie until we get this right. In the meantime, if you are a veteran who needs any kind of assistance with the Department of Veterans Affairs, please contact one of my offices immediately. My staff and I work for you, we are grateful for your service, and we will fight for you.

Martha Roby represents Alabama's Second Congressional District. She lives in Montgomery, Alabama, with her husband Riley and their two children.



# What Issues Are Most Important to You?

I want to hear what issues are most important to the folks across East Alabama. Please take a moment to fill out the survey, so I can better represent you. Thank you for taking the time to participate.

My website is <a href="https://mikerogers.house.gov/">https://mikerogers.house.gov/</a>

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□ raxes
□ Veterans' Issues

☐ Other

# President Trump Hits a Home Run

By Perry O. Hooper Jr.

The never-Trumper faction of the Republican Party was wrong. The mainstream media was -- and continues to be wrong. The Democrats just don't get it. Two years into the Trump agenda to Make America Great Again the state of our union is incredibly strong and getting better every day. The President has kept his promises. He even listed them in his second State of the Union Speech. The president has governed as a true conservative Republican. He's upheld the principles that have made this the greatest, freest, most prosperous country on earth. Those of us who supported him from the beginning knew this was the real Donald Trump. The emotions of the State of the Union matched anything President Reagan achieved in his addresses to Congress.

His speech reminded the American people of how much good this President has done over the last two years — not only economically, but on the foreign policy front and for the cause of life. According to a CBS poll, Of the people who watched the State of the Union Speech, 76 percent approved and only 24 percent disapproved. Those are probably the best numbers of President Trump's career. The speech vividly revealed the contrast between his vibrant America first policies and the dark agenda of the radical left with their open borders, drug legalization, racializing politics, government run health care, the banning of cars and planes, and proudly purveying socialism in all areas of American's lives. Democrats can throw around phrases and ideas such as "massive inequality" and "everyone paying their fair share," but the Trump economic boom is real, broad and deep.

The President reminded us that America's trade issues did not occur overnight – and will take time to correct. President Trump is working day and night to assure Americans that our country will have fair trade with all our partners; including China, and the American people approve. As the current problems in the Chinese economy indicate, the Chinese need our markets more need we need theirs. China is a paper tiger.

On his seminal issue, border security, he has been unbending. "I will get it built," he said about the border wall after a lengthy discourse on the problems of the southern border in which he urged Democrats to join him in ending the scourge of sex trafficking, drugs, gangs and illegal immigration by providing more funds for ICE and our border patrol.

Despite 71 percent of the speech-watchers agreeing with the president that there is an ongoing crisis on the southern border, The Democratic Party continued to play to their radical open border base and refused to adequately fund the wall. This refusal has forced the President to use both his Constitutional authority and the authority Congress has placed in the President to



President Donald J. Trump with Perry O. Hooper, Jr.

declare a National Emergency to protect our southern border. According to an analysis by ABC news, this declaration of a National Emergency on the southern border will join 31 other national emergencies currently in effect, and the 58 that have been declared since Congress passed the National Emergency Act of 1976. "The 2006 Secure Fence Act" commands the executive branch to "take all actions...necessary and appropriate to achieve and maintain operational control over the entire international land and maritime borders of the United States...," specifically including physical barriers. The funding bill President Trump signed on Friday further clarifies Congress's delegation to the President the authority to take the steps necessary to secure the southern border and reiterates specific authority to construct walls.

The President may not have united Congress during the State of the Union, but as the polls are indicating, he unified the American people by pulling off the mask of many in the Democratic Party. The nation saw, as they sat on their hands, how opposed the Democratic Party is to the common-sense America first policies Donald Trump has brought to Washington

ica first policies Donald Trump has brought to Washington.

The president entered the House Chamber embattled with a divided country and bitter partisanship. He left it with a lot more humor and happiness and common purpose. Hopefully the ice may be breaking soon on the bitter par-

tisanships that are dividing our country.

Now we will see if with the support of the American people, the president and the Congress can a shape a new trajectory of choosing greatness, focusing on the nation, and finding ways to compromise for the betterment of our

Country and all Americans.