

SEPTEMBER 24, 2021 • VOLUME 21 • ISSUE 04



# Steppin' Out

COMMUNITY • EMPOWERMENT • ARTS • CULTURE



## Role Model

**FREE**  
**TAKE ONE**



# Steppin' Out

## ABOUT STEPPIN' OUT..

STEPPIN' OUT is a subsidiary of LEGACY 166 Inc., a non-profit organization with a Mission to provide Educational, Career, and Economic opportunities for Youth and the Underserved of Diverse Cultures; make available Cultural Activities for community participation; and deliver Quality of Life Skills Training through the Arts and Community Collaborations.

STEPPIN' OUT provides quality of life information to the community each month at no cost to the reader. Even though STEPPIN' OUT is not a "hard news" publication, the columns submitted by our contributors touch on subjects that address a wide range of community and cultural issues. Regular features include articles on health, history, entertainment, and finance. Articles on fashion, literature, and technology are some of the subjects that are occasionally featured.

STEPPIN' OUT and LEGACY 166 Inc. will continue to expand their roles in the community by offering internships and career training, and youth development and work opportunities. Volunteers are always needed with this mission.

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THINKING OUTSIDE  
OF THE BOX



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# REFLECTIONS

## BELIECTIONS?

### THINK ABOUT IT

"Whatever the mind can conceive and believe, it can achieve."

"If at first you don't succeed, try, try, again."

"A winner never quit, and a quitter never wins."

These are famous quotes and thoughts that have encouraged successful people down through the ages because these words speak truth, and truth never changes even when it is paraphrased or presented in different forms. The truth of our success is all in what we believe.

Faith (belief) is where we find our PERSEVERANCE (strength) to endure the obstacles and make the necessary sacrifices needed to achieve our goals.

### PERSEVERANCE

If you can place one foot in front of the other, then you can walk,  
If you can put one word with another, then you can talk,  
If you expect to ever get there, then you have to start somewhere,  
Take the most important and first things first,  
Write it down from your mind,  
The best way to spend your time,  
Concentration, isolation, perseverance too,  
Will make your dreams and wishes a reality for you,  
Strive for perfection as you climb,  
And with faith and perseverance you will succeed in time.

RESOURCES: The Holy Bible - Mark 9:23 and Matthew 5:48!♣



### THEOLA BRIGHT aka PRINCESS IREWAHLE

Author, Katharine Drexel Society Literary Award recipient, Legacy 166, Mobile Writers Guild, On-Air Personality, Spoken Word of Mobile Poet Laureate, and writer for stage and screen - theolabright.com

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# LAUGHTER

## I'm Glad You Can't Spell!!!

### Easy Money!!!

Willie, a doctor, and Leroy, a lawyer, were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking Willie for free medical advice. After an hour of this, the exasperated doctor asked Leroy, "What do you do to stop people from asking you for legal advice when you're out of the office?" "I give it to them," replied Leroy, "and then I send them a bill." Willie was shocked, but agreed to give it a try. The next day, still feeling slightly guilty, Willie prepared the bills. When he went to place them in his mailbox, he found a bill from Leroy!!!©

### Perfect Placement!!!

A married couple, Bob and Jill, were in a terrible accident where Jill's face was severely burned. The doctor told Bob that they couldn't graft any skin from Jill's body because she was too skinny. So Bob offered to donate some of his own skin. However, the only skin on his body that the doctor felt was suitable would have to come from his buttocks. Bob and Jill agreed that they would tell no one about where the skin came from, and requested that the doctor also honor their secret. After all, this was a very delicate matter. After the surgery was completed, everyone was astounded at Jill's new beauty. She looked more beautiful than she ever had before! All her friends and relatives just went on and on about her youthful beauty! One day, Jill was alone with Bob, and she was overcome with emotion at his sacrifice. She said, "Bob, I just want to thank you for everything you did for me. How can I possibly repay you?" "My darling," he replied, "I get all the thanks I need every time I see your mother kiss you on the cheek!!!"©

### Wide Load!!!

Leroy, a truck driver was driving along on the freeway. A sign comes up that reads "Low bridge ahead." Before he knows it the bridge is right ahead of him and he gets stuck under the bridge. Cars are backed up for miles. Finally, a police car comes up. The cop gets out of his car and walks around to the truck driver, puts his hands on his hips and says, "Got stuck huh?" Leroy says, "No, I was delivering this bridge and ran out of gas!!!"©

### Don't Take Chances!!!

Leroy, a pious man who had reached the age of 105, suddenly stopped going to church. Alarmed by the old fellow's absence after so many years of faithful attendance, the Minister went to see him. He found Leroy in excellent health, so the Minister asked, "How come after all these years we don't see you at services anymore?" The old man lowered his voice. "I'll tell you, Pastor," he whispered. "When I got to be 90, I expected God to take me any day. But then I got to be 95, then 100, then 105. So, I figured that God is very busy and must've forgotten about me, and I don't want to remind Him!!!"©

### Now Who's the Baddest???

Bob was in a bar one night and he got really drunk; really, really, really drunk. When the bar closed, Bob got up to go home. As he stumbled out the door he saw a nun walking on the sidewalk. So Bob stumbled over to the nun and punched her in the face. Well the nun was really surprised but before she could do or say anything, Bob punched her again. This time she fell down. Bob stumbled over to her and kicked her in the butt. Then he picked her up and threw her into a wall. By this time the nun was pretty weak and couldn't move. Bob stumbles over to her, puts his face right next to hers and said, "Not very strong tonight, are you Batman???"©

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## THINKING OUTSIDE THE BOX

### ARTHUR L. MACK

FREELANCE WRITER; Mobile, Alabama  
Contact Info: [steppinoutnews@aol.com](mailto:steppinoutnews@aol.com)



This is one of those columns I absolutely hate to write, because I have a tendency to get emotional when trying to put thoughts to paper.

But after learning of the death of Mobile City Council President Levon Manzie, I felt something had to be said, because that's what journalists do.

As you know, Manzie was scheduled to be in a runoff against William Carroll for the District 2 city council seat—a seat previously held by Carroll before Manzie was elected in 2013. From what I understand, the runoff election is still on, but questions remain about the district's future.

If Carroll wins, chances are he will take over, but if Manzie wins, then it presents some interesting scenarios. I'll not go over them, because I'm leaving that to the attorneys.

What I will talk about is the impact Manzie had on the city of Mobile. I remember when he and my daughter were in grade school, he was wise beyond his years. Sometimes, I jokingly referred to him as a wise old man in a kid's body.

Little did I realize there was a lot to Manzie's demeanor. As time went on, he participated in the Youth Council for the City of Mobile, showing great interest in the affairs of the city. One could say his mind was like a sponge, soaking up information that he put to good use to help better the city.

That was put to good use when at the ripe young age of 25, he was elected to the Mobile County School Board. Many people, myself included, wondered how he was able to pull off such a feat at such a young age, but I learned Manzie was no slouch when it came to various matters affecting citizens.

It should have come as no surprise Manzie set his sights on the Mobile City Council. At first, many people counted him out because of his youth. But after talking with him, one could tell he had a lot on the ball. And was he ever on the ball, looking out for the citizens of District 2 and proving he was an astute public servant. A voice on the city council who served as a cooler head when council meetings were heated, he earned great respect among his peers as well.

Numerous projects were done during his time on the city council—paved streets, sidewalks, and being an advocate for various historical neighborhoods.

Before he died, Manzie, with the help of capital improvement fund money, was able to get one major project off the ground—the Texas Street project. It will involve massive drainage upgrades, as well as repaving and drainage for what is considered one of the worst streets in the Mobile area.

And now, just like that, he's gone. No doubt Manzie's death creates a void in Mobile. There will never be another like him. Rest in power, my friend. ♣

## LIFE HAPPENS

### CYNTHIA POE

Loves communicating with people, lifting their spirits and learning about new places and things.  
"Life is what it is, let's make the most of it."



## Roll Up Your Sleeve

By now most of you have had one or the other vaccine, "if not shame on you". Moderna, Pfizer and Johnson and Johnson. Well are you at least planning on getting the Booster Vaccine? The booster shot is given much later after the initial two doses of shots. I want to say you get the booster 8 months after you get the two vaccines. If you got the Johnson and Johnson vaccine, you will need an additional dose.

We all know that the Delta Variant has risen around the country for unvaccinated people. To get the vaccine or not is your choice, whichever way the ball bounce please wear your mask, stay 6' feet apart and always wash or sanitize your hands. "No and ifs or buts about it."

I want to be among the land of the living for as long as I can. I hope you feel the same. Let's protect ourselves, family, friends and the public. It's indeed a fact that Covid-19 has changed so many of our lives. Let's stay healthy Mobile.... ♣

# New Business Spotlight

### Q. What is IndigoBlu PR?

IndigoBlu PR is a boutique public relations and marketing agency specializing in brand management for non-profits and small businesses. We pride ourselves in delivering affordable services that help non-profits bring awareness to issues and assisting small businesses in reaching their goals.

### Q. Why did you choose the name IndigoBlu PR?

A. As a creative, you rely on the use of colors to help communicate a message. Indigo is a combination of colors blue and red. Red is associated with energy and strength. The color blue represents loyalty, trust, and stability. IndigoBlu PR, established in November 2014, prides itself on delivering trustworthy marketing and public relations services to non-profits and small businesses.

### Q. What's your biggest concern when starting your business?

The unknown. It's scary to leave a structured 8 to 5 job and start your own business. You worry about competition and whether the market is saturated. However, I knew the time was right for me to take this journey into entrepreneurship. Everyone has unique skills and abilities. You have to find your niche and build on what you bring to the table.

### Q. What sets you apart from the competition?

In the words of Tom Brokaw, "It's easy to make a buck. It's a lot tougher to make a difference." I want to use my talents to make a difference for small businesses and non-profit agencies. Their passion for their cause often supersedes the marketing budget. I can provide cost-effective solutions to help them spread the word about a cause or issue affecting their communities.

### Q. How has education impacted your career?

Education has allowed me to have more options. I am a college graduate (Livingston University, now the University of West Alabama) and educated in the Mobile County Public School System (Vigor High School-Go Wolves). My creative side began to flourish thanks to my photography teacher Richard Scardamalia (RIP). I attribute my love for writing and journalism to my teacher Lula Turner (RIP).



Pamela Ware  
Owner/Creator of  
Awesomeness



[www.indigoblupr.com](http://www.indigoblupr.com) Phone: 251.689.4801

# COVID-19 VACCINATION EVENT

**VACCINE: Pfizer mRNA vaccine**

**EVENT: Gulf Coast Challenge Saturday Game Day Tailgate**

**LOCATION: Marti's Tailgate Row @ Ladd-Peebles Stadium**

1621 Virginia St, Mobile, AL 36604

**WHEN: September 25 | 11:00 a.m. – 4:00 p.m.**

\*Free COVID Rapid Testing will also be available during this event

\*All events will operate on a first-come, first-served basis  
No appointments will be taken.





# Role Model

**MAJOR JOE WOMACK**

**USMCR (ret)**



**TOMMY GREEN**  
Facebook Blogger  
and  
Former Editor  
Mobile Beacon

The Mobile Beacon and the National Association for the Advancement of Colored People (NAACP) will be recognizing someone in the community monthly who is setting a positive example for the youths and, possibly, influencing them to have higher expectations for themselves.

This month we are recognizing Major Joe Womack USMCR(ret). Major Womack is the Executive Director of [africatown-chess.org](http://africatown-chess.org), Co-Founder of [africatownhpf.org](http://africatownhpf.org), a Leader, Doer, and Storyteller.

Major Womack served 20 years in the United States Marine Corps Reserves, leading operations in Japan, Korea, Pensacola, FL and New Orleans, LA. He worked 16 years at Shell/Dupont and being the first black professional to be promoted at that chemical facility.

After earning a degree in Business Administration from Saint Paul's College, Major Womack served 20 years in the United States Marine

Corps Reserves, leading operations in Japan, Korea, Pensacola, FL and New Orleans, LA.

Major Womack has initiated many locally led community efforts, some include: Mobile County Training School Alumni Association, Africatown Community Development Corporation, Mobile County African American Summit, Black Military Workers of America, Inc. & The Mobile County Environmental Justice Action Coalition.

Major Womack is an inspiring leader in promoting positive and sustainable change and currently leads a non-profit organization called C.H.E.S.S. or Clean, Healthy, Educated, Safe & Sustainable Community, Inc.

Major Womack was born in historic Africatown, AL in 1950 and graduated from historic Mobile County Training School in 1968 (the first training school for blacks in the state of Alabama and a Rosenwald School).♣

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## TAKING MOBILE TO THE NEXT LEVEL

### MEMPHIS VAUGHAN JR.

A native Mobilian and editor of literary website, TimBookTu.com  
Feedback can be sent to: mempv57@gmail.com



## Where is Mobile's Riverwalk?

For a city with a river heritage, Mobile is sorely lacking in waterfront access for the public. We have miles of riverfront that is lined with industrial and maritime businesses that has cut off the city from one of its greatest assets.

You can travel to most cities that are located on rivers, bays and other bodies of water and they have some type of walkway, promenade, boardwalk, or trail that allows recreational and leisure activities to occur alongside these bodies of water. Even cities like Oklahoma City and others have created riverwalks in locations where the body of water didn't naturally exist. Many cities have miles of riverwalks and I'm only advocating for less than one mile of additional frontage to be used by the public.

I fully understand the value of the industrial use of the waterfront for maritime trade which helps drive Mobile's economy. But does it require every stretch of the river especially the prime real estate right downtown? If you look at the banks of the Mobile River that runs just north of the Mobile Convention Center up to Beaugard Street, it's filled with mostly warehouses and storage facilities. Now, couldn't those warehouses be relocated elsewhere and still serve the same purpose? The other side of the river on Blakely Island or locations further down the bayfront could be used for warehouse storage.

Each time an urban planning expert or study has assessed Mobile's downtown, that's the one major thing they point out is missing. It's important to have a viable waterfront for tourist and local recreational use as it would complement the many developments that have occurred downtown. It would help tie together the Maritime Museum, Cruise Terminal, Convention Center, Cooper Riverside Park and the GMO building. This would also help spur more residential and commercial development along Water Street.

The waterfront property that has been recently acquired by the city at the Brookley complex may provide waterfront access and development. However, it is located too far from downtown and would not have quite the same impact. It would provide long-needed waterfront access on this side of the bay if developed properly with the right amenities and facilities. But, we still need a Riverwalk downtown.

If the warehouses along the Mobile River must stay, let's use some creative ideas to provide recreational and tourist access while maintaining its industrial use. A highline, a raised or elevated walkway or park, built above the warehouses might be the answer. This concept has been used in other cities to placeparks, greenways, and recreational activities above railroads, freeways, industrial sites, and other structures allowing each entity to maintain their function, I urge the mayor and city council to follow the guidance of the urban planners and the countless studies that have been done that recommend having a vibrant waterfront with public access. Only then can Mobile fulfill its long-standing heritage as a river city. ❖

## Tanene Jackson

Featured Article:  
TRANSITIONING BASICS



## September is Alopecia Awareness Month!

Hello Everyone!

Did you know that more than 200,000 cases of alopecia occur each year? According to the National Alopecia Foundation, 6.8 million people in the U.S. and 147 million worldwide suffer from this condition.

Alopecia has no age range, color preference, or sexual orientation. Alopecia occurs in children as well as adults.

### What is Alopecia?

It simply means hair loss or balding. There are different types of alopecia as well as causes. A few forms are Alopecia Areata, Alopecia Totalis, Alopecia Universalis, Trichotillomania, Traction Alopecia, Telogen Effluvium, CCCA and Androgenetic Alopecia. The causes can range from stress induced, hormonal, medical conditions (diabetes, heart issues lupus), medicines, pulling of hair, allergic reactions to products, ring-worms, and autoimmune dysfunction and blood disorders, to name a few.

Visiting a trichologist and/or dermatologist can provide treatment for the condition. ❖

# COVID-19 Daily Report

September 24, 2021

Total number of new positive COVID-19 cases:

# 111

Total number of new COVID-19 hospitalizations:

# 36

Total number of new deaths associated with COVID-19:

# 35



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## **EXECUTIVE DIRECTOR**

The recently created Africatown Heritage Preservation Foundation is seeking to hire its first ever Executive Director to coordinate, create and develop all of the positive things that are going on concerning The Historic Africatown Community.

For more information about the requirements and how to apply for this dynamic and very exciting position, please visit our website...

<https://africatownhpf.org>

<https://africatownhpf.org/careers>

-or-

Contact Anderson Flen  
(404) 219-7890  
aflen3@yahoo.com



Created in 2019 by Africatown Natives, The Africatown Heritage Preservation Foundation has risen to the top of the class, as far as organizations are concerned, to be the go-to organization when it comes to the revitalization of Africatown.

The Africatown Foundation applied for and received a grant for \$50,000 in 2020 to assist in the hiring of an Executive Director to help guide the new organization. In addition, more funds have been raised to assist in the hiring of a top level person.

## **MCHD Weekend "Drive Thru" Rabies Clinics**



The Mobile County Health Department provides low cost rabies shots for dogs, cats, and ferrets that are good for one year during weekend clinics. Here is a list of the rabies clinics planned during September in Mobile County:

- Sept 10 (FRI); 10am-Noon; Mobile County Animal Shelter; 7665 Howell's Ferry Road (Mobile)
- Sept 11 (SAT); 10 am -Noon; Pet Supplies Plus; 803 Hillcrest Road (Mobile)
- Sept 18 (SAT); 8 am-Noon; Eddie Smith's Country Store, 14045 Celeste Road (Chunchula)
- Sept 25 (SAT); 1-3pm; B&B Pet Supplies; 5035 Cottage Hill Road (Mobile)

To adhere to social distancing recommendations, these events will be drive-through clinics. The cost of rabies vaccine per pet is \$12. All rabies shots are payable in cash.♣

## **AN UNCOMFORTABLE TRUTH**

**Leo Alexander...** Born in Brooklyn, NY and raised in Copenhagen, Denmark and Mobile, AL. An award winning TV-News reporter and TV commercial producer in Mobile, New Orleans, Louisiana and Washington, DC.



## **Neither the Democrats nor the Republicans Have the Answer for the ADOS**

I don't know about you but, after watching the US Border Patrol use their horses' reins to whip Haitian refugees, I'm done being a pawn in our Democracy of political theatre. The American Descendants of Slavery (ADOS) have no business in either political party if we truly demand self determination.

We truly only have one agenda and that's REPARATIONS and right now it's not on the agenda of either national Party. So what do we do about it?

Voting 90%, like we have since '64, for the Dems isn't the answer. But here's what we can do...we can emancipate ourselves from the Democratic Party and ALL become Independents. This one move would finally force both Parties to pander to the ADOS for their vote and that's when the Black agenda of REPARATIONS will finally be addressed through policy and not indifference.

The next thing we should do is STOP supporting politicians who merely look Black, but have absolutely no DNA from our ADOS ancestry. These people like Obama and Kamala Harris are well polished politicians in Black face only. That's why they never speak of addressing a Black agenda...every word from their mouths is of "people of color," "diversity" and "rights of ALL." As if to say just saying "Black" is a political nonstarter. This is a calculated move on their part because they are trying to appeal to white centrist Dems who have moved on from Civil Rights to the rights of women, gays and illegal immigrants.

Well until the debt is paid for the 400 years of slavery, Jim Crow, and then slavery again by another name, the ADOS owes neither the left nor the right wing Parties absolutely nothing...because to us both are just two wings on the same racist predatory bird.♣

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## Darron Patterson

Fifth-generation descendant of Clotilda survivor Pollee Allen, his great- great grandfather



### Maybe I've Been Looking at This Africatown Thing All Wrong.



Maybe it's my heart that's been speaking for me, and not the reality of what's about to happen to the place I love. Maybe when I think of that place called "Plateau" all I see are the faces of Mrs. Singleton, Rena Hill, my great uncle Clarence Allen, Mr. Hubbard, Honey Bee, Francis Marshall and ALL the rest of the people who helped raise me.

Maybe I want things to be just a little too perfect when Heritage House Museum opens next year and people from all over the world start coming to Africatown to see first and the place where that last load of enslaved Africans to come to America settled down and made it their home.

Mobile County Commissioner Merceria Ludgood was quoted last week saying she's "frustrated" by all the construction delays that's pushed the museum's opening back by months. "Every delay pushes it further and further (behind)," Ludgood told al.com's John Sharp. For me, the extended date is a good thing because I just don't think the community is ready. But I now understand everything's not going to be roses when the doors open to the world. "Things don't have to be perfect when it's all ready to go," said Visit Mobile President/CEO David Clark. "I'm excited and not really worried."

Everybody is putting their foot on the gas now as time starts winding down. The Africatown core groups, churches, supporting partners ... everybody knows it's just a matter of time before things begin happening in the community, the likes of which it may have never seen before.

"This is a little bit different; to start an attraction and at some point we're going to get out of the way and promote the heck out of it, but let the community take it to where it needs to go," said Clark. "The biggest thing is the story. This is a mind-blowing story and people are going to be fascinated by it."

Rose Tunstall, daughter of Clotilda Descendants Association elder Vernetta Henson and great, great, great granddaughter of Pollee ('Kupollee") and Rose Allen' will oversee the Clotilda Descendants Association's role in the tourism effort. "I don't feel like we're ready yet for real tourism, or are we?" said Tunstall.

"What do we want the world to see? The community is what it is and our beloved Africatown as it is will tell its own story, warts and all. We want to see Africatown in all its glory, but we shouldn't expect or wait for perfection."

Clark said more than three million visitors annually make their way down Interstate 65 to Gulf Shores and Orange Beach, and can easily be enticed to make the detour to Africatown.

But it's the story ... OUR story ... that will be the driver of it all. And if it's told the way it should be told, with passion, sincerity, dignity, and honesty, the sky's the limit. ♣

# FREE COVID-19 VACCINATION EVENT

**VACCINE:** First-dose Pfizer mRNA vaccine

**LOCATION:** Occupational Health Center  
2050 Michigan Avenue, Mobile

**WHEN:** Every Thursday from 8:30 a.m. – 4:30 p.m.

*\*All events will operate on a first-come, first-served basis.  
No appointments will be taken.*

*The vaccine eligibility has expanded to individuals ages 12 and older.*

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SPRING HILL  
COLLEGE

## SHC Welcomes new Executive Vice President and Chief Financial Officer



**Dr. Kenneth W. England**

As a key member of the leadership team, he will be instrumental in guiding the College's plans to maintain financial efficiency, promoting donor and alumni engagement and advancing admissions and recruitment.

England said, "I am thrilled to be part of the Spring Hill College family. I am excited about the opportunity to work alongside Dr. Lee and his cabinet to make a positive impact on this wonderful institution. There are so many fantastic opportunities here at Spring Hill and I look forward to helping our students, faculty and staff achieve their goals and ambitions. The work ahead will transform Spring Hill College into a true beacon of excellence on the hill for generations to come."

England brings more than twelve years of experience in policy, budget operations, stewardship and engagement. He comes to Spring Hill from Agnes Scott College in Atlanta, GA. where he was Vice President of Business and Finance. In that role, he guided all aspects of the College's budget and operations. He also worked collaboratively across divisions and departments to promote strategic growth in support of Agnes Scott College's financial future.

E. Joseph Lee, PhD, President of Spring Hill College said, "We are excited to work with Ken as our College is initiating some important new growth opportunities. Throughout his career, he has achieved phenomenal success bringing various departments together to achieve financial, operations and donor engagement. I am confident that his leadership will support our efforts to maintain a competitive edge. We are pleased to welcome him and his family to Spring Hill College and to Mobile."

England previously served as Vice President of Administrative Services at Corning Community College in Corning, NY. Prior to Corning Community College, he worked at Samford University's Cumberland School of Law in Birmingham. There he served as Assistant Dean of Administration, where he oversaw budget, operations and admissions.

He earned his Bachelor's and Master's degrees from Samford University, then earned his EdD in Higher Education Administration from the University of Alabama. ❖



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## COACHEDUP CORNER

**LEAVIE D KING III**  
(Steppin' Out Contributor)

COACHEDUP Founder & CEO; Keynote & Corporate Trainer  
President of Mobile Area Black Chamber of Commerce



## Daily Focus 2021

Many of us can reflect on while trying to reach of focus on a goal or an objective we've been bombarded with distractions on the road to success. Although, success demands many things from us, willpower and determination should be at the top of the list. Many believe that we are born with determination and those that succeed are simply the fortunate ones who are born with an abundant supply. But if you ask any successful person, they will tell you they were not born with more determination; they always found a way locate, harness, and use what they have more effectively.

So, how can you do the same:

**1. PREPARE THE NIGHT BEFORE:** Before you go to sleep, make a few basic decisions about what you will do tomorrow, such as what you will wear, what you will eat for lunch, and the route you will take to work. It is easier to pack a healthy lunch the night before than to decide what you are going to have with a hot dog vendor parked in front of your workplace. he same applies when it comes to spending money. Decide on a budget and stick to it. Decide the night before that you won't check your emails or surf the net before you have finished the more important tasks that need to be completed. Stick to your schedule and at the end of the day close your eyes for a few minutes and take in how good you feel to be in charge of your day. Getting into the habit of planning your day in advance will remove your easiest decisions from the table, making it easier to avoid getting sidetracked and wasting time and energy on small, unimportant things.

**2. DIFFICULT TASKS FIRST:** The most difficult duties will not get easier the more we fret about them or put them off. We will only waste energy that would be better spent by just digging in. Get after the hardest job right away while you are still fresh and have the energy. Research has shown that our minds are sharpest in the morning and that is when we should tackle the tough jobs. After these are out of the way, we can relax and take care of the more routine work that doesn't require much in the way of mental strain, ability, and energy.

**3. REMOVE DISTRACTIONS AND TIME WASTERS:** Real emergencies will come up and we must deal with them. The majority of situations that do come up to distract us are not emergencies and do not require us to respond right away. Many of these situations will resolve themselves on their own with time. Responding to these requests immediately will only set you up to receive more. By not responding, you are sending a message that you are a strong-willed, focused person who is very busy and over time you will be bothered less by trivial, time-wasting matters.

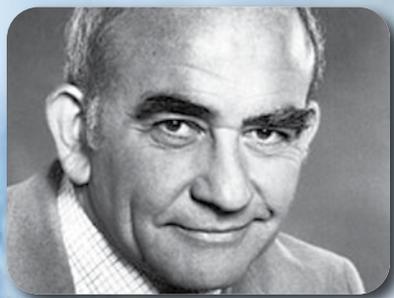
**4. REFRESH AND KEEP UP YOUR ENERGY:** Take a quick break when working on something if you feel your energy fading. Take a brisk walk, run, stretch, or do whatever creates results for you to take a brief retreat from the work and regenerate. You will come back to your task with renewed vigor and a sharpe mental focus. Instead of eating a large meal at lunch, snack on healthy foods such as fresh fruit and vegetables during the day. Drink lots of water and get into a regular exercise program. Arrange a routine with these matters so that you don't have to think about them; they just become part of your daily regime. ❖

## You're Been...



# Passings

**LEVON C. MANZIE-38**  
Mobile City Council President  
Chronic Kidney Disease



**Ed Asner-91**  
ACTOR  
Lou Grant; The Mary Tyler Show



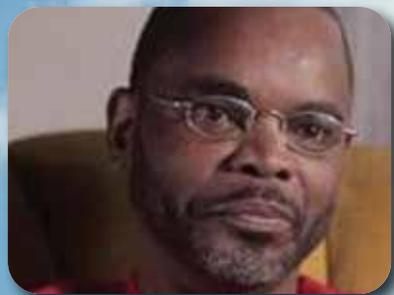
**Michael Constantine-94**  
ACTOR  
My Big Greek Wedding; Room 222



**Sam Cunningham-92**  
NFL PLAYER  
New England Patriots



**Carol Fran-87**  
SOUL BLUES SINGER  
PIANIST/SONGWRITER



**Anthony Johnson-55**  
ACTOR  
Friday; House Party; Menace II Society



**Irma Kalish-96**  
TV WRITER/PRODUCER  
Good Times; The Facts of Life  
**Pneumonia**



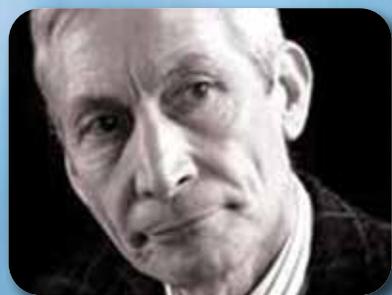
**Greg Leakes-66**  
REALITY TV PERSONALITY  
The Real Housewives of Atlanta  
I Dream of NeNe: The Wedding  
**Colon Cancer**



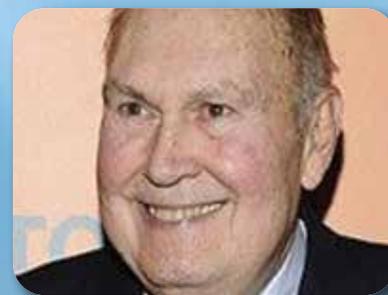
**Bennie Pete-35**  
NEW ORLEANS SOUSAPHONE PLAYER  
**Sarcoidosis**



**Frank Russell-72**  
NBA PLAYER  
Chicago Bulls; Detroit Titans



**Charlie Watts-63**  
ACTOR  
**Heart Attack**



**Willard Scott-87**  
WEATHERMAN  
ORIGINAL RONALD MCDONALD



**Michael K. Williams-54**  
ACTOR  
The Wire; Boardwalk Empire  
12 Years a Slave

# Fifth Grade Assignment

(Wouldn't this be great if it was taught in every school)

A fifth grade teacher in a Christian school asked her class to look at TV commercials and see if they could use them in ways to communicate ideas about GOD.

Here are some of the results...

**GOD is like BAYER ASPIRIN**

*He Works Miracles!*

**GOD is like A FORD**

*He's Got a Better Idea!*

**GOD is like COKE**

*He's the Real Thing!*

## CONTINUE SUCCESS!

### NATHANIEL PATTERSON\*

Coach, Columnist, Facilitator, Public Speaker and Trainer.  
Connect on LinkedIn or 877.251.4698.



## NOT YOUR PARENTS ECONOMY

People focus on the glitz of leadership. Yet few understand the lifestyle, accountability and responsibility of leading.

### LEADERSHIP IS EARNED AND LEARNED

Effective leadership understands that it requires a lifetime of learning, observation and critical analysis. Though many are appointed by relationships. The title must be earned to be effective. The core of leadership is character, decisions, and relationships. To gain respect you must have integrity, a vision, listen, learn and evolve to stay relevant.

### LEADERSHIP IS NOT A CROWN (EGO)

Leadership is a lifestyle of communicating visions, creating synergy, developing new leaders and creating a culture that inspires people to challenge their mediocrity and produce excellence. Do not treat people as subordinates. Allow input. Provide recognition. Your title is not a crown but a responsibility.

### LEADERSHIP IS INFLUENCE

If you must be present for your team to produce, that is not leadership. It is supervision. Effective leadership influences in absence. A Boss will seek to bark. A Leader will listen and influence. You know you have the wrong person in leadership when they rely on their title over building respect and trust.

### LEADERSHIP IS SITUATIONAL

There are many leadership strategies. My default strategy is transformational – I challenge and empower people to be their best. Yet because of market demands, crisis or timing you may need to adapt other strategies. Be flexible in your approach but operate in integrity.

### LEADERSHIP OBJECTIVE

An organization will have a business or strategic plan with objectives, goals and measurements. Leadership communicates and provides the resources to enable team members to acquire the objective and goals. But your most sacred duty is to provide a culture which invest and nurture talent. Leaders understand that their achievements and legacy is based on the nurturing and support of those deemed as employees, followers and volunteers.

### DECISIONS

I have found this a good guide: When you are perplexed make the decision based on the long-term. Your decisions impact team members, vendors and supply chain.

Leadership is truly a lifestyle of serving others. Connect with me and share some of your best and worst leadership stories.♣

\*NOTE: Nathaniel Patterson owned a marketing firm in Southern California for 24 years, was a corporate director for HMOs and Software companies and provided leadership on thirty Board of Directors.

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