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# Steppin' Out

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# 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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## CONTRIBUTORS



**Arthur Mack**  
Featured Article:  
THINKING OUTSIDE  
OF THE BOX



**Darron Patterson**



**Nathaniel Patterson**  
Featured Article:  
CONNECT TO SUCCESS



**Rev. Florence M McElroy**  
Featured Article:  
TAKING MOBILE TO  
THE NEXT LEVEL



**Leavie D King III**  
Featured Article:  
COACHEDUP



**Leo Alexander**  
Award Winning  
TV News Reporter and  
TV Commercial Producer



**Memphis Vaughan Jr**  
Featured Article:  
TAKING MOBILE  
TO THE NEXT LEVEL



**Sher Graham**  
Speaker, Author, Behaviorist,  
Scientist, Educator



**Tanene Jackson**  
Featured Article:  
TRANSITIONING BASICS



**Tommy Green**  
Facebook Blogger  
Former Editor, Mobile Beacon

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# REFLECTIONS

## The Stranger

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey.

But the stranger... he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to (leave).

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home - not from us, our friends or any visitors. Our long time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly, and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.

I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked ... And NEVER asked to leave.

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

His name? We just call him 'TV.' ❖

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# LAUGHTER

## IT'S SHOPPING DAY!!!

Little Bubba was out in the yard playing when the next door neighbor came by. "Hello little Bubba", she said. "I didn't see your mother all weekend. What did she do yesterday?" Without looking up, little Bubba said, "She done her shopping, ma'am." The neighbor said, "Done her shopping, little Bubba? Where's your grammar?" Little Bubba replied, "She done her shopping too, ma'am!!!" ☺

## GAME DAY MANAGEMENT!!!

Leroy took his girl friend Willie Mae to her first football game. They had really good seats, right behind their team's bench. At the end of the game, Leroy asked her if she liked it. "Yeah, it was great," Willie Mae said. "I mean, with all the tight pants and stuff. I just don't get why all the fuss about a quarter!" Leroy looks confused. "You know. At the beginning of the game," she explained, "I saw the two guys flip a quarter. Then the rest of the game, all everyone screamed was: Get the quarterback! Get the quarterback! Hello! It's only 25 cents!!!" ☺

## THAT WILL KILL YA!!!

A Doctor was addressing a large audience. "The material we put into our stomachs is enough to have killed most of us sitting here years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous and none of us realizes the long-term harm caused by the germs in our drinking water. However, there is one thing that is the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" After several seconds of quiet, Bubba, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake!!!" ☺

## WRONG DIRECTION!!!

Leroy was an old man who was about to die. He told his wife Willie Mae to put a bag of money in the attic "When I die I'll get it on my way up." chuckled Leroy. Well when Leroy died the wife went up to the attic and found that the bag of money was still there. She shook her head and said, "I knew I should have put that money in the cellar!!!" ☺

## I'M A QUICK LEARNER!!!

Jesse goes on a 2-month business trip to Europe and leaves his cat with his brother, Leroy. Three days before his return he calls Leroy and says, "So how is my cat doing?" Bubba replies, "He's Dead." Jesse screams, "He's Dead! What do you mean he's Dead? I loved that cat. Couldn't you think of a nicer way to tell me! I'm leaving to come home in 3 days. You could have broke the news to me easier. You could have told me that she got out of the house or something. Then when I called before I left you could have told me, well, we found her but she is up on the roof and we're having trouble getting her down. Then when I call you from the airport you could have told me, the Fire Department was there and scared her off the roof and the cat died when it hit the ground." Leroy says, "I'm sorry...you're right...that was insensitive I won't let it happen again. Jesse calms down and says, "Alright, alright, forget about it. Anyway, how is Mom doing?" Bubba says, well, she's up on the roof and we're having trouble getting her down!!!" ☺

# WHAT'S INSIDE...



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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



## Annexation

One of the key topics of discussion that has occurred in Mobile before and after the election is annexation.

The recent 2020 census has shown that Mobile has continued to lose population, a trend that has occurred since 1980. One reason is the fact that the city loses a lot of its population when young people go off to college or move away to larger cities where there are more job opportunities and activities happening there.

Another factor is that many choose to live in Baldwin County, which has been one of the fastest growing counties in the state.

Another big reason is that the city limits of Mobile haven't expanded as much as it should to keep

up with the movement of the population to the west and south of the city. The last major annexation occurred about 10 or 12 years ago under the Sam Jones administration.

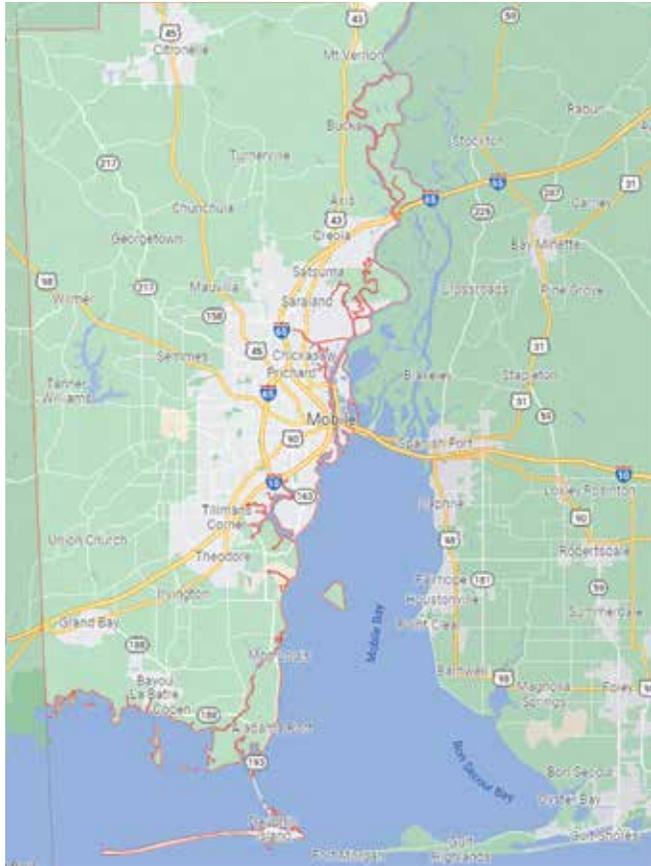
There were attempts recently to annex certain areas of west Mobile, but that was defeated by the city council. A main reason put forth was the concern that the annexation would shift the racial balance of the city and dilute the black voting strength. It was also speculated that if the annexation had occurred at that time, it would have affected the outcome of the mayoral election. Given the low voter turnout in the election, if annexation had occurred, it would not have changed the outcome of the mayoral election.

I support annexation because it allows the city the opportunity to keep up with the movement of people as they seek out new housing and neighborhoods. At present, there are not very many areas to build large subdivisions within the existing city limits. Recent developments downtown and in midtown have been a plus, however, most of the big developments have occurred in Semmes, Dawes, Saraland and other areas of west Mobile. However, there are a few major tracts of land along Moffett Road, Highpoint Boulevard, and Rangeline Road that are in the existing city limits that could be developed.

Decisions made by developers determine where these developments occur. A big factor is the cost of land which is typically cheaper the further out you go. Other factors are the zoning regulations, which have been undergoing an overhaul, that may weigh into the decision-making of those developing subdivisions.

Race is another factor that plays into where housing is built. That still drives a lot of decisions, whether anyone will admit it or not. Until we start to deal with the issues of race, we will find ourselves challenged to see the city grow in the manner that it should. People of all diversities will go where the growth is occurring, especially if they have the means to afford the housing.

It would be in the best interest of leadership to find ways to expand the city limits and encourage growth in the few areas that are being overlooked that are already in the city limits. They should also focus on ensuring that existing neighborhoods get the support, services, and upkeep that they need to make them viable areas for growth and sustainability.♣



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# Culture, History, Community

—GREG CYPRIAN, Steppin' Out Editor

Steppin' Out will be adding two new features, BLACK THEN and HATS OFF, starting with our next issue (November 19)! We are hopeful that these two new additions will provide this community knowledge and information that will give our readers another reason to pick up the Steppin' Out newspaper and to also share copies with your family and friends!

**BLACK THEN!...** featuring photos and bios/history on individuals and organizations that have contributed to the Culture and Growth of Blacks and this Country before and after Slavery.

Steppin' Out will showcase these contributions regardless of Race. We will always give the Truth regardless of fallacies



that may have been submitted as truth by media or a bigoted society.

We encourage our readers to pass on some of this information to younger readers so that they too become aware and/or more educated of the truths in some of the subject matter.

**HATS OFF!...** reflecting on some of the wonderful accomplishments of individuals or groups.

We are asking that our readers submit photos and/or information about birthdays, weddings, anniversaries, promotions, graduations and any other accomplishments worth celebrating. Based on space available in the paper, please be aware that information submitted may need to be edited.

Please email all "good/clear quality" photos and information to... [steppinoutnews@aol.com](mailto:steppinoutnews@aol.com) ♣



# Business EXPO

The Mobile area's largest business-to-business trade show.

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*The Mobile Area Chamber has implemented safety precautions for all our staff and guests at this year's Business Expo including sanitizing stations, optional masks and social distancing guidelines.*

## THINKING OUTSIDE THE BOX

**ARTHUR L. MACK**

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



## A Dangerous Precedent??



In the aftermath of the October 15 shooting at Ladd-Peebles Stadium in the closing moments of the Williamson-Vigor football game, there are still numerous questions left unanswered.

The shooting, which left five people wounded, was an event that should have never happened. Scores of people were put in danger because of a reckless act. For those who were involved in the incident, I certainly hope they see their day in court, and are punished accordingly.

What happened at Ladd-Peebles Stadium was bad—very bad. It seems now we have a breakdown in society. In the days after that incident, there were several other shootings, and rightfully, people are up in arms. The recent outbreak in violence prompted Mobile County Sheriff Sam Cochran to step up opposition to a bill that would allow people 18 years of age and over to carry weapons without a permit.

But I'll talk about that another time. Right now, I want to talk about what happened as far as the resumption of the game itself.

When action was stopped with less than six minutes left in the game, Vigor had just intercepted a Williamson pass and had the ball on its own 4-yard line. That's when the shooting began, forcing fans, players, and coaches to take cover. Play was stopped, and there was discussion as to whether to continue the game.

Eventually, an agreement was made with the two schools involved, as well as the Mobile County Public School System, to finish the game. However, it was scheduled for the following Monday at Theodore High School at 10 o'clock in the morning. No fans in the stands were allowed, no students, AND... NO MEDIA.

Here's where the issue lies. Very noteworthy stories were in play here. You had the aftermath of the shooting, as well as the game itself, which was a very important Class 4A, Region 1 contest. Yet, not a single media person was allowed in the stadium. As such, they had to set up camp outside the stadium just to see what was going on.

The question is, why were members of the media not allowed inside the stadium? It was a very important story, regardless as to whether or not there were less than six minutes to go in the game. As it turned out, only one play was run, and the quarterback was allowed, by mutual consent, to run out the remainder of the clock.

Many members of the media who had first-hand knowledge of the situation were concerned about student-athletes being pulled out of class to run one play. Then, there was the gas used to transport students to finish a game at a site clear across the county.

To me, though, it represented the press not being allowed to access a very important event. The official reason was to place an emphasis on safety. However, no members of the working press who were there to cover the game presented no danger to the public, the players, or the officials on the field.

That's why it's very concerning to me. If this is going to be standard operating procedure, then members of Mobile's working press are going to be faced with some serious problems down the road. ❀

## ATTENTION LADIES!

It's fall.

It's starting to get dark earlier.

Make sure you fill up your gas tank  
before sunset.

Keep an extra charger with you at all times.

Signing up for AAA is a GREAT idea!

Check your tires and oil.

No ATM runs in the evening.

Park in well lit areas.

Only unlock your doors if you are *immediately*  
getting out of your car.

Pay attention to your surroundings.

**HEADS UP. PHONES DOWN.**

Stay safe.

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-October 26, 2021-  
FOR IMMEDIATE RELEASE

**City of Mobile to Contribute \$30 Million to Downtown Airport Relocation.**

Mobile, AL — The City of Mobile is allocating \$30 million from its general fund budget surplus to assist in the relocation of Mobile’s passenger airport to the Brookley Aeroplex. During its meeting earlier today, the Mobile City Council approved a proposal from Mayor Sandy Stimpson to allocate \$30 million to the airport relocation project from a budget surplus that has accrued over the past eight years. Due to sound fiscal policies under the Stimpson administration, the City is able to commit this funding toward the relocation of Mobile’s airport without taking on any debt.

“As the Mobile Airport Authority (MAA) continues to lay the groundwork for moving the airport downtown, the City is prepared to help make this game changing transition possible,” Stimpson said. “For Mobilians, it will mean more direct flight options and lower fares. Others than the direct benefits for passengers and travelers, it will help seize future tourism and economic opportunities by capitalizing on the synergy that already exists between of the Port of Mobile and the Brookley Aeroplex.”

Moving the airport expands Mobile’s intermodal capabilities and will allow increased international freight — putting Mobile and the entire State of Alabama on the map as a gateway to North America for moving goods and services. The current airport has a \$570 million economic impact on the City of Mobile and moving the passenger terminal downtown is projected to increase that economic impact to \$1.1 billion.

“To fully fund this effort, MAA will need investment from government partners at all levels,” Stimpson said. “While this project is important to the county, state, and the nation, no one will benefit more than the City of Mobile. That’s why we are taking the lead on investing in this vital project for our City’s future.



**What IS Environmental Justice Anyway?!**

-Ramsey Sprague, Mobile Alabama NAACP Environmental and Climate Justice Chair

The US Environmental Protection Agency defines environmental justice as “the fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income, with respect to the development, implementation, and enforcement of environmental laws, regulations, and policies,” and suggests it will be achieved when “everyone enjoys the same degree of protection from environmental and health hazards, and equal access to the decision-making process to have a healthy environment in which to live, learn, and work.”

But the phrase “environmental justice” speaks to a long history of grassroots social movements demanding equity and inclusion in community planning and development to assure fair distribution of environmental benefits and burdens.

“Environmental justice” is a response to “environmental racism”, which was popularized by a rural black South Carolina community’s struggle against the siting of a toxic PCB landfill near their homes in Afton in Warren County. The outrage over that 1982 landfill became the catalyst of the contemporary environmental justice movement when over 500 civil rights and environmental leaders were arrested during a sit-in to halt the landfill’s construction.

In 1987, the United Church of Christ Commission for Racial Justice, which had participated in the Warren County PCB landfill protests, released the first nation-wide study to examine how race and income was related to hazardous waste facilities. The landmark study found with virtual certainty what many had long suspected: The racial demographics of nearby communities was a very significant factor in the location of commercial hazardous waste facilities and uncontrolled toxic waste sites.

**HEALTH: Where You LIVE Matters More Than Your Income**

Further studies have repeatedly shown that while wealth may be a very strong indicator of health and well being, where someone lives still predicts life expectancy more strongly than income. A more recent study comparing the overall life expectancies of people of equally low and high incomes in New York City with those along the Gulf Coast have made the truth even clearer. Place matters for low income people. Residents of communities across Mobile know this very well. Many residents feel their lives and those of their families have been unfairly impacted by pollution in, around, and traveling through their community.

Africatown is a textbook example. With two interstate highways, a state highway, the region’s only contiguous bridge to central Baldwin County, four international railroads, the port railroad, dozens of industrial facilities, concerns about legacy pollution from closed industrial sites, and among the most significant African American histories known to anywhere that implicates the slaver and his descendant families in the community’s environmental justice struggle, Africatown is a place where environmental justice is an imperative.

**We Must Act Today, for Tomorrow**

Legacies of local, regional, national, and international environmental racism devalues, property, reduces intergenerational wealth, and places the lives of families in jeopardy by locating polluting industry in or facilitating it to and through their neighborhoods through ongoing abuse.

In our efforts to uphold the virtues and to honor the pioneers of the environmental justice movement, the Mobile Alabama NAACP’s Environmental and Climate Justice program is committed to righting yesterday’s wrongs by standing in the right, today and until “everyone enjoys the same degree of protection from environmental and health hazards, and equal access to the decision-making process to have a healthy environment in which to live, learn, and work.”

**We Seek to...**

- Reduce harmful emissions, particularly greenhouse gases,
- Advance energy efficiency and clean energy, and
- Strengthen community resilience and livability

We will do all that and more with your membership and your participation.

Please be in touch for more information about Environmental & Climate Justice efforts.♣

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## Darron Patterson

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



## THROUGH A NEW LENS

### SHER GRAHAM

Speaker, Author, Happy Global Peacebuilder, Behaviorist, Scientist, Educator, Human Being, Empath, ME  
EMAIL: [gulfcoastmhc@gmail.com](mailto:gulfcoastmhc@gmail.com)



## National Geographic's Search for Clotilda DNA Would Open An Entirely New Chapter of the Story

Soon it will have been three years since the wreck of Clotilda was found in shallow, muddy river waters about 12 miles north of downtown Mobile.

It is the only ship to have ever been found and professionally validated as having brought enslaved Africans to America.

Since its discovery Africatown, as its now known because that's where survivors of Clotilda decided to settle, has been besieged by film companies from California, to New York, to Georgia, to England and South America, all wanting a piece of the story.

The site of the wreck itself has been under constant electronic surveillance by the state of Alabama since the find to ensure it is not tampered with.

But what's happening with the hulk of Clotilda itself? Has it just been sitting in the mud near 12 Mile Island with no movement to preserve it?

For years, many people around Mobile ... including the family of Timothy Meaher, who is solely responsible for the entire Clotilda saga ... have denied Clotilda even exists.

It was Meaher, if you remember, who made a substantial bet that he could smuggle a load of Africans into America despite it being illegal to do so. The practice had been outlawed by the U.S. government some 50 years earlier and, if caught, the penalty would've been death for him and his other filthy rich cronies.

Evidence inside the wreck shows she was dynamited no less than 40 or 50 years ago in attempt to erase her existence once and for all, and what's now left of the ship rests about 100 yards from a fishing camp owned by -that's right- the Meaher Family themselves.

"We know that National Geographic is at the site and their plan is to draw DNA from the ship's cargo hold, but that's about all we know," said Wendy Lewis, Marketing and Public Relations Director for the Alabama Historical Commission, which oversees any work surrounding Clotilda.

Since the ship was found in Alabama waters the state technically owns all rights to the wreck.

"Other than that, I don't know what Nat Geo is doing," said Lewis.

Lisa Feit, executive producer for National Geographic said it is actually the Walt Disney Company-owned National Geographic Society (and not Nat Geo), that's trying to extract DNA from Clotilda.

"They're trying to get viable DNA from the hold of the ship to determine where in Africa people aboard Clotilda came from," said Feit, who acknowledged that a team of divers will go into Clotilda early next spring to do the actual DNA extraction.

But one thing is certain ... if National Geographic Society is successful in extracting DNA and matching it to swabs of saliva already taken from many descendants almost a year ago, an entire new can of worms could be opened because there would finally be hard evidence of the crime that Meaher, his brother Burns Meaher and friend John Dabney escaped conviction for at trial because of lack of evidence.

Legal scholars have said it would truly be interesting how things could play out in a court of law now, though, if evidence of Clotilda's existence and corroborating DNA was truly proven.

Some argue it could actually open the door for civil litigation against the estates of any and all parties involved in the crime.

If DNA find from the sunken hulk can be successfully pulled out some 162 years after Clotilda's demise, what lies ahead in this deep, dark and secretive saga would just be one more sordid twist to an already intriguing story.♣

## 5 Minutes of Self-Care: Your Priority

Do you find you take care of yourself after you take care of others?

Caregiving to others is a gift we share with others; it is not a good gift if we only share part of ourselves. A gift given at 100% is so much more effective. Distress makes it a priority in our daily lives. How you react and respond to the distress issue can trigger negative emotion, depending on your mindset choice. That is a choice you make, from wake up to how you manage daily activities to what you think about before you go to sleep.

Your mindset can change each day beginning with 5 MINUTES! You must become a priority on your calendar to make those 5 MINUTES count each day. Self-care is NOT selfish! For you to be at your best and fully able to care for others, it is important to make YOU a priority. Engaging in self-care shows your family, friends, work colleagues and anyone else you encounter that you value yourself.

## THROUGH A NEW LENS

Here are some fun ways to use those 5 MINUTES. Choose 1 or more of these fun activities and enjoy. Find a quiet space for your retreat- yard, bathroom, closet or car.

- Wiggle your toes, ankles and legs.
- Stretch your hands and fingers high in the air. Take a breath in and out. Smile. Laugh, Repeat.
- Dance or twirl as if everyone is watching you.
- Read a book or poem aloud to the trees or flowers or your animals.
- Write three things down that you appreciate or are in gratitude.
- Sit in the silence and let your mind think of nothing. Listen to the sounds around you.
- Say your daily intentions aloud.
- Repeat 5-4-3-2-1 as many times as needed to refocus your mind to think of something else.
- Look in the mirror and say "I Love You" while you hug you.

Being 100 percent good to yourself allows you to give 100 percent of yourself to others.



NOTE: Welcome to Through A New Lens. As our community moves with the shift that occurs each day in the global community, this column will focus on perspectives of our community as it shifts each day. Yes, what incident occurs in another part of our country or continent impacts the community health in South Alabama. If you have any community health topic or issue you would like us to write about, email us at [gulfcoastmhc@gmail.com](mailto:gulfcoastmhc@gmail.com)

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## CONTINUE SUCCESS!

### NATHANIEL PATTERSON\*

Coach, Columnist, Facilitator, Public Speaker and Trainer.  
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## What Does Success Look Like to You?

Oxford Dictionary defines success as “the accomplishment of an aim or purpose.” Merriam-Webster lists, “the attainment of wealth, favor, or eminence.”

After 30 plus years of corporate, nonprofit and small business leadership, living in Southern California, Brazil, Kenya, Tampa Bay and Mobile, raising seven kids – I have learned that success is personal and should evolve. People vision of success may be buying a home, living a balanced life, or acquiring a six-figure job. Yet success should evolve. How we define success at age twenty, should not be the same at forty or sixty. Career professionals, solopreneurs, small business owners and entrepreneurs probably will define success differently.

Allow me to concisely highlight a few common success factors.

**Emotional Intelligence**—Few people want to be associated with negativity. There is value in managing your emotions and understanding the feelings of others.

**Evolving**—Keep your principles but as you learn adapt strategies, tactics that will assist you in goal acquisition.

**Failure**—A part of life. In baseball a player is considered a superstar for hitting average of 30%. When you learn from failure it creates value. Recurring mistakes show you are not learning. Study failure and success, both have lessons that will create expertise and value.

**Habits**—Either supportive or non-supportive of your goals. Successful people honestly evaluate and enhance their habits.

**Learning**—Beyond formal education. It listens, observes, reads and adapt for your journey.

**Pivoting**—If you are not making progress. Review strategies, relationships and resources. Then make a decision to go forward or pivot (change audience, design, direction, emphasis, usage).

**Planning**—Most do not waste time writing plans – a big mistake. To plan you must research feasibility, sustainability and options. I plan to win but I always know my options.

**Relationships**—A vital key to success. Attitude, communication and integrity attracts people. Use discernment to determine who to invest time in. Positive relationships open doors to opportunities and resources.

**Resilience**—Determination on steroids – in adversity utilize the right options, relationships, resources and strategies to acquire your goals.

Do not get caught up in the hype. Success is defined by YOU.

As always... **CONTINUED SUCCESS!** ✦

\*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.



## NEWS RELEASE

Office of Communications  
mbryant@mchd.org | 251.690.8823

## NEW GUIDANCE

The Pfizer COVID-19 vaccine  
has been authorized  
for children ages 5 - 11.



### FAMILY HEALTH HAS LIMITED SUPPLY OF PEDIATRIC COVID-19 VACCINES

MOBILE, Ala. — The Centers for Disease Control and Prevention (CDC) has recommended pediatric Pfizer-BioNTech COVID-19 vaccine for children 5-11 years of age in the U.S. The COVID-19 Pfizer vaccine for this age group is a reduced dose (10 microgram), two-dose series.

The Mobile County Health Department (MCHD) follows the guidance of the CDC and the Advisory Committee on Immunization Practices (ACIP) regarding vaccination recommendations. The ACIP recommendation applies to all children 5-11 years of age, including those with underlying conditions and previous COVID-19 infection.

Family Health, the primary care division of MCHD, has received a limited amount of pediatric vaccine that is available by appointment only (call 251-690-8889 for times and locations). MCHD's new walk-in vaccination and testing clinic at the Festival Centre in West Mobile is not expected to have the pediatric vaccine until at least sometime next week.

The Alabama Department of Public Health has provided the following information from the CDC:

- COVID-19 cases in children can result in hospitalizations, deaths, MIS-C (inflammatory syndromes) and long-term complications, such as “long COVID,” in which symptoms can linger for months. The spread of the Delta variant resulted in a surge of COVID-19 cases in children throughout the summer. During a 6-week period in late June to mid-August, COVID-19 hospitalizations among children and adolescents increased fivefold.
- COVID-19 vaccines have undergone – and will continue to undergo – the most intensive safety monitoring in U.S. history.
- Vaccination, along with other preventative measures, can protect children from COVID-19 using the safe and effective vaccines already recommended for use in adolescents and adults in the United States.
- Similar to what was seen in adult vaccine trials, vaccination was nearly 91 percent effective in preventing COVID-19 among children aged 5-11 years. In clinical trials, vaccine side effects were mild, self-limiting, and similar to those seen in adults and with other vaccines recommended for children. The most common side effect was a sore arm.
- Vaccinating children will help protect them from getting COVID-19, therefore reducing their risk of severe disease, hospitalizations, or developing long-term COVID-19 complications.
- Getting your children vaccinated can help protect them against COVID-19, as well as reduce disruptions to in-person learning and activities by helping curb community transmission.

## OPEN ENROLLMENT FOR HEALTH INSURANCE HAS BEGUN

**MARKETPLACE OPEN ENROLLMENT** on <https://www.healthcare.gov>  
runs from **NOVEMBER 01, 2021 to JANUARY 15, 2022.**  
Consumers who **ENROLL BY MIDNIGHT DECEMBER 15**  
can get **FULL YEAR COVERAGE** that **STARTS JANUARY 01.**

# Passings

## General Colin Powell

**POLITICIAN; DIPLOMAT; 4-STAR GENERAL**

**United States Secretary of State; Chairman of the Joint Chiefs of Staff**

**United States National Security Advisor; United States Army**

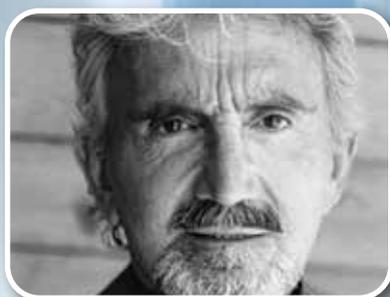
**(Covid-19)**



**Granville Adams-58**

ACTOR

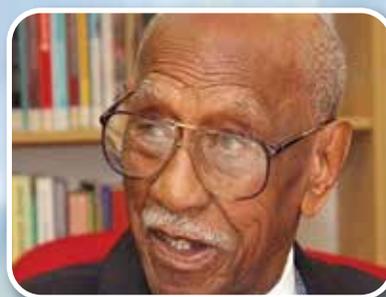
Oz; Empire  
Homicide: Life on the Street  
(Cancer)



**Val Gisoglio-95**

ACTOR

Saturday Night Fever; Quincy ME  
(Lewy Body Dementia)



**Timuel Black-102**

HISTORIAN/  
CIVIL RIGHTS ACTIVIST



**Willie Cobbs-89**

BLUES SINGER/SONGWRITER  
HARMONICA PLAYER  
You Don't Love Me



**Tommy DeBarge-64**

SINGER/BASSIST

Switch  
(Liver/Kidney Failure)



**Fuller Goldsmith-17**

JUNIOR TOP CHEF

Top Chef Junior  
(Leukemia)



**Halyna Hutchins-42**

CINEMATOGRAPHER

Rust; The Mad Hatter  
(Pop Gun Accident)



**Betty Lynn-95**

ACTRESS

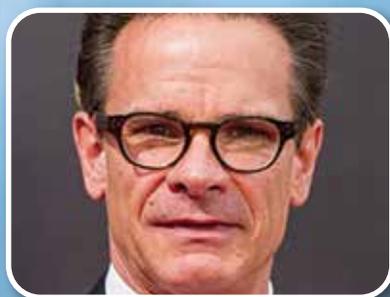
The Andy Griffith Show



**Flanagan Ricarlo-40**

ACTOR/COMEDIAN

Last Comic Standing  
(Covid-19)



**Peter Scolari-66**

ACTOR

Bosom Buddies; Newhart  
(Cancer)



**James Michael Tyler-59**

ACTOR

Friends; Scrubs; Motel Blue  
(Prostate Cancer)



**Lloyd Willis-73**

JAMAICAN SESSION

GUITARIST/SINGER  
Tease Me

DOMINO EFFECT

So, today I did a thing. It wasn't anything out of the ordinary, but it placed things in perspective.

It wasn't a big thing. But it was to the other people involved. In fact, at that moment, it was everything. The gesture at hand was about choice, empathy, gratitude, concern, humanity, and love. A simple act of kindness.

My day started out with me picking a little something up for my scheduled client. It's early so a smoothie was in order. Tropical smoothie to the rescue!

When I finished her dreadlock maintenance, she assisted me with my plant chores in the salon. Yes, plant chores. It is a "thing." I never have had anyone help me with my plants. She knows very little about plants, but she was excited, nonetheless. As she watered designated plants, she was careful, curious, and mindful of each one. Very innocent and meticulous, acknowledging their presence. I was thankful and so were my plants. At this point my day was done at the salon.

At least that was the thought...

I received a phone call inquiring of loc repair. I told the individual to meet me in an hour (I was out running errands). While the potential client was on his way to me, he decided to stop by the bank. Unfortunately, he had a minor accident. While leaving the drive-thru, not familiar and rushing, he steered his car to soon to the right, thinking there was an open parking lot connected. He soon found his car stuck on the curb. Now he's going to miss his appointment. He called me to tell me what happened. My response was to handle that situation and he can come by tomorrow (no appointment needed). Poor young man was right around the corner from the salon.

Leaving the salon, I had to drive by him. I decided to pull up. He was truly stuck. He told me he had made a call for help. So instead of leaving, I went in my bag and pulled out my dreadlock tool kit. Everything I need for on-the-spot work! He didn't even see it coming. While working on his hair, other individuals stopped to offer assistance with his car. One gentleman and his companion stayed around.

I spoke with the gentleman and his companion. Nice couple. They were headed to the mall. He told me he used to be paralyzed from the neck down while assessing the young man's car situation. I listened, not asking questions. He said, "Helping people has become a habit for him. Especially if he sees someone in need. It was his way of giving back and saying thank you to God."

I thought to myself, "Very noble and gracious." So, they waited, and I worked. I fixed the four locs on the spot, totally relieving him of one headache, to concentrate on the larger one...his car. And I gained a new client.

At this point, the called upon help arrived. They were just in time of me finishing by "job". Now the men had to do theirs. Meanwhile, the gas station is calling my car! I get there and I wind up doing a face time consultation while pumping gas!

Got to love it.

Spontaneous and random at best. The day started with Tropical smoothie for my client and ended with a face time consultation with a total stranger.

The cast of characters didn't have to take place, but they did. Although there were glitches... this day was not an accident; nor was it a bad day. It was a domino effect of reciprocation in full effect. Those involved consciously or subconsciously received and gave selflessly to one another. Affecting one another generously. THIS is humanity. This is love. This is the collective of positive energy.

Although small in action, these acts of kindness came with a bigger reward.

Miracles happen through gratitude. empathy, energy, love, choice, and God's grace. ♣

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 the list of the rabies clinics planned during November in Mobile County:

- NOV 06 (SAT); 10am-Noon; City of Mobile Animal Shelter, 855 Owens Street (Mobile)
- NOV 12 (FRI); 10am-Noon; Mobile County Animal Shelter, 7665 Howell's Ferry Road (Mobile)
- NOV 13 (SAT); 10am-Noon; Pet Supplies Plus, 803 Hillcrest Road (Mobile)
- NOV 20 (SAT); 1:30-3:30pm; 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. ♣

Fifth Grade Assignment

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 SCOTCH TAPE

You can't see Him, but you know He's there.

GOD is like DIAL SOAP

Aren't you glad you have Him? Don't you wish everybody did?

GOD is like DELTA AIRLINES

He's ready when you are.



Like us on facebook



Scan to Visit Steppin' Out on Facebook!



# Steppin' Out

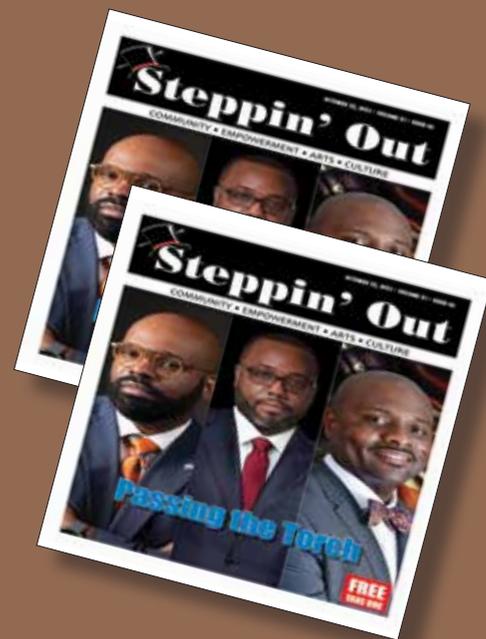
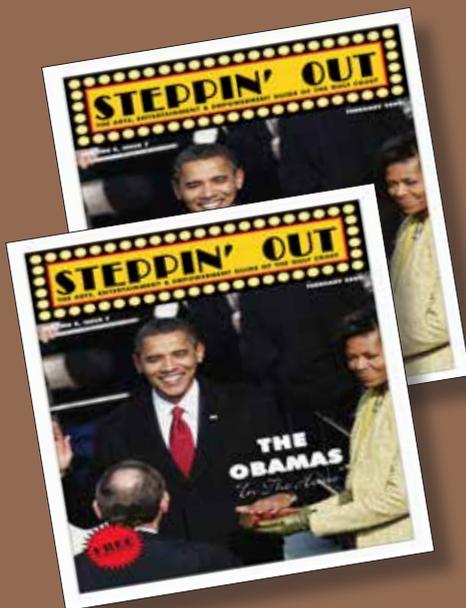
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