

# Steppin' ut *News!*

"Reconnecting the Best of the African American Diaspora of Mobile: PAST • PRESENT • FUTURE"

VOLUME 25  
ISSUE 05

ARTS • CULTURE • EDUCATION • COMMUNITY

MARCH  
2025

## TOGETHER *with* PURPOSE



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# Steppin' Out News!

"Reconnecting the Best of the African American Diaspora of Mobile's Past, Present and Future"

## 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 in each issue 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.

STEPPIN' OUT Welcomes your comments and suggestions regarding this publication. For information on advertising, to comment on subject matter, or volunteer your services... PLEASE CONTACT US...

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**TAKING MOBILE  
TO THE NEXT LEVEL**

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MESSAGE FROM THE PUBLISHER...

Greetings Steppin' Out Readers,

Because of you and your dedication to us, We Are Growing. Over the course of the last six months we have tripled our number of outlets which has caused us to increase our number of papers produced. In fact, we have had to start an outlet request list until we can further increase paper production to match the number of requests we are receiving. Thank you for that.



Over the next few months we will be adding more features in Steppin' Out. We are committed to serve the needs of Our Community. We will continue to support small businesses as they work to grow and make their services available to you. Let's not forget, Black Buying Power in 2023 accounted for \$1.6 Trillion Dollars in the United States. Household income for Blacks in 2023 on average was \$56,490. Across this country, Blacks spent \$9.4 billion on beauty products alone. We account for 22.4% of sales in the fragrance industry and 16.6% in hand and body lotions. We also spend heavily in digital media, entertainment, healthcare, and transportation.

I'm bringing this up to ask...how much do you as a consumer spend in your community? How much are the organizations you support spending in your community? Every ethnic group in this country will go out of their way to ALSO spend in their community...do you? Our Ice is Just As Cold...Support Yourselves! Find that Black Business Person and give them a chance while watching that Black Business Dollar circulate in your community. That's the only way to achieve real economic growth.

With that said, Black Businesses and Organizations should be reaching out to you as a consumer and asking for your support. That has been lacking in our community and that needs to change. If the mindset among owners is Word of Mouth and Social Media only, then growth will be limited to who you know and who follows you. That approach is limited. I'm not saying you can't be successful, but what type of growth are you seeking? One should increase their growth opportunities based on budget and added value opportunities. If you invest in an advertiser one of your questions AFTER you review rates should be about added value opportunities.

And for all of us, anyone asking for your support, be it through your money, your vote, your time, your blessings...you should be asking and shown what they have done or will do for you and/or your community. In these times we live in and the games that are being played in our nation, and especially, in our neighborhoods and this community, how is what they're offering going to benefit you. Check their track record. Do they promise one thing and do another without explanation? Do they make promises without a roadmap on how they plan on getting there? Or more impor. "do they only show up when it's election time or when they need from you what they need to have?

I don't have to tell you what a great town we live in. There's a lot of changes being proposed that can significantly change the landscape of this place we call home. Steppin' Out will continue to provide truthful and accurate information without malice or personal gain. We will only promote stories and individuals that will benefit our community. We ask that you continue to support our advertisers and our distributors because without them we would not be able to be available to you.

Thank You for Your Support and Continue to be Blessed!

GREG CYPRIAN  
Publisher/Editor  
STEPPIN' OUT NEWS



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APRIL 2025





# Isom Clemon Civil Rights Memorial Park Opens in Downtown Mobile

A ribbon cutting and dedication ceremony was held for a newly renovated downtown park honoring the legacy of Isom Clemon, a pivotal figure in the Labor and Civil Rights movements in Mobile.

Located at 520 Dr. Martin Luther King Jr. Ave., the “Isom Clemon Civil Rights Memorial Park” sits directly across from the International Longshoremen’s Association (ILA) Local 1410 — a key meeting place during the Civil Rights era and an organization that Clemon led for many years. The land where the park now stands has always been an important gathering place for the surrounding neighborhoods. However, over the last decade, local elected leaders and community groups have worked collaboratively to plan, design and develop a “pocket park” worthy of Clemon’s name.

In 2016, Rotary Club of Mobile and Downtown Mobile Alliance led an effort to create a preliminary design for the park, working alongside community leaders and residents from surrounding neighborhoods. That fall, the late City Councilor Levon Manzie passed a resolution officially naming the park the “Isom Clemon Civil Rights Memorial Park.”

Mobile County Commission President Merceria Ludgood worked with Mobile Mayor Sandy Stimpson to create a plan for the park’s construction, which was funded through the City of Mobile’s TIF (Tax Increment Financing) District. Mobile County managed the design and construction process, and some elements of the park were funded through the Mobile County Commission’s American Rescue Plan Act allocation.

Construction on the park’s recent renovation broke ground in the summer of 2023. This \$1.4 million investment added improved seating, new sidewalks, enhanced landscaping, new lighting, and a unique play area designed with input from children at nearby Florence Howard Elementary School. In addition to these enhancements, the park now features two prominent public art installations...

- **A Bronze Statue of Isom Clemon:** This 8-foot-9-inch bronze statue, accompanied by educational relief plaques, honors Clemon’s contributions to African American labor in Mobile and his pivotal role in the Civil Rights movement. The statue was created by Steven Whyte Sculpture Studios following a nationwide contest overseen by the Mobile Arts Council.
- **The Guardian of Labor, Liberty, and Love:** Created by local artists Charles Smith and Frank Ledbetter, this stainless-steel sculpture commemorates the men and women of ILA Local 1410.



orates the men and women of ILA Local 1410. Drawing inspiration from African textiles and symbols, it represents the collective efforts of ILA members to gain respect for their labor, achieve true liberty, and share their love of life with all people. The sculpture was commissioned by the Rotary Club of Mobile and Main Street Mobile.

During the ribbon cutting and dedication ceremony, members of the Clemon family celebrated with representatives of ILA Local 1410, the Alabama Democratic Conference and the many stakeholders who helped make this project a reality. Owned and managed by the City of Mobile, the park will be an integral piece of Mobile County’s Civil Rights and Cultural Heritage District — an expansive initiative championed by Commissioner Merceria Ludgood.

Clemon (October 18, 1919 – April 16, 1994) was a trailblazer in both labor and Civil Rights. As the leader of ILA Local 1410, he played a pivotal role in representing Mobile’s African American longshoremen. He was also a co-founder of the Alabama Democratic Conference (ADC), which helped secure African American political representation in Alabama, including the first African American delegates to the Democratic National Convention. ♣





**Arthur L. Mack**  
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## COVER STORY



# Creating a Culture of Joy

Welcome to the Society of Clotilda, a non-profit organization fiscally sponsored by Family Counseling Services, also known as Lifelines Counseling Services. It is a health and wellness collective dedicated to the celebration, development, and prosperity of Black Women and their children, and is committed to collaborating with artists and culture makers to help us change the health and well-being narrative for Black women and their families.

“We focus on women’s health here in Mobile County,” said Jessica Norwood, who along with Chandra Brown helped create the organization in 2019. “It’s culturally-based on women’s experiences, such as sexual violence, HIV, AIDS, and domestic violence. There are lots of issues affecting women, especially Black women, and we wanted to create a program that would deal with those issues. Norwood said the Society of Clotilda was formed around the time the remains of the Clotilda, which is considered the last ship to bring slaves to America, was discovered. “Around that time, women in the Eight Mile and Maysville communities were murdered,” Norwood said. “I talked with Chandra about what to do about it. Chandra said she didn’t want to create an organization from trauma, but of joy.”

“We knew that we needed to do something when in 2014, the number of domestic violence cases kept increasing, increasing, and increasing,” said Brown. “Jessica would call me every time something would happen, because I work with Lifelines and we do a lot of work with women and children when it comes to domestic violence and we were talking about what could we do. “Our tagline was that we got tired of waiting, and why don’t we do something

to help. We decided to start the Society of Clotilda. It’s an organization unique to Mobile because we felt it was a true line between the violence that happened in women’s bodies on the Clotilda that Black women and girls in our community and overall had experienced through the years up to now. Brown said the idea was to have the Society of Clotilda different from other non-profits. “We believe that the solution is within all of us,” she said. “We wanted to find the joy of Black women to figure out and to come together on how to come to a solution; and we felt that the solution was joy.”

One of the things that brought joy to women was a Mardi Gras brunch. Started in 2020, the Mardi Gras brunch was used as a vehicle to uplift the Black community, giving our girls and young women the support they need to transition into healthy womanhood. “There were about 150-200 women and girls there, and we gave everyone that came to that brunch a cape and a crown,” Brown said. “When COVID happened, we really hunkered down and met in Atlanta with women who were doing similar work and were much older than us. They had a calming presence, and we had many conversations with them. “What we wanted to do was look at who were we outside of our problems, versus identifying what that problem was and started a series on ‘How do I wear my Crown.’ We talked about trauma; we brought in people who taught us how to listen and how to find our joy. We brought in people who talked about advocacy and how do we advocate for ourselves.” In addition, artists were brought in from New Orleans to help on how to utilize art. “What we did was we used a Zimbabwean psychiatrist (Dixon Chibanda) as inspiration,” said Brown.

continued on Page 09... see **CLOTILDA**



# the POETRY Corner

## To My Children

Take this hug to Heaven  
and keep it close to you.  
It holds all the love  
I've ever had for you.

Remember when we laughed,  
remember when we cried.  
Take this hug to Heaven  
and keep it by your side.

And when you are lonely  
and joy is far away,  
wrap this hug around you,  
my heart with you – always.

Believe we'll be together,  
know that I love you so.  
Take this hug to Heaven  
when you must leave, must go.

Then, once again together,  
no eyes without a tear.  
We took our hugs to Heaven,  
gave them to our Savior.

And so, he did cry out,  
the greatest joy ever known.  
We took our hugs to Heaven  
At last we all were home.

— ❖ —

## In The Morning

You rise up in the morning  
Like a rose that has nine lives  
Turn into a carnation  
When the rose inside you dies.

You don't need to be a beauty  
Or a dresser who brings out sighs  
What you want is sweet tenderness  
A Man whose poems make you cry

I'm here to sing you poetry  
To hold you through your darkest nights  
To make you laugh when all seems lost  
And give you hope that you're alright

Try to hold on till the morning  
As I write this out with your tears  
You have always been most worthy  
Of a life with love all these years.

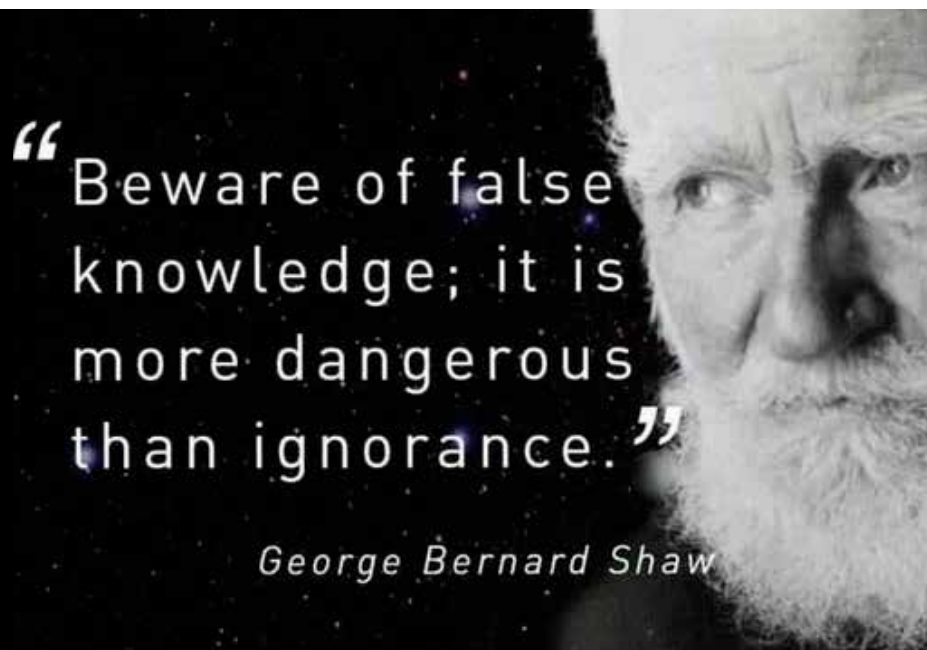
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## I Dream These Words Have Entered Hospice

The Hospice Association of America  
announced today that the words  
bigotry, hatred, prejudice, and  
racism have entered hospice and  
are not expected to survive.

The groups that have supported them  
are considering disbanding, and those  
against them, are going to wait and see.  
There will be no memorial services.  
They will be cremated.

— ❖ —

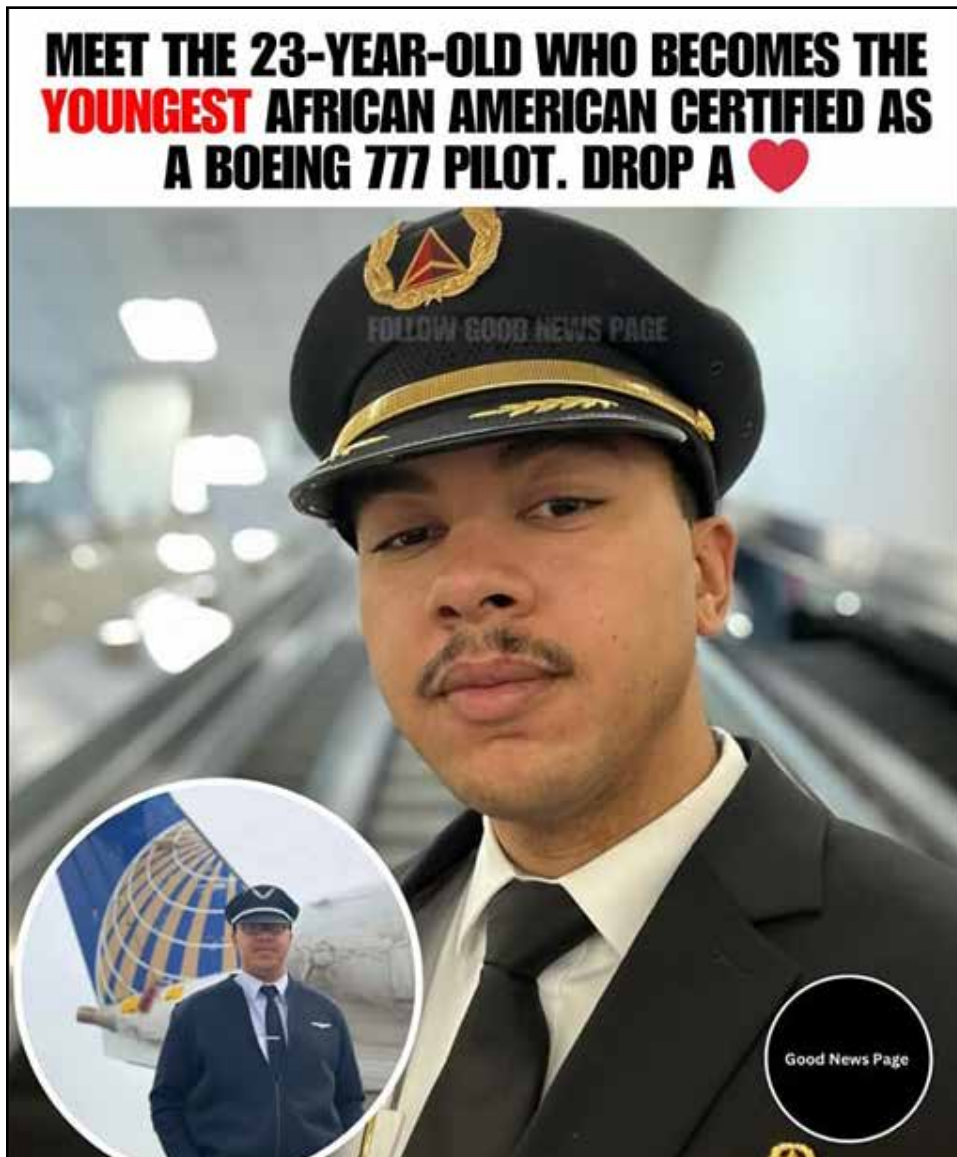






## DID YOU KNOW...

- **OTIS BOYKIN** CREATED A WIRE RESISTOR that allowed a certain amount of electricity flow to a component. This resistor was used in household appliances, computers, and pacemakers.
- **DR. GEORGE GRANT** INVENTED THE FIRST GOLF TEE. Before his invention, golfers carried buckets of sand from hole to hole and built sand mounds from which to hit the balls.
- **JOHN RUSSWURM** and **SAMUEL CORNISH** FOUNDED THE 1ST BLACK NEWSPAPER IN AMERICA.
- **VICTOR BLANCO** was the BLACK MAYOR of SAN ANTONIO in 1809, before slavery was abolished, while Texas was still part of Mexico.



In the 1800's one in four cowboys were African American, but what we learn in school, or watching movies, we would never know that.







**Debra Braggs**  
VETERAN FASHION COLUMNIST  
AND LIFESTYLE REPORTER

# Get to Know...



**BOYS & GIRLS CLUBS**  
OF SOUTH ALABAMA

**Jabaria Dent**  
Chief Executive Officer

You can hear the passion and excitement in Jabaria Dent's voice when she talks about the Boys and Girls Clubs of South Alabama, also known as BGCSA. Just seven months into her new position as Chief Executive Officer of an organization that serves more than 2000 children across Mobile and Baldwin Counties, Dent says she is enjoying her work and is excited about what the future holds for the BGCSA. "From my own life's experience, I understand that what I learned in the classroom was essential, however the things I learned about life and how to apply life skills -- I learned that at a community center."

Dent admits that her professional resume is possibly a reflection of her mother, Shirley Willis, who had a passion for children.

"My mother served as director of the Duman Wesley Community Center of Mobile for many years. So growing up, I was always around children." The Dumas Wesley Community center has provided numerous services for Mobile's underprivileged families for more than a century. "This role at BGCSA is a part of the legacy of my mother, whose love for children runs as deeply in my veins as the blood that carries life. My taking this role is just taking her life's work to another level and building on the foundation she laid."

Dent says she never planned a career path aimed at serving young people, however her master's degree in Divinity and bachelor's degree in Political Science and English have always led to positions focusing on youth development and human resources. Formerly serving as the Academic Dean for Remington College, she oversaw all academic programming for the Mobile campus. She was also employed with The Accel Academy, where she helped students get back on track for graduation. And at The Mobile Area Education Foundation, Dent managed a Partners in Education program for 93 schools and partnered with all twelve Mobile County high schools to establish Signature Academies focused on preparing students for the local job market. The multi-faceted educator and director says "It has been a life's work that God was preparing me for."

These days, Dent is spending lots of time with young children, serving as the primary leader of the BGCSA that includes six clubs and six summer sites across Mobile and Baldwin Counties. The organization provides after-school care, education and other activities for children and their parents. "My favorite part of the week is when I get to spend time in the clubs with the children. I make it a point to greet them as they come in, at least one day a week, and give them a big hug as they enter." She explained that the BGCSA is an important bridge between the classroom

and the community. She says, being at the Club offers kids the opportunity to extend their learning from the classroom setting. "We are culture builders while providing a safe and productive environment for young minds. We basically touch all aspects of their lives."



As if managing multiple sites for the Boys and Girls Clubs isn't demanding enough, Dent's busy life-calling has this wife and mother of six, pastoring a congregation alongside her husband, Dr. Charles Dent. She is lovingly known among her congregation as Pastor J, where she teaches a Bible class every Sunday morning and hosts a monthly women's Bible study group in her home, during which she prepares a meal. "My friends were concerned when I accepted the BGCSA position, wondering how I would manage it all. I told them that as long as God is at the center of my life, everything else will fall into place."

Dent is also the founder of Abbie's Girls, a non-profit for girls between the ages of 18 and 24. "I have always had a heart for teenagers. So, this group is very special to me. We meet monthly for 'Dinner and Dialogue'." With the support of husband and family, Dent says her responsibilities are a family affair. My husband is my biggest supporter. And when home is good, it gives you the energy to go out into the world and do lots of other things."

When it comes to BGCSA, the director says she sees so much potential in the impacts the organization can have in our communities. "I'm excited that we've launched four new sites. I'm excited that I've seen children thrive and become more productive and outgoing since I've been here. We are about to launch a program called Future Labs, recruiting students and parents to teach them about fashion design, cosmetology and the culinary arts. I'm so blessed to have a staff that has a heart for the work they do." The Boys and Girls Clubs are always looking for more volunteers and donations, according to Dent, who says anyone interested can visit [Bgcsouthal.org](http://Bgcsouthal.org) to learn more.

She has one message for the community...  
"To all my fellow nonprofit leaders in the city, we are not in competition, but in collaboration to transform our community. We don't serve a broke God."

He has infinite resources and I look forward to partnering in this work." ❖





We had 75 women who would show up weekly, and what we did was create some charettes around the community so we could honor the women of the Clotilda by creating benches. “Two years later, we unveiled the benches at the Africatown Heritage House, and it’s a reflective space where when they leave the Heritage House after what they’ve seen, they go and sit on the bench and be in community with what they’ve seen in the Africatown community.”

Brown added that a special recognition was done in honor of Dara Greene, who was a part of the Society of Clotilda and worked at Lifelines, and was actively involved in several political campaigns as well as doing marketing for several organizations. Greene passed away in October 2022. “We worked with the Arts Council to dedicate two utility boxes for her (in her memory),” Brown said. “We used one of the benches where there’s a beautiful chocolate woman with thick hair, and one with butterflies. The utility boxes are at the intersection of Government and Broad Streets. We did that unveiling and recognition in honor of her and what she meant to the community.” The benches are part of four pillars of the Society of Clotilda — a leadership pillar, wealth pillar, a culture pillar, and a well-being pillar. According to the organization’s website, the leadership pillar celebrates joy and connection. *How I Wear My Crown* is a community practice in black women’s care. Each cohort meets annually to engage in support and advocacy for one another.

Centering beauty, connection, and uplift, the focus is on keeping one another safe and building resilience in collective experiences. The wealth pillar, through the Society’s Giving Circle, supports community projects led by Black Women and Girls who are making an impact. These programs create opportunities for Black Women to develop skills while practicing joy in community. The culture pillar consists of public healing spaces with a bench and a garden. These exist for deep conversation and healing. In these spaces, there is interaction with wise aunties and health officials. These are spaces to focus energy and create more visibility for the healing of Black Women. The well-being pillar recognizes that black female leadership can be taxing. However, because those in leadership positions have traveled a similar path, the gaps in accessing tools and cultivating a support network are recognized. As such, the Black Female Leaders Network provides Black women with leadership development, capacity building, and organizational infrastructure.

“We have 20 women who give \$100, and that money is regranted out to Black women who are doing non-profit work for grants for other Black women and girls in the community,” said Brown. “We give them microgrants, and we granted 16 of them so far so we can continue those grants and build our membership so our wealth under our leadership pillar can grow.”

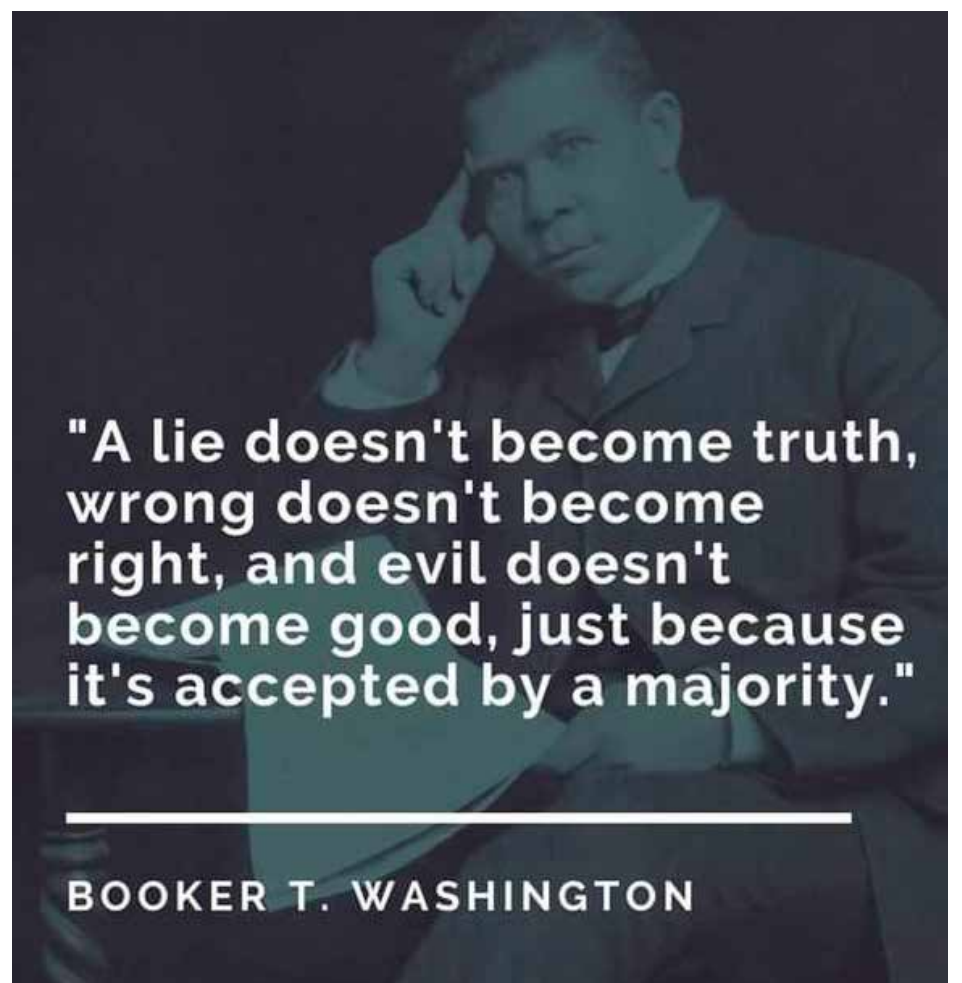
For more information on the Society of Clotilda, be sure to check out the organization’s website at [team@societyofclotilda.com](mailto:team@societyofclotilda.com) ♣



## Expressions: Right or Wrong! Lisa Johnson

Everyone is not going to like you. Should you even care that they don’t? You check your social media page and see your friend’s posts about a party you weren’t invited to. Should you care that you weren’t invited? The day is almost over, and no one has called or texted you. Should you care? Do you stop being a caring and loving person when you put yourself out to help a friend in their time of need but when the favor needs to be returned, they disappear? The reality is when you place your happiness in the hands of others, you’re allowing them too much power over you. Some people aren’t happy with themselves, therefore how can they like you. I’ve heard someone say they don’t like a person just because of the way they look. That’s ridiculous! Don’t waste your precious time worrying about someone not liking you for no apparent reason. It’s their problem, not yours. About the party that you weren’t invited to be happy that you weren’t there. Not being invited can serve as a protection. A picture is just a picture, but what’s the real deal behind the picture? There could have been things going on that you didn’t need to be a part of. Instead of worrying about why no one has called or texted you, thank God that you have some quiet time to focus on yourself and not on someone else’s problems. We all need time to pause and reset, so take advantage of your me-time.

What about when your friend doesn’t show up to help you, take it as a blessing. Oftentimes the person you think should be there for you is not the person God has planned for you. Sometimes God has planned that time for just the two of you. Talk to your Heavenly Father. Who knows you better and who better to guide you in the right direction? So, take time to linger in prayer and tell Him about your every concern (Jeremiah 29:12 “And you will call me and come and pray to me, and I will listen to you.”). He can give you peace of mind that no one else can give you. ~Philippians 4:6, 7~ ♣







## Financial Tips Gwedolyn Hall



As 2025 begin, while you are making your Resolutions to become a better person by getting physically fit, emotionally fit, spiritually fit, finding a new career, etc.; let us add financial fitness to this list. There are some simple things we all can incorporate into our financial life to prepare for the future.

### 1. GET STARTED

- Create a budget and stick to it!
- Pay more than minimum or pay off those loans, bills, holiday shopping credit cards.
- Stop impulse shopping!
- If you buy lunch every day, try bringing lunch from home at least a few days a week.
- Make it a practice to think before you spend (do I really need to make this purchase?)

Once you get these few simple habits put into place you will be ready for phase two...

### 2. SAVINGS

Let us talk about SAVING! Having an ample savings account or a rainy-day fund is important. Below are some remarkably simple ways to get on track without it been a burden. Many say I do not have the extra money to save; however, we all can save a little.

- Many banks and credit unions can help you begin this task by using their Save'N Up plan. This works without much effort on our part. Every time you make a purchase the financial institution will round up your purchase to the next dollar amount and put that amount in an interest-bearing saving account for you. Some institutions will match your savings up to a certain amount. Example (purchase \$25.73 will be rounded up to \$26.00). The extra 27 cents will automatically be put into savings. This looks small but will grow over time and you will not miss it.
- Put all your spare change at the end of the day/week/month in a jar and watch it grow over time.
- For the month of February, begin putting \$1 in an envelope and add to it each day. \$1/day x 29 = \$29.00
- Create your own method that will work for you! Whatever you decide, make it simple and begin early

This is an exciting time in your life with new adventures ahead of you. Good financial decisions are important as it is easy to get misled. Remember to ask questions when you are unsure about a financial decision. Being a responsible adult means taking care of your obligations. Make purchases that you can afford and pay your bills. Your decisions now will determine your future financial stability.♣



## Big Zion AME Zion Church Heritage Day Celebration

Big Zion AME Zion Church celebrated its annual Heritage Day Celebration on February 09 honoring the life and legacy of the late Rev. Shady Wesley Jones, a distinguished former pastor of the church and a pioneering leader in Alabama's political history. He was a trailblazer who rose from slavery to become one of the first Black legislators elected to the Alabama House of Representatives during Reconstruction. A fierce advocate for civil rights and equality, he was later appointed by President Ulysses S. Grant as the Inspector of the Mobile Custom House. Throughout his career, he remained a steadfast leader in the fight for justice and was instrumental in shaping Alabama's post-Civil War political landscape.

This year's Heritage Day program celebrated Rev. Jones' contributions to Mobile and beyond, highlighting his lasting impact on the church, the city, and the state. The event featured reflections on his legacy, historical insights, and recognition of his role in Big Zion's history. Founded in 1842, Big Zion AME Zion Church is one of Mobile's oldest African American congregations and Alabama's oldest Black Methodist Church. The church has played a vital role in the city's spiritual and social history, serving as a beacon of faith, leadership, and activism for generations.♣

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**Taking Mobile To The Next Level**

**Memphis Vaughan Jr.**

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**We're at a Crossroads in Our Nation**

The clock has steadily been rolled back by some who would like to return to a time when one group dominates the others. While there has been a lot of progress made, some of that is now being unraveled and overrun by racism, bigotry, hatred, and sexism. We have an incoming administration that is unapologetic about mistreating these groups for the sake of money and power for themselves. America is wallowing in hatred because there are those who do not want to share the wealth and riches that this country possesses. All of the wealth that exists has been built on the backs of those at the lowest levels of society, who lack any power and influence. America loves to demonize groups for its benefit. Blacks, Native Americans, Asians, Hispanics, and Immigrants have been in the crosshairs at one time or another as the supposed cause of the ills of this country. Yet, when you dig deeper, you find that many within these groups are the ones that built America and made it the powerhouse that it is.

The reason we don't know as much about who built America is because those in power write most of the books, control the media, and determine what is taught in schools. They control the narrative by whitewashing history and covering up the wrongs that have been committed. It is our duty to search for the truth, learn more about our culture and its contributions, and be knowledgeable of the atrocities committed against many groups. We must not be distracted by the allure of celebrities, influencers, and sports figures making millions. Many have earned their success through hard work, and while some may get lucky, that's rare. Seeking wealth and fame without substantive work and effort is futile, and even if achieved quickly, it's often lost just as fast. The average person who works hard can be successful and have a meaningful life.

The point of this article is that you must put in the work and learn the hidden stories of triumph of Black people and other marginalized groups in this country. Although often unrecognized, these are the people that represent the true American values. Get informed and beware of the ways that we are slowly losing the gains that we have made. We must not let those coming into power continue to spread hate and racism without us standing firm and fighting back. This can be done through political, economic, and legal action. We can't let the clock get turned back.♣

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**Moments in Time**

**Paulette Horton**



**Willie F. Taylor**

I attended George Hall Elementary School in 1964, when it first opened. At that Hall accommodated 5th and 6th grades in the Maysville to ease the overcrowding of Williamson School, which now accomodates 7th through 12th grades.

The first principal of George Hall was Mr. Willie F. Taylor. He received his B.S degree from Knoxville College and his Master's Degree from Tuskegee Institute.

I knew Mr. Taylor from my childhood and during my time at Bishop State Junior College as the Director of Student Personnel.

—Paulette Horton—  
♣



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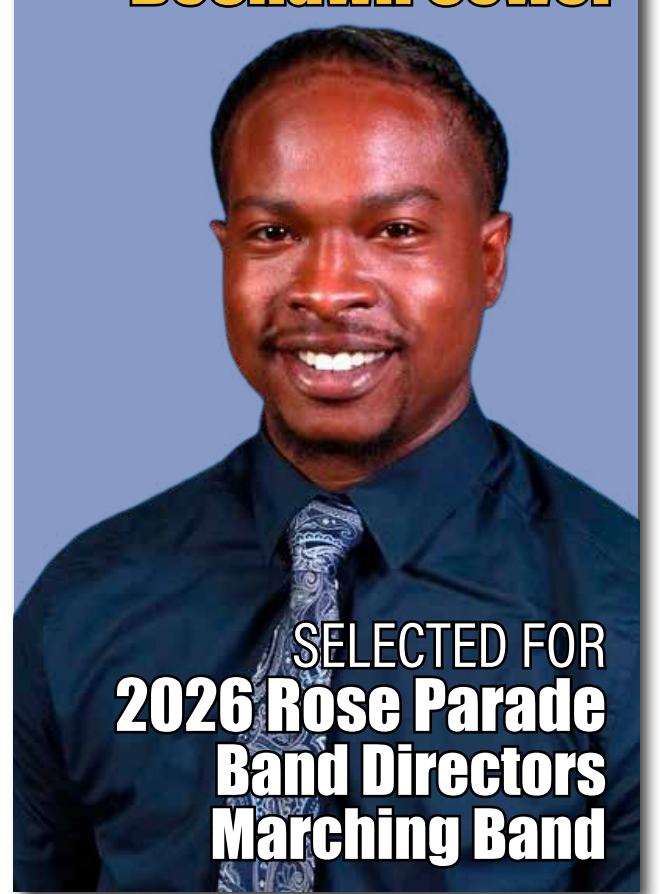
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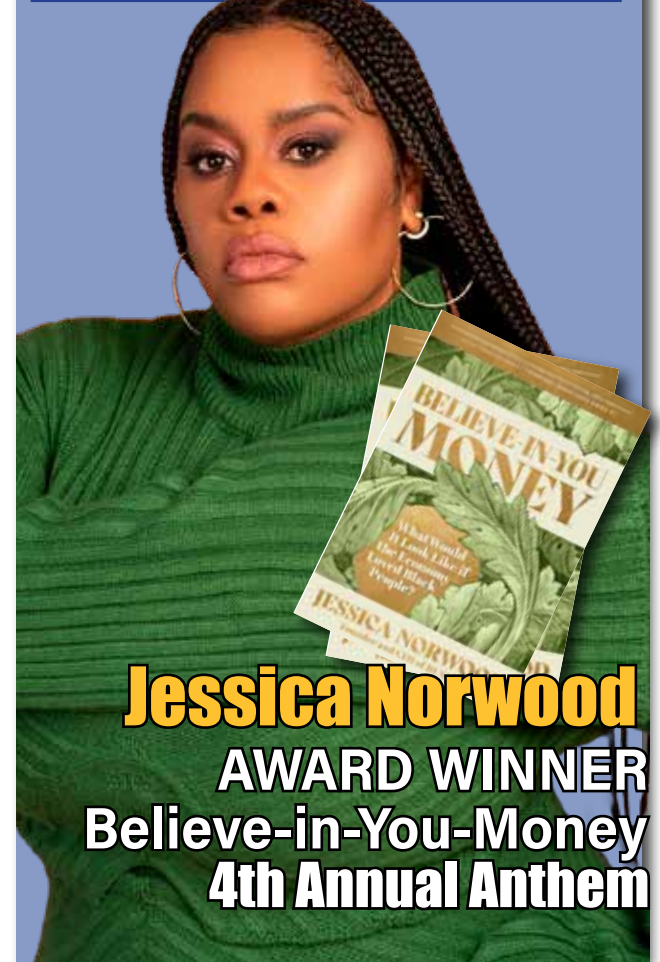
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**Best Contemporary**  
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**Jessica Norwood**  
**AWARD WINNER**  
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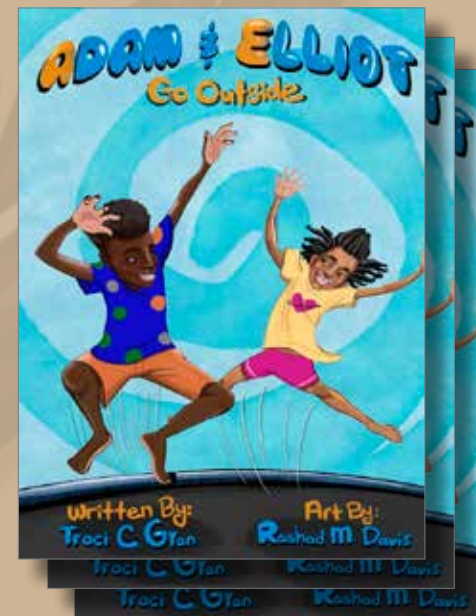


# Literary Corner...



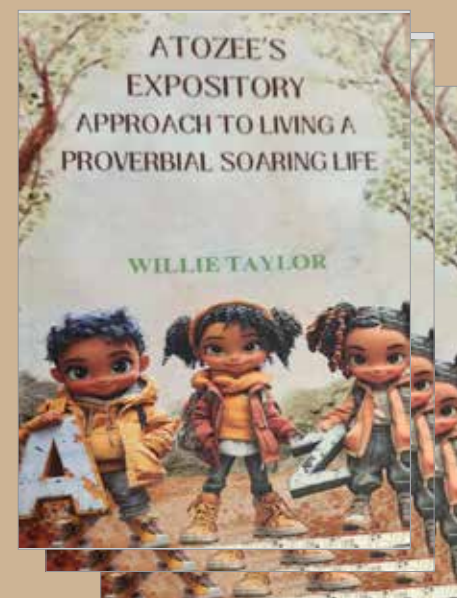
## Traci C. Gyan

Traci C. Ryan is a author and motivational speaker. Her love of writing and public speaking began in her middle school forensics team and was honed through a B.S. in Public Relations and Marketing from the University of South Alabama. The Adam and Elliott Picture Book Series was born through her freelance writing and journaling process while on break from the corporate world to tackle her most important job - Motherhood. The series was created to ignite a love of books and reading in preschool and elementary-aged children. These fun, vibrant, and whole-sale stories are designed to entertain, as well as spark their imagination and encourage them to never sop exploring the world around them.♣



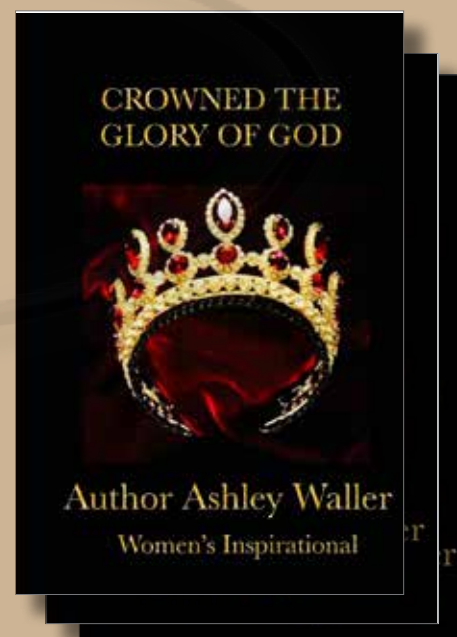
## Willie Taylor

Willie Taylor grew up in the beautiful Montrose, Alabama, a neighborhood inhabited by affluent African-American and other affluent entrepreneurs and professional educators who adamantly encouraged and motivated her and shared their histories and advice that they thought she needed to know. She attended Spring Hill College and graduated with a degree in mathematics and English. Later, she returned and received an MBA. With this book, she draws from her vibrant upbringing and her experiences as a retired educator and blends personal stories with timeless proverbs to motivate and inspire readers to overcome challenges and embrace life's adventures. Readers are encouraged to cultivate their potential and love joyfully and purposefully with the help of our Creator. When you directly order this book from her (PO Box 763, Saraland, AL 36571) for \$20, she will forward a personalized autographed book.♣



## Ashley Waller

This is a powerful extraordinary faith activation tool that will help you get closer to God knowing that you have a spiritual date with Him everyday. It will teach you how to hear from God and how to manifest into reality the life of abundance that was promised to you in the Bible. The book is a source of healing, restoration and inspiration to elevate your mind and literate your soul in order to prepare you spiritually, mentally and physically for your date with every day life and relationships. Ashley Waller, Queen Black the Poetess, is a native of Daphne. She is a poet, actress and storyteller. She is a a playwright for the stage play Miracles, and performed in the plays An Ocean in my Bones and Circles of Water. She's a member of Black On Black Rhyme Step2DaMic Poetry Troupe. Waller is a recording artist of poetry, a co-founder of African Culture Spoken Word Showcase, an inspirational speaker, and a minister at Bay Ridge Baptist Church in Daphne.♣







**Greg Cyprian**  
PUBLISHER/EDITOR  
Steppin' Out News

# History Remembered

**Black History is Black Culture...** And, it's under fire on a national level, and there's only one way to save it. We must actively pursue our right to celebrate our history through actively participating in it. We must show those that have a problem with being "Woke" that if they were as woke as we are, this country would be much better off. You can't claim to be Christian and a Patriot, yet not honor the contributions that all have made to make America first. Telling the truth about history is important in that truth helps to eliminate the mistakes of the past and points out the shortcomings of us as human beings. Truth allows us to strive to be better.

During World War II, there were many People of Color that gave their lives for this country, although they experienced the same Jim Crow attitudes on foreign soil by Americans that they dealt with in these United States... yet, they strived and survived. From their contributions during the American Revolution, to the Colored Troops in the Civil War, to the Buffalo Soldiers for the U.S Cavalry on the western frontier, to the segregated units in the World Wars, to the sacrifices made in the Korean and Vietnam conflicts, and to the battles in the Middle East, these Black men and women deserve to be recognized and celebrated for their service. We must remember that our ancestors never allowed their circumstances to stop them from achieving. And that is the attitude and determination that we absolutely must take to keep our history alive. We must make sure that we control our own stories while being watchful of those, both Black and non-Black that exploit our community for the dollars. Believe me, that's happening all around us.

Our ancestors always invested in themselves and their children. That's where their resources went...into the education they were denied, the culture they celebrated, the creativity that was within them, and the history and excellence they preserved. We need to carry on that tradition by exposing our children to our rich heritage every chance we get. We also must support those who look like us and make sure their not fronting for others that don't. Every other nationality of people do that, why not us, why not you.

Enjoy and Celebrate Black History and Black Culture 24/7/365. Our children need us to build a world around them that includes equity, fairness, truthfulness, and the knowledge of self. Teach them about the need and importance of political strength, especially in today's climate where there are those who are implementing laws and systems to take those things away from us. We as a People have earned those rights and we should not allow anyone or any political party to take them away. Protect Those Rights and Honor Our History...By Any Means Necessary!!!♣





# Newly Formed Nonprofit Partnership Emerges

Two Mobile nonprofits, The 92nd Division Buffalo Soldiers of WWII led by Eddie Irby and Legacy 166, with Executive Director Greg Cyprian, have agreed to partner to advance the Missions of both organizations. The organizations will team up to produce an Annual Film Festival with the goal of promoting Black Culture in Prichard and Mobile. The festival launched with the film *Inside Buffalo*, which tells the story of the 92nd, an all African American segregated combat unit that fought in Italy during World War II. Over 200 people attended the showing at the City of Prichard Auditorium. That showing will be followed by three additional films in the festival's first year of operation.

The idea for the festival took flight when Irby began to seek advertising help to promote the first film in the festival. He reached out to Steppin' Out Newspaper, owned by Cyprian, to inquire about help in getting the word out. Cyprian shared with Irby that he had plans to start a film festival for his nonprofit and since the goals of the organization was to promote and expose more Blacks in this area to Black arts and culture, to educate Black youth about the richness and truth about their history, and to form community collaborations with those that are sincere in promoting those same goals, they could accomplish more by working together on the film festival. From that conversation, The 92nd Division Buffalo Soldiers of WWII Film Festival presented by Legacy 166 was born.

"I'm excited about where we can take this in our efforts to expose this area to more of our history, culture, and contributions made by Black citizens, especially because of the obstacles they had to overcome because of Jim Crow," said Cyprian. His conversations with Irby also made him aware of the number of Vets that contributed to those WWII efforts that are from this area. "It's amazing talking to Mr. Irby, he said, the man is a living history book as he reels off the names and accomplishments of these local heroes. My grand-uncle was in the army during that time, and my great uncle served in the navy in Oakland, CA.

at Port Chicago when the munitions explosion occurred in 1944, so I had an obligation to help with this festival to honor them."

"This partnership will be great for us," said Irby. "Mr. Cyprian convinced me that he would do everything possible to promote our organization with his event and promotional experience. His love for history fits with my desire to honor not only my organization, but to also honor the local men and women who contributed to the legendary military history of this country. He's assured me that he will work tirelessly to take our festival to another level in terms of content and honor for our members."

There are three more films to be shown as part of the festival. The next film, *The Wereth Eleven*, is the documentary story about eleven African American soldiers who were overrun by German forces in Wereth, Belgium, during the Battle of the Bulge. The soldiers were part of the 333rd Field Artillery Battalion, a racially segregated unit. They had become separated from their unit and found their way to an area near the town. Their position was compromised by a local resident who reported their whereabouts to a SS scouting party. This film tells the stories of all involved and the honors bestowed on the eleven. The film will be shown March 15... **ADMISSION IS FREE.**

"What I'm very encouraged by are the additional organizations we will be collaborating with that are committed to their Missions of promoting culture within our communities and are committed to being Truth Tellers and represent that truth to the public," said Cyprian.

The remaining films both star Sidney Poitier... *Buck and the Preacher* with Harry Belafonte, and *In The Heat of the Night* with Rod Steiger. Locations and times are still being finalized.

For more information, contact us at 251-591-3057 or email [legacycenter166@aol.com](mailto:legacycenter166@aol.com). ♣

**WWII  
166**



**LEGACY 166**  
Itage to Future Generations!

## The 92nd Division Buffalo Soldiers of WWII Film Festival presented by Legacy 166

**Saturday, March 15,  
2:00 p.m.**

**We invite you to the Ben May Main Library  
in Bernheim Hall for a screening of  
"The Wereth Eleven" (2011, 59 minutes).**



**Steppin' Out**  
Reconnecting the Best of the African American Diaspora of Mobile: PAST - PRESENT - FUTURE

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**The 92  
Film**

**Satur**

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## THINKING OUTSIDE THE BOX

**Arthur L. Mack**

FREELANCE WRITER

[steppinoutnews@aol.com](mailto:steppinoutnews@aol.com)



## All Things Natural

**Tanene Jackson**

TRICHOLOGIST;

OWNER/OPERATOR of LOCS OF SOUL, LLC

## In search of community...

The year is 2025. Resolutions have been made and goals have been said. Vision boards and affirmations have become part of a mantra. The word that comes to mind is COMMUNITY.

Community is the one thing we all need and/or want in our lives. Our “tribe.” Community is the “thing” that brings everyone together good, bad, and indifferent.

What is a community? What does it mean? Who is community? Is it a fleeting concept that is limited and exclusive? Is community personal or private? According to Webster’s Unabridged Dictionary (second edition, 1979), community means a society of people having common rights and privileges or common interests.

Locs of Soul, LLC is a dread/loc hair salon that promotes natural hair, plants, ecofriendly lifestyle choices, and knowledge. How do they intertwine? It’s in the roots. Roots are my community and that is my tribe. My community..In my opinion, community are things in life that span beyond the superficial. The basic things in life that make us smile and feel good. It surpasses age limits and financial boundaries. It’s the “glue” that binds individuals and or groups together, sharing commonalities. Everyone has a tribe.

As people, there are 4 things that bring communities together no matter race, ethnicity, gender, or religion:

1. FOOD
2. MUSIC
3. DANCE
4. PLANTS/ENVIRONMENT

No matter the age, we can all learn, like, and / or relate to at least one of these items. These are the things that will allow people to have those much needed woosah moments. We are all energetically interconnected. People may agree to disagree on topics of sorts, but when you get to the core of the humanistic experience... we need our tribe. Going forward into 2025 and beyond, I ask of you to share a smile, food, a story, a bit of knowledge, a hug even. Let us make music and dance in spirit to what vibrates to our spirit, allow light to shine where there is plenty of darkness.

So, I ask you to explore your “roots”, find and join your community.♣



Chandra Brown



Lifelines Counseling Services  
Take the First Step.

## Providing a Lifeline

For Chandra Brown, the executive director of Lifelines Counseling Services, helping people has always been a mission. “My first job when I got out of college was working on a crisis line, working with people who were talking about suicide,” she said. “I never thought it would be a passion of mine.” From there, Brown became director of a small agency, Contact Mobile, which had under its umbrella the Rape Crisis Center and Suicide Prevention Line Helplines. “I always knew that I wanted to be in a community that had these lines available,” she said. “Those programs have been a part of the work that I did. Then, we merged with the Family Counseling Center, and we’ve done suicide prevention and intervention. We also worked with mental health and 988, which became the national suicide number. “The 988 number is for mental health, suicides, and substance abuse. Something that we feel passionate about still is providing suicide prevention and intervention in the community. We go out to the schools; we talk to the youth and community members doing more like gatekeeper training in the belief that we’re all responsible for each other. We want to connect the people in our lives with the resources that are available.”

Brown said that suicide is one of the leading causes of death of Black children ages 10-17. In addition, the rate for Blacks ages 20-22 who attempt or commit suicide surpasses that of Whites in the same age group. In addition, the issue of gender identity is a factor when it comes to suicide. “It’s a huge issue in our community,” she said. “We often as the Black community feel there might be a shame about a child being depressed or anxious, or anything like that which causes them not to get the help they deserve. I also think that depression in Black youth might look like aggressiveness, anger, and isolation.

“I also think another issue is that parents might be nervous or maybe be in denial about their child struggling with their sexual identity, and if that child is presenting something different that they know they’re uncomfortable with, they may shut that child down. It’s really important to pay attention to that, because if you don’t understand it or if you don’t approve of it, I think the real issue is if you want your child alive or not; do you want to be in your child’s life or not. Keeping those channels of communication open are important, because we know LGBTQ youth are more likely to commit suicide.”♣

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## Reagan Collins

### DSCEJ Welcomes New Director

The Deep South Center for Environmental Justice has announced the appointment of Reagan Collins as the new Director of Community and Partner Engagement. The center, located in New Orleans, is the nation's longest serving environmental justice resource center, committed to advancing the health, safety, and livelihoods of communities impacted by pollution and climate change. Through research, education, and workforce training, DSCEJ collaborates with communities, scientists, and policymakers to address systemic environmental inequities. The organization is dedicated to ensuring every person's right to live free from environmental harm impacting health, housing, jobs, and overall quality of life.

With a rich background in community organizing and advocacy, Collins brings a wealth of experience that perfectly aligns with DSCEJ's mission to uplift marginalized communities and drive systematic change. Her expertise in building strong community partnerships and fostering collaboration will be instrumental in enhancing the organization's outreach efforts. Her passion for health equity and environmental justice, coupled with her commitment to empowering local voices, will significantly strengthen DSCEJ initiatives aimed at creating sustainable practices within communities across the Gulf South.

Ragan's appointment, with an eye towards her leadership capabilities, is a pivotal step towards reinforcing the organization's dedication to advocating for those who have been historically marginalized and underserved, ensuring that every voice is heard and valued in the struggle for environmental and climate justice.♣



# Welcome Home Vietnam Veterans



The 92nd Infantry Division Buffalo Soldiers World War II Association (Alabama Chapter) will present a special program in honor of Vietnam Veterans...

### Welcome Home Ceremony March 29, 2025 @6:00 pm

Revelation Missionary Baptist Church  
1711 Taylor Lane (Mobile)

If you are a Vietnam Veteran or you know a Veteran of this war, please let them know about this event that is being held in their honor. Also, if you have a deceased family member or friend who was a veteran of this war, please feel free to attend.

Eddie Irby (president of the organization) stated,  
*"We really encourage all Veterans and the general public to attend to honor these heroes. They, and all Veterans, deserve our respect."*

For more information,  
contact Irby at 251-591-3057







## Creating Solutions to Financial Problems

City of Prichard native Jessica Norwood — a financial activist, investor, and social entrepreneur — has made a big impact on uplifting African-American women when it comes to ensuring their success in the business world and repairing the financial damages resulting from racial inequality. As the founder and CEO of RUNWAY, Norwood leads alongside a powerhouse team of women of color who are committed to resourcing Black founders by providing start-up capital and nurturing their ongoing success. Each leader at RUNWAY brings a unique skill set to the organization's shared purpose: to advance resilience for Black businesses and the communities they serve, through practices and infrastructure that close the racial wealth gap for good. "We do it all around the United States," she said. "We concentrate on investments in the Black community, such as technology, photography, and the arts. What we're doing is seeking creating solutions to problems (in the Black community)."

Widely recognized for her financial activism, Norwood is a former fellow of the Center for Economic Democracy fellow, RSF Social Finance's Integrated Capital Institute (now called Just Economy Institute), winner of the prestigious Nathan Cummings Foundation Fellowship, a former BALLE (now called Common Future) Local Economy Fellow, the Political Power and Social Change fellow of the Hip Hop Archive at the Hutchins Center of Harvard University, as well as a lifelong fellow of the Sanford School of Public Policy at Duke University and Southern University College of Business for Emerging Leaders. Her participation and leadership in these programs has deeply informed groundbreaking work on restorative and reparative economies and Black entrepreneurship.

Norwood has written a book entitled *Believe-In-You-Money: What Would It Look Like if the Economy Loved Black People*, a non-extractive approach that repairs racial injustice. Locally, she has looked at ways to put the things in her book to good use. "We're focusing on Prichard, where we're creating strategies for women while concentrating on our culture," she said. "One of the things we're interested in creating are grocery stores."♣

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February 22, 2025	March 22, 2025	ACCEPTABLE ITEMS:
7:00 a.m. to 1:30 p.m. 7195 Half Mile Rd, Irvington	7:00 a.m. to 1:30 p.m. 1113 Hubert Pierce Rd, Mobile	Appliances, Computers/Printers, Flat Screen TVs, Flat Screen Monitors, Household Items, Yard Debris, Scrap Metal, Clothing, Microwaves, Electronics and Tires (limited to 10).
April 19, 2025	May 10, 2025	NON-ACCEPTABLE ITEMS:
7:00 a.m. to 1:30 p.m. 12740 Hwy 43, N. Axis	7:00 a.m. to 1:30 p.m. 7195 Half Mile Rd, Irvington	Tubed TVs, Computer Monitors (CRT type), Roofing, Hazardous Waste, Junk Cars, Boats, Pressure Tanks, Waste Oil, Liquid Paint, Nails, Glass, Sharp Objects and Household Garbage.

\*weather permitting

For More Information Please Call: **251-574-7867**

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## Creole History Highlights

**Tracy Neely**

PRESIDENT: MOBILE CREOLE CULTURAL  
AND HISTORICAL PRESERVATION SOCIETY

## Shrove Tuesday

By the 15th century, it was called Shrove Tuesday. The final day of Shrovetide, one of those European feasts that we Americans confuse easily and dismiss often. Yet, as Catholics we should really have a better grip on our history since the Church established so much of it. The word “shrove” comes from the act of shriving or confessing all of one’s sins. When Catholicism was the dominant religion, in early Christian history, Lent was established to separate the two major feast days of the Catholic Church, Christmas and Easter. Lent, beginning on Ash Wednesday, provided a time of focus, fasting, and confession that led up to the joy of the Resurrection. Since then, tradition has evolved with the customs of the places that celebrate it. English Catholics celebrate it as Pancake Day, the French developed it as Mardi Gras, and Latin countries revel in Carnival.

For most Mobilians, “Mardi Gras” is the first introduction to French language. Mobile is, after all, the birthplace of American Mardi Gras, and we clung to this name, not by accident. The French were here in 1702, bringing their Mardi Gras traditions with them, just not on the grand scale we experience today. It more likely involved the making of sweet breads or pancakes and overindulging in foodstuffs forbidden during Lent—perhaps Bienville himself cooked for the event. Unfortunately, nodocumentation has been found that mentions this. If Spain had left more of a mark on our Catholic celebrations, we might be celebrating with Jueves Lardero (Fat Thursday) which culminates in Carnival on Fat Tuesday. But by the time Spain was occupying Mobile Territory in 1783, the French were already entrenched with their customs. Merriam-Webster’s etymology for carnival literally means “removal of meat” derived from Latin carne (flesh) and Latin levare (to remove). So, as Catholics, we prepare to fast from all things meat. This includes milk, butter, cheese, eggs—any animal product. How else does one get rid of these foods without wasting them? Make delightful foods such as pancakes. Some scholars would argue that the word carnival actually comes from a Roman phrase Carrus Navalis, a Spring celebration of Roman times marked by launching a wooden ship decorated with flowers to honor the Goddess Isis. My Catholic roots tell me to stick to the first argument.

History tells us Joe Cain brought Mardi Gras back after the Civil War, dressed as Chief Slacabamorinico, parading down the street. That is partly true. He did revive a parading tradition that had stopped during the Civil War. He attempted to restore some revelry in a tired southern town during Reconstruction. He breathed life back into those old mystic organizations of well-monied men such as the Cowbellion de Rakin Society and others that had paraded prior to the war. But while Joe Cain’s wife, Elizabeth Alabama Rabby, was of French Creole ancestry traced back to Bordeaux, it wasn’t Mardi Gras as a Catholic tradition he intended to create. Ol’ Slac just wanted a parade. And timing was on his side. As it happened, according to an article found in the History Museum of Mobile that Joseph S. Cain appears to have written, the thought occurred to him on that Monday before Ash Wednesday while visiting in New Orleans, attending the Fireman’s parade. It just happened to work out that way. He came back to Mobile and paraded the next day, which happened to be Mardi Gras Day, transforming Mobile’s celebration into something uniquely American.

Everywhere else, it’s just Tuesday.♣



## PRESS RELEASE

### Alabama Legislative Black Caucus Elects New Leadership



**Senator  
Merika Coleman**



**Representative  
Napoleon Bracy, Jr**

The Alabama Legislative Black Caucus (ALBC) has announced the election of Representative Napoleon Bracy, Jr. as Chair and Senator Merika Coleman as Vice Chair. Leadership elections for the ALBC take place every two years, and both legislators bring extensive experience to their new roles. In the previous term, Sen. Coleman served as Chair, while Rep. Bracy held the position of Vice Chair.

Rep. Bracy expressed his gratitude for the opportunity to lead, stating, “I am honored to serve as Chair of the Alabama Legislative Black Caucus. We remain steadfast in our commitment to advocating for the people of Alabama and addressing the critical issues that impact their lives. Our core values—rooted in diversity, equity, and inclusion—are fundamental to both Alabama and the broader American promise.”

The ALBC strongly condemns recent efforts to undermine diversity, equity, and inclusion (DEI) initiatives, particularly the Trump administration’s politically motivated executive order banning DEI programs. “We reject the so-called ‘color-blind’ ideology pushed by the MAGA movement, which seeks to erase the progress made through DEI initiatives,” Bracy continued. “Ignoring racial inequality does not eliminate it—true equality comes from acknowledging and addressing historical and systemic disparities.” As part of its ongoing mission, the ALBC remains committed to supporting DEI programs and ensuring that Black American history continues to be taught in schools. “We cannot allow our history to be rewritten or erased,” said Sen. Coleman. “Understanding our past—including its injustices—is essential to building a more just and equitable future. The ALBC will continue to fight for the truth, ensuring that future generations learn from history rather than repeating its mistakes.”

###



# PORTRAITS in BLACK

## Hiram Rhodes Revels

America's First Black Senator Hiram Rhodes Revels was born free on September 27, 1827 in Fayetteville, North Carolina to free people of color. His ancestors obtained freedom for the family due to their participation in the American Revolution. His parents were of African American, European, and Native American ancestry. His father was a Baptist preacher and his initial education experience was administered by a local Black woman.

At the age of 11, he went to live with his older brother in Lincolnton, North Carolina, where he apprenticed in Barbering in his brother's shop, a steady trade for Blacks during that time.

Revels attended Beach Grove Quaker Seminary, founded by Quakers in Union County, Indiana. He was ordained in 1845 and served in the African Methodist Episcopal Church as a minister and teacher throughout the Midwest in the states of Indiana, Ohio, Illinois, Kansas, Tennessee, and Missouri. He was once imprisoned in Missouri in 1854 for "preaching the gospel to Negroes". Although he voted in Ohio, he further studied religion from 1855 to 1857 at Knox College in Galesburg, Illinois. Revels became the principal at a Baltimore, Maryland, Black high school where he was also a minister at a Methodist Episcopal Church.

He joined the Union Army's Colored Troops in 1863 where he served as a chaplain and he helped to recruit and organize two Black Union Regiments in Maryland and Missouri. He was a participant in the Battle of Vicksburg in Vicksburg, Mississippi. After the war in 1865, Revels was briefly assigned to churches in Leavenworth, Kansas, and New Orleans.



In 1866, he became permanent pastor at a church in Natchez, Mississippi, where he settled with his wife and five daughters. He continued his ministerial work and established schools for Black children.

During Reconstruction in 1868, Revels was elected alderman.

On February 03, 1870, the 15th Amendment prohibited states from

disenfranchising voters "on account of race, color, or previous condition of servitude." Senators weren't elected by popular vote until 1913, so Revels was elected by the State Legislature. He went in as a Republican, which was the Party of Abraham Lincoln. The Republicans of that time were vastly different from what we see today. In fact, the Democrats of that time were mostly made up of Southerners with Confederate loyalties that opposed Lincoln, and were Pro-Slavery, and who, with the election of Andrew Johnson as president, worked diligently to end Reconstruction and ushered in Jim Crow Laws across the south. The seat Revels was appointed to had been vacant since the Civil War and expired a year later on March 03, 1871. He then became the first president of Alcorn Agricultural and Mechanical College (Alcorn State University) where he also taught Philosophy. He took a leave of absence in 1872 to become the Mississippi Secretary of State with that ending in 1873. He retired from Alcorn in 1882.

He remained active as a minister in Holly Springs, Mississippi, and taught Theology there at Shaw College (now Rust College) which was founded in 1866. He died on January 16, 1901, while attending a church conference in Aberdeen, Mississippi. He was survived by his wife, Phoebe, and eight children. He is buried in Holly Springs' Hillcrest Cemetery.♣



USA Health WELCOMES...

## Dr. Carla Benjamin

Dr. Benjamin, M.D., has been brought on board by USA Health to the Infectious Disease Division.

The native of Trinidad and Tobago, she attended medical school at the University of the West Indies, St. Augustine. She completed a residency in internal medicine and a fellowship in infectious disease at SUNY Downstate Health Sciences University in Brooklyn, New York. She moved on to rural medicine in southwest Kansas.



Dr Benjamin is board certified in internal medicine and infectious disease, and is also an assistant professor at the Frederick B. Whiddon College of Medicine. She is a member of the Infectious Disease Society of America, American College of Physicians, and Trinidad and Tobago Medical Association. She has experience treating Covid-19, HIV/AIDS, Hepatitis C, Vibrio, Lyme disease, Parasitic Infections, Bone Infections, and more.

Dr Benjamin is accepting new patients at the Mastin Internal Medicine Clinic located at 2451 University Hospital Drive, Suite 102 in Mobile. To schedule an appointment, call 251-470-5890.♣

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## Connect to Success!

### Nathaniel Patterson

Writes about his insights and observations to create conversations, empowerment and solutions. Named "Top 200 Voices in Leadership" by LeadersHum in 2022 & 2023, Former Vice-Chair of Mobile Chamber and President, Dearborn YMCA.  
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## There is Always More Than One Winning Strategy

Many of Y'ALL are missing the point on the brilliance of Deion "Coach Prime" Sanders. As a collegiate football player for Florida State, he researched the NFL salaries and realized his position was under-compensated. He knew that the NFL is an entertainment package. Entertainment rewards those who draw the audiences. So hate or love him he decided to amp up his persona, Prime Time. If you are a fan of wrestling you realize that fans pay to see their favorite star AND the nemesis.

Fast forward to the Colorado Buffaloes. The Buffaloes record from 2002 to 2022 was 104 wins, 150 losses, no winning seasons since 2016. They were not attracting any four or five star players. Deion knew from his experiences at HBCU Jackson State University, that his personal brand and NFL Hall of Fame status were a major attraction. So what did he do? Amped up the image. Some call it conceit. I call it brilliance for two reasons, 1) Deion Sanders the man focuses on mentoring youth. Coach Prime is the revenue attraction.

Before I state my second reason, allow me to say this, whether in corporate or sports, it takes time and money to develop a high performing team. By the end of 2023 part of his plan was working: While revamping the team, broadcasting on national outlets averaged 7.2 million viewers, increasing multimedia rights by 51%. There was a major increase in ticket sales, selling out home games and on the road. Alumni donations, partnerships and sponsorships increased dramatically. The major point: There was a \$113.2 million economic impact from the six home games. That means local businesses revenue and sales taxes increased. Critics may be articulating his demise or 'conceit'. But collegiate and professional teams are copying his social media strategies. And whether they will admit it or not, many of the colleges are seeking ways to increase their revenue with similar models.

MY POINT...

Before jumping on the bandwagon review the motivation of those speaking and the outcomes of those who they are trying to demote.

**As Always Let's Be Greater♣**

**The quality of a man's life  
is in direct proportion  
to his commitment to excellence,  
regardless of his chosen field of endeavor.**

—Vince Lombardi—





## Living In Bliss

**Debra Braggs**

VETERAN FASHION COLUMNIST  
AND LIFESTYLE REPORTER

I can remember back in the day when my grandmother used to say “My soul is tired.”

Being physically exhausted and emotionally spent are two totally different things. When your soul is tired, your spirit is drained and your heart is heavy. There are moments when you feel as if you have nothing left to give. Most black women can relate because our mothers, grandmothers or great-grandmothers often explained (or exemplified) these moments to us when we were children. Unfortunately, this is the state of the black woman in America today : we are tired and often feel unappreciated. Historically there have been expectations placed on Black women to be the backbone for everyone around them. From changing the direction of politics to fighting social ills, today’s black women is screaming “I’m tired.”

After the last election of President Donald Trump, many have noticed the social-media campaign asking Black women to “rest.” Many women say “don’t call me for your causes,” “I’m not coming,” “It’s time for a sabbatical.” For the next four years women influencers and community leaders are saying it’s time to change the narrative. The expectations placed on Black women to be “saviours” in moments of distress has taken its toll.

An article published in Forbes magazine last July, stated that Black women everywhere were watching how society was treating Presidential candidate Kamala Harris and the unparalleled level of scrutiny and venom the first Black woman Supreme Court Justice Ketanji Brown Jackson experienced. “America has a nasty habit of using Black women when it’s convenient only to chew them up and spit them out” the article stated. Recent events have reiterated Malcolm X’s painful reminder that Black women are the most disrespected and unprotected group in America.

While the memes are entertaining, including the recent photo published of our Forever First Lady Michelle Obama with the caption: “I ain’t going,” (referring to Trumps inauguration ceremony), the truth is far from funny. Black women are screaming for validation and respect. According to the medical community, emotional exhaustion can lead to a myriad of health conditions, some of which can be deadly. Emotional exhaustion is a treatable condition and it must be taken seriously. According to Healthline.com, here are some common signs of emotional exhaustion: Feelings of depression, including a persistent sad, low, or hopeless mood; lingering feelings of anxiety; difficulty caring about anything; a sense of detachment, cynicism or pessimism; anger or irritability; difficulty managing emotions; a sense of dread; decline in motivation or productivity; difficulty concentrating, remembering information and putting thoughts together. If you recognize any of these symptoms, it’s time to make some lifestyle changes. You are worth it and self-care must become a priority.

Here are a few tips to help you cope from [Healthline.com](https://www.healthline.com):

- Take a break: Time to rest and recharge can go a long way toward easing feelings of mental exhaustion.
- Take an extended vacation. Book an hour of me-time each day. Try relaxation techniques like yoga, tai chi, aromatherapy and muscle relaxation.
- Finally, pamper yourself. Make this the year of “self-priority. You deserve it sis. Until next month: create your bliss!♣

# Bishop State

## Bishop State, USA Agree to Support Culinary Arts Graduates

A specialized articulation agreement between Bishop State Community College and the University of South Alabama will provide a seamless pathway for culinary arts graduates to transfer associate degree credits toward a bachelor’s degree in hospitality and tourism management. This agreement marks an important step in expanding academic opportunities for students interested in advancing their careers in the hospitality and tourism industry. A degree in hospitality and tourism management prepares students for a range of careers in the hospitality, tourism, and service industries by providing a mix of business, management, and customer service skills specific to sectors such as hotels, resorts, restaurants, event planning, travel agencies, and tourism organizations.

Under the agreement, Bishop State students who complete an Associate in Applied Science degree in Culinary Arts can transfer up to 58 credit hours toward USA’s Hospitality and Tourism Management program, which requires a total of 120 credit hours for graduation. This credit transfer allowance ensures that Bishop State graduates enter USA’s program with a strong academic foundation, saving them time and resources as they work toward completing their bachelor’s degree.

The articulation agreement includes a program equivalency table that outlines specific transferable courses, ensuring students understand exactly how their credits apply to USA’s degree requirements. ♣

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## BLACK LIVES MATTER

**Tommy Green**

Facebook Blogger  
Former Editor for  
the Mobile Beacon

# A Letter to Senate Democratic Leadership

Senator Chuck Schumer and Senator Dick Durbin...

I will continue to contact you, because the Democratic Party has become too comfortable when the Republicans have lied and manipulated communication in the country. They control the majority of power in Washington. After Donald Trump refused to show courtesy to President Joe Biden, I was aghast when he invited him to the Whitehouse after he disrespected the Constitution of the country and incited an insurrection. This is why a large number of youth doesn't support the Democrats, they believe that the Democratic Party will not hold Republicans accountable for their misdeeds. Senator Mitch McConnell refused to allow Merrick Garland a hearing for a seat on the Supreme Court, and Democrats acted as though his action was normal. So, now the Republicans have six seats on the Supreme Court. Republican leaders who didn't participate in the insurrection haven't condemned the ones that participated. Apparently, they supported the ones who supported the coup d'etat.

On December 30, 2024, Julia Shapero of The Hill reported, "A Former US Lieutenant General Warns Musk Poses National Security Risks." Retired Lt. Gen. Russell Honore warned Sunday that Elon Musk, the tech billionaire who has become intricately involved in President Trump's transition, may pose national security risks due to his ties to China and Russia. He pointed to the Tesla and SpaceX CEO's business interests in China, as well as his reported conversations with Russian President Vladimir Putin. "The fact that Mr. Musk spent a quarter of a billion dollars to help re-elect Mr. Trump does not give the incoming White House the license to look the other way at the national security risks he may pose," Honoré wrote in a New York Times op-ed. If Mr. Trump and his appointees mean what they say about getting tough on America's adversaries, then they will act on this matter without delay," he continued. "There is too much at stake to ignore what's right in front of them." Sen. Schumer, why are you and others in the Democratic Party waiting for a retired general to raise issues that you all should be raising?

On January 21, 2025, Alanna Durkin, Michael Kunzelman, and Ashraf Khalil, Associated Press (AP) wrote, "Trump Pardons Upend Massive January 06 Prosecution by Freeing Rioters and Dismissing Cases." How does a political party of institutionalists compete against a party that will use all means necessary to gain and hold onto power? Lyndon Baines Johnson, former President of the United States was the last Democrat, who was strong forceful, and not afraid to challenge the Republican Party.♣

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**Andreda Randelson**

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# Mardi Gras

## 2025 PARADE SCHEDULE

### FEBRUARY

<b>01 Saturday</b>	Krewe de la Dauphine .....	1:00 pm	.....	D. Isle
<b>08 Saturday</b>	Dauphin Island People's .....	1:00 pm	.....	D. Isle
<b>14 Friday</b>	.....	Conde Cavaliers .....	6:30 pm	..... Rte A
<b>15 Saturday</b>	Bayport Parading Society .....	2:00 pm	.....	Rte A
	Mystic DJ Riders .....	2:00 pm	.....	Rte A
	Order of Rolling River .....	2:00 pm	.....	DIP
	Pharaohs Mystic Society .....	6:30 pm	.....	Rte A
	Conde Explorers.....	7:00 pm	.....	Rte A
<b>16 Sunday</b>	....	Massacre Island Secret Society	6:30 pm	..... D. Isle
<b>20 Thursday</b>	Order of the Polka Dots .....	6:30 pm	.....	Rte A
<b>21 Friday</b>	.....	Order of the Inca .....	6:30 pm	..... Rte A
	Apollo's Mystic Ladies .....	6:45 pm	.....	Dap
<b>22 Saturday</b>	Mobile Mystics .....	1:00 pm	.....	Rte A
	Mobile Mystical Revelers.....	1:00 pm	.....	Rte A
	Mobile Mystical Friends.....	1:00 pm	.....	Rte A
	Maids of Mirth.....	6:30 pm	.....	Rte G
	Knights of Ecor Rouge.....	6:30 pm	.....	Fhope
	Order of Butterfly Maidens.....	6:30 pm	.....	Rte A
	Krewe of Merry Mates.....	6:30 pm	.....	Rte A
<b>23 Sunday</b>	... Neptune's Daughter .....	6:30 pm	.....	Rte A
	Order of Isis .....	7:00 pm	.....	Rte A
<b>24 Monday</b>	.. Order of Venus .....	6:30 pm	.....	Rte A
	Miracle On the Bay .....	6:30 pm	.....	Rte
	Order of Many Faces .....	6:30 pm	.....	Rte A
<b>25 Tuesday</b>	.. Order of LaShe's .....	6:30 pm	.....	Rte A
	Order of Olympia.....	6:30 pm	.....	Rte A
<b>27 Thursday</b>	Mystic Stripers .....	6:30 pm	.....	Rte A
<b>28 Friday</b>	.... Crewe of Columbus .....	6:30 pm	.....	Rte A
	Krewe de Secondline.....	6:30 pm	.....	Rte A
	Maids of Jubilee .....	6:45 pm	.....	Fhope

### 01 MARCH • SATURDAY

11:00 am	.....	Foley .....	.....	Foley
12:00 pm	.....	Krewe of Goats.....	.....	Pchard
12:00 pm	.....	Pritchard Carnival Assoc.....	.....	Pchard
12:00 pm	.....	Krewe of Sparta.....	.....	S'land
12:00 pm	.....	MCA Floral .....	.....	Rte A
12:00 pm	.....	Knights of Mobile .....	.....	Rte A
12:00 pm	.....	Mobile Mystical Ladies .....	.....	Rte A
12:00 pm	.....	Order of Angels.....	.....	Rte A

12:00 pm	.....	Joy of Life .....	.....	Rte A
2:00 pm	.....	Krewe of Mullet Mates .....	.....	M. Pte
5:45 pm	.....	Mystics of Time .....	.....	Rte H
6:00 pm	.....	Mystics of Pleasure .....	.....	OB
6:30 pm	.....	Knights of Cote d'Azur.....	.....	Loxley
6:45 pm	.....	Shadow Barons .....	.....	Dap

### 02 MARCH • SUNDAY

#### JOE CAIN DAY

1:00 pm	.....	Fort Morgan Parading Society .....	.....	Ft. Morgan
2:00 pm	.....	Arrival of King Elexis .....	.....	Rte E
		(at foot of Government Street)		
2:29 pm	.....	Loyal Order of the Firetruck .....	.....	Dap
2:30 pm	.....	Joe Cain Procession.....	.....	Rte A
5:00 pm	.....	Le Krewe de Bienville.....	.....	Rte A

### 03 MARCH • MONDAY

#### LUNAR DAY

12:00 pm	.....	MCA King Felix III.....	.....	Rte A
12:00 pm	.....	Floral .....	.....	Rte
3:00 pm	.....	MLK Bus. & Civic.....	.....	Rte D
3:00 pm	.....	MLK Monday Mystic Adult.....	.....	Rte D
3:00 pm	.....	Northside Merchants.....	.....	Rte D
6:30 pm	.....	Order of Doves.....	.....	Rte F
6:30 pm	.....	Infant Mystics.....	.....	Rte F
6:45 pm	.....	Order of Mystic Magnolias.....	.....	F'hope

### FAT TUESDAY

#### Mardi Gras Day

10:00 am	.....	Gulf Shores .....	.....	GS
10:00 am	.....	Order of Athena .....	.....	Rte A
12:30 pm	.....	Knights of Revelry .....	.....	Rte A
12:30 pm	.....	King Felix III.....	.....	Rte A
12:30 pm	.....	Comic Cowboys .....	.....	Rte A
2:00 pm	.....	Orange Beach .....	.....	OB
2:00 pm	.....	MAMGA Mammoth.....	.....	Rte B
6:00 pm	.....	Order of Myths .....	.....	Rte C



## The Village!

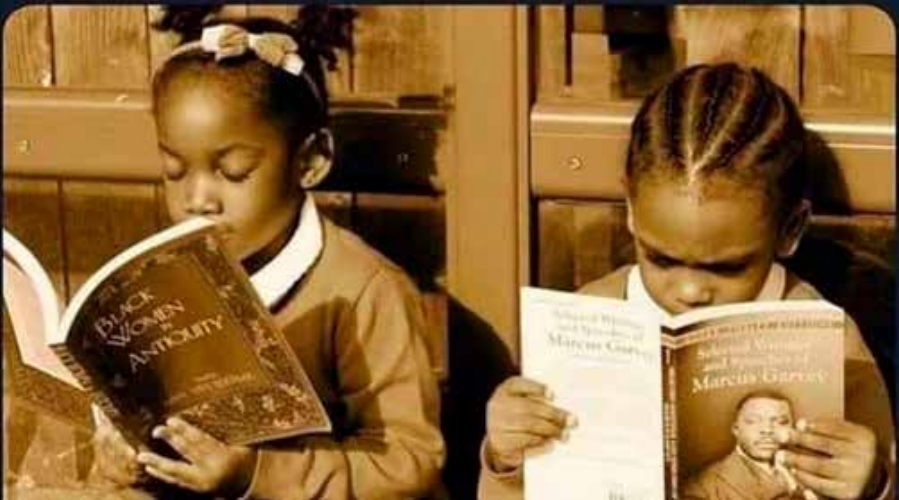
It is certain,  
in any case,  
that ignorance,  
allied with power,  
is the most  
ferocious enemy  
justice can have.

James Baldwin

Village Rising

Instead of buying your children  
all the things you never had, you  
should teach them all the things  
you were never taught. Material  
wears out but Knowledge stays.

@theblaquelioness



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## BLACK AMERICAN EDUCATION

Joseph Mitchell PhD  
CITIZEN MUSICIAN & POLITICIAN



## Black American Politics

Starting the new year off right, I backtracked to read some good articles from 2024. They are condensed and summarized below under someone else's pen.

Diverse schools feature differences in ethnicity, socioeconomic class, religion, reading level, athletic ability, background, gender, personality, and much more. Strong Doctorate of Education (EdD) programs teach educators to value the unique aspects of what makes each student different, and helps them embrace those differences in the classroom.

An in-depth research review of dozens of other studies on diversity — conducted by The Century Foundation, a New York-based think tank—found that having different and divergent perspectives can create positive learning outcomes. Those outcomes, explored below, can have benefits that reflect well beyond students' graduation and can impact their lives going forward.

### Diversity Improves Cognitive Skills and Critical Thinking

The presence of diversity in the classroom allows students to consider perspectives and opinions beyond those they've already formed or were shaped in early life by family and friends. By presenting students with viewpoints far different from their own, it gives them the opportunity to think critically about their own beliefs and examine the world in fresh ways. As noted by an article in Scientific American, exposure to diversity alters the way individuals think by promoting creativity and innovation, as well as decision-making and problem-solving skills. As the article summarizes, "Diversity jolts us into cognitive action in ways that homogeneity simply does not."

### Exposure to Diversity Helps Students Enter Adulthood

When students enter the professional world, they join a vast and diverse workforce. Interacting with people of all different backgrounds and mindsets can present a challenge without prior exposure to diversity, especially at a younger age. Companies are taking note of their employees' ability to handle diversity with grace and maturity; 96 percent of major employers, according to the Century Foundation, say it is vital that employees are able to work with people from diverse backgrounds.

### Diversity Prepares Students for Citizenship

As part of the Century Foundation's research study on diversity, the authors reviewed 27 different studies about the effects of diversity on people's willingness to interact with and improve their local community—a concept known as civic engagement. The study found that experiences with diversity in college do lead to increased civic engagement. This indicates the more involved citizens are with their government and political landscape, and the more educated they become about government processes, the more informed decisions they can make about how they are governed. As the U.S. Department of Education notes, students' experiences with diversity help mold them into more engaged citizens.♣



# Mark Your Calendar!

## March 2025

### CHURCH ACTIVITIES

**Cardinal Extravaganza Crawfish Boil and Fish Fry** • SPX Parish Mobile  
03/07 @6:00pm

**142nd Church Anniversary** • Truvine Missionary Baptist Church,  
03/16 @9:00am

### COMMUNITY AND CULTURAL ACTIVITIES & EVENTS

**LODA ArtWalk** - Downtown Mobile, every 2nd Friday

**Spoken Word of Mobile Open Mic Night** • Toulminville Branch Library  
Every 3rd Monday @6:00pm

**New To Medicare Free Monthly Educational Seminar** • Area Agency  
on Aging, GM&O Building First Floor Conference Room,  
1st Tuesday Monthly

**AARP Tax Prep** • Ben May Library, Every Wednesday & Friday  
02/05 - 04/11 @10am-2:00pm

**Growth Alliance Task Force Meeting** • Mobile Chamber;  
1st Tuesday Monthly @Noon

**Krewe of Young Explorers Mardi Gras Ball** • Exploreum Science  
Center, 03/01 @9:00am

**Puppy Gras Pet Parade 2025** • Downtown Owa-Foley, 03/01 @1:00pm

**Antone Mardi Gras Gathering-Antone Family Reunion** • Sullivan  
Community Center, 03/01 @1:00pm

**11th Annual Mardi Gras Day Party** • Mobile Cruise Terminal, 03/01 @3:00pm

**Five Rivers Delta Center Plant Walk** • Delta Center, Spanish Fort,  
03/02 @3:00pm

**Murder Mystery Dinner Cruise: Who Framed Mama Lane?** •  
Perdido Queen, 03/02 @3:30pm

**Beads and Bites Mardi Gras Trolley Tour** • 03/03 @3:15pm

**Restaurant Owners Meeting of the Minds** • Sweetie's, Country  
Cooking, 03/03 @5:30pm

**Alton Brown Live: Last Bite** • Saenger Theatre, 03/05 @7:00pm

**Earth and Art Market @ Central Midtown** • The Chapel at Central  
03/08 @10:00am

**Real Boston Richey** • Soul Kitchen, 03/08 @10:00pm

**Mobile Exotic Pet Expo** • The Grounds, 03/08-09

**14th Annual Spring Brides Just Wanna Have Fun Bridal Expo**  
Mobile Convention Center, 03/09 @1:00pm

**2nd Chance Career Fair by G-TEK Solutions** • 03/13 @8:30am

**Crawfish Kickoff Party** • Post on the Hill, 03/13 @5:00pm

**Sip and Shop at Urban Emporium-Impact 100 Mobile**

Urban Emporium, 03/13 @5:00pm

**Connect To Your Coast-Alabama Coastal Foundation** • Wingman Brewing  
03/14 @Noon

**53rd Annual ESAC Outdoor Art Show** • Eastern Shore Art Center  
Fairhope, 03/14-16

**Tanner Williams Farmers Market** • Wilmer, 03/15 @9:00am

**Art Beats+Brews: Drink & Draw w/Red Cup Revolt** • Braided River Brewing  
Company, 03/15 @4:30pm

**Women's Health Teaching Kitchens** • Mobile Infirmary and Infirmary  
Health, 03/20 @Noon

**RealTalk for Women 2025** • Junior League of Mobile, 03/20 @5:30pm

**Trouble in Tahiti/The Ghost of Gatsby-Mobile Opera** • The Temple  
Downtown, 03/23 @2:30pm

**2025 Legacy Leadership Institute** • South Alabama Area Agency  
of the Aging, 03/24-26

**Fuse Project Presents Lip Sync Battle** • Soul Kitchen, 03/27 @7:00pm

**Friends of the Mobile Public Library 2025 Book Sale**, The Grounds  
03/28-30

**TraePay's Snacks & Snowballs** featuring Big A's Bando Brunch,  
TraePay's, 03/31-4/6

### CONCERTS/MUSIC

**Celebrity Southern Soul Showcase** • Elk's Club on State Street  
Every 1st Sunday @7:00pm

**Joe Lewis** • Renaissance Hotel, Every Friday- Sunday @8:00pm

**Thirsty Thursdays Live jazz Jam Sessions** • Kazoola's,  
Every Thursday

**Ron White** • Beau Rivage Theatre-Biloxi, 03/01 @7:00pm & 10:00pm

**Mike Epps, Kountry Wayne, Karlous Williams, Lil Duval, Tony Roberts,  
HaHa Davis** • Mississippi Coast Coliseum-Biloxi, 03/01

**Southern Soul Rising Stars feat. Marcellus The Singer, Avail Hollywood**  
Soul Kitchen, 03/01 @9:00pm

**ZZ Top: The Elevation Tour**, Saenger Theatre, 03/06 @8:00pm

**Lil Wayne, Quavo, Anella Herim** • BJCC Legacy Arena-Birmingham 03/07

**Katt Williams** • Smoothie King Center-New Orleans, 03/08

**Little River Band** • IP Casino Resort and Spa-Biloxi, 03/08

**Whipper Snapper Comedy** • Cedar Street Social, 03/08 @7:00pm



**Mike Epps, Kountry Wayne, Karlos Miller, Lil Duval, Corey Holcomb, Tony  
Roberts, Bubba Dub** • Smoothie King Center-New Orleans, 03/14

**Mike Epps, Kountry Wayne, Karlos Miller, Lil Duval, Corey Holcomb, Tony  
Roberts, Bubba Dub** • BJCC US Legacy Arena-Birmingham, 03/15

**FunnyManGaitlan** • The Merry Widow, 03/15 @7:00pm

**Joe Bonamassa** • Saenger, 03/16 @8:00pm

**Dee Dee Bridgewater** • New Orleans Museum of Art, 03/19

**Cece Winans** • Church of the Highlands-Birmingham, 03/20

**Shamarr Allen & The Underdaws**, The Merry Widow, 03/21 @8:00pm

**The Bar-Kays** • Joy Theater-New Orleans, 03/21

**Stephanie Mills and Will Downing** • Orpheum Theater-New Orleans, 03/21

**Keb' Mo' & Shawn Colvin** • Saenger Theatre, 03/25

**Marlon Wayans Wild Child Tour** • Beau Rivage Theater-Biloxi, 03/29

**Fantasia, Anthony Hamilton** • Mississippi Coast Coliseum-Biloxi, 03/29

**Trey Songz, Omarion, Bow Wow, Rick Ross, Plies, RSVP, Ying Yang Twins,  
Nivea, Ray J., Sammie, Bobby V, Pleasure P, Lloyd**, Smoothie King  
Center-New Orleans, 03/29

**The Drifters** • Alys Stephens Performing Arts Center-Birmingham, 03/30

**Kevin Hart** • Saenger-New Orleans, 03/30

**Josh Johnson** • Joy Theater-New Orleans, 03/30

### FAMILY SHOWS

**Mobile Boat Show**, Mobile Convention Center, 03/14-16

**Blippi: Join the Band Tour**, Saenger Theatre, 03/18 @6:00pm

**Tiana's Enchanted Jamboree**, Mobile Ballet @ Bishop State Gene  
Haas Center, 03/23 @2:00pm

**Princess and The Frog**, Mobile Ballet, Saenger Theatre, 03/29-30

### FESTIVALS

**Ballyhoo Fine Art & Culture Festival**, Gulf Shores, 03/01-02

**Swampfest 2025**, Satsuma, 03/08 @9:00am

**Downtown Cajun Cook-Off**, Cathedral Square, @10:00am

**36th Annual American Cancer Society Chili Cookoff**, Downtown  
Mobile, 03/29 @11:00am

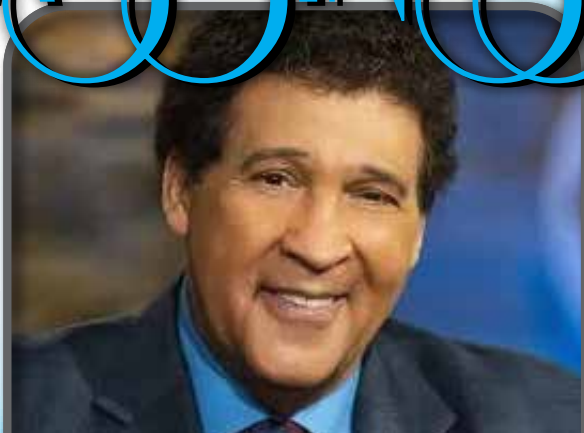


# Passings



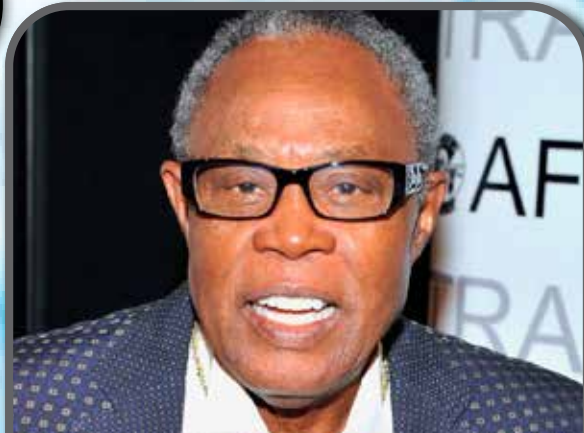
**Jimmy Carter • 100**

**GEORGIA GOVERNOR** (1971-1975)  
**PRESIDENT** (1977-1981)  
**NOBEL PRIZE LAUREATE** (2002)



**Greg Gumbel • 78**

**SPORTSCASTER**  
CBS Sports  
**Cancer**



**Sam Moore • 89**

**SINGER**  
Sam & Dave  
Soul Man • Hold On  
**Surgery Complications**

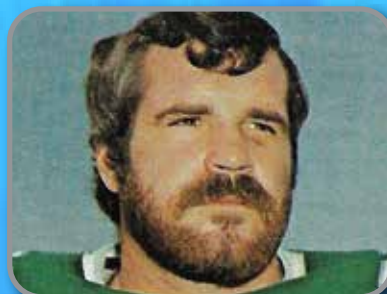


**ALFA ANDERSON • 78**

**SINGER**  
Chic, Luther Vandross  
Dionne Warwick



**BLACK BART • 76**  
**NWA WRESTLER**  
**Colon Cancer**



**BILL BERGEY • 79**  
**NFL PLAYER**  
Bengals • Eagles  
**Cancer**



**JOHN CAPODICE • 83**  
**ACTOR**

*Speed • Ace Ventura*  
*Pet Detective • Independence Day*



**LINDA LAVIN • 87**  
**ACTRESS**  
TONY AWARD WINNER  
*Alice*  
**Lung Cancer**



**CHARLES PERSON • 82**  
**CIVIL RIGHTS ACTIVIST**  
Freedom Riders



**TONY SLATTERY • 65**  
**ACTOR**  
*The Crying Game*  
**Heart Attack**



**MIKE TOTH**  
**ANIMATOR**  
Hercules • Tarzan • Mulan



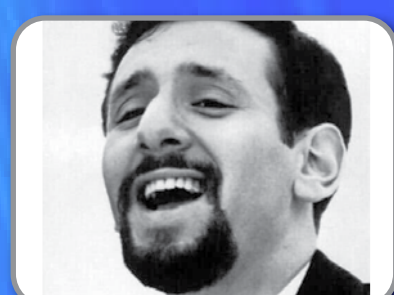
**BOB UECKER • 90**  
MLB PLAYER: Cardinals  
BROADCASTER  
ACTOR: Miller Lite  
**Lung Cancer**



**GUS WILLIAMS • 71**  
**NBA PLAYER**  
Warriors • Bullets  
Supersonic  
**Stroke**

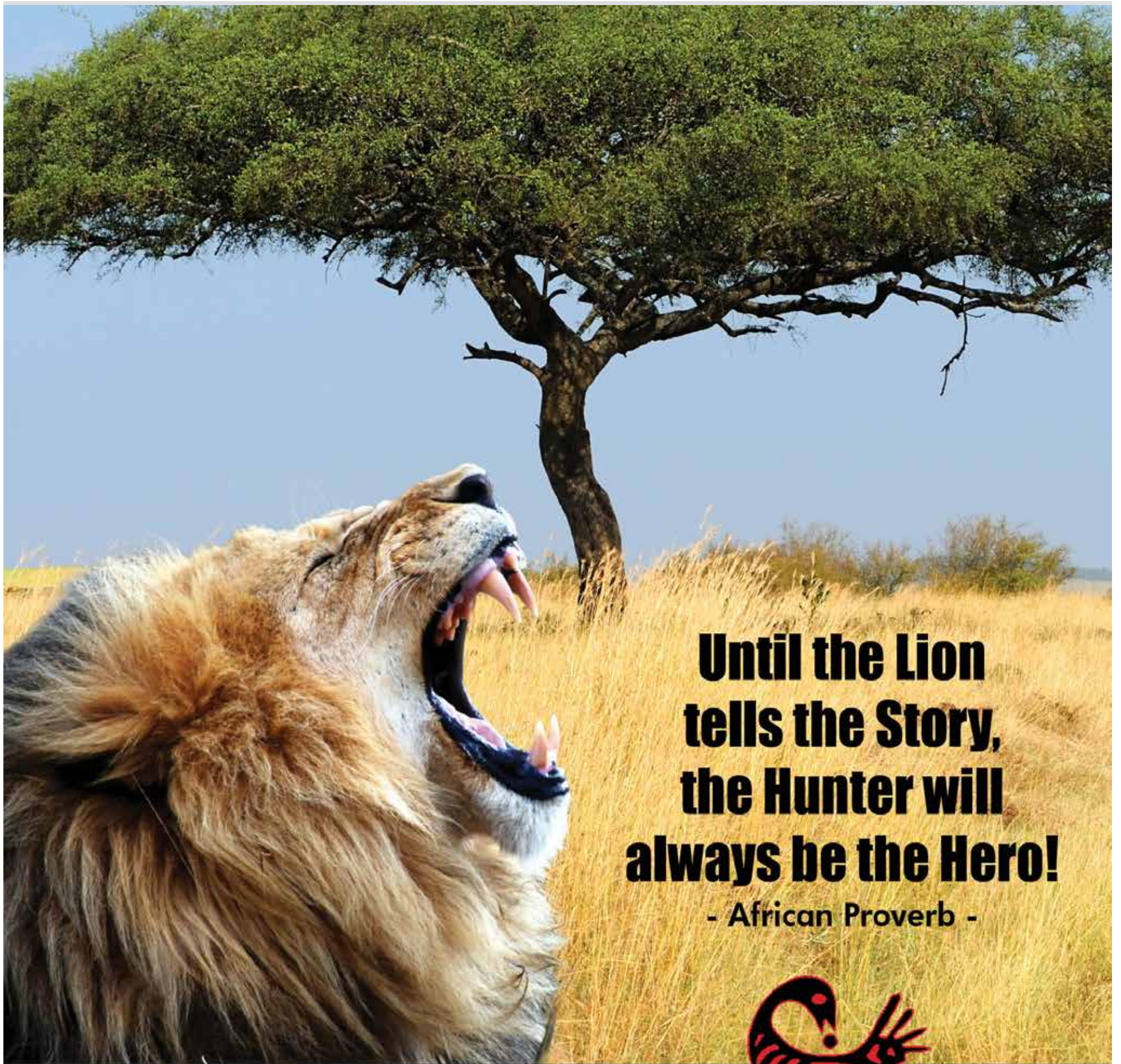


**BRENTON WOODS • 83**  
**SINGER**  
*Just Gimme Some*  
*Kind of Sign Girl*



**PETER YARROW • 86**  
**SINGER**  
*Puff the Magic Dragon*  
*Peter, Paul & Mary*  
**Bladder Cancer**





**Until the Lion  
tells the Story,  
the Hunter will  
always be the Hero!**

- African Proverb -



**It is Our Duty  
to Share the Stories  
About Our Ancestors!**

**SANKOFA**  
**MEDIA GROUP**  
ALABAMA