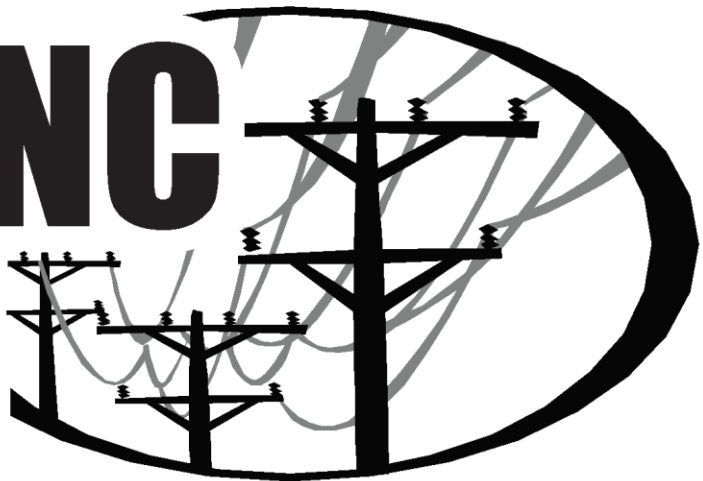


# SCS/SNC OUTSIDE



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Volume 32, May-June 2020      No. 3  
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**Word from the editor:**  
**Remember that this is your newsletter. Make sure information you have that is relevant to all gets to me to be included in the newsletter.**

Greetings!! We hope everyone is well and staying safe.

With the rise in reported cases of the coronavirus around the world, many people are feeling anxious and afraid. For some, anxiety about coronavirus may affect their ability to function or otherwise go about their lives. If someone is feeling this way, listed below are six things that may help deal with it.

1. Take a break from the news.  
If you're feeling overwhelmed by concerns about coronavirus, consider monitoring and potentially limiting the amount of media you consume. It can be very beneficial just to take an hour or so away from the constant updates and information on TV and online. Needing a reprieve is natural and human.
2. Talk to someone.  
It may feel tempting to cut off communication with others when you're feeling anxious, but talking to someone about these emotions can be very helpful. Talking to someone, even if just via text, can help you process your emotions and feel supported, rather than spiraling further.
3. Try to be present in the moment.  
If your mind is starting to wander into scary territory, try focusing on your immediate environment and mentally take stock of the things and people around you. That can help you stay grounded and keep things in perspective. The unknowns surrounding coronavirus can be scary, but it's helpful to focus on the here and now. At the moment, the threat to you personally is likely not immediate.
4. Remind yourself what you can control.  
But while the actions of world governments and fellow citizens are out of your control, you do have power over yourself. You can take reasonable steps to prepare for a pandemic. Find a trusted source of information and stick to it and avoid rumors and falsehoods.
5. Practice gratitude.  
If you're ever feeling dark, identifying and giving thanks for the points of brightness in your life can help you get out of this headspace. Make a mental list of the things you're grateful for (keep a gratitude journal).
6. Reach out for help.  
It's natural to experience anxiety and other emotional struggles amid a global health crisis. If the feelings worsen or continue to interfere with your ability to concentrate, sleep or care for yourself or your family, it's important to seek professional help.

**Want to keep up with what's happening? Got a computer? Visit the SCS Retiree Website**  
<http://www.scsretirees.com>

# ALABAMA'S NEW SAFER AT HOME ORDER

Effective: April 30, 2020 at 5:00 p.m. | Expiration: May 15, 2020 at 5:00 p.m.

## WHAT'S NEW?

	CURRENT STAY AT HOME ORDER	NEW SAFER AT HOME ORDER
<b>Individuals</b>	Ordered to stay at home except to meet basic needs	Encouraged to stay home and follow good sanitation practices
<b>Employers</b>	Businesses closed except for those that meet a critical need or pose a minimal risk; sanitation and social-distancing rules and guidelines for remaining businesses	Businesses may open subject to sanitation and social-distancing guidelines; certain higher-risk businesses and activities remain closed
<b>Retail stores</b>	Essential retail stores open subject to 50% occupancy rate, social-distancing and sanitation rules	All retail stores open subject to 50% occupancy rate, social-distancing and sanitation rules
<b>Beaches</b>	Closed for all purposes	Open except no gatherings of 10 persons or more and people must maintain 6 feet of separation
<b>Medical procedures</b>	Postponed except for those deemed "necessary" under various criteria as determined	Allowed unless prohibited in the future by the State Health Officer to preserve resources necessary to diagnose and treat COVID-19; providers must follow COVID-19-related rules and guidance from state regulatory boards or public health authorities

## WHAT IS STAYING THE SAME?

<b>Non-work gatherings</b>	Still limited to fewer than 10 persons with 6 feet of distance between persons. "Drive-in" gatherings still permitted if participants stay in cars with people from their own households.
<b>Entertainment venues (such as night clubs, theaters, bowling alleys)</b>	Still closed
<b>Athletic facilities and activities (such as fitness centers and commercial gyms)</b>	Still closed
<b>Close-contact service providers (such as barber shops, hair salons, nail salons, tattoo services)</b>	Still closed
<b>Senior Citizen Centers</b>	Regular programming still suspended except meals still available through curbside pick-up or delivery
<b>Educational institutions</b>	Educational institutions still closed to in-person instruction (except for daytime special activities programs)
<b>Child day care facilities</b>	Still must not allow 12 or more children in a room
<b>Hospitals and nursing homes</b>	Still must implement policies to restrict visitation
<b>Restaurants, bars, and breweries</b>	Still limited to take-out, curbside, or delivery

4/2020

[alabamapublichealth.gov](http://alabamapublichealth.gov)

ALABAMA  
PUBLIC  
HEALTH

**SCS OUTSIDE**  
*May-June 2020*



**MAY-JUNE SCS/SNC MEMBERS' BIRTHDAY LIST**

**May Birthdays:**

2 Malinda Coleman  
2 Michael Eidson  
3 Patricia Phillips  
3 Randy Pike  
3 Jane Tingle  
4 Bill Burmeister  
4 Norma Young  
5 Jim Cofield  
6 Jeffrey A. Morrow  
7 Cary Martin  
7 Ed E. Mansfield  
8 Rhonda McGill  
9 John Adkins  
11 Mary Knobloch  
11 George Lacey  
12 Donna Folker  
12 Faye Patterson  
12 Ricky Taylor  
13 Rick Graham  
13 Mary Sue Ludwig  
14 Ricky Allen Jr.  
14 Lajuana Logan  
15 Elaine Chambers  
15 Douglas Farris  
16 James Douglas McGee  
15 John Morrow  
16 Michael Edmiston  
16 Cindy Patton  
17 Greg Green  
19 Linda Griggs  
21 George Hairston III  
21 Debbie Rice  
21 Roy Shanlever  
23 Gene Byars  
23 Marvin L. Noland  
26 Sam Bowman  
27 Helen Robin

**May B'days (Cont'd)**

27 Denise Metz  
27 Stephen B. Smith  
27 Patsy Wall  
29 Susan Brolund  
29 Joe Katz, Jr.  
30 Jim Black  
30 Marcia Edmundson  
30 Robin Posey

**June Birthdays:**

1 Diane Adams  
1 Karen Edwards  
1 Janice Luster  
3 Warren Glover  
3 Theda Griffith  
3 Joyce Hickman  
3 Brenda Marlar  
3 Steve Yang  
4 William Newman  
5 Vickie Hall  
6 Cary Campbell  
6 Linda Shepard  
7 Alvin Joel Connor  
7 Peggy Howard  
8 John Brandt  
9 Jakki Herrin  
9 Jim Newton  
10 Michael Nelson  
10 Preston Willis  
11 Jerry Smith  
12 Mary Dougherty  
12 Candace Rayfield  
13 Malek Barroody  
14 Anna Garlington  
14 Bill Marlar  
14 John Thies



**June B'days (Cont'd)**

- 14 Bob Winter
- 15 Miriam Durden
- 16 Mike Burns
- 16 Beverly Robinson
- 17 Adel Alapour
- 17 Ronald Bryan
- 17 Franklin Jeffrey Hester
- 17 Melinda Mosley
- 17 Joe Powell
- 17 Alice Wells
- 19 Joseph Mau
- 20 Diane Cocherell
- 20 Nell Larson
- 20 Wayne Walton
- 21 John Heatherly
- 21 Charley Long
- 21 Dan Summers
- 23 Keith Fowler
- 23 Jack Woodward
- 24 Frank Segars
- 25 Richard Patton
- 25 Julie Polke
- 26 Mickie Bryan
- 27 Emmett G. Darnell
- 27 Gary Chambers
- 27 Kate Newman
- 28 Ron G. Cocherell
- 29 Judy Coggin
- 29 Janet Thompson
- 30 Susan Burmeister
- 30 Gayle Busby
- 30 Ken Fondren
- 30 Marty Turnage
- 30 David Webb

**OBITUARIES**

**Dianne S. Brown**, age 77 of Birmingham, passed away on Friday March 13, 2020. She was preceded in death by her parents, Luther and Thelma South, and a sister, Jane South. She is survived by her husband, Raymond Brown; two sons, Daryl Brown (Michele) and Tyler Brown (Shena); grandchildren, Bethany, Daniel, Joshua, Marley, and Kellen. In lieu of flowers, the family requests donations to Hunter Street Senior Adults.

**Barbara Lynn Grogan**, wife of Jimmie Grogan retired SCS employee from Tuscaloosa, Al, passed away April 24th.

**YOU REALLY MISSED IT:**  
...if you weren't at our March 9 meeting



**Steve Spencer**

Our March meeting featured Keynote Speaker, Steve Spencer, President of the Economic Development Partnership of Alabama, and retired executive VP of Alabama Power. Steve shared what's happening with recruitment efforts to bring new business to our state and increase job growth.

**..AND**



**Deanna Pack**

Our Retiree Lifestyle speaker featured Deanna Pack, State Coordinato the Alabama Senior Olympics. Deanna gave a brief overview of this group and she was available before and after the meeting to talk individually.

Pictures from March 9 Meeting

Pictures from March 9 Meeting (Cont'd)



**Steve Spencer with Retiree  
Group VP Dave Lisenby**



**Sid Varagona**



**Tallulah DeMarco, Steve Spencer  
and Yancey Trucks**



**Walt Dean**



**John and Dora Brandt and  
Dave Adams**



**New retiree Jeff Hester  
With Rick Rice**

Pictures from March 9 Meetng (Cont'd)



**Beverly Lisenby, Sharon Venz, and Amy Houston**



**Liz and Bob Winter**



**Michael Hill and Ron Campbell**



MARK YOUR  
CALENDAR!



July Retiree Summer Luncheon

**Date:** Monday, July 13, 2020  
**Where:** The Club  
1 Robert S. Smith Drive  
Homewood, AL 35209  
**Time:** 12:00 p.m. – 1:45 p.m.

**Speaker:** Luke Robinson  
Robinson Iron

**Topic:** Vulcan Restoration Project



**Luke Robinson**

Luke Robinson, Sales/ Market Manager of Robinson Iron will discuss the Vulcan Restoration Project. Luke is part of the third generation in the family business and is the sales and marketing manager for the company. He acts as the liaison between the client and Robinson Iron's design/production team. When Luke is not on the road meeting with architects and customers you can find him managing all creative elements tied to Robinson Iron.

Robinson Iron was the company that performed the disassembly and restoration of the 120,000 pound deteriorating and damaged Vulcan statue in 2003. The Vulcan was cast in 1904 from local foundries. Vulcan glorified Birmingham, the South's leading industrial center. At 56 feet in height, Vulcan is the tallest freestanding cast iron sculpture in the world and required the significant knowledge and experience of Robinson Iron.

## Where are Birmingham's oldest restaurants?

*Info provided by Eric Velasco's article in al.com*

Jefferson County's oldest restaurant opened in 1891, selling barbecue pork plates to passengers on the rail line connecting Atlanta to the new industrial cities of Birmingham and Bessemer.

The city of Irondale was four when Ellene Williams' family opened Golden Rule Bar-B-Q, one of roughly a dozen businesses in the fledgling town. As Irondale grew, so did the restaurant's popularity. Irondale's Golden Rule is Alabama's longest-operating restaurant and ranks among the 20 oldest eateries still open in the United States.

Since the 1980s, Birmingham has steadily built a national reputation among gastronomes for its restaurants. The most-lauded have been open for a quarter-century or more. But more than a dozen county restaurants have remained in business for six decades or more. Golden Rule and the Bright Star in Bessemer are centenarians.

These restaurants reflect our history—both the positive and the negative. Six were owned at some point by Greek immigrants, a group that has dominated local restaurants since Birmingham's birth. Three are African-American-owned businesses predating Birmingham's civil rights movement. Both fancy and downhome, the old-timers specialize in barbecue, hot dogs, seafood, fried green tomatoes, and other Southern cooking.

"Farm-to-table" is today's buzzword among local chefs. But their predecessors in the 1950s—the extended Hontzas family at Niki's West and Smoke House, the Banks-Rucker family at Eagle's, and the Sarris-Touloupis link behind Ted's—are the modern movement's patriarchs and matriarchs.

Their histories also parallel those of nationwide restaurants, which gained steam in the late 1800s and early 1900s as an emerging middle class of

### Where are Birmingham's Oldest Restaurants (Cont'd):

educated professionals honed an appetite for eating out. Multiple shifts of factory workers created even more demand.

Mines, mills, and related businesses that followed the founding of Birmingham (1871), Bessemer (1886), and Irondale (1887) plowed fertile ground for entrepreneurs. Irondale (1887) plowed fertile ground for entrepreneurs whose impact reverberates today.

From a restaurant standpoint, Birmingham was born in the right place at the right time.

### **Birmingham's Oldest Restaurants By Date**

- Golden Rule Bar-B-Q | (Irondale) 1891
- The Bright Star | (Bessemer) 1907
- Irondale Café | (Irondale) 1928
- River Fish Market | (Birmingham) 1936
- Bogue's Restaurant | (Birmingham) 1938
- Nelson Brothers Café | (Birmingham) 1943
- Carlisle's Barbecue | (Birmingham) 1945
- Gus's Hot Dogs | (Birmingham) 1947
- Green Acres Cafe | (Birmingham) 1950
- Old Hickory/Ted's | (Birmingham) early 1950s
- Eagle's Restaurant | (Birmingham) 1951
- The Club | (Birmingham) 1951
- Bob Sykes Bar-B-Q | (Bessemer) 1957
- Niki's West | (Birmingham) 1957
- Smoke House | (Birmingham) 1958

### **Must-Eat Dishes**

Jefferson County's oldest operating restaurants are well-represented on the Alabama Tourism Department's list of "100 Dishes to Eat in Alabama Before You Die" and the Alabama Barbecue Hall of Fame (listed on next page).

Where are Birmingham's Oldest Restaurants  
(Cont'd):

Must Eats:

- Golden Rule: Barbecue pork and baked beans
- Bright Star: Broiled seafood platter
- Bob Sykes: Pit-cooked pork sandwich
- Niki's West: Vegetable buffet
- Irondale Café: Fried green tomatoes

Barbecue Hall of Fame

- Golden Rule Irondale
- Bob Sykes
- Carlisle's

Honorable Mentions

Other restaurants that date back decades include:

- Gilchrist: Located in Mountain Brook Village, Gilchrist opened in 1928 as a pharmacy with a soda counter that specialized in sandwiches and shakes. The eatery remained after the pharmacy portion closed in the 1980s.
- John's City Diner: This Birmingham institution has had two lives. John Proferis, a Greek native, opened John's Restaurant in 1944, turning over the reins to nephews from the Hontzas family in 1973. They oversaw the restaurant's move to its current location on 21st Street North in 1978. Two generations of the Hontzas family ran it and began marketing the restaurant's renowned slaw dressing. The family sold the building in 2004 to Shannon Gober, who took the restaurant in a different direction. Gober honored its founder by naming the new concept John's City Diner. When you see "John's Slaw" on a local menu, it's a tribute to Proferis' recipe.

Are there others? Let us know.

May-June Holidays to Remember!!!



This U.S. federal holiday is observed on the last Monday of May to honor the men and women who have died while serving in the military.

**WHAT'S THE DIFFERENCE BETWEEN MEMORIAL DAY AND VETERANS DAY?**

On both Memorial Day and Veterans Day, it's customary to spend time remembering and honoring the countless veterans who have served the United States throughout the country's history. However, there is a distinction between the two holidays:

- **Memorial Day** commemorates the men and women who **died** while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the **ultimate sacrifice** for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We might consider how we can support and safeguard their grieving families and loved ones who are left behind.
- **Veterans Day** is the day set aside to thank and honor **ALL** who served—in wartime or peacetime—regardless of whether they died or survived. Veterans Day is always observed officially on November 11, regardless of the day of the week on which it falls.



**May-June Holidays to Remember!!! (Cont'd)**



**What is May Day?**

It is a lot more than the first day of May. It is a festival to celebrate the coming of Spring— even though astronomically, in the northern hemisphere, Spring arrives over a month prior to the first of May. Nonetheless, people all over the world make a big deal out of May Day as a day to celebrate Spring and the renewal and rebirth that it brings.

**When did May Day begin?**

Historians trace the roots of May Day back to an ancient Celtic celebration called the Feast of Beltane. Back then May Day was not a celebration of the start of Spring, but of the start of summer. The celebration included the building of huge bonfires, dancing, and the occasional burning of an effigy of a witch. Later, in Greek and Roman times the Feast of Beltane became less popular and was replaced by the Floralia Festival where celebrations focused on the coming of Spring and on Flora, the mythological Roman goddess of flowers and Spring.

For several centuries leading up to the 20th century, May Day remained a celebration of Spring, rebirth and resurrection. In some cultures it was intertwined with religious celebrations related to Easter. During the 20th century, taking a cue from the United States' Labor Day holiday, May Day became more than a celebration of Spring in some countries. It became associated with the labor movement. Many countries around the world designed May 1st as a day to celebrate workers and labor unions.

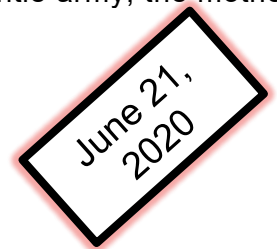


**May-June Holidays to Remember!!! (Cont'd)**



The “Mother’s Day” we celebrate today has its origins in the peace-and-reconciliation campaigns of the post-Civil War era. During the 1860s, at the urging of activist Ann Reeves Jarvis, one divided West Virginia town celebrated “Mother’s Work Days” that brought together the mothers of Confederate and Union soldiers.

However, Mother’s Day did not become a commercial holiday until 1908, when – inspired by Jarvis’s daughter, Anna Jarvis, who wanted to honor her own mother by making Mother’s Day a national holiday – the John Wanamaker department store in Philadelphia sponsored a service in its auditorium dedicated to mothers. Thanks in large part to this association with retailers, who saw great potential for profit in the holiday, Mother’s Day caught on right away. In 1909, 45 states observed the day, and in 1914, President Woodrow Wilson approved a resolution that made the second Sunday in May a holiday in honor of “that tender, gentle army, the mothers of America.”



The nation’s first Father’s Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972– 58 years after President Woodrow Wilson made Mother’s Day official– that the day honoring fathers became a nationwide holiday in the United States.

The campaign to celebrate the nation’s fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, “fathers haven’t the same sentimental appeal that mothers have.”

## FUN FACTS

### DID YOU KNOW...?

- In the USA, there are more Chinese restaurants than all the McDonald's KFCs, Burger Kings and Wendy's put together.
- If you kept yelling for 8 years, 7 months and 6 days you would produce enough sound energy to heat up a cup of tea.
- There are approximately 100,000 hairs on an average human head.
- In 2001 a seven-foot bull shark bit off a boy's arm. His uncle not only saved the boy, but dived in after the shark, wrestled it to shore where the shark was shot, retrieved the boy's arm and it was sewn back on in the hospital.
- When you say "a million seconds", it means 11 and a half days. "A billion seconds" would be over 31 years.
- There are more English speakers in China than in the United States.
- A 12-year old girl from Ethiopia was kidnapped by four men on her way from school. A week later the whole group was accosted by three lions who chased them away and stayed with the girl without harming her, only leaving when the police arrived looking for her.
- A now teenage boy Ben Underwood lost his sight to cancer when he was 3 years old. He learned to use echolocation (orientation in space by sound such as what bats use) in order to sense his surroundings. Today he can play table soccer, basketball, he does karate, roller blading, enjoys pillow fights and much more.
- Scotland's national animal is a unicorn.
- Our ears and our nose never stop growing.
- It takes 42 facial muscles to frown but only 17 muscles to smile. **SO moral of the story...KEEP ON SMILING!!!**



### Laughter... The Best Medicine

- At income tax time, did you ever notice: When you put the two words 'The' and 'IRS' together it spells... 'THEIRS'?
- God didn't create anything without a purpose but mosquitoes come close.
- Noah was a brave man to sail in a wooden boat with two termites.
- Terri asked her Sunday School class to draw pictures of their favorite Bible stories. She was puzzled by Kyle's picture, which showed four people in an airplane, so she asked him which story it was meant to represent.

"The flight to Egypt," said Kyle.

"I see...and that must be Mary, Joseph and Baby Jesus," Ms. Terri said. "But who's the fourth person?"

"Oh, that's Pontius - the pilot."



**SCS OUTSIDE**  
*May-June 2020*

**2020 Leadership**

**Officers**

President: Deanna McCombs 205-915-9448  
Vice-President: Dave Lisenby 334-701-4589  
  
Treasurer: Fred Ehrensperger 205-655-2725  
Secretary: Ken McElroy 205-907-6011

**Directors**

Tallulah DeMarco 205-414-1790  
Charlotte Graham 205-440-7935  
Rick Graham 205-807-1890  
Doris Hardy 205-426-2435  
Deborah Javorka 205-305-9739  
Rick Rice 205-266-6517  
Teresa McCrillis (Ex-Officio) 912-293-4247

**Committee Chairs**

Arrangements : Sharon Venz 205-482-6836  
Mary Romano 205-979-1486  
Audit: Dennis Read 205-879-6617  
Fellowship: Donna Johnson 205-979-1136  
Yancey Trucks 205-969-0559  
Member Care Patsy Evans 205-991-7900  
Membership: Dora Brandt 205-956-0502  
Newsletter: Charlotte & Rick Graham  
205-440-7935  
Nominating: Rick Graham 205-807-1890  
Programs: Dave & Beverly Lisenby  
205-701-4589  
Website: Cary Campbell - 205-641-9137  
E-mail [socosncretirees@gmail.com](mailto:socosncretirees@gmail.com)

**Notes from our Officers, Committee  
Chairs and Board Members**

**WE WANT TO HEAR FROM YOU!!**

If you know of someone that is sick and doesn't object to their information being shared, please send an email to me at the following address so that we can send them a card and include them in our prayers.

[socosncretirees@gmail.com](mailto:socosncretirees@gmail.com).

Additionally, we love to hear good news!

Patsy Evans,  
Member Care



We would LOVE to hear from any of our retirees wishing to share with us how they are spending their time now that they have retired (vacations, volunteer work, family time, etc.), or any other items that they would like to share.

Please send your input to us at the following e-mail address. This newsletter is **YOUR** newsletter and we truly appreciate all contributions.

**Rick and Charlotte Graham**  
[dricharlo@gmail.com](mailto:dricharlo@gmail.com)