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# Snow BIRDS

Gulf Coast

A Winter Visitor  
Publication  
February 2017

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Gulf Coast

SnowBIRDS

ON THE COVER

Karen and Joe Moosekian are among a growing number of second-generation Snowbirds. The couple is very active in the Walton County Snowbird Club and enjoys visiting many Gulf Coast destinations during their annual winter stay.

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# Welcome!



February generally is regarded as the heart of the Snowbird season.

While some folks arrive before the first snowflake flies, there are others still in the workforce who squirrel away weeks of vacation just to get away before winter woes set in.

Life slows down during our Snowbird season - and that's a welcome respite for folks who work in the tourism industry. There is no question that summer is the lifeblood for area businesses that depend on about 10 weeks of "high season" to be able to operate each year.

But Snowbirds help keep many businesses afloat year-round. The beach communities along the coast are largely small towns that could not support the large restaurants and attractions we all enjoy.

This month also is time when Snowbirds "give back" by participating and organizing a variety of charitable events that support our fire stations, students, libraries, vulnerable populations and more.

So, pat yourselves on the back. Know that money spent each year at your winter home recirculates back into the communities many call their "second home."

This month, as always, we bring you stories of Mardi Gras - one of the most fun seasons on the Gulf Coast. Our cover couple are second-generation Snowbirds, Karen and Joe Moosekian of Michigan who spend their winter at Miramar Beach, Fla. They give back by volunteering with the Walton County Snowbird Club but also enjoy ample time golfing and dining out at various restaurants across the coast.

Many of you now "Like" our Facebook page - thank you. We appreciate you sharing and liking our information but since you can't count on seeing everything that we or anyone posts, I want to encourage you to sign up for our e-newsletter on our website [www.snowbirdgulfcoast.com](http://www.snowbirdgulfcoast.com). We will communicate with you throughout the year (not so frequently to be annoying, though.)

I'll be out and about this month at as many club meetings and events I can make so be sure to say hello.

As always, we are glad you are here.

Karen Harrell, [publisher@snowbirdgulfcoast.com](mailto:publisher@snowbirdgulfcoast.com)  
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## SNOWBIRDS, LOOK WHAT'S COMING TO THE REAL FUN BEACH

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Karen and Joe Moosekian are among a growing number of second-generation Snowbirds.

The Rochester, Minn., couple was first introduced to South Walton County when it was sparsely populated with miles of towering pines that largely hid the secret of some of the most beautiful beaches in the world. Joe's parents traveled to the area one winter on the recommendation of a



friend and later became part-time residents spending October through May in the area. The Moosekian's met in college and raised two children who count their annual Walton County trips among their favorite childhood memories. Joe, 70, and a Vietnam veteran, was recruited by the Ford Motor Company as an engineering apprentice. That opportunity translated into a 39-year career where he retired with a position in upper management. Karen, 68, trained as a dental assistant, later served as an active volunteer in community and finally retired as a church secretary when the couple decided they wanted to have more free time to travel. The couple are active in the 2000+ member Walton County Snowbird Club where Joe is a former president and Karen is the master communicator who shares information about the club's more than 40 activities with local media and for the website. Here we discover their story:  
**Q.** How did you discover the Destin/Walton County area?  
**A.** Joe's parents had discovered it from a neighbor at their summer cottage. This couple spent summers on Russell Island in Michigan and winters in Destin, Fla. They invited Joe's parents down to see what the area was like and they fell in love with it. For many years Joe's parents spent October – May at Seascape. Each year our family

and Joe's sister's family would come down during Easter break to visit. Joe's Dad would find us our own condos to rent and we would spend the week enjoying family time.  
**Q.** When you were in your working years did you talk about how you would spend your retirement years?  
**A.** Because Joe's parents had wintered in Destin, and we absolutely fell in love with this area many years ago – it was somewhat like the family tradition - we just always planned to winter here.  
**Q.** How long have you been coming down? When did you start spending extended periods of time there?  
**A.** We have been coming down for over 30 years to visit Joe's parents. In 2002, Karen

following year. When Joe retired we stayed for six weeks, then two months. When Karen retired it became as long as the owners will allow us to stay!  
**Q.** You spend the winter here, so what do you do the rest of the year?  
**A.** We live in Rochester, Mich., in a condo on the golf course! But we are only there a couple of months out of the year. We spend our summers at our cottage on Russell Island, Mich., which we had purchased in 1972, before we even had children! Russell Island is a very unique place, a private island community of about 100 cottages and no cars. A passenger ferry runs from early April to early November.  
**Q.** What are some of your favorite

We absolutely fell in love with this area many years ago – we just always planned to winter here.

decided that she would like to get out of Michigan for the month of February. We rented a condo in Miramar Beach. Joe drove down with Karen and stayed a week, flew home worked a couple of weeks, then flew back to drive back. We were joined by some of Joe's family, who also rented a condo, and the following year close friends came down to stay as well. For several years the group expanded because visiting friends would decide to rent a place of their own the

recreational activities on the coast?  
**A.** Joe golfs about three or four times a week and just started playing Pickleball. We take walks. Karen shops! Is eating at restaurants recreational? Because we enjoy doing that! Plus we try to fit it all in while not shirking any of our Walton County Snowbird Board responsibilities.  
**Q.** Do you enjoy visiting the other areas on the coast?  
**A.** Yes, we have ventured to Pensacola

to the Naval Museum, and to Joe Patti's iconic seafood market, of course! We have gone to Apalachicola for lunch – Caroline's has the best oyster stew. We have visited Mexico Beach, St. George Island, and we definitely go to Hunt's Oyster Bar in St. Andrew/Panama City, usually more than once a season. We drive down 30A and stop at Seaside and Rosemary Beach. We have gone to Biloxi with the Snowbirds. This year we are planning to take a trip to New Orleans. Last year we met our daughter and grandson in Orlando.  
**Q.** How did you first get involved in the Walton County Snowbird Club?  
**A.** We joined upon the recommendation of Joe's parents who were Walton County Snowbirds! Joe wanted to take advantage of the golf specials, and I joined a few groups – Crafts, Book Discussion, Music Series where I started meeting Snowbirds who were active in the Snowbird Club. I decided that if we got involved we would meet more people and make some friends, which would enhance our visit.



becoming actively involved with the club.  
**Q.** Are there areas that could use volunteers? How do people get involved?  
**A.** As with most organizations, volunteers keep the club viable. Some jobs are small with not much of a time commitment, some jobs, like Board positions, require more of your time. There is an opening on the

One of the best things is to see returning members renew their friendships year after year. The smiles on their faces as they greet and hug are pretty awesome.

**Q.** Have you been members for several years? What are your roles this year?  
**A.** We became Walton County Snowbirds in 2005. Several years ago Karen became a Co-Leader of the Craft Group with Dee Trolan. Dee's husband, Dom, became president of the Walton County Snowbirds and pulled Joe onto the Board as Co-2nd Vice President. Being among friends made becoming involved much easier. This year Joe is Co-Past President. The Walton County Snowbird season starts in November with a registration and the first General Meeting is in December, so the idea of "pairing" the offices of the vice-presidents and president with someone who arrived early in the season along with someone who wouldn't arrive until January has worked out very well. Joe is in charge of booking entertainment for the General Meetings. Karen is the Walton County Snowbird Secretary and is chairing the Feb. 1 Blood Drive.  
**Q.** Tell us about the experience of being part of the Snowbird Club. How does it affect your enjoyment of your stay?  
**A.** It has been a fulfilling experience. It is always a good feeling to be able to give back. One of the best things is to see returning members renew their friendships year after year. The smiles on their faces as they greet and hug are pretty awesome. And to know that you have a part in that because you have helped keep the club going is rewarding. It affects our stay by keeping us very busy – enjoying friends who we have met by

Executive Board for 2nd Vice President for this season and next year there will be several leadership positions available. To volunteer, just approach any club officer and they will get you in contact with the right person.  
**Q.** Any other thoughts?  
**A.** There are many Snowbirds who help out in the community by volunteering at the hospital, churches, local charities and libraries. Some help out at the school, and even tutor students. We support Children In Crisis as a club, but Joe and I personally volunteer to help raise funds for what we think is a very worthwhile organization.



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SCENSION



# Pensacola's Story:

Words and wisdom of historian John Appleyard come alive at new interactive storytelling cottage

Storytelling has become a lost art in today's world of 120-character tweets and off-the-cuff social media posts. But in Pensacola, 93-year-old prolific historian, author and storyteller John Appleyard continues to weave and craft stories on his trusty 1954 Royal typewriter with tales of one of America's earliest settlements and its journey through modern times.



And now those stories can be heard and viewed through a collection of videos available on demand at The Appleyard Storytelling Cottage in Historic Pensacola Village. Appleyard also has more than 200 book titles to his credit, many available for sale next door at the Tivoli High House, which serves as the complex's ticket and visitor information center.

### If you go:

**What:** Appleyard Storytelling Cottage in Historic Pensacola.

**Where:** Housed in the McMillan House, 213 E. Zaragoza Street in Historic Pensacola Village

**When:** Tuesday through Saturday, 10 a.m. to 4 p.m. Guided tours are available at 11 a.m. and 1 p.m. Self-guided tours during regular hours. Appleyard can be booked upon availability for groups of 12 or more

**Cost:** Tickets are available at the Tivoli House. Cost is \$7 seniors, \$8 adults and \$4 children ages 3-14.

**Need for Volunteers:** A volunteer session is 2 p.m. Feb. 21 at Voices of Pensacola, 117 E. Government St., Pensacola, Fla.

**Details:** 850-595-5985 ext.111 or [www.historicpensacola.org](http://www.historicpensacola.org)

Housed in the restored McMillan Cottage, the décor is reminiscent of the 1950s when Appleyard and his wife, Eleanor first moved to Pensacola upon his transfer with the Armstrong Cork Company. Born and reared in Chicago, Appleyard attended the Northwestern School of Journalism before joining the army during World War II. He later attended Oxford University-Shrivenham and the University of Delaware where he graduated. In 1958, Appleyard's keen interest in history led to him being named director of the Florida Quadricentennial Celebration and he since has been an active preservationist. John and Eleanor later founded The Appleyard Agency, an advertising firm run today by his son, Dick. The small cottage is open 10 a.m. – 4 p.m. Tuesday through Saturday on a walk-in basis. Appleyard spends a few hours per week at the cottage but he can arrange to be there for lectures for groups of 12 or more upon request and availability. Comfortable seating in front of a cozy fireplace beckons visitors to view videos on a thoroughly modern screen. Historical artwork and memorabilia line the walls. A display case houses Appleyard's preferred typewriter. "We wanted to make it as comfortable a place as you can imagine," said Appleyard. "The advantage of the cottage is people who come down to the village walk here, there and everywhere (including Pensacola's thriving Palafox Street in the heart of




downtown) and they are tired. Here you can come in, sit down, punch a button and be entertained. Historic Pensacola is managed by the University of West Florida and plans are to continue to expand daily events to attract year-round visitors so it can one day be a "mini Williamsburg." Appleyard also is working on developing some smaller "storybooks" on how family life was lived in a pivotal time around 1888 when the city he says "grew up" by adding a modern utilities and a streetcar system. Also

being introduced are smaller "stories" about some of the historical sites around Pensacola that will give visitors and locals more detail and context. One thing that has never changed is Appleyard's loyalty to his beloved Eleanor who now lives at an Alzheimer care facility where he joins her daily for breakfast and dinner. Pensacola's history and his loving family occupy the rest of his time. He also lectures and writes a column for the local paper and is booked by area organizations.

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## Snowbird Clubs

Send your club news to Publisher@  
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### FLORIDA

**DESTIN:** The Destin Snowbird Club Meetings are held each Tuesday at the Destin Community Center, 101 Stahlman Ave, Destin, Fla. and feature live entertainment. Times are 8:30 and 11:30 a.m. The club activities include mixers, golf, fashion show, craft show, bowling, casino trips, chorale and a Christmas party. Details: [www.destinsnowbirds.org](http://www.destinsnowbirds.org)

**FORT WALTON BEACH:** With over 700 members, the Club offers many activities and events to its members along with camaraderie and fellowship. Meetings on Tuesday in February and March 1-10 a.m. to noon. General Meetings – 10 a.m., Tuesday, Feb. 7, and Wednesday March 1. Registration on meeting days will be 9 a.m. – noon. Registration and meetings are at the NEW LOCATION, Fort Walton Beach Recreation Center (132 Jet Dr. NW). The club sponsors craft, cards, games, golf outings and social events. Details: information@FWBSBC.com or [www.fwbsbc.com](http://www.fwbsbc.com).

**NAVARRE:** The Navarre Beach Snowbird Club continues to grow and the 2016-17 season is going to be better than ever! Sweethearts Dinner & Dance Featuring Stevie Hall Monday, Feb. 13 at Juana's Club Pagoda on Navarre Beach 5-6 p.m. Reception w/ Appetizers 6-8 p.m., Dinner & Dancing. \$20 in advance, \$25 at door.

**PANAMA CITY:** The Ark, 12908 Hibiscus Street, Panama City Beach. Monday

– Friday 10 a.m. to 2 p.m. for activities through the end of February of 2017. Snowbirds and Locals Winter Craft Program of The Ark. Details: [www.thearkpcb.org](http://www.thearkpcb.org). Panama City Beach Senior Center, 423 Lyndell Lane, Panama City Beach. State-of-the-art facility for seniors ages 50 and older. Activities, social events and volunteer opportunities for seniors and led by seniors! Stop by and take a tour Monday – Friday 9 a.m. to 3 p.m. Membership is an annual minimal fee. 850-233-5065 or [www.pcbssc.com](http://www.pcbssc.com).

**PENSACOLA BEACH:** The Pensacola Beach Community Church welcomes Snowbirds to its monthly potlucks always held on the fourth Sunday of the month plus other church activities to include a winter Trivia night and other social events. Details: 850-932-6628 or [www.thebeachchurch.com/church-events](http://www.thebeachchurch.com/church-events). St. Ann Catholic Church in Gulf Breeze also hosts the “Fun Bunch” senior group meeting at 11:30 a.m. every third Tuesday. Lunch and Bingo, all are welcome! Details: Darlene Goderski 850-677-8321 or online at [www.stanngulfbreeze.org/seniors](http://www.stanngulfbreeze.org/seniors)

**PERDIDO KEY:** Make the most of your winter home! Stop by our area visitor information center, pick up your free Winter Savings Card and start enjoying the events, attractions, activities, restaurants and shops. Perdido Key Visitor Information Center, 15500 Perdido Key Drive, Pensacola, Fla.

Details: 850-492-4660.

**WALTON COUNTY:** Walton County Snowbird Club boasts a membership of over 2,000 with activities open to winter visitors. Season dues are \$10. Snowbird activities include golf, recreation and fitness to a singles group, arts, crafts, computer club, day trips and more. Registration: 8:30 – 10:30 a.m. Feb. 2, 6 at Faith Assembly Church Hall, 306 South Geronimo St., Miramar Beach, Fla. Meeting: Feb. 8 – David Seering, Entertainment. Destin United Methodist Church 10 a.m., 200 Beach Drive, Feb. 22 – Snowbird Singers, Location: Village Baptist Church, 101 Matthew Blvd. Destin. Details: [www.waltoncountysnowbirds.com](http://www.waltoncountysnowbirds.com) Volunteers are needed in various areas! Great way to meet people. Ask any club officer.

### ALABAMA

**GULF SHORES MEN'S COFFEE CLUB:** The Gulf Shores Men's Snowbird Coffee Club at Gilbey's Restaurant, 25775 Perdido Beach Blvd. in Orange Beach. The club meets Monday, Wednesday and Friday mornings from 7:30 to 8:30 a.m. for coffee. Membership information is available at these meetings. The oldest continually active snowbird club has more than 280 members from 26 states and three Canadian provinces. Besides raising money for local charities, the club holds golf outings, sponsors casino trips and conducts breakfast meetings for members and spouses. The

club also throws horseshoes on Monday, Wednesday and Fridays at noon at Meyer Park in Gulf Shores.

**CANADIAN SNOWBIRDS:** Canadian luncheon at Ginny Lane located at the Wharf in Orange Beach (4851 Wharf Pkwy E, Orange Beach) on February 21 at 1 p.m. Special menu of \$8 everyday specials and other plates up to \$12. Please contact Neil and Marlene Wannamaker at 251-271-0222 or by e-mail at [marnel48@hotmail.ca](mailto:marnel48@hotmail.ca).

**SENIOR SNOWBIRDS:** Meets Thursdays through March. Bring a dish to feed 10 and the cost is 50 cents at the Adult Activity Center, 260 Clubhouse Dr., Gulf Shores, Ala. Table service and drinks provided. Details: Michael O'Rourke 251-981-6060

**ILLINOIS:** The 2017 Illinois Club will meet the second and fourth Friday in February (Feb. 10 & 24), and March 10 at Cayman Grill (26189 Canal Rd, Orange Beach). Door open at 7:30 a.m. RSVP: Eileen and Bill, 630-738-8717

**INDIANA:** Indiana Club meets for breakfast at 8 a.m. on the second and fourth Thursday through March, 2017. Doors open at 7:30. Cosmo's Event Center (BuzzCatZ) 25753 Canal Rd, Orange Beach, AL. Contact Bev Walker at 812-981-0752 for reservations.

**IOWA:** Iowa Snowbirds invite Iowans and guests to attend their breakfasts and the cocktail parties held through early March 2017. Breakfasts are \$10

## Join the Club!



per person, 8:30 a.m. on Wednesdays, Jan. 11 and 25; Feb. 8 and 22 at Perdido Beach Resort at 27200 Perdido Beach Blvd., Orange Beach. Reservations need to be made on the website, [iowa-alabamagulfcoastsnowbirds.org](http://iowa-alabamagulfcoastsnowbirds.org) (preferred), or by calling Shari DeCook, 641-521-0929 or Sharon Hesselmann, 563-357-2721.

**MICHIGAN:** The Michigan Club 2017 dates are: Feb. 2 & 16, and March 2. Meetings are held at the Erie Meyer Center in Gulf Shores starting at 10 a.m. The doors open at 8:30 a.m. and coffee and donuts are available at 9 a.m. Meetings include entertainment, announcements of Club activities and door prizes. Membership dues to participate in the meetings costs only \$3 total per person for the entire year. Details: [www.michiganclubalabama.com](http://www.michiganclubalabama.com)

**MINNESOTA:** The Minnesota Club meets through mid-March in our “home away from home” state of Alabama.

We golf, volunteer and just plain have fun! Breakfast each Tuesday (except 2/28), Cayman Grill, 26189 Canal Rd, Orange Beach, Ala. Doors open at 7:30 a.m., breakfast at 8:30 a.m. In addition to weekly breakfast, the Minnesota Snowbird Club is very active in the community. Check the website for golf, upcoming events or updates: [www.mnal.org](http://www.mnal.org) or 251-980-8400

**MISSOURI:** The Missouri Snowbirds spend January, February and for some lucky folks, March also, in the Orange Beach, Ala., Gulf Shores, Ala., and the Perdido Key, Fla., area where they participate in many activities. The Club meets for breakfast at 8:30 a.m. on Wednesdays Feb. 8 & 22 at Perdido Beach Resort (27200 Perdido Beach Blvd., Orange Beach). Business meetings held at Phoenix V will alternate with breakfast. Details: [www.mosnowbirds.org](http://www.mosnowbirds.org)

**NEW YORK:** New York State Snowbirds are an informal bunch who have been gathering for social times since 2000. The 2017 New York Snowbird Club meets for lunch on the 2nd and 4th Thursday at Ginny Lane Bar and Grill, 4851 Wharf Pkwy. E., Orange Beach). Registration: 11 a.m., Lunch: 11:30 a.m. Reservations required. Linelle at 215-923-0581, or Nancy at 251-923-0449 or email [nysnowbirds@gmail.com](mailto:nysnowbirds@gmail.com).

**NORTH DAKOTA/SOUTH DAKOTA:** The Gulf Shores, Alabama-based North and South Dakota Snowbird Club meets every second and fourth Tuesday morning in January and February; and the second Tuesday morning in March. We gather at Hazel's Restaurant in Orange Beach at 8:30 a.m. for breakfast with a short meeting to follow at 9 a.m. Other social events throughout the winter season include pot lucks, dinner

at local restaurants, etc. While in Gulf Shores we collect food and infant items at our breakfast meetings for the local food pantry. Details: Joyce, 605-351-0274 or [pdinsf@msn.com](mailto:pdinsf@msn.com)


**OHIO:** The 2017 Ohio Snowbird Club will meet at the Cayman Grill at 26189 Canal Road. The price remains the same at \$10 per person. Doors open at 8 a.m. and the breakfast is at 9 a.m. Dates: Feb. 1 and 15; and March 1. RSVP required by the Monday prior to Sharon Schock at 419-769-2199 or signing up at the prior breakfast. Speakers include: 2/15 - Scott Fuller, Manager, Jack Edwards International Airport; 3/1 - Steve Jones, GS Council Member with updates on GS progress. Potluck dates: Jan. 13 at noon at The Caribe and Feb. 13 at noon at Phoenix V. Additional activities will be announced at our regular breakfast meetings. Details: [www.snowbirdsgulfcoast.com/snowbird-clubs/ohiosnowbird-club](http://www.snowbirdsgulfcoast.com/snowbird-clubs/ohiosnowbird-club)

**PENNSYLVANIA:** Pennsylvania Snowbird Club Members stay at the state park, in rented houses and in condos all over south Baldwin County. Breakfast meetings are 8 a.m. Wednesdays at Hazel's Seafood Restaurant, 25311 Perdido Beach Blvd, Orange Beach, Ala. Upcoming 2017 dates include: Feb. 1, 8, 22 and March 1 and 8. Potluck luncheon is noon Feb. 16 at the Orange

Beach Presbyterian Church on Canal Road in Orange Beach, Ala. On selected Mondays (dates to be decided) we meet at 5 p.m. at O'Charley's Restaurant in Foley for “Eat & Talk.” Contact person year round: Rich Smith: 908-420-8806 or [bettyrich@rcn.com](mailto:bettyrich@rcn.com) Details: [www.snowbirdsgulfcoast.com/snowbird-clubs/pennsylvania-snowbird-club](http://www.snowbirdsgulfcoast.com/snowbird-clubs/pennsylvania-snowbird-club)

**WISCONSIN:** The Wisconsin Snobird Club boasts a membership of over 700. Activities are open to all winter visitors in the southern Alabama and northern Florida areas. Club meetings are held on the first and third Wednesdays through March. The Feb. 2 meeting will be held on a Thursday. The meetings are held at the Orange Beach Event Center, 4671 Wharf Pkwy. W, Orange Beach, Ala. with coffee and doughnut social hour before the meeting at 9 a.m. Various items are raffled off during the meetings. Get info on golf outings, trips, fundraisers, lunches, etc. Details: Kenn 251-967-2463 or [www.sites.google.com/site/wisconsinsnowbirdclub/company-calendar](http://www.sites.google.com/site/wisconsinsnowbirdclub/company-calendar)

**CLUB FUNDRAISERS:** Key dates for major Snowbird fundraisers this year include: Jan. 28 - Fireman's Pancake Breakfast; Feb. 4 - Bratfest and Trivia Night; Feb. 14- Pin Tap Bowling Tournament; Feb. 16 - Baldwin Heritage Museum Golf Tournament; Feb. 17 - Low Country Boil.




# HIDDEN CREEK

The Club at Hidden Creek  
3070 PGA Blvd., Navarre, FL 32566  
Pro Shop 6:30 AM – 5 PM | (850) 939-4604  
[www.TheClubAtHiddenCreek.com](http://www.TheClubAtHiddenCreek.com)

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Available most Mondays from October thru February. Visit us online for details and schedule at [www.TheClubAtHiddenCreek.com](http://www.TheClubAtHiddenCreek.com)!

Contact Ryan Gambel, Head Golf Pro for more information. Call at (850) 939-4604 or email [rgambel@theclubathiddencreek.com](mailto:rgambel@theclubathiddencreek.com).

\*Snowbirds must be at least 50 years old and maintain a permanent residence at least 150 miles from Navarre, FL and not in Florida.



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\* Suite types vary by hotel  
\*\* Contact hotels for pet deposit and fee information





# February CALENDAR

**FEBRUARY EVENT HIGHLIGHT**  
The Pensacola Symphony Orchestra Guild welcomes best- selling author James T. Farmer III as the guest speaker at the Magnolias and White Linen Luncheon on March 1, 2017 at New World Landing in Downtown Pensacola. Doors open at 10:30 a.m. Tickets are \$50. A book signing with the author will follow immediately after the luncheon.

**TUESDAYS**  
**Breakfast & A Movie**, National Naval Aviation Museum, 1750 Radford Blvd., NAS Pensacola, Fla. Enjoy Chick-fil-A breakfast and a movie in the recently renovated Giant Screen Digital Theater. Doors open 9 a.m. Tickets: \$10. Details: [www.navalaviationmuseum.org](http://www.navalaviationmuseum.org) or 850-452-3604.

**WEDNESDAYS**  
**Seniors Softball**, Oakland Terrace Park, 1900 W.11th Street, Panama City, Fla. 55+ non-competitive and lots of FUN! Just bring your glove and join in. 1 p.m. Details: 850-238-0549.  
**Bingo Night**, American Legion Post #240, 8666 Gulf Beach Hwy, Pensacola, Fla., 6 - 8:30 p.m. Details: 850-455-6111.

**Boardwalk Talks**, Estuarium, Dauphin Island Sea Lab Estuarium, 101 Bienville Blvd, Dauphin Island, Ala. First and third Wednesdays, 11:15 a.m. The Northern Gulf Institute presents informal conversations about all things scientific in the Gulf of Mexico region. Details: [www.disl.org/](http://www.disl.org/)

**Contemporary Art**, Ohr-O'Keefe Museum of Art, 386 Beach Boulevard, Biloxi, Miss. Woodturning is a form of woodworking that is done on a lathe, creating pieces that range from functional to sculptural. Details: 228-374-5547

**thru March**  
**Historic Pensacola Trolley Tour**, Pensacola Visitor Center, 1401 E Gregory St., Pensacola, Fla. Tour historic Downtown Pensacola. Tickets: \$18. 10 a.m. and 2 p.m., Tuesdays and Thursdays. Details: 850-941-2876 or [www.beachbumtrolley.com](http://www.beachbumtrolley.com).

**1/26-2/19**  
**“Bakersfield Mist,”** An Award-Winning Comedy/Drama, Presented by the Emerald Coast Theatre Company at 560 Grand Boulevard, Upstairs, in Grand Boulevard at Sandestin, Miramar Beach, Fla. Details: [emeraldcoasttheatre.org](http://emeraldcoasttheatre.org) or call 850- 684-0323.

**1/28**  
**Gumbo Contest & Silent Auction** presented by the Destin History & Fishing Museum, Destin Community Center, 101 Stahlman Ave. Destin, Fla. Live music, Silent auction Sample local gumbo and cast your vote for the People's Choice Award. Details: 850-837-6611 or [www.destinhistoryandfishingmuseum.org/](http://www.destinhistoryandfishingmuseum.org/)  
**Man in the Sea Museum Oyster Bash**, Dive Lab, 1415 Moylan Road, Panama City Beach, Fla. All-you-can-eat fish fry, oysters, hamburgers, and hot dogs! Tickets: \$20 adults. Live music, dive demonstrations, tours and more. 11 a.m. to 5 p.m. Details: [www.maninthesea.org](http://www.maninthesea.org) or 850-235-4101

**1/30-31**  
**The New Christy Minstrels**, Erie Meyer Civic Center, 1930 W. 2nd St. Gulf Shores, Ala. 7 p.m. Hear chart-topping hits “Green, Green,” “This Land Is Your Land”and “Chim Chim Cher-ee.” Details: 251-968-1174 or [www.gulfshoresal.gov](http://www.gulfshoresal.gov).

**1/31, 2/7/14/21/28**  
**Winter Civil War Tours**, 110 Hwy 180, Gulf Shores, Ala. Tours of the fort will be led by a uniformed historical interpreter. Artillery firing will happen during the tours. 2 p.m., 251-540-5257 or [www.fortmorgan.org](http://www.fortmorgan.org).

**thru 2/25**  
**Snowbird Music Entertainment**, Silver Shells Resort & Spa, 15000 Emerald Coast Pkwy Destin, Fla. Live Music from Singer/Guitarist Tom Devoursney performing classics such as Dean Martin and Michael Buble. Happy Hour beverages and menu. Details: 850-837-7884 or [www.ruthschrisdestin.com](http://www.ruthschrisdestin.com).

**thru 2/28**  
**Snowbird Sunday Concert Series**, The Market Shops Lawn, 9375 Emerald Coast Pkwy, Miramar Beach, Fla. 1-3 p.m. Details: [www.themarketshops.com](http://www.themarketshops.com) or 850-837-3077.

**thru 3/11**  
**Against the Grain: Wood in**

and giveaways. 8 a.m.

**2/4**  
**Classical II: Beethoven & Blue Jeans**, Saenger Theatre, 170 Reynoir St, Biloxi, Miss. 7 p.m., Guest Conductor, Mariusz Smolij presents Gioachino Rossini: Overture to The Barber of Seville, Mikhail Glinka: Kamarinskaya; Fantasy on Two Russian Folksongs, Bedřich Smetana: Three Dances from The Bartered Bride, Ludwig van Beethoven: Symphony No. 5. Details: [www.gulfcoastsymphony.com](http://www.gulfcoastsymphony.com).

**2/4,18 & 3/4**  
**Americana Music at Camp Helen State Park Lodge**, 23937 Panama City Beach Parkway, Panama City Beach, Fla. Featuring the best American Roots musicians touring the country today. 6:30 p.m. at Camp Helen’s historic log cabin style lodge. FREE Details: 850-233-5059.

**2/6-7**  
**The Kingston Trio**, Erie Meyer Civic Center, 1930 W. 2nd St. Gulf Shores, Ala. 7 p.m. The Kingston Trio brought the rich tradition of American folk music to the mainstream in the 1950s and 1960s. Details: 251-968-1174 or [www.gulfshoresal.gov](http://www.gulfshoresal.gov).

**2/7**  
**Winter Resident Senior Prom**, Edgewater Beach and Golf Resort, 11212 Front Beach Rd., Panama City Beach, Fla. Dinner provided with live entertainment from Go Big or Go Home band. 4 p.m. - 9 p.m. Details: 850-233-5070.

**2/8,9**  
**Riverdance - The 20'h Anniversary World Tour**, Irish traditions and dance made modern. Details and tickets: [www.marinaciviccenter.com](http://www.marinaciviccenter.com) or 850-763-4696.

**2/8-3/19**  
**19th Annual Gulf Coast Winter Classics Horse Show**, Harrison County Fairgrounds, 15321 County Farm Road, Gulfport, Miss. United States Equestrian Foundation AA Rated Hunter-Jumper event with more than 1,000 of the sport’s finest equine athletes from across the nation. Sun. and Wed.-Sat. Spectators attend free on Sundays. Details: 228- 832-3691 or [www.gulfcoastclassicccompany.com](http://www.gulfcoastclassicccompany.com).

**2/9**  
**42nd Street**, Mattie Kelly Arts Center, 100 E College Blvd., Niceville, Fla. The quintessential musical comedy classic featuring “We’re In The Money,” “I Only Have Eyes For You” and “42nd Street!” Tickets: \$45. Details: 850-729-6000 or [www.mattiekellyartscenter.org](http://www.mattiekellyartscenter.org).  
**“Making the Mardi Gras Trail,”** Historic Mobile Preservation Society, 300 Oakleigh Place, Mobile, Ala., 6 p.m. Historian Ann Pond takes us through a virtual preview of the Mobile Mardi Gras Trail highlights and history. Details: [www.historicmobile.org/events](http://www.historicmobile.org/events).

**2/10**  
**Hot Glass, Cold Brew** at the First City Arts Center, 1060 N. Guillemard St, Pensacola, Fla. Live wheel-thrown pottery, glass bead making and glass blowing demonstrations. Details: 850-429-1222 or [www.FirstCityArt.org](http://www.FirstCityArt.org).  
**Branson Show Case 2017**, Fort Walton Beach Civic Auditorium, 107 Miracle Strip Pkwy., Fort Walton Beach, Fla. 2 p.m. and 7 p.m. Featuring tenor vocalist George Dyer. Details: 850-243-3809 or [www.bransonshowcamp.com](http://www.bransonshowcamp.com).

**2/11**  
**Pensacola Symphony Orchestra Presents: Movie Music of John Williams**, 7:30 p.m. Pensacola Saenger Theatre, 118 South Palafox Place, Pensacola, Fla. Music of the legendary John Williams performed live in concert, Star Wars, Harry Potter, and more! Details: 850-595-3880 or [www.pensacolasaenger.com](http://www.pensacolasaenger.com).

**Gulf Coast Arts Alliance Art Market**, First Presbyterian Church, 309 21st Ave., Gulf Shores, Ala. Featuring original art by local and regional artists. 10 a.m. Details: 251-269-4445 or [gulfcoastartsalliance.com](http://gulfcoastartsalliance.com).  
**Valentines Victorian Tea**, Heritage Museum of Northwest Florida, 115 Westview Ave., Valparaiso, Fla., 2 p.m. and 6 p.m. History program about Victorian tea etiquette, costume, and traditions with a variety of teas and light refreshments. Details: 850-678-2615 or [www.heritage-museum.org](http://www.heritage-museum.org).

**2/11-12**  
**9th Annual Tropical Re-Union Wedding Vow Renewal Ceremony**, Lucy Buffett’s LuLu’s, 200 E. 25th Ave.

Gulf Shores, Ala. 11 a.m. to 3 p.m. Officiated by Hurricane Jane. Or join the event Feb. 12 at Lulu’s in Destin, Fla., 4607 Legendary Marina Drive, at 2 p.m. Details: [www.lulubuffett.com](http://www.lulubuffett.com) or 850-710-5858.

**2/11 & 2/14**  
**Valentine’s Dinner and Dancing Cruises on SunQuest Cruises’ SOLARIS**, Sandestin’s Baytowne Marina, 9300 Emerald Coast Pkwy, Miramar Beach, Fla. Guests can dine, dance and cruise under the stars! Evening includes a three-hour cruise, three-course seated dinner and live entertainment. Details: [www.SunQuestCruises.com](http://www.SunQuestCruises.com) or 850-650-2519.

**2/13**  
**Navarre Beach Snowbirds Club - Sweethearts Dinner & Dance**, Featuring Stevie Hall. Juana’s Club Pagoda on Navarre Beach. Reception with Appetizers, Dinner & Dancing. Tickets: \$20 advance, \$25 at the door. Details: [www.navarresnowbirdclub.com](http://www.navarresnowbirdclub.com).

**2/14**  
**Snowbird Valentine’s Dinner & Dance**, 4 p.m. at the Boardwalk Beach Resort Convention Center, 600 S. Thomas Dr., Panama City Beach, Fla. Gourmet buffet dinner and live music by DJ Jim Lawson. Chocolate and champagne at every table. Tickets are \$27.95. Details: 850-596-8125 or [www.boardwalkbeachresort.com](http://www.boardwalkbeachresort.com).  
**A Venetian Valentine**, Gulf Breeze Rec Center, 800 Shoreline Dr., Gulf Breeze, Fla. This Pensacola Beach Woman’s Club annual fundraiser benefits AHERO, Trauma Intervention Program of Northwest Florida, Thursday Respite Program, ensacola Beach Elementary School and Pensacola Beach Community Church. Auctions, raffles and a dinner dance. 5 to 9 p.m. Tickets: \$25. Details: Rhonda Dorfman at [rsdorfman@att.net](mailto:rsdorfman@att.net), 850 934-6860 or 661-496-4573 or [www.TicketRiver.com/event/21614](http://www.TicketRiver.com/event/21614).

**2/15,18,22,15**  
**OYSTERTOWN Revisited**, Dixie Theatre, 21 Avenue E, Apalachicola, Fla. Celebrate the rich history of Apalachicola and The Forgotten Coast. Details: [www.dixietheatre.com](http://www.dixietheatre.com).

**2/16**  
**Benefit Concert to Help Fund Girls Orphanage in Haiti**, 3 to 6 p.m. Benefit concert and live auction at the Orange Beach Event Center at The Wharf, Orange Beach, Ala. All proceeds go to Melissa’s Place, an orphanage being built in Haiti for girls 5 to 16 years old. Admission: \$10 advance, \$15 at the door. BYOB. Details: [www.paulmeyersfoundation.com](http://www.paulmeyersfoundation.com)

**2/17**  
**Gallery Night**, Downtown Pensacola, Fla. Stroll through historic Downtown Pensacola and enjoy an eclectic array of music, art and cuisine. 5 to 9 p.m. Details: [www.downtownpensacola.com](http://www.downtownpensacola.com) or 850-434-5371.

**2/17-18**  
**Sandestin Gumbo Festival**, The Village of Baytowne Wharf, 244 Fisherman’s Cove, Miramar Beach, Fla. Sample a variety of gumbo prepared by the hottest Gulf Coast restaurants. Details: [www.sandestingumbofestival.com](http://www.sandestingumbofestival.com)  
**City of Destin Spring Craft Show**, Destin Community Center, 101 Stahlman Ave Destin, Fla. More than 50 artists showcase jewelry, paintings, woodcarving and more! Details: 850-654-5184 or [www.cityofdestin.com](http://www.cityofdestin.com)

**2/17-19**  
**Mobile Area Orchid Society’s 39th Annual Orchid Show and Sale**, Magnolia Cafe, 12401 Bellingrath Gardens Rd., Theodore, Ala. Bellingrath Gardens is hosting Mobile Area Orchid Society’s 39th Annual Orchid Show and Sale. Snowbird special ticket prices. Details: 251.973.2217 or [bellingrath.org](http://bellingrath.org).

**2/18**  
**25th Annual Orange Beach Seafood Festival & Car Show**, 4830 Main St., Orange Beach, Ala. The Festival is a full day of delicious food, 80 arts and crafts vendors, and music. 10 a.m. to 4 p.m. Benefits the Orange Beach Sports Association. Details: 251- 981-1524 or [www.obparksandrec.com](http://www.obparksandrec.com).  
**Snowbird Art Show**, Phoenix East, 27100 Perdido Beach Blvd., Orange Beach, Ala. Featuring the eclectic works of snowbirds. Art and cards also for sale. Details: Sharon at 419-769-2199.

## Snowbird fundraisers: Food and fun

**TRIVIA NIGHT:** Missouri Trivia Night! Friends of the Orange Beach Library have stepped up to run the event set for Feb. 4 at the Orange Beach Event Center. Tickets are \$15 or \$120 for a table of eight. Details: Sharon Ramirez, 251-975-1258 or 405-630-7831 or [ramirezslr@yahoo.com](mailto:ramirezslr@yahoo.com).

**BRATFEST:** The annual Bratfest is Feb. 4. Eleven Alabama-area state Snowbird clubs participate in the event at the Gulf Shores Adult Activity Center. Brats are served with all the fixings beginning at 10:30 a.m. Proceeds benefit area fire stations.

**20th Annual Pensacola Senior Follies**, WSRE-TV, Jean & Paul Amos Performance Studio, Pensacola State, 1000 College Blvd., Bldg. 23, Pensacola, Fl. 7 p.m. Proceeds benefit senior programs in the Pensacola Bay area. Feb. 10-12. Details: 850-453-3016 or 850-417-7736.

**EIGHT-PIN BOWLING TOURNAMENT:** Feb. 14 at the Gulf Bowl in Foley.

**BALDWIN HERITAGE MUSEUM GOLF SCRAMBLE:** Date is set for Feb. 16 at Glen Lakes Golf Club.

**2/20**  
**Winter Resident Grand Finale**, Edgewater Beach and Golf Resort, 11212 Front Beach Rd., Panama City Beach, Fla. Don’t miss the Winter Resident Grand Finale featuring singing and dance contests! 4-9 p.m. Details: 850-233-5070

**2/21**  
**Annual Spaghetti Dinner**, Christian Service Center, Gulf Shores. Winter guests are invited to the Annual Spaghetti Dinner, 4:30 to 7 p.m., at the Gulf Shores United Methodist Church. Tickets available at the Christian Service Center on Dolphin Way, or the Gulf Shores United Methodist Church Coffee Shop.

**2/24**  
**“Salute to America” with The Emerald Coast Chorus**, 36th annual show at Village Baptist Church, 101 Matthew Blvd, Destin. Performances by Barbershop Quartet A Mighty Wind, Sugar Beach A Capella Chorus and Camarata. 7 p.m. Details: [emeraldcoastchorus.com](http://emeraldcoastchorus.com) or 1-844-474-6437.

**2/27**  
**G.S. Lions Club Dinner in the Dark**,Erie Meyer Civic Center, Gulf Shores, Ala.. Buffet dinner and a Las Vegas style entertainment. Tickets: \$35 and available from any Gulf Shores Lions Club member or by calling 251-968-3561 (Richard Switzer) or 251-981-3746 or Madeline Avinger). Proceeds benefit Leader Dog For The Blind and Southwest Alabama Regional School For The Deaf and Blind.



**LOW COUNTRY BOIL:** The annual Low Country Boil is Feb.17. The event is a fundraiser for the Alabama Gulf Coast Zoo.

**SOUNDSATIONS BENEFIT CONCERT:** The Destin Snowbird Club has adopted the nearby Mattie Kelly Arts Center at Northwest Florida State College as one of its major fundraising recipients. The renowned Soundstations Show Choir produces an annual concert during Snowbird season. This event is set for 2 p.m. Feb. 19. Tickets are available for \$10 at Destin Snowbird Club meetings or day of the event. Details: [www.destinsnowbirds.org](http://www.destinsnowbirds.org) or Dave and Carol Trombley, 518-526-9997.

SEASON 11  
RETROSPECTIVE

WARNER BROS. PRESENTS  
**BUGS BUNNY at the Symphony II**

WARNER BROS. PRESENTS  
**BUGS BUNNY AT THE SYMPHONY II**

Conducted by GEORGE DAUGHERTY  
Created by GEORGE DAUGHERTY  
& DAVID KA LIK WONG

**SATURDAY, MARCH 25 | 7:00 pm**  
**EMERALD COAST CONVENTION CENTER**

BUGS BUNNY AT THE SYMPHONY II celebrates the world’s favorite classic **Looney Tunes**, projected on the big screen, while Sinfonia Gulf Coast performs their exhilarating, original Carl Stalling scores LIVE!

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# Mardi Gras Fun

by Louis Cooper

“Laissez les bons temps rouler!” Translated from French, that means, “Let the good times roll.”

Once the red-and-green garland of Christmas is stored away, the Gulf Coast reaches for purple, green and gold bunting to celebrate Mardi Gras – or, Fat Tuesday.

Known as Carnival in other parts of the world, Mardi Gras is the day before Ash Wednesday, the beginning of the 40 days of Lent, a liturgical season of sacrifice, penance and reflection leading up to Easter.

But before the fast, comes the feast. Mardi Gras was first celebrated in the North America in 1703 by French prisoners in Mobile. The tradition spread through the Gulf Coast, largely through French influence.

Mardi Gras events have customarily been coordinated by social clubs called “krewes” – complete with royal courts – a tradition that continues to this day in many communities. The celebration has grown beyond its religious origins to become a time of revelry, community fun and commerce.

Today, virtually every community along the northern Gulf Coast celebrates Mardi Gras with parades – including “throws” of Moon Pies, plastic beads, stuffed animals and other goodies – elegant balls, banquets, charitable fundraising and other activities.

## Mobile, Ala.

Mobile is the proud birthplace of Mardi Gras. Following that first Mardi Gras celebration in 1703, the holiday quickly became an institution in

Alabama’s port city.

“Our first settlers, our founders, were French, and they brought their customs and traditions from their homeland,” said Judi Gulleddge, executive director of the Mobile Mardi Gras Association. “Carnival celebrations had been held all over Europe since the early 1500s.”

In 1711, a paper-mache bull was pulled down Dauphin Street in downtown Mobile in what is believed to be the first Mardi Gras parade in North America. In 1875, the Alabama Legislature declared Mardi Gras – referred to as Shrove Tuesday – a holiday in Mobile. Dozens of Mardi Gras organizations have formed over the years, all with their own traditions and events.

“We do not use the term ‘krewes’ in Mobile,” Gulleddge said. “We refer to our organizations as ‘mystic societies.’” For the last two decades, Mobile has averaged about 38 Mardi Gras parades every year.

“Carnival begins unofficially on the eleventh day of the eleventh month,” she said. “That said, most celebrations in Mobile are from mid-November through Fat Tuesday.” All Mobile Mardi Gras parades are held downtown.

Gulleddge said the parades that Snowbirds might be most interested in occur from the Thursday before Fat Tuesday through Fat Tuesday, Feb. 23-28.

“It’s fun, safe and very worth a trip to experience firsthand,” she said. “Nothing can be said to adequately detail the sights, sounds and smells that define Mardi Gras.”

## Alabama Gulf Coast

The Town of Dauphin Island attracts thousands of visitors each year with two parades, Krewe de la Dauphin on Jan. 28 and the Town of Dauphin Island Parade on Feb. 4. There are nine parades staged between Foley, Daphne and Fairhope on Alabama’s Eastern Shore (see master schedule) and numerous others in small surrounding towns. Parades are scheduled Feb. 25 in Orange Beach and Feb. 28 in Gulf Shores.

## Pensacola, Fla.

Mardi Gras celebrations in Pensacola date to 1874, according to Danny Zimmern, the president of Pensacola Mardi Gras,

Inc., , which began coordinating Pensacola’s Mardi Gras events 17 years ago. It started as an event with balls and parades hosted by the city’s most prominent families.

“Over most of those years (since 1874), Pensacola Mardi Gras was just the weekend before Fat



Mardi Gras parade in Downtown Pensacola, Fla.

Tuesday,” Zimmern said. More recently, “it just grew and grew and grew to become a season.”

Pensacola Mardi Gras kicks off on the traditional Jan. 6 date, also known as the “Twelfth Night” after Christmas. That event includes a celebration and blessing of the fleet in downtown Pensacola. Various Mardi Gras balls and other events are scheduled through Fat Tuesday.

Pensacola has about 90 krewes and between 40 and 50 balls each Mardi Gra season, Zimmern said. Many of Pensacola’s krewes have charitable goals. For example, the Krewe du YaYas are dedicated to fighting breast cancer. The Krewe Karrus Navalís sponsors a food drive competition between the Pensacola krewes to see who can collect the most food and money for Manna Food Bank.

The Pensacola area features three parades – including one on Pensacola Beach – but the main parade is the downtown Pensacola Grand Mardi Gras Parade, set for Feb. 25, the Saturday afternoon before Fat Tuesday.

The Pensacola Grand Mardi Gras Parade is huge, including some 230 entries with about 6,000 people in the parade and taking about four hours to view from start to finish.

Zimmern says with upwards of 100,000 observers, it’s the biggest event in downtown Pensacola every year. Details: [www.pensacolamardigras.com](http://www.pensacolamardigras.com).

## Mississippi Gulf Coast

Mardi Gras celebrations on the Mississippi Gulf Coast date back more than a century, starting with events in Biloxi.

“The Gulf Coast Carnival Association traces its roots back to 1908 and Biloxi’s first Mardi Gras parade, which included 17 floats,” said Steve Polk, the association’s captain of carnival.

“In 1929, the Biloxi celebration expanded to include other coastal cities,” Polk said. “Mardi Gras has been consistent throughout the years with the exception of a few years during the World War era. The GCCA parade has rolled through the streets of Biloxi every year since 1952, including the years after Hurricanes Camille and Katrina.” Today, there are more than 25 parades on the Mississippi Gulf Coast each year from Pascagoula to Waveland.

“Most, if not all, Mardi Gras events (along the Mississippi coast) are put on by krewes or associations,” Polk said. “The difference between a krewe and an association is that members of krewes are voted on by the membership.”

Polk said of all of the Mardi Gras parades on the Mississippi coast, Snowbirds might most enjoy the Gulf Coast Carnival parade in downtown Biloxi, 1 p.m., Tuesday, Feb. 28. For details, visit [www.gulfcoastcarnivalassociation.com](http://www.gulfcoastcarnivalassociation.com).

## Pensacola Beach, Fla.

The first Mardi Gras celebration on Pensacola Beach was the first beach parade in February 1980.

The original idea was “to shake off the doldrums of wintert,” said Shelley Waters Johnson, whose mother, Jane Waters Cooper, was instrumental in establishing Mardi Gras on Pensacola Beach.

“Islanders have always had a knack for celebrating, so thev were naturals to embrace the fun of Mardi Gras,”



Mardi Gras mermaids, Pensacola Beach, Fla.

Wrecks and their parading krewes are generous with throws, so everyone leaves with lots of beads. The beach is a safe environment and parking is free.”

The Krewe of Wrecks Parade is Feb. 26 at 2 p.m., the Sunday before Fat Tuesday, For more information about Mardi Gras on Pensacola Beach, visit [www.pensacolabeachmardigras.com](http://www.pensacolabeachmardigras.com).

## Navarre Beach, Fla.

The Krewe of Jesters mark its 31<sup>st</sup> year and in that time have seen parade crowds grow from a few hundred people and a handful of floats to an estimated crowd of some 30,000 in 2016. This year’s theme is “Pirates of the Future.” The parade rolls at 1 p.m. Feb. 18.



Mardi Gras in Bay County, Fla.

## Bay County, Fla.

Panama City boasts one of the newest Mardi Gras celebrations on the Gulf Coast.

The Krewe of St. Andrews was established in November 1997, said Tom Bowdoin, a charter member of the krewe. “This was a Merchant Association meeting and the agenda included ideas to bring more attention to the area and the revitalization of the little village of St. Andrews.”

Business leaders also discussed a desire for what was then Bay County’s only other krewe, the Krewe of Dominique Youx, to have an parade location outside of their annual route through the Bay Point subdivision in order to accommodate growing interest and larger crowds.

“We decided to form our krewe and invite Dominique Youx to parade with us down Beck Avenue,” Bowdoin said.

The first Krewe of St. Andrews parade and festival was held in February 1998, and is now the city’s largest with crowds during the two-day event reaching over 60,000 people.

This year, the Krewe of St. Andrews’ main parade will include more than 15 local and out-of-town krewes with more than 40 floats filled with riders throwing tons of beads, stuffed animals and doubloons.

Over the years, the Krewe of St. Andrews has raised more than \$100,000 for local scholarships, charities and contributions and has generated many volunteer hours for various fundraising events.

“Our event is a family-friendly festival with our main event fulfilling our mission statement of ‘bringing attention to the St. Andrews area businesses and restaurants,’” Bowdoin said. “If you love fun and our beautiful area, come on down to Mardi Gras on our St. Andrews Bay and our beaches.”

For more details, go to [www.standrewsmardigras.com](http://www.standrewsmardigras.com).

## 2017 Mardi Gras Parades

**Feb. 17** – Apollo’s Mystic Ladies, 6:45 p.m. Daphne, Ala.

**Feb. 10** – Conde Cavaliers, 6:30, Mobile, Ala.

**Feb. 18** – Mystic Mutts of Revelry, 1 p.m. Fairhope, Ala.

**Feb. 18** – Knights of Ecor Rouge, 6:45 p.m., Fairhope, Ala.

**Feb. 17-18** – St. Andrews Mardi Gras (Panama City, Fla.) Celebration. Main parade, 2 p.m. Feb. 18

**Feb. 18** – Navarre Krewe of Jesters Parade, Navarre Beach , Fla. 1 p.m.

**Feb. 18** – Kids and Kitter Parade, Pensacola Beach, Fla., 2 p.m.

**Feb. 23** – Milton Mardi Gras Parade, downtown Milton, Fla. 5:30 p.m.

**Feb. 24** – Krewe of Lafitte Illuminated Parade, 6 p.m. Downtown Pensacola, Fla.

**Feb. 24** – Maids of Jubilee, 6:45 p.m. Fairhope, Ala.

**Feb. 24-25** – Panama City Beach Mardi Gras and Music Festival, Pier Park.Feb. 25 – Krewe of Mullet Mates, 2 p.m. Fairhope, Ala.

**Feb. 25** – Shadow Barons, 6:45 p.m. Daphne, Ala.

**Feb. 25** – Pensacola Grand Mardi Gras Parade, 2 p.m. Downtown Pensacola, Fla.

**Feb. 26** – Joe Cain Procession, 2:30 Mobile, Ala.

**Feb. 25** - Apalachicola Mardi Gras Barkus Parade, 1 p.m. Apalachicola, Fla.

**Feb. 25** – Foley Mardi Gras, 11 a.m. Foley, Ala.

**Feb. 26** – Krewe of Wrecks Parade, Pensacola Beach, Fla. 2 p.m.

**Feb. 26** – Loyal Order of the Fire Truck, 2:29 p.m. Daphne, Ala.

**Feb. 27** – Order of the Mystic Magnolias, 6:45 p.m. Fairhope, Ala.

**Feb. 28** – Gulf Shores Mardi Gras Parade, 2 p.m. Gulf Shore, Ala.

**Feb. 28** – Orange Beach Mardi Gras Parade, 2 p.m. Orange Beach , Ala.

**Feb. 28** – King Felix III, 1 p.m. Mobile, Ala.

\*MobileMask.com has a comprehensive list of more than three dozen parades and route maps set in Mobile, Ala. Plan ahead and bring a fold out chair, water and refreshments for all parades. Wear layered clothing and be prepared for the elements.



Mobile, Ala. Mardi Gras, Bienville Square, 1934



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Between parades, be sure to discover our wonderful attractions, cafés, shops and restaurants by simply visiting [mobile.org](http://mobile.org) on your smartphone. Want to stay in touch year-round about other fun events, activities and promotions in Mobile? Like our 'Visit Mobile' Facebook page and become one of thousands who look to this page daily for the best Mobile has to offer.



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There are nearly forty restaurants, bars, delis and cafes in downtown Mobile, and we've also compiled a suggested list of activities you can do in two, four and six hours in Mobile:



## TWO HOURS

**FAMILY FUN:** The Gulf Coast Exploreum offers rotating exhibits and permanent activities designed to bring the scientist out in all of us. You'll notice an Oyster statue out in front of the Exploreum, which is a great starting point to walk The Oyster Trail throughout downtown Mobile (how many can you visit?).

**PORT:** The downtown waterfront of Mobile, Alabama is full of rich history, culture and economic importance to the region. This bustling port welcomes ships from all over the world along with tug boats and barges that roam the many rivers of North America. See them all up close from a USCG Certified passenger vessel with Wild Native Tours. The city skyline, maritime museum, Austal shipyards, cruise terminal and cruise ship are also seen on this tour. Courteous and knowledgeable guides will educate and entertain as you cruise these local waters.



## FOUR HOURS

**HISTORY LOVERS:** Take an historic city tour, starting at Fort Conde, by car, van, trolley or duck boat. These usually last an hour to an hour and a half, which leaves plenty of time to explore historic downtown Mobile on foot, including the History Museum of Mobile and the Mobile Carnival Museum or hop across the Mobile River to board an authentic World War II battleship, the USS ALABAMA.

**SHOPAHOLICS:** Several new locally owned clothing boutiques, gift shops, vintage and antique stores and art galleries are located within blocks of each other downtown. We know you'll be grabbing some souvenirs at the beach, but hey, taking a little bit of Mobile home with you is pretty awesome, too. The Shoppes at Bel Air is getting a makeover, too, so you may want to pop in there to see what's new!



## SIX HOURS

**OUTDOORS:** With a little more time on your hands, you can explore a little more of what the entire area has to offer. The crown jewel of Mobile, Bellingrath Gardens and Home is about 45 minutes west of downtown – plan to wander amongst the blooms for a few hours. Or, head east, just a few minutes of downtown and take an airboat ride, sightseeing cruise or guided kayak/canoe tours of the Mobile/Tensaw Delta.

**HISTORY AND CULTURE LOVERS:** There are several historic homes in or near downtown, each offering guided tours. Pick up a Historic Homes brochure and plan to visit all five during your time here in Mobile. Hit the Mobile Museum Trail, visiting some of the previously mentioned downtown museums but also plan to stop by the largest art museum on the Gulf Coast, the Mobile Museum of Art, the Mobile Medical Museum, and the Archaeology Museum at the University of South Alabama.



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## Snowbird dances and events

**ISLAND DANCE PARTY:** The Emerald Coast Conference Center will be hopping with music from the 50s, 60s and 70s & 80s Feb. 11 at the Special Operation Warrior Foundation fundraiser Island Dance Party. The cost is \$10 per person or buy 4 and get 1 free. The event includes food samples and a cash bar. Details: 850-243-2266 or [www.islanddanceparty.com](http://www.islanddanceparty.com).

**PANAMA CITY BEACH SNOWBIRD EVENTS:** The Panama City Convention and Visitor's Bureau will host two more Snowbird Appreciation Days: Feb. 3 and Feb. 17 at the Panama City Beach Senior Center, 423 Lyndell Lane, Panama City Beach, Fl. Also upcoming is the Feb. 7 Winter Resident Senior Prom at Edgewater Beach & Golf Resort; Feb. 14 – Valentine's Dinner & Dance at Boardwalk Beach Resort; Feb. 20 – Winter Resident Grand Finale at Edgewater Beach Resort and Snowbirds are invited to attend the Feb. 24-25 Panama City Beach Mardi Gras & Music Festival at Pier Park. Snowbird dances are staged 3 p.m. – 6 p.m. Feb. 1, 5, 8, 12, 19 and 25 at Boardwalk Beach Resort. Details: [www.visitpanamacitybeach.com](http://www.visitpanamacitybeach.com). 850-233-5065.

**25th ALABAMA LIFESTYLES EXPO:** More than 70 vendors from across the Gulf Coast and throughout the state of Alabama will gather from 8 a.m. – 2 p.m. Feb. 9 in Orange Beach, Ala., for a Lifestyles Expo.

The event is staged throughout two buildings at the Caribe the Resort, 28103 Perdido Beach Blvd., Orange Beach, Ala. The event features many vendor giveaways and prizes.

Representatives from different communities in Alabama are on hand to answer questions. The event is free. Register online or on-site. Details: [www.alabamaadvantage.com/expo-public-registration-form.html](http://www.alabamaadvantage.com/expo-public-registration-form.html).

**PERDIDO KEY SNOWBIRD ROOST:** There is a Snowbird "Roost" 11 a.m. – 2 p.m. Feb. 23 at the National Naval Aviation Museum. Vendors will be on hand and there will be door prizes and giveaways. Lunch will be served by a variety of chefs. Cost is \$10. Tickets are available at the Perdido Key Visitor Center, 15500 Perdido Key Dr., Pensacola, Fla. Details: [www.perdidochamber.com](http://www.perdidochamber.com) or 850-602-9279.

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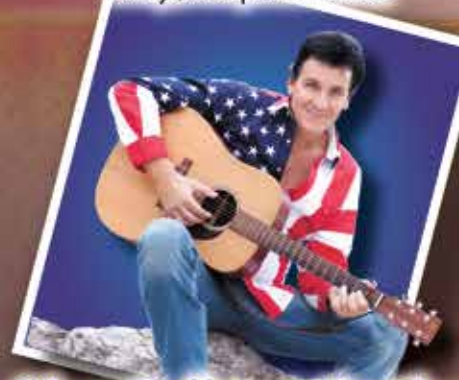
# FEBRUARY 2017

# PANAMA CITY BEACH, FLORIDA SNOWBIRD EVENT CALENDAR



Snowbird Dance  
featuring DJ Jim Lawson

\* All of these Snowbird Dances are held from 3 - 6pm, in the Convention Center at Boardwalk Beach Resort. General Admission is only \$3 and paid at the door.



Dinner Buffet & Live Show  
featuring Todd Allen Herendeen

All of these shows are held in the Convention Center at Boardwalk Beach Resort. Dinner & Show Tickets - Only \$22 and Doors Open at 5:30. Show Only Tickets - \$10 and Doors Open at 7pm. Purchase advanced tickets at the hotel, online, or by calling 850-596-8125.



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[BoardwalkBeachResort.com](http://BoardwalkBeachResort.com)

9600 South Thomas Drive, Panama City Beach, FL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> SNOWBIRD DANCE DJ Jim Lawson 3-6pm BOARDWALK CONVENTION CENTER	<b>2</b> Todd Allen Herendeen 7-9pm BOARDWALK CONVENTION CENTER	<b>3</b> Woody & The Peckers 6-9pm LIVE MUSIC IN RUSTY ANCHOR BAR & GRILL	<b>4</b> MAGICIAN COMEDIAN Magi Sham 7-9pm LIVE SHOW IN RUSTY ANCHOR BAR & GRILL
<b>SUNDAY, FEB 5</b> SNOWBIRD DANCE DJ Jim Lawson 3-6pm BOARDWALK CONVENTION CENTER		<b>7</b> Todd Allen Herendeen 7-9pm BOARDWALK CONVENTION CENTER	<b>8</b> SNOWBIRD DANCE DJ Jim Lawson 3-6pm BOARDWALK CONVENTION CENTER	<b>9</b> Todd Allen Herendeen 7-9pm BOARDWALK CONVENTION CENTER	<b>10</b> Woody & The Peckers 6-9pm LIVE MUSIC IN RUSTY ANCHOR BAR & GRILL	<b>11</b> 3xs-a-Lady 6-10pm LIVE MUSIC IN RUSTY ANCHOR BAR & GRILL
<b>12</b> SNOWBIRD DANCE DJ Jim Lawson 3-6pm BOARDWALK CONVENTION CENTER		<b>13</b> Valentine's Dinner & Dance 	<b>15</b> Todd Allen Herendeen 7-9pm BOARDWALK CONVENTION CENTER	<b>16</b> Todd Allen Herendeen 7-9pm BOARDWALK CONVENTION CENTER	<b>17</b> Woody & The Peckers 6-9pm LIVE MUSIC IN RUSTY ANCHOR BAR & GRILL	<b>18</b> 3xs-a-Lady 6-10pm LIVE MUSIC IN RUSTY ANCHOR BAR & GRILL
<b>SUNDAY, FEB 19</b> SNOWBIRD DANCE DJ Jim Lawson 3-6pm BOARDWALK CONVENTION CENTER		<b>Valentine's Dinner &amp; Dance</b> TICKETS ONLY \$27.95 PER PERSON <b>TUESDAY, FEBRUARY 14 2017:</b> Featuring a GOURMET BUFFET & DJ Jim Lawson DOORS OPEN: 4PM * DINNER BUFFET: 5PM 			<b>24</b> Woody & The Peckers 6-9pm LIVE MUSIC IN RUSTY ANCHOR BAR & GRILL	<b>25</b> MAGICIAN COMEDIAN Magi Sham 7-9pm LIVE SHOW IN RUSTY ANCHOR BAR & GRILL
<b>SUNDAY, FEB 26</b> SNOWBIRD DANCE DJ Jim Lawson 3-6pm BOARDWALK CONVENTION CENTER		<b>28</b> Todd Allen Herendeen 7-9pm BOARDWALK CONVENTION CENTER	<b>Purchase Advanced Tickets Online or by Calling 850-596-8125</b>			



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## Navarre Kiln Walk offers Gulf Coast pottery, history & fun

Tucked six miles north of the growing bedroom community of Navarre, Fla., lies a Gulf Coast treasure. Each January, more than 40 clay artisans venture to Holley, Fla., to craft, fire and stoke two unique kilns that produce 1500 pieces of art to be sold at one of the biggest events of its kind in the state of Florida.



Wood-fired vase

The Gulf Coast Kiln Walk Society, passionately spearheaded by legendary female surfer Brenda Stokes along with her husband, Marty and son, Jason present the Woodstoke Pottery Festival and Kiln Openings from 9 a.m. – 4 p.m. Feb. 11 at 7507 Buckeye Dr., Holley-Navarre, Fla. The family has owned and operated Holley Hill Pottery since 1980. Artists, volunteers and spectators help unload and unveil the kilns as the works of art make their debut. Coinciding with the event is the Seafood and Chili Cook-off which features tasty gumbo, wood-fired pizza, chili and cornbread. The gumbo and chili will be served in a

commemorative stamped bowl containing clay from the Ralph Howard Phillips "Southern Groundhog Kiln" for a suggested \$10 donation.

Before the festival, a special screening documentary of "Alchemy – Portrait of a Wood-Fired Kiln" will be staged Feb. 10 at the historic Imogene Theatre in Milton, Fla., with a special appearance by filmmaker and 20-year NBC veteran, Patty Newton. The film follows the Stokes' family and others as they painstakingly construct, load and nurture the state of Florida's largest wood-fueled kiln. Kiln Walk visitors should bring a lawn chair. Items are for sale starting at \$20 for small pieces and up. A trailer for the documentary can be viewed and more information is available at [www.gulfcoastkilnwalk.org](http://www.gulfcoastkilnwalk.org) or 850-939-2744.



Brenda Stokes, Holley Hill Pottery

## Gulf Coast work takes center stage at local art museums

See the Gulf Coast in a new way through the eyes of local artists. Several current exhibits at local art museums showcase Gulf Coast talents from yesterday and today, from pottery to photography to quilting.

**Warren Thompson: Moonpies**, Pensacola Museum of Art, 407 South Jefferson Street, Pensacola, Fla. Scenes of everyday Florida life are captured in this series of black-and-white portraits by Florida native Warren Thompson. Thru March 18. Details: [www.pensacolamuseum.org](http://www.pensacolamuseum.org).

**Quilts from the Azalea City Quilters Guild**, Mobile Museum of Art, 4850 Museum Dr., Mobile, Ala. Now on view in the Education Wing. The Azalea City Quilters' Guild shares an interest in the art of quilting and educating the public about this beautiful American art form. Details: [www.mobilemuseumofart.com](http://www.mobilemuseumofart.com).

**George Edgar Ohr: I Am the Potter Who Was**, Ohr-O'Keefe Museum of Art, 386 Beach Boulevard, Biloxi, Miss. George Edgar Ohr, "The Mad Potter of Biloxi", was active from 1883 to 1910, creating innovative ceramics that are a central part of the artistic heritage of the Gulf South, and the broader canon of American Art. A tour of the gallery includes photographs, archives, videos, and a history of Ohr's career. Details: 228-374-5547.

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- February 8 Fertilizing Roses, with Linda Guy
- February 15 Ancient Forests of Alabama, with Dr. Brian Axsmith
- February 22 Horticulture by the Numbers, with Chuck Owens



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February 14..... Carrier

February 21..... Rocky Mountain Express

February 28..... National Parks Adventure

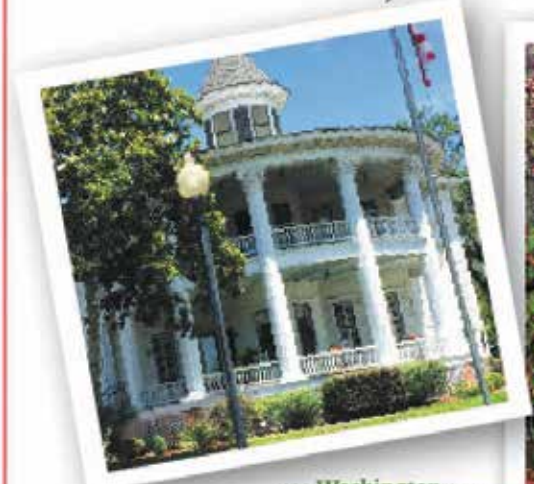
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## Sunrise, sunset: Our readers share the best views on the coast



It's simply the best way to begin or end your day!

Whether you wake up and share the sunrise with a cup of coffee on the balcony or walk the beach as the sun sinks below the horizon, the Gulf Coast offers spectacular views that can fire up your day or soothe your soul.

Our readers continue to share their favorite shots, and we want yours, too. Sunset dinner? Sunrise on the pier? Send your best sunrise and sunset photos to publisher@snowbirdsgulfoast.com.

Clockwise, from top left:  
by Karen Harrell, Gulf Breeze, Fla.  
Orange Beach sunrise by Kathy Ocker, Freeport, Ill.  
Sandestin sunset by Jan Conkrite

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Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or [www.beaurivage.com](http://www.beaurivage.com)

**2/18**

Foreigner, 8 p.m. Hard Rock Casino 777 Beach Blvd., Biloxi, Miss. Details: (877) 877-6256 or (228) 374-7625 or [www.hardrockbiloxi.com](http://www.hardrockbiloxi.com)

**2/24**

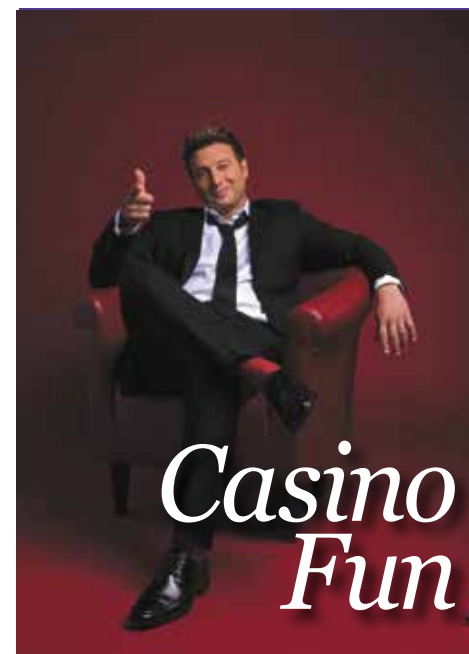
The Fab Four, 8 p.m. Hard Rock Casino 777 Beach Blvd., Biloxi, Miss. Details: (877) 877-6256 or (228) 374-7625 or [www.hardrockbiloxi.com](http://www.hardrockbiloxi.com)

**2/24**

Jennifer Nettles, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. 8 p.m. Details: 228-436-3000 or [www.ipbiloxi.com](http://www.ipbiloxi.com)

**2/24**

Johnny Mathis, 8 p.m. Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or [www.beaurivage.com](http://www.beaurivage.com)



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Biloxi, Miss. 8 p.m. Details: 228-436-3000 or [www.ipbiloxi.com](http://www.ipbiloxi.com)

**2/4**

The Vienna Boys Choir, 7 p.m. Mary O'Keefe Center of Arts and Cultural Center, 1600 Government St., Ocean Spring, Miss. Details: 228-818-2878 or [www.themaryc.org](http://www.themaryc.org).

**2/4**

Yes, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. 8 p.m. Details: 228-436-3000 or [www.ipbiloxi.com](http://www.ipbiloxi.com)

**2/3**

Billy Crystal & Bonnie Hunt, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or [www.beaurivage.com](http://www.beaurivage.com)

**2/3**

Creedance Clearwater Revisted, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. 8 p.m. Details: 228-436-3000 or [www.ipbiloxi.com](http://www.ipbiloxi.com)

**2/4**

Chrisette Michele, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue,



**2/10**

Joe Nichols, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. 8 p.m. Details: 228-436-3000 or [www.ipbiloxi.com](http://www.ipbiloxi.com)

**2/11**

Broadway Boxing Series, Hard Rock Casino 777 Beach Blvd., Biloxi, Miss. Details: (877) 877-6256 or (228) 374-7625 or [www.hardrockbiloxi.com](http://www.hardrockbiloxi.com)

**2/11**

Tim Rushlow And His Band, 8 p.m., Island View Casino, 3300 W. Beach Blvd., Gulfport, Miss. Details: 1-877-774-VIEW (8439) or [www.islandviewcasino.com](http://www.islandviewcasino.com).

**2/17**

Tony Orlando, 8 p.m. Golden Nugget Biloxi, 151 Beach Blvd., Biloxi, Miss. Details: 800-745-3000 or [www.goldennugget.com/biloxi](http://www.goldennugget.com/biloxi)

**2/17**

Dennis Miller, 8 p.m. Beau Rivage Resort &



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## The birds and the reefs:

Navarre Beach Marine Science Station offers winter programs

The Navarre Beach Marine Science Station is offering two great programs for Snowbirds.

On Feb. 8, Snowbirds & Shorebirds will be a bird-watching event with an Audubon expert and Feb. 1 and 15, "Beaches and Barrier Islands," a presentation with topics on what washes ashore the beaches, why sands shift and a shell identification class. Cost is \$5 per person per program and includes the Navarre Beach Seashore Identification Guide. Space is limited to limited to 20. You can attend one, both or all of them.

Each event runs from 2 p.m. – 3 p.m. Register at [www.navarresciencestation.org](http://www.navarresciencestation.org).

The Marine Science Station recently installed a reef web cam off Navarre Beach that can be accessed year-round. The programs were developed by nationally acclaimed marine biologist Charlene Mauro who runs a variety of educational programs locally and numerous summer camps.

SEA TURTLE ARTIST: The Navarre Beach Sea Turtle Conservation Center will welcome Shelly Marshall, founder of SHELLart to the center at 2 p.m. Feb. 3 for an educational program. Cost for admission is \$5 or \$4 for



seniors. The center is located at 8740 Gulf Blvd., Navarre, Fl. Details: [www.navarrebeachseaturtles.org](http://www.navarrebeachseaturtles.org) or 850-499-6774.

VOLUNTEER: The Dauphin Island Sea Lab hosts many school children throughout the year for field trips and others year-round and is in need of volunteers.

Those who want to participate should attend the annual introductory Docent/Volunteer class set for 8:30 a.m. to 4 p.m. Feb 25 at the Dauphin Island Sea Lab. The deadline to pre-register for class is 3 p.m. Feb. 22. For more info contact Jamelle Roy at 251-861-2141 x7545 or [volunteer@disl.org](mailto:volunteer@disl.org). An application can be acquired through email request.

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## Time to Spring Ahead!

Don't miss our final edition for the 2017 winter season. We take a look at the great Spring festivals; include a planner for next season and, of course, feature plenty of "Snaps" of all the fun you've been happening.

Businesses - Why wait until the last minute to try to reach the Snowbird market?

Our Spring edition is distributed the last week of February - before the Snowbirds venture home so get on their calendar early. Advertise your rentals, book golf excursions, offer restaurant and shopping deals and services.

Ads booked for our Spring edition receive a complimentary online directory ad for six months!

**Gulf Coast**  
**Snow BIRDS**

Call 850-291-1266 or  
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**That Farmers' Market at Palm Plaza in Niceville**  
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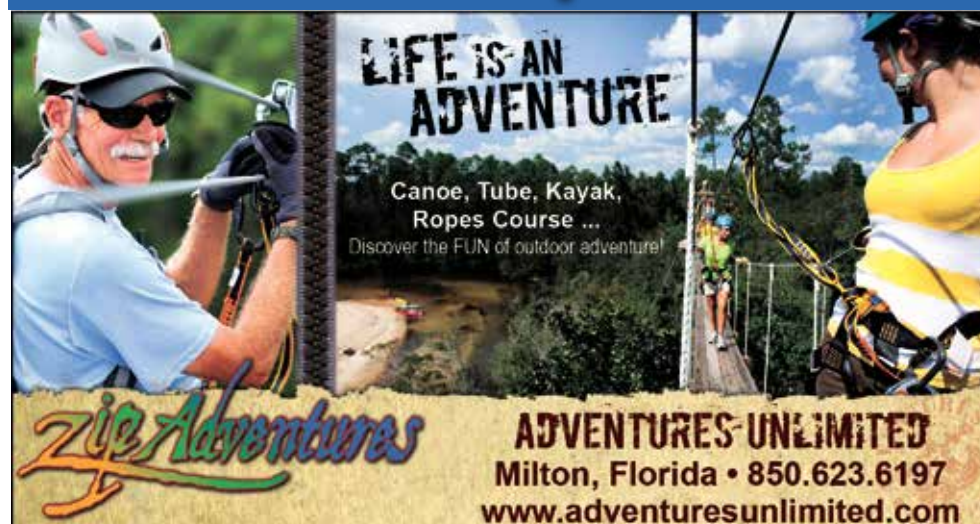
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**in the Northern Gulf Coast in 2017**

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## Conversation with the dentist - Dr. Frank Dentremont

**Q: What are the first steps to alleviate dental pain?**

**A:** Quick and severe dental pain is usually the body's "crisis alert" which is screaming "something's wrong!" A toothache seldom comes on suddenly without some early warning. In football parlance, the best offense is a good defense. Be sure if you're a Snowbird (or anyone for that matter) to have your home dentist up North give you a thorough check-up before you come down to make sure you don't have any hidden cavities or inflammations which might erupt while you're down here.

Too late? Seek an emergency visit with a dentist down here ASAP. If you can't get to a dentist then go to an urgent care center and get screened by their facility. Most often severe and sudden pain comes from a tooth infection. Being treated by antibiotics ASAP will begin the healing process. Treating pain may require prescription pain medication but until then use your extra strength over-the-counter pain medication of choice in accordance with their directions. DO NOT place a pain medication such as aspirin directly in the mouth.

**Q: What should you do if a tooth has broken off?**

**A:** A broken tooth can be a very sudden and painful situation. A tooth's structure

(biologically) resembles an ice cube and it matters how the tooth breaks. If it shears laterally then most often times it avoids a nerve exposure and can be repaired with a filling or a crown. If it shears more vertically then not only does it break it often exposes the nerve which will require a root canal or an extraction. Only your dentist can make that diagnosis but you should seek a dental consultation ASAP. DO NOT try to glue the broken tooth back on with "Superglue". Aside from it making it difficult for the dentist to remove later, it is chemically dangerous to put in your body. "Superglue" is a cyanide-derived compound - a cyanoacrylate. Do you really want to put that in your body?? "Nuff said."

**Q: What is the biggest dental issue for seniors?**

**A.** The biggest issue I see with senior dental care is "Accumulated Neglect". By that I mean that seniors present to my office with an accumulation of a life of dental care - the good, the bad, and the ugly (my apologies to Clint Eastwood). When a patient has cared for their teeth and their body their entire life then their teeth normally present with a good dentition and their mindset is maintenance and keeping their teeth for the rest of their life. When a person has neglected their body it usually follows that their teeth have

gone through neglect, too. Seniors in this category often have multiple missing teeth and are resigned to losing them in their later years. A toothache or loose teeth from gum disease often result in extraction and we have to make partials or dentures to compensate.

**Q: When should someone consider partial or full dentures and why?**

**A:** A partial or full denture should be considered when the patient's existing teeth are "hopeless" - when there are no practical ways to restore or repair their teeth. Tooth loss in seniors most often comes from gum disease, but can come from trauma (a broad term including cavities, tooth fracture, etc.) When the tooth loss impedes the ability of a patient to chew their food properly, then food metabolism in the body suffers. So proper nutrition is an important consideration. Social self-esteem is also an important consideration. When a person loses teeth in the smile zone then socially that can impede a person's ability to interact with others. Bad-looking front teeth which cannot be restored are a prime reason for partials or dentures. Bringing a smile back to a person can help a person get a new job, or meet new people, etc. With the evolution of dental implant technology and newer dental materials, we have more options for replacing hopeless

teeth. It is the goal of dentistry to bring implant technology to the mainstream to replace dentures and partials. Many dental insurance plans now pay for implants. In the meantime, if you can't chew properly, can't or won't smile in public, then you should seek a dental health professional to help you improve your overall well-being.

**Q: What health risks are associated with poor dental care?**

**A:** Medical research and science are "light years" ahead of what we knew 30 or 40 years ago. Through science, we now know that many diseases of the body not only have oral manifestations but have ORAL ORIGINS. We know that the plaque which accumulates in the heart is the SAME plaque which originates in the mouth. A "dirty" mouth will directly lead to heart disease! We have enough information (through DNA markers, etc.) to see that many organisms which cause disease in the body enter the bloodstream not by cuts or ingestion but through entry in the gums or mouth! We all realize that our mouths can't be "sterilized" to prevent the presence of bacteria or viruses, but keeping our mouths clean and as disinfected as possible will be a future mandate to aid in preventing systemic disease. Poor dental care leads to poor physical health. It's now known to be a certainty in medical and dental science.

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