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Gulf Coast

A Winter Visitor
Publication
February 2019

Mardi Gras Parades

pages 18

Snaps!

pages 26-28

Clubs and Calendar

pages 14-15, 16-17

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Gulf Coast
Snow **BIRDS**

ON THE COVER

Dennis and Mary Alice Price live in Rochester, N.Y., but escape New England snow by taking off for Pensacola Beach, Fla. for the winter. Their beach retreat is a popular destination for friends and family, who enjoy local dining, attractions and beach life.

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Welcome!



I'm often asked how to get on the cover of our magazine.

My answer is nearly always "it's random." Incredibly, this is our 13th season to publish. I often start talking to people at events and find out their stories.

Some couples have been involved in some of the biggest events staged each year. Since we cover a wide region I try to vary the winter destinations.



One year I spotted a couple in a crowd room and they seemed to glow. We had a wonderful time at the photo shoot and sadly learned that summer they were killed in a car accident. We were able to provide the professional shots for their service and that provided comfort for the family. I'm still sad about that couple

This month's cover couple are people I bumped into—Mary Alice Price and I nearly collided on a Pensacola Beach sidewalk. She was power walking for exercise and I was in a hurry and wasn't paying attention.

My quick apology was accepted with one statement that she knew the route well after following it for several weeks.

Bingo! I tentatively asked her if she was a Snowbird and she said yes and we started to chat.

I discovered she and her husband hail from Rochester, N.Y. and live on a beautiful lake. They enjoy a full life and have taken on part-time work they enjoy. Inspirational!

In this edition, we have many SNAPS - photos we shoot at different Snowbird events in the region. Also, we feature several of the lighthouses in the region and a restaurant that was among many in Panama City Beach that emptied their freezer and fed local first responders and residents after Hurricane Michael.

Finally, if you are picking someone up at the Pensacola airport or driving around town you may notice signs of "Pensacon." Fans of Big Bang Theory will recognize many of the ComicCon-inspired characters (and the marquee guest is William Shatner!)

Thank you all, again, for being here. We hope you are making friends and getting out to enjoy all the region has to offer. Be sure to pick up our Spring edition which will be available the last week of February, sign up for our enewsletter "Seasons" and "Like" our Facebook page: Snowbirds Gulf Coast to stay up with us. And, help us grow - SHARE!

Best,

Karen Harrell, publisher@snowbirdsgulfcoast.com
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Prices drawn to Pensacola Beach Waters

Dennis D. Price, 68, and Mary Alice Price, 67, spend most of the year in their home in Rochester, New York. Married 29 years, this is their fourth winter in Pensacola Beach, Fla.

Q. Where are you from and where do you live now?

Dennis grew up in the Hilton Head, S.C., area before moving to suburban Rochester, N.Y. Mary Alice grew up in Batavia, N.Y. area before moving to suburban Rochester, N.Y. Dennis graduated with a BS in Business Administration from Rochester Institute of Technology. Mary Alice graduated with a BA in English Education from LeMoyne College in Syracuse, N.Y., and a Masters in Education and an Administrative degree from the State University of N.Y. in Brockport, N.Y.

Q. How did you meet?

We have been married for 29 years. We met when both living and working in the Rochester, N.Y., area.

Q. Do you have children and grandchildren?

We have four children. Kari Stone—home maker outside Rochester, N.Y.; Kenny Price – managing partner at New York Life Insurance in Pittsburgh, Penn.; Christopher Zirbel—program manager for ITX in Rochester, N.Y.; and Jeffrey Zirbel –senior director at Sutherland Global Services in Rochester, N.Y. We have 10 grandchildren ranging in age from 18 to newborn. There are five girls and five boys including Hunter, Samantha, Ella, Teddy, Laine, Jameson, Jack,



Addy, Jake and Brooklyn. We also have three wonderful daughters-in-law and one son-in-law. Kari and Dan Stone, Kenny and Katie Price, Chris and Alisa Zirbel and Jeff and Mary Zirbel.

Q. What is your professional background? Do you still work?

Dennis continues to work as a real estate associate broker in the Rochester, N.Y., and New York Finger Lakes area. Previously, he worked for Eastman Kodak in the areas of planning and as a regional service manager. Mary Alice is a retired school administrator having taught secondary English and serving as in various school administrator positions including Superintendent of Schools for 17 years. She now works as an educational consultant.

Q. You are among a relatively few from the northeast who winter in this area of the Gulf Coast, how did you find Pensacola Beach?

Previously, we stayed in various places in South Carolina. We decided to get closer to the gulf and go a bit warmer. Pensacola Beach attracted us because of the wonderful beach-living focus which we knew about from a prior visit and because Mary Alice was born at the Naval Hospital there.

Q. Tell us about your activities during your months at Pensacola Beach.

When in Pensacola Beach we love to golf, visit the beach, and travel around to local areas including: the Naval Air Station, beach areas along the Florida and Alabama coast, Navarre Beach, Pensacola port areas, Destin, etc. We spend quite a bit of time visiting local attractions, exercising, entertaining and so on.

Q. What do you tell folks at home about your time on the coast?

We are both drawn to the water whether vacationing in Pensacola Beach or living on Cayuga Lake which is approximately 40 miles long. We tell people that we feel at home in Pensacola Beach where the beach itself is pristine, the water so beautiful blue and accessible, wonderful day trips abound, the food is fantastic, the people friendly and much more.

Q. Do you take any side trips on your journeys to and from your home? We usually intend to take side trips on our way to and from Pensacola. However, we usually are drawn more to getting there and getting back to home. We take our time travelling back and forth—usually two overnights.

Q. Do you host any family and/or friends during your stay?

Each year friends and/or family have visited us in Pensacola. They always want to come back. Many say it is like resort living. One couple liked it so much, they are renting now on Pensacola Beach themselves.



From top: 1. Dennis and Mary Alice share a piece of key lime pie and a good joke at Casino Beach Bar and Grill. 2. The Prices and friends take in Mardi Gras on Pensacola Beach. 3. The Prices enjoy the irresistible view from their balcony. 4. Beachside dining is where it's at! 5. Lunch is served - then makes its way out to the deck.





Q. What is your fondest memory here on the coast?

Our fondest memories center around the time spent with family and friends while staying on Pensacola Beach. We never worry about things to do or places to visit and the beach itself is a huge draw for folks escaping the cold winters in N.Y.

Q. What are your favorite things to do when you are "home" in N.Y.?

When we are home in N.Y. we live on a beautiful N.Y. finger lake where we swim, boat, fish, etc. We like to golf, make day trips and, of course, spend time with our children and grandchildren. We love to dine with many friends we have made over the years. Of course, we both still work but, at this time in our lives, that work is more balanced with other pasttimes.



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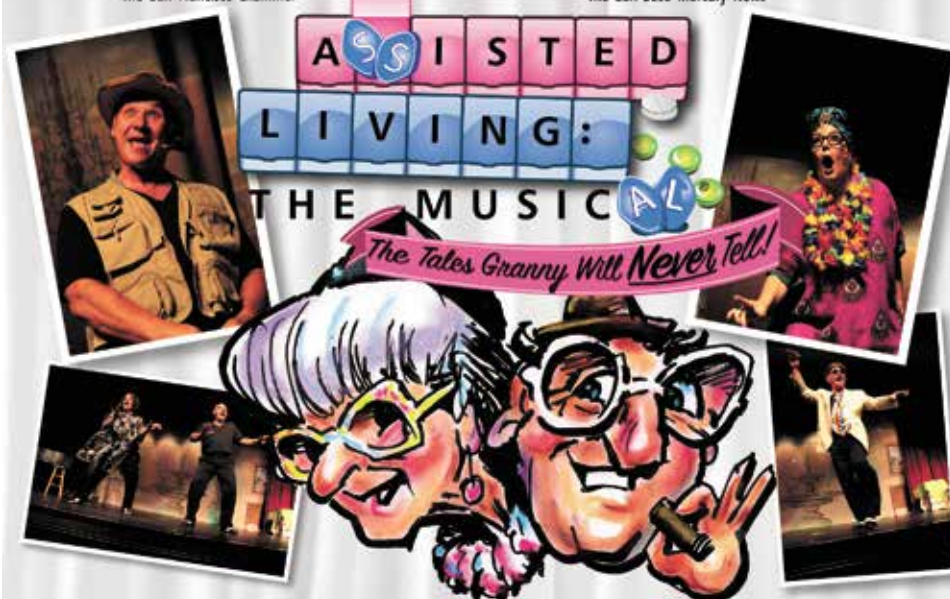
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FLORIDA'S PANHANDLE

Historical Gulf Coast Theatres: The show must go on!

Historic theatres have their own story to tell and none more so than The Martin Theatre located in Downtown Panama City.

We asked a few questions of Barbara McMinis who has been at the helm of the Martin Theatre for 28 years and is now leading the way through rebuilding and maintaining programs after Hurricane Michael's devastation.

Q. Briefly, can you describe the history and background of Martin Theatre?

Originally built in 1936 as the RITZ theatre, it was one of the "movie palace" cinemas prevalent at the time. In the early '50s the Martin's bought out the Davis, and the theatre became the Martin. It was a cinema until 1976 when it closed down and became a shooting gallery. In the late 80's the PC DIB bought the building and renovated into a performing arts space until Hurricane Michael put his stamp on the building.

Q. Can you tell us about the extent of the damages, challenges

and plans for reconstruction? The roof was blown off, the south side of the building was

blown out and several of the windows in the Greenroom were broken. The city is planning on bringing the theatre back to its historic charm, with state of the art equipment.

Q. How many shows will you host this year? What are the highlights? We are continuing with our programming in various venues around the county. Our 6-show MARTIN PRESENTS... series will go ahead at the Majestic Beach Resort, on Panama City Beach. Highlights of the season are: The Kingston Trio, Mutts Gone Nuts, Jim Witter's tribute to James Taylor & Carole King, Supreme Reflections, CSN Express (Crosby, Stills, & Nash), and closes with the Modern Gentlemen (Frankie Valli's back up vocalists) Our Cinema series will continue with FROM STAGE TO SCREEN, filmed plays by the exceptional Stratford Shakespeare Festival, and our Bette Davis Retrospective, both series to be screened at the Center for the Arts, across the street from the theatre.

Q. What role do you think Martin Theatre and the overall downtown Panama City area

play in the morale of Panama City? We say that we're the heart of downtown, but we're also the backbone. The Arts play

heavily in the success of downtown Panama City, but we were hit pretty hard. We're trying to get the word out that downtown Panama City is open for business!

Q. Are there any groups or organizations you want to recognize in your recovery?

The City of Panama City, Bay Arts Alliance, The Center for the Arts, all our patrons for following us around, my board, my staff.

Q. Beyond attending shows, are there any ways for Snowbirds to help in your rebuilding effort? Contributions are always appreciated!

Q. Is there anything I didn't ask that you'd like to mention? This experience has taught me that it's amazing what you thought you couldn't live without! Keeping positive and moving forward!

Here are a few of the other vintage venues that are still entertaining the Gulf Coast::

DIXIE THEATRE

This beloved theatre located in quaint Apalachicola (known for its oysters) is moving forward post-Hurricane Michael. Upcoming shows include Feb. 2 – American Pie Revisited featuring John Reno and Feb. 9 – A Tribute to the Music of Willie Nelson starring the Purvis Brothers and the Encore Band. Details: www.dixietheatre.com or 850-653-3200.



IMOGENE THEATRE

Two fires that broke out nearly 100 years apart weren't enough to destroy the Imogene.

Located north of I-10 in the historic town of Milton, Fla., this theatre has rebounded from a 2009 fire and through community support and fundraising now offers a variety of shows and entertainment.

This winter the original play "Assisted Living: The Musical" is a highlight Feb. 22-23. Also upcoming: Feb. 7 – Confederate Railroad; March 9 – Hank You! A Tribute to Hank Williams and March 28 – Tracy Byrd. Details: (850) 626-2117 or www.theimogenetheatre.com

SAENGER PENSACOLA, MOBILE, NEW ORLEANS

These historical theatres along with a third in New Orleans bring high-quality Broadway shows and tribute bands. The hit musical HAMILTON will be in New Orleans March 12-31. Check out the calendars: www.pensacolasaenger.com, www.mobilesaenger.com and www.saengernola.com.



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Tracy Byrd Live in Concert at the Imogene Theatre
March 28th @ 7:00PM

Tracy Byrd Live in Concert at The Imogene Theatre on March 28th, 2019!
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Navarre Beach

FLORIDA'S PANHANDLE

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Angry Tuna: Fighting back and lending a hand

Hurricane Michael's timing couldn't have been worse for newly launched and re-branded Angry Tuna Seafood Company. Located near the Gulf entrance of Panama City Beach's massive Pier Park, the restaurant was closed for several weeks in September and transformed in just 14 days from a German beer-hall theme to a modern and serene seafood eatery complete with covered and heated outside patio suitable for those who want to bring their dog.



A successful opening Oct. 1 boded well for the Angry Tuna (named for the "angriest fish in the sea") with Panama City Beach's busy fall events season on the horizon. But 10 days later, Hurricane Michael roared ashore. The storm's strength and ferocity surprised many. The storm's track was uncertain until hours before landfall when forecasters were warning of a potential

Cat 5. It was then that Angry Tuna General Manager Jeremy Pitt decided to leave his home near St. Andrews Bay in the wee hours of morning with this young daughter in tow, headed for St. Augustine. Once the storm passed, it took several days before roads were cleared enough to allow Pitt and others to travel south of I-10 to inspect their homes and businesses. Pitt and his wife are hosting his brother until his home can be repaired.

Pier Park, located on Panama City Beach's west end, sustained only minor damage. But with no electricity, restaurants soon began emptying freezers and the Angry Tuna and many others chose to feed first responders and others who were hungry instead of throwing away the food. "We said anyone who wanted a meal to come and get it," Pitt said. Thankfully, the restaurant reopened within days of electricity being restored and Pitt said he and other restaurants in the "entertainment area" of Pier Park (Angry Tuna is located across from the famous "Tootsies" bar) are ready to host Snowbird visitors.

One of the marquee items is a trio of thick tuna steak sliders. Others include a "Colossal" seafood platter, signature Shrimp & Grits, tasty Fried Chicken, along with a variety of baskets, burgers and salads.

Pitt has introduced a diverse \$6.99 daily lunch food and drink menu with specialty items such as meatloaf, seafood lasagna, catfish, seafood tacos and fettuccini alfredo with choice of side.

The restaurant still features the giant pretzel, beer cheese and German beer popular among the clientele at his former restaurant. And, partly because Pitt is allergic to seafood and a former New

Orleans resident, the menu also features some classic Louisiana dishes such as the classic "sloppy" Roast Beef Po'boy. Drink specials run the gamut from a Jack and Coke frozen slushy to beer specials. Pitt recommended that people check out The Angry Tuna website and Facebook pages for updates.

The restaurant is large enough to handle small groups and they also cater. Details: angrytunaseafoodcompany.com or 850-235-4632. Address: 701 Pier Park Dr., Ste. 155, Panama City Beach, Fla.



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Snowbird Clubs

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SnowbirdsGulfCoast.com

Each year there are a variety of activities put on either by Snowbirds or area organizations for the Snowbirds. If you have activities to share, please email: publisher@snowbirdsgulfcoast.com by the 5th of the month preceding publication (we publish Holiday, January, February and March each year.)

EXPOS

Dates for Snowbird Expos and Events include Feb. 8 and 22 - Panama City Winter Resident Appreciation Days; Feb. 7 - Alabama Lifestyles Expo; Feb. 14 - Perdido Key Roost; Feb. 28 - Perdido Key Hootenanny.

FLORIDA

PENSACOLA AND PERDIDO KEY: VIP discount cards and events calendars can be picked up at the Perdido Key Visitor Center, 15500 Perdido Key Drive and Pensacola Visitor Center, 1401 E. Gregory St. A Snowbird "Roost" is 11 a.m. Feb. 14 at New World Landing in Pensacola. Perdido Key will host a season-ending "Hootenanny" 11 a.m. Feb. 28 at the Flora-Bama. Details: 850-492-4660 or www.visitperdido.com or 850-434-1234 or www.visitpensacola.com.

PANAMA CITY: The Panama City Convention and Visitor Bureau: Winter Resident Appreciation Days are Feb. 8 and 22 at Laketown Wharf. Upcoming events include Feb. 13 the Winter

Resident Senior Prom on Feb. 13 and the Winter Resident Grand Finale on Feb. 27. Details: 800-722-3224 or www.visitpanamacitybeach.com
PCB Senior Center: A hub of activity for Panama City Snowbirds is the sprawling senior center. Membership fees are just \$35/year. Activities include health, fitness and exercise; arts and crafts; fun and games and social and learning opportunities. Oatfield Center, 423 Lyndell Lane, Panama City Beach, Fla. Details: 850-236-3038 or 850-233-5065

DESTIN: The Club meets at "The Roost" - the Destin Community Center, 101 Stahlman Ave. Weekly Tuesday meetings are held in two sessions Feb: 8:30 a.m. and 11 a.m. and 10 a.m. only March 5. Meetings include entertainment, activities and information from local vendors. Club activities include cards and games, fishing, golf, tennis, pickleball, skeet shooting, cruises, casino trips and more. Details: www.destinsnowbirds.org

FORT WALTON BEACH: Meetings are staged at the Fort Walton Beach Recreation Center, 132 Jet Dr., Fort Walton Beach, Fla. General meetings are 10 a.m. Feb. 5 and March 5. Annual fee is \$8. The club hosts a variety of breakfasts, socials, golf outings, dances and activities such as arts, crafts, golf outings, pickleball and more. Details: information@FWBSBC.com or www.fwbsbc.com

NAVARRE: Upcoming Navarre Beach Snowbird Club activities include: Snowbirds Sessions by the Sea - Jan. 31 and Beachcombing 101 on Feb. 7 at the Navarre Beach Marine Science Center and Feb. 12 - AARP Smart DriverTek Workshop. New on March 2 is Casino Night. To learn more: navarrebeachsnowbirdsclub.com

PENSACOLA BEACH: The hub of activity can be found at the two island churches which host potlucks, games and more. Pensacola Beach Community Church, 920 Panferio Dr. and Our Lady of Assumption Catholic Church, 920 Via de Luna. Check out the island's visitor center in the main parking lot for more information.

WALTON COUNTY: Registration Feb. 4, 8:30-10:30 a.m. at Faith Assembly Fellowship Hall, 306 South Geronimo. Registration fee is \$10 per year. Meeting dates are: Feb. 6, 10 a.m. at the Destin Life Center Building of the Destin United Methodist Church, 200 Beach Drive, Destin. The final meeting Feb. 20 is at Santa Rosa Beach Community Church, 3524 U.S. Hwy. 98W. There will be door prizes and vendors (arrive early to visit). Registering with the Walton County Snowbirds provides a great opportunity for first time and returning snowbirds to hit the ground running upon their arrival. There are dozens of activities available on the website:

waltoncountysnowbirds.com

ALABAMA

DAKOTAS: The North and South Dakota Snowbird Club meets on the second and fourth Tuesday mornings each month. Dates include Feb. 12, 26 and March 12 at Luna's Eat & Drink, 25753 Canal Road, Orange Beach, at 8:30 a.m. for breakfast with a short meeting to follow at 9 a.m. Join us for events throughout the season including local tours, dinner at local restaurants, etc. The club collects food and infant items at breakfast meetings for the local food pantry and also contribute to other not-for-profit fundraisers in the local Baldwin County area. Details: Joyce at 605-351-0274.

DAUPHIN ISLAND: The Dauphin Island Chamber of Commerce invites Snowbirds to visit the Welcome Center (also known as "The Little Red School House") at 1016 Bienville Blvd., for info on island events including the twice-monthly Boardwalk Talks the first and third Wednesdays at 11:15 a.m. at The Estuarium. Island representatives are actively engaged in forming a club. The visitor center also offers snowbirds a free gift. Details: www.townofdauphinisland.org

ILLINOIS: Feb. 8 - Breakfast at GTs on the Bay, 8 a.m.; Feb. 9 - Bratfest at Orange Beach, TBD, 10:30 a.m.; and Trivia Night at Orange Beach

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* Limitations: These promotions are for Snowbirds and new patients.

Expires March 31, 2019. Check website for complete information.



SCAN TO VIEW OUR WEBSITE

Join the Club!



Events Center, 6 p.m.; Feb. 12 – Potluck & Games, 5 p.m.; Feb. 13 -Book Club at Orange Beach Library, 9:30 a.m.; Feb. 22 - Breakfast at GTs on the Bay, 8 a.m. and Low Country Boil, 11 a.m.; Feb. 26 – Picnic in the Park at Johnnie Sims Park, Noon. March 8 - Breakfast at GTs on the Bay, 8 a.m. Dennis Thorn is president.

INDIANA: Snowbird breakfasts open to all "Hoosiers" Feb. 10 and 21 and March 6 at Luna's Event Center, 25689 Canal Road, Orange Beach. \$10 cash. Doors open at 7:30 a.m.; meeting at 8 a.m. Membership: \$2.50 per person and is open to all persons with roots in IN. Luncheon at Barefoot Island Grill on Feb. 25. We thank local businesses for the many door prizes we give away during each meeting. We participate in many fundraising activities to benefit various organization of the Gulf Coast area. Please watch for a new rooster of the 2019 membership emailed in March. We also have IN snowbird club Facebook page with more information. If you wish to attend any of these meetings please sign up when attending a breakfast or contact Jan Pell (317)914-5832 before the day of breakfast and the same for the luncheon or call Becky Heidenreich (260)760- 5130.

IOWA: Iowa Snowbird breakfasts are Feb. 6 and 19 at Perdido Beach Resort, 27200 East Perdido

Beach Blvd., Orange Beach. Make reservations at iowa-alabamagulfcoastsnowbirds.org (preferred), or Shari DeCook, 641-521-0929 or Sharon Hesselmann, 563-357-2721. Cost: \$10.50 per person, RSVP on the website. Cocktail party Feb. 22, 5 to 7 p.m. at The Caribe, Building C, 28103 Perdido Beach Blvd, Orange Beach. No RSVP is required. Bring a dish to share and your own beverage. Iowa has a golf group with golf sign-up for 2019 through the website. Contact: Fran Gruenhaupt, Publicity Chairman 319-330-2446 or LFGRU2@gmail.com.

MISSOURI: Perdido Beach Resort (27200 Perdido Beach Boulevard, Orange Beach). Breakfast meetings: 9 a.m., Feb. 6 (Phoenix V), 13 (Perdido Beach Resort), 20 (Phoenix V) and 27 (Perdido Beach Resort). A full listing of activities is available on the website. Details: karenginstead@icloud.com or www.mosnowbirds.org.

MICHIGAN: Meeting dates: Feb. 7 and 21 and March 7 at the Erie Meyer Center in Gulf Shores. Registration at 8:30 a.m., coffee and donuts at 9 a.m., meeting at 10 a.m. Meetings include entertainment, club activities and door prizes. Membership dues are \$3 per person, per year. Details: www.michiganclubalabama.com or 231-335-9838.

MINNESOTA: Meets Tuesday for breakfast through March 12 at GT's On The Bay. New this year: Pre-registration required. Click on "Breakfast Signup" on the website. Doors open 7:30 am; breakfast 8 a.m. Cost: \$10, includes tax and tip. Cash preferred. No bills over \$20. The club collects food donations and/or cash for the Christian Service Center, our dedicated project. For information visit www.mnal.org or the Facebook page @mnalclub.

NEW YORK: Luncheon dates: Feb 7 and 21 March 7 at Ginny Lane, 4851 Wharf Pkwy E, Orange Beach at the Wharf. Registration at 11 a.m. Reservations: nysnowbirds@gmail.com or call Tracy 585 748 0133 or Frank at 585-748-0432.

OHIO: Feb. 6 Breakfast and speaker at Luna's 8:30 a.m. RSVP: Gayle 937-621-1700.

PENNSYLVANIA: Meets Wednesdays for breakfast at BuzzKatz, 25689 Canal Road, Orange Beach, through March 13 except for Feb. 20's covered dish luncheon at a location TBD. Breakfasts are informal with no dues, reservations, formal officers or roll of membership. The club joins other state snowbird groups in fundraising activities for the community. Dates TBD we meet for Eat And Talk at O'Charlie's Restaurant in Foley. Details: Rich Smith at 484-264-1394.

SENIOR SNOWBIRDS: The 25th season weekly Thursday potluck luncheons continue at the new location, Orange Beach Community Center, 27235 Canal Rd. Set up at 11 and eat at noon. Bring a dish to feed 10. Cost is \$1. The first Monday Night potlucks begin Jan. 7. Social hour is 6 p.m., program 7 p.m. Bring a dish for 10. Entrée and drinks provided. Details: Michael O'Rourke 251-981-6060.

WISCONSIN: Upcoming events: February: 6 - Meeting at OB Event Center, 9 a.m.; 9 - Bratfest at Orange Beach Event Center; 10 - New Orleans trip; 11 - Golf Fun Day, Gulf State Park; 12 - 8 Pin Tap Bowling at Gulf Bowl; 13 - Picnic OB Community Center; 14 - Wisconsin Fish Fry; 14 - Beau Rivage; 16 - Trivia Night; 18 - MI/WI/IND Golf Challenge; 20 - Meeting; 21 - Baldwin Heritage Museum Golf Fundraiser; 21 - Palace/Mobile Mardi Gras Parade; 22 - Low Country Boil; 23 - Palace/Fairhope parade; 26 - Palace/Mobile parade. March 6 and 13 - Meetings OB Community Center and 7 - Zoo fun day. See more: www.sites.google.com/site/wisconsinsnowbirdclub/mparty-calendar. Details: Kenn 251-967-2463.

YOOPER LUNCHEON: Residents of the upper peninsula of Michigan are invited to the 36th Annual Yooper Luncheon, 11:30 a.m. Feb. 13 at Magnolia Hall at Luna's. Cost is \$15 for buffet, cash and this includes tax and tip. Details: Dan Inglis 906-440-0866.

ROUSES MARKETS

SNOWBIRD COOKING CLASSES

with Rouses Chef Nino

February 1st

10am - Rouses - Gulf Shores

Chicken Kalamata

3pm - Rouses - Orange Beach

Greek Tuna Pasta Salad

February 15th

10am - Rouses - Gulf Shores

Cajun Pork Tenderloin

3pm - Rouses - Orange Beach

Orange Beach Chicken Mignon

February 8th

10am - Rouses - Gulf Shores

Florentine White Bean Soup

3pm - Rouses - Orange Beach

Chicken & Sausage Pastalaya

February 22nd

10am - Rouses - Gulf Shores

Sweet Potato Salad

3pm - Rouses - Orange Beach

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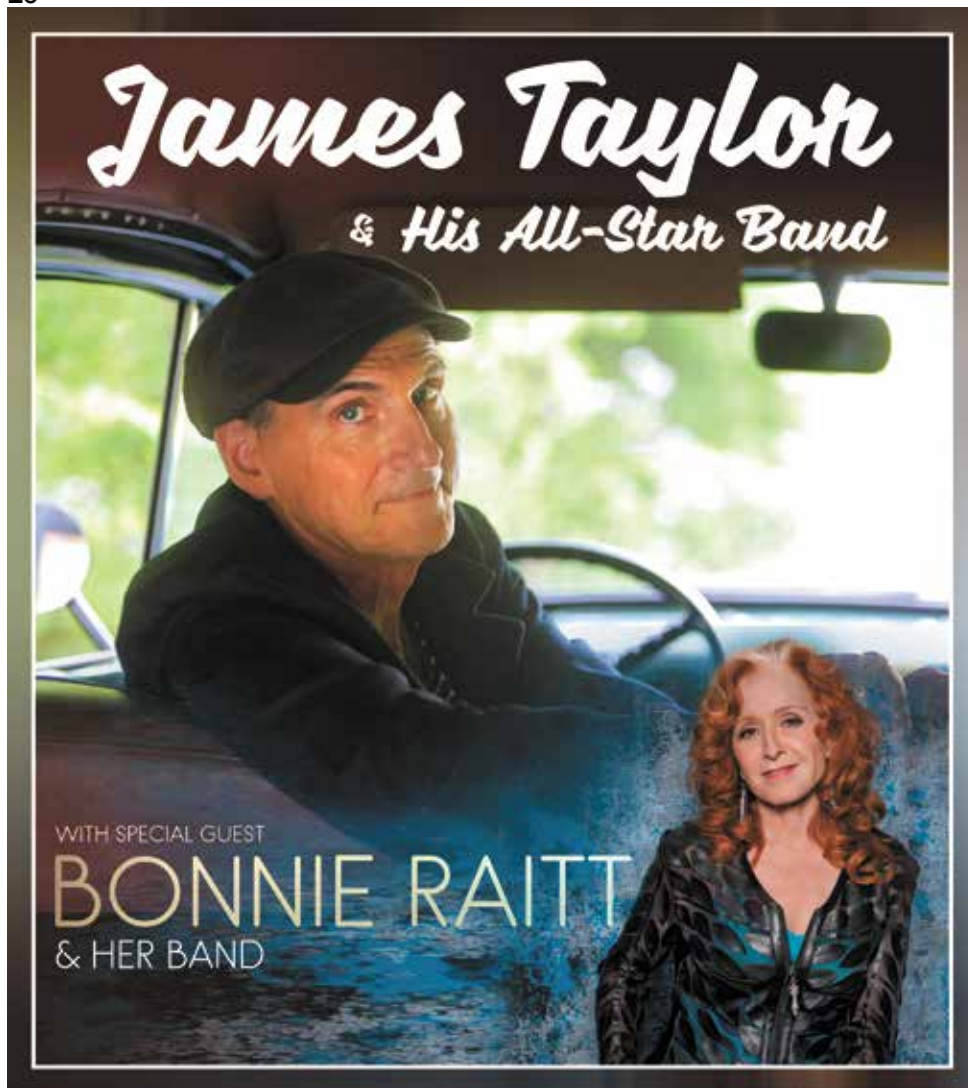
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2/10 Legendary singer/songwriter James Taylor and his All-Star Band with special guest Rock and Roll Hall of Famer Bonnie Raitt and her band. For more than 40 years, Taylor has touched people with his warm baritone voice and distinctive style of guitar-playing. Inducted into both the Rock and Roll Hall of Fame and the Songwriters Hall of Fame, he has sold more than 100 million albums, won multiple Grammy Awards, and has earned 40 gold, platinum, or multi-platinum awards. 7 p.m. Pensacola Bay Center, 201 East Gregory Street, Pensacola, Fla. Details: (850) 432-0800 or <http://www.pensacolabaycenter.com/events/detail/james-taylor-bonnie-raitt>

TUESDAYS 2/6, 12, 19, 26

National Naval Aviation Museum located at Naval Air Station Pensacola. "Breakfast and a Movie." Presentation at 9 a.m., movie at 10 a.m. \$10 per person. Feb. 5, "Backyard Wilderness"; Feb. 12, "Jerusalem"; Feb. 19, "Cuba"; Feb. 26, "America's Musical Journey." Details: 850-453-2389 or navalaviationmuseum.org. Bingo Night, American Legion Post #240, 8666 Gulf Beach Hwy, Pensacola, Fla., 6 to 8:30 p.m. Details: 850-455-6111

WEDNESDAYS

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/estuarium or 251-861-2141

Winter Wednesdays, Bellingrath Gardens and Home, 12401 Bellingrath Gardens Rd., Theodore, Ala. Winter workshops include gardening tips and guest lectures. Reservations requested. Details: 251-973-2217 or www.bellingrath.org

1/31- 2/2

2019 Quilt Show - See over 300 handmade quilts creatively displayed with antiques and collectables. Lunch is available. Event is a fundraiser for the Robertsedale United Methodist Women. 22220 State Highway 59 S., Robertsedale, Ala.

2/1

"HOT GLASS, COLD BREW" Great Gatsby Edition - First City Art Center, 6 p.m. at 1060 N. Guillemard St. Full admission includes a signature handmade glass or ceramic cup. General admission tickets are available at the door. Details: (850) 429-1222 or www.FirstCityArt.org

2/2

Cher: Here We Go Again

- Cher's ABBA-inspired tour is her first in five years! Mississippi Coast Coliseum, 2350 Beach Boulevard, Biloxi, Miss. 8 p.m. Details: 800-726-2781 or 228-594-3700 or www.mscoastcoliseum.com/events/2019/cher



Mozart and More, Gulf Coast Symphony Orchestra - 7:30 p.m., Gulfport First United Methodist Church, 2301 15th St., Gulfport, Miss. Details: www.gulfcoastsymphony.com.

Beach Boogie Dance and Silent Auction with Jim Lawson - Music, food and fun presented by The Women's Civic Club of Panama City Beach, FL, Inc. 423 Lyndell Lane, Panama City Beach. 6 to 10 p.m. Details: <http://www.wccpcb.org/events/>

2/4-5

The New York Tenors - Experience the memorable music, moments and magic of New York, as the vocal artistry of Andy Cooney, Daniel Rodriguez and Christopher Macchio take the audience on a truly entertaining journey through New York, New York! 7:30 p.m. Details: www.gulfshoresal.gov/1255/2019-Winter-Edition

2/5

Pop Up Opera - Pensacola Opera Artists in Residence will serenade you with a number from their next performance at the Pensacola Visitor Information Center just prior to the Historic Pensacola Trolley Tour. 1401 E Gregory Street, Pensacola, Fl. 1:45 p.m. Details: (850) 434-1234

The Wiseguy Kitchen Dinner Show - The Food Network meets The Sopranos in this musical comedy and cooking show, all in one! Enjoy dinner and a show! Details: www.visitpanamacitybeach.com/event/the-wiseguy-kitchen-show/24884

2/9-10

Mobile Symphony Orchestra: Straight from the Soundtrack - Hear your favorite movie scores live! Feb. 9, 7:30 p.m.; Feb. 10, 2:30 p.m. 6 South Joachim Street, Mobile, Ala. Details: www.mobilesymphony.org or 251-432-2010.

2/9

14th Annual Woodstoke Pottery Kiln Walk Festival - With host master ceramic artist Masayoshi Shimizu from Japan. Mr. Shimizu will conduct and participate in activities at the Gulf Coast Kiln Walk site in Holley Navarre. Items will be on display and for sale. 7507 Buckeye Dr., Navarre, Fl. Details: www.gulfcoastkilnwalk.org or Brenda Stokes, 950-939-2744.

2/10

Artworks Studio and Gallery Food Drive for 325Zero Hunger - 325Zero Hunger is a nonprofit working to end childhood hunger in the 32506 and 32507 zip codes of Escambia County. The food drive will include art activities for kids throughout the day. 13700 Perdido Key Dr. in Villagio Center, 12 to 4 p.m. Details: 850-261-9617

2/11-12

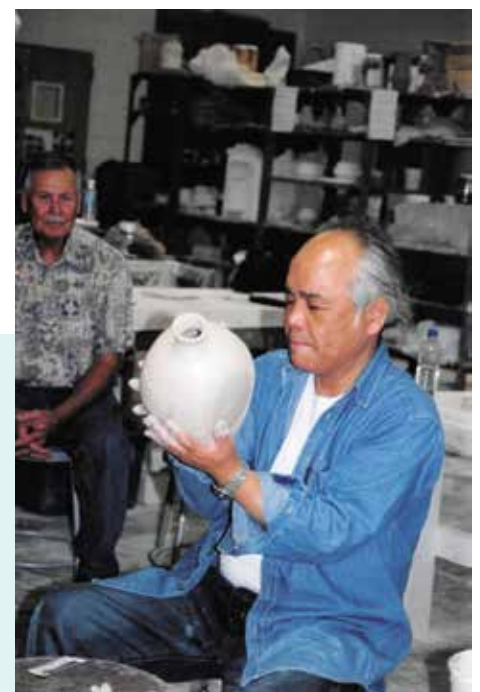
One Night in Memphis - Enjoy a tribute to legendary Sun Records recording artists Carl Perkins, Johnny Cash, Jerry Lee Lewis and Elvis Presley with more than 90 minutes of rockabilly, country, gospel, and rock and roll. 7 p.m. Details: www.gulfshoresal.gov/1255/2019-Winter-Edition

2/13 - 3/31

21st Annual Gulf Coast Winter Classics Horse Show - Harrison County Fairgrounds, 15321 County Farm Road, Gulfport, Miss. Hunter-Jumper event with 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.gulfcoastclassiccompany.com.

2/15-18

2019 Presidents' Day Weekend Volksmarch - Georgea Walkers and Emerald Coast Volkssport Clubs have sanctioned six walks on the Alabama-



Florida Gulf Coast. Explore Orange Beach, Gulf Shores State Park, Flora-Bama and Fairhope. Details: www.georgiawalkers.homestead.com

2/15-24

Discover the Historic Nina & Pinta Ships at The Wharf - Historic replicas of Columbus' ships, the Nina and the Pinta, were fully built by hand, without the use of power tools. Learn about the Portuguese caravel that many former explorers traveled upon in centuries ago. The general public is welcome to walk aboard for a self-guided tour of these vessels while docked at the Wharf Marina. 23101 Canal Rd, Orange Beach, AL. Details: www.alwharf.com

2/15

Sinfonia Gulf Coast's Crescendo! - The annual fundraiser's vitner dinners begin Feb. 15 at 6 p.m., hosted in elegant homes and venues across the Emerald Coast, featuring local celebrity chefs and the country's most acclaimed vineyards. This year's main event is "Lunch en Blanc," inspired by the elegant, white-themed events created in France, on Feb. 17, 11:30 a.m., Hilton Sandestin Beach Golf Resort & Spa in Miramar Beach. Details: www.sinfoniagulfcoast.org or call (850) 460-8800.

2/15-16

Sandestin Gumbo Festival - 30th annual event! Sample a variety of gumbo and vote your favorite as

2/22-24

Pensacon - Love classic sci-fi? Pensacola's home-grown comic con holds events throughout downtown Pensacola but is headquartered at the Grand Hotel and the Pensacola Bay Center. See stars from Doctor Who (classic and new), Star Wars, Battlestar Galactica, Marvel movies and even Captain Kirk himself, William Shatner from Star Trek. Details: pensacon.com



the "People's Choice" winner! 9100 Baytowne Avenue, Destin, FL. Details: www.sandestingumbobfestival.com

2/16

The Market Shops Winter Concert Series - Featuring Ron Adams. Attendees are encouraged to bring their own chairs and blankets. Located at the entrance to Sandestin Golf and Beach Resort. 1 to 3 p.m. Details: themarketshops.com

2/16-17

Panama City Food Truck & Beer Festival, Noon - 5 p.m. at Aaron Bessant Park. Features some of the area's most popular food trucks (including dessert trucks!) Craft beer. General admission: \$5. Details: foodtruckfestivalsofamerica.com/panama-city-beach

2/18-19

Four Fabulous Funnymen - Featuring clean performances from some of the country's top, award-winning comics. 7 p.m. Details: www.gulfshoresal.gov/1255/2019-Winter-Edition

2/19

Readers Theatre: Spoon River Anthology - St Andrews Readers Theatre Troupe perform selections from Edgar Lee Masters' Spoon River Anthology. Bay County Public Library, 898 W 11th St, Panama City, FL. 2 p.m. Details: www.facebook.com/pg/baycountypubliclibrary/events/

2/22

Gallery Night - Downtown Pensacola, Fla. Enjoy an eclectic array of music, art and cuisine. 5 to 9 p.m. Details: www.downtownpensacola.com or 850-434-5371.

2/22-23

City of Destin Spring Craft Show - More than 50 vendors showcase unique local art! Destin Community Center, 101 Stahlman Ave, Destin, Fla. Details: 850-654-5184 or www.cityofdestin.com

2/23

27th 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.orangebeachal.gov/events

3/1

The Downtown FWB Art Walk - First Friday of every month from 5:30 to 8:30 p.m. starting in March and ending in November. It features local art, jewelry, and many other handmade creations. Stroll the sidewalk, check out all the fun and unique businesses and listen to local music. Details: <http://www.downtownfwb.com/artwalk/>

3/1-2

Panama City Beach Mardi Gras and Music Festival - 600 Pier Park Dr. 12 to 8 p.m. Live music including Chicks with Hits and Waylon Thibodeaux. Parades, food, costume contests and more. Details: <https://www.visitpanamacitybeach.com/mardi-gras/>

3/1-3

Mobile Area Orchid Society's 40th Annual Orchid Show and Sale - Magnolia Cafe, 12401 Bellingrath Gardens Rd., Theodore, Ala. Bellingrath Gardens is hosting Mobile Area Orchid Society's 42nd Annual Orchid Show and Sale. Snowbird special ticket prices. Details: 251.973.2217 or bellingrath.org.

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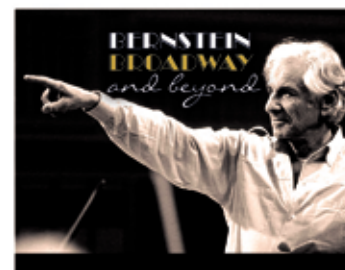


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The birthplace of Mardi Gras in the United States is Mobile, Ala., and parades in the city, Eastern Shore, Dauphin Island and across the Gulf Coast start to roll Feb. 9 with more than three dozen featured nearly nightly through Fat Tuesday, March 5.

Practice this: "Throw me something, mister!"

Full schedule: mobilemask.com



Through 3/2

Pensacola Mardi Gras celebrations launched in early January continue with dozens of events culminating with the Grand Mardi Gras Parade March 2, 1 p.m. in downtown Pensacola, Fla. Details: pensacolamardigras.com.

2/2

Krewe de la Dauphine Parade, 1 p.m. The first parade of the Mardi Gras season is in Dauphin Island, Ala.! Details: dauphinislandchamber.com.

2/9

The 25th Anniversary of the Pirate of Lost Key will parade along the water in Perdido Key, Fla., from Holiday Harbor Marina at 10:45 a.m. finishing at 1:30 p.m. at Flora Bama.

Details: Barry Swift at 850.426.9243 or Jimmie Sue Walters at 850.525.1975

2/9

People's Mardi Gras Parade, 1 p.m. From the Estuarium on Dauphin Island, Ala. Details: townofdauphinisland.com.

2/16

The Krewe of Mardi Paws, the theme is "Fairy Tails." Sponsored by the Dauphin Island Chamber of Commerce. Benefits the Animal Rescue Foundation. Dauphin Island, Ala. Details: townofdauphinisland.com.

2/22-23

St. Andrews Mardi Gras Parade. Feb. 22 - Kids & Pet Parade 4 p.m.; Maskers, 6 p.m.; Festival, 4 p.m. – 10 p.m. **Feb. 23** – Festival 11 a.m. – 10 p.m.; Main Parade, 2 p.m. Live music, 4 p.m. Historic St. Andrews, Panama City, Fla. Theme is Roaring 20s. Details: standrewsmardigras.com



2/23

Krewe & Kritters Parade, 2 p.m. Casino Beach Parking Lot, Pensacola Beach, Fla.. Details: pensacolabeachmardigras.com.

2/23

33rd Annual Navarre Beach Krewe of Jesters Mardi Gras Parade, 1 p.m. Gulf Blvd., Navarre Beach, Fla.. Details: nkoj.org.

3/1-3/2

Panama City Beach Mardi Gras Music Festival and Parade, Pier Park, Panama City Beach, Fla.. The event includes headliner entertainment, 5k, Second Line Parade with festivities capped by the Krewe of Dominique Youx parade and fireworks. Details: visitpanamcitybeach.com.

3/2

Mardi Gras Parade at Harborwalk Village, 2 p.m. Destin, Fla. Details: emeraldgrande.com.

3/3

Krewe of Wrecks Parade, 2 p.m., Pensacola Beach, Fla. Details: pensacolabeachmardigras.com.

3/5

Back-to-back festivities mark the Alabama Gulf Coast Mardi Gras celebrations. The Gulf Shores parade is at 10 a.m. followed by Orange Beach at 2 p.m. Details: gulfshores.com or 1-800-745-SAND.



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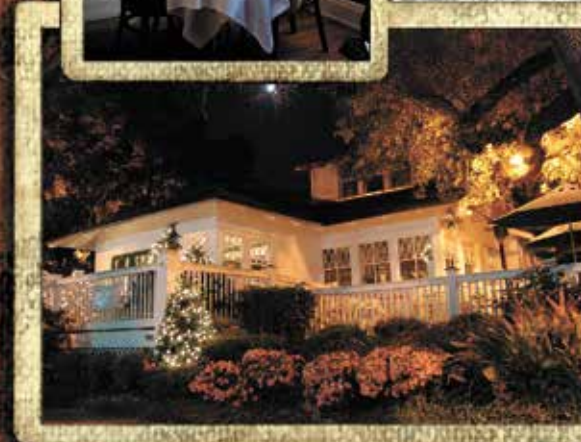
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February Fundraisers: Snowbird clubs give back to Gulf Coast communities

One of the region's oldest and most successful winter events is making a move this year with a new location and a new name.

The "Pleasure Island Community Bratfest" was launched 21 years ago by several Snowbird organizations, and this year will move to the Orange Beach Community Center on Feb. 9 at 11 a.m..

The event has raised nearly \$170,000 for three area fire departments.

"A lot of people think it's just for the Snowbirds," said longtime organizer Kenn Krouse, president of the Wisconsin Snowbird Club, which helps organize and support several winter fundraisers. "We want to let the community know that it is open to them too, and we encourage that. We want to make as much money as we can for the fire departments."

Krouse said when the event first launched, "brats" weren't available in area grocery stores or on local menus. And although that has changed today, what makes the Bratfest brats different is the way they are prepared.

"We grill them until they are done, then put in a bath of water with beer and onions for 20 minutes for extra flavor. Then we put them put in a warming oven and roasters on the serving



line," Krouse said.

Craig Stephenson, a lieutenant with the Orange Beach Fire Department, has helped the group with logistics at the new location. Stephenson often gives talks on condo fire safety. Tickets will be available at the door. Brats are \$4 each and coffee, tea and soda just \$1. Drive-through is available again this year.

The event is staffed by volunteers from local area clubs. The Orange Beach Community Center is located at 27235 Canal Rd, Orange Beach, AL.

ZOO FUNDRAISER: One of the most popular events is the Low Country Boil for the Alabama Gulf Coast Zoo. The date is Feb. 22 with four seatings (250 each): 11 a.m. & 12:15, 1:30 and 2:45 p.m. Tickets are \$13 and are allotted through the clubs. The event has raised about \$77,000 since launched seven years ago. Leftover tickets will be available at the zoo the week before the event.

WALTON COUNTY SCHOLARSHIP: The Walton County Snowbirds donate proceeds from the 50-50 raffle to the Vivek Likhite Memorial Scholarship fund which generates two \$1000 scholarships for South Walton High School students.

CRAFTERS: The Fort Walton Beach Snowbird Club crafters donate more than 1000 items each year to area hospitals and charitable organizations. The group meets at 9 a.m. on Mondays at The Islander condominiums on Okaloosa Island.

SOUNDSTATIONS: The Soundstations Showchoir will perform a benefit concert Feb.

19 at Northwest Florida State College. Tickets are \$10. Details: 989-860-8741.

ONGOING HURRICANE RELIEF: Area churches and their national affiliations continue to fundraise and donate goods and services to victims of Hurricane Michael along with organizations such as the Salvation Army. Some are adopting specific small towns while others are project based. Check with your local organizations on the coast and in your hometowns as the need is ongoing.

SEERING FUNDRAISER: Snowbirds annually support the David Seering concert which benefits Children in Crisis. This year the event is set for Feb. 18 at Village Baptist Church in Destin. More than \$100,000 has been raised in five years.

SNOWBIRD TRIVIA NIGHT: Now run by locals, the event launched in 2006 by the Missouri Snowbird Club, has raised tens of thousands of dollars over the years for Alabama Gulf Coast libraries and other charities. Cost is \$120 for a team of eight players. Details: Larry and Sharon Ramirez at 251-975-1258. Feb. 16, 6 p.m. Orange Beach Event Center.

YOOPER LUNCHEON: Residents of the upper peninsula of Michigan are invited to the 36th Annual Yooper Luncheon, 11:30 a.m. Feb. 13 at Magnolia Hall at Luna's, Orange Beach, Ala. Cost is \$15 for buffet, cash and this includes tax and tip. Details: Dan Inglis 906-440-0866.

National Naval Aviation Museum

Breakfast and a Movie

Feb. 5, 12, 19, 26 • \$10.00 per person

Enjoy Chick-fil-A breakfast and choice of beverage from the new refreshment counter followed by a presentation and movie in the Giant Screen Digital Theater. Doors open 9 a.m., presentation begins at 9:30 a.m., followed by movie at 10 a.m.

February 5 Backyard Wilderness	February 19 Cuba
February 12 Jerusalem	February 26 America's Musical Journey

OPEN 9-5 DAILY ON NAVAL AIR STATION PENSACOLA
FREE MUSEUM ADMISSION

850-453-2389 • 800-327-5002 • NavalAviationMuseum.org

Bellingrath Gardens and Home

Winter Wednesdays 2019

February 6	Winter Garden Walk, 10:30 a.m.
February 13	All About Camellias, 10:30 a.m.
February 20	Metamorphic Furniture in the Bellingrath Home, with Tom McGehee, 10:30 a.m.
February 27	"Flowers for Mom," with Artist Elmore Demott, 10:30 a.m.

Call 251-459-8727 to register.
Use our Snowbird Special this month!

12401 Bellingrath Gardens Road
Theodore, Alabama 36582
1.800.247.8420 • bellingrath.org

Gulf Coast lighthouses offer vistas and history

By Louis Cooper

Historically, lighthouses were intended to help mariners see and avoid dangerous coastlines. In modern times, the lighthouses along the northern Gulf Coast provide sights of a different sort.

"The view of Apalachicola Bay and the Gulf of Mexico from the top is truly breathtaking," said Kate Aguiar, executive director of the St. George Lighthouse Association.

The Cape St. George Lighthouse is located on St. George Island, about eight miles offshore and about 85 miles southeast of Panama City Beach. "The lighthouse is known for its story," Aguiar said. "The current lighthouse is the fourth iteration of the Cape St. George Light. The effort to rebuild was truly a community effort."

The original lighthouse was built in 1833, but it has been through several storms and rebuilds. In 2005, just a few years after a restoration effort intended to shore up the structure, it collapsed into the Gulf of Mexico.



The St. George Lighthouse Association, a non-profit group, was formed to rebuild the facility. The lighthouse reopened to the public in December 2008. In 2011, the association completed construction of a replica of the original keeper's house next to the lighthouse, which now houses the lighthouse museum and a gift shop. Aguiar said the lighthouse is a popular destination for Snowbirds.

"Many Snowbirds bring friends and family when they come to visit. Some volunteer while they are here, in the museum or for our major fundraiser, the Tour of Homes," she said. "One of the major reasons Snowbirds return to the area is the feeling of community. The lighthouse and the association are in many ways the center of the island and the community."

Fortunately, 2018's Hurricane Michael spared the St. George lighthouse, although storm surge flooded

the park.

The lighthouse is open six days a week, closed on Thursdays. Visitors can climb the 92 steps and an eight-rung ladder to the top for \$5.

For more information: www.stgeorgelight.org or 850-927-7745.

Several historical Gulf Coast lighthouses welcome visitors to see their views, including:



Photo: Scott Meyers

The Pensacola Lighthouse

Built in 1859, the Pensacola Lighthouse is located on Pensacola Naval Air Station. Jon Hill, executive director of the lighthouse, said the facility still serves its original mission.

"The lighthouse is still an active aid to navigation," Hill said. "The Coast Guard still owns the lighthouse, and the Pensacola Lighthouse and Museum operates the Lighthouse as an attraction." In addition to offering guidance to seafarers, the Pensacola Lighthouse serves as a tool for education, with a focus on engaging children ages 4 to 6. It's also a popular destination for sightseers, including Snowbirds.

"Our visitors are immediately in awe of the lighthouse. It is a surreal experience to see something so majestic and powerful in person," Hill said.

"Lighthouses have special meaning to just about everyone, and those meanings are as personal and different as each of our visitors," he said. "I believe there is a sense of romanticism and an appreciation and wonder of just how they were built. I believe lighthouses are the personification

of hope, and that feeling is shared by many."

The Pensacola Lighthouse is also renowned for its purported ghost activity, and has been featured the Travel Channel's "Most Haunted Lighthouses" and SyFy channel's "Ghost Hunters." The lighthouse even offers ghost-themed tours, as well as tours that coincide with Blue Angel practice sessions. Admission to climb the 177 steps to the top of the Pensacola tower is \$7 for adults and \$4 for those over 65, members of the military and children 12 and younger. For more information: www.pensacolalighthouse.org or 850-393-1561.

Biloxi Lighthouse

The Biloxi Lighthouse stands 64 feet tall and was one of the first cast-iron lighthouses in the South. It is located just west of the Interstate 110 loop and the Beau Rivage Resort & Casino.

Until 1939, the Biloxi Lighthouse was operated by civilians. It was known for its many female keepers, including Maria Youngmans, who shepherded the



lighthouse for 53 years. From 1939 to 1968, the facility was maintained by the U.S. Coast Guard. After that, it was taken over by the City of Biloxi. "The Biloxi Lighthouse remains popular with visitors and locals," said Cecilia Dobbs Walton, spokesperson for the City of Biloxi. "In 2018, 2,414 guests climbed to the top of the lighthouse to learn about its history and enjoy the breathtaking view."

Guided tours of the lighthouse are offered daily. Admission is \$5 for adults and \$2 for children 2 to 12. For more information: www.biloxi.ms.us/visitor-info/museums/lighthouse/ or 228-374-3105.

Sand Island Lighthouse

The Sand Island Lighthouse is located 2.5 miles south of the confluence of Mobile Bay and the Gulf of Mexico.

The original 55-foot facility was built in 1838 and was replaced with a taller tower – 150 feet – in 1858. In 1862, Confederates blew the lighthouse up after it was taken over by Union forces. In 1873, a new 132-foot facility was christened. The City of Dauphin Island took ownership of the facility in 2003.

"The light is visible from Fort Morgan on Mobile Point, but the best views come from the water," according to <http://lighthousefriends.com>. The facility is not open for tours, but Action Outdoors offers cruises that include the lighthouse. For more information: actionoutdoors.org or call 251-861-2201.

Specialty Events

St. George Island Tour of Homes

The 2019 St. George Island Tour of Homes is set for Saturday, Feb. 9 from 10 a.m. to 4 p.m. The tour is a fundraiser for the St. George Lighthouse Association.

Tickets are \$25 in advance and \$30 the day of the event. Tickets include admission to the Kick Off Social on Friday, Feb. 8 at 6 p.m. at the Jay Abbott Firehouse. Non-ticket holders can attend the Kick-Off Social for \$5.

The tour includes seven distinctive homes as well as the Cape St. George Lighthouse and Keeper's House, and the St. George Plantation Clubhouse.

Tour tickets are available online at www.sgitourofhomes.com or the Lighthouse Gift Shop on St. George Island. Tickets will be available the day of the tour at Lighthouse Park and the St. George Plantation Clubhouse. Details: 850-927-7745.

The St. George Lighthouse Association is a non-profit organization dedicated to preserving, maintaining and promoting the Cape St. George Lighthouse. Funds raised by association are used for the on-going maintenance and enhancement of the Lighthouse, the Keeper's House and Lighthouse Park.



Gulf Shores Tour of Homes

The Gulf Shores Woman's Club will showcase five beautiful homes Feb. 9 for its 42nd Annual Tour of Homes. The homes are located on Fort Morgan on the Gulf, on Fort Morgan on the Lagoon, in Craft Farms North on a lake, and two on Ono Island on Bayou Saint John.

Tickets are \$20 each and are available at Fran's on 59 (8153 Al-59, Foley), Coastal Flowers & Design (1316 Gulf Shores Parkway, Gulf Shores), Beach House Boutique in Pelican Place (3800 Gulf Shores Parkway, Gulf Shores), Wildflowers Boutique (25910 Canal Road, Orange Beach), and Gifted, in San Roc Cay (27267 Perdido Beach Blvd., Orange Beach). Details: Judie Flanigan at 251-554-4889.

Things are seldom what they seem!

Join Bellingrath Gardens for the Winter Wednesday series to reawaken your sense of wonder. The upcoming schedule includes:

Jan. 30: View the Winter Night Sky in on the Great Lawn where telescopes will be set up. Participants are also encouraged to bring binoculars.

February 6: Winter Garden Walk - Learn about the interesting winter borders and containers throughout the Gardens.

February 13: All About Camellias - Camellias are well-adapted to the South and have been growing in coastal gardens since the mid-1800s.

February 20: "Things are Seldom What They Seem," with Tom McGehee - The Bellingrath Home collection includes several remarkable examples of metamorphic furniture, pieces which were designed to change functions and were often built with moving parts.

February 27: "Flowers for Mom: Honoring an Alzheimer's Journey and Celebrating Nature."

Details: bellingrath.org or 251.973.2217



Seasons

Sign up for our new e-newsletter, Seasons, to stay up-to-date year-round!

Be the first to receive Snowbirds Gulf Coast in full pdf before it hits the streets! Also, keep up to date digitally year-round on activities and events that are offered in other "Seasons." Discover area Snowbird-friendly communities. Thinking to retire on the coast? Learn more about quality of life, taxes, health care, volunteer opportunities and continuing education courses. Seasons also features side destinations, tips on planning vacation destination family reunions, beach weddings for all ages, waterfront dining options, Gulf Coast recipes and more.



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When you visit Dauphin Island, you can also golf; rent bicycles, kayaks, canoes and stand-up paddle boards; take a nature tour, a dolphin watch boat ride, a lighthouse cruise or a sunset cruise; and visit our two art galleries. In addition, you won't want to miss Fort Gaines, built in the early 19th century. And don't forget that Dauphin Island is home to a 137-acre Audubon Bird Sanctuary. Bring your fishing poles, too, because our island holds a special place in the hearts of fishermen and boaters.

When you're ready to relax, Dauphin Island restaurants offer fresh, locally caught seafood and other specialties. Then, at the end of every day, you'll find yourself looking to the west to watch Mother Nature paint the sky.



Stop by our Welcome Center to receive a free gift with this ad.

February

- Krewe de la Dauphin parade, Saturday, Feb. 2, at 1 p.m. on Bienville Boulevard.
- Town of Dauphin Island People's Parade, Sat., Feb. 9, at 1 p.m. on Bienville Blvd.
- Mardi Paws parade, Saturday, Feb. 16, at 9:30 a.m. on Bienville Boulevard.
- Battle of Mobile Bay 5K Race, Saturday, Feb. 16, starts at 8:10 a.m. at Fort Gaines.
- Garage & Crafts Sale, 9 a.m.-noon Saturday, Feb. 16, at Fort Gaines.
- Camellia-grafting demonstration, Saturday, Feb. 23, at 9-11 a.m. in Cadillac Square, led by Mobile County Master Gardeners.

Weekly

- Boardwalk Talk series at Dauphin Island Sea Lab Estuarium is a free, public program on the first and third Wednesdays of the month at 11:15 a.m.
- Winter Wednesdays, at 10:30 a.m. every Wednesday in February at Bellingrath Gardens, features special speakers and programs. Admission is free for members and \$14 for guests. Call 251-973-2217 to reserve a spot.

Town of
Dauphin Island
- townofdauphinisland.org -

Dauphin Island
Chamber of Commerce
- dauphinislandchamber.com -

South Mobile County
Tourism Authority
- visitsomo.com -

February means Expos and Romance

THE 27th ANNUAL ALABAMA LIFESTYLES EXPO:

This Feb. 7 event at The Caribe Resort in Orange Beach, Ala., draws vendors from across the northern Gulf Coast region and representatives from around the state of Alabama. Doors open at 8 a.m. and booths wind through two towers of the luxury and scenic resort. Admission is free. Details: Bill Meadows, 205-222- 2862 or www.alabamaadvantage.com.

PCB SENIOR PROM:

Panama City Beach will host its annual "Senior Prom" Feb. 13 where a king will be named and a queen crowned. The theme this year is "Viva Las Vegas." The event is staged from 4 to 9 p.m. at Edgewater Beach Resort. Details: visitpanamacitybeach.com or 850-233-5070

PCB GRAND FINALE:

The annual Winter Resident sendoff event is 4 to 7 p.m. Feb. 27 at Laketown Wharf. Details: visitpanamacitybeach.com or 850-233-5070

SNOWBIRD ROOST: The annual Perdido Key/Pensacola Snowbird Roost is 11 a.m., Feb. 14 at Skopelo's at New World Landing in downtown Pensacola. Cost: \$15 per person. Tickets are available at the Perdido Key Visitor Center, 15500 Perdido Key Dr. Pensacola, FL. Details: 850-492-4660 or perdidochamber.com.

PERDIDO KEY HOOTENANNY:

The end-of-season celebration presented by the Perdido Key Chamber of Commerce is Feb. 28 at the Flora-Bama. The event starts at 11 a.m. The event features live music, bbq lunch and vendors with giveaways. Cost: \$10. Details: visitperdido.com or 850-492-4660

WALTON SENIOR CITIZENS PROM:

Staged by Walton County High School as a fundraiser, the event Feb. 9 at South Walton High School, 645 Greenway Trail,



Santa Rosa Beach, Fla. Cost: \$10 per person. A King and Queen will be crowned. Includes a cakewalk, dancing, photo booth, refreshments. Details: Joan Kennett kennettj@walton.k12.fl.us.



VALENTINE'S EVENTS DINNER, DANCE & SALSA:

A Valentine's Dinner, Dance & Salsa event will be staged Feb. 14 at Angry Tuna Seafood Company at Pier Park in Panama City Beach. Tickets: 850-235-4632 or angrytunaseafoodcompany.com

VOW RENEWAL: A Tropical Re-Union Wedding Vow Renewal Ceremony is once again on tap in Destin and Gulf Shores. Couples can renew their wedding vows complimentary at LuLu's restaurants in Gulf Shores Feb. 9, and Destin Feb. 10. The 2 p.m. ceremonies will be officiated by Hurricane Jane, an ordained minister and popular member of the Parrot Heads club. Details: Registration encouraged in advance at lulubuffett.com

VALENTINE DINNER-

DANCE: A Valentine's Dinner and Dance is Feb. 16 at the Royal Palm Grill in Destin. COST: \$25 per person or \$50 couple. Ticket includes a buffet dinner and music by Steve Hall. Details: 865-336-0421.



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Casino Fun

2/1-2

Rodney Carrington, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com

2/1

Marilyn McCoo & Billy Davis, Jr., 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000

The O'Jays, 8 p.m., IP Casino Resort & Spa, Studio A, 850

Bayview Avenue, Biloxi, Miss. Details: 228-436-3000

2/15

Josh Turner, 8 p.m., IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000

2/15

Penn&Teller, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com

2/15

The Guess Who,

8 p.m., Golden Nugget Biloxi, 151 Beach Blvd., Biloxi, Miss. Details: 800-745-3000

2/15

My Friday Valentine: Dave Damiani & The No Vacancy Orchestra ft. Landau Murphy Jr. & Maiya Sykes,

8 p.m. Hard Rock Casino 777 Beach Blvd., Biloxi, Miss. Details: (877)

877-6256 or (228) 374-7625 or www.hardrockbiloxi.com

2/22-23

Hollywood's Great Game Show With Bob Eubanks, 8 p.m.,

IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000

2/22

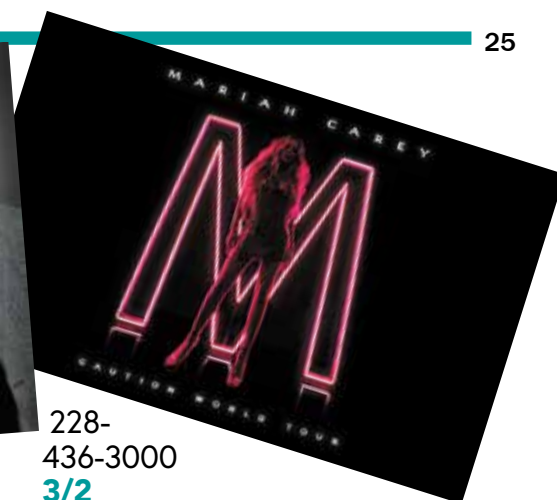
George Clinton, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com

3/2

Mariah Carey, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss. Details: 888-566-7469 or www.beaurivage.com

3/1

The Temptations, 8 p.m., IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details:



228-436-3000

3/2

The Oak Ridge Boys, 8 p.m., IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000



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CP40619



Above: ResortQuest/FWB Winter Guest Fest at Emerald Coast Conference Center

Below: Rouses Market draws a big crowd for a cooking demonstration with Chef Nino.

Far right: Navarre Beach Snowbird Welcome and Business Expo





Snapshots!

Panama City Beach Winter Resident Appreciation Day



Right and below: New York Snowbird Club luncheon at Ginny Lane



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One Woman's Story: When Arm Pain Leads to Angina and Major Heart Concerns

Like many women who often travel carrying a heavy purse and a laptop, Sue Westendorf experienced recurring pain in her arm and shoulder. She ignored the continual pain, thinking it was just an occupational hazard. When it began to feel as if a ton of bricks was pressing against her, Westendorf finally made an appointment with her doctor. She thought her physician would encourage her to lighten her load. Westendorf never expected to hear news that she had major blockages in her heart.

"I was shocked to learn that I was a walking heart attack waiting to happen, especially since I didn't have the typical symptoms of heart trouble like chest, jaw or back pain," said Westendorf.

Westendorf said that most people are startled to learn about her heart troubles.

"To look at me, you'd think I was in near perfect health," said Westendorf. "But heart disease and bad cholesterol are in my genetics. My body manufactures the bad type of cholesterol. I've been taking cholesterol medication for almost 18 years, but I never made the connection that my arm pain I dealt with for a year was associated with angina."

Angina is a symptom of coronary artery disease. It can be stable or unstable. Stable angina can occur during an exertion of a task, such as taking stairs on a cold or hot day. It goes away on its own. Unstable angina may be a sign of a heart attack. It occurs unexpectedly or even at rest. The unstable type lasts longer and may not go away on its own.

Baptist Heart & Vascular Institute (BHVI) can detect angina in several ways, such as during a stress test, electrocardiogram or EKG, an echocardiogram, a nuclear stress test, chest X-ray, blood tests, coronary angiography, CT scan or a cardiac MRI.

"Angina results from reduced blood flow and oxygen to the heart muscle, making it struggle to work properly," said James Lonquist, M.D., cardiothoracic surgeon. "When it happens in an unexpected way, daily activities like walking may become uncomfortable. These symptoms may be a sign of serious coronary artery heart disease."

Women may experience angina differently than men. In some cases, there is no chest pressure but rather a stabbing type of pain;



shortness of breath; nausea; discomfort in the neck, jaw, back, arm or shoulder; and abdominal pain. According to Mayo Clinic, women's symptoms of heart attack and heart disease can occur more often while resting or even while asleep.

More women show up in the emergency room after heart damage has already occurred, and they didn't even realize it because of the atypical symptoms. This was the case for Westendorf.

"It was scary for me," said Westendorf. "I worked in health care for many years, and I know the seriousness of heart disease and my family's history, but I thought I was doing OK. I take my cholesterol medication and exercise regularly. I was still taken by surprise when I went in for my arm and shoulder pain and learned about my angina and heart's blockages. I was so close to having a massive heart attack and didn't even know it."

In March of 2018, Westendorf had triple bypass surgery to address the blockages and stents in her heart. She has regular follow-ups visits at BHVI and is gaining back her strength.

"Every day I wake up and feel what I've gone through," said Westendorf. "I look down at my chest and see that scar, but I work hard to remain positive and make small steps to fully gaining my quality of life from before surgery."

Westendorf was compelled to share her experience with other women in hopes that they don't ignore signs of unusual pain that may be related to heart issues. She

recommends that all women and men know their baseline for cholesterol numbers.

"High cholesterol can lead to deposits buildup on the walls of arteries," said Safwan Jaalouk, M.D., BHVI chairman. "The deposits may then lead to reduced blood flow, blockages or clots that could all result in the possibility of a heart attack. That's why it's important for people to know their levels, track their numbers and have annual exams to stay in top health."

Patients can have their cholesterol and blood levels checked annually with a primary care physician. If concerns arise, a patient can request a referral to a BHVI cardiologist or other specialist. The sooner women seek help, the sooner they may be able to avoid serious or traumatic long-term effects.

BHVI also recommends that individuals investigate their family's history to learn facts that will educate them on heart disease and other concerns. A poor family history or a clean bill of health does not guarantee a certain outcome, but knowing the history and tracking numbers can make

a difference in a higher chance of heart success.

For more information about BHVI, visit eBaptistHealthCare.org/Heart/ or call 850.469.7309.

Free memory loss screenings

Some people used to call it "old-timers" – and many fear a slipping memory may be a sign of Dementia or Alzheimers. On the the Alabama Gulf Coas, There are three confidential testing opportunities by the company "Testing 1,2,3" including:

Feb. 12 – Foley Civic Center, 9 a.m. – Noon

Feb. 20- Gulf Shores Cultural Center, Noon – 4 p.m.

Feb. 22 – Orange Beach Senior Center, 9:20 a.m. – 1:30 p.m.

Walk-ins are welcome, and no appointment is needed. Tests will screen and test for memory loss and balance with tips to improve both.

Details: Sam Strite, 251.965.5122 or samcstrite@gmail.com

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Country Boys: Wisdom and coffee in Kentucky

Kentucky. A gas station. This joint looks like it's about to fall down. Tin roof. Dusty parking lot. I step inside and shake the cold from my jacket. The first thing I hear is the laughter of old men. There are four white-hairs seated around an electric heater. They wear plaid. They stare at me long and hard.

This general store is perfect. Wood floors, lopsided ceilings, tall shelves.

Their belly laughs fills the room. And if there's a better sound on the planet than old men laughing, I don't know what it is.

This place is part hardware store, part grocery store, part tourist trap. You can buy a bag of corn feed, a jar of mustard, or get a T-shirt that bears the phrase: "My folks got lucky in Kentucky." The old boys are talking in a familiar way. They chuckle between every sentence. I overhear them while I am walking the aisles and I have almost forgotten why I'm here. I'm too engrossed in the conversation between men who are solving the world's problems.

"Can I help you?" one old man says to me.

Coffee. That's what I'm here for. The hotels I have been staying at for the past few days have served coffee that was an affront to the human race. I've sipped water from frog ponds that had more flavor.

"Coffee?" one man says. "Shore thang."

The old man walks to a low shelf. I follow him.

"Folgers," he mumbles. "Got it right here."

"Thanks," I say.

He glares at me with a smile. "Where're you from?"

"Me? Oh, I'm from th—"

"NO! WAIT!" he says, holding up his hands. "Don't tell me, I'm good at this game."

He adjusts his hearing aid and asks me to say something else.

"You want me to say something else?" I ask.

"Just talk, for crying out loud."

Welcome to Kentucky.

Before I speak, one of the men hollers: "Don't listen to him, that old fool couldn't hear a dump truck driving through a dynamite plant!"

More old-man laughter.

The man waves them off and tells me to speak, so I say a few words.

He listens, then announces, "I got it! Florida! You're from Florida."

I am truly impressed.

"Wow," I say. "That was amazing, how'd—"

"WAIT!" he says. "I ain't done." He closes his eyes again and seems to be focusing. "Go on, say something else."

I speak.

He snaps his fingers. "You're from the Panhandle!"

This guy is incredible. He ought to get a job in the carnival.

The old man leads me to the front of the store. And I overhear the others talking. Their conversation has taken a turn from laughter into something more somber. From what I overhear, they are talking about a young woman in town.

One man tells the others that he's been taking care of her cattle ever since her husband died.

Another says he is going over first thing tomorrow morning to caulk her windows and replace gasket on her doors.

One elderly man—who resembles Methuselah's grandpappy—says he's going to help her sell her late husband's car because it will bring in money



Sean of the South

she could use.

And I can hardly believe what I am hearing.

"Excuse me," I interrupt. "I couldn't help but overhear your conversation, what exactly are you talking about?"

The man at the register wears a grim face and says, "My niece, she just lost her husband, she's got two kids."

All of a sudden, I know exactly what they are discussing. I am the son of a widow. And even though there are a few states lying between these men and my homeplace, I know their kind.

The day after my father died, several old men in plaid showed up on our porch.

Mister Jeffers crawled onto our roof and repaired a leaky patch over our guest bedroom. Mister Lonnie repaired a rotten piece of a door jamb—and I helped. Mister Jon change the oil in my mother's car.

These men. They are not strangers. They are the men I've known my whole life. They are solid. They are good. And they are beautiful. I wish I could stay and talk, but I don't have time.

I place my money on the counter. I bid them good day.

Before I reach the door the man at the register says, "Hey! Coffee Boy, don't you wanna know how I knew where you was from?"

"Sure," I say.

He points through the window at my vehicle.

"Your license plate."

The men howl with laughter until their faces are purple.

Yes.

The laughter of old men is the best sound on the planet.

Supper with Sean

Dothan, Alabama
February 14, 6 to 9 p.m.
Windmill Station
1369 Headland Avenue, Dothan, Ala.
Southern food and fun, a silent auction, dinner and cash bar. Silent auction is at 6 p.m., dinner is at 6:30 p.m. and Sean will take the stage at 7:30 p.m. All proceeds go towards the Miss Azalea-Dogwood Queen scholarship. Tickets can be purchased at Shute Pecan Company in Dothan or through www.eventbrite.com. Tickets are \$40 each or a table of 8 can be purchased for \$300.

Sean Dietrich is a columnist and novelist known for his commentary on life in the American South. His work has appeared in Southern Living, The Tallahassee Democrat, Good Grit, South Magazine, Yellowhammer News, the Bitter Southerner, Thom Magazine, The Mobile Press Register and he has authored several books.

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Sunday School at 8:30 a.m.
Feb. 3
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11 a.m.
All Welcome

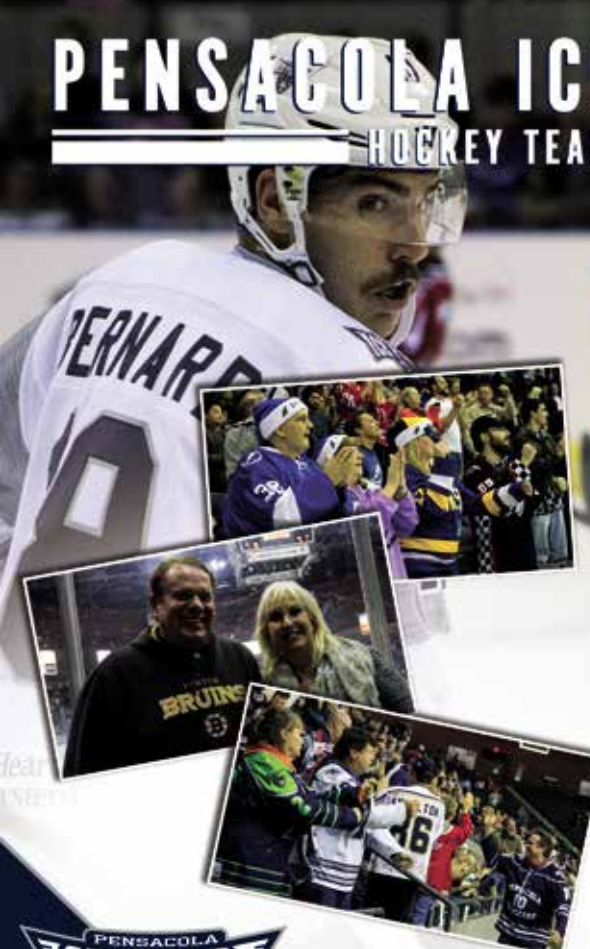
Via De Luna & Avenida 18
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850-932-6628 or thebeachchurch.com

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A Valentine Voyage

Feb. 14, 2019, 5 p.m.

\$25 per person, includes "Ports of Call" appetizers, full Italian dinner, dancing and desserts. Raffle (\$50 suggested donation for Seven-Night stay at an Italian villa) and Silent Auction.

Dress Cruise Ship Casual
Location... Gulf Breeze Community Center
800 Shoreline Drive, Gulf Breeze, FL
Contact ... Sharon Loper at sjloper@hotmail.com
or www.facebook.com/pbwc54/



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