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Gulf Coast *Snow* **BIRDS**

A Winter Visitor
Publication
January 2020

Snaps!

page 11

Clubs and Calendar

pages 14-15, 16-17

Casino Entertainment

page 25

Upcoming Expos

page 10

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ON THE COVER

Donna and Edward Sommer of Columbus, Ohio, discovered Florida's Emerald Coast in 2006. They tell us about their journey from Airstream to Hilton, to new home plans, to a historic home in DeFuniak Springs, Fla.



INDEX

Welcome	6
Cover Couple	8
Chautauqua	9
Upcoming Snowbird events	10
Snaps	11
Giving Back	12
Clubs	14-15
Calendar	16-17
Continuing Education Classes	18
Profile: Renee' Broxson	21
Casino Fun	25
Andrews Institute	26

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Welcome!

Welcome!

Whether you are a returning Snowbird or here for the first time, know that area tourism ambassadors have many activities planned just for you.

In this edition, be sure to read about our cover couple Donna and Edward Sommer. They went the full route starting out "Snowbirding" in an Airstream, then transitioned to the Hilton Sandestin for two months and finally fell in love with a historic home they purchased. Also, read about the Florida Chautauqua, an event that led them to DeFuniak Springs, where they found their home.



We also take a look at the growing number of Snowbird Expos and Welcome events. When I launched this magazine some 14 years ago, there were only two expos in the region. I'm happy to say that's changed!

Be sure to peruse our event calendar and the great performers in our Casino Headliner list. We are happy to see Menopause the Musical make its debut at the OWA Theatre. Expect the "Legends" series to resume in February.

Finally, I have a mea culpa – for the first time in 30 years, I got a speeding ticket on Okaloosa Island. And at 59, I know better. That ticket, though...ouch! One thing the police officer shared for our Snowbirds was they ARE ticketing for left lane driving (it's against the law in Florida.) He recommends to always go to a light when trying to make a left turn for maximum safety. Don't worry – summer tourists also are guilty of the same.

Visit my booth at the Fort Walton Beach Chamber Winter Guest Fest and say "hello." I might just take your picture!

All the Best,

Karen Harrell, publisher@snowbirdsgulfcoast.com or 850-291-1266

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January 17 | February 7 & 21

WINTER RESIDENT HOMECOMING DANCE

January 22

WINTER RESIDENT SENIOR PROM

February 12

PCB MARDI GRAS & MUSIC FESTIVAL

February 21-22

WINTER RESIDENT GRAND FINALE

February 26

EMERALD COAST BOAT & LIFESTYLE SHOW

February 28 – March 1

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A Snowbird Journey: From Airstream to Historic DeFuniak Springs

Donna and Edward Sommer of Columbus, Ohio, discovered Florida's Emerald Coast in 2006.

Ed, now 76, was just 50 years old when he decided to retire from his benefits and retirement company. Donna, now 68, managed the couple's investment properties (they both do that today.)

Their children, daughter Jaime, 32 and sons Adam, 37, Tobias, 49, and Edward, 51, all work together in the company. The couple has seven grandchildren who live in the Columbus area.

Although they intended to build a home closer to the coast, a drive north of Interstate 10 to the quaint town of DeFuniak Springs changed that destiny. The couple fell in love with a historic home with a sprawling front porch and view of Circle Lake. They now spend six to eight months in the quaint town known as the home of the Florida Chautauqua.

The Sommers' Snowbird Story

We began staying at the Hilton Sandestin in 2006. We stayed for two to 2 ½ months. We discovered the Hilton when Ed decided to try camping and purchased a vintage Airstream camper. We camped at Camping on the Gulf in Miramar Beach. One day we took a break from the camper and went to the Hilton for a few nights. We discovered their wonderful Snowbird program and decided to become Hilton Snowbirds. We sold the Airstream and went to the Hilton for the next ten years.

As usual for us, we spent a great deal of time looking at properties in the area and eventually found a beautiful beach lot in Gulf Pines in Miramar Beach. We purchased the lot in 2012, intending to build a winter home. After much thought and many house plans, we decided that building a home at this point was not for us, and we sold the lot in 2018.

While we were at the Hilton, we spent time in DeFuniak Springs looking at the lovely old historic homes, enjoying the Christmas Reflections light show, and attending some of the Chataguaqua events there. During one of our visits to DeFuniak, we saw a beautiful 1907 Queen Anne home for sale and decided to look at it just for fun. Love at first sight. We looked at it about three or four times before we went back to Ohio in March of 2016. In June of 2016, we purchased our home in DeFuniak Springs. We spend 6-8 months a year here.



We enjoy living in this wonderful community. We have made many friends and enjoy the famous Southern hospitality. When we are in Florida, we like to take short trips. We go east to Panama City Beach, down to Apalachicola, down to St. George Island and on day trips to Fairhope, Ocean Springs, Biloxi and New Orleans.

During our visits, we try to go on home tours, neighborhood celebrations and visit any events that look like fun. We are always on the lookout for antique stores. We've found lovely things for our home during these little trips.

We, of course, love the restaurants on the beach and probably know all the Snowbird specials in Walton and Okaloosa counties. Some of our favorites are 790, Ocean Club, Marina Cafe, Cafe 30A and the Vue, which are all known for their Snowbird specials.

In 2018 we were lucky to find a lovely condo in Splash on Panama City Beach. Some of our children and

grandchildren have been able to come down and visit us in DeFuniak and at the condo in Panama City Beach

Life is good being a Snowbird, and we have been blessed.

Summer Home

We purchased our home in Ohio on Lake Erie in 1989. We are direct waterfront, so there is the opportunity for swimming, fishing and boating and watching all the boats on the Lake.

We are usually at home there from June to October, to enjoy the beautiful weather before the winter cold and snow come. It was a wonderful place for our children to spend their summers growing up and know they have wonderful memories of their summers there.

We have a large 4th of July weekend for family, friends and neighbors every year. We also have our weekly "Wine Sunday Night" on the Lakefront, where friends and family bring wine and other delicious dishes to be enjoyed along with lots of laughter and good times.



2020 Chautauqua aims to open a “world of happiness”

By Louis Cooper

International best-selling author Ryan Holiday has a message he wants to share at this year's Florida Chautauqua.

"Ryan's address will help all attendees find an inner peace and stillness through his insightful presentation, no matter how financially rich or poor we may be, how young or old, or what challenges we face," said Chris Mitchell, program chairman for the 2020 Florida Chautauqua Assembly.

Holiday will explore "a new outlook on life where guests are empowered to understand what is in their control when facing life challenges ... and what is not."

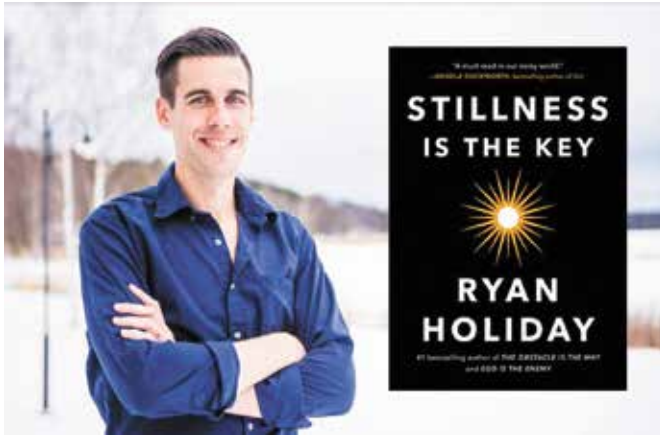
Holiday, author of "Stillness is the Key," will deliver the keynote presentation at the four-day educational event set for Jan. 23-26 at the historic Florida Chautauqua Assembly in DeFuniak Springs. The theme for 2020 is "A Journey into the World of Happiness," where organizers hope participants will learn to find inner peace and happiness through life-changing techniques to improve mind, body and soul. In addition to famous keynote speakers, the event includes educational breakout sessions, performance teas, evening dinner performances and exhibits centered around the theme.

Pamela Landwirth, president and chief executive officer of Give Kids The World Village in Kissimmee, Fla., will address audiences on the value of selfless giving at places like hers. Give Kids The World is a resort for sick children who are granted a wish by organizations like Make-A-Wish to meet Mickey Mouse and/or visit the Disney theme parks. Landwirth was Disney's human resources manager for 16 years.

"Her presentation will help all of us appreciate the power of giving selflessly to others who have less than we do," Mitchell said. "Following her presentation, I hope attendees will be inspired to bring a needed gift for the Village or to commit to volunteering at the Village at least for one day. It takes 1,800 volunteers a week to run the village for these very special children. However, Pamela's message is for us to understand the power of connecting with any cause that helps others selflessly."

Topics of breakout sessions include the value of journaling, letting go of ego, dealing with obstacles, mindfulness, natural healing techniques and the value of lavender. Participants may register for a tea with "Winston Churchill," interpreted by local actor Bruce Collier, who will share with guests how he found happiness and stillness while facing some of the world's greatest challenges. Annette Wise, leader of the Rosalynn Carter Butterfly Trail program in Plains, Ga., will teach classes on container gardening to attract butterflies.

Advance tickets to featured keynote speakers, breakout sessions, teas and dinners can be purchased by visiting www.FloridaChautauquaAssembly.org or by calling (850) 892-7613. Tickets to individual events start at \$9. Money-saving books of tickets called "passports," which include a choice of all presentations, sessions, teas and dinners, are available be purchased for \$150. The first 50 people to purchase a passport will also



receive a hard-back copy of Holiday's book "Stillness is the Key," which he will autograph after his presentation.

The original annual multi-week Florida Chautauqua Assembly started in 1885 and lasted until 1927 on the grounds around Lake DeFuniak in DeFuniak Springs, according to Mitchell. In 1993, DeFuniak Springs residents founded an organization to revive the Assembly. In 1996, the organization hosted the first fully-revived assembly, which continues to this day. The current effort is led by an eight-member board of volunteers based in DeFuniak Springs.

Formerly featured personalities at the Florida Chautauqua include former White House Deputy Chief of Staff Karl Rove, daughter of former South African Archbishop Desmond Tutu and human rights activist Naomi Tutu; "Leave it to Beaver" star Jerry Mathers and former First Lady Rosalynn Carter.



Want to go?

What: Florida Chautauqua 2020

When: Jan. 23-26

Where: Florida Chautauqua Assembly, 1290 Circle Dr., DeFuniak Springs, Fla. (about an hour north of Destin)

Details: www.FloridaChautauquaAssembly.org or (850) 892-7613.

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Upcoming Snowbird expos, events, fests and bashes

New this year is the **Emerald Coast SnowbirdFEST** being staged 9 a.m. – 1 p.m. Feb. 7 at The Palms Convention Center in Panama City Beach. The expo is the second Gulf Coast event sponsored by The Snowbird Company.



The **2020 Alabama SnowbirdFEST** is 9 a.m. – 1 p.m., Jan. 11, at the Orange Beach Events Center at The Wharf. Both events feature a Business Expo, Car Shine & Show, free live entertainment and appearances by "Elvis." They are free to attend. Details: www.emeraldcoastsnowbirdfest.com and www.SnowbirdFEST.com

New Location - Snowbird Beach Bash: 9 a.m. – 11 a.m. Jan. 23, The annual Pensacola Beach Chamber event will move to the Our Lady of Assumption Church 920 Via de Luna. Snowbirds will be treated to light breakfast, BINGO and "Elvis." Also, the sweet sounds of the Pensacola Beach Sandpipers Chorus. Details: www.visitpensacolabeach.com or 850-932-1500

Visit Panama City Beach Events: Winter Resident Appreciations Days (Jan. 17, Feb. 7&21); Winter Resident Homecoming Dance (Jan. 22); Winter Resident Senior Prom (Feb. 12) and Winter Resident Grand Finale (Feb. 26.) Tickets are required for some of the events, so check at www.visitpanamacitybeach.com.

WINTER WEDNESDAYS: Dauphin Island and Villages of South Mobile are welcoming visitors with special programming each week in January and February. Nearby Bellingrath Gardens also features "Winter Wednesdays" with special guests and deals each week. Details: visitsomo.com or www.bellingrath.org. Navarre Beach Snowbird Business Expo: Date for this year's big Snowbird Business Expo is Jan. 14, 2 p.m. – 4 p.m. at the Navarre Conference Center.

A variety of vendors will be on hand with goodies and to answer questions. Details: www.navarrebeachsnowbirdclub.com



FWB Chamber Winter Guest Fest: Staged Jan. 16 at the sprawling Emerald Coast Convention Center. This event draws 2000+ visitors each winter. Vendors range from local restaurants, shops, lodging and attractions. Details: 850-244-8191 or www.fwbchamber.org. There is a \$2 admission fee.

National Naval Aviation Museum: A Snowbird Expo is 10 a.m. – Noon Jan. 21 at the region's premier attraction. Admission to the museum is always free, but there will be discounts available on-site, and the event includes a variety of vendors on hand to answer questions. Details: navalaviationmuseum.org.

Navarre Beach Business Expo, 2 p.m. - 4 p.m. Jan. 14 at the Navarre Beach Conference Center, 9700 Navarre Pkwy. Over \$1000 in door prizes! Details: www.navarrebeachsnowbirdclub.com

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Snaps!

Destin Snowbird Club

The first Destin Snowbird Club meeting of the 2019-20 season was staged at "The Roost" at the Destin Community Center. One of the largest clubs on the coast, meetings continue through January and February with two weekly Tuesday sessions: 8:30 a.m. and 11 a.m.



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Giving back: Snowbird fundraising events support local organizations

The Alabama Gulf Coast is the beneficiary of multiple Snowbird fundraisers each season. Most are "mature," being staged for a decade or more, and beneficiaries include local libraries, fire stations, zoo and museums.

The Alabama Gulf Coast has 11 "state" Snowbird clubs, which started organically some 20 years ago.

2/8

Bob Gilray "Brat Fest" at Orange Beach Community Center - The oldest fundraiser is the annual "Brat Fest" launched in 1999. The event benefits the Pleasure Island, Gulf Shores, Orange Beach and Fort Morgan fire departments. About 39,500 fresh, grilled brats and 10 States participate in the Brat Fest with \$117,023 donated.



Cost of the brats is \$4. Sodas and chips also will be sold. Details: Ken Krouse (251) 967-2463 <https://sites.google.com/view/newwissnobirds/home>

2/8

Orange Beach Friends of the Library Snowbird Trivia Night at the Orange Beach Event Center at The Wharf - Gather a group of friends and book a table at this fun annual event. Started 14 years ago by the Missouri Club, the Orange Beach Friends of the Library took over operations five years ago. Doors open at 5 p.m. Eight players per table, cost \$120. Several additional fundraising games will be staged. Prizes for best table theme. Submit entry before Jan. 29. Last year \$11,000 was raised, mostly for the Orange Beach and Gulf Shores libraries and smaller amounts to area non-profits. There are about 30 volunteer positions to fill each year. Details: Sharon or Larry Ramirez 405-630-7831

2/11

8th Annual 8-Pin Tap Bowling at Gulf Bowl, Foley, Ala. - This fun event benefits Christian Services, with nearly \$4000 raised in seven years. There are raffles for prizes, a 50-50 pot, Red Pin. Half the pot goes to the winners and half to the charity. Details: 251-943-4575

2/18

Baldwin County Heritage Museum Golf Outing at Glen Lakes - The BCHM Golf Scramble is limited to the

first 144 players. The event started in 2013 has raised a total of \$50,219. Cost is \$60 per player and includes golf cart, lunch and prizes from a variety of vendors. Details: 251 986 8375 or email to bchm@gulftel.com.



2/21

Low Country Boil, Alabama Gulf Coast Zoo - Launched in 2006 at Hurricane Ivan caused massive damage. This event has raised \$83,950 toward the construction of a new zoo. Low Country Boil tickets are \$15 which includes cost of zoo admission. Tickets are sold through the 11 Snowbird clubs. A "Low Country Boil" consists of Shrimp, Sausage, Potatoes, Corn, Green Beans, Pearl Onions, and Garlic. Details: 251-968-5732

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Snowbird Clubs

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.

PENSACOLA AND PERDIDO KEY:

There will be three Snowbird "Hootenanny" events this season, including Jan. 16, Feb. 13 and March 5 at the Flora-Bama Lounge in Perdido Key. Admission is \$10. Events calendars can be picked up at the Perdido Key Visitor Center, 15500 Perdido Key Drive. Details: 850-492-4660 or www.visitperdido.com.

PANAMA CITY: TA 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. \$8 per person to register. The "Big" registration is 10 a.m., Jan. 6, with a meeting on Jan. 7 at 8:30 a.m.

and 11 a.m. Weekly Tues. meetings are held in Jan. and Feb., 8:30 a.m. and 11 a.m., and at 10 a.m. on March 5. Join us for entertainment, activities and information from local vendors. Details: www.destinsnowbirds.org

FORT WALTON BEACH: With over 700 members, the Club offers a variety of activities, including monthly meetings with entertainment, monthly socials, casino bus trips, Valentine Sweetheart Dance, golf league and scrambles, crafts, pickleball, billiards, and card games. Meeting and registration held at the Fort Walton Beach Recreation Center, 132 Jet Drive. Membership fee is \$10 per person. Additional fees for some activities.

Registration is January 3 and 6 from 9 am-Noon and on Tuesdays (starting January 14) from 10 am to Noon. Meetings are 10 a.m. Jan. 7, Feb. 4 and March 3. Meeting days registration is from 9 am – 10 am. Details: information@FWBSBC.com or www.fwbsbc.com

NAVARRE: Navarre Beach: Key dates include: Jan 7 - Welcome Reception, 2 to 4 p.m., Broussard's Bayou Grill on Navarre Beach; Jan. 14 - Snowbird Business Expo 2 to 4 p.m., Navarre Conference Center; Jan 25, Arts & Crafts Expo 11 a.m. to 4 p.m., Navarre Conference Center and Feb. 13,

Sweethearts Dance, 5 to 10 p.m., Navarre Conference Center. Details: navarrebeachsnowbirdsclub.com

PENSACOLA BEACH: The annual Pensacola Beach Bash is 9 a.m. Jan. 23 at a new location at the Our Lady of Assumption Catholic Church, 920 Via de Luna. A light breakfast served. Featuring Bingo, vendors, "Elvis" and the Pensacola Beach Sandpipers Chorus will perform. Details: 850-932-1500 or 850-932-2257.

WALTON COUNTY: Registration dates are 8:30 a.m. – 10:30 a.m. Jan. 3, 6, 13, 20 and Feb. 3 at Faith Assembly Church Hall, 306 S. Geronimo, Miramar Beach. Meetings are 10 a.m. Jan. 8, 22 and Feb. 5 at Destin United Methodist Church, 200 Beach Dr., and Feb. 19 at Santa Rosa Beach Community Church, 3524 US 98 W. The club has more than two dozen activities and events and encourages volunteering as a way to get to know people. Annual dues are \$10. Details: www.waltoncountysnowbirds.com

ALABAMA

DAKOTAS: The North and South Dakota Snowbird Club meets on the second and fourth Tues. mornings. Dates include Jan. 14, 28; Feb. 4, 11 and March 3 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. We

support the Christian Service Center food pantry and volunteer for several local charities and organizations. Details: Joyce at 605-351-0274.

DAUPHIN ISLAND: New, this year on Dauphin Island and in the surrounding communities, is "Welcome Wednesdays." Visit the official "Little Red School House" Welcome Center, 1016 Bienville Blvd., and learn about area attractions, visit the history exhibits and peruse the library. Island events include twice-monthly Boardwalk Talks the first and third Wed. at 11:15 a.m. at The Estuarium. Visit Bellingrath Gardens for its Welcome Wednesday special guest list. Details: www.townofdauphinisland.org or www.bellingrath.org

ILLINOIS: The 2019-20 season kicks off Jan. 3 with a Welcome Back Coffee at 9 a.m. at the Orange Beach Senior Activity Center. Jan. event dates include: 10 – Breakfast at GT's on the Bay, 8 a.m.; 14 – Potluck & Games at Orange Beach Senior Activity Center, 5 p.m.; 15 – Book Club Orange Beach Library, 9:30 a.m.; 24 – Breakfast at GT's On the Bay, 7:45 a.m.; February – 7 – Breakfast at GTs on the Bay, 8 a.m.; 8 – Bratfest at Orange Beach Community Center, 10:30 a.m.; 8 – Trivia Night at Orange Beach Events Center, 6 p.m.; 11 – Potluck & Games, 5



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Join the Club!



p.m.; 19 – Book Club at Orange Beach Library, 9:30 a.m.; 20 – Breakfast at GTs on the Bay, 8 a.m.; 21 – Low Country Boil (new zoo), 11 a.m.; 25 – Picnic in the Park at Johnnie Sims Park, Noon. March 6 – Breakfast at GTs on the Bay, 8 a.m. Club president: Loren Due 815-262-1938 or bbrefl@hotmail.com

INDIANA: Open to all "Hoosiers" and meets the second and four first Thurs. in Jan. and Feb. at Luna's Event Center, 25689 Canal Road, Orange Beach. Club fee is \$2.50. Dates are Jan. 9, 23; Feb. 6, 20 and March 5. Doors open at 7:30 a.m., meeting at 8 a.m. No cash over \$20. Meetings feature door prizes. The club participates in several fundraisers each year. Details: Jan Pell 317-914-5832.

IOWA: Four club breakfast meetings at Perdido Beach Resort, 27,200 East Perdido Beach Blvd., Orange Beach. Cost is \$11 per person. Dates are Jan. 8 and 22; Feb. 5 and 19. Make reservations at IowaAlabamagulfcoastsnowbirds.org (preferred) or call Chris and Steve Hedlund at 319-430-4597. A season final informal breakfast will be held at Luna's, RSVP required. Cocktail Parties Jan. 17

and Feb. 21, 5 to 7 p.m. at the Caribe Resort, Building C, 28103 Perdido Beach Boulevard, Orange Beach. Details: 319-330-2446 or LFGRU2@gmail.com.

MICHIGAN: One of the largest clubs in the region, the Michigan club meets: Jan. 9, 23; Feb. 6, 20 and March 4 at the Gulf Shores Activity Center. Doors open at 9 a.m. for coffee and doughnuts, meeting starts at 10 a.m. The club sponsors several activities, including golf, footgolf, luncheons, casino trips, fish flings, breakfasts, cruises and other special outings. Members participate in area blood drives, food drives, Brat Fest (Feb. 8) and Low Country Boil (Feb. 21.) Details: Paul Spahl at michiganclubalabama@gmail.com

MINNESOTA: Tuesday breakfast meetings continue 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 for the Christian Service Center, our dedicated project. Details: www.mnal.org

or the Facebook page @mnalclub.

MISSOURI: The first weekly Wednesday meeting date is 9 a.m. Jan. 8 at Perdido Beach Resort. Breakfast meetings continue through the end of February. The first weekly Wed. meeting date is 9 a.m., Jan. 8, at Perdido Beach Resort. Breakfast meetings continue through the end of February. Business meetings at 9 a.m. at Phoenix V alternate with breakfast. Details: karengrinstead@icloud.com or www.mosnowbirds.org.

NEW YORK: Luncheon dates: Jan. 9, 23; Feb. 6, 20 and March 5 at Ginny Lane, 4851 Wharf Pkwy. E, Orange Beach at the Wharf. Registration 11 a.m. \$1 donation collected at registration. Door prizes. Club participates in fundraisers: Brat Fest and Trivia Night (both Feb. 8); Low Country Boil (Feb. 21) and the Golf Tournament (TBD.) RSVP for breakfast: nysnowbirds@gmail.com or Tracy, 585-748-0133 or Frank, 585-748-0432.

OHIO: Club breakfasts 8:30 a.m., Luna's Eat and Drink, 25753 Canal Road, Orange Beach. The schedule includes Jan. 8, 22; Feb. 5, 19 and a farewell lunch 1 p.m. March 4, GTs on the Bay. RSVP: Gayle

-937-621-1700 or gaylehofacker@gmail.com

PENNSYLVANIA: Meets Wed. for breakfast at Buzzcatz, 25689 Canal Road, Orange Beach Jan 8, 15, 22, 29; Feb. 5, 12, 26 and Mar 4, 11. Pot Luck Luncheon Feb. 20 (tentative). Eat & Talk - dates TBD. Breakfasts have no dues, reservations, formal officers, or roll call. The club joins other snowbird groups in winter fundraising activities. Details: Rich Smith at 484-264-1394 or Betty Ann Smith 908-420-8806

WISCONSIN: Upcoming events: Meetings are at 9 a.m. Jan. 8, 22; Feb. 5, 26 at the Orange Beach Event Center and 9 a.m. March 4 and 11 at the Orange Beach Community Center. February fundraisers include 8 at 11 a.m.- Brat Fest at Orange Beach Community Center and 6 p.m. Trivia Night at the Orange Beach Event Center; 11 – 8 Pin Tap Bowling at Gulf Bowl, Foley; 18 – 9 a.m. Baldwin Heritage Museum Golf Fundraiser at Glen Lakes and 21 – Low Country Boil, Zoo. Details: Kenn 251-967-2463 or https://sites.google.com/view/newwissnobirds/home.



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JANUARY 23, 2020



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9:00 A.M. ENJOY COFFEE & A LIGHT BREAKFAST
Sponsored by Emmanuel, Sheppard & Condon

10:00 A.M. PENSACOLA BEACH ELEMENTARY SCHOOL SOUNDPIPERS

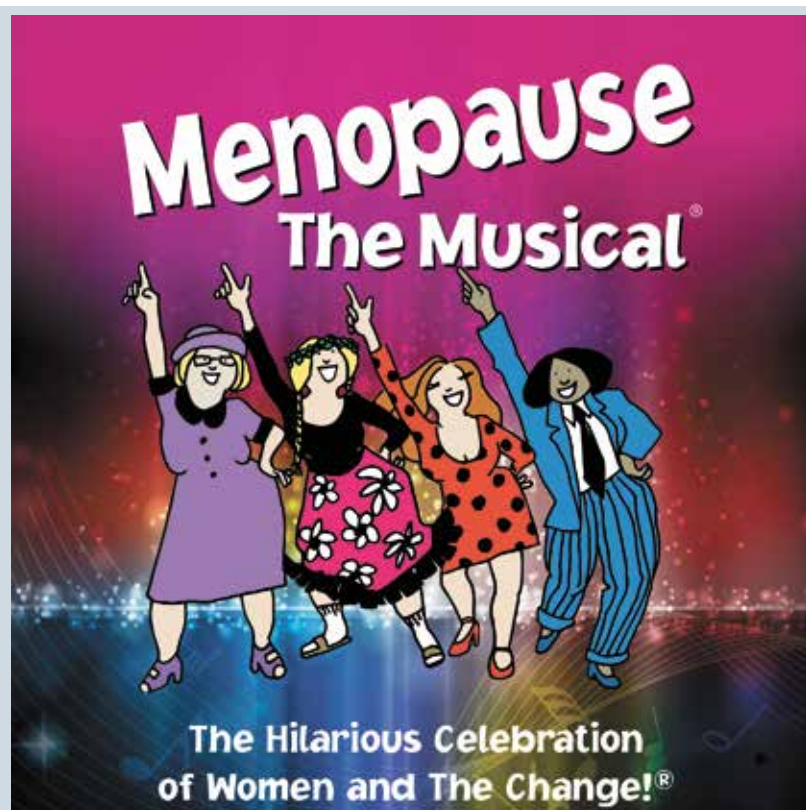
10:15 A.M. ELVIS TRIBUTE!

10:45 A.M. BINGO WITH GIVEAWAYS!



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All season

Holiday Ice Skating - 201 E. Gregory Street, Pensacola, FL, Pensacola Bay Center. Skate sessions are available throughout the season. Details: 850-432-0800 ext. 252 or www.pensacolabaycenter.com

Farmers Markets - Saturdays, 9 a.m. – 1 p.m. Grand Boulevard Market at Sanestin and Niceville Community Farmers Market in the Square; Sunday 9 a.m. – 1 p.m. 30A Rosemary Beach.

through 1/5

Holiday STEM Wonderland - Gulf Coast Exploreum Science Center. Interactive fun that teaches math, science and engineering. See the popular holiday model train set. 65 Government St, Mobile, AL 36604 Details: 251-208-6893 or www.exploreum.com

through 2/1/20

Baytowne On Ice - Apex Skating Pavillion, 9300 Emerald Coast Parkway, West Miramar Beach, FL. The perfect place to find the winter spirit! Details: 850-714-7614 or www.baytownewharf.com

SEASON SERIES

Saenger Theatre: Broadway in Pensacola, Downtown Pensacola, FL. Series includes: Jan. 16 – Waitress; Feb 16. – CATS; March 5 – Jersey Boys; May 24 – The Color Purple. Details: www.pensacolasasaenger.com/broadway or 850-595-3880

Gulf Shores 2020 Winter Series at the Erie Meyer Civic Center, Events: Jan. 27-28 – The Drifters; Feb. 3-4 – December '63: A Tribute to Frankie Valli & The Four Seasons; Feb. 10-11 – John Davidson with Gail Farrell; Feb. 17-18 – Harrison Greenboam. 1930 W. 2nd St., Gulf Shores, AL. Details: gulfshoresal.com

Mobile Saenger Theatre, 6 South Joachim St., Mobile, AL. Included among upcoming events: Dec. 21 – Charlie Brown Jazz Christmas; Dec. 22 – Movie: Meet Me in St. Louis; Jan. 17 – The Black Jacket Symphony Presents Led Zeppelin; Jan. 18 – The Robert Cray Band; Jan. 25-26 – Mobile Symphony Orchestra Presents Bravura. Details: 251-208-5600 or mobilesaenger.com

Panama City Beach Winter Resident Events – Jan. 17, Feb. 7 and Feb 21 – Winter Resident Appreciation Days; Jan 22 – Homecoming Dance and Social; Feb. 12 – Winter Resident Senior Prom; Feb. 26 – Winter Resident Grand Finale. Details: www.visitpanamacitybeach.com/events/winter-residents

StoryTeller Series presented by Emerald Coast Theatre Company.

January events include Jan. 9 – Gileah Taylor; 16 – Winston Churchill: Through the Storm; 30 – Resurrecting Van Gogh. 560 Grand Boulevard, Suite 200, Miramar Beach, FL. Details: www.emeraldcoasttheatre.org or 850-684-0323.

WEDNESDAYS

Boardwalk Talks, Dauphin Island Sea Lab Estuarium, The Northern Gulf Institute presents informal talks about all things scientific in the Gulf of Mexico region. 101 Bienville Blvd, Dauphin Island, AL. First and third Wednesdays, 11:15 a.m. FREE. Details: 251-861-2141 or www.disl.org/estuarium

Winter Wednesdays - Bellingrath Gardens and Home - Wednesdays at 10:30 a.m. from Jan. 8 - Feb. 26. "Viewing the Winter Sky" on Jan. 15 is at 5:30 p.m. Admission is included in regular admission. RSVP and register: 251-459-8864. Details: www.bellingrath.org

THURSDAYS

"Snowbird Sessions by the Sea," The Navarre Beach Marine Science Station, 8638 Blue Heron Court, Navarre, FL. Informative events about Gulf Coast wildlife. January 9 - Lionfish; 16 – Coastal Ecology; 23 – Beach Combing 101; 30 Birds and Barrier Islands. Classes begin at 2 p.m. and cost \$10 each. Class size is limited. Pre-register at: www.navarresciencestation.org.

12/27-28

ICMT The Case of the Missing Nose, Improbable Cause Mystery Theater presents a holiday Mystery Show for all ages! \$10 General Admission. Shows and

noon and 3 p.m., Fri. and Sat. Imogene Theatre, 6866 Caroline St, Milton, FL. Details: www.facebook.com/ThelmogeneTheatre or 678-754-3976

12/31

Pensacola Symphony "Celebrate the New Year"

- Saenger Theatre, 118 S Palafox Place, Pensacola, FL. 7 p.m. Details: 850-595-3880 or www.pensacolasymphony.com

Moon Pie Drop - Downtown Mobile, AL. Mobile kicks off the New Year with a giant, lighted Moon Pie. Details: www.mobilenewyear.com

Baytowne Countdown NYE – Family-friendly event from 6 to 8 p.m. Fireworks at 8 p.m. and midnight. Live music till 1 a.m. Details: www.baytownewharf.com

New Year's Beach Ball Drop in Panama City Beach

- Celebrate at Pier Park! Free live music, fireworks and Ball Drop at 8 p.m. and midnight. Details: www.visitpanamacitybeach.com/events/new-years-eve-beach-ball-drop/

New Year's Eve Game Night - Holley-Navarre Senior Center, across the street from the Navarre Library. 5:30 p.m. Details: 713-819-1980 or 936-1644 or www.facebook.com/navarreseniors.org

1/1

7th Annual Polar Bear Plunge - Gulf Place Community hosts the South Walton Fire District a plunge at Ed Walline Beach Access, 4447 W. Scenic Highway 30A Santa Rosa Beach, FL. Registration -11 a.m., plunge - 1 p.m. Live music 11 a.m. to 3 p.m. Proceeds benefit the SWFD Department Relations Committee. Details: 30a.com/events/

Polar Plunge at Pensacola Beach – Paradise Bar and Grill, 21 Via De Luna Dr., Pensacola Beach, FL. Registration begins at noon; \$15 with T-shirt, \$10 without shirt. Details: pensacolabeachchamber.com/event/polar-bear-plunge/

11th Annual Penguin Plunge'n Paddle on Navarre Beach, 12 to 4 p.m., Juana's Pagodas and Sailors' Grill, 1451 Navarre Beach Causeway, Navarre Beach, FL. Paddleboard course, live music, raffle and more! Benefitting the EscaRosa Suicide Prevention Coalition, The American Foundation for Suicide Prevention, and Healing Paws for Warriors. Details: juanaspagodas.com or 850-939-1092.



1/3, 10, 17, 24, 31

Cooking class with Chef Nino, Rouses Markets. 10 a.m. Gulf Shores; 3 p.m. Orange Beach. Free. Details: www.rouses.com

1/4, 10, 11, 24, 25

Ice Flyers Hockey at home - Pensacola's Ice Flyers take on teams from across the league at the Pensacola Bay Center. Details: pensacolaiceflyers.com/schedule

1/4

Mattie Kelly Arts Center, Paramount's Laser Spectacular: The Music of Pink Floyd, 7:30 p.m., Northwest Florida State College, 100 College Blvd., Niceville, FL Details: www.mattiekellyartscenter.org or 850-729-6000

1/4, 2/1, 3/7

Fundraiser Dinners at Sonora Masonic Lodge #635 F&AM - 2020 annual fried chicken dinner fundraisers. Adults: \$9, children \$5. 11 a.m. to 1 p.m., 202 E. Jackson Street, Summerdale. Details: Dean Mott at 251-423-7604

1/6

Jazz Jam - Join Jazz Pensacola for Jazz Jam, 6:30 to 9 p.m., The Vineyard Restaurant, 1010 N. 12th Ave., Pensacola. Doors open at 5:30 p.m. Admission is \$10 for Jazz Pensacola members and guests, \$12 for non-members, free for students with ID and military in uniform. Details: 850-433-8382 or www.jazzpensacola.com

1/11

Pensacola Symphony Orchestra presents Beethoven & Blue Jeans - 7:30 p.m., Saenger Theatre, 118 S. Palafox Place, Pensacola, FL. Musical variety and surprising soloists! Details: 850.435.2533 or www.pensacolasymphony.com

Pancake Breakfast and Bake Sale, 7 a.m. Enjoy All you can eat Pancakes only \$5.50. Holly Navarre Senior Center, 8476 Gordon Goodin Lane, Navarre Fl. Details: www.navarrechamber.com/events/

1/15

Songwriter Musician Tanya Gallagher - Pensacola, Florida, native musician practices cartography, turning geographic information into maps for Santa Rosa County. Her latest EP is One Hand On My Heart. 10 a.m., Walton County Coastal Branch Library, 437 Greenway Trail, Santa Rosa Beach, FL. Details: www.youseemore.com/walton/coastal

1/18-2/8

Woodstoke Fest, Gulf Coast Kiln Walk - Two kilns are used including the Anagama and RHP Goundhog. Pots are glazed and fired in January. The event is capped by the Feb. 8 Woodstoke Fest with pots unloaded at 9 a.m. with many for sale. There will be food available. The event is staged at 7507 Buckeye Dr., Navarre, Fla. The Gulf Coast Kiln Walk Society is dedicated to the development and education of wood fired pottery. Details: www.kilnwalk.org



1/22

Historian Hank C. Klein: The Old East Pass and the Lighthouse Keepers - Destin historian and author Hank Klein tells the story of the OLD East Pass - the inlet from the Gulf of Mexico to Choctawhatchee Bay located at Destin, Florida. 10 a.m., Walton County Coastal Branch Library, 437 Greenway Trail, Santa Rosa Beach, FL. Details: www.youseemore.com/walton/coastal

1/24

Jim Witter's Time in a Bottle, Martin Theatre "Presents" Series - Award-winning Jim Witter takes concert goers on a multimedia pilgrimage. Panama City. Because Hurricane Michael heavily damaged the Martin Theatre, shows are presented at the Majestic Beach Resort, 10901 Front Beach Rd. Details: 850-763-8080 or martintheatre.com

1/25

Wine Tasting at The Twisted Grape, 1193 B Eglon Parkway in Shalimar, 3 to 5 p.m. Join friends and art supporters for wine, food by The Twisted Grape, live entertainment, and drawings for chances to win tickets to upcoming events. All proceeds will benefit the Okaloosa Arts Alliance. Details: 850-499-8335 or information and reservations at www.okaloosaarts.org

1/29

Concert event: Principal Harpist Katie Ott - Katie Ott will give a performance and a brief history of the harp. She is Principal Harpist at Mobile Symphony Orchestra, Pensacola Symphony Orchestra and Northwest Florida Symphony Orchestra. Details: www.youseemore.com/walton/coastal

2/5

Walton County History with Story and Song - Historian Ronnie McBrayer, author of Wild, Wild, Walton and Down by the Riverside. He will be speaking of local Walton County history with story and song. 10 a.m., Walton County Coastal Branch Library, 437 Greenway Trail, Santa Rosa Beach, FL. Details: www.youseemore.com/walton/coastal

2/8

Ninth Annual St. George Island Tour of Homes - Seven distinctive and beautiful homes will be featured. 10 a.m. - 4 p.m. (EST) on Saturday, February 8, 2020, benefitting the St. George Lighthouse Association (SGLA). Details: www.sgitourofhomes.com

2/12

Lecture with Author Dr. Prudence Farrow Bruns - Bruns studied Transcendental Meditation™ with Maharishi Mahesh Yogi in India at the same time as the Beatles. She is inspired to teach TM to as many people as are interested. She has recently published her novel, Dear Prudence, The Story Behind the Song". 10 a.m., Walton County Coastal Branch Library, 437 Greenway Trail, Santa Rosa Beach, FL. Details: www.youseemore.com/walton/coastal

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Master underwater aerobics, learn to fly a drone and more with continuing education

By Louis Cooper

Whether you want to wade into the latest issues in cybersecurity, learn to play the dulcimer or dive into an aquatic aerobics class, the colleges along the Gulf Coast offer a wide variety of continuing education classes.

Snowbirds flock to winter courses at Pensacola State College, Northwest Florida State College and Gulf Coast State College, as well as other institutions, every winter to broaden their knowledge, engage socially and connect with their adopted communities. Here are the highlights of what is going to be offered in winter 2020:

Pensacola State College

Most of PSC's "leisure" courses in the new term will begin around the end of January. Some classes, including aquatics, fitness center and gymnastics, are ongoing throughout the year.

"These classes are very popular because of the diversity," said Deven Walther-Thead, coordinator of the college's Recreation and Leisure Continuing Education Department. "There is something for everyone."

Among the offerings at PSC are:

- "Culinary History Tours of Pensacola." Each Saturday is a different theme with a history lesson and food prepared by a local chef with small plates for sampling.
- "William Bartram - Explorer, Naturalist & Artist." Bartram was an influential naturalist, botanist and explorer of the Southeast who traveled to Pensacola in 1775 and wrote about his experience in his book, "Travels."
- "Creating a Self-Portrait." Students learn how to create a self-portrait or portrait of someone else using black and white for one and color for another

PSC courses vary in price depending on the length of the course and subject, said Walther-Thead. The average course cost \$6 per hour.

To take classes at PSC, participants must enroll as a student at the school. For more information, visit www.pensacolastate.edu/ce or call 850-484-1797.



Northwest Florida State College in Niceville, Fla.

Leisure classes begin at NWFSC's campuses in Niceville, South Walton, DeFuniak Springs and Crestview during the third week in January, according to Laura Schultze, coordinator of Continuing Education for the school.

"Our program has been around since

1994, and we take great pride in offering a variety of courses each semester," she said. "New classes are offered each semester along with keeping classes that are popular. We listen to new class ideas from students and instructors, and also see what's new and exciting in the world to cover."

Most NWFSC classes range from \$35 to \$60 depending on the length of the class, Schultze said. Except for art class supplies, this fee covers the full class. No textbooks are required.

New classes this year include mixed media, watercolor, birding, mystery writing, aviation history, politics of criminal justice reform, astronomy, Pilates, adaptive yoga, health seminars and a "Lunch & Learn."

The course listings and enrollment application are available at www.nwfsc.edu/about/conted/. Call 850-729-6085 for more information.

Gulf Coast State College in Panama City, Fla.

Snowbirds love the Encore program at GCSC, according to program director Lara Herter.

"They learn about subject and topics that interest them while being able to interact and meet people with similar interests," Herter said. "Our spring Encore begins January 24 and will last six consecutive Fridays through February 28."

Encore cost \$92 for the six-week program, which includes four classes each Friday.

Some of the standout offerings, according to Herter, include:

- "The Bill of Rights in the 21st Century," taught by a retired judge and attorney.
- "History of African Americans on the St. Andrews Bay and the Eastern Panhandle of Florida," taught by Matthew Shack, a recognized local historian who focuses on African American history.
- "Fishing Florida: Basics and Beyond."

Visit gulfcoast.edu/Encore to view the full course offerings and to register for classes. Details: 850-873-3583

"We have 'Lunch & Learns' each week with a variety of speakers to discuss such topics like the artificial reefs project, local state parks and museums," Herta said. "As an Encore participant, they are entitled to use the facilities at Gulf Coast State College including the Wellness Building, the bookstore, the library, our athletic events and the Amelia G. Rapper Center for the Arts."

The Center for Lifelong Learning in Fort Walton Beach, Fla.

This will mark the 27th year the CCL has brought its courses to various venues throughout Fort Walton Beach, with what President Martha Bradford called, "a



record-breaking 90 daytime classes this term."

"Snowbirds love our classes and return year after year. Some even teach classes," Bradford said. "CLL members enjoy having fun together, with no tests, grades and lots of laughter."

Registration will be Jan. 10 from 9 a.m. to noon in Buildings 1 and 2 at the joint campus of the University of West Florida and Northwest Florida State College in Fort Walton Beach. The \$60 enrollment fee allows participants to take up to four courses. Some classes require an additional materials fee.

Classes begin the week of Jan. 20 and continue through March 13. Classes are held at the joint campus as well as at locations throughout Fort Walton Beach.

The class schedule had not been finalized as of press time, but past courses have included subjects like sign language, "Drones for Beginners" and dog obedience.

The official schedule should be posted at ccl-fwb.org after Dec. 17. Details: 850-863-6548.

Lifelong Learning Institute at Mississippi Gulf Coast Community College in Perkinston, Miss.

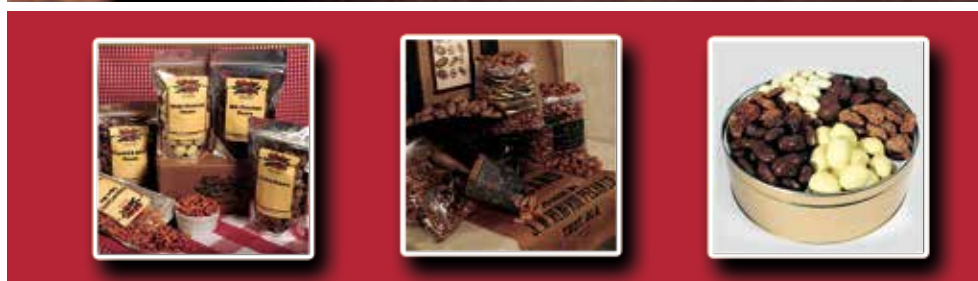
While the Lifelong Learning Institute doesn't offer courses Snowbirds can sign up for, President Lisa Bradley said snowbirds can take regular free classes at the MGCCC, among other benefits.

Annual membership dues are \$50 per person. That includes membership to MGCCC fitness centers and libraries at its campuses in Gulfport, Perkinston, Gautier and Lucedale.

"We have a program that allows retired seniors to take classes at our campuses without paying tuition," Bradley said. "It is an excellent opportunity to brush up on foreign languages, enjoy a literature class or even join in a health and fitness class."

For details, email LLI@mgccc.edu, call 228-897-9209 or visit <https://mgccc.edu/programs/community-education/lifelong-learning-institute/>.

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Hard work, determination and positive attitude key to tennis, art and life

By Louis Cooper

Tennis instructor Renee' Broxson thinks she knows why her Snowbird tennis students keep coming back for her courses: She cuts them no slack.

"I don't take it easy on them," said Broxson, the tennis director at Hidden Dunes Beach & Tennis Resort in Destin. "I believe that they can achieve whatever they want at any age if they work hard. We all have some limitations, but we work smarter, not always harder." Broxson has license to push her students because she, too, has expanded her horizons in some unconventional ways.

While she grew up in St. Louis, she visited Northwest Florida on visits to see family at Navarre Beach. She moved to the area when she was 20 years old. In 1992, at the age of 32, she won a scholarship playing tennis for the University of West Florida.

"I started tennis late in life. I practiced probably five hours a day while waitressing at the Holiday Inn on Navarre Beach," she said. "I was fortunate to have the right people in my life that coached me to get to a level that when (the UWF tennis coach) needed a player, I was sort of ready to go. Coach took the chance on me and gave me the best years of my life."

In 1997, Broxson graduated with a degree in physical education. She went on to serve as the assistant tennis coach at UWF for six years. She was also the tennis director at the Pensacola Country Club. She briefly



worked at the Watercolor community in South Walton County and has been at Hidden Dunes since 2005. Snowbirds are a vital part of the Hidden Dunes community this time of year, she said.

"I teach on a daily basis at Hidden Dunes," she said. "My boss when I started at Hidden Dunes really started the Snowbird program. When she left eight years ago, we were very focused on making our winter guests happy. We appreciate them because this is a very busy time for us. We welcome them like they are part of our family because they really are a big family. We even put in three new pickleball courts for them this year."

Pickleball combines elements of tennis, badminton and ping-pong. It is played with paddles on a badminton-sized court.

"At the resort, we get a lot of customers that are only with us for a week. We do see improvement in their game in a week's time, but when we have the Snowbirds there for a couple of months, we can see great improvements," Broxson said. "If you want to get inspired, come to Hidden Dunes in the wintertime and see the older generation out walking, playing tennis, playing pickleball, going to the gym, etc. They are so inspiring."

If you think of Broxson's tennis career as a second act, then art would be her third. It's something she picked up a few

years back – when the weather wasn't fit for tennis. "I started doing artwork about five years ago when we had about ten days of rain in a row," she said. "My mom was an artist and I traveled with her to art shows. That developed my love of art."

Broxson calls herself a "mixed media" artist. "I build layers and layers to have plenty of history to dig back into," she said. "I use collage and acrylic paint, graphite pencil and sometimes just found items." Her art is on display at Hidden Dunes and Beachworx in Destin. A portion of the proceeds from her art sales goes to Dog-Harmony, a dog rescue group in Santa Rosa Beach on which she serves as a board member.

"I am motivated to create art because I am ready to accomplish another goal," she said. "Just like with tennis, putting the hours in is what it takes to become a good artist."

In fact, Broxson thinks elbow grease and determination are as important as what some people might call natural talent.

"I do not believe in talent. Or, should I say, I believe that talent is skill that is learned," she said. "Hard work, risk, determination, positive attitude, and trusting God to provide will help you reach the end result you strive for in your practice. In art and tennis, there is always room to improve and to keep learning new things."

Where to find Renee Broxson's art:

- Online: ReneeBroxson.com
- Facebook: Renee Broxson Fine Art
- Instagram: Reneebroxson

Feeling Artistic? Classes across the coast

Beginning Jan. 11, the St. Jude's By The Sea Lutheran Church "Art Studio" meets each Saturday from 1 to 3 p.m. in the Gulf Shores, Ala., church's fellowship room.

Participants may work with the media of their choice, like watercolors, chalk/pastels, acrylic paints or other arts and crafts projects. Newcomers are welcome to bring their current project and materials to join in.

Contact Barbara Helgesen at bionicbarbs@aol.com for more information. The church is located at 312 E 16th Ave., near the Gulf Shores City Schools Administration Office and entrance to Gulf Shores Elementary School.

Here are some retail establishments that offer a painting "party" atmosphere:

Panama City Beach, Fla.:

- Paint My Party: 8317 Front Beach Rd, Suite 30, Panama City Beach, 850-258-2112, www.mypaintparty.com/
- Pinspiration: 2423 Thomas Dr, Panama City Beach, Fla., 850-249-6040, www.pinspiration.com/locations/panama-city-beach/

Fort Walton Beach, Fla.:

- Painting with a Twist, 255 Miracle Strip Pkwy, Suite B-8, Fort Walton Beach, Fla., www.paintingwithatwist.com/studio/fort-walton-beach/
- Splash Paint Party Studio, 226 Miracle Strip Pkwy SE, Fort Walton Beach, Fla., 850-533-3632, splashpaintpartystudio.com/

Pensacola, Fla.

- Painting with a Twist, 4771 Bayou Blvd, Pensacola, Fla., 850-471-1450, www.paintingwithatwist.com/studio/pensacola/
- Gulf Port, Miss.
- Canvas & Cocktails: 204 Courthouse Rd, Gulfport, Miss., 228-861-8444, canvasandcocktailsms.com/

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| January 15 | Viewing the Winter Sky on the Great Lawn, 5:30-7 p.m. |
| January 22 | Environmental Filmmaker Ben Raines, 10:30 a.m. |
| January 29 | Architect George B. Rogers: A Retrospect, 10:30 a.m. |
| February 5 | Winter Garden Walk, 10:30 a.m. |
| February 12 | Raising Roses with Linda Guy, 10:30 a.m. |
| February 19 | Author and Historian John Sledge, 10:30 a.m. |
| February 26 | Camellia Waxing, 10:30 a.m. |



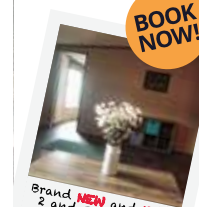
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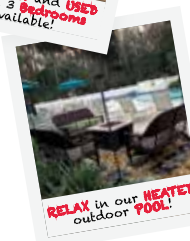


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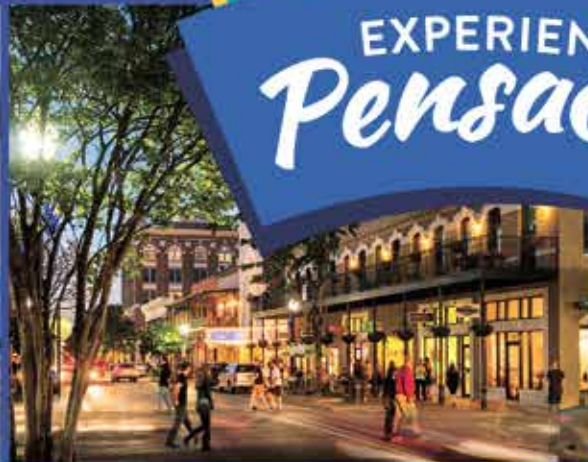
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Surrounded by the Gulf of Mexico, Mississippi Sound and Mobile Bay, Alabama's only barrier island is known as "The Sunset Capital of Alabama," and rightly so. Locals and visitors alike love to pause at the end of each day and sit on the deck or the beach to watch Mother Nature's end-of-the-day light show.

The rest of the time they can choose from an array of activities that include charter fishing, boating, sunbathing, swimming, birding, visiting historic Fort Gaines, learning about the area's marine life at the Dauphin Island Sea Lab's Estuarium, hiking through the Audubon Bird Sanctuary, learning the history of Dauphin Island at the Welcome Center's



museum and stopping by Dauphin Island's variety of restaurants, gift shops and boutiques.

Visitors can also ride the Mobile Bay Ferry; take a nature tour, a dolphin watch boat ride, a lighthouse cruise, or a sunset cruise; visit the island's two art galleries and check out the walking and biking trails that span the 14-mile-long island.

For special events, there's just no beating Dauphin Island. The annual Dauphin Island Sailboat Regatta every April is billed as the largest one-day point-to-point regatta in the United States, and the annual Alabama Deep Sea Fishing Rodeo in July is billed as the largest fishing tournament in the world. The island also kicks off the region's Mardi Gras season every winter, hosting between 30,000 and 40,000 visitors for the first two parades of the year.



A large part of Dauphin Island's charm is its laid-back atmosphere. With no towering buildings, big-box stores, shopping centers, traffic jams, or even traffic lights, it is everything an old-fashioned beach resort should be: fun, friendly and family-oriented.

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National Naval Aviation Museum

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Jan. 21 at 10 a.m. – 12 p.m.

Blue Angels Atrium

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Jan. 28Great Bear Rainforest

Feb. 4Volcanoes – Fires of Creation

Feb. 11.....Superpower Dogs

Feb. 18(Double Header Day) Beavers
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Feb. 25A Stephen Low Train Movie TBA

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Casino Fun

1/3

Herman's Hermits Starring Peter Noone, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com

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Crystal Gayle, 8 p.m. Island View Casino, 3300 W. Beach Blvd., Gulfport, Miss. Details: 1-877-774-VIEW (8439) or www.islandviewcasino.com

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Colt Ford & Parmalee, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com



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



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The Gaelic Storm, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com

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The Grass Roots, 8 p.m. Golden Nugget Biloxi, 151 Beach Blvd., Biloxi, Miss. 8 p.m. Details: 800-745-3000 or www.goldennugget.com/biloxi

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Lewis Black – It Gets Better Every Day, 8 p.m., Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com



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

1/24-25

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

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Chris Janson, 8 p.m., IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com

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Andrews Institute Opens New Clinic in Fort Walton Beach

Anthony J. Brothers, M.D. to provide orthopedic and sports medicine care at new location

Andrews Institute for Orthopaedics & Sports Medicine and Baptist Health Care are proud to announce the opening of a new clinic in Fort Walton Beach, Florida, Andrews Institute Fort Walton Beach. The new location will provide access to Andrews Institute orthopedic and sports medicine care, diagnostic imaging services, rehabilitation services and Baptist Health Care clinical services.

Andrews Institute orthopedic surgeon Anthony J. Brothers, M.D., will be the provider at the new location. He has clinical interests in sports medicine, orthopedic trauma, joint replacement surgeries and minor hand and wrist procedures.

Dr. Brothers is proud to continue to serve patients in the Crestview, Destin, Fort Walton Beach, Navarre and Niceville communities. He spent the last 11 years of his



Anthony J. Brothers, M.D.

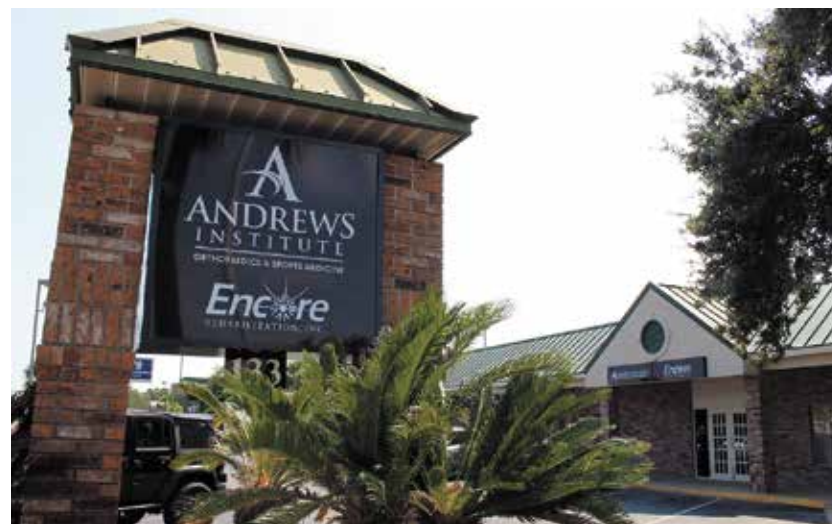
24 year career in the Air Force stationed at Eglin Air Force Base, where he served as Chief of Orthopedics as well as Chief of Surgery.

This new location will be an additional access point for the student-athletes that Andrews Institute and Baptist Health Care serve. Sports medicine coverage is provided to every public high school in Escambia, Santa Rosa, Okaloosa and Walton counties at no cost to the schools or school districts.

Dr. Brothers is accepting patients at Andrews Institute Fort Walton Beach at 133 Racetrack Road NW, Fort Walton Beach, Florida. To learn more about Dr. Brothers or to schedule an appointment, please visit AndrewsInstitute.com or call 850.916.8700.

About the Andrews Institute for Orthopaedics & Sports Medicine

Located minutes from Pensacola, Fla., in Gulf Breeze, Andrews Institute for Orthopaedics & Sports Medicine provides world-class care and service for the athlete in everyone. The institute features more than 40 physicians and medical experts providing best-in-class



service in specialties ranging from orthopaedics and sports medicine to joint care and neurosurgery, and is accessible to everyone. It is the worlds only facility offering surgery, diagnostic imaging, rehabilitation and athletic performance training all on one campus. The one-of-a-kind center focuses on the prevention, treatment and rehabilitation of musculoskeletal injuries while using the expertise of nationally and internationally renowned orthopaedic surgeon James Andrews, M.D. Dr. Andrews is best known as physician to some of sports greatest professional athletes. For more information, visit www.AndrewsInstitute.com.

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January 1, 2020, 11 am - 4 pm

Snowbird Welcome Reception at the Navarre Visitor Center
January 6, 2020, 9 am - 11 am

Welcome Back Reception at Broussard's Bayou Grill Navarre Beach
January 7, 2020, 2 pm - 3 pm

Snowbird Sessions by the Sea
Navarre Beach Marine Science Station - Lionfish
January 9, 2020, 2 pm - 3 pm

Navarre Beach Snowbirds Business Expo & Social
January 14, 2020, 2 pm - 4 pm

Snowbird Sessions by the Sea
Navarre Beach Marine Science Station - Coastal Ecology
January 16, 2020, 2 pm - 3 pm

Snowbird Welcome Reception at the Navarre Visitor Center
January 17, 2020, 9 am - 11 am

Snowbird Sessions by the Sea
Navarre Beach Marine Science Station - Beach Combing 101
January 23, 2020, 2 pm - 3 pm

Snowbird Sessions by the Sea
Navarre Beach Marine Science Station - Birds & Barrier Islands
January 30, 2020, 2 pm - 3 pm

Masters of Woodfire, Maria Spies and the "WoodStoke" Pottery and Kiln Festival at Holley Hill Pottery
January 9 to February 8, 2020; Open for kiln tours
WoodStoke Festival, February 8, 2020

Navarre Beach Krewe of Jesters Mardi Gras Ball
Saturday, Feb 8, 2020 6 pm

Annual Navarre Beach Mardi Gras Parade
Saturday, February 15, 2020, 1 pm

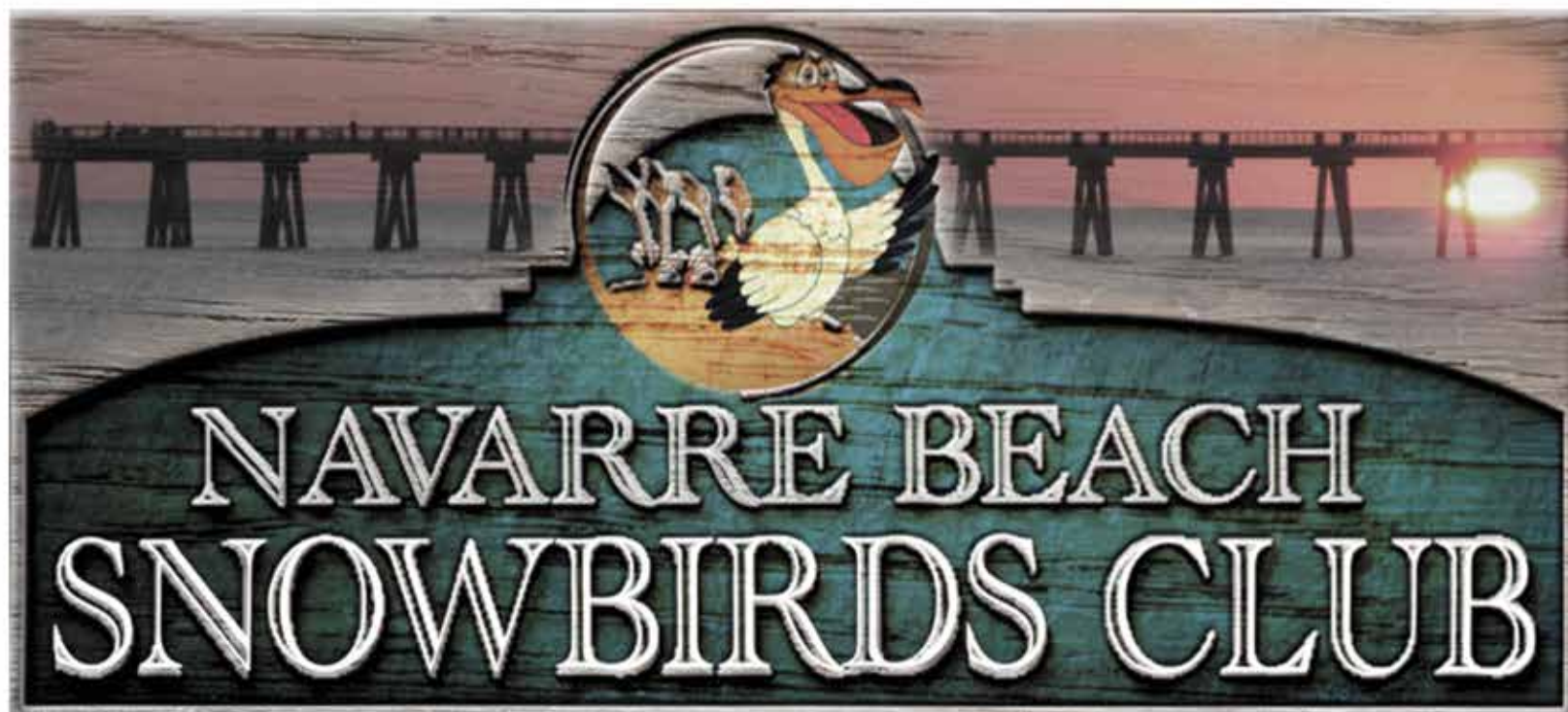


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Services move to 9 a.m.



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Giving Chronic Pain Sufferers



Patients find relief with fewer pills with breakthrough new clinic in Gulf Shores.

Those battling with pain, but unable or unwilling to alleviate their condition with potentially addictive pills, can feel as if they are on pins and needles waiting for a solution.

However, for some suffering from pain, pins and needles ARE the solution.

Dr. Kate Weighart, DAOM, L.Ac., who trained in Manhattan and practices Acupuncture and other advanced procedures at Alabama Acupuncture and Wellness, said a lot of the pain management field is skittish about prescribing pain medication.

Prior to opening her doors in Gulf Shores, AL, Weighart had practiced in New York City. She currently consults and oversees cases in 74 clinics across the US, Canada, and world-wide in addition to treating and overseeing cases here in Southern Alabama.

Dr. Weighart relocated to Gulf Shores because she found there is an overwhelming need, but lack of natural solutions for Chronic Conditions, in the area.

Dr. Weighart said almost all of her patients can not, or prefer not to take medications to assuage their conditions.

"I've been maxed out of nerve pain meds, and all the doctors said to just live with it," said Richard Pratt of Georgia. "It (Acupuncture) was the last resort, with the best results."

Pratt began to see Dr. Weighart in November for lingering effects from a 30 foot fall he took from a tree in 1998.

"I think she does a heck of a job, Pratt said. "I'd fallen and put my hip through the pelvic socket." Additionally, Pratt had injured his ribs, vertebrae, and tailbone. "I hate pills. If possible, I'd rather not take them," Pratt said.

Dr. Ralph Becker, pain management physician for Mayo Clinic recommends Acupuncture and said, "Patients today realize that there are non-invasive options out there and want to avoid surgery if possible," Becker, who has been practicing for 20 years, said he learned about Acupuncture during his Fellowship and has enthusiastically recommended it to his patients for years.

"If people ask me, I encourage them to try it. Our saying is, 'Can't hurt, often helps.'" Becker said.

Becker says, he has found Acupuncture helps with many of his patients with chronic pain and neurological conditions.

"You give them less medication, there are less uncomfortable side effects," Becker said. "They get more active."

For others struggling with pain management and staying independent, such as Joan Thompson of Alabama, pills are not an option.

"I have nerve damage in my toes from when I broke my ankle," Thompson said. "They all told me, there's nothing they can do."

She said the sensation in her extremities was painful and felt like burning needles in her shoes.

"Sometimes, I'd be up all night because of the hurting," Thompson said.

"My pain has largely abated, and I'm able to do the hobbies I used to be able to do before I began seeing Dr. Weighart in October.

Dr. Weighart said initially she had told Thompson she could not be accepted as a patient, because she was skeptical that acupuncture could help her Neuropathy (Nerve Damage). She said she did not expect the treatment to work, but is delighted it has. Dr. Weighart says, "While we see these seemingly miraculous results day in and day out, Mrs. Thompson is an unusually fast responder. Typically, I expect patients to take a few more weeks to report these kinds of changes. I'm very happy for her, and all of us here at Alabama Acupuncture and Wellness are excited to see this look of amazement on our patients faces."

"I tell all my friends. I don't have the pain in there and rarely use my cane," Thompson said. "My husband doesn't have to rub my feet anymore."

To see if you are a candidate for the procedures used by Dr. Weighart, DAOM, L.Ac, call 251-979-5677 to schedule a consultation today. www.Alabama-Acupuncture.com

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