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Gulf Coast *Snow* **BIRDS**

A Winter Visitor
Publication
Spring 2020

Snaps!
pages 11-14

**Clubs and
Calendar**
pages 16-17, 18-19

**Casino
Entertainment**
page 26

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ON THE COVER
Karen and Dave Markham did their homework before deciding that Gulf Shores, Ala., was the right place for their winter home. They have traveled extensively across the country, but fell in love with Alabama's beaches, shopping, dining and sense of community. The upstate New York couple enjoys having a turn-key, long-term rental property that offers them worry-free travel when they get on their motorcycles for another adventure!

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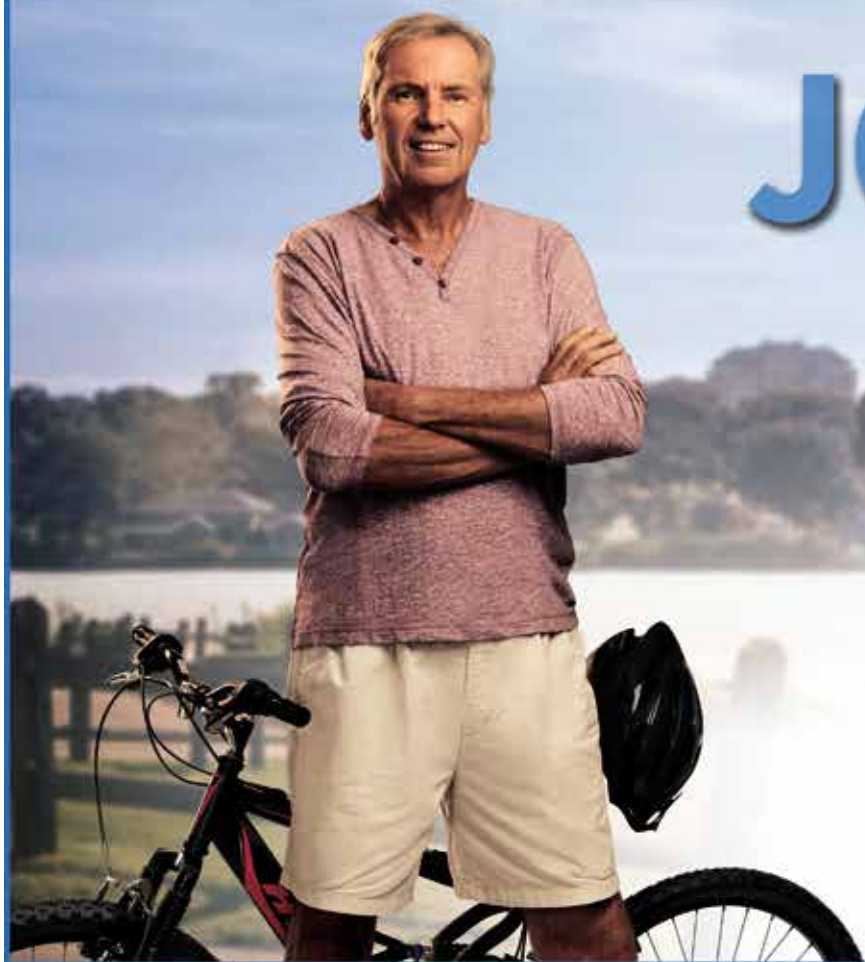
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ACTS SUBJECT TO CHANGE

Welcome!

Another Snowbird season is nearly in the books!

It's hard to believe that next year will be our 15th. In that time, many things have changed. We've gotten to know many of you and, unfortunately, have lost a few, too.

Many of your children and grandchildren have made the trek south and dream that they one day will be able to spend months on the coast. Encourage that dream!

This year we've featured several cover couples that spend all or most of their year here. Our Spring cover couple, Karen and Dave Markham, sold their home in New York, found a 13-month Orange Beach, Ala., townhouse-style rental with easy access to shopping and dining at The Wharf and bicycling trails and are having a great time! The couple also like to motorcycle and will be hitting regional and national events.

So much energy!

Everyone have a safe summer and we hope to see you again in the 2020-21 season. Be sure to sign up for our e-newsletter "Seasons" to stay up-to-date throughout the year. The form is on our website: www.snowbirdsgulfcoast.com. Don't forget to "Like" us on Facebook: Snowbirds Gulf Coast Magazine.

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



February cover couple Carol and Roy DeWitt visit publisher Karen Harrell at the Alabama Lifestyle Expo.



Alabama snowbird club presidents!

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EMERALD COAST CRUIZIN' CAR SHOW March 4-7
PANAMA CITY BEACH SCOTTISH FESTIVAL March 7
UNWINED March 20-21

SCHOONERS CAJUN FESTIVAL April 17-19
SEABREEZE JAZZ FESTIVAL April 22-26
SANDJAM April 24-26
THUNDER BEACH MOTORCYCLE RALLY April 29 – May 3

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Looking for adventure: From Upstate NY to Orange Beach, Ala.

Karen and Dave Markham did their homework before deciding that Gulf Shores, Ala., was the right place for their winter home. They have traveled extensively across the country, but fell in love with Alabama's beaches, shopping, dining and sense of community. The upstate New York couple (Karen, 57 and Dave, 58) enjoy having a turn-key, long-term rental property that offers them worry-free travel when they get on their motorcycles for another adventure!

Are you retired, and what kind of work did you do?

We are both retired. Dave worked for the New York State Corrections Department for 25 years. And he worked lots of other jobs. Dave's always made sure to plan for the future and provide for us. He was either working hard or playing hard. My Grandmother Ursula once told him he better slow down, one of these days or he will meet himself going around a corner. I worked in retail for 23 years and then in sales for 12.

How did you meet?

We met in 1974 for the first time. Dave's dad used to stay at his grandparents' back when he was a boy, and he came over to my family farm, which was just over the hill sometime in 1940. You could actually see my family farm from Dave's Dad's Grandparents' homestead. We learned years later that Dave's family use to come up in the summer to visit his grandparents, we were just a stone's throw from each other when we were little. In 1973 Dave's family moved to New York. His dad brought his family to meet my family in 1974.

Was it love at first sight?

Karen: I think it must have been. I was shy and stayed behind my dad's chair. I liked that brown-haired boy. Dave told his mom when he left: "I am going to marry that redhaired girl." Later on, we saw each other in school, exchanged glances and pleasantries. The most memorable day was when we met in the hall between classes. Dave said, "hi," then picked me up and swirled me around. That is when I was hooked. A couple of years later is when we had our first kiss. After that, it was all it took! We have been together ever since! Dave tells everyone that he saw fireworks with that first kiss. Of course, we both did. It was the 4th of July, 1976, and the bicentennial year, so there were a lot of fireworks that year. We married in 1980.

Do you have children?

Yes, one son, David, and two grandsons, Gavin and Ryan.



How did you find and fall in love with Gulf Shores?

Since we travel all over the U.S., we ask locals, "If you were to leave and come back in 10 years, where would you go to eat, and where is your favorite place to have fun?" Since Mobile, Ala., was on our bucket list for its history, we visited there last April (2019) on our way to New Orleans. Three totally different people in three different places all said Gulf Shores was their



favorite place in Alabama. Since we had no idea there was even a beach in Mobile, we were told that you have to go an hour south. Sure enough, we took the ride south, left the beautiful city of Mobile to find rich farmlands just 10 to 15 miles south. This really got our interest since we grew up in rural farm country in upstate NY. Then a few more miles down the road, things started to look more like a beach area and the gulf! We were excited and instantly thought we found our place to try Snowbirding.

What made you choose a long-term rental?

Once we got back home to NY, we started planning a summer trip to see our son and grandsons, so we figured we might as well stay in Gulf Shores to see if we could actually live here full time. After spending a week in Gulf Shores. exploring, asking questions of locals, and people new to the area - we knew we could live here. We had long conversations on the beach, over dinner and drinks, and by the time we hit the Virginia state line decided we should make the best decision of our lives and move to Orange Beach. I contacted my boss to give notice that I would finish out my job in December while Dave got the house ready to sell. We closed on the house Oct. 13, celebrated, then Dave left for our new home at Cypress Village. I wrapped up the job to join him for Christmas! To date, this is the best decision we have made (of course getting married and having our son was top of the list until then!)

We have always owned our homes and had the opportunity to rent at the tail end of Dave's career. Long-term rentals are the best! We love the turnkey lifestyle. If we want to see the son and grandsons in Georgia, go back to New York to visit friends and family or take a long road trip on our motorcycles, we do not have to worry about mowing the lawn, or anybody bothering our place. We let our landlord know we will be out of town and just leave.

How important was quality medical care in your decision to relocate here?

Dave's pension insurance is not good in Alabama, so we travel to Pensacola, Fla. We won't be moving much farther west.

What are some of your favorite restaurants and attractions?

We really love the close proximity to the Wharf, Backyard Trails in Orange Beach, Gulf Shores State Park, Orange Beach Recreational Facility, and, of course – the beach of the Gulf of Mexico! We love breakfast at the Brick & Spoon, Key-Lime pie at Ginny Lanes, drinks, food and staff at the Island Time Daiquiris & Pleasure Island Tiki Bar. We enjoy shopping at the Boutiques at the Wharf and the shops at the Tanger Outlets.



Do you like to take day or overnight trips regionally? Do you have any favorites? Upcoming trips?

Both day trips and overnights are fun! If you don't stay in an area, you don't really get to know it. We have a trip to Disney, Panama City bike week and Montgomery, Alabama, for this season.

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Spring has sprung: Where to see the best blooms on the Gulf Coast

One of the advantages of spending time in Spring along the northern Gulf Coast is the abundance of parks and flowers in bloom.

Here are some upcoming events that showcase southern spring blossoms.

The 27th Annual Festival of Flowers

March 26-29

One of the biggest events is held at the Providence Hospital campus in Mobile. The 27th Annual Festival of Flowers, the largest outdoor flower show in the Southeast, will take place on the Providence Hospital Campus in Mobile. The event includes three days of lectures, seminars and demonstrations, preview gala, life-sized landscape gardens, market, the world of flowers, tablescapes, container gardens, art in the garden. There are combo tickets available during the Festival of Flowers to also visit Bellingrath Gardens and Home. Details and tickets: festivalofflowers.com.

Flower Festival in Milton, Fla.

April 3-5

Spring Festival of Flowers, Pensacola State Campus, Milton, Fla. This free event sponsored by the University of Florida Research and Education Center and Pensacola State College features plant nurseries, student plant sale, arts and crafts, food booths and more. The event serves as a scholarship fundraiser. One of the largest festivals of the season! Details: Robin Vickers 850-983-7134 or blogs.ifas.ufl.edu/wfrec/

Bellingrath Gardens and Home Events

April 18

27th Annual Camellia Classic Open Car Show, Stroll among hundreds of classic and vintage automobiles displayed on the Great Lawn at the Mobile Bay Mustang Club's 27th Annual Camellia Classic Open Car Show. Snacks and lunch will be available to purchase on the Great Lawn and in our Magnolia Café. 9 a.m. to 3 p.m.

Mid to Late April

Roses in Bloom, Tour the award-winning Bellingrath Rose Garden during its first bloom, which features more than 2,000 plants representing 35 varieties. Roses will be available for sale in the Gift Shop. Details: www.bellingrath.org



Hidden Gem

Year-round, you can discover the beautiful home and gardens at **Eden Gardens State Park** in Walton County, Fla. The elegant grounds surround historic Wesley Mansion, built in 1897 and renovated in 1963. Set on 163 acres, the focal point of this park is the beautifully renovated home with elegant white columns and wrap-around porch. Set among Spanish-moss-draped live oaks, the grounds reflect the virgin forests of longleaf pine and cypress that made the region so valuable in the early 20th century. Take a guided tour of the Wesley House, meander through the gardens, bring a picnic, or go fishing off the dock in Tucker Bayou. Tours of the Wesley House are offered Thursday through Monday, 10 a.m. to 3 p.m. Volunteers are welcomed and meet at 9 a.m. Tuesdays. Details: friendsofedengardens.com.



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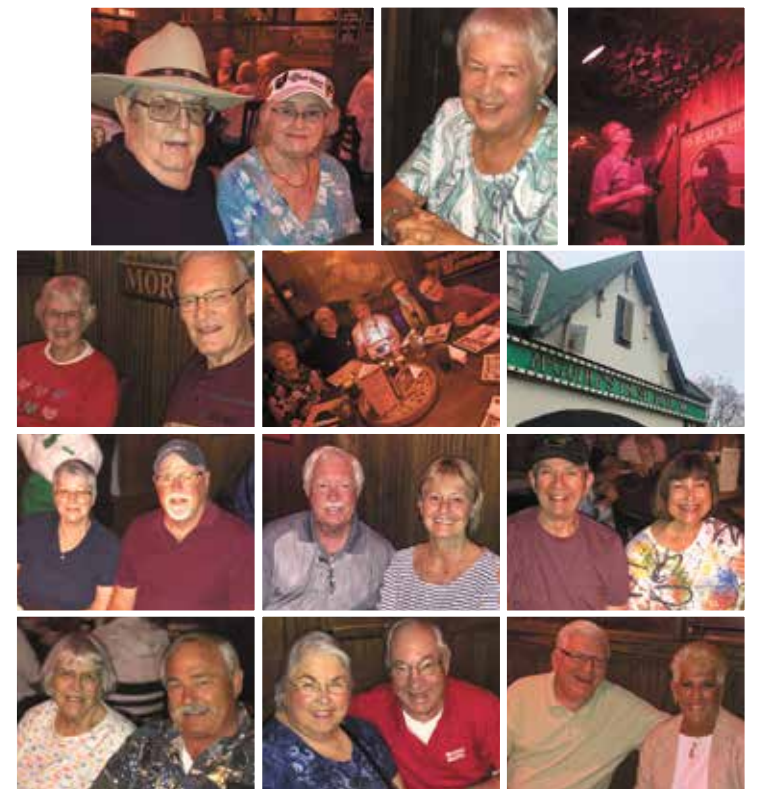
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Panama City Beach
Snowbird Appreciation

Alabama
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Alabama Lifestyle Expo

SNAPS!



SnowbirdFEST
and British Car show





Woodworking at the PCB Senior Center

Pensacola Beach Snowbird Beach Bash



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Snowbird Activities Series - Aliens of the Deep (Ocean)
Navarre Visitor Center
March 3, 9 - 10 am

Snowbird Activities Series - Coffee & Crafts St. Patrick's Day
Navarre Visitor Center
March 4, 9 - 11 am

Snowbird Sessions by the Sea - Coral & Zooxanthellae
Navarre Beach Marine Science Station
March 5, 2 - 3 pm

Snowbird Activities Series - Ask a Bird Biologist
Navarre Visitor Center
March 6, 9 - 11 am

Riverwalk Arts Festival
Downtown Milton
March 7 & 8, 10 am - 5 pm

Snowbird Activities Series - Photography Class
Navarre Visitor Center
March 9, 9 - 11 am

Snowbird Activities Series - Flower Arranging Lecture
Navarre Visitor Center
March 10, 9 - 11 am

Snowbird Activities Series - Chair Yoga Class
Navarre Visitor Center
March 12, 9 - 10 am

Snowbird Sessions by the Sea - Tentacle Talk
Navarre Beach Marine Science Station
March 12, 2 - 3 pm

Snowbird Activities Series - Whales Lecture
Navarre Visitor Center
March 17, 9 - 10 am

Snowbird Sessions by the Sea - Deep Sea Secrets
Navarre Beach Marine Science Station
March 19, 2 - 3 pm

Snowbird Activities Series - Snowbird Bon Voyage Party
Navarre Visitor Center
March 20, 10 am - 3 pm

Snowbird Activities Series - Animal Babies and Hatching Lecture
Navarre Visitor Center
March 24, 9 - 10 am



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Snowbird Clubs

Send your club news to Publisher@SnowbirdsGulfCoast.com

Publisher's Note – We invite Snowbird club contacts to send us information as you can during the offseason. We will be making many updates to our website: snowbirdsgulfcoast.com and will include your information there with a link to your own website or Facebook page, if you have them. We have many potential Snowbirds who find our website and could benefit from your information. 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.) We so appreciate you all and hope you've enjoyed your winter. Wishing you safe travels and good health! Karen

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. The final Perdido

Key Hootenanny is 11 a.m. March 5 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 will host the Winter Resident Grand Finale on Feb. 26. Other upcoming events include: March 1 - Emerald Coast Boat & Lifestyle Show; March 4-7 Emerald Coast Cruizin; March 20-21- Unwined. 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 \$50/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. The final Tuesday meetings are 8:30 & 11 a.m. Feb. 25 with Jabbo & the Boys. The

final meeting is 10 a.m. only March 3. 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. The final general meeting is March 3. Annual fee is \$10. 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: The Snowbird activity series meets at 9 a.m. at the Navarre Visitor Center. March dates include: 3 – Aliens of the Deep; 9- Photography Class; 10 – Flower Arranging; 17 – Whales Lecture; 20 – Bon Voyage Party (10 a.m.) Sessions at the Navarre Beach Marine Science Station: 5 – Corals; 12 – Tentacle Talk; 19 – Deep Sea Secrets and 24 – Animal

Babies. Session fees charged for some of the events. Details: 850-981-8900 or getrelaxing.com. To stay up to date on upcoming club activities check out 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: The club staged its final meeting Feb. 19 at Santa Rosa Beach Community Church, 3524 U.S. Hwy. 98W but will be looking for volunteers for the 2020-21 season to help handle a wide range of activities. 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



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Join the Club!



ALABAMA

DAKOTAS: The North and South Dakota Snowbird Club has its final breakfast meeting, 8:30 a.m. March 3 at Luna's Eat & Drink, 25753 Canal Road, Orange Beach. 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. Upcoming spring events include: March 7 - WWII History at Fort Gaines; March 21 - Native American Festival at Fort Gaines; April 4 - Discovery Day- Dauphin Island Sea Lab. The visitor center also offers snowbirds a free gift. Details: www.townofdauphinisland.org

ILLINOIS: The final events for the

season include: Feb. 25 - Picnic in the Park at Johnnie Sims Park, Noon; March 6- Breakfast at GTs on the Bay, 8a.m. Details: Loren Due, president. 815-262-1938 or bbrefl@hotmail.com.

INDIANA: Snowbird breakfasts open to all "Hoosiers" with the final one March 5 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. Contact Jan Pell 317-914-5832.

IOWA: The final Iowa Snowbird breakfast is March 4 at Luna's. Make reservations at iowa-alabamagulfcoastsnowbirds.org. Cost: \$10.50 per person, RSVP on the website. Contact: Fran Gruenhaupt, Publicity Chairman 319-330-2446 or LFGRU2@gmail.com.

MISSOURI: The final breakfast meeting: 9 a.m., Feb. 26 at Perdido Beach Resort, 27200 Perdido Beach Boulevard, Orange Beach. A full listing of activities is available on the website. Details: karenginstead@icloud.com or www.mosnowbirds.org.

MICHIGAN: The final meeting date

is March 4 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: 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 a.m.; 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: Final luncheon date is March 5 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: A Farewell Lunch is 11: 45 a.m. March 4 at GTs on the Bay. Check with Gayle 937- 621-1700.

PENNSYLVANIA: Meets Wednesdays breakfast at BuzzKatz, 25689 Canal Road, Orange Beach. Final ones are March 4 and 11. Breakfasts are informal with no dues, reservations, formal officers or roll of membership. Details: Rich Smith at 484- 264-1394.

WISCONSIN: The final meetings are 9 a.m. March 4 and 11 at the Orange Beach Community Center; March 5 - 12:30 p.m. Zoo Fun Day. Upcoming breakfasts at The Diner include: March 18, 25; April 1 and 8. Also, April 12 - Easter Dinner, 12:30 p.m., Orange Beach Community Center. See more: wisconsinsnobirds.com

BRATFEST: The 22nd Annual Bob Gilray Memorial Brat Fest sold out of 1,200 brats with \$2,952 to be split among the Gulf Shores, Fort Morgan and Orange Beach fire departments.

8-PIN BOWLING: The 8th Annual All-States Snowbird 8-Pin Tap Bowling Tournament at Gulf Bowl netted \$1,527 donated to Christian Services. To date, \$5,209 has been donated.

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Legends In Concert Presents Two Kings And A Queen: For The First Time At OWA, 1501 South OWA Blvd., Foley, AL. An incredible engagement with the King of Rock and Roll, the King of Pop and the Queen of Rock and Roll, together on one stage. Schedule and details: www.legendsinconcert.com

WEDNESDAYS

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

Winter Wednesdays, Bellingsrath Gardens and Home, Wednesdays at 10:30 a.m. through Feb. 26. Event is included in regular admission. RSVP and register: 251-459-8864. Details: www.bellingsrath.org

THURSDAYS

"Snowbird Sessions by the Sea," The Navarre Beach Marine Science Station, 8638 Blue Heron Court, Navarre, FL. 2 p.m. Informative events about Gulf Coast wildlife. Classes cost \$10 each.. Register at: www.navarresciencestation.org

2/29

28th Orange Beach Seafood Festival & Car Show, The Wharf in Orange Beach, 4830 Main St., Orange Beach, AL. 10 a.m. to 4 p.m. Details: 251-224-1000 or alwharf.com Shrimp and Grits Festival, HarborWalk Village, 10 Harbor Blvd, Destin, FL. 12 to 4 p.m. The inaugural Shrimp & Grits Festival showcases

shrimp & grits dishes from favorite local restaurants. Live music, craft cocktails and more. Benefitting the Boys & Girls Club of the Emerald Coast. Details: www.shrimppandgritsfest.com

3/5-8

Cirque Italia "Aquatic Spectacular," 1958 Lewis Turner Blvd, Fort Walton Beach, FL., in the parking lot of the Northwest Florida Fairgrounds. Cirque Italia-The "ITALIAN WATER CIRCUS" features a stage that holds 35,000 gallons of water that performers dazzle over while thrilling the audience. Details: 941-704-8572 or <https://gold.cirqueitalia.com/?cid=FBC>

3/18

Bragg-Mitchell Mansion's Annual Spring Tea Fundraiser, Bragg-Mitchell Mansion, 1906 Springhill Avenue, Mobile, AL, 1 to 4 p.m. Enjoy delicious treats, tea, and an informal look at one of Mobile's most iconic antebellum homes. Proceeds benefit the on-going restoration and operation of the mansion. Details: 251-471-6364 or www.brownpapertickets.com/event/4508729

3/21

Gumbo Ya Ya Cook-off, Seville Quarter, Downtown Pensacola, FL, 3 to 6 p.m. Amateur and professional gumbo connoisseurs compete for bragging rights. The public tasting is 4 to 6 p.m. and costs \$10 at the door. For team registration applications or details contact Buck Mitchell at buck@rosies.com or 850-434-6211.

41st Annual Gulf Coast Regional Mustang and Mega Car Show, Downtown OWA, 1501 South OWA Blvd., Foley, AL. The Gulf Coast Regional Mustang Club sponsors this free annual event featuring more than 200 contemporary cars, classic cars, trucks, mustangs and motorcycles. Details: www.gulfcoastmustangclub.org or info@gulfcoastmustangclub.org

3/21-22

18th Annual Arts Alive, Old Town Bay St Louis, MS, Sat. 10 a.m. to 5 p.m., Sun. 11 a.m. to 4 p.m. The festival features 50 artists, makers and performers from across the region. along with demonstrations and hands-on activities. Details: www.hancockarts.org or hancockarts@gmail.com

3/22

"Stay it Forward," Panama City Beach launches a "voluntourism" program to help Mexico Beach continue its ongoing recovery from 2018's Hurricane Michael. Assist with cleanup and relief efforts, plant sea oats, work with Habitat for Humanity and more. Details: Barrie Ainslie, 850-630-4735.

3rd Annual International Festival, Fort Walton Beach Landing Park, Fort Walton Beach, FL. 10 a.m. to 6 p.m. Live/DJ music, food, folklore, art and cultural displays representing over 60 countries. Featuring Amanda Solis' "A Selena Tribute." Details: David at 850.368.3505 or conexionflorida@gmail.com

3/28

Annual Home Show, Mississippi Coast Coliseum & Convention Center, 2350 Beach Boulevard, Biloxi, MS. Sat. 9 a.m. to 4 p.m., Sun. 11 a.m. to 4 p.m. Exhibitors' displays include home design, new construction, remodeling, interior decorating, kitchens, baths, appliances, lighting, flooring, exterior decorating, cooking, security and more. Many exhibitors hold in-booth demonstrations and give away door prizes throughout the weekend. Details: 228-896-7646

Reservations required for dinner & show.

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32nd Annual Lumberjack Festival, Pensacola State College / UF Milton Campus, 5988 Hwy. 90 Milton, FL. 7:30 a.m. to 4 p.m. Competitive events for children and adults. Educational and historical exhibits, concessions, and arts and crafts vendors. Details: 850-484-1034 or www.pensacolastate.edu



Annual Spring Arts Festival, Ocean Springs Chamber of Commerce - Main Street, Ocean Springs, MS. Sat. 9 a.m. to 5 p.m., Sun. 9 a.m. to 4 p.m. More than 150 artists, crafters and plant vendors working in various media including painting, pottery, jewelry, plants and more. Activities include artist demonstrations, entertaining lectures and more. Details: 228-875-4424

3/31 - 9/22

U.S. Navy Blue Angels Practices Begin: Various Dates, The roar of the engines, the streamers of smoke, every formation in perfect symmetry. Whether they are flying high at practice or soaring through a spectacular air show, it is always a thrill to see the Blue Angels cut across Pensacola skies. Beginning in March each year, when the Blues are in town, you can see them practice most Tues. and Wed. mornings at 11:30 a.m.

4/4

4th Annual Rock the Falls Music Festival, Falling Waters State Park, 1130 State Park Rd, Chipley, FL. 10 a.m. to 6 p.m. Live music under the majestic pines of Falling Waters State Park. Arts and crafts, kid's activities and food! Hosted by Rock the Falls Music and Craft Show and Visit Washington County. Details: www.visitwcfla.com/events/rock-the-falls-music-craft-show

4/9

Baseball season begins on the coast! The Pensacola Blue Wahoos, an affiliate of the Minnesota Twins, and the Biloxi Shuckers, an affiliate of the Milwaukee Brewers, play in Double-A Southern League. Both begin their 2020 season on April 9.



- Pensacola Blue Wahoos, Vince J. Whibbs, Sr. Community Maritime Park. Details: www.milb.com/pensacola or 850-934-8444
- Biloxi Shuckers, MGM Park. Details: www.milb.com/biloxi or 228-233-3465

4/11-12

32nd Baldwin County Strawberry Festival, Loxley Municipal Park, Loxley, AL., 9 a.m. to 5 p.m. Live music, car show, carnival, tractor show, arts & crafts, food including Strawberry Shortcakes. This is a free family fun event! Details: www.facebook.baldwincountystrawberryfestival



Go Green! St. Patrick's Day on the Gulf Coast



3/7

43rd Annual McGuire's St. Patrick's Day 5K, McGuire's Irish Pub, 600 E. Gregory Street, Pensacola, FL. 5K prediction run

starts and finishes at McGuire's Irish Pub. Details: 850-433-6789 or www.mcguirerishpub.com

3/14

St. Pawtty's Day Celebration, OWA, 1501 South OWA Blvd., Foley, AL. 1 to 3:30 p.m. St. Patrick's day has gone to the dogs! Join us at OWA for furry fun, including trick shows, pet parade, dog adoptions and more. Details: 251-923-2111 or visitowa.com

3/14

St. Patty's Day: Paint the Village of Baytowne Green, The Village of Baytowne Wharf at Sandestin, FL. 6 to 9 p.m. Celebrate St. Patty's Day Village-style in the events plaza with live entertainment from

Drake School of Irish Dance and live music. Details: 850-267-8117 or www.baytownewharf.com

3/14

Annual Grillin on the Green, Biloxi Town Green, 710 Beach Blvd, Biloxi, MS, 10 a.m. to 5 p.m. Enjoy a variety of barbecue with everything from chicken, ribs and brisket to seafood. Details: 228-435-6339

3/17

St. Paddy's Day Pub Crawl, Pensacola Beach, FL. 9:15 am to 6 p.m. Go Irish on the Island for this year's Pensacola Beach Chamber of Commerce's annual pub crawl featuring about a dozen participating beach bars, restaurants and hotels serving up Irish drink specials, music and mischief all day long.

3/14

Irish Channel Parade, 2604 Magazine Street, New Orleans, La. 1 p.m. The event include more than 30 parade floats, flowers, beads, kisses, cabbage, and much more. The event starts with noon Mass at St. Mary's Assumption Church. 2030 Constance St. (open to the public.) Details: www.stpatricksdaysneworleans.com

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Libraries offer events, resources and cards for snowbirds across the coast

by Louis Cooper

In addition to books, magazines and internet access, libraries across the Gulf Coast host special programming just for snowbirds. Here's a look at what libraries across the area offer winter visitors.

Gulf Shores Library

221 W 19th Ave., Gulf Shores, Ala.

Gulf Shores Library hosts an Author's Series and computer classes as well as public computer lab and free wi-fi. Snowbirds can check out electronic resources, including books, audiobooks, magazines and movies. A valid photo ID is the only requirement for a library card in Gulf Shores. For more information, visit www.gulfshoresal.gov/Library or www.facebook.com/tbnortonpubliclibrary/.

Walton County Coastal Library

437 Greenway Trail, Santa Rosa Beach, Fla.

Walton County Coastal Library's Winter Community Programs welcome snowbirds every Wednesday through March 4.

The March 4 event is Ted Talk with FSU Speakers and criminal justice reform advocates Erica Averion and Libby Fisher at 10 a.m. Both speakers are engaged in rehabilitation programs with the Florida Department of Corrections. Admission is free, but seating is limited. For more information: www.youseemore.com/walton/coastal.

The Walton County Library System offers a six-month library card for \$25 and an annual card for \$35. with a valid ID.

Gulf Breeze Library

1060 Shoreline Dr., Gulf Breeze, Fla.

Navarre Library

8484 James M. Harvell Rd., Navarre, Fla.

Gulf Breeze and Navarre libraries are part of the Santa Rosa County Library System.

The Navarre Library offers the Reading Fanatics Book Club which reads both fiction and nonfiction titles.

The Gulf Breeze Library offers the Coffee Talk Book Club for nonfiction books as well as Page Turners for fiction titles. Gulf Breeze also offers a "makerspace" where patrons can create and play with various types of technology.

Both facilities offer educational sessions led by the University of Florida Extension Office on topics like gardening, sustainable living and the environment.

AARP is providing tax help geared toward those 60 and older at both libraries through April 15.

Temporary residents must verify temporary Santa Rosa County residence, permanent residence and intent to live in Santa Rosa County or Pensacola Beach for at least three months.

Cardholders may check out five items at a time and may also have five items on hold at a time. For information: here: www.santarosa.fl.gov/calendar.aspx?CID=30

Foley Public Library

319 E Laurel Avenue, Foley, Ala.

The Foley Public Library offers a number of activities and events aimed at snowbirds through March, including:

- March 3: "Life of Tallulah Bankhead," presented by Frances Robb, 2 p.m. Reservations required.
- March 7 and 21: Patron Pick Movies, 1 p.m.
- March 20 at 6 p.m.: Bingo. A small donation for cards and snacks. Reservations required.

Snowbirds can get library cards with valid photo ID. To make reservations, call (251) 943-7665. For more information, visit foleylibrary.org.

Panama City Beach Library

12500 Hutchison Blvd, Panama City Beach, Fla.

The Panama City Beach Library allows non-residents to purchase a library card for \$15 per year. Cardholders can check out up to 20 items for up to three weeks at a time.

Upcoming events include:

- Thursdays through March 12: Characterization in Fiction Writing Workshop. Learn about developing characterization and conflict in fiction. Classes include short lectures, class discussion, friendly critiques, writing exercises and composing fiction, 1 p.m. Registration required.
- Every Wednesday, 1 p.m.: Learn and Play Mah-Jongg. Newcomers always welcome.

For more information, visit the calendar section of www.nwrls.com or visit www.facebook.com/PCBLibrary.

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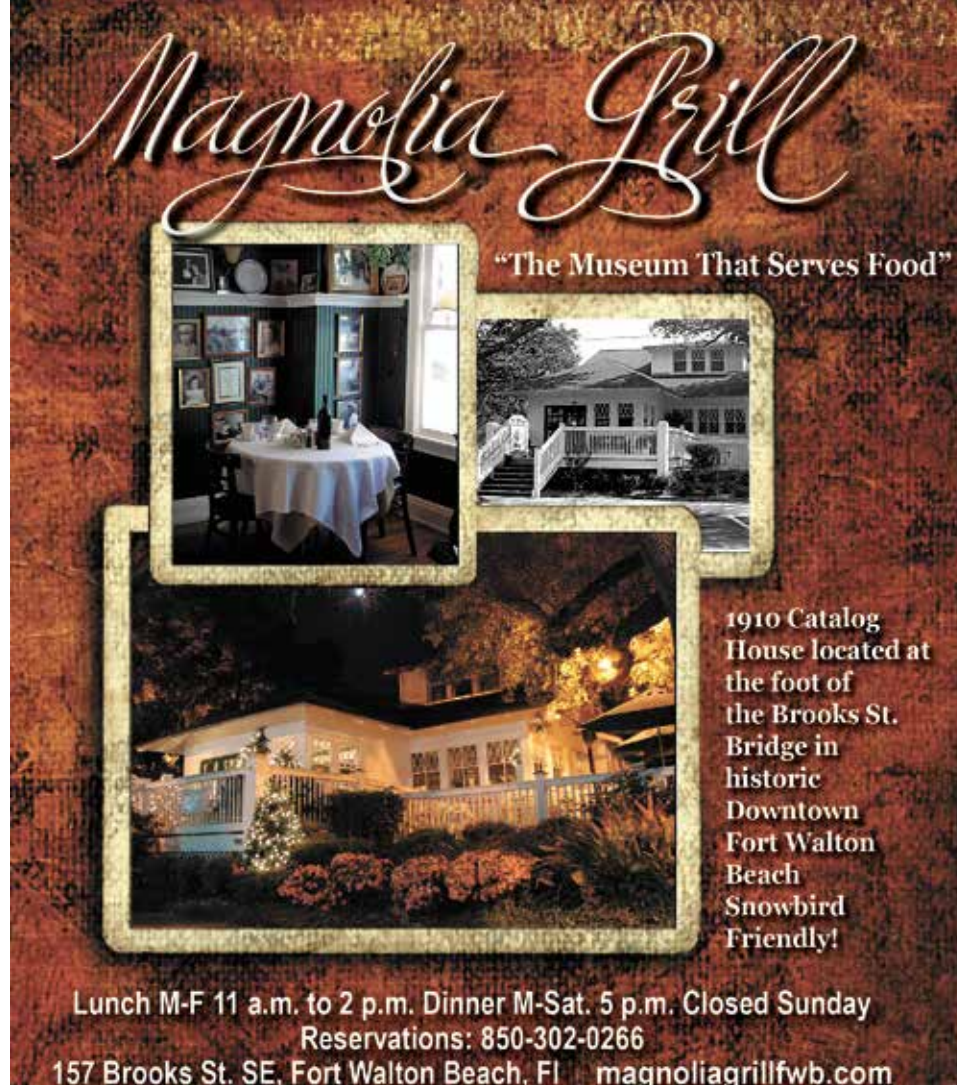


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Due to current restricted base access, only current DOD military ID cardholders and their guests are invited to the National Naval Aviation Museum, located on NAS Pensacola. Please visit the website for the latest announcements and events.



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"Flight 7 Is Missing": A son explores his father's 1957 disappearance

by Gordon Paulus

I didn't realize the irony of doing a read/review of Ken Fortenberry's "Flight 7 is Missing" book until just as I was boarding a flight to West Palm Beach.

But the time in the air went quickly, unlike the 50-plus year quest of the author, whose father was aboard Pan American Flight 7, which mysteriously disappeared in the Pacific Ocean on Nov. 8, 1957, halfway between San Francisco and Honolulu.

A retired newspaper editor and investigative reporter, Fortenberry was 14, eight years after the crash, when he vowed to find out what happened.



His father, William Holland Fortenberry was a Pan Am pilot, and the second officer/navigator on the flight. Forty-three others were listed on board the plane,

which was never found and a cause never determined.

Ken Fortenberry interviewed dozens of people for the book. He filed many Freedom of Information requests to government agencies, including the FBI. All to determine who killed his father. At the time, the FBI and its head, J. Edgar Hoover, denied requests from the Civil Aeronautics Board – the precursor to the Federal Aviation Administration -- to officially investigate the crash.

The book is a whodunit of a wide range of possibilities on why the plane crashed. Fortenberry explores whether it was mechanical failure of the plane, which had documented issues before the crash.

He details the story of a disgruntled, perhaps mentally unbalanced, Pan Am employee who died aboard the plane and who changed his will the morning of the flight.

Another passenger, an explosives expert, had recently purchased life insurance, and Fortenberry explores if he managed

to avoid getting on the plane while remaining hidden from society as his wife collected the insurance money.

Another is that China shot down the plane in retribution for the alleged assassination attempt of its president by the United States a few years earlier.

UFOs were also considered. He details numerous instances of reported sightings during that time period. Five years earlier, one of the best-documented UFO sightings was by his father, while piloting a Pan Am flight.

His talents as an investigative reporter show with surprise details. For example, the plane was supposed to carry the world's first hard-drive computer – weighing more than a ton – but couldn't because it wouldn't fit through the cargo door. Or that Pan Am paid the families of two Japanese passengers onboard "condolence" money because Pan Am didn't want to jeopardize the lucrative Asian markets, but the other passengers' families had to sue.



Throughout the book, Fortenberry includes letters his father wrote to his wife and sons while he traveled the globe, piloting Pan Am flights.

"Flight 7 is Missing" hits the mark with intrigue, mystery and a wow factor of "could these things have really happened?" It's worth the read, even if it's while flying aboard a plane.

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Mayo Clinic chose Baptist to become a member of the care network because of a shared

philosophy, commitment and mission to improve the delivery of health care through high-quality, data-driven, evidence-based medical care and treatment.

Baptist underwent a rigorous review process based on quality, service and operational criteria.



Member



Baptist uses electronic communications tools to access the latest Mayo Clinic knowledge and expertise through several key resources:

- AskMayoExpert is a state-of-the-art online medical reference tool that provides Baptist physicians with specialized information about specific disease management, clinical care guidelines, treatment recommendations and other educational materials at the point of care.
- eConsults enable Baptist physicians to consult directly with Mayo Clinic specialists with specific questions about a particular patient.
- Grand Round videos give Baptist physicians, advanced practitioners and nursing staff access to archived presentations by Mayo Clinic physicians and scientists that address a range of specialty and general medicine areas.
- Health Care Consulting provides Baptist team members with access to Mayo Clinic's unique combination of practical experience and subject matter expertise.



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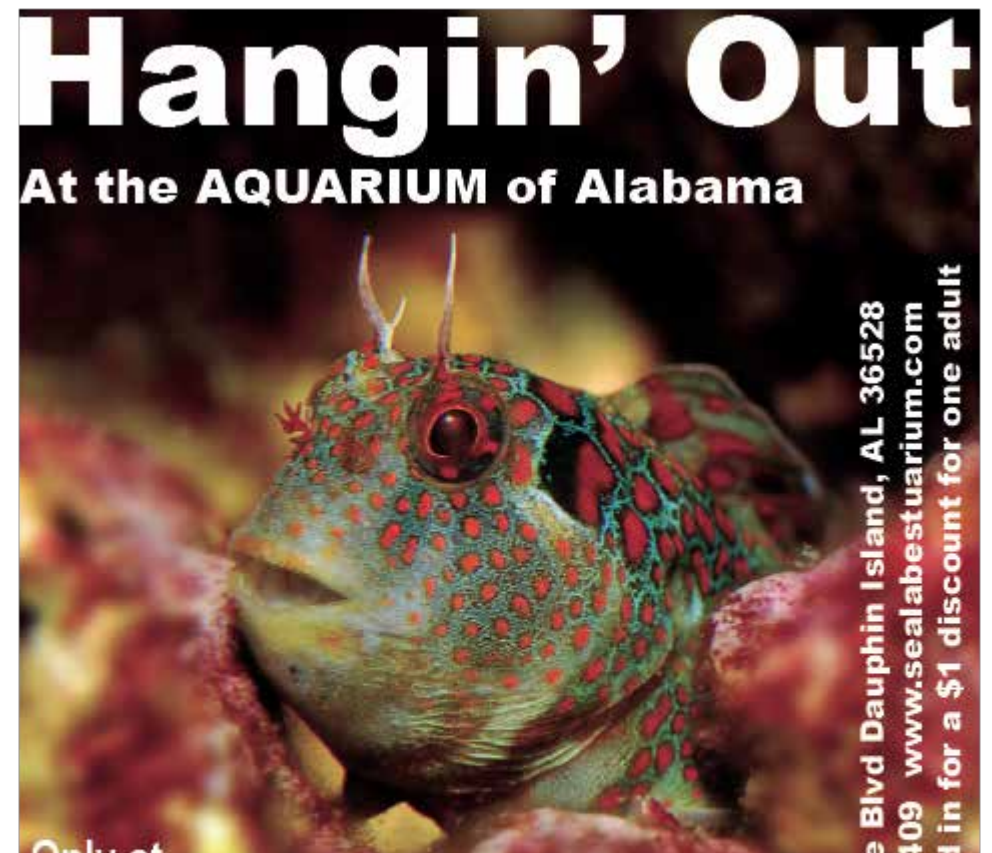
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Get inspired by Dauphin Island: Nature, dining & fun

From sunsets to surf fishing and from history to kayaking, words and photographs can give a taste of Dauphin Island's majestic beauty. But as the saying goes, seeing is believing, and seeing Dauphin Island – whether for the first, the tenth or the 100th time – is nothing short of inspiring.

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.

Whether you're thinking about spending the winter on Dauphin Island, or merely a weekend, we've got what you're looking for. Come see us, and see why it's such a special place!

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Casino Fun



2/28-3/1

Buddy Holley Story, Friday, 7 p.m.; Sat. 2 p.m., 7 p.m.; Sun. 2 p.m. Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com

2/28

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

2/28

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

3/6

Ruben (Studdard) Sings Luther, 8 p.m. IP Casino Resort & Spa, Studio A, 850 Bayview Avenue, Biloxi, Miss. Details: 228-436-3000 or www.ipbiloxi.com.

3/6

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

3/7

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

3/13

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

3/17-18

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

3/20

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



3/27

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



3/28

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

3/29

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

4/24

Jeff

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



4/4-4/5

The Price is Right, Beau Rivage Resort & Casino, 875 Beach Blvd, Biloxi, Miss., Details: 888-566-7469 or www.beaurivage.com



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Golf Champions Return to Fallen Oak

Fallen Oak, the No. 2 ranked casino golf course by Golfweek, will once again play host to the Rapiscan Systems Classic Championship, a PGA Tour Champions event this spring.

Event dates are March 26-29 at the Tom Fazio-designed course, owned by MGM Resorts, the parent company of Biloxi-based Beau Rivage Resort & Casino.

"Now in its 11th year in Coastal Mississippi, the Rapiscan Systems Classic has become an event that avid golf fans and casual spectators look forward to each year," said Wiley Anderson, Community Outreach and Marketing Manager. "Once word got out about our free general admission, warm weather and fantastic seafood, the

event really took off. With arguably the most talented field our tournament has ever seen, we're looking forward to our best year yet."

Committed players (more to be added) include: Michael Allen, 2013 Tournament Champion; Ángel Cabrera, Two-Time Major Champion; Mark Calcavecchia, One-Time Major Champion; John Daly, Two-Time Major Champion; Fred Funk, The Players Championship Winner; Retief Goosen, Two-Time Major Champion, World Golf Hall of Fame; Miguel Ángel Jiménez, Two-Time Tournament Champion; Bernhard Langer, Two-Time Masters Champion; Tom Lehman, 2011 Tournament Champion; Sandy Lyle, Two-Time Major Champion; Jeff Maggert, 2014 Tournament Champion, 2019 Schwab Cup Champion; Scott McCarron, 2019 PGA TOUR Champions Player of the Year; Colin Montgomerie, World Golf Hall of Fame and Kevin Sutherland, 2019 Tournament Champion

Opening ceremonies are Friday, March 27. General admission is complimentary. There are upgraded event tickets available for retired and current military and a VIP package, which includes hospitality space on the 9th green with food and beverages.

The course is located at 24400 MS-15, Saucier, MS. There is a \$10 general parking fee. Details: (228) 896-6365 or rapiscansystemsclassic.com



CIC TOURNAMENT: The 14th Annual Children In Crisis Charity Golf Tournament is set for March 13 at the Ft. Walton Beach Golf Course. Tournament proceeds are used to raise critical funds to help feed, clothe and care for the kids living at the Children's Neighborhood. Check-in and lunch start at 11 a.m. with a shot-gun start at noon. Participants enjoy refreshments from drink and food stops on the course and a spread of heavy hors d'oeuvres and wine tasting at the awards ceremony immediately after golf. There will also be a hole-in-one prize, door prizes, a custom CIC Charity Golf Tournament shirt, silent auction and much more! Call CIC at (850) 864-4242 to enter a team or for more information.



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Ice cream sandwiches and a granny's love

The woman in the checkout aisle is small, white-haired. Her cart is full, mounding with Gatorade, Cheetos, and ice cream sandwiches.

I love ice cream sandwiches.



Sean of the South

She is bent at the waist, her joints are as thin as number-two pencils. She is struggling to push her cart. I offer to unload her buggy. She thanks me and says, "Aren't you a sweet little Boy Scout?"

A comedian, this lady.

If I am lucky enough to see old age, I will be a comedian. She's out of breath, leaning on her basket. If I didn't know any better, I'd guess her back is killing her.

"My grandkids are coming to town this week," she says. "Wanna make sure they have enough food."

This explains the Mountain Dew, the Goldfish, and the ice cream sandwiches.

We talk. Grandma is friendly. No. She is perfect. Dressed to the nines, hair fixed. It is nine in the morning, she is bearing pearls and ruby lipstick.

She is the American grandmother. Nineteen hundred and fifty-nine, frozen in time. The kind of woman whose lifelong occupation is to keep stomachs full while wearing matching blouse and shoes.

When the cashier finishes scanning, the old woman thanks me. I offer to take her groceries to the car. She tries to pay me.

No ma'am. I'd rather sell my soul to Doctor Phil for thirty pieces of silver than take your money.

I roll her cart toward the parking lot. She holds the buggy's side.

I suggest she grab my arm. She does, and for a moment, I am ten-foot tall and Kevlar.

She has an economy Ford. The trunk is tiny. I have an idea: I ask her to let me follow her home and unload her groceries.

It's too much. Too personal, too fast. This embarrasses her.

"No thanks," she says. "I'll have my grandkids unload when they get here tomorrow. My grandkids, they're visiting me tomorrow."

We talk more. From what I can tell, her husband died a few years ago. She's adjusting to life on her own, and it doesn't suit her. There's no reason it should.

He had pancreatic cancer. He fought like hell for a long time. He lost.

She doesn't say it, but I know she eats suppers by herself, watches television alone, and probably sleeps odd hours.

She finishes our conversation by tapping her watch. "Gotta go," she says. "Have a lot to do."

But of course.

After all, she's a busy woman. She probably has a mile-long checklist to complete before tomorrow. And I'm glad for her.

Tomorrow, her world will light up like a Christmas tree. Supper will be a main event. Tummies will be full. Her house will be alive with youth—kids will eat too many ice cream sandwiches.

The day will belong to her. So will the week. Granny will once again be what the Good Lord made her to be. Happy.

Tomorrow, her grandkids are coming to town.

Sean Dietrich is a columnist, and novelist, known for his commentary on life in the American South. His latest book: "Will the Circle be Unbroken" is being released this spring. www.seandietrich.com

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850-932-6628 or thebeachchurch.com

Peripheral Neuropathy Warning!

Gulf Shores, AL - The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms like Gabapentin (Neurontin), Lyrica, and Cymbalta, which are primarily antidepressants or anti-seizure drugs. These drugs may cause you to feel uncomfortable and can have a variety of harmful side effects.

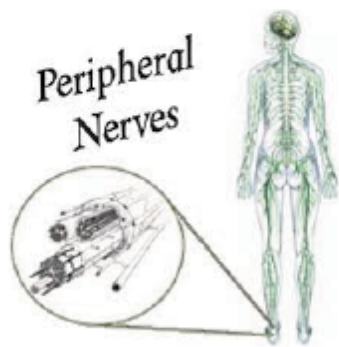


Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the

nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

As you can see in Figure 2, the blood vessels that surround the nerves becomes diseased, and can shrivel up. This prevents the nerves from getting the needed nutrients to continue to survive. When these nerves begin to "die" they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms.

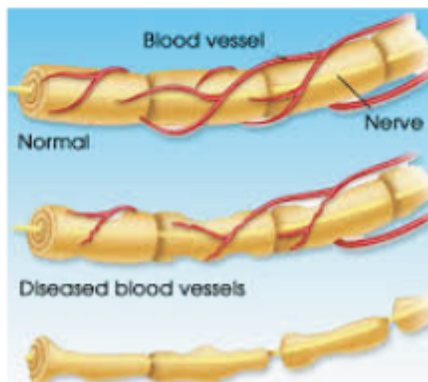


Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

The main problem is, you may have been told after trying a number of things, just to live with the problem. There is now a facility right here in Gulf Shores that offers you hope without the side effects that those endless drugs can cause.

Three Factors to Effectively Treat Neuropathy:

- 1.) Underlying Cause?
- 2.) Amount of nerve damage sustained?
- 3.) How much treatment is required?

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- 2.) Stimulate fiber nerves
- 3.) Decrease brain-based pain

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Acupuncture and the ATP Resonance Bio Therapy™ are like watering a plant. These therapies will help stimulate the

blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.



Figure 3: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.

The amount of treatment needed to allow the nerves to fully recover varies from person to person, and can only be determined after a detailed evaluation. As long as you have not sustained at least 85% nerve damage there is hope! Dr. Weighart, DAOM, LAc, looks forward to helping you.

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