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# Snow **BIRDS**

Gulf Coast

A Winter Visitor  
Publication

**February 2024**

## **Calendar**

pages 14-15

## **Clubs**

pages 12-13

## **Trivia Night**

page 19

## **Jimmy Buffett Legacy**

pages 20-21



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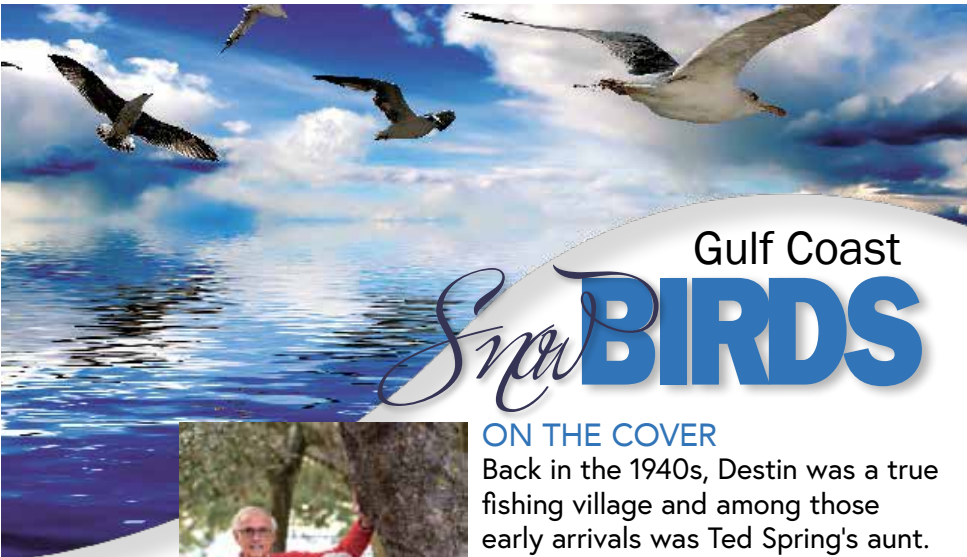
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# Gulf Coast Snow BIRDS

**ON THE COVER**

Back in the 1940s, Destin was a true fishing village and among those early arrivals was Ted Spring's aunt. She played host to Ted's family in 1962, and he decided someday he would one day live in the scenic little town. Now, career educators Ted and his wife, Andrea, call Destin their permanent home and serve in leadership positions in the 900+ member Destin Snowbird Club.



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## Booking space for the March/Spring edition: DEADLINE Feb. 12.

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Publisher: Karen Harrell / [Publisher@SnowbirdsGulfCoast.com](mailto:Publisher@SnowbirdsGulfCoast.com) / 850.291.1266

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# Welcome!

Let's get right to it - January was a humdinger, weather-wise.

Can whomever brought the arctic blast south please just take it back?

I'm kidding, of course, but it doesn't hurt for southerners to get a taste of weather that motivated your winter migration, does it?

Many of you had outdoor plans but shifted indoors - and had fun!

So, I'm going to will February to bring in warmer temps and sunshine. It truly varies year to year.

The Snowbird clubs adjusted activities to more "gatherings," which brought people together in engaging ways.

In this edition, our February cover couple are retired educators and have experience rounding up and motivating big groups! Be sure to read their story. Also, we pay tribute to Gulf Coast native son, Jimmy Buffett and highlight one of the most effective fundraisers launched in Alabama, Trivia Night.

In the next edition we take a look at what many are talking about - the cost of rentals and strategies to offset costs.

There's no easy answer but hopefully the issue will be resolved the old-fashioned way - supply and demand.

Time to put on a happy face and enjoy being in the moment. As always, we are happy you are here.

Be well.

Karen Harrell  
[publisher@snowbirdsgulfcoast.com](mailto:publisher@snowbirdsgulfcoast.com)  
850-291-1266



Longtime Wisconsin Snobird president, Kenn Krouse, and wife, Lora, are regretfully home this year dealing with health issues. Best wishes, always.



Reading and enjoying the view from the Beau Rivage.



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RETINA  SPECIALTY  
INSTITUTE



# Retired educators help lead resurgence of Destin Snowbirds Club

Back in the 1940s, Destin was a true fishing village and among those early arrivals was Ted Spring's aunt. She then played host to Ted's family in 1962 who made an early decision that he would one day live in the scenic little town.

Ted and his wife, Andrea were career educators making eight moves as they "climbed the ladder" at colleges, including Ted's two stints as

years. After I earned my Ph.D. at the University of Maryland, Andrea taught English and management communication courses at the college level over the next 25 years, while I held the positions of Director of Education, Dean of the College, Vice President for Academic Affairs, Executive Vice President in Maine, New York, Alabama, Georgia and Minnesota, and president at colleges in West Virginia and North Carolina.

## **Q. Where did you move from?**

We retired from North Carolina to Navarre while our Destin home was being built. It was completed in 2018.

## **Q. Why did you choose Destin?**

I has been in love with Destin since the early 1960s when I visited his aunt, who wintered here. When I brought Andrea to Destin in 1972, she too fell in love with its pristine beauty. We visited Destin whenever we could over the years, sharing its magic first with friends, then with our children, always planning to retire in Destin someday.

## **Q. How did you get involved with the Destin Snowbird club?**

Andrea and I visited one of the snowbird meetings. After the meeting, someone stopped me and said, "You'd make a great Vice President of the Club." The next thing I knew, I was being recruited and interviewed by Dean and Deb Harper. I was excited and pleased about being considered.

## **Q. What Snowbird activities do you enjoy?**

Generally, we especially like the events with live music and opportunities to build and enjoy camaraderie, such as the harbor cruises, TGITs, Valentine Dance, the weekly meetings and get-togethers with other snowbirds at one of the many great eating places for breakfast, lunch or happy hours.

## **Q. What other activities do you enjoy?**

We like to do things and go places with our kids and grandkids and help them out when we can. Our common interest in family history/genealogy has fueled our desire to learn more about American history and also that of other countries and



president.

They both were leaders in their own right and it's not surprising that the duo were tapped for leadership positions in the 900+ member Destin Snowbird Club.

Learn their story here:

## **Q. Where did you grow up?**

We grew up in upstate New York. We have a married daughter and a married son, whose families currently live in Florida, along with four granddaughters and one grandson, ages 5 to 14.

## **Q. How did you meet and how long have you been married?**

We have been married for 51 years. We met at Bowling Green State University, where we were graduate teaching assistants earning master's degrees, hers in English, mine in business education. After graduation, Andrea taught middle and high school English, and I taught business at Alfred State College for several



cultures. We were excited to find out that our ancestors fought in the American Revolution and that some of them were here in the 1620s. We love traveling and experiencing other cultures.

## **Q. What roles have you had with the club?**

Andrea mainly works on the prize committee and helps with registration. I have served as the 2nd and 1st Vice President, President, and Immediate-Past President, and now head up Publicity.

## **Q. What are the benefits of volunteering?**

By volunteering, you get to meet more Snowbirds and get to know

them as you work together to make the Club successful.

## **Q. Are you full timers or prefer a long-term stay?**

We moved to Destin in 2018 and are year-round residents.

## **Q. Were you in Destin during the pandemic? How did the club fare?**

Yes, we were in Destin. The club canceled its season, but the board continued to work via Zoom to ensure a smooth start-up for the next year. Similar to other snowbird clubs, our membership numbers are still recovering from the pandemic; however, our memberships continue to increase.



**Q. The space the club occupies in winter is known as 'The Roost.' Do you know how it got that name?**  
In 1997-1998, Harry Wagner, a snowbird member, was asked by then President Addie Selid to compile a history of the club. The history records of the club date back to 1973-74 when Ivan "Red" Lyons and his wife, Virginia, spent their first winter of retirement in Destin. In the records, I found this first reference to "The Roost" in a document written in the by Harry Wagner: "The first "Snowbird Roost" was at Shoreline Gardens Recreation Room in 1983-84." During the earlier days of the club, multiple sites accommodated the growing membership. As the sites changed, "The Roost" continued to be used to describe each location. It's interesting to note, the first meetings began in 1973-74 when the club was named "The Snowbird Mockingbird Club."

**Q. How many members do you have this season?**  
We continue to add members at our weekly registrations and daily through online registration. Online registration has been successful; however, many people still prefer to register face-to-face. They enjoy seeing friends and having a chance to catch up. To date, we have registered 749 members; 89 members are from Canada and one is from the United Kingdom. The largest numbers of members are from Michigan, Wisconsin and Minnesota. Members can register from now through Feb. 12.

**Q. The club continues to add activities - have any surprised you?**  
No, not really. Our members are

always ready for a good time, and the old and the new activities provided by the club keep them entertained. Our golf activities are a big draw, along with our Ladies Luncheon, our Harbor Cruises and our newest event, the Todd Herendeen Dinner bus trip to Panama City.

**Q. Have club members dropped off because of cost of rentals, etc.?**  
That's a great question. Right now, membership appears to be strong even though I have heard comments about growing concerns over price increases. Who knows what the future will bring. We do appreciate the businesses that support our club by giving door prizes to our members. We list their websites on ours and encourage members to patronize those businesses. We also announce names of vendors attending our meetings. It's a great way to market local businesses.

**Q. Any idea the average age of your new members?**  
No. We don't ask. Who cares? You know, folks say that being 70 is the new 50 and so on. Our members are very active.

**Q. Is there anything I haven't asked that you would like to mention?**  
We would like to encourage members to get involved in the organization. There are plenty of opportunities to help from greeting people at meetings, helping with the prize committee, selling tickets, becoming a Board member, and many more. Talk with one of our Board members about becoming involved. The Springs say it's worth your time and effort!



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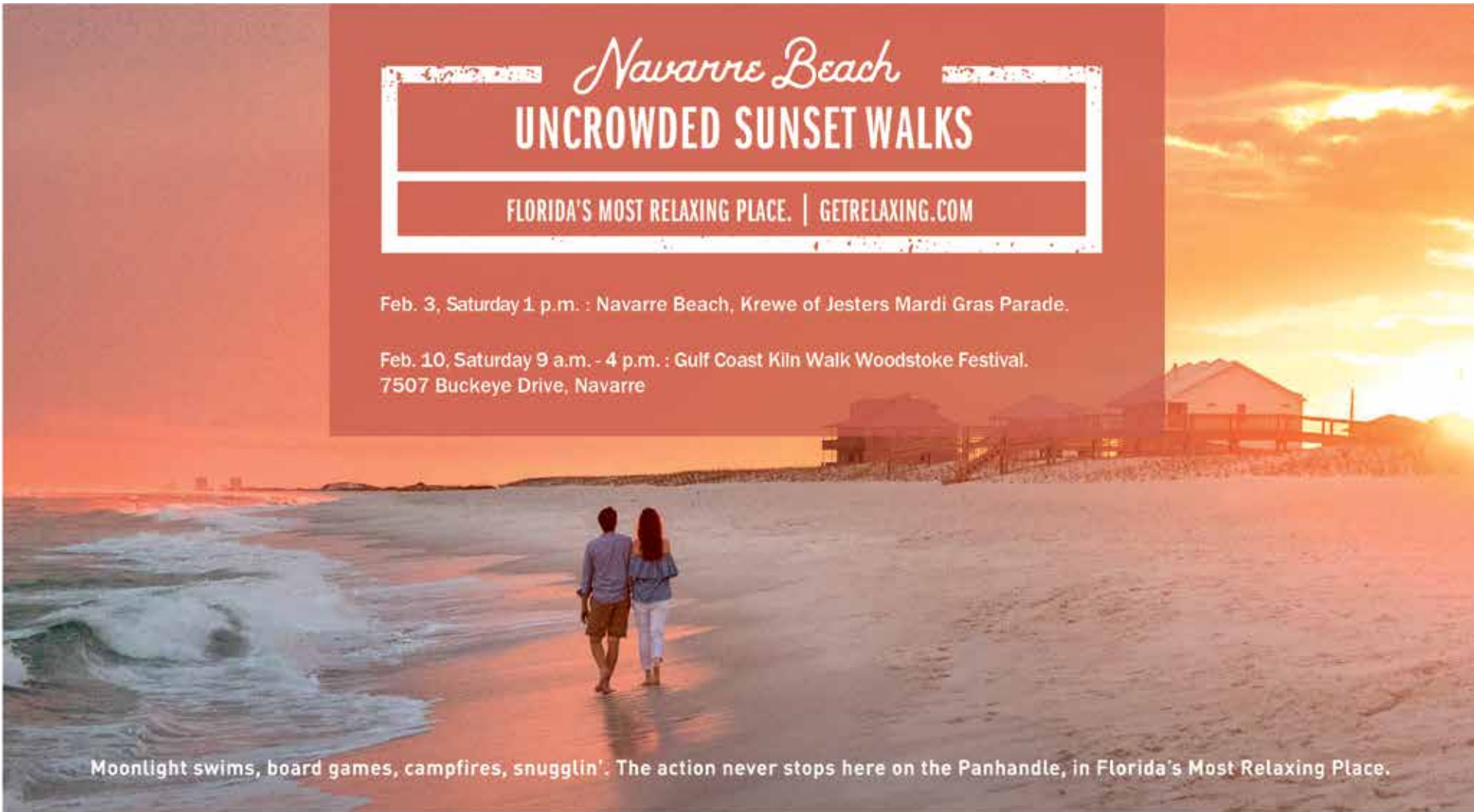
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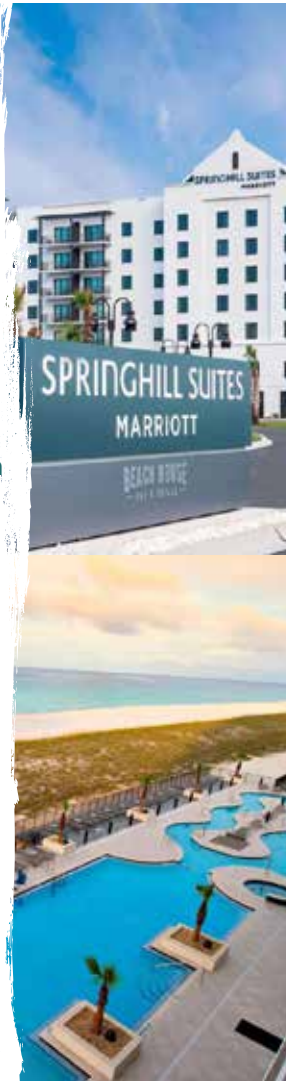
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A photograph of a middle-aged couple, a man and a woman, smiling and looking towards the right. The man is wearing an orange sweater over a checkered shirt. The woman is wearing a white top and holding a drink. They are in a casino setting with blurred lights in the background. The image is overlaid with a large red semi-circle on the right side.

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## Join the Club!

### Yoopers

Michigan Club is holding its 41st Annual Yooper Luncheon on Feb. 8, 11:30 a.m. to 2 p.m. at Luna's at Cosmo's Courtyard, 25753 Canal Road, Orange Beach, Ala. Buffet lunch begins at noon for \$19.50, which includes tax and gratuity, Cash only collected at the door. Drawings and prizes. RSVP by Feb. 1 - Dan Inglis, 906-440-0866 or Sandy Inglis, 906-748-5966. All UP folks and friends are invited.

### FLORIDA

Information provided here may change so we encourage all to visit the club website/Facebook page (if they have one) before setting your plans.

**Panama City Beach:** Traditional winter resident Appreciation Days (also known as free Donut Days, includes ticket sales to several big winter guest events) includes: Feb. 5 (Senior Prom) and Feb. 19 (Grand Finale). Senior Prom Dinner/Dance 4 to 9 p.m. Feb. 7, at Edgewater Beach Resort and Grand Finale Dinner/Dance 4 to 9 p.m. Feb. 21 at Edgewater Beach Resort. Tickets are \$20 per person. Details: Visit Panama

City Beach 850-233-5070 or [www.visitpanamacitybeach.com](http://www.visitpanamacitybeach.com)

**PCB Senior Center:** Stop by just about any day and you will find something to do and friendly folks to meet. Annual membership is \$50. Want to learn woodworking or how to play the ukulele, pickleball, line dance, exercises (including yoga and chair exercises) or create a variety of crafts? Take a bus trip to Biloxi or start bowling? Join others at the Coffee Shoppe and discover the full list. The senior center is located at 423 Lyndell Lane, Panama City Beach, Fla. (next to the library), Details: 850-233-5065 or [pcbseniorcenter.com](http://pcbseniorcenter.com)

**Walton Snowbird Club:** Organizers and volunteers have put a lot of work into developing activities and trips (Biloxi and New Orleans) for members. Water aerobics, tennis, pickleball, singing, poker, mah jongg and other games, blood drives, book discussion, bowling, ballroom dance, basketball, biking, art and so much more! Registration is 8:30 to 10:30 a.m. Feb. 5 at Faith Assembly Hall, 306 South Geronimo St., Miramar

Beach, Fla. Gathering (meetings) 10 a.m. to Noon: Feb. 8 (Destin United Methodist Church) and Feb. 22 (St Andrews by the Sea Episcopal Church). An hour before, vendors are on site and information distributed. Details: [www.waltoncountysnowbirdclub.com](http://www.waltoncountysnowbirdclub.com)

**Destin Snowbird Club:** Big Registration and meetings are staged at The Roost – aka Destin Community Center, 101 Stahlman Dr., Destin, Fla. "Big" registration, Feb. 5 and 12, 10 a.m. to Noon. Meeting dates are: Feb. 6, 13, 20 and one meeting Feb. 27 (10 a.m.) TGIT (Thank Goodness It's Tuesday) ) at Lulu's, 4607 Legendary Marina Dr., Destin. Enjoy Happy Hour food and drink specials and live music Feb. 5 and 20. Activities include bus trips and cruises to games, writer's group, quilting, crafts, singles groups, and activities such as golf, pickleball, bowling, basketball, softball and more. Details: [thedesstinsnowbirds.com](http://thedesstinsnowbirds.com)

**Fort Walton Snowbird Club:** From a pre-pandemic high of 745 (2015) to a low of 276 (2022) the club is steadily growing (313, 2023). Registration is 9

a.m.-Noon Feb. 6, 13, 20 at The Fort Walton Beach Recreation Center, 132 Jet Drive, Fort Walton Beach, Fl. Meetings are 10 a.m. Feb. 20. Vendor set up is at 9 a.m. There are door prizes and 50-50 drawings. Monthly club social, golf, tennis, pickleball, card games, crafts and billiards. A Wisconsin group meets for breakfast at 9 a.m. Feb. 7 and March 7 at The Chicken N the Egg, 348 Miracle Strip Pkwy., Fort Walton Beach, Fla. Golf scrambles, Valentine's Day dance and more. Details: [fwbsbc.com](http://fwbsbc.com) or 920-619-4065.

**Navarre/Santa Rosa County:** Low-key and laid-back Navarre Beach and Santa Rosa County has been discovered in recent years. Known for beautiful sunsets and the Gulf of Mexico's longest pier. Pick up a list of winter activities at the Navarre Welcome Center, 8543 Navarre Pkwy, Navarre. Details: [www.getrelaxing.com](http://www.getrelaxing.com) or 850-981-8900.

Upcoming events include: Feb. 3 Krewe of Jesters Mardi Gras parade and Feb. 11 Annual Woodstoke Pottery Festival.

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# Join the Club!



Bama. The Perdido Key Chamber is sponsoring "Hootennany's" on Feb. 8 "Mardi Gras Mambo" and Feb. 22 "Hawaiian Hoedown." Details: 850-492-4660 or [www.perdidochamber.com](http://www.perdidochamber.com).

## ALABAMA

**ILLINOIS:** Illinois Club club breakfasts are held ag GT's on the Bay, 26189 Canal Road, Orange Beach. Reservations must be made by noon Friday before event. Call Mary Lou Brunner 219-869-1138. Upcoming dates include: Feb. 9- Speaker LaDonna Hinesley, Foley Railroad Museum; 23 - Ian McConnell, Historic Fort Morgan. Breakfast reservations: Mary Lou Brunner 219-869-1138.

**INDIANA:** Calling all Indiana Snowbirds and residents of Baldwin Co. who have had a relationship with Indiana to come to our meetings and social lunches. This year we meet on Feb. 8 and 22 at the Live Bait Restaurant (24281 Perdido Beach Blvd.) for a meeting & lunch. The doors open at 9:45 a.m. Mandatory yearly dues are \$2.50 per person. Lunch is \$15. If you only want to attend the meeting you are more than welcome.

We will have a speaker and then conduct business. Business includes a 50/50, door prizes, and gobs of fun. Social luncheons Feb. 12 at Acme Oyster House (216 W 24th St.) and Feb. 26 at DeSotos (138 W. 1st St.) scheduled. RSVP Becky Heidenreich (260)760-5130 three days before.

**MICHIGAN:** Club meetings are held at The Island Church, 25550 Canal Rd., Orange Beach. Coffee and doughnuts are served at 9 a.m. with the meeting to start at 10 a.m. Dates are: Feb. 1, 15, 29. Annual picnic is Feb. 22. Annual membership is \$5 per person. Merchandise is for sale at the meetings. A full schedule of golf outings is available on the website: [www.michiganclubalabama.com](http://www.michiganclubalabama.com) or [michiganclubalabama@gmail.com](mailto:michiganclubalabama@gmail.com)

**MISSOURI:** ALL SNOWBIRDS are invited! Meetings are 8:30 a.m. Wednesdays for breakfast at Tacky Jacks, 240 E 24th Ave., Gulf Shores, Ala.. Cost is \$14 includes a buffet breakfast, tax and tip. RSVP on the website. Mixed golf scramble every Wednesday at 1 p.m., Gulf Shores Country Club, 520

Clubhouse Dr. in Gulf Shores. Weekly Happy Hour, 4 p.m. Mondays at Cobalt, 28099 Perdido Beach Blvd., Orange Beach. RSVP on website. Details: [missourisnowbirds.org](http://missourisnowbirds.org) or [mer2@charter.net](mailto:mer2@charter.net)

**MINNESOTA:** Weekly Tuesday breakfast meetings at GT's on the Bay, 26189 Canal Rd., Orange Beach. Doors open at 7:30 a.m., breakfast, 8:15 a.m. There is a minimum number of 75 to host the breakfast meetings through March 14. Cost is \$12 per person and sign up is the prior Tuesday at [www.mnal.org](http://www.mnal.org). Tuesday lunch meetings are mid-March through May at The Ugly Diner, 2200 E. 2nd St., Gulf Shores. Details: [MNSnowbird1@mnal.org](mailto:MNSnowbird1@mnal.org)

**NEW YORK:** The New York Snowbirds meet Feb. 8 and 22 and March 7 at Ginny Lane at the Wharf in Orange Beach. at 11 a.m., order off their special lunch menu, with separate checks, guest speakers, and door prizes. \$1 per person collected at registration. RSVP: [nysnowbirds@gmail.com](mailto:nysnowbirds@gmail.com)

**PENNSYLVANIA:** The Pennsylvania Snowbird Club meets weekly at 9

a.m. on Wednesdays for breakfast in February and first of March at BuzzCatz Restaurant 25689 Canal Rd. in Orange Beach. Details: Rich Smith at (610) 217-6674 or [bettyrich@RCN.com](mailto:bettyrich@RCN.com).

**WISCONSIN:** Join online or before a meeting. Dues are \$4 each year. Members pay \$2 at each at the door. Details: Membership Chair Tom Chestnut at [tac.smc.14@gmail.com](mailto:tac.smc.14@gmail.com). The 2024 general meetings (arrive at 8:30 a.m.) are 9 a.m. Feb. 7 and 14 at Orange Beach Event Center, 671 Wharf Pkwy., Orange Beach. Final meetings March 7 and 13 at Orange Beach Community Center, 27235 Canal Rd., Orange Beach. Other events: New Orleans bus trip Feb. 20-22; Feb. 27, 10 a.m., March 7 to 11:30 a.m., Zoo Fun Day, 20499 Oak Rd. E, Gulf Shores, Ala. Plus card games and golf outings. Multi-club fundraisers: Feb. 12 - 8 Pin No-Tap Bowling, The Gulf Bowl, 2881 S. Juniper St., Foley and Feb. 17 - Trivia Night, 6 p.m. OBEC 4671 Wharf Pkwy., Orange Beach. Fat Tuesday and Mardi Gras are widely celebrated. Details: [www.wisconsinsnobirds.com](http://www.wisconsinsnobirds.com) or Wisconsinsnobirds on Facebook.

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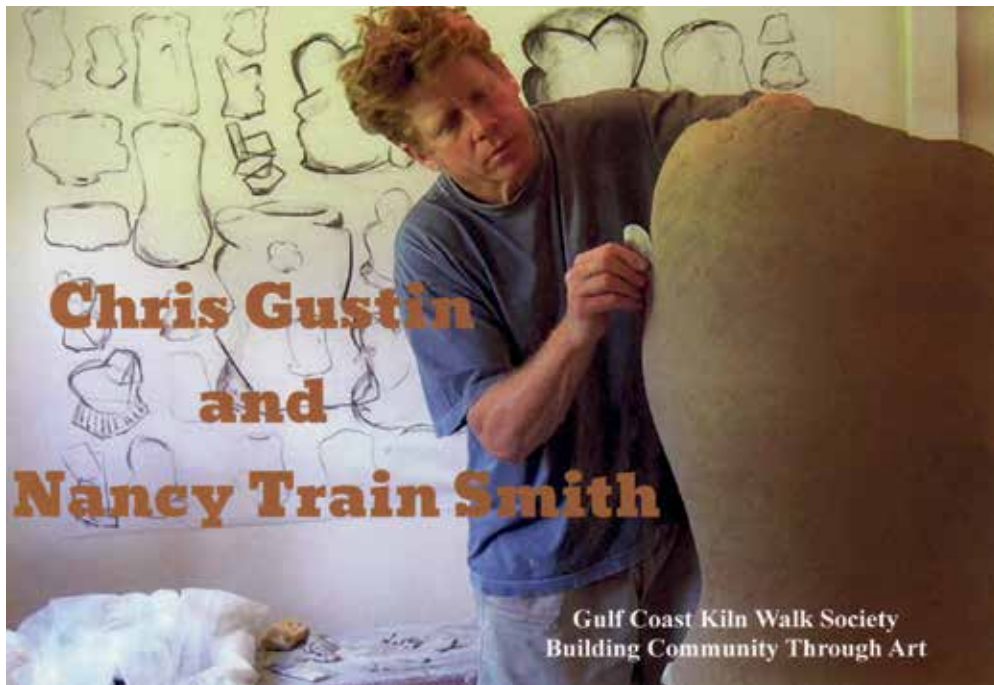





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 157 Brooks St. SE, Fort Walton Beach, FL [MagnoliaGrillFWB.com](http://MagnoliaGrillFWB.com)





2/10

**Annual WoodStoke Festival** - Chris Gustin Returns for Annual WoodStoke Festival & 20th Anniversary of the Completion of the Anagama Kiln, the Largest Kiln in Florida. These make up the Gulf Coast Kiln Walk, a vision created by Brenda, Marty and Jason Stokes, co-owners of Holley Hill Pottery. Over 2500 people participate in three weeks of activities leading up to the WoodStoke Festival. They include dedicated artists, Gulf Coast residents and annual tourists! The Anagama is loaded from back to front, in Japanese tradition, and takes four days to load 800 pieces. Six to 12 people must constantly monitor the kiln for 24 hours per day for six days. Every pot is strategically placed in this delicate process. Chris Gustin will bring his expertise to this process, along with Jason Stokes and the many potters who have worked this firing over the last 20 years. Holley Hill Pottery, 7507 Buckeye Drive, Navarre, Fla. Details: 850-939-2744

Through 2/27

**Decades: Looking Back/Moving Forward, 1920 – 1939** - Mobile Museum of Art celebrates 60 years with an innovative series of exhibitions of the decades leading up to the sixties. This exhibition celebrates the rapidly changing art world in a time of boom or bust. 4850 Museum Dr., Mobile, Ala. Details: <https://www.mobilemuseumofart.com>

Through 2/23

**2024 Winter Showcase Series** - Gulf Shores & Orange Beach Tourism's Free Educational Series -Highlighting a variety of local interests. Presentations begin at 10:30 a.m. The Learning Campus, 20249A State Park Rd., Gulf Shores, Ala. Registration opens on January 1. Details: <https://www.gulfshores.com/showcase/>

Through 5/24

**Orange Beach Pickleball** – Winter/Spring 2024 Session runs through May 24, Monday through Friday, 8 a.m. to 1 p.m. on six courts. 4849 Wilson Boulevard, Orange Beach, Ala. Details: <https://www.orangebeachal.gov/502/Pickleball>

2/1 - 7/27

**iCuba!** - Fresh insights into Cuba, an island nation just 94 miles from Florida's shores. Organized by the American Museum of Natural History in New York, iCuba! makes its last stop in Mobile, Alabama,

the sister city to Havana. Exploreum Science Center, 65 Government St., Mobile, Ala. Details: [www.exploreum.com](http://www.exploreum.com).

2/3

**USS Alabama Living History Crew Drill** – 8 a.m. to 3 p.m. History comes to life with WWII reenactors aboard the USS ALABAMA and USS DRUM, demonstrating what life aboard ship was like during wartime. 2703 Battleship Pkwy, Mobile, Ala. Details: <https://www.ussalabama.com/events/>

2/16-17

**Rouses Cajun Ninja Cooking Classes** - Friday, 10 a.m., Rouses Orange Beach, 25405 Perdido Beach Blvd, Orange Beach, Ala. Details: 251-981-2966 Saturday, 10 a.m., Rouses Gulf Shores, 1545 Gulf Shores Pkwy, Gulf Shores, Ala. Details: 251-948-4715

2/17

**The Baldwin Pops John Allen Memorial Scholarship Concert** – 7 p.m. Baldwin Pops perform with high school seniors competing for college scholarships. Orange Beach Performing Arts Center, 23908 Canal Rd, Orange Beach, Ala. Details: <https://www.baldwinpops.com/events>

2/17-18

**7th Annual Panama City Beach Food Truck and Craft Beer Festival** – 12 to 6 p.m. Some of the area's most popular food trucks and dozens of regional and national brews. Aaron

Bessant Park 600 S. Pier Park Dr., Panama City Beach, Fla. Details: <https://www.foodtruckfestivalsofamerica.com/panama-city-beach>

2/18

**Second Annual Pensacola Chocolate and Cheese Fest** – 10 a.m. to 6 p.m. Food trucks and vendors selling Chocolate and Cheese themed items and other vendor and menu items. Community Maritime Park, 301 W Main St, Pensacola, Fla. Details: <https://fun4emeraldcoastkids.com>

2/21

**Annual Snowbird Retired Law Enforcement Luncheon** – Noon. All retired and former law enforcement officers, spouses and active officers welcome. American Legion Post 44, 6781 Gulf Shores Pkwy, Gulf Shores, Ala. Please RSVP to Tom Westgate: 269-252-7029

2/23-25

**45th Annual Mobile Area Orchid Society** - Hosted by the Mobile Area Orchid Society at Bellingrath Gardens & Home. Orchid Show is free, but gardens admission is required for garden access. 12401 Bellingrath Gardens Rd., Theodore, Ala. RSVP: [hligon@bellingrath.org](mailto:hligon@bellingrath.org) or 251-459-8868. Details: <https://bellingrath.org/event/orchidshow/>

2/24

**Cirque Under the Stars presents Pandora's Box A Mythological Tale** –

Shows at 5:30 and 8 p.m. Brought to you by Santa Rosa Beach Aerial Arts. Amazing aerial acrobatics performances, cirque performers and fire acts! Featuring local businesses, food trucks and more. Aaron Bessant Park Amphitheatre, 500 West Park Drive, Panama City Beach, Fla.

**32nd Annual Orange Beach Seafood Festival and Car Show** – 10 a.m. to 4 p.m. at The Wharf. Makos on Main parade with students and a Mako Mudbug Mania crawfish-eating contest. Plus food, arts and craft vendors and antique, classic and hot rod vehicles. Details: <https://www.orangebeachal.gov/428/Seafood-Fest>

**5th Annual Shrimp and Grits Festival** – 12 to 4 p.m. Local chefs and restaurants will dish out their best shrimp and grits in hopes of securing YOUR vote! Benefiting the Boys and Girls Clubs of the Emerald Coast. Brotula's Seafood House and Steamer, 210 Harbor Street, Destin, Fla. Details: <https://www.eventbrite.com/e/5th-annual-shrimp-grits-festival-tickets-741754897867?aff=erelexpmlt>

2/24-25

**2024 Fort Morgan Oyster Fest** - Sassy Bass, The Beach Club Resort and Spa, and Navy Cove Oysters will be serving up happiness on a half shell! Food, fun, and oyster perfection! Admission includes parking, all-you-can-eat oysters, and non-alcoholic beverages. Beach Club Resort and Spa, 925 Beach Club

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Trail, Gulf Shores, Ala. Details: <https://fortmorganoysterfest.com/>

2/29

**Bingo Brunch** - Play eight rounds of Bingo while you enjoy food, mimosas, entertainment, 50/50 drawings, great prizes and fun! Orange Beach Community Center, 27235 Canal Rd., Orange Beach, Ala. Details: 251-402-2218 or <https://SIRENSEVENT.TICKETLEAP.COM/BINGO-BRUNCH>

3/2

**Beers and Blooms** - 12 p.m. All-day craft beer festival and concert series on the Great Lawn at the heart of the Gardens. Sample a wide variety of craft brews, shop with local vendors and feast with a selection of food trucks. 12401 Bellingrath Gardens Rd., Theodore, Ala. . Details: <https://bellingrath.org/beers-blooms/>  
**2024 Spring Fling** - 9 a.m. to 3 p.m. 100+ vendors from all around the south! Shop with crafters, bakers, boutiques, direct sales and many unique vendors Baldwin County Coliseum, 19477 Fairground Rd., Robertsdale, Ala. Complimentary shopping bags to our first 100 customers! Details: <https://www.facebook.com/baldwincountybossbabes>

3/2-3

**The Ballyhoo Festival Fine Art and Culture Festival** - This exciting festival event is unique in its focus on fine art and cultural charm. Enjoy fine art from all across the southeast, local seafood, and live music! Gulf State Park, 20115 State Park Rd, AL-135, Gulf Shores, Ala. Details: [ballyhoofestival.org/](http://ballyhoofestival.org/)

3/9-10

**Orange Beach Festival of Art** - A celebration of visual, performing, musical and culinary arts. Currently ranked nationally at #25 for the top 100 fine art and design shows. Orange Beach Waterfront Park, 26389 Canal Rd. Orange Beach, Ala. Details: <https://www.orangebeachal.gov/338/About>

# Mardi Gras continues with pups, runs and mystery!

2/3

**3rd Annual Puppy Gras Pet Parade** – 1 to 4:30 p.m. This is a family-friendly event featuring a pet parade and a costume contest on OWA Island. Pre-register for the pet parade and costume contest for only \$10 on our website. Day-of registration will be offered onsite for only \$15. Details: <https://visitowa.com/puppy-gras/>



**Mystic Mutts of Revelry 2024** – 3 p.m. Get ready for a tropical extravaganza like no other – The Haven's 21st Annual Mystic Mutts of Revelry (MMOR) Pet Parade with the theme, "Paws and Parrotheads, Pooches in Paradise," a tribute to the late Jimmy Buffett. Fairhope Community Park, corner of Church Street and Morphy Avenue in Downtown, Fairhope, Ala. Proceeds from the parade provide vet care, vaccinations, medicine, food and much more for homeless animals. Details: <https://www.havenforanimals.org/5030-2/>

2/8-9

**Mardi Gras a Murder Mystery Dinner Show** - 6:30 p.m. Hosted by the

exclusive Krewe of Sparrow at Mardi Gras, a member from a rival krewe unexpectedly dies due to excessive partying. Dress in your finest attire for Fat Tuesday and become part of the detective's krewe as they solve this mysterious case. Brandon Styles Theater, 1501 South OWA Blvd., Foley, Ala. Details: <https://visitowa.com/mardi-gras-murder-mystery/>

2/10

**The 6th Annual Fort Mardi Gras Fun 5k Run/Walk & Fest** - 10 a.m. to 3 p.m. Presented by the John Cain Foundation, a Non-Profit whose mission is to support active minds and uplift young adults, their family and peers with a focus on mental health awareness. Ferry Park, Fort Walton Beach Fla. Details: 501-837-5219 or 404- 573-0951

**Mardi Gras Golf Scramble** – 8 a.m. to 12 p.m. Golf scramble tournament at Shalimar Point golf course. Lunch, prizes, awards, silent auction. Phone 850-974-1910 for information. Proceeds benefit the nonprofit local history museum. 302 Country Club Rd, Shalimar, Fla. Details: <https://heritage-museum.org/special-events>

**Mardi Gras Celebration at HarborWalk Village** – 2 to 6 p.m. Let the Good Times Roll at HarborWalk Village! Celebrate Mardi Gras on the Harbor with LIVE music

by Fais Do-Do, followed by beads, dazzling floats, and street performers as the parade rolls through the Village at 4 p.m. 10 Harbor Blvd, Destin, Fla. Details: <https://www.emeraldgrande.com/events/calendar-of-events/monthly/2024/2/list>

**Mardi Gras Masquerade Ball** - 6:30 to 10 p.m. Proceeds go to AMI Kids. Dinner, dancing, and lots of live entertainment to include: Photo booth, Saxophonist, DJ, and Aerialists. Black tie event. Complimentary commemorative necklace. Marina Cafe 404 Harbor Blvd Destin Fla. Details: <https://marinacafe.com/events-2/>

2/11

**OWA Mardi Gras Parade & Party** - 1 to 7 p.m. Grab your masks and beads and celebrate in style with a fully decked-out parade in Downtown OWA. Join us at OWA on Joe Cain Day (Feb. 11) for a Mardi Gras parade and after-party you won't want to miss. Starting at 2 pm, the parade units will travel the streets of Downtown OWA. Live music with 5 Mile Brass beginning at 3:30 p.m. .and Rockin' Dopsie Jr. & The Zydeco Twisters beginning at 5 p.m. OWA's Mardi Gras celebration is an entirely free and family-friendly event. Details: <https://visitowa.com/mardi-gras-parade/>



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# On the road to Alabama adventure: Brick Oven, OWA and Oasis

The view of a pizza rotating in the brick oven was enticing.

I had a niece (age 15) and nephew (10) recently in tow for a day out. I picked them up in Milton, Fla., and off we went for the hour drive.

First, we stopped at the I-10 Alabama Welcome Center to drop off magazines. Then on to a favorite: The Oasis Travel Center and Derailed Diner in Loxley to grab snacks novelties and admire the décor. Nearby is a huge fireworks shop, too.

We posed for our pictures with the retro VW bug entrance and browsed the store. Set in its own room inside is a room with retro toys of all kinds. I usually let my nephew pick out one or two. My niece just wanted fudge. Highly recommend a stop here if you have young ones to buy for – this is the spot!

By then we were all hungry and headed to The Brick Oven. We arrived early so there wasn't yet a crowd. I decided to order extra to take to my house and send with them.

So, I over-ordered.

All agreed on the meatballs (four big ones for \$6.99) and the tasty Lava Bread. I added a House Salad (\$4.99) for me. Nephew had the small "Meatza" pizza (\$14.99) and we ordered the large Pompeian (roasted



garlic cream sauce, freshly shredded mozzarella, spinach, provolone, fresh basil and sun-dried tomatoes) \$20.99.

We were stuffed but ordered the Cannoli and Tiramisu for later (\$4.99 each.)

We had several large to-go boxes to take home!

Last on the list was a quick stop at OWA to see what was new and let the kids burn off steam. They admired the Tropic Falls (water park and rides) and then ran and chased each other throughout the entire park. That was fun for me to watch.

We will go back to see a Brandon Styles show and stay next door at the Marriott TownePlace Suites to take full advantage of the experience.

## Want to go?

**The Oasis Travel Center**, County Road 64, Robertsdale, Ala., [www.oasistravelcenter.com](http://www.oasistravelcenter.com) 251-960-1150

**The Brick Oven**, 21040 Miflin Road, Foley, Ala., [Brickovenfoley.com](http://Brickovenfoley.com) or 251-955-1233

**OWA Parks & Resort**, 101 South OWA Blvd. Foley, Ala., [Visitowa.com](http://Visitowa.com) or 251-923-2111



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# Libraries continue Trivia Night Tradition

By Louis Cooper

Snowbirds will be swapping their smart phones for their thinking caps at the upcoming Snowbirds Trivia Night, set for Feb. 17, at the Orange Beach, Ala., Event Center.

Trivia Night is a two-decades-old tradition in South Baldwin County, having drawn as many as 600 participants in pre-pandemic years. Attendance has been about 150-players for the last two years.

"We are in the process of building back the crowds because it is such a fun night for everyone," said Susan Bartholomew, communications supervisor for the South Baldwin Literacy Council, which coordinates the event along with the Friends of the Orange Beach Library.



"We were excited to see 500 members at the Wisconsin club (recently) so we are hoping numbers will grow."

Snowbird Trivia Night in South Baldwin goes back to the early 2000s when it was founded by Missouri snowbirds Dale and Judy Collier. Mrs. Collier has since passed away, and Mr. Collier no longer travels south for winter, so the Literacy Council and Friends of the Library took over the effort two years ago.

Tickets are \$160 per eight-person table, although individual tickets are available. Each table is invited to decorate with a theme.

"The people who purchase the tables get together and decide on a theme for their table such as 'Under The



Sea,' 'The Roaring 20's,' Mardi Gras ... They decorate their table and some will even wear costumes to enhance the look," Bartholomew said. "We give gift cards from local businesses and beautiful 3D medals as prizes."

Typically, an evening consists of eight rounds of trivia, with categories like sports, movies, political science/history, geography and entertainment.

Players will also have the opportunity to buy raffle tickets to win a "Pick-A-Pot," which are gift baskets compiled by various clubs using their home states as a theme. Players will also be allowed to purchase \$20 "Mulligans" to earn a pass on hard trivia questions as assistive devices such as cell phones and iPads are not allowed.

Proceeds benefit the South Baldwin Literacy Council and the Friends of the Orange Beach Library.

Snowbirds have special relationships with Gulf Coast libraries. At the Destin Library, 107 snowbirds so far this year have paid the \$30 fee for to have a library card.

"For some, we are their first stop once they arrive in town," said Amy

C. Adams, library assistant at the Destin Library. "For patrons who don't get a card, we always have carts full of free books for them to take and books for purchase, which benefit our Friends Guild. Many snowbirds come in to check their email or browse the internet on our public computers or bring their devices to access our free Wi-Fi."

In Santa Rosa County, which includes libraries in Gulf Breeze (the closest library to Pensacola Beach) and Navarre, more than 350 snowbirds are registered as library patrons.

## Want to Go?

**What:** Snowbird Trivia Night

**When:** Feb. 17, 6 p.m.

**Where:** Orange Beach Event Center, 4671 Wharf Pkwy. W., Orange Beach, Ala.

**Cost:** \$160/Table for eight

**Details:** www.

southbaldwinliteracycouncil.com



Judy and Dale Collier spearheaded the highly successful Missouri Club Trivia Night fundraiser for the Alabama coast libraries. Judy passed away last spring.

## Concerts, movies, Bingo and more! Check out Gulf Coast Libraries

Gulf Coast libraries have a wide range of events planned for the coming months.

### DESTIN LIBRARY

150 Siebert Ave, Destin, Fla. Details: DestinLibraryFriends@gmail.com or 850-837-8572

#### Celtic Music Performance with Emily Ann Thompson:

On Feb. 27, 6 p.m. the Destin Library hosts live Celtic music. From fast, high-energy jigs and reels to captivating airs and songs, Thompson performs traditional Irish, Scottish and Canadian music,

**Winter Movie Wednesdays:** Join fellow cinephiles Wednesdays at 2 p.m.

through Feb. 21. Movies include: "A Haunting in Venice" on Feb. 7; "A Man Called Otto" on Feb. 14, and "Johnny Cash: The Redemption of an American Icon" on Feb. 21.

### WALTON COAST BRANCH LIBRARY

Greenway Trail, Santa Rosa Beach, Fla. Details: 850-267-2809.

#### Winter Community Programs:

Wednesdays through March 6, 10 a.m., including: Master Gardeners of Walton County, Feb. 7; Curator of the Four Mile Museum and the Coffeen, Feb. 14; Florida Trail Association, Feb. 21.

**PrimeTime Senior Fitness Class Yoga:** Tues. and Thur., 11 a.m., through Feb. 22.

**Line Dancing:** Tuesdays. 2 p.m.

### PANAMA CITY BEACH PUBLIC LIBRARY

12500 Hutchison Blvd, Panama City Beach, Fla. Details: 850-233-5055.

#### Beach Ukulele Musical Society (BUMS)

**Concert:** Feb. 14, 10 a.m.

**Bingo:** Feb. 28 and March 27, 10 a.m.

**Michael Roth Concert:** Feb. 21, 10 a.m.

**Sea Needles:** Fridays, 10 a.m. Knit, crochet or quilt with other crafters.

### GULF BREEZE LIBRARY

1060 Shoreline Dr., Gulf Breeze, Fla. Details: 850-981-7323

**Senior Social:** First Tuesday of every month, 10 a.m.

**Theater Thursdays:** Every third Thursday of the month, 3 p.m.

### SOUTHWEST LIBRARY (PERDIDO KEY)

12248 Gulf Beach Hwy, Pensacola, Fla. Details: 850-453-7780

**Every Saturday, all day:** Friends of the Southwest Branch Library Book Sale.



## Local Jimmy Buffett fans, Parrot Head clubs continue to embrace singer's lifestyle

Jimmy Buffett's death last year was a shock to those along the Gulf Coast who loved the songs, albums and books the famed singer provided since the 1970s.

Much of it was because of the connection Buffett had in this area. Born in Pascagoula, Mississippi, he was raised in Mobile, Alabama, and performed many concerts along the Gulf Coast over the years. His sister runs Lulu's Restaurant, both in Destin and Gulf Shores.

When he passed away Sept. 1 at the age of 76 from an aggressive form of skin cancer, tributes poured in by the thousands. Many posted on their Facebook pages, their favorite song or memory that Buffett inspired.

Many of them involved songs like "Little Miss Magic" sung to pregnant moms or at a daughter's wedding.

Shortly after his passing, Mary Cracchiolo, marketing director at the Beau Rivage Casino in Biloxi, Mississippi, drove around the area, taking photos of his connection in the area -- his childhood home, Buffett Bridge, Buffett Beach in Pascagoula -- and shared them on her social media channels.

"I was very heartbroken," she said. "I cried all weekend. It was like the end of an era and we all felt it was so fitting Jimmy would pass at the end of summer."

Spain became a Buffett fan shortly after college when she made regular trips to Key West and learned more about how he changed the area.

"What appealed to me was his songwriting and his storytelling," she said. "It's really incredible."

Over the years, she saw Buffett in

concert many times, including JazzFest in New Orleans and other intimate settings.

When asked what her favorite Jimmy Buffett song is, she can't pinpoint just one. "It depends on my mood. So many of his words resonate with me."

She is an active member of the Towns Around Biloxi Parrot Head Club.

"I just love Jimmy," she said. "He had a lifestyle we wish we all had."

There are Parrot Head clubs all along the Gulf Coast.

Pat Mudd, president of the Panama City Parrot Head Club, said he became a Jimmy Buffett fan 25 years ago when he saw the entertainer perform on Broadway at the opening of a Margaritaville play.

At the next meeting after Buffett's death, the club members did a video tribute.

"We had musicians play a lot of his songs," Mudd said. "I told my story; others who had seen him or had deep



Buffett's childhood home in Mobile, Ala.



relationships told their stories. It was a somber night."

Over the last couple of years, the Panama City Parrot Head Club has grown from 200 to 500 members. At their twice-a-month meetings, local musicians come in to play and they have raffles for local charities. They raise between \$1,600-2000 at each meeting.

Their big fundraiser is Rendezvous 2024, scheduled for April 18-21. The music festival brings in bands across the country and has raised \$140,000 for charity each year.

They also participate in Mardi Gras parades, a Pirate festival in the fall



and beach and highway cleanups. "Our motto is party with a purpose."

Mudd, whose favorite Jimmy Buffett song is "A Pirates Looks at 40," said Parrot Head clubs will continue despite his passing.

"He would have wanted these clubs to continue," Mudd said. "It's not about him, but about charities and a lifestyle."

## Buffett fan in Mississippi had special connection to late singer

By day, Matt Hoggatt is employed by the Mississippi Gulf Coast Community College where he serves as the head instructor and program coordinator for the criminal justice program. By night, he performs at various nightclubs.

To say he is a big Jimmy Buffett fan is almost an understatement. Buffett passed away in September last year.

In 2012, Hoggatt won the American Songwriter Lyric Contest for his song, "Dear Jimmy Buffett" in which his lyrics include a section where he tells Buffett that he "could sure use a record deal this year."

Hoggatt, who has performed in clubs all over the U.S., then posted the song on his website, [www.matthoggatt.com](http://www.matthoggatt.com). Shortly after that, someone from Buffett's organization called him and asked if he'd come to Birmingham, Ala., and sing the song backstage to Buffett before his concert that night in front of 14,000 fans.

Buffett then surprised Hoggatt by playing a response song, "Dear Matt Hoggatt," then invited him up on stage that night to perform in front of the crowd.

He shared his thoughts about Buffett and the loss all Buffett fans felt when after he died.

### Q. When/how did Jimmy Buffett first influence you?

My parents were schoolteachers, so every summer we would take a road trip somewhere. My parents had Jimmy's Changes in Latitudes album on cassette tape, and we would listen to it regularly on the long drives. The song "Biloxi" made me resonate with Jimmy because I was from the same area of the Gulf



Coast. I ended up taking a deep dive into everything I could learn about Jimmy Buffett as a child.

### Q. What do you think is the reason why Jimmy has captured the hearts/minds of so many "Parrotheads?"

I think it's because all of us are dreamers deep down inside, and Jimmy Buffett helped us realize that it's not only OK to dream, but it's something we should do on a daily basis. His music also crossed boundaries and invited people of all kinds of backgrounds to be part of the experience.

### Q. What was your reaction in September when you heard he had passed?

I didn't know for certain he was gravely ill at the time, but I had a feeling he was dealing with something serious. When I woke up that morning, I got the word as soon as I picked up the phone and saw all of my messages. I turned on radio Margaritaville and spent the rest of the day just reflecting and trying to cope. Part of what helped me cope with his passing, was reading all of the stories people shared about Jimmy on social media. He touched the world and made it better.

### Q. What is your favorite Jimmy Buffett song? And why?

I used to say a Pirate Looks at 40, but over the years I can't really pick a single favorite song anymore. They all have different meanings and invoke such different feelings for me, especially now.

## LuLu's Annual Tropical Reunion Vow Renewal Ceremony

Looking for a romantic Valentine's Day present for your spouse?

Celebrate your love and commitment by officially renewing your wedding vows at LuLu's Tropical Reunion.

The celebration is Feb. 17, 1 to 3 p.m. The Vow Renewal Ceremony will begin promptly at 2 p.m. Events are being held at Lulu's locations in Destin, Fla. and Gulf Shores, Ala.



Couples can pre-register anytime at the restaurant or online. There will be complimentary champagne toasts, wedding cake, flowers for the "brides" and photos for the couples.

Prizes will be awarded to the couples who were married the longest, shortest, and who are dressed the most festively.

Details: <https://lulusfunfoodmusic.com/tropical-reunion-vow-renewal-ceremony/>





# Minor-league baseball will resume along Gulf Coast in the spring

Snowbirds who are minor-league baseball fans can get a double dose along the Gulf Coast.

The Pensacola Blue Wahoos and the Biloxi Shuckers are both members of the Double-A Southern League.

The Blue Wahoos play at Blue Wahoos Stadium on Pensacola Bay in the downtown area. They reached the championship series the last two seasons, winning the title in 2022.

They open the season April 5-7, hosting the Mississippi Braves.

The Blue Wahoos will also play a two-game exhibition series against the Mexican League's Sultanes de Monterrey on April 2-3 in Pensacola.

The series, which will bring the storied Mexican League franchise to Pensacola for the first time, marks an unprecedented collaboration between two renowned teams in the international baseball community.

**SHUCKERS:** The Shuckers, an affiliate of the Milwaukee Brewers, play their games at MGM Park in Biloxi, Mississippi, across from the Beau

Rivage Casino (see photo at right). They open their season April 5-7 against the Montgomery (Alabama) Biscuits. Information: <https://www.milb.com/Biloxi>.

## Ice Flyers to celebrate 15 years of hockey with \$5 tickets for fans

The Pensacola Ice Flyers minor-league hockey team will celebrate its 15th anniversary at the Pensacola Bay Center with \$5 tickets. The 15th anniversary games are Friday, Feb. 2, and Saturday, Feb. 3. Tickets are just \$5 (except glass).

The team is battling for a playoff spot in the Southern Professional Hockey League. Details: [www.iceflyers.com](http://www.iceflyers.com).

Home games in February:  
Feb. 2 – vs. Birmingham, 7:05 p.m.  
Feb. 3 – vs. Macon, 7:05 p.m.  
Feb. 16 – vs. Quad City, 7:05 p.m.  
Feb. 17 – vs. Quad City, 7:05 p.m.  
Feb. 18 – vs. Quad City, 4:05 p.m.

**SEA WOLVES:** The team plays hockey in the Mississippi Coast Coliseum in Biloxi as part of the Federal Prospects Hockey League.



February home games are Feb. 16 and 17. Visit <https://www.mississippiseawolves.com/> for tickets and more information.

## BASEBALL SPRING TRAINING

South Florida offers many of the Major League baseball teams preparing for the 2024 season.

These games offer player access,

ballparks with distinct personalities and up-close encounters with veteran players and young future stars. Called the Grapefruit League, 15 major-league team play their spring training games along both coastlines of Florida. Players begin reporting in early February and games begin starting Feb. 22.



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# Beau Rivage Celebrates 25 years on the Mississippi Coast

A celebration like no other is underway in 2024 as Beau Rivage, MGM Resort International's crown jewel on the Mississippi Gulf Coast, celebrate its 25th anniversary. The award-winning resort opened its doors to the public on March 15, 1999, and to celebrate the weekend of March 15-17 offers guests a variety of outstanding entertainment, exciting casino promotions and an outdoor community event.

## Saturday, March 16 Celebration

Mark the calendars for Saturday, March 16, as the observation of Beau Rivage's 25th anniversary. A pictorial timeline marking key events in Beau Rivage's history and their community impact begins in the Retail Promenade, near Roasted Bean, and guides guests to the resort's atrium where complimentary cake will be served.

Outside, two free family-friendly events highlight the weekend starting with the St. Patrick's Day parade through downtown Biloxi, stepping off at 2 p.m. Later that evening, Beau Rivage will celebrate its 25th anniversary with a special outdoor community event.



## Casino Promotions

High-energy gaming action heats up even more with several casino promotions centered around the anniversary. Beau Rivage's 25th Anniversary Celebration \$250,000 Giveaway will culminate at 10:30 p.m. on Saturday, March 16, with \$250,000 in prizes including FREEPLAY® or TablePlay and \$200,000 cash up for grabs.

From March 12-16, Beau Rivage's swipe and earn promotion will award players a commemorative 25th



Anniversary Water Bottle after 300 points MGM Rewards are earned on their card. Gift vouchers can be printed at any MGM Rewards kiosks, then redeemed at the Special Events desk between 2-7p.m. each day of the promotion.



In addition to anniversary promotions, through March 24 the Year of the Dragon is celebrated with the Dragon's Roar \$150,000 Baccarat Drawing Series. At 9 p.m. on Sunday, Jan. 28, Sunday, Feb. 25 and Sunday, March 24, five winners will be drawing to win \$10,000 each in TABLEPLAY®. MGM Rewards players earn 10 virtual entries for every rated hour of Baccarat play through March 24.

## Entertainment Beau Rivage Theatre

Recognized as the premier entertainment venue in the Southeast, Beau Rivage has a slate of top headline entertainers scheduled to perform in the Beau Rivage Theatre throughout its 25th year.

Comedian Kevin James, who rose to fame for his role as Doug Heffernan on "The King of Queens"

and for appearances on the silver screen in "Paul Blart: Mall Cop" and "Zookeeper," makes a stop on his "Owls Don't Walk" tour at Beau Rivage Theatre on March 1. The next night, 12-time Grammy and platinum-selling R&B singer, songwriter and producer Babyface takes the stage for a performance to remember starting at 8 p.m.

Blues titan and guitar virtuoso Joe Bonamassa, who began his career at the age of 12, opening for the legendary B.B. King, will electrify the crowd with his performances at Beau Rivage on March 8 and 9. Bonamassa has notched 11 No. 1 Billboard hits and earned three Grammy Awards for Best Blues Album in 2013, Best Traditional Blue Album in 2015 and Best Contemporary Blues Album in 2022.

Tickets for all performances are available by calling 888.566.7469 or visiting [www.beaurivage.com](http://www.beaurivage.com).

## EIGHT75 and Black Clover Lounge

Every night's a party in Beau Rivage's ultra lounge, EIGHT75, with live entertainment seven nights a week. Popular house band Triggerproof takes the stage on anniversary celebration weekend, putting a variety of favorites from pop, rock and hip-hop through the musical blender to recreate both popular and classic radio-friendly hits.

The swanky Black Clover Lounge hosts Troubadour Thursday and Slow Jam Saturdays throughout the month of March, with Brandon Green performing from 6-10 p.m. on Saturday, March 16.

## Food & Beverage

Dining outlets throughout the resort will feature anniversary specials, including Jia showcasing an eight-ounce pork chop served with



Chinese long beans and Chinese eggplant on anniversary weekend. Throughout March, The Roasted Bean and Snacks will feature a 25th anniversary butter pecan opera torte, while The Daiquiri Shop features crawfish tacos throughout the month.

## Retail

Beginning in March, BR Collections adds a Beau Rivage 25th Anniversary Pandora charm to its offers. In addition, retail outlets throughout the resort will offer a variety of 25th anniversary apparel and keepsakes.





# Casino Fun



2/2

**Rodney Carrington**, 8 p.m., Beau Rivage Theatre, 875 Beach Blvd. Biloxi, Miss. Details: 1.888.566.7469 for hotel package.

2/2, 4, 9, 15, 23, 24, 25

**The Fab Four: Ultimate Tribute**, 8 p.m., Hard Rock Biloxi, 777 Beach Blvd., Biloxi, Miss. Details 877-877-6256 or 228-374-7625

2/9

**Eric Sharp featuring Johnny Ringo**, 8 p.m., Hard Rock Casino, 77 Beach Blvd., Biloxi, Miss., hrhcbiloxi.com

2/13

**Ms. Pat**, 8 p.m. IP Biloxi, 850 Bayview Ave., Biloxi, Miss. 228-436-3000 or ipbiloxi.com

2/17

**Gladys Knight**, 8 p.m.. Beau Rivage Theatre, 875 Beach Blvd., Biloxi, Miss. Details: 1.888.566.7469 for hotel packages.

2/23

**Dancing With The Stars**, Beau Rivage Theatre, 875 Beach Blvd., Biloxi, Miss. Details: 1.888.566.7469 for hotel packages.

2/24

**Ashley McBryde**, 8 pm. IP Biloxi 850 Bayview Ave., Biloxi, Miss. 228-436-3000 or ipbiloxi.com

3/1

**Kevin James: Owls Don't Walk**, Beau Rivage Theatre, 875 Beach Blvd., Biloxi, Miss. Details: 1.888.566.7469 for hotel packages. 21+

3/7-8

**Joe Bonnamassa**, Beau Rivage Theatre, 875 Beach Blvd., Biloxi, Miss. Details: 1.888.566.7469 for hotel packages.

3/9

**Grand Funk Railroad**, 8 p.m., Hard Rock Casino, 777 Beach Blvd., Biloxi, Miss., hrhcbiloxi.com

3/16

**Matt Mathews**, 8 p.m., IP Biloxi, 850 Bayview Ave., Biloxi, Miss., 228-436-3000 or ipboxi.com

3/22

**Michael Bolton**, Beau Rivage Theatre, 875 Beach Blvd., Biloxi, Miss. Details: 1.888.566.7469 for hotel packages.

3/22

**Los Lobos**, IP Biloxi, 850 Bayview Ave., Biloxi, Miss., 228-436-3000 or ipboxi.com

4/26

**Celtic Woman: 20th Anniversary Tour**, Beau Rivage Theatre, 875 Beach Blvd., Biloxi, Miss. Details: 1.888.566.7469 for hotel packages.



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# Don't let cold weather lead to injury during workout

Story courtesy of Baptist Health Care

Winter weather may not mean the same thing on the Gulf Coast as it does in Wisconsin, but between January and April, temperatures around freezing are not out of the question. Exercising in weather like that does come with a certain risk of injury. "Naturally, the body isn't as agile or flexible in freezing, or near freezing temperatures, as it is when it's not as cold," said Jim Presley, M.D., a non-surgical sports medicine specialist at Andrews Institute for Orthopaedics and Sports Medicine. "Working out in that type of weather can lead to injury unless proper precautions are taken."

## Know Before You Go

But, the cold weather doesn't mean you need to put your workout on hold until the temps come up. There are ways to minimize the risk. At the top of the list is to know the forecast. If you are planning an outdoor workout that day or the next, check the local forecast to make sure the weather is conducive to exercising. An outdoor temperature of 35 degrees Fahrenheit with strong winds may produce a wind chill factor in the teens or lower. Unless you have workout gear that covers most of the body, including extremities like your fingers, ears and nose, exercising indoors may be a better idea in those conditions.

## Be Ready to Adapt

Dressing in layers is another important thing to remember. Exercising can heat you up quickly, despite the actual cold air. That leads to sweating which takes heat away from your body and you may feel chilly. Wearing several layers allows you to remove and add clothing, depending on how you are feeling. A base layer of a synthetic fiber can wick moisture away from the body and help regulate your body temperature.

A significant wind can exacerbate this issue in the winter, which leads to another tip. Whenever possible, head into the wind to start the workout so you're not dealing with the worst of the wind chill during the second half of the workout when you're more fatigued and perspiring.



## Hydration Is Key

Colder air is often drier air and that means your skin and clothes may dry out easier. Dry clothes and colder temperatures may make you feel like you aren't sweating and don't need to take in water, but this can lead to dehydration, especially during prolonged exercise outdoors. Using moisturizer or lotion and drinking plenty of water is a great way to make sure that doesn't happen to you.

## Warm Up and Cool Down, Even When It's Cold

A longer warm up may be necessary in colder temperatures to improve blood flow to muscles and prepare them for a hard workout. Exercising hard when muscles are cold and tight can lead to a new injury or worsen an existing one. A slow warm up can go a long way in keeping you healthy.

Once the workout is over, it is extremely important to cool down.

"Stopping a workout abruptly in cold temperatures will allow rapid cooling of muscles and can lead to stiffness and soreness which may, in turn, lead to injury. A light jog or walk right after a hard run, or a slow bike ride for a few minutes after a long, fast one helps remove toxins from muscle tissue, leading to a quicker recovery, leaving you feeling less stiff and sore," Presley said.

Winter weather workouts on the Gulf Coast may not be as

treacherous as they are up north, but ignoring these simple tips may still lead to injury.

If you do sustain an injury or start to feel pain, give us a call at 850.916.8700 or visit [AndrewsInstitute.com](http://AndrewsInstitute.com) to schedule an appointment. We have more

than 30 physicians specializing in orthopedics and sports medicine that will help you get back to your workout as soon as possible.



The Gulf of Mexico's longest pier (and great photo spot!) had a near miss in the recent winter storm. A section of the 1,545-foot-long pier was damaged by heavy winds and waves. But officials took quick action to get it repaired. Walkers pay just \$1. Fishing is \$6 for seniors, \$7 adults and \$4 youth ages 5-15. Details: [www.navarrebeachpier.com](http://www.navarrebeachpier.com)

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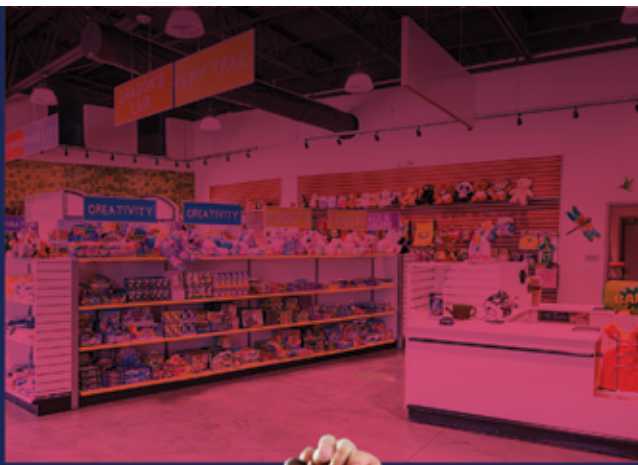
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Downtown OWA's the place to be all month long! Join us for Puppy Gras and Krewe du Kidz Masquerade on Feb. 3, then our huge Mardi Gras Parade and After-party on Feb. 11! Let the good times really roll with tributes to musical legends The Rolling Stones (2/16-17) and Pink Floyd (2/23-24). Visit Downtown OWA every Friday in February for unique finds at limited-time savings during Friday Deal Days. Plan your February fun at [VisitOWA.com](http://VisitOWA.com)!

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