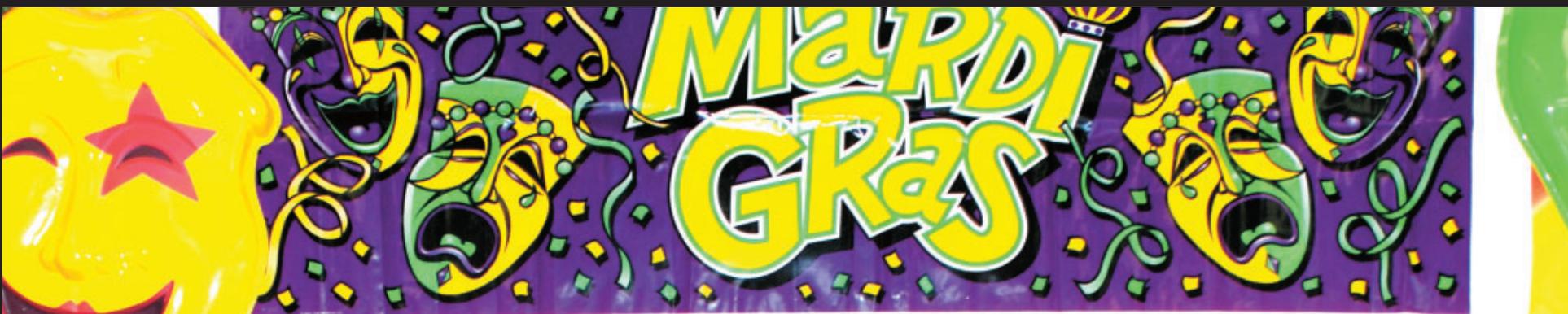


ISLAND TIMES

Volume IV, Number 21

Pensacola Beach, Florida

February 11, 2009



Mini Monarchs Reign Over Kids Krewe



The Krewe of Kids cheered as the Royal Court members were crowned at the Sixteenth Annual Royal Doughnut Breakfast, February 7 at Tiki Island. Reigning over this year's festivities are (L to R): Princess Madeline Taylor, Queen Amelia Johnson, King Chad Harvey, and Prince Raphe Clarkin. The Royal Court will lead the procession during the Krewe of Kids parade, Saturday, February 14 on the parade grounds at Tiki Island at 10 a.m. More on this story, see Page 2. Mardi Gras calendar, Page 18.

Don't Put Your Party Pumps Away Yet

More Mardi Gras Parties On The Way

The best is yet to come. Mardi Gras revelers are raising the curtain on the final act of the 2009 celebration, promising great heights of everlasting joy for all who make it to their stage.

Parades

Parades top the list with the now famous procession of the Krewe of Kids on February 14. The Kids will reveal their secret theme at the parade when they join all the walkers at Tiki Island Golf and Games, where their Mardi Gras den is located. Cub Scout Pack 11, Den One composed of Colin Adams, Reddon McLaurine, Patrick Hodges, Kirk Pennewell, Daniel Green, Spencer Grace, Edgar Shigley, Justin Fruitticher, and Benton Byrd will form the Color Guard leading the sixteenth Krewe of Kids parade. They will be followed by the Royal Court (see page one); members of the krewe and the decorated floats. The floats will be strollers and wagons, and the best decorated entry will receive

a prize, specially crafted by Island Times. Everyone is welcome to join the parade for which there is no charge. Line-up will be at Tiki Island at 9:30 a.m. on February 14. The parade starts at 10 a.m. and spectators are welcome.

Hands down, and arms up, the Krewe of Wrecks Mardi Gras parade is one of the most spectacular events that ever happens in Northwest Florida. The parade has been cited by the Southeastern Tourism Bureau in Atlanta as a "must see" as one of the best

events in the entire Southeast. Thousands of spectators agree as they begin to park their cars in favorite spaces on the parade route on the Thursday before the day of the parade, Sunday, February 22. The procession honors the new Wrecks monarchs who ride in convertibles at the head of the parade just behind the color guard and the Honorary Grand Marshall.

One themed float after another churns along the roadway bestowing handfuls of glittering

days of the Mardi Gras. Be kind, courteous, and careful to ensure a happy memory.

The parade rolls along Via de Luna at 2 p.m. beginning at Avenida 10, moving to the west along the northernmost side of the street turning in at Sidelines to enter the Casino Beach parking lot where it disbands.

A marching parade honoring the King and Queen of Coma will begin at the Sandshaker on Mardi Gras night, February 24. The coronation of the royalty

Queen's dinner is the kind of party that delights a woman's heart. The ladies who attend wear their most fashionable dresses and most of them wear tiaras. They represent all the krewes on the Beach and others who just want to join the party at Flounder's where they have a royal dinner. It's next to impossible to get a ticket to this event. Maybe, you'll have a friend who has an extra ticket. It's on February 16 as is the Wrecks' King's Supper at the Elk's Lodge at 7

doors, and no strings attached. Yes, there is a free lunch. The Wrecks serve Red Beans and Rice in the big tent in the Casino Beach Parking Lot on Monday from 11 a.m. until the food disappears. You can get to this one, but come early. You can eat your free Red Beans and Rice and dance to the music of Boogie, Inc.

And, finally on Mardi Gras night, February 24, the Krewe of Coma will crown their king and queen at the Sandshaker at 6 p.m.

There is no charge to attend the coronation, just wear a lighted hat.

Farewell, Mardi Gras

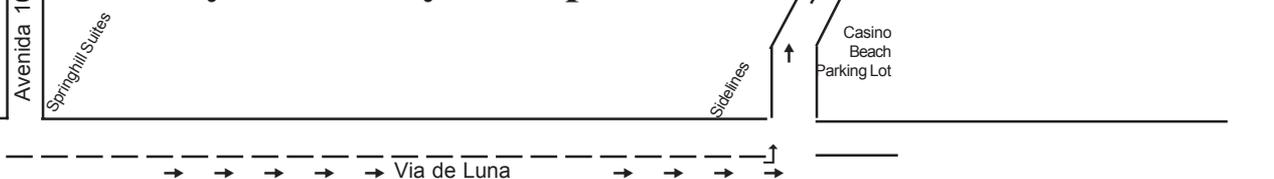
A fitting farewell to the month long celebration will take place at

Paradise Bar and Grill at the Last Mardi Gras Party and judging of the Shoe Box Float competition, February 24 at 8 p.m. If you didn't build a Shoe Box Float and enter the inaugural competition last year, you missed the final fun fling of Mardi Gras. Just remember, your float must be constructed from a shoe box. Let your imagination run wild and win prizes.

The lights will darken and the Mardi Gras stage for 2009 will grow dim around midnight. The horrendous Beach party will be over. Too soon.

Krewe of Wrecks Mardi Gras Parade Route

Sunday, February 22 2 p.m.



beads to enthusiastic recipients. More than one dozen extravagantly decorated floats will roll this year including newcomers, Pensacola's Krewe of LaFitte.

Spectators are reminded that their safety is paramount to deputies and sponsors. Please stay behind the barricades at all times and do not put children over them into the street. Do not throw anything at the floats as they pass by. Remember, this is supposed to be one of the most fun

begins at 6 p.m. and the parade which is lighted by the hats worn by the revelers will end at the Sabine Sandbar. This is a second line parade open to participants stepping in at any point.

Balls

Two of Mardi Gras' most elaborate balls are the Krewe of Wrecks Grand Costume Ball at the Dock at 8 p.m. and the Krewe of Bananimals Ball at the Quality Inn in Gulf Breeze at 8 p.m. Both are open to the public, but require a ticket. The Wrecks will hold their annual costume contest with prizes awarded to first, second and third. Other than a costume, the dress code is black tie. Both balls will feature live music, food and a cash bar.

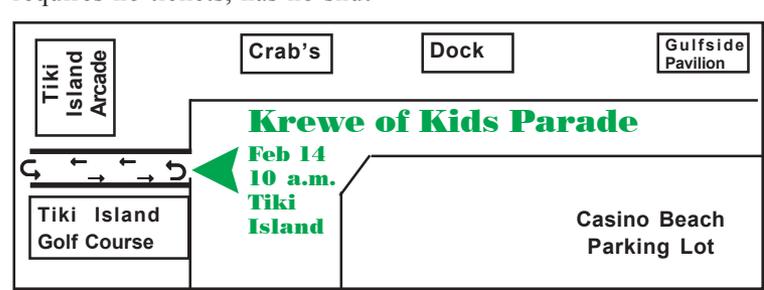
Parties

The Krewe of Wrecks

p.m. Kings tell tales of long ago, some of which are true. Tickets to this event are coveted.

Mardi Gras explodes and dazzles everyone at the annual Champagne Breakfast at Crab's at 10 a.m. on February 21. David McDonald is the emcee and provides music for the party where the names of the royal court are revealed and the royals receive their crowns, tiaras and drinking goblets. This party is usually sold out well in advance.

And, finally, on Monday, February 23, a luncheon which requires no tickets, has no shut



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Barefoot on the Beach

By Jane Waters Cooper



My husband Frank has a new hobby. And we now have a new chef in the house. Which is a good thing since we haven't ever had one before.

Yes, after years of attending his own cooking school which ranged from peanut butter and jelly sandwiches to microwaving almost anything, Frank's inner cooking artist has been crying to be set free.

Frank is now in the next level of culinary accomplishment. He can cook a whole meal. He does this without using the stove which he has still not mastered.

This week, he went out and bought a fancy crock pot and 101 dollars worth of ingredients. It seems the recipe that came with the pot called for such things as bay leaves and mushroom soup which I didn't happen to have lying around the kitchen.

He prepared his first meal by slowly cooking, and I do mean slowly, a pot of Jambalaya. Tasted great. Maybe, it was the engineer's touch.

Have you ever seen an engineer chop? He took each green pepper, celery stock and onion to statistical heights. Each tiny

morsel was the exact size and shape of its peers. And, he did all that without using a measuring device. Did the Crock pot recipe specify "chop vegetables, so they will be of equal density when they reach the pot?"

Anyway, he added his precise wedges of Boudin, shrimp, and chicken, popped the lid on the pot, and walked away.

The timer was set. Nothing to do now, but wait and serve. About seven hours later, the new chef spooned out his delicacy, hot and spicy and delicious. Tasted just like any jambalaya I've ever eaten and he didn't even peek, stir, taste or otherwise disturb his meal while it was slowly cooking.

As everyone, including Frank knows, I do not like cooking. I am also impatient. If a recipe advises me to marinate the chicken for 48 hours before bak-

ing it, I just turn the page and find something else. Like peanut butter sandwiches.

So, I am wondering how Frank's new hobby will affect our lifestyle. Is he doing this in self-defense? Is it because he went over the edge on salads, veggies and fruits? I must admit that in his grocery bags, a carton of watermelon showed up. Watermelon

in winter! Wow! He knew that was the way to my heart.

Up to now, I have been in charge of the kitchen, more or less. Frank is in complete charge of breakfast: blueberries, cereal, juice and coffee. He helps serve lunch which I, most of the time have cooked, like chicken soup

or turkey chili, or something someone has sent to me.

At dinnertime, I was on my own, which is the reason Beach restaurants with take-out know Frank by his first name. He frequently picks up our evening meal and pops it in the microwave, to give it a home kitchen advantage.

Then, there is the matter of cleaning up. Frank has gallantly taken over the dishwasher, the scraping and yes, cleaning the microwave. He seems to think that this is part of the job description. And it wasn't about to let him think it was optional.

When Frank and I first retired and were married 13 years ago, we spent a lot of our time aboard our boat.

As nearly as I can remember, Frank never came into the galley, unless he was looking for a bottle of beer. So, I had no preparation for this sudden change of heart now that we no longer have The Cabernet.

I just only hope my non-cook status does not change my position as the non-clean-up-the-kitchen person.

I think there is a moral in here somewhere. Maybe, it's "never too late to teach an old dog new tricks." Or "the way to a woman's heart is through her stomach." Or "take over the kitchen men. It's D Day."

Whatever all of this sums up to, I like it. At the moment, we have shelves full of mushroom soup, bay leaves, remoulade sauce, lots of produce, and miscellaneous other cookables. I will let you know what my husband's next gourmet adventure will be. I will never reveal his recipes or tell how much time he spends cleaning the kitchen. Get your own crock pot recipes. And if you are extremely fortunate, you may find a gallant husband like mine who thinks cleaning the kitchen was written into the marriage contract. Happy Valentine's Day.



Chef Frank

Party On - But Get Your Ticket In Advance

It's that wonderful time of the year again; the Pensacola Beach Woman's Club is hosting its annual Game and Card Party this Thursday, February 12. The event will be from 10 a.m. to 2 p.m. with lunch served at noon. It will be at Our Lady of the Assumption Mission and tickets are \$20 each. If you hurry, you can still get tickets which must be purchased prior to the party. No tickets will be sold at the door.

The ladies will offer a wide variety of games including Bridge, Bunco, Mah Jong, Rummy, Hearts, Dominos, and Scrabble. There will be door prizes and raffles including a 50/50.

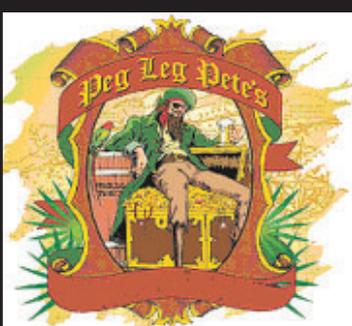
This party is the only

fundraiser the Woman's Club holds all year long and the proceeds go to Beach organizations.

TICKETS



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Trivia?

McConkey Fans Flood IT Email

Football players love to set records. The NFL star who was the subject of the last trivia stirred up an avalanche of answers, and they were all correct. No wild guesses. No half right, half wrong. No first names without last names and no last names without first names. Definitely a record. Phil McConkey, New York Giants famous player in the winning of the 1985 Super Bowl was the correct answer to the question submitted by Nettie McCulley, Trivia Master for the Day.

First to answer was Susan Kennedy of JME whose mother had a friend, Carol Hudson who used to talk about him all the time. The t-shirt goes to Susan who has graciously consented to let James Womack borrow it.

All sorts of memories popped up in the correct answers like that of Deputy Sheriff Peter Caston who knew the McConkeys were a Navy family. He even remembered Phil's sister's name was Alice.

Doug Gordon mentioned that Phil was Kit McCulley's friend and MC-16 Squadron mate.

Artie Gless' first trivia try this year said Phil used to play beach volleyball "with me and the boys" back then.

Anita Remesch said Phil lived on Pensacola Beach and was a graduate of the United States Naval Academy.

Among the others who answered correctly were Beach residents Mike Cook and Frances Hanson-Grow.

Mike Willett emailed that his

dad, as well as most Beach folks, quietly adopted Phil after his performance in the Super Bowl.

And more correct answers came from far and wide. Dr. Fran Albert and Sir Morrie Drees chimed in.

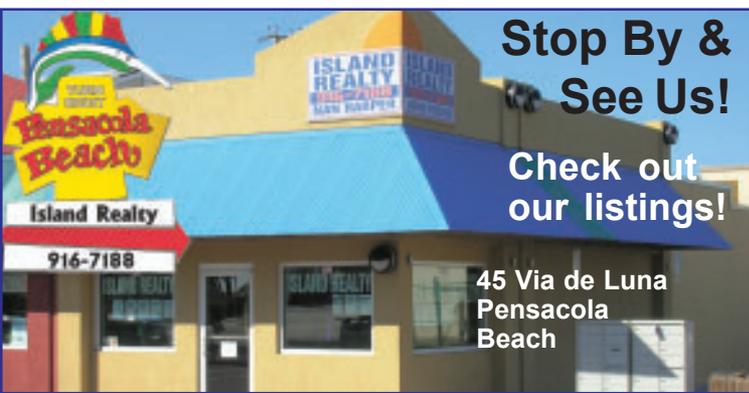
Former Beach gal Donna Ball was so busy preparing taxes for the clients at H&R Block in Navarre that she answered last week with, "I know I am not the first but the correct answer is Phil McConkey. He was a 27-year-old rookie when he finally joined professional football."

Phil has already been honored on the Beach by riding as a celebrity in the 1989 Krewe of Wrecks Mardi Gras parade and now he holds a new record for the correct answers submitted to *Island Times* trivia on his behalf. The Trivia Master hereby adds to his fame by naming him the third Knight of the Trivia Roundtable. Welcome, Sir Phil.

Would you like to own one of the coveted *Island Times* t-shirts? Answer the following question and be the first to email it to the paper and the shirt will be yours.

The Krewe of Wrecks, over many years, always had a hard time finding a starting point and ending point for their parade. Following are some of the starting points. Three are right. One is wrong. Can you pick out the incorrect one?

- Holiday Inn
- Villa Sabine
- PegLeg Pete's
- Beach Fire Station



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VALENTINES

Banker Camille Ripley and husband Don never forget a Valentine's Day. The romantic pair celebrate their wedding anniversary on February 14.

GROUNDHOGFAN

Pensacola Beach resident Lowell Graves is a big fan of Groundhog's Day. He waits for the furry critter to emerge and no matter what the determination, Lowell toasts the day. His observance of the occasion had to wait until he completed his volunteer work with the Pensacola Beach Advocates committee this year.

ELLA'S DAY

Ella Hess, who is the Queen of Everything, announced that the Groundhog must share his special day with her. Move over, Groundhog, February 2 is Ella's birthday. She was serenaded by Running Around Wreck Jeff Goudey at their

weekly Mardi Gras meeting.

GLENN WINS

Capt'n Fun runner Glenn Windham, has conquered the five mile off-road foot race in Dothan, Alabama. Glenn brought a first place medal back to the Beach as the winner of the Hog Wild race in his age class.

GOOD GOLLY

Mollie Thibodeaux has partying on her mind. The former Krewe of Bananimals queen and Lunch Buncher is counting down the days until her whole family arrives from coast to coast to help her blow out candles on a very special birthday cake. Karen Cowen is hosting the Good Golly Miss Mollie birthday bash.

MONET MONEY

Kay Ellsworth, who receives *Island Times* by mail in Germantown, Tennessee, sent her renewal check in a beautiful

notecard adorned with Monet's La Barque. How special our subscribers make us feel. Thanks for reading.

SYMPATHIES

Former Beach resident Eric Lake passed away January 21. He is survived by his children Eric Lake, Alicia Lake, Haley Lake and many Beach friends. A memorial service was held at the Gulf Breeze Presbyterian Church. He was 53-years-old.

Condolences to the family and friends of Bud Waite who died in his Pensacola home on January 12. Bud, who was known around the Beach for his poker skills and fun nature, served in the Marine Corps during Vietnam and was a merchant seaman. The family requested that any remembrances be in the form of donations to the American Cancer Society or Hospice of Northwest Florida.

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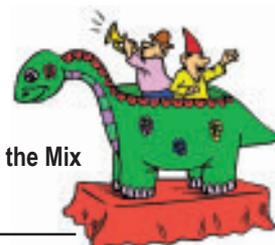
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February 24 - The Last Mardi Gras Party - Shoe Box Float Contest 8 p.m.



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by Kathi Lewis



"We need a bigger boat!"

Do y'all remember that line from the original Jaws movie? That's the feeling I had at the Nauga Breakfast. Even "standing room only" was indeed standing room only. That's the most Naugas I've ever seen.

God Bless our new Queen, Tommy Grice! His patience had finally been rewarded and he certainly makes an outstanding Queen. (Wendy, my friend and consort to the Queen, it's going to be a long year!) Big and many, many thanks to Tommy for his outstanding presentation called "Mardi Gras thru the Years" being shown at several events this year.

What wonderful and unforgettable memories it brings back. But recording all for posterity and making us look beautiful is just part of what Tommy contributes to Paradise. He has also entertained us tremendously throughout the years and we won't even talk about that watermelon thingie! Suffice to say, there's never a dull moment when Tommy's around. I can't express enough appreciation and gratitude for the beautiful photographs of friends no longer with us and yet, somehow still sharing it all.

"Nasty" John Thomas has certainly been taking good care of the SOB's this year and we are most grateful. We don't know how he does it, but he's Johnny-on-the-spot. Keep up the good work, my friend.

Thanks to Nasty, I was able to go to the Tiara Party hosted by the Krewe of Wrecks Queen Claire Marcey. This fabulous tradition was established in 1999 when I served as Krewe of Wrecks Queen. The idea came from Paulette Provost. Its dubious beginning consisted of meeting at Bobby D's, wearing tiaras and just basically proclaiming our "Queenliness" to anyone within earshot and having a blast. We feel that everyone should wear a tiara for at least one day. We defined it as a day for past, present and future Queens.

There was definitely a lot of smiling at the Krewe of Brews Beach Babe Contest followed by the Junkanoo's newly created Island Man Contest. I just love the Sandshaker's new set-up. There's a lot more space (and people) without losing the wonderful outside decks. And then there's Cathy "Brat" Haggensick's marvelous food right next door....just when you need it!

We all need sustenance because it's not over yet! Don't forget the Krewe of Warriors Ball on Friday the 13th followed by the Krewe of Wrecks Ball on Saturday, February 14.

You may be as surprised as I was to find that one of our readers actually expects a real recipe in each issue. Who knew? My dear friend and loyal reader, Ted Pence from Iowa (and consort to Queen of Bling Ella Hess) expressed some disappointment in not finding a real recipe in the last edition. Well, Ted sometimes it just depends on your definition of real. But no matter, my sweet friend, keep reading

'cause this one's for you. It's a delicious breakfast casserole created and served by Marilyn LeNormand during the "bead trippin' weekend" in Mobile.

Baked Fruit Casserole

1 lg. Can mixed fruit
1 med. can sweet dark cherries
½ Cup maraschino cherries
1 banana, diced
½ Cup brown sugar
2Tbsp. cornstarch
1 Tbsp. curry powder
½ Cup melted butter
bread crumbs

Combine sugar, cornstarch and curry powder. Drain all fruit and mix with banana. Add melted butter to fruit mixture, while also adding powder mixture. Toss and place in lightly buttered casserole dish. Sprinkle top with breadcrumbs and bake at 350 degrees for 30-40 minutes. Fresh seasonal fruit can also be used with a little extra brown sugar.

Enjoy, share and I'll see ya at the parties....

LaFitte Rolls On The Beach

Lights The Pensacola Night

Look for Pensacola's hometown pirates, the Krewe of LaFitte, as they join the Krewe of Wrecks to celebrate Mardi Gras on the Island, Sunday February 22.

This is the first time LaFitte will parade on the Beach, but their night parade has been a cornerstone of Mardi Gras in Pensacola for decades.

The Krewe of LaFitte's annual illuminated night parade will roll at 8 p.m., Friday, February 20, in downtown Pensacola. The parade will start corner of Spring and Garden Streets and follow the traditional parade route.

In addition to the Krewe of LaFitte's illuminated Pirate Ships, there will be other ships, floats, and marching units. All will have plenty of throws to wow the revelers. Everyone is invited to join the greatest Pirate of them all, Jean LaFitte, and his band of rowdy pirates at the Krewe of LaFitte Mardi Gras Parade. When you hear the cannons, LaFitte is on his way!

Wine Talk

By David Griffin,

Beach Wines
and Liquors



THAT'S GIN

Because they are so clear, light liquors may be perceived as being simple and straightforward, Gin's crystal clarity, light body, and ethereal bouquet, however, all conspire to belie its elegance and complexity. Perhaps more than any other clear spirit, premium gins have individual, highly defined personalities that are the products of closely guarded recipes as well as the result of breeding that spans centuries. Top-shelf gins are far from commonplace, with the fewest number of premium brands of all major spirits. Because no two gins taste alike, each brand-name gin is truly of singular character and can be appreciated as such. As the renaissance of the martini continues, America's affinity for gin has been rekindled.

HINT: The name "gin" is derived from the Dutch word "jenever," which means "juniper," the primary flavoring agent in the otherwise neutral spirit.

Each gin, like scotch has its own distinctive taste. At Beach Wines & Liquors, Inc. we have a great selection of gins and other spirits, mixes, wines and beers, perfect for your Mardi Gras parties. For quality and service that will please you, visit us at 5 Via de Luna today. 932-8850.

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Sunday, Feb 22nd, 2:30pm til
Post-Parade Party
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Tuesday, Feb 24th, 6pm
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SRIA: No More Food Trailers

The Santa Rosa Island Authority's Development and Leasing Committee turned down a request from the Sabine Marina to allow for the operation of a food trailer during their meeting on January 28. The staff had recommended the denial of the permit to allow the food trailer which would have been operated by Justin King.

The SRIA has been trying to get food trailers moved off the Beach and staff brought out the fact that the Sandshaker and Paradise Bar and Grill are both in the process of removing their trailers.

Tammy Bohannon, Committee Chairman, disagreed with staff.

"We really need to encourage entrepreneurs," Bohannon said.

The request was finally denied in a split vote with Bohannon voting in favor and Ed Guernsey and Fred Gant voting against approval.

The request to install a portable waterslide behind Wings at the Soundside Market fared a little better with all committee members approving. Fred Gant had some concerns, however, about the slide creating problems with access to the Beach. He asked that the request be placed on the regular agenda at the Full Board meeting, February 11. The Committee did approve the request to allow Bullfeathers restaurant to occupy the former Cabo Grill space and to let Lee Tracy expand into Unit 10, both locations are on the Boardwalk.

Dottie Ford, Finance Director, continued to give optimistic reports. "We do not rely on any state or federal funding," Ford said. "All of our revenues are from leaseholders. The numbers for November are down, but for the year, we are up. Retail and food seems to be suffering the most."

Jayne Bell, Director of Administration and Leasing, outlined the provisions of the new residential lease building extension policy.

"Basically we have added two years to the deadline because of the difficult economic circumstances and the housing market," she said.

If construction has not commenced by May 3, 2012, a \$2000 fee will be assessed with a \$2000 fee for each year thereafter. If a leaseholder requires more than the three years, the SRIA will consider each lease on a case by case basis.

The Administrative Committee voted unanimously to adopt the new deadline.

The Island Beautification Fund came up once again before the Operations Committee.

After repeating questions and concerns which have surfaced on a number of previous occasions, they accepted the new information including Baskerville Donovan's report that the cost of installing lines from reclaimed water for irrigation would be at least \$855,000. Member Vernon Prather said this sum should be added to the project documents.

Beach Chamber Looks Forward To Spring Business And Promotions

"It's only 32 days until Spring Break," Jeff Elbert, Pensacola Beach Chamber president told the members at their January 27 meeting.

In the meantime, the Mardi Gras main events are in progress and the Go Irish on the Island is ahead for St. Patrick's weekend.

Realtors Nan Harper and Tom Barron said things were picking up. Harper said they were having some closings and she has arranged for 100 Realtors to come to Pensacola Beach for a State Leadership Retreat October 22 and 23.

Marta Ray added to the encouraging news saying that business at the Days Inn is getting busier with weddings, and baseball teams booked in through the spring.

Barrier Island Girl DJ Zemenick announced that she is the official Krewe of Wrecks photographer. Bill Meilner had been the photographer from the founding of the krewe until recently when he had to give up the duty after he moved to town due to hurricane destruction of his Villa Sabine home.

Robert Rinke, Portofino developer, the corporation sponsoring the beautification plan, once again said there is an immediate need to find a land planner before proceeding further.

Board member Dave Pavlock moved that the Committee recommend to the Full Board to have the SRIA and Portofino representatives create a Request for Proposals for the services of a certified land planner and landscape architect. Funding for this would come from the current monies now in the Island Beautification Fund.

The motion passed unanimously by the three member committee, Prather, Guernsey and Pavlock.

The next meeting will be the Full Board on February 11 at 5 p.m. at the SRIA office. All meetings are open to the public.

Mike Cook, representing the Better Business Bureau, told the Chamber members that Torch Award applications are now available. These awards are given to businesses with high ethical standards.

Elbert commended Chrissy Cook for her efforts as Membership Chairman, after she reported that there are now 114 members in the Beach Chamber.

"I commend you for the outstanding job you have done," Elbert said. "This is a very difficult job."

Jim Cox, president of the Pensacola Beach Advocates and Chamber member, updated the group on the changes which may take place in the core area.

"The County has given the Santa Rosa Island Authority conceptual approval for a toll increase on the Bob Sikes Bridge, if the Island can present an acceptable plan for the makeover of the Core Area. What role should the Chamber take in this effort?" Cox asked.

The next meeting will be at 8:30 a.m. at the Comfort Inn on Feb. 24.



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The School Bell Rings

It's Honor Roll Time

Pensacola Beach residents and former Beach School students who earned high marks during the second nine week grading period at Gulf Breeze High School are: Lauren McDonald, AJ Anastopoulos, Michelle Albert, Omari Kali Baines, Bradley Foley, George Weisnicht, Marc Sessa, Elle Wade, Jennifer Dolfie, Constantine Anastopoulos, Shelby Hobbs, Cassandra Lane, Bailey Rinke, Travis Gill, John Baldwin, Michelle Moraes, Nicole Sakry and Ciara Wheeler.

Scouting News

Jamie Seabrooke, a fifth grade student at Pensacola Beach Elementary School, received the Arrow of Light Award, which is Cub Scouting's highest award on January 20. Jamie is a member of Cub Scout Pack 102 in Gulf Breeze.

Just Ten Dollars

The Santa Rosa County Take Stock in Children provides college scholarships as part of their mentoring program. Their ranks have grown from 19 students to 113 students this year. This large participation has left them \$30,000 shy of their monetary goal. They are asking for readers to send \$10. Tax-deductible checks should be made pay-

able to Santa Rosa Education Foundation. Please mail your check to Take Stock in Children, 5086 Canal Street, Milton, FL 32570 and make a notation that your donation is for the Scholarship Fund.

Italian Delight

The Gulf Breeze Presbyterian Church gym will be transformed into an Italian ristorante complete with candlelight as part of Boy Scout Troop 11's Spaghetti Dinner Friday, February 13. The \$10 meal will be served from 5:30 to 7:30. Tickets are available at the door or by calling 850-380-7887.

BBB Offers Scholarships

Beach resident Mike Cook encourages high school students to apply for Your Better Business Bureau® Foundation of Northwest Florida 2009 Student Ethics Scholarship.

The Student Ethics Scholarship Award is given to college-bound students within the BBB Northwest Florida service area who demonstrate overall personal integrity and ethical behavior. The application deadline is March 27. For entry forms and guidelines visit www.nwfl.bbb.org/TorchAward.

President's Day Holiday

Students at Pensacola Beach Elementary School will celebrate President's Day with a day off from school on Monday, February 16. Classes resume at 8 a.m. on Tuesday, February 17.



Pensacola Beach Red Hatters never miss a chance to celebrate. Chapter members who gathered at Paddy O'Leary's January 21 to wish Anne Vinson a happy birthday are: (L to R) Wendy Brandon, Bobbi Cunningham (seated), Barb Hill, Barbara Lanton, and Anne Vinson.



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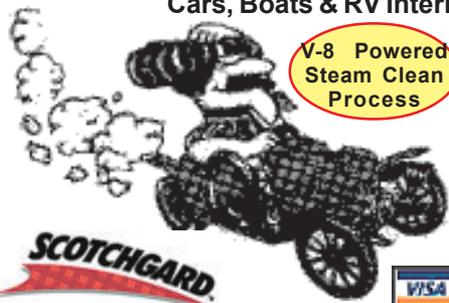
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Krewe of Kids

16th Annual Mardi Gras Parade

Saturday, February 14 • Line Up at 9:30 a.m. Start time 10 a.m.

Tiki Island Golf and Games

No charge to parade.

Decorate your stroller or wagon and join the fun. Bring your beads. Island Times will be awarding a prize for the best decorated entry.



A Cross in the Sand

By Dr. Chuck Randle
Pastor
Pensacola Beach Community Church

Ever notice how many of us like to rub elbows with the "rich and famous?" Perhaps it is because we would like to live their lifestyle. Perhaps it is because we feel we could be just like them if we had been fortunate enough to have had a few breaks at just the right times. Whatever the reason may be, we tend to gravitate toward those who have really made it.

I doubt if many of us aspire to be a king or queen, but there is

something about royalty that attracts many of us. Next week, we will have the opportunity to see King Carlos and Queen Sophia of Spain. They will be in our area to help celebrate the 450th anniversary of the founding of Pensacola, and will attend a ceremony at the TT Wentworth Museum.

All are welcome to see the royalty at that event on February 19 at 11 a.m. We won't have the opportunity to shake their hands, but

perhaps we will get a good glimpse of them as they bestow their blessings on Pensacola. At the very least, we will be able to say that we had the privilege of having the King and Queen visit Escambia County, a place so rich with Spanish history.

And after they leave, we will go back to our responsibilities with added enthusiasm because we have been in touch with a significant part of our history.

SRIA Schedules Public Workshop Core Area Development Ideas Welcome

What is your vision for the Core Area of Pensacola Beach? The Santa Rosa Island Authority would like to know. A Public Workshop will be held, Wednesday, March 18 from 6 to 9 p.m. at the Pensacola Beach Community Church located at the corner of Via de Luna and Avenida 18 to gather public input.

The Escambia County Board of County Commissioners has conceptually approved a one dollar increase in the bridge toll, but has requested that the SRIA develop a plan for the Core Area

improvements and redevelopment. Currently, there are a number of conceptual plans before the SRIA board.

The general public is invited to attend. Pensacola Beach stakeholders are encouraged to be present.

"I would encourage everyone to attend this workshop," said Jim Cox, Pensacola Beach Advocates president said. "Your input is critical to the future of the Beach."

Baskerville-Donovan engineers will serve as facilitators.

Ash Wednesday Services

Pensacola Beach
Community Church

Wednesday, February 25
6:30 p.m.

Communion
Ashes Ceremony



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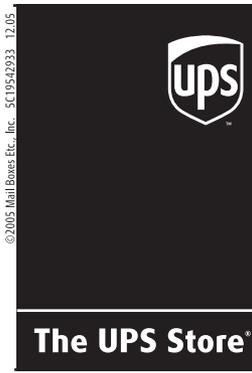
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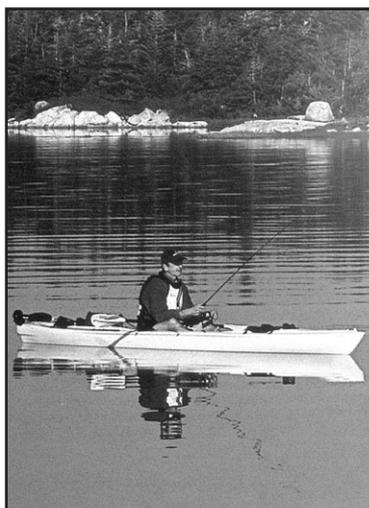
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READY TO RULE THE UNRULY- The Krewe of Junkanoo crowned King Don Stevens and Queen Sandi Huggins at the Sandshaker, January 25 during their Cajun Boil. The Krewe of Junkanoo also hosts a Chili Cookoff, Island Man Contest, Oktoberfest and rides in the Krewe of Wrecks Mardi Gras parade. This year's Junkanoo Island Man, Jeff Dykes, will ride on the Junkanoo float on February 22.

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Go crabbing on the Gulf of Mexico, at Crabs, We Got 'Em - Alaskan Snow, Dungeness and King Crabs are all on the extensive seafood menu. Sip and sit at the live aquarium bar or at the upstairs, outdoor Gulfside deck. Oysters and Wings are thirty-five cents from 4 to 6, Monday through Friday. No reservations, come as you are.

At the traffic light -find the red roof and the twinkling lights on Casino Beach and you're in Crab Heaven. Open everyday. 850-932-0700. www.crabswegotem.com

PARADISE BAR AND GRILL

A little bit of paradise at this open air, island style bar with its own private white sand beach. Pull up a rattan stool. Cold beer. Live Music. Exotic Libations. Friendly locals. Lunch and Dinner everyday. Cuban sandwiches. Black and Blue Burgers. Happy Hour 11-7. Live Bands. Poker on Monday and Wednesday.

Tucked away in the parking lot of the Paradise Inn, it's directly on Santa Rosa Sound. Boat and Bicycle parking. Open 7 days. 850-916-5087.

SEVILLE QUARTER

The Gulf Coast's Premier Entertainment Complex. Seven rooms of fun all under one roof! Karaoke, Texas Hold 'Em, Team Trivia, Pool, Video games & more. Live Entertainment 7 nights a week. Live music on 4 stages every Friday & Saturday night. Serving lunch and dinner. New Gift Shop! Located in Historic Downtown Pensacola at 130 East Government Street. Open Monday - Saturday from 11 until 2:30 a.m. and 5 p.m. until 2:30 on Sunday. Ring 434-6211 or visit www.rosies.com

FLOUNDER'S CHOWDER HOUSE

Step back in time and enjoy Flounder's antique collection. Step into now and enjoy Flounder's top rated seafood. Indoor and outdoor dining. Even a beach playground for the kids. Beach Bar 'neath the moon and stars - Diesel Fuel in a commemorative mason jar. Bilgewater Margaritas. Gift shop. Fred Flounder, founder.

Located at the traffic light on Pensacola Beach. Next to the 55 ft. shrimp boat. Open everyday. 850-932-2003. www.flounderschowderhouse.com

PEGLEG PETE'S

Ahoy, Matey. You've found a Pensacola Beach treasure. Pirates welcome. Fresh Gulf seafood served in the galley or outside on the awning covered deck. Glass front bar overlooks LaFitte Cove. All kinds of oysters. Live lobster. Gumbo. Dinner specials nightly. Sizeable sandwiches and burgers for Landlubbers. Take home a t-shirt.

Look for the Jolly Rogers flying over the west end of the Island at 1010 Fort Pickens Road. We're here everyday at 11. 932-4139. www.peglegpetes.com

SIDELINE'S SPORTS BAR AND RESTAURANT

Score! Don't miss a point. See it all in high definition - 11 big screens, 42 televisions. If it runs, jumps, races, it's here. Famous for Thursday Wing Night. Burgers. Seafood and Ribs. Kids menu for the JV players. Full bar. Indoor or outdoor seating. Video sports games.

Centrally located on Via de Luna, just east of the main parking lot and the traffic light. Kick off at 11 a.m. seven days a week. 934-3660.

MCGUIRE'S IRISH PUB

Even a bragging Irishman can't do justice to McGuire's where the atmosphere is an authentic turn-of-the-century pub. McGuire's has been named one of America's great steakhouses, and is world famous for its culinary artistry. Dollar bills on the walls, a moose to kiss and employees who give a damn! Try an Irish Wake or Senate Bean Soup.

Open at 11 a.m. everyday. Easy drive to 600 East Gregory Street in Pensacola. 850-433-6789 www.mcguireirishpub.com

SANDSHAKER LOUNGE

The "World Famous Sandshaker"- a Pensacola Beach Tradition since 1973. It's the Home of the Original Bushwacker and has been selling this signature drink for over 30 years. The Shaker was the 1st bar on the Beach to offer this tasty frozen concoction. Live Music Wed, Thurs, Fri, Sat & Sun. Karaoke Tuesday Iguana Grill open Wednesday-Sunday

Across from the Boardwalk on Pensacola Beach. Open 10 am until 3am. 850-932-2211. www.sandshaker.com for photo gallery and event schedule.

NATIVE CAFE

Open at 7:30 a.m. six days a week. Closed on Tuesday. Owned and operated by friendly natives serving locally produced seafood and delicacies. The Fish Tacos are an experience to enjoy. The owners say their goal is to preserve the unique flavors of the Gulf Coast. Go fresh. Go native. Specialty desserts top off expertly prepared meals. Seating is informal. Art gallery setting with local artists displaying whimsical works. 45 Via de Luna. Downtown Pensacola Beach. 934-4848.

BUSINESS BUZZ

PETALPOWER

Fresh exotic Hawaiian flowers can be part of your Valentine's party or your everyday life, now that Tropical Treasures is up and running. Owner Mary Bedard receives the island beauties right at her Gulf Breeze location and creates custom arrangements for her local clients. Fresh flowers for your island home or favorite gal.

MOVIN ON UP

Beach poker ace Trace Lewis was promoted to the position of Building Supervisor at the Emerald Isle Resort Condominium on Pensacola Beach according to the condo's management team at Island Realty.

ALL DECKED OUT

The summer sun gave way to fall breezes on Dale's Big Deck at the Sabine Sandbar. When winter winds started to blow, Dale Andersen designed a deck enclo-

sure that blocks the wind but not the view. Sunsets are still as beautiful and the same price, free.

TEE TIME

Fanciful Mardi Gras t-shirts inspired by a custom Pensacola Beach design will arrive at Island Style this week. Island artist Mario Roberts has crafted a work of art that is sure to become a Beach collectors item. Island Style is located next door to Flounder's. Hurry over to get yours before they all sell out.

SECRET CLOSET

Can you keep a secret? Pandora de Balthazar has put selected items in her secret closet located deep within her Pensacola showroom on Heinberg Street. Discounted as much as 90 percent, the items change daily, but the location of the closet does not. Shhhh.

CAMPAIGN TRAIL

Mark Curtis, former Channel 3 reporter, has chronicled his jour-

ney on the presidential campaign trail in his newly published book, "Age of Obama: A Reporter's Journey with Clinton, McCain and Obama in the Making of the President 2008." It's available at Amazon.com. Beach residents will remember Curtis as the reporter who attempted to debunk the Gulf Breeze UFO sightings, in addition to his service as a Krewe of Wrecks stowaway.

PUT ON A HAPPY FACE

Studio 98 has a special offer just in time for Valentine's Day. Microdermabrasion with a relaxing classic facial or a whole day of services to relax and beautify you and your sweetie. Call 939-8800 for the details.

CRAB LOVERS

It's true. All you care to enjoy of the most delectable Snow Crabs at Crab's We Got 'Em on Thursday and Friday nights. Romance has been known to bloom at their Gulf front tables. No reservations necessary.

OPTIMIST GALA

Pensacola Beach Optimists will honor the 450th celebration by hosting a Conquistador's Gala, Saturday, April 25 at Flounder's.

Jeff "Papa Bear" Castleberry Ends Winter Hibernation

Those who attended the meeting of the Pensacola Beach Elementary School Board on January 26 found out that the Principal's job does not consist entirely of funding, learning, busses or FCAT scores. It was reported at the meeting that Principal Jeff Castleberry had been "Papa Bear" at the kindergarten class' Hibernation Day. Castleberry's only comment was that he would be willing to turn that job over to someone else next year.

On a more serious note the Board heard that the financial situation for this year is good, but next year the State will possibly cut funding as much as ten percent per student which would put the School in a tight economic bind.

School Board members must look for potential increased expenditures as the number of students grows, and they do not know what to expect from donations this year. They did agree to fund half of

the Smart Board program with the PTA. The cost for the electronic blackboard system will be approximately \$12,000 for the Board. The kindergarten has successfully used the Smart Board this year, but the other classes do not have the system yet.

In her teacher's report, Sandee Bredesen noted that the Beach School students who entered the African American Essay Contest have been invited to an awards party. Also, poetry submitted has been accepted for publication in an anthology. Preparation is underway by the students for the Florida Writes testing in February and the FCAT testing in March. Kindergarten, first and second grade classes will take Stanford Nine tests in April.

The next School Board meeting will be at 6 p.m. on February 23 at the school. All meetings are open to the public.

BYTES AND BITS

By Joe Stuke, Your Computer Pal

Q: "What could be keeping my computer from powering up?"

A: When no power is getting to your computer, the first thing to look at is the computer's power supply. On the desktop models, the power supply is inside the computer and can easily be tested or replaced. An inexpensive testing device or a power supply can be bought at any computer store. The power supply sends electricity to each of the computer's internal components, such as the motherboard, hard disk, CD player, and floppy disk drive. Simply unplug the power supply's cables from each of those devices and attach the new power supply. (Make sure the computer is not plugged into any electrical outlets when doing that).

Certain power supplies, under the name of Bestec, have a reputation for frying the entire computer when they go bad. Those power supplies are often found in Emachine and HP computers. When the motherboard is damaged, the repair costs go up quite a bit.

For notebook computers, the power supply is not inside the computer. It is in the rectangular module that is part of the external power cord. That can be replaced if it is determined to be the source of the problem. The tip of the power cord, which is inserted into the computer's power jack, is sometimes the cause of the problem. Ebay is a good source for those power supplies. Just make sure that the one you buy is an exact match.

This article was provided by The Stuke Group. For questions, contact Joe at joe@ycpals.com or 206-3156.

**Krewe of Wrecks
Grand Costume Ball
February 14 at The Dock**

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Linda Taylor Murphy

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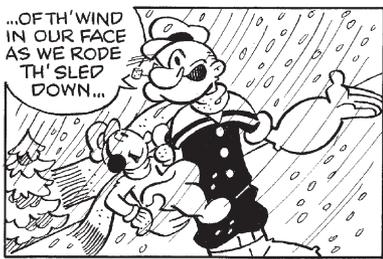
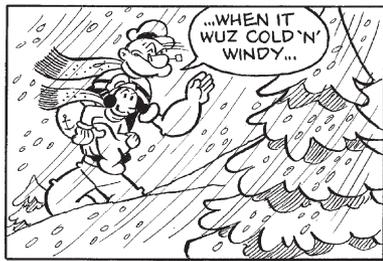
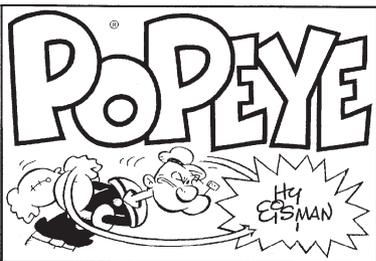


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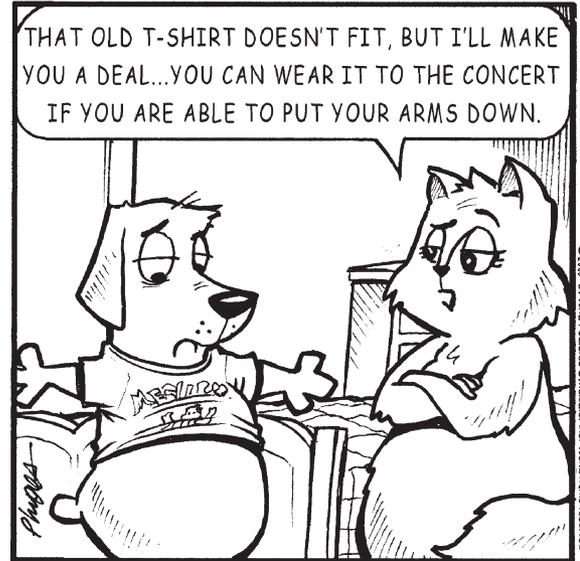
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LAFF - A - DAY



"It needs a rest!"

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Best Float Contest
Decorate Strollers & Wagons
Free to enter

Krewe of Kids Parade • Saturday, February 14
Line Up 9:30 a.m. • Rolls 10 a.m.
Tiki Island Golf and Games



Mostly Nuts & Bolts

By Candy Segar

As I sit back each night and watch the national news, I think about what I would and could do with our "taxpayers" money to help our country out of this recession. Here are three ideas I would implement in this order.

#1) I would start adding to the existing railroads. This is not only a great way to move goods, but it would provide a fun and unique way for people to travel. I really wanted to implement idea #2 before #1, but my husband, Ralph said, "No, infrastructure first; Mars second." I would also employ Americans in rebuilding roads, bridges and water piping. Perhaps the scientists, engineers and technologists that NASA plans to lay off should be utilized to design and engineer an energy efficient train that can travel at speeds exceeding 300 miles per hour.

#2) I would start planning for and executing travel to our Moon and to Mars. There are some excellent ideas from scientists with regard to travel to Mars including sending up advance supplies complete with a self-

contained nuclear power plant. We need to emphasize and focus on these ideas, so that we could continue our journey to the space station not to mention our two immediate destinations, our Moon and Mars.

#3) I would start building nuclear power plants across the country. In addition to those plants I would also build reprocessing plants to recycle the existing nuclear wastes. This would assist in getting rid of our dependence on oil.

My plan would be written in two pages for everyone in this country to read and understand, not hidden in 700 pages of legal gibberish like the current plan. The promise of tomorrow would exist with a brighter future.

Let me tell you this -whoever leads in the space race, will have full access to all new technologies and science. The other thing to remember is that in the far distant future, our Sun will eat the Earth for lunch. Space travel, along with colonization of other planets, will be essential if we want our species to survive.

TDC Doles Out Advertising Funds

Commissioner Grover Robinson, newcomer to the Tourist Development Council, gave the members his thoughts on how the monies they distribute should be used during his first meeting on January 27.

"We need to market ourselves as one entity," Robinson said. "We need to include the logos of Pensacola, Perdido Key and Pensacola Beach tagged onto each ad. We want tourists to come here and stay where they will, but let's get the visitors to Escambia County.

Ed Schroeder, Pensacola Convention and Visitor's Bureau requested \$775,000 for advertising and marketing. Dana Story requested \$117,000 for Perdido Key. Council member Wanda Cross noted that the Perdido Key Chamber had already received \$113,000 from the TDC and also that there is a line item in the Pensacola CVB's budget of \$42,000, designated to advertise Perdido Key.

Although Pensacola Beach supplied 34 percent of the to-

tal funding to the TDC through their bed tax, they have received advertising money from the group only once in 2008 when they were allotted \$25,000 to advertise the month long Season Your Holidays promotion.

The Council denied The Zoo's request for \$75,000 citing a rule that does not allow granting funds to organizations outside Escambia County.

The TDC granted \$455,000 to the Pensacola CVB for priority projects and the Civic Center and \$117,000 to Perdido Key. Pensacola Sports Association was given

an additional \$13,573 and access to \$100,000 for large sporting event projects.

Council members in addition to Commissioner Robinson and Wanda Cross are Denis McKinnon, chairman; Nash Patel, Dr. P.C. Wu, Nancy Halford and Nan Harper. Andrew Rothfeder of Portofino who had been a member was removed since he does not live in Escambia County.

**Krewe of Kids Parade
Saturday, February 14
10 a.m. Tiki Island**

native cafe

owned & operated by friendly natives!

**Breakfast
Lunch & Dinner**

OUR GOAL IS TO PRESERVE THE UNIQUE FLAVORS
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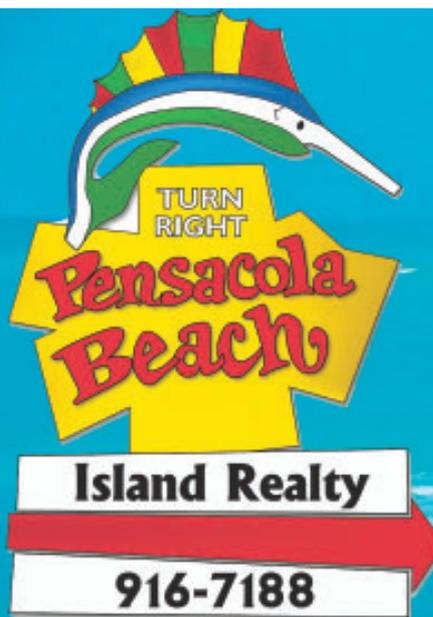
Open at 7:30 am
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Who Knew?

How old is your krewe?

PENSACOLA BEACH KREWES	YEAR FOUNDED
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Krewe of de Feet	1989
Krewe of Nereids	1990
Krewe of Coma	1990
Krewe of Kids	1993
Krewe of Brews	1993
Krewe of Bananimals	1993
Krewe of Nauga	1994
Krewe of Junkanoo	1996

INFORMATION PROVIDED BY JANE WATERS COOPER



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Doherty Reigns As Queen of Beach Poker Tables

Jenny "The Lionheart" Doherty Takes Player of the Month Title

It was only a matter of time before one of the poker mavens amassed enough first places to surpass the men. Jenny Doherty posted winning stats during January with her courageous and steady play to be crowned the Texas Hold 'Em 4444 Fun Player of the Month.



Jenny Doherty earned the January Player of the Month title.

Second time's a charm for Brian Walker on January 25 as he took out Jonathan Grooms in the final.

On January 27 Justin Scher outlasted Toots Humphrey in the final flurry of betting and bluffing.

During one of the last games of January, nineteen players battled for four hours to have Jenny "The Lionheart" Doherty take the win. She had the short stack with four players left. She then went to work on the boys until she had all the chips claiming her second win of the month. Col. Phil Tracy took second place and gave a smile to the winner. Justin Scher was third and Larry Gers was fourth.

Super Sunday, February first was super for Diamond Donnie Beall as he made a change in

plans from playing with the band to playing poker. He cleaned out the house with a big run of cards at the end to knock off Fran Cox in the final.

Twenty-seven players battled on February 2 but Miguel Thompson went all the way beating Kim Duell in a hard fought final. Miguel had a record 7.6 million in chips when it was all over. Toots Humphrey did a great job as one of the dealers during this tourney.

Sandshaker Lounge

Monday night poker action moves to the Sandshaker Lounge, where Trace Lewis bushwacked his way to the win taking out Mike "Hokie" Holcomb in the final on January 26. The following Monday, Feb. 2, one of our fine young Naval Aviators Jared Shullick outlasted Jason Mays in the final. Mike "Hokie" Holcomb was third.

Tourney for MS Walk

Justin Scher extends a huge thank you for the turnout and support that everyone showed on Saturday, January 31. "I never imag-

ined a result like what we had. I've tried to thank each and every one of you in person, but I might not have been able to, there were so many players," said Justin.

The link to his MS Walk internet page is <http://main.nationalmssociety.org/goto/pirateswalkingforacure>. Log on and keep up with donations and his progress.

St. Paddy's Poker Tourney

It's no blarney, we're having a St. Paddy's tourney at Paddy O'Leary's on Saturday, March 14 and we offered a green *Island Times* t-shirt to the player who came up with the most clever name for it. Father Sean Knox chimed in with Paddy's Pot O' Gold Poker. Skateboard said it should be 4444 Clovers Contest and Waldo Defendorfin, the famous Irishman, submitted Shamrock Poker Shindig as his choice. The Leprechauns have chosen Paddy's Pot O' Gold Poker, so the t-shirt goes to Father Sean.



Amanda Berish won at Paddy O'Leary's on January 22.

Timing

The popularity of the card games seems to grow and Texas Hold 'Em 4444 Fun offers poker five times per week. In an effort to shorten the time, games will begin at 7 p.m. sharp. For more information, please call 850-324-2667.

"Each month is a race to the wire to see who comes out on top," said Poker Promoter Rick Uzdevenes. "Jenny was awarded a bridge pass for her efforts."

Paddy O'Leary's

Amanda Berish upheld the women's winning ways at Paddy O'Leary's on January 22. She garnered her first win by outplaying a tableful of top players. Amanda hit a full boat with pocket Queens on the last hand taking out Richard Butler and Josh Nichols to claim the win.

Just when the fellows thought it was safe, Angie Townsend, sister of new momma Alicea Townsend, took it all the way on January 24, as she rode a full boat to the winner's circle. She beat twenty-four players including Toll-booth Richard Butler in the final. Jimmy Skateboard was third and sister Alicea Townsend was fourth, just to keep it in the family.



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EXCEPT SATURDAY AT 4 PM

Monday: Sandshaker

Tuesday: Paddy O'Leary's

Thursday: Paddy O'Leary's

Saturday: Paddy O'Leary's

Sunday: Paddy O'Leary's

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ROYAL FUN - Tommy Grice was crowned Queen Nauga XV at the Nauga Champagne Breakfast, January 31 at The Dock.

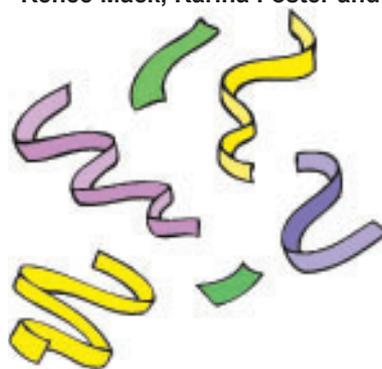


Nauga Queens were decked out in red, white and blue during the In-Nauguration year Champagne Breakfast and Native Noontime Ball, January 31 at The Dock. Royalty included (front row, L to R): Dana Graves, and Christine Hewerdine. Middle row (L to R): Karen Cook, Danah Gibson, Carrie Monaghan, Deb Friedman and Lynn Cieutat. Back row (L to R): Shelley Johnson, Sharon Mattair, Renee Mack, Karina Foster and Gwen Gibson.

Photo by BDJ



MOON PIE MADNESS - When a moonpie flies at you and lands in your drink, you just give a thumbs up according to Jerry Limle who had that very experience at the Krewe of Nereids Moon Pie Party at the Shaker January 23. The traditional Mardi Gras treat is the cornerstone of a party where the all female krewe raffles off wild hats and gift baskets. Proceeds go to local charities.



It's never too early to learn about Mardi Gras. Krewe of Kids member Madison Clay, left, receives a prize from Captain of Kids Jackie Henderson at the Kids Sign Up Meeting at Tiki Island. Madison, who is a second grader at Pensacola Beach Elementary School will march in the Sixteenth Annual Krewe of Kids parade, Saturday, February 14. There are 35 krewe members ranging in age from toddlers to fifth grade.





Take Two Apples

and call me in the morning...
The doctor is in and she's hip, too!
 By Tracey Pinkston, J.D., M.D.

It is time for Mardi Gras and Valentine's Day--time for food, fun and debauchery, mostly of a somewhat civilized nature. It's the time for King Cakes and for any heart shaped confection, particularly if covered in chocolate. On the Beach, we are nearing the end of a 6 month party season that started with Halloween and will end at Easter time. Don't be discouraged--then begins the Summer party season! This 6 month part of the year seems to be the time for indulging the sweet tooth. Then comes that fearful time just before Spring Break when the dreaded question of "how will I look in my swimsuit" rears its ugly head. Yikes!

Some estimates place annual sugar consumption at approximately 135 pounds per person in the U.S. That equates to 27 five pound bags of sugar per year or a little more than one five pound bag of sugar every two weeks. Holy Bikini, Batman!

Not me, you may say. No way--I have that same five pound bag of sugar on my shelf that I bought last December. Well, it's not just the direct sugar you use at home that is a problem. There are also loads of hidden sugars being stuffed into just about every food product imaginable, including fruit juice, yogurt, bread, and other things that really shouldn't need to have sugar put into them.

Some of this "sugar" is in form that may be even more harmful than regular table sugar. Into that category I place the dreaded "high fructose corn syrup" a chemically modified sugar made from corn. These modified sugars are found everywhere. In fact, it is sometimes difficult to find certain types of food products that don't have high fructose corn syrup added to them. The high fructose corn syrup people (whoever they are) have started advertising that their product has the same nutritional value as regular white table sugar. And I ask, "Is that supposed to be a good

thing in a society where obesity is the latest epidemic?" Also, the body doesn't see it the same way as regular sugar because it is not the same thing and can cause problems all its own. But that is a soapbox for a different day!

Some people, in an effort to reduce their sugar burden, try to fool their sweet tooth by eating things that are sweet without having calories. Does that work? Unfortunately, there is growing evidence that artificial low- and no-calorie sweeteners, may be contributing to the epidemic of obesity and diabetes in America. Artificial sweeteners try to fool the body by providing sweetness but without calories; however, the joke's on us because when we consume these artificial sweeteners, our bodies believe there will be calories associated with the sweetness. Since there are no calories, the body's response seems to be to slow metabolism and hold onto calories more. There also may be a problem related to insulin release, resulting in a vicious metabolic circle in which insulin is being released but unable to be used. Over a period of time, this seems to result in insulin resistance and weight gain which may ultimately result in diabetes.

A study done with rats showed that they ate more food and gained more weight after eating no-calorie artificial sweeteners than rats who ate sugar. Rats who ate the sugar with higher calories ended up

not gaining as much weight as the rats fed the artificial sweeteners. The rats eating the artificial sweeteners also lowered their metabolic rate to hold onto more calories, burn fewer calories, and increase their weight even more.

In 2007, the medical journal *Circulation* published a study that showed drinking one soda per day, whether regular or sugar-free, resulted in a 50% increase risk of metabolic syndrome, which includes obesity, elevated cholesterol, elevated blood sugar, and a high risk of heart attack and stroke.

What to do about this? The Greeks had it right thousands of years ago--everything in moderation. Be cautious of your diet. Eat foods as close to nature as possible and avoid foods that are manmade or contain processed ingredients. The more processing a food has gone through, the less nutritional value there is left in the food. So, keep your sugar consumption to a low level and skip the diet soda.

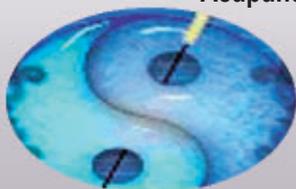
Keep Reading - Please always consult your doctor before starting or stopping any medication or nutritional supplement.

(These statements have not been reviewed by the Food and Drug Administration. This article is not intended to diagnose, treat, prevent, or cure any disease. This article is intended for general informational purposes only. It is not intended as specific medical advice for any individual. Please seek the advice of a physician or other licensed health care provider before undertaking any health-related changes in your medications or lifestyle.)

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Go Irish on the Island Honors St. Paddy

It will be easy to "go green" this year when the Go Irish on the Island celebration brings a five day party to Pensacola Beach, beginning on Friday the Thirteenth. Not to worry about old superstitions.

The luck of the Irish will always be with you.

Some changes and new events have been added in the St. Paddy's Day Pub Crawl this year.

Shirley Blake, widow of the Pub Crawl founder, Paddy Blake, just does not feel quite up to running the show as she has since her husband passed away, but she wanted the Pub Crawl to retain all its flamboyant activity. It will do that, and more.

Members of the Pensacola Beach Chamber of Commerce will be the new leprechauns in charge. And it won't be that much different since the same bars and restaurants are all Chamber members.

"We want this popular event to go on and on," Jeff Elbert, Chamber president said. "We know we can never replace the Society of Leprechauns, but we are taking up where they left off and will not let the faithful Irish of this community down."

One of the Beach's high profile Irishmen, Seamas Hunt of Paddy O'Leary's is coordinating the Crawl. There are a dozen pubs on the route this year and it will take from 10 a.m. to 6:15 p.m. to complete the Crawl. You can drop in and out, take a break, take a nap, go to work, whatever and still have time to get back in the line-up anywhere along the trail.

The event will begin on Friday, March 13 with Renee's Birthday Bash at Paradise Bar and Grill. Anybody lucky enough to cel-

brate a birthday in March will get the first drink free. The St. Paddy's Day Pub Crawl will be the highlight of the final day, March 17. This year, additionally, the wee leprechauns will have a party at Tiki Island Golf and Games on St. Patrick's Day after school.

So, laddies and colleens, get out your green and we'll see you wearin' it on Pensacola Beach on St. Paddy's long weekend.

10:00	Sidelines
10:45	The Break
11:30	Paddy O'Leary's
12:15	The Islander
1:00	Paradise Bar and Grill
1:45	Crab's We Got 'Em
2:30	The Dock
3:15	Flounder's
4:00	Bamboo Willie's
4:45	Bimini Beach Bar
5:30	Sabine Sandbar
6:15	Sandshaker

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readin' the water

by Saltwater Rick

With cold air from the north keeping the Pompano out offshore, I've only had a few reports of catches from the beach in the last two weeks.

Bridge action is hot though with Sheepshead all over the bridge structures. Small crabs that can be rounded up in the rocks at the foot of the Beach bridge are the top bait and with a circle hook and a little patience a tasty dinner is just a fillet away.

Sightings from "Elvis" Presley of slot sized Redfish are a daily happening in the shallows of the Gulf inside of the second sandbar.

Trace Lewis and Fran Cox

took a ride to the Pass in Trace's Skiff, but, tales of a nice sunset were all that came back this time. My wife Janie and I went out there on the same evening and had the same luck, but it was one "speck"tacular ride and the Dolphin were everywhere filling their tanks wth Mullet. We just stopped in the middle of them and let them do their thing as we watched and wondered what it would be like to be so free.

It's time to start booking your trip out for Cobia season, when that Gulf water hits 62 degrees, we are on! Life is happening, so do yourself a favor and Go Fishing!



LIVIN' THE HIGH LIFE - The Miller High Life Delivery Squad comprised of Louisiana native Bobby Meador, left, and Krewe of Wrecks King Vern Phillips arrived at the Nauga Breakfast January 31 with cases of beer to give away. Upon receipt of the clear glass "champagne of beers" partiers were surprised to find bottles filled with Mardi Gras beads. How did they do that?

Get Dialed In On Historic Fort Info

History lessons and important park information about the Gulf Islands National Seashore are available through the Dial and Discover program. Cutting edge technology allows park visitors to step back in time at Fort Pickens or learn more about Fort Barrancas.

Dial and Discover was initiated so visitors in different park areas can use their cell phones for up to the minute information. By calling 850-677-1089 and pressing a corresponding number for additional information, visitors will have access to pre-recorded messages. The following numbers are available: #1 Fort Pickens, #2 Bird Nesting, #3 Fort Pickens Road, #4 Fort Pickens Campground, #5 Santa Rosa Road, #6 Fort Barrancas and #7 Perdido Key Area.

Cell phone audio stops are designated with numbered signs

within Fort Pickens. Visitors can dial and receive enrichment and additional information about the historic area or monument at that marker.

There is also an option to give feedback on the service by pressing *0.

Vehicular access to Fort Pickens has been closed since Hurricane Ivan. Visitors may hike, come by boat or ride in the commercial shuttle. The road leading to the Fort is scheduled to open in Spring 2009.

For additional information about Seashore projects and programs contact the Naval Live Oaks Visitor Center at 850-934-2600 or visit the website at www.nps.gov/guis.



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Childhood Cancer Research
PBES Just Say NO! Poster Contest
Kelli Noel Stewart Dance Scholarship
Favor House of Pensacola
Santa Rosa Educational Foundation

GBHS Science Olympiad
GBHS DARE Program
GBHS Project Graduation
Santa Rosa Kid's House
Manna Food Bank
Sacred Heart Foundation The Children Fund

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The Krewe of Bananimals Queens stopped dancing and celebrating long enough to host their first ever Queen's Luncheon at Hemingway's January 30. Royal ladies are (back row, L to R): Karen Cook, Dawn Littner, Mary Jo Tibbits, Nancy Morgan, Lonnie Lane and Kennedy Neal. Middle row (L to R): Rebecca O'Mahoney, Mollie Thibodeaux, and Teena Cobb. Front row (L to R) Angela Moore, Beverly Hughes and Linda Terry.

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Mardi Gras on the Island Events

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Krewe of Kids Parade	Tiki Island
10 AM	Open Free
Krewe of Wrecks Ball	The Dock
8 PM	Open Ticket
Bananimals Ball	Quality Inn
8 PM	Open Ticket
Feb 16	
KOW Queen's Dinner	Flounder's
7 PM	Open Ticket
KOW King's Supper	Elk's Lodge
7 PM	Open Ticket
Feb 21	
Krewe of Brewe Queen's Breakfast	Flounder's
9 AM	Krewe Ticket
KOW Champagne Breakfast	Crab's
10 AM	Krewe Ticket
Feb 22	
Wrecks Mardi Gras Parade	Via de Luna
2 PM	Open Free
Feb 23	
Red Beans and Rice Luncheon	Casino Beach
11 AM	Open Free
Lundy Gras Party	Paradise Bar
6 PM	Open Free
Feb 24	
Krewe of Coma	Sandshaker
6 PM	Open Free
Shoobox Float Competition	Paradise Bar
8 PM	Open Free

How did it all start?

Who was there?

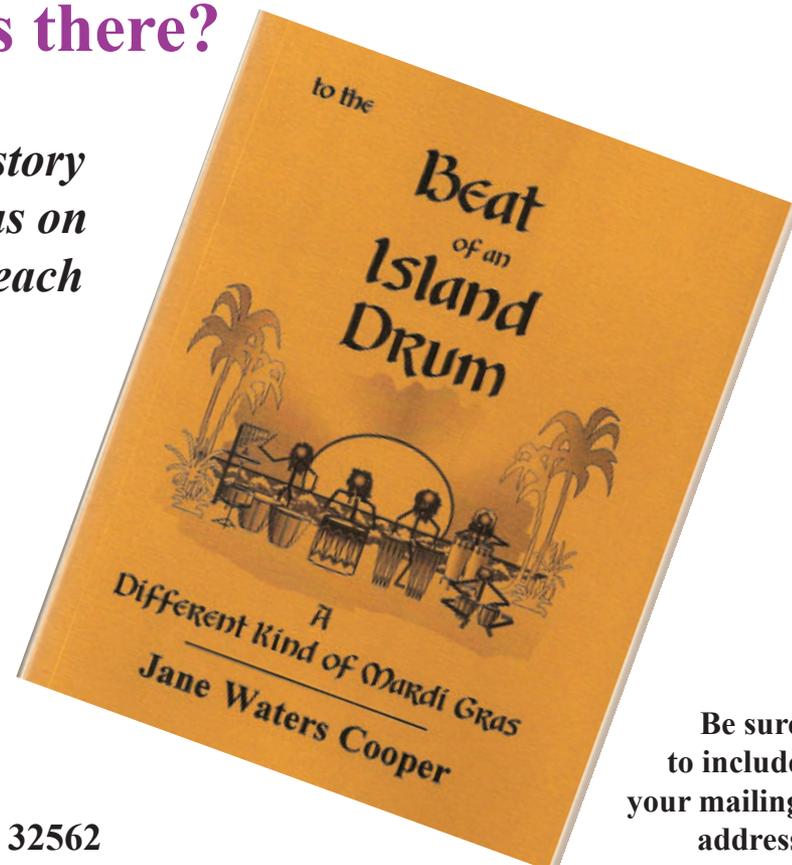
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the island Times Mini Float com-
petition. No charge to enter.

King Crossword

ACROSS

- 1 Lingerie item
4 Will Ferrell
Christmas
movie
7 Rate of
walking
11 Craving
13 Civil —
14 Old Italian
money
15 Hodgepodge
16 Ostrich's
cousin
17 Prayer
conclusion
18 Confuse
20 Lends a
hand
22 St. Bernard's
burden
24 Rough
struggle
28 Gab
32 Happen
33 "That hurts!"
34 Beer holder
36 14-Across'
replacement
37 Bonfire
residue
39 Other than
41 Robberies
43 Chatroom
chuckling
44 Bobcat
46 Dark hours
50 Horseback
pastime
53 Exist
55 Film —
56 Sandwich

1	2	3		4	5	6		7	8	9	10	
11			12		13				14			
15					16				17			
18				19		20		21				
			22		23		24			25	26	27
28	29	30				31		32				
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37				38		39		40				
41					42		43					
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56					57				58			
59					60					61		

- cookie
subject, often
silence
7 Corporate
barrier of a
30 Rue the run
57 Author
sort
31 Massage
58 Mentor
8 Intend
35 Solidify
59 Bosc or
Bartlett
9 Rage
38 Pigs' digs
60 Old soap
ingredient
10 Light brown
member
40 Trinity
42 Slow mover
61 Ball prop
address the
45 MRI
group the
forerunner
19 Obtain
47 Toe woe
21 Twosome
48 Employ
23 Jewel
49 Authentic
25 Gulf War
missile
50 Burst
26 Entice
51 Raw rocks
27 Piccadilly
statue
52 Meadow
54 Away from
WSW
28 Jacket
29 Call for

DOWN

- 1 Amorphous
mass
2 Hold the
scepter
3 "Yeah, right!"
4 Lamb's
mommy
5 Dalai —
6 Still-life

King Crossword

Answers

Solution time: 21 mins.

B	R	A		E	L	F		G	A	I	T	
L	U	S	T	W	A	R		L	I	R	A	
O	L	I	O	E	M	U		A	M	E	N	
B	E	F	O	G		A	I	D	S			
			K	E	G		T	U	S	S	L	E
C	H	A	T	T	E	R		O	C	C	U	R
O	U	A	C	H		M	U	G		E	U	R
A	S	H	E	S		B	E	S	I	D	E	S
T	H	E	F	T	S		L	O	L			
			L	Y	N	X		N	I	G	H	T
P	O	L	O		A	R	E		N	O	I	R
O	R	E	O		I	A	N		G	U	R	U
P	E	A	R		L	Y	E		T	E		

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