

# ISLAND TIMES

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## Royal Wrecks XXIX



The Krewe of Wrecks presented their twenty-ninth royal court in a champagne fueled coronation at Crab's on February 21. Commanding all subjects to cast away cares and follow them through the last magic days of Mardi Gras on Pensacola Beach are (L to R): Krewe Stowaway Kimberly Blair, Ship's Officers Dan and Jane McGrath, First Mate Paulette Provost with Deckhand Kodi Eubanks (background); Captain Tommy Grice, Deckhand Lacie Tallo, Ship's Officers Jim and Lila Cox; and Stowaway Allen Strum. At the stroke of midnight on Fat Tuesday the Wrecks take their final bow to signal that Mardi Gras 2009 has officially ended. For more on this story, see page 2.

# The Party's Over - The Curtain Falls on Mardi Gras 2009

Mr. Running Around Wreck, Jeff Goudey, in only his second year as the head honcho of the Krewe of Wrecks has done himself proud. Under Running Around's tutelage, the Wrecks have just polished off a high energy season of the Beach Mardi Gras where make believe never meets reality. It's been a wild ride for the Wrecks up to and right through this year, the running of the twenty-ninth season.

As long as the Wrecks are on their ship, the celebration which is arguably the hands down best in Northwest Florida, will be here for beach revelers to live like it's summer in the middle of winter.

Running Around's Board had a busy season making decisions, tying down details, and selecting the royal court to guide the Wrecks through 2009. Melanie Waite is the Director of the Exchequer. Other

dedicated Board members are Vern Phillips, Phil Simoneaux, Sandy Johnston and Carleen Wheeler. These are the current stalwarts of the founding krewe who put pleasure, your pleasure, above work, their work.

The Wrecks presented their usual eclectic court this year. Some were longtime members, some new to the Beach. Queen Paulette Provost and King Tommy Grice are steeped in Island Mardi Gras tradition. Queen Paulette, who adds a third queen's crown to her royal head, will bring laughter and crazy partying to the Beach's regal scene. She is a native of Louisiana, who was bitten at birth by mudbugs and raised on moonpies. She knows the whole protocol by heart and heritage. Love that Mardi Gras, dahlin'.

King Tommy will make every day a festival. Without even try-

ing. He may show up wearing his Mardi Gras pants and a pink feather boa or he may show his devotion by wearing his Who Dat regalia. Whatever he wears, he will always be Tommy, full of fun, jokes and ribald laughter.

Tommy is a business owner and Paulette is a speech pathologist, but don't hold these careers against them.

Ship's Officers are Jim and Lila Cox, who have picked up the gauntlet to give Beach people a voice in politics. They are working hard to make the Beach a better playground for everyone. Jim was the CEO of a T.G.I. Friday's franchise group. And, Lila, who holds a PhD, was a consultant. Don't hold these mighty achievements against them either. They know partying comes first on the Beach.

Jane and Dan McGrath will help steer the Wrecks ship. These

Ship's Officers arrived on the Island ten years ago after Dan retired from Dow Chemical. They sneak away to Michigan for the summer months, but would not miss a Mardi Gras party.

The Wrecks know the meaning of grand, so they chose the grandest duo to lead the procession. Beloved Beach couple Molly and McGuire Martin served as the Grand Marshalls.

Sometimes the Wrecks' fun is irresistible to members of the media. This year the *Pensacola News Journal's* Kimberly Blair was caught stowing away on the Krewe of Wrecks ship. Joining her was

Allen Strum, chief meteorologist at Channel 3. Allen was in charge of weather for parade day.

Wreck's deckhands who worked to keep champagne glasses filled and beads untangled were Lacie Tallo and Kodi Eubanks. There are still making their mark in the world and adding their youthful enthusiasm to the royal court.

Sadly the party is over. It was the best celebration ever in Northwest Florida. As some folks around here might say, "They got 'er done."

You bet they did. And then some.

## What Do You Want In The Core Area?

### Bring Your Ideas to First Public Workshop

What would you like to see in the Core Area on Pensacola Beach? Do you want it to remain as is, moderately changed, or dramatically changed? Or do you have other ideas all your own? You will have a chance to state your opinions, suggestions, and recommendations at an extremely important meeting concerning the Core Area Redevelopment at the Pensacola Beach Community Church on March 18 from 6 to 9 p.m.

The meeting will be facilitated by Baskerville Donovan Engineers with Jim Waite as the moderator.

"After the welcome and introductory remarks, those who wish to speak may do so. They must sign in and will be allowed five minutes to speak," Waite said.

If you prefer not to speak, but want to offer your input, forms will be provided for you. All input is welcome and will be considered in the decision making process.

Baskerville Donovan will compile the information and create a report that will be given to the Santa Rosa Island Authority board.

The report will identify trends in the statistics or note common threads running

through the input.

The point of holding this workshop and others to follow is so the SRIA Board can give a plan to the Board of County Commissioners so they can decide whether the project justifies raising the toll to \$2 on the Bob Sikes Bridge.

"The County is still willing to consider raising the toll," Waite said. "It all depends on the plan which the SRIA will submit."

The Pensacola Beach Advocates are preparing a survey so their members can respond to the issues and they will share the results with the SRIA Board.

"Getting input from the public is most important in helping make the visioning process. It is critical that Beach residents attend and take an active role in this first public workshop," said Jim Cox, PBA president.

The input process could span over a six month period of time according to SRIA Executive Director Buck Lee.

"We plan to have perhaps two or more public meeting on this complex issue before we send a plan to the County," said Lee.

For additional information, contact the SRIA at 932-2257.

## Beach Chamber Rolls Fast Forward Into Future Events

Members of the Pensacola Beach Chamber of Commerce Board voted at their February 17 meeting to make attendance at the Core Area Redevelopment Workshop on March 18 mandatory.

"The final decision on this issue will definitely affect all the businesses," Jeff Elbert, president said. "We must get our thoughts out in this public meeting."

Members went on to discuss upcoming events which they will support or sponsor on the Beach during spring and summer.

A motion to spend \$500 on advertising for the Go Irish on the Island St. Patrick's Day weekend was approved.

Nan Harper, events chairman, said she is finalizing dates on the 2009 calendar. The calendar will be available to members, media and others involved in Beach promotions.

Doug McAllister, Fun Coast Promotions, announced that the Fourth of July Kaboom celebration will include a weekend of special events for families.

Friday, July 3 will be a Kids Day at the Gulfside Pavilion on Casino Beach with a free move at sunset. Saturday's July 4 activity will begin at noon with live music both Gulfside and Soundside. The Kaboom Fireworks Extravaganza will be at 9 p.m. over Santa Rosa Sound. The

three day event will end Sunday with a live concert at the Pavilion. The Beach Chamber co-sponsors this celebration with Fun Coast Promotions.

Beverly Boswell gave the Treasurer's Report noting that the increase in membership along with the successful Blue Angel sponsorship program has been beneficial to the Chamber's budget.

Elbert asked that Sandy Johnston, executive director, prepare a document of commendation for Chrissy Cook, Membership chairman.

"It is through her hard work that our membership rolls have grown," Elbert said.

Robert Gleim, president of the Gulf Breeze Chamber, noted that membership is down in other area Chambers.

The next Board meeting will be at 5 p.m. on March 24 at the Santa Rosa Island Authority Boardroom. The full membership meeting will be at 8:30 a.m. at the Comfort Inn on March 31. Business After Hours will be the same day at 5:30 p.m. at Paradise Bar and Grill.

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# Barefoot on the Beach

By Jane Waters Cooper



How did we get from Winter Dullsville Island, USA to Hot Times Resort? It wasn't always easy, but it was a guileless journey which began in 1980 and has reached most of its original goals, set by a few energetic souls on a sparse parcel of land where time once stood still for months and months.

Pensacola Beach businesses often referred to the "hundred days," the period between Memorial Day and Labor Day. This was the segment of the year which produced their livelihood. After Labor Day, most of them packed up and went to Key West or West Palm Beach where they conducted business until spring arrived in North Florida. If they were lucky, the few who stayed scratched out a break-even winter, by appealing to locals, the two thousands or so Beach residents who liked to go out and have a beer once in a while.

Courageous entrepreneurs like Jack White (Dirty Joe's); Jim Reeves (Gulfside Resorts); Chuck Woodbury (Holiday Inn and The Dunes); and Jim McAtee (Nero's) made life bearable for the Beach folks by keeping their doors open 365 days of the year.

The Community Church was alive and well even if it did only have eight choir members and a minister. The faithful still got the message. The tiny Beach School had just come into being in 1980. It didn't even have a principal, just a teacher-in-charge. When

Flounder's opened in 1981, it was like a shining beacon for offseason dining. There was no boardwalk. No year around gift shops; no winter charter boats; no Christmas parade and virtually no fun.

This was not a good financial picture for the island, but it had its merits according to some residents. There were no tourist flies and there were no tourists. A plus in some people's minds except they never took into account how much the tourist dollar meant to the survival of the community. Most of the people who felt that way have long since left the Island, taking their grumbling with them.

Whatever happened to the

nostalgic old mom and pop beach? Actually, good things began to happen like the Blue Angels Air Show; triathlons, surfing contests, chili cook-offs and a plethora of new ideas, however old, they may have been to other areas.

The Catholic Church and the new Community Church were built and the Optimist Club brought its mighty support to the school children.

Most of this and a whole lot more is still here. However, some favorite beachy things are gone. The Sandspur Republic, long a heralded haven for Beach folks has given way to the upscale Soundside Market. Storms, both God directed and man-made, have taken their toll.

I can remember when the most pressing issue the members of the Santa Rosa Island Authority faced were things like trying to figure ways to keep visitors from taking glass bottles onto the beaches. Now, among other weighty issues, they are deliberating the possibility of raising 43 million dollars to make over the core area. You've come a long way, baby.

And, oh yes, the Mardi Gras. This was the celebration which, turned the four months of deadly dull winters into sparkling, gaudy, magical adventures. Like many great explorations, it did not start with huge financial backing or great local enthusiasm. As a matter of fact, the first treasury contained \$175.

The Doubting Thomases shook their heads at the idea of a Mardi Gras surviving and proclaimed, "It will never work on Pensacola Beach." Ho hum.

As of now, the four months of Mardi Gras surely must generate more income than any other promotion on Pensacola Beach. No, I do not have exact figures and statistics to back up this statement. But I see what I see.

The Krewe of Wrecks hosts twelve Monday night meetings/parties during the winter. Twenty parties, parades, and other events of varying size and description are also on the agenda. All of these happenings take place in Beach

bars, restaurants, and streets. They range in attendance from the meetings which draw seventy-five to one hundred members to the 50,000 spectators who jam the Beach on parade day.

Pick just one party in between as an example - the Krewe of Nauga Champagne Breakfast and Native Noontime Ball. This year 500 pajama clad partiers paid \$15 to get in the door, all of which goes to The Dock where the affair is held. The attendees later bought tickets for the silent auction and to win door prizes. Many of them contributed \$5 to the Humane Society by entering the Nauga Dawga and Purrfect Kitty photo contests. They raised \$2300 for the Humane Society and The Dock didn't do badly on a cold Saturday morning when they served bacon, eggs, and champagne to the revelers. Not bad at all.

Most all these events pump dollars into the Beach economy in what otherwise might be just another stay-at-home day in the win-

ter on Pensacola Beach.

Then, there is the spin-off. While these purchases are not usually confined to Beach businesses, people buy thousands of dollars worth of paint, lumber, garment materials, party favors, t-shirts, and masks just to name a few of the items so critical to the success of Mardi Gras.

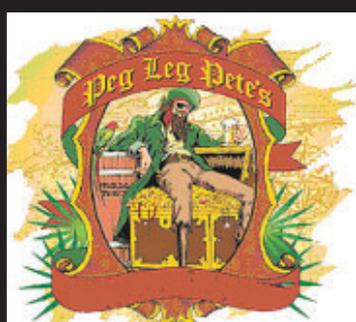
No one would deny that Mardi Gras is a tremendous stimulus package. And, it does other things. It welds the various segments of the Beach together. From the Yacht Clubber to the tiny krewes, Pensacola Beach is the go-to place to parade. Float builders are all working together on their respective floats, hoping to bring unique entertainment to the eager throngs lining the streets.

The Southeastern Tourism Bureau of Atlanta flags the Krewe of Wrecks parade as one of the top twenty "must see" events in the Southeastern United States. Maybe travelers take this advice seriously. Just try to get a hotel

room on parade weekend.

Is the Beach a better place than it was more than twenty years ago? Yes it is. It's thriving even in hard times, and even in winter. I hope it stays this way. I hope it will always keep its peaceful small village façade. No, not to go back to its struggling days. But, and I mean this, it should not move too far forward.

As I look back on the Island over many years, I do not really have any heartburn over moderate development and lush landscaping. But what I am seeing are plans to include parking decks and garages. Are they really necessary? The plans tout buildings reaching toward the sky and obscuring the view. Will there be access to the beaches? What will happen to the old shopping center, the Shaker bar, and the Paradise Inn complex? We all have questions and concerns. Mine is will we throw away what we have to replace it with something far more elegant and far less appealing?



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# Trivia?

They call him "Lucky Ron." Ron Wilson did not research, didn't ask any questions, just guessed and quickly sent his answer to the Trivia Master. When asked how he arrived at this answer, Ron, who is the Branch Manager on the Beach for the Southern Resort Vacation Rentals, answered, "Just lucky, I guess. Do I really get a t-shirt?"

Yes, he gets a shirt for picking out PegLeg's as the place which was never a starting point for the Krewe of Wrecks parade. The other three answers in the multiple choice question were definitely used by the Wrecks for their parade line-up.

Jayne Drees learned that she who hesitates is lost when she took time to ponder which email address to use. She came in second, but she did add a tidbit about her sister Amy Drees and Liz Waters who were on board a float in Villa Sabine dressed or undressed as mermaids. Jayne recalled that it was freezing cold that day, and the girls' costumes consisted mainly of a giant fish tail.

Ever faithful Trivia player Dave Wheeler of Atlanta finished in third place with the correct answer. Try, try again, Dave.

The Trivia Master steps down to allow Tommy Chavis to

be the Trivia Master for the Day. He thinks his question will be a real nightmare for trivia players. Caution: You will have to think long and diligently to get this one right. "If you follow 17th Avenue and only turn when the road forces you to turn, what body of water will you finally see at the end of your journey?"



Lucky Ron Wilson

If you know the answer or if you are a lucky guesser, be the first to email your answer and you will get a famous Island Times t-shirt.

Rules are the same. Send your answer to islandtimes@bellsouth.net with "trivia" in the subject line and include your name, phone number. Deadline to answer is March 4, 2009.

Good luck!



## PRINCESS POLITICS

Captain of the Krewe of Kids Jackie Henderson is relieved that the stress of the carnival season is now over. She had some small people put her under some big pressure. It seems that little Skylar Murphy requested that Jackie make her a krewe princess. Fortunately, for Jackie that process is completed by pulling names from a hat. It's all luck. Four-year-old Lakin Harvey wanted the position, too. Madeline Taylor served as the 2009 Princess. Maybe next year, girls.

## NAUGA DAWGA

Champion German Shorthair Pointer Traveler won another title, Nauga Dawga, to add to his long list of awards. Good thing because the upstart puppy that his master Vern Phillips brought home this winter is competing in dog shows from Tallahassee to Pensacola to

get her start on the champion's titles.

## LEAPED OVER

If you see Wayne Pelham on the Island wish him a Happy Un-birthday. The Leap Year Birthday Boy will have to wait until 2012 for the February 29 event to happen, again.

## SUPER EXPERIENCE

Beach School fifth grader Jace Amberson attended the Super Bowl in Tampa with his parents, Scott and Kristin. Jace said it was awesome. He participated in the NFL Experience, which is an athletic challenge and saw some Super Bowl super stars. He promises he'll tell us all about it when he comes down from Cloud Nine.

## FLEET FOOTED

Competitors from across the United States arrived in town for the Pensacola Marathon, Sunday, February 15. Lacing up running shoes along with 227 other en-

trants for the 26 mile race was Ron Young from Gulf Breeze who won the men's division in a time of 2:36:17. Linda Fogel took time out from volunteering with the Krewe of Kids to win the Female Grandmasters age group in 4:06:15. Islander bartender Dawn Kane cruised to first place in the women's 25-29 age group.

Half marathoner Cecilia McAdams posted a second place finish in the 13 mile course along with fellow Beach residents Timothy and Nageen Rak who finished with times of 1:46:17 and 1:57:12, respectively.

## DRIVING MISS DORIS

Amy Reid deserves a gold star, or an extra rhinestone for her tiara. She is the energetic gal who chauffeured former Wrecks Queen Doris Olsen to the Queen's Dinner at Flounder's. Doris is a resident at The Villas where Amy is the activities director.

## Look Who's Playin' in Paradise

### FEBRUARY

**Fri, 27<sup>th</sup>** Memphis IBC Homecoming Show  
Shawn Curle & The 44s with Jeff Glickman • 6 PM  
**Sat, 28<sup>th</sup>** Wildwood • 6 PM

### MARCH

**Sun, 1<sup>st</sup>** Dash Rip Rock • 3 PM  
**Tue, 3<sup>rd</sup>** Dash Rip Rock • 6 PM  
**Fri, 6<sup>th</sup>** Wildwood • 6 PM  
**Sat, 7<sup>th</sup>** Shawn Curle & the 44s • 6 PM  
**Sun, 8<sup>th</sup>** Jony James Band • 3 PM  
**Tue, 10<sup>th</sup>** Jony James Band • 6 PM

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A ROYAL AFFAIR - Dozens of tiaras sparkled under the soft lights of Flounder's dining room February 16 as ladies gathered to toast the Krewe of Wrecks Queens. Raising a glass to royalty are (L to R): Deb Friedman, Wrecks Queen X; Sharon Mattair, Nereids Queen; Marie Steele, Wrecks Queen VI, and Denise Keever, Wrecks Queen II.

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# peas, porridge & a dry martini

by Kathi Lewis



I can live with the insanity during Mardi Gras, it's the insanity afterward that drives me crazy. I've literally battled my way through the season and just when you think there might be time to relax and catch up on some rest, there's even more to do. Not even the tiniest space has been able to escape the onslaught of Mardi Gras debris. Yes, the fairy tale has ended and the Cleaning Fairy is not coming. I just wander around in the haze of magic dust constantly thinking, "Oh yeah, that needs to be cleaned." I keep hoping a leprechaun will drop by and offer that "grant a wish" thingie. I'd be happy with just one.

One of the many highlights of Mardi Gras this year was my Sister, mentor and finned friend, Paulette Provost who wore 5 inch heels to the Krewe of Wrecks Ball for the entire night. She even danced in those heels! She had tested those shoes during previous weeks, but after an hour it felt like she'd broken an ankle. She brought them to the Nereids Krewe Den just for show, but when she put them on something magical happened and they could not be removed.

Paulette and I were costuming as the Ladies in Red. Okay, so that idea deteriorated quickly when we donned the red wigs and red heels and we became the "red headed generously friendly ladies" (that's all I can describe in a family newspaper). Later in the evening when she wondered why was she able to now wear the heels, I explained that, of course, she had not been a "red headed generously friendly lady" during the testing phase! It's all in the attitude and my friend has plenty of it! For those of you wondering, we were also magically able to remain upright the entire night. But attitude is only one of the many, many reasons that she's become a favorite treasured and valued friend. A generous spirit, love of fun and the happiness and beauty that begins from within

makes spending time with her so refreshing to the soul. Happy Birthday, my Paulette, I'm grateful to share it with you.

Another of my treasured favorites wears many hats. Shelley Waters Johnson has been my friend and Sister for more than a quarter century. Her wonderful generous spirit and extraordinary sense of humor have been with me through the worst and best of times. She and her mother, Jane Waters Cooper (who she willingly shares as mother to all SOBs) saw something in me I didn't know was there. It's because of their faith in me that I am allowed to contribute to my favorite newspaper.

Shelley and friends costumed as the Popeye comic strip with Lila Cox as Extra Virgin Olive Oyl; Jim Cox was Popeye; Richard Johnson as Bluto, and Shelley was our plain ol' Olive Oyl. They were hilariously entertaining. Happy Birthday to you, too, my Shelley.

I have to mention the always politically correct Morrie Drees,

who won First Place at the KOW Costume Contest. He was the "Economic Bail Out."

This week's recipe comes to us from Patrice Friant (another treasure) and was a favorite when served at Krewe Den. Let's cook....

Pina Colada Cake  
Box pineapple (or yellow) cake mix  
15 oz. Can crushed pineapple, drained  
1/3 Cup Mayonnaise  
Box Coconut pudding mix  
1 Pint heavy whipping cream

Substitute the drained pineapple for the 1 Cup water and use 1/3 Cup mayonnaise when directions call for 1/3 Cup oil, follow rest of the instructions on cake mix. Spray pans with cooking spray and line bottom of each with drained pineapple. Bake on rack below middle adding 5 - 8 minutes cooking time. Let cake cool. For frosting: mix 1 small box coconut pudding with 1 pint heavy whipping cream. Whip until firm.

Enjoy. Here's an Irish toast to all, "May the best of your past be the worst of your future" (well, it sure sounds Irish doesn't it?)

See ya in the kitchen.....

## Gumbo Chefs Spice Up Rotary Charity Event

Test your taste buds and raise money for scholarships at the same time at the fourth annual Gulf Breeze Rotary Gumbo Cook-Off from 10 a.m. to 4 p.m. Saturday, February 28 at the Gulf Breeze Recreation Center tennis courts. Both amateur chefs and restaurant teams will vie for prizes at the event, and the \$10 ticket sales will help raise funds for four \$5,000 scholarships given each year by the club.

The \$10 ticket donation affords you all-you-can-eat gumbo and an opportunity to determine the crowd favorite gumbo. Beer and sodas will be available for purchase to help wash down the spicy fare! To encourage families to attend, children under the age of 8 will be allowed to attend for free when accompanied by paying adults.

There is still time for teams to sign up to compete in the event. Each team's donation of \$400 provides them a booth and 40 tickets to share with friends, customers and fellow foodies. Call 292-7432 to sign up your team, purchase tickets or for additional information!

## Wine Talk

By David Griffin,

Beach Wines and Liquors



### MAKING SENSE OF SMELL

To maximize the flavor of any wine, take your time while sipping. It takes times for the flavor molecules in wine to penetrate the taste buds. Hold the wine in your mouth for up to four seconds before swallowing. And because the sense of smell plays a big role in our perception of taste, be sure to take quick sniffs of the wine while drinking. To this end, use large glasses with generously sized bowls that allow room for swirling the wine vigorously to unleash its aroma. In the case of young, tannic reds like Cabernet Sauvignon, try maximizing their exposure to air by pouring them into a decanter. This will help make them taste more profound.

HINT: Because our sensitivity to taste is based on our DNA, some people experience flavors more intensely than others.

After reading today's column you, too, can be a wine tasting expert. A full selection of red wines as well as many fine white wines is available here at Beach Wines & Liquors, Inc. Of course, we're here to help you choose the wine that will best complement your menu. Call us at 850-932-8850, we love to talk about wines.

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# Waterslide Gets Green Light For 2009 Season

The Santa Rosa Island Authority delivered a welcome message to families when it approved a kid friendly request by Tiki Island Golf and Games to approve the installation of a portable waterslide. The unanimous vote came at the February 11 full board meeting to allow the waterslide to be placed on the beach north of the Soundside Market. Picnic tables with umbrellas and restroom facilities will be on the site according to Tiki Island owner Chic Demareau.

"I am creating a space where families can come and bring their lunch, enjoy the beach, and have fun on the slide," Demareau said. "And just across the street is our arcade and golf course, all quality family entertainment."

Facing the ups and downs of the Island Beautification Plan and the Core Area Development project, the full board discussed how to tie the two separate projects together.

"We have been charged by the Board of County Commissioners that if we want to raise the toll, we have to show a consensus of what the core area will look like," said Ed Guernsey, board member.

In addressing the idea of asking the Island Beautification master planner to include the core redevelopment is his plan, Guernsey said, "I am concerned that we will not have nearly enough General Public input in the final outcome if we do that. I would ask that we are really sure what we ask a planner to do."

Dr. Tom Campanella added his comment, "What Ed has said has validity, and I agree that the core area redevelopment and the Island Beautification are tied together."

Robert Rinke, representing Portofino which is paying for the Island Beautification said he agreed with Guernsey.

"If we are smart we are telling the land planner where we are right now and this is the problem. We tell them that this is the island where Escambia County plays, where Island residents live, and where tourists visit. Then, let them tell us what the master plan should look like," Rinke said.

The Development plan could include creating new structures, parking garages, boardwalk and walk-overs, possibly re-aligning roads. The Island Beautification plan is to involve landscaping and hardscaping.

The Development will rely on a funding source such as the raising of the bridge toll from one dollar to two dollars, while keeping the annual pass at \$50. The Beautification Plan will be funded through Portofino lease fees through an agreement with the SRIA and the Portofino developers.

Fred Gant, Board chairman, wants the process to be broken into two steps. Step one is the formation of a committee to work with Portofino to develop a letter of interest for master planners.

"I would like to appoint a committee comprised of Dave Pavlock, Vernon Prather, and myself," Gant said. "The final product of this committee will be brought to the full board for review."

The committee's meetings will be open to the public.

The Board voted unanimously to establish the committee as proposed by Chairman Gant.

Buck Lee, SRIA executive director, announced that he would appear at the Escambia County Commission's February 12 meeting. He said he would tell the Commission that the first work-

shop to discuss development would be March 18 from 6 to 9 p.m. at the Beach Community Church.

Lee said that two or three more public workshops may be held over a six month time frame.

"The Commissioners want a consensus from stakeholders," he said. "This is what we will get from the workshops."

In her report, Sandy Johnston, executive director of the Pensacola Beach Chamber of Commerce, said she was receiving requests for the date of the Blue Angels Air Show. The date was confirmed the next day via email by SRIA Events Manager Kim Duell who notified Johnston that the date of July 11 had been confirmed for the presentation of the 2009 Blue Angels Air Show.

Details will be confirmed, but it is expected that the show will follow its regular three day schedule, starting with practices on Thursday and ending with the full show on Saturday, July 11.

During the Board Members Forum, Chairman Gant noted that Bob Bergen was in the audience. He wants to make a proposal to build a parking garage on the Beach with no cost to the SRIA. He was encouraged to appear at the March 18 Public Workshop.

The next meeting will be of the committees at 5 p.m. on Wednesday, February 25 at the SRIA office. All meetings are open to the public.

## Volunteers Needed For Historic Fort

Gulf Islands National Seashore Superintendent Jerry Eubanks announced today that the Seashore is recruiting volunteers to assist with operations the Fort Pickens Visitor Centers.

The road leading into Fort Pickens is scheduled to be repaired and open sometime this spring. "The rebuild on Fort Pickens Road is going fairly well," said Nina Kelson, Gulf Island National Seashore. "We expect it to be complete by late April or early May."

In anticipation of the opening of the road and the increase in visitors, the Seashore has opened its volunteer recruitment program.

Volunteers are asked to work one day per week staffing the information desk at the visitor center; answering visitor questions; and providing sales help in the Eastern National bookstores.

Interested persons should contact Volunteer Coordinator Dick Zani at 934-2654 or District Interpreter Stanley Lawhead at 934-2629 for details.



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# Comfort & Joy

by Pandora de Balthazar

Fit for a king...and queen!  
Every time I dress my bed, and then get in, I feel like a princess. To

slide between those sleek, cool sheets, and lay upon soft, yet supporting pillows, filled with Hungarian goose down, and then sink with a soft settling into such a soothing enveloping place that merges my body to the mattress, is pure luxury.

As I slip into this wonderful place called bed, I never fail to say "Thank you, God," because I know I am here for a purpose, and yet to have such a daily joy--no, two daily joys: climbing into bed to rest

gram, your social schedule, and ask yourself this, "Am I treating myself like a princess or a pauper?"



Pandora de Balthazar dressed the bed for King Juan Carlos of Spain during his visit to Pensacola Beach.



Lorrie Berry of Pandora de Balthazar prepared white linen napkins for the royal visit.

and sleep; and then to awaken in the lap of luxury. Wow!

If you don't have a bed and a bedroom that makes you feel like a prince or a princess, now is the time. After all, it's where you will spend more than a third of your life. The bedroom, after all, is the center of home life!

I know, when asked, most people say the kitchen or the television room is home central, but remember this during your entire life, you will end up spending more than one-third of it in your bed.

So, check out the car you drive, your shoes, the food you eat, your hobbies, your exercise pro-



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best investment your body and mind can make. So, make your bed fit for a prince or a princess. It will bring you comfort and joy.



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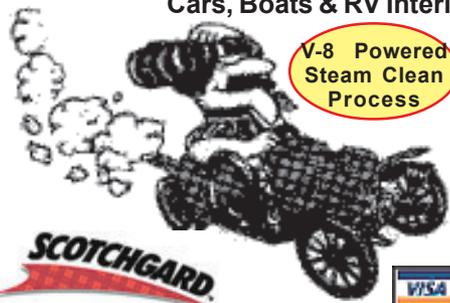
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Playing games for a good cause seemed like the order of the day for the one hundred who attended the Pensacola Beach Woman's Club annual Game Day and Card Party, February 12 at Hunt Hall. Playing Chicken Foot are (L to R): Melanie Waite, Carol Ascherfeld, MaryJane Farrugia, and Kathy Christoff. The Woman's Club supports the Beach churches, elementary school and other charities with the proceeds from this event.

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# A Cross in the Sand

By Dr. Chuck Randle  
Pastor  
Pensacola Beach Community Church

For many in the Christian tradition, the season of Lent is a depressing time. It is a time when it is thought denying ourselves is a noble practice. So, we take some of our prized habits and set them aside over these next forty days. What we don't set aside is the complaining of how difficult it is to deny ourselves of some of those joys that fill our usual days. Perhaps one of the things we could "give up" during this season is that of complaining about the difficulty we endure, which may be translated, "What a wonderful person I am for denying myself these pleasures."

True sacrifice might mean "taking on" an activity out of our comfort zone. If we decide to give up one meal a day, or a week, why couldn't we use that opportunity to donate the time we would normally spend in eating, and the cost of that meal, to one of the "soup kitchens" of our area. I imagine that kind of activity would be more of a sacrifice and would be of greater value. Or, how would it be to simply go and

visit a stranger in a nursing home? That would certainly fit the denying ourselves, or sacrificing, during this season, and if we did it in the right spirit, it would add a great deal of joy and satisfaction to our lives. It would certainly add a lot to the lives of others. Perhaps having these kinds of thoughts is what happens when we have a few years behind us, but I think it is such a mistake to take something that contains so much potential and trivialize it.

In its most profound meaning, Lent is not a punishment or a diet plan; it is an act of love, an act of total giving, and should not be looked at as something that is sad, or a bother, or something that causes us to feel guilt, but rather, as something that may be difficult but joyous. And no matter how we choose to observe this season, the purpose is to reflect and grow in our faith so that by the time we come to Easter, we will have experienced part of the meaning of sacrifice. With these thoughts in mind, I can truly say, "Have a Happy Lent!"

## Young Beach Writers Compete In Black History Month Contest

Pensacola Beach Elementary School students were honored at a Student Awards Reception February 27 in Pensacola for their participation in the Gulf Coast Sixth Annual Black History Arts Festival writing competition.

Escambia County students were encouraged to write a "tribute" or essay about African Americans as part of the Black History Month celebration. The Beach School students researched and prepared entries which were judged among other Escambia County Elementary School students.

Fifth grader Lia Lampone was awarded first place for her essay.

Beach School students who participated in the tribute writing competition are: Blair Amberson, Jace Amberson, Kedron Burt, Benton Byrd, Morgan Churchill, Gabby Diehl, Rich Earle, Mary Elliott, Sophie Faircloth, Kylie Finkbone, Kristen Goodroe, Abigail Jacobs, Reddon McLaurine, Lexi McNamara, Ian O'Brien, Annalise Rotunda, Joseph Urquhart, Zosia Usrok and Hannah Watson.



Pensacola Beach Elementary School fifth graders who entered the Black History Arts Festival Essay Competition are (front row) Lexi McNamara. Middle row (L to R): Hannah Watson and first place winner Lia Lampone. Top row (L to R): Ian O'Brien and Jace Amberson.



## Jennifer Byrom, P.A.

Attorney At Law

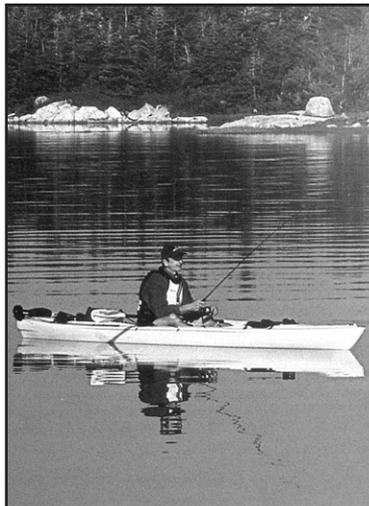
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Ash Wednesday Services

Pensacola Beach Community Church  
Wednesday, February 25 • 6:30 p.m.



**THE BEACH ROAD** - J. Earle Bowden Way, the scenic part of State Road 399 which connects Pensacola Beach to Navarre Beach, was dedicated in 1998. Dignitaries at the dedication were: (L to R) Escambia County Commissioner Mike Bass, SRIA Chairman McGuire Martin, honoree J. Earle Bowden, and State Representative Tom Banjanin. The road, which has been closed since Hurricane Dennis, is scheduled to re-open on March 3.

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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](http://www.crabswegotem.com)

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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

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## 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](http://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](http://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](http://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](http://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 .....

## TOP COP

Escambia County Sheriff David Morgan will make an official visit to the Beach at the Santa Rosa Island Authority's Full Board meeting, Wednesday, March 11. According to SRIA Executive Director Buck Lee, the Sheriff's presentation will be at the top of the 5 p.m. meeting's agenda.

## ISLAND HISTORY

Longtime Flounder's manager Lewis Irby joked that the History Channel film crew was buzzing around Flounder's beach shooting a documentary on the oldest living restaurant manager. Truth be told, they were on the island documenting the area's past UFO phenomenon.

## ARTS PLACE

Original art hangs at the Native Café. Some wild. Some understated. All good. Bronze wall sculptures by Skip Tanner are the latest addition. Skip owned the Gulf Station that was on the Island until

the 1990s.

## HOMESWEETHOME

*Island Times* will premier a real estate pull out section beginning in the March 11 publication. Beach real estate news, listings and forecasts will grace the pages along with features and spotlight stories.

## THE CLOCK IS TICKING

According to attorney Stephanie Taylor time is running out for those who need to file a lawsuit as a result of wind damage from Hurricane Ivan. The September 14 deadline is looming. You can reach her at 438-4899 to discuss this.

## CORVETTE CLUB

The Miracle Strip Corvette Club roared onto the Beach for a February 7 get together at Grand Occasions. They already have plans in place for their Life's A Vette on the Beach show, September 19 at Casino Beach parking lot. Beach resident Rick Gordon is the coordinator of that event.

# Beach Businesses Roll Out The Green Welcome Mat

*Go Irish on the Island March 13-17*

Pensacola Beach Chamber members will be goin' green, rolling out the green carpet, filling the air with shamrocks and dancing jigs to honor St. Patrick on his day, March 17.

"We will be sponsoring the St. Paddy's Day Pub Crawl this year," Jeff Elbert, president said. "The Society of Leprechauns will be right there along with us, keeping Paddy Blake's tradition alive."

The weekend celebration will begin on Friday, March 13 with Renee's Birthday Bash at Paradise Bar and Grill.

Little lads and lasses can attend the Leprechaun Hunt at Tiki Island, Saturday, March 14 at 10:30 and the St. Paddy's Day after school party on March 17 at Tiki Island. Prizes will be awarded at the Leprechaun Hunt.

Lots of sugar cookies, green lemonade and shamrocks to go around.

The annual St. Paddy's Day Pub Crawl will take place on March 17.

Commemorative t-shirts will be for sale and all proceeds will go to Covenant Hospice.

Stops along the Pub Crawl route include:

- 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

# Chamber Hosts Dazzling Gala

Don't put your Mardi Gras ball gowns and tuxedos away just yet. It will feel like a Hollywood awards night when the Gulf Breeze Area Chamber of Commerce hosts the 2009 Annual Awards Gala: "A Black & White Event" Saturday, February 28, from 6 p.m. until midnight at New World Landing.

Pensacola Beach's Levin Rinke Resort Realty has been nominated for Business of the Year.

Everyone is invited to celebrate the accomplishments of outstanding Gulf Breeze Area Chamber members and volunteers from 2008. Gourmet dinner, installation of 2009 Board Members and Officers, 2008 Best Business and Individual Awards, silent auction and "Bubbles & Bling" diamond drawing. "Chairman's Ball" will follow awards ceremony with dancing and frivolity with the "Reunion Band" 'til Midnight. Black and white attire is suggested. Black-tie optional.

Tickets are \$75 per person.

For more information or to make reservations please call: 850-932-7888 or go to: [www.gulfbreezechamber.com](http://www.gulfbreezechamber.com).

# BYTES AND BITS

By Joe Stukey, Your Computer Pal

Q: Can the MySpace website give me a virus?

A: I have removed many viruses from lots of computers and have consistently found that most of those computers have been used to access MySpace. Not that MySpace is intentionally designed to give you viruses, but there is reason to believe that the web surfing habits of people who use websites like MySpace and Facebook are likely to cause more viruses to be downloaded into their computers.

Being a social networking website, the age of the biggest audience that MySpace attracts is from the early teens to thirty-somethings. In addition to social networking, that audience is also very interested in downloading music, games, movies, and videos. Downloading files is always risky, because you never really know what you're going to get. What looks like an innocent video might be a virus, pornography, or both.

Not all viruses come from websites. Just last week a customer's computer was consumed by a virus that had been

delivered in an email. It was his birthday and he had received an anonymous "e-card" in his email box, wishing him a happy birthday. He instinctively knew that he should not look at it, but his curiosity got the best of him. The e-card took him to a website that delivered lots of little presents to him, in the form of viruses. He spent rest of his birthday, and the next day, trying to remove them.

For questions, contact Joe at [joe@ycpals.com](mailto:joe@ycpals.com) or 206-3156.

What is your vision of the future of Pensacola Beach? Core Area Development Public Workshop All are welcome

Wednesday, March 18 6 to 9 p.m.

Pensacola Beach Church

Bring your ideas!

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## RECYCLE

Bring paper, cardboard, junk mail, plastics, newspapers or aluminum cans to the blue recycling bin located at Pensacola Beach Community Church and Pensacola Beach Elementary School. It's an easy way to help the environment and the Beach Church and the Beach School.



## Linda Taylor Murphy

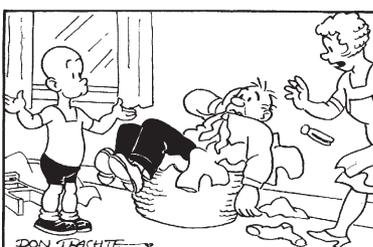
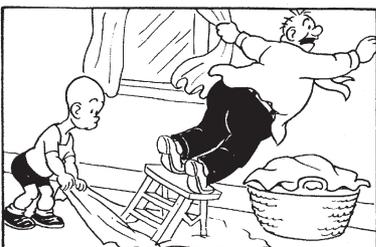
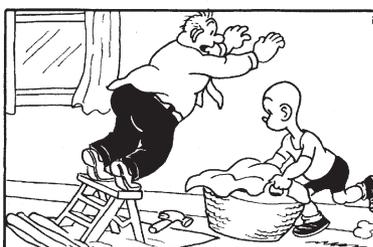
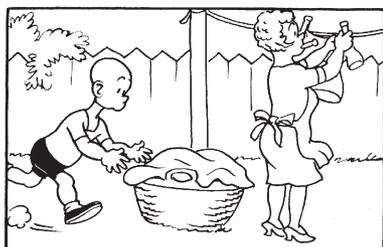
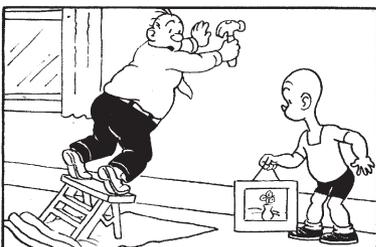
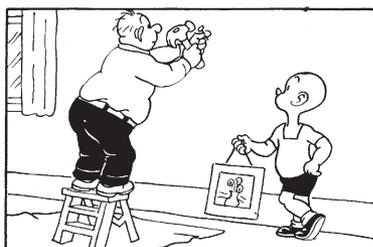
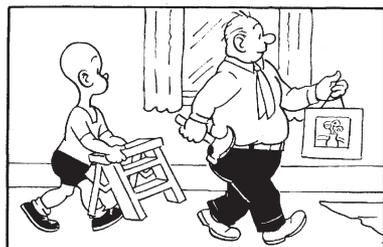
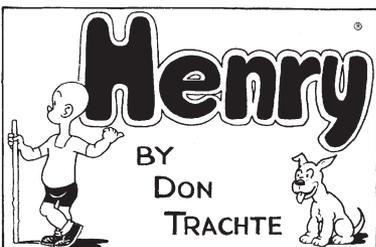


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## KATZENJAMMER KIDS

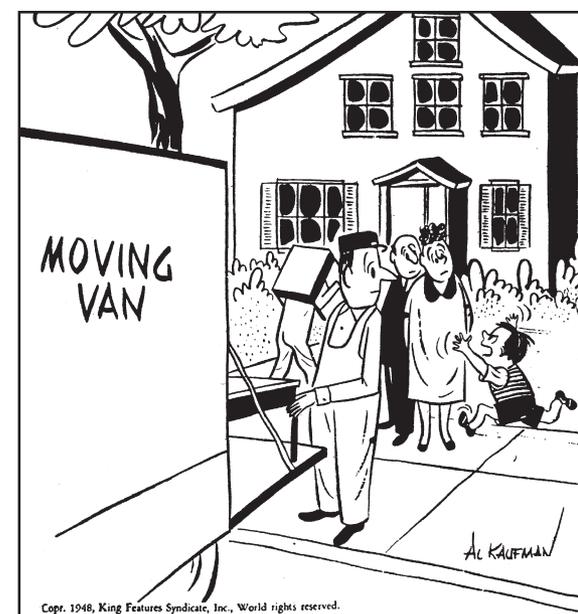


## Just Like Cats & Dogs

by Dave T. Phipps



## LAFF - A - DAY



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"Hold everything! This place is a trap!  
The truant officer lives next door!"

**Knock Knock!**  
Who's there?  
**Butter.**  
Butter who?  
Butter let me in!

**Leprechaun Hunt • Saturday, March 14**  
**Tiki Island Golf and Games • 10:30 a.m.**

*just one of the many events of the  
Pensacola Beach  
Chamber of Commerce's  
Go Irish on the Island  
March 13-17*

# Award Winning Optimists Reveal Annual Schedule

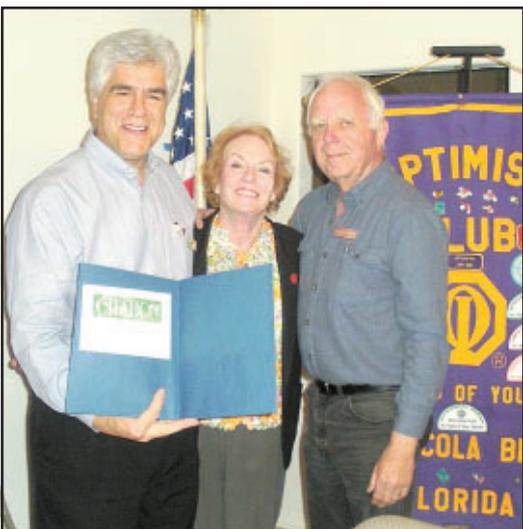
The Pensacola Beach Optimist Club won two special honors in 2008, but that fact didn't go to their heads. Instead, it went to their hearts and fired up their enthusiasm for their many projects in 2009.

"We appreciate being named the Philanthropists of the Year by the Island Times and also the naming of our group as an Honor

poster contest is right around the corner, according to Claus. Students at the Pensacola Beach Elementary School have already made their entries and are now undergoing the scrutiny of the judges.

Sharon Peirce, a strong supporter of the Beach Optimists who passed away in 2008, was honored by the Club's memorial donation in her name given to the Optimist International. A patch bearing her name has been added to the club flag. Sharon's husband Skip and other family members attended the memorial meeting for Sharon. Skip Peirce is a member of the Optimists.

If you are interested in becoming an Optimist, call Bettie Lee Sundstrom at 850-384-7436. The Club meets at the Pensacola Beach Community Church on the first and third Tuesdays of the month.



Pensacola Beach Optimist Club Board members (L to R) Scott Neal, president; Bettie Lee and Dave Sundstrom accept the citation naming Pensacola Beach as an Honor Club.

Club by the Northwest Florida District," said Mary Claus, past president.

Highlighting this year's events is their annual fundraiser which will recognize the 450th anniversary of the founding of Pensacola by Spain. The party will be the Optimist Conquistador Gala and is set for 6 p.m. April 21 at Flounder's.

"We have booked a fabulous dance band," said Claus.

If you have ever been to one of the Optimist's spring events, you know what kind of fun you have in store. If you have never attended, you can count on having a great evening to look forward to. More details will be available closer to the date of the fundraiser.

The Just Say No To Drugs

## Mostly Nuts & Bolts

By Candy Segar

I was reading an old cookbook that was first published in 1942. I can honestly say I was surprised at some of the information it provided. For instance, it discusses in the Service Of Dinners section how fortunate you are if you have a well-trained maid. Of course it goes on to say, "giving a party without a maid can be done with charm and a certain amount of style." Well I must say that puts the worry out of my head for my next dinner party.

I like my philosophy better. Invite your friends and family over after finding out what their cooking specialties are. And then invited them to prepare that and bring it for your dinner party.

Did you know there was a lay down drawing of the dish sequence for a buffet? I am not kidding! You start with plates, then the hot dish, cold cuts, relish, salad, relish again, followed by napkins with forks above plates and cold cuts. The arrangement changes for an oblong table.

But I would be remiss if I left these facts out of my review. Nutrition has its own chapter. There is an extremely interesting difference in the number of food groups back then as compared to now. It

discusses eight groups breaking them down as the following: 1. milk and cheese; 2. meat, poultry, fish and dried beans and peas; 3. eggs; 4. butter, fortified margarine and peanut butter (Be careful with the peanut butter); 5. green, yellow and leafy vegetables; 6. citrus fruits; 7. all vegetables including potatoes, and 8. bread and cereal. It also discusses serving sizes and the vitamins provided by each group. You certainly don't see any biggie size portions offered here.

Overall this book is actually quite a treasure. It has great recipes and beautiful color pictures.

The copy I received had the original owners, the Devines,' recipes. They had cut out recipes from newspapers, magazines and handwritten others which they stuffed in their cookbook. They were from California.

For some reason I find something comforting about this book. I would like to say it reminds me of gentler times, but it was printed during World War II. Maybe it's the attention to detail in each chapter. I don't really know what it is, but if you get a chance to get a copy of Woman's Home Companion Cookbook, get it. It is remarkable in so many ways.

## Congratulations!



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## Go Irish on the Island

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# Beach Poker Players Love The Challenge

## Lucky Elvis Draws Four Fours

Pensacola Beach Poker players bet and bluff their way to the Texas Hold 'Em 4444 Fun winner's circle during weekly games at Paddy O'Leary's and the Sandshaker Lounge. The results follow:

### Paddy O'Leary's

On February 5 Bad Boy John Redman took down defending champ Jenny Doherty in the final. John had one of those nights where everything went his way as he outplayed a field of 18 card sharps.

On a wild and crazy afternoon of poker on February 7 Kevin Reiningger beat Justin Scher after a twenty minute battle in the final. This is Kevin's first win.

Big Todd Lentini took out Phil Tracy to claim the win on February 9. The very next night Justin Scher pulled ahead in the player of the month race with his second win to go with a second place finish after battling Toots Humphrey for over forty-five minutes at the final table.

John Redman stayed at the top of the heap beating Justin Scher on February 12. James Elvis Presley hit four-fours which earned him a Texas Hold 'Em 4444 Fun t-shirt. Miguel Thompson hoped the hearts would fall his way on Valentine's Day as he outlasted Michelle Bourgeois for the win.

Sam Crockett had better luck than Diamond Don Beall on February 15 in a late night battle.

When you're hot, you're hot. And, Miguel Thompson is on fire. He captured his fourth win of the month on February 17 knocking off The Champ Phil Tracy and Lion-hearted Jenny Doherty.

John Redman scored a threepeat Thursday night victory on February 19. He had a big win over John Choate who was in town for the Mardi Gras Weekend. Kevin Reiningger battled to a third place finish. Todd Lentini was fourth. The field was hot with sixteen good players.

### Sandshaker

Monday nights are reserved for the home of the original

Bushwacker, the Sandshaker. Jerry Limle played his way to the winner's circle on February 9 while Miguel Thompson earned second place. Phil Tracy was a close third.

Miguel Thompson returned the following Monday, February 16 and surpassed Trace Lewis after a great final match. Jonathan Grooms fought hard and took third place.

### Pot O'Gold Poker Tourney

It's no blarney, we're having a

St. Paddy's tourney at Paddy O'Leary's on Saturday, March 14. Play begins at 4 p.m. No charge to enter, but tips are appreciated.

"We want everyone put on their best green finery, kiss the Blarney Stone and play poker. Many Irishmen are expected to enter this game," said Rick Uzdevenes, poker promoter.

For more information, please call 850-324-2667.



Todd Lentini played to a Texas Hold 'Em 4444 Fun win on February 9 at Paddy O'Leary's.



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Monday: Sandshaker

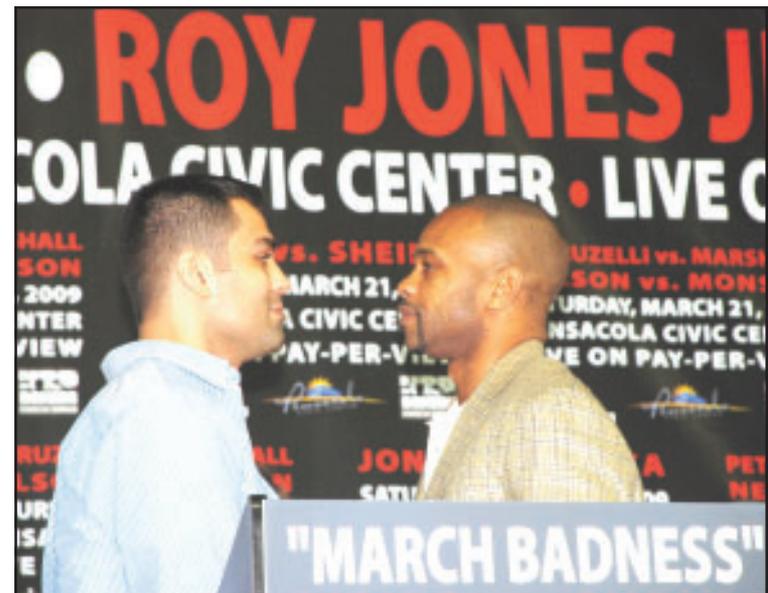
Tuesday: Paddy O'Leary's

Thursday: Paddy O'Leary's

Saturday: Paddy O'Leary's

Sunday: Paddy O'Leary's

Texas Hold 'Em 4444 Fun  
Poker Hotline 324-2667



Eight time world champion Roy Jones, Jr., right, returns to Pensacola to fight against challenger Omar Sheika at the Pensacola Civic Center, Saturday, March 21. Billed as "March Badness" the undercard includes Mixed Martial Arts bouts as well as boxing matches. Tickets are available at the Civic Center.

photo by BDJ



## Daylight Savings Time Sunday, March 8



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## The LIZZARD'S TONGUE

by E.K. Hewson



I am so glad that the Mardi Gras season is over. Well, actually in my heart Mardi Gras never really ends and I never miss an opportunity to decorate with my well-loved beads, some from New Orleans and some from the Beach, but that's an entirely different column. So this brings me back to my original statement. I am so glad that the Mardi Gras season is over.

I cannot begin to share with you the sadness I felt in my heart every time I would have to see the display of Mardi Gras paraphernalia at my local Walmart. Beads were priced at \$8.95 a strand and nobody was buying. Kids were rifling through the overpriced plastic on a string and even though each pair hung by a one-hole punched piece of cardboard, soon the entire display was nothing but a giant tangle. There were all sorts of paper products, banners, hats and serving dishes as well, just laying there like the trampled cigarette butt in a parking lot that no one would ever actually think to pick up. Give a tertiary look, maybe. Actually touch, never. I think the display went up right after Christmas, but before Valentine's Day and was strategically positioned next to the Super Bowl items possibly to attract those who like to party. And yet too soon it was overtaken by St. Patrick's Day hats, buttons and oversized sunglasses that said "Kiss Me, I'm Irish." I guess the merchandisers thought the greens all matched. So little respect for the meaning of the Mardi Gras colors.

One day, however, while waiting to pick up some photos, I found myself, once again, attracted to the Mardi Gras display. The end

aisle of green, purple and gold tchotchkes were calling out to me as if I were a lost sailor and they were my lighthouse beacon of familiarity. A nice gentleman was looking at the display as well. Turns out he was in the Navy and an Orleanian as well. We both agreed that who would have thought a Mardi Gras display could be found in Lexington Park, Maryland. Where? Yeah, our point exactly. Once again, no one was buying.

To add insult to injury, I spent last weekend attending not one, but two "Mardi Gras" themed parties. When did Mardi Gras become a theme? It takes a lot more than a feathered paper plate on a popsicle stick to impress this former Orleanian. I laughed when the host served traditional Mardi Gras foods. It was a beautiful spread of Cajun cooking, but true Mardi Gras foods are fried chicken, Dixie beer, potato chips, Lucky Dogs – anything that can easily be eaten or drunk while either standing on a parade route or riding on a float. The fanciest meal I ever ate on a parade route during Mardi Gras season was with my dad and it was tamales from a stand. Obviously my mother didn't attend that night parade.

So as you read this column, some with ashes on your forehead, some still with a belly full of pancakes from a Shrove Tuesday pancake supper, the time has come to bid the 2009 Mardi Gras season a fond farewell. Because let's face it, now is the time to plan costumes and floats for 2010. And if I'm lucky, getting all the Mardi Gras decorations I want for 50% off. Until next time...

# Sea Scouts Create Camp Areas For Paddlers

Pensacola Beach resident Eric Fritz is the Skipper of the Sea Scout Ship #411 whose members have constructed a primitive campsite on Santa Rosa Island near Big Sabine Point. The project, which wrapped up in early February, was a service project for Escambia County as a contribution to the Florida Circumnavigational Saltwater Trail and the Florida National Scenic Trail.

The construction consists of trimming trees and bushes, clearing lots large enough to accommodate three to four two-person tents, installing two benches and a permanent steel-rimmed fire pit. No existing trees or grass were cut or uprooted. The campsite is the first of six sites that will be built along Perdido River and other coastal areas to support the Florida Circumnavigational Saltwater Paddling Trail.

The Paddling Trail was established in 2007 to provide approximately 1,600 miles of paddling opportunities for sea kayaking around the perimeter of Florida. The trail includes every type of Florida coastal habitat including barrier island dune systems, salt marsh, mangroves and more. It is divided into nine regions with a total of 26

segments and spans 20 national parks, seashores, wildlife refuges and marine sanctuaries, as well as 37 aquatic preserves and 47 state parks.

In December, kayaker Matthew Keene traveled the saltwater trail, beginning at Fort Clinch State Park

near the Florida-Georgia border, ending his journey at Big Lagoon.

For more information about the campsite or the Florida Circumnavigational Saltwater Trail, contact Robert Turpin at Escambia County Neighborhood and Community Services at 850-595-3474.

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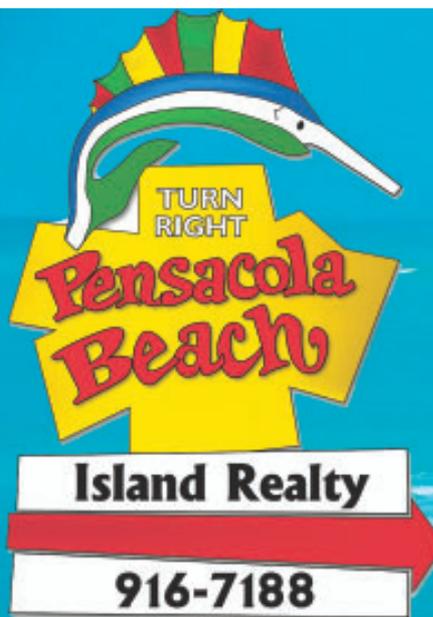


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*Island Times*  
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# Take Two Apples

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

If you feel like your get up and go got up and left, this is for you! In my practice and even personal encounters, I find that a lot of people are feeling tired. Not just a little tired, like I-stayed-up-too-late-partying-last-night kind of tired, but more of a I-slept-ten-hours-last-night-and-still-feel-exhausted kind of tired.

One reason is doing too much and sleeping too little, but there's more to it than just that. For many people, sleep has become non-restorative, meaning that no matter how long you sleep, you just don't feel rested when you wake up. There can be many causes of non-restorative sleep, but the modern era seems to have ushered in a new stress-induced form of extreme fatigue now being recognized as adrenal fatigue.

Our adrenal glands are our stress glands. They are the fight-or-flight center of our body, releasing cortisol in response to stress so we can either do battle or run. When someone is under stress for a short time, the adrenal glands pump out the cortisol to help us get through it and then settle back to normal. However, when someone is under stress for a long period of time, the adrenal glands pump out their cortisol as long as they can, but after a while they can't keep up.

Common symptoms include difficulty getting up in the morning, extreme fatigue not relieved by sleep, complete lack of energy so that everything seems like a chore, trouble getting through the day due to extreme fatigue, less enjoyment of life and even mild depression. Often people suffering from adrenal fatigue don't really feel fully awake until about 10 a.m., have more fuzzy thought processes than previously and feel more forgetful and distracted. Usually, they have little reserve for stress, so even minor stresses provoke disproportionate reactions or can even paralyze them.

Physiologic changes occur,

too, including light-headedness on standing up, cravings for salt, and mild hypoglycemia resulting in sugar cravings.

Strangely, while someone may have a severe afternoon low, they may feel best very late in the evening and be energetic and productive until 2 a.m.

Some people with adrenal fatigue find that the most restful sleep of the day occurs in the morning hours from about 7-9 a.m., but that waking up before that requires great effort, even if they have gone to bed early. Often these patients have sought help from doctors and been told it's in their mind or they're depressed or they need better "sleep hygiene" or even "you'll just have to live with it." If the doctor did run some tests, likely a blood cortisol was run and came back in the very broad "normal range" and the patient was told there's absolutely nothing wrong with them.

Well, if this sounds like you or someone you know, the good news is there is help. There are now excellent laboratories that can test cortisol levels in the saliva over a 24 hour period so those erratic levels can be documented and treated.

Sleep can become more restorative if done at the proper times. Also, eating small, frequent meals that include some protein and carbohydrate at each meal can help with the hypoglycemic symp-

## Lumberjacks And Jills Compete At Festival

Pensacola Junior College presents the 21st annual Northwest Florida Forestry Conclave & Lumberjack Festival Saturday, March 7 at the Milton campus.

The exciting free event is 9 a.m. to 4 p.m. and features fun for the whole family including adult forestry skills competitions.

For more information, call 484-4463 or visit <http://pjc.edu/lumberjack>.

oms and sugar cravings. Letting yourself use some salt can help with the light-headedness. Taking certain nutritional supplements may also be of help: particularly B vitamins, magnesium, and adrenal supplements. Finally, getting some mild daily exercise can help boost energy, improve the sleep wake cycles and help with enjoyment of life and mental clarity and focus. You definitely can regain energy and feel great again! For more information, check out Adrenal Fatigue the 21st Century Stress Syndrome by James L. Wilson.

**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.)*

## Beauty & Fun



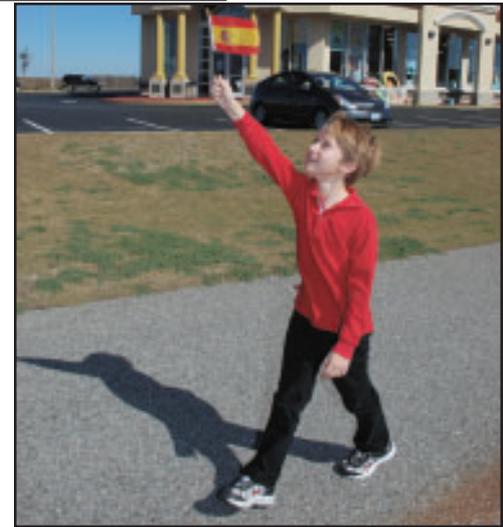
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*Tanner Braxton took advantage of the steady Beach breeze to keep his flag flying while he saluted the King and Queen of Spain as their motorcade left Pensacola Beach on February 19. Tanner is a student at Pensacola Beach Elementary School.*



*It was a special moment for Beach School first grader Cali Hargrove as the King and Queen of Spain's motorcade drove past her on Via de Luna, February 19. Beach School students honored the royals by waving the Spanish flag.*

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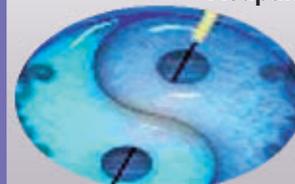
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## readin' the water

by Saltwater Rick

One good thing about the cold weather this time of year is the Redfish. Reports of catches all around the system are filling the air waves and fishing forums as anglers tuff out the temps to land a slot sized Red for the dinner table.

On the Gulfside of the Island lots of "Too Big" ones are being released after struggles and cussin' about the rules, but, it was not too long ago we were fished out because there were no rules. So, stay ticket free and know your regs because The Man does.

My favorite spot is around Range Point and the nice grass beds which are the home to many a Redfish family and if you come up on them at the right time they will hit anything you throw in the water.

Light tackle is the most fun and a topwater lure will make your heart stop when one of these critters pounds your offering; usually when you least expect it.

On the westside of the point the waters are deeper and there is a nice hole just off the Last-of-the-Big-Dunes we have on the Island. If you find it, come up on it slow and quiet. They are there and waiting for dinner to swim by.

The eastside of Range Point is very shallow and the grass is very heavy. Having a good chart is a must if you're in a boat and want to get up in there to the hot spots. Pompano are starting to run and it's not long before the Ling are the thing, so stop by one of our good tackle shops and get outfitted. Then, do yourself a favor and Go Fishin'

## Beach Photographer And Blogger Fishes For History

After the Florida Trail Association Hike on Pensacola Beach February 7, local photographer and blogger DJ Zemenick wanted a history lesson. The artist behind the beautiful photos posted to the Barrier Island Girl blog is curious about the Old Fish Hatchery at Big Sabine Point.

The hike led her to the Fish Hatchery which everyone seems to know exists, but no one seems to know the entire story. DJ wants to know the entire story. She wants an authentic Beach history lesson.

Here is a call to all Beach historians, fishermen and trivia buffs to consult their sources to provide more information. Dust off your memories of island lore and share the details.

Local surfer Mark Anderson has been rumored to be an expert. Perhaps he will spill what he knows about the beach he loves so dearly.

Email information to [islandtimes@bellsouth.net](mailto:islandtimes@bellsouth.net). We will print the results of the hatchery history hunt.

## Florida Trail Association Hike Dunes Trail Pensacola Beach

Friday, March 13 at 9 a.m.

No Charge

Lunch following the hike.

Details: 850-932-5469

## Small Things Mean Alot - Beach Volunteers Needed To Sample, Study Phytoplankton

Are you interested in sampling local waters twice a month and identifying the phytoplankton that are found? It's okay if the last time you used a microscope was back in high school! No experience is required.

The NOAA Phytoplankton Monitoring Network (PMN) is holding new volunteer training Friday, March 6 at the EPA Gulf Ecology Laboratory on Pensacola Beach from 1 p.m. - 4:30 p.m. in the Lab Room. The EPA Lab is located off Villa Sabine Drive.

• PMN provides volunteers with ALL the necessary equip-

ment (except for the light microscope).

• Volunteers commit to sampling their site at least once every two weeks for at least one year.

• Sampling sites can be anywhere, as long as you have easy, safe, and legal access to the site.

• Sampling sites must have a salinity of 15 ppt or greater throughout most of the year.

• Volunteers need to have computer access to enter data into the PMN online database.

Anyone can participate. Schools, parks, 4-H clubs, homeschoolers, Master natural-

ists, and individuals are welcome to be part of our Monitoring Network.

Sound interesting? Then come and get your hands wet while learning how to identify marine phytoplankton.

Registration is required. Please reserve your space in advance. There is no charge to participate. Contact Jeff Paternoster at 843-762-8657 or [jeff.paternoster@noaa.gov](mailto:jeff.paternoster@noaa.gov)

For additional information about the network, please visit the Phytoplankton Monitoring Network website at [www.chbr.noaa.gov/pmn/](http://www.chbr.noaa.gov/pmn/)

### Core Area Development Public Workshop

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*Pensacola Beach Optimist Club members belong to an international organization dedicated to championing children's health and educational causes. We support the following programs and organizations on Pensacola Beach and in Northwest Florida:*

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**HAVING A BALL AT THE WRECKS COSTUME CONTEST** - The Krewe of Wrecks are famous for the characters who appear at their Grand Costume Ball. The twenty-ninth Ball was no exception as famous lovers and one famous aviator arrived at The Dock on February 14. Photo Left: Morrie Drees won first prize in the costume contest for his rendition of The Economic Bailout. His parachute was covered with one hundred dollar bills. Photo Center: 2008 Wrecks Ship's Officers Lynda and Jim Knell dressed as the famous duo Sonny and Cher. They took home second place. Photo Right: Both Popeye and Bluto want Olive Oyl by their side. Jim Cox was strong to the finish as Popeye who was joined by wife, Lila, who portrayed Olive Oyl. Richard Johnson, right, was Popeye's nemesis, Bluto. The comic strip characters were awarded third place.

# IVAN SOL

09.14.09

The Statute of Limitations ("SOL") in Florida for filing an insurance lawsuit arising from Hurricane Ivan windstorm damage is five years.



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## Does your insurer owe you money?

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**Mary had a little flounder  
he had no fleece like snow;  
But everywhere that Mary  
went the fish was sure to go.  
He followed her to a bar one  
day, which was against the  
rules. The Flounder had to  
flop and flay to stay upon  
the stool.**

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## King Crossword

### ACROSS

- 1 Information  
5 "Platoon"  
setting  
8 Strikebreaker  
12 Enrages  
13 "Born in the  
—"  
14 Domesticate  
15 Oceans  
16 Menace  
18 Islamic  
leader  
20 To-do list  
entry  
21 Thailand,  
once  
23 Solidify  
24 Name  
28 Turned blue?  
31 Spelling  
contest  
32 1988 movie,  
"Without —"  
34 Go schussing  
35 Sailor's mop  
37 Intensity  
39 Deity  
41 Birthright  
barterer  
42 Restitution  
45 Look up to  
49 Wolfram  
51 Heehaw  
52 "Beetle  
Bailey" dog  
53 Common  
Mkt.  
54 Unrivaled  
55 Disarray

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				33		34		
35			36		37				38			
			39		40		41					
42	43				44		45			46	47	48
49						50			51			
52						53				54		
55						56				57		

- 56 Post-  
opposite  
57 Tolkien's tree  
creatures  
**DOWN**  
1 Platter  
2 Vicinity  
3 Blue hue  
4 St. Francis'  
home  
5 Small,  
short-tailed  
bird  
6 Blond shade  
7 Stallion's  
companion  
8 Didn't blink  
9 Action  
10 "So be it"  
11 Flex  
17 Work unit  
19 Leaning  
Tower of —  
22 Big fracas  
24 Couric's  
employer  
25 Chop  
26 Chemically  
active  
substances  
27 Pest  
29 — out a  
30 Lotsa noise  
33 "Zounds!"  
36 Beatnik's  
drums  
38 Hardly  
conceited  
40 Dentist's  
abbr.  
42 Fermi's bit  
43 Silent  
44 Stairway part  
46 Press  
47 Carry on  
48 Spuds' buds  
50 Always, in  
verse

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## King Crossword

Answers

Solution time: 21 mins.

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



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