

Alabama island harbors Gulf Shores fever

By SANDY KATZ
Mature Life Features

It's easy to take it easy fishing, para-sailing, golfing, birding, or just lolling on the white-sand beaches on the Gulf of Mexico when you know there are metropolitan magnets a short piece along the shoreline in Pensacola, Fla., or just up the bay in Mobile, Ala.

But it's pretty hard to leave the mythical Margaritaville

created by Jimmy Buffet and commemorated by an array of the Mexican mixtures prepared at LuLu's by the late singer's younger sister, Lucy.

Through her connections to the entertainment world, more than 500 musical acts are booked each year, including the annual Frank Brown International Song Writers' Festival, at the Homeport Marina.

While it's relatively easy to

leave Gulf Shores on Pleasure Island since it's been connected to the mainland by the Intercoastal Waterway since 1933, there's enough entertainment to retain you on the island.

You can enter the lottery at the Orange Beach Art Center to win an opportunity to blow glass into an ornament at the Hot Shop, which houses more than 100 local sculptors, potters, painters, and textile

artists.

Or you can traipse over the Hugh S. Branyon Backcountry Trail covering four ecosystems over its 10 miles of pristine woodlands and natural habitats. You can take a two-hour golf cart tour with an informative guide.

Take the Cetacean Cruise with Captain Bob on his pontoon boat that focuses on education and eco tours. They are the only federally recog-

nized dolphin-smart boat in the area but you also get to see pelicans, osprey and bald eagles.

One of two small museums worth a visit is the Indian and Sea Museum featuring local history, Indian culture, marine history and regional fishing along with photos from the 1800s and artifacts from native Creek Indians.

Gulf Shore Museum is Continued on page 9

'Dining With Diabetes' cooking school

Diabetes is a serious and costly disease, but research has shown those who learn to manage their blood glucose (sugar) levels, eat healthy and exercise regularly can lower their risks of complications and lead a healthier and productive life.

Purdue University Elkhart County Extension Office will be offering "Dining with Diabetes," a four-part series, from 6:30 p.m. to 8:30 p.m. Tuesdays, April 12, 19, 26 and May 10. Classes will be held in the conference room of the Elkhart County Extension Office located on the Elkhart County 4-H Fairgrounds in Goshen.

"Dining with Diabetes" is a four-week series of classes open to those with diabetes, their family members and

caretakers. The series of classes costs \$30 per person or \$40 per couple in the same household. Pre-registration is required. Participants are encouraged to attend all classes.

Individuals will learn how to prepare meals that are healthy, easy to prepare and taste good. Recipes will be demonstrated and participants will have the opportunity to taste. Recipes and handouts will be given to each participant. Participants will also learn up-to-date information on nutrition, meal planning, exercise and how to understand common diabetes-related medical tests.

Registration and class fee must be sent to: Elkhart County Extension Office, HHS Department, 17746-E


CR 34, Goshen, IN 46528 by March 30. A brochure with registration can be downloaded from the Elkhart County

Purdue Extension website at www.ag.purdue.edu/counties/elkhart.

For further information,

call Mary Ann Lienhart Cross, extension educator, health and human sciences at (574) 533-0554.

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No Senior Life Senior Day —

Join us in the Silver Sluggers Club

By DEB PATTERSON
Editor

Senior Life has partnered with the South Bend Silver Hawks in the club's new endeavor — The Silver Sluggers Club.

The club is open to fans 55 years of age and older and include numerous events designed specifically for members at Tuesday home games. Our participation in The Silver Sluggers Club will replace Senior Life Day at the Cove.

"We are thrilled to have Senior Life as a partner for our first year of the Silver Sluggers Club! They are a great source

and connection to the senior community as we approach the upcoming season," states Natalie Tobey, promotions intern, South Bend Silver Hawks.

"Senior Life is thrilled to join in partnership with The Silver Hawks in this new endeavor," stated Ron Baumgartner, publisher, The Papers Incorporated, parent company of Senior Life. "We encourage, and hope, our readers to take advantage of this great opportunity."

Membership in the club includes: one free ticket per member to every Tuesday home game — a choice of bleacher seats or box seats; pre-game walking every Tuesday home

game, a monthly book club with it's first introductory meeting at noon April 17; Batting Practice Knitting, a Silver Sluggers Punch Card giving those members who have the card punched at all home games members a reward.

Members will also be a part of the "Field of Dreams" — going out on the field with Silver Hawk players for the national anthem and a post game stadium tour. There will also be Baseball Bingo and discounts available at the Hawks Team Store.

Other events include a Silver Sluggers Social, exercise activities, Brain Works and more.

Memorial Health and Lifestyle Center is also a co-sponsor.

To join Silver Sluggers individuals pay a one time fee — \$12 for bleacher seats or \$22 for box seats. That's it, other than attending the games.

Tuesday home games will be: April 12 against Lansing Lugnuts; May 3 against Great Lake Loons; May 17 against the Lugnuts; May 24 against Lake County Captains; May 31 against Cedar Rapids Kernels; July 5 against the Dayton Dragons, Aug. 9 against Bowling Green Hot Rods and Aug. 30 against the Captains.

Games will be at 6:30 p.m. April 12, May 3, 17, 24 and

Aug. 30. The July 5 and Aug. 9 games will be at 1 p.m. and the May 31 game will be at 7 p.m.

Silver Sluggers members will receive more information upon registering.

To register, individuals can pick up a form at the Cove, print out a membership form from the Silver Hawks website: www.silverhawks.com under the groups tab and mail it to South Bend Silver Hawks Silver Sluggers, Attn: Emily Riggs, P.O. Box 4218, South Bend, IN 46634.

Individuals may also send a self-stamped addressed envelope to have a registration form mailed.

Writer brings soldier's diary to life

"Americans killing Americans ..." reads the dust jacket on author Thomas Ray Crowel's latest offering, "Cry Uncle, Sumbody." The novel documents one of the bloodiest conflicts in U.S. history — the American Civil War — but in an entirely different way. "This book is unique in that it is based on the diary of a common foot soldier, rather than from the writings of generals, politicians or historians," says Crowel.

The 1864 diary of David Longenecker was discovered nearly 50 years ago as it lay in an old train caboose jammed with whatnots and thig-a-ma-jigs on a farm in Indiana. Crowel first transcribed it over 30 years ago, but either misplaced or lost all of his notes. Then sometime last year, he decided to transcribe the diary once again.

"I felt compelled to tell this boy's story," Crowel said, adding, "I believe that nearly a 150 years ago, David had something of consequence to say — a story

waiting to be told." As an added bonus to his readers, he has included the actual diary entries as Part Two of "Cry Uncle" appropriately called, "The Diary."

The Hoosier author continued, "This boy didn't only jot down weather conditions, dates and times in his diary; he also recorded personal activities, reflections and emotions of both himself and his comrades."

Crowel also authored "The Passerby," a book based on a cold case murder, which drew the attention of media and citizens and brought the case to the forefront resulting in the cold case murder being re-investigated by the Indiana State Police.

"Cry Uncle, Sumbody" hits the bookstores and Amazon on April 12, which appropriately marks the sesquicentennial of the American Civil War. More information about the author can be found at: www.simplelling.net



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Alabama island

Continued from page 5 housed in a beach cottage and shows guests what they need to know about hurricanes, all depicted through photographs as well as video taken during Hurricane Ivan in 2004.

Historic Fort Morgan, a testament to the evolution of American coastal-defense fortifications from 1834 to World War II, is a history lesson featuring a rare Fresnel lens

from the Middle Bay Lighthouse on loan from the U.S. Coast Guard.

American Bird Conservancy has designated Fort Morgan one of the 100 Globally Important Bird Areas. The peninsula is a stopover for many migrating birds, including the ruby-throated hummingbird.

And there's an endless supply of restaurants.

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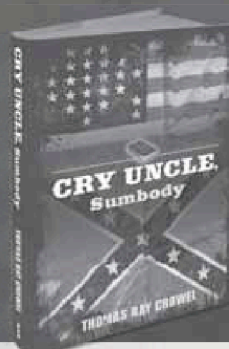
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— George Sheldon, author of *When the Smoke Cleared at Gettysburg* and *Fire on The River*

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