

# Arts & Entertainment

## I believe in the pure power of prayer

I have always believed that God answers prayers.

When I was little I prayed to feel safe, to make the basketball team, I even prayed to get an "A."

And now, in my adulthood, I still wholeheartedly believe in the miracle-happening power of prayer.

None is better than witnessing a benediction, as I just have.

One of my big sisters has a disease, addiction.

Sunshine checked herself into a month-long rehabilitation program. There, she not only got clean, but she appeared to rehabilitate her life.

I wrote a column a few months ago about Sunshine's tribulations throughout life. The article ended as she plunged to rock bottom.

She disappeared for weeks. She had lost 20 pounds from her 125-pound frame. She lost her house, kids, her entire life.

It seemed like her problem was taking her progressively downhill and she might crash, burn and be lost in ash at the end of it all.

But she didn't.

Sunshine has embraced her disease — addiction — and has now been clean for nearly three weeks.

### You Think?



By Pasha Carroll

My mother pled with the Lord each day to open Sunshine's eyes when she was on the street smoking crack. I put in my own requests daily.

But maybe the windfall happened because of your appeal.

After that story was published, I received many e-mails with imprecations

attached.

So, you were all out there praying too? And to think, at one time Sunshine thought she was alone!

I now summon you for prayer to help someone else with the same disease, but with additional risk.

Out of five, Sparkelynn is my only younger sister. I have always tried to help her a little more and be there for her like my big sisters have been for me.

She overdosed on heroine more than two weeks ago. I didn't even know until three days later.

Thankfully, she survived. She is, once again, in rehabilitation, the same

one that filled Sunshine with hope and the tunnel to a real future.

Sparkel has asked me to be her sole visitor on Christmas Day.

I can't wait to hug my little sissy and try my hardest to rescue her from the storm. But I know she ultimately has to want to help herself.

Please say a prayer for her if you can, even if it just a quick prayer in your personal thoughts.

There is power in belief and faith.

Pasha Carroll lives in Atlanta, Ga. She can be reached at pashacarroll@gmail.com.

## Go on a harbor lights fireworks cruise through Destin Harbor

All events listed will be at the Destin Community Center, Stahlman Avenue, one block north of U.S. Highway 98 in Destin, unless otherwise noted. Brochures detailing all the programs are available at the community center. For registration or information, call (850) 654-5184. Prices listed are for resident/non resident.

### ONGOING

- Aerobics, low impact, Mondays, Wednesdays and Fridays, 9:15 - 10:15 a.m. Take water and towel. \$3
- Duplicate Bridge, Mondays and Thursdays, 9:30 a.m. \$4 per session, no partner needed.
- Chess Club meets Mondays, 5 p.m., Buck Destin Park. (850) 543-4973
- Destin Woman's Club meets second Wednesday of each month, September - June. Sherry at (850) 837-2933 or visit www.destin-

womansclub.org.

- Destin Seniors meet Mondays, 9:30 a.m.
- Intermediate Party Bridge, Buck Destin Park, Mondays, Tuesdays and Thursdays, 12:45 p.m. Sue Goetz at (850) 837-1967
- Jazzercise classes, Mondays and Wednesdays, 6:30 p.m., and Thursdays at 5:45 p.m.
- Oil painting in Bob Ross method, \$35, plus supplies. Thursdays, 9 a.m. - 5 p.m., canvas \$10, supplies \$10.
- Single Moms of the Emerald Coast meet third Saturday of each month at various locations. No charge. (850) 855-9839 or singlemomsec@yahoo.com
- Spanish classes for adults, Mondays, at 4, 5 and 6 p.m. (850) 682-0886.
- Tai Chi, Tuesdays, 6:30 p.m.
- Volleyball for adults,

### DESTIN CALENDAR

Pick up games 6 - 9 p.m., Wednesdays. \$2 - non-residents

• Walk to music in the gym, 8 - 9 a.m., Monday - Friday.

• Woodcarving - Coastal Wood Carvers meet Fridays, 9 a.m. - noon. \$3. Instruction, ideas and first block of wood free.

• Yoga classes, Tuesdays, 9 a.m., \$10 per class, open to beginners and advanced. Bring mat and props. Adrienne, (850) 685-7758

### ONGOING FOR KIDS

- Ballet classes, Wednesdays, 9:30 - 10:15 a.m. for ages 3 - 5, and from 10:30 - 11:15 a.m. for ages 5 and up. \$30 per month.

• Baton twirling classes, Thursday nights, 5:30 - 6 p.m., K - 2nd grade and 6 - 6:30 for 3rd - 6th grade.

\$25/month, batons available for \$24. Diane Gamble-Gordon (850) 897-6014

• Cuddlers & Toddlers, for 4 months - 4 years at library, Thursdays 9:30 a.m. and Tuesdays 3 p.m.

• Funky Dance Class, 4:30 - 5:30 p.m. for ages 8 and up. \$10/class or \$35/month.

• Game Room open to ages 10 and older, Monday - Friday, noon - 9 p.m. Children under 10 must be accompanied by an adult. Ping pong, pool, foosball, basketball.

• Kidz Klub, after school hang out M-F until 5:30 p.m. \$10/residents, \$20/non-residents.

• Spanish for children ages 2 - 12, 9 - 10 a.m. Destin Language Academy,

(850) 682-0886 or www.DestinLA.com for dates and times.

• Stage Performers, ages 4 - 18, Tuesdays, 4 p.m.

Music class that teaches children to sing and dance.

• Tap Dance, 4:30 - 5:30 p.m., Mondays, ages 11 - 15.

### SPECIAL EVENTS

• Dec. 31 - Harbor lights fireworks cruise, Destin Harbor. (850) 837-6241

• Friends Guild of Destin Library sponsors award-winning independent and foreign films each second Tuesday, 7 p.m. Free and open to public. Films are unrated but directed to mature audiences. Limited to 60 people. Ticket required, available at library circulation desk one week prior to showing. (850) 837-8572



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