

# FOLEY {local}

FOLEY AND BALDWIN COUNTY

JANUARY 2026

**A BETTER FOR  
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FOR A HEALTHY  
NEW YEAR

**E-BIKES**  
LET'S GET PEDALING

**EVENTS  
FOR  
JANUARY**  
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# Inside {local} January '26

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## RIDE AT YOUR OWN PACE

Get in on the latest biking trend

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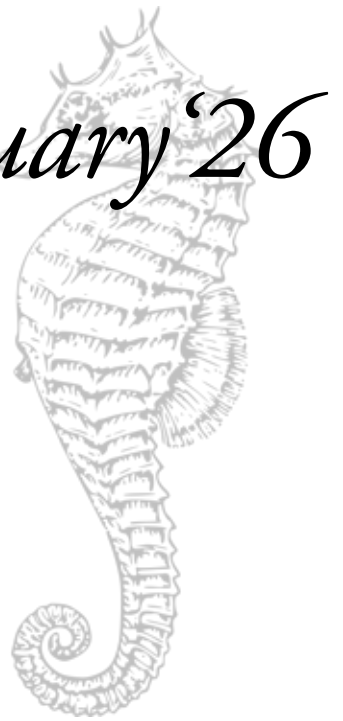
## EVENTS AND HAPPENINGS

Exciting things happening in our community

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## TIME TO GET HEALTHY

Recipe to kick off a healthy new year



## LOCAL FOCUS FAITH & WORSHIP PAGE 15

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Darrin and Donna Piatt, owners of eBicycles 2 You. Photography by Linda Williford

# RESOLUTION: FUN

**BY LINDA WILLIFORD**

The electric bike is an excellent way to add variety, fun, and exercise to your New Year's resolution, which you will probably want to continue throughout the year. It is a blend of fitness, convenience, and outdoor enjoyment that traditional workouts often can't offer.

Darrin and Donna Piatt are the owners of eBicycles 2 You, located on N. McKenzie Street in Foley. They carry a wide selection of electric bicycles, including folding ebikes and three-wheel ebikes, and all sizes and fits.

The electric bike is another option to benefit your health. Darrin says the bike's electric motor can be switched to pedal power, and the pedals have different resistance levels.

The eBicycles 2 You shop pays special attention to its customers. Darrin says, "Our staff is very knowledgeable about cycling and will answer any questions you might have. We want our customers to be comfortable with their new ebikes instead of ordering online and finding out they don't like it." He added, "All our new ebikes come with a 2-year manufacturer's warranty. We service our ebikes, including assembly, repairs, and tune-ups." They even

**PAGE 8 >**





## Did you miss the Medicare deadline for DECEMBER 7<sup>TH</sup>?

Call Renee James and discuss your needs, there is still time for you to make choices. There are changes that will affect your medicare benefits in 2026.

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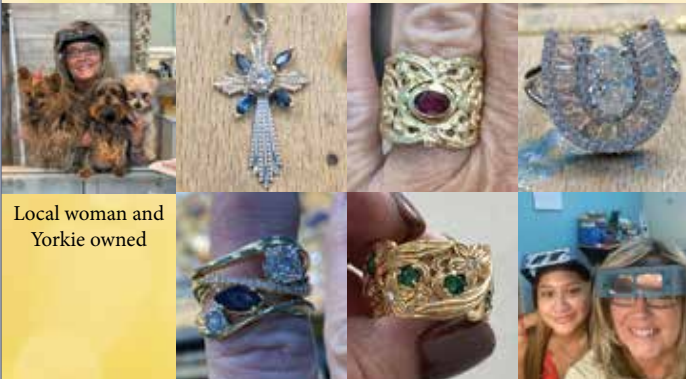
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eBicycles 2 You, offers maintenance and repair service. See their ad on page 12. Photography by Linda Williford



Donna with the popular folding e-bike. Photography by Linda Williford

## < FROM PAGE 6

service ebikes that were not purchased there.

The Piatts bought their first ebikes 5 years ago after their camping adventure to Coronado Island, San Diego, CA. Donna said, "We saw these funny little bikes – like something a clown would ride." They decided to buy a couple and try them out. They found that they loved those "funny little bikes." Darrin and Donna have traveled across the United States in their RV and had fun adventures on many beautiful bike trails with their ebikes.

The Piatts are originally from Maryland. They moved to Foley in 2021. They loved camping at the Gulf Shores State Park because of the bike trails. "That's why we moved here," said Darrin.

The Piatts said that the love of ebikes brought them out of their retirement. For 2 years, they operated a mobile business before opening eBicycles 2 You in August of this year. They sold ebikes on Facebook Marketplace, their website, and at local camp-

grounds. Donna said, "We would go to campgrounds, people's homes, parking lots, anywhere to show bikes." Donna said, "It was fun, especially at the campgrounds. It was like a little party at the camps, showing and selling ebikes. The people were so friendly."

Darrin said, "Most people buy out of the shop." They have a nice display of ebikes to choose from. But Darrin can help you with a broader selection online if you don't find what you want, including ordering baskets and back seats for your ebike.

Donna says, "The majority of our customers are 50 years old and over. "We had a 90-year-old gentleman who was looking for a folding ebike that would fit into his SUV. We were happy to accommodate him. Come to the shop, and we will help you find the perfect ebike."

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# LOCAL EVENTS



## 84-A TRIBUTE TO VAN HALEN

JANUARY 9, 7:30PM | OWA THEATER IN OWA

Get ready to jump into the new year with pure rock energy! On January 9th, OWA Theater is turning up the volume for 84 – A Tribute to Van Halen, the ultimate salute to one of rock's most legendary bands. Every note, every move, and every scream captures the high-octane spirit that made Van Halen one of the greatest rock bands of all time.

## BRANDON STYLES TRIP DOWN MEMORY LANE, 1 MAN, 40 VOICES

JANUARY 4, 11, 18, 25 AND FEBRUARY 1  
OWA THEATER IN OWA

Join Brandon Styles as he transports you back in time with a captivating performance that will make you reminisce. With his magical voice, Brandon effortlessly sings songs from the 1950s to the 1970s, representing a variety of iconic artists such as Frank Sinatra, Tony Bennett, Neil Diamond, and Louis Armstrong, among others. It's no wonder this show has been voted as the best date night experience on the Gulf Coast.

## THE FLORA BAMA POLAR BEAR DIP

JANUARY 1, 12PM – 3 PM | THE FLORA BAMA  
17401 PERDIDO KEY DR., PERDIDO KEY

The Flora-Bama Polar Bear Dip is THE event of New Year's Day along the gulf coast. Groups and families gather in costumes, swimsuits, and some even in wet suits to feel the brisk saltwater on their faces. Take a dip in the Gulf of Mexico at high noon. Those who fully submerge will get a free draft beer and a free New Year's lunch of ham, black-eyed peas, greens, and cornbread.

## ICE SKATING AT THE WHARF PRESENTED BY PEPSI NOW THROUGH JANUARY 19 THE WHARF

Grab a pair of skates and glide, spin or fall into the season on real ice from November 14 - January 19. All skaters are required to complete a waiver before coasting on blades along the Gulf Coast with us. Want to give back this season? Join us for "Skate 5, Give 5 Tuesdays". Guests can lace up their skates and glide into the holiday season and make a meaningful impact while doing it. Every Tuesday through December 10, The Wharf will donate \$5 to Toys for Tots for each skate purchase, matched dollar-for-dollar by Heather Loper & Associate at Keller Williams Alabama Gulf Coast, during the "Skate 5, Give 5" initiative.

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# Great RECIPES

## Sweet Potato Blueberry Baked Oatmeal



### INGREDIENTS

BUTTER, OIL OR NONSTICK COOKING SPRAY  
2 CUPS UNCOOKED ROLLED OR OLD-FASHIONED OATS  
2 TEASPOONS CINNAMON  
1/4 TEASPOON SALT  
1 1/2 TEASPOONS BAKING POWDER  
1 1/2 CUPS 1% MILK  
2 LARGE EGGS  
1 CUP MASHED SWEET POTATO  
1 1/2 TABLESPOONS BUTTER, MELTED  
1/3 CUP MAPLE SYRUP, PLUS MORE FOR DRIZZLING  
1 TEASPOON VANILLA EXTRACT  
2/3 CUP BLUEBERRIES (FRESH OR FROZEN)

### DIRECTIONS

- Preheat oven to 350 F.
- Coat inside of 2-quart baking dish with butter, oil or nonstick cooking spray.
- Mix oats, cinnamon, salt and baking powder.
- Beat in milk, eggs, sweet potato, butter, 1/3 cup maple syrup and vanilla extract.
- Mix together, saving blueberries for last to prevent staining or crushing, and spread inside dish.
- Bake 30-35 minutes until oats are tender and moisture has been absorbed.
- Drizzle with maple syrup, to taste.

Recipe courtesy of Sarah Schlichter on behalf of the North Carolina Sweetpotato Commission  
Prep time: 10 minutes | Cook time: 30 minutes | Servings: 6



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