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# **So Others May Live**

Coast Guard Rescue Swimmers, Saving Lives, Defying Death

By Martha J. LaGuardia-Kotite, FORMER CAPTAIN USCG

Immense Pacific Ocean seas rolled ashore. The frigid salt water swept into the mouth of the Oregon cave at the foot of Cape Lookout with a roar so loud, the Coast Guard helicopter hovering above was quieted.

For Aviation Survivalist Tristan Heaton, the rescue swimmer looking wide-eyed down towards the cave from the protection of the helicopter's cabin—it was the kind of day he lived for. Nothing got his adrenaline going in such an incredible rush as when he was preparing to save lives. He was addicted to the natural injection. Looking down at the ocean he thought, "If I make it back from this one, I'm going to go back and do it again." Heaton said he had waited all his life to "almost die" to help someone. On this day, two brothers were trapped inside the cave. The only way out for the brothers was back through the cave's mouth, into the wild sea.

The desire to help someone, to save lives is at the core of what it means to be



a first responder and a member of the U.S. Coast Guard. I joined the Coast Guard to save lives and to protect the environment. After getting my appointment to the US Coast Guard Academy on the steps of Station Destin, located across from Crab Island and at the foot of the Destin bridge, I served in the U.S. Coast Guard for over 30 years at sea and ashore.

When I learned of this ex-

traordinary cave rescue, I was a lieutenant working in the Pacific Northwest as the Coast Guard's Public Affairs Officer. I was surprised to learn more about what happened that day and how Tristan "almost died" to save a stranger. I figured if I didn't know about the extent of what our Coast Guard men and women do to save others, then certainly many people in America and around the world did not ei-

ther. This story stuck with me as I moved from Seattle to New York and continued to serve as a Coast Guard officer. As I transitioned from active duty to active reserve, I was driven to write a book about the Coast Guard's modern day heroes and their rescues in an effort to shine a light on our service and celebrate their sacrifices, their risks and their

> **SO OTHERS** continued on page 3

# Gov. Ron **DeSantis Rolls Out Phase 2**

Safe. Smart. Step-By-Step. Plan

Gov. Ron DeSantis announced Florida's move into Phase 2 of his Safe. Smart. Step-By-Step. Plan for Florida's Recovery with Executive Order 20-139. Phase 2 applies to all counties in Florida except Miami-Dade, Broward and Palm Beach counties that began June 5.

#### **Restaurants, Bars, Pubs**

Restaurants may allow bar-top seating with appropriate social distancing. Bars and pubs may operate at 50% capacity inside and full capacity outside with appropriate social distancing. Patrons may only receive service if seated.

#### **Gvms**

Gyms may operate at full capacity with appropriate social distancing and frequent sanitation.

Retail establishments may operate at full capacity with responsible social distancing and sanitation protocols.

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#### Community

#### **SO OTHERS**

continued from page 1

courage. This story was the first chapter I wrote which became So Others May Live: Coast Guard Rescue Swimmers Saving Lives, Defying Death. This book was also a template for the movie "The Guardian" starring Kevin Costner and Ashton Kutcher.

I returned to the Emerald Coast and recently retired on the steps of Station Destin, the place where my career began. Station Destin is special to me, not only because I grew up in Destin when all it was known for was "the luckiest fishing village in the world," but also because this station for me represents the heart of the Coast Guard. The men and women of our service

are selfless and tireless when it comes to their job, their mission and their dedication to save lives, and protect our coasts.

The Coast Guard is a multi-mission force and branch of the military under the Department of Homeland Security. A force of 42,00 men and women nationwide, we are similar to the size of the New York Police Department serving to defend America's boarders and protect the maritime environment. From drug interdiction, to search and rescue, migrant interdiction, ice operations, law enforcement and marine environmental protection to aids to navigation, the Coast Guard serves at sea and ashore.

The next time you're going over the Destin bridge or on a boat near Crab Island, honk your horn, wave hello or greet the Coast Guard men and women of Station Destin and thank them for their service. When you need help, the Coast Guard will be there just like Tristan and his aircrew.

Tristan's fearful thoughts, looking down at the cave he was about to enter, did not get the best of him. He found the confidence in his training and in his aircrew hovering above to descend on the cable and enter the mouth of the cave to rescue a survivor. Only when the helicopter flew into the cave to help Tristan and the nearly unconscious survivor he held in his arms, did this hero escape death and rise up to see the sunrise of a new day.









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#### PHASE 2

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#### **Entertainment Businesses**

Entertainment businesses, including but not limited to movie theaters, concert houses, auditoriums, playhouses, bowling alleys and arcades, may operate at 50% capacity with appropriate social distancing and sanitation protocols.

#### **Pari-Mutuel Facilities**

Pari-mutuel facilities may submit a request to open to the Department of Business and Professional Regulations. The request must include an endorsement from their county mayor or county administrator if there is no mayor.

## Personal Services Businesses

Personal services businesses, including but not limited to tattoo parlors, acupuncture establishments, tanning salons and massage establishments, may operate while adhering to guidance from the Florida Department of Health.



#### Guidance

Individuals over age 65 or with underlying medical conditions are strongly encouraged to avoid crowds and take measures to limit the risk of exposure to COVID-19. All individuals that work in long-term care facilities should be tested for COVID-19 on a routine basis. All persons in Florida are encouraged to avoid congregating in groups larger than 50.

#### **Schools Reopening**

Gov. DeSantis has unveiled a plan that anticipates K-12 schools will reopen in the fall at "full capacity." Florida Commissioner of Education Richard Corcoran says it is the state's intention to bring teachers and students physically back to schools

in the fall. He stopped short of officially announcing that schools will be fully open, but said that is what the state is planning for.

Gov. DeSantis said plans about exactly how to reopen schools will ultimately be made on the local level. The governor said opening schools is critical to the success of Florida's economy, and the plan states "Florida can only hit its economic stride if schools are open."

The plan outlines how nearly \$475 million in education-related aid from the CARES Act will be used to help Florida schools. Below are the resources included in the \$475 million aid: \$64 million will be provided to close achievement gaps. A four- to five-week summer program will be implemented on school campuses for

K-5 students "who have identified with a substantial deficiency in reading based on assessments and teacher recommendations." \$20 million will go toward reading curriculum and supplemental materials for grades K-3. Fifteen million will be dedicated to training 2,000 reading coaches as well as in-classroom support with the coaches. Fifty-five million is allotted for financial assistance to the childcare providers who remained open during the COVID-19 crisis and can be used toward infrastructure, personnel costs, cleaning supplies, etc. Eight million has been allotted for every student graduating in the 2020-2021 school year to take the ACT, SAT free of charge. The plan also details how the state will close achievement gaps that might have been exacerbated during the coronavirus pandemic school closures. Visit the Florida Department of Education for the full plan:

www.fldoe.org/core/fileparse.php/19861/urlt/FL-DOEReopeningCARESAct.pdf.

For more information on this or COVID19 and resources, visit nicevillechamber.com/covid-19.



Community



- Deer Moss Creek® is an 1,100-acre master-planned, mixed-use community in Niceville, Florida. When all phases are completed, Deer Moss Creek® will include a nature trail, bike lanes, parks, approximately 3,000 residential units, 120 acres of office/technology and 90 acres of retail space.
- Phases 1 and 1A include 116 single-family lots ranging from 0.11 to 0.38 acres. Old Florida cottage-style homes face the park, which is graced by a gazebo. The community center and pool to be built in Phase 2 will be shared with Phase1/1A.
- Sidewalks are 5' wide. All homes require impact glass windows. Builders must be approved by Ruckel Properties; house plans must be approved by the Town Architect. There is a homeowners' association.
- The commercial area and town center plans include spaces for shops, restaurants, and professional services of all kinds.
- Ruckel Airport, a limited-use grass airstrip, is located along the western side of Deer Moss Creek®.
- The community is in central Okaloosa County, consistently ranked as one of Florida's best school districts. It is convenient to Eglin Air Force Base, Northwest Florida State College, Twin Cities Hospital and Northwest Florida beaches.

Directions: From John Sims Pkwy (Hwy 20), turn onto Rocky Bayou Drive next to Publix. At the roundabout, take second exit onto Rocky Bayou Drive. The Deer Moss Creek® entrance is 1.5 miles on the left. To continue to our Sales Office: Turn left on Deer Moss Loop, right on Angelica Place, and right on Clary Sage Lane. Sales office address is 1413 Clary Sage Lane.



# Visit our REALTORS® at the Sales Office and Model Home located at 1413 Clary Sage Lane in Deer Moss Creek®



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REALTOR®, Military Relocation Specialist
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View all of our listings for homes and lots in Deer Moss Creek here: www.ruckelproperties.com/homebuyers/deer-moss-creek/





# COVID-19 Hometown Heroes: Part 2

By Rita L. Sherwood

We are truly blessed to live in such a giving community; our local heroes are almost too many to count. In part two of our COVID-19 Hometown Heroes, Bay Life would like to acknowledge the following people and events:

Food insecurity is a nationwide crisis because of all the people out of work and school during the pandemic. This being said, Okaloosa County must make use of every resource available to access fresh and nonperishable food for our local community. On April 11th, Food For Thought and local responders partnered up with local area restaurants Harbor Docks and Local Market, Destin Harvest, Farm Share, PERT, American Lunch, and Event Tents to meet the overwhelming need for free, fresh and nonperishable foods in Okaloosa County. The Drive Through Food Giveaway was created, and a semi-truck loaded with assorted fruits and vegetables, meats, dairy and frozen foods were distributed from 9-1 p.m.

20 volunteers from Food For Thought outfitted with protective gloves and masks, bagged food, directed traffic and loaded trunks of cars as they drove through Morgans Sports Complex. The first 200 people also received Cuban sandwiches prepared by American Lunch. Many local heroes came together for this event to make a difference in many local lives.

Savannah Smith, a local preschool teacher at **Destin United Methodist Church** Jacob's Ladder, also is a local hero. After the teachers at Jacob's Ladder created a Facebook page, Savannah invited all of her students' parents to join, and she began keeping in touch with them on a daily basis by recording videos. She and the other teachers would even do theme weeks. One such week was Disney week, and Savannah laughs and says, "One day I even dressed up as Elsa and read a Frozen book on video for my students." Add to that daily bible verses, photos and craft ideas to help keep her students busy during the pandemic, and they even implemented Zoom



show-and-tell where all the kids got to show their favorite book or toy. Savannah said it was important to continue a sense of normalcy for her students, because they're so young and don't understand why they're not able to go to school and see their friends. Needless to say, Savannah says, "The parents were really appreciative and this whole process definitely reminded me how much I love and miss my kids; they really are my second children."

Major Eric Aden from the Okaloosa County Sheriff's Department cites the many local citizens, business owners and volunteers on his "running list" of heroes during COVID-19. Major Aden says, "Can you imagine that a local restaurant closes, but still wants to deliver free meals and supplies for us

and first responders? Well, that's exactly what happened." He goes on to list some of the establishments like Peppers, Waffle House and Sam's Club just to name a few. He says that the response has been tremendous and he still can't believe how everyone in our small community came together to donate lunches, dinners, even disinfectants, masks and other supplies.

Major Aden also says, "The forward thinking of Sheriff Larry Ashley to order and have existing supplies of personal protection equipment available to us in case of a similar situation was inspiring." He talks about how it's been a challenge during the pandemic, because it's such a fluid situation and every day has been different. But he's proud of everyone from the troops and deputies out in the field to even their legal team for not only understanding each new policy, but disseminating all of the information and then enforcing it. He says a lot of times it wasn't their place to enforce it, but instead to educate everyone on the new policies, which would come from the county, the state,



and the Florida Department of Business and Regulation.

Major Aden says he's proud of the swift reaction from the Okaloosa County Sheriff's department early on in March, and even on a daily basis and believes there's a direct correlation to the minimum numbers of positive COVID-19 cases and related deaths.

Heroes are all around us. A lot of times, it could be your friend, your neighbor, even an acquaintance. But one thing's for sure, time and time again, even those less fortunate in our community have stepped up to the plate to help others.

Bay Life's "Hometown Heroes" are sponsored by Better Homes and Gardens Real Estate Emerald Coast. To talk with one of our professionals today, call 850.837.8880 or visit www.BeALocalDestin.com.



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# Latitude Offers Open Air Charm, Sophistication and World-Class Comforts

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One of the benefits of living in Northwest Florida is people often have considerable "latitude" in choosing where to call home. With so many beautiful options, trying to make a decision can be challenging. Fortunately, there's a new kid in town and, wow, what a statement they have made!

Introducing Latitude Hammock Bay: an upscale collection of residences situated within the master-planned community of Hammock Bay in charming Freeport. Latitude offers long term rentals from 7 to 12 month leases with open concept floorplans. These new apartment homes are styled with designer details to create a look and feel that is laid-back, yet modern and sophisticated. Resort-inspired amenity spaces provide built-in conveniences and world-class comforts with the added bonus of a lifestyle that is tailored for you.

Freeport has become a goto destination for locals and newcomers alike. And with such an amazing new community now open and boasting beautiful 1, 2 and 3 bedroom apartments available for lease, Latitude has certainly raised the bar.

The apartment homes are furnished with granite countertops, undermounted deep stainless steel sinks, stainless steel appliances, hardwood flooring, 9 ft. ceilings, including a full size washer and dryer and so much more!

The amenities at Latitude at Hammock Bay are unlimited. The community offers a sparkling saltwater pool, pool side fireplace and grilling area, a kitchen for entertaining in the clubhouse, a large game room with a TV lounge, and a 24-hour fitness center with on demand, 24-hour package locker system.

For the adventurer in



you, there are paved wooded nature trails, a 60-acre sports/recreation complex, access to the Lake Club and Bay Club and a 500 ft. Bay dock. And don't forget the cutest, most practical General Store for your convenience!

Now is your opportunity to explore this all-encompassing community, packaged together in a beautiful, peaceful and convenient lifestyle.

It's brand new with plenty of options, one that's sure to be perfect for you. We recommend checking out this new place you could call home soon.





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# Shield of Faith Missions Provides Help for Veterans and First Responders

By Bob Conrad

Today, more than 2.7 million men and women have been deployed to Iraq and Afghanistan in the fight on terrorism.

"Unfortunately, for many, the rigors of combat and the challenges of military life take a toll on their overall health," says Dr. Damon Friedman, an Air Force Special Operator who served four combat tours in both Iraq and Afghanistan.

The suicide rate among veterans has reached drastic proportions. The Department of Veterans Affairs Suicide Data Report from 2019 states that over 20 veterans take their lives every day and the suicide rate for veterans is 1.5 times the rate

for non-veteran adults.

That's where Shield of Faith (SOF) Missions, a non-profit organization serving our Nation's warriors, comes in. The purpose of SOF Missions is to combat the veteran suicide crisis by restoring purpose, resiliency, and life after service.

SOF Missions was founded in 2011 by Dr. Friedman.



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The scars of war took a huge toll on Friedman physically, psychologically, mentally and spiritually. He experienced a traumatic brain injury (TBI) and post-traumatic stress (PTS) which made him question his own purpose and existence, putting him on a path of selfdestruction and self-defeat. For a long time, he didn't know he was struggling, and he didn't ask for help, like so many of our brave warriors today. But ,eventually, he was blessed to get specialized care outside of the military and he had a moment of clarity. He wanted to figure out a way to help each and every veteran suffering like he was and help them find their purpose in life. He wanted to help save others from themselves, from a path of self-destruction.

"Today, more than ever, with all the issues facing our world and the scars from combat, there are so many veterans suffering in isolated silence. They live in fear and are either too strong-willed to ask for help or they just don't know where to turn," days Dr. Friedman. "When our veterans are struggling, we want to be there to bridge the gap, whatever the challenges. If you're afraid, we want you to know you aren't alone."

SOF Missions has a first-of-its-kind holistic paradigm of care called The Resiliency Project, provided wherever the veteran is located. It's a four-component program that exists to combat PTS and put warriors on a path of wellness. Warriors who apply and are accepted into the program receive

individualized programs based on specific need. The program is fully funded by private donors and is provided at no-cost to all veterans.

"What that means is, veterans don't have to come to us to get the care that they need, we go to them. We provide a customized treatment solution with our national network of partners," says Dr. Friedman.

In 2019, SOF Missions served 20 warriors in The Resiliency Project, 60 groups used our veteran resources, 275 veterans received care and 10,000 people were present at 19 speaking engagements and events across the country. In 2020, SOF Missions has a goal to increase their impact fivefold, which will provide 100 warriors with full-spectrum care and more than 1,400 warriors will receive connect care across the Nation.

"No matter what you're dealing with, you can always reach out for help. SOF is here to encourage you, help you heal and help you understand you are never alone. You are worth it. You have a purpose in life, and SOF Missions is here to help you get there. Please reach out if you need help," says Dr. Friedman.

If you are a veteran or first-responder in need or if you know of someone who is, please connect with us anytime at SOFmissions.org.



Happenings Around the Bay

**JULY 2020** 

02 Play with Clay

6pm | JoJo's Coffee and Goodness Niceville

Open Mic & Karaoke Night 6pm | LJ Schooners | Niceville

Music Bingo

6:30pm | 3rd Planet Brewing | Niceville

- Niceville Community Farmer's Market
  9am | Palm Plaza | Niceville
- Niceville Community Farmer's Market
  9am | Palm Plaza | Niceville

**Light Up The Bayou** 6pm | Boggy Bayou | Niceville

Happy 4th of July!

- Full Moon Yoga
  8:30pm | Lions Park | Niceville
- Kolsch Competition
  6pm | Strange Colt Brewery | Niceville

Chess Night
6pm | LJ Schooners | Niceville

- Kids Paint Turtles10am | JoJo's Coffee and GoodnessNiceville
- 08 Second Wednesday Breakfast 7:30am | Niceville Community Center Niceville

9 Seagull Glass Art

10am | JoJo's Coffee and Goodness Niceville

Open Mic & Karaoke Night 6pm | LJ Schooners | Niceville

Music Bingo

6:30pm | 3rd Planet Brewing | Niceville

Jeffrey Steele - Concerts in the Village 7pm | Mattie Kelly Arts Foundation | Destin

- Niceville Community Farmer's Market
  9am | Palm Plaza | Niceville
- Niceville Community Farmer's Market
  9am | Palm Plaza | Niceville

Wine Tasting

6pm | JoJo's Coffee and Goodness Niceville

Open Mic & Karaoke Night
6pm | LJ Schooners | Niceville

**Music Bingo** 

6:30pm | 3rd Planet Brewing | Niceville

Accent - Concerts in the Village
7pm | Mattie Kelly Arts Foundation | Destin

- Niceville Community Farmer's Market
  9am | Palm Plaza | Niceville
- Niceville Community Farmer's Market
  9am | Palm Plaza | Niceville
- City of Niceville Municipal Elections7am | Niceville Council Chambers | Niceville

On The Border: Ultimate Eagles Tribute Concerts in the Village

7pm | Mattie Kelly Arts Foundation | Destin

Niceville Community Farmer's Market
9am | Palm Plaza | Niceville

Open Mic & Karaoke Night 6pm | LJ Schooners | Niceville

Music Bingo

Niceville Community Farmer's Market
9am | Palm Plaza | Niceville

6:30pm | 3rd Planet Brewing | Niceville

Let's Do Brunch: New Member Networking & Chamber 101

10am | Niceville Valparaiso Chamber of Commerce | Niceville

Zaq Stilles

6pm | 3rd Planet Brewing | Niceville

- Live Music with Jared Herzog
  6pm | 3rd Planet Brewing | Niceville
- Sunset Shrimp Boil
  4pm | LJ Schooners | Niceville
- Open Mic & Karaoke Night
  6pm | LJ Schooners | Niceville

**Music Bingo** 6:30pm | 3rd Planet Brewing | Niceville

Forrest Williams Band
Concerts in the Village

7pm | Mattie Kelly Arts Foundation | Destin

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"Don't expect the work to speak for itself. Even the most ingenious solutions must be sold."

- Suzanne Young



# Food For Thought Supplies Food to Families Affected by COVID-19

By Jessica Roberts

Food For Thought's mission is to remove the negative impacts of hunger and to empower children to get the most out of their education and development by providing them weekly access to healthy, easy to prepare meals through their many programs.

In the 25 weeks of the 2019-2020 school year before the COVID-19 "Stay at Home" Order, Non-Profit Food For Thought distributed 829,000 food items to over 3,300 students across Okaloosa and Walton counties through their backpack program with the assistance of 6,300 volunteer hours. When the global pandemic hit and schools closed their doors, Food For Thought had to quickly restructure and embrace the fluidity of the ever-changing situation at hand.

"We have never closed our doors. We keep fighting to support local families in need," says Tiffanie Nelson, Founder and Executive Director of Food For Thought. "We're seeing families that have never required our services before. Food insecurity can often result in just one missed paycheck. And, that's what we're seeing now. People in need like never before. If your kids haven't been a part of our backpack program prior to COVID, that's ok. We're here to help."

Food For Thought operates year-round providing services during all breaks in the school year including summer months. The organization has had to shift to these larger, more involved summer-style services three months earlier than anticipated without skipping a beat.

There are five established locations - each of the pantry locations in Destin, Santa Rosa Beach, Defuniak Springs and newly added locations in Mary Esther and Freeport. Families receive curbside bags of food, each vehicle receiving 30 to 50 full-size food items in order to



prepare full meals for the entire family. Each location hosts two pickups per month serving 500-600 families across all five locations. Staff and volunteers are strictly adhering to safety guidelines including wearing gloves and face masks, social distancing, and less than 10 volunteers working together at any one time.

This shift in programming

means 60,000 food items are needed per month in addition to replacing \$120,000 in donation losses from postponed or cancelled events and fundraisers from March into September.

It's just \$30 a month to Sponsor a Family. That \$30 provides one week of food for one family and you can sponsor a family by texting FFTSUMMER to 44321 or donating online at fft-

fl.org. You or your business can now Sponsor a Pickup Location for \$1500 a month which includes both service days.

"A mom of six reached out on Facebook. One of our new delivery drivers recognized our food items. His five kids had been bringing home our backpacks. Now with kids out of school, these families have lost the direct line to our services and many don't have reliable transportation," says Nelson. "We are learning to be nimble. To meet people where they are and help them the best we can. Our community has always come together in times of need, and we're asking for their help now. Every dollar helps."

If you or someone you know is in need of support from Food For Thought, you can get information about food distribution the following ways: text @FFT-ST to number 81010 to use the Remind App, email support@ftfl.org, or call 850-714-1960.





# Diversity Unity Community Begins at Northwest Florida State College

It's no secret that Northwest Florida State College is known for being an open admission institution, where we are committed to assisting each and every student who comes through our doors achieve their individual goals for education and career success. In everything we do, from academics, arts and athletics, our mission is to improve the lives of citizens in Northwest Florida – one student, one possibility, one promise at a time.

#### What is that promise?

In keeping with our mission: To improve lives by providing a high-quality, globally competitive education that is a catalyst for cultural, civic and economic development throughout the region, Northwest Florida State College supports an environment where differences are valued, treatment is equitable and individuals feel empowered to effect change. Our ability to thrive in a multicultural world depends on our respecting differences and dismantling

barriers. We are committed to bringing an increased awareness to the systemic injustices occurring at this critical juncture in our nation's history and are working together toward a peaceful way forward.

We believe it to be our responsibility for inclusion in all forms. Our institution embraces this challenge by creating educational opportunities, raising awareness and implementing programs and initiatives that bring the celebration of diversity to life on our campuses, at our centers and in the community. NWFSC administrators, faculty and staff reaffirm our commitment to building a unified community reflecting justice for all.

Diversity Unity Community is our call to action, and through this action, we can ignite positive change. We are proud to stand together with our community to advocate for and raise our voices to end bias and discrimination and move from conversation to action.



on diversity, equity and inclusion begin on our campuses/centers, in our classrooms, cafeteria and student union. They come to life in our active student groups – African American Student Association (AASA), P.A.C.E Scholars Program, Gay-Straight Alliance and college-wide Diversity & Inclusion Task Force. Injustice, inequity and racism are not okay. As the state college in our region, it is imperative that we pave the road ahead by offering safe

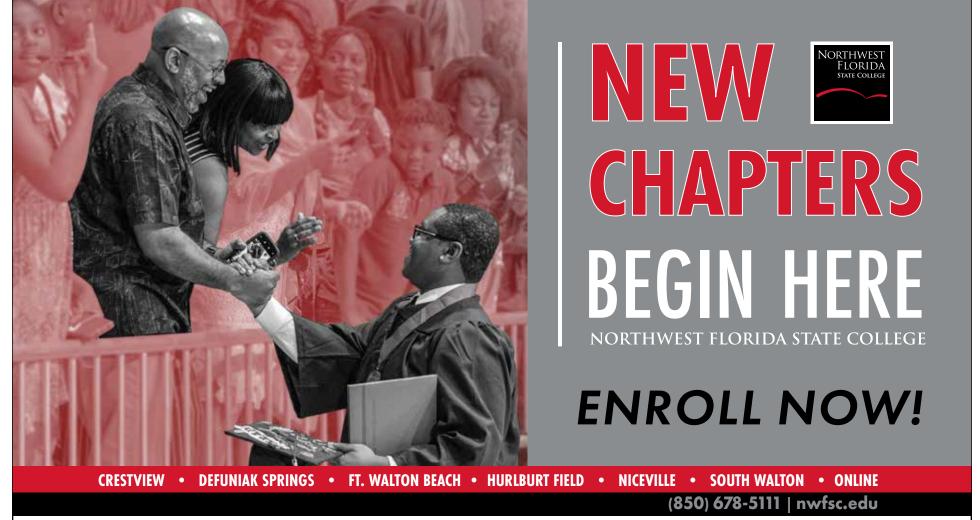
spaces and ally zones for these conversations to inspire progress.

Empowering people to realize their unique potential is a transformational gift. Equal rights and respecting the dignity of every person is a must and something that should not be taken for granted or assumed anymore. We must always remain open to people and ideas.

We all benefit when we embrace differences and expand inclusion. People succeed by helping others improve their lives and at Northwest Florida State College we are seeking solutions that truly help every person rise.

We encourage our Raider family to join us in the demand for change. As a community, we must be willing to embrace these courageous conversations that create a standard of respect and defend the basic human rights for all races. We promise to continue working alongside our community leaders to facilitate change.

Diversity Unity Community begins at Northwest Florida State College. Enrollment for the Summer/Fall 2020 term is underway! Summer mini-term classes begin June 15 and Jun 29. Fall term begins August 19. We encourage you to visit www. nwfsc.edu to learn more about our programs, or call 850-502-2895 to speak to one of our Student Success Navigators.



Northwest Florida State College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates, associate and baccalaureate degrees. Contact the Southern Association of Colleges and Schools Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Northwest Florida State College. Northwest Florida State College is committed to equal access/equal opportunity in its programs, activities, and employment. For additional information, visit www.nwfsc.edu. Materiales de la Universidad son disponibles en Española llamando a la Oficina de Admisiones de Northwest Florida State College al 850-678-5111.



# An Event-Filled Summer for Everyone at Baytowne Wharf!

Baytowne is OPEN and boomin' with events, activities and fun for summer! The Village and all of its merchants welcome you to come SHOP, DINE and PLAY! The Village is taking all necessary precautions and working hard to ensure a safe and clean environment for you including practicing social distancing.

We welcome you to join us to celebrate, escape and embrace the best of summer!

#### **Hydroflight Monday**

Mondays through Aug. 3rd Time: 6:30 p.m. & 8:30 p.m.

Enjoy shows from fly-board extraordinaire Ben Merrell over the lagoon! Watch as he soars to the sky and makes waves at Baytowne Wharf.

#### **Boomin Tuesday**

Tuesdays through Aug. 4th Time: 7:15-9:15 p.m.

Put on your dancing shoes

and join us in The Events Plaza for a dance party with DJ Mike Whitty 7:15-9:15 p.m.

Then, turn your eyes on the sky and watch as we light up the night with a breathtaking fireworks show over the Lagoon at 9:15 p.m.

## Wednesday Night Concert Series

Wednesdays through October 2020 Time: 7-9 p.m.

This summer sit back and relax, as you take in the cool crisp air, and enjoy live entertainment. The concert series will feature both local and regional talent from a variety of genres. Concert begins at 7 p.m. on the Events Plaza Stage.

Live Music Schedule: June 24: Kickstand Jenny July 1: Boukou Groove July 8: Modern Eldorados July 15: Big AL and the Heavyweights



July 22: **Jessie Ritter** July 29: **Luke Langford Band** 

#### Magical Thursday Thursdays through Aug. 6th Time: 7-9 p.m.

Join us for magic, music, and mayhem! Watch as our featured pirate Captain Davy takes you on an adventure with two magic shows on stage! 7 p.m. & 8 p.m. Show Times!

#### Red, White & Baytowne! Saturday, July 4th Time: 7-9 p.m. Cost: FREE

Join us at The Village this 4th of July for the Red, White, and Baytowne celebration! Enjoy LIVE music on the Events Plaza Stage at 7 p.m., followed by a fireworks display that will light up the night sky at 9:15 p.m.

#### **Baytowne LIVE Music**

Through Aug. 7th Time: Every Tuesday, Thursday and Friday starting at 6:30 p.m.

The Village of Baytowne Wharf presents Baytowne LIVE on Adventure Lane. Located just across from Blast Arcade and Laser Maze.

#### Baytowne LIVE Schedule: Music by Steve Hall

6:30 p.m.-10 p.m. June: 25 & 30, July: 7, 9, 14, 16, 21, 28, & 30

Music by Ken & Andi Johnson 6:30-9 p.m. June 26, July 17

**Music by Jarred McConnell** 6:30-9 p.m. July 31

Music by Casey Kearney 6:30-9 p.m. June 19, July 3 Music by Jessie Ritter 6:30-9

p.m. July 24

**Music by Donnie Sundal** 6:30-9 p.m. August 7

## Sunday Cinema Sundays through Aug

Sundays through Aug. 2 Time: 8 p.m.

Grab a lawn chair or blanket and cozy up on the Events Plaza Lawn for a featured film on the big screen!

**Movie Listings:** 

June 21: **Secret Life of Pets 2** June 28: **Mary Poppins Re-**

turns

July 5: **Abominable** 

July 12: Finding Nemo

July 19: **Incredibles 2**July 26: **Lion King** 



**©** Community

# **Sheriff's Posse Celebrates 10 Years in Walton County**

Imagine giving six years of your life to something – for free.

Walton County Sheriff's Office Posse is celebrating a decade in Walton County. Over those 10 years, the Posse has donated more than 55,000 hours of volunteer time to the agency.

That number equates to about 2,291 days and 16 hours. In another conversion, it's a little more than six years.

The 10 member unit tallied approximately 4,000 hours in 2019 contributing approximately \$96,160 worth of value to Walton County in the way of public safety. That number is according to the latest Bureau Labor of Statistics data for Florida volunteer time value which is now rated at \$24.04 per hour.

"The Posse provides an invaluable service to our community as a part of our family here at WCSO," said Sheriff Adkinson. "Their contribution to the men and women of this agency and to the public should be admired."



The first written account of the Walton County Sheriff's Posse was back in 1865, although the posse was surely in place earlier than that date. The first written account of the "posse" was probably not sanctioned by then Sheriff William McCollum, but it was organized under that name by its members.

The Posse's beginnings were justice in a frontier fashion. Later, the numerous sheriffs who had little funds formed a legal "Posse" to hunt down outlaws. Their rough and tumble shoot-out stories can be found in "History of the Walton County Posse" published by the Walton Sheriff's County Posse in cooperation with the Coastal Heritage Preservation Society

(Coastal Branch Library in Santa Rosa Beach).

In May of 2010, Sheriff Mike Adkinson decided that with the explosion of Walton County from tourists to newly arriving families, it was time to re-form the historical Posse.

Since that time, WCSO Posse's main function is supporting the agency's public safety objectives and providing customer service. The citizen volunteer group is trained, uniformed, badged (in a non-sworn capacity), and required to perform 16 hours per month of volunteer hours in order to be covered for state requirements and insurance.

In 2020, the unit bumped its membership to 13 and is on track for another successful year.

To join or learn more about the Walton County Sheriff's Office Posse, visit https://waltonso.org/community-programs/citizen-volunteer-program/.

# Area Fireworks Abound



# The Boggy Bayou Fireworks Show is a go!

Barring any setbacks, the annual Independence Day fireworks display will take place at approximately 8:45 p.m. on Saturday, July 4, 2020.

With the safety and well-being of the community in mind, the Fireworks Committee asks that all attendees follow CDC social distancing guidelines. Those who wish to wear a face covering are encouraged to do so. If you are sick, we ask that you do not attend this year's event.

Due to the pandemic, there will be no Boston Butt Sale this July. Anyone who still wishes to donate to the fireworks fund may do so by visiting LightUpThe-Bayou.com and clicking the "Donate" button.

# Ready for some fireworks July 4th in Niceville?

Dan Henkel, Niceville Mayor Pro Tem, says the fireworks show will go on as usual unless something unforeseen, such as inclement weather or a spike in coronavirus cases that would put

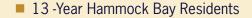
Continued on page 15



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# Gary Gregor Announces Candidacy for Walton County Property Appraiser

Gary Gregor, a long time resident of Walton County is running for the office of Walton County Property Appraiser. When asked why he wants to run for the position, he says, "Walton County is one of the most unique and diverse counties in Florida. With 25 years of experience in the appraisal field, I have extensive knowledge, skills and education to best serve our county during this time of growth and diversity. I have assessed a wide range of property types and possess the understanding and knowledge of Florida statutes and guidelines to successfully produce a county property assessment role. Most importantly, I will serve the public and assist property owners to address any questions or concerns they may have. I love Walton County and it would be my honor to lead the Walton County Property Appraiser Office fairly and professionally."

Currently, Gregor serves as the Land Department Supervisor for the Okaloosa County Property Appraisers Office. He is responsible for the assessment of over 100,000 parcels in Okaloosa County, he addresses taxpayer

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questions and concerns, and defends the Property Appraisers assessed value at Value Adjustment Board Hearings.



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| WHITE ALUMINUM POLE & GOLD BALL | \$60.00 | \$35.00 |

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Raised in North Walton County, Gary graduated from Paxton High School in 1992. After high school, He went on to receive his AA/AS in Criminal Justice Technology from Northwest Florida State College. Then, at the age of 21 he began his career as a Field Appraiser with the Walton County Property Appraiser's Office, where he spent the next six years learning the fundamentals of the appraisal process. Gary then went on to work for the Florida Department of Revenue for the next 15 years, working and managing the State appraisal process.

Gary has also made it a priority to continue his appraisal education and stay up to date with current appraisal practices. He holds a Certified Florida Evaluator (CFE) designation and has completed more than 300 credit hours of appraisal related course work. Also, he's obtained an Assessment Administration Specialist (AAS) Professional Designation from the Interna-

tional Association of Assessing Officers (IAAO). According to IAAO, the world leader in mass appraisal education and training for property appraisers, less than 10 percent of members attain a Professional Designation, making

him one of the select few. Gregor is married to Brianne Gregor and together they share two children, Chyanne (10) and Easton (7). He says they love raising their children in the peace and quiet of the New Harmony area of Walton County, where they have so many fond memories. His family is actively involved at New Harmony Baptist Church and they enjoy spending their free time outdoors at the beach, playing softball, hunting, fishing, and going on new adventures. They are so happy to call Walton County home and he hopes to share his knowledge and passion by serving as the next Walton County Property Appraiser.





# Gary Gregor for Walton County Property Appraiser

Please allow me the privilege to use my experience, knowledge, education and leadership for you.

The Candidate with the Most:

✓ Appraisal Experience ✓ Appraisal Education ✓ Proven Leadership Qualities

For more info, visit garygregorforpropertyappraiser.com





By Gail Pelto, Realtor

"Look, Honey! The beaches and short-term rentals are open! Yay! Let's buy something! Come on, please, please!!" The buyers have been locked up too long and now they are bursting at the seams to buy! What's that mean to YOU? Well, if you're bursting to sell, more qualified buyers are going to be here looking for

# Love It or List It? Now is the Time to Decide!

investment rental properties, second homes or even their new permanent home! Do you love your home and never want to move, or would you like to find a new place? Maybe you want to downsize your investment property inventory or maybe expand it? If you want or need to sell, then my advice is to get on the market for sale...now! It is prime time!

Ready to List It? Then let's get you and your house prepared! Here's a few points on how to "prepare to sell":

People Buy What They See! Outside: people judge a book by its cover. So, make your home enticing from the time they pull up to the curb. It starts outside - repairs, landscaping, power washing, painting, etc. Eye Appeal = Buy Appeal.

People Buy When They Feel Great! Inside: de-clutter, de-personalize and neutralize. You want the buyers to see themselves and their "stuff" living in the house neutralizing everything makes that easy for the buyers. "I feel good here...let's buy it!"

The 3 P's. Hire a great agent (like me)! Truth hath no ego! Someone who clearly knows the market and has a specific Marketing Plan of Action to expose your property to the world! A great agent who will SELL your home, not just list it. A great agent that understands YOUR goals. A great agent will be honest with you. A great agent will communicate with you and can negotiate on your behalf to protect your assets. A great agent is a Proactive Agent, not a passive agent. Passive Agents practice the 3 P's: they PUT it in the multiple listing service, then they PUT a sign in your yard and then they PRAY for the phone to ring. A Proactive Agent aggressively looks for buyers every day until your home is sold. So, interview them, ask lots of questions and make sure you are hiring the best! After all, you do want to entrust one of your biggest assets to a great agent, don't you?

What's next? Decide now... Love It, or List It. If you want to sell it, call a great agent first. Allow a great agent (like me) to guide you down the right path to maximize your results whether you are buying or selling. For a list of how to "Prep Your Home for Sale," reach out to me; I am happy to share! You can request it on my Facebook page: Gail Pelto - Realtor, send me an email: gail.pelto@kw.com or call me at 850.374.0454.

Gail Pelto is a Rotary Club and Mattie Kelly Arts Foundation board member—and yes, a powerful, fulltime real estate agent with Keller Williams Realty Emerald Coast. Call her direct at 850-374-0454 or email Gail.Pelto@kw.com with any real estate questions you have, and she'll guide you in the right direction. Do you want to know the value of your property today? Visit www.BaysideAgent.com.

#### **AREA FIREWORKS**

continued from page 13

peoples' health at risk. "We're looking forward to a big show and a great family event," said Henkel. The fireworks will begin shortly after dark; typically, about 8:45 p.m.

over Boggy Bayou after being launched from Niceville's custom-made barge anchored in the bayou between Lincoln Park in Valparaiso and Lions Park in Niceville.

It has long been considered by many to be the top Independence Day fireworks display in all Fireworks will fly high of Northwest Florida, drawing thousands of locals and visitors

It is best to arrive early to avoid traffic.

Pre-show music blasted from huge speakers on the barge can be heard from the shores of the bayou and throughout much of the community beginning at approximately 6 p.m.

Niceville's spectacular fireworks display is one of the longest-running in the area. More than a ton of fireworks will be rocketed into the sky, and the show always includes an explosive, crowd-pleasing finale.

#### Red, White & Baytowne

Beginning at 6 p.m. at The

Village of Baytowne Wharf at Sandestin Golf and Beach Resort, enjoy the Red, White, and Baytowne celebration! Enjoy LIVE music on the Events Plaza Stage at 7 p.m. from Donovan Keith Music, followed by a fireworks display that will light up the night sky at 9:15 p.m.



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# Deutsche Bratkartoffeln: "German Home Fries"

By Dirk Bosner, Owner, THE SCHNITZEL LODGE

Bratkartoffeln are in Germany a simple and always welcomed dish. Sometimes we eat Home Fries as a side, an alternative to French Fries, Baked Potato or Mashed Potatoes or as a whole meal, maybe with fried eggs on top. It is one of the Germans' favorites, because it's easy and everybody can easily make their own variation. There is no rule for how to do it. You don't



like onions? Then make it without onions. You like garlic, just add garlic.

There are different ways to make great Home Fries. You can use raw or already boiled potatoes. I prefer the cooked version, because it is faster and you have a bit more control.









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#### **Ingredients:**

**Boiled Potatoes** Red Onion (Garlic)

Bacon

Oil

Salt / Pepper

(Chives / Parsley / Thyme for garnish)

At this time, I don't want to give exact measurements. I wish that everybody finds their own recipe. I'm now telling you how I like it.

Let's start: Boil potatoes as many as you want. Let's say you want to prepare 2 sides. Then I would boil 3 large potatoes. Just look at the potatoes and ask yourself if that would be enough for two people. It is easy to calculate for 2 people. If you need four portions, just double

When the potatoes are cooked, let them cool off or put them in ice water. As soon as they are cool enough to touch, peel and slice them. If you like dices better, then dice them. The best is what you like.

The easiest method to cook your Home Fries is **the following;** there will be no way to mess anything up.

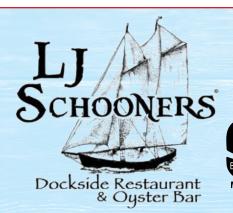
First, cut a half red onion in small dices. If you prefer, change the amount; more or less onions is fine, whatever you like.

If you like garlic, slice 1-4cloves thin. If not, skip.

Slice bacon in thin strips. How many? Something between 3 and 8 slices bacon.

Use a heavy pan and turn on the stove to medium high heat. Add 1-2 Tbsp oil to the pan. When the pan is hot, add the onions to the pan and grill

Continued on next page





## **Digital Camera Scavenger Hunt**

**National Camera Day** 

Going on Now - Submissions Due June 29 at 3pm List & rules at http://wp.me/219q4-1Pq



## Open Mic & Karaoke Night **Every Thursday Starting at 6pm**

All are welcome!



Thursdays 5pm to 9pm

From Kids Menu 10 and under with purchase of adult entree. One child per adult.

**LIVE MUSIC Saturdays 6-10pm** 

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# **Off the Hook**June Fishing Report

By Cali Hlavac

As we ease into summer and reopening our economy, vacationers are hitting the area by the droves – and we are so thankful to have them back! While fishing was deemed an essential activity, without the support of tourism, a lot of charter boat captains found themselves struggling. A lot are finally back on the water, just in time for coveted Red Snapper season.

Red Snapper season is open for Federally licensed charters from June 1-August 1, with open season for recreational fishing and state licensed charters following close behind from June 11-July 25. There is a two-per person limit, with 16" minimum size for all waters.

If you're wondering why Red Snapper is a highly sought-after fish, we found that the taste is what draws people in. The white meat is lean and has a gentle, sweet, nutty flavor with a firm texture. Whether baked, broiled, grilled or fried, this mild-flavored fish always delivers a great taste while also being a very healthy food source. Four ounces of uncooked red snapper contain just 110 calories and 1 gram of fat.

June 1 is also the opening of Gag Grouper season, another delicious fish that anglers set out to find. Those run a two-per person limit, with 24" minimum size for all waters. Grouper are a beautiful looking fish and are a white meat fish that's equally as tasty.

And lastly for this June fishing report, the Florida Fish & Wildlife Conservation Commission (FWC) released news that they approved a State Reef Fish survey. According to their newsletter, "Starting July 1, 2020, if you are fishing for or harvesting popular reef fish, such as Red Snapper, on a private recreational vessel anywhere in Florida, you will be required to get the State Reef Fish Angler designation. This includes anglers who are 65 and older. Each month, a group

of State Reef Fish Anglers will be mailed a short survey about their fishing trips."

This is in hopes that it will give the FWC a better pulse on some of Florida's most important reef fish, such as snapper, grouper, amberjack, and gray triggerfish. This program comes as an expansion from the Gulf Reef Fish survey, to better promote conservation while also

meeting the needs to Captain's and anglers. Conservation is a huge part of keeping our waters plentiful and our ecosystem intact so fishing can continue for years to come.

We encourage you to get out, enjoy the weather, and support a local fishing charter during one of the best times of year to fish the Gulf. Enjoy!



#### **BRATKARTOFFELN**

continued from previous page

them until they start getting light brown. Now add the garlic and fry all together for about 2 minutes.

Put the onions and garlic mix in a bowl.

Put the pan back on the stove and fry the bacon till crispy.

Then move the bacon to the bowl with the onions. Try to keep the bacon grease in the pan and add the potato slices. Add salt and pepper to taste. Fry them and flip them frequently until the potatoes become crispy with a nice golden brown color.

Now add the onions and the bacon and stir all gently. Just a few minutes. Et voilà, done. Guten Appetit.

P.S. Add rosemary if you want.

For a full menu, to make reservations or order to go, visit schnitzel-lodge.com.





# Taylor Haugen Foundation Names Six Scholarship Winners for Class of 2020

By Eddie Bird

With an unusual spring semester for the class of 2020, one thing remains the norm, an opportunity to receive a prestigious scholarship named to honor Taylor Haugen's legacy. Haugen, T as his friends and family called him, passed away from an abdominal injury sustained while playing football for Niceville High School in 2008. After some fundraising by Niceville High School students, a scholarship for a Niceville graduating senior was created to honor Taylor's legacy. Known demonstrating a balance of academics, athleticism, leadership, community service and Christian faith, while living by his motto of "Don't Quit... Never Give Up."

The Taylor Haugen Foundation has expanded the scholarships to offer six annual scholarships to highly qualified, senior athletes from four Northwest Florida counties — Okaloosa, Santa Rosa, Bay and Walton. Applicants write an essay speak-

ing of their perseverance and "Don't Quit... Never Give Up" story. Requirements come from Taylor's character traits of academics, athletics, leadership, community service and Christian faith.

The scholarship designated for a Niceville High School senior was awarded to Clara Beth LaFollette. She graduates 5th out of a class of 500 and with a GPA of 4.75. She captained the cross country team and won a state championship, while also running track. At Niceville, Clara Beth served as the Key Club president, Science National Honor Society president and NaGISA head extern. With NaGISA, she traveled to England to be a presenter at the Marine Biological Association.

Brooke O'Keefe of Fort Walton Beach High School was named as one of the three Okaloosa County recipients. Brooke graduates with a 4.5 GPA and nearly 400 community service hours. She was the cap-

tain of the cheerleading team while also lettering in flag football. Brooke was Miss Destin 2019 and named to the Viking Hall of Fame. Her leader and faith was very evident to the scholarship committee. Brooke has lived with a "Don't Quit... Never Give Up" mindset after losing her father to cancer. She told her teacher she has an attitude of gratitude and thankfulness for what Jesus has done in her life.

Fort Walton Another Beach High School student, Tori Orcutt, received one of the Okaloosa County scholarships endowed by Roy and Clara Parisot. Tori graduates with a 4.75 GPA, 4th in her class and over 1,000 community service hours. She lettered in swim, cross country, track and soccer. She plans to swim at the University of Kentucky in the fall. An accomplished athlete, she has also competed with USA Pentathlon nation team. Other awards include National High



(left to right) Brooke O'Keefe, Tori Orcutt, Clara Beth LaFollette, Anna Marks, Clay Lawrence and Kaylan Gunning

School Heisman Winner, Girl Scouts Gold Award, All Sports Scholastic Winner and Viking Hall of Fame. Tori spoke of the hardships in her athletics and the struggles of moving around the country with the military. She credits all her perseverance to God being her strength and refuge.

The Dugas Family Foundation endowed Walton County Taylor Haugen Scholarship was awarded to **Clay Lawrence** of **South Walton High School.** Recently, Lawrence graduates with a 4.47 GPA and top 10 in his class. His leadership and desire to serve the people around him stood out to the scholar-

ship committee. He is heavily involved with his church, being a leader in their student ministry to help disciple the younger students. Clay's "Don't Quit... Never Give Up" story told of learning a new sport after multiple concussions from football, the sport he had always dreamed of playing.

Anna Marks of Gulf Breeze High School was named the Santa Rosa County Taylor Haugen Scholarship winner and Kaylan Gunning from Arnold High School received the Bay County Taylor Haugen Scholarship endowed by The St. Joe Community Foundation.



**Community** 

# Preparing for the Unexpected: Inventory Checklists



By Victoria Ostrosky

Janet and Sam had just enough time to hurriedly, with shaking hands, grab some framed photos, their laptops and changes of clothes. The police officer urged them to move quickly. With their adrenaline pumping like they had just run a sprint, they drove out of their subdivision, abject fear coursing through their veins, black-gray smoke billowing up, obliterating the yellow and orange sky, vibrating with heat. It looked like the world was on fire.

Afterwards, they held hands as they sifted through their destroyed belongings, stopping often to stoop down and pick up a charred item that was once a treasured part of their home. They remembered raising their children here, and entertaining friends here. When would their lives be back to normal?

We love our cell phones. In particular we love the camera on our phones. We take selfies and sunset pictures of the water. We photograph birthdays and anniversaries and graduations.

Compiling a home inventory list isn't what we normally think about taking pictures of, do we? We might think we can remember everything we have in each room and drawer and cabinet and closet. The truth is, we can't.

Whether you've experienced a total loss, or a partial loss, being able to supply your claims adjuster with concrete evidence of your possessions will help facilitate finalizing your claim.

It is recommended that you start with a Home Inventory Checklist. On this list, include every item in each room, especially items of value, including serial and model numbers. A home is chock full of all kinds of valuables from ordinary items like wide-screen televisions to unique ones such as original paintings. This list provides you, the homeowner, with solid ev-

idence to submit to your insurance company in the event of a natural or manmade disaster.

The checklist is a document of all assets found in your home, condo or apartment, and can be a valuable tool in estate planning and a guide for distributing property to heirs. This same type of detailed list would work if the same disaster wiped out your business showroom, warehouse or office.

Keep receipts of larger purchases, and don't forget to update your list on an annual basis, ideally at the beginning of the year. Then store it in a safe place such as a cloud account. There are even several apps available now to help develop your home inventory checklist. If you're prone to becoming overwhelmed easily, start with a small room, or a specific collection such as your sports equipment. Because I'm an avid reader and collector of books, I'd probably start with my bookshelves. And don't forget items like computers, washing machines, bikes, AC units, tools and video games.

In addition to a written/typed list, include photos and videos, and don't forget to open all drawers and cabinets when you're documenting your possessions. You don't need to list every item of clothing, but you could specify the number of, for example, jeans, like five pairs of jeans and 500 pairs of shoes. And while you are compiling your inventory list, it is a good idea to take photos of the exterior of the home including your cars and boats.

If you have collections such as jewelry or firearms, art or memorabilia, you should consider scheduling these on a Personal Articles Floater, since most homeowner's policies contain sub-limits of coverage for specific types of possessions. Underwriters will require copies of receipts for newer purchases and possibly appraisals for items of a certain value.

This whole year has been a tough one for all of us. The recent Santa Rosa Beach wild-fire brought even more distress to families in our community. We've been social distancing, wearing masks, working from home, homeschooling our children, and doing our best to be good neighbors and responsible citizens.

And now I'm telling you that you need to do something more. Make it a game if you can. But do it. Then keep it somewhere safe, such as a safe deposit box, cloud account, or you can even email it to yourself (just don't forget your email password!)

There are also companies in

our area who can take care of it for you if you prefer not to do it yourself.

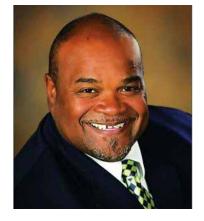
As Gandalf said to Frodo, about secreting the One Ring, "Keep it secret, keep it safe!"

Insurance Zone, owned by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on www.inszone.com and watch several informative videos including 'Home Inventory Checklist, or call 850.424.6979. Victoria Ostrosky, author of this article is an Agent/CSR with IZ.





## Community



FROM SUPERINTENDENT RUSSELL A. HUGHES

As the 2019-2020 school year has come to a close, I wanted to take the time to say a sincere thank you to all Walton County School District students, parents, and employees. The last few months have been

# June 2020 WCSD Superintendent's Update

like nothing we have ever experienced, but at the same time, I can share story after story of excellence, professionalism, innovation, and collaboration. In Walton County, we call that the Walton Way – EPIC. Those are the only words to describe you! From bus drivers and food service workers delivering food to families to parents working on a math problem over a conference call with teachers, everyone has stepped up to the "new normal" and even exceeded expectations.

As summer starts, I do want to share a few updates with you.

First, our summer feeding program will continue as it has in year's past. Feeding began June 11 and will run every Thursday (June 11, June 18, June 25, July 1, July 9, July 16, July 23, and July 30). Please note July 1, our holiday week, will be on a Wednesday. Our two food locations are Walton Middle School in DeFuniak Springs and Freeport High School in Freeport. We will offer a curbside service from 10 a.m. until 12 noon.

Second, if you would like to recognize a Walton County School District employee or school who has gone above and beyond, please feel free to send a compliment via our text line at 850.204.9667. We will be sure to pass on your "shoutout" to your child's school! Please continue to stay safe, healthy, and connected to your

school for updates. Have a great summer and thank you again for another great school year!

## **Tentative High School Graduation Ceremonies:**

- Freeport High School: July 21, 2020; 8 p.m.
- Walton High School: July 24, 2020; 8 p.m.
- In10sity School of Excellence: July 25, 2020; 4 p.m.

These dates are contingent upon government mandates and CDC advisories on social gatherings in order to prioritize the safety of students, parents, and staff. Family and friends can check with the schools, either directly or via their web and social media pages, to gather more spe-



cific information about times and locations.

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# **Local Author's New Release**

#### Changing the Rules of Engagement

In Martha LaGuardia-Kotite's recently-released new audio book, she shares her story of being one of the first female officers to serve aboard two Coast Guard cutters with all male crews, being a woman in the U.S. Coast Guard and, a graduate of the Coast Guard Academy with a masters from Harvard University, rising to the senior rank of U.S. Coast Guard Captain.

Changing the Rules of Engagement is a collection of leadership insights and inspirational stories of other female heroes of the U.S. military which include an astronaut, Marine Corps drill instructors, fighter pilots, enlisted women on the front lines and on warships and officers who are divers, aviators and more. The audio book documents the lives of these women who have shattered the glass ceiling and performed extraordinary feats while serving their country. By telling the stories of their remarkable careers in traditionally male-dominated environments, Martha demonstrates how tenacious and courageous women can achieve the unimaginable.

Among the pioneering women profiled are Vice Adm. Vivien Crea who, as vice commandant of the U.S. Coast Guard, held the highest-ranking position of any woman in the history of the U.S. military; Sen-



ator and former Capt. Tammy Duckworth, USA (Ret.), a Purple Heart recipient and triple amputee who was shot down in Iraq while piloting a Black Hawk helicopter; and Heather Wilson, an Air Force Academy graduate, Rhodes scholar, and the country's only female veteran in Congress. Included are the inspirational stories of women Marines, one of the three female Shuttle commanders in the history of the NASA program, and the first female members of the military service academies' gender-integrated classes, who

recall the highs and lows of their trailblazing experiences. Representative of a widely diverse group of enlisted women and officers from different races and cultures, they have succeeded since the mid-1970s at combating prejudices and aiding change in the military with intelligence, passion and honor while serving on the front lines. Martha also tells her own story of overcoming fear and building trust.

Now a TEDx and professional speaker as well as an award-winning author, Martha has authored five books, is a wife and mother of two sons who enjoys being in nature, sailing, swimming and playing tennis with friends. Her keynotes and breakout sessions have provided corporations, schools and leadership symposiums insights for managing during a crisis and leading beyond by Being Bold, Being First and Being You. Martha infuses her presentations with her own "sea stories" and profiles of top-leaders she has written about.

You can purchase Changing the Rules of Engagement on Amazon and Barnes & Noble as well as Martha's other books including the award-winning So Others May Live: Coast Guard Rescue Swimmers Saving Lives, Defying Death. To learn more, visit her website at marthakotite. com and click on "News and Articles."



## Because You're Worth It

By Chris Balzar, ECES

If you are like most people, when your electric bill arrives every month, you place it in the "to pay" folder and open it later. When we do get around to opening the electric bill, we look at the amount owed; some sigh, some grunt, some grin, mainly in November, and we get out our checkbooks or log into our accounts and pay the amount without fail. Don't get me wrong, I love using energy. I'm currently writing this article in a very comfortable air conditioned office while it is 88° with a "feels like" 92° outside. I gladly pay the electric company and am thankful for all the hardworking employees who keep me in comfort.

However, there are ways to lower our electric bills. We can turn our thermostats to 85°; we can draw the blinds to prevent natural sunlight to illuminate our homes; we can use the fire drill exercise by running out the front door and closing it quickly behind us so our bought air condition does not escape; or we can take measure to become more energy efficient. It's not rocket science, its building science. A well-insulated and properly sealed home uses less energy while maintaining the same comfort.

So how do we make our homes more energy efficient? Outlets and switches on exterior walls can waste up to 1% of energy. Adding insulating cover plates can reduce the amount of conditioned air leaking to the outside saving you money. Up to 12% of energy loss occurs from drafts around doors and fireplaces. Seals around doors can and will fail over time and should be checked and replace as needed. Creating a tight seal on exteri-

# **ENERGY TIPS**

## by Emerald Coast Energy Solutions

or doors will keep that cool air in. Thermal imaging can detect these leaks easily. If you don't have access to a thermal camera, simply look for daylight or use a flashlight at night; if you see light, adjust or replace the seals.

Windows can contribute up to 14% of energy loss. Replacing windows can be expensive. If there are cracks or fog-like film between the panes on windows,

these will most likely need to be replaced. If the window is clear but you feel heat when the sun shines through or have a single pane, there are spectrally select films which can be applied to the window which dramatically increase efficiency, almost eliminating UV destruction and at a fraction of the cost of replacement windows. What's great about these films are that they

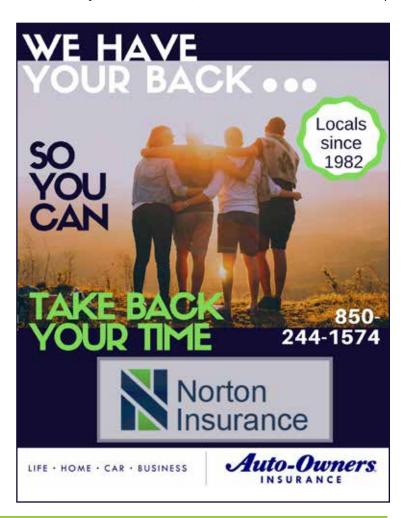
are virtually clear, blocking the heat, not the view.

Up to 33% of energy loss occurs through our attics and roofs. Recently, Florida has required new construction homes built by 2017 and newer to undergo a blower door test. A blower door is a powerful fan that mounts into the frame of an exterior door. The fan pulls air out of the house, lowering the air pressure inside. The higher outside air pressure then flows in through all unsealed cracks and openings. This test determines the air infiltration rate of a building. Prior to 2017, these tests were not required and rarely used. The importance is now builders seal electrical and plumbing penetrations with a fire block expandable foam making your home more energy efficient. Prior to the requirement of blower door testing, many builders did not seal these penetrations allowing for energy loss. Sealing these penetrations increases comfort, increases air quality and saves energy. Having proper attic insulation is extremely important, so much so that if your home is

15 years or older and you have not added insulation to your attic, you most likely have 61% less insulation than what is required today for new construction. If you see joists or wood beams where the insulation should be, adding insulation will increase your comfort and increase energy efficiency saving you money.

There are many ways to increase comfort while lowering your electric bill. Why? Because you're worth it! If you have concerns with your electric bill or energy loss and want to be more energy efficient, we are happy to schedule an inspection and educate you on how to increase comfort and save energy.

Chris Balzer is founder and president of Emerald Coast Energy Solutions which is a Smile Provider Company. It provides smiles to its customers after installing high energy efficient products, increasing comfort and lowering energy bills. For more information on how to save this summer and become energy efficient, schedule an inspection by calling (850) 588-2870, visit www.trusteces.com or email wecare@trusteces.com and Beat the Heat!



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With 3400+ of us in our local association, selecting your Real Estate Agent shouldn't just be a **roll of the dice**...should it? After all, you're dealing with one of your biggest investments, right? Before you make this BIG decision, ask the agent:

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- Melanie Kercher, Crystal Beach

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# **Bay Buzz**

#### **CALM Chapel**

A free, live musical performance as a community service of Crisis Aid for Littles and Moms (CALM) a 501c3 non-profit in Niceville will be held Mon., June 22 from 6-8 p.m. at CALM Chapel/Ven-You201 at 201 Redwood Ave. You are invited to drop by, purchase food from a local food truck then come inside and enjoy the music! Also available will be an auction for Custom Corn Hole boards from Board & Paintworks, a small business in Niceville, and other items. Donations will be accepted and will benefit moms and their children in transitional housing. Facebook: VenYou201/events for this and other streaming performances. VenYou201@gmail.

CALM Chapel/VenYou201 has reopened and is ready for your next event! If you're looking for a place to have your next meeting, networking event, or graduation or back-to-school party, contact calmchapelnv@

gmail.com. It is perfect for up to 100 people with tables, chairs, equipment and kitchen prep/caterer area available. All rental proceeds benefit CALM whose mission is to offer single moms and their children transitional housing and life skills for up to six months as they move to independent living.

Other upcoming events at VenYou201 in July:

Sat., July 11, 8 a.m. to 12 noon, a mini-craft and farmer's market.

Sat., July 25, 12:30 – 3:30 p.m., author and speaker, Diane Stallings, Church – Come Forth! discusses how to pray in the event of a premature death.

#### Rocky Bayou Christian School Specialty Camps

Rocky Bayou Christian School is launching a full range of Specialty Camp options for children entering Kindergarten-17. Camps include basketball, reading enrichment, SAT Prep, crafts, robotics, cooking and much more. Visit rbcs.org/ student-life/rocky-bayou-sum-mer-programs/#specialtycamps for more information.

#### Freeport Veterans Memorial at Casey Park



The ball is rolling on this year's projects to complete the memorial park! Things are falling into place beautifully and the bronze artist has completed their work and will be shipping soon! However, Covid-19 has hampered our fundraising efforts greatly. To learn how you can help, please contact Tim at (850) 585-3304.

#### **Miss Okaloosa**

Eight Queens were recently crowned at the 2020 Miss Okaloosa County Pageant. The 2020 Miss Okaloosa County,



Back row left to right: Young Miss Vivian Lucy, Destin; Miss Okaloosa County Riley Cleveland, Niceville; Teen Miss Ruby Tetreault, Fort Walton Beach; Junior Miss Leah Alberding, Crestview. Front Row left to right: Toddler Miss Kaleia Orellana, Navarre; Baby Miss Hadley Carroll Morgan, Santa Rosa Beach; Tiny Miss, Parker McKenzie Love, Niceville; Little Miss Emerson Fournier, Navarre. Portrait Photographer: Erin Hansen, Niceville

Continued on page 35



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By Maurice Stouse, Branch Manager and Financial Advisor

These days many investors are in search of income. With interest rates nearing record lows, a recent sell off in the stock market, job losses, early retirements, reduced or eliminated dividends, and income security has become even more important to many Americans. Equally important is principal security. Investors, savers and those in need of income have quite the dilemma: How to get income security yet not have to sacrifice principal in order to do so. This article explores ideas for investors to consider. Ultimately each person's situation is unique. So this is a guideline to aid you in your research and decision mak-

The yield on CDs, treasury bonds, money market funds and savings accounts took a sharp downturn this year as the Federal Reserve worked to bring liquidity into the economy in the face of the COVID 19 virus and the disruption it caused. This meant reduced interest rates on many investments that a lot of individuals relied upon for income or, as a supplement to Social Security, pension or other income. The problem many have faced is that it takes more principal to fund the same income. Or it means the systematic liquidation of assets to meet a given income need.

Enter solution one: The systematic withdrawal plan (SWP or swip). This is how it works. Here is where you start with inputting a desired income amount. Next you would add the amount of principal you can afford to apply to that income. You will also need to put in the percentage you need to earn to meet the income, add any rate for presumed inflation and lastly put in a projected or

# Strategies for Income and Wealth Replacement

expected rate of return. There are many tools available online and through Financial Advisors that will assist you on building this scenario.

Here is an example. Let's say an age 72 retiree with one million dollars in her account desires annual withdrawals of \$40,000 per her required minimum withdrawal. She is concerned about the systematic liquidating of the investment and she does not know how long she will need to rely upon it, or in other words, how long she will live. Also, she might be concerned if her income will keep up with the cost of living. Using the calculator and inputting the 40k, she will find that the account has a withdrawal rate of just over 4% per year. She also instructs the calculator to assume her investment will return 5%. Inflation is factored in at 2%. The results show (if all assumptions turn in to reality) she will receive the annual income of \$40,000 and if she were to attain age 100 (28 years later) her account would then be worth \$1,014,656, about where she started.

Next, solution number two: Income investors might also have the concern that they do not want or cannot commit all of their capital to one strategy. They may need to have funds set aside for an emergency or other needs as well. Insurance companies offer a variety of options through the use of annuities that might involve investing less principal and, given the needed investment performance, might even grow the income. This strategy might also free up capital to invest for long term growth (and not have to have it focused on current income) in an attempt to replace the wealth that was being utilized to provide the income.

There are more aggressive strategies, such as a dividend producing stock portfolio where the income would come from the dividends paid by a basket of stocks or by using a stock mutual fund. The average yield on the S&P 500 is just below

2%. So an investor needing 4% would need to research companies and or mutual funds (or exchange traded funds) that would have that return. There is also the growth (or loss) potential on the stocks.

Finally, many income investors have turned to real estate over the years for long-term income. Some have done so by way of investing in rental properties and others through Real Estate Investment Trusts (RE-ITS) to generate the income and perhaps the wealth replacement they have as a goal. REITS invest into a number of properties and the investor can buy the REITS themselves or funds made up of REITS. Once again capital appreciation is a potential, but so is the potential for

When considering any of these options, it is important to take note of 1) the risks involved to your principal 2) the risk of sustaining a given rate of return (for example a company may decide to reduce or eliminate a dividend) and 3) the costs associated through the strategy (expenses, maintenance (real estate) riders if any, early withdrawal charges if any, or investment expenses).

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management and Raymond Fames and he resides in Grayton Beach. He has been in financial services for over 33 years. His main office is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd, Destin, FL 32451. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City, Pensacola, and Tallahassee. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames. com. Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management First Florida Bank, and The First, A National Banking Association are not registered broker/dealers and are independent of Raymond James Financial Services. Views expressed are the current opinion of the author, not necessarily those of RJFS or Raymond James, and are subject to change without notice. Information provided is general in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.

Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation. Investors should consult their investment professional prior to making an investment decision. With variable annuities, any withdrawals may be subject to income taxes and, prior to age 59 1/2, a 10% federal penalty tax may apply. Withdrawals from annuities will affect both the account value and the death benefit. The investment return and principal value will fluctuate so that an investor's shares, when redeemed, may be worth more or less than their original cost. An annual contingent deferred sales charge (CDSC) may apply. A fixed annuity is a long-term, tax-deferred insurance contract designed for retirement. It allows you to create a fixed stream of income through a process called annuitization and also provides a fixed rate of return based on the terms of the contract. Fixed annuities have limitations.

If you decide to take your money out early, you may face fees called surrender charges. Plus, if you're not yet 591/2, you may also have to pay an additional 10% tax penalty on top of ordinary income taxes. You should also know that a fixed annuity contains guarantees and protections that are subject to the issuing insurance company's ability to pay for them. Dividends are not guaranteed and must be authorized by the company's board of directors. The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. stock market. Indices are not available for direct investment. Any investor who attempts to mimic the performance of an index would incur fees and expenses which would reduce returns. Be advised that investments in real estate and in REITs have various risks, including possible lack of liquidity and devaluation based on adverse economic and regulatory changes. Additionally, investments in REIT's will fluctuate with the value of the underlying properties, and the price at redemption may be more or less than the original price paid. Real estate investments can be subject to different and greater risks than more diversified investments. Declines in the value of real estate, economic conditions, property taxes, tax laws and interest rates all present potential risks to real estate investments.



# Up, down or sideways: Keep your head on straight when markets move.

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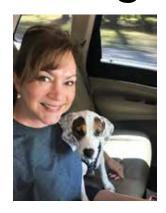
# Meet our Local Pro: Robyn Hicks with Community Management Associates

By Rita L. Sherwood

Community Management Associates (CMA) is an association management firm that offers customized management services to the different associations they serve. Each community is different and has differing needs. CMA provides services for HOA's of all sizes and condominium developments as well as mixed use properties which have residential properties and well as commercial sites. CMA has been around for more than 30 years, serving Georgia, Alabama, South Carolina, Tennessee and now Florida. When CMA started back in 1989, they managed seven associations with only four employees. Today they manage more than 900 associations located throughout the southeastern United States.

Robyn Hicks, Business Development and Division Manager for Florida, says she quit her job of 11 years with CMA when she and her husband decided to move to Destin in 2018. Just a couple of months later, her previous boss called and asked if she'd like to open a CMA office in Florida. She was told that CMA had always wanted to move into the Florida market, but just didn't have anyone there locally to open an office. Robyn said she wasn't quite ready to retire, and jumped at the chance. She started getting involved in the local community, and before you knew it, she had her first account, Calusa Bay in Destin, and has been with the company for 13 years now.

The CMA office is located in Santa Rosa Beach and services associations like Gulf Place,



Draper Lake and Highland Parks of Blue Mountain Beach, just to name a few. CMA also manages property in Fort Walton Beach, Destin and Freeport. And the company is growing by the day.

When asked what the most rewarding part about her job is, Robyn replies, "It's so great to see how communities can really come together and thrive with

our help and assistance. We have more than 30 years of expertise, so there's not much we haven't seen or dealt with," she says. "One of the benefits of hiring an experienced management company such as CMA is that we can help our customers navigate any issue or project. We also bring top notch technology to the table, something that our Boards find very valuable. But one of the things I love most about CMA is that even after all this time, we are still family owned and operated."

Last year in particular, Robyn says CMA bought a local property management company called "The Association Office," which had been locally owned and operated in Santa Rosa Beach for 20 years. She's proud to say that the original owner and all employees

have stayed on to work for CMA. "We have the most amazing, dedicated group of people working with us. I am so thrilled that our office is filled with such hard working, caring people."

When not enjoying her free time paddle boarding, Robyn likes to spend time with her husband who works at Progress Bank in Destin, and her two rescue fur babies. She recently adopted a puppy from Alaqua, an animal refuge located in Freeport. She also likes to travel to Illinois to watch her son play as a tight end for the Western Illinois University football team.

If your residential or commercial association wants a change or is looking for experienced management, give Robyn a call at 850-200-0835. Visit cmacommunities.com to learn more!

## VISIT MYBAYLIFENWFL.COM TO READ THIS ISSUE ONLINE







## By Matthew Vanderford

Usually this column is meant to discuss insurance-related themes and the occasional life topic that comes to mind. But this time I wanted to send a different message as this area has been exposed yet again to another set of disasters. First, Hurricane Michael came to devastate our neighbors, families and friends. Covid-19 had all but ceased everything we came to know as modern 21st century life. And now the recent local fires have come to add more stress to lives already facing challenges.

To all local businesses suffering from Covid-19: If you have suffered economic loss due to COVID-19, we at CLAI-MOLOGY are offering our public adjusting services for free to help you recover damages.

# **Insurance Help:**

# No Jokes. No Gimmicks. No Tricks.

To all Walton County fire victims: If you have lost property or suffered any loss due to the recent local fire in Walton County, we at CLAIMOLOGY are offering our public adjusting services for free to help you recover damages.

To all Hurricane Michael victims: If you have lost property or suffered any loss due Hurricane Michael, we at CLAI-MOLOGY are offering our public adjusting services for free to help you recover damages.

We want to make sure that anyone reading this understands that coverage of claims is subject to the terms and conditions of any insurance policy and that this advertisement for help is not a guarantee or an assertion of coverage for claims made on behalf of an insured.

We also want to encourage you to take action:

- Don't take no for an answer.
- If you feel you're being treated unfairly or not being heard, ask to speak to a supervisor
- Document your conversations while on the phone or while in person.
  - Ask the insurance compa-



nies to show you where something isn't covered in your policy.

- Ask your agent or claim rep for a certified copy of your insurance policy.
- Review important insurance documents before you sign them.

If you need help or have any questions, you can reach CLAI-MOLOGY three ways:

You can find us online @ www.insuranceadjusterschoolhouse.com.

You can call us at 850-684-4794.

You can email us at claims@insuranceadjusterschoolhouse.

No jokes. No gimmicks. No

We just have to stick a disclaimer here to keep the good folks in the Florida Insurance Department happy:

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For over a decade, Matthew Vanderford has worked in the Construction, Restoration and Insurance Industries as an Insurance Company Preferred Vendor, Insurance Industry Continuing Education Instructor, Public Adjuster/ Policy Holder Advocate and Licensed Contractor. He's proud to call Destin his home, with his wife Candice and four children: Matthew, Blake, Jordan and Scarlett.

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# **Specialty Roofers Launches Free Roof Giveaway**

for First Responders and Healthcare Heroes

Specialty Roofers, Inc. (SRI) is partnering with GAF Roofing to give away a free roof to a first responder or healthcare hero in the Florida Panhandle. Specialty Roofers, Inc. has earned a reputation for being one of the best roofing companies in Northwest Florida. Local accolades include 2018 and 2019 Finest of the Emerald Coast by Northwest Florida Daily News, 2018 and 2019 Best of the Emerald Coast by Emerald Coast Magazine and Best in Niceville for several years. SRI has a local reputation for giving back to the community they live in through various endeavors, events and sponsorships.

"As a local company that deeply cares about this community, we want to give back," Mike Miller, president of Specialty Roofers, said. "Earlier in my career I served as a firefighter, so I know firsthand the sacrifices made to protect our commu-



nity. We hope this small gesture blesses a family that could use the help."

Specialty Roofers, Inc. is proud to be among the two percent of roofers who qualify as GAF Master Elite Certified, and was honored with the 2018 GAF President's Club Award. This highly coveted award recognizes SRI as one of the most elite roofing contractors in the U.S. SRI was one of only 78 contractors in North America to receive the designation. President's Club Award winners are selected from

an elite group of roofing contractors that must first demonstrate proper licensing (in states that require it), maintained insurance, a proven reputation and a commitment to ongoing professional training.

"Between the South Walton fires and the COVID-19 pandemic, our first responders and healthcare workers have really been through it this year," Cole Bakker, CEO of SRI, said. "We would like to show them that we see their hard work and sacrifice and appreciate them."



To nominate someone or yourself, you can enter at, www. specialtyroofers.com/roofsfor-responders and fill out the entry form. You will be asked to include your name, contact info and a brief description of why you need a free roof. Nominations will be accepted through July 1. The prize will include all labor and materials and the lucky homeowner will be able to select. SRI will also include its Gold-

en Pledge warranty on the roof, which includes a 50-year material warranty and a 25-year labor warranty. Specialty Roofers, Inc., offers the most trusted commercial and residential roofing brands and products and stands behind them with comprehensive installation and repair services. For more information, contact Erin at erin@specialtyroofers. com or call 850-855-5375.

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#### By Dr. Richard Chern M.D.

Many of my patients have been told by their doctor that hormones are bad. I used to respond by calling to inform them of current treatment recommendations. I once had a cardiologist tell me testosterone caused elevated cholesterol, until I had him read an article from his American Journal of Cardiology that said testosterone lowers cholesterol. And most physicians are still not aware that low testosterone is related to highly aggressive prostate cancers and that optimizing testosterone can reduce their occurrence.

In medical school, it's drilled

# Your Doctor Isn't Infallible!

into our heads that everything we learned is non-negotiable. "I don't know" usually led to an onslaught of verbal abuse ending with,"if you don't know, your patients will die!" So we spent years inside textbooks and journals learning as much as we could. Unfortunately, even if we learned "everything," information and treatments are continually changing. As we enter practice it's not possible to keep up with all the latest medical knowledge, especially in specialties outside our own.

Because of this indoctrination (sorry, had to) there is a fear of not knowing. Often, if a doctor is not current on a particular subject, they show skepticism. This leads to the comment, "That's not good for you it will cause [insert scary disease here]." Doctors tend to revert to information learned 20 or more years ago rather than admitting they are not read up on a particular subject.

About 20 years ago, I was taught all hormones are bad



and cause cancer, strokes, and heart attacks. Guess what? We were wrong. In fact, the studies we referenced to say hormones were bad are now referenced with others to prove hormones are good. How is this possible? Previously, bioidentical and synthetic hormones were grouped together but after looking at them individually, it becomes obvious that synthetic hormones are bad and bio-identical hormones are very good!

Nobody likes to admit they made a mistake and the medical community is often the worst.

Doesn't it make sense that a natural product is good for us and a synthetic is bad? When we are young and feeling great, we have high levels of bio-identical hormones and as we age and deteriorate these levels fall. So doesn't it make sense that the fall in these hormones are actually the cause of us feeling bad and deteriorating, and that

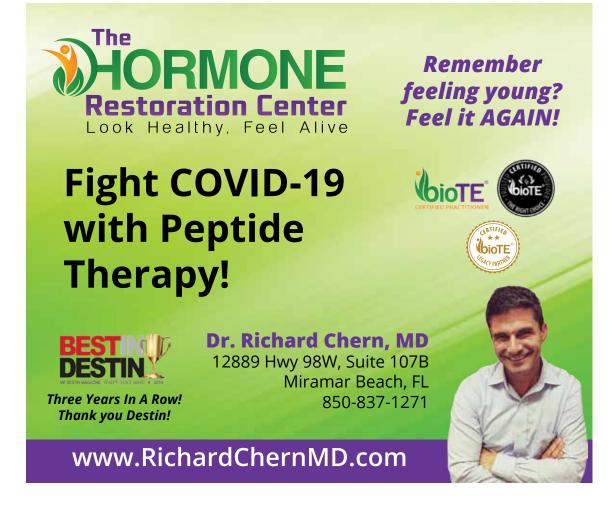
replacing them can reverse this process and make us feel better? It's not a difficult concept to grasp and you can ask any of the thousands of patients who have received our bio-identical hormone therapy what results they have seen.

The point here is that during our medical training, any outside-the-box thinking is frowned upon and quickly squashed. And, secondly, it is ok for you to be skeptical when your doctor is not up-to-date on studied and proven bio-identical hormones. Contact us for more information

Dr. Richard Chern and his staff have the latest training and specialize in hormone therapy for men and women. They are currently accepting new patients and encourage you to call for an appointment at 850-837-1271.



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## Wellness



#### Question:

Because of the quarantine for the pandemic, the loss of my job, family stress, and a long list of other stressors in my life, I need help! What can I do naturally to help my stress level? You have given me some natural approaches like exercise, music and light therapy, and other helpful ideas to lessen stress. Are there some natural supplements that would help as well?

#### **Answer:**

As our world continues to return to where we were four months ago, we will all start getting back to a more manageable level of stress. But in the meantime, there are lots of supplements that can take the sharp, pointy, painful edges off of stress. Here are some of my favorites:

B-Complex vitamins, like thiamin, riboflavin (also crucial for healthy adrenal glands), vitamin B6 and pantothenic acid all keep the nervous system happy. B12 is also great for stress. B vitamins are water soluble; so, it is important to get a steady diet of these little gems since they are not stored in the body.

Stress not only takes its toll on the nervous system, it is also hard on our adrenal glands. Our adrenal glands cause us to respond to stress with fight or flight reaction. This is the way our bodies were made to respond so that we do not get to be lunch for a lion. But longterm stress beats up our adrenal

# **Ask Doctor Marty: Stress**

glands with a continual flow of hormones, like cortisol, that can cause a downward cycle of stress. Vitamin C is more concentrated in the adrenal glands than in any other organ in the body. During times of physical and emotional stress, our bodies use up vitamin C at breakneck speed and weaken the immune system as well. High levels of vitamin C can decrease cortisol levels, lowering stress levels.

Hops, passionflower, valerian, catnip and chamomile are all herbs that soothe the nervous system. I promise you will not start chasing your tail after taking catnip. Valerian sounds like the prescription Valium, but there is no connection.

Magnesium is especially helpful for anxiety, depression, and aggression.

l-theanine is an amino acid at has been shown in clinical trials to decrease the symptoms of schizophrenia according to the Journal of Clinical Psychology. Studies have also shown that ADHD and insomnia have improved with the use of L-theanine.

Even though these supplements can be very helpful in dealing with stress, there is no magic bullet. Nothing works for everyone. If your body is getting enough magnesium from your diet, then supplementing will not help. And to further complicate the matter, everyone needs different levels of nutrients. And your requirements can change from day-to-day, depending on your emotional and physical stress levels at any given time.

Stay well. Chill. This too shall pass.

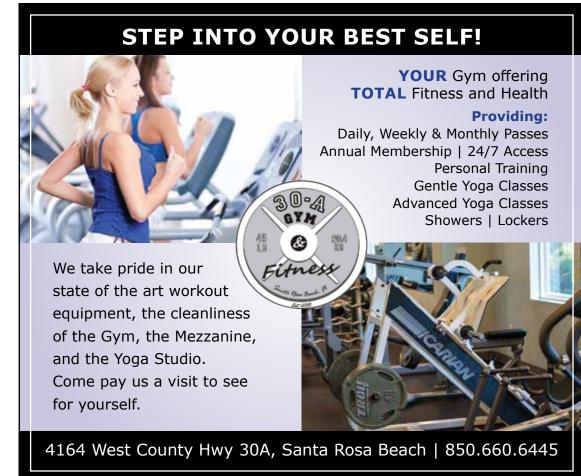
This information is for educational purposes only and is not intended to diagnose or prescribe. Seek the advice of a qualified health care professional for advice on any new supplement and potential interactions with any

medication you may already be taking.

Marty Kernion, Ph.D. is not a
medical doctor. She has a doctorate
in Naturopathy. Naturopathy uses
natural, gentle ways to bring our
bodies back into balance so that they
have the God-given ability to heal
themselves. She is a retired Professor of

herbal medicine and nutrition and has written 39 college-level courses and has published two books on natural approaches to health. She can be reached on askdoctormarty@cox.net for scheduling a class or consultation, or for sending in your questions for this column.









**Back to Life** 





By Lisa Leath Turpin, Wellness Coach

Raise your hand if your back is more tight and sore from being quarantined and less active. Let's get BACK to life or life back in our backs! A healthy back is not hard to obtain if you know what to do and stay consistent. Fearful you might make

things worse? Evaluate the pain. If the pain isn't caused by a dangerous disc problem, diagnosed by a doctor and not yourself, you may have to get through the start-up tightness and pain. Pain is relative; meaning, it might be tender or sensitive due to weakness or imbalances, and this can make one scared to push. If you use proper safe strengthening and stretching techniques, developing balance throughout the body, you will, undoubtedly find relief and be stronger for everyday life. Take physical therapy—if you are correcting an imbalance or weakness it might cause discomfort. It's this process that trains (teaches) your muscles to shape up and do their job. A muscle's job is to hold the skeletal system in place and move your joints to do the actions your brain tells them to. Loose muscles make your joints work harder; and imbalanced muscles can create an uneven pull on joints causing the joint to move out of place and chronically not perform correctly. (Please don't get to this point!) Imbalance and weakness throughout the various parts of the spine can move vertebrae out of place. Your given muscles control this, but they can't help if they aren't strong enough. Tighten them up and they hug your skeletal system like a natural healthy God-given compression sleeve. Each one of us is



given the tools we need, we just have to apply ourselves and utilize what's given to us. It doesn't take a gym; gyms just make it easier through the technology of weight machines. Or bodyweight works!

Engage your "core!" Realize your spine is off-centered transversely (looking front to back). You can feel your spine along your back, but not along your front. So, anatomically you were given muscles called Erectors that run along each side of your spine plus abdominal muscles like rectus abdominis to support your spine and hold you upright (erect). Any weight you add to the front of you makes your spine work even harder. So, belly fat, and even large breasts can cause the spine to struggle. It's imperative to work those above muscles termed "the core." Your neck and low back are least protected, because there isn't extra skeletal structure like ribcage, shoulders or hip girdle—only the spine. So, these areas are most vulnerable and therefore need avid focus. To create a healthy back, learn to engage your core. Sit or stand with both feet hip bone width apart. Extend the spine. If your spine were to continue to

the ceiling, it would come from the back of the head. So, keep your eyes on the horizon and chin slightly tucked/neutral and elongate your spine. Breathe in through your nose, pull your bellybutton in toward your spine (imagine the back of bellybutton connecting with the inner spine), and exhale while pulling bellybutton in more and keeping spine extended, shoulders down away from ears. Consistently doing this will help you avoid the "tummy pooch." Engage your core to stabilize during training and aim for a neutral position when bending over or pressing overhead. For strong erectors, hyper-extensions are excellent. Example: Lying face down, body extended, hands clasped behind back, keep feet anchored to floor, lift your upper body up and come back down for 10-20 repetitions—will be about a 1-3 inch lift. Your best will not feel very high. Learn more back information on my social platforms or text/call (850) 974-2005. Follow me on Facebook: Lisa Turpin-Be Active Health & Fitness (@LisaTurpinFitness).

Lisa Turpin is a degreed and certified health and fitness lifestyle coach who has devoted her life to motivating and strengthening the body and minds of others. With over 20 years' experience as a group exercise leader, currently at Destin Health & Fitness and an independent personal trainer in the Destin area, she is diverse and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation. She is currently taking on new clients/participants; text only to 850-974-2005 or message from her Facebook Page.



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## Musing



By Myrna Conrad

June is the month that is sandwiched between two very patriotic holidays, Memorial Day and Independence Day. Memorial Day commemorates the men and women who have died in military service for the United States. Independence Day (Fourth of July) celebrates the birth of American independence from Great Britain on July 4, 1776. We also celebrate Veterans Day in November, honor-

# What Ever Happened To Patriotism?

ing all persons who have served in the U.S. Armed Forces.

If you go in order, The Declaration of Independence precedes all of these holidays. This declaration led to our Constitution which guarantees our freedoms, including the Bill Of Rights. The final version of our Declaration of Independence declares: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Our freedoms were fought for from the very beginning and have been fought for ever since. These men and women were and are the ultimate Patriots Patriotism, however, shouldn't just be attributed to those who have served in our Armed Forces. Patriotism should be practiced by EVERY citizen of the United States.

The definition of Patriotism is "devotion to and vigorous support for one's country. A patriot is a person who is on the side of his or her own nation or its leaders. To support one's country doesn't mean you have to agree with everything the current political leaders endorse. What it does mean is that you support and stand up for the freedoms that our country represents.

The freedoms that make our country different and stand out among all others are stated in The Bill of Rights. Those include: Freedom of Religion; Freedom of Speech; Freedom of The Press; Freedom of Assembly; Freedom of Petition; The Right To Bear Arms; 'No-Quartering" Right; The Right To Equal Justice; and The Right To Own Private Property. The Tenth Amendment includes: freedom to live or travel anywhere in our nation; freedom to work at any job for which we can qualify, freedom to marry and raise a family, freedom to receive a free education in public schools, and freedom to join a political party, union, or other legal group. Aren't you thankful for these freedoms? Let's never take them for granted.

In a 2018 Gallop Poll, only 33% of Americans aged 18-29 said they were proud to be an American, while 60 % of those age 50+ expressed extreme patriotism. The surprising and disturbing statistics in this poll, however, were that between 2013 and 2018 all age groups under the age of 50 went down significantly in their pride in being an American.

Those are troubling and sad statistics. Why this drop in patriotism? I believe a lot of it comes from the lack of accurate knowledge about our country's history and the moral fiber our country founded on. As my husband, Bob, put it, "revisionist history and expunging God from our society are the root causes of the failure and decline of patriotism in country our today." History used to be one of the major subjects taught in school from elementary school through high school. That doesn't seem to be the case today. Even when history is taught, parts of history

that might offend someone are left out or erased. How can we expect our youth to be proud of a country they know so little about?

When searching for statistics on how many Americans have even read the Constitution, the numbers were between 15% and 37%. So, when the majority of our people have never even read the Constitution that our country was founded on and what all who serve swear allegiance to, why should we be surprised that patriotism is on the decline.

When I was in school we stood, with our hands over our heart and all quoted the Pledge of Allegiance. We all knew the words and no one even thought about refusing to do this. Today we see people refusing to stand and pledge allegiance to our flag. Kids in school, people in sports, many of those in the media and entertainment industry stay seated or take a knee when saluting our flag or they speak disparagingly about our country.



Photo by Savannah Smith, Savvy Leigh Photography

Freedom is not something to take for granted. People throughout the history of our country have left home and family, bled and fought under extreme circumstances, seen and experienced horrific things and even died for our freedom.

My father-in-law was a prisoner of war in Japan in WWII. My husband, his brothers, my brother and many of the next generation of our family have served in the military. We have seen, first hand, the cost of freedom. When we see a flag waving in the wind or hear the National Anthem, our hearts swell and we proudly salute the flag that represents the "land of the free."

While our country is not perfect, what has made our country different and great is its stated commitment to liberty, justice and equality for all. May we ALL stand strong for our freedoms and be proud that we are Americans!

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By Rick Moore

As we consider Father's Day and what it means, is it possible that technology is our friend and not our foe? Yes, the "machines" from smartphones to tablets have disrupted our family time for the past decade. But is it possible technology can actually be used to bring families together? That is what recently happened with three generations of fathers.

Nate Kelly, Worship Pastor at Destiny Worship Center, and his father Jerry Kelly, as well as several family members had recently been to Spring, Texas. They went to visit Nate's grandfather. As the grandfather approached his final days on earth, Jerry was able to go back to Texas and visit, but Nate had to decide if he would stay home and lead worship or if his grandfather would be able to see him one last time. Thanks to technology, he was able to do both.

Nate led worship as his brother Jonathan played the bass guitar and their mother Pam enjoyed worship from the congregation. All the while, Jerry and his father were watching, you guessed it, online. No one is claiming that seeing your family on a computer device is the same as being present. But thanks to technology, families can see each other more than ever before.

Rather than beating each other up with guilt trips because your schedule will not allow you to be together or you simply cannot afford the cost of traveling, why not use technology as your friend and make the best of it? From Facebook to Face-Time, from sending pictures to sharing live video, it is time to get creative and make some memories.

There is nothing wrong with a good old fashion greeting card or a gift certificate to show how much you love your dad. And hopefully you can meet face to

# A Pastor's Ponderings: **Father's Day Tech**



face. But thanks to technology, everyone can find a way to say Happy Father's Day and maybe even make a lifelong memory along the way. So, go get creative!

Rick Moore is Pastor of Communications for Destiny Worship Center.

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By Sean Dietrich

It was an average Tuesday morning at the VA hospital. Elderly Sam Nilva awoke in his bed with crusty eyelids from sleep. He blinked at the ceiling a few times. A nurse brought some good news.

"You're going home today, Sam," she said.

Home. After being stuck in a sterile room for God only knows how long, the Minneapolis VA hospital was discharging him.

Another nurse leaned over Sam's bed. Her surgical mask, goggles, and face shield could not cover her award-winning smile.

"And guess what?" she said. "We have a little celebration for you, birthday boy."

Next, the nurses had all gath-

ered in Sam's room, holding handwritten cards, posters, and a multi-colored banner that read: "Happy Birthday."

The little old man didn't say anything. He didn't have to. His face said enough. He was taking it all in. More nurses were chiming in via video phone on a monitor beside his bed. Everyone was cheering. It was a great day.

Sam recovered from a recent brain surgery, and he's been in this hospital fighting COVID-19. It was no day at the beach. Some weren't sure if he'd beat it, but he did. And he did it with flying colors.

Though it should come as no surprise. On Apr. 29, 1919, Samuel Nilva came into this world, and he's seen a lot worse in his life.

It's hard to imagine what the world was like back in such an ancient era, but it was a turbulent time to be alive. Woodrow Wilson was in office. The government had just voted to protect sections of virgin land that would become national parks, which was considered a wacky idea by many critics. Pachelbel's

# **Minneapolis**

"Canon in D" was just officially published.

Congress had just approved the 19th amendment so that women could vote. Einstein proved Newton's theory of space to be dead wrong. A little football club in Green Bay, Wisconsin, decided to start calling themselves "The Packers."

And the whole world was dying from a Spanish Flu epidemic.

To call this period Hell on Earth would be like calling the Grand Canyon a ditch. Americans were staying inside just to keep from dying.

Theaters and silent-movie houses were boarded up. Those infected were tying white scarves around their doorknobs to signal the rest of the world to keep away. Sometimes, the hanky stayed on the doorknobs until everyone inside was carried out with a sheet draped over them.

So, try to imagine this scene: You've been stuck inside during a nationwide quarantine. One day, your neighbor knocks on your door, tears in his eyes. He is asking for your help to carry his



dead wife out of his house.

So, you carry her down the street to a dancehall that's been converted into a temporary morgue. In some areas, there are so many dead bodies to deal with that communities are setting up makeshift morgues in local gymnasiums, fellowship halls and schools.

That was the world Sam was born into.

And this was just the historical appetizer. Things got a lot crazier.

For starters: World War had just been in full swing before Sam's birth, killing about 40 million. And the hits kept coming. When Sam was a 10-year-old, the stock market crashed. Bank executives were leaping off ledges in crowded cities when they learned that they were ruined. America entered a Great Depression, setting off a chain reaction of financial ruin around the world.

Meanwhile, dust storms chewed at the Great American Midwest, forming black clouds that blotted out the sun and killed children with dust pneumonia. The earth was literally blowing away.

And as if this era didn't already feature enough Biblical-style tribulation, they made beer illegal.

But even the 20s and 30s were just a dress rehearsal for the real problems ahead. The 40s brought Hitler, Stalin, another World War, 85 million deaths worldwide, and polio epidemics.

By the 1950s, the Cold War was on. Life was better, but people were still scared of what was next. American dads were building concrete bunkers in their backyards, behind the kids' swing sets.

Schoolchildren were practicing atomic-bomb duck-andcover drills, wherein students were trained to take shelter from nuclear threats by hiding beneath nuclear-attack-resistant school desks.

And as if this world couldn't get any more out-of-control and unsettled, along came Perry Como.

Sam went through it all. He survived it all. When he got COVID-19, he told his daughter he wasn't worried.

"I've survived polio," Sam said. "I've survived World War Two, I've survived so many things, and I want people to know we can get through this."

If that sounds a little too optimistic to you, that's probably because you're too young to know better. Just ask Sam. This world has been through hard times before, and it will see them again. But according to Sam, we can get through.

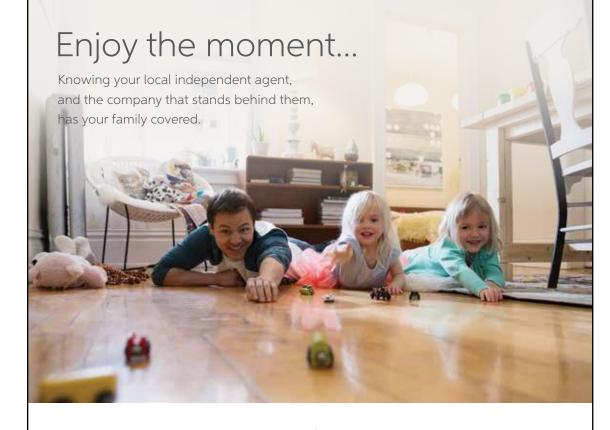
When Sam left the hospital, Minneapolis VA staff nurses made a big ordeal over him. You should have seen it. They sang, they cheered, they laughed. When EMTs wheeled him down the hallway, Sam's bed rolled past a barrage of medical workers who whooped and hollered.

Hospital personnel lined the halls, clapping, their gloved hands, making muffled applause, wearing protective face gear. Some tossed handmade greeting cards onto Sam's bed when it wheeled by. And the fanfare didn't end until the ambulance disappeared on the horizon.

They weren't just celebrating a birthday. They weren't simply celebrating a recovery. These people were celebrating Samuel Nilva, for proving that humans are a lot stronger than we think they are.

Happy 101st birthday, Sam.





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# Mattie Kelly Arts Foundation Announces Rescheduled Concerts in the Village Line-Up

The Mattie Kelly Arts Foundation (MKAF) is pleased to announce a new 2020 Concerts in the Village lineup. With the safety and well-being of guests, artists, and staff as a top priority, MKAF asks that concertgoers adhere to the following social distancing measures.

- Groups must be ten people
- VIP tables spaced 10 feet
- Maintain 6 ft. distance between your ten-person or less group and other concert attend-
- If in line for food, stay 6 ft. behind the next person in line

ly; you may also want to bring hand sanitizer

- Dance floor is closed
- Playground is closed for
- Wear a mask if you so choose
- Credit cards and Paypal transfers only - no cash accepted at the gate

Have fun at a distance, enjoy

\*MKAF accepts no responsibility for patrons who do not adhere to the safety and sanitization guidelines.

"As we all try to navigate these challenging times, art and culture are a bright light for us • Wash your hands frequent- all. We are thrilled for every-

one to be back and to enjoy the shows!" says Kevin Bowyer, MKAF 2020 Chairman of the Board.

The Foundation thanks its members, volunteers, donors and the community for their support. For the latest news and information, please check www.MKAF.org, and follow the Mattie Kelly Arts Foundation Facebook and Instagram pages for dates, information, and inspiring arts and culture-related

#### **2020 MKAF Concerts** in the Village Lineup:

Thursday, June 25, 2020: Departure

Thursday, July 9, 2020: Jeffrey Steele (rescheduled)

Thursday, July 16, 2020: Accent (rescheduled) Wednesday, July 22, 2020:

The Ultimate Eagles Tribute, On The Border (rescheduled)

Thursday, July 30, 2020: Forrest Williams Band (rescheduled)

Thursday, August 20, 2020: **M-80's** (rescheduled)

Thursday, September 10, 2020: Casey Kearney

Thursday, September 17, 2020: **The Shakedown** 

Thursday, September 24, 2020: The Bonehoeffers

Thursday, October 1, 2020:

**Pickled Pickers** 

Saturday, October 3, 2020: Shania Twin

Thursday, October 8, 2020: **Emerald Gold** 

# **ECTC Resumes In-Person On-Site Summer Camp**

Company re-opens its doors for Summer Camp 2020. In addition to the online Summer Camp programs now underway, ECTC has released the schedule for in-person, on-site classes, workshops and lessons designed for various age groups that range from preschool aged children through 12th grade high schoolers. Tuition ranges from \$40 to \$395 per student depending on the program. Sibling, military and multiple camp discounts are provided; payment plans and scholarships available for group camps/classes.

We have had a ball with our innovative online offerings this spring, but we are thrilled to be able to reconnect with our parents and theater-loving kids for the 2020 Summer Camp season," said ECTC co-founder and producing artistic director Nathanael Fisher. "The safety and well-being of everyone in our ECTC tribe always comes first, so we are carefully activating our Safety Protocol plan in accordance with CDC guide-

ECTC programs are held at its performance space located at 560 Grand Boulevard in Grand Boulevard at Sandestin in Miramar Beach with additional locations in Defuniak Springs and Panama City. To register for ECTC Summer Camp 2020 sessions and for a complete schedule, call (850) 684-0323 or

visit emeraldcoasttheatre.org/ summer-camps. Follow ECTC on Facebook, Instagram, Twitter and YouTube.

#### Little Rascals Camp

Ages 5-7, rising Kindergartners. Tuition \$125-\$140.

#### Peter Pan Camp

Grades 2-12. Tuition \$195.

#### **Camp Showtime**

Grades 2-12. Tuition \$150-\$170.

#### Disney's The Little Mermaid JR

Grades 2-12. Tuition \$395 (payments available).

#### Film Camp

Grades 5-12. Tuition \$195.

#### **Advanced Camps & Workshops**

#### **Creative Theatre Games**

Grades 3-5. Tuition \$40.

#### **FUNdamentals of Improv**

Grades 6-12. Tuition \$40.

#### **Techies Rule**

Grades 5-12. Tuition \$150.

#### **Musical Theatre Workshop**

Grades 6-12. Tuition \$175.

#### **Advanced Acting and Vocal Techniques**

Grades 5-12. Tuition \$160.

#### **Private Vocal Lessons**

Four one-hour long sessions \$240. Individual Lesson Scheduled with Peter Lake.

ECTC is following the Center for Disease Control (CDC) safety guidelines. To view the complete plan, go to https:// www.emeraldcoasttheatre.org/ ectc-safety-protocol.

The more camps you register for, the more you save on tui-

tion. To learn more about schol- website. arships or to apply, visit ECTC's



# Concerts in the Village **CONCERTS ARE BACK!**

GATES OPEN AT 6PM | CONCERT AT 7PM

04 Velcro Pygmies

11 Rumours

The Return The Beatles Experience

**DEPARTURE** The Journey Tribute JULY

09 Jeffrey Steele

Accent

Ultimate Eagle's Tribute On The Border

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#### Arts & Music



By Lisa Cyr

The deer ate all of my green bean plants yesterday, then began to eat the roses in my front yard. My piano student noticed him outside my piano room window. We watched for a moment. A beautiful young animal hungry for food. I hope he doesn't eat all my rose buds since I have high as-

pirations for them to bloom. The green beans are history. Thankfully, he doesn't like peppers, kale, nor arugula. I found out he went next door and ate their garden, too. Oh, well.

Everyone has aspirations. Some by the day and some that last a lifetime. Music, nature, and administration seem to be mine. Finding one's enjoyable driving-force and turning that into a lifelong journey is most people's hope. It's that saying, "I've always wanted to \_\_\_\_\_\_." I believe the goal is to choose one and seek to do it.

At some point, a change happens when you want to share your aspirations with others. We really

# **Aspire 4 Music**

need each other. I started out as a child with a passion for music. That passion grew into a heart to share and help others discover and develop their musical aspirations. Along with that came years of study, practice, performance, and work. Although, it is much easier to do what is naturally fun.

Too many times, we put our dreams on the back burner to help meet the needs of those we love. I tried that, too. It was rewarding, I learned a lot, exercised my other giftings, helped a lot of people, and ultimately returned full circle to my childhood passion. God has a way of turning us around.

I believe that summertime

is a great opportunity to try or learn something new. Uninhibited creativity is high. A change of season usually ushers in new curtains, bedding, clothes, cars, events and yes...music. In fact, many famous songs are released during the summer in hopes of becoming the top "song of the summer," because people are looking for something different to make them smile, dance, sing and celebrate. They create fun memories to share and talk about.

Since our Music Studio is all about helping others reach towards their musical aspirations, we want to let you know that all of June and July we are teaching music lessons (beginner thru advanced) in a variety of ways through our Aspire 4 Music Summer Programs:

- Once a week lessons (you choose those weeks) either at the studio or online
- Private hour-long lessons five days in a row at a discounted rate, including: Creative song writing for kids, piano, ukulele, guitar, learn to play on a drum set, vi-

To get started, give Studio 237 Music a call at 850-231-3199, visit our website www.Studio-237Music.com, or send us an email at Studio237Dawson@gmail.com. Have a great summer!



# Auditions for Northwest Florida Ballet 3rd Grade Académie

The Northwest Florida Ballet (NFB) Académie will hold auditions for 3rd graders entering the 2020-2021 academic year on June 27 from 11 a.m.-2:30 p.m. Auditions are by appointment only and must be made by June 24 at 5 p.m. No prior dance training or academic achievement level is required for 3rd grade. Auditions are open to all

children in the community, and selection is made solely on the child's ballet potential.

Prospective students will audition in 20-minute intervals at the NFB studios located in downtown Fort Walton Beach, taken in by groups of 10 and spaced accordingly for auditions. Parents must remain outside, as the NFB lobby will be closed. Dancers will be required to sanitize their hands and have their temperature taken upon entering the building, and staff will wear masks and gloves. If the dancer or anyone in the same household is experiencing any COVID-19 related-symptoms, alternate options will be made available.

The NFB Académie is a free, nationally acclaimed integrated arts and academic program for third through eighth-grade boys and girls who demonstrate the potential to excel in dance. Académie students receive concentrated instruction in ballet as a part of their overall academic and artistic education. Certified elementary and middle school

teachers under the direction of the Okaloosa County School District supervise the educational program. French, art and music are taught weekly.

Celebrating its milestone 15th anniversary, the NFB is a regionally recognized, semi-professional ballet company and school. The organization's educational endeavors epitomize excellence with the nationally acclaimed Académie, an integrated arts and education program for students in 3rd through 8th grade. Additionally, NFB operates the dance intensive Pre-Professional Program for 9th through 12th grade students preparing for a career in dance. Led by Artistic Director and CEO Todd Eric Allen, an area native, the organization is funded in part by the Florida Division of Cultural Affairs.

For more information on the NFB Académie or to reserve an audition time, please visit www. NFBallet.org/Academie, call (850) 664-7787 or email office@nfballet.org.



one of the first female officers to serve aboard two Coast Guard cutters with all male crews. Martha remained true to herself while changing the rules of engagement. Today she is an empowerment enthusiast, helping empower businesses, teams and people to realize what they can be and can do!

To connect with Martha or book her for your event: www.marthakotite.com



#### **BAY BUZZ**

continued from page 22

Riley Cleveland and the 2020 Little Miss Okaloosa County, Emerson Fournier, will compete in the 77th annual Miss and Little Miss National Peanut Festival Pageants in Dothan, Ala., in the fall. This is the first year that Okaloosa County has sent a Miss and a Little Miss for the competition. In its fourth year, the annual pageant is directed by Paula Stokes-Wilkinson.

#### **Alaqua Receives Grant**

Alaqua Animal Refuge in Freeport received a \$5,000 cash grant to provide emergency veterinary care for vulnerable pets impacted by the COVID-19 pandemic. In partnership with Tito's Handmade Vodka, the grant was made possible by GreaterGood.org, a national

nonprofit that protects people, pets and the planet. Together, a total of \$50,000 in cash grants were given to 10 select animal welfare organizations impacted by the coronavirus to help animals in their geographic area. Pet families in the Panhandle area looking for support can call or email Alaqua at (850) 880-6399 or info@Alaqua.org to be considered for veterinary financial assistance.

#### **Summer Reading is Here!**



**Niceville -** Summer Reading is not just for kids! To participate in the Adult Summer Reading Program, pick up a reading log at the front desk and keep track of the books you read

this summer. Turn in your completed reading log by Fri., Aug. 28, and you will have the chance to win a Bayou Books gift certificate!

ICYMI: The Summer Reading Program has gone virtual this year. Join the Facebook group for access to awesome content, from 10 weeks of Page Turner Adventures to Story Time and Summer Reading classes. Reading logs are available now in Youth Services. Win a different prize each week through July 21st!

**Freeport** - Each Monday Friends of the Freeport Library will post a weekly challenge on the Facebook page. Post a picture in the comments of the completed challenge, or stop by the library to show a staff member. Each completed weekly challenge will get a raffle ticket

for one of our fantastic prizes that will be given away at the end of the summer, such as these cool brag tags. Earn a brag tag for each reading log turned in, in addition to a raffle ticket!

Can you collect all 10?

How do you earn a raffle ticket?

- 1. Check out books at the library.
- 2. Turn in a completed reading log.
- 3. Complete a weekly challenge and comment on our Facebook challenge post, or bring in to show library staff.

Drawing will be held on August 1!

## **Eric Aden will be Okaloosa County's Next Sheriff**

Aden was unopposed in his bid for sheriff and will be swornin as Okaloosa's new sheriff on Jan. 4, 2021. Aden currently

serves as a Major under Sheriff Larry Ashley and is the Operations Bureau Chief for the Okaloosa County Sheriff's Office. He began his career as a deputy in 1995 patrolling our roadways and was a School Resource Officer. As Operations Bureau Chief, Aden is responsible for the safety and wellbeing of residents and visitors in Okaloosa County and manages nearly 200 of the agency's sworn personnel.

Also running unopposed are J.D. Peacock, Clerk of Courts; Ben Anderson, Tax Collector; Paul Lux, Supervisor of Elections; and Mack Busbee, Property Appraiser. The only constitutional officer with a challenger is Marcus Chambers, who was appointed superintendent last year by Gov. Ron DeSantis and is challenged by former State Rep. Ray Sansom.

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# REEPORT KEY METRICS MAY 2019 MAY 2020

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 New Listings
 87
 88

 Pending Sales
 78
 80

 Closed Sales
 55
 58

 Days on Market
 206
 113

 Avg. Sales Price
 \$191,943
 \$220,095

#### NICEVILLE

## KEY METRICS MAY 2019 MAY 2020



 New Listings
 126
 117

 Pending Sales
 99
 122

 Closed Sales
 103
 83

 Days on Market
 53
 31

 Avg. Sales Price
 \$340,618
 \$428,419

Current is of June 15, 2020. All slots from Emerate Could Association of Reutro's Multiple Listing Service. Report = 2010



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