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Local Hero Geoff Speyrer Flips for Vets

By Lori Leath Smith

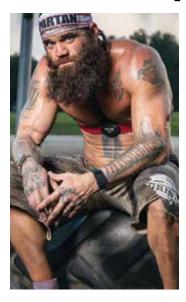
While incarcerated, local resident and Army veteran Geoff Speyrer never dreamed he'd one day be a champion of bringing hope and awareness to veteran suicide. But now he is!

Sadly, 22 veterans and active-duty members per day take their lives thinking there is no hope.

But Geoff has set out to change this, showing that there IS help and hope, by raising money for Healing Paws for Warriors through his physical endurance—no small feat for a man who sustained injuries from being near explosives while serving in the military.

The medical care he received adversely affected his health, which resulted in a life-long injury due to lower leg trauma and surgery.

He was told his chances of running again were reduced and he began to experience the challenges of Post-Traumatic Stress (PTSD) and Traumatic Brain Injury (TBI). After leaving the military and becoming a fugitive, Geoff







PHOTOS COURTESY OF HEALING PAWS FOR WARRIORS

spent the next 13 years in and out of incarceration and treatment facilities. However, Geoff says it was during these darkest years that he turned his life around instead of becoming a statistic and taking his own life. Geoff found health and wellness as a tool to overcome this adversity.

And run again, he did! Geoff races to give back to his community after battling the addiction, PTSD and suicidal thoughts. He uses his strength and endurance to help other veterans facing the same challenges through Healing Paws for Warriors, a local veteran-founded nonprofit that provides trained service dogs at no cost to veterans who are faced with post-traumatic stress, traumatic brain injury or military sexual trauma.

For the second year in a row, Geoff completed a grueling 24-hour physical challenge and ran 26.2 miles, biked 100 miles and raised approximately \$12,000 for vets in one day! The event is called SET 22—

the SET stands for strength, endurance and training and the 22 refers to the number of veterans who take their lives every day.

Beginning at midnight Friday, May 21, at Harbor Tavern in Destin, Geoff and fellow cyclist friends made four loops by bike around Destin and Scenic Hwy. 98 for a total of 100 miles! Then at noon on Saturday, he and several

HERO continued on page 2

Saving the Sea Turtles

By Rita L. Sherwood

Whether you're a local or not, one major issue with our beautiful beaches here on the Emerald Coast is helping the sea turtles. If you've been to the beach, I bet you've either seen an area roped off for a sea turtle's nest, seen a sign to fill in any holes on the beach, or maybe even encountered a volunteer asking you to pick up your trash.

We all know the phrase: "Clean, dark, flat." **Clean:** We can all do our part to protect the sea turtles by keeping the beach clean by removing all of your belongings, including trash when you leave the beach; leave no trace. **Dark:** Artificial light disturbs nesting sea turtles and hatchlings; so, turn off all lights on or near the beach. **Flat:** When you leave the beach each day, please knock down any sandcastles and fill in any holes.

We're so passionate about the sea turtles that we even have a local celebrity named Theo. Who is Theo? Theo is a lovable, plush turtle with a mission—to help protect and sustain the threatened sea turtle population along the Gulf Coast of Florida.

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Community

HERO

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other runners made one more loop around Destin by foot, racking up a 26.2-mile marathon. And last, but certainly not least, at approximately 9 p.m., Geoff flipped a 200-lb. tractor tire around the Destin Elementary School track for one mile, where he was joined again by 25 to 30 people who cheered him on in the dark. He finished the challenge at roughly 10:45 p.m. Saturday, May 22. "As the tire continued to flip with each turn of a "thud," bystanders were

reminded that he is an American soldier who sacrificed and proudly served his country," says Sheila Hale, Healing Paws for Warriors co-founder/deputy director. "Today he served his community by providing awareness to end veteran suicide, encouraging veterans to push through as there are resources for help." ALL of these amazing feats were accomplished in a 24-hour period!

You might ask why Geoff would go through this grueling ordeal. "I know what it feels like to have no hope. It's all about giving back HOPE to these men and women who suffer," he says.

Geoff says his friends are what kept him going. "I have some of the most diverse, amazing, supportive people as friends!" Many flew in and ran with him from all over even as far as New York, New Jersey and Missouri. "I got zero sleep prior to the event taking off and it was all worth it. I truly wouldn't have it any other way," says Geoff. "I stayed mindful and present throughout the entire stay. I never wore headphones to get out of pain or get in the zone. I simply just talked to my friends. I'm so grateful for all of you!"

"We couldn't have done it without community support from businesses such as Okaloosa Gas," says Sheila. "We had over 15 businesses alone to help support the event shirt which got us started and then held the fundraiser on Facebook."

"Geoff is representative of Don't Give Up! He has a huge heart, and wants to give back to his local community," Shelia says. "He chose Healing Paws for Warriors to support a veteran K9 team and to help veterans themselves. "If I can do this no matter how bad life can be, you can do it, too," says Geoff.

"He is the example of a great American soldier," Sheila says.

To learn more about Healing Paws for Warriors, visit www. healingpawsforwarriors.org/ or email info@healingpawsforwarriors.org.

Bay Life's "Hometown Heroes" are sponsored by Northwest Florida State College. To read about more Hometown Hero graduates or for more information, call 850.837.8880 or visit nwfsc.edu.



C.A.R.E.

continued from page 1

"I'm a little turtle on a big mission. I'm here to save my fellow threatened sea turtles," says

One of Theo's favorite places is our very own Gulfarium on Okaloosa Island known as the Gulfarium Marine Adventure Park, where it been active in marine animal rescue and rehabilitation for many years through the C.A.R.E. Center. Developed in 2015 as a non-profit to facilitate and further its continued coastal conservation efforts the program has helped to rehabilitate and release various species of sea turtles found on the Gulf Coast, from the Loggerhead, Green, Kemp's Ridley, to the Leatherback. Through the years, hundreds of sea turtles have been rehabilitated and released back into the wild by the Gulfarium.

In fact, the C.A.R.E. Center's mission is to act as a beacon for coastal conservation through marine animal rescue and rehabilitation—encouraging awareness through public education as well as opportunities for locals to actively participate.

If you break it down further, to conserve is to ensure the future of marine animals and their habitats. To act is to play



an active role in marine conservation. To rehabilitate is to support marine animal rescue, recovery and release. And to educate is to inspire awareness for marine conservation issues.

Rehabilitation starts when a sea turtle patient arrives; it is evaluated by animal care and veterinary staff using guidelines from the Florida Fish and Wildlife Conservation Commission. These guidelines give staff the necessary information needed to evaluate a method for rehabilitation, recovery and release.

Although every effort is made to release the turtle back to the ocean, occasionally a sea turtle is deemed non-releasable due to medical or physical limitations. These turtles are given a permanent home and full-time care at the Gulfarium C.A.R.E. Center.

Along with the turtles being rehabilitated for release, the Gulfarium's C.A.R.E. Center is also permanently caring for two Loggerhead sea turtles. They both were stranded along the beaches of the Emerald Coast originally and have now been deemed non-releasable due to



medical or physical limitations. On the website Gulfarium.com, click on "Meet Our Animals" and learn about rescued sea turtles and other animals that call the Gulfarium home. Also, be sure to check out the FAQS about what to do when you find a stranded sea turtle. Release stories can also be found online about two leatherback sea turtles, as well as the story of Ivy, Kale and Hazel, the three green sea turtles full of fishing hooks who have completely recovered. The stories of Captain Hook, Wendy and Tinkerbell, Aaliyah and the three loggerhead hatchlings are also on the website.

The C.A.R.E. team's rehabilitation efforts are funded in part by a grant awarded from the Sea Turtle Grants Program. The Sea Turtle Grants Program is funded from proceeds from the sale of

the Florida Sea Turtles License Plate. Learn more at www.helpingseaturtles.org.

If you would like to help the C.A.R.E., take a look at their Amazon wish list at https://a. co/hb3ghy4.

If you enjoy working with people and love animals, Gulfarium C.A.R.E. Center may be the perfect place for you to volunteer.

Sea Turtle rehabilitation volunteers have the opportunity to assist the Gulfarium C.A.R.E. staff with a wide variety of tasks supporting the C.A.R.E. mission. For more information, visit Gulfarium.com and the C.A.R.E. Center at facebook. com/gulfariumcarecenter. You can also help support the cause at theotheturtle.com. A portion of every Theo purchase, from ball caps and pillows to Christmas ornaments and key chains,

goes directly to help support the Friends of South Walton Sea Turtles. We can all do our part to protect these amazing marine animals; after all, it was certainly their beach first!



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Are you Prepared?

By Lori Leath Smith, Publisher

An average hurricane season typically produces 12 named storms, six of which become hurricanes, including three major hurricanes, according to the 96th Weather Squadron at Eglin Air Force Base. The 2020 hurricane season proved historic for the Atlantic Basin and Gulf Coast with several significant impacts and near misses throughout the region. There were a re- ${\rm cord\text{-}breaking}\ 30\ {\rm named\ storms,}$ 14 of which became hurricanes and six which were major hurricanes. The 2021 tropical forecast is for another above average Atlantic hurricane season, which began June 1 and runs through Nov. 30, according to the National Oceanic and Atmospheric Administration. The National Hurricane Center is predicting 13 to 20 named storms in the Atlantic Basin and forecasting six to 10 to become hurricanes and three to five to become potential Category 3 or higher.

So, let's get down to the nitty gritty: What is the greatest killer in hurricanes? According to Patrick Maddox, Okaloosa County Director of Public Safety, it's PAST hurricanes. "It's when someone says, 'I made it through Hurricane X; Hurricane Y is weaker—I'm staying."

Think about this:

• Tropical Storm Allison (2001), "only" a Tropical Storm, saw 37" of rain in Port of Houston and caused 5 billion in damage.

• Hurricane Opal (1995) Cat. 3 saw a 24 ft. storm tide in Fort Walton Beach with 3 billion worth of damage.

• Hurricane Ike (2008), only a Cat. 2 saw a huge wind field with 15-20 ft. storm surge in Galveston Beach, Texas, with 25 billion in damage.

• Hurricane Katrina (2005) a Cat. 5, saw a 28-ft. storm surge on the Mississippi Coast with 74 billion in damage.

Much of this damage is caused by persistent rainfall which creates dangerous flooding conditions. Several factors contribute to flash-flood risks including the rate of rainfall and how long it lasts. For example, Hurricane Sally dropped 20-30 inches of rain in Okaloosa County alone in 2020, that caused river flooding peaking roughly 24 hours later, which is common

What you might not know is:

- Only six inches of fast-moving water can knock you off your feet.
- Only one foot of water will float many vehicles.
- Two feet of water will carry away most vehicles.

There's also the storm surge, which is dependent upon the size and direction of the storm, not the strength, and is compounded by the normal astronomical tide to create storm tide. It can travel miles inland and carry debris and dangerous animals. "Water weighs 1700 lbs. per cubic yard



and carries potential and kinetic energy," says Patrick. "Wave action on top of storm surge is devastating." Patrick's advice in flooding is "Turn around; don't drown! Don't try to cross moving or standing water. The road you think is there, might not be anymore!"

Of course, wind, too, is a factor and a Category 1 wind speed starts at 74 miles per hour. "If you see obvious danger from damage to structures or roofs, the wind speed is dangerous. Your garage door is vulnerable and a breach there can collapse your roof," says Patrick. Other wind dangers include falling objects from trees or architecture, missiles caused by debris blowing in the wind at high speeds and downed power lines energizing other objects. "Don't be sung to sleep by the eye of the storm either," says Patrick. "Don't venture outside—If you're in the eye, the backside of the storm is minutes away. Winds will be from a different direction and will dislodge other debris.'

In all, "HIDE from wind; RUN from water," says Pat-

rick. "Don't attempt to cross fast-moving water. Deep water can hide dangerous debris, animals and downed power lines."

Okaloosa and Walton Counties have Emergency Operations Centers (EOC) which activate upon Levels 1-3. In Okaloosa County,

up to 200 personnel that operate 21 emergency support functions manage the threat of Hurricane activity. When a Declaration of Emergency is made, EOC is activated to Level 1 and a citizens' information line is established. Shelters are opened on a timeline determined by the estimat-

ed arrival of tropical conditions.

In Okaloosa County, shelters are planned in advance based upon expected impacts and include Davidson and Shoal River Middle Schools, Riverside Elementary School and Raider Arena. In Walton County, Freeport High School is the first shelter opened and is a general population, pet friendly and special needs shelter. You must pre-register for the special needs shelter at https://www.co.walton.fl.us/1194/Special-Needs-Shelter-Registration.

Transportation to Okaloosa County shelters, including

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10:30am | Community Center | Niceville

Summer Reading Class (Ages 7-12) June 16, 23 & July 7 1pm | Community Center | Niceville

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- 16 | Summer Art Camp 9am | Artful Things | Niceville
- 17 | Concerts in the Village: Petty Hearts Tom Petty Tribute 7pm | Mattie Kelly Arts Foundation | Destin
- 18 | JRM x JDS Live at 3rd Planet Brewery 6pm | 3rd Planet Brewing | Niceville
- 19 Catalyst Rocks Schooner's Dockside
 6pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville

 Jared Herzog Live
 6pm | 3rd Planet Brewing | Niceville
- 22 | Summer Art Camp 10am | Hammock Bay | Freeport
- 24 | Concerts in the Village: Air National Guard Band of the South 7pm | Mattie Kelly Arts Foundation | Destin
- What's up Buttercup! Music and beer! Mechanical Lincoln
 5pm | 3rd Planet Brewing | Niceville

Clinch46 at Horse Power Pavillion
6pm | Horse Power Pavilion | Freeport

- 27 | Sunset Shrimp Boils 6pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville
- 30 | Summer Art Camp 9am | Artful Things | Niceville

JULY

- 02 | Sip N' Stroll 5pm | J. Leon Gallery + Studio | Destin
- O3 | Smoke on the Coast 5pm | Destin Commons | Destin
- O5 Chess Night
 6pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville
- 07 | Stamp Carving & Linocut 10am | Artful Things | Niceville
- 10 | Catalyst Rocks 6pm | 3rd Planet Brewing | Niceville
- 14 | Second Wednesday Breakfast 7:30am | Niceville Community Center | Niceville
- 23 | Clinch46 at Mulligans Bluewater Bay 6pm | Mulligans Bluewater Bay | Niceville
- 24 LIVE Music with Purple Monkey

 1pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville

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PREPARED

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most special needs residents accompanied by a caregiver, can be provided by Emerald Coast Rider, (850) 833.9168. Make arrangements early-E.C. Rider will not operate in unsafe conditions. "Shelters are not going to be comfortable," says Patrick.

"They are meant to temporarily shelter people from the fury of a storm AS A LAST RE-**SORT!"** The Red Cross, DOH and Schoolboard employees will assist with shelter depending on location and designation.

"Obey evacuation orders," says Patrick. "They are usually issued for water—not wind. And if you shelter in

place, emergency services may be significantly delayed or totally unavailable for periods of time." Access your county's website (www.MyOkaloosa.com or www.waltoncountyem.org.) to get informed on the most up to date evacuation routes and evacuation zones. Storm surge maps are located there as well.

Plan to evacuate early.

"Don't plan an evacuation timeline based upon the forecasted 'cone of concern," says Patrick. "This only addresses the probable center of the storm, but tropical storm force winds extend out hundreds of miles from the center. So, you should evacuate more than 24 hours prior to arrival of these conditions, because you will encounter un-



expected delays and failures.' For example, your vehicle might break down or you need gas, and the line is incredibly long. Note: Sometimes tolls on certain roads and bridges are lifted to temporarily reverse the flow of traffic on main arteries.

Plan early well before **the storm!** Use resources and REHEARSE plans with your family. Patrick relayed that it's one thing to have a plan, but it's quite another to rehearse through the whole thing—you will likely discover something is needed or your process needs to be refined.

Visit http://myokaloosa. com/ps/emergency-management (Okaloosa County website) to download the new 2021 Hurricane Guide. Here you'll also find out what to do if a warning is issued, pet planning, pool and storm preparation, evacuation zones, routes, shelter locations, what to bring to a shelter, special needs, the emergency planning info/kit inventory, clean-up and sign up for Alert Okaloosa Registry. The Okaloosa County Citizen's information line is (311 or 609-7000). Visit Myokaloosa. com. Visit AlertOkaloosa.com to sign up for alerts and daily updates and https://www.facebook.com/OkaloosaCounty for timely storm-related updates.

In Walton County, visit www.co.walton.fl.us/1076/ Hurricane-Season-Frequently-Asked-Questi. To receive updates, follow Facebook: Walton County Emergency Management, Twitter: @WaltonCountyEM, visit www.waltoncountyem.org or when the Walton County EOC is activated, contact the Citizen Information Line at (850) 892-8392 or (850) 892-8394.

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Meet the Maestro!

The Northwest Florida Symphony Orchestra (NFSO), housed at the Mattie Kelly Arts Center in Niceville, has a new conductor. After 18 months of meticulous searching, Todd Craven has been named NFSO Music Director and Conductor right in time for the orchestra's 35th season.

Craven hails from Flint, Mich., where he attended the Flint Institute of Music and then went on to the University of Michigan. As for his musical career, Craven has held the position of Assistant Conductor of both the Buffalo Philharmonic and the Florida Grand Opera and was the Co-Founder and Music Director of the Orlando Contemporary Chamber Orchestra. He has also led many orchestras across the country as guest conductor, most recently at the Toledo Symphony Orchestra in Toledo, Ohio.

What do you most look forward to in this area of Florida?

I look forward to being near the water again. Also, my wife and I are looking forward to getting to know the people and



becoming a real part of the community.

What do you hope to bring to the orchestra that will be new and different from years past?

The first step for me is to program and lead outstanding concerts for the orchestra's 35th anniversary season. Beyond that, I imagine introducing projects that engage with the community

on a deeper level. This will entail the musicians of the NFSO performing in different venues. I also look forward to introducing some new community and educational initiatives.

If you could pick only one style of music to listen to for the rest of your life what would it be?

My musical tastes are pretty



eclectic, actually. I love to relax to jazz and some popular music. My passion lies in classical orchestral music. I never tire of listening to the music of the great American composers Copland, Barber and Bernstein or that of the European Masters Beethoven, Brahms, Mahler and Tchaikovsky.

What influential experience(s) made you decide to pursue a career as a conductor?

I began my professional career as Principal Trumpet of the Sarasota Orchestra. When I participated in my first conducting masterclass almost a decade ago, I was profoundly affected by the realization of how the conductor can influence and shape the sound of an ensemble.

Do you play any instruments? If so which ones and do you have a favorite?

Obviously, I'm still drawn to the sound of the trumpet, but I have developed a knowledge and love for every instrument of the orchestra.

What is your favorite musical experience that you have had in your life thus far?

I have been fortunate to have had many wonderful musical experiences as both a player and conductor. More recently, I had the opportunity to conduct the Buffalo Philharmonic in a multi-media work called Ellis Island: A Dream of America by composer Peter Boyer. This concert also incorporated stories of local immigrants who found their way to the U.S. from war-torn countries under very difficult circumstances.

The NFSO's 35th season begins Sept. 18, 2021, with a concert entitled Festive Celebration. For more information on the upcoming season visit www. mattiekellyartscenter.org.



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Bill Fletcher Receives ECCAC's Prestigious Zeke Bratkowski Award

By Kay Phelan

Walton County resident Bill Fletcher was recently recognized as the 2nd Zeke Bratkowski Advocate Award winner by the Emerald Coast Children's Advocacy Centers (ECCAC) at its signature Gala.

Zeke Bratkowski was an NFL professional football player and an assistant coach in the NFL for more than two decades. He

passed away in 2019, and was a passionate supporter of EC-CAC, founding the non-profit's first Gala and Golf Tournament in 1999.

"Bill Fletcher is the perfect recipient of our Zeke Bratkowski Advocate Award," commented ECCAC CEO Julie Porterfield. "Serving on our Board for years, including being our President twice Bill has truly made a difference for ECCAC by demonstrating his dedication to our mission by always being there to make a difference in the lives of abused children. He is responsible for taking me to meet with all of the Walton County Commissioners to acquire the property of the home of the Pierce Family Center. Bill truly represents what Zeke's award is all about, unwayering

commitment and support for the Center and the children we serve each and every day."

In addition to being active on the ECCAC board for years, he is also active in the Kiwanis Club in Freeport, South Walton, the Walton Area Chamber of Commerce, a citizen volunteer for the Walton County Sheriff's

Department, member of the Institute for Senior Professionals at Northwest Florida State College and a volunteer for Alaqua Animal Refuge. He is currently Chairman of the Walton County Republican Executive Committee (WCREC) after serving several years as State Committeeman.

With centers in Okaloosa

and Walton counties, in EC-CAC's 21-year history, right at 15,000 children have received more than 150,000 services at no cost to include mental health therapy, crisis intervention, referrals to other community providers, interviews and medicals.

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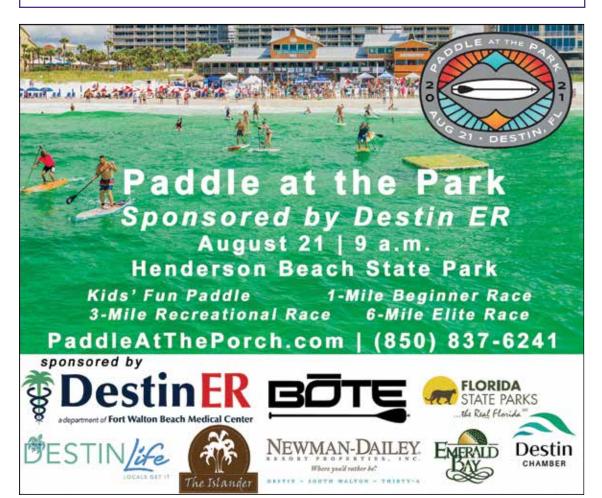
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NHS's Resource Officer Receives Award for Community Impact

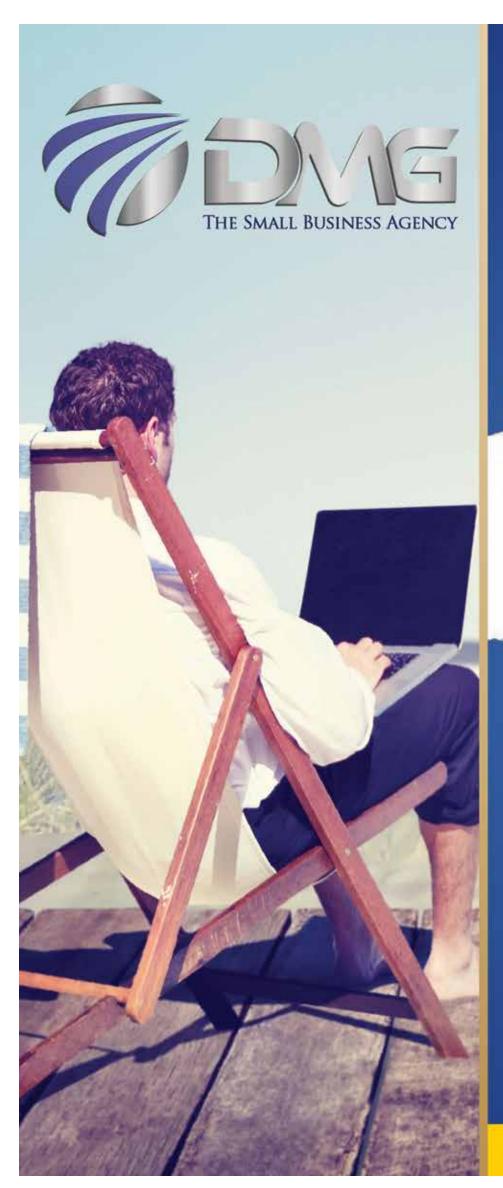
Niceville High School Resource Officer Tori Mason, a deputy with the Okaloosa County Sheriff's Office, has been awarded a \$5,000 cash grand prize in the CGI Heroes: Celebrating Strength contest sponsored by Hialeah-based CGI Windows & Doors.

The annual event recognizes Florida residents who have gone above and beyond to help others. Tori, along with three others were nominated and selected as statewide finalists, all receiving a \$5,000 grand prize because of the difference each has made in their community.

Florida residents voted online to select a grand prize winner from among the four finalists. At least 3,000 votes were cast with Tori leading by about



300 votes when the voting ended on May 31. Tori had already received \$1,000 for being a finalist. "Due to the remarkable difference these heroes are making in their communities, we were compelled to award ALL FOUR with the grand prize for a total of \$6,000!"



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Community



By Maurice Stouse, Financial ADVISOR AND BRANCH MANAGER

The Energy Sector. According to Raymond James, "The Energy Sector remains the best performer in 2021, up 35% (10% greater than the next best sector) while the clean tech index is down 47% from its peak in February." (Raymond James Energy Daily Update May 14, 2021). Last fall, Fidelity Investments suggested that the Energy sector could be the leader in a recovering economy, and they continue to see Energy as a leading sector. What is interesting is that this in the face of all the negative news on fossil fuels and the focus on clean energy. Why is this group up 35% despite the unfavorable sentiment? Add to that the fact that the momentum in green energy can only accel-

Market Leaders Thus Far in 2021?

erate. To answer that, it is important to take note of few facts about today.

The energy sector remains the best performer in 2021, up 35%, while the clean tech index is down 47% from its peak in Febru-

Some investors might think this recent strong and leading performance is the proverbial head fake — that energy stocks (which were the worst performers for the past five years) might again lag the market before long. In the meantime, consider the following data:

During this year's Berkshire Hathaway annual meeting, Warren Buffet noted that there are over 290 million cars and light trucks on the road in the USA today. Add to that, Statista.com estimates worldwide daily consumption in 2021 will be 96.5 million barrels of oil. They project that to be 103.2 million by 2025. Car sales are projected to hit 18.5 million units this year (Seasonally Adjusted Annualized Rate, SAAR, for April) per Automotive News and Motor Intelligence. This adds up to a lot of demand. The consumption of



natural gas and liquified natural gas continues to grow as well. Natural gas is seen as not only a transitional natural resource, but a replacement for coal.

Most notable however is the significant decrease in exploration and production. Both Raymond James and Fidelity have spoken to that recently. Major oil companies (Exploration and Production or E & Ps) are not expanding their investments in new wells even though the price (currently around \$65 a barrel) is well above their costs. Most analysts see \$50 to be the average cost for these majors and some of the biggest oil companies have lift costs below that, in the low 40s.

Lower exploration and production mean less oil and gas in the future. Fidelity has pointed out that this could significantly decrease what has been an allout glut of oil and gas over the past several years. While we do not think this means shortages, we do agree this could lead to the firming of oil prices. Historically, this boom-and-bust sector has had large swings in price.

The result of firming oil prices means consistency of profit margins, resilience of dividends and increased share buy backs, all of which could support the continued growth in share prices. It also means that the majors, and smaller firms, through consistent margins, have the capital to expand in to greener and cleaner energy like solar and wind farms. That too could support share prices.

There is a flip side to this however: many institutional investors (pension funds, endowments, mutual funds, insurance companies and others) are shying away from these stocks because they, like many other institutional investors are focused on ESG investing (Environmental, Social and Governance) and hence that could slow or stunt the growth in share prices of many traditional energy firms. It takes that momentum of dollars to keep these equities growing at such rates. Do these investors have it right?

The takeaway is that investors who are looking for value, inflation resilience and income, and have confidence in what is happening in this sector, should possibly consider increasing their holdings or weightings into Energy, if this is right for you.

A note regarding Electric Vehicles: Raymond James (Energy Daily Update May 14, 2021) sees the growth coming much faster for heavy duty electric trucks, commercial vehicles and buses compared with electric cars. Investors can participate in those directly through the stocks in the firms that develop and produce all of these.

Inflation Resistent or Inflation Resilient Investments: The main measures of price inflation came out this past week. First were consumer prices (CPI) which showed an increase of 4.2% year over year and up .8% from March. That was the fastest pace since 2008. The second was producer prices (PPI). That showed a year over year increase of 6.2% or .6% from March. The Bureau of Labor Statistics noted that was the largest increase since 2010. While the Federal Reserve has two major focuses (one being inflation and the other being employment) it is most concerned for the moment about jobs. Interestingly the number of open jobs right now is 8.1mm, and the number of unemployed Americans is approximately 9.8 million.

Wage pressures may or may not be in our future. On the lower spectrum of wages, McDonald's reported that it is increasing the minimum wage to \$14 per hour at its company owned stores. It intends to move that to \$15 by 2024. Chipotle also announced that it is increasing its minimum wage to \$15 per hour.

The final takeaway, if investors wish to adjust their strategy during periods of price inflation, might possibly turn to increase their weightings in equities (value stocks in particular) as well as commodities (materials stocks) and Treasury Inflation Protected Securities. Energy stocks as well as financials, real estate (mainly REITS), materials and industrials represent more value-oriented stocks or equities.

Knowing what impact inflation and other factors may have and when that might happen means doing your research or utilizing the advice or professional management of an investment

The First Wealth Management is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd., Destin, FL 32541, with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8124.

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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.

Treasury Inflation Protection Securities, or TIPS, adjust the invested principal base by the CPI-U at a semiannual rate. Rate of inflation is based on the CPI-U, which has a three-month lag.

Investing in the energy sector involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for

Utilizing an ESG investment strategy may result in investment returns that may be lower or higher than if decisions were based solely on investment considerations.



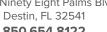
Up, down or sideways: Keep your head on straight when markets move.

Some investors have learned how to ride out the most stomach-churning market cycles. Others follow the urge to jump out mid-ride. So what can you do to play it smart in a roller coaster of a market?

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Food For Thought Gets "Fresh For Summer"

By Jessica Roberts

On average, a student enrolled in the free and reduced meal program at school will miss access to 110 meals over the summer. Food For Thought Outreach is here to help bridge that meal gap.

Starting the first week of June, Food For Thought will start its 10th year of summer services and provide a total of 25 curbside food distributions across five locations in Okaloosa and Walton counties serving over 600 families. Each family will receive 30-50 food items.

Their theme this summer is "Fresh for Summer," as they commit to provide even more fresh food items within their

bags of food including fresh fruit and vegetables, bread, cheese sticks and KraftTM Lunchables. "The number one request from the families we serve is for fresh items —fresh produce, refrigerated items and more," says Tiffanie Nelson, Founder & CEO of Food For Thought Outreach. "This past year, we were able to acquire more refrigeration and equipment through generous donors and grants so we have the infrastructure to meet these needs. Through the pandemic, it's been difficult to get all the shelf-stable items we need, but we've had success in ordering fresh items."

The organization has set a high goal of raising \$20,000 to



support these needs. "We purchase 90% of our food items—the vast majority of items are not donated," adds Tiffanie. "So, this is a big investment in our services and in the community. Our community has always

stepped up to help its neighbors, and we have been thrilled with the support so far."

Ten local businesses have signed on as location sponsors including Beach Baby Crib Rentals, Clean Juice Quarters 4 Kids, Community Bank, The Dish and The Spoon Traveling Chef, Indigo Watercolor, Odd Pelican Beer Company, Pish Posh Patchouli's, Restaurant Paradis, SpineLife Chiropractic and Taylor Allen Properties. You can help Food For Thought fight childhood food insecurity and hunger by donating \$40 to support one curbside food distribution for one family in need.

Supporters have multiple ways to donate. Visit fftfl.org to donate, text FFTFRESH to 44321, or stop by one of their pantry locations to drop off a check. Food items are also accepted. Items like individual

Continued on next page

Roofs for Educators Winner: Charisse Stokes

In May, **Specialty Roofers, Inc.** held a Roofs for Educators contest! More than 275 Northwest Florida educators were nominated to win a free roof. It came down to a final three: Billie "Charisse" Stokes from Crestview High School, Donna Barton from Destin Elementary and Patrick Cole from Niceville High School. And Billie won!

"As a local company that deeply cares about this community, we wanted to give back,"

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Erin Bakker, director of business development at SRI, said. "Early in my career I taught first and second grade at Destin Elementary, so I know firsthand that teachers deserve all the praise and appreciation we can give them."

Nominated by dozens of her students and peers, student Stephanie Barfield sums it up when she says Charisse "serves the community tirelessly." Charisse has been an educator for



14 years in Okaloosa County Schools and serves alongside her husband, a pastor, in their church ministry. "She is the best teacher I've ever had," says Stephanie. "She is always upbeat and encouraging the students. She truly believes in all of us and I never would have been able to make it through the end of last year or this year without her!! She is never too busy for the students, even if you're not in her class. She is one of those special teachers whose class you never dread going to and is always the best period of the day. She also helps out with clubs and band and is always volunteering."

"The 2020-2021 school year has posed many hurdles for educators across the country, and we are especially proud of the hard work and dedication of our teachers in Northwest Florida," Mike Miller, president of SRI, said.

The prize, a new roof which is now already-installed for Charisse and her family, is valued at \$18,500, and included all labor and materials. They were able to select their shingle color and SRI included its Golden Pledge warranty on the roof (includes a 50-year material warranty and a 25-year labor warranty).

Specialty Roofers, Inc. (SRI) partnered with GAF Roofing for this latest contest. Last year, Perry Heslep, an officer with the Fort Walton Beach Police Department and Florida National Guardsman, was the lucky winner of their Roofs for Respond-



Say goodbye to the bulky and distracting panels of the past. The sleek, low-profile design of the GAF DecoTech* Solar System delivers high performance along with curb appeal.

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Filing an Insurance Claim DIY #ClaimHacks



By Matthew Vanderford, Claimology

Filing claims isn't a hard thing to do. I mean people file claims all the time without help or guidance and feel they've been taken care of. That's AMAZING! So, why would I say that being a public adjuster? Because the role of a public adjuster is primarily to act as a bridge or conduit between two parties helping them reach an amicable resolution. And, if two parties come to an amicable solution without the need of my services, then that really is AMAZING!! That means they're happy (hopefully)!

In the insurance world, most of the people I meet want claims paid out quickly and fairly. Because that's what makes people happy – quick and fair treatment. Issues tend to come up when claims get lost or mishandled, underpaid or denied.

So, here's a little #CLAIM-HACK for all you claim filing DIY'ers out there:



Take contemporaneos claim

Contemporaneous Definition: adjective: contemporaneous

existing or occurring in the same period of time.

"Pythagoras was contemporaneous with Buddha"

This hack can save your claim from so many issues that could come up at any given time. A good claim can fall off the rails real quick. The work on this is simple and easy - get yourself a claim diary and use it every time you have a conversation with anyone in the claims process. The key however, is that this needs to be done in real time, as the conversation is happening, making it contemporaneos. A pen and paper work best, but you can use your smartphone, too - place the phone on speaker or use a headset and use whatever app you like to take notes with. Just make sure to save your notes with a photo back up, email them to yourself and save it to the cloud somewhere (that's triple redundancy for the real safety freaks out there!) Also, send an email to the other party to recap what the conversation was about, asking them to clarify any discrepancies or to explain things further.

Hope this little hack helps you. Because this hack is the only thing that's helping an insured I know navigate a claim that was filed correctly, but went way off track — so far off track it's taken almost two years to resolve. And that's only because the notes have helped this insured keep their claim alive after

repeated attempts of the carrier to shut it down.

So, here's to good claims being filed with very happy outcomes for those that need it most – you – the insured!

"Looking at reflections one can cast their own shadow waiting watching for the neverchild to emerge from the room within," mmi

FOOD

continued from previous page

cereal cups, fruit cups and applesauce, shelf stable milk and juice boxes, pop top chicken, soups, and other individual snack items. A full list can be found on their website.

If you or someone you know is in need of support from Food For Thought, you can get information about food services by emailing support@fftfl.org or by calling 850-714-1960.

Food For Thought is a 501(c) (3) not-for-profit organization based in Santa Rosa Beach that provides backpacks filled with healthy, easy to prepare food for students who are dependent on free or reduced school meals. Its goal is to support a child's development and educational experience by bridging the gap between school meals

during weekends and holiday breaks. Food For Thought has been working to fight child hunger since 2010, and currently serves 35 schools in Walton and Okaloosa Counties, providing backpacks for more than 3,300 students each week. For more information, such as donation locations, pantry items needed and opportunities to volunteer, please email support@fftfl.org.

Vets Helping Vets and First Responders

The community is invited to join A Superior for the next **Vets & First Responders Appreciation Lunch on Tuesday, July 13, 2021** from 11:30 a.m. to 1 p.m. at Faith Assembly Christian Church (a.k.a. The Rock & Roll Church), 306 South Geronimo Street, in Miramar Beach. Veterans and First Responders: To register to win an HVAC unit, apply online at ASuperiorAC.com.

For more information, see article on page 12 in the June edition of Bay Life at mybaylifenwfl.com.

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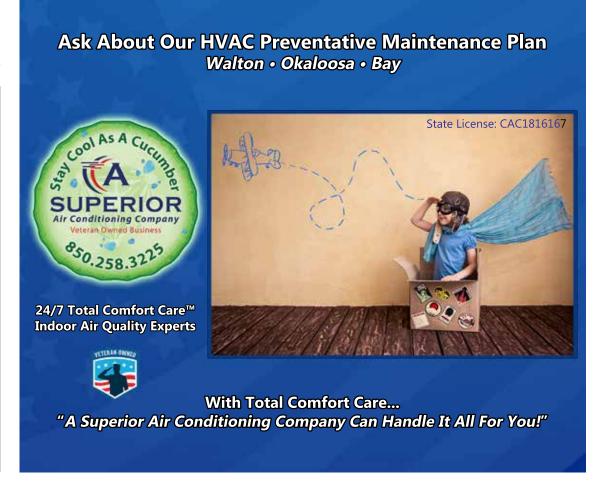


For over a decade, Matthew Vanderford has worked in the Construction, Restoration and Insurance Industries as an Insurance Company Preferred Vendor, Insurance Industry Continuing Education Instructor, Public Adjuster/ Policy Holder Advocate and Licensed Contractor. He's proud to call Destin his home,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

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Community

Get Your Insurance Ready for Hurricane Season



By JOE CAPERS

NOAA (National Oceanic & Atmospheric Administration) has just released its 2021 Hurricane Season Forecast calling for an above average season with 13 to 20 named storms. Last year's record setting 30 named storms only had 12 that actually made landfall.

The season is already off to a busy start, as the first named storm formed prior to the official June 1 start to the hurricane season, and in recent years, storms have grown increasingly intense.

If you own a home or investment property, you are probably aware that having the right homeowners or rental insurance policy in place is of utmost importance. Without proper coverage, you could be responsible for expensive damage in the event of a weather-related incident. In fact, as this year's hurricane season kicks off, now is a really good time to review your homeowner's insurance policy and make sure you are satisfied with your level of coverage.

We recommend you initially review your hurricane/wind coverage. Most policies (HO3, DP3, HO6, HO4) in Florida include either hurricane, named storm, or wind/hail under a separate deductible. Consistency of coverages is important in any policy, but this type is typically preferred. Some carriers do not write wind coverage if your home is close to the water. So, a stand-alone wind-only policy would be needed. When it comes to wind coverage, the best option is to opt for hurricane. Keep in mind there are several deductible options available that can have a large impact on what would be your out-of-pocket responsibility if you file a claim as well as the amount of premium you would pay for the policy.

Adequate Dwelling Limit (Coverage A) coverage to rebuild your home in the event of

a loss is also important. Local and national data indicates that nearly two out of three homes and structures are underinsured.

The cost of lumber and other common building materials has soared in the past year as a result of supply chain disruptions and shortages, and this is the main reason new home construction has grown more expensive in recent months. As such, the homeowner's policy that was once sufficient for your property may now fall short.

Another important coverage to review is Loss of Use that pays for you to live somewhere else while repairs are being done to your temporarily unlivable home. This also goes for rental properties with Loss of Rents coverage. To trigger this type of coverage, there needs to be direct physical damage.

An often, misunderstood coverage not offered with each carrier, but always recommended, is Law or Ordinance coverage. Most carriers, if they have it available, offer either 10%, 25%, or 50% coverage tied to your Dwelling Limit. If there is extensive hurricane damage, like we saw with Hurricane Michael, there may be new building codes you must adhere to in order to rebuild. The additional Law or Ordinance coverage is crucial to your protection, since your policy is designed to rebuild your home as it was before the damage, with similar materials and quality, and not with more costly materials that could now be required by more stringent construction codes that may have come into play.

Our coastal properties are threatened by hurricanes and tropical storms each year, and flooding can happen anywhere, anytime—even in non-flood prone areas. We encourage everyone to purchase flood insurance from the National Flood Insurance Program (NFIP), or a reputable, private flood insurance facility which may be a better flood insurance alternative to the NFIP for your home, investment or commercial property.

It is also good to remember that flood and water damage from a wind event are not necessarily the same thing. There are a few carriers who will add flood coverage as an endorsement to a home policy. For most insured



homeowners, your flood policy will be a separate policy written through the NFIP (National Flood Insurance Program) or a private market, and this is the method we prefer. Unless your lender requires the policy, or you are closing on a new purchase, there is a standard 30-day waiting period through the NFIP before your flood policy will become effective. Many of

the private markets in in the country, and especially in Florida, offer broader coverages than the NFIP and these should be considered as an alternative to maximize your protection.

The insurance marketplace has rapidly changed with premiums increasing, guidelines and appetites tightening and some carriers losing the ability to offer new coverages and renewals. This seems to be especially for those with older properties that are close to the water. Citizens Property Insurance Corporation, the state's insurer of last resort is again becoming a popular and vital player in Florida. And to prepare this market with improved financial strength and

capacity, the state legislature approved a \$2.6 billion reinsurance and risk transfer program for the upcoming hurricane season. It includes nearly \$850 million of new catastrophe bonds, which is about double the amount of last year's cat bonds.

Insurance Zone, founded 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.ins-zone.com and watch several informative videos on 'Homeowners, Condo Unit Owners and Flood', or call 850.424.6979 and talk with one of our experienced Team Members







Taylor Haugen Foundation Awards Six Scholarships

By Eddie Bird

Every year, graduating seniors of Northwest Florida apply for six prestigious scholarships across four counties to honor Taylor Haugen. The Taylor Haugen Foundation originally offered a scholarship to a Niceville High School senior after Taylor Haugen passed away from an abdominal injury sustained while playing football for Niceville High School in 2008. The Taylor Haugen Foundation has expanded the scholarships to be offered to one senior from each county of Santa Rosa, Walton, and Bay; with 3 scholarships awarded to Okaloosa County students with one being a Niceville High School recipient.

Applicants are asked to write an essay speaking of their perseverance and their "Don't Quit... Never Give Up" story. The criteria is based on Taylor's character traits of academics, athletics, leadership, community service and Christian faith as well as his motto of "Don't Quit... Never Give Up."

Caitlyn Stringfellow was



awarded the Taylor Haugen Scholarship dedicated to a Niceville High school student. She graduates with a 4.2 GPA and over 200 hours of community service. Stringfellow won the state championship with the track and field team while also participating with the band. She faithfully volunteers by serving meals to the community and mentoring younger girls. She will attend Florida State University after a study abroad.

Caroline Seeling of Rocky Bayou Christian School won one of the two Okaloosa County scholarships. She will graduate as the valedictorian with a 4.5 GPA and 299 community service hours. She is an accomplished athlete in swim and cross country, even while suffering through disorders that affect her connective tissues. Seeling also competed and placed first in numerous state level academic competitions. Seeling plans to attend Covenant College in the Fall.

A Fort Walton Beach High School student, Colby Orcutt, received second of the Okaloosa County scholarships endowed by Roy and Clara Parisot. Graduating 3rd in her class with a 4.7 GPA and over 1,200 community service hours. She was recently named the national high school Heisman winner. She lettered in soccer, swim, track and cross country while also competing with the national youth modern pentathlon Olympic team. After

an impressive athletic career, including multiple state championships and all state teams, Orcutt will join the rowing team at Michigan State.

Emma Dawson of Milton High School is recognized as the Santa Rosa County Taylor Haugen Scholarship winner. She will graduate with 3rd in her class with a 4.7 GPA and 582 hours of community service. She lettered in volleyball, weightlifting, lacrosse, and track. Dawson faithfully gives back to her school and community. Serving as the FCA and SGA president she was able to provide over 30,000 pounds of food and organized Christmas toy drives. She will attend Trov University.

Alexia Fisher is named as the Walton County Taylor Haugen Scholarship endowed by Dugas Family Foundation. She will graduate top 10 in her class with a 4.2 GPA and over 250 hours

of community service. She captained the basketball team while also lettering in tennis and track. Fisher served as the FCA club president and was a part of numerous other clubs. Her commitment to show her friends the love of Jesus stood out to the scholarship committee. Fisher plans to become a physician's assistant after studying at Florida State University.

Charles Campbell, Jr., of Bay High School is awarded the Bay County Taylor Haugen Scholarship endowed by St Joe Community Foundation. He will graduate with a 4.2 GPA and 200 hours of community service. Campbell told an inspiring story of how he earned a spot on the FSU football team after being placed in foster care. He will play football at Florida State University in the fall.

As many locals know, the Taylor Haugen Foundation builds and recognizes youth leaders and promotes abdominal sports safety to honor the legacy of Taylor.





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gathering or your next meeting! And please tell Jojo that Bay Life says hi! Hours 7:30 a.m. - 2 p.m. Tuesday - Saturday

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LJ Schooners Dockside Restaurant

Welcome to LJ Schooners Dockside Restaurant located at the spectacular Bluewater Bay Marina Complex. The restaurant is named after "LJ Schooner" (the LJ is for Lazy Jack) who was a cherished four-legged icon on Bluewater Bay Marina docks. The open air Oyster Bar and restaurant is open to serve you! Almost all seats offer a magnificent view of the water,

marina and unparalleled sunset with, of course, oysters and a delicious varied menu with dinner specials such as Blackened Mahi and grilled shrimp with hollandaise, served over cheese grits! Join L.J. Schooners for Sunday Brunch, 9 a.m. – 1 p.m. and drink your bottomless Mimosas for \$10! Adults \$13.95; Children 7-12 \$4.50; Children under age 6 free. Call to order take-out and pick-up in the L.J. Schooners Oyster Bar or call when you arrive for curbside pick-up.

Beach Madness Mondays! Hotdog Special: \$4 hotdog, chips and small soda, \$10 Dozen Raw Oysters, Extended Happy Hour 3-7 p.m.

And don't forget, now through Oct. 28, 2021, it's the **Thurs**day Throwdown Fun Paddle Board Race series! Bring your own or rent for \$20. All ages welcome. Every Thursday at 6 p.m.

Call 850.699.0045 for more in-

The monthly Sunset Shrimp Boils will resume August 29, September 26 and October 31. Dine-in, pick-up, to-go. Open Wed.-Sun., 11 a.m.-8 p.m. (850) 897-6400 290 Yacht Club Dr., Unit 200, Niceville

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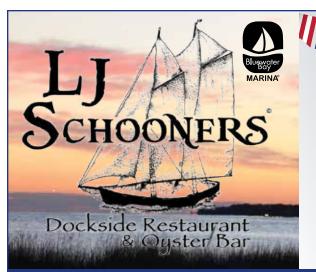
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Casino Night Benefiting A Bed 4 Me Foundation

On Saturday, June 26, 2021, Schooners Dockside Restaurant & Oyster Bar and Bluewater Bay Marina Complex will be hosting its 2nd Annual Casino Night. The Casino Games will be held from 6-9:00 p.m. Awards and recognition prior to 10 pm. 100% of proceeds from the Casino Night will go to A Bed 4 Me Foundation. You can visit bluewaterbaymarina.com to see rules and more information. If you would like to donate prizes for this event, email jimmie@bwb-marina. com. If you have questions regarding the event, call 850-897-2821. Bluewater Bay Marina is located at 290 Yacht Club Drive in the community of Bluewater Bay.



Make your Independence Day plans with us July 1-4!

THURSDAY JULY 1

RESTAURANT OPEN

11 am **Kid's Eat Free**

with Adult Entree Purchase Open Mic Night 6 pm Thursday Throw Down Paddle Board Races 6 pm

FRIDAY JULY 2

OYSTER BAR OPEN 11 am-12 am

Live Music: Ryan Frederick **Stroud**

6-10 pm

SATURDAY JULY 3

OYSTER BAR OPEN 11 am-12 am

Live Music:

Hi Tide 6-10 pm

SUNDAY JULY 4

OYSTER BAR OPEN 9 am-9 pm

Sunday Brunch 9 am-l pm

Live Music: Shades of Blue 4-8 pm



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Off the Hook

Off the Hook: **Dolphins!**



By Cali Hvalac, Silver Shade Studios

There are two types of locals: Those that live on land, and those that live in the water. Those in the water were here first, but graciously share this area with us humans who reside here and who vacation here.

It doesn't take long to spot a pod of dolphins. They hang out in the Harbor, in the Destin Pass, in the Bay and in the Gulf of Mexico. You'll see them







538 Eglin Pkwy NE | Fort Walton Beach

cruise around, popping up to say hello, chasing fish, and, if you're lucky, even doing tricks like jumping out of the water and putting on a show.

The most popular type of dolphin you'll see here is the Bottlenose dolphin. There are more than 10,000 that reside in the Gulf of Mexico! They range from 6-13 feet long, weight 300-1400 pounds and live 40-60 years. They are light gray to white on their belly, can swim up to 20 m.p.h. and surface two-to-three times a minute to breathe.

Dolphins are also considered one of the most intelligent animals. They learn quickly, socialize and play, and can also recognize themselves in the mirror. Another fun fact is that they have two stomachs; one to hold the food and one to digest it.

On top of being intelligent, they can communicate with each other, give each other names, and use whistles and clicking noises to communicate to each other. Ask anyone who is on the water every day, and they'll tell you that the dolphins know who they are; they remember them and come straight to the same boats daily.

While a lot of people want to swim with dolphins when they visit, the dolphins are protected by the law. It is illegal to feed or touch a dolphin in the wild, for the safety of you and the animal. The only way to swim with a dolphin would be in protected water of a water park or training facility.

If you're a local or looking to see some while you're visiting, our area offers a variety of dolphin tours, excursions and more to see these beautiful creatures. They are most playful in the late mornings, and sometimes late afternoon through sunset, but can be spotted most any time of day. They respond to verbal noise like cheering or clapping, and slapping the water if you're able to get close to it. Most days, you can even see them while lying or walking on the beach...if you're looking.

Keep your eyes peeled, as these amazing creatures are everywhere, and seeing them is exciting, no matter how many times you have before.





Off the Hook

Deep-Water Fish Release:

The Right Tools Mean Everything

Will you be fishing for snapper or grouper on your next fishing trip? Continue your role as a conservationist by paying close attention to signs of barotrauma and being prepared to respond. Barotrauma is a condition seen in many fish caught at depths greater than 50 feet and is caused by pressure changes leading to an expansion of gases in the swim bladder. It is important to treat barotrauma in fish you do not intend to keep. Signs of barotrauma include the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes.

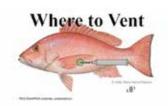
Signs of barotrauma include the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes.

Barotrauma can cause damage to internal organs and be fatal unless appropriate steps are taken to mitigate its effects. It is important to know in advance what tools are available and how to use them to help fish return to the bottom and increase their chances of survival.

Descending devices take fish back down to a depth where increased pressure from the water will recompress swim bladder gases. They fall into three categories: mouth clamps, inverted hooks and fish elevators. With proper set-up and practice, descending devices can be easy to use and make a big impact on the survival of released fish.







PHOTOS BY FLORIDA SEA GRANT

Descending devices return fish to a depth where gases in the swim bladder can recompress.

Venting tools are sharpened, hollow instruments that treat barotrauma by releasing expanded gas from the swim bladder, enabling fish to swim back down to depth.

REMINDER: Items such as fillet knives, ice picks, screwdrivers and gaffs are not venting tools and should never be used to vent a fish. Venting a fish incorrectly can cause more harm than good.

To properly vent, lay the fish on its side (on a cool, wet surface). Venting tools should be inserted 1-2 inches behind the base of the pectoral fin, under a scale at a 45-degree angle, just deep enough to release trapped gasses. Never insert venting tools into a fish's belly, back or stomach that may be protruding from the mouth.

Venting tools should be inserted 1-2 inches behind the base of the pectoral fin, under a scale at a 45-degree angle, just deep enough to release trapped gasses.

Descending devices and venting tools should only be used when fish show one or more signs of barotrauma and cannot swim back down on their own. It is essential to work quickly when using these tools and return the fish to the water as soon as possible. Anglers should choose

the device and method they are most comfortable with and that best fits the situation.

Anglers should also use proper gear when fishing for reef fish. Circle hook and/or dehooking tool requirements apply to anglers fishing for reef fish in Florida. Non-stainless steel, inline (non-offset) circle hooks with the barb crimped down often hook in the mouth rather than the gut, making it easier to release fish. Dehooking tools also help quickly release fish so you can get back to fishing for that big one in no time. Using the right tools and acting quickly will make a big difference in the survival of fish you release, ultimately helping to conserve Florida's world-renowned fisheries for the future.

Non-stainless steel inline circle hooks with the barb crimped down and dehooking tools should be used to help quickly release fish and increase their chances of survival. Crimp the

barb down on any hook to make the hook barbless.

To learn more about proper fish handling techniques, visit MyFWC.com/FishHandling. Check out our descending devices playlist to learn more about barotrauma, descending devices and venting tools at MyFWC.com/SaltwaterFishing and click on the descending devices playlist. Learn how to vent properly by visiting YouTube. com/watch?v=jhkzv1_2Bpc. For details about reef fish gear requirements for circle hooks and dehooking tools, visit My-FWC.com/Marine and click on "Recreational Regulations," then click "Gear Rules" under the Reef Fish tab.

Visit our YouTube channel at MyFWC.com/SaltwaterFishing for more saltwater fishing how-to videos. For answers to questions, contact 850-487-0554 or Marine@MyFWC.com.

SUP Board Races

Thursday Throw Downs through Oct. 28!

LJ Schooners Dockside Restaurant & Oyster Bar & Bluewater Bay Marina began its Thursday Night Throw Downs on Thursday, March 12. These races continue until October 28, every Thursday evening! This is a fun Stand-Up Paddle Board race with a unique race format.

All Stand-Up Paddlers are welcome, all ages and all levels of expertise. Points are awarded throughout the season and overall winner will be recognized on October 28 at an awards ceremony. For more information visit bluewaterbaymarina.com or call 850-897-2821.



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In Good Health: Giving Back to Our Heroes

By Amy Milligan, OWNER, CRYO850

People often ask why we chose Destin as the site for our initial location. We've been Santa Rosa Beach residents for almost a decade. My kids go to school in Walton County. My community of friends and my village of parents was centered around South Walton. So, why put CRYO850 in Destin? The answer is simple—to ensure the U.S. military men and women in our area had access to all of the innovative technology we had to offer. Our business centers around mental and physical wellness, recovery and athletic performance. Who better to serve than the men and women who serve us?

My two boys and I relocated to the Emerald Coast in the fall of 2013 when they were in the 3rd and 5th grades. Shortly thereafter, we settled into a local neighborhood off Mack Bayou, Driftwood Estates, where we found ourselves surrounded by young Green Berets and their families. At sunrise, the garage doors would open to fully

DECREASE PAIN AND SORENESS

stocked home gyms, loud music and the sound of young athletes lifting and dropping weights. The evenings were filled with backyard gatherings where the young soldiers would play cornhole and share stories of deployments. As a single, working mom, I was so grateful to have these young men as mentors for my impressionable boys.

Fast forward to the onset of CRYO850. I knew the technology made sense for overall wellness, but I also knew it could be such a huge benefit for our military community. These guys work so hard and put their mind and their bodies through so much. To be able to help them feel better, even just a little, was part of our mission. When we opened the doors, our biggest supporter was our friend and neighbor, Cody Kavanagh, a former Green Beret who was also a part of the local CrossFit community. Later, through the Emerald Coast Honor Games, we connected with The Seventh Special Forces Association Chapter 7 and Johnny Moses. Johnny and his family frequent



Johnny Moses, Captain, Retired Green Beret and Amy Milligan, Owner CRYO850

CRYO850 and have become like family. With his help, we have been able to get involved

with fundraising for the SFA Ch7 annual Jingle Jog.

Through our two and a half

years at CRYO850, we've had the honor to have members ebb and flow from all four of our U.S. Armed Forces: Fighter pilots, Rangers, Special Operators and EOD students. We also continue to serve a number of retired veterans in an effort to relieve the aches and pains from years of service, help them sleep better, and stay even keeled. We've built a beautiful referral network within our little community to ensure our customers and members stay connected

My father served this country during Vietnam. The man I love served this country for 30 years. My oldest son is laser-focused on serving and now my youngest is showing interest. We are so fortunate to be surrounded and supported by heroes and I'm so grateful for their influence in our lives. If we can give back just a little, it's certainly worth a small commute to Destin. God Bless you all!

*CRYO850 offers a 10% discount for active and retired military.

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ST OF THE MIDBAY





Are You Happy with Your Testosterone Shots?



By Dr. Richard Chern, M.D.

Testosterone shots for men have been used to treat testosterone deficiency for many years. There has also been a lot of bad press about using "testosterone" in men, because previously, many men abused testosterone and later faced consequences such as heart attacks, strokes, pulmonary embolisms, sudden death and other health problems. We've all heard about "Roid Rage" and have seen reports of domestic abuse, murder and suicides all associated with testosterone. So, how is it possible that testosterone is good?

There are several issues to keep in mind with testosterone use in the past. First, these issues often occurred with dosages as high as 20x the natural levels found in humans. Second, all of these reports are associated with the use of synthetic versions of testosterone. The medical community has known for decades that any synthetic testosterone is associated with adverse effects such as strokes, heart attacks, sudden death and more. This includes the most commonly prescribed testosterone cypionate. Third, breakdown products or metabolites of testosterone are also hormones that can have major effects on the body in both beneficial and detrimental ways. Many of the issues that occurred were because of over-dosing and a lack of understanding of the metabolism and full effects of synthetic testosterone in the body.

Many men use weekly testosterone cypionate injections to maintain their testosterone level. While this provides some benefit, most men complain about the common issues shots have. Shots are absorbed based on time rather than blood flow So, the first days after a shot are typically amazing and most guys feel like superman because of overly high levels. Unfortunately, this only lasts for a day or two and these overly high levels are not only bad for us but they also rapidly decrease. These days are typically followed by two days where guys feel good. Then, the last few days are nearly always nonproductive and include increasing moodiness, fatigue and a lack of desire to engage in the world. Next, because of these swings in testosterone, estrogen quickly becomes difficult to control. The hormonal ups and downs cause mood swings, tear-fullness, irritability, anger and other emotional disturbances. Levels on either side of optimal can cause erectile dysfunction. So, these swings often lead to additional medications such as anastrazol, Viagra, or other medications to control issues that just don't happen with pellet therapy. Then, of course, there are the general issues of remembering to take your weekly injections, constantly going to the pharmacy, multiple doctor appointments, lab draws, etc.

With pellet therapy, we see our guys about two times a year

and once we get your dosing dialed in, we only need labs once a year. Hormone levels are consistent every day and it's unheard of to need additional medications once optimized. So, are you REALLY still happy with your testosterone shots?

Dr. Richard Chern, M.D. and Sue Griffin, ARNP specialize in hormone therapy for both men and women. D.r Richard Chern, M.D. is the only BioTE Platinum provider in the area and has been providing BioTE hormone pellet therapy longer than any other provider in the region. He has

been asked by BioTE to teach providers across the country on how to provide proper hormone therapy for both men and women. Dr. Richard Chern, M.D. is currently accepting new patients so call today at 850-837-1271 for an appointment.





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There's No Perfect Substitute For Your Local Health Club

By Jason Clements,

JASON@BLUEWATERFITNESS.NET

With news headlines stirring up constant concern over the past year, Americans are stressed - and many have found respite in fitness, whether at the health club or at home. While at-home workouts satisfy some, many feel they're no match for the health club experience.

A recent study by Orangetheory Fitness and Kelton Global has found that 70% of

surveyed exercising-Americans stated "They miss their routine before COVID-19, with more than 30% missing being inside a gym; having access to different fitness equipment; or having variety in their workouts."

The survey also found that 68% of Americans report "their fitness regimen in general took a hit, despite their best efforts and intentions," during the course of the COVID-19 pandemic.

These results indicate that



many Americans are facing "Basement Burnout," and are craving a return to pre-pandemic fitness routines.

Following are further insights

from the survey results:

After a year of limited options, almost half of Americans (41%) are suffering from the monotony of the at-home fitness regime.

Nearly half (43%) of Americans reported suffering from a lack of motivation to exercise, and 32% specifically miss the real-life connections their pre-pandemic exercise routines afforded.

85% of Americans are

eager and excited to make positive changes to their physical activity.

43% of respondents specifically noted they are planning to set and achieve new fitness goals.

So, you're not alone if you have become dissatisfied with your current at-home fitness routine. Now is the time to look at joining (or re-joining) your local health club.

Reference IHRSA.org



Ask Dr. Marty: It's All About Water!

Question:

How can I drink as much water as you recommend without spending the day in the bathroom?

Answer:

I wish I had a nickel for every time... Imagine you want to rehydrate a raisin. So, you pour a glass of water over it. It is still just a wet, shriveled up raisin at

the end of the day? Drip a little water on a raisin every five minutes for four hours. It will be a plump, juicy, raisin. The same is true with our bodies which are 2/3 water. When our organs are dehydrated, they can't absorb the water they need, unless they are given that water a little at a time. Chugging a glass of water puts stress on our kidneys and bladder, and won't rehydrate

our cells, where it is really needed

So how much water do you need? Take your weight and divide it in half for the number of ounces needed per day. So, if you weigh 150 pounds, you need 75 ounces daily. If you drink diuretics, like non-herbal tea, coffee or soft drinks, add those quantities to your requirements to compensate. If you perspire, add that amount of water to your requirements. Herbal tea and a small amount of fruit juice count the same as water. Ramp up gradually to where you want to be. Walking can be great for many areas of your health, but you don't walk five miles on the first day of your exercise program. That sets you up for failure. The same applies to drinking more water.

Now for the real eye-opener. When your organs don't have enough fluid, nerves cannot relay messages, nutrients can't be transported to each cell, cellular waste and toxins can't be washed away, and chemical reactions for every function in the body cannot happen.

Do you have:

- Adult-onset diabetes? (Dehydrated cells can resist insulin.)
- Arthritis? Gout? Back pain? (Acids accumulate in the body.)
- High blood pressure? (Decreased blood volume requires harder pumping to circulate blood.)
- Kidney stones? (The residue that forms stones can accumulate.)
- Weight gain? (What we think is hunger is often thirst.)
 - Irregular heart rhythm? (A

dehydrated heart has valves that don't close properly, creating leaks.)

I am not saying that if you start drinking enough water, you will be rid of all maladies that might plague you. Many people, however, feel considerably better with even small increases in water intake and over time have eliminated or reduced major symptoms. But, you can substantially lower your risk of taking on these problems, as well as many others, with ideal water intake.

Hot Tip #1: Good, clean water from a glass container is much easier to drink than water that doesn't taste good.

Hot Tip # 2: You get a bonus this month. Until you get used to drinking more water, put a small amount of fruit juice in your water to make it more festive. Once you get rehydrated, you will actually like water better. One of the first signs of dehydration is lack of thirst. Think about that!

Stay well.

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 in natural approaches to health. She has published two books on natural health. She can be reached on askdoctormarty@cox. net for scheduling a class or consultation, or for sending in your questions for this column.





The Purpose of Purpose



By Ricky Harper, C12

What is your purpose? More to the point, what is your business' purpose?

Almost every business has a Mission and Vision statement. The Mission statement is basically what the business does whereas Vision is an aspirational statement of what the business looks like if it is achieving its Mission.

A third, often overlooked but very important component of these basic business doctrines is Core Values. If your business has never established Core Values, you should consider doing so right away. While you are at it, you might want to re-visit Mission and Vision, as Core Values should be the foundation that Mission and Vision are built on.

Then there is Purpose. Think

of Mission and Vision as the "what" and "how" of your business, whereas purpose is your 'why.' Your purpose statement explains your company's reason for existence and, more than ever, purpose is important for businesses.

Why? Studies show that today's consumers and employees seek out and reward companies that promote a purpose other than profit. This is not a generational trend, but societal. Many think this trend is driven by millennials. But that is not the case as Daniel Goleman, author of Emotional Intelligence, says, "There is a common misconception that millennials are unique for wanting to do purpose-driven work. In fact, 70 percent of U.S. adults say it is important to them that their actions help make a positive difference in the world." More people than ever are making buying decisions based on a business's stated purpose, and that is one big reason why Purpose should be very important to all business owners.

Today, people are looking for purpose in their jobs as well. This is an area where there is a marked difference in the desires of millennials versus other generations. The 2009 Fortune 500 Business Survey found that



62 percent of millennials will not work at a business that does not have a stated purpose other than profit. In fact, a recent employee survey found that millennials rated "purpose" higher than "salary" when choosing their place of employment.

But here is the salient point you cannot miss—you must be authentic to your purpose! The biggest difference in millennials and other generations is that millennials will investigate whether you are actively working on your purpose or not. Recent studies suggest that millennials hold authenticity to a cause in higher esteem than the cause itself. In other words, they look for and respect a business that has a cause that is actively

water for Haiti, supporting a Christian shelter, or any number of other causes, if you and your business are authentic to that cause, Millennials are more likely to shop and work at your business regardless of the cause you promote. That is an important piece of knowledge for business owners. By simply having a stated purpose that you are authentic to, you can attract and keep more customers and create "gravity" for current and prospective employees; and that is a pretty good reason to have purpose. So, what's your purpose?

Alan Murray, "The 2019 Fortune 500 Survey Results Are In," Fortune, May 16, 2019.



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- Do you think you show too much or too little of your teeth when you smile?
- · Would you like to change the way your teeth or gums are shaped?
- Do you have gaps or spaces in between your teeth?

If the answer is "yes" to any of these questions, you may be a good candidate for A Smile Makeover.





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Local Pro: Dana Jolman, The Porch Life Boutique

By Lori Leath Smith

Dana Jolman and her husband, Dustin, (also her high school sweetheart) found their way to our area when stationed here at the beginning of Dustin's career. As a military wife and mom of four, Dana and her family have come full circle after having been transferred several times now, relocating to South Dakota, Germany, Ohio and back, and luckily for us, have decided to stay in the area.

Dustin has served almost 20 years in the EOD field and Dana's interests include keeping up with the kids. Beyond that, she thrives on caring for indoor plants as well as tending to outdoor gardening. "I pretty much enjoy any craft; some of my creations are actually in the store."

As Retail Manager and social media marketing manager for The Porch Life Boutique, her job is multi-faceted. "I get to utilize so many aspects of my personal loves such as creativity with setting up our unique displays and my business degree training by doing the managerial tasks," says Dana.

But what Dana really likes the most about her job is servicing The Porch Life customers and really getting to know them on a personal level. "Most people will tell you I've never met a



stranger. So, to be able to interact and help others be creative is a dream for me, and I'm so grateful that this small family owned business let me infiltrate their circle. They are a joy to

Founded in 2016 by owners Kenny and Jennifer Bray, this unique Boutique carries a wide array of classy, sometimes whimsical and specialty products for the home and garden. "We offer handmade furniture, hand poured candles, pillows, rain gauges, wind spinners, indoor and outdoor plants, bird feeders and houses, and tons of decorative pots, planters and huge outdoor statues that are scattered throughout our nursery," says Dana. "We also offer different gift ideas than just your regular run-of-the-mill items and we try to keep it eccentric. We want you to have a unique yard compared to your neighbors. So, we don't we don't order in bulk from the big box stores, because we want everyone's space to be uniquely theirs."

The idea for the Boutique came from Jennifer and their daughter, Jessica. Kenny owns the parent company, K&R Cuts Landscaping and felt a showroom would be valuable to his customers; there they could display ways to spruce up your porch after landscaping work was completed. "They started it as a way to showcase ideas for



others, and that was the beginning of it all," says Dana. "Now, everyone that works here is super creative and just wants to share their knowledge on decorating, plants or just offer ideas for your home."

The Porch Life Boutique is also involved in the community helping to support other small businesses. For example, handmade furniture as well as the Boutique's hand poured candles are purchased from a local artist in Panama City with much of the artist's proceeds funneling back into the community to continue to help rebuild after hurricanes. "We want to help other small businesses thrive," says Dana.



Dana says she hopes readers will seek out local shops, including theirs. "I promise you," she says, "you won't be disappointed; we are different from your larger stores with new offerings all the time. So, come in, stroll the store, head out to the nursery and ask all the questions you need to find the perfect gift, plant or other item. We love getting to know our customers and even just one visit makes you a part of The Porch Life Family." Open 9 a.m. – 4:30 p.m. weekdays; 8a.m. - 4 p.m. Saturdays; and 9 a.m. – 3 p.m. Sundays. 100 Old Milligan Rd., Crestview 32536. (850) 689-1497.



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theporchlifeboutique

2020 Finest on The Emerald Coast Outdoor Furnishings Interior Design Store







By Sean Dietrich

On my kitchen counter is a pound cake, sitting on a pedestal, beneath a glass dome.

Pound cake is the food of summer. It can make or break the entire season. A summer without pound cake is like church without singing. Or Monet without color. Or Andy without Barney.

When I was a younger man, my soon-to-be wife and I went through mandatory marriage counseling at our church. It was miserable. The minister was so uptight that he could have carried a corn cob without using his hands.

The pastor asked me what my "love language" was.

"My what?" I said.

"Your love language," he said. "How do you receive love?"

"Come again?"

"Food," my wife interjected.
"Sean's love language is pound cake, and so is mine. We speak Food."

That preacher looked at us like we had june bugs crawling

out our noses. And I never forgot that.

Because my wife was right. We speak Food. Food has always helped me through life. I use fried chicken to fend off existential doubt. Pimento cheese gives me courage. And pound cake restoreth my soul.

And yea, though I walk through the Valley of the Shadow of High Cholesterol, I will fear no egg yolks, for Thou art with me.

Speaking of food, right now I smell steaks cooking on a grill. My neighbor, Tom, is having a holiday cookout and he is speaking my "love language" fluently.

It's Fourth-of-July week and every house on our street has a driveway full of cars. There are American flags flying on every post, mailbox, and car antenna.

People linger on porches, holding bottles and aluminum cans, eating ridiculous amounts of goodies and laughing a lot.

The sun is low. I hear firecrackers in the distance. They sound like bottle rockets.

If you are, or you have ever been a boy, you know a bottle rocket simply by its sound. Fireworks are expressly male items. If you don't believe me, visit YouTube and type in "bottle rocket tricks."

What you'll find are millions of videos featuring death defying stunts by young people who—how do I put this?—are only knitting with one needle.

What you will not find among these videos are females. Girls

LIC # CAC1819748

Family, Locally and Veteran owned are too smart to mess with gunpowder.

4th of July

When I was a boy, we fooled with bottle rockets all summer long. We would travel to the county line and spend big money on bundles of barely legal bottle rockets. We would waste the entire summer developing strange and exotic ways to harm each other with explosives.

I hear a mother down the street, yelling at her children. "Be careful!" she shouts. "Don't blow yourselves up! Supper's almost ready!"

Next, I hear the sound of bicycle gears clicking, and skate-boards. Is that the sound of a big wheel? The kids kick up a cloud of dust behind their tires.

"You're not faster than me!" shouts one child.

"Yes I am!"

"No you're not!"

"Yes huh!"

"Nuh uh!"

"Yes huh!"
"Nuh uh!"

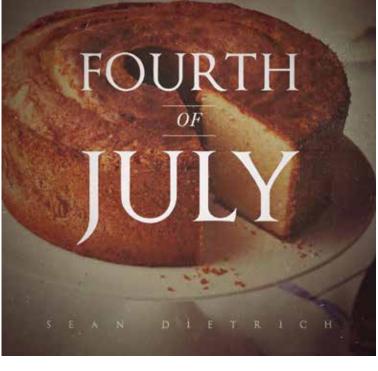
They pedal hard until dusk. And just when you don't think they can pedal any faster, their mother calls them for supper.

No matter how many light years away from home children are, the mere mention of food makes them fly homeward faster than Chuck Yeager drinking Mountain Dew.

Soon, I hear the sound of ceramic casserole dishes on their porch. And the happy chatter of voices. And the sounds of forks and spoons.

This is a cross-section of old-fashioned America to me. Casseroles, kids, and laughter.

A radio accompanies their supper. The sound of the Temptations, singing "I Heard it Through the Grapevine."



And I remember when my mother once danced with me on the porch to this very song. She spun me around, and showed me how to move my feet. We really cut a rug. You don't get over memories like that.

On a day like today, I am left wondering how it happened. How did I get middle-aged? Where did my life go? Once, I used to be a boy, fearless, fast, with a hollow leg. How did I develop love handles, old-man toenails, and a bad back?

Sometimes I miss childhood afternoons, lying in the grass beneath a sprinkler. I miss fishing with earthworms. I miss warm tomatoes, stolen from my mother's garden. I miss playing with explosives.

I am interrupted.

My wife walks onto our porch. She is carrying a pedestal with a golden cake beneath

a glass dome. She cuts two slices and serves them with fresh strawberries, and pours iced tea into jelly jars.

We don't speak to each other because we're too busy eating. We only smile with our mouths full, then touch the rims of our jelly jars together.

It's a holiday, and there's no need to say much today. After all, I know what she's saying, and she knows what my heart is saying back.

She's saying, "The pound cake came out good, didn't it?"

And I'm saying, "I love you so much it hurts."

I know all this because, like my wife told the man, we speak Food

Happy Fourth of July.





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Jim Rainwater offers full-time property management services as well. If you are a homeowner with a rental property, Jim can assist you in finding tenants, qualifying tenants and lease preparation.

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janehr@aol.com | NicevilleHomes.com



A Pastor's Ponderings: The Battle of Lincoln Park Niceville PD vs. The Lemonade Kids

By Pastor Doug Stauffer, Faith Independent Baptist Church

Hello Niceville! After almost four decades, providence has brought me full circle. I have traveled around the world several times, but now have returned to the city that impacted my life more than any other place. In 1981, I left Niceville and spent nearly 40 years traveling to some of the most remote and memorable places on earth. These travels span from the Amazon jungles to the islands in the Caribbean, from China to Europe, etc. Yet, that story is for another time!

I witnessed an incredible contrast: from the most lavish scenery to indescribable poverties. I recall returning to America after one eventful trip and dropping to my knees to kiss the runway tarmac. I always treasured my experiences, but never took for granted each deplaning on U.S. soil. As much as I loved traveling abroad and throughout the U.S., I am blessed to return to what many consider a slice of



Chief Popwell and Pastor Doug

heaven on earth—Niceville!

Many residents and visitors have said that Niceville is one of the NICEst places on earth to live or visit, but there is more to this story. I want to offer my account of a local hero who saved a young child's life one week and ingeniously engaged his department in community outreach the next. I am talking about the Battle of Lincoln Park. But let me not get ahead of myself.

On May 26, 2021, a 911 operator received a frantic cry for help concerning an unresponsive infant. Chief Dave Popwell arrived first on the scene, immediately beginning CPR. His efforts to resuscitate the infant, followed by the EMS personnel, provided the necessary life-sus-



taining measures. The child is alive today because of the lifesaving skills commenced by Chief Dave Popwell.

Fast forward two weeks later: Someone reported a few preteen neighborhood children for selling lemonade without a license on the church property. Officer Bronson, instead of issuing some citations, handed





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them a crisp \$100 bill. Social media quickly spread this act of generosity. The next day, the group doubled in number. The young entrepreneurs decided to split the proceeds with the police department. They raised more than \$500, but the Chief graciously declined. Instead, the police officers offered to accompany the young people to a venue of their choice. The youth decided against a movie or puttputt and challenged the police department to a water balloon battle.

The day arrived when the Chief and 10 of Niceville's finest showed up at Lincoln Park to face the "lemonade kids" at high noon. The brave young warriors were well prepared. They had strategically stashed water balloons throughout the park. The police force was quickly outnumbered as other park visitors joined forces with the lemonade kids.

It seemed like children were

coming from all sides: from the swings and the slides, even springing into action from the monkey bars. The Chief claimed that he witnessed junior Navy SEALS appear from the water. The battle raged until only a few officers remained, but they were short of ammunition (water). The youth refused to recognize the Chief's white flag of surrender. Even the sweet little unicorn girl pummeled the Chief forcing him to retreat for cover. This Battle of Lincoln Park will be remembered as Niceville's Alamo. Moral of the story: not one Nicevillian should join the chorus to defund the police, but instead, look for ways to express their appreciation and "Back the Blue."

To view a slideshow of the historical, epic battle, visit https://youtu.be/812KTgQ-3ylU. To reach Pastor Doug, visit FaithNiceville.com or (850) 678.4387.

Arts & Music

Paint! "With a Twist!"

Painting with a Twist is FUN art, not FINE art! Connect with your friends in a warm, supportive and positive environment. Wine, art and fun combine, whether you're hanging out with friends, a date or the whole family.

Saturday Night-Date Night!

Never stuffy or routine, you can include everything you love about regular dates — your favorite BYOB beverages and finger foods, plus the fun that comes with trying something new. You'll take home a great painting and even better memories. You and your partner will create a complementary set of masterpieces—together. Upcoming date nights include Beach Buddies. On Sunday, Jun. 27 from 6 to 8 p.m. and Lovers Paradise Saturday, Jun. 26 from 7 to 9 p.m.

Girls' Night Out!

Right when you thought you were out of girls' night out ideas — you found the most creative one yet! BYOW (bring your own wine)* to a paint party that's a toast to your girl gang.

Family Fun Events all Summer Long!

Bring your whole crew for a unique family outing they'll never forget. You focus on quality time and we'll handle the rest!

Set your kiddo's creativity free with a new twist on fun! Book a birthday party, kids camp or Mommy & Me event!

Paint a Turquoise Turtle on Wood Board or Canvas with your Dad (Father's Day) Sunday, Jun. 20 from 6 to 9 p.m.

On Wed., June 30, get Patriotic with a Pre-Firework Paint Party!

Paint in the dark under black



light at Black Light Events! Thurs., Jun 10, 6:30 p.m.

Paint Your Pet—Your furry (or scaly) friends deserve some love, too! Turn your pet's photo into a portrait with step-by-step instruction from our amazing artists. On Wed., Jun 16 at 1 p.m.

Pop Art Paint Your Own Pet for Kids! Ages 8+. On Sun.,

Jun. 27 from 2 to 5 p.m., paint your pet for ages 18 and up

Trivia Nights--From wizards and zombies to space nights and 90s coffeehouse trivia, cheers to a little friendly competition Thursday, June 17 from 6 to 9 p.m.

Special for the 4th of July!
On Wednesday June 30 from

On Wednesday, June 30 from 6 to 8 p.m., paint Stars, Stripes & Fireworks! Canvas or Porch Leaner.

The **July calendar** offers a variety of paintings— from seasonally-inspired landscapes to decorative DIY wood board signs, funny self-portraits, and more! Find a paint night theme that fits you, then sign up at **paintingwithatwist.com/studio/fort-walton-beach/calendar**.

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Artful Things Niceville:

Rosalyn O'Grady - Oil or Acrylics

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\$20 per session plus supplies - Bring a photo to paint from or paint from a still life set-up. Masks required. Email Roslyn to reserve your space or for more details. ogradytr@cox.net. www.RosalynOgrady.com

Mj Montgomery - Anime and Drawing Basics

Wednesday afternoons: 3:30 – 4:30 p.m. \$10. Suggested ages, 10 to 110! Learn the basics of character design, shadowing, eyes, and hands. Bring your sketchbook and come learn something new. Text seating request to: 505-690-3945. Masks required.

Ed Nickerson - Basics and Essentials in Oil Painting

Fridays mornings 10 a.m. – Noon. \$25 plus supplies. "How to develop a good painting, and interpret what you see." Using a combination of drawing and painting. Limited pallet. Beginners and those looking to reach the next level are welcome. Ed_Nickerson@hotmail.com Or text: 850-420-9609 to reserve space and more details. www.



edwardnickersonfineart.com *Ongoing Class students receive 10% off art supplies*

June 26: "God Bless America" calligraphy with Elia Saxer. 10 am-1 pm. Calligraphy using silver leaf, acrylics, and inks. Red, White, and Blue!

July 3: Part 1 Gnomes Air Dry Clay. 2-3:30 p.m. Ages 8 and up. Design and Sculpt your very own small gnome to nestle in a potted plant, on a bookshelf, or wherever gnomes like to explore. Part 2, July 10, 2 pm – 3:30 pm. Paint and finish your

Continued on next page



View the calendar at PaintingWithaTwist.com

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Arts & Music

ART CLASSES

continued from previous page

gnome. Artist, Instructor, MJ Montgomery.

July 7: Linocuts & Stamp Carving. 10 am-noon. Instructor, Chris McLoone. An introductory class for linocut, block carving, and stamp carving. Carve a 4x6" block to create your own stamp and make your custom prints.

July 8: Encaustic Wax Cards – 1:30 pm- 3 pm. Artist Instructor, Corina Zalace. Complete 4 to 5 Encaustic Wax cards. Suitable for framing. Ages 14 and up

July 10: Acrylic Pouring- "The Wave" and "The Round Bloom." 10 am- 1 pm. Artist Instructor, Tamika Thomas. Come get messy and

take home two unique works of

July 14 & 28: Kids Art Camp. Katlyn Arnold of Uniquely Clever two -3 hour classes for kids ages 5 and up. Sibling discount. Call 850-307-8907 or visit www.Uniquely-Clever.com for more details.

July 2: Couples Nite – Sip and Pour. 6 pm – 8 pm. Come pour and sip with Artist, Instructor Debi Profeta. Snack provided. Create a special "Wrecked Marble Pour" for your home!

July 24: Acrylic Pouring-"String Pull" and "The Golf Ball." 10 am – 2 pm. Create two 10 x 20 canvases in this fun class with Artist Instructor, Debi Profeta.

July 31: Introduction to Calligraphy. 10:30 am - 1 pm. Artist Instructor, Elia Sax-

er introduces you to the elegant italic hand. A lifetime skill.

Big Orange House Designs Niceville:

June 2: July 7 Pottery Series

Join us for Laurel's POT-TERY Series! 6 week journey of creativity! \$260.92

June 4: Glass Art OPEN STUDIO

Come create your own Glass Art w/ Ang! \$26.75

June 18: Father's Day Cookie Class

Come make cookies for DAD with Baker Mery! \$19.26

June 18&19: GRAB&GO Cookie Kit

Make cookies for DAD at home- we save you all the MESS! \$19.26

June 19: See and Paint VALUE

A full day with the amazing award winning Kathleen of Chroma Gallery! \$278.20

June 22: Kid's paint CATS!

Fun morning painting with JoJo! \$19.26

June 24: Dino Cookie Class

Come decorate a tray of dinosaur cookies with Baker Mery! \$19.26

June 24: DinoCookie Kit

Baker Mery has another fun GRAB&GO Cookie Kit! \$19.26

June 24: Dino Canvas

Get ready to paint a super cute dinosaur canvas! \$16.05

June 24: Macrame Wall Hanging

Come and learn lots of new knots to accomplish this fun wall hanging! \$63.90

.mkaf

June 25: Kidz Paint Pour

Pour your art out in this easy abstract art class! \$19.17

June 26: Paint Pour w/

Part art - Part science - 100% fun! Creative abstract at its best! \$47.92

June 26: Open Studio Leather and Pearls

Make beautiful jewelry with Sherrie! \$21.30

June 29: Open Studio Family Glass Art

Come make with Ang in the studio! \$26.75

June 29: Play with CLAY!

Come create pottery with Laurel! \$21.60

July 2: Patriotic Cookie Tray Class

Come make this patriotic cookie Tray with Baker Mery! \$19.26

July 2: Patriotic Cookie Kit

Pick up a cookie kit to make for your 4th of July Celebration! \$19.26

July 6: Properties of WA-TER (Kidz Class)

Always fun- Always learning with Reiko!!! \$16.05

July 8: Play with CLAY!

Come create pottery with Laurel! \$21.60

July 9: Electric Circuitry

Learn about electric circuits with our master scientist Reiko! \$21.40

July 10: Family Print Making

Design and make your own print! \$16.05

July 10: Open Studio Leather and Pearls

Make beautiful jewelry with Sherrie! \$21.40

For more information or to sign up, call (850) 737-6193 or email bigorangehousedesigns@gmail.com.





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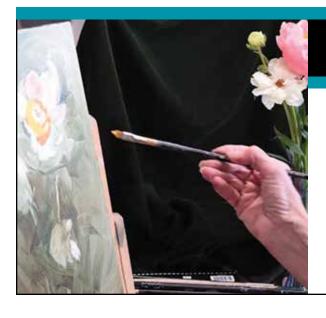
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Steak House at Silver Shells Resort in Destin.

OCT 30-31 Annual arts festival featuring fine

artists exhibiting their original art, live music,

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Area Fireworks Abound

Niceville Fireworks Show July 4!

Traditionally one of the most popular Fourth of July displays in the area, the Niceville fireworks show is one of the longest-running in the area and will light up the skies over Boggy Bayou on July 4, 2021, at roughly 8:45 p.m. Pre-show music, emanating from large speakers on the barge, begins around 6 p.m. Popular public viewing areas include Lincoln Park, Lions Park, Shipyard Point Park in Valparaiso and Kiwanis Park in Niceville. The annual Independence Day celebration is funded by donations, fund-raising events (such as the recent luncheon sponsored by Twin Cities Hospital) and the Fireworks Trust Fund. The annual cost is more than \$25,000.

Visit lightupthebayou.com.

Red, White and Baytowne!

Celebrate Independence Day at the Village of Baytowne Wharf, July 4 from 6-9 p.m.! Join Baytowne Village merchants for a spectacular 4th of July Red, White and Baytowne 2021 celebration with LIVE music from Donovan Keith on the Events Plaza Stage from 7-9:15 p.m., followed by a patriotic Fireworks

display to light up the night sky at 9:15 p.m. There's also kids crafts, face painting and balloon sculpting, too!

DeFuniak Springs 4th of July Festival

Main Street's 4th of July Festival will take place from 4-9 p.m. outdoors on Baldwin Ave. between S. 7th and S. 8th St. in Downtown DeFuniak Springs. Free to attend, shop, sip and snack from a variety of food trucks and craft vendors, along with unique shopping from participating retail mer-

chants, bring your lawn chairs and enjoy the evening's patriotic fireworks show hosted by the DeFuniak Business and Professional Association. Visit www. MainStreetDFS.org or @MainStreetDFS on Facebook and Instagram.

Stars & Stripes Celebration at AJ's on the Bayou!

Join AJ's on the Bayou Wednesday, July 3rd for the Stars & Stripes CELEBRA-TION! The whole family is invited to enjoy bounce houses, stilt walkers, face painting and

live music will abound, and Black Eyed Blonde from 6-10 p.m. Fireworks begin at 9 p.m.! 200 Eglin Parkway NE in Fort Walton Beach.

Okaloosa Island Freedom Fireworks

This July 4th, the Okaloosa Boardwalk will host a salute to military veterans in conjunction with their annual fireworks show. Grab a beach chair and enjoy this fiery tribute launched from the pier at 9 p.m. with great viewing spots on the pier and nearby dunes.

Smoke on the Coast BBQ & Fireworks Festival

The 9th Annual Smoke on the Coast BBQ and Fireworks Festival takes place July 3rd from 5-10 p.m. at Destin Commons. Family entertainment and live music kicks off at 5 p.m. Then at 5:30 p.m., you can enjoy \$1 samples from 18 area restaurants and BBQ groups. Family fun activities include entertainment, BBQ sampling, face painting, photo booth and the highly anticipated, Independence Day firework extravaganza. Area restaurants, ticket holders and BBQ groups vote for their favorites with over

\$85,000 in donations benefiting local charities.

Free Admission | \$1 BBQ Samples | Fireworks extravaganza begins at 9:15 p.m.!

Live music by Tobacco Rd Band from 5 - 7 p.m. and Heritage Band from 7 - 9 p.m. Call (850) 337-8700 or visit www. DestinCommons.com.

HarborWalk Village 4th of July Celebration

Join HarborWalk Village for its July 4th Celebration, the ideal location to catch festive fireworks over the Destin Harbor, plus activities and live music from 7-9 p.m. with The Manly Hero, fireworks at 9 p.m. and fire spinning by Autumn Lyfe at 9:30 p.m.

Seaside 4th of July

This July 4th, Seaside is hosting a day of patriotic activities in Central Square, with store-fronts decorated in red, white and blue. While there will be no parade along 30A, Seaside will feature second-line-style patriotic music performances around town throughout the day, with a special performance by the Rep Theatre. All of this will culminate into a large fireworks show.

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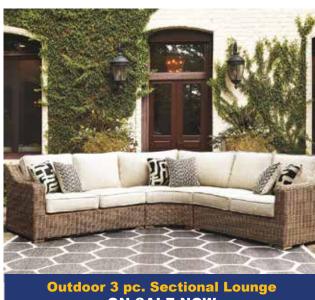


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