



JANUARY 2022  
VOL. 2, NO. 3

# BAY Life

PRSR STD  
ECRWSS - EDDM  
U.S. POSTAGE PAID  
Santa Rosa Beach, FL  
PERMIT NO. #11

Postal Customer Local

## Stories in Song: 2022 30A Songwriters Fest!

BY LORI LEATH SMITH

What makes your favorite song your favorite? It's likely the story it tells.

And that's what is so special about the 30A Songwriters Festival. On Jan. 14-17, South Walton will be transformed into a story-in-song paradise and the "hottest" mid-January mecca for music fans. And the best part? It's right in our backyard!

For the past 12 years, the 30A Songwriters Festival has attracted thousands of die-hard, enthusiastic, live music fans from throughout the U.S. to listen to original songwriters spanning many genres of music perform their songs. Thirty featured venues all along Hwy. 30A will present more than 230 songwriters and 300+ solo, band and in-the-round performances throughout the weekend. As some of the best performing singer songwriters in all genres of music, all ages, all stages of careers and from all over the country, this year's headliners include icon-



ic artists Brothers of a Feather feat. Chris & Rich Robinson of The Black Crowes, Dawes, Mavis Staples, Jenny Lewis, Emmylou Harris, and Rickie Lee Jones. (See Sept. 2021 Destin Life, MyDestinLife.com.) Returning to perform two shows each throughout the weekend are songwriting legends Amy Grant, Rodney Crowell, Patty Griffin, Steve Earle, John Paul White (The Civil Wars) and Shawn Mullins!

The festival also profiles hall of fame musicians, successful career artists and exciting up and coming musicians. Several artists making their 30A debuts this year include Chuck Prophet, Annie Mack, Madison Cunningham, RB Morris, Darden Smith and Brittney Spencer.

If the best parts of your classic British Invasion, 50s country, 60s pop and pure rock 'n' roll records could be transformed into a person,

they might look and sound a lot like Chuck Prophet. For almost 30 years, this Bay Area songwriter has reliably delivered albums so pleasingly familiar that, had he started a few decades earlier, it'd be easy to imagine him outshining the likes of Tom Petty and Bruce Springsteen.

**Annie Mack** is a soulful singer and unflinching song-

**SONGWRITERS**  
*continued on page 2*

**Better Together.**

+ + = SAVE

**Lenny Coughlin**  
Niceville  
850-678-0996  
lcoughlin@allstate.com

**Allstate**  
You're in good hands.

Prices vary based on how you buy. Not applicable in CA. Subject to terms, conditions and availability. Savings vary by state and product line. Castle Key Indemnity Co., Allstate Fire and Casualty Insurance Co., Castle Key Insurance Co., Allstate Property and Casualty Insurance Co. © 2015 Allstate Insurance Co.

## Hope Medical Clinic

Keeping Our Community Healthy

BY LORI LEATH SMITH

It's a Tuesday morning, and I find myself in a morning staff huddle at the Hope Medical Clinic. The Clinic's director, Tim Roberts, listens intently and compassionately, gives directions and perhaps courses of action, so all staff know what to expect and are ready for their patients' care. No one is a number; they have a name. It's personal. Private. Caring.

A vital part of keeping our community healthy, Hope Medical Clinic offers just what its name

**HOPE**  
*continued on page 2*

**SKIPPER'S FURNITURE & MATTRESS Co.**

Your Hometown Furniture & Mattress Store



**NICEVILLE**  
597 W. John Sims Pkwy.  
(850) 678-7800

**FT. WALTON BCH**  
503 Mary Esther Cutoff  
(850) 586-7686

**DESTIN**  
11840 U.S. Hwy. 98 West  
Emerald Coast Pkwy  
(850) 837-3454

**HOLT PHILLIPS SERVICES INC.**

**YOUR TOTAL SERVICE CENTER**  
Air Conditioning • Heating • Electrical

**BUY NOW,  
PAY OVER TIME.\***

\*With approved credit. Call for details.

**850.897.5559**

4618 E Hwy 20, Niceville • HoltPhillips.com



CAC058236  
EC13007851

## Community

### SONGWRITERS

continued from page 1

writer who writes from the gut and demands your attention. She arrives fresh off the release of her powerful new release, *Testify* (2021). The record solidifies her position as a top-tier singer, songwriter and producer performing her own unique blend of blues, country, rock and soul.

Grammy-nominated, 25-year old **Madison Cunningham** is one of folk rock's most exciting newcomers. Rolling Stone describes Madison's music as "a new spin on West Coast folk-rock, with classical tendencies,

electric guitars, jazz-school chord changes and alt-rock strut all living beneath the same roof."

Lucinda Williams calls **RB Morris** "the greatest unknown songwriter in the country." Steve Earle credits him as "the reason I started writing poetry." RB Morris is a published poet, playwright, actor and renowned singer songwriter.

**Darden Smith** is a singer-songwriter based in Austin whose 30-year career redefines what it means to be a musician. In addition to 15 critically acclaimed albums, Darden continues to break new ground using the craft of songwriting in ed-

ucation, entrepreneurship and in service to others. He is the founder and creative director of SongwritingWith:Soldiers, a nonprofit that pairs award-winning songwriters with veterans and service members in retreat settings to craft songs about combat and the return home.

**Brittney Spencer** is a free-spirited singer-songwriter and powerful live performer, spending much of the summer opening for Jason Isbell & the 400 Unit, winning over one audience after another across the heartland. As a teenager, Brittney loved the Dixie Chicks and singing gospel music which ultimately fueled her dream to

become a country music star. The Baltimore native moved to Nashville in 2013 and has since toured and performed as a background singer for Carrie Underwood and Christopher Cross all while establishing herself as a songwriter.

Regular weekend and VIP weekend 30A Songwriters Festival passes are sold out. Day passes are now available for Saturday's afternoon headline shows at Grand Boulevard ONLY on Sat., Jan. 15 for headliners Brothers of a Feather featuring Chris and Rich Robinson (of the Black Crowes), Dawes and Jenny Lewis.

Day passes are also available

for Sunday's afternoon headline shows at Grand Boulevard ONLY Sun., Jan. 16, for headliners Emmylou Harris and Mavis Staples, both with full bands. Third act TBD. Tickets are \$140 per day.

All net proceeds benefit the Cultural Arts Alliance of Walton County (CAA) and help to fulfill its mission to support the arts. For more information on headliners, as well as beloved local bands and performing artists, visit [30aSongwritersFestival.com](http://30aSongwritersFestival.com). Purchase tickets at <https://www.freshstix.com/events/2022-30asongwritersfestival>.

### HOPE

continued from page 1

infers—Hope. Hope for the hurting—mentally, physically and emotionally. We all know healthcare can be complex and expensive even for those with insurance. For those without insurance, it can mean the difference between living healthy and productive lives and suffering from, or even dying of, highly treatable conditions. Serving the people that make our communities possible, Hope Medical Clinic opened its doors in 2009 to provide free, quality, accessible healthcare to the working uninsured and medically underserved residents of Okaloosa and Walton counties.

In partnership with our communities, it continues its goal to serve in this capacity. "We do this in a respectful environ-



ment in which patients, health care professionals, students and the community learn from one another," says Tim. "The experience is that each patient is respected, cared for and welcomed when they walk through the door."

The clinic believes that health is more than the absence of disease, and can be achieved by

addressing the physical, mental, spiritual and emotional needs of its patients. "From the first appointment, we assess a person's physical, but also mental and emotional background to try to find out what's happened in their lives, where they're coming from and the resources they need to get well. Then we strive to provide those resources," says Tim. This is done initially through an ACE (Adverse Child Experiences) survey. "As a patient, we want to know who you are, what you've experienced and how that affects your health," he says. "It's not necessarily traditional, but gives us insight. We're very serious about it and what we can do about your situation."

Tim says some results show major issues, while others simply mean a patient is at risk for certain issues. "As a nonprofit, we believe that we can create a better future through innovation such as the ACE survey. This leads us to this creative approach and a model that works. We're a healthcare home, not a walk-in clinic," he continues. "We have a program that patients can be admitted into if they qualify.

If admitted, they're scheduled with a provider we feel best matches their needs. We're going to get our patients the help they need or get them where they need to go. We can connect them, supply options, help them nav-

igate, whether it's mental health integration or primary care, etc.," says Tim.

Doctors, physician assistants, nurse practitioners and licensed mental health counselors donate their time as their schedules allow as well as volunteer nurses and clinic volunteers, all a vital part of the clinic's backbone.

Hope Medical Clinic also provides students pursuing careers in medicine and healthcare to intern and help address the immediate and long-term needs of our community, and in doing so, equip them with skillsets that will serve them throughout their careers. "We strive to create an environment in which our team feels heard, safe, respected and supported, carefully managing their time and talents and spending wisely the funds invested in us," says Tim.

Hope Clinic's range of services include women's health, mental health, counseling, diabetes, prescription assistance, basic lab work and blood work, referrals and more.

Tim's passion, compassion and devotion to his patients and the community shines. He's

made this community and work his life's mission. "I packed everything I owned into the back of truck, and through someone who knew someone who knew someone, ended up here."

To make an appointment at one of the clinic's two locations, Freeport and Destin, call (850) 837-8424 or email [destin@hopemedclinic.org](mailto:destin@hopemedclinic.org). Visit [www.hopemedclinic.org](http://www.hopemedclinic.org).

## PITELL

LAW FIRM, P.L.



LISA Y. SHORTS PITELL  
ATTORNEY AT LAW

- Wills, Trusts, Estate Planning
- Corporation, LLCs, Business Law
- Taxation law & Tax returns
- Contracts
- Guardianship, Probate & Estate Administration

1402 Cat Mar Rd., Suite B, Niceville, Florida 32578  
850.897.0045 | [LYP@LYP-LAW.COM](mailto:LYP@LYP-LAW.COM)

The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

## BAY Life

Published Monthly  
Mailed FREE to the communities  
of Niceville & Valparaiso

P.O. Box 1424  
Santa Rosa Beach, FL 32459

### Publisher/Executive Editor

Lori Leath Smith  
[publisher@mybaylifewfl.com](mailto:publisher@mybaylifewfl.com)

### Director, Advertising Sales

Scott Miller  
[sales@mybaylifewfl.com](mailto:sales@mybaylifewfl.com)

### Production & Layout

Kim Harper

### Writers

Kenneth Books  
Will Estell  
Heather Bennett  
Doug Stauffer

### To Advertise

850.688.9886

*Bay Life assumes no financial liability for errors or omissions in printed advertising and reserves the right to reject/edit advertising or editorial submissions.*

© Copyright 2022 Bay Life

# Deer Moss Creek®



Phase 1 | Lot 29

**UNDER CONTRACT**

**1149 Deer Moss Loop**

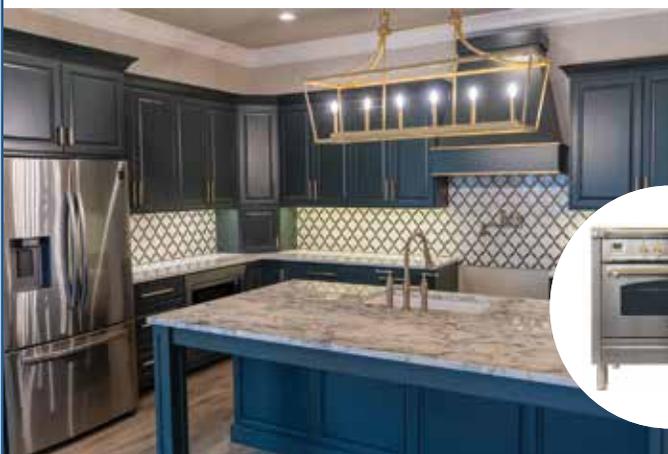
Niceville, FL 32578

**3,911 Sq Ft | 5 Bedroom | 5.5 Bath**

**Please contact the listing agent for more information on homes by this builder.**

Each Janssen Construction designer home is unique and exquisite. A superior build process, thoughtful layout, and beautiful finishes all come together to create homes that are innovative, yet timeless.

- 3911 SF heated and cooled living space including 56 SF dedicated storage room
- 310 SF front porch; 120 SF screened rear porch wired for TV
- 2-car garage (533 SF) with epoxy-coated floor
- French Door Samsung refrigerator, Bosch dishwasher, Italian Nostalgia 36" dual fuel range
- Quartz or marble countertops throughout; pot filler in kitchen
- Custom closet shelving, mudroom, electric fireplace, wet bar, bonus room
- High quality rigid core luxury vinyl plank flooring
- Soaking tub and dual-headed shower in master bathroom
- Frameless shower & tub doors in all 5 bathrooms
- Upgraded lighting and fixtures
- Impact glass and upgraded insulation for energy efficiency and sound mitigation
- On-demand circulating Navien gas water heater



**Listing Agent:**



**Jodie Snell**  
REALTOR®

850.621.6535

Our knowledgeable REALTORS® can help you select your homesite and builder.



**Valerie Waters-Auclair**  
REALTOR®  
Military Relocation Specialist  
850.855.6205



**Kelly Shephard**  
REALTOR®  
850.543.7353



**Yeska Sand**  
REALTOR® Hablo Español  
Seller Representative Specialist (SRS)  
850.368.5936

**Visit our REALTORS® at**  
**1413 Clary Sage Lane**  
**Niceville, FL 32578**

Monday - Friday 12 - 4pm  
Saturday 11 - 4pm | Sunday 1 - 4pm

Community

# Help Feed Young Minds with Food for Thought

By HEATHER BENNETT

In addition to providing meals and snacks for the 3,400 food insecure children in their backpack program, Food for Thought has been gearing up for the holidays. They recently delivered 700 turkeys and 33,000 food items over five service locations to reach more than 3,000 children across Okaloosa and Walton Counties for Thanksgiving.

If you are unfamiliar with their work, Food for Thought is a nonprofit organization which provides meals and snacks to children who are dependent on free or reduced school meals, bridging meal gaps that might occur on the weekends or during holidays, so kids can focus less on where they are going to get their next meal and more on their schoolwork. They literally provide food for thought.

Due to the economic impact of Covid, Food for Thought has seen an increase in demand. "Last year we saw a 38% increase in our pick-ups for the holidays, and this year we are planning on a 10% increase

over that," said Tiffanie Nelson, founder of Food for Thought. In 2020, most people were struggling with unemployment or reduced hours; this year inflation has had an effect on the cost of groceries, gas and general cost of living, leaving some families still struggling to make ends meet.

Covid has also had a two-fold effect on Food for Thought. In addition to seeing a 40% increase in the cost of food from distributors and brokers, they experienced a decline in volunteers. "Prior to Covid we saw about 250 individual volunteers a week to help us provide our services, and right now we are struggling to get to 100," stated Tiffanie.

Despite the setbacks, Food for Thought is committed, and is meeting their weekly deliveries. They are grateful for the volunteers they currently have, and regardless of how social media looks, they are still in need of more volunteers to make the drops easier. "There aren't enough hands and feet on our team of five to provide



all these services to over 3,000 kids a week," said Tiffanie, referring to the 34 school drops they make across Okaloosa and Walton counties.

In addition to these services, they are getting prepared for another holiday drop for Christmas break, providing snacks and meals for children during their

two-weeks off of school, a time when food insecurity may be high. A child can miss around 20 meals over Christmas break. "Children who are already enrolled in our services get access to our holiday services," stated Tiffanie. "We spread out through the community to make those pick ups easy for the families and we have a variety of times, and we communicate directly with the families."

When asked what Food for Thought needs most, Tiffanie said that volunteers and donors are both important, because one doesn't work without the other. "We need donors to help support our work, and we need volunteers to help us distribute. They are both extremely valuable to us."

If you are interested in helping Food for Thought, keep in mind that it only costs \$5 to fill a backpack to support a child for a week; one to two hours a month of your time spent volunteering can really make a difference. For more information on how you can get involved, please visit the website, [ftfl.org](http://ftfl.org).



# New Career in a Year!

## Classes begin January 10. APPLY TODAY!

# FUTURES | BEGIN HERE

NORTHWEST FLORIDA STATE COLLEGE



(850) 502-2895 | [nwfsc.edu](http://nwfsc.edu)

CRESTVIEW • DEFUNIAK SPRINGS • FT. WALTON BEACH • HURLBURT FIELD • NICEVILLE • SOUTH WALTON • ONLINE

Northwest Florida State College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate and baccalaureate degrees. Contact the Southern Association of Colleges and Schools at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Northwest Florida State College. Northwest Florida State College is committed to equal access/equal opportunity in its programs, activities, and employment. For additional information, visit [www.nwfsc.edu](http://www.nwfsc.edu). Materiales de la Universidad son disponibles en Español llamando a la Oficina de Admisiones de Northwest Florida State College al 850-502-2895.

# The New Year Awaits!

Join **LJ Schooners Dockside Restaurant & Oyster Bar for the New Year's Eve Dinner Special**—Crab Cake, Filet Mignon, Roasted Potatoes and Veggies with complimentary glass of Champagne! Dinner will be served from 5–10 p.m. DJ Diamond Dan will be entertaining from 9 p.m. – 1 a.m. at the Oyster Bar. Reservations suggested. 850-897-6400. Bluewater Bay Marina Complex. 290 Yacht Club Dr.

The Village of Baytowne Wharf's New Year's celebration—**Baytowne Countdown**—happens Fri., Dec. 31, 6 p.m.-1 a.m.—Fireworks at 8 p.m. & midnight. From 6-8 p.m.—face painting, kids' activities and LIVE music 7 p.m. until 1 a.m. 21 & over after 10 p.m.

Ring in the **New Year on the Destin Harbor at HarborWalk Village!** Enjoy an early performance by Flash Flood at 7 p.m. on the main stage and an 8 p.m. fireworks

show! Atlanta's hottest party band, the A-Town A-List, hits the stage at 9 p.m. The night ends with midnight fireworks and Ball Drop!

The **Fish Out of Water restaurant is hosting a New Year's Eve multicourse dinner** celebration from 6 p.m. to 12 p.m. on Friday, Dec. 31. Ring in 2022 with a delicious meal, champagne and a night full of wonderful memories. Visit [www.foow30a.com](http://www.foow30a.com) for more information. 34 Goldenrod Circle, Santa Rosa Beach, (850) 534-5050.

For those too excited to wait until midnight, or for those fans of New Year's Eve who want to conduct a countdown twice, there are separate **Beach Ball Drops at Pier Park** in Panama City Beach, 8 p.m. and midnight. Live music throughout till



midnight and a great fireworks display both times.

**Plunge into the Gulf at The Boardwalk's 6th Annual Pelican Plunge!** Sat, Jan. 1, 2022 10:30 a.m. – 1 p.m. Plunge ticket \$22 at Eventbrite.com. 100% of proceeds direct-

ly support the children of The Emerald Coast Foundation. The Boardwalk, Okaloosa Island; 1450 Miracle Strip Parkway Southeast; Fort Walton Beach.

**Baytowne on Ice** continues as a favorite holiday tradition! The Ice rink is open through February 6. Hours vary daily. \$13 for 90-minute skate; \$3 skate rentals. Rent the rink for private functions. Call 850-428-2736 or visit [baytownewharf.com](http://baytownewharf.com).

This year's free 5th annual **Troon Goon Christmas Lightshow** combines classic Christmas songs with modern versions. The hi-tech light animations dance to the music and feature the house, mega-tree, arches and other standalone features for an unlimited amount of pixel combinations. The 30-minute show starts every hour and half-hour

and runs nightly through Jan 6, 2022, from 6-9:30 p.m. View from your vehicle while listening on your car stereo at 101.3 FM. Visit [www.troongoonchristmas.com](http://www.troongoonchristmas.com) for additional information. 1074 Troon Dr. E. Niceville, Bluewater Bay area.

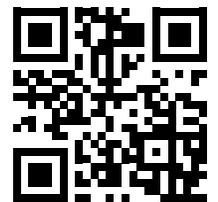
You still have time for Season 14 of **Geek Lights** on the Corner, a 30-minute light show on the corner of Bluewater Blvd. and Antiqua Way in Bluewater Bay. Animatronic trains, toys and synchronized lights run every 30 minutes starting at 6 p.m., last show at 9:30 p.m. Sunday-Thursday, and 10:30 p.m. on Fridays, Saturdays and Christmas Eve through Jan. 6.

You can park along Bluewater Bay. If you bring a big car load, drop off guests to not disturb those already at the show. The show can be canceled in bad weather. Check Facebook for daily updates. All donations benefit CALM, 201 Antiqua Way, Niceville.

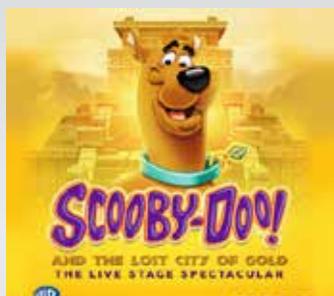


Go to **MattieKellyArtsCenter.org** or call **850.729.6000** for tickets.

scan here for more information



**Lords of 52nd Street**  
January 7, 2022



**Scooby Doo! and the Lost City of Gold**  
January 27, 2022



**The Simon & Garfunkel Story**  
February 7, 2022



**The Golden Girls Show!**  
March 5, 2022



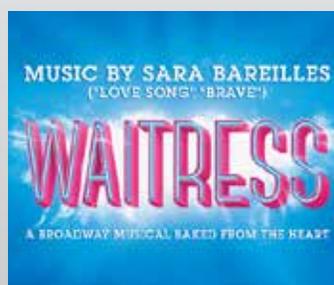
**Menopause The Musical**  
March 19, 2022



**The Price is Right Live**  
April 1, 2022



**An Officer and a Gentleman**  
April 10, 2022



**Waitress**  
April 30, 2022

MATTIE KELLY  
**ARTS CENTER**  
NORTHWEST FLORIDA STATE COLLEGE

**Buy Your Tickets TODAY!**

 Community

# Cultural Arts Alliance Announces Valentine Tour of Homes & Gardens February 12 & 13

The Cultural Arts Alliance of Walton County is excited to announce that early bird tickets are now on sale for the highly anticipated annual Valentine Tour of Homes & Gardens. The tour is known for providing

a rare opportunity to enter some of South Walton's most interesting residences, showcasing stunning interiors, acclaimed architectural design and picturesque settings, which are sure to bring inspiration to tour goers'

winter beach weekend.

With a focus on location, this year's self-guided tour, which is presented by Visit South Walton with additional support from the Florida Department of State, Division of Arts and Culture,



entry per house. Tickets can be purchased in advance on the CAA's website, [CulturalArtsAlliance.com](http://CulturalArtsAlliance.com). Tickets will also be available for purchase at several of the homes throughout the weekend.

will emphasize outdoor living spaces, gardens and interesting courtyards. The event is scheduled for Saturday, Feb. 12 from 10 a.m. - 4 p.m. and Sunday, Feb. 13 from 12 p.m. - 4 p.m.

All net proceeds benefit the CAA's 'Art For All' Program, which provides support to Walton County schools, teachers, students, artists and arts organizations to further arts education in the community.

Tickets are \$40 in advance through December 31, \$45 beginning January 1, 2022 and \$50 the days of the event, valid for the entire weekend with one

Please note that as most of these homes are private residences, they cannot be guaranteed as ADA compliant. Please notify the CAA office in advance for questions regarding access, and best efforts will be made for accommodations.

To volunteer, visit [culturalartsalliance.com/volunteer](http://culturalartsalliance.com/volunteer). Volunteers receive a complimentary event ticket.

For more information about the Valentine Tour of Homes and the Cultural Arts Alliance of Walton County, call 850-622-5970 or visit [CulturalArtsAlliance.com](http://CulturalArtsAlliance.com).

**PROCEEDS BENEFIT THE CAA'S ART FOR ALL PROGRAM**

**Feb 12 | 10am-4pm**  
**Feb 13 | 12pm-4pm**

**TICKETS:**  
Early-Bird Available Online Now: \$40  
Beginning Jan. 1: \$45  
Weekend Of: \$50

Presented by:  
SOUTH WALTON FLORIDA  
CULTURE BUILDS FLORIDA

CULTURAL arts ALLIANCE of walton county

*presents the annual*

*Valentine*  
**TOUR**  
OF  
**HOMES**  
& Gardens  
2022

**TOUR SOME OF SOUTH WALTON'S MOST BEAUTIFUL SPACES**

**Purchase Tickets at the Following Locations:**  
The Foster Gallery in Grand Boulevard | CAA's Bayou Arts Center  
Blue Giraffe in Inlet Beach | Sundog Books in Seaside | Smith's Antiques in Miramar Beach

**PURCHASE ONLINE @ [CULTURALARTSALLIANCE.COM](http://CULTURALARTSALLIANCE.COM)**

## OCSO Provides Hospice Patients with Decorated Christmas Trees

Each year, the Okaloosa County Sheriff's Office teams up with Emerald Coast Hospice to provide each patient with a small, hand-decorated Christmas tree. It started 14 years ago with just 25 Christmas trees. It started with just 25 trees, but this year it grew to approximately 360 trees, enough to fill an entire room.

Each year deputies volunteer to take home a tiny tree to decorate as they choose. The trees, provided by an anonymous donor, are then gifted to Emerald Coast Hospice patients who face life-limiting illnesses in homes or facilities from Panama City to Crestview.

School resource officers decorate a bulk of the trees also, with students in local kindergarten and elementary school classes



applying their decorating skills as well. The Okaloosa County Sheriff's Office headquarters is then transformed into a site to behold with all the trees, complete with festive ornaments and creative decorations, filling a big room. Creativity has no boundaries and the trees are judged. Additionally, the Okaloosa County Sheriff's Office Angel Tree program nearly tripled in size this year, with approximately 270 children set to receive gifts.

# Happenings Around the Bay

## DECEMBER

- 28** | Art Exploration: After School Kids Create  
3pm-4:30pm | Estelle Studio and Gallery | Freeport
- 31** | 80's New Years Eve Party: Purple Monkey Performing  
7pm | Mulligan's Bluewater Bay | Prize for BEST 80's Costume | Niceville  
**Baytowne Countdown**  
6pm | The Village of Baytowne Wharf | Destin  
**Disco Night's Party with Dj Diamond Dam**  
9pm-1am | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville

## JANUARY

- 03** | Bend & Breathe Yoga with Mollie  
8:30am-9:30am | Magnolia Tribe | Freeport
  - 05** | Poses & Poetry with Dr. Lesa  
5:30pm-6:30pm | Magnolia Tribe | Freeport  
**Chess Night: Bartender's Featured Choice Cocktail**  
6pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville
  - 06** | Zumba Gold with Lily  
10:30am-11:30am | Magnolia Tribe | Freeport  
**Music Bingo**  
6:30pm-8:30pm | 3rd Planet Brewery | Niceville
- J. LEON**  
GALLERY + STUDIO  
**Sip N' Stroll**  
FRIDAY, JANUARY 7TH  
5 PM - 7 PM  
FIRST FRIDAY OF EACH MONTH  
JLEONGALLERY.COM  
15320 US HIGHWAY 90, NISAMAR BEACH, FL 32940
- 07** | Sip N' Stroll  
5pm-7pm | J. Leon Gallery + Studio | Destin  
**Lords of 52nd Street**  
7:30pm-9:30pm | Mattie Kelly Arts Center | Niceville  
**Jesse Terry House Show**  
7pm-10pm | Wilkinson Home | Niceville
  - 08** | Prime Rib Night  
5pm-9pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville
  - 11** | Zumba Toning with Lily  
10:30am-11:30am | Magnolia Tribe | Freeport  
**Trivia Night**  
6:30pm-8:30pm | 3rd Planet Brewery | Niceville
  - 14** | Stretch Therapy with Janet  
10:30am-11:30am | Magnolia Tribe | Freeport
  - 16** | Adam Ezra Group  
7pm-10pm | 3rd Planet Brewery | Niceville

## FARMER'S MARKETS

- Niceville Community - Saturdays**  
Dec 25 & Jan 1, 8, 15  
9am-1pm | Palm Plaza | Niceville
- Hammock Bay - 1st & 3rd Sundays**  
Dec 19 & Jan 2, 16  
8am | Victory Blvd | Freeport



## Hello Frances.

### Hello Frances is a podcast for...

curious creatives and nano entrepreneurs who seek knowledge, purpose, and community brought to you by creative firm and solutionist agency, Frances Roy. A lineup of guests, friends, and mentors candidly share their diverse wisdom and experience. This refreshing podcast is an easy addition to your playlist of favorites.



What are the benefits of visualization? Here at Frances Roy Agency, we implement an annual vision board day that allows us to slow down and visualize our short-term and long-term goals for the upcoming year. Setting time aside during the hectic holiday season for visualization is a meditative practice that allows us some time for self-reflection. There is no wrong way to create a vision board so we challenge you to make time, gather your items and let your vision evolve.

Listen Now



SAY HELLO.  
[hello@francesroy.com](mailto:hello@francesroy.com)

VISIT.  
[FrancesRoy.com](http://FrancesRoy.com)

CONNECT.

 Community

# Is the Medicare Open Enrollment Period Important to You?



BY GREG DURETTE

Now that the Medicare Annual Election Period (AEP) is over (ended December 7th), you can finally take a breather from all those ads, phone calls and mailers. Come January 1st, you will have a chance to try out your new Medicare Advantage, Supplement and/or Prescription plan.

If you suddenly discover the plan you selected during the AEP is not right for you, all is not lost. You will get one more bite at the apple to make changes to your plan.

As with many situations, in order to get a good outcome, you first have to ask the right questions. In this case, the questions you should ask first are:

- Did you sign up for a new

Advantage Plan or a stand-alone Part D prescription drug plan during the last Annual Enrollment Period (AEP)?

- Do you have an existing Advantage Plan or a stand-alone Part D prescription drug plan that renewed with a January 1st effective date?

If the answer to either of these questions is yes, then the Medicare Open Enrollment Period (OEP) is very important to you.

The OEP runs annually from January 1st to March 31st.

During this time, Advantage plan holders are given the option to make certain changes to the plan they selected in the AEP.

These allowed changes are:

- Cancel your stand-alone Part D prescription drug plan.
- Drop your Medicare Advantage Plan and return to Original Medicare (A & B only).

- Enroll in a stand-alone Medicare Part D prescription drug plan.

- Elect to change from one Medicare Advantage Plan to another.

Let's take a look at each option a bit deeper. First, why would someone elect to cancel their stand-alone Part D prescription plan? The only reason one could have would be it was being replaced by other qualifying coverage. If you cancel without replacing, penalties will accrue and be waiting for you when you do put this coverage back in place at a later date. Plus, those penalties will be with you for life!

Second, there are a few rare circumstances when it makes sense for someone to cancel an Advantage plan and return to Original Medicare known as Part A and Part B. Usually, this would have something to do

with provider networks which are insufficient for the beneficiary. Again, this rare circumstance would require you to also enroll in a stand-alone Part D prescription drug plan in order to avoid accruing the future penalties I just mentioned.

Again, enrolling in a stand-alone Part D prescription drug plan is a requirement if you do not have qualifying coverage elsewhere and want to avoid those penalties. If you neglected to get that done during the AEP, now is the time to take care of this.

Last, some folks have a change of heart once they see the detailed materials of the Advantage plan they enrolled in during the AEP. Perhaps you find your HMO plan does not have the providers you need but, a PPO plan does. Or, perhaps the terms of coverage are better in a plan different from your

current plan. Maybe, another plan costs less (or even \$0!).

You don't need any reason to switch plans provided you do so before the OEP expires on March 31st. Just remember, you only get one chance to make this change. Once you do, you will have to keep that plan until the next AEP, which begins on October 15th of every year.

The best options for your particular situation should be thoroughly discussed with your insurance agent/broker to make sure you have all the facts about the choices you may be thinking about and, get all your questions answered.

*Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare throughout the state and is based in Niceville. He has been in the insurance industry for over 38 years and can be reached at his office at (850) 842-2400 or his mobile at (978) 509-2941.*





**MIDBAY**  
Flooring and Blinds  
4510 Hwy 20 East  
Next to Winn Dixie  
850-419-8612  
[midbayfloors.com](http://midbayfloors.com)

**Luxury Vinyl Plank,  
Carpet, Tile, Wood,  
Laminate**  
Locally owned and operated!

**15% off  
Installed  
Flooring\***  
Expires 01-31-22.

**FREE  
QUOTES**

**15% off  
Blinds, Shades  
and Shutters**  
Expires 01-31-22.

**CALI VINYL WATERPROOF  
VINYL PLANK STARTING AT**  
**\$2.99** per sq ft.



\*cannot combine discounts, special buys or financing

# Tom Rice Has a Nose for Business – And Charity

BY KENNETH BOOKS

Our Hometown Hero, Tom Rice, has always loved three things: the restaurant business, charity and the U.S. Army. After 28 years in uniform, finishing as a First Sergeant, he retired from the military and made it a point to open his own restaurant, a journey which began when he was just a child.

“I worked in Perri’s Italian Restaurant while I was in junior high school, high school and college,” Rice, 72, said. “I loved it. I loved making pizzas and stirring the sauce.”

Perri’s, located on the site of the Fort Walton Beach Publix supermarket, later became Tom’s first restaurant, a 1950s-style diner. “It was all chrome and glass,” he said. Today, he’s the owner of the Magnolia Grill, a unique eatery that is as much a museum of American history – particularly military history – on Brooks Street, which was moved from the original site to make way for Publix. But the Perri’s influence remained.

“People kept coming in to



Tom Rice displays a directional sign for Camp Walton, the original name of Fort Walton Beach.

the restaurant and asking how to make Mr. Perri’s recipes,” Tom said. Today, he said, about 30 to 40 percent of Magnolia Grill’s entrées are Italian.

To open the current Magnolia Grill, Tom bought a nearby house in 1999, which he moved to the current location 500 feet

away. The move cost about \$50,000.

In 2001, the restaurant was open for business. “The renovation took 18 months, Tom said.

But Magnolia Grill is more than a business. In addition to the great food, the second floor contains artifacts from World

War II, Vietnam and other segments of American history. But that’s not the whole story.

Charities are among Tom Rice’s pet projects. Whether it’s pancake breakfasts aiding the Salvation Army, help for Catholic Charities or other needed and altruistic enterprises, Tom is dedicated to helping to make a difference. He serves as the secretary for Catholic Charities and chairman with the Salvation Army. “We’ve been given a golden opportunity here,” Tom said. “Once in a while, someone will come to us for help. If they’re willing to do some work, I donate pancake mix.” He also donates sweat equity from his family members. For example, his brother-in-law served as Santa Claus during a recent pancake breakfast for the Empty Stocking Fund of the Salvation Army. He’s also helped Disabled American Veterans, and worked on cemeteries for Memorial Day and Veterans Day, providing flags and chairs for those functions. “When the DAV folded in 2010, we continued with the ceremonies,” Tom said. He

also assisted with the construction of the bell tower at Beal Cemetery, a 30-foot-tall edifice, which was completed in time for the 9/11 commemoration in 2014, including the casting of a 300-pound bell, cast in Ohio. The entire project cost about \$500,000, all of which was donated by locals. No government aid was needed.

Tom was part of the founding board of Fisher House of the Emerald Coast, which provides a home away from home for military families to live in during treatments for serious illness or physical or occupational therapy. It’s within easy walking distance of the Eglin Air Force Base Hospital and Veterans’ Clinic. “There are resources being in business,” Tom said.

Tom and his wife, Peggy, have been married for 40 years. They have a daughter, Meghan Gordon, who serves with the ministry at Crosspoint church.

“Life is short,” Tom said. “Make it count. Teach the value of giving. It’s not always money. It’s also time and talent.”

the  
MANOR

at Blue Water Bay

Now hiring compassionate  
Registered Nurses, LPN’s and  
Certified Nursing Assistants (CNA’s)

Join the area’s only locally-owned facility and make a difference in the lives of others.

Immediate positions available for LPN’s & RN’s—all shifts. Positions available for weekend double shifts.

Please apply online: [www.manoratbwb.com](http://www.manoratbwb.com)

Immediate CNA positions available for 7/3, 3/11 & 11/7 shifts. Did you know we offer tuition reimbursement to help you further your career? Limited time offer!

Apply today online: [www.manoratbwb.com](http://www.manoratbwb.com)

Click on Career Opportunities.

(850) 897-5592

1500 White Point Rd.  
Niceville, FL 32578

New wage  
scale was  
effective  
Nov. 1, 2021



 Community

## Bay Buzz

### Harvest Wine & Food Festival Raises Over \$100,000 For Local Children!

Imagine casually strolling through WaterColor's picturesque property soaking up filtered sunlight emanating through the trees, experiencing a crisp, warm Gulf breeze while sipping on the most delicious wine and tasting coastal culinary cuisine while live music resonates.

This year's Harvest Wine and Food Festival was one of those Chamber of Commerce afternoons when you have to pinch yourself as a reminder it's reality. And the event raised more than \$100,000 for local children.

The wine festival, presented by the Destin Charity Wine Auction Foundation which supports 16 local children's charities, was back this year for four days of epicurean excellence. Held in November, the sold-out event featured high-end wines from around the world and the best culinary selections from throughout the southeast. It also included wine dinners and the return of the famous Grand

Tasting. Wines were paired with seafood, barbecue and other delectable delights. Craft beer and spirits were also prominent for those who prefer it.

A virtual auction featuring rare wines, unique items, and experiential trips was active throughout the festival weekend. Proceeds benefit DCWAF and its mission to connect wine enthusiasts to raise money benefiting children in need in Northwest Florida. Since its inception in 2005, DCWAF has donated more than \$25 million to its 15 partner charities, impacting the lives of more than 100,000 children in the local community.

### Bloody Mary Festival Raises \$30,000 for Habitat for Humanity-Walton County

The annual Bloody Mary Festival, held in October and powered by Step One Automotive Group, raised \$30,000 for Habitat for Humanity - Walton County, a record-breaking amount for the festival. The sold-out event welcomed more than 1,000 guests and featured unlimited tastes of the Emerald

Coast's most creative and inventive Bloody Marys made with Distillery 98's local Dune Laker vodka served by 17 of the finest restaurants, bars, and catering companies in Northwest Florida.

Guests voted for the coveted People's Choice Awards for the "Best Bloody Mary in South Walton:"

- 1st Place People's Choice Award – The Beach House**
- 2nd Place People's Choice Award – Cannery Lane Cantina**
- 3rd Place People's Choice Award – Camille's at Crystal Beach**

A panel of select food critics and local celebrities also judged each Bloody Mary:

### Judge's Choice Award – Signature Catering of 30A

All awards were custom made by local artist, Maxine Orange.

### "Eggs on the Beach" Cooking Competition Raises \$39,500 for Local Non-Profit Organizations

Presented by Bay Breeze Patio, the 7th Annual Eggs On



the Beach cooking competition raised \$39,500 for local non-profit organizations, including its two non-profit partners—Fisher House of the Emerald Coast and Food for Thought. Held at Seascape Resort in October, the family-friendly event welcomed more than 600 tasters and volunteers who sampled an array of delicacies cooked on Big Green Eggs by 22 cook teams. Food for Thought and the Fisher House of the Emerald Coast, received a \$16,250 donation.

"Once again, our cook teams delivered deliciously creative bites, which ranged from shrimp and grits and tuna dip to pork belly, chicken and sausage bites

to bananas foster dessert," said Bay Breeze Patio co-owner and event founder Susan Kiley. "It was such a fun day and it was humbling to see the community come together once again to support great local causes."

In addition, \$7,000 was donated to four local non-profits whose cook teams impressed tasters and earned the most votes. Healing Paws for Warriors served the winning bite and earned \$3,000. The Eggstras cooked for South Walton Academy and earned second place and a \$2,000 donation. Sinfonia Gulf Coast and Boys and Girls Club of the Emerald Coast tied for third place. Chef Pam Wellborn of 30A Destin Ice House cooked for Sinfonia and earned a \$1,000 donation. Going toe to toe with Sinfonia, the Boys and Girls Club of the Emerald Coast presented their scorched chicken wings earning \$1,000.

Overall winners included: 1st Place: Healing Paws for Warriors, 2nd Place: Saltwa-

*Continued on next page*

CELEBRATING 15 YEARS IN BUSINESS  
**15**  
 Years  
 Thank You!

Enjoy  Ride.  
**EccoMotors**  
 Sales | Custom Builds | Service | Rentals | Storage

36058 Emerald Coast Parkway (Across from Regatta Bay) Destin | 850-837-2600 | EccoMotors.com



SUPERINTENDENT  
MARCUS CHAMBERS

## A Vision Becomes Reality in Our Schools

In the Spring of 2021, a vision came to fruition. Superintendent Marcus Chambers and Commissioner Mel Ponder partnered together to develop the Okaloosa Youth Leadership Council (YLC) which consists of Juniors and Seniors from each high school in the district. These students were nominated to be on the council by their principals. The council includes 11 students who meet once a

month to discuss topics that are important to them and changes they would like to see not only in the school district but also in the county.

Two school-related topics the YLC came up with are establishing suicide prevention programs in more schools and providing financial literacy courses for high school students. HOPE Squad is an organization that focuses on peer-to-peer suicide

prevention. According to Mr. Chambers, HOPE Squad will be in all secondary schools by the end of this school year with plans to introduce it to primary schools the following school year. This will be possible thanks to the recent grant that United for a Good Cause, the organization that sponsors HOPE Squad in our schools, received from IMPACT 100. Superin-

tendent Chambers expressed his gratitude to United for a Good Cause and IMPACT 100. "Support for the ongoing mental and emotional health of our students is a critical component to ensure their continued academic success. We have significantly increased resources in this area, and HOPE Squad is a valuable component of our efforts."

*Continued on page 14*

### BAY BUZZ

*continued from previous page*

ter Restaurants and 3rd Place BE-CI. Judge's Choice winners include 1st Place: Brock Landscaping Cooking for Fisher House of the Emerald Coast, 2nd Place: Blue Angels Foundation and 3rd Place: Saltwater Restaurants.

Eggs on the Beach has donated more than \$205,500 to local non-profits since its inception in 2013. For more information, visit [EggsOnTheBeach.com](http://EggsOnTheBeach.com). For more information about the Big Green Egg, visit [BayBreezePatio.com](http://BayBreezePatio.com).

### Gulfarium Expanding

The Gulfarium is adding a new stadium and dolphin exhibit with three primary pool habitats—a show pool, exhibit pool (with a large split-level underwater viewing area) and encounter pool. The proposed show stadium will have an occupancy of 480 people and include stadium-style seating areas with overhead shade canopies. The existing show stadium will be closed and replaced with a new attraction in the future.

The expansion will include a new dolphin show stadium, dolphin encounter pool and dolphin viewing area. Plans are for the complex in the proper-

ty's northwest portion will be expanded to more than 31,000 sq. ft. There are no plans to stop dolphin shows in the meantime. The current show stadium will be transformed into a new attraction when the project is over

Established in 1955, the Gulfarium not only provides family-oriented entertainment, they also facilitate conservation, research, education and community enhancement. For example: The C.A.R.E. Center has treated 640 endangered sea turtles; school field trips and hands-on experiences are ongoing as well as pier and beach clean-up events.

### 2021 Niceville Valparaiso Community Christmas Parade Winners

#### Special Awards

Grand Marshal's Choice: Holt-Phillips Services  
President's Choice: Twin Cities Hospital

#### Commercial

1st Place: Costa Enterprises McDonald's  
2nd Place: Berkshire Hathaway PenFed Realty  
3rd Place: Legendary Boating Club

#### Club/Non-Profit Adult

1st Place: Niceville Church of Jesus Christ of Latter-Day Saints  
2nd Place: Niceville Christian Church  
3rd Place: Crosspoint Church

#### Non-Profit Youth

1st Place: Niceville Flag Football  
2nd Place: Niceville High School Robotics Team  
3rd Place: Girl Scout Troop 2067

#### Marching & Performing Units

1ST Place: Twinkling Twirlers



# Ice Cream & Arcade

## NOW OPEN AGES 1-100!

**Large Variety of Gourmet Coffees, Teas and Frappuccinos**

**32 Flavors of 5 Star Creamy Wisconsin Ice Cream**

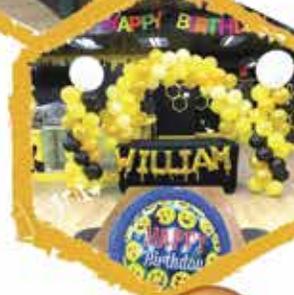
**18 Flavors of Stir Fried Ice Cream    24 Flavors of Snow Cones**

**Popcorn    Hot Dogs    Large Selection of Snacks**

**Complete With an Arcade with a Variety of Games and Rides.**

**6 a.m. - 10 p.m. 7 Days a Week**  
**703 John Sims Pkwy E Niceville, FL 32578**

**www.facebook.com/honeybeeicecreamandarcade (619) 565-0365**

**Book Your  
Birthday  
Party Today!**

 Community

# The Gift of a Sound Personal Insurance Portfolio?



BY JOE CAPERS,  
INSURANCE ZONE

In a recent edition we focused on the details of a sound Business Insurance Program. Similar parallels can be established for your equally important Personal Insurance Program. Personal lines insurance is designed to offer protection for individuals and families rather than organizations and businesses. The most common types of personal insurance are property and casualty insurance which includes homeowners, condo, renters and auto insurance. The rates of insurance vary depending on geographic locations and the level of risk that an individual may have.

In our state of Florida, some types of personal lines insurance are required while others are strongly recommended. All Florida residences must have auto insurance which covers drivers while commuting to

work, running errands and for other personal reasons and while used in business pursuits. On the other hand, homeowners, condo unit owners and renters insurance protect against damage to residences and personal assets.

Ultimately, insurance is about safeguarding one's family from life's uncertainties – and life does indeed have uncertain and unexpected events. Personal insurance adds that extra layer of protection that can give you peace of mind in today's world.

Below is a sampling of personal insurance coverage that are recommended for you and your family:

**Homeowners & Homes Under Renovation or Construction** – Protects your home the way it protects you by choosing the proper coverage that meets your needs.

**Condo Unit Owners** - Your condo association may have insurance, but your individual unit has its own coverage needs. Condo insurance protects your dwelling elements, personal property and liability.

**Renters Insurance** – Can be structured to cover more than just your personal property, and personal liability is just one example.

**Rental Property or Landlord Insurance** – Protects your property investment for you as a

rental property owner.

**Auto Insurance** – Protection that gives peace of mind when on the road.

**Flood Insurance** – Homeowners does not cover flooding so flood insurance will protect against floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact our area.

**Boat and Yacht Insurance** – Know that you, your guests and vessel are protected so you can enjoy your time on the water.

**Umbrella** – This high limit coverage goes above your personal and auto liability policies to protect you from unexpected and catastrophic events.

**Jewelry and Collections** – For those special items and valuables that your homeowners coverage will have severe limitations.

**Motorcycle and RV Insurance** – Provides liability protection for you and your machine.

**Home Office Liability** – As more individuals are now working from home, make sure you have protection for this often-overlooked exposure.

**Life Insurance** – Whether term or permanent, life insurance can provide income, final expenses, transfer an inheritance and business continuation.

**Pet Insurance** – You know



I would not leave off this vital protection to cover the health for our precious animals.

There are many choices in the marketplace when it comes to your personal insurance program – especially automobile and homeowner coverage. We recommend you work with an agent and agency that will take the time to get to know you, your family, and your insurance needs. One that can search the marketplace for the correct combination of coverage and price to meet the insurance requirements of you and your family.

You've worked hard to attain your assets and this is a great time of the year. Let a personal lines specialist provide you with the gift of a Personal Insurance

Program that will protect you with sound insurance products.



*Insurance Zone, founded by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Niceville, Freeport, Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on [www.ins-zone.com](http://www.ins-zone.com) and watch several informative videos on 'Homeowners, Condo and Umbrella Liability', or call 850.424.6979.*



HOME • WIND • FLOOD  
CONDO • BOAT • UMBRELLA  
LIFE • BUSINESS INSURANCE

Another in a series of Capers Family Adventures

**DON'T LET THE GRINCH STEAL YOUR CHRISTMAS!**

GET COVERED by Santa Joe and Insurance Zone!



**iz iz**

(850) 424-6979  
[www.ins-zone.com](http://www.ins-zone.com)

on 30A & 98




## Get the Smile You Deserve

### Smile with Confidence Again

- Are you embarrassed about smiling in front of people?
- Do you ever put your hand up to cover your smile?
- Do you dislike your smile in photographs?
- When you look through magazines, do you envy the models' smiles?
- Do you wish your teeth were whiter?
- 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.**



**GULF COAST DENTAL**

**Call today to schedule a personal FREE consultation**

**GULF COAST DENTAL**  
Steven G. Robinette, DDS  
(850) 897-9600  
4566 Hwy 20 East Ste 108  
Niceville, FL 32578  
[gulfcoastdental.com](http://gulfcoastdental.com)









 Off the Hook

## Okaloosa Darter Deemed Recovered

The U.S. Fish and Wildlife Service recently announced the proposed delisting of the Okaloosa darter from the threatened and endangered list under the Endangered Species Act. The population is being managed so well, the small fish is making major strides in its fight for recovery, according to the USFWS. "I'm very excited to be here celebrating this triumphant moment for the darter and everyone who's been working for so long (to rescue the fish)," said Shannon Estenoz, Assistant Secretary of the Department of Interior for Fish, Wildlife and Parks.



U.S. AIR FORCE PHOTO/ILKA COLE

Originally listed as endangered in 1973, the Okaloosa darter is roughly a two-inch, perch-like fish known to occur only in six clear stream systems draining into two Choctawhatchee Bay bayous in Walton and Okaloosa counties in northwest Florida. In 1973, less than 1,500 individual darters remained.

Approximately 99 percent

of this watershed drainage area is under Eglin's management as is most of the darter's present range. The remainder of the watershed and the species' range lies within the Niceville and Valparaiso urban areas.

The Okaloosa darter has significantly grown in population and is now being considered for delisting as a threatened and endangered species under the Endangered Species Act. The Eglin Air Force Base range area makes up 99% of the fish's natural habitat.

Working in partnership, the Service and the base accom-

plished a significant number of recovery efforts for the darter. Eglin's natural resource managers estimate as of 2021, the darter's population skyrocketed to more than 600,000, earning the right to be considered de-listed by USFWS. "Effecting positive change for a species to the point where reclassification is justified is a monumental task taking years of hard work and dedication from many professionals across multiple organizations. I am proud to have been a part of this accomplishment," said Bruce Hagedorn, Eglin Natural Resources chief.

According to Col. Joseph Augustine, 96 Test Wing vice commander, the tiny fish's impact to northwest Florida's ecosystem is huge. "The Okaloosa darter may be small in stature, but it has an outsized impact on our local environment. Its complete endangerment would have resulted in a lasting impact in the balance of our creeks and streams on Eglin reservation and the surrounding areas we call home," said Augustine.

The process of delisting a species can take anywhere from six to nine months, according to the USFWS.

## Janae Erickson Wins Niceville Mural Design Contest

At a recent Niceville City Council meeting, Amanda Grandy and Councilwoman Cathy Alley announced Janae Erickson as the Niceville mural design winner with an unveiling of the winning artwork. Erickson has lived in Niceville since her father retired from the Air Force in 1997. She graduated from the University of Central Florida with a Bachelor of Fine Arts degree in 2010 and brought her talents home to Niceville where she works as the Art Director for Frances Roy Agen-

cy. Erickson and her husband, David live in Niceville where they are raising two sons. "I am honored to have my artwork displayed in my hometown, and I owe a special thanks to Amanda Grandy for spearheading this project," said Janae Erickson, Mural Winning Artist.

The mural design is a graphic representation of Niceville's history. Anchored by the name "Niceville" in bold yellow lettering, the design is surrounded by a water background with illustrations from left to right depict-



ing a historical timeline. Starting with the 1868 establishment of mail service to Boggy Bayou, a graphic story unfolds telling a tale of community and growth through the years.

"The intention of this mural was to show off the history of our community while con-

tinuing to add to its landscape. Trying to capture the spirit of Niceville, a concept which is clearly represented by the mural as the center focus of our town. Janae's design does exactly this, the mural she created was perfection! It embodies many important historic details

of Niceville and will be placed in the center of town for all to enjoy," said Amanda Grandy, Mural Project Coordinator. Future plans for the installation of the mural are to be announced.

### SCHOOLS

*continued from page 11*

There are currently two high schools in the Okaloosa County School District that offer financial literacy courses for students to take. Plans are underway to offer financial literacy in all high schools at the recommendation of this student group. Commissioner Ponder said, "It is such a great honor to have the support from my fellow commissioners to partner with Superintendent Chambers and the Okaloosa County School District with our outstanding Youth Leadership Council. It is so encouraging to bring this amazing group of current and future leaders together in a setting that adds to their leadership, strengthens their bond to work together, and challenges them to submit policy and project ideas to benefit both the District and County alike."

**BLUE-WAVE BOATS**

Meet Makaira...  
this is the boat you've heard about.

Named Florida Sportsman BEST BOAT 2019

**FLORIDA SPORTSMAN BEST BOAT**

**CAPTAIN'S CHOICE**  
BOATS SERVICE

538 Eglin Pkwy NE Fort Walton Beach, FL 32547  
[www.captainschoiceboats.com](http://www.captainschoiceboats.com) | 850.862.9111

See Makaira & the Blue Wave Fleet at Captain's Choice. The right choice for your Boating needs.



# Fourth Sculpture Installation Planned for Underwater Museum of Art

The Cultural Arts Alliance of Walton County (CAA) in partnership with the South Walton Artificial Reef Association (SWARA) join two of South Walton's most cherished resources, the arts and the Gulf of Mexico, with the Underwater Museum of Art (UMA). Named by TIME Magazine as one of 100 of the "World's Greatest Places," the UMA is the first and only permanent underwater sculpture museum in the U.S. located off the coast of Grayton Beach State Park in South Walton.

The UMA has been featured in online and print publications including National Geographic, Lonely Planet, Travel & Leisure, Newsweek, The New York Times and more. As part of the CAA's Art In Public Spaces program, the UMA also augments SWARA's mission of creating marine habitat and expanding fishery populations while providing enhanced cultural, economic and educational opportunities for the benefit, education and enjoyment of area residents, including students and visitors. The project is supported by Visit South Walton, the National Endowment for the Arts, Visit Florida, The Alys Foundation and the Florida Department of State, Division of Arts and Culture.

Artist applications are in and the CAA has obtained a panel of arts and marine environment specialists to review the applications and select proposals for completion and installation. They will be considering a demonstrated history of collab-

oration completing large- and small-scale public art projects. Then the selected artists will be commissioned to develop design proposals and create a 3D piece of original artwork to be permanently installed in the Underwater Museum of Art. Each artist will receive a \$6,500 stipend inclusive of design fees, materials, labor, fabrication, construction, packing materials, shipping and transportation.

Once selections are made, artists will be notified and have approximately five months to complete and deliver work to Walton County where the completed sculptures will be exhibited on land before being transported to Walter Marine in Orange Beach, Ala., to be attached to custom pedestals. Sculptures will then be taken by barge to the Gulf and carefully submerged at roughly 60 feet to the floor of the Gulf of Mexico.

The UMA is produced in conjunction with SWARA's existing USACOE and FDEP permitted artificial reef project that includes nine nearshore reefs located within one nautical mile of the shore in approximately 60 feet of water. The first phase of the UMA project included seven pieces of sculpture installed in June 2018 with the second phase of ten more sculptures deployed in June 2019 and the third phase, which was postponed due to the pandemic, of eight sculptures was successfully deployed in February 2021 bringing the total number of UMA sculptures to 25.

Through the CAA's Art on Demand program and in part-

nership with Alys Beach, 30A.com, Dive30A and Florida Department of State, Division of Arts and Culture, the sculptures are periodically highlighted with a virtual Art on Demand event where you can discover this buried treasure. The most recent episode highlighted how this permanent sculpture garden came to exist from concept to creation and all

points in between. The sculptures quickly attract a wide variety of marine life and, over time, metamorphize into a living reef providing a much-needed habitat for local marine life and fisheries as well as providing marine scientists, wildlife management professionals, ecologists, and students, with an opportunity to study marine life and measure the impact of artificial reef systems on the Gulf ecosystem.

This event is viewable post-premiere on the CAA's website at CulturalArtsAlliance.com. Check the 30A Facebook page for upcoming virtual and other events. For project sponsorship information, visit [UMA-FL.org](http://UMA-FL.org).

*SWARA is a grass-roots, 501(c)(3) organization dedicated to raising funds to build permitted, beach accessible, artificial reefs in the gulf coastal waters of South Walton County*



Florida for the benefit and health of environment and community. To join SWARA in making a difference, visit [SwaraReefs.org](http://SwaraReefs.org).



**Full Service Mobile Marine Company**  
locally owned by a Certified Marine Technician.

We provide a wide array of **service and repairs** on any marine vessels and trailers, not just boats. Servicing **both gas and diesel** marine vessels from simple repairs to the more strenuous labor, we do it ALL.

Unable to **secure your watercraft** in the event of bad weather? Call us and we will take care of the rest for you.

**Need a Captain?**

We will provide a Captain for your boat excursion.

**(850) 598-8429 | Niceville, FL**

**Lj SCHOONERS**  
Docksides Restaurant & Oyster Bar

**Prime Rib Night Wine Tasting**  
**Jan. 12th**

Prime Rib 5-9 p.m. | Wine Tasting 5-7 p.m.

**13th Anniversary Celebration Jan. 15th**

Live Entertainment 6-10 p.m.

**FOOD SPECIALS ALL DAY**

**Gumbo Tasting**  
**Jan. 29th**

Come out and try a taste of our famous Gumbo 4-6 p.m.!

**HAPPY HOUR SPECIALS**

**David Gautreau**  
**6-10 p.m.**



**Oyster Bar Hours:** Mon.-Tues. Closed, Wed.-Thurs. 3pm-10pm, Fri.-Sat. 11am to midnight, Sun. 9am to 9pm  
**Restaurant Hours:** Mon.-Tues. Closed, Weds.-Sat. 11am to 9pm, Sun. 9am to 4pm, Sunday Brunch 9am to 1pm

 Dining

# Local Dining, Drinks, Coffee and Holidays!



shrimp & grits, pasta dishes or steak specials including Brothers Top Sirloin, Delmonico, Rib-eye and Queen's Filet Mignon. Come on by and "taste" for yourself! Or checkout the Brothers Kitchen Facebook page for the daily specials and call, stop in or order ahead. Pre-order for the weekend 24 hours in advance: Smoked whole pork butt, full or half racks, barbecue smoked meatloaf, smoked wings all slow-smoked on the Big Green Egg. And don't forget the sides! For Christmas or New Year's, Brothers Kitchen is offering special options for Pre-Order Pickup.

### Brothers Kitchen

Brothers Kitchen is a casual, Southern-style restaurant, a place where you can get all your comfort food favorites. Blue Plate Specials are featured each day—meaning you choose one meat and two of many vegetable options from the daily list. And there's so many home-style choices such as Country Fried Steak, Pork Bar-B-Que or Smoked Chicken Breast. Or pair super fresh salads, turnip greens, fried okra, potato wedges or mac 'n cheese with the famous Boss Burger. Nightly specials vary each evening, but can include grilled or fried fish,

Call 850-842-2687 to place your order! All the Time: Dine In, Curbside, Pickup, Delivery, Outside Dining

Open Monday - Saturday, 11 a.m. - 9 p.m. Closed Sunday.

(850) 842-2687

4538 E. Hwy. 20, Niceville

Facebook @LoveBrothersKitchen

### JoJo's Coffee and Goodness

Owner and operator Angela "JoJo" Stevenson invites you to enter a cafe and relaxed coffee



shop atmosphere for a daily dose of "goodness." Her dream team bakes fresh breakfast and lunch daily—Tuesday-Saturday. Feel free to work on site (free WiFi) or meet up with friends or family. Stop in for Cinnamon Rolls; Scones: Cranberry Orange, Chocolate Caramel and Cheddar Thyme; Strawberry Coffee Cake; Cranberry Orange Muffins; Red Velvet Cookies; Brownies with Espresso Ganache or Caramelitas! Try a Breakfast Special with a piece of Quiche or Kolache-Hashbrown Casserole. Breakfast Burritos are rolled and ready daily! Choose from Andouille, Bacon, Cho-

rizo or Veggie. Or tantalize your taste buds with a made-to-order Breakfast Sandwich on Croissants or Bagel with two eggs and cheese and then choose if you want to add Jojo's homemade smoked jalapeño beef bologna, bacon, house smoked barbecue or ham! Cinnamon Rolls and Kaloches still hold the top spot for SELL OUTS! Stop in for featured Muffins, Coffee Cake or Pound Cake which go great with Maple Cinnamon Latte or Caramel Macchiato!

Every day is a day for freshly Roasted Coffee and GREAT DOSES OF GOODNESS! Order ahead and pick up some for the office, a gathering or your next meeting! Or pick up some for Christmas or New Year's holiday offerings! Tickets are available for Reindeer Cookie Wreath on Dec. 22! Book online at [bigorangehousedesigns.com](http://bigorangehousedesigns.com).

Hours 7:30 a.m. - 2 p.m. Tuesday - Saturday

(850) 737-6194

4652 Hwy. 20 East, Niceville [bigorangehousedesigns.com](http://bigorangehousedesigns.com)



### 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 6 free.

Disco the night away at the rockin' New Year's Eve party at LJ Schooners and Diamond Dan DJ! Dinner specials will run from 5-9 p.m.

Join LJ Schooners for a Prime Rib Night and Wine Tasting, Jan. 12th from 5-9 p.m. with the Wine Tasting from 5-7 p.m. Then the 13th Anniversary Celebration is on Jan. 15th with live entertainment from 6-10 p.m. and food specials all day! And don't forget the Gumbo Tasting, Jan. 29th from 4-6 p.m. with happy hour specials and live music with David Gautreau from 6-10 p.m. Call to order take-out and pick-up in the L.J. Schooners Oyster Bar or call when you arrive for curbside pick-up.

Dine-in, Pick-up, To-Go

Open Wed.-Sat. 11 a.m. - 9 p.m., Sun. 9 a.m. - 4 p.m.

(850) 897-6400

290 Yacht Club Dr., Unit 200, Niceville

[bluewaterbaymarina.com/schooners](http://bluewaterbaymarina.com/schooners)



*We are open and happy to see you!*

**Breakfast: Bakery • Quiche • Breakfast Sandwiches**

**Lunch: Chicken Salad • BLTs • Paninis • And MORE**

*Inside & Outside Seating Available 7:30 a.m. - 2 p.m. Tues. - Sat.*

Worried about getting out? NO CONTACT pick up still available.

Looking for event space? Give us a call!



**Come create with us! ART CLASSES FOR ALL AGES!**

*We do PARTIES! Kid's Birthdays • Girl's Night Out Team Bonding • Office Gatherings • We can host HERE!*

FOLLOW US FOR CLASS SCHEDULES:   

4652 HWY. 20 EAST • NICEVILLE • (850) 737-6193

[bigorangehousedesigns.com](http://bigorangehousedesigns.com)



**Daily Blue Plates:** Choose 1 Meat & 3 Vegetables

Soups - Salads - Burgers - Sandwiches

Fish - Steaks - Kids Menu

Draft Beer Growlers Available

**OPEN MONDAY - SATURDAY 11:00 AM TO 9:00 PM**

**850-842-2687 | 4538 E Hwy. 20, Niceville**

# The Emerald Coast Classic and the Doolittle Raiders

BY DOUG STAUFFER

Knowing history is essential for several reasons, not the least because history serves as one of our best teachers. In *The Life of Reason*, the American philosopher George Santayana wrote, "Those who cannot remember the past are condemned to repeat it." The history I will share is not near so ominous as it refers to a basketball tournament at a historic location.

Okaloosa-Walton Junior College opened in 1963 with the nickname "Raiders" in honor of Jimmy Doolittle and his crew. These brave pilots were responsible for the Tokyo Air Raid in retaliation for the Japanese bombing of Pearl Harbor, with mission training beginning at a tiny airfield at Eglin Air Force Base. On April 18, 1942, sixteen B-25s, dubbed the "Doolittle's Raiders," took off from the deck



PHOTO BY DOUG STAUFFER

of the U.S.S. Hornet en route to bomb Japan. You might be wondering what this has to do with a basketball tournament.

Everyone needs to experience the hidden gems located in North Niceville. I am referring to the college, the state-of-the-art Mattie Kelly Arts Center, and the top-notch basketball arena at Northwest Florida State College. This sleek, modern complex rivals some Division 1 programs in its atmosphere, with a seating capacity of just under 2,500. This facility has fielded some great teams, but there is more. The basketball facility houses an impressive World War II display located on the east side dedicated to former Air Force General Jimmy Doolittle.

In 2008, the school's name changed to Northwest Florida State College. Since 2014, the college has hosted the Emerald Coast Classic, a premier college basketball tournament televised nationally on the CBS Sports Network. It has become one of

the country's more popular college basketball tournaments. I urge all sports fans in the panhandle region to experience the Emerald Coast Classic during Thanksgiving week. This year's Emerald Coast Classic started on Friday evening with two exciting overtime games in the semi-finals.

LSU beat Penn State 68-63 in overtime to advance to the championship game. The environment was boisterous and exciting. I mean loud, loud, loud. The second game also went into overtime, with Wake Forest defeating Oregon State 80-77.

On Saturday, Penn State handily defeated Oregon State 60-45, while LSU beat Wake Forest in the title game 75-61. It is hard to believe the caliber of basketball taking place in this arena during the Emerald Coast Classic, but this venue is a gem for more reasons than just this tournament. Mark your calendar for next Thanksgiving; you will be pleasantly surprised! I know I was.



*Great rates...  
great lenders!*

**Carol Beason**  
(850)-279-4072  
cbeason@bankccb.com  
NMLSR # 1256131  
Loans subject to credit approval




Andalusia | Opp | Crestview | Niceville

BANKCCB.COM



## Rocky Bayou Basketball

TUE 4-JAN	ALETHIA	AWAY	4:30JV/5:30G/7VB
THU 6-JAN	PONCE DE LEON	HOME	4:30JV/5:30G/7VB
FRI 7-JAN	DESTIN HIGH	AWAY	6:30VB
TUE 11-JAN	PCA	AWAY	4JV/5G/6:45VB
FRI 14-JAN	BETHLEHAM	HOME	4:30JV/5:30G/7VB
TUE 18-JAN	PCA	HOME	4JV/5G/6:45VB
FRI 21-JAN	AUCILLA	AWAY	4:30JV/5:30G/7VB
SAT 22-JAN	ALTHA	AWAY	4:30JV/5:30G/7VB
TUE 25-JAN	PONCE DE LEON	AWAY	5:45JV/7VB
THU 27-JAN	BOZEMAN	HOME	4:30JV/5:30G/7VB
FRI 28-JAN	BAKER	AWAY	4:00JV/5:00VB/6:30G
TUE 1-FEB	CALVARY	AWAY	5:00VB
THU 3-FEB	FREEPORT	HOME	5:15JV/6:30VB
FRI 4-FEB	DESTIN HIGH	HOME	1:00VB
TUE 8-FEB	DISTRICT SEMI FINALS		RBCS TBA VB
FRI 11-FEB	DISTRICT CHAMPIONSHIP		RBCS 7:00 VB

JOIN NOW AND SAVE!



JUST

\$19

Month to Month



WORKOUT ANYTIME®

Your Fitness. Your Schedule.

*Basic Monthly Membership \$19 • Premium \$29 • Friends & Family \$39*

**Niceville**  
850.481.3999

**Ft. Walton Beach**  
850.533.0555

**Destin**  
850.428.2333

 Wellness

# Are You Getting Your Best Sleep?



By DR. RICHARD CHERN, MD

As we age, it seems like it's more difficult to get a good night's sleep. For some of us, it's harder to fall asleep and others have difficulty staying asleep. Then there are those who have difficulty with both falling asleep and staying asleep. A lack of sleep leads to daytime sleepiness, an inability to concentrate, emotional instability, poor decision making and a decrease in mood. A lack of sleep

is also associated with increases in disease such as Alzheimer's, diabetes, heart disease, depression and more. It's easy to see how important a good night's sleep is.

It should not be a surprise that the main reason sleep problems occur as we age is from dysfunction in our hormones. After age 40, the amount of sleep problems that occur from a lack of hormones increases rapidly. Progesterone plays a



major role in the ability to fall asleep at night. By dosing progesterone correctly, we are able to eliminate those hours of staring at the ceiling waiting to fall asleep. And with the proper use of testosterone and estrogen, we are able to get your sleep cycles to continue not only through the night, but also well into the morning. You can say goodbye to those mornings of waking up at 3 a.m. staring at the ceiling trying to decide if you should start your day or fight that losing battle to get a few more hours of sleep.

ing of well-being are far more important.

As always, keep in mind that what is considered "normal" or "reference range" is not the same as optimal. A quick example of this is your Vitamin D level. A level of 30-100 is considered normal, but levels below 40 are associated with a 40% increase in cancer and levels below 50 are associated with a 6x increase in breast cancer. Are you going to be happy with a level of 35? Does your doctor know what the optimal ranges are of hormones that they rarely, if ever, even order? If you have to ask your doctor to order the lab, do you think they are going to know how to interpret the result? Come see us and get your labs done. Let the experts evaluate your levels.

*Dr. Richard Chern, MD specializes in hormone optimization in both women and men. He travels throughout the U.S. teaching doctors how to properly optimize hormones in men and women, including providers here in Northwest Florida. Dr. Chern along with nurse practitioner Sue Griffin ARNP are both currently accepting new patients. Call (850) 830-3012 today to make an appointment. It will be a life changing event.*

Most people think of hormones as only affecting libido or sexual function. In my mind, these are the least important reasons to consider hormone optimization. Improving sleep, waking refreshed and ready for the day, reducing your risk of disease and death, reducing your risk of multiple different cancers, improving your mood and increasing your overall feel-



### DID YOU KNOW

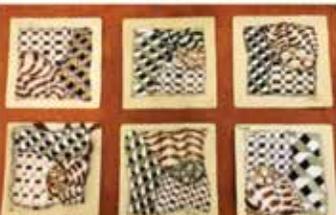
Your Mattie Kelly Arts Foundation donations benefit its ArtsReach education initiatives throughout the community?

2021 Highlights



- ARTS EMPOWER
- ARTS FOR ALL ABILITIES
- WARRIOR ARTS
- "NATURE ROCKS!"
- PAINT THE MUSIC

Learn more at [MKAF.org/ArtsReach](http://MKAF.org/ArtsReach)


To learn more or become a member, visit [mkaf.org/membership](http://mkaf.org/membership).



The HORMONE Restoration Center

Look Healthy. Feel Alive

Remember feeling young?  
Feel it AGAIN!

Now offering  
Weight Loss Treatment!



Dr. Richard Chern, MD

12889 Hwy 98W, Suite 107B  
Miramar Beach, FL  
850-837-1271



thehormonerestorationcenter.com

MEDICAL MARIJUANA



FLORIDA MEDICAL MARIJUANA PHYSICIAN  
CONSULTATION & CERTIFICATION  
850-213-1215

OFFICES IN PENSACOLA, SANTA ROSA BEACH & PANAMA CITY | [THEKAYALIFE.COM](http://THEKAYALIFE.COM)



April Pretz, APRN, FNP-C, Member

By Appointment Monday - Friday 8 AM - 4 PM

Offering Same Day Acute Appointment  
Medical Primary Care - Ages 2 and up

IV/Hydration Lounge  
Botox • Fillers • And More

Located in the Palm Plaza Shopping Center  
850-842-3128 • 1049 John Sims Pkwy., Ste. 2, Niceville  
[www.easycareclinicniceville.com](http://www.easycareclinicniceville.com)

# Jump Start Your Health!

BY AMY MILLIGAN

As we relish our holiday fare, most of us are rolling into 2022 with a list of New Year's goals. Drink less. Eat better. Exercise more. Lose a few pounds. **STAY HEALTHY.** If health is on your mind, CRYO850 is a unique, locally owned spot in Destin worth visiting. While cryotherapy is at the heart of the center, you'll find a long list of drug-free services beyond the cold. While everything is offered a la carte, most take advantage of the The Wellness Circuit which offers access to six therapies including: Infrared Sauna, Red Light Therapy, Whole Body

Cryotherapy, Localized Spot Treatment Cryo, Vibration Plates and Compression Therapy. Membership offers access to the Circuit on a consistent basis. Visitors and first-time guests can enjoy the same services via a day, week or two-week pass. Beyond the Circuit, Pagani Muscle Recovery Therapy is a favorite for sore and strained muscles. Alternating hot and cold application creates the same healing as hours with heat and cold packs. For additional pain management and relief, the all-new Cocoon Fitness POD takes recovery to a higher level with combined heat, light and full body vibration.

For a combined treatment of both health and esthetics, try our Pagani Detoxing. This popular body contouring treatment eliminates toxic subcutaneous fat and shaves off inches for both a slimmer and healthier body. Combine with sessions in the Cocoon Fitness POD to move the lymphatic system and you'll see exponential results! Interested in weight loss? Studies show a visit to the cryo chamber burns anywhere from 400-800 calories. If you are looking to retain or regain that youthful glow, Pagani Collagen Enhancement Facials and Cryo Facials keep the skin taut and young with the

glow we all love. We've also seen great results with skin tightening and cellulite reduction.

CRYO850 is extending a handful of Holiday Specials to Bay Life! readers through the month of January including the \$99 Unlimited Cryotherapy or

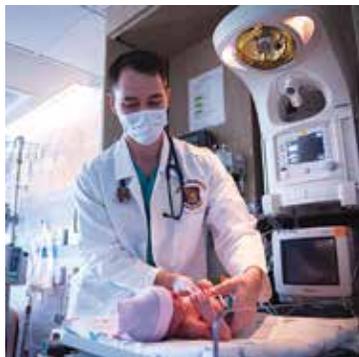
Unlimited Red Light Therapy starting at \$99/month and 20% off all traditional memberships. You can also save \$50 on a Day Pass for Two.

Call (850) 279-4145 or visit [www.cryo850.com](http://www.cryo850.com) for more information.

## Eglin Doctor Wins Resident of the Year Award

BY ILKA COLE

A 96th Medical Group Airman recently won the 2021 Outstanding Family Medicine Resident of the Year award. The American Osteopathic Foundation and the American College of Osteopathic Family Physicians recognized **Capt. Joshua Herring** for his efforts in the stand-up of Eglin hospital's new Complementary Alternative Medicine Clinic.



U.S. AIR FORCE PHOTO/ILKA COLE

their patients and their profession. "Dr. Herring's impressive start in the resident program and history of teaching and mentoring made him the best choice to be the chief of our new CAM clinic," said Lt. Col. James Arnold, 96th MDG director of medical education, who nominated Herring for the award.

Herring was instrumental in combining the osteopathic manipulative treatment clinic,

clinical promise, leadership, their ability to think outside the box and show commitment to

*Continued on next page*

**CRYO850**  
PERFORMANCE AND RECOVERY

**EXPERIENCE THE COOLEST SPOT IN DESTIN!**

**TRY THE COMPLETE CRYO WELLNESS CIRCUIT!**

WHOLE BODY CRYOTHERAPY | LOCALIZED CRYOTHERAPY  
FAR INFRARED SAUNA | VIBRATION PLATES | COMPRESSION THERAPY  
RED LIGHT THERAPY | MUSCLE RECOVERY THERAPY  
3D BODY SCANNER | DETOXIFICATION

**4495 Furling Ln Suite 10, Destin | (850) 279-4145**  
**CRYO850.com |    @CRYO850**

  
SEASIDE SCHOOL  
race weekend

The 20th annual running of the  
**SEASIDE SCHOOL HALF MARATHON + 5K**  
presented by  
**Vera Bradley**  
will be back live and in person on  
Sunday, February 20, 2022, in Seaside!

Learn more and register at  
[www.runseasidefl.com](http://www.runseasidefl.com)

  
SOUTH WALTON  
FLORIDA

The health and safety of our participants, spectators, volunteers, and community is of the utmost importance.  
The Seaside School, Inc. race committees will follow and comply to the regulations dictated by the State of Florida, Walton County and Town of Seaside.

 Wellness


BY LISA LEATH TURPIN, BS.  
FITNESS & WELLNESS COACH

By now, most of us have heard a lot about the destruction overindulging can do to our bodies, both visibly and silently. So, why do we keep allowing ourselves to do it? Does the magnitude of fun make it worth it? On that note, does it have to be all or nothing? The answer is NO. I think it's more fun to feel light and comfortable, instead of lethargic, achy and bloated.

Remember these few suggestions during Christmas and New Years that, I think, will help you enjoy the holidays much more:

**Portion size is so important!** Your body can only process only so much at a time.

If it can't process the amount of calories you consume, it will have no choice but to store them. Sugars process fast, while fats and protein process slowly. You will absorb and burn sugars almost immediately, which will raise your blood sugar, and leave your fat cells vulnerable to suck up the excess calories—predominantly from fats. (Note: Fats are the highest calories at 9 cal/gm vs 4 cal/gm for sugars and proteins). Therefore, if you eat sugary, fatty foods, you're most likely going to max out how much you can burn at that one meal—and the rest will be stored! If this cycle happens over and over again for several meals, you will gain weight like lightning. Plus, your liver and other organs have to work harder also. It's really hard on your body. How much muscle you have, your energy level, your choice and quantity of foods, are the pieces of the puzzle we have control over. Genetics plays a part, but we don't have control over that.

There are ways to boost your ability to become a more efficient calorie burning machine.

If processing your food intake is the issue, but you still want to partake in all the goodies, you still can. Just keep your portions smaller, spread them out throughout the day. Give your body enough time to “catch up” with the amounts you put in. The higher the calories, the smaller the portion should be. Fats should be very small portions/amounts, but simple sugars should be monitored the most because of the ability to spike blood sugar and insulin which paralyzes the barrier of the fat cells leaving them unprotected. Plus, there's other detrimental issues for your brain, heart, immune system and energy system.

Exercise requires your body to use energy to move and perform. Anything you can do to get yourself moving will help use those extra calories your body can't burn on its own. During the holidays, while party hopping, commit to walking either before or after. Walking after a meal is incredibly beneficial to keeping blood sugar balanced and utilizing some

## Go Lightly, Enjoy Greatly



are beneficial anytime—just move. The more muscle you have the more calories you burn.

Go ahead and enjoy everything that is presented to you this holiday season. Be smart; don't overthink it; focus on your family, friends and all that Christmas is about. It's a beautiful

time of year and we are all blessed to live in one of the most beautiful areas in the world.

*Lisa Turpin is a degreed and certified health and fitness lifestyle coach who has devoted her life to motivating and strengthening the bodies and minds of others. With more than 30 years' experience as a group exercise leader and an independent personal trainer (20 years in the Destin area), she is diverse and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation.*

calories before they get stored. If you choose to exercise before you eat, a workout that's intense, like interval training, will be most beneficial because research shows we continue to burn calories for many hours after we stop exercising, conducive to the level of intensity.

**Keep your muscle tone.** Use it or lose it! Having and keeping muscle will raise your resting metabolism which will burn more calories at rest. Even daily activities such as shopping, cooking, playing with the kids

### EGLIN DOCTOR

*continued from page 1*

which provides manual body manipulation of the spine, bones, muscle and soft tissue, with the acupuncture clinic. He also helped develop and plan the CAM clinic processes and operations. The only 15-month-old clinic had 600 patient encounters under his guidance this past year, according to Arnold. “Hard work and dedication to something you are passionate about can have rewards beyond the satisfaction of improving a process or helping a patient,” said the 28-year-old Virginia native, who credits the hospital and staff for helping

him reach this accomplishment. “The award is an homage to projects I'm working on, as well as the services we provide to our patients.”

Herring's dedication to his patients and clinical accomplishments did not end there.

Additionally, he researched and found eight proven techniques to improve breastfeeding and latch through the application of gentle osteopathic manipulation to a newborn's skull, neck, and body. To ensure each newborn receives the same effective treatment, Herring developed a step-by-step method osteopathic doctors assigned to the newborn clinic now follow.

**MAKE 2021 YOUR BEST YEAR!**

**Bluewater fitness**  
Niceville, FL

**STRENGTH**

**REGYMEN**  
FITNESS

MEMBERSHIPS START AT 29.98/MONTH

**WWW.BLUEWATER.FITNESS**

#### A Personal Trainer, Dedicated to Your Goals.

*-Taking New Clients-*

#### Private/Tailored Instruction

-One on One and Small Group Training -Nutrition Help

Call Lisa Turpin, Degreed & Certified Personal Trainer

*Be Active,  
Stay Active!*

850-974-2005



LisaTurpinFitness



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

Thanksgiving week brought encouraging news (according to the Wall Street Journal) that supply chain logjams might be loosening. The administration, in trying to give some relief to gas prices, was set to make releases from the Strategic Petroleum Reserve (SPR). Bill Gates' TerraPower (according to CNBC) is planning to build a nuclear plant in a Wyoming coal town. According to the Nuclear Energy Institute, nuclear energy's avoidance of CO2 emissions in 2019 was the equivalent of removing 100 million cars from the road. We are beginning to think that nuclear is re-emerging as a source of clean alternative energy for electricity and that investors should take note.

The first of perhaps two infrastructure bills has been passed and signed by the president. Inflation is running at its highest reported levels in over 30 years. The Federal Reserve is prepared to start scaling back its asset purchases which might slow the growth of the money supply. We think that means that mortgage rates might begin a (very slow) ascent. That could impact home builders and suppliers as well.

The labor shortage continues. We understand this has been fueled by early retirements, women leaving the workforce to care for children, the elderly and those that have chosen to step out of the workforce temporarily. The labor participation rate is at a record low of 61.6% of the eligible working population. It was at about 67% at the beginning of the century. The implication for investors is that companies will be accelerating their demand for innovations from artificial intelligence and automation. While productivity in the American workplace remains high it will be challenged as the cost of labor is going up at an increasing rate. Low revenue industries, such as hospitality and restaurants, will

need to look at ways to maintain their productivity. We took note recently while dining at a fast-food establishment, that the ordering and paying process was all automated. It was fast and efficient, and our food was delivered swiftly by a smiling kitchen worker. The sign of more things like this to come. We think investors should consider those tech firms that are leaders in AI and automation.

Might AI and automation have an impact on carbon sequestration efforts? According to The Economist, while deforestation has generally decreased across the globe (with exceptions in a few key areas of the world that have been relied upon as carbon sinks such as the Brazilian rain forest), the rate of reforestation has decreased as well. The use of nuclear energy to power AI might help companies and countries satisfy their energy demands – and at the same time address climate issues as nuclear burns cleaner than carbon. Investors might consider utility stocks that have nuclear as part of their energy production mix.

The President has re-nominated current Fed chairman Jerome Powell as well as nominated Lael Brainard as Vice Chair. The belief in the media is that these two leaders have a track record favoring an expanding money supply despite the current Fed concerns about inflation. We think investors should therefore look at what that might mean: 1) Higher yields in the bond market (typically that is favorable for banks) 2) greater focus on materials, commodities, and 3) all kinds of real estate.

An additional word about banks. They are increasingly looking for ways to participate in the cryptocurrency markets. They are doing this by either creating whole departments to accommodate their clients for investing and/or utilizing crypto as a means for transactions.

Electric vehicles (EV's) continue to grow investor interest. More companies, in addition to established manufacturers, are getting into the business and initiating public offerings. Our concern is that many of these have low to no revenues or low to no production and their valuations

are quite high. We think back to the dot.com era in the early 2000s and are left wondering if this time things are once again not different. We encourage our clients to recognize the opportunity that EVs bring but to exercise caution with those companies that have recently gone public. We also appreciate that although EVs are growing, there will still be considerable demand for gasoline in the world. We also wonder, can green energy grow fast enough to keep up with increasing demand? Nonetheless, we think investors should also be on the lookout for stocks of firms that are engaged in the extraction and production of those materials needed for batteries to run those EVs. Investors should also watch the legislation that might increase the tax credit for EVs.

While all of this is going on, today's retirees and many investors report they want and/or need income/yield. Add to that, the real rate of return is declining as inflation is increasing. Traditionally, CDs, bonds, and perhaps pensions or annuities would have provided for that. Increasingly, people are turning to dividend paying stocks. Take note, that does however increase the risk to the investor. We suggest that clients looking at stocks for dividends examine three areas: 1) Dividend aristocrat stocks. What makes a stock a dividend aristocrat? Our understanding is that it must be in the S&P 500 and have increased its dividend for the past 25 years. 2) Real Estate Income Trusts. There are a variety of REITs, and many invest in apartment communities, warehouses, data (cloud) centers, cell towers, shopping malls and housing developments. Investors can scrutinize for income as well as growth potential. 3) Enhanced dividend and income strategies through mutual funds, ETFs or Separately Managed Accounts (SMAs) that invest in dividend stocks, but also earn premium income from options. Each has its own risks and potential benefits, and investors should scrutinize those carefully.

Finally, and always, at The First Wealth Management, we encourage our clients to 1) concentrate to accumulate and then

diversify to preserve 2) to monitor and make changes to their strategies over time vs overnight 3) consider the impacts that taxes can have on their savings and investments.

*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.*

*Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com. Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC, or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc.*

*The First Wealth Management First Florida Bank, and The First, A National Banking Association are not registered broker/dealers and are independent of Raymond James Financial Services.*

*Views expressed are the current opinion of the author, not necessarily those of RJFS or Raymond James, and are subject to change without notice. Information provided is general*

*in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.*

*Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation. Investors should consult their investment professional prior to making an investment decision.*

*Investing in oil involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors.*

*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 within specific sectors, or in small and mid-size companies, involves unique, additional risks. Those risks include limited diversification, regulatory risks, limited liquidity, and lack of operating history.*

*There is an inverse relationship between interest rate movements and fixed income prices. Generally, when interest rates rise, fixed income prices fall and when interest rates fall, fixed income prices rise.*

*Investors should carefully consider the investment objectives, risks, charges, and expenses of mutual funds before investing. The prospectus and summary prospectus contain this and other information about mutual funds. The prospectus and summary prospectus are available from your financial advisor.*



**The First Wealth Management**  
Located at, The First, Private Banking

RAYMOND JAMES®



**Your usual?**

Familiarity bias means sticking with what you know – but there may be a lot that you don't.  
Familiarity might be playing a role in some of your decisions.

**Think Before You Act**

To help you keep familiarity from overly influencing your financial plan:

- Don't confuse awareness with understanding or expertise. Rely on objective research.
- Take the time to consider your motivations for selecting certain investments or strategies.
  - Don't rule out an investment or financial strategy because it's foreign to you.

Call us to schedule a meeting anytime to receive the objective insight you need to make important decisions surrounding your wealth.



**Maurice Stouse**  
Financial Advisor

**The First Wealth Management**  
A Division of The First Bank, NA  
2000 Ninety Eight Palms Blvd.  
Destin, FL 32541  
**850.654.8122**



**Amy Parrish**  
Financial Advisor

Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management and The First Bank, NA are not registered broker/dealers and are independent of Raymond James Financial Services.

 Business



BY MATTHEW VANDERFORD

I love the comedy skit “Who’s on First” by Abbott & Costello. I remember the first time I heard it – I was a young kid who loved

baseball and loved to laugh. When I heard the routine, I thought it was genius!! So, what does this all have to do with insurance and claims? EVERYTHING!! Because hearing is passive, we hear noises around us all the time and don’t react, but listening...listening is an art – more accurately, a skill. If you don’t listen, you miss the whole joke of the best baseball comedy routine ever, and you better believe, insurance companies spend a considerable amount of energy

# Listening is an Art

and resources to “listen” to what you’re saying when you file a claim to eliminate fraud.

For example, when you call your insurance company to make a claim or talk to someone, what comes on the line and greets you most often is a statement like or very similar to: “This line is recorded to ensure quality and customer service.” Now, because we hear that a lot nowadays, we get used to those disclaimers and really don’t hear the nuance of what’s being stated: “By listening to this message and continuing this call, YOU consent to OUR listening to and the recording of everything you are going to say; and what you say, can, and will be used in our investigation of your claim.”

This article isn’t a scare article or an article about how big and bad insurance companies are. On the contrary, the reason I wanted to write this piece is to help people understand that words are powerful, powerful enough to cause good claims to go bad and get denied because someone said something that someone else didn’t agree on.

For your reading please.... here’s a snippet from a common insurance policy:

As stated in 7C, an examination under oath is exactly what it means, an examination under oath (commonly known as depositions) where everything you have, are and will say are being recorded to later be fact checked, further investigated, used to determine whether or not those being deposed will make for good witnesses (for or against the claim), and whether or not, based on the testimony and other “evidences” collected, if this claim should defended in court with a jury of peers or settled now.

On the side of the insurance companies, active listening is a skill that carrier reps and adjusters are well versed in. There is a great deal of training on how to listen to an insured telling their side of events, and how to interpret what the adjuster has just heard, against non-verbal clues that may be telling a different story. This is the first line of defense for a carrier against fraud. And because insurance fraud is real, methods on detecting fraud are paramount to an insurance carrier’s health and solvency.

This is important, because unless a policy is a named peril policy, all other insurance policies provide coverage for everything

(unless excluded). And when a claim is filed, it is not the duty of the insured to prove what happened for coverage to be granted, but the duty of the insurer (your insurance company here), to prove your claim is not valid. So, if you were an insurance company, what would you do to save money all while in the name of good and fair claim settlement practices? You guessed it...Stop Fraud!

So, if insurance personnel and claims reps are trained in the art and skill of active listening, then it only makes sense to help develop that same art and skill when speaking to those who are really listening to everything you have to say. Because when you take the time to really listen to what people are saying, you can better gauge how your words will be perceived. And words make all the difference in the world. Words make a difference between coverage and denial. Words are what your policy is made up of and it’s those very words that are argued against by highly skilled and trained “word smiths” (otherwise known as attorneys), who use more words to prove their point that your claim may or may not have value.

**CLAIMOLOGY**  
 “The art and science of fair claim settlements”  
 A Public Insurance Adjusting Schoolhouse



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.

**Have Questions about Property Damage or Insurance Policies?**  
**Call Us: (850) 684-4794**  
 You could have it answered in one our columns.

*Solar is now chic.*



**2020 BEST**  
OF ENERGY COMPANIES

**SRI SPECIALTY ROOFERS**  
 850-974-ROOF  
 SPECIALTYROOFERS.COM

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.

For a limited time, get free gutters with the installation of a solar roof! See website for more details and restrictions. Offer ends 12/31/21.

## Consult an Expert for Commercial Roofing

BY ERIN BAKKER, SRI

In most cases, commercial

roofing has to be able to handle heavier and more challenging

usage than its residential counterpart. That’s because it doesn’t just sit up there keeping the rain out. Often, a commercial roof is used to hold air conditioning units, ventilation fans, and other heavy equipment. It may even have a door leading to it. In some of the most challenging situations, it might even be used as a deck for a rooftop eatery or for other public activity.

Commercial roofing also poses other challenges. It is usually flat, and this requires extra attention to drainage and resistance to ponding. It also tends to be bigger in terms of square footage, so extra care must be paid to the system used to support the roof.

Not all commercial roofs are flat. Those that have visible slopes are often finished in metal, which lasts longer than shin-



**Heating - Cooling - Indoor Air Quality**  
**Call Today for Service 850-678-9522**  
[www.aireserve.com](http://www.aireserve.com)

**\$50 OFF DUCT CLEANING**  
*Let us get the dirt you can't see!*

Serving Walton, Okaloosa and Bay Counties  
 LIC # CAC1819748  
 Family, Locally and Veteran owned

*Continued on next page*



BY SEAN DIETRICH

Once the holidays are over a lot of people curl up on their sofas and sink into clinical depression. And I am not kidding.

I base this statement on an article sent to me by Glenn, a family therapist who notices a spike in depressed patients after the holidays. He gives examples of why this occurs:

1. Less sunshine.
2. No fun stuff to do.
3. Nobody parties in January.
4. Or travels.
5. Going back to work sucks.
6. And you're fat.

I called a family therapist to get a few comments on the issue. But I got his secretary who said that he would charge \$800 per hour for a phone consultation, so I decided to:

Go roller skating.

Again, I am serious. This seemed like a good idea because evidence shows that skating might help with post-holiday blues. Also, my cousin's children

were attending a birthday party at a roller rink.

So the next thing I knew, we were in a rundown skating rink with cars arriving in the parking lot by the dozen.

Carl, the man who runs the rink said, "Rinks like ours ain't gettin' much business no more." Carl spit into a Mountain Dew bottle. "But today we got a big party, so hey, that'll pay the light bill."

The first order of business at any rink is to exchange your perfectly good shoes at the counter for some truly disgusting ones. Behind the counter, I met a woman who also appeared to be suffering from Seasonal Depression. I have met junkyard Rottweilers with warmer personalities.

"What size?" she said.

"Thirteen."

"Thirteen? You joking?"

"No."

"We don't have thirteens."

"How about a twelve and a half?"

She looked on a rack. "Biggest I got is an eleven."

"That's not gonna work."

"Take it up with the complaint department."

The woman slammed down a pair of skates that smelled like they hadn't been fumigated since the beginning of the Cold War.

When we laced up, my feet were squishing in the soles from an unidentifiable sticky substance that felt like a overly ripe banana stuck in my shoe. And away we went.

This place was a throwback to childhood. A disco ball, a snack booth, the sound system was thumping. Soon, the rink filled with kids in birthday attire who were all high-level skating experts.

I was lost in a sea of tiny people who all had the ability to skate forward, backward, sideways, upside-down, and even one-legged. Meanwhile, I was holding onto my cousin Erin (10 years old) for dear life.

Eventually, the music changed from pulsating thunderstorms to a soft chorus. The Bee Gees were singing, "How Deep is Your Love."

Erin told me, "This is when everyone couple-skates."

"I know that."

"You do? But you're old."

I informed Erin that this was not my first rodeo. I was not born during the Punic Wars. I know what couple-skating is, and I have even done it before. This impressed her.

Then she pointed out a boy from her school named Jay. She admitted that she wanted him to ask her to couple-skate, but Jay is

not a fast mover. He is like most men and prefers to play it slow. In fact, in romantic terms, Jay moves about as fast as a geological period.

"He doesn't even know I'm alive," she said.

So I explained that this is actually a good sign when it comes to boys. A boy is a very subtle creature. If he likes you, he will indicate this by not making eye contact. If he REALLY likes you, he won't talk to you and might even leave the country under a false name.

"Boys are weird," said Erin.

"Yes they are."

I went on to tell Erin that there is only one way to prompt a guy into action. It is a technique that has been working successfully since the beginning of time. I am of course talking about jealousy.

"How do I make him jealous?" Erin asked.

"By skating with the tallest, coolest guy in the whole skating rink who just crammed his fat feet into size-eleven Barbie-doll skates and also happens to be deadly handsome."

"But there's nobody here like that."

So Erin settled for skating with me instead.

In fact, a lot of adults were skating with the littler kids. This is because if it were left up to

these preteens to actually ask each other to couple-skate they would simply whip out their phones and start sending text messages to God knows who. Sometimes I worry about today's youth.

I skated passed one middle-aged man holding hands with his daughter. He looked at me and said, "I had hernia surgery last week, if I go down, call nine-one-one."

I am sad to say that our jealous-making ploy didn't work. Because on our second lap, I saw Jay disappear into the arcade with his friends. And I felt like a heel.

When the song ended, peppy kid-music fired up again and it sounded like a nuclear war. The skaters loved it.

I sat on the sidelines with the adults and ate Skating Rink Food. The nacho cheese had the vague consistency of two-day-old phlegm. And that's when we saw it.

Little Erin was holding hands with a young man who was red in the face, and didn't dare look us in the eyes when they skated by.

"Look," said my cousin. "He finally asked her."

Erin gave me a thumbs up

And if that doesn't cure your post-holiday blues, nothing will.

## ROOFING

*continued from previous page*

gles and can be more wind-resistant. This, too, requires special

expertise to properly install.

Making a roof that will stand up to the extremes inherent in commercial usage requires a roofing contractor to have extra

experience. Such a contractor will know exactly how to handle all of the vent protrusions, how to shore up the roof so heavy machinery doesn't damage it,

and even how to build a deck that people can walk or dance on without causing leaks.

Specialty Roofers, Inc., has expert crews for both commer-

cial roofing and residential jobs. Call Specialty Roofers at 850-974-ROOF.

**we care about your  
community. because  
it's our community too.**

**simple human sense**



(850) 729-2131

[www.nicevilleinsurance.com](http://www.nicevilleinsurance.com)

**Auto-Owners  
INSURANCE**

LIFE · HOME · CAR · BUSINESS

Contact Niceville Insurance to determine eligibility for property insurance in the state of Florida from a member of the Auto-Owners Insurance Group<sup>SM</sup>.

Musing

# A Pastor's Ponderings: I Stand for Christ on my Knees

BY PASTOR DOUG STAUFFER

Have you ever wondered how to make a difference in such a big world? The Bible says, "And of some have compassion, making a difference." (Jude 22) Compassionate people are the difference makers. Additionally, God gives us the recipe for living peaceably by telling us to pray for all those in authority.

"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty" (1 Timothy 2:1-2).

This country seems to be changing at lightning speed. So, it behooves us to consider our humble beginnings. In just a few centuries, the U.S. evolved from a band of rebellious colonies

with an untamed frontier into the world's leading economic and military superpower. Many Americans believe that our unprecedented wealth and world dominance resulted from our ingenuity and drive.

Historically, American universities taught that our national prosperity was born from our system of government (a republic form of government instead of the communist or socialist systems). What did the U.S. possess to facilitate such a rapid transformation? The answer appeared during our nation's infancy, and the 19th century Frenchman Alexis de Tocqueville validated it.

In 1831, the French government commissioned historian Alexis de Tocqueville (1805-1859) to travel throughout America. His official assignment was to evaluate the prison



Gov. Ron DeSantis and Doug Stauffer



First Lady Casey DeSantis and Pastor Doug

system, but Tocqueville's travels throughout the states gave him a desire to understand America's greatness. He was a critic of the political instability of Europe and wanted to document what he saw in America. His discoveries, as he reported to the French Senate, drew these conclusions:

"I went at your bidding, and passed along their thoroughfares of trade. I ascended their mountains and went down their valleys. I visited their manufactories, their commercial markets, and emporiums of trade. I entered their judicial courts and legislative halls. But I sought everywhere in vain for the secret of their success, until I entered the church. It was there, as I listened to the soul-equalizing and soul-elevating principles of the Gospel of Christ, as they fell from Sabbath to Sabbath upon the masses of the people, that I learned why America was great and free, and why France was a slave."

Tocqueville wrote that the churches made the difference.

United States of America honored God and His word above all else, we experienced much less turmoil. Supreme Court rulings in the early 1960s squashed the prayers of millions of school children that once traveled up to the throne of grace every school day. So, could you do one thing?

I was recently invited to the Governor's mansion and had the distinct pleasure to meet with the Governor and his wife. In the most non-partisan way I can, I ask you to pray for Florida's First Lady, Casey DeSantis, as she undergoes cancer treatments. I told her we would be praying for her; won't you join me?

*Dr. Doug Stauffer is pastor of Faith Independent Baptist Church. He was saved July 6, 1980, in Niceville, while stationed at the 33rd Tactical Fighter Wing at Eglin Air Force Base and has now been in the ministry for over 35 years. He has written 20 books including the best selling "One Book" trilogy ("One Book Rightly Divided, One Book Stands Alone, One Book One Authority"); along with several devotionals ("Daily Strength" series); and prophecy books ("Reviving the Blessed Hope, When the End Begins").*

**Affordable Pressure Washing**

*See What a Difference We Can Make for You!*

Homes • Sidewalks • Patios • Driveways  
Decks • Fences • And More...

**\$25 OFF**  
if scheduled by January 31, 2022

15 Years Experience • Locally Owned and Operated  
Call Today to Schedule Your Free Estimate  
**(850) 688-9886**

Savvy Leigh PHOTO

**PACKAGES**

**Engagement / Couples Session**  
\$199  
Up to an hour  
No limit on edited photos

**Family Session**  
\$230  
1 hour  
No limit on edited photos

**Senior Session / Professional Headshots**  
\$130  
45 minutes  
No limit on edited photos

WWW.SAVVYLEIGHPHOTO.COM  
205.567.2779

For your life's special moments

WEDDING PACKAGES ALSO AVAILABLE

J&J Realty@BluewaterBay, Inc

Welcome to Niceville!

Jim & Jane Rainwater welcome you to our real estate office. We have over 20 years experience selling real estate, residential and commercial, working with buyers and sellers in Bluewater Bay, Niceville, Valparaiso, Destin, Crestview and surrounding areas.

**Property Management**

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.

**4400 Hwy. 20 E., Suite 314, Bluewater Bay, Niceville (The old Bluewater Bay Post Office)**  
Stop by our office today or call Jane at (850) 830-1976 or Jim at (850) 830-9636

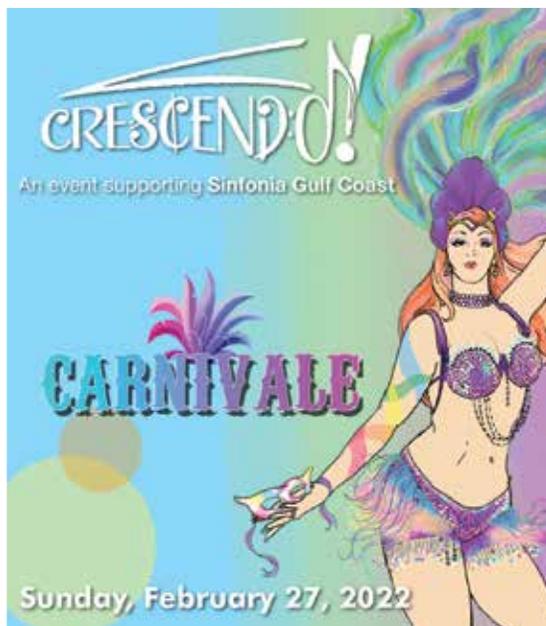
janehr@aol.com | NicevilleHomes.com

# Sinfonia's Crescendo! February 25-27th

Sinfonia Gulf Coast, our region's only fully professional symphony orchestra, is pleased to announce the full line up for its annual fundraiser Crescendo! A Cultural and Culinary extravaganza, slated for February 25-27, 2022.

Festivities begin on Thursday, January 27 at 11:00 a.m., with a Crescendo! Kick Off Lunch at Bijoux Restaurant + Spirits located at The Market Shops. Enjoy an incredible lunch prepared by award-winning chef/co-owner Jack McGuckin, sip elegant wines, indulge in delectable desserts, shop all of the must-have accessories of the season from The Jewel, door prizes and raffle items, plus much more. Tickets are \$125 per person and include lunch, wine and gratuities.

On Friday, Feb. 25 at 6:00 p.m. Crescendo! weekend will begin with a series of carefully curated vintner dinners hosted in elegant homes and venues throughout the Emerald Coast, which pair the talents of local and regional "celebrity" chefs with some of the country's most acclaimed vineyards for a deli-



cious evening of food and wine. Participating wineries include Darioush, Fleury Estate, Oakville Ranch, Bouchaine plus more. Chefs include Jude Tauzin, Executive Chef of Tony Chachere and Jack McGuckin of Bijoux Restaurant + Spirits, with the full culinary lineup announced soon. Vintner Dinner tickets are \$350 per person and include all food, wine and gratuities.

This year's main event is themed, "Carnivale" and is set for Sunday, Feb. 27 at 11:30 a.m. at the Hilton Sandestin Beach Golf Resort & Spa in Miramar Beach. This energy-infused event experience will celebrate the cultural and culinary arts by showcas-

ing world-class vintners, expert spirit purveyors, amazing auction items, and a musical performance. Enjoy reserved table seating, hors d'oeuvres, a full, seated lunch, live and silent auctions, and an all-inclusive afternoon of incredible fun.

Tickets to Crescendo! 2022 are \$175 per person and include all food, wine, reserved table seating, performance and valet parking. Tables of up to 10 guests may be reserved by calling (850) 460-8800. Sponsorship opportunities are still available.

Proceeds from Crescendo! will benefit Sinfonia and its music education programs, which include: musicians/guest artists

in schools, free orchestra concerts, bus transportation for students, Sinfonia Youth Orchestra program, Arts in Medicine initiative with Sacred Heart Hospital and LINK UP concerts for third through fifth graders in partnership with Carnegie Hall.

Tickets for Crescendo! 2022 are now on sale. For more information or to purchase tickets for Sinfonia Gulf Coast's Crescendo! events, visit [www.sinfoniagulfcoast.org](http://www.sinfoniagulfcoast.org) or call (850) 460-8800.



## Save the Date

The **Spring Break Paradise Music Festival** is coming to the BIG STAGE at the **Destin-Fort Walton Beach Convention Center on Friday, March 11, 2022**. This will be an all day INDOOR Music Entertainment event featuring three awesome local bands with The Paradise Bayou Band opening the event and Ron Adams "The Shadow of the King" with the Memphis Echos as the headline band closing the event (one other surprise, fantastic local band will be named by Christmas Day). There will also be food and beverage vendors, as well as vendors selling T-shirts, hats and other novelties, plus games such as cornhole, putting green, basketball goal, darts, murbles, face painting and removeable tattoos. More info and ticket pricing and seating at [www.ParadisePromotionsFL.com](http://www.ParadisePromotionsFL.com).

**CARNIVALE**  
FEBRUARY 25 - 27

VINTNER DINNERS  
Friday, February 25  
Celebrity vintners and chefs in stunning homes and venues  
\$350/person

CRESCENDO! MAIN EVENT  
Sunday, February 27  
Hilton Sandestin Beach Golf Resort & Spa  
Join us for world-class vintners, delectable bites, a seated lunch, expert spirit purveyors, amazing auction items and award-winning entertainment!  
\$175/person

TICKETS: 850.460.8800 or visit [SinfoniaGulfCoast.org](http://SinfoniaGulfCoast.org)



## Artful Things Niceville

Fine Art, Unique Gifts, Pottery, Jewelry, Local Authors, Art Supplies, Workshops, Ongoing Classes, Children's Activities, Custom Framing

*Experience the Fine Art and Original Works of Gulf Coast Artisans*

1087 E John Sims Pkwy, Niceville

850-729-2600 | [www.ArtfulThingsNiceville.com](http://www.ArtfulThingsNiceville.com)

Tues-Fri 10am-5pm | Sat 10am-3pm

Follow us:



**Arts & Music**

# ECTC: Winter's Cultural Playground

BY NATHANAEL FISHER

We are staying warm and cozy this winter season here at ECTC. We are excited to offer you so many wonderful options for enrichment, education, or just plain entertainment. The theme of the 2021/2022 season is fun and funny and this winter's shows will not disappoint.

We will keep the fires burning here at ECTC with Miss Abigail's Guide to Dating, Mating, and Marriage in January. Join Miss Abigail and Pedro as they help their live studio audience navigate the murky waters of love, and maybe find a spark or two along the way. If the cure for life is comedy then this is the remedy you're looking for. Think Loveline meets Dr. Ruth and combine that with the personality of Miss Abigail and the charm of Paco...we'll have a winter concoction that is sure to warm your spirit with joy and



laughter.

What else is there to do in January but come see a show? That's why we've also got The Marvelous Wonderettes showing in January through March. Wipe that lipstick off your collar and time travel to the 1958 Springfield Prom with us where

you can be serenaded with all the classics like "Lollipop" and "Dream Lover." Featuring over 30 classic '50s and '60s hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane! Great music, fine wine, and a good time are central to

this cabaret stage addition to our professional season.

We round out our sizzling winter offerings with 2 Across in February, an intriguing look at two strangers on the San Francisco BART train, and how a crossword puzzle teaches them each a little more about life and

its unpredictability. This is the type of show ECTC fans have come to love. If you enjoyed Bakersfield Mist, Dancing Lessons, and Maytag Virgin you are going to love the comedy and connection that take place in 2 Across.

Finally, our Storyteller Series is not to be missed with your ECTC favorites on stage: Shirley Simpson as Katherine Hepburn in Katharine Hepburn, Bruce Collier as Stalin and Churchill in an original piece entitled The Fall of April, and Allan Tuttle as Harry Truman in Give Em Hell Harry are all stories that share glimpses into history.

January marks the beginning of our Spring Educational programs too! Our production classes may be full but we have some great classes that are offered Tues - Friday: All Things

*Continued on next page*

## Area Art Classes December 2021—January 2022



**Artful Things Niceville**  
Call the gallery at 850-729-2600 to reserve seating for the following workshops:

**DECEMBER:**  
22, & Dec 29, 10:30-1:30, 3-hour Open Studio with Chris, MJ and Ren ages 8- 13. \$37.50 Supplies Included. Draw, paint, and stamp fun Holiday cards and Ornaments in Color pencil, acrylic and Ink.

**JANUARY:**  
8-Book Signing, 11 a.m.-1 p.m. Meet local author Eliza Scallia and hear all about her newest superhero in book #8 of her Silver Dove Series. Suggested ages 10-14 years old.  
15-Paint Pouring "Spoon Swipe" and "String Pull," 10 a.m.-2 p.m. Complete two large canvases in this 4-hour class with teaching artist Debi Profeta. \$77.50 includes all supplies.  
22-Whoville House, 10:30 a.m. - 1:30 p.m. Clay class with instructing artist Marcy Eady. Create your own unique Dr. Seuss "Whoville" House. \$47.50 includes all supplies.  
29-Roses and Daisies, One Stroke Painting, 10:30 a.m. - 1 p.m. \$37.50 includes all supplies. Learn the ease of this unique style with certified One Stroke teaching artist Sheila Mahony.

**ON GOING CLASSES**  
**Rosalyn O'grady** – Oil or Acrylics, Tuesdays 10 A.M. – Noon, \$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. ogradytr@cox.net [www.RosalynOgrady.com](http://www.RosalynOgrady.com)  
**Theresia McInnis** – Watercolor Techniques Tuesdays, 12:45-3:45 P.M. \$27.50 plus supplies. Zoom available. 3-hour class. [www.TheresiaMcInnis.com](http://www.TheresiaMcInnis.com).  
**Charlotte Arnold** – Open Studio with Live Model, Wednesdays 10:30- 1:30 p.m., Uninstructed- \$15, limited to 6 seats, Bring your own supplies- your medium and an easel  
**MJ Montgomery** – Urban Sketching Line and Wash, Starting January 5th Wednesdays: 3:15 – 4:45 p.m., \$80 for the month plus supplies. Ever trav-

eled somewhere and wanted to capture the moment on paper? Reference photo and watercolors provided. Limited seating.  
**MJ Montgomery** – Semi Private Drawing Basics, Thursday afternoons: 3:30 – 4:30 p.m. \$20. Bring your sketchbook and come learn something new. Text seating request to: 505-690-3945. Limited seating.

**Ongoing Class students receive 10% off art supplies.**  
(850) 729-2600  
[artfulthingsniceville.com](http://artfulthingsniceville.com)  
1087 East, E. John Sims Pkwy. in Niceville

### Big Orange House Designs

**DECEMBER:**  
18-Mini Christmas Cookie Tray. \$19.79  
18-Elve's Workshop w/ Reiko.



ADULT & CHILD class-2 seats for each project! \$32.80  
21-Felt Stockings/Ornaments – Reiko \$19.76  
21-Santa's Workshop 5-7pm \$19.29  
22- Reindeer Cookie Wreath 9:30 a.m. \$26.75  
[bigorangehousedesigns.com](http://bigorangehousedesigns.com)  
(850) 737-6193.  
4652 Hwy. 20E, Pineapple Plaza, Bluewater Bay in Niceville



LIVE THEATRE IN MIRAMAR BEACH!

**The Marvelous Wonderettes**  
CABARET STAGE: MUSICAL REVUE!  
JAN. 21 - 23 | FEB. 10 - 13 | MAR. 3 - 6

**2 ACROSS**  
FEB. 18 - FEB. 27, 2022  
MAINSTAGE DRAMATIC COMEDY

**FOR TICKETS & INFO:**  
Call 850.684.0323 or Visit [EMERALDCOASTTHEATRE.ORG](http://EMERALDCOASTTHEATRE.ORG)  
Emerald Coast Theatre Company is located at 560 Grand Boulevard, Suite 200, Miramar Beach, FL 32550



**ECTC**

*continued from previous page*

Theatre is a great class for beginning through advanced theatre students. This class is offered for different age groups: elementary school, middle/high school, and homeschool groups. Acting Techniques for Teens and Musical theatre Dance: Broadway through the Ages

are both great classes for middle and high school students. Check out the whole schedule at [www.EmeraldCoastTheatre.org](http://www.EmeraldCoastTheatre.org)

We're keeping the home fires burning for you here at ECTC this winter. Come join us for some laughter, humor, history, and fun as we begin 2022 with the goal to be swept away in stories that bring cheer to our souls! More information, reg-

istration information, and ticket purchases can all happen at [www.EmeraldCoastTheatre.org](http://www.EmeraldCoastTheatre.org) or call the box office at 850-684-0323.

**The Fall of April (Stalin and Churchill)** performed and written by Bruce Collier. January 11 at 7:30 p.m.

**The Marvelous Wonderettes.** Musical by Roger Bean. Cabaret Stage: Musical Revue.

January 21 - 23, February 10 - 13, March 3 - 6. Thursdays - Saturdays at 7:30 p.m., Sundays at 2:30 p.m.

**Miss Abigail's Guide to Dating, Mating & Marriage!** By Ken Davenport & Sarah Saltzberg. Mainstage Comedy. January 28 - February 6. Thursday - Saturday at 7:30 p.m., Sundays at 2:30 p.m.

**Give em Hell Harry** performed by Alan Tuttle. February 8 at 7:30 p.m.

**2 Across.** Written by Jerry Mayer. Mainstage Dramatic Comedy. February 18 - 27. Thursday - Saturday at 7:30 p.m., Sundays at 2:30 p.m.

**Katharine Hepburn** by Shirley Simpson. March 1 at 7:30 p.m.

**Local Coupons**

**SKIPPER'S FURNITURE & MATTRESS CO.**  
**15% OFF ENTIRE PURCHASE**  
(EXCLUDES MATTRESSES)  
 Offer expires 1/31/22  
 Niceville (850) 678-7800 | Crestview (850) 398-8182  
 Ft. Walton Beach (850) 586-7686 | Destin (850) 837-3454

**SKIPPER'S FURNITURE & MATTRESS CO.**  
**BUY ONE GET ONE 1/2 OFF ACCESSORIES**  
 Offer expires 1/31/22  
 Niceville (850) 678-7800 | Crestview (850) 398-8182  
 Ft. Walton Beach (850) 586-7686 | Destin (850) 837-3454

**SKIPPER'S FURNITURE & MATTRESS CO.**  
**\$100 OFF**  
ANY PURCHASE OF \$1,000 OR MORE  
 Offer expires 1/31/22  
 Niceville (850) 678-7800 | Crestview (850) 398-8182  
 Ft. Walton Beach (850) 586-7686 | Destin (850) 837-3454

**SKIPPER'S FURNITURE & MATTRESS CO.**  
**FREE DELIVERY**  
WITHIN 25 MILES OF ANY STORE  
 Offer expires 1/31/22  
 Niceville (850) 678-7800 | Crestview (850) 398-8182  
 Ft. Walton Beach (850) 586-7686 | Destin (850) 837-3454

**SKIPPER'S FURNITURE & MATTRESS CO.**  
**EXTRA 10% OFF FOR MILITARY**  
(W/VALID ID)  
 Offer expires 1/31/22  
 Niceville (850) 678-7800 | Crestview (850) 398-8182  
 Ft. Walton Beach (850) 586-7686 | Destin (850) 837-3454

**SKIPPER'S FURNITURE & MATTRESS CO.**  
**FREE MATTRESS PROTECTOR OR PILLOW**  
(W/PURCHASE OF MATTRESS)  
 Offer expires 1/31/22  
 Niceville (850) 678-7800 | Crestview (850) 398-8182  
 Ft. Walton Beach (850) 586-7686 | Destin (850) 837-3454

**OVERHEAD DOOR GARAGE DOOR TUNE-UP**  
**\$59.95 FOR 1 DOOR**  
\$19.95 EACH ADD'L DOOR  
 PARTS EXTRA IF NEEDED. INCLUDES TORSION SPRINGS ADJUSTMENT, HINGE TIGHTENING AND HARDWARE LUBRICATION.  
 Offer expires 1/31/22  
 850-502-8615  
[destinoverheaddoor.com](http://destinoverheaddoor.com)

**CAPTAIN'S CHOICE BOATS**  
**10% OFF SERVICE**  
 Offer expires 1/31/22  
 538 Eglin Pkwy NE, Fort Walton Beach  
 850-862.9111 | [www.captainschoiceboats.com](http://www.captainschoiceboats.com)

**AIRESERV**  
**\$50 OFF DUCT CLEANING**  
 Offer expires 1/31/22  
 850-678-9522  
[www.aireserv.com](http://www.aireserv.com)

**AFFORDABLE PRESSURE WASHING**  
**\$25 OFF SERVICES**  
CALL TODAY TO SCHEDULE YOUR FREE ESTIMATE!  
 Offer expires 1/31/22  
 Phone: 850-688-9886

**SAVVY LEIGH PHOTO**  
**25% OFF FAMILY PHOTO SESSION**  
MENTION COUPON UPON BOOKING  
 Offer expires 11/30/21  
[www.SavvyLeighPhoto.com](http://www.SavvyLeighPhoto.com) | (205) 567-2779  
[Instagram.com/SavvyLeighPhoto](https://www.instagram.com/SavvyLeighPhoto)

**LJ SCHOONERS DOCKSIDE RESTAURANT AND OYSTER BAR**  
**FREE APPETIZER OR DESSERT**  
WITH AN ENTREE PURCHASE  
 Offer expires 1/31/22  
 290 Yacht Club Dr., Niceville • 850-897-6400  
[www.bluewaterbaymarina.com](http://www.bluewaterbaymarina.com)

Happy New Year from Skipper's Furniture

2022 New Year's Sale-a-bration!

ALL MONTH LONG!

In Stock...  
Buy it Today,  
Take it Today!



Skempton Dining Table w/  
2 Stools, Reg. \$ \$1,179

SALE \$699



Willowton 5-piece Bed Set,  
Reg. \$1,599

SALE \$899



Falkirk Sofa,  
Reg. \$1,629

SALE \$999

Check our Huge In-Stock Inventory  
Ready for Immediate Delivery Today

Queen  
Mattress  
**\$32**  
per month  
with 60 month  
financing

**TEMPUR-PEDIC**

**Tempur-Adapt Medium**  
Queen: \$2199 King: \$2799

Queen  
Mattress  
**\$32**  
per month  
with 60 month  
financing

**TEMPUR-PEDIC**

**Tempur-Adapt Medium Hybrid**  
Queen: \$2199 King: \$2799

Queen  
Mattress  
**\$47**  
per month  
with 60 month  
financing

**TEMPUR-PEDIC**

**Tempur-Pro Adapt Medium Hybrid**  
Queen: \$2999 King: \$3499

**SKIPPER'S**  
FURNITURE  
& MATTRESS Co.



SAME DAY DELIVERY

**NICEVILLE**

597 W. John Sims Pkwy

**(850) 678-7800**

We've Grown! See our Expanded  
40,000 Sq. Ft. Showroom!

NEW LOCATION OPEN NOW!

**CRESTVIEW**

108 N. Main St.

(next to railroad)

**(850) 398-8182**

SAME DAY DELIVERY

**FT. WALTON**

**BEACH**

503 Mary Esther Cutoff

**(850) 586-7686**

**DESTIN**

11840 U.S. Hwy. 98 West

Emerald Coast Pkwy

**(850) 837-3454**

**WWW.SHOPSKIPPERSFURNITURE.COM**