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BAY Life

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Area Independence Day Fireworks Light Up The Night!

Boggy Bayou Fireworks Show

The annual Independence Day fireworks display will take place at approximately 8:45 p.m., Monday, July 4. Pre-show music begins around 6 p.m. Some of the most popular vantage points for public viewing are Lincoln Park, Lions Park, Kiwanis Park, Niceville Landing and the Turkey Creek area in Niceville. Parking is limited.

The best public vantage points include Lions Park and Kiwanis Park in Niceville and Lincoln Park and Shipyard Point Park in Valparaiso. Fireworks will be launched over Boggy Bayou from the City of Niceville's custom-made barge, anchored between Lincoln Park and Lions Park. The 20-minute-long display ends at 9:05 p.m. Niceville's fireworks display is one of the largest and longest-running in Okaloosa County. More than a ton of fireworks typically are fired, and the show always includes a spectacular



crowd-pleasing finale.

You can help Light Up the Bayou by purchasing a Boston Butt—\$40 each or Three for \$100! Buy online at LightUp-TheBayou.com and pick up Friday, July 1, backstage at the Mullet Festival site between 9 a.m. and 6 p.m. Tickets are also sold at Valparaiso City Hall and Niceville Adminis-

tration, Building Inspection, Public Library, Senior Center and Utility Billing. The show is also funded by donations, fund-raising events, T-shirt sales, aluminum can recycling and the Fireworks Trust Fund.

Freeport 4th of July Parade & Fireworks

Celebrate Independence

Day at the Freeport 4th of July Parade and Fireworks Event from 4-9:30 p.m. at the Freeport Regional Sports Complex. Bring the whole family at 4 p.m. for the City Parade, which highlights all that makes Freeport so spe-

FIREWORKS

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Better Together.



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ALDI's Doors Open!

By now, you've probably heard or read in Bay Life about the opening of ALDI in Niceville. Known for offering food (and more) at great prices, this new grocery store opens June 23. If the company stays on track, it will become the third-largest U.S. retailer in terms of store count by the end of 2022.

ALDI fans across the country rave about the company's award-winning exclusive brands and weekly lineup of limited-time ALDI Finds. Niceville shoppers can experience the ALDI difference themselves daily from 9 a.m. to 8 p.m. "Our stores

ALDI

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 **Community**

FIREWORKS

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cial. The parade will leave the middle school area and travel down Kylea Laird Drive to Hwy. 20, then turn west and go to 83A and turn left and proceed on to the Regional Sports Complex.

After the parade, kick back in the park while you and your crew enjoy live music. The grand fireworks display will light up the sky at dark. To join the parade, visit www.freeportflorida.gov/community/page/2022-parade-information.

Located in the Hammock Bay community, Freeport Regional Sport Complex can easily be accessed via Great Hammock Bend or Bay Loop Road.

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

Join AJ's on the Bayou Sun-

day, July 3, for the Stars & Stripes celebration. The whole family can enjoy bounce houses, stilt walkers, face painting and live music by Black Eyed Blonde from 6-10 p.m. Fireworks begin at 9 p.m.

Red, White & Baytowne

Beginning Monday, July 4, at 6 p.m. at The Village of Baytowne Wharf at Sandestin Golf and Beach Resort, enjoy lawn games, inflatables, kids' crafts, and face painting. At 7 p.m. enjoy live music on the Events Plaza Stage followed by the special 4th of July Fireworks display at 9:15 p.m.

Smoke on the Coast

Get your 4th of July started at the Annual Smoke on the Coast BBQ and Fireworks Festival July 3 at Destin Commons. Family entertainment and live music

kicks off at 5 p.m. with Tobacco Rd Band from 5-7 p.m. and Heritage Band from 7:30-9:30 p.m. At 5:30 p.m., you can enjoy \$1 samples from 18 area restaurants and BBQ groups and vote for your favorite. Independence Day Fireworks extravaganza begins at 9:30 p.m.

4th of July Celebration at HarborWalk Village

HarborWalk Village's festive Independence Day fireworks will take place over the Destin Harbor at 9:30 p.m.

Seaside Independence Day Celebration & Fireworks Spectacular

Seaside Independence Day Celebration & Fireworks Spectacular will take place Monday, July 4, at 8:30 p.m. at the Seaside Amphitheater. Beginning at 9 a.m., enjoy the family-friendly

Central Square Block Party, featuring an Uncle Sam stilt walker, balloon artists, face painters, caricaturists, a juggler and two Second Lines. The REP Theater will perform on the amphitheater stage as well. At 8:30 p.m., the fireworks spectacular, showcasing the largest fireworks show on the Gulf Coast, will begin.

City of Fort Walton Beach

Gather at the Fort Walton Beach Landing for the City of Fort Walton Beach's Independence Day Fireworks show Monday, July 4, at 8:45 p.m. The Fort Walton Beach Landing Fireworks are set off from a barge over the Santa Rosa Sound and you will get a great view anywhere along the water downtown or from the Landing Park downtown where other July 4 festivities will take place earlier in the day.

City of Destin July 4th Fireworks Celebration

The annual Independence Day Fireworks Show is set off from the West Jetties Beach and can be seen over the East Pass beginning at 9 p.m. on Monday, July 4. Tune in to Z96 (96.5 FM) for the simulcast music. If inclement weather, the fireworks show will take place on Friday, July 5, at 9 p.m.

Fireworks continue at **The Boardwalk** on Okaloosa Island each Wednesday at 9 p.m., and over the Destin Harbor directly behind HarborWalk Village every Thursday night throughout the summer at 9 p.m.

ALDI

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are designed to make grocery shopping smarter, faster and easier, and we've been voted the price leader for five years running," said Heather Moore, Division Vice President. "We offer easy access to affordable fresh food and household essentials, as well as a great selection of regional items. Our new Gulf Coast locations will carry favorites such as Tony Chachere's Creole Seasoning, Crystal's Hot Sauce, Blue Plate Mayonnaise, Blue Bell Ice Cream and Luzianne Sweet Tea."

The Dunnhumby Retailer Preference Index Report has ranked ALDI No. 1 on price for five years running. It's so confident in its products, such as its fresh, organic produce, that every item is backed by its Twice as Nice Guarantee. If you're not satisfied with the quality of a product, ALDI will replace the product and refund it.

ALDI sells mostly exclusive brands made by their best



partners. Shoppers will find food for every taste and life-

with an unbeatable cheese and wine selection. Shoppers will also discover weekly offerings of limited-time ALDI Finds like candles, delicious seasonal food, home goods and more.

Depositing a quarter to unlock a shopping cart is one way ALDI saves you money. ALDI doesn't need to hire employees to corral loose carts, and customers get their quarter back when they return the cart.

ALDI asks shoppers to bring reusable bags and recently announced a new commitment to eliminate all plastic shopping bags from stores by the end of 2023 — a sustainable policy that will lead to savings passed on to customers. ALDI also uses green electricity to cover 100 percent of its energy consumption, and has donated more than 33 million pounds of food through its partnership with Feeding America. To learn more about how ALDI is making sustainability affordable, visit <https://corporate.aldi.us>.

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Preliminary Brooks Bridge Expansion Work Under Way

By KENNETH BOOKS

Early preparation work has begun on the replacement of the 56-year-old Brooks Bridge, connecting Okaloosa Island and Fort Walton Beach, according to Ian Satter, public information director for FDOT District 3.

The \$171 million project, which will expand the bridge from four to six lanes over two spans, is set to begin next summer. The completed project will include three, 11-foot-wide driving lanes, two 10-foot-wide shoulders and a 12-foot-wide shared-use bicycle and pedestrian path will be included in each direction.

About 50,000 vehicles currently cross the bridge each day, Satter said.

The contract for the new construction was awarded to Superior Construction Co. Southeast, headquartered in Jacksonville, earlier this month. Three other bids were submitted. The company will design the new bridge as well as construct it, Satter said.

Previously in Okaloosa County, Superior Construction designed and built a \$14.5 million interchange on Highway 98 at Hurlburt Field, which was completed in 2016, according to a spokesperson for the company. The company was founded



in Indiana in the 1930s, with its first Florida project begun in 1987. Since then, the spokesperson said, “We’ve slowly grown that position. We have a lot more presence out there now.”

Forty-eight parcels of land will need to be acquired, comprising 7.5 acres, as well as 4.2 acres of easements. So far, six are under negotiation, Satter said. Completion date will be the summer of 2028, weather permitting, he said. At least 10 buildings will need to be demolished, several of which have already come down.

So far, several Oak Breeze Apartment units, Pat’s Bait and Tackle Shop, and a building in front of the old Giovanni’s One89 restaurant have been

torn down.

A separate product development and environmental study will be undertaken in a couple of years, Satter said, to deal with the current bottleneck at the Fort Walton Beach end of the bridge. To accommodate the bridge replacement, intersection improvements are necessary at Perry Avenue on the west end of the bridge and in the vicinity of Santa Rosa Boulevard, extending to Pier Road on Okaloosa Island.

A project development and environmental study was performed last year to establish the conceptual design and evaluate the environmental, traffic, engineering and social impacts for the replacement of the bridge,



which found the current span suffers from structural deficiencies. The existing bridge, which was constructed with a 50-year lifespan, does not meet current design standards, Americans with Disabilities Act (ADA) re-

quirements, or navigational clearance requirements for this portion of the Gulf Intracoastal Waterway, according to the Florida Department of Transportation.



ALDI

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Customers want convenient shopping options, which is why nearly all ALDI locations offer grocery delivery, and Curbside Grocery Pickup is expanding to 1,500 stores by the end of 2022. Visit shop.aldi.us to place an order.

ALDI stores are designed for simplicity and efficiency. A typical ALDI store is approximately 12,000 square feet of retail space, making it easier to shop

than oversized grocery stores.

ALDI is known for prioritizing its employees and their well-being and offering highly competitive wages and industry-leading benefits. It has been recognized as one of America’s Best Large Employers by Forbes six times in the past seven years. As one of the fastest-growing retailers in the U.S., ALDI is constantly creating new jobs in local communities, coast to coast. To learn more about working at ALDI and search job openings, go to careers.aldi.us.

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Community

Improving Mental Health with Horses

BY MARY CHRIS MURRAY

Alaqua Animal Refuge and Healing Hoof Steps have established a partnership to provide equine-assisted therapy to individuals struggling with mental health issues in our community. The partnership is an extension to Alaqua's Equine Interactions program, which has been used to help children and adults with emotional traumas and developmental challenges to promote social and life skills in a supportive environment.

The Equine Interactions program is open to anyone with mental, emotional, behavioral or development struggles in our community, and serves individuals, couples, families, active-duty military personnel, veterans, first responders, at-risk youth, and other groups through an experiential approach to healing through powerful engagement with horses. Focusing on relationship building and coping mechanisms, the program's goal is to foster positive change for individuals with anxiety or depression, autism, trauma such as PTSD, grief, ADHD or physical

or developmental disabilities. Additionally, there are women and family services for foster parents, foster children, and domestic violence victims.

With mental health conditions increasing across our country, the collaboration between Alaqua Animal Refuge and Healing Hoof Steps is a small step to address this crisis. Interactions with animals have proven powerful effects on the human spirit and body. By working together with a common goal, the two organizations can serve an unmet need and make a more impactful mark on society and our local communities to improve the lives of both humans and animals.

Alaqua Founder Laurie Hood said, "We witness the healing powers that all animals have on the human spirit every day. Our Equine Interactions program takes it to the next level and provides a much-needed service to humans who have experienced trauma of some kind. It's an honor to partner with such an amazing organization as Healing Hoof Steps on



this venture so that we can offer sessions in multiple parts of the Panhandle."

"We have found that with animals, people find the courage to begin their own journey of recovering to improve their emotional and physical well-being," she said.

The Equine Interactions program can help reduce symptoms of anxiety, depression, PTSD, and relationship issues, leading to improved self-confidence, self-efficacy, and an overall better and healthier quality of life.

Healing Hoof Steps has a team of licensed mental health counselors who provide counseling services in conjunction with horse interactions at Alaqua's original "Whitfield" campus at 914 Whitfield Road in Freeport. The peaceful environment offers a private and comfortable setting to conduct equine-assisted mental health counseling services. These sessions use the horses, barn and adjoining pastures to create a unique multi-sensory space for personal growth. Utilizing

a hands-on clinical approach, these program sessions take individuals out of the office and immerse them into a large pasture of loose horses as a member of a working herd – creating an environment of learning, self-discovery, and healing.

The non-riding activities in these sessions are designed to create an introspective view that can assist in overcoming anxiety, depression, PTSD and relationship issues. As prey animals, horses possess a keen sense of their surroundings while maintaining the goal of living a peaceful existence. They are hard-wired to live in the moment. Specializing in non-verbal communication, horses can convey the awareness, emotions, connection, respect, and structure that exist within the herd dynamics for their survival.

Horses are not distracted by the past or future events which could prevent them from identifying the level of safety in their environment and being able to respond. Unfortunately, hu-

Continued on page 6



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 Community

The Freeport Farmers Market Benefits Non-profits

The Freeport Farmers Market is held 9 a.m. – 2 p.m. on the green at Hammock Bay, the first and third Sundays each month, with a variety of entrepreneur and artisan vendors, food trucks and live entertainment. Visitors have a chance to win prizes donated by the vendors. Pets are welcome.

The Freeport Farmers market is operated by the nonprofit Lunch Buddy Foundation. Since August 2021, the market has collected food and monetary donations for MATRIX

COC and Hurricane Ida relief, donated wheelchairs to the high school and donated snacks to Freeport Middle School's "Food for Thought" snack program.

July 17 will be Back to School Sunday. Freeport Farmers Market will provide backpacks and school supplies to school age kids until supplies run out. On Sept. 18, The Freeport Farmers Market will join



forces with MADD of Northwest Florida to raise money to bring awareness to the dangers of drunk driving. MADD will hold a 5K Run/Walk starting at

7 a.m. and the market will run from 9 a.m. to 2 p.m. MADD, along with first responders from across the state and Walton County, will have static displays, demonstrations and exhibitions. FHP will have patrol cars, a rollover simulator and a drunk goggles obstacle course, WCSO will have patrol cars, a community police bike unit, K-9 unit and fingerprinting station and WCFR will have a fire

truck with hose for runners and kids.

Through Sept. 18, to support MADD, the market will raffle off a chance to win a four-hour Bay fishing trip for four people, courtesy of Ranger Angler Fishing Charters. Proceeds will go to MADD Northwest Florida. Visit www.fishingtripraffle.com for details.

The Freeport Farmers Market donated \$1,000, provided by vendors, to the #TessStrong Food Truck Festival to Support MADD in May.

HORSES

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mans are notorious for dwelling on past events, which causes depression, or projecting into a future that hasn't happened yet, which causes anxiety. Horses remind us of the importance of living in the moment, away from any anxiety or depression.

They are very sensitive to non-verbal communication and another's energy, even when it is subconscious. As prey ani-

mals, horses must be constantly aware of every environmental cue in order to survive. These unique qualities and sensitivities give them a special capacity to read and respond to non-verbal symbols and cues, which can lead to powerful emotional interactions, breakthroughs, and life-changing insights.

Horses also naturally react accordingly to the ebbs and flows of the stimuli that exist in their surroundings. They conserve energy until it is needed,

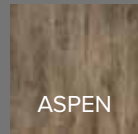
and they have shown the unique ability to help humans learn and practice those same survival traits. This approach to experiential learning is what makes equine assisted mental health counseling more effective than traditional talk-therapy sessions.

"It is an honor to collaborate with Laurie Hood and Alaqua in overlapping our missions to improve our communities for animals and humans," said Narissa Jenkins, Healing Hoof Steps CEO and Founder. "Like

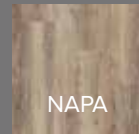
Alaqua, the need we have uncovered within our community for our services has surpassed our expectations. It is our responsibility to continue any and all efforts to meet that need. Thanks to this collaboration, Healing Hoof Steps is able to extend our mental health services while engaging the horses rescued by Alaqua to serve an even bigger purpose – turning trauma into triumph."

Prior horse knowledge or experience is not necessary to ben-

efit from the Equine Interactions program. The only requirements are closed-toed shoes, the ability to walk throughout a pasture and communicate with a treatment team. Military individuals and families may qualify for grant funding, and some insurance and Gardiner Scholarship accepted. To learn more about the program or schedule an initial appointment, email EquineInteractions@Alaqua.org or call (850) 764-1005.



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Not to be Missed – PRESTO!

On May 19, 2022, PRESTO! opened its doors and began dazzling attendees. The pop-up magic show, which features five internationally-renowned acts, will keep the enchantment alive through Aug. 28. Audience members have described the show as “a treat for the entire family” and “a must-see performance.”

One act that audience members can’t get enough of is that of Chris Cox, PRESTO!’s resident mentalist. Cox’s mind-reading skills have amazed more than 750,000 people worldwide and Cox stands as the only mind-reader in history to have performed on Broadway, at the Sydney Opera House and in London’s West End.

Cox, the charmingly nerdy mentalist, has captivated audiences of all kinds with his incredible mind-reading stunts and his charisma. Spectators gasp with surprise when he randomly selects an audience member and tells them the most intricate details about themselves, from their wedding anniversary

to a celebrity they are thinking about. The stunned reactions aren’t always from people in the audience as celebrities and magicians are left scratching their heads when they meet Cox and witness what he is capable of.

Cox is a self-proclaimed “mind-reader-who-can’t-read-minds.” When doing his act, Cox brings the hilarity to the stage as he presents the perfect combination of witty chit-chat, psychology, and magic that leads you to believe Chris has fully entered your mind and knows what you’re thinking.

While those in the audience will enjoy a variety of acts of illusion and showmanship, Cox refers to his specific act as “magic of the mind.” He enjoys connecting with the audience and using the many techniques he has learned over the years, including body language, influencing and “devilish good looks.”

Cox describes how proud he feels to be where he is today. “If you asked me at 6 years old what I wanted to do more than any-



thing in the world, my answer would’ve been to entertain people,” he said. “I love to entertain people, amaze them and make them realize how incredible our human minds are.”

Joining forces with some of the world’s most talented magicians, Cox is now gracing the stage of The Magic Parlor, an antique theater from Belgium, which appeared almost overnight at Destin Commons in early May.

See more information on PRESTO! by following on Facebook and Instagram. To purchase tickets, visit prestodestin.com or call PRESTO! box office at (850) 688-1201.



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Bay Buzz

Westonwood Ranch will offer a camp in July for individuals with developmental differences. Individuals should be able to function in a small group setting, three to four campers per group. Acceptance into camp is based on a review of the application. Campers are grouped based on age range and social needs to help develop social skills plus make new friends.

The cost is \$200 for Westonwood Horse Camp, which includes riding, July 25-28, 10 a.m.-2 p.m., for ages 5-18.

Fifteen spots are available. Email equine@westonwood.org or call (850) 880-2220.

Heritage Museum Summer Camp!

Registration is open for July Summer Camp at the **Heritage Museum of Northwest Florida** in Valparaiso.

The museum plans two summer camp sessions next month, one for children in grades K-2 and another for grades 3-6. The K-2 summer session is July 11-15; The grade 3-6 session is July 18-22.

The camps will be held at the Museum from 10 a.m. to 1 p.m. each day and will offer a variety of classes such as crafts, history, science and food.

The cost is \$75 per week. Visit heritage-museum.org for more details or call (850) 678-2615 to register.



Teacher Jill Russ, Little Brother Alex, Big Brother Daniel, Principal Scheree Martin

BBBS Announces Okaloosa County Big of the Year

Big Brothers Big Sisters of Northwest Florida chose Daniel Pink as the 2022 Okaloosa County Big of the Year. Daniel's Little Brother Alex joined other staff members May 23 at the Okaloosa STEMM Academy to surprise him with the award.

Daniel was matched with Alex more than two years ago, in the height of a pandemic. Despite the challenges and restrictions prohibiting the pair from meeting in person, they were able to build a relationship. Daniel would send Alex care packages in the mail and stayed in touch with him, calling him at least once a week.

Daniel continues to be a positive influence in Alex's life by

helping him through all sorts of challenges, including the transition to middle school. He encourages Alex to work on school projects, read new books and helps him with his homework.

"I have one complaint," Daniel said. "I asked for a Little Brother and now he's almost taller than me!"

The **Freeport Republicans** will meet Tuesday, July 12, at the Hammock Bay Clubhouse, 1830 Great Hammock Bend. Registration begins at 5:30 p.m.; meeting 6-7 p.m. July's speaker is Shane Abbot, candidate for the Florida House, District 5. The club meets on the second Tuesday of each month at the same location and time.

The **Walton County Republican Executive Committee** will meet Monday, July 18, at the Hammock Bay Clubhouse, 1830 Great Hammock Bend. Registration, 5:40 p.m.; meeting 6-7 p.m. These meetings are open to Republicans in Walton County. The REC meets on the third Monday of each month at the same location and time.

Lincoln Dinner

Florida Attorney General Ashley Moody will be the keynote speaker at the Okaloosa County Republican Executive Committee's annual Lincoln Dinner Friday, July 15, at the Island Resort, Fort Walton Beach. For information and to obtain tickets, visit Okaloosagop.com or contact OCREC Chair Sandra Atkinson at (850) 543-8742, OCREC Vice Chair Cheryl Stubbs at (850) 797-3605, or Diana Gilbert at (850) 897-2592.

ECTC's production of "The Tempest" at Grand Boulevard will be performed every Thursday at 8 p.m. in the Grand Park through July 28. The show is free. Bring a blanket or lawn chair. In case of rain, "The Tempest" will be performed upstairs in the 560 building. (850) 684-0323; www.emeraldcoasttheatre.org.

Northwest Florida State College was recently presented with the Triumph Gulf Coast

Horizon award for its accelerated implementation of its FAA certification program at the Aviation Center of Excellence.

The Horizon Award is presented to organizations that demonstrate outstanding innovation and lead efforts to create substantial job opportunities throughout the region.

Trivia fans, come test your Trivia skills with friends of **CALM** Friday, Aug. 12, 6-8pm at VenYou201, 201 Redwood Ave. Niceville. The event is free. Feel free to bring your own beverages and vie for door prizes. Heavy appetizers will be provided.

RSVP to wandanv@cox.net.

Niceville Women's Charity Names 2022 Award Winners

The Christ Our Redeemer Council of Catholic Women announced its charitable donations for the 2021-2022 season. The ladies of the council gave away four \$1,000 monetary awards to non-profit agencies and a \$750 scholarship to a local graduate.

The four groups to receive awards were The National Council of Catholic Women's support of Catholic Relief Services efforts in Ukraine, A Bed 4 Me, Shelter House of Northwest Florida and Twin Cities Pavilion.

The \$750 scholarship was

Continued on page 10

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6pm | 3rd Planet Brewing | Niceville



02 | Rust & Gold Live
6pm | 3rd Planet Brewing | Niceville
Duchess Live
6pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville

03 | Smoke on the Coast
5pm | Destin Commons | Destin
Stars & Stripes
9pm | AJ's on the Bayou | Fort Walton Beach



04 | Freeport 4th of July Parade & Fireworks
4-9:30pm | Freeport Regional Sports Complex | Freeport
Red, White & Baytowne
6pm & 9:15pm | Baytowne Wharf | Sandestin
4th of July Celebration
7pm | Harborwalk Village
Seaside Independence Day Celebration & Fireworks Spectacular
8:30pm | Seaside Amphitheater | Santa Rosa Beach
Boggy Bayou Fireworks Show
8:45pm | Boggy Bayou between Lincoln Park in Valparaiso and Lions Park Niceville

*Happy 4th
of July!*

08 | Stormfolk Band Live
6pm | 3rd Planet Brewing | Niceville

09 | Women's Climbing Circle
9am | Rock Out Climbing Gym | Destin
Mechanical Lincoln Live
6pm | 3rd Planet Brewing | Niceville
Live Music with Purple Monkey
6pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville

12 | Kids Summer Camp with Corina
10:30am | Artful Things | Niceville

13 | Second Wednesday Breakfast
7:30am | Niceville Community Center | Niceville
Kids Summer Camp with Corina
10:30am | Artful Things | Niceville

14-15 | Day Art Camp
10:30am | Artful Things | Niceville

15 | Dismystic Live
6pm | 3rd Planet Brewing | Niceville
Laura Lane Duo Live Music
6pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville

16 | Art of Charcuterie Workshop
4pm | J.Leon Gallery + Studio | Miramar Beach

20 | Civic Hall of Fame Luncheon
11am | Niceville Community Center | Niceville
Cinderella
7:30pm | Mattie Kelly Arts Center | Niceville

21 | Cinderella
7:30pm | Mattie Kelly Arts Center | Niceville

22 | Encaustic Scenes Workshop
10:30am | Artful Things | Niceville
Kyle LaMonica Live
6pm | 3rd Planet Brewing | Niceville
Cinderella
7:30pm | Mattie Kelly Arts Center | Niceville

23 | The Art of Resin Pours with Barbara Suhadolnik
11:30am | J.Leon Gallery + Studio | Miramar Beach
Cinderella
7:30pm | Mattie Kelly Arts Center | Niceville

24 | Cinderella
2pm | Mattie Kelly Arts Center | Niceville

26 | Free Shredding Event
10am | Niceville Recreation Complex | Niceville

27-30 | Cinderella
7:30pm | Mattie Kelly Arts Center | Niceville

31 | Cinderella
2pm | Mattie Kelly Arts Center | Niceville
Sunset Shrimp Boil
4pm | LJ Schooners Dockside Restaurant & Oyster Bar | Niceville

FARMER'S MARKETS

Niceville Community - Saturdays
July 2, 9, 16, 23, 30
9am-1pm | Palm Plaza | Niceville

Freeport Farmers Market - 1st & 3rd Sundays
July 3 & 17
8am | Victory Blvd | Freeport



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 Community

BAY BUZZ

continued from page 8

awarded to Page Doloff, a graduate of Niceville High School.

For more information, contact Pat Kramer via email at ccw@cor.ptdiocese.org.

Bluewater Bay Residents Avoid Traffic Crunch on Local Roads

White Point Road and Lakeshore Drive in Niceville will close to through-traffic Saturday afternoons, on May 28 to Sept. 3, from noon to 6 p.m. to maintain traffic safety and relieve those residing along these

roadways of congestion as a result of southbound tourism traffic from State Road 293 toward the Mid-Bay Bridge. Message boards along State Road 20 and State Road 293 will activate at approximately 11 a.m. on closure day. Sheriff's deputies will manage the blockade and patrol the area.

ECCAC Looking for Front Desk Volunteers at Both Centers

Emerald Coast Children's Advocacy Centers (ECCAC) in Niceville and DeFuniak Springs need front desk reception volunteers.



emerald coast
Children's Advocacy Center

Volunteers must be 18 or older, attend a training class, be fingerprinted and undergo a background check. Individual orientation appointments can be arranged.

ECCAC provides services in a child-friendly environment to help identify, treat and support children in abusive situations, as well as helping to prevent child abuse through education and

prevention programs.

For further volunteer information, contact Volunteer & Event Coordinator, Ana Michalzik, volunteer@eccac.org, or call her at (850) 833-9237, Ext. 283 or go to www.eccac.org. If abuse is suspected, call the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.

Get your groove on to raise some dough for **Dog-Harmony** in its Woodstock-themed 2023 calendar contest, "Peace & Paws." Dogs will compete for calendar model slots during the contest's Summer of Love (June 15-July 15). All dogs that participate will be professionally photographed at Dog-Harmony, 237 Market St., Santa Rosa Beach, by Mills Photo Design. To enter your pup, register and create your pup's campaign page.

To register, email hello@dog-harmony.org or visit Dog-Harmony's Facebook page for instructions. The direct link to sign up for the contest is: secure.qgiv.com/event/calendar-contest2022.

Happy Independence Day from Life Media!
Bay Life, Destin Life, FWB Life, SoWal Life, PCB Life

DOG-HARMONY
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3RD ANNUAL CALENDAR CONTEST
JUNE 15TH - JULY 15TH

Get your groove on to raise some dough for our humane education programs!

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TO READ OUR LATEST ISSUE



Costa Enterprises McDonald's raised \$5,000 through Shamrock Shake® sales for the Ronald McDonald House Charities of Northwest Florida. Beginning in February, 25 cents was collected from every Shamrock Shake® sale at Costa's 28 locations throughout Northwest Florida. These funds will be given directly back to the local charity, which provides love and support to families of children with medical needs by giving them a place to call home in Pensacola.

This give-back effort is part of the company's "Costa Cares" initiative, which aims to provide outstanding community service through various fundraising efforts and community partnerships. To learn more, visit costamcd.com/costa-cares.

Please join us **OCTOBER 27, 2022** 15th Annual HELPING HEROES BLACK TIE "is back" Gala

featuring Staff Sergeant (Ret.) Johnny 'Joey' Jones, U.S. Marine Corps EOD

5:30 PM
SILENT AUCTION AND RECEPTION
7:00 PM
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BYOB; Heavy appetizers will be provided.

RSVP to Wanda at wandanv@cox.net

Locals Gain Free Day Use Park Admission

Do you have a library card? Use it this summer to check out a day pass to your favorite local Florida State Park. The Florida Department of State, Division of Library and Information Services, in conjunction with public libraries across Florida, has partnered with the Florida Department of Environmental Protection, Florida State Parks, to offer State Park Day Passes to library patrons through The Real Florida Reader Day Pass initiative.

The Real Florida Reader program allows Florida Public Library cardholders to check out a Florida State Park Day Pass which provides park admission for up to eight people in a vehicle.

Participants are encouraged to check out books about Florida's wildlife, horticultural and natural resources then explore a Florida State Park in their area to identify resources they learned about, according to the Department of State.

The program runs through Sept. 13. "We are proud to partner with Florida State Parks to



PHOTOS COURTESY FLORIDA STATE PARKS

offer park passes in Florida's public libraries," said Secretary of State Cord Byrd. "Florida has a rich historical and cultural heritage. The Real Florida Reader initiative provides the perfect opportunity for Floridians to get out this summer to explore Florida's natural treasures."

In Niceville, use your pass to enter Fred Gannon Rocky Bay-

ou State Park, 4281 State Road 20.

Find your local library and a state park by visiting the Real Florida Reader at www.floridastateparks.org/RealFloridaReader Info.Florida.gov/RealFloridaReader.

Participants are also encouraged to share their stories on social media using RealFloridaReader.

Each library location will receive an allotted number of passes. They do not include entry to federal parks, national forests or national wildlife refuges. They are for day use access only and don't include camping or any other fees.

For more information, visit FloridaStateParks.org/RealFloridaReader.

Walton County Provides Complimentary Day-Use Admission to State Parks

Summer visitors to Walton County will once again be able to enjoy complimentary day-use admission to Grayton Beach State Park and Topsail Hill Preserve State Park from Memorial Day through Labor Day.

The Walton County Tourism Department is paying the cost of entry for day-use visitors in order to increase available parking for beachgoers during the peak visitation season, as well as raise awareness of the variety of eco-tourism activities South Walton offers. This year marks the eighth year of admission coverage for Topsail Hill Pre-

serve State Park and the sixth for Grayton Beach State Park.

"This is an opportunity to help encourage our residents and visitors to explore the natural beauty of our state parks," says Matt Algarin, director of communications for the Walton County Tourism Department. "With miles of hiking and biking trails, access to our pristine sugar-white sand beaches, and activities for everyone to enjoy, our state parks are true hidden gems within the community."

Complimentary day-use admission is available to visitors during normal operating hours, generally 8 a.m. to sunset, and this year's program will begin on Memorial Day weekend and run through Labor Day, Sept. 5.

For more information on Topsail Hill Preserve State Park visit www.visitsouthwalton.com/listing/topsail-hill-preserve-state-park. For more information on Grayton Beach State Park visit www.visitsouthwalton.com/listing/grayton-beach-state-park.

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 Community

Meet Hometown Hero Mike Arena

BY LORI SMITH

Evan Williams Bourbon and its American-Made Heroes Foundation selected the Founder of Healing Paws for Warriors, Master Sgt., U.S. Air Force (Ret), Mike Arena, as one of its “American-Made Heroes.”

Recently honored at the Step One Fest, Maureen Bierman, Director of Marketing, Step One Automotive Group, said, “We have worked with Mike Arena in the past and know how dedicated he is to helping his fellow veterans. We are so excited to host this special ceremony at our fifth anniversary celebration.”

The American-Made Heroes Foundation salutes U.S. military veterans who dedicate their lives to helping others, especially fellow service members. Evan Williams provides a platform for sharing their stories, raising awareness for charitable causes and supporting non-profit organizations that serve the veteran community.

And no wonder they chose Mike. He is a co-founder and the Executive Director of Heal-

ing Paws for Warriors (HP4Ws), a local, non-profit organization providing executive management and service dogs at no cost to combat-injured veterans.

According to a study conducted by the Department of Veterans Affairs, 22 veterans and active duty members take their own lives each day. Burdened with a stigma associated with mental health issues and the “shame” surrounding PTSD, TBI and MST, they sometimes resort to suicide as an option to relieve their suffering.

Healing Paws for Warriors is designed to provide our heroes the tools to live and improve their symptoms as they struggle with their conditions. “We want to increase their self-esteem, allow them to lead a more productive life, and help



alleviate some of their symptoms,” says the organization’s website. “By training rescue or shelter dogs, we allow the veter-

an to receive the dog at no cost. But more importantly, we’ve potentially saved two lives in the process.”

Mike could have been one of those statistics. After having served more than 23 years as an operational medic in the U.S. Air Force, he found himself in the same situation. After completing numerous deployments throughout the world, he was diagnosed with Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) and was medically retired.

But there was hope. After his diagnoses and subsequent retirement, he heard of a program that paired service dogs with veterans, and he pursued it as

his path for healing. He joined the program and also found his K9 partner, Orion. Shortly after graduating, he regained

his smile. He possessed a new mind-set, able to put aside past mental and physical challenges with his injuries. This was the catalyst for founding Healing Paws for Warriors.

Mike and others in the community jointly founded the local non-profit to help our local veterans who battle with their invisible wounds of war – PTSD, TBI and Military Sexual Trauma (MST). He and the HP4Ws team are passionate about providing hope and healing to veterans as they partner with rescue dogs to become a handler/K9 team. Through the program, military heroes are able to transition to civilian life with self-assurance and determination.

Healing Paws for Warriors trains veterans and dogs to be capable handler teams at no cost to the veterans: enabling struggling military heroes to transition to civilian life with self-assurance and determination.

Do you know someone who needs this same hope? Visit www.healingpawsforwarriors.org for more information.

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Introducing the Walton Republican Federated Women

The National Federation of Republican Women is a national grassroots political organization with thousands of active members in local clubs across the nation and in several U.S. territories, making it one of the largest women's political organizations in the country. Members of the local club- The Walton Republican Federated Women are also members in their state Federation. The goals of the National, State and local organizations are:

- Promote an informed public through political education and activity.
- Increase the effectiveness of women in the cause of good government.
- Facilitate cooperation among the National and state



Federations of Republican women.
 • Foster loyalty to the Republican Party and promote its principles and candidates in all

Wednesday of each month at various facilities across Walton County. Past high-profile speakers have included Senator Rand Paul, Congressman Gaetz, Sen-

elections, including non-partisan elections.

• Support republican objectives as well as working for the election of good Republicans.

Beginning with their first organizational meeting in April, 2008 the Walton Republican Women Federated (WRWF) has grown from 6 to 130 active members, and is widely recognized as a premier political club in the Florida Panhandle. They meet on the first



ator Marco Rubio, and Attorney General Ashley Moody. "There's a red wave rising," says club President Stephanie Phillips. "and needless to say, we are fired up for Republican victories in the upcoming elections. Yet, we don't want to take the Red momentum for granted. Not only are we striving to put "boots" on the ground for our Republican candidates, we have our «heels dug in» supporting the conservative, constitutional values of the Republican Party! Phillips and the entire WRWF invite Walton County's Women to get involved this election season. Learn more at www.waltonrepublicanwomenfederated.org.

Snapshot of WRWF Political Activities

- Active in Florida Federation of Republican Women (over 3000 members strong)

- Conducting multiple county voter registration events
- Supporting Republican candidates at every level as well as key legislative issues
- Working the polls
- Funding and working with the county Republican Executive Headquarters
- Supporting National Federation of Republican Women (over 65,000 members strong)
- Working and organizing the county Republican Executive Committee Lincoln Dinner
- Supporting the local veterans lodge
- Working door to door for the Mighty American Strike Force preceding elections
- Over 10% of our club members participated recently in the Florida Federation of Republican Women state conference in Tallahassee
- Partnering with the newly formed county chapter of Moms for Liberty
- Recently conducting a podcast candidate forum among three Republican candidates for Florida House District 5
- Awarding four \$1000 High School Scholarships to future Republican Leaders this year.



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 Community

Tax Relief for Floridians is On the Way

By JIM JAQUSS

Governor DeSantis recently signed into law more than \$1.2 billion of tax relief for Floridians. The new law creates 10 sales tax holidays for a variety of items commonly purchased by Florida families, including fuel, diapers, disaster supplies and tools.

“Florida’s economy has consistently outpaced the nation, but we are still fighting against inflationary policies imposed on us by the Biden administration,” Governor DeSantis said. “In Florida, we are going to support our residents and help them afford the goods that they need. Florida has been fiscally responsible, so we are in a good position to provide meaningful relief for families, right now.”

The 10 tax holidays are:

A one-month **Fuel Tax Holiday from October 1-31, 2022**, saving Floridians \$200 million by lowering the price of



gas by 25.3 cents per gallon.

A 3-month sales **tax holiday for children’s books from May 14 through August 14, 2022**, providing \$3.3 million in tax relief.

A one-year sales tax holiday from **July 1, 2022, through**

June 30, 2023, for baby and toddler clothes and shoes, providing \$81.5 million in tax relief.

A one-year sales tax holiday from **July 1, 2022, through June 30, 2023, for children’s diapers**, providing \$38.9 mil-

lion in tax relief.

A 14-day **Back-to-School sales tax holiday from July 25 through August 7, 2022**, for clothing, shoes, backpacks and school supplies, providing \$100 million in tax relief.

A 7-day **Tool-Time sales**

tax holiday from September 3-9, 2022, for tools and other home improvement items, providing \$12.4 million in tax relief.

A two-year sales tax holiday from **July 1, 2022, through June 30, 2024, for impact resistant windows, doors and garage doors**, providing \$442.8 million in tax relief.

A 7-day **Freedom Week from July 1-7, 2022**, providing a sales tax exemption for specified admissions and items related to recreational activities, providing \$70.6 million in tax relief.

A one-year **Energy Star Appliances sales tax holiday from July 1, 2022, through June 30, 2023**, for washing machines, clothes dryers, water heaters and refrigerators, providing \$78.5 million in tax relief.

For more information, visit floridarevenue.com.


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Mid-Bay Rotary Awards Scholarships

During Mid-Bay Rotary's May 19 meeting, Rotary President Steve Wolfrom presented four of its five \$2,000 scholarships to deserving students.



From left: Morgan Lynch (Rocky Bayou Christian School), Tiana Fontejon (Niceville High School), Carly Brooks (Niceville High School) and Elisabetta Savi-

ni (Collegiate High School). Not pictured is Jeremy Alvarez (Niceville High School).

Florida Power & Light Partners with Feeding the Gulf Coast

With hurricane season upon us, Florida Power & Light Company partnered with Feeding the Gulf Coast to distribute hurricane meal kits to homebound residents in DeFuniak Springs. Together, FPL, Florida Council on Aging and Feeding the Gulf Coast are distributing more than 150 hurricane preparedness kits to seniors in Walton County to ensure they have access to water and nutritious food for up to three days following a storm.



Florida Power & Light Company Community Relations Specialist Wes Hudgens (left) and Florida Power & Light Company External Affairs Manager Bernard Johnson (right) distribute hurricane meal kits for seniors at Tri-County Community Council June 7. The hurricane meal kits include a three-day supply of nutritious shelf-stable foods for breakfast, lunch and dinner. The kits also include water and snacks to help homebound seniors after a storm.

Mid-Bay Rotary Annual Charity Golf Tournament A Huge Success!

The Rotary Club of Mid-Bay Bridge held its 23rd annual charity golf tournament at the Bluewater Bay Golf Course June 3, raising more than \$11,300. The tournament, which had 62 sponsors, was a Florida Scramble that included 23 teams/92 golfers from many Rotary clubs and local businesses and organizations. Prizes went to top scor-

ing teams in three flights and Closest to the Pin. Dozens of players won smaller prizes. Proceeds will allow Mid-Bay Rotary to continue supporting local, regional, and international causes to include Rotary International PolioPlus and to ShelterBox USA. Mid-Bay Rotarian Art Jean led an amazing team coordinating golfers, sponsorships,



prizes, food (sandwiches provided by Firehouse Subs and Wings and Beer provided by Brothers Kitchen).



crosspoint
FREEPORT

Service Times

9:30 A.M. & 11 A.M.

CROSSPOINT.CHURCH

 Community

Alzheimer's Disease: Combating the Stigmas

By HANNAH WHITE

Local resident Butch McKay has witnessed first-hand the consequences of stigmas and misconceptions about Alzheimer's, a progressive and fatal brain disease affecting more than 580,000 Floridians.

When Butch's partner of 40 years, Darrel, became lost and confused after dropping Butch off one day, Butch began to suspect something was wrong. Following this first incident, he began to notice other warning signs in his partner, such as Darrel frequently forgetting things and repeating himself. Knowing that Darrel's parents had both been diagnosed with Alzheimer's, Butch urged him to visit his doctor and get evaluated for the disease. However, despite the warning signs, Darrel was in denial of the idea and firmly refused evaluation, even when his doctor also advised him to come in.

It took an entire year before Darrel finally consented to going in for an evaluation and getting officially diagnosed with Alzheimer's. He lived six years following his diagnosis, passing away in 2017.

This story is sadly an all too familiar experience for many Florida families. However, there are things you can do to ensure

loved ones enjoy their life as much as possible. For Butch, it was important to be accepting and to come to terms with the changes, to not resent the new person Darrel had become.

"I did his eulogy and spoke about saying goodbye to two fantastic men who were both named Darrel and shared the same body," Butch remarks.

This June, during Alzheimer's & Brain Awareness Month, it's vital to recognize the signs of Alzheimer's and understand how to communicate with your loved ones living with the disease. Right now, more than 6 million Americans age 65 and older are living with Alzheimer's. Society's stigmas, stereotypes and misconceptions about Alzheimer's add yet another layer of hurt to this already difficult disease.

Stigmas about Alzheimer's can also create rifts in the personal relationships of a person living with the disease, shaking up their support network during a time when it is desperately needed. Friends and family members may struggle with denial of the diagnosis or avoid interacting with their loved one living with Alzheimer's.

Misconceptions about Alzheimer's can discourage both those living with the disease and

their loved ones from addressing the disease and having the best quality of life possible, so it's important to combat stigma and stereotypes.

The Alzheimer's Association shares these five tips to combat stigma associated with Alzheimer's disease and other dementia:

Educate yourself. Learn the facts about Alzheimer's and other dementia, including symptoms, disease progression and challenges facing caregivers. The Alzheimer's Association website alz.org offers robust disease-related information. The association also offers online and in-person education programs and other helpful resources. Once you've learned more, share your knowledge with others, and don't be afraid to challenge misinformation.

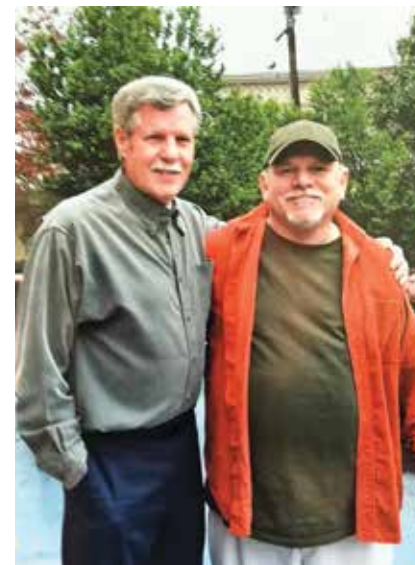
Don't make assumptions. Alzheimer's and dementia affects each person differently. A diagnosis doesn't mean the person will have to stop their daily routine or favorite activities immediately. If someone says they have been diagnosed with dementia, take them at their word, no matter their age. Recognize that "Alzheimer's is only for old people" is another common misconception.

Continue to show sup-

port. People living with dementia don't want to lose their friends or stop doing activities they enjoy. Be supportive and stay connected. Social engagement can contribute greatly to a person's well-being and lets people with dementia know you care.

Support the caregiver. Caregivers need support, too. Knowing more about what they go through is a good start – most caregivers wish that more people understood the realities of caring for someone living with dementia. If you know someone who is caring for a person living with dementia, show understanding and offer help. They will appreciate it.

Remember the person inside. Above all, remember that people living with dementia still have hopes, dreams, and aspirations like the rest of us. If you have a loved one diagnosed with dementia, know that feelings of loss and grief are normal, and will likely grow more intense as the disease progresses. However, it's possible for the person to live well with dementia, and maintain their quality of life for as long as possible. And you can help that person live well, too.



The Alzheimer's Association has resources available throughout Florida to support you and your loved one. Access a 24/7 Helpline available at (800) 272-3900 or learn more about programs and services near you at Alz.org/CNFL. Another way to show your support is at the Alzheimer's Association Walk to End Alzheimer's, the world's largest event to raise funds and awareness for Alzheimer's care, support and research. The 2022 Walk in Pensacola will take place Sunday, Oct. 2. On Emerald Coast, it will take place Saturday, Oct. 29. Visit alz.org/walk to register.

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Meet Your Local Pros: Owners Mark & Laura Wichern of Veritas Restoration

By LORI SMITH

Veritas Restoration & Mold Remediation recently opened its doors to provide cost-effective, time-saving, innovative technology in the water damage restoration industry. No strangers to the industry, Mark and Laura have built and sold two other successful restoration companies and have more than 25 years of industry experience. They couldn't wait to get going again serving our community.

"In the water damage restoration industry, it seems the 'restoration' part has been forgotten," says Mark. "Today, 'restoration' seems to mean nothing more than renting drying equipment as an ad-on fee for demolition and remodeling for most 'restoration' companies. However, Veritas specializes in 'restoration drying' after a water loss, using cutting-edge drying equipment."

Mark emphatically states that, more importantly, Veritas invests in the education of its employees. "Through our

training in thermodynamics and psychometrics and the calculations required to actually restore a building, we are able to dry and restore instead of tear out and replace," says Mark. "We strive to make your unfortunate experience better. So, we spend an immense amount of time with our customer service training and our documented systems and procedures."

According to Mark, most water losses can be dried in place without removing drywall, carpeting and cabinets in just a few days. "This process and science of drying has been largely forgotten," he says. Mark has been an in-place drying instructor with Restoration Coach and the IICRC for nearly 20 years and has taught thousands of students throughout the country. "By using the science of drying that we've taught for nearly 20 years, many clean wa-



ter losses can be dried within three to four days, on average, without demolition, repainting or renovations. The savings of time with the loss of use is reduced to days, rather than weeks or months. And the lack of demolition and remodeling reduces the overall invoice by 80 percent or more.

"We opened Veritas Restoration to lead by example on what we teach," says Mark. "If

it is a clean water loss, we will dry more than 90 percent of the affected materials in-place, without removing drywall, carpeting, pad, hardwood flooring or cabinets."

Mark says the Veritas in-place drying benefits offer numerous benefits:

1. The home/business owner has his building restored in just days, not weeks or months, saving thousands in lost vacation rentals and business interruption income.

2. Veritas provides well-trained professionals, working smarter with science and knowledge offering better communication, clearly defined expectations and saving a tremendous amount of unnecessary stress, time and money.

3. The true savings on the affected materials to be restored, in many cases, is more than 90 percent of the total cost of restoration, demolition and remodeling.

4. The Veritas documentation is easy to understand and visualize and includes meter readings, pictures, digital diagrams and psychrometric readings, making it easy to communicate to insurance companies involved on the claims.

"Veritas means truth, and we are ready to help," says Laura. "If you experience any type of emergency water damage in your home, vacation rental or business or feel you might have a mold or air quality issue, just call us to discuss or schedule an important inspection."

"Our goal is to save and restore your home, vacation rental or business and to have everything back to normal in a matter of days," says Mark.

"We are excited to provide a true and honest service to our beautiful Emerald Coast," says Laura. Email or call 24-7 to receive a brochure or schedule an appointment and receive a free moisture meter. (850) 835-5677; veritasrestoration.com; lauraw@veritasrestoration.com.

P.E.O. Sisterhood Awards Scholarships

Local members of the P.E.O. Sisterhood women's organization gathered in early June to celebrate two local young women who have won scholarships.

Stella Hurley, a 2022 graduate from the Baker School, has been awarded the 2022 Chapter DH, Florida Memorial Scholarship by Chapter DH of the P.E.O. Sisterhood, a philanthropic educational organization which promotes increased educational opportunities for women. Chapter members from Okaloosa County have raised the money for this scholarship, which is decided locally and awarded to a young woman from Okaloosa or Walton County based on excellence in leadership, activities, community service, and academics. Stella will study nursing at the University of North Florida in August as the first step toward becoming a nurse practitioner. She is spending part of the summer in Washington, D.C., representing CHELCO at the national Youth Tour.

London Taylor, a 2022 grad-

uate from Niceville High School, has won a \$2,500 P.E.O. STAR Scholarship for 2022. She was sponsored in this national competition by Chapter DH and was chosen from among thousands of applicants nationwide based on excellence in leader-

ship, activities, community service, academics and her potential for future success. London will major in Biology as part of the pre-med track at the University of Florida in August. She plans to become a pediatrician. This summer, London is repre-

senting Florida in the national Distinguished Young Women's scholarship competition.

Chapter DH, Fort Walton Beach, is one of 211 P.E.O. chapters in Florida, with members from Niceville, Bluewater Bay, Baker, Crestview, and South

Walton County. There are nearly 5,800 chapters in the U.S. and Canada, representing more than 200,000 initiated members. The P.E.O. Sisterhood, which celebrated the 150th anniversary

Continued on next page

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Community

Okaloosa County Approved for \$7.9 Million in State Funding

On June 2, Gov. Ron DeSantis signed the roughly \$112 billion State Fiscal Year 2022-2023 Budget, confirming the funding for projects totaling nearly \$8 Million to benefit Okaloosa County.

Approved projects include:

- \$2 million for a US 98 Bridge-to-Bridge Multi-Use Path from West Okaloosa Island to Destin
- \$750,000 for Overbrook Area Stormwater Improvements;
- \$300,000 for Cinco Bayou Glenwood Park Water Quality Improvement;
- \$3 million for County Road 2 Road Safety and Upgrades to Big Horse Creek and Yellow River Bridges
- \$1.5 million for Niceville College Boulevard Multi-Use Pathway
- \$350,000 for the continued



Williamson,” said Okaloosa Board of County Commissioners Chairman Mel Ponder.

Two County projects were vetoed, including \$1.5 million for a Florosa Water Storage Tank and funding for US 90 at Jericho Road Improvements within the Shoal River Ranch Gigasite for \$1 million. An alternate funding source for the Florosa tank will be presented to the Board of County Commissioners in July, as part of the upcoming 5-year Capital Improvement Plan.

Though the US 90 and Jericho Road Improvements were not approved as part of the State’s annual budget process, DeSantis awarded \$3.2 million to Okaloosa County through the Florida Job Growth Grant Fund to expand infrastructure, including roads, at the Shoal River Ranch Gigasite.

support of the Pretrial Mental Health Diversion Program.

“The County is thankful for the hard work and advocacy of our Legislative Delegates including Senators Doug Broxson and George Gainer and Representatives Patt Maney and Jayer

P.E.O.

continued from previous page

of its founding in 2019, has provided more than \$398 million in financial assistance

to more than 119,000 women seeking to further their education.

For more information on the P.E.O. Sisterhood, visit www.peointernational.org.



Gathered to celebrate the Chapter DH, Florida Memorial Scholarship are, from left: Jeannie Farmer, scholarship committee member; Victoria Hurley, mother of the recipient; scholarship winner Stella Hurley, Melissa Pearce, scholarship chairperson; and Jo Jones, committee member.



Honoring the P.E.O. STAR Scholarship winner are, from left, Kimberly Nihill-Taylor, mother of the recipient; scholarship winner London Taylor; Chapter DH President Joyce Brand; and Anna Skelton, STAR Scholarship chairperson.

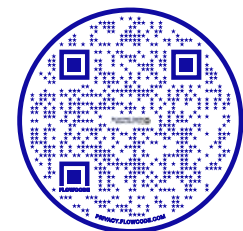
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The Back Stories: A Superior Air Conditioning HVAC Giveaway

BY MARTA ROSE-THORPE

A Superior Air Conditioning Company hosted two Appreciation Lunches in April, honoring our community's veterans and first responders. Veterans and first responders who are in need of a new HVAC unit, but may not have the means to afford it, are invited to apply online for the A Superior's HVAC Giveaway. Each quarter, three deserving veterans and first responders win a unit. They all have compelling, sometimes sad, but heartfelt stories of their need. Here are a few.

On April 12, at "The Rock & Roll Church" – the nickname of Faith Assembly Church in Miramar Beach, first responder Tina Wilken was awarded a new air conditioning system. "I've been a full-time deputy sheriff for a year and a half," she said. "I'm a single mom of five children, and needless to say, I have a full house!" Tina's current system was between 11 and 12 years old, and she'd spent around \$2,000 in only a year-and-a-half to keep it running.

"I love what I do, but I have to budget my spending to provide for my family," she continued. "This means choosing the most appropriate places to direct my finances. The choice of either purchasing a brand-new HVAC unit – or having my home insured – was not much of an option for me." Tina attended the lunch and was present to accept her award, stating what a blessing it is for her family.

One week later, on April 19, another Appreciation Lunch was held at Texas Roadhouse in Bay County. Kevin Fordred, an Army combat medic vet who currently works as an EMT, is a newlywed whose wife works in oncology. They just purchased their first home together in Panama City, and. With the currently inflated housing market there were limited homes to choose from in their budget. They landed on a two-bed, two-bath fixer-upper built in the 50s. Little did they know that multiple large projects would need to be completed, such as replacing the HVAC unit. Along with

new insulation, both bathrooms needed work, the future nursery had no flooring and they had to deal with pests. Along with fertility medical expenses as they tried to start a family, it all added up to a huge financial strain. Kevin was present at the lunch to accept his award.

Local veteran Jay Mabry is a four-year honorably discharged Navy veteran. He lived and worked aboard the USS Seattle during his enlistment. Originally from Galveston Island, Texas, Jay has lived in Bay County for the last 19 years and works at Edgewater Beach Resort. "Because of the price of rent and long-term leases, my wife and I bought a home in the Cove area this past May," he said. "We love the home and the quiet of the area." Unfortunately, Jay was recently told he'd need to begin radiation treatments at the Cancer Research Center Monday through Friday for the next nine weeks.

"The AC unit in my home is an older system that I know needs some work," he said. "Be-

tween missing my work hours and the cancer treatments, there's no way I'm going to be able to afford to replace the AC system any time in the near future." Jay was present at the lunch to accept his award and acknowledged what an amazing thing it was.

Changing the lives of vets and first responders in need is why A Superior AC does what they do. They are blessed to work with many local businesses and organizations who support and sponsor these

lunches, including Texas Roadhouse, Faith Assembly Church, Panama City Toyota, Edward Jones, Beachy Beach Real Estate, Coastal Wildlife Removal, Emerald Coast Hospice, Meeks Construction, Hare Taylor Accounting, By the Sea Resorts, Harley-Davidson of PCB, Coastal Waste & Recycling, High-Definition Coaching, Arc of the Bay, Miliary Media, Cen-



tery 21 Blue Marlin Pelican and HerbaFex.

The next two lunches are scheduled for Tuesday, July 12, at Faith Assembly Church in Miramar Beach and Tuesday, July 19, at Texas Roadhouse in Pier Park North. All vets and first responders and their spouses are invited to attend. To apply for the Q3 HVAC Giveaway, go to ASuperiorAC.com.

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Community

Mosquito Spraying Under Way

Okaloosa County recently began its evening treatment schedule of spraying pesticide to control mosquito populations within the county including Niceville, Bluewater Bay, Lake

Pippin and Valparaiso. The Okaloosa County Mosquito Control Program sprays for mosquitoes county-wide, excluding federal- and state-owned land. Treatments begin one hour before sunset and/or in the hour after sunrise. Surveillance activities may indicate certain types of mosquitoes known to be disease vectors that are active during time periods other than noted. If this is the case, the county will respond appropriately.

In Niceville and Valparaiso, spraying takes place on Mondays (Valparaiso), Tuesdays (Bluewater), Wednesdays (Rocky Bayou) and Thursdays (Niceville).

The Okaloosa County Mosquito Control Division of Public Works is open Monday through Thursday, 8 a.m.-4:30 p.m. and may be reached at 651-7394 or 689-5772.

In Walton County, Mosquito Control is handled through the North Walton Mosquito Control District headquartered in DeFuniak Springs, governed by



bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus and IR3535 are effective. Use mosquito netting to protect children younger than 2 months old.

Turn over standing water where mosquitoes lay eggs or rid your outdoor area of standing water in which mosquitoes can lay their eggs. DRAIN standing water to stop mosquitoes from multiplying. Drain water from garbage cans, house gutters, buckets, pool covers, coolers, children's toys, flower pots or any other containers where sprinkler or rain water have collected. Discard tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used. Empty and clean bird baths and pets' water bowls at least once or twice a week. Protect boats and vehicles from rain with tarps that don't accumulate water. Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

the Board of County Commissioners and services all areas of Walton County that lie north of Choctawhatchee Bay.

The County Mosquito Control and the Florida Department of Health urge you to remain diligent in your personal mosquito protection efforts, especially remembering to "SWAT."

Stay inside with screened doors and windows when mosquitoes are biting (dusk and dawn). Cover doors and windows with screens to keep mosquitoes out of your house. Repair broken screening on windows, doors, porches, and patios.

When outside, wear clothing that covers skin.

Apply mosquito repellent to

In addition to spraying, the county has an aggressive larviciding program whose more than 1,500 sites are treated and checked on a regular basis. Additionally, more than 750 ponds and areas with standing water are treated with gambusia fish, which eat mosquito larva and are able to reproduce at a high rate.

Residents are also reminded to have outdoor animals vaccinated against mosquito-borne disease. Horses should be vaccinated against Eastern Equine Encephalitis (EEE). Although West Nile and EEE can occur throughout the year, peak season is August, September and October. Horses must receive two vaccine injections three to six weeks apart, and then it is recommended every three to six months. Dog owners are also reminded to have pets treated for heartworms since certain mosquitoes present in Okaloosa County carry the disease as well.

Mosquito spray schedule, preventative tips and other related information are available on the county's web site at <http://www.myokaloosa.com/pw/environmental/mosquito-control>.

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Hurricane Season and Your Insurance Program in a Hard Market



BY JOE CAPERS,
INSURANCE ZONE

With 70% confidence, NOAA (National Oceanic & Atmospheric Administration) has just released its 2022 Hurricane Season Forecast calling for an above average season with 14 to 21 named storms. Last year's 21 named storms was the second season in a row – third overall – in which the designated 21-name list of storm names was exhausted. NOAA forecasters estimate 14 to 21 named storms, six to 10 of which will become hurricanes, with three to six of those developing into major hurricanes.

The 2022 Atlantic hurricane season runs from June 1 to November 30. The areas covered include the Atlantic Ocean, Gulf of Mexico and the Caribbean Sea. The National Weather Service defines a hurricane as a “tropical cyclone with maximum sustained winds of 74 mph (64 knots) or higher.” And in recent years, storms have grown increasingly intense.

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

We recommend you initially review your Hurricane/Wind coverage. Most personal lines policies (HO3, DP3, HO6, HO4) in Florida include either hurricane, named storm or wind/hail under a separate deductible. Consistency of coverage is important in any policy, but this type is typically preferred. When it comes to wind coverage, the best option is to

attempt to secure it on a Hurricane basis, rather than Named Storm or Wind/Hail. Keep in mind there are several deductible options available that can have a large impact on what would be your out-of-pocket responsibility if you file a claim as well as the amount of premium you would pay for the policy.

In last month's article, we discovered that Inflation may be leaving you more underinsured. Adequate Dwelling and Building Limits coverage to rebuild your home or structure in the event of a loss is also important. Local and national data indicates that nearly two out of three homes and structures are underinsured.

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

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

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

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

It is also good to remember that flood and water damage from a wind event are not necessarily the same thing. There are a few carriers who will add flood coverage as an endorsement to a home policy. For most insured homeowners, your flood policy will be a separate policy written through the NFIP (National Flood Insurance Program) or a private market, and this is the method we prefer. Unless your lender requires the policy, or you are closing on a new purchase, there is a standard 30-day waiting period through the NFIP before your flood policy will become effective. Many of the private markets in the country, and especially in Florida, offer broader coverages than the



NFIP and these should be considered as an alternative to maximize your protection.

The insurance marketplace continues to deteriorate with premiums increasing, guidelines and appetites tightening and some carriers losing the ability to offer new coverages and renewals. According to the Insurance Information Institute, property insurance premiums in Florida are expected to jump 30-40% on average in 2022, with many likely seeing renewal increases well over 50%. Citizens Property Insurance Corporation, the state's insurer of last resort, is again becoming a popular and vital player in Florida. Although Gov. Ron DeSantis just signed two pieces of legislation during the special session focused on insurance reform, there's nothing in this legislation right now that's going to provide immediate relief, or even

the hope of some rate relief for a year or two.



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The Old Front Porch



BY JODELL HAVERFIELD,
HAVE TRAVEL MEMORIES

This month, as we remember those who served our country, I want to tell you about the South's hold on my heart. After all, I am a Southern Belle. I have two great great grandfathers who fought on opposite sides in five battles of the Civil War, including Bull Run. The Confederate

soldier, Isaac Martin Roark, and Milo Charles Bennett, the Yank, are buried next to each other in Alpine, Texas.

Milo served with Wisconsin's Iron Brigade, while Isaac enlisted from Denton County, Texas, and served in Hood's Brigade. He was mustered out in Austin in 1865.

Years after the Civil War, the two men met in Oklahoma Territory when Isaac's daughter, Virginia Roark, married one of Milo's sons, William Charles Bennett. Family legend tells that the Rebel and the Yank did not approve of the marriage. However, in later years after the death of their wives in Oklahoma, the two veterans retired in Alpine Texas to live with their children, where they spent many long hours rocking on the front porch of the Bennett home on a Texas ranch arguing over the



battles of the war.

When Isaac Roark died on January 17, 1926, Milo lost his best friend. He purchased adjoining lots in Alpine's Elm Grove Cemetery and asked that they be buried side by side when he passed. Milo Charles Bennett died just 10 months later on Oct. 30, 1926, at the age of 85. Four years later, my mother was born in Alpine to William and Virginia's son, Milo L. Bennett. My mother grew up on the Bennett family ranch, playing on that same front porch where the old veteran friends relived their

war memories. I even played on the Bennett family porch for the first three years of my life before the Navy took us away on new adventures, not to return until Virginia's death in the late '60s.

I am saddened as I hear about attempts to erase our American heritage. I recently heard that not since the Civil War has this country been so divided. I have ancestors who came to America on the Mayflower, and fought in nearly every war, including the American Revolution. They fought to build and protect our great country and I am immensely proud of that.

In my search for my ancestors and family history, I recently discovered I have a family castle in Scotland. To be able to visit Scotland has been a dream of mine for a long time. But, to add a castle that has been in my

family nearly forever takes my dream to a whole new level. I have so many tours and cruises on my list.

Returning to cruising has been amazing. I've been sailing through the western, southern and eastern Caribbean and more on several cruise lines. It has felt incredible to be on the water again, meeting new people and renewing relationships with others. I never forgot how much I loved the sea. I keep walking out on our balcony just to make sure I'm not dreaming and to savor each moment.

Cruise ships are all steadily increasing capacity, as well as their rates. For this reason, book your next cruise as soon as possible. Lock in your rate now. The travel mandates are ever changing. So, I recommend calling a travel agent to handle all your needs and keep you informed. Remember there is no charge to use a travel agent.

And, this month, show your patriotic side. The future is bright! Our hope at Have Travel Memories Vacations is for a travel year that is tailored for your dream trip.



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Stan Hall Makes Car Buying Fun!

Usually, the car buying experience is ranked right up there with getting a tooth pulled; necessary, but filled with trepidation and anxiety. Stan Hall, however, takes pride in emphasizing two qualities every time a customer walks in or contacts the dealership looking for a car. “First, is the Golden Rule - treat people the way you want to be treated, and second, make car buying fun,” he said. And he is serious! After nearly 54 years in the car business, Stan knows the ins and outs of the business pretty well, and what becomes evident fairly quickly; he’s more interested in a customer’s happiness than he is in making a sale.

Stan is a Christ-centered man who will go out of his way to anticipate and fulfill his customer’s needs. “To me, the Golden Rule in the car business is to concentrate on the customer’s needs and God will take care of the rest,” he said.

Emerald Coast Motor Cars operates as a car buying “concierge” service. Customers specify the kind of car they want, then Stan and his team track it down and bring it right to their doorstep. “No haggling, no deception, just great service and honest pricing.”

A quick look on the ECMotorcars.com website and the testimonies and reviews are glowing. There are pages of positive testimonies confirming the success of Stan’s concierge business model.

A key component to the overall success and growth of ECMC is the addition of Devon Kiss, a young, 36 year-old from Tennessee who is quickly adapting to the car business, and he especially enjoys the Stan Hall concierge model. “Devon displays the same qualities of an honest car man in this new generation,” Stan says. “And his background as a computer programmer and website designer helps the company locate the best car for our customers by searching and negotiating coast to coast. Devon is learning the car business faster than anyone I have ever known.”

Stan and his wife, Bunny, moved to the Destin Area from Georgia 25 years ago. And, while Stan takes pride in his business accomplishments, surviving cancer ranks even higher. In 2012, Stan beat throat can-



cer and is now nine years free of that terrible disease. The experience left him with a renewed faith in the Lord who greatly helped his healing process.

Stan and his team try to be very active in their community. A few of the organizations they support are: Sinfonia Gulf Coast, Mattie Kelly Arts Foundation, Destin United Methodist Church and the Destin Chamber of Commerce.

Stan is also extremely proud of Bunny, “the most important and inspiring person in my life.” Bunny has 35 years of experience as an interior designer, and recently opened her own business, “The Perfect Plan Destin, LLC.” You can reach Bunny at 850-830-3995 or bunny@perfectplandestin.com.

So, the next time you’re in the market for a new car, give Stan Hall a call. I think you’ll be refreshingly surprised.



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Eglin's Climatic Lab Celebrates 75th Anniversary!

By BRADLEY HICKS

As folks across the nation gear up to celebrate the 75th birthday of the Air Force later this summer, those at the McKinley Climatic Laboratory here recently marked the facility's diamond anniversary. Initial testing at the MCL occurred on May 24, 1947, predating the official establishment of the Air Force by about three months.

For 75 years since, the unique capabilities available at the MCL have been utilized to conduct a variety of climatic testing for the Department of Defense, other government agencies and private industry. From arctic freeze to blazing heat and desert sand to jungle humidity, any climatic environment in the world can be simulated in the facility. "For all agencies of the DOD, environmental testing at the MCL is an essential step in establishing a proven military capability to meet our global commitments specifically stated in the National Defense Strategy," Kirk Velasco, retired MCL director, wrote in a commentary published in High Mach in 2020. "The results obtained from the vast array of aircraft and equipment tested at the MCL have been a major factor in maintaining the position of the United States as the world's leading military power."

Today, the MCL is managed by the 717th Test Squadron, a geographically separated unit located at Arnold Engineering Development Complex in Tennessee.

When it first began operations, the MCL was part of the U.S. Army Air Forces. This component was soon separated from the Army and became its own military branch when the Air Force was founded on Sept. 18, 1947. Before the MCL, there was the Cold Weather Test Detachment stationed at Ladd Field in Fairbanks, Alaska. The Army Air Force designated that site as a cold-weather testing facility in 1940. Prior U.S. involvement in World War I meant that international warfare was on the table and service members could end up engaged in combat virtually anywhere on the planet. The ability of military aircraft and equipment to maintain operability and reliability in the harshest of climates needed to be ensured. This was the mission of the Cold Weather Test Detachment at Ladd Field. For two years following its 1940 activation, the detachment managed to establish basic operational and maintenance requirements for aircraft in the arctic, perform experiments on cold weather uniforms and



PHOTO BY SAMUEL KING



rations, and experiment on solutions to arctic flying issues. Testing at Ladd Field ceased after the December 1941 attack on Pearl Harbor. There were concerns installations in Alaska could also come under attack. So, it was decided that all military aircraft there would be used to defend the state.

The Cold Weather Test Detachment was reactivated in 1942 and by that winter, testing had resumed at Ladd Field as the importance of such efforts was recognized. However, issues present since testing initially began at Ladd Field continued to be encountered. Despite its position on the globe, cold weather testing at Ladd Field was often inconsistent.

Cold weather testing there was conducted in an open-air environment which essentially involved subjecting aircraft and equipment to the outdoors conditions. However, it was difficult to predict when temperatures would reach the levels required for testing. When they did, these temperatures would sometimes not remain low enough for long enough to meet testing needs.

Along with suggesting that U.S. aircraft be operable at

minus 65 degrees Fahrenheit, then-Lt. Col. Ashley McKinley is credited for suggesting the construction of a refrigerated airplane hangar to allow for cold weather testing under controlled conditions. The headquarters for such testing was reassigned to the more temperate Eglin AFB and plans for McKinley's suggested facility were approved in 1944. Construction began soon thereafter.

The first tests at the MCL involved subjecting a B-29 Superfortress, C-82 Packet cargo plane, P-80 Shooting Star, P-51 Mustang, P-47 Thunderbolt and R5D helicopter, as well as trucks, tanks and clothing, to a temperature of minus 70 degrees Fahrenheit. The tests were considered highly successful.

In 1971, the refrigerated hangar was dedicated as the McKinley Climatic Hangar in honor of McKinley, who passed away the previous year.

Over the years, the facility that would become known as the McKinley Climatic Laboratory expanded its offerings beyond arctic and subarctic testing. The laboratory now consists of five testing chambers used to prove the operational reliability

of systems under test in the climatic extremes found around the world. Along with large aircraft, items tested within these chambers include engines, tanks, missile launchers, shelters and automobiles. "The MCL is the only facility in the world that can hold and test a full-scale operational aircraft in climatic extremes," said Melissa Tate, MCL site director. "This facility can produce, on any given day, any extreme weather environment within which to conduct a desired test."

Examples of aircraft more recently tested at the MCL include the F-117A Nighthawk Stealth Fighter, C-130J Super Hercules, F-22 Raptor, F-16 Fighting Falcon, B-2 Spirit bomber and the HH-60W Jolly Green II combat search and rescue helicopter.

In 1987, the MCL was named a National Historic Mechanical Engineering Landmark by the American Society of Mechanical Engineers. The following decade, it was added to the National Register of Historic Places. "It's pretty awesome that MCL is the only facility on the planet that can do what we do," said Michael Burch, MCL senior facility field engineer, who has been employed at the laboratory for nearly 25 years.

Editorial note: This article includes information from the National Park Service itinerary "Aviation: From Sand Dunes to Sonic Booms," an American Society of Mechanical Engineers brochure on the MCL and an Army study titled "Cold Weather Testing in Alaska: 1940-1970."

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Okaloosa County Welcomes Governor DeSantis Again

By DOUG STAUFFER

Gov. Ron DeSantis has visited Okaloosa County four times this year. In February, he visited Northwest Florida State College to announce a bill allocating \$10 million for workforce charter schools. In April, he stopped in Destin to proclaim the extended snapper fishing season.

In May, Gov. DeSantis visited Crestview to announce a \$3.2 million Shoal River Ranch extension. And in June, he signed six military-related bills into law at veteran-owned Props Craft Brewery and Taproom in Fort Walton Beach. The bills either expand educational opportunities for active-duty military members and veterans or help them advance into career fields.

The military and veterans appreciate Gov. DeSantis for supporting these bills and signing them into law. These bills are life-changing as men and women depart the armed forces to enter the next phase of their lives, and I know this first-hand.

I enlisted in the Air Force when I was 17 years old and used the GI Bill to help offset the costs of attending college. I gave my country six years, and America rewarded me with an education. Because Pennsylvania was a pro-military state, they helped me earn my college degree at Penn State University, finishing without going into debt. That was 40 years ago, and Florida is doing even more!

The bills: provide tuition assistance for disabled veterans to

eliminate education costs; ensure a smooth school transition for children of military families; permit employers at state agencies to substitute military experience for post-secondary educational requirements; provide non-traditional pathways to educator certification to service members, allowing military service to count towards a teacher's certificate; require the Department of Business and Professional Regulation to expedite license applications of active-duty military spouses; and update Florida's definition of uniformed service to include the U.S. Space Force and update military base names.

According to the governor's news release, "Florida is the most military-friendly state in the nation, and I am proud to continue that commitment to our military members and their families by signing these pieces of legislation. Providing military families with the resources they need to receive a high-quality education and find good jobs is the best way that we as a state can show our appreciation for the sacrifices that they make."

Adjutant General of the Florida National Guard Maj. Gen. James O. Eifert joined Gov. DeSantis, along with Florida Department of Education Senior Chancellor Henry Mack and Executive Director of the Florida Department of Veterans' Affairs retired Maj. Gen. James S. "Hammer" Hartsell.

"It is truly an honor to be here



with the Commander-in-Chief of the state of Florida this morning. As a 37-year Marine, I know about leadership, and I am truly honored to serve this leader," Hartsell said, noting that Gov. DeSantis is the only currently serving governor to have served in combat. He added that Gov. DeSantis has made Florida the most sought-after state by veterans.

Props Craft Brewery was founded originally by two USAF Special Operations Pilots with a passion for brewing beer, but has grown into a regional brewery operated by Nathan Van-

natter, Mike Kee, Brian O'Neill and Travis Peterson. Mike, Nate and Travis spent most of their lives serving in the USAF. "I enlisted in the Air Force when I was 18 years old," said Nate, one of the owners in attendance. "I used the GI Bill and an ROTC scholarship to get a commission. 10 years after that commission, my partners and I used a VA/SBA loan to start our business right here in Fort Walton Beach.



I thank the Governor for his support of these veteran bills. As these men and women depart the armed forces and go into the next phase of their life, these bills are really going to mean something."

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LJ Schooners

LJ Schooners Docksider Restaurant

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

marina and unparalleled sunset with, of course, oysters and a delicious varied menu with dinner specials such as Blackened Mahi and grilled shrimp with hollandaise, served over cheese grits! Join L.J. Schooners for Sunday Brunch, 9 a.m. – 1 p.m. and drink your bottomless Mimosas for \$10! Adults \$13.95; Children 7-12 \$4.50; Children under age 6 free.

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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

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Brozinni

a place like those he grew up in the 80s and 90s. So, he opened Honeybee Ice Cream and Arcade which boasts 32 flavors of five-star Wisconsin ice cream and 17 ice cream roll flavors – ice cream spread out on a cold plate, chopped up and rolled up into a cup, “making it picture-worthy.” It also provides 24 flavors of snow cones and a large selection of fruit sodas and, in addition to the ice cream, milkshakes with any of the flavors, sundaes and pizza by the slice. The arcade is unique to the area with 50 working games and adding new ones ongoing. With an amazing ice cream selection and an affordable place where you can drop in a couple of quarters, Duke welcomes you to come by and have fun for yourself!

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Continued on next page



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It's Almost Time for Smoke on the Coast!

The 11th Annual Smoke on the Coast Barbecue and Fireworks Festival, benefitting Coins for a Cause, returns Sunday, July 3. This year's event is magically presented by PRESTO! at The Magic Parlor, a pop-up magic show featuring five internationally-renowned acts that have graced the stages of Broadway, London's West End, America's Got Talent, and more. The show is taking place in Destin through Aug. 28. The evening kicks off with live music from The Duchess Band. As guests arrive, they will be greeted with the sweet and smoky aroma of barbecue being prepared by local restaurants and barbecue groups. Barbecue aficionados can enjoy \$1 samples and vote for the People's Choice winners.



Non-profit organizations and local charities are at the heart of this event. Each teams with a local restaurant or group to compete for more than \$80,000 in cash prizes and the title of "Best Barbecue."

The participating barbecue teams and their partnering charities are: Heritage Museum of Northwest Florida partnered with Pallet Bar and Grill; Dog-Harmony partnered with Café Rico; Destin Boys & Girls

Club of the Emerald Coast partnered with Smoke 'N Whiskey BBQ; Habitat for Humanity partnered with Habitat ReStore; Children in Crisis, Inc. Florida partnered with B&C Fire Safety; Gulf Coast Council Boy Scouts of America partnered with Smok'n Scouts BBQ Crew; Air Force Enlisted Village partnered with Knife's Edge; Rotary Club of Destin; Emerald Coast

Science Center partnered with Bow Tie BBQ and Catering; United for a Good Cause Inc. partnered with Conexion Media Group; Niceville Valparaiso Rotary Club; Northwest Florida State College Culinary Management Program; The Implant Truth Survivors Non-Profit partnered with A Cup of Cajun; Healing Hoof Steps partnered with Market 21

At 7:30 p.m., Tobacco Road Band takes the stage while guests continue to enjoy the free face painting and photo booth until the best fireworks on the coast light up the sky beginning at 9:15 p.m.

To keep up with event details, visit www.DestinCommons.com and follow Destin Commons on Facebook, Instagram, and Twitter.

LOCAL DINING

continued from previous page

casserole. Breakfast burritos are rolled and ready daily! Choose from andouille, bacon, chorizo 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!

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Austons on 98

Offering a raw bar, happy hour and live music, Austons is home of the 102-foot bar including 32 beers on draft. Some of the specialties include little neck clams, freshly shucked raw oysters, New England-style clam chowder and jumbo shrimp cocktail. With big screen TVs all around, there's no bad seat in the house. Enjoy Specials,

including \$5 pints, \$16 buckets and more. Auston's on 98, of Nashville roots, open seven days from 9 a.m. to 9 p.m., also features its own "Real Deal Nashville Hot Sauce!" And don't miss the endless Mimosa and Bloody Mary Brunch featuring amazing chicken and waffles every Saturday and Sunday from 11 a.m.-3 p.m., with live music every Wednesday and Friday night. See full menu at austonson98.com.

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 Dining

One Woman's Journey: How Restaurants Can Help Save Sea Turtles

BY HEATHER BENNETT

Long before people were enjoying the white sand beaches and emerald green waters along The Emerald Coast, sea turtles were coming ashore to nest their eggs. They now share the area with around 500,000 people. That number surges as tourists flock to the area. What we do affects the life of the sea turtle. The trash we leave behind, specifically plastic, has been dangerous to their health.

One thousand sea turtles die annually from digesting plastic. Plastic stays in the stomach of the turtle, and as it builds up, the brain thinks the stomach is full, but in reality they aren't getting the nutrients that they need. The mortality rate of a sea turtle that ingests 14 pieces of plastic jumps to 50%.

Straws are the most commonly found plastic materials by our volunteers on the beach. Americans discard 500 million straws per day. With all of the restaurants along the coast where we can get our smoothies, iced coffee, sweet tea, and cocktails, you can imagine how many straws end up on our beaches and in the Gulf. Straws find their way into the water and can be mistaken by the sea turtles as food.

There are a few alternatives to plastic straws. Paper and other plant-based straws are passed off as biodegradable, but contain polyfluoroalkyl substances known as "forever chemicals" that have an extreme resistance to environmental breakdown. These can also lead to adverse health ef-



fects in humans at low levels. Reusable straws are popular, but people don't always remember to bring them, and they are hard to keep clean and sanitary on the go.

A great alternative to these is 100% organic Bamboo Straws. Walton County resident and entrepreneur Khuyen Bui is the principal behind Econet Green Products working to make bamboo straws

available and affordable along The Emerald Coast. The 100% organic Bamboo Straws are produced in a small village in Vietnam, cut from living bamboo branches, cleaned, sanitized and individually paper wrapped for single serving usage.

Instead of customers receiving a free plastic straw the restaurant has to purchase, restaurant owners can purchase bamboo straws for 10 cents each and resell them in their restaurants. Organic bamboo straws available now

in online stores, are reusable and unwrapped, and cost almost \$1 each. They are more expensive and unsanitary compared to the Bamboo Straws sold by Econet.

"Why not offer an affordably priced organic bamboo straw that enhances your product, will pay for themselves, and more importantly, support the environment?" Khuyen said. Restaurants can ask customers to pay pennies on the dollar to help keep our beaches plastic straw free. Khuyen also said "the price can be lower than 10 cents each, if we can gain significant community support and work together for a non-plastic future."

Life Media is supporting the purchase of these 100% organic bamboo straws by offer-



ing marketing incentives. Any restaurants that purchase the Econet bamboo straws can get a featured story in Life Media Newspapers (80,000 in circulation), recognition in a dedicated page of South Walton Life promoting use of organic straws for protecting the sea turtles, and a monthly Facebook post to 20,000 followers.

If you are interested in helping prevent plastic straws from harming our sea turtles by purchasing these 100% organic Bamboo Straws, please contact Econet Green Products at 850-287-8415 or Life Media at 850-399-0228. For more information, visit the Econet Facebook Page at Facebook.com/econetgreen, or their Website at www.econetco.com for your order. If you are a consumer and would like to see your favorite restaurant carry organic Bamboo Straws, please let them know.

The carbon footprint we leave behind is a constant threat to sea turtles and other marine life that are vital to our fragile ecosystem. Let's do our part to keep the Emerald Coast green, by becoming trailblazers in the use of Bamboo Straws, leading other coastal communities to join a positive environmental impact.



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Dockside Restaurant & Oyster Bar



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Oyster Bar Hours: Mon.-Thurs.3pm-10pm, Fri.-Sat. 11am to midnight, Sun. 9am to 9pm
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Fishing News

Recreational Red Snapper Season Has Begun!

The recreational red snapper season started June 17 in Gulf state and federal waters off Florida and will remain open through July 31 with 12 days in the fall.

For-hire operations that do not have a federal reef fish permit may also participate in the season, but are limited to fishing for red snapper in Gulf state waters only.

If you plan to fish for red snapper in any state or federal waters off Florida from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a State Reef Fish Angler (annual renewal required). Sign up at GoOutdoorsFlorida.com. To learn more, visit MyFWC.com/SRFS.

When catching red snapper and other deep-water fish, look out for symptoms of barotrauma (injuries caused by a change in pressure), such as the stomach coming out of the mouth, bloated belly, distended intestines



and bulging eyes. When releasing fish with barotrauma, use a descending device or venting tool to help them survive and return to depth. Learn more at MyFWC.com/FishHandling.

To learn more about the recreational red snapper season in Gulf state and federal waters,

including season size and bag limits, visit MyFWC.com/Marine and click on “Recreational Regulations” and “Snappers,” which is under the “Regulations by Species – Reef Fish” tab. Looking to keep up to date on Florida’s saltwater fishing regulations? Find them on Fish

Rules App. Learn more at FishRulesApp.com or follow Fish Rules at [Instagram.com/FishRulesApp](https://www.instagram.com/FishRulesApp) or [Facebook.com/FishRulesApp](https://www.facebook.com/FishRulesApp). The Gulf federal season for for-hire operations with federal reef fish permits begins June 1 and will close at 12:01 a.m. on Aug. 19.

2022 Lionfish Challenge!

The Florida Fish and Wildlife Conservation Commission announces the 2022 Lionfish Challenge tournament, which ends Sept. 6. The Lionfish Challenge is a summer-long lionfish tournament open to competitors around Florida. The goal is to remove as many lionfish as possible in three-and-a-half months. Participants will compete in either the commercial or the recreational division. Prizes will be awarded in tiers as follows: Tier 1, harvest 25 lionfish (recreational category) or 25 pounds of lionfish (commercial category); tier 2, harvest 100 lionfish (recreational category) or 250 pounds of lionfish (commercial category); tier 3,

harvest 300 lionfish (recreational category) or 500 pounds of lionfish (commercial category); and tier 4, harvest 600 lionfish (recreational category) or 1000 pounds of lionfish (commercial category). To read the full tournament rules or register, visit FWCReefRangers.com/lionfish-challenge.

Return ‘Em Right; Conserve our Fisheries for the Future

The Florida Fish and Wildlife Conservation Commission (FWC) has launched Return ‘Em Right, a multi-entity effort in our Gulf to promote best fishing practices that increase the survival of released reef fish. The initiative is led by Florida Sea Grant, University of Florida, Gulf States Marine Fisheries Commission, NOAA Fisheries, and a coalition of anglers, industry groups, universities, government and non-government organizations committed to maintaining healthy fish stocks and fishing access.

Continued on next page

Freeport Location Now Open



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Off the Hook

COURAGEOUS Deployed

On April 28, the Air Force Research Laboratory and Eglin Air Force Base's Integrated Test Team demonstrated a new low-cost, air-delivered capability for defeating maritime threats, that successfully destroyed a full-scale surface vessel in the

Gulf of Mexico. The vessel was the COURAGEOUS and our Coastal Resource Team was on hand to assist with the mapping data. The plans are to add these coordinates to our artificial reef system demonstrating how the results of Eglin's testing can

benefit our coastal environment. In addition to providing new places to dive, the artificial reefs allow for a healthy ecosystem. The QUICKSINK program, a Navy partnership, aims to provide options to "neutralize surface maritime threats." Check out an amazing 3D interactive model of the COURAGEOUS on our web page about Artificial Reefs, courtesy of ReefSmart-Guides.com.



PHOTO COURTESY OF DESTIN-FORT WALTON BEACH FL

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Upcoming Deployments

The artificial reef program continues to grow. Destin-Fort Walton Beach Tourism's Coastal Resource Team is in the process of acquiring several new vessels for deployment. Dates and locations TBD.

- CORDONAZO Sailboat within 45 days (67 feet)
- MISS NELLIE tugboat within 60 days (62.5 feet)
- RV Dolphin (178 feet) + Manta (180 feet) before October

1, 2022

- Atlantis (125 feet) + Cyclops (110 feet) before October 1, 2022

- AJ's Blackbeard Sailboat within 120 days (64 feet)

- Deployment of secondary use material

- FAD redeployment in the next 120 days

Artificial Reef Signage

Looking to check out the artificial reefs? Artificial Reef directional signs were installed on Okaloosa Island beach access 2, 4, 6 and Beasley Park so you can find their locations with ease. These reefs are swimmable from the shore and allow for easy access for snorkeling the reefs.

FISHING NEWS

continued from previous page

Return 'Em Right includes proper fish handling and use of venting tools or descending devices to mitigate barotrauma, a condition seen in many fish caused by the expansion of

gases in the swim bladder when brought up from deeper depths. Barotrauma can be fatal for fish and signs include the stomach coming out of the mouth, bulging eyes, bloated belly and distended intestines.

Visit ReturnEmRight.org to review best release practices.

Gulf Anglers 18 and older who target reef fish can receive a free package of release gear from Return 'Em Right. Obtain your State Reef Fish Angler designation before heading out. If you plan to fish for or harvest certain reef fish species in Gulf or Atlantic waters from a private recreational vessel (includes anglers over 65), you must sign up for this no-cost designation and renew it annually. Learn more at MyFWC.com/SRFS and sign up today at GoOutdoors-Florida.com or anywhere you can purchase a Florida fishing license.

Major Milestone: Genetically Pure Hatchery-Raised Shoal Bass Release

Freshwater fisheries researchers and managers with the Florida Fish and Wildlife Conservation Commission released 3,300 hatchery-raised shoal bass fingerlings (young fish) into the Chipola River in May.

In 2018, Hurricane Michael depleted more than 90 percent of its shoal bass population, the last genetically pure population of shoal bass in the world. Afterward, the FWC passed an Executive Order that suspended harvest and possession of shoal bass that in 2019, was adopted into rule.



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Pairings Disclosed for Emerald Coast Classic

Game matchups for the eighth annual Emerald Coast Classic have been announced.

Eight basketball teams will compete Nov. 25-26 in the tournament, which will be held at Raider Arena on the campus of Northwest Florida State College.

Iowa will face Clemson in a semifinal round game at 6 p.m. central time on Friday, Nov. 25, while TCU will play Cal at 8:30 p.m. The third-place game will be played at 3 p.m. on Saturday Nov. 26 with the championship game scheduled for a 6 p.m. tip off on that Saturday.

Both Iowa and TCU played in the 2022 NCAA Tournament with the Horned Frogs beating Seton Hall, 69-42, in the first round. TCU fell to top-seeded Arizona, 85-80, in overtime in

the second round.

Iowa captured the 2022 Big Ten Conference Tournament championship, tied for fourth in the conference standings and won 26 overall games, the second most wins in a season in program history.

The Horned Frogs' second NCAA Tournament bid under coach Jamie Dixon was their fourth postseason appearance in the five seasons that postseason was held, the best in program history.

TCU has all five starters returning from its 2021-22 team which finished 21-13, its fourth 20-win season in six years under Dixon with a program-record five wins over AP Top 25 teams. TCU surged late with consecutive victories over top-10 opponents in Texas Tech and Kansas



to secure a NCAA Tournament berth.

Returning starting forwards Hunter Tyson and PJ Hall will key the fortunes for Clemson, which won five of its last six games to close out the 2021-22 campaign. Brad Brownell is the winningest coach in Clemson

history, earning 218 victories in 12 years while guiding the Tigers to the 2021 NCAA Tournament, 2018 Sweet 16, 2011 NCAA Tournament and three NIT appearances.

Other games Friday, Nov. 25, have Southern playing Loyola Maryland at 11 a.m., while Louisiana Monroe meets Omaha at 1:30 p.m. These teams will play their second game Nov. 26 with tipoffs at 10 a.m. and 12:30 p.m.

Keith Richard enters his 13th year as head coach at Louisiana Monroe, which competes in the Sun Belt Conference.

Jaylin Andrews and Kenneth Jones return as graduate students to lead a veteran Loyola

Maryland, where Tavaras Hardy enters his fifth year as head coach. Andrews averaged 13.7 points and 4.1 rebounds, while Jones led the Patriot League with 4.6 assists per game.

Omaha, which plays in the Summit League, also played in the 2017 Emerald Coast Classic. Chris Crutchfield will begin his first year as head coach at his alma mater - Omaha - after spending the past year as an assistant coach at Oregon.

On campus first-round games start Nov. 17 with TCU hosting Louisiana Monroe. Cal hosts Southern on Nov. 18 and Omaha travels to Iowa and Loyola Maryland visits Clemson on Nov. 21. Tickets will go on sale later this summer. For more tournament information visit www.emeraldcoastclassic.com.

Starborough Wine Partners with Reefmaker to Deploy Limestone Coral Reef in Gulf

Starborough, maker of sustainable wine, is passionate about protecting and restoring the oceans. In celebration of World Coral Reef Awareness Day, Starborough partnered with Reefmaker, the largest reef builder in the U.S., to deploy its first limestone reef two miles off the coast of Fort Walton Beach this month. It is designed to help maintain and rebuild ocean habitats off the coast of Florida.

To combat and help protect reefs across the country, Reefmaker has deployed over 50,000 reefs made of Florida Limestone which are comprised of ancient clamshells that perfectly match a natural reef in PH and substrate. Starborough's artificial reef will be located two miles off the coast of Florida and weighs 18 tons, stands 15 feet tall, and is 19 feet wide. The structure will be able to withstand storms with up to hurricane 5 force winds and waves, providing a safe habitat for all forms of marine life.

Starborough also partners with Oceana, the largest international ocean conservation organization, and has donated over \$100,000 to the organization since 2020. In August, Starborough will donate \$1 from every wine bottle sold, up

to \$50,000, to Oceana to continue supporting their efforts in protecting ocean habitats. As the world's largest international organization focused solely on protecting our oceans, Oceana is committed to helping restore and protect the biodiversity,

abundance, and equilibrium of our oceans through directed, fact-based policy campaigns. Since its founding, Oceana has won more than 225 victories and protected more than 4.5 million square miles of ocean.

Starborough invites locals

to play a role in a second coral reef deployment by engaging with their Instagram channel. If Starborough reaches 100,000 engagements (likes, comments, shares and new followers), the brand will deploy a second limestone reef. For more infor-

mation on Starborough's ocean conservation efforts, visit www.starboroughwine.com/inspiration/oceana-partnership.php and follow Starborough on Instagram @starboroughwine.

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 Sports

Pickleball is Coming to Bluewater Bay

The Emerald Coast Tennis Center is overhauling several tennis courts to make room for eight pickleball courts at 1200 Oakmont Drive in the Gleneagles subdivision of Bluewater Bay, with the hope of opening June 1.

Pickleball is a racket sport that was created by combining elements of several other racket sports. Two or four players use solid paddles to hit a perforated polymer ball (think wiffle ball) over a net. A pickleball court is similar to a badminton court, with a net similar to a tennis net. The paddles are similar to those



in table tennis.

After a consolidation last year, several courts were underutilized – which gave part-owner and director of the Emerald Coast Tennis Center, Brett Beattie, the idea to create pickleball courts. “We figured that Pickleball is the fastest-growing sport in the country right now, so we should go with that angle,” he said.

“It’s not going to be like a community center where you just play a couple of points and leave,” Beattie said. “This is going to be a place with socials and a club atmosphere.”

The courts will also be reservable on the Court Reserve app, which is used at traditional tennis court facilities to reserve a time and place to play. The club plans to partner with other facilities which have pickleball in Niceville, Fort Walton Beach, and Destin for tournaments.



The Raiders Welcome New Assistant Coaches

Northwest Florida State College (NWFS) was pleased to welcome three new assistant coaches to the Raiders basket-

ball teams.

Joshua Shen joined the women’s basketball team after finishing one year as Assistant Coach at the reigning Division 3 American Southwest Conference Regular Season champs, University of Mary Hardin-Baylor (UMHB) in Belton, TX. During his time at UMHB, Shen assisted with video breakdown, scouting, recruiting, and post-player development. Prior to his role at UMHB, he facilitated strength and conditioning, basketball equipment operations, social media management, and statistics. Shen has been instrumental in developing NJCAA All-American Odeth Betancourt, who signed with the University of South Florida, and Region XIV All-Conference and Region players Alana Swift and Ginger Reece.

Adam Sweeney returned to Northwest Florida State College after spending last season at New Mexico Junior College. During the 2021-2022 season, Sweeney helped guide the Thunderbirds to a 19-13 record with a third-place finish in the WJCAC Conference, including two All-Conference Selections, one Honorable Mention, and the Freshman of the Year. From 2017 to 2019, Sweeney spent two seasons at NWFS, where he helped guide the Raiders to a 58-9 overall record with two Panhandle Conference Championships, two Region VIII Championships, and two Elite 8 Appearances. The Raiders also had 12 All-Conference Team Selections, six All-Region Team Selections, two First Team All-Americans, and one NJCAA National Player of the Year.

Sweeney was integral in developing NJCAA National Player of the Year Chris Duarte.

Joining Sweeney on the men’s basketball team is Nick Fruscio. Fruscio has six years of experience at the Division I level as a former player and graduate assistant. Prior to joining NWFS, he served as a graduate assistant for two seasons at East Carolina University, where he assisted with daily operations and played a crucial component in player development. During the 2021-2022 season at East Carolina, Fruscio worked for Steve DeMeo, NWFS’s Men’s Head Basketball Coach.

For more information on Northwest Florida State College Athletics, please contact Athletic Director Ramsey Ross at (850) 729-5358 or ramseyr@nwfs.edu.

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BY LISA LEATH TURPIN, HEALTH & FITNESS COACH/CONSULTANT

For the next several months, we will learn from a “Do it Right” series. I dissect the different body parts so you can get a better understanding of the role each muscle plays and ideas on how to tone and strengthen them efficiently and safely to get a more effective workout.

Core, by definition, is “the central, innermost, or most essential part of anything.” Within the body, it’s defined as, “the strength of the underlying muscles of the torso, which help determine posture.” Core exercise is, “any exercise that involves the use of your abdominal and back muscles in coordinated fashion.” Therefore, I figured it appropriate to begin with Abs/Core, because we use our core for just about every movement; it’s our “essential part.” So, we ought to learn how to strengthen it.

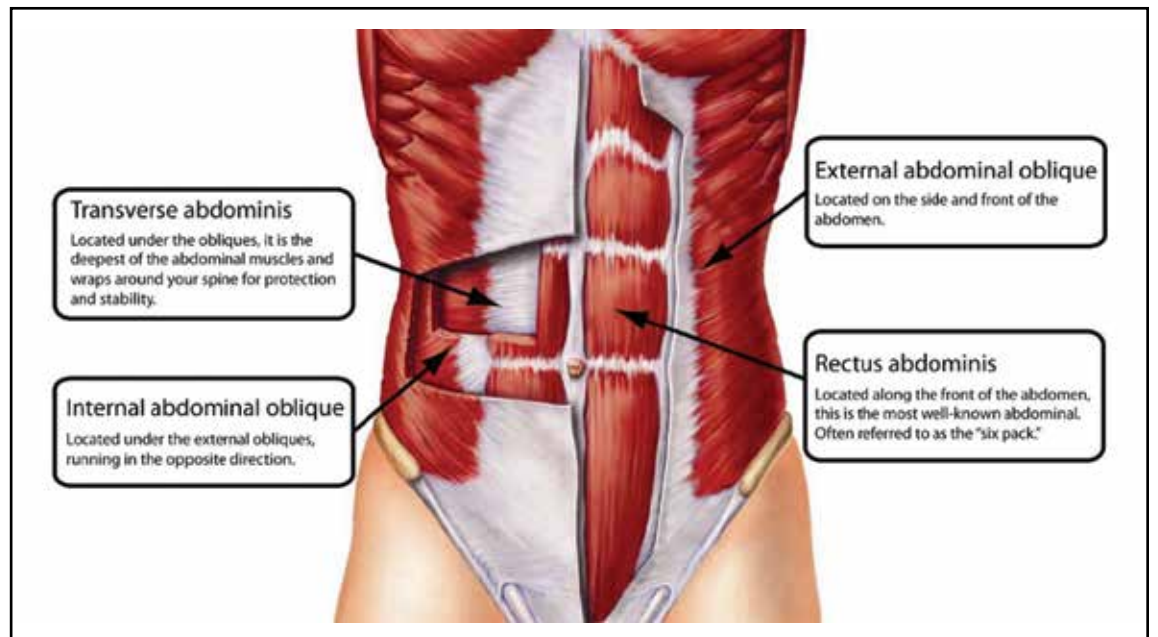
Basically, the muscles that comprise the abdominals are: 1) Rectus Abdominis - the middle “lower abs” and “upper abs,” which curl the pelvis/hips upward or the upper body forward rounding the back in spinal flexion; 2) External Obliques; 3) Internal Obliques - used in twisting the waist or bending sideways; and 4) Transverse Abdominis – runs from front to back and pulls the belly inward. Training your transverse abdominis will help you avoid the “belly pooch” that sometimes happens when working abs incorrectly.

When designing your workouts, it’s most beneficial to choose one or more exercises that hit each one of the ab muscles mentioned. Because abdominal muscles are needed all day for various movements, they are high endurance muscles. They are highly striated which means they have a lot of muscle fibers. Nerves are needed to fire muscle fibers and create movement when the brain says so. But in the abs, there are

more muscle fibers than nerves. So, when one set of muscle fibers gets tired, the nerves jump to another set so they can keep the abs performing. Therefore, abs can do more repetitions than other muscles before they get tired... or this should be the case. So, train your abs with endurance as your main objective. Unlike other muscles, they can be trained every day. But, take a break if they get overly sore.

Let’s review the more common ab exercises. Crunch: This movement has received a bad rap lately, but it is a fundamental movement for the rectus abdominis because it performs spinal flexion. Don’t overlook the proper technique. The crunch can be performed on the floor or exercise ball. Lie on your back, knees bent, feet flat on floor, hands behind your head, elbows out, chin tucked toward your chest, lift shoulders off the floor. *You must pull the transverse abdominis in (pull belly button in toward your spine) especially as you crunch. Exhale as you crunch as well. No need to come up very far; simply focus on the spine rounding and look at your lap for proper neck position. PLANKS: Very popular these days. Planks are a static hold. This is a good test for core endurance. Start face down ei-

Do it RIGHT! Abs/Core

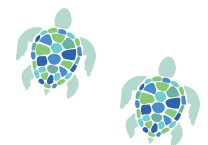


ther on elbows or hands, stack shoulders directly above elbows or hands, body in a pushup position, either on toes or knees, but keep body straight. Don’t dip your hips too low. Keep everything stiff like a pencil or 2x4 (plank), and breathe freely. Oblique Twist (i.e. Russian Twist): Done on floor with feet and knees wide, lean back but keep spine rounded, clasp your hands together and move them back and forth from one side to the other smoothly, twisting at your waist, belly button in, breathing freely. Hold a weight for more work and/or hold feet

in the air. Now you can apply these fundamental movements to many other abdominal exercises.

Lisa Leath Turpin is a degreed and certified health and fitness lifestyle coach and consultant who has devoted her life to motivating and strengthening the body and mind of others. With over 20 years’ experience, Lisa has a B.S. degree in Sports & Fitness Management from the University of Alabama, developed and managed the U.S. Army Corps of Engineers’ Health & Wellness Facility and programs in Huntsville, Ala., is board certified by the National Board of

Fitness Examiners and possesses certifications from AFAA, Polestar/Balanced Body, Reebok U, SCW Fitness and American Heart Association. She is currently a group exercise leader at Destin Health & Fitness and an independent personal trainer in the Destin area, diversely and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation. Have a fitness question for Lisa? Email BeActive850@gmail.com.



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Unexpected Consequences of Hormone Therapy



BY DR. RICHARD CHERN, MD

Hormone therapy has many benefits and I've written about these for several years now. Hormones can, however, have some unexpected effects and I have seen these effects firsthand in our clinic. I've informed prospective patients for years that hormones are not just for libido and sexual function. Women tend to focus on their lack of libido and men tend to focus on a lack of performance. But, in my view as a physician, these are the least import-

ant benefits of hormone therapy for both men and women.

As a physician, I prefer to focus on the ability to prevent disease and improve the health of both body and mind. Hormone therapy can prevent numerous cancers, diseases of the heart, diseases of the brain and so much more. Hormone therapy reduces cholesterol and blood pressure and lowers overall mortality rates. Testosterone reduces stress levels and anxiety. Many of our patients are able to get off their anti-depressants after starting hormone therapy with us. Patients can finally lose weight.

Motivation increases and mood improves tremendously. In fact, it is not unusual for patients to apologize to us about being angry and irritated prior to therapy. They've been bitter and irritable for so long it had become part of who they were and didn't see how it was affecting everyone around them. After getting treated they were finally happy and relaxed again and



quickly realized how poorly they were treating everyone around them, including those they love the most.

Then there are the unintended consequences of hormone therapy. On several occasions in our practice, we have seen couples who were once happy but had reached a point where they

just couldn't tolerate each other. At the edge of divorce their stories were all nearly identical. Their partner had just changed. They were tired, quick to anger, lost their empathy and just didn't seem to care about anyone. They couldn't find the person they had married anymore. I would hear, "Our marriage is

essentially over so I'm finally doing something for me." After the hormones kicked in, mood improved, stress levels came down, and problems got smaller. The major issues causing arguments turned into the minor issues they had always been. Stress and tension reduced and those quick to react and quick to anger emotions faded. I have heard more than once that getting hormones not only improved the patient's life but also saved a marriage at the brink of extinction.

Dr. Richard Chern, MD provides hormone therapy to men and women from across the country. He is also on staff at BioTE Medical and teaches hormone therapy to new providers including providers in our local area. In addition, Dr. Chern treats doctors in the local area and from around the country. He is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call him at (850) 837-1271.

Emerald Coast Fitness Foundation Raises over \$74,000 at Inaugural Fundraising Event

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The Emerald Coast Fitness Foundation raised more than \$74,000 at the inaugural "Sip and Splash: An Aquatic Affair," presented by Tim Smith Acura.

The first-of-its-kind event took place under the stars May 14 at the Aquatic Center of Destin, 4345 Commons Drive West. The pool facility was transformed into an elegant event space with whimsical balloon décor, bistro twinkle lights and coastal place settings, seating, and decor.

The sold-out fundraising dinner welcomed more than 250 guests, who kicked off the evening with a cocktail hour featuring hand-rolled sushi by Camille's at Crystal Beach's Yoshie Eddings. Entertainment included live music by Reed Waddle, a photo booth, a cigar bar, live painting by Maxine Orange and an extensive silent auction, featuring two week-long vacations in Colorado, jewelry, gift cards, gift baskets, artwork and more. All funds raised through ticket



sales, sponsorship and the silent auction go back to the foundation to help fund operation costs and equipment upgrades. Funds raised will also be used for the aquatic programs at the three community pools the ECFF manages, including the Aquatic Center of Destin, the Bernie R. Lefebvre Aquatic Center of Fort Walton Beach and the ROC Pool of Crestview.

Later, patrons enjoyed a five-course dinner, prepared and served by Chef Orion Cordoves of Jackacudas Seafood + Sushi,

Continued on page 36

thehormonerestorationcenter.com

Journey Bravely: Where Are You Fishing?



BY STEPHENIE CRAIG

I found myself in a close relationship consistently feeling hurt and disappointed. I felt resentful and repeatedly like I wasn't asking for anything unreasonable but the person refused to give me what I needed. Have you been there too? Maybe it's a family member, a partner, a friendship. Maybe the type of relationship contributes to beliefs that a parent, sibling, or spouse is supposed to give you what you're seeking. Sadly, even relationships that seem like they should be able to meet your emotional needs sometimes don't. So what are you to do when you find yourself bitter, hurt, and powerless to change someone else's behavior in your relationship?

Imagine you live on a beautiful farm with acres of land complete with white farmhouse and many ponds for your fishing pleasure. You look at the ponds and they are each uniquely beautiful and you assume because you've seen fish come out of some of the ponds that all of the ponds will yield fish. You take your fishing gear, your chair, and you camp at a pond near the house expecting

success. You cast your line, feel a tug only to pull out weeds followed by an old can followed by sticks. You're committed. You already spent time here and you just know this pond is supposed to have the fish you're looking for so you keep casting and keep fishing out disappointment. You consider moving on to a different pond, but it's work to move, maybe the fish will come on the next cast, and you don't want to give up on the pond that's supposed to meet your needs.

Eventually, you find yourself worn down and realize you don't have much to lose to switch ponds. You pick a different pond that's less obvious, less close to the house and one no one has told you has fish. You cast and you pull out a fish. You cast and you pull out another. And consistently, you find that the new pond is able to meet your fishing expectations. It's a wonderful surprise and also makes you think about how much time you spent trying to get fish out of a pond that was never going to give you fish when all the while, you could have been finding fish in ponds better suited to your needs.

It isn't that the first pond has no value. It's a beautiful pond for sitting, skipping rocks, and seeing the reflection of the sunset. It has value for what it is. However, knowing what it is and what it isn't is key. It is not a fishing pond. And as long as you were convinced the pond was supposed to yield fish, it was going to keep disappointing you. Once you realize that it's a sitting pond, you can appreciate what the pond does give you and make plans to fish elsewhere.

What are the lessons we can

take from this story?

Expecting something that someone won't or can't give you will result in anxiety, bitterness, resentment, and sometimes feeling that you aren't enough. Try remembering that most often, it's not about you. Someone not meeting your emotional expectations is not a reflection of your value.

It's o.k. to accept and grieve what you're not going to get. It's sad that you can't get your needs met from the relationship. Let yourself feel your feelings. Face reality the best you can. As you're able, release the person from the debt you feel they owe you for not meeting your needs. Notice what the relationship can be in your life within healthy boundaries for yourself and try engaging at that level. Maybe you share less, seek less, expect less.

Give yourself permission to get your emotional needs met in healthy ways in other healthy relationships. If your parents aren't able to give you support and encouragement, allow yourself to receive those in safe, healthy friendships. Let go of expectations about certain kinds of relationships meeting certain needs so you can embrace reality and get your needs met from various healthy relationships.



Be kind to yourself as you need support along your journey of healing, connect with us at journeybravely.com. It's deep, hard work. As you shift relationship expectations, it's deep, hard work. As you

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 Wellness



BY KAY LEAMAN,
HEALTH ARCHITECT

Summer is here. You can feel the humidity thicken and watch traffic double. Sunscreen sales increase as we hit the beach, go camping, work in the yard, etc. Many of us look over the myriad choices focusing on SPF numbers rather than ingredients.

The benefits of being outside, besides lifting our spirits, breathing fresh ocean air and feeling the sun on our face, is the manufacturing of Vitamin D, which is essential for myriad cellular functions.

Many of us know the ultraviolet (UV) radiation is the culprit behind sunburns, which

can lead to peeling skin. This radiation causes damage to oxygen-carrying cells as well as our DNA which can lead to genetic mutation. There are two types, UVA and UVB, which is more harmful. Protection is key but we often associate sunscreen with water activities. What about driving, shopping outdoors and wearing summer clothes which expose more skin? And what about the other seasons? Why is summer the only time we think about protecting our skin?

My sister loves the sun. She has spent many hours lying on the beach getting her tan on. Back in the '70s, the go-to for tanning was baby oil or lotions that aided in "getting your tan on." However, today my sis spends her time at the doctor's office cutting off skin cancer growths, wearing chemo lotions which peel the cancer off the skin (it hurts and burns) and other not so fun therapies. She has as many as three appointments every year. I, on the other hand,

loved the beach but hated lying on it. I was in the water 99 percent of the time, which probably helped to shield me. I didn't wear any lotion and, although I had my share of sunburns, I have been blessed so far with no major residual damage.

This being said, many sunscreens are a combination of chemicals that are harmful to both the human body and marine life. Many contain oxybenzone and octinoxate (These can be labeled under several different names disguising their existence in the product.) These ingredients are contributors to the demise of coral reefs. They also have been found to accumulate in the tissues of many marine wildlife, which can be passed on to their young. You'll need to do your own research but two safer sunscreens I've found are Ocean Potion 70 and MyChelle Dermaceuticals Protect 50. Natural safe sunscreens are hard to find, so you might want to see where your choice is sold before trekking out to find it.

Protecting More Than Your Skin



As a side note: Did you know that the Blue Light, which is transmitted by our electronic devices from computers to televisions, can lead to visible signs of aging for your skin? Research suggests that sunscreen offers some benefits from this type of radiation.

Aside from sunscreen, activewear clothing now has UV protective fabrics. Add shade to your body by wearing a hat, sunglasses, activewear, using an

umbrella, etc. Remember to wear a facial cream with sunblock in it to lower exposure from blue light radiation.

Here's to fun in the sun! Contact me if you're interested in a natural face cream that nourishes, protects from the sun and blue light exposure and is reef friendly.

*Kay Leaman, Health Architect
HealthyDay HealthyLife
succeed.hdhl@gmail.com*

EC FITNESS

continued from page 34

Chef Al Massa of Brotula's Seafood House and Steamer, Chef Jim Shirah of Dewey Destin's Harborside, Chef Chad Donelson of Bitterroot and Chef Daniel Soto of Café Rico.

Each course was paired with craft cocktails served by Better Together Beverage. In between

courses, the Emerald Coast Fitness Foundation inducted James Lefebvre, Betty Ballasch, Mary Edith Malin, Dave Smith, and Monty Landingham into the Okaloosa County Swim and Dive Hall of Fame.

The foundation also unveiled the new official name of the Aquatic Center after Taj Renee Olivern, who succumbed to pancreatic cancer in 2008.

Additional local community businesses who sponsored the inaugural event include Home-Fi Digital Mortgage, Splash RV Resort and Waterpark, 654 Limo, Adrift Adventures, Alpha Lit Emerald Coast, As You Like It Salon and Spa, Big Day Rentals, Bitterroot, Brotula's Seafood House and Steamer, Bryan Jones for Congress, Cardinal Financial, Classic Vikings,

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 LATEST ISSUE



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

Investors have watched the market move its way down for most of this year. Whether invested in stocks, bonds, crypto or otherwise, it seemed that values just continued to slip. Why has this been so? We look at several inputs to help understand the outputs and talk about what investors might expect and do during these times.

The American economy has been on a growth spurt for quite some time. Believe it or not, the government ran a surplus – that is not a misprint – in April. The federal government took in \$308 billion more than it spent. And that is a dramatic change from a deficit of \$226 billion in April of 2021. We read that it is from strong income for businesses and ponder if the prediction that the U.S. is inflating its way out of record debt is starting to take shape.

Inflation in and of itself however has had quite an impact on the markets. Fears of rising prices for just about everything leaves investors worried that it is a matter of time before corporate profits feel the impact and hence have reduced their exposure to many equities. Technology stocks have been the hardest hit. The problem for many technology stocks is that if they are yet to turn a profit or pay little to no dividends, their stock price feels it when inflation and bond yields rise. The big, somewhat profitable tech stocks, however, have tumbled, along with everything else. By one account, just eight stocks, many of them technology stocks, make up a significant amount of the overall decline of the market.

We think investors should consider investing in many of the legacy, large cap technology stocks at this time as they are nearing multi-year lows and are in a relatively oversold state. The same sentiment is seen by many pundits with regard to biotechnology stocks.

Bear markets have historically hit their trough when we experience negative economic circumstances and perhaps high unemployment and low corporate profits. None of these are the case right now. Pessimism regarding the future is, however, pervasive.

Inflation has also caused the Federal Reserve to begin to increase its short-term rate and begin to reduce the size of its balance sheet. The balance sheet is an indicator of Fed activity in expanding or decreasing the money supply. The Fed has been increasing it since the start of the pandemic. That unleashing of money has driven asset prices for real estate, stocks, commodities, crypto, nonfungible tokens and a host of other assets. One reported statistic is housing values, which have risen \$6 trillion in the last two years alone. The problem it has created is that the increase in the money supply has on the one hand spared the economy from a pandemic-driven depression but on the other also has set inflation in motion. The perfect storm of the supply chain imbalance and pent-up demand from Covid, along with scores of early retirements (causing a labor shortage and driving wage inflation) has led to inflation's rapid rise. Left unchecked, inflation can erode purchasing power as well as standards of living.

The housing market accounts for about 20 percent of the U.S. economy and for at least one third of inflation. There is fear that housing may have peaked as pending sales continue downward and the refinance market has all but ceased. That could reverberate throughout the economy, affecting several sectors.

The Fed has an inflation target of two percent per year, which many consider healthy. Currently, inflation is more than four times that and that has sent asset prices down and raised the level of discomfort, if not outright concern, for many investors. We suggest investors look at some things to expect (based upon history) in bear markets and use that in their decision making. Question: Are market downturns and bear markets the exception or are they the rule? We think that for long-term investing, they are the rule.

Living in a Bear Market



Some characteristics of bear markets are important to take note of. The first of these are some of the dramatic upward swings that occur during bear markets. Investors have seen some dramatic legs up in a short period of time, often lasting just a day. Those investors who headed to the sidelines and are waiting to time a movement back into the markets most often miss these and that can have a dramatic impact on long term results. Bear markets also might signal that stocks or other assets had become overbought and an event or a series of events could bring markets back in line with historical averages. If markets are in decline one-third of the time, it could almost be argued that they bring efficiency to the markets by way of asset prices.

Bear markets, when they end – and they average nine months – typically represent very undervalued assets at the end as the pendulum has swung too far in the other direction. Bear markets exhibit excessive pessimism, while bull markets have exhibited excessive optimism. The problem is, they don't ring a bell at the bottom just as they don't ring a bell at the top of markets. We suggest investors, unless they need liquidity (cash) now, stay invested, not give up hope at the worst possible time, remain focused on their goals and govern their actions accordingly.

The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd, Destin, FL 32541. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8122.

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 Business

Private Office Space

BY MELISSA FERTITTA,
BEACHWORX

Leasing commercial office space has traditionally been a long-term commitment without much flexibility. For start-up businesses and entrepreneurs, that commitment may be more than they can handle in periods

when cash flow is likely to fluctuate and staff size is small.

Though leases are unique to each building and tenant circumstances, generally, commercial office leases are either Modified Gross or Triple Net leases, abbreviated NNN in a listing. Base rent is set on a price per square foot,




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calculated on either an annual or monthly basis.

In a multi-tenant building, space available for a traditional lease may already be appropriated into suites. Though a landlord may allocate an allowance for improvements to be made at the leasee's expense, often that does not allow for downsizing the space's footprint.

This means a small business or start-up may end up paying for space it is not actually using in anticipation of future growth needs.

Additional costs can include in-suite utilities like electricity, office equipment, internet and janitorial expenses. Lastly there is a payment for the tenant's pro-rata share of property expenses like taxes and insurance.

CAM, or common area maintenance expenses, are also

pro-rated for tenants, based on the percentage of the building leased by the tenant and can include maintenance, property management fees and some utilities and security costs.

What would be a better benefit for the small business owner are flexible lease terms with ala carte services customized for the tenant; a space with pricing that can be adjusted in real time, avoiding costs usually assessed in traditional leases.

Coworking spaces are an alternative that eliminates most of these expenses by charging monthly or annual access fees to a shared professional space. Beachworx is Destin's only coworking space offering flexible, affordable



professional workspace in a class A commercial building.

In addition to the collaborative open space of the hub, Beachworx features more than 18 private office suites. Most come furnished and are large enough to accommodate two or more employees. North and south-facing suites feature windows to the exterior and to the interior hub, filling the suites with light and contributing to Beachworx's community vibe.

Coworking rents are calculated based on individual use and terms are flexible. Users access spaces on a daily, weekly, month-to-month, or annual term and cancellations can be made with only a 30-day notice. Small business owners enjoy the convenience of up or downsizing their membership as their business demands. Coworkers enjoy an array of business support services, networking and mentorship opportunities that enhance B2B and business referrals.

Beachworx in Destin Commerce Center is open weekdays for tours. The first Wednesday of every month is Wine Down Wednesday, a happy hour of networking and informational tours from 5-6:30 p.m. Info@thebeachworx.com for more information.

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

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ENERGY TIPS

by Emerald Coast Energy Solutions

BY CHRIS BALZER, ECES

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

However, there are ways to lower our electric bills. We can turn our thermostats to 85°; we can draw the blinds to prevent natural sunlight to illuminate our homes; we can use the fire drill exercise by running out the front door and closing it quickly behind us so our bought air condition does not escape; or

we can take measure to become more energy efficient. It's not rocket science, its building science. A well-insulated and properly sealed home uses less energy while maintaining the same comfort.

So how do we make our homes more energy efficient? Outlets and switches on exterior walls can waste up to 1% of energy. Adding insulating cover plates can reduce the amount of conditioned air leaking to the outside saving you money. Up to 12% of energy loss occurs from drafts around doors and fireplaces. Seals around doors can and will fail over time and should be checked and replace as needed. Creating a tight seal on exterior doors will keep that cool air in. Thermal imaging can detect these leaks easily. If you don't have access to a thermal camera, simply look for daylight or use a flashlight at night; if you see light, adjust or replace the seals.

Windows can contribute up to 14% of energy loss. Replacing windows can be expensive. If

there are cracks or fog-like film between the panes on windows, these will most likely need to be replaced. If the window is clear but you feel heat when the sun shines through or have a single pane, there are spectrally select films which can be applied to the window which dramatically increase efficiency, almost eliminating UV destruction and at a fraction of the cost of replacement windows. What's great about these films are that they are virtually clear, blocking the heat, not the view.

Up to 33% of energy loss occurs through our attics and roofs. Recently, Florida has required new construction homes built by 2017 and newer to undergo a blower door test. A blower door is a powerful fan that mounts into the frame of an exterior door. The fan pulls air out of the



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

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

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



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 Musing

A Pastor's Ponderings: Revisiting July 4th 1776



BY PASTOR DOUG STAUFFER

Like many other Floridians, I love the great state of Florida, surpassed only by my love for our country. America has a long and distinguished history that patriotic Americans revisit every Independence Day, celebrating

with family, friends, feasts and fireworks. We must examine our past to understand the biblical justification for America's independence.

Motivated by shocking ideologies, the acceptance of historical revisionism is on the rise at an alarming rate. We need to educate and reeducate the populace to ensure that we keep our freedoms. Patriots must explore creative ways to help others rediscover the foundational truths of America. I choose the most untapped resource for finding the answers – God's word.

The Bible best explains the justification of America's independence from its tyrannical

king. Yet, some teachers use the Bible to teach that rebelling against a government is never justified by its subjects. According to them, the government's subjects are to "be subject" and never "resist the power."

"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God..." (Romans 13:1-2a).

Were the founding fathers rebelling against God when they sought to rebel against the injustices of the king of England? Some teach that citizens of a country are to subject themselves to all institutions of government. They are to subject themselves regardless of their leaders' usurpation of authority and violation of God-given rights. Yet, as the passage continues, God's word provides the context and the clarity.

"For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? do that which is good, and thou shalt have praise of the same: For he is the minister of God to thee for good" (Romans 13:3-4).

The passage's context says that God-ordained governments and rulers are against evil and supporters of good. Every God-ordained government is the "minister of God." For what purpose? FOR GOOD! So, when any government ceases



to fulfill these parameters, the constituents are not required to be subject to these higher powers. Notice that these "ministers of God" not only praise good works but also use the force of law to punish evil.

"But if thou do that which is evil, be afraid; for he beareth not the sword in vain: for he is the minister of God, a revenger to execute wrath upon him that doeth evil" (Romans 13:4b).

In the passage, the Bible twice defines God-ordained governments as the "minister of God"! As such, these ministers of God reward good and punish evil. With these truths in mind, the context of subjecting oneself to

the government becomes crystal clear. Constituents are not required to subject themselves to governments that fall outside the parameters of a God-given government. Therefore, the 13 colonies ceased to be under obligation to subject themselves to King George III in 1776.

What happens when governments do just the opposite: punish good and reward evil? Their subjects are under no obligation to subject themselves to such unjust usurpations. What happens when a government ceases to be the "minister of God"? It ceases to be God-ordained and frees its subjects from obligation. In 1776, these were the historical realities on this continent. This is the justification for America's rebellion in 1776! Learn it; teach it; proclaim it!

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").





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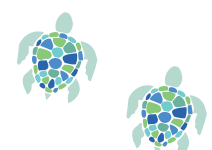
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Sean of the South



BY SEAN DIETRICH

We had a major potato salad crisis at our Fourth-of-July barbecue. Someone forgot to designate a family member to be the official “bringer of potato salad.” So everyone took it upon themselves to bring potato salad. We had 2,927 varieties.

There are few things more American than a full-scale potato salad war. When I saw all that Corningware and outdated olive drab Tupperware lined up on the buffet, all filled with concoctions of boiled potatoes and mayonnaise, it made me feel warm and patriotic inside.

I don’t have to remind you that it’s been a long year. A really long one. This backyard barbecue was long overdue.

Last year my family didn’t even do a Fourth-of-July cook-out. There was a pandemic going on. Instead, my wife and I sat at home and played dominoes. We had no covered dishes. No potato salad. I think we ate cold leftover Chinese takeout and watched a “Laverne and Shirley” marathon. And I hate dominoes.

Thankfully, that sad year is miles behind us now.

Today, the aunts and uncles arrived by the dozens, all carrying 30-pound jugs of potato salad. My mother-in-law made several kilos of her special celery-pimento potato salad. Even a few of the little kids had prepared some potato salad, which tasted pretty good once you picked out the Lego pieces.

Meanwhile, my brother-in-law was manning the charcoals, flipping hamburgers, trying to remember everyone’s picky food orders. No two burgers at our get-together were the same. In this modern age everyone is on some kind of special diet.

We had the beautiful people who only wanted 99-percent lean hamburgers. We had

“keto” and “paleo” people who wanted high cholesterol beef. And lastly, we had those who chose to eat tofu and grain burgers. “The tofu is colored with delicious beet juice,” reported one vegetarian.

Me? I went straight for the potato salad. My wife had prepared enough potato salad to ruin the rear suspension of our SUV. We transported her fare in five-gallon plastic buckets that required two able bodied men to lift each heavy container.

As I write this, Uncle Herschel is still lying flat on his sofa, icing his back, popping anti-inflammatory meds like peanut M&Ms.

But anyway, all the coolers were stocked with plenty of cold stuff. And our buffet table was adorned with all the traditional finery.

We had sliced heirloom tomatoes, backyard cucumbers, pantry pickles, peeled Chilton County peaches, fresh corn on the cob, Methodist deviled eggs, Baptist deviled eggs, and Church of God eggs—which are just deviled eggs with the Devil cast out of them.

There was homemade ice cream, and cheese casseroles galore, fresh brewed iced tea, homemade lemonade, blue-



berry cobbler, pound cake, and many other items that cause your cardiologist to disown you.

We sat at splintery wooden picnic tables with our full plates and bowed our heads for the blessing. And when someone asked the Lord to make us truly grateful for all the wonderful things we have all taken for granted in years past, I nearly cried.

Because I was realizing that this holiday felt so incredibly normal. So marvelously run-of-the-mill. So much like olden times. Today was the kind of laid back affair that wouldn’t have seemed like a big deal to me before the pandemic came

along. But it is a big deal. In fact it’s the biggest of deals.

Last year was a bummer. There were few festivities, people were losing their jobs, Major League Baseball had been cancelled, and birthdays were celebrated in drive-by fashion.

It seemed like everyone was arguing about something trivial, and most of my friends were communicating exclusively with memes.

But today, the heaviness of the previous year is becoming a memory, and life holds something new again. I can’t believe we’ve come this far.

Today we had a barbecue. Today we had each other. Today I listened to elderly people tell stories, and I watched humans do what they were designed to do. Be together.

I will likely be eating leftover potato salad until they write my obituary. But after the kind of great day I’ve had, my request is that they bury me with a bowl of the stuff.

I hope you had a happy Fourth.

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Musing

The Road to Redemption: The Story of Ahtyba Rubin

BY VICTORIA OSTROSKY

Saul the Pharisee was an important man. He excelled at his profession, being well-versed and zealous in the Mosaic law. After the risen Jesus knocked him off his donkey and blinded him for three days, Saul discovered that he had been zealous for the wrong thing. Jesus got him all straightened out and changed his name to Paul, the same Apostle who penned most of the New Testament, writing many letters while imprisoned for his new zealotry about the good news of the Gospel.

Ahtyba Rubin, or Tuba, as he is fondly known, attended middle school and high school in Pensacola. Pensacola was an eye-opener to Ahtyba. He was introduced to drugs at a young age, ran with the wrong crowds and made some poor decisions. He also played football in high school. He played it really well.

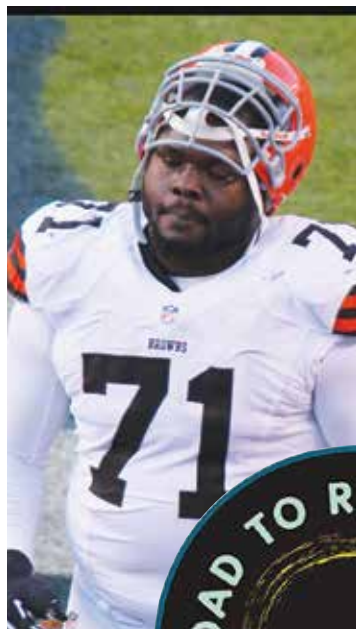
He played so well, he attended junior college in Texas on a scholarship. He went from Pensacola and high school football to the NFL where he was blessed to be for seven years.

But fame and fortune didn't bring him joy and peace. Money problems and drug problems followed him around. He knew God was there but didn't yet have a relationship with Him.



When Tuba was with the Seattle Seahawks, his then-girlfriend nudged him to attend a Bible study with his coach. He didn't really want to go, but decided to give it a chance. Seeds were planted at those Bible studies. After a while he began to feel that knock on his heart's door. God was telling him "you have to change and you can't be living the same way." Tuba prayed about it and God continued to show him the things in his life that needed to be removed.

One day in training, he tore his bicep and just like that, his football career was over. As Tuba



says, "it was a 'but God' moment." He wasn't sure what he was going to do after football – this was who he was.

What he did do, though, was begin attending church, get baptized and get involved. For a long time, he thought

success was having money and fame and doing what the world considered right. God's grace revealed to him that the right thing is putting God first and fully diving in. As Tuba says, he's "received blessings on top of blessings."

He found out what his 'next thing' was – it was loving God with his whole heart.

As a young boy, Tuba remembers learning about Jesus as his mom read the book of Matthew to him.

She would pray over him and read Psalm 23 and the Lord's Prayer. She pointed him in the right direction. He also had a lot of aunties and grandmas praying for him as well. Now he's fully in and fully embracing God.

"When my bicep tore – there was a low point, and I thought - what am I going to do next? I lost my back up plan." His turn-

ing point was when his wife got serious with the Lord and they both gave their lives to Christ.

Now Tuba looks for ways to bless others. He loves being Involved in small groups with men praying and worshipping God together. His new passion is wanting to spend more time with the Lord and put Him first. Tuba's desire is to keep sharing his testimony and to be salt and light to others. "I love interacting one on one with men and talking about God. I love texting my friends and meeting with small groups and loving each other."

Tuba's new message is this: "Put God first, trust in Him. Put your hope in Him. Love God with all your heart. The standard and goal is Him – chase after Him. Riches and success and fame are nothing – it's vanity."

You can listen to Ahtyba Rubin's encouraging testimony and many other incredible interviews on the weekly Road to Redemption radio show and podcast at www.roadtoredeemtionpodcast.com.



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Studio 237 Music Lessons: "Proud to Be an American"

Patriotic music comes in all shapes and sizes from anthems and marches to folk and rock, but is united by one sentiment: a sense of pride and belonging in the country we call home. Especially as we enter into summer and with the Fourth of July activities fast approaching, a reliable playlist of patriotic tunes is the perfect accompaniment to a barbecue party, road trip, or family get-together.

Musicians over the years have provided us with countless heartfelt tunes to celebrate the United States and those who have served it. Let's look at the history behind some of the nation's favorite tracks.

"God Bless the USA" - Lee Greenwood

Also known as "Proud to Be an American," this soulful ballad written by country artist Lee Greenwood in the early 80s is sure to be a morale booster. Its message is simple: a devotion to the country, the people, and respect for the armed forces. Released in 1984, it reached No. 7 on the country charts and was played at Reagan's Republican National Convention in the same year. It is a popular anthem during times of crisis in America and has many notable versions, including Beyoncé's version which premiered in 2011 and raised funds to aid those affected by the 9/11 terror attacks.

"America the Beautiful" - Ray Charles

Considered one of the great-

est moments in history for patriotic music, Ray Charles took to the stage at the World Series in October 2001 to sing "America the Beautiful." Just weeks after the tragedy of 9/11, his performance left the sold-out stadium of grieving Americans inspired to unite and rebuild after tragedy. The song is based on a poem by college professor Katharine Lee Bates, written in 1893 after she visited the summit of Pikes Peak in Colorado - one of the tallest mountains in the United States. In 1976, Ray Charles' "America the Beautiful" was chosen as the theme for the nation's 200th anniversary celebration for the Declaration of Independence and has since been used as an anthem for American citizens to unite together as an endlessly loving and resilient force.

"Take Me Home, Country Roads" - John Denver

Released as part of his 1971



try song was a love letter to the stunning landscape and laid-back lifestyle of the rural South. Surprisingly, his co-writers Bill Danoff and Taffy Nivert had never actually been to West Virginia and instead wrote the lyrics about Maryland, later changing the location to better match the rhythm. The song became a hit almost immediately after release, reaching No. 2 on Billboard's U.S. Hot 100 singles chart and remains today a cultural phenomenon, especially amongst West Virginia natives.

"The Stars and Stripes Forever" - John Philip Sousa

This song is often played during Fourth of July fireworks. Except for "The Star-Spangled Banner," no musical composition has done more to arouse the patriotic spirit of America than this most beloved composition. Symbolic of flag-waving, it has been used with considerable effectiveness to generate patriotic feeling ever since its introduction in Philadelphia on May 14, 1897.

There are, of course, countless other patriotic songs from a whole variety of backgrounds and musical styles. They are all united by one over-arching message: what it means to be an American and to demonstrate the core values of our country.

Studio 237 Music Lessons is in Santa Rosa Beach. Our staff teach: guitar, piano, drums, voice, ukulele, and more. Call (850) 231-3199 to schedule a visit or lessons. www.Studio237Music.com.

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CAA Announces Foster Gallery's Summer Rotation Artists

The Cultural Arts Alliance of Walton County (CAA) announced the local artists recently chosen to exhibit their original work in The Foster Gallery's Summer Rotation, through Oct 2 in its Grand Boulevard Town Center location.

The selected Spring Rotation artists are Gisselle Barnhart,

Stephanie Bloyd, Melody Bogle, Gayle Campbell, Donnelle Clark, Katherine Duda, Kim Eifrid, Estelle Grengs, Capri Boyle Jones, Sue Knight, Ginger Laughlin, Robyn Martins, Lynnette Moody, Helene Papas, Mary Redmann and Andrea Scurto. The gallery will also feature ceramics by Skip Deems

and Megan Patterson as well as hand-crafted jewelry from local artisans Hardwear Merry and The Salty Sparrow.

All rotation artists are members of the Cultural Arts Alliance. All works exhibited in the gallery are for sale, and many works are also available for viewing and purchase on the



CAA website at CulturalArtsAlliance.com/foster-gallery. Curbside pick-up is available.

The Grand Boulevard location is at 495 Grand Boulevard, Suite J104, next to Chico's and across from Tommy Bahama.

Founded in May 2016, The Foster Gallery is an artist collective led by the Cultural Arts Alliance of Walton County that features at least a dozen artists on a seasonally rotating basis, along with special exhibits and

invitations throughout the year. Named for the late Susan Foster, a founder of the Cultural Arts Alliance and one of the area's first professional artists and gallery owners, The Foster Gallery also symbolizes the support the CAA strives to provide for artists in our community.

The gallery is open daily noon-7 p.m. For more information, call (850) 837-3037 or visit CulturalArtsAlliance.com.

Demetrius Fuller On the Hello Frances Podcast

CEO of the Mattie Kelly Arts Foundation Demetrius Fuller joins the Hello Frances Podcast again this month to share MKAF updates. Shantelle and Demetrius discuss the importance of art in a community, the mental health benefits art can provide, the impact of art on culture, and so much more. Demetrius also shares what MKAF has



in store for the community for the rest of 2022. If you are not a member yet, another incentive to join will be unveiled during this episode. Learn more about MKAF at mkaf.org. Questions for us? Email hello@francesroy.com. Listen at: <https://francesroy.com/community-arts-initiatives-with-demetrius-fuller>.



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SATURDAY 9 AM - 5 PM | SUNDAY 10 AM - 4 PM

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 **Fall Flix** **NEW**
 mattie kelly arts foundation

SEPT 10 - OCT 1

Lights, Camera, Action! Join us Saturday evenings in the village for Fall Flix featuring an exciting variety of films. Table and lawn seating available. Food trucks on site each week!


 **Artful Dining Series**
 mattie kelly arts foundation

SEPT Artful Dining @ Vin'tij Food & Wine in Grand Boulevard

NOV 10 10th Annual Wine Walkabout at Ruth's Chris Steak House at Silver Shells Resort in Destin.

FREE for Members - JOIN NOW! MKAF.org

850.650.2226 | INFO@MKAF.ORG | 4323 COMMONS DR W, DESTIN, FLORIDA 32541

 Support ArtsReach programs in our community.

Art Classes

Artful Things Niceville July

Call the gallery at 850-729-2600 to reserve seating for the following workshops:

9—Lino Cuts with Chris McLoone. 10:30-1:30 p.m. Introductory class for linocut, block carving, and stamp carving. Carve a 4x6" block to create your own stamp and make prints. Seating is very limited; reserve your spot by calling the gallery at 850-729-2600 or text Chris at 850-226-2368 for info! \$55, supplies included.

12 and 13—2-Day Kids Camp with Corina Zalace. 10:30 a.m. - 12:00 p.m. Instructor Corina Zalace will be teaching a two-day class for kids aged 5 to 16 years old! The class will be conducted using watercolor, acrylic paint and black pens. There are 6 seats available per session, and each session will be different from the other. To reserve your child's spot. \$27.50 per child attending one class. For 2 or more children attending a class it is \$22.50 per child. No previous experience is required, supplies included. Reserve your child's seat at 850-729-2600.

14 and 15—2-Day Kids Camp with Marla Armstrong. 10:30 a.m. - 12:00 p.m. Marla Armstrong's Summer Art

Camp comes back this month for 2-DAYS of projects for kids 7 and older July 14 and 15. Students will be completing a Salt Painting project and a Blog Art Letter Project. 10:30-12:00 each day. Prices are \$37.50 for one day and \$65.00 for both days. All supplies are included. Limited seating! Register at 850-729-2600.

16—Acrylic Pour with Debi Profeta. 10:30 a.m. - 2:30 p.m.. This class is going to be SO much fun! We will be learning 2 techniques- "flip cup" and "dip," and two separate gallery stretched canvases - one 20x20, and one 12x12. Class is \$77.50 with supplies included. Call gallery at 850-720-2600 to inquire about open seating!

22—Encaustic Cards with Corina Zalace. 10:30 a.m. - 12:30 p.m. Instructor and artist Corina Zalace encourages students to explore working with a hot iron and stylus to create 4-5 Colored wax pictures (plus envelopes) of local scenes. Seating is limited to 5 students, with no art experience necessary at all! \$47.50 per person, supplies included. Reserve your seat by calling the gallery at 850-720-2600.

30—Day For The Arts! With Stagecrafters of Fort Wal-



ton Beach. 12 - 3 p.m. Demonstrations, performances, Cheesus Food Truck and activities for children benefiting Stage Crafters of FWB!

Ongoing Classes:

Rosalyn O'grady – Oil or Acrylics. Tuesday mornings 10 a.m. – noon, \$20 per session plus supplies. ogradytr@cox.net. www.RosalynOgrady.com.

Theresia Mcinnis – Watercolor Techniques. Tuesday afternoons 12:45-3:45 p.m. \$27.50 plus supplies. www.TheresiaMcInnis.com. Sign up: 850-729-2600.

Charlotte Arnold – Open Studio with Live Model. Wednesday mornings 10:30 a.m. - 1:30 p.m. Uninstructed - \$15, limited to 6 seats. Bring your own supplies, your medium and an easel. Sign up: 850-729-2600.

Chris Mcloone – Teens' Drawing w/ Chris McLoone will return after summer break.

Late Summer Preview:

August 13 Encaustic Scenes with Corina Zalace. 1 - 3 p.m. \$47.50.

August 20 Pinecone Wall Decor with Marla Arm-

strong. 10:30 a.m. - 1:30 p.m. \$47.50.

September 24 Introduction to the Italic Hand with Elia Saxer. 10:30 a.m. - 1:30 p.m. \$65

Tues. - Fri. 10 a.m. - 5 p.m.

Sat 10 a.m. - 3 p.m.

Appointments Available

(850) 729-2600

artfulthingsniceville.com

1087 East, E. John Sims Pkwy in Niceville

Big Orange House Designs

June 22, 23, 24—Micro"-Booleans." More Microbit fun with Ms Reiko our Techno-Guru! \$64.20

June 22, 23, 24—Mixed Media Maker's Camp! Join

JoJo for some afternoon art extravaganzas! \$64.20

June 25—Paint a PUG. Bring your kids to paint with JoJo! \$20.40

June 29, 30, 1—Pottery Camp. Create a whimsical garden gnome, cottage or fairy garden decorations. \$80.25

June 29 & 30—Microbit Golf Tournament. More Microbit fun with Ms Reiko our Techno-Guru! \$53.50

July 1—Family Glass Art. Join us for fun family time creating! Come hungry and grab lunch too! \$26.63

July 2—Family Glass Art. Come create your own Glass Art w/ JoJo! \$26.75

Book classes at bigorangehousedesigns.com.

Want to book a private table in a class or host a party? Contact JoJo AT 334-320-6658 or bigorangehousedesigns@gmail.com.

bigorangehousedesigns.com

(850) 737-6193.

4652 Hwy. 20E,

Pineapple Plaza,

Bluewater Bay in Niceville

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 Arts & Music

ECTC: Kids On Stage, Fall Educational Programming

BY ANNA FISHER, ASSOCIATE ARTISTIC AND EDUCATION DIRECTOR

We always have a little break in August between our children's summer camps and our fall classes here at Emerald Coast Theatre Company. The building becomes eerily quiet and empty and I don't like it one bit. There is just something about the joy and life that our students bring that can't be replaced by any Spotify playlist. They always re-

turn with fresh excitement and energy, ready to tackle whatever challenges come their way. It renews my hope in the future to see these young children and teens come together as a team and work towards a common goal. Recently, we surveyed parents and asked what benefits their children have experienced, whether social, emotional, or educational, from ECTC's educational theatre program. 90% of parents have seen a major rise in

confidence in their children. I get to see this in action as they practice lines, learn music and dance their hearts out to the choreography. I see that rise in confidence that can only come from hard work and dedication happening in tangible real-life settings and not in front of a screen.

We've decided to "up our game" at ECTC for Season 10 and that includes not only our Professional and Theatre for Young Audiences shows, but



for everyone.

We're also expanding our educational class offerings for this coming fall! In addition to our regular production classes and Mini Player classes (K-1st grade), we will have a wide variety of offerings including tap, ballet, and musical theatre dance classes. Other offerings will include musical theatre voice, vocal performance, acting for kids (after school and homeschool), and acting technique and audition workshops.

In addition to the Youth Education classes, we are thrilled to announce that Adult Education Classes will be added to our Fall Schedule. This is something I have wanted to offer for a long time, because honestly, I need a class where I can dance to my heart's content!

We have something for everyone this season at Emerald Coast Theatre Company. Come join us for music, dance, and life that is happening in real time. Registration for fall classes will open mid-July so sign up for the ECTC newsletter at www.EmeraldCoastTheatre.org to receive all the latest information!

See you at the theatre!

Anna Fisher

also our Theatre Education programming. We can't wait to bring one of my absolute favorite musicals to life with Disney's "Beauty and the Beast!" Students will have a chance to materialize that memorable little French village on stage with Mrs. Potts, Lumiere, Cogsworth, and the rest of the iconic characters from this classic tale of love and overcoming. 2nd-5th and 6th-12th grades will "be our guest" at ECTC this fall semester in production classes that culminate in a final musical production performance in November. We are dedicated to giving local youth a professional theatre experience. We have students audition for their roles while being led by theatre professionals who design the set, costumes, and lighting plus provide stage, choreography, and musical direction. This, coupled with some incredibly talented area youth, results in a pretty fantastic theatrical experience



SIGN UP NOW FOR...

Fall Educational Production Classes



DANCE CLASSES

ACTING CLASSES

And MORE!

Sign up now at [EMERALDCOASTTHEATRE.ORG!](http://EMERALDCOASTTHEATRE.ORG)

BOOTH SPACE AVAILABLE NOW



23rd ANNUAL EMERALD COAST HOME & BOAT SHOW

Saturday & Sunday, September 24th and 25th
at the Destin-Fort Walton Beach Convention Center

Featuring over 100 Vendor Booths

- Home Show Vendors - Offering Super Discounted Home Show Specials**
- Health Care Vendors - Offering Free Analysis and Health Evaluations**
- General Business & Retail and Home-Based Business Vendors**
- Boat Show Vendors - Offering End of the Summer Specials**
- Job Fair Vendors - Accepting Employment Applications**
- Car Show Vendors - Offering New & Used Car Deals**

Booth Space Will Sell Out Fast!! So, to Reserve Your Prime Space Now!!
 Contact Wes Fell (Event Promoter) at 850.353.2832 or wesfell@cox.net
 More Info at www.paradisepromotionsfl.com
 This is Another Great Paradise Promotion

Bingo Night

Presented by nwflupus.org

Friday, July 29th (last Friday of each month)

6pm-8pm

At **Blount House**

541 Kylea Laird Drive, Freeport

All proceeds from bingo cards benefit the Lupus Foundation of America

The Lupus Foundation of America is a charitable organization with tax exempt status granted under section 501(c)(3) of the Internal Revenue Code. The Lupus Foundation of America federal ID# 43-1131436. Donations are tax-deductible to the full extent allowed by law.

Please R.S.V.P on Facebook event page

For questions or would like to donate bingo prizes (examples include gift cards, gift certificates, merchandise, and services)

Contact Christine at: info@nwflupus.org
(719) 216-6200

check out our website at nwflupus.org

Let's Get Growing with Larry: **Be Wise with Pesticides**

BY LARRY WILLIAMS, UF/IFAS EXTENSION AGENT, OKALOOSA

If a little bit is good, then a whole lot more must be better, right? Wrong. This is faulty logic, at least when it applies to pesticides.

A pesticide is any chemical used to control or kill a pest. Examples include insecticides (designed to kill insects), fungicide (chemical designed to control fungi) and herbicides (designed to control weeds).

Pesticides can be good tools when used correctly. But the overuse and misuse of pesticides in our landscapes and gardens can result in a number of problems.

Certain pests can become resistant to insecticides when a product is repeatedly used. Be-

cause many insect species reproduce rapidly, having many generations per year, a resistant population can develop in a short time. Hundreds of insect species are known to have resistance to certain insecticides.

Pesticide overuse can make some pest problems worse. For example, the insecticide carbaryl will kill many insects but will have little or no effect on aphids or spider mites. And repeated use of carbaryl will eliminate many beneficial insects that feed on these pests. So, you may end up with much larger populations of aphids and spider mites than if you applied no insecticide at all.

Indiscriminate use of broad-spectrum pesticides kills many insects, good and bad. Not



all insects need to be killed. Less than 1 percent of all insects in Florida are damaging to plants and many are beneficial. These beneficial insects are the "good guys" of the insect world. They feed on harmful insects and, as

a result, keep their numbers in check. Once you've made the mistake of killing off the good guys, such as lady beetles, you may have to increase the use of insecticides because the good guys are no longer there to help reduce the harmful insects. And if you eliminate all of the bad insects, the beneficial insects will not have anything to eat. Spraying every six-legged creature that exists is not a good idea. The overuse of pesticides can throw off the delicate, bene-

ficinal balance in nature.

Learn to tolerate a few pests and a little damage. Attempting to maintain a pest-free lawn, landscape or garden is impractical, a waste of money and time and may be detrimental to our environment.

Pesticides are not always the best choice when dealing with pests. There are many other options such as choosing pest resistant plants, avoiding excess fertilization and watering, eliminating a plant that has to be frequently sprayed, eliminating small pest populations by hand, etc.

While pesticides remain part of our pest control arsenal, care should be taken to use them wisely and correctly.

Local Coupons

<p>BROZINNI PIZZERIA</p> <p>BUY 2 PASTAS, RECEIVE ANOTHER PASTA FREE</p> <p>ONE COUPON PER VISIT</p> <p>Offer expires 7/31/22 850-678-7778 • 144 Palm Blvd N., Niceville www.brozinnispizza.com</p>	<p>BROZINNI PIZZERIA</p> <p>BUY ANY PIZZA, RECEIVE A FREE 2 LITER</p> <p>ONE COUPON PER VISIT</p> <p>Offer expires 7/31/22 850-678-7778 • 144 Palm Blvd N., Niceville www.brozinnispizza.com</p>	<p>BROZINNI PIZZERIA</p> <p>BUY ANY 16" PIZZA, 6 WINGS, 4 KNUCKLES AND A 2 LITER \$29.99</p> <p>ONE COUPON PER VISIT</p> <p>Offer expires 7/31/22 850-678-7778 • 144 Palm Blvd N., Niceville www.brozinnispizza.com</p>
<p>HONEYBEE ICE CREAM & ARCADE</p> <p>10% OFF ANY BOBA BEVERAGE</p> <p>Offer expires 7/31/22 703 E John Sims Pkwy E, Niceville (619) 565-0365</p>	<p>ARTFUL THINGS NICEVILLE</p> <p>10% OFF CUSTOM FRAMING</p> <p>EXCLUDES COST OF LABOR. PRESENT COUPON IN-STORE AT TIME OF ORDER.</p> <p>Offer expires 7/31/22 1087 E John Sims Pkwy, Niceville 850-729-2600 www.ArtfulThingsNiceville.com</p>	<p>LJ SCHOONERS DOCKSIDE RESTAURANT AND OYSTER BAR</p> <p>FREE APPETIZER OR DESSERT</p> <p>WITH AN ENTREE PURCHASE. ONE COUPON PER VISIT. RESTRICTIONS APPLY.</p> <p>Offer expires 7/31/22 290 Yacht Club Dr., Niceville • 850-897-6400 www.bluewaterbaymarina.com</p>
<p>OVERHEAD DOOR GARAGE DOOR TUNE-UP</p> <p>\$59.95 FOR 1 DOOR</p> <p>\$19.95 EACH ADD'L DOOR. PARTS EXTRA IF NEEDED. INCLUDES TORSION SPRINGS ADJUSTMENT, HINGE TIGHTENING AND HARDWARE LUBRICATION.</p> <p>Offer expires 7/31/22 850-502-8615 destinoverheaddoor.com</p>	<p>AFFORDABLE PRESSURE WASHING</p> <p>\$25 OFF SERVICES</p> <p>CALL TODAY TO SCHEDULE YOUR FREE ESTIMATE!</p> <p>Offer expires 7/31/22 Phone: 850-688-9886</p>	<p>AIRESERV</p> <p>\$50 OFF DUCT CLEANING</p> <p>Offer expires 7/31/22 850-678-9522 www.aireserv.com</p>



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