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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

continued on page 2

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

continued on page 2

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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

continued from page 1

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 lifestyle (gluten-free, plant-based, dairy alternatives, etc.) along 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>.

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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P.O. Box 1424
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Publisher/Executive Editor

Lori Leath Smith
Lori@LifeMediaGrp.com

Director, Advertising Sales

Scott Miller
Scott@LifeMediaGrp.com

Production & Layout

Kim Harper

Editor

Kenneth Books

Writers

Michelle Ruschman
Doug Stauffer

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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 bet-

ter 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

Continued on page 18



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Community

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 mil-

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

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Community

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.”



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 anything 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.

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.

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.

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

While those in the audience will enjoy a variety of acts of illusion and showmanship,

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Happenings Around the Bay

JULY

01 | Sip N' Stroll
5pm | J.Leon Gallery and Studio | Miramar Beach
Jody Lucas Live
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



*Happy 4th
of July!*

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

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

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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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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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 Community

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-



tury 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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Alzheimer's Disease: Combating the Stigmas

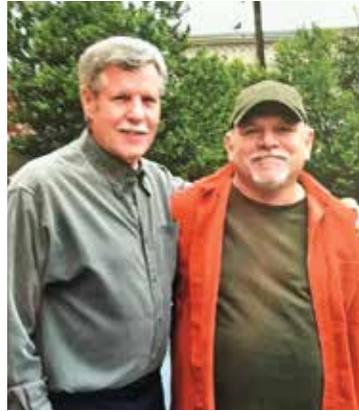
BY HANNAH WHITE

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

Continued on page 22

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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 ob-



PHOTO BY SAMUEL KING

tained 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 oper-

ations, 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. involve-

ment 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 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

Continued on page 17

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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 Vannatter, 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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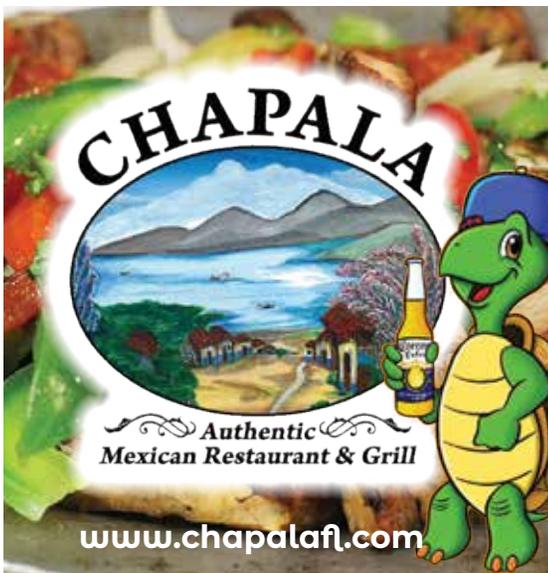
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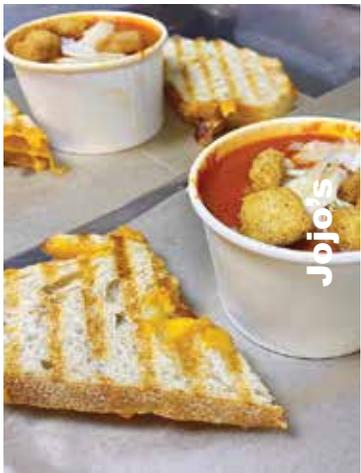
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Chapala Mexican Restaurant

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Happy hour specials (Sunday-Thursday, 3-6 p.m.) include two-for-one house margaritas, draft beer (16 oz.) and well mixed drinks, and \$6

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Off the Hook

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.

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

Continued on next page

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FISHING NEWS

continued from previous page

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.



PHOTO COURTESY OF FWC

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.

EGLIN

continued from page 12

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 follow-

ing 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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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 consecu-



tive 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.

HORSES

continued from page 3

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, humans 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 animals, 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 benefit 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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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



PHOTO COURTESY OF DESTIN-FORT WALTON BEACH FL

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.

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 di-

rectional 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.



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 Wellness

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 important 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



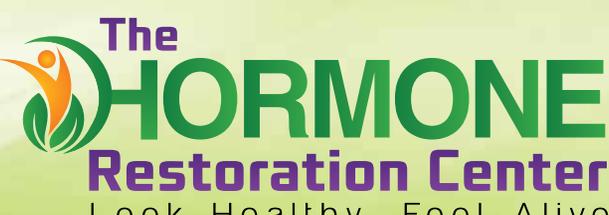
our practice, we have seen couples who were once happy but had reached a point where they just couldn't tolerate each other. At the edge of divorce their stories were all nearly identical. Their partner had just changed. They were tired, quick to anger, lost their empathy and just didn't seem to care 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.

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Do it RIGHT! Abs/Core



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.

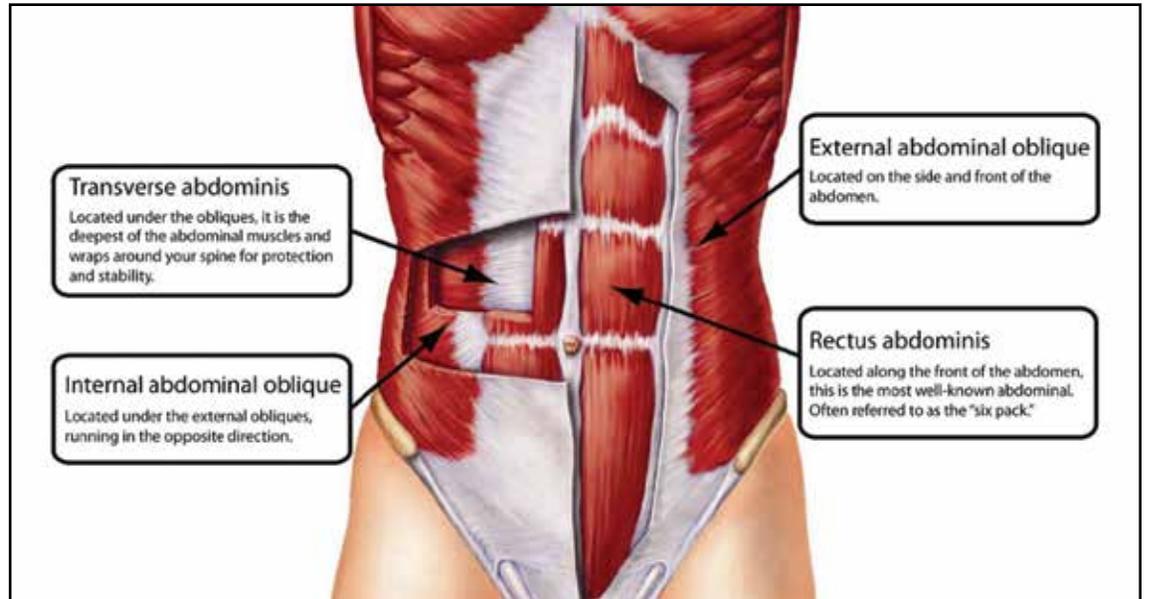
Core, by definition, is “the central, innermost, or most essential part of anything.” Within the body, it’s defined as, “the strength of the underlying muscles of the torso, which help determine posture.” Core exercise is, “any exercise that involves the use of your abdominal and back muscles in coordinated 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 either 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/Bal-

anced 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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 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 in-

redients 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.

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*

ALZHEIMERS

continued from page 11

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 support. People living with dementia don't want to lose their friends or stop doing activities they enjoy. Be supportive and stay connected. Social engage-

ment 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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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 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 Bayou 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 or 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.



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 Business


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.

Living in a Bear Market



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.

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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Maurice Stouse
Financial Advisor

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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 Hurri-

cane 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 max-



imize 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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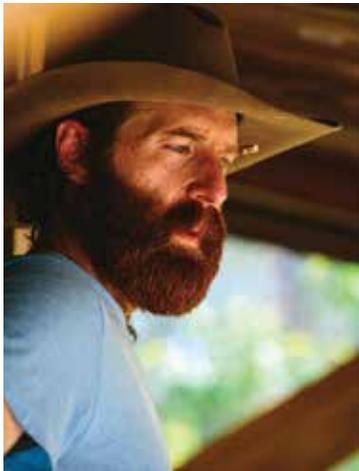
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 Musing

Sean of the South



BY SEAN DIETRICH

We had a major potato salad crisis at our Fourth-of-July barbecue. Someone forgot to des-

ignate 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, blueberry 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 have a happy Fourth.



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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 govern-

ments 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 ("Revising the Blessed Hope, When the End Begins").

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Arts & Music

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



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>.

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

invitationals 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.



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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 850-729-2600 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 850-729-2600.

30—Day For The Arts! With Stagecrafters of Fort Walton 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.
Theresa 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 Armstrong. 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

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

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

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.
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 (850) 737-6193.
 4652 Hwy. 20E,
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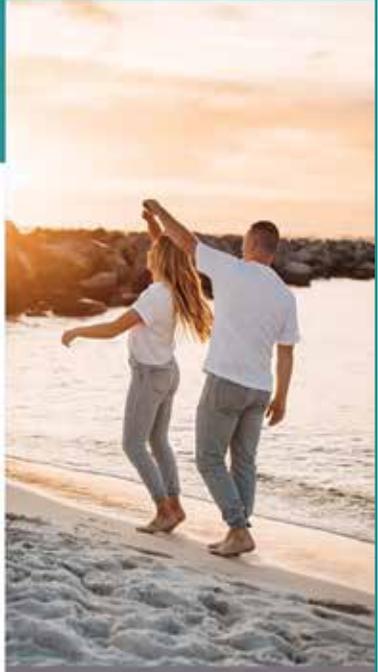
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Arts & Music

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 return 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 prac-

tice 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 also our Theatre Education programming. We can't wait to bring one of my absolute favorite musicals



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.

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 for everyone.

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

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 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 team with a local restaurant or group to compete for more than \$80,000 in cash prizes and the title of "Best Barbecue." 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. Visit www.DestinCommons.com for more information.



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Bay Buzz

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



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

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!"

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.

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.

Trivia with Friends of CALM

Trivia fans, come test your Trivia skills with friends of CALM Friday, Aug. 12, 6-8 p.m. 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 awarded to Page Doloff, a graduate of Niceville High School.

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

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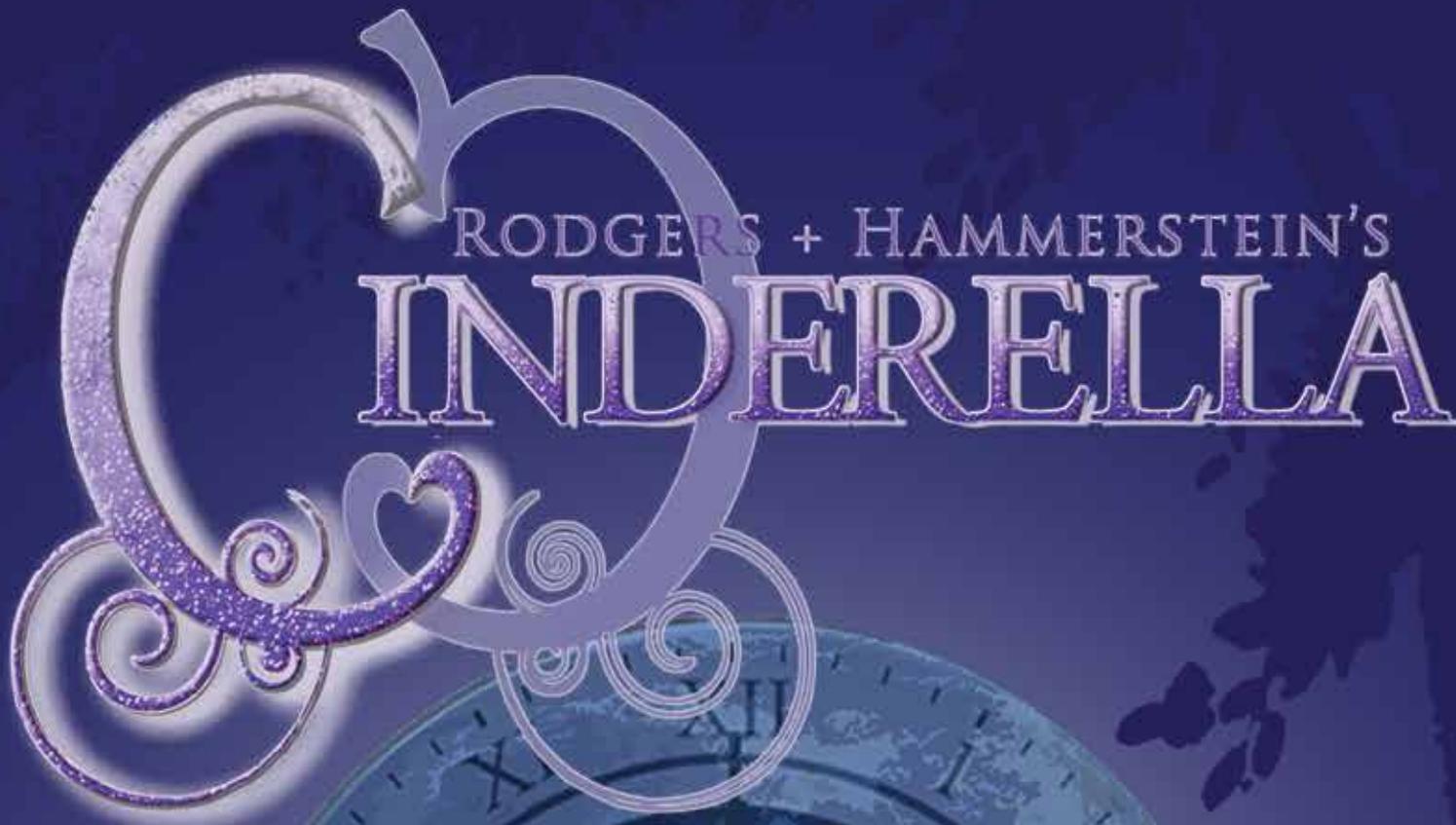
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