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### **Emerald Coast Theatre Company**

10 Years and Counting!

By Anna and Nathanael Fisher

In a recent interview, we were asked if reaching our ten-year milestone felt like "We did it. Mission Accomplished!" Our response was that it feels more like "Mission ongoing, mission good start, mission we've so much more to do." As we look back on the very beginning of our little newborn baby theatre company, the feelings of gratitude overwhelm us. ECTC shares a birthday with our youngest daughter, as they both made their appearance in January of 2013, with quite a few months of planning prior. It was in those early days that we experienced the joy and excitement of something new, and the fulfillment of a dream long hoped for—both with our new little baby and our new little company.

We started with 10 students in an afterschool class offered in partnership with the Mattie Kelly Arts Foundation. Nathanael was working as a part





time adjunct theatre professor at University of West Florida in Pensacola and Gulf Coast State College in Panama City, as well as other part time local jobs. I was working behind the scenes and caring for our six-year old twins and newborn baby girl. He would teach the after school classes on those days he was in town and we continued to work

together, dreaming and planning our little company's first wobbly steps.

Fast forward four years and

we are growing, continuing to offer more and more classes and a small season of professional theatre. All of our classes and shows are offered through the kindness of local schools and retail merchants who give us the use of their empty stores. For every show and every class, we load our family car with set, props, costumes, speakers, scripts and whatever else can be crammed in, and we arrive early to set everything up. Our garage, our living room, our kitchen table is always covered with things like feather boas, a golden lamp, a tinman's costume and maybe a basket of fake apples. We overtake Anna's Dad's shed across the street as our stock grows, and our neighbor next door is always kind to turn a blind eye when we paint sets in our carport and turn the side yard grass blue until the next mowing.

**ECTC** continued on page 2



### Child Fostering:

Could It Be Right for You?



By Michelle Ruschman

Foster parenting helps kids and enriches families. A common misunderstanding about fostering is that foster families are gatekeepers between children and biological parents. April Hight, the Foster Home Recruitment Specialist with FamiliesFirst Network for Okaloosa and Walton County,

**FOSTERING** continued on page 2





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#### Community

#### **ECTC**

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Throughout this period, Grand Boulevard was especially generous to us. If they had an empty space, we were welcome to it. We produced professional shows and children's shows in the place where Williams Sonoma is now. They hired us to produce an outdoor Summer Shakespeare in the park series which continues to this day. I would be remiss if I didn't mention our board of directors, the people who work behind the scenes without a lot of recognition. They were always there championing us and finding new and creative ways to produce theatre without a building. And then one day...

Stacey Brady, Director of Marketing at Grand Boulevard and long-time board member, called us one morning. "Can you meet me at the 560 building on property?" We thought with excitement that this may be another temporary empty space, another opportunity to run rehearsals and classes at the place that had been so sup-

portive of us already. What we didn't think was that she had secured a dream space for us. She brought us up to the absolutely empty concrete rectangle that is now Emerald Coast Theatre Company and with a twinkle in her eye said, "Well, do you think you can work with this?" After catching our collective breath, through smiles and tears, we responded with a resounding yes, and immediately got to work with more dreaming.

What Grand Boulevard has provided has catapulted us to where we are today. We have grown from the two of us volunteering and investing our time the first few years to a fulltime incredible staff of eight including ourselves, Rebeca Lake-resident designer, Phillip Padgett-production and stage manager, Tara Padgett-costume and wardrobe assistant and teaching artist, and our three newest staff members Trenton Bainbridge-managing director, Emily Bainbridge-patron relations and teaching artist, and Drake Miller-technical director.

As we celebrate Season 10 this year, we celebrate all of



The ECTC Board right before moving into Grand Blvd.

the hands and hearts that got us here. We recognize that the heart of ECTC is you! It's our students, volunteers, sponsors, patrons and VIP members. It's our vibrant Leading Ladies, our hard-working staff, our dedicated board of directors and our talented local actors as well as those performers who travel from all over the country to bless our stage. It's our community that held us through a pandemic and became the most generous donors we could have imagined. As we prepare to produce six professional shows, three Theatre for Young Audiences shows, many educational shows and classes, a Storyteller Series and a few cabarets, we look back with gratitude and a thankful heart at all that has come before.



First rehearsal of the first show in the new space at Grand Blvd.

Our little theatre company is growing up and expanding, nurtured by so many along the way. We hope that you will join us as we launch our Season 10 with a grand celebration on September 16th, and continue to celebrate with us all season long. Mission accomplished? Never.



Nathanael and Anna Fisher Founders, Producing Artistic Director, Associate Artistic and Education Director



Anna and Nathanael Fisher

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### Publisher/Executive Editor Lori Leath Smith Lori@LifeMediaGra.com

Lori@LifeMediaGrp.com

Director, Advertising Sales

#### Scott Miller Scott@LifeMediaGrp.com

Production & Layout Kim Harper

> **Advertising Sales** Ray Cyr

**Editor** Kenneth Books

#### Writers

Michelle Ruschman Mary Chris Murray Doug Stauffer Kay Phelan Frank Berte Ed Offley Lauren Reho

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#### **FOSTERING**

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wants to clarify that a foster parent is more in the position of being a bridge between a child and their parent(s), with the ultimate goal being reunification. A foster family is part of their healing process.

It's important to make these distinctions, because as our community looks at the aftermath of Covid and lockdown, foster family recruiters like April are finding that a critical area that has been directly affected is the available beds for displaced children. The hope is that local families will consider becoming part of the fostering community, so the losses from 2020 are recovered. Not having beds for this vulnerable group creates ad-



ditional hardship in an already difficult situation. "In our area, we have about 460 kiddos, give or take, in need of foster care every day," said April. "Across our county, we have about 360

available beds. That's approximately 100 children who don't have a local bed each day.

When families are in need, our agency is going to call every licensed home to make sure there is a place here where we can put these children, but oftentimes, they will be sent out of our circuit which includes Okaloosa, Walton, Santa Rosa, and Escambia counties. If we don't have a bed in these areas, they may be sent to a differ-

ent part of the state and sadly, that is pretty common. Due to the lack of beds, it's very unlikely that they're going to stay in their community once they are removed from the home. This means they're not going to stay in the same school, be near the things that they know, or be anywhere that is familiar. They have to go where there's an available bed.

What is sad is that a lot of our kids bounce. A foster home may be full, but will take a child for a few days to give us time to find a permanent spot. At the end of those few days, just as they're getting comfortable, they have to go to a whole new home. These kids have to say goodbye again, go to another strange place, and it's just more loss and grief every time they have to move."

There are multiple reasons children are removed from their homes. But, the top two are sub-

Continued on next page



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### A Salute to K9 Officer Blue

By Doug Stauffer

On Sunday, August 7, 2022, K9 Officer Blue of the Niceville Police Department was killed in the line of duty. He and his handler, Sergeant Phillip Ritcheson, were traveling on Hwy. 85, south of State Road 123. At 5:51 p.m., their police pickup truck was struck in the rear when a van switched lanes. The truck overturned and came to a stop on the south shoulder of the highway. Sgt. Ritcheson suffered serious, but non-life threatening injuries, and spent several days in ICU before moving to a regular room. The van driver was treated for minor injuries. But, K9 Blue succumbed to his injuries.

The police department and the Niceville community are mourning the loss of one of



their two police dogs. It is tragic for the Niceville police department, especially Sgt. Ritcheson and his family, as Blue was also a part of their family.



After the accident, deputies with the Okaloosa County Sheriff's Office escorted the fallen K-9's body to Blue-

water Bay Animal Hospital. They laid an American flag over Blue's body and carried him inside the animal hospital while other deputies lined the parking lot and saluted Blue.

Blue was an age 7 Belgian Malinois who served with the Niceville Police Department for five years. His End of Watch was Sunday, August 7, 2022.

Chief David Popwell stated: "It is with a saddened heart that the Niceville Police Department has lost K-9 Officer Blue to a traffic crash on Hwy. 85 while he was reporting for duty at 17:51, on 8-7-2022. His handler

and friend, Sgt. Phillip Ritcheson was transported to the Ft. Walton Beach Hospital with non-life threatening injuries.

The Niceville police department stated in a press release: "The Niceville Police Department appreciates all the help that has come from the Okaloosa County Sheriff's Department, Ft. Walton Police Department, Eglin Fire and Medical, Florida Highway Patrol, Niceville/Valparaiso Fire Departments and Okaloosa EMS. We appreciate all the love and support that has been shown."

According to Niceville Police Chief David Popwell, service arrangements are still in the works with Blue receiving full honors. The memorial is planned for August 26 at 10 a.m. at the Niceville Community Center.

#### **FOSTERING**

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stance abuse and neglect. When a child is moved into a home where even the community isn't familiar, it leads to more trauma.

April and her counterpart in Escambia and Santa Rosa county, Thomas Williams, provide education and support to potential foster families as they on-board into the foster licensing process. There are five levels of licensure in which a family can qualify: Level one is a family member, level two is the largest group with traditional foster

care, and levels three to five are more specialized in physical and therapeutic needs. "To receive a license as a level two home, they need to have adequate space in their home to accommodate the children and every child must have their own bed," said April.

Sleeping arrangements can vary based on the age and gender of the child, but some children also come with the specific stipulation that they need their own room. If a higher level is applied for, it may require that the home has a medical bed. "The initial step in getting a license is to talk to a foster home recruiter like myself."

The profile of a foster family can vary. In addition to traditional families of all sizes, April has also seen great success with single parents and those who are old enough to be grandparents.

"The ideal foster parents are those who can have empathy for biological families," said April. "They are willing to learn about trauma and have a flexible parenting style."

April also stresses the importance of internal work before an individual, a couple or a family considers opening their home. "Have conversations with those who are closest to you, whether that's your extended family, your church, people you work with or your friend group. Make sure you have adequate support, because you're going to need a support system," she said. "Couples have to be on the same page and both have to be fully vested. Include the children in the conversation, because they sacrifice space and time while sharing their home."

Once you become a foster family, there is ongoing support. In addition to a small stipend to help with the cost of the additional child(ren) in your home, a care coordination arm of FamiliesFirst Network helps navigate challenging situations while of-

fering practical solutions. Online support, Facebook page support and Zoom calls are available for even easier access. "The best support is other foster parents and it's a great community ready to help," said April.

If you're interested in providing one of the needed beds in Okaloosa and Walton counties, or you'd like to know how your church, business or agency can support local foster families and displaced children, visit www. elakeviewcenter.org, contact April Hight at april.hight@bhcpns.org or call 850-982-5364.





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### Registration Open for Eggs On the Beach Oct. 15

The Emerald Coast's official Big Green Egg cooking competition, Eggs on the Beach, is returning to Seascape Resort in Miramar Beach this Oct. 15. Presented by Bay Breeze Patio. the family-friendly event celebrates the delicious results of cooking on the Big Green Egg while benefitting two local charities—the Fisher House of the Emerald Coast and Food for Thought. Cook team registration is now open and grilling enthusiasts are encouraged to enter a team for a chance to win a Big Green Egg, Judge's Trophy, and/or cash toward their favorite non-profit organization.

The cook-friendly competition is open to any six-person team, including backyard grilling enthusiasts, restaurant teams, corporate teams, and teams benefitting a non-profit organization. Each team will prepare



the recipe of their choice and present samples to earn taster votes. From meats and seafood to veggies and desserts, each recipe aims to showcase best in class recipes for cooking on a Big Green Egg.

Competing in a variety of categories, cook teams strive to earn "People's Choice" votes in an effort to earn bragging rights and win a brand new Big Green Egg as well as a coveted Judge's

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Award Trophy. Non-profit cook teams will compete for a donation toward their cause. Last year, four local non-profit cook teams, including Healing Paws for Warriors, South Walton Academy, Sinfonia Gulf Coast and Boys & Girls Club of the Emerald Coast, earned the most taster votes and cash toward their cause.

The new location, the deck at the Seascape Towne Center, provides more space for tasters along with a full bar and flat screen TV's airing the top college football games. For cook teams, the new location allows for individual tents and more space to prepare bites. In addition, the Tiki bar, public restrooms and access to Seascape Towne Center businesses provide added convenience and enjoyment.

Visit eggsonthebeach.com for more information.

### Heritage Museum's Summer Camp a Success!



The Heritage Museum hosted two weeks of Summer Camp in July and received some amazing parent reviews. It included popular Instructors such as Karl Eschmann: American Revolution History; Okaloosa County Sheriff's Department: K-9 Demonstration; Valparaiso Garden Club: Plant Life; Kelly Rodriguez: Potholder Looms; Sherman Bronx: Bee Keeping; Dr. Marie Hallion: Mad Hatter Tea Party and John Faye: Aerospace Rockets.



The museum staff and board thanks the volunteers and trustees that helped give the kids a wonderful camp experience: Connie Wolfe, Dottie Steele, Jo ann Noris, Dr. Marie Hallion, Natalia Gisel, Sherman Broxson, Lily Harrison, Michelle and Ethan Hyland.

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### Get Tickets Now for BrunchFest in Pensacola Oct. 9!

Ticket sales are live for the 2nd Annual BrunchFest to be held at Seville Quarter in Downtown Pensacola on Sun., Oct. 9th, 2022 from 11 a.m. to 2 p.m. A brunch-themed festival benefiting the Boys & Girls Clubs of the Emerald Coast, competing teams provide samples to attendees and judges to battle it out for the Best Brunch in Town!

New this year is an epic VIP area with a Bloody Mary bar, photo booth, and more. All proceeds from the 2nd Annual BrunchFest benefit the Boys & Girls Clubs of the Emerald Coast, a non-profit organization with clubs in Pensacola, Crestview, South Walton, Defuniak Springs, Destin and Fort Walton Beach.



"We are excited to bring our BrunchFest back to Pensacola! The first year exceeded our expectations and our team is ready with a few new surprises. We are so grateful to our friends at Seville Quarter for providing the venue to host this event, and our awesome sponsors who believe in our mission," said Shervin Rassa, CEO, Boys & Girls Clubs

of the Emerald Coast.

Limited spots for teams to compete are available and restaurants, food trucks, coffee carts and more are invited to bring their best brunch item to the competition.

Those interested in competing as a cook team, volunteering and sponsoring, please send an email to hello@francesroy.com.

### Freeport Mayor's Ball to Help Those in Need

Save the date and your seat for the Annual Freeport Mayor's Ball, Oct. 15 from 6 to 10 p.m. at the Hammock Bay Lake Club. Having originated in 2013 by Mayor Russ Barley, the Mayor's Ball is designed to benefit Freeport families.

As a Freeport native, Mayor Barley has a special connection to the community and wanted to help those in need right here. By creating the Mayor's Ball in partnership with the Freeport Town Planter's Society, a notfor-profit organization, Mayor Barley, along with others, can raise money to assist local fam-

ilies in need, specifically during the holiday season. Many of these families have a hard time providing gifts during Christmas time for their children and supplying the traditional meal for a holiday gathering. But, through funds raised at the Mayor's Ball, several families will experience the holidays differently this year.

"As we look around on a daily basis, we see others who are in need, and the purpose of this event is to help those who are less fortunate in our community with a meal for the family, and gifts for the children at one of the most important times of

the year, Christmas. It does my heart good when I see a smile on the faces of the families and children who are in need that thought they wouldn't be able to provide for their children and family, as the old saying goes, it is better to give than receive," said Mayor Barley.

To be considered for this charitable donation, a family must apply and fit certain criteria to be selected. Typically, approximately 25 families are chosen and can receive the donation three years total. Presents are provided for each child in the home such as a bicycle,

Scooter, clothing, toys, etc.

The past few years, the Mayor's ball has been greatly supported by the community and local businesses. This year is no different! "In fact, there have been monumental sponsorship commitments, extravagant items donated for the silent auction and the attendance of our local community has doubled in size and prestige. This is quickly becoming one of Freeport's largest charitable events and we couldn't be more excited!" said Myla Mendoza, an event organizer.

The Jay Odem Group is gen-

erously donating the Hammock Bay Lake Club this year as in years past, and this year's presenting sponsor, Eglin Federal Credit Union, will kick off the evening's festivities with CEO Jerry Williams. Guests will enjoy an assortment of favorites from local restaurants such as Macho Taco, Sports 2 Geaux, Grimaldi's and Kilwins. There will also be a cash bar, live band, dancing, silent auction, photo station, cash raffle drawing and plenty of smiles to go around. To purchase your tickets, visit www.freeportmayorsball.com.





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### **Bay Buzz**



The 28th annual Oktoberfest and Arts & Crafts Festival at Winn Dixie Plaza in Bluewater Bay is looking for artists and craftsman interested in selling their work. Sponsored by the Mid-Bay Rotary Club, the festival will be held on Fri., Sep. 23rd from 5 to 10 p.m. and Sat., Sep. 24th from 11 a.m. to 10 p.m. The festivities will include the Joe Occhipinti German Band, Accordionist Walter Kasprzyk, Face Painter Maria, The Emerald Coast Community Band and Folk Musician Gary Schmitz and over 30 vendor booths. There will also be a children's giant slide, rock climb and bouncy house. Brats and Kraut, German Pretzels, Chicken, Hot Dogs, German beer, soda and water will be served. Free admission! Cost for the two-day event is \$125. Call C.L. at 850-737-0088 to obtain an application.

The **Freeport Republicans** will meet Tuesday, Sept. 13 in Freeport at the Hammock Bay Clubhouse, 1830 Great Hammock Bend. Registration begins at 5:30 p.m.; meeting 6-7 p.m. The 1.5hour movie, Rigged, about election

fraud/integrity will be shown. The Freeport Republican Club meets monthly on the second Tuesday at the same location and time. The next meeting is Oct. 11 at 6 pm.



Have you ever wondered how you could help children in your community? Have you ever wondered that vou could enhance someone's life to result in a positive outcome? Have you ever wondered if you could make a difference? Have you ever wondered what is Guardian ad Litem? Attend the Guardian ad Litem informational session which will answer all of these questions and then some—Wednesday, Sept. 14 from 10 a.m. to noon at the Hammock Bay Clubhouse. You will learn how you can help children in your community to have a positive outcome and make a difference.

The Walton County Republican Executive Committee (REC) will meet Monday, Sept. 19 and again Monday, Oct. 17 at the Hammock Bay Clubhouse, 1830 Great Hammock Bend in Freeport. Registration begins at 5:30 p.m.; meeting 6-7 p.m. Open to Republicans in Walton County.

The REC meets monthly on the third Monday at the same location and time.



The Emerald Coast Children's Advocacy Center (EC-CAC) presents its 6th Annual Wiggin' Out for a Cause presented by Great American RV Superstores on Thursday, Sept. 22, 6-10 p.m. at Shoreline Church event area, 140 Palmetto St., Destin. With a "Prom Night of Your Dreams" theme, ladies and gentlemen come dressed accordingly in your best (or worst) prom attire. The event will be filled with wine and punch cocktails, food, fun, photo booths and live DJ music with dancing. Both men and women will receive their own personal wigs. Tickets are \$90 per person. Limited VIP tickets at \$150 per person include a designer wig and attendance at a private VIP pre-party from 5-6 p.m. Proceeds benefit ECCAC. Purchase online at www.eccac. org, or call Ana Michalzik at (850) 420-4639.

The **Annual Sacred Heart Charity Golf Classic** will be held Friday, Sept. 23, at Burnt Pine Golf Club. Proceeds will



Recently, the **Twin Cities Women's Club** officially dissolved after 39 years A contribution of \$5,519.32 was recently presented to Chris Stowers of the Northwest Florida State College Foundation for the Twin Cities Woman's Club Scholarship Endowment to benefit the Okaloosa Walton Community College Single Parent/Displaced Homemakers Program. Pictured are (I-r): Rhonda Davis - TCWC Education Committee member and Publicity Chairman, Mary Corbett- TCWC Education Committee Co-Chairman, Chris Stowers – NWFSC Foundation Executive Director, and Kissy Gordon, TCWC President.

support the acquisition of a state-of-the-art CT Scanner for pediatric and adult patients at Ascension Sacred Heart Emerald Coast. Registration and breakfast at 8 a.m.; start at 10 a.m. There will be 28 teams. For more information, visit www. sacredheartcharitygolf.com or call (850) 278-3702 or lisa.wain-wright@ascension.org.

**E.O.** Wilson Biophilia Center will host Fallapalooza, Sat., Sept. 24 from 9 a.m. to 2 p.m. Fun for the entire family, there will be bouncy houses, food trucks, fall games, animal encounters and more! Free for members; 13 & up \$8; 3-12 years \$5. Call 850-835-1824 or visit Eowilsoncenter.org for

more information. 4956 State Hwy. E, Freeport.

Join the Heritage Museum of Northwest Florida for its 2022 New Membership Drive. Come as a new member during Constitution Week to show your support of local history—preserving the past for the future. The Museum will host a new members Meet & Greet on Sept. 24 at 2 p.m. where you can enjoy light refreshments.

**Mid-Bay Bridge Rotary** held its Second Annual Charity Cornhole Tournament Saturday, July 16, at 3rd Planet Brewing, with net proceeds

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11 am | J. Leon Gallery + Studio | Miramar Beach

National Cabernet Sauvignon Day Wine Tasting 11 pm | Toast Wine Bar | Niceville

Sip N' Stroll 02 | 5 pm | J. Leon Gallery + Studio | Miramar Beach

Beth McCurdy Pop-Up Shop! 03 TBA | Artful Things | Niceville

**Duchess Live** 

6 pm | 3rd Planet Brewing | Niceville

Children's Writer Workshop 07 12pm | Valparaiso Community Library | Valparaiso

Call for Creatives 80

12-6 pm | Frances Roy Agency | Valparaiso

**Anime Club** 

3 pm | Valparaiso Community Library | Valparaiso

BIA's Nail Drivers' Charity Golf Tournament 7:30 am | Fort Walton Beach Golf Course | Fort Walton Beach

Women's Climbing Circle 10 9 am | Rockout Climbing Gym | Destin

Impressionist Florals with Jeanette Herron

10:30 am | Artful Things | Niceville

First Responder Cook-Off benefiting Boys and Girls Clubs of the Emerald Coast 4 pm | Choctawhatchee High School | Fort Walton Beach

Fall Flix: The Wizard of Oz: Celebrating 100 years of Judy Garland 7:30 pm | Mattie Kelly Arts Foundation | Destin

**CALM Village Groundbreaking Ceremony** 12 4:30-5 pm | 201 Redwood Ave. | Niceville

**Bookends Book Club** 

12 pm | Valparaiso Community Library | Valparaiso

**USAF 75th Anniversary Community Celebration** 13 | 3 pm | Mattie Kelly Arts Center | Niceville

Second Wednesday Breakfast 7:30 am | Niceville Community Center | Niceville

Party with The Forrest Williams Band 17 6 pm | 3rd Planet Brewing | Niceville

Fall Flix: Ratatouille

7:30 pm | Mattie Kelly Arts Foundation | Destin

**GSSF Indoor League** 9 am | Emerald Coast Indoor Shooting & Sport | Valparaiso

#### FARMER'S MARKETS

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**Grand Boulevard Farmers Market - Saturdays** 

September 3, 10, 17, 24

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22 | ECCAC's Wiggin' Out for a Cause 6-10 pm | Shoreline Church | Destin

September 4, 18

8am | Victory Blvd | Freeport

23 | Sacred Heart Charity Golf Classic 8 am | Burnt Pine Golf Club | Miramar Beach

> 28th annual Oktoberfest and Arts & Crafts Festival 5 pm | Winn Dixie Plaza in Bluewater Bay | Niceville

Freeport Farmers Market - 1st & 3rd Sundays

Kyle LaMonica Live at 3rd Planet 6 pm | 3rd Planet Brewing | Niceville

24 | Fallapalooza

9 am | E.O. Wilson Biophilia Center | Freeport

Intro to Italic Hand Calligraphy with Elia Saxer 10:30 am | Artful Things | Niceville

28th annual Oktoberfest and Arts & Crafts Festival

11 am | Winn Dixie Plaza in Bluewater Bay | Niceville

**Exotic Car Show** 

11 am | 3rd Planet Brewing | Niceville

Burgers, Bourbon & Beer Festival 12 pm | Destin Harbor | Destin

Heritage Museum of NWF Meet & Greet 2 pm | Heritage Museum Valparaiso | Valparaiso

Perfect Hues: Baytowne Art & Food Fest 5 pm | The Village of Baytowne Wharf | Miramar Beach

Fall Flix: Hairspray

7:30 pm | Mattie Kelly Arts Foundation | Destin

25 **Sunset Shrimp Boil** 

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

**Adult Writer Workshop Creative Writing** 28 12 pm | Valparaiso Community Library | Valparaiso

6th Annual Women in Science Conference 29 5:30 pm | Northwest Florida State College | Niceville

> The Canine Stars Stunt Dog Show 7:30 pm | Mattie Kelly Arts Center | Niceville

Duchess Live 6 pm | 3rd Planet Brewing | Niceville











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#### **BAY BUZZ**

continued from page 8



topping 2021. More than 30 teams signed up, but the first date was rained out, so a few teams were not able to make the new day. Most teams who could not attend generously donated their entry fee back to Rotary. Funds from entry fees, sponsors, raffles and silent auction will raise nearly \$2,000. The double-elimination partner tournament lasted more than 4 hours. Winners were Melissa Hoke and Shelly Butler, first; Sam Spangle and Eric Vanheteren, second; and Lauren Perren and Noah Riley, third. Prizes sponsored by 3rd Planet Brewing, totaling \$300 in gift cards, were awarded for first, second and third place. Mid-Bay Rotary thanks Heather Julseth, 3rd Planet events manager, for her help. Net profits will be earmarked for local and international charities.

The Rebecca Blount Buxton Memorial Library, aka



the Freeport Public Library, dove into "Oceans of Possibilities" on Tuesdays as the theme of this season's 2022 Summer Reading Program, thanks to the Emerald Coast Association of Realtors (ECAR). ECAR's generous donation of \$5,000 covered nearly all costs of this yearly program. From live animal encounters, to story tellers, the Summer Reading Program encourages schoolaged children to earn tickets for raffle prizes, through reading and other community activities. The Friends of the Freeport Public Library (FFPL) would like to thank North Walton Director for ECAR, Rick Gonzalez and Treasurer Amanda Grandy for the check presentation and the sponsorship for this year's events. According to Rick, the donation was part of the Association's efforts to give back to communities along the Emerald Coast. As Freeport grows, the Public Library continues to offer needed events and activities for persons of all ages, and relies on volunteers to assist as such. If you have a skill you would like to offer, please contact the library at (850) 835-2040. Pour painting, Jewelry design, Rock Painting, Yoga, Basket Weaving are examples of past volunteer led programs. "Like" Friends of the Freeport Public Library on Facebook to keep up with the exciting FFPL news. Thank you to all our patrons, volunteers, staff and sponsors.

#### **Niceville HS Senior Wins ECPro Foundation Scholarship**

Kennedi Carter, a recent graduate of Niceville High



Kennedi Carter (left), a Niceville High School graduate, and Joe Purka, director of the Emerald Coast Public Relations Foundation.

School, was awarded a \$1,000 scholarship from the Emerald Coast Public Relations Foundation (ECPRF). The Foundation, the non-profit arm of the Emerald Coast Public Relations Organization (ECPRO), awards the scholarship annually to a graduating senior in Santa Rosa, Okaloosa or Walton County who plans to pursue a college degree in public relations, journalism, marketing or communication. Kennedi graduated Summa Cum Laude from Niceville High School with a 4.61 GPA, was a National Honor Society member and an AP Scholar with Distinction. She will attend the University of Florida and major in marketing. Funding for the scholarship was made possible with the support of Eglin Federal Credit Union, the Niceville office of Carr, Riggs & Ingram, and Cherie Anderson of Merrill Lynch.



In July, Barbara Harrison, Outreach Chair for the Sand Dunes Chapter of the Embroiderers' Guild, presented a "Welcome Sampler" to Katrina Mashburn and her three daughters at the dedication of their Habitat for Humanity home located in Crestview. The sampler was stitched by Cheri Hammer and framed into a key

holder by Cynthia Hardestyboth chapter members. Sand Dunes Chapter meets the second and fourth Sunday of the month at the Holy Name of Jesus Catholic Church in Niceville in the Religious Education Building, Room 1, from 1:30 to

Calling All Teachers! Costa Enterprises McDonald's wants YOU to enter for a Golden Grant, available in Alabama and the Florida Panhandle! They're giving away \$500 to 36 teachers for programs and activities that help area students! Applications are due September 6! To enter, visit http://goldengrantsal.com.



This Labor Day Weekend, Friday, Sept. 2 through Sunday, Sept. 4, join The Village of Baytowne Wharf for **Perfect Hues: Baytowne Art & Food Fest!** Each evening from 5-10 p.m., stroll The Village streets as you browse a variety of artwork from local and regional artists, and savor bites from some of the area's best restaurants and food trucks. Enjoy LIVE music throughout the festival and a spectacular fireworks show over the lagoon on Sunday at 9:30

Mark your calendars for The Market Shops 7th Annual Bloody Mary Festival happening Saturday, Oct. 22, benefitting Habitat for Humanity - Walton County!

For \$60, enjoy unlimited tastes of the Emerald Coast's best Bloody Marys served by local restaurants and bars. Attendees will also enjoy craft brews, champagne, live music, photo booth, SEC football, lawn games, a Shore Thing Cigars cigar bar, along with delicious bites and shopping opportunities.



### **Mannington Vinyl Flooring** \$2.49 per sq. ft.



Essentials SPC is a solid polymer core LVT floor with an attached IXPE pad. This product is a budget-friendly choice for your next project. The solid core means that the floor doesn't need any time to acclimate on the job site. The density of this product makes the floor indentation resistant and its urethane wear layer offers great protection against scuffs and scratches. All boards are a standard 7"x48" and 4.5 mm thick and come 28.52 sq. ft. to a carton.

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### Since 1986: EcoView Windows, Doors and Siding

EcoView Windows, Doors and Siding is one of the South's leading providers of factory-direct replacement home windows. EcoView Windows, with locations in Pensacola and Daphne, Ala., offers both impact windows and energy efficient windows in a variety of styles, colors, and grid patterns that can be customized to suit any home.

The company, headquartered in Bay Minette, Alabama, has been in operation since 1986 and now has over 40 locations nationwide. The founder started EcoView with goals of progressing the industry from plain wood windows to the exceptionally energy efficient vinyl replacement windows installed today.

In 2013, a local Pensacola office was established bringing a nationally respected manufacturer to the area with the added benefit of working with a local company. The local dealership has been servicing the Emerald Coast since and continues to provide quality product and guarantees on not just the lowest



pricing, but also on the performance of their work.

EcoView is the only company in this region that offers a true lifetime warranty that includes labor. Their Lifetime Warranty is as long as you own your home and can be transferred once. The company wanted to offer more as typical warranties in the market were including limits

and restrictions on their warranties. EcoView makes sure their customers can trust their purchase and experience with the company.

Having foundations in the south, EcoView offers products specifically designed for the region and climate. Each window features high-performing glass that can prevent up to 72% of



the sun's heat from warming the home during the long summer months, while also reducing heat loss during the cold fronts of winter. This can mean reducing heating and cooling bills by at least 35%. The result is a comfortable home year-round with minimized energy costs.

As EcoView focuses on what is best for homes in the Southeast, they set themselves apart by providing customers with top-of-the-line products in storm protection: the ViWintech Shoreline Series of windows. This product has been engineered specifically for Florida homes to meet one of the most stringent building code specifications ever made in the USA:

The HVHZ Specification. This certification is given by the State of Florida for elite products that meet or exceed the HVHZ criteria. Made to endure and protect, the Shoreline Double Hung windows, which, like all Shoreline Series windows, are made with an internal metal core, latches, and locks, and have a Structural Wind Load Capacity of 205.1mph.

It's all about what the customer needs at EcoView Windows, Doors and Siding. This philosophy is reflected in the products, pricing and experience offered. From the very start, the customer gets 15% just for calling for a free estimate and from there they get the best product and a lifetime warranty including labor. A combination of benefits not happening anywhere else.

To schedule a free, in-home estimate, plus receive 20% off the guaranteed lowest price call Fred at (850) 876-3032. Visit www.EcoView-WDS.com to learn more and see examples of the many varieties and styles of windows available to you.





### Florida Attorney General Wows Attendees at Recent Lincoln Dinner

By Doug Stauffer

After a decade of serving on the judicial bench, Ashley Moody had to resign to run for Attorney General. She understood the sacrifice it would take, but her love for Florida and Floridians propelled her to make such a sacrifice.

Four years ago, the people of the state of Florida elected Ashley Moody to serve as the state's Attorney General. She considers being the state's "Top Cop" the most incredible honor by Florida citizens. General Moody is a fifth-generation Flo-

ridian and has never been more proud to be from Florida than now. One of her top goals is to keep fighting hard to keep Florida, Florida.

She recently spoke at the Lincoln Dinner held in Fort Walton Beach, where she drew upon the sentiments attributed to the 16th President: "America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves." She discussed the challenges faced over the last two years as the Federal government has disregarded our

laws and trampled our rights. The states agreed to be a part of this Union by Constitutionally ceding only limited power to the Federal government. She vowed to protect our communities by protecting our sovereignty—the sovereignty of all Florida citizens.

The border crisis greatly concerns General Moody. She believes in backing sheriffs and police departments by enforcing the laws, especially concerning those entering our country illegally and choosing to reside in Florida. We cannot allow a





### Welcome to Niceville!

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

#### **Property Management**

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

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Stop by our office today or call Jane at (850) 830-1976 or Jim at (850) 830-9636

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breakdown in law and order caused by unvetted illegal immigration. Drugs like fentanyl are crossing our open borders in record numbers, causing mass overdoses. She said the amount of fentanyl seized in the last two years alone is sufficient to kill the entire population of this country 10 times over. Yet, the amount seized is a small fraction of that entering through open borders. Fentanyl is a chemical intended to harm the masses and is the number one killer of adults aged 18-45. She has urged the president to classify illicit fentanyl as a weapon of mass destruction to enable a coordinated and uniform response.

The "Women for Moody" groups (men included, too) are springing up all over the state, especially with the Federated Women's clubs. Her message resonates with mothers because. as she stated, she is a mom first. She said her heart breaks watching parents lose children, because they are targeted on social media with counterfeit pills laced with fentanyl. Her message resonated with everyone when she claimed the designation by her foes and friends of fighting like a "junkyard dog." Societal breakdowns mean that her job is progressively more challenging every day. State attorneys with radical agendas are not elected to enforce laws

selectively, so they must choose between doing their job or finding another.

Her husband, Justin, is a career law enforcement officer. He. too, believes in the conservative fight. Florida remains attractive because we value faith, freedom and family with a limited government. She and her husband believe that her continued service at this time in our nation's history is essential to continue the progress already made. She respects and admires those who make the selfless decision to put on a badge, a gun and a bullet-proof vest. She says we must use the opportunities that God has given us by proactively and positively influencing the lives of others.

Liberal publications often criticize this administration, yet the attacks are considered a badge of honor. General Moody is the first mother in an elected cabinet member position with young children at home in school. She quips that others say she cannot call herself a "mom" anymore. But, she's a proud mom and proud to be the top attorney in the free state of Florida. General Moody said, "I get called many names, but my favorite is mom."







# FPL Plans to Upgrade Energy Grid in Okaloosa and Walton Counties

Florida Power & Light Company (FPL) is upgrading the energy grids in Okaloosa and Walton Counties this year to enhance day-to-day reliability in our communities and improve resiliency in the face of severe weather.

Strengthening power poles, managing trees and vegetation near power lines, installing smart grid technology and regularly inspecting equipment have helped improve service reliability by 58% since customers in Northwest Florida became part of the FPL family in 2019.

### 2022 Improvements in Okaloosa County

- Strengthening seven main power lines, including those that serve critical services that are necessary for communities to recover faster after major storms.
- Managing trees and vegetation a common cause of power outages, particularly during hurricanes and severe weather along 287 miles of power lines.
- Installing smart grid technology, including 716 automated switches on main and neighborhood power lines, to help detect problems and restore service faster when outages occur.

### FPL made the following improvements in Okaloosa County from 2019 - 2021:

- Strengthened 16 miles of main power lines, including those that serve critical services.
- Inspected and maintained vegetation near 820 miles of power lines.
- Inspected 23,348 power poles for strength.
- Installed smart grid technology, including 1,204 automated switches on main and neighborhood power lines.
- Inspected 239 main power lines and equipment using infrared technology.

### 2022 Improvements in Walton County

- Strengthening six main power lines, including those that serve critical services that are necessary for communities to recover faster after major storms.
- Managing trees and vegetation a common cause of power outages, particularly during hurricanes and severe weather -- along 53 miles of power lines.
- Installing smart grid technology, including 254 automated switches on main and neighborhood power lines, to help detect problems and restore ser-





vice faster when outages occur.

### FPL made the following improvements in Walton County from 2019 - 2021:

• Strengthened three miles of main power lines, including those that serve critical services. • Inspected and maintained vegetation near 191 miles of power lines.

• Inspected 2,486 power poles for strength.

• Installed smart grid technology, including 111 automated switches on main and neighborhood power lines.

• Inspected 63 main power lines and equipment using infrared technology.

FPL's adoption of emerging technology helps improve day-to-day service reliability. Drones and robots are used to conduct regular assessments and locate potential power issues to fix many problems before they affect customers. Intelligent devices can automatically redirect power, self-heal and eliminate or minimize customers affected -- resulting in more than 10

million outages avoided over the last decade for FPL customers.

FPL is also continuing to boost reliability by putting more power lines underground in neighborhoods that can most benefit based on analysis of past hurricane outages, vegetation-related service interruptions and other reliability data. FPL's Storm Secure Underground Pilot Program will complete 11 projects in Northwest Florida by the end of 2022, and FPL plans to bring the benefits of undergrounding to more neighborhoods across Florida in the future.

In 2021, the average customer in Northwest Florida experienced the fewest outages and momentary interruptions or flickers of any year in company history and the shortest overall duration of outages ever. FPL in 2021 won the ReliabilityOne® National Reliability Award for the sixth time in seven years. Presented by PA Consulting, the award is widely regarded in the energy industry as one of the most prestigious honors and reinforces FPL's commitment to provide its more than 5.7 million customers with the nation's most reliable service.





### Our Hometown Hero and Local Gulf War Veteran Honors Grandfather's Legacy in New Book

"The Great War Through a Doughboy's Eyes" by Gregory S. Valloch

Like his grandfather, Colonel Gregory S. Valloch served in the military and is a U.S. Army veteran who honorably served during the Gulf War. Local resident Col. Gregory S. Valloch was commissioned a second lieutenant in the U.S. Army and as an armor officer upon graduating from Norwich University as a Distinguished Military Graduate. He served in the Tiger Brigade (1st Brigade, Second Armored Division) during Desert Shield Desert Storm. He left active duty and joined the U.S. Army Reserve where he served as an operations officer and plans officer, and then spent a year deployed to Al Udeid Airbase in Qatar as the plans division chief in the 2nd Battlefield Coordination Detachment.

He was selected for Battalion Command and commanded the 1st Battalion 411th Regiment Logistics Support Battalion (LSB). He was selected for



colonel and served until his retirement in 2013 as the deputy commander of the USAR Consequence Management Unit located in Abingdon, Maryland.

In 2016, he opened a Ben & Jerry's shop in Miramar Beach, which has been named the "Best Dessert" by the readers of VIP Destin Magazine in 2018, 2019, 2020 and 2022. Originally from Vermont, the birthplace of the original Ben & Jerry's, Gregory persevered in becoming a Ben & Jerry's franchise owner, it taking 14 years due to non-expansion of their franchises.

He feels the most important thing you can do as a local business owner is give back to the community, and he does just that. He's an avid supporter of the Boys & Girls Club, Path of Grace and PAWS, an organization that helps train and place service dogs with veterans.

Now, Gregory has added "author" to his title. His new book, "The Great War Through a Doughboy's Eyes," was released this past March and chronicles the service of Corporal Howard P. Claypoole, told through Gregory's eyes, his grandson.

Corporal Howard P. Clavpoole served in the U.S. Army during WWI and was awarded The Purple Heart posthumously. Gregory credits his grandfather's bravery and conviction as the source of his motivation to earn a commission in the Army. When Gregory came across his grandfather's wartime diaries, correspondence and artifacts,





he saw that it was only fitting he share his grandfather's legacy with the world.

In "The Great War Through a Doughboy's Eyes," Gregory offers a unique account of his grandfather's service during WWI, illustrating the hardships of soldiers at war. Utilizing his grandfather's diary entries, postcards, letters, wound order, newspaper clippings, military history and discharge papers, Gregory tells the story of a man with an unwavering allegiance to his country and a will to survive. Corporal Claypoole's journey is brought to life through

photographs of wartime memorabilia, including playing cards, pictures, dice, dog tags, medals, bayonets, coins, his rifle sling covered with unit crests, his Purple Heart, and his WWI Victory Medal and campaign clasps.

"This is the story of one man who fought in the Great War, came home, got married, and had a successful life," Gregory said. "But he also found friendship and life lessons forged in battle that stayed with him until the very end. And that is what I want to relate.'

"The Great War Through a Doughboy's Eyes" is available for purchase online at Amazon.

When Gregory's not scooping ice cream, his hobbies include golf, coin collecting and spending time with his golden retrievers Jeb and Shelby. He is married with two grown children.





### **Choctawhatchee Audubon Society Welcomes Fall**

Now is the time to join our local Audubon Society, Choctawhatchee Audubon, as it begins its fall nature programs and bird-watching walks. All are free and open to people of all ages to learn about birding and various nature topics. To see the full fall schedule, visit Choctawhatcheeaudubon.org or email choctawhatcheeaudubon@gmail.com to receive updated details.

### Saturday morning, September 3rd – Bird Ponds of Okaloosa County.

We're kicking off September with bird expert Malcolm Swan (210-452-4899 if you have questions) who will lead us at two renowned eBird hotspots, the Okaloosa Holding Ponds and the Wright landfill pond. Our meetup place will be the parking lot of Helen Back Pizza at Roberts Blvd. just off Lewis Turner Blvd. at 8:00 am. From there, we'll drive north less than a mile and look for migrating falcons, kingbirds, and wading birds (maybe avocet or phalarope among others) after parking between the main ponds. When birding, please wear muted (not white or black) colors, closed-toed shoes, long pants, and a hat. Bring your binoculars, scope, and/or camera; and bring water, snacks, and sunscreen for this 2-3 hour field trip.



Thursday evening, September 8th - Microplastics - What's the Big Deal? by Laura Tiu, Ph.D., County Extension Director/Marine Science Agent III, Walton County

Plastic has a ubiquitous presence in our lives and consistently makes up 80% of all marine debris studied. This lecture will take a deeper dive into the history of plastic pollution and current research on the topic. We will discuss opportunities for changing behaviors, learn about efforts being undertaken local-

ly, and explore what we may be seeing on the horizon.

Choctawhatchee Audubon monthly programs will be held on the first Thursday of each month now located at Crosspoint Church in Niceville, Room 400. Their address is 214 Partin Drive, South in Niceville. Look for the Audubon signs in the parking lot. Social time will begin at 6:30 pm with light refreshments and the program will begin at 7:00 pm.

#### Saturday morning, September 17th - Birding by Kayak at Rocky Bayou State Park in Niceville.

Join us, weather permitting, on a fun two-hour kayaking/canoeing tour to enjoy birding, flora, fauna, and park history with Park Ranger, Bruce Williams.

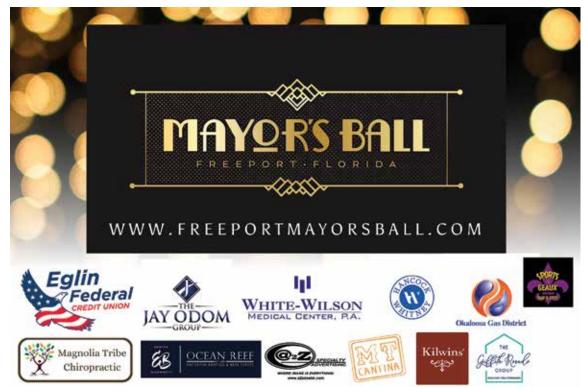


You're welcome to bring your own kayak or canoe, and don't forget your life vest, whistle, and paddle. The State park entrance fee is \$4 for individual and \$5 per carload of 2-8 people for those who do not have an annual pass. Rentals are available but limited so come early at 8:00 am at the park entrance office to obtain a rental. A single kayak is \$15; the double kayak is \$20 for two hours. The rental includes

a paddle, life vest, and whistle. Dress for kayaking in outdoor weather on the water. Bring and apply sunscreen and bug spray, and don't forget your drinking water, hat, and binoculars. We will meet up at the Day Use Area Kayak Launch near the playground from

8:30 to 8:40 a.m. with a safety check before getting on the water at 9 a.m. The tour will conclude at 11:00 a.m. After a break for loading kayaks and using restrooms, we'll wrap up with a packed lunch at the picnic area. For further inquiries, please call Bruce Williams at 850-585-6400. The address of the state park is 4281 Hwy. 20 East in Niceville.







### The St. Joe Foundation Wants to Aid More Groups

By Ed Offley

Do you have a good cause aimed at helping the Walton and Bay County communities?

If so, April Wilkes would like to hear from you. And if your organization qualifies, she would like to provide you with the money to make your endeavor a success.

For nearly a quarter-century, the St. Joe Community Foundation has done just that, providing more than \$34 million in grants to scores of community organizations in Bay and Walton Counties. Wilkes, executive director of the foundation since 2018, says it wants to expand its roster of recipients.

"We are always looking for great nonprofits that we haven't helped before," she told Life Media.

As the largest landowner in Bay and Walton Counties, the St. Joe Company has long played - and continues to play - a major role in the development of the area. Its 50-year sector plan anchored around the Northwest Florida Beaches International Airport promises to transform the Bay-South Walton region by 2045 into a community of over 350,000 people anchored around new town centers, retail centers, major employers and recreational sites.

In addition to land donations for projects as varied as the Northwest Florida International Airport, Publix Sports Complex and major medical facilities and schools, St. Joe





Company officials have long been involved in direct support of local charities, other nonprofit organizations and educational programs, Wilkes said.

Established in 1999, the St. Joe Community Foundation is funded exclusively by a 1/2-percent transfer fee on the sale of real estate in certain communities and resorts the company has developed, Wilkes said. This fee applies the first time a property is sold, and on each resale. In recent years, the foundation has received around \$2-3 million it can reassign for community grants annually, but with the spike in real estate values since 2020, officials anticipate this year's intake might top \$6 mil-

Grant outlays are approved by the foundation's board of trustees, who meet every two months or so to consider applications, Wilkes said. Current trustees include St. Joe CEO Jorge Gonzalez, Senior Vice President Rhea Goff and com-





pany General Counsel Lisa Walters.

Thus far in 2022, the foundation has awarded grants to 75 organizations throughout Bay and Walton Counties. Grants are awarded in four general categories: education, health care, the arts and environmental stewardship. "We're already up to \$2 million [in grant outlays] this year," Wilkes said. "I have another \$2 million in requests before the board." If the current transfer fee projection holds, the foundation anticipates it will have an additional \$2 million available for grants this calendar year.

Wilkes said she is particularly proud that the St. Joe Community Foundation has been able to assist organizations dedicated to improving the quality of life for local residents.

Wilkes said the most unusual grant she recalls the foundation approving was five years ago for the Future Farmers of America program at Bozeman High School. The students had raised a prize-winning heifer but had no way to transport the animal to other FFA events around the state. The foundation awarded the school an \$11,000 grant for the club to purchase a covered trailer, she said with a smile. (The trailer has since proved quite valuable in other ways; after Hurricane Michael devastated many local farms, it was used to move livestock to less-damaged farms where the animals could be fed and cared for.)

Wilkes urged local organizations to consider applying for grants if they have a genuine need. The only requirement is that it be currently recognized by the Internal Revenue Service as a 501(c)(3) nonprofit organization.



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### **How to Apply**

Grant applications can be submitted online. Funding requests are reviewed according to the foundation's guidelines, and then reviewed for approval by the St. Joe Community Foundation board of trustees at pre-scheduled meetings. The amount granted is dependent upon the availability of foundation funds during the grant year. Organizations with ongoing programs can re-apply for funding annually.

**Grant guidelines:** www. joe.com/community-foundation/grant-guidelines.

Online application (found at the foundation web site): www.joe.com/community-foundation.

Other contact information: St. Joe Community Foundation, Attn: April Wilkes, Executive Director, 130 Richard Jackson Blvd. Suite 200, Panama City Beach, FL 32407.



### **Understanding Your Homeowners Insurance Policy**



By Joe Capers, Insurance Zone

Words like "endorsements," "conditions" and "exclusions" don't have to be confusing. Your home insurance policy isn't exactly easy reading, as it is filled with insurance jargon, legalese and acronyms. But before you toss it in a drawer with all the others, you should at least take a glance. The policy language could be the difference between being completely covered for a peril or having to pay thousands of dollars to repair your home and possessions.

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

Start with a review of the Declarations page, which is customized to your home and spells out such details as property address, coverage amounts, premiums and credits that have been applied. Examine this declaration carefully to make sure everything looks adequate and if it does not, contact your agent to obtain clarification and make necessary corrections.

Adequate Dwelling Limit coverage to rebuild your home in the event of a loss is also important. Local and national data indicates that nearly two out of three homes and structures are underinsured. The cost of lumber and other common building materials has soared in the past year as a result of supply chain disruptions and shortages, and now the impact of inflation.

These are main reasons new home and all construction costs have grown more expensive in recent months. As such, the homeowner's policy that was once sufficient for your property may now fall short.

Another important area to look for on the declarations page is Deductibles. This is the amount that you would be responsible for in the event of a claim. And in Florida and other coastal areas, our declaration page will list more than one deductible, depending on the type of claim. A separate and usually much higher deductible would apply to hurricane and other wind-related events. Hurricane or windstorm deductibles often are based on a percentage of your dwelling coverage. The deductible applied to all other perils such as fire, lightning and most water losses other than flood is a flat amount.

The declarations page will also spell out how much coverage you have, but often it will not clarify what is not covered. For info relative to Exclusions, you need to look for sections of the policy with headings like "exclusions" or "losses not insured." Here you will find a list of scenarios that the insurance company won't cover, like flood and earthquake. Since we are definitely at risk to flood disasters, 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.

Another common way to address gaps in coverage is through an Endorsement, which changes or enhances the coverages to your policy. Endorsements are typically listed separately from the main policy text and often found at the end.

Review your policy and be aware of areas of Special Limits or Sublimits. A good example of these common provisions relates to your own personal belongings such as a pricy piece of jewelry or art collection. Most likely there will not be full coverage under a standard homeowners policy and the limit may be as low as \$1,000. If you have items that are worth more than the sublimits, talk with your agent



to see how these may be insured more appropriately.

The last area of your review should focus on the Conditions section of the policy, as they spell out how to get the coverage you are entitled to. Read these parts so you understand what you need to do when filing a claim. If you do not meet the conditions, then your claim could be denied.

The insurance marketplace has rapidly changed with premiums increasing, guidelines and appetites tightening and some carriers losing the ability to offer a renewal or write new policies. This seems to be especially true for those with older properties that are close to the water. Citizens Property Insurance Corporation, our state's insurer of last resort, is again becoming a popular and vital player in Florida.

Insurance Zone, founded by Joe and Lea Capers, is a full-service



commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their video library on www.ins-zone.com and watch several informative videos on "Homeowners, Condo Unit Owners and Flood," or call (850) 424.6979 and talk with one of our experienced team







### A Local Tradition Where Fish Reigns Supreme!

The Destin Seafood Festival is back and better than ever for 2022!

October 7-9 | Friday 4 pm – 10 p.m., Saturday 10 a.m. – 10 p.m., Sunday 10 a.m. – 6 p.m.

One of the locals' favorite times of year is the Destin Seafood Festival, now in its 44th year! So popular is this exciting, delicious, delectable event that more than 60,000 locals and visitors are expected to walk through Destin Harbor and the Harbor Boardwalk on Harbor Boulevard (Hwy. 98) during the weekend. The 2019 Festival included more than 110 food and craft vendors, in addition to local restaurants.

Happening Friday through Sunday, Oct. 7-9, the Festival kicks off October's month-long Destin Fishing Rodeo. You need no ticket to attend and you'll get the opportunity to take in some of the best local and coastal musicians at the beach with four stages beckoning you to a variety of live rock, reggae, country, tropical tunes and more. Local Destin restaurants and eateries will serve up their scrumptious seafood specialties on the docks and along the new, pedestri-

an-friendly Harbor Boardwalk. Cold drinks, including beer and wine, are available and will keep you cooled off while you take it all in. You can stroll along the Destin Harbor enjoying the arts and crafts where artists and vendors display their jewelry, clothing, sculpture, glass, watercolors, oil paintings, designs and more. And don't forget your seafood festival T-shirt!

New for 2022 is the Call To Chef – A local seafood experience that brings back the flare of local seafood to our Destin Seafood Festival. Located inside the larger festival, the Call to Chef will require a paid ticket to browse the local restaurant tents, sample their flavors and vote for your favorites. The winning chefs will be invited to/honored at a village supper at a later date.

For more information on participating as a chef or being a sponsor for this great event, email info@destinseafoodfest. com.



All the yum and fun began in 1978 when the Destin Charter Boat Ladies Auxiliary decided to establish a festival to celebrate local fishermen. Now a Destin tradition, it used to be only a one-day festival on "Kelly's Hill," where folks could overlook the Destin Harbor, the current site of HarborWalk Village. It has always been held in conjunction with the Destin Fishing Rodeo during October.

Portions of the proceeds are donated to the Destin Fisherman's Fund to help those in need and today is hosted by area businesses in conjunction with sponsors and countless volunteers. While the festival has grown into its new home on the Destin Harbor Boardwalk, the Destin Seafood Festival remains the primary fundraiser for the non-profit, Destin Charter Boat Association formed in 1954.

This year's musical entertainment, with four different stages, will feature local bands playing throughout the festival. Harbor restaurants and bars will offer a full lineup of local favorites as well, performing throughout the day and evening. You can bring a chair and chill or don your dancing shoes! Bands and schedule TBA. Visit DestinSeafoodFestival.com.

There are Kids Zones for all ages. The East Pass Marina Kids Zone has pony rides, a petting zoo and kids' games geared towards younger kids and toddlers. There is a seating tent nearby so you can take a break and cool down while

the kids play. The HarborWalk Kids Fun Zone has Hamster balls, a rock-climbing wall and a zip line. There is a seating tent nearby also. Kids will delight in face-painting and tattoos as well.

Parking will be available at Heron Harbor, the HarborWalk Village, the Destin Community Center and the Destin Fishing Museum.

Admission is totally free or you can go as a VIP with passes that include a private VIP seating area that overlooks the Destin City Stage, complimentary unlimited food and refreshments that include a variety of seafood, gumbos and catered treats, soft drinks and bottled water. To purchase a VIP pass, visit the official Destin Seafood Festival website.

For a site map, to become a vendor and other information, visit DestinSeafoodFestival.com.

Email info@destinseafood-fest.com.





### Taylor Haugen Trophy Winners - Where Are They Now?

By Lauren Reho

Each year at the All Sports Association FCA Breakfast, The Taylor Haugen Foundation presents a trophy to an area athlete who best demonstrates a balance between academics, athleticism, leadership, community service and faith. The trophy winner receives a \$1,000 scholarship, a \$1,000 donation to the athletic department of his or her school and a bronze trophy with an eagle taking flight to symbolize Isaiah 40: 30-32.

The Foundation has been awarding trophies since 2009 to well-rounded student athletes in the area, and it is neat to see where the trophy winners are now in each of their journeys. In this series, we'll take a sneak peak at the past winners from 2009 to 2021 to see how they are doing now.

#### Mary Kate Myrick 2015 Trophy Winner

Mary Kate Myrick graduated from Freeport High School in 2015 and then graduated from Auburn University in 2019 with a degree in Biomedical Sciences. Currently, she is starting her fourth year of dental school at the University of Texas School of Dentistry at Houston and will be graduating in May of 2023 with her D.D.S. When she has free time from dental school, she loves to read, take walks, volunteer at a local dental clinic and her personal favorite- plan her wedding to her best friend, Chase Shelton! Her ultimate



dream job is to become a pediatric dentist and a mom.

"Being awarded the Taylor Haugen Trophy still seems surreal to me," Myrick said. "It is one of my greatest honors to carry on T's legacy and to be a part of the Haugen family."

To her, T's motto, "Don't Quit. Never Give Up!" points her back to the truth that the Lord promises us that we will have trouble in this broken world but can take heart knowing that He has overcome. She says that she can persevere through trials because she knows the one who holds her future is so much greater than any circumstance she faces.

Her favorite Bible verse is James 1:2-3: "Consider pure joy, my brothers and sisters, when you face trials of many kinds, for you know that the testing of your faith produces perseverance." This verse places a new spin on walking through challenges by instructing us to consider it a joy that we get to do hard things because it ultimately makes us look more like Jesus.

The Enneagram 7 in Myrick loves to find a way to bring light into a situation, and this verse says to do just that!

Her biggest piece of advice for those who are wanting to grow in their faith is to spend time with the Lord by reading the Bible, praying, journaling, whatever ways you are able to spend time with the Lord. Just like she said, "You can't become friends with someone you don't spend time getting to know!"

#### **Charlie Shackelford** 2014 Trophy Winner

Charlie ran track and cross country at Wake Forest University his freshman year of college and then transferred to the University of Georgia where he graduated with a degree in Finance in 2018. Charlie says the biggest thing about him is that he just got married! Olivia, his wife, and him were set up on a blind date two years ago, and they just married this past April. They are both heavily involved in their church Christ Covenant and work in the children's ministry Sunday mornings. He also helps lead their youth group with high school boys. His personal hobbies include hunting, fishing and any other outdoor activities.

After he graduated from



the University of Georgia, he worked for two years doing Valuation for Ernst & Young in Atlanta. However, as of two years ago, he helps run the local family business here — Legacy Boating Club and Double Fun Watersports. He travels here two to three times a month to stay involved with our community. His wife Olivia works at Chick-Fil-A's corporate office, so their arrangement is unique, but works great for them.

Charlie said winning this award was absolutely one of those foundational moments and plays a significant part in his testimony. "Winning the Taylor Haugen Trophy will always mean the world to me," Charlie said. "The 'older' I get, I am able to look back on parts of my upbringing, that I now consider to be extremely foundational for the man I am now and pray to

continue becoming."

T's motto, "Don't Quit. Never Give Up!" has meant a great deal of things to Charlie at different times in his life over the past 10 years. In high school and at Wake Forest, this motto meant giving everything he had each time he ran a track or cross-country race. Today, it means to build a true foundation of hope and trust in the Lord, something he says we can never let up on.

His favorite Bible verse is Romans 12:2: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will." This verse is super personal to him, because the time we all currently live in has the world doing everything it can to corrupt our faith. His prayer is to truly be transformed by the power of Christ, to know Him more and make His name known to others.

We love following our Taylor Haugen Trophy winners in their journeys as they are each unique in their own ways, but all reflect on God's beautiful and everlasting grace. Stay tuned for next month's trophy winners and their stories.

#### **Freeport High School Varsity Football**

8/26	Blountstown	Away
9/2	Jay	Away
9/9	Liberty County	Home
9/16	Cottondale	Away
9/2	Chipley	Home
9/30	Bozeman	Away
10/14	Holmes County	Home
10/21	Baker	Home
10/28	Graceville	Away
11/4	Sneads	Home



#### **Niceville High School Varsity Football**

8/26	North Miami Beach	Home
9/2	Vanguard	Home
9/9	Fort Walton Beach	Home
9/16	Chiles	Home
9/23	Choctawhatchee	Away
9/30	Crestview	Away
10/7	Pine Forest	Away
10/21	Leon	Away
10/27	Mosley	Home







### **Eight True Sports Cars That Make Great Daily Drivers**

By WILL ESTELL

When it comes to sports cars, most people have long thought that owning one is best left to those with the means to own alternate daily duty transportation, saving their beloved garage queen for weekend jaunts along the beach or those occasional sunny day interstate romps for a quick weekend getaway. This, however, isn't really the case with many of today's better sports cars, as there really are new sports cars that can deliver that combination of fun, features, comfort and cool that transcend from the work commute to the track.

Here I've chosen eight real sports cars (sorry no grand tourers, muscle cars or overpowered Euro four-doors in this article) that make great daily drivers in their newest iterations.

#### **2022 BMW Z4**

Much like the Z3 and Z4 cars before it, the newest iteration of BMW's Z4 is a real sports car with the driving sensation and performance that the German marque has become known for. This time around, however, the Z4 is also a comfortable and luxuriously appointed droptop that most any driver can live with as a daily commuter. Best of all,

the 2022 example provides 255 to 382 hp (depending on your choice of the 2.0 4 turbo or the 3.0 six cylinder). For more performance spring for the M Roadster version and hold on tight!

#### 2022 Mazda MX-5 Miata

While the Miata doesn't always get its fair share of sports car cred, those who truly know sports cars, and the history and engineering behind them, understand that Mazda's little MX-5 is as much of a true to its roots sports car as anything can be. Well, anything short of the original Lotus Elan that it was patterned after for its 1990 debut. Unlike the original Elan and let's face it, most any other '60s-'90s British sports car however, the Miata has always been, and remains, one of the most versatile, dependable, and downright fun sports cars of the last three decades. And the newest one is no exception, with its 181 hp 2 liter four and standard 6-speed manual gearbox. Sure you can drive something faster, but it's more of a job to find anything more fun for a true car enthusiast.

#### **2022 Porsche 911**

most any driver can live with as The 911 is about as synonya daily commuter. Best of all, mous with sports cars as sand is

ow and cuntitle to ing of the tither with the beach. Ever since its debut back in 1965 this rear engine force from Stuttgart has been at the forefront of sports car evolu-

but back in 1965 this rear engine force from Stuttgart has been at the forefront of sports car evolution. Now in its 8th generation the current Porsche 911 is still running at the top of its pack... well, truthfully, at the top of every pack. There isn't really anything the new Porsche 911 can't do better than most any other sports car or supercar in the world.

Unlike most anything from

Unlike most anything from marques like Ferrari, Lamborghini, Maserati, McLaren or Bugatti one can actually drive a new 911 (to be fair, even a 1981 air-cooled SC) daily and expect it to be as dependable as your mom's Mercedes E Class. Try that with a Lambo or Ferrarigood luck. And, perhaps best of all, you won't look like a wanna-be rich showoff driving the Porsche: bonus!

Whichever trim you choose – from a base with 379 hp to a king-of-the-hill 640 hp Turbo S – the ride is sporty and comfortable, the visibility is great, even the gas mileage is decent. You can drive this car to work all week, across country on vacation, and to PCA track days on weekends, all while taking a far lesser percentage of depreciation than most anything else you can buy.

#### 2022 Porsche Cayman / Boxster

If you don't want to spring for – or in this market, can't locate – a new 911 as your daily, then take a look at the newest versions of the Porsche 718 Boxster (always cabriolets) and its hardtop sibling, the Cayman. Both cars can be had with three distinct en-

gines: a base 2.0 turbo four, good for 300 hp. A 2.5 liter four putting out 350 hp, and the mighty GTS version with its 394 hp 4.0 flat -six.

Whichever Boxster or Cayman you choose, you're bound to love the perfect mix of balance, precision and daily driving fun that the mid-engine layout, sports suspension and Porsche quality bring to your commutes, grocery store runs, and weekend getaways. Did I mention these cars start in the mid \$60's as opposed to the 911's north of \$120,000 base prices? Let's do this!

#### 2022 Subaru BRZ / Toyota GR86

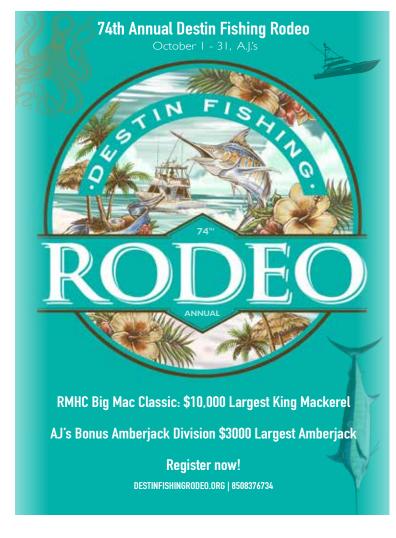
This Subie-Toyota duo has been a popular choice among sports car enthusiasts since first hitting the market in 2013, but the paternal twins' generation two iteration has done even more to bring both cars into more upscale sporting appeal where they really belong. Whether you choose the Toyota or Subaru badged variant each with their own tuning and purposeful touches - you'll be choosing a true sports car that can deliver more smiles per mile than most autos costing three times money. Best of all, buyers get that tried and true Toyota and Subaru dependability, performance, mpg and longevity. Both siblings come with seating for four (albeit tight in the back), a capable trunk, and a high-revving, fun to romp on, gas-sipping boxer-four. Drive both variants and choose the one that feels best for your personal taste. Though the cars are very similar and share most of the same

components, they do drive and handle differently, while collectively being true sports cars that can be great everyday drivers.

#### **2023 Chevrolet Corvette**

The latest C8 edition of the legendary Corvette is a straight up supercar in every sense of the word. That is other than the fact it won't break down every other month and needs routine 15,000-mile clutch jobs and rotors like its non-the-faster Italian counterparts. Perhaps the best part of the eighth generation of America's only true sports car, however, is that it can also be a very capable and comfortable daily driver. Whether you choose a base trim level (still quite well appointed) or the all out fire and brimstone Z06 trim, you can drive your Corvette every day about as easily as you can drive a Camry or Accord, without fear of breakdowns, excessive maintenance costs or the quirks that come with many other supercars. Just watch out on those turn-ins to high or low parking lots, as this thing is looooow and wide. Slow angle is the name of the game, other than that let her roar on the open road because that mid-engine sounds great at

Will Estell is a veteran writer, editor, founder and publisher of multiple titles over the past 25 years, with over 700 published articles to his credit in various regional and national publications. Originally from the backwoods of North Mississippi, Will Estell is a proud father of three, and makes his home in Destin and Navarre, along with his wife, ABC news anchor, Laura Hussey.





### The Emerald Coast's Favorite Car Buying Service

We all need personal transportation, but most find the process of purchasing a vehicle to be a difficult, time-consuming experience. Emerald Coast Motor Cars Destin provides a car buying service that takes all the hassle away. Stan Hall and Devon Kiss provide a car buying service where customers tell them about their needs for a vehicle, and they search the market for the car, truck or SUV that precisely fits their customer's needs.

Stan began this unique type of car buying experience in 2012, and has had a major success with not only his local customer base, but also in filling customer's orders across the United States. Devon, Stan's associate, is a computer programmer and IT professional who can search for and locate vehicles from all over the United States based on each customer's individual requirements. Each vehicle purchased is graded on a five-point scale from zero to five, and only vehicles in the finest condition are chosen for Emerald Coast Motor Cars' customers.

With many years of experience in providing the highest quality cars delivered to their customers, Stan and Devon work tirelessly to ensure that each customer's unique desires are fulfilled when a vehicle is purchased through Emerald Coast Motor Cars' buying service. The success of this service can be seen by looking through their pages of stellar reviews on their website at ecmotorcars. com! A photo of the customer at the time of purchase and the customer's review are listed. These reviews are always interesting, and they show all kinds of customers and the wide variety of the vehicles sold, each uniquely fitting their customer's needs.

Over the years, Stan Hall has perfected the process of ensuring that both value and reliability are provided to customers by recommending that his customers purchase vehicles one to two years old, so that the initial depreciation of a new car purchase is realized before his sale, but with a remainder of the manufacturer's warranty still going with the vehicle. Stan believes this provides a winwin scenario for his customers looking to purchase the newest vehicle possible, while providing



the best value in the car buying experience. Fulfilling customer's vehicle orders is a top priority for Emerald Coast Motor Cars Destin. They also accept trades, purchase vehicles, and are always looking for vehicles to con-

Stan Hall and Devon Kiss encourage everyone to check out their current inventory selection at ecmotorcars.com. If you are looking for the perfect car, truck or SUV, call Emerald Coast Motor Cars today. You will appreciate the old-fashioned customer service and incredible deals! The easiest way to get started is to call them directly: Stan Hall, (850) 830-3083, or Devon Kiss, (901) 275-1847.



#### Car of the Month:

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### **Education News**

#### NWFSC Ranks Among the Top 10 Safest Colleges in Florida

Northwest Florida State College (NWFSC) has ranked among the top 10 safest college campuses in Florida, according to Niche.com. The rankings for campus safety were established after evaluating campus and community crime rates, rates of violent crimes, and student survevs on crime. NWFSC ranked number 10 out of the 48 colleges and universities evaluated in 2022. NWFSC Executive Director of Campus Safety and Security, Chief Aaron Murray, explained that the College's investment in officer training and development has contributed significantly to its current ranking. "In the last four years, we have developed a robust response capability and built great relationships with other public safety agencies in our region," Chief Murray said. "We have added several technologies and installed additional cameras that vastly improve our ability to monitor situations and respond. We have also actively worked with multiple departments throughout the College on emergency response training, including bleed control, active shooter responses, firearms safety, self-defense, and rape ag-



gression defense training."

Among the newly incorporated technologies are the Unmanned Aerial Systems. Last month, the college was recognized as one of 10 colleges in the United States to have implemented security drones to improve campus safety, and it is the first in the region to implement a four-member team that can respond to any campus location and launch an aircraft to assist with emergency responses.

The college has also implemented a FLIR SkyWatch Mobile Surveillance and Deterrence Tower, courtesy of Florida State University, which allows officers to have a bird's eye view of outdoor events and identify security issues within a crowd; and the Raider Connect

app, which turns cell phones into mobile alert devices. Once the Raider Connect app is activated, campus police officers and the emergency communications center are alerted for an immediate response. The app also provides users access to campus maps, emergency response plans, notifications, and safety training links.

For more information on NWFSC's Police Department, please contact Chief Aaron Murray at murraya8@nwfsc. edu or 850-729-6888.

#### HCA Florida Fort Walton-Destin Hospital and OCSD Partner for Health Academy

The two entities have together launched the Health

Academy of Northwest Florida, a program of the Career and Technical Education Department of Okaloosa County School District (OCSD), which provides high school juniors and seniors interested in healthcare careers the opportunity to earn industry certifications. Housed on the campus of HCA Florida Fort Walton-Destin Hospital, the first course offers a two-year Practical Nursing program. Students enrolled will learn the foundational principles of basic nursing and medical skills needed. Students at Choctawhatchee High School, Fort Walton Beach High School and Niceville High School are eligible to participate and will receive hands-on clinical training at HCA Florida Fort Walton-Destin Hospital during their senior year. Upon completion of the two-year program, students will be eligible to earn a Certified Nursing Assistant (CNA) and/ or Electrocardiogram Technician (EKG) certification, with skills needed to directly enter the workforce. Juniors who complete the program can apply for dual enrollment in the LPN program at Okaloosa Technical College during their senior year, and get a head start on earning their required course hours toward an LPN license. Students who successfully complete the program will have job placement opportunities throughout HCA Florida Healthcare and, if employed by an HCA Florida Healthcare facility, can receive tuition reimbursement if wishing to continue on their education path. It kicks off this month, utilizing classroom space at Okaloosa Technical College until construction at HCA Florida Fort Walton-Destin Hospital is completed.

### STEMM Academy 1st in Florida!

Okaloosa Stemm Center in Valparaiso is the top ranked middle school in Florida based on statewide assessment results, according the website. The STEMM Academy has earned an A grade every year that school grades have been given.

Now, U.S. News and World Report has ranked STEMM as Florida's top middle school for 2021!

STEMM is a magnet school located in Valparaiso with 292

students serving grades 2-8. All students scored at or above the proficient level for math and at or above that level for reading, according to U.S. News. The school's minority student enrollment is 31% with a student-teacher ratio of 15:1. The student population is made up of 49% female students and 51% male students. The school enrolls 21% economically disadvantaged students. There are 19 equivalent full-time teachers. U.S. News said schools are ranked on their performance on state-required tests, graduation and how well they prepare their students for high school, analyzing more than 2,000 Florida middle schools. Okaloosa Stemm Center 2021 Rankings by U.S. News & World Report include #1 in Florida Middle Schools, #1 in Okaloosa County School District Middle Schools and #1 in Florida Magnet Middle Schools.

#### Walton County Schools Receive High Grades

There was plenty to celebrate after receiving the Florida Department of Education's report of Walton County School District school grades, District grade and school improvement ratings. Walton County, as a district, once again scored an "A" rating, which it has now been since 2018. This is the first time since grading began that this has occurred in four (4) consecutive grading periods. According to the state's data release, Walton ranks #3 of 67 districts in district school grade calculation. The district improved by two rankings from the 20-21 school

Eight (8) schools were designated as an "A"; Mossy Head School, West DeFuniak Elementary, Dune Lakes Elementary, Van R. Butler Elementary, Emerald Coast Middle, Freeport High, South Walton High and Paxton School. Five (5) schools are designated as a "B"; Freeport Elementary, Maude Saunders Elementary, Freeport Middle, Walton Middle and Walton High School. Walton Initiative for Success in Education (WISE) received a school rating of "Maintaining."







# The Seaside School, Inc. Ranks #1 Combination Charter School in Florida

With the opening of the new 2022-2023 school year, The Seaside School, Inc. continues to earn top academic rankings by claiming the #1 ranked combination charter school in the State of Florida for the 2021-2022 school year based on the Florida Department of Education School Grade Program, and ranks as one of the top public schools in the State of Florida.

Notably, data from the most recently administered tests in 2022 show The Seaside School, Inc. scored #1 in the State of Florida on 7th grade FSA Mathematics and #2 in the State of Florida on the Geometry End of Course (EOC) exam.

The Seaside School, Inc. is a combination school which encompasses elementary, middle school and high school grades with two campuses: Seaside Neighborhood School (5th through 8th grades) and Seacoast Collegiate High School (9th through 12th grades).

Seaside Neighborhood School is among the top performing public schools in the State of Florida in the following categories on the annually administered statewide FSA and EOC exams for the 2021-2022 school year:

#### Math

- 5th grade Math: Rank 5th in the State and 98% of students passed FSA
- 7th grade Math: Rank 1st in the state and 100% of stu-

dents passed FSA

- Algebra I: 8th and 9th grade Algebra students rank 10th in the State on EOC and 98% of students passed
  - Geometry: 9th and 10th

grade Geometry students rank 2nd in the State on Winter EOC and 90% of students passed

Continued on page 25

#### Seacoast Collegiate High School's Reagan Wells 2022 National Merit Scholar

Reagan Wells, a Walton County resident and a member of the 2022 graduating class at Seacoast Collegiate High School, the dual enrollment high school program of Seaside School, Inc., was named one of 2,500 award recipients of the 2022 National Merit Scholarships Program. Reagan is one of two local Santa Rosa Beach scholars.

The 2,500 Merit Scholar designees were chosen from a talent pool of more than 15,000 outstanding Finalists in the 2022 National Merit Scholarship Program. National Merit \$2,500 Scholarship winners are the Finalists in each state judged to have the stron-

gest combination of accomplishments, skills and potential for success in rigorous college studies. The number of winners named in each state is proportional to

the state's percentage of the nation's graduating high school seniors. "I am thankful for the academic challenges and opportunities Seacoast Collegiate High School offered me that played a factor in receiving this honor as well as preparing me to continue my education," said Reagan

Reagan graduated from Sea-

coast Collegiate
High School with
a 4.68 GPA and
qualified for a
Bright Futures
Florida Academic Scholarship.
She plans to attend the University of Alabama

in the Fall and major in communications. As a Seacoast student, Reagan graduated from high school with an Associate's Degree from NWFSC in addition to her high school diploma. Seacoast's unique dual-enrollment program put her on track to pursue an accelerated master's degree with the goal of ultimately attending law school.

"Reagan was a model Seacoast student," said Dr. Scott O'Prey, Chief Executive Officer of The Seaside School, Inc., and principal of Seacoast Collegiate High School. "Her positive attitude, work ethic, and community mindedness will continue to set her apart."

The Seaside School, Inc. operates as a public charter school and admissions are conducted on an annual basis. The lottery drawing takes place in May for available openings. Seaside School, Inc. accepts applications for grades 5-12 for the 2023-2024 school year starting in February 2023. Email opreys@seasideschools.net for more information.







By Chris Balzer, ECES

Saving energy and lowering our utility bills seems to be on everyone's mind lately. We get advice from neighbors, friends, blogs, big box stores and Internet searches. Sometimes this advice can get confusing or contradicting, and we decide to do nothing. Let's face it, saving energy has an important impact which we all have a role in. So here are five popular energy saving myths.

**Myth #1:** Leaking tubs and faucets are not that big of a deal.

Surprising, one faucet leaking two drops of water per second will waste 200 gallons of water in a month. Two faucets will waste 400 gallons of water. What if the leak came from the hot water side? Leaking faucets on the hot water side puts a con-

### 5 Energy Savings Myths

### **ENERGY TIPS**

### by Emerald Coast Energy Solutions

tinual strain on your water heater and costs you money and energy. In most cases, fixing leaky faucets will only cost a few cents to replace the washer. I recently called the manufacturer of my faucet and they sent replacement parts for free.

Pro Tip: To check if your faucet leaks, put a dry cup under the faucet at night. Check the cup in the morning, no water, no leak.

**Myth #2:** Leaving ceiling fans on, cools down the room when you're not there.

This is a common practice but don't be fooled. Fans don't cool the room; they only circulate air. We experience a cooling sensation from moisture evaporating from our skin. Leaving fans on all the time wastes energy and money.

Pro Tip: The ceiling fan di-

rection in summer should be counterclockwise to help create a downdraft, which creates that direct, cooling breeze. Your fan direction in winter needs to be clockwise to create an updraft and circulate warm air around the room.

**Myth #3:** Closing off HVAC vents in rooms you aren't using improves your HVAC system's output and efficiency.

Your HVAC system is sized for your entire home or a zone within your house. Closing off vents in certain rooms could actually lower the system's efficiency. Plus, with forced air systems, closing off vents could create a buildup of pressure in ducts which could cause cracks and gaps in ducts leaking conditioned air into your attic.

Pro Tip: Don't forget to replace your HVAC filters reg-

ularly. Dirt and debris in your filter can obstruct air flow, increasing the workload of your cooling system. By replacing the filter regularly, you can reduce wear and tear on your air conditioner while allowing the free movement of air for improved indoor comfort.

**Myth #4:** Setting the thermostat lower in the summer cools down a home faster and likewise in the winter.

HVAC systems are designed to operate at maximum power when they are first turned on. They won't produce cooler air just because the setting is set extremely low or hotter air when set high. They will run longer wasting energy and money attempting to achieve arctic temperatures.

Pro Tip: Installing a smart thermostat allows you to control settings remotely using an app from your mobile device saving you energy and increasing comfort.

**Myth #5:** Appliances like TV's, monitors, computers, and charges, when not in use or turned off, don't use energy. It

is not necessary to unplug them.

Anything with a digital display, remote control or turns on instantly are constantly drawing energy. Charges for cell phones, cameras, tablets, are known as "energy vampires" for a reason. Even if they are not attached to their device they continue to draw power from the outlet.

Pro Tip: Pull the plug or flip the switch on your power strip and start saving energy.

Saving energy and becoming more efficient does not have to be difficult or costly. Anything we can do to save energy today has an impact on tomorrow.

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









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### Have You Heard of High Temperature Drying?



By Mark Wichern, IICRC WRT & ASD Instructor

In the water damage restoration industry, anything over 90 degrees ambient conditions is considered high-temperature drying.

Most companies do not invest into high temperature dehumidifiers. High temperature dehumidifiers mean that they work in temperatures up to 120 degrees, compared to standard refrigerant dehumidification, which becomes very inefficient above 85 degrees.

Why is high temperature drying important? Every 18 to 20 degrees that we can increase

#### **SEASIDE SCHOOL**

continued from page 23

#### **English Language Arts**

- Scored in the top 2% overall on the ELA FSA, Grades 5, 7 and 9
- $\bullet$  Scored in the top 6.2% overall on the ELA FSA, Grades 6, 8 and 10

#### **Social Studies**

- Civics: 98% of students passed EOC with 85% scoring a level 5
- US History: 95% of students passed with 72% scoring a level 4 or 5

#### Science

- 5th grade Science: 90% students passed FSA with 62% scoring a level 4 or 5
- 8th grade Science: 89% of students passed FSA with 68% scoring a level 4 or 5
- Biology: 98% of students passed EOC with 78% scoring a level 4 or 5

Please note that all state data, including Seacoast Collegiate High School, is reported under the school name Seaside Neighborhood School with the Florida Department of Education.

the temperature of the materials that we are drying, we are able to double the rate of evaporation. In other words, we can dry twice as fast with high temperature drying. This also comes with years of experience, trained employees and investing in the right equipment.

The added benefits of hightemp drying is the fact we can dry deeper into materials. Let me explain... hot moves to cold, which increases the vapor pressure in materials as the temperature increases. It is a must to use dehumidifiers that work in higher temperatures, when doubling the materials vapor pressure. If standard dehumidifiers are used then the temperature of the material must remain low, (less than 85 degrees) slowing the entire evaporation process and most likely demolition will be required to remove the wet materials.

High Velocity Air Movers

Air movers come in varied sizes and shapes. The three most popular are the Axial, Centrifu-

gal and the Radial air movers.

The air movers' job is to help evaporate moisture into the air for the dehumidifiers to remove and to reheat the material from the evaporative cooling.

During testing at our IICRC Training facility, we discovered that at 3000 CFM and at over 1400 FPM, the Phoenix Focus delivers the fastest air and evaporation of all the air movers. This is our air mover of choice!

Radial Air Movers Are Slower Drying

Many of the new air movers are the radial, which are cheaper to purchase and easier for the restoration company to haul and set up. The tradeoff is a dramatic loss in air flow, which results in longer drying times, higher risk of mold growth and larger rental bills for the customer.

Email or call 24-7 to receive a brochure or schedule an appointment and receive a free moisture meter. (850) 835-5677; veritasrestoration.com; lauraw@veritasrestoration.com





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### Local Diving, Prinks and Coffee



#### **Austons on 98**

Offering a raw bar, happy hour and live music, Austons is home of the 102-foot bar including 32 beers on draft. Some of the specialties include little neck clams, freshly shucked raw oysters, New England-style clam chowder and jumbo shrimp cocktail. With big screen TVs all around, there's no bad seat in the house. Enjoy Specials, including \$5 pints, \$16 buckets and more. Auston's on 98, of Nashville roots, open seven days from 9 a.m. to 9 p.m., also features its own "Real Deal Nashville Hot Sauce!" And don't miss the endless Mimosa and Bloody Mary Brunch featuring amazing chicken and waffles every Saturday and Sunday from 11 a.m.-3 p.m., with live music every Wednesday and Friday night. See full menu at austonson98.com.

(850) 842-3200 125 Poinciana Blvd., Miramar Beach Austonson98.com



#### **Brozinni Pizzeria**

Brozinni Pizzeria is a family-friendly pizza place where you can get a taste of New York right here in Niceville. Now featuring the Big Apple's signature crust, their famous buttery garlic knuckles will leave you wanting more, and, wow, what a great menu for pleasing your appetite—appetizers such as buttery garlic knuckles, bread sticks, homemade stuffed pepperoni or sausage sticks, cheese bread, meatball sticks, pizza, Cocoons Famous smoked tuna dip, and crackers/pita chips. There's also salads, build your own pizza, specialty pizzas, pasta/spaghetti, calzones, drinks and desserts. Every ingredient used has been hand-selected to provide an amazing experience for each recipe. Whether you're just in for a slice of New York style pizza or one of their incredible salads, you're in for a treat. Call to order or order online at bronzinnis.revelup.online and have delivered!

 $Open\ Mon.-Sat.,\ 11am-9pm$ 



Dine-In – Pickup – Delivery 850-678-7778 144 Palm Blvd. N., Niceville

### **Honeybee Ice Cream and Arcade**

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



come by and have fun for your-self!

703 John Sims Pkwy E Niceville honeybeeicecreamandarcade.com (619) 565-0365

### JoJo's Coffee and Goodness

Owner and operator Angela "JoJo" Stevenson invites you to enter a cafe and relaxed coffee shop atmosphere for a daily dose of "goodness." Feel free to work on site (free WiFi) or meet up with friends or family. Stop in for cinnamon rolls; scones: cranberry orange, chocolate caramel and cheddar thyme; strawberry coffee cake; cranberry orange muffins; red velvet cookies; brownies with espresso ganache or caramelitas! Try a Breakfast Special with a piece of quiche or kolache-hashbrown



casserole. Breakfast burritos are rolled and ready daily! Choose from andouille, bacon, chorizo or veggie. Or tantalize your taste buds with a made-to-order breakfast sandwich on croissants or bagel with two eggs and cheese and then choose if you want to add Jojo's homemade smoked jalapeño beef bologna, bacon, house smoked barbecue or ham! Cinnamon rolls and kaloches still hold the top spot for sell outs! Stop in for featured muffins, coffee cake or pound cake, which go great with maple cinnamon latte or caramel macchiato! Some of Jojo's most popular coffees are COLD! Nitro, Cold Brew, fruit smoothies and frozen affogatos are the WAY TO GO! Of course, there's always freshly Roasted Coffee and

Continued on next page



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Lunch: Chicken Salad - BLTs - Paninis - And MORE







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#### **LOCAL DINING**

continued from previous page

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### LJ Schooners Dockside Restaurant

Welcome to LJ Schooners Dockside Restaurant located at the spectacular Bluewater Bay Marina Complex. Named after "LJ Schooner" (the LJ is for Lazy Jack), a cherished fourlegged icon on Bluewater Bay Marina docks, the open air Oyster Bar and restaurant is open to serve you! Almost all seats offer a magnificent view of the water, marina and unparalleled sunset with, of course, oysters and a

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

Join the spectacular Sunset Shrimp Boil, last Sunday of the month, NOW through October and enjoy the most delicious local wild caught shrimp you've ever tasted plus Sausage, Corn on the Cob, Potatoes and Bread (Market Price). Call Ahead for To Go Orders.

And don't miss the 15th Annual Cardboard Boat Race, Sunday, Sept. 11 at 4 p.m.! (See ad for details). More September fun includes: Wednesday Sailboat races at 6 p.m.; Thursday Karaoke/Open Mic 6-10 p.m.; Thursday Throwdown SUP Races 6 p.m. Live music all month long. (See ad for dates and times.)

Dine-in, Pick-up, To-Go Oyster Bar Hours: Mon-Thurs. 3pm-10pm, Fri.-Sat. 11am to Midnight, Sun. 9am-9pm. Happy Hour Daily 3pm – 6pm. Restaurant Hours: Mon.-Tues, Closed. Wed.-Sat.

Sunday Brunch: 9am-1pm.

(850) 897-6400

bluewaterbaymarina.com/schooners
290 Yacht Club Dr., Unit 200,
Niceville in Bluewater Bay

11am-9pm. Sun. 9am-9pm.

### **NWFSC Culinary Students Host Baking Showcase**

By Doug Stauffer

What happens when you are invited to eat pastries until you drop or pop with only one piece of advice from the chef: "Pace yourself"? Well, I can tell you that I have never experienced anything quite like this. Many of us arrived at the Raider Café at NWFSC not knowing what to expect. However, expectations were met and exceeded with belt buckles bursting.

In August, Chef Layne Eggers and Chef Tim Yeabower showcased the talent of their culinary students. They instructed and helped seven students prepare 80 interactive desserts including tarts, cakes, mousses, tiramisu and bananas foster, on 21 eight-foot tables. Yes, that is

168 feet of gastronomic delight.

The NWFSC Culinary Arts Management students' 12-week-long baking and pastry class showcased various sweets and pastries for their final exam. Over 200 guests attended the event, from President Devin Stephenson to the fire department class and community members.

There also were two butcher block bread tables with focaccia, challah, French baguettes, loaf breads and dinner rolls on display with various flavored whipped butter spreads. Four pastry display tables, 40 feet long, filled with delicious cupcakes, cheesecakes and German chocolate cakes. There were so many different and tasty items from which to choose, and the

only problem was understanding the chef's advice on keeping the right pace. What pace?

The guests enjoyed all the delicious items on the displays while the students reportedly received A's on their final exams. The culinary management program at NWFSC fills a much-needed support element for the Emerald Coast. It prepares students for employment in the culinary and restaurant industry.

Students gain employable skills and knowledge through classroom instruction and culinary lab experience. Careers include sous chef, line cook, culinary manager, baking and pastry cook, personal chef and more.



Seagrass Restaurant at NWFSC is designed to provide NWFSC Culinary and Hospitality Management students with a hands-on learning environment while showcasing their talents to the community. Well done, and kudos to the students, the administration and the community that came in FULL support. No pun intended.

### Meals on Wheels Needs Your Help

The price of gasoline is affecting all of us who must rely on our vehicles to get us to work, to school, doctor appointments and the grocery store. But you might not realize how gas prices are affecting the elderly and disabled senior citizens in our community who are homebound. Gas prices are making a severe impact on the volunteers who show up every day at Meals on Wheels of Okaloosa County to pick up hundreds of home-delivered meals. They are dedicated to making sure that our homebound citizens get a good nutritious meal. The cost of gasoline is part of the donation that volunteers make in addition to their time spent making their deliveries. But gas prices are becoming a burden on their budgets, and some are finding it difficult to keep their weekly



Continued on next page



### **Battling Hunger To Help Local Students Succeed**

With the much-needed support of local volunteers and donors, Food For Thought Outreach is once again gearing up to provide backpacks filled with healthy food for needy students across Okaloosa and Walton counties.

Now in its 12th year of service, Food For Thought supports a child's development and educational experience by bridging the gap between school meals during weekends and holiday breaks. The local non-profit has been fighting child hunger since 2010 and now serves 32 area schools, providing weekly backpacks to more than 3,200 students dependent on free or





reduced school meals. "With economic hardships facing so many families in our area, we are experiencing historic levels of food insecurity in Okaloosa and Walton counties," Tiffanie Nelson, Founder & CEO of Food For Thought, said. "As the demand for our services has grown, we are more thankful than ever for the support of local volunteers and donors who share in our goal of fighting child hunger."

One of Food For Thought's most important annual events took place August 25, when volunteers and supporters gathered for the ninth annual "Stock the Pantry Party" in Santa Rosa Beach. The event, which is open to anyone making a \$7 donation or providing seven food items, marks the completion of a summer-long friendly competition among local businesses to raise

funds and food for the program.

#### **Volunteers Needed**

Though the annual Stock the Pantry event has concluded, as most schools have resumed normal operations following the pandemic, Food For Thought has a growing need for volunteers to help prepare and deliver backpacks to students each week. "During the school year, we will sort, package and distribute more than 2 million food items to needy students," Nelson noted. "That work requires a total of more than 5,000 volunteer hours, so we are desperately in need of individuals and groups who can contribute whatever time possible to support our mission."

Each week, volunteers assemble and distribute backpacks containing about 10 easy-to-prepare food items, including breakfast items like oatmeal and cereal, lunch items such as peanut butter, jelly and soups, healthy snacks, and fresh produce like apples and oranges when possible.

Nelson noted that individuals and organizations also can support the non-profit program through a financial donation. A contribution of \$7 sponsors a child for a week, \$28 sponsors a child for a month, and \$252 will sponsor a student for the entire school year. Donations can be made online at www.fftfl.org.



#### **MEALS ON WHEELS**

continued from page 27

commitments to volunteer. As a result, Meals on Wheels is experiencing a shortage of delivery drivers, and they need your help.

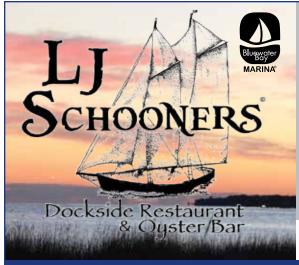
It is a very rewarding experience to deliver a route of 8-10 meals, maybe just once a week to a group of elderly and disabled seniors. It takes about 60-90 minutes, and it will be the best part of your day when you know you have made a difference in the well-being of a deserving senior citizen. It bridges the gap between generations and breaks the bonds of isolation that many of our seniors feel when they have no family to visit or look after them.

Meals on Wheels has been doing this important work for over 50 years. It needs drivers in the Fort Walton Beach/Shali-



mar/Mary Esther neighborhoods, as well as in the Niceville/Valparaiso, and Crestview neighborhoods. To volunteer, call Marti Lindell at Elder Services of Okaloosa County/Meals on Wheels, (850) 833-9165. Meals are being delivered every weekday, Monday through Friday.

Meals on Wheels, a 501c3 nonprofit organization, is a home-delivered nutrition service as part of Elder Services of Okaloosa County and has been serving the Fort Walton Beach, Niceville/Valparaiso and Crestview communities for 50 years.





## I5th Annual Cardboard Boat Race

Sunday, Sept. 11 • 4PM

Entry Fees: Adult Division \$25, Junior Single Division (12 & under) \$25, Junior Team of 2 \$35, Business \$25. Day of race entry fees will be Single \$35/Team \$45. Course to be run in front of LJ Schooners Dockside Restaurant & Oyster Bar.

Boats are intended to be biodegradable. Clean up: simple, if you brought it you clean it up. (This includes hauling away what is left of boat.)

Free cardboard! Bluewater High & Dry has cardboard - call to arrange pick-up at (850) 897-0334.

MORE INFORMATION: (850) 897-2821 or bluewaterbaymarina.com

### **Events and Live Entertainment:**

September 2 • Fathom 6-10pm

September 3 • Catalyst 6-10pm

September 4 • Ronny Dean Garrett 4-8pm

September 5 • Ed Wrann 4-8pm

September 10 • Below Alabama 6-10pm

September 17 • Mechanical Lincoln 6-10pm

September 24 • John Galt Dance Band 6-10pm

September 25 • Laura Lane Duo 4-8pm

September 25 • Sunset Shrimp Boil 4-7pm

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

Restaurant Hours: Mon.-Tues. Closed, Wed.-Sat. 11am to 9pm, Sun. 9am to 9pm, Sunday Brunch 9am to 1pm

290 Yacht Club Dr., Niceville • Bluewater Bay • (850) 897-6400 • Visit www.bluewaterbaymarina.com for more events!

Off the Hook

### The Legend of Bruce Cheves, Fishing Rodeo Weighmaster

By Frank Berte

Destin Fishing Rodeo's Weighmaster extraordinaire. A seemingly simple man with a complex, tangled past. A man who, to some, has become synonymous with the very Rodeo itself has lived a far more tangled past. His fascination with fish has been lifelong, as has his chronic sea sickness. This ironic twist is just the tip of the iceberg that is Bruce's origin story. One that dates back through the centuries, a legacy intertwined with the history of our nation, our town and our docks. One that brought him to our humble fishing town and, some may say, kept the place the "world's luckiest fishing village."

Our story begins way back in 1835. A large fishing vessel out of New London, Connecticut had lost its way in rough seas by the Bermuda Triangle. The ship was caught in a mighty storm. It was a brave and mighty crew who had seen many days at sea and they were weary when first they caught sight of the massive tentacle arms of an unknown



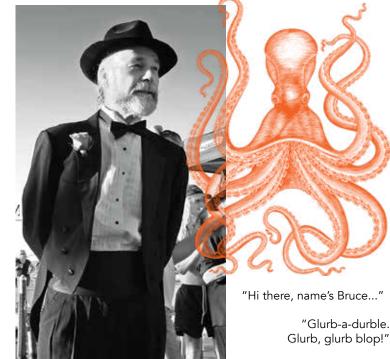


creature from the depths. The tentacles quickly wrapped around the giant ship and crushed it like it was a tin can. The great beast devoured most of the crew and when it had its fill, it headed west and made its way into the Gulf of Mexico.

There weren't many survivors to talk about that, but there was Leonard. He was able to make his way to shore floating on a handmade raft of scrap wood. He became quite the fisherman – set up camp right in front of Crab Island. His last name was, of course, Destin.

Meanwhile in Germany, The Kaiser had had enough. In August 1914, World War I broke out in Europe. Fishing and shipping channels were threatened. Around that same time, well exactly that same month, the Panama Canal opened. Not coincidentally, a certain sea monster, we'll call the Destin Kraken, made its way to the Pacific, and there it feasted. It fed on everything – quid, whales, great white sharks, and mediocre minnows up and down the west coast.

In 1951 a man was born who would change the fishing world forever. Coming from the little town of Monterey, California, Bruce grew up by the sea, on the northwest coast where fishing is very popular, and where there are plentiful fish the Destin



Kraken is sure to follow. It was here that the two met up. Bruce was reeling in a halibut and as it got closer, he noticed something was wrapped around his fish – it was a giant orange tentacle.

As he reached down to pull the tentacle from his flippy floppy halibut, the tentacle stung him instantly and

made his stomach turn at the

thought of being on a boat. The

Continued on next page





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#### **BRUCE CHEVES**

continued from previous page

beast did this because it realized that he would be the creature's greatest foe. Three things happened that day as 10-year-old Bruce wrestled the stinging tentacles off the approximately 438.38-lb. halibut. He was seasick any time he was on a boat from that day forward; next he suddenly could guesstimate the weight of almost all fish within ounces, and finally, the Destin Kraken had met his match.

The mighty Kraken sensed something special in that young boy it had stung. The two had a special connection. So much so that when Bruce took a job in Destin in 1977, the beast followed him. Back through Panama Canal, it went, back to the Gulf's emerald green waters. Bruce's illustrious career along the docks put him close to the waters where this orange monster awaited their next encounter. There were several close



calls and near misses until the fall of 1990.

It was late August and not a slow year for hurricanes. Destin Fishing Rodeo Officials were looking for someone to set a new benchmark, to be the voice of the fishing community, and someone to weigh all the fish at the Rodeo. But they would have to wait another year.

As one might imagine, by October Bruce was becoming quite the weighmaster. His time on the Destin docks was expos-



ing him to an exponential number of species and aquatic creatures of every color, shape, and size imaginable. It was about that same time when the young movie director Louis Leterrier was on a fishing trip with some L.A. friends in some lower Alabama or was it Florida town, known for fishing. He couldn't remember. Louis met Bruce after a pretty dismal weekend of fishing,. It was maybe a Monday. The two men bonded over the poor conditions. Louis joked

"Bring me a fish, and I'll make you famous!" - Bruce Cheves

about making a movie about Bruce's life. He was so desperate to bring fish home to L.A., that he might have said something like "Bring me a fish, and I'll make you famous!" Bruce laughed, but then a little seasick feeling hit him in his gut.

Bruce was named the official weighmaster for the Destin Fishing Rodeo in 1991. But we are still in 1990. Lured in by all the fish from the tournament, the great beast had come into the harbor. That very night, after he and Louis had joked, Bruce was the last guy on the Docks. The last guy save for a stray bum, who passed out a lit-

tle too close to the edge. It was after the last cooler was cleaned, that a loud slurping sound came from just behind him. By then the bum was dinner. Bruce swung around and saw his old friend the Destin Kraken. The beast tore down half the old docks in the battle that ensued. The damage was so massive that the whole place had to be remodeled and, in 2007, they opened the Emerald Grande on top of what had been the greatest battle the Town of Destin had ever seen. The next day Bruce brought his new friend a chunk of the beast he had killed.

Louis made good on his promise. Though it took a few years, the Kraken played himself. They replaced Bruce with Perseus in the final cut of the movie and, in 2010, The Clash of the Titans was released. That same year the City of Destin declared October 16th "Bruce Cheves Day," and, I mean, can you blame them?

### **Fishing News**

The 2022 recreational and commercial **spiny lobster season** starts Aug. 6 and runs through March 31, 2023. Learn more about bag limits, size limits, where to harvest and other regulations at MyFWC.com/Marine

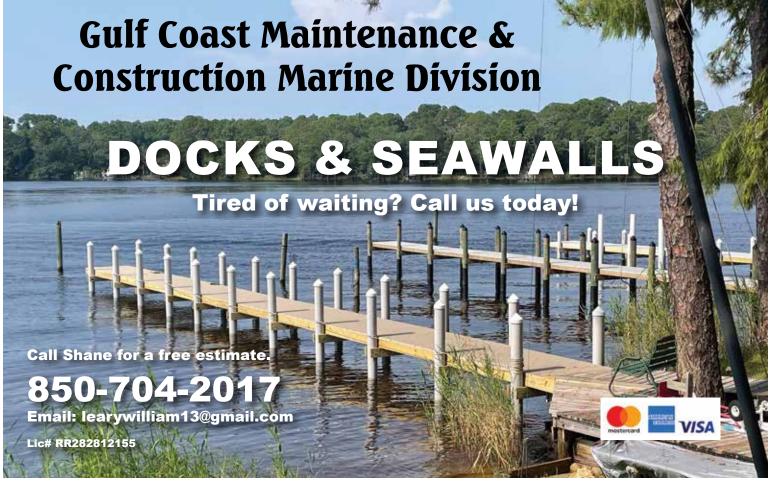
by clicking on "Recreational Regulations" and "Lobster," which is under the "Crabs, Lobster and other Shellfish" tab. Don't forget to get your license and spiny lobster permit at GoOutdoorsFlorida.com If you're looking for an app that lists up-to-date Florida saltwater fishing regulations, you can find them on the Fish Rules app. Learn more at FishRulesApp. com or follow Fish Rules on social at Instagram.com/FishRulesApp or Facebook.com/FishRulesApp.

When lobstering in open water, divers should stay within 300 feet of a properly displayed divers-down flag or device and within 100 feet of a properly displayed divers-down flag or de-



vice if near an inlet or navigation channel. Boat operators traveling within 300 feet of a divers-down flag or device in open water or within 100 feet of one on an inlet or navigational channel must slow to idle speed. For more information, visit MyFWC.com/Boating, click on "Regulations" and then the "Divers-down Warning Devices" tab.

If bully netting this season, please keep lights directed toward the water and avoid shining them at houses or people along the shoreline. Please also



#### Off the Hook

#### **FISHING NEWS**

continued from previous page

be considerate of others by keeping sound levels low when near shoreline residences.



The recreational season for **greater amberjack** in Gulf state waters will be open Sept. 1 and remain open through Oct. 31. The Florida Fish and Wildlife Conservation Commission (FWC) issued an executive order to modify the 2022-23 recreational season, previously open

on Aug. 1, for greater amberjack in state waters of the Gulf of Mexico during its July Commission meeting. The Gulf greater amberjack stock is overfished and experiencing overfishing and the recreational season modification is consistent with emergency measures implemented by NOAA fisheries for Gulf federal waters. Consistent state and federal recreational seasons for greater amberjack will help prevent quota overages and mitigate risks of future paybacks and seasonal closures. For current recreational amberjack regulations, visit MyFWC.com/Marine and click on "Recreational Regulations" and "Amberjack."

Florida parents, teachers and school staff can apply for funding to support school fishing clubs for students. The Florida Fish and Wildlife Conservation Commission's (FWC) **2022-23 School Fishing Club Program,** previously named the High School Fishing Program, offers school fishing clubs or teams the opportunity to apply for the Florida R3 Fishing Grant. The application period is open now until Sept. 16, 2022.

The Florida Sport Fish Restoration R3 Fishing Grant will award up to 40 high school fishing clubs or teams \$500 to assist with club expenses, the purchase of fishing licenses or gear for par-

ticipants. Participating clubs and teams will receive an updated educational curriculum comprised of lessons and activities on fisheries conservation and resource management, plus a chance to win prizes by completing the program's Conservation Project.

The grant program is open to new or existing freshwater and/or saltwater fishing clubs or teams at public, private, and charter schools throughout Florida. To be considered, school fishing clubs or teams must have a minimum of five members and be represented by a school faculty member or parent who will follow the provided instructor's manual.

The deadline for submitting applications is Sept. 16, 2022 at 4 p.m. CST and can be found online at MyFWC.com/SFC by scrolling down to "Florida's R3 Fishing Grant Program." Please submit the downloaded applications to R3Fishing@MyFWC. com or mail them to:

FWC's Division of Freshwater Fisheries Management, Attn: School Fishing Club Program Grant, 620 S. Meridian St., Tallahassee, FL 32399.

Contact Brandon Stys at Brandon.Stys@MyFWC.com or 850-617-6012 for more information

### Learn to Be Alligator Aware

With summer in full swing, many people are working and recreating near Florida's lakes, rivers and wetland areas. Warm temperatures also mean alligators are more active and visible. While serious injuries caused by alligators are rare in Florida, the Florida Fish and Wildlife Conservation Commission recommends taking the following precautions when in and around the water to prevent conflicts with alligators:

- Keep a safe distance if you see an alligator.
- Never feed an alligator. When fed, alligators can lose their natural wariness and instead learn to associate people with the availability of food. This can lead to dangerous circumstances for yourself and other people who could encounter the alligator in the future.
- Feeding alligators is illegal and dangerous in Florida. If you see someone feeding an alligator, call FWC's Wildlife Alert at 888-404-FWCCor visit MyF-WC.com/WildlifeAlert.
- Swim only in designated swimming areas during daylight hours. Alligators are most active between dusk and dawn.
  - · Keep pets on a leash and



away from the water's edge and never let them swim in fresh or brackish water even for short periods of time. Pets often resemble alligators' natural prey. Allowing your pet in the water for even short periods to cool off or play can result in its death.

Call the FWC's Nuisance Alligator Hotline at 866-FWC-GA-TOR(866-392-4286) if you believe an alligator poses a threat to people, pets or property and the FWC will dispatch a contracted nuisance alligator trap-

per to resolve the situation. The FWC places the highest priority on public safety and administers a Statewide Nuisance Alligator Program (SNAP) to proactively address alligator threats in developed areas, while conserving alligators in areas where they naturally occur.

Find more resources about living with alligators at MyFWC. com/Alligator.

The American alligator, Florida's state reptile, is a conservation success story. Florida has

a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. They are found in

freshwater lakes, ponds, swamps and slow-moving rivers in all 67 counties in Florida.







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Niceville 850.481.3999 Ft. Walton Beach 850.533.0555

Destin 850.428.2333



# Child & Teen Safety Matters Goes Back To School With The Students

By Kay Phelan

It's back to school and the Emerald Coast Children's Advocacy Center's (ECCAC) prevention team is ready. They have had their Child & Teen Safety Matters prevention pro-

Individual Tickets: \$150

Please join us OCTOBER 27, 2022

HELPING HEROES BLACK TIE"is back" Gala

featuring Staff Sergeant

(Ret.) Johnny 'Joey' Jones,

U.S. Marine Corps EOD

5:30PM

SILENT AUCTION AND

RECEPTION

7:00 PM

PROGRAM AND DINNER

DESTIN-FORT WALTON BEACH CONVENTION CENTER

1250 MIRACLE STRIP PARKWAY S, FORT WALTON BEACH

Keeping families together

WWW.FISHERHOUSEEMERALDCOAST.ORG

grams in place for the past several years. Each year, ECCAC's staff educates and empowers Okaloosa and Walton students with information and strategies to prevent, recognize, and respond appropriately to bullying,

Formal/Black Tie/Mess Dress

2010 House opens Eglin AFB #48 of 92 | 11,000 Sq Ft

Guest served each uear: 1,000 +

12 Private Suites

3 days avg stay,

13 months longest

15th Annual

cyberbullying, all types of abuse, and digital abuse dangers. Curriculum is available for students K-12.

According to ECCAC CEO Julie Porterfield, "In the 2021-22 school year, our prevention team was able to teach a significant 11,328 students about how to spot red flags and when to reach out to a Safe Adult if they need help. This education goes a long way in achieving ECCAC's goal of preventing child abuse. We are so proud of our amazing team and the incredible reach they have been able to achieve."

Mental health issues for children and teens have come into prominence in today's times. With the start of a new school year, ECCAC's Child & Teen Safety Matters programs will teach students 5 safety rules. Important safety rule #4, Talk It Up, reminds children and teens they have a voice and that they can use it to help adults keep them safe. Part of "Talking It Up" includes identifying a Safe Adult; a person they can go to if they ever feel unsafe, have ever been hurt, or just need someone to talk to. A Safe Adult is a person that is 18 years or older who the child/teen can easily talk

ECCAC's Prevention Team, along with the teachers, work with students in Okaloosa and Walton County schools to teach lessons in child safety and prevention through the Child & Teen Safety Matters programs. Research shows that 95% of child sexual abuse of children is preventable through education.

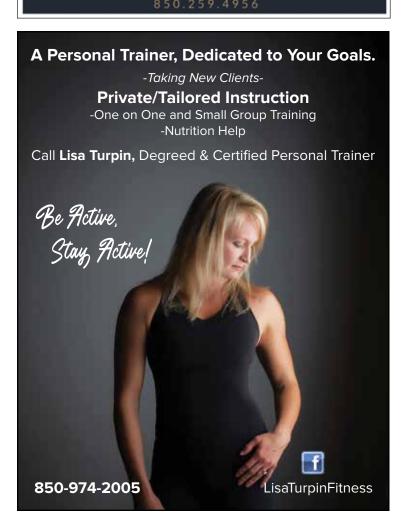
to even about difficult things. Examples of Safe Adults could be a parent, a friend's parent, a teacher, a coach, an aunt or uncle, among many other people. It is someone who the child/teen can trust, a person who will do everything they can to make sure the child is healthy and safe.

"Just don't forget when you're talking to your kids, tru-

ly listen to what they are saying. Put down the phone, set the laptop aside, and just listen to your child," said ECCAC's Community Outreach Manager, Nautica Caswell. "Our lives are full of chaos and stress but connecting in a meaningful way, even for short periods of time, can make all the difference in relationships. No matter how trivial or insignificant the topic may be, if they can't trust you as a parent to listen and care about the small things, they won't trust you with the big things. No matter what else is going on in the world around them, remind them that they are safe and loved with you as a Safe Adult. Research shows that 95% of child sexual abuse of children is preventable through education."

ECCAC serves Okaloosa and Walton counties with two centers that house representatives from the Florida Department of Children and Families, Child Protection Team, State Attorney's Office, local law enforcement, licensed mental health counselors, and ECCAC's staff and volunteers. In the past 22+ years, ECCAC has provided more than 170,000 services at no cost to over 15,000 children.

For further information, visit www.eccac.org or call 850-833-9237. If abuse is suspected, call the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.









By Lisa Leath Turpin, HEALTH & WELLNESS COACH

Everyone wants a strong and sexy back, but all too many times your back - especially the spine - takes the brunt of weakness and improper lifting. The back has different muscle groups that work together to allow movement. Some have multiple responsibilities to move the head, shoulders, arms, hips, legs and spine itself

There are 40 muscles in the back. These muscles are combined into five main groups: (from top to bottom) Trapezius, Rhomboids, Latissimus Dorsi, Quadratus Lumborum... and Erector Spinae (runs vertically along each side of the spine). You want each side to mirror each other in strength, coordination and flexibility to create balance and stability.

uses one side dominantly over the other, you should work on keeping your muscles balanced through some type of strength training, pilates or yoga. This balanced strength is what will help protect your spine from degeneration and injury. Note: Your back is your second largest muscle group in your body; therefore think strong, but work up to it. Also, your back has assistance. Biceps and shoulders get a lot of work from performing back exercises and your back gets that help. Think team

instead of single player; there's

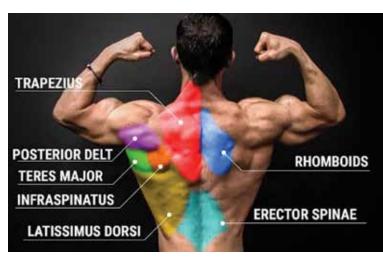
power in numbers! Look at two

functional and essential exercis-

es for the back.

Seated Back Row: Works lats, rhomboids, traps, erectors (all the major and minor back muscles are involved). Sit with your legs loosely straight, feet preferably against a foot platform to counterbalance the pull (you should have to reach to get the handles). To keep your spine safe, when you reach, hinge from your hips with spine elongated, head lifted. Pull the handles to you, aiming for your ribs, depress and pinch back your shoulders squeezing your If you have a job or sport that shoulder blades together, then

### Do It Right! **Sexy Back**



control resistance, taking the handles back to "home" or start position. Rowing can be done with cable pulleys, resistance bands, dumbbells or bar. Each has positional variations, but the principles are the same.

Next is LAT PULLDOWNS: Focus is on the Latissimus Dorsi, but you also use the lower traps, rear deltoids, and biceps, depending how narrow your grip is. Generally seated, reach up for a bar attached to the high pulley. Basic grip is overhanded and just outside shoulder width. Look up at the pulley, lean back just slightly, depress your shoulders and pull the bar into the top of your chest under your chin. Keep abdominals engaged to protect your back. Your back should stay somewhat neutral. Slowly resist the bar back to "home." Note: Lat pulldowns are the machine version of a pull-up which allows you to work the lats at varying strengths and a great way for someone who hasn't mastered pull-ups to strengthen and shape their lats. Also, lats are wing shaped. When they are developed and toned they can make your waist smaller.

Don't forget Back Exten**sions:** Focus is erector spinae and considered a "core" exercise. Erectors support your spine and keep you upright (when strong). Easiest way to work is on a mat is face down, hands clasped behind the lower back.

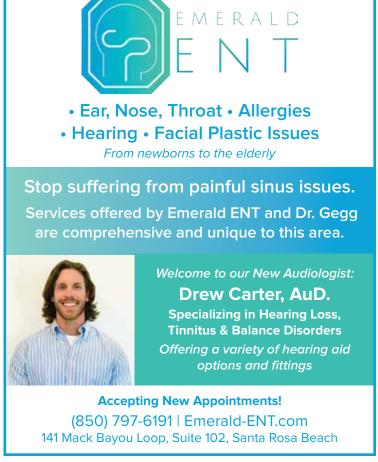
Keeping your feet anchored, lift the upper body off the floor about an inch or so for about 20 reps. There are hyper-extension machines where you can graduate to using weights. Questions? BeActive850@gmail.com.

Can be performed seated or standing, with both hands or single handed.

Lisa Leath Turpin is a degreed and certified health and fitness lifestyle coach and consultant who has devoted her life to motivating and strengthening the body and mind of others. With over 20 years' experience, Lisa has a B.S. degree in Sports & Fitness Management from the University of Alabama, developed and managed the U.S. Army Corps of Engineers' Health & Wellness Facility and programs in Huntsville, Ala., is board certified by the National Board of Fitness Examiners and possesses certifications from AFAA, Polestar/Balanced Body, Reebok U, SCW Fitness and American Heart Association. She is currently a group exercise leader at Destin Health & Fitness and an independent personal trainer in the Destin area, diversely and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation. Have a fitness question for Lisa? Email BeActive850@gmail.com.

### VISIT MYBAYLIFENWFL.COM TO READ OUR LATEST ISSUE









By Dr. Richard Chern, M.D.

How are you handling life's little frustrations? I know this article goes outside the immediate area, but I would bet everyone reading this article knows exactly how life in Destin has changed in the last ten years. I know for

Three Years In A Row!

Thank you Destin!

### **Love That Traffic?**

me, if there's a bridge, it might as well be an international border requiring a visa because the chances of me crossing from Destin to Niceville or Fort Walton Beach are about zero. In fact, unless I am hopping onto a boat to go fishing, I'll even avoid driving into the heart of Destin most of the year.

But, there are times when you just can't avoid the traffic, the crowds, or Publix on a Saturday afternoon. Or you have a family in town who want to go hunt for a parking spot near a public access point to sit in a mass of chairs, coolers and people at that place we used to call the beach. These are the days that test our ability to let go of our stress and frustration and enjoy the tiny bits of happiness that are still here.

What does this have to do with hormones? Hormones help with muscle tone, weight loss, bone density, pain levels, sex drive, skin appearance, heart disease, breast cancer and more. One of those "and more" items are

stress and anxiety. When you turn onto Highway 98 into a mass of tourists who are oblivious to everyone else on the road, have no issues crossing three lanes of traffic to turn left, and are more concerned with updating their Instagram than the traffic in front of them, hormones will help you stay calm and hap-

Hormones will help keep you happy and calm after you arrive at Publix on Saturday afternoon for some creamer only to find masses of tourists and empty

And when you decide to go to Smallmart with your list of essentials only to find that the most

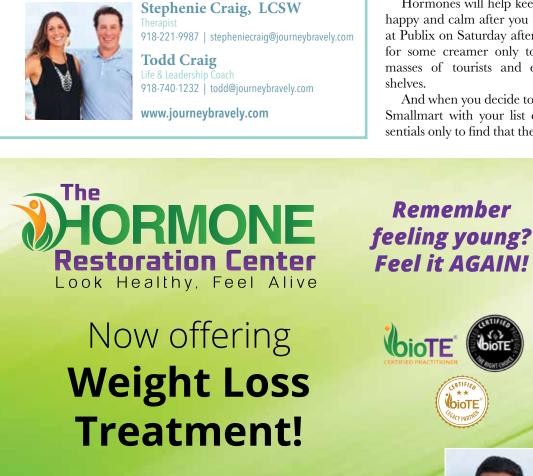
important item is not even sold at that location, hormones will

You see, hormones help you tolerate and even maybe enjoy the everyday events that might be causing you stress, anxiety and grief today. Even the small stuff like someone's tone or attitude or the rudeness we see everywhere. Now, when I deal with a rude person, I kind of find pleasure in the fact that they can't get me riled up. And, I understand that much of their problem is that they need their hormones.

If you find you are losing it in these situations, you should really give us a call. In my experience it's much easier to find calm and humor in all the madness. Come see us and give us a chance to give you the relief you deserve.

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.





Dr. Richard Chern, MD

12889 Hwy 98W, Suite 107B

thehormonerestorationcenter.com

Miramar Beach, FL

850-837-1271

**JOURNEY** 

BRAVELY



Get the Smile You Deserve

Smile with Confidence Again

· Are you embarrassed about smiling in front of people?





By Kay Leaman, Health Architect

From commercials to magazine ads, it's all about collagen. But what is it and why do we need it?

Collagen is the most abundant protein in the body. It has an adhesive quality that is only matched by its ability to provide connection, structure and strength. About 30 percent of our body's proteins are one type of collagen or another and it is

also top dog in the animal king-

Saying collagen is found throughout our bodies is kind of an understatement. It's a structural element of bones, muscles, tendons and ligaments. Collagen and skin are always talked about together, because it's a major component of our largest organ. Collagen is also found in blood vessels, the cornea of your eye, teeth, cartilage, discs between your vertebrae and the digestive tract.

Age is the main enemy, with the sun coming in a close second in regards to production. Collagen production starts to decline in our 20s or 30s. The structure is somewhat complex and there are 16 different types that exist in our body, each having different structures and functions.

### The Collagen Craze

I also discovered three things:

- 1. Sugar and refined carbohydrates can hamper collagen's repairing capabilities. This is just another reason to limit these in our diet.
- 2. It's a large molecule which cannot be absorbed by skin so don't waste money on creams, lotions or potions that tout collagen for your skin.
- 3. There can never be a vegan collagen; it doesn't exist.

Type I (90 percent of our collagen) is the strongest and a component of bones, skin, tendons, cartilage, teeth and other connective tissue and it can stretch a lot without breaking. Our muscles, organs, and arteries rely on Type III.

If you're considering adding collagen to your diet, remember that it requires consistent consumption on a daily basis. The role it plays goes far beyond what I've covered here. High quality is a must. I've seen some amazing before and after photos as well as several surprising health improvements. These individuals consumed a high quality collagen daily for a minimum of three months. Remember, it

takes time for the body to do what it does so well, repair and heal itself. Our job is to nourish it to the best of our ability and rejoice as we reap the benefits. Find me at succeed.hdhl@gmail.com.

Here's to health!

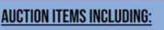












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2PM - 6PM



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### Savor the Sound

#### Saturday, October 8 | 2 – 6 PM | Mattie Kelly Arts Center at NWFSC

Who's ready to kick off another exciting Savor the Sound concert fundraiser, but in cooler weather and with an outstanding guest speaker? The Taylor Haugen Foundation has announced that Sammy Lee Davis, Congressional Medal of Honor recipient also known as

"The Real Forrest Gump," will speak at this event. It will be a patriotic party with live WWII era big band jazz from Down-Beat Jazz Orchestra and Voices of Northwest Florida. There will be food trucks and local breweries on site in addition to a live auction featuring the Roll-

ing Stones 50th Anniversary set, a Donald Trump autographed photo and an autographed guitar – details TBA. Join the fun Saturday, Oct. 8, 2-6 p.m. All tickets benefit the Taylor Haugen Foundation, thus raising funds to continue protecting youth athletes from abdominal injuries in the sports they love. Bring your friends, chairs and blankets, but please, no coolers.

To purchase tickets (\$20 per person; \$50 family), visit mattie-kellyartscenter.org.



Stop in to learn more about A Bed 4 Me, now serving Walton County. A Bed 4 Me provides beds to children who are without. \$5.00 donation and pull a surprise bottle while you are there!

Thursday, September 29
Any time between
6:00 - 8:00pm
Hammock Bay
Lake Club
1850 Great Hammock Bend
Freeport, Fl
www.abed4me.org
diane@abed4me.org







### **CVHN Unveils New Mobile Dental Clinic**

#### Second Bus to Provide Restorative Dental Services To Children In Need

Children's Volunteer Health Network, an organization that provides free access to dental and mental health services to children in need in Northwest Florida, has announced the arrival of their second mobile dental clinic. The first bus, gifted to CVHN from the Dugas Family Foundation, is an operatory clinic on wheels. The dental unit meets children where they are and provides preventative dental services on the bus, which is often parked outside of local schools. Now, another state-of-the-art bus is being introduced to the community, but unlike the original mobile dental clinic, the second bus will go beyond preventative care and provide restorative services including urgent procedures.

As of 2021, CVHN facilitat-



ed over 75,000 procedures for children in the local community with more than \$6 million in free dental health services provided so far. The addition of the new bus will complement the preventative care currently being offered and children will now have access to a wider range of services. Just in time for the new school year, the new restorative bus will join the preventative team to begin their visits to Okaloosa and Walton county schools this month.

The local community is invited to gather at Grand Boulevard on Saturday, August 27 from 10 a.m. to 1 p.m., for an exciting bus unveiling. Com-



munity members will be able to enjoy refreshments, lawn games, meet Mr. and Mrs. Tooth, tour the bus, and hear from CVHN team members about the new services coming to Northwest Florida. This event is complimentary to attend and open to the public.

Those that would like to support CVHN's new bus for the upcoming school year are encouraged to bring "bus warming" gifts including the following:

- Copy Paper
- Lysol & Microban Sanitizrs
- Dawn Soap
- Gallons (or larger) of Distilled Water



• Staples or Walmart Gift Cards

The community or local businesses can also provide support by becoming a gas sponsor for \$500. With gas prices skyrocketing, this is an absolutely crucial aspect in getting dental support to local children in our schools. "We are looking forward to putting the second mobile dental clinic in motion as we continue making a difference for the children of Northwest Florida," said CVHN Executive Director, Kelley Mossburg.

For more information on the bus unveiling, visit cvhnkids.org and follow CVHN on Facebook and Instagram.





### Join The CALM Groundbreaking Ceremony Sept. 12

You are cordially invited to attend the much-anticipated groundbreaking ceremony for CALM Village on Mon., Sept. 12 at 4:30 p.m. at 201 Redwood Ave. in Niceville. Calm Village is the near future for the 501c3 nonprofit, CALM Organization, Inc., and the next step for area moms and their children.

"We have struggled in the past to get housing for our graduates," said Wanda Siefke, board president. "We have recognized the lack of affordable housing in our community and, because of this, we have decided to take a leap of faith and are pursuing building up to seven

cottages on our property. Each cottage will have two bedrooms, bathroom, kitchen/living room combo and stackable washer and dryer. CALM Village will assist residents in successfully achieving self-sufficiency and independent living which will allow us to serve more people in different ways," she said. "We have made big moves to start the long process of making this dream a reality and are extremely excited for you to be a part of this ceremony."

For more information, visit NicevilleCalm.com - CALM Village, Transitional Housing in Niceville.



# Walton Area Chamber of Commerce Seeking Sponsors for Annual Symposium,"The Next BIG Thing"

The Walton Area Chamber of Commerce is seeking local businesses and individuals interested in sponsoring their annual symposium, "The Next BIG Thing," Tuesday-Wednesday, September 6-7, 2022, at Hilton Sandestin Beach Golf Resort and Spa.

Presented by Ascension Sacred Heart Hospital on the Emerald Coast, the annual symposium has three distinctive tracks, including leadership development, business and entrepreneurship, and women in business. The event is aimed to inspire growth in all areas of professional development.

The Walton Area Chamber of Commerce would like to thank the local businesses who are already signed up to sponsor this year's event including 850 Magazine, All In Credit Union, Clark Partington, Cox Communications, Emerald Coast Title Services, Emmanuel Sheppard & Condon, Epic Photo Co., Grand Boulevard, Hand Arendall Harrison Sale, Hilton Sandestin Beach Golf



Resort and Spa, Horsley Construction Group, Silver Sands Premium Outlets, and Step One Automotive Group. A variety of sponsorship opportunities are still available for those looking to get involved and can be found online at https://bit.ly/NBTSponsorship. Pricing ranges from \$5,000 to \$250. There are also various advertising op-

portunities available in the event program. Individuals and area businesses interested should contact Gabrielle Kilgore at 850-892-3191 or Gabrielle@ WaltonAreaChamber.com.

Registration and check-in begin at 8:30 a.m. with a continental breakfast in the vendor ballroom. "The Next BIG Thing" will begin promptly at 9 a.m. with welcoming remarks from Walton Area Chamber of Commerce CEO. Megan Harrison. Lunch, provided by Hilton Sandestin, will begin at 11:30 a.m. The day will conclude with a cocktail reception featuring light bites, cocktails, and raffle prizes. The second day of the symposium will kick off with a morning workshop at 8:30 a.m. and culminate with the Chamber's September Power of Business Luncheon.

The Walton Area Chamber is also looking for local businesses to participate in the vendor ballroom throughout the first day of the symposium. The vendor ball-room will showcase area businesses and organizations while providing networking opportunities to professionals in attendance. Vendors are also able to sell products, goods, and services in the vendor ballroom. The cost to have a booth during the event is \$250 for chamber members and \$350 for non-members. To reserve a booth space, please email Gabrielle@WaltonArea-Chamber.com.

Tickets are on sale for \$125 for a one-day pass and \$175 for a two-day pass for Walton Chamber members while the cost to attend for non-members is \$150 for one-day and \$200 for two-days. Interested individuals can register for the event by visiting https://bit.ly/NextBIGThingRegister. Military and Group discounts are available.



Virtual Memberships

thebeachworx.com









By Maurice Stouse, Financial Advisor and Branch Manager

The U.S. dollar has strongly performed year to date having risen over 10% as of this writing. That has positive and negative impacts on the U.S. and its economy. Former Secretary of State James Baker noted some time ago that the U.S. remains an economic powerhouse, and we think that still holds true today. It was Baker who as then Secretary of the Treasury, led the effort to weaken the dollar in the mid-80s in collaboration with several central banks around the world. If the dollar is too strong, that can hurt U.S. companies as it makes their goods and services more expensive in overseas markets. If the dollar declines that obviously aids international business. Add that as international investments accelerate any positive returns are in part, and perhaps signifi-

# The Strong U.S. Dollar Areas of Optimism, Areas of Caution

cantly, due to the impact on exchange rates. Many investment houses have for some time suggested investors look into emerging markets funds and we think that a diversified portfolio should include that. We remain cautious however because we feel that any enthusiasm for returns from those markets has a weaker dollar as a key element for those returns. There is no way to be certain as to the direction of the dollar however we would expect the U.S. to work to ease its value soon. This might prove helpful as the economy continues to slow or perhaps if we are in a recession, as we believe we are now.

We see the economy continuing to slow due to quantitative (or monetary) tightening but also, as Fidelity Investments pointed out in their Quarterly Market Review last week, fiscal tightening. The U.S. deficit, as a percent of GDP, has gone down to 4% vs 12% a year ago.

#### We remain optimistic on muni bonds.

As yields have risen so has investor interest in municipal



bonds. Munis continue to offer higher long term yields vs U.S. Treasuries which you would typically expect in all bonds. U.S. Treasuries at this point have relatively the same yield over the entire stretch of the yield curve. One interesting development on the muni market is the impact of the American Recovery Act (ARP) signed last year. That 1.9 trillion spending bill sends over \$350 billion to states and localities. We also take note that many states are running a surplus and will have this to add to their coffers. This is another reason we see munis growing in attractiveness. Most munis are held by individual investors (vs institutions) but many of those tend to invest in short to intermediate term munis vs longer term. We take note that Lord Abbett (a mutual fund company) has pointed out that longer term munis have outperformed short and intermediate munis over time.

We remain optimistic on the health care, biotech and consumer staples stocks/sectors.

We take note from history that these sectors tended to perform stronger in past downturns or recessions and think investors should give them consideration. Note that biotech would be considered more speculative, so we suggest investors govern their actions accordingly. Major U.S. pharmaceutical companies as well as medical equipment, facilities and health insurance would comprise the health care sector. Consumer staples, from groceries to food staples and household items have also tended to perform strongly in past downturns. We also note that the U.S. banking sector continues to report that it is in strong financial shape at this time and that investors should take that into consideration as well. We do see inflation slowing as key drivers of shelter, transportation and materials have all come down in prices throughout the month of July. We will see by mid-August what the Labor department will report but remain optimistic that inflation will slow.

We are cautious on housing, materials, crypto and world energy markets.

We take note that prices for houses (while pending home sales have continued to drop) have continued to increase. Here is the interesting part of that: The price appreciation and pending sales are mainly for homes above 500k while prices for homes on the lower end of the scale are eroding. We are seeing the same trend by the way on electric vehicles: Demand and prices are higher for more affluent Americans. Major U.S. car makers are in the meantime forging ahead with making medium and lower cost EVs available for mass production and at considerably lower costs than current EV manufacturers. The legacy U.S. automakers might be worth some consideration if investors agree with that.

The world energy picture continues to demonstrate concern for Europe (which could be headed for severe recession) but there is hope that the Middle East producers might be able to close the gap from European countries moving away from Russian supply. Still, years of underinvestment in fossil fuels and nuclear energy are proving to be challenging for Europe over the short run. Most of Europe would be considered Developed Markets (DM, vs Emerging Markets or EM). Much of the emerging world is ramping up investment in nuclear plants with upwards of 300 planned over the next decade. The U.S. currently has 95 nuclear plants in operation with perhaps two coming online this year. Nuclear is gaining more and more attention because despite the risks most people fear, it may not be as lethal as believed. Bjorn Lomborg of the Copenhagen Consensus Center notes that mortality rates are vastly higher from fossil fuel emissions

than from accidents or operations of nuclear facilities.

As always, we encourage investors to make decisions over time vs overnight and to take historical patterns into consideration when making their investment decisions.

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

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

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

Bitcoin and other cryptocurrency issuers are not registered with the SEC, and the Bitcoin marketplace.



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

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

For starters, you can turn to us. We can help you find a clear way forward before fear or concerns take over with a strategy tailored to your situation. In our experience, perspective is the ticket to helping endure the ups and downs as you pursue your financial goals. Contact us to learn how we can help.



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#### Website? Who Needs It?



By Ross Volmer, X8 Marketing

The question that we are going to answer in this piece is "What is a Website and Why Do You Need One?" There are several common misconceptions made by small business owners around what a website entails, what it does, and what it actually provides for you. So, first of all, what is a website?

A website is essentially an interactive slideshow presentation about your business that is stored on a computer or a hard drive, and it's open to the internet so that people can come learn about your business whenever they want. The primary purposes of a website are to establish credibility, to inform and educate potential customers about your team or your products or services, to direct those potential customers to where they can purchase your products or services, and ultimately to either convert those potential customers into paying customers or to get them to submit their information to you.

In the current day and age, credibility is king. People judge a book by its cover and first impressions are crucial. Whether we like it or not, the first thing people see is the first thing that they're going to react to. Within three to five seconds, people typically decide whether they're going to do business with you. A very important question to ponder as a business owner is "what does your book cover look like?"

We've seen that statistically speaking, 70-80 percent of consumers research a company online before making their first purchase with them. When someone researches you online, what if they don't like what they see? What if they've seen something negative that is either on another website, or a review board like Yelp or Angie's List, or what if they don't see any-

thing at all? Are they going to assume that you're just not legit? Or that you've closed or gone out of business, or that you don't exist? Or, maybe worst case, that you're a scam? What if they can't validate that you do what you say you do?

What if you're a plumber and somebody - maybe one of your networking partners - referred somebody to you to handle a leaky faucet and they don't find a website? They may think that you only do commercial plumbing, or only residential plumbing or maybe you can't fit their needs. People only know what you tell them, so it's very important to have a website out there so that you have some control over what people see when they look for information about you or your business.

A website allows you to establish credibility and to demonstrate that you're an expert in the field. It also gives you an opportunity to show your work. No matter what kind of business you're in, it's very, very important to show that you have experience in what you do. A picture is always worth a thousand words and a video is worth even more. Through a well-designed website, you can show your customers what you do and how you do it, help them understand how your business works, how your service or your product works, and how that's going to benefit them.

A website also helps you to establish customer expectations.



We've all dealt with unrealistic customer expectations when it comes to our products or services, so it's a good idea to grease the wheels and give them an idea of what they should expect before they reach out to you.

When people visit your site, you get to control what they see using your own language, your imagery and your ideas, instead of whatever they may find elsewhere. There may be disinformation on other sites, posts or articles about you. People may be misinformed about you, or they may even have a negative opinion of you based on something they heard, so it's very, very important for you to control your own destiny when they get to your site and they're learning a bit more about you.

It's also very important to have a professional email attached to your website. If you go to our website, it's x8it.net or x8webdesign.com or x8marketing.com – they all forward in. We have professional email established to our team's addresses so that people know that they're getting an official email from a professional associated with our business.

Your website acts as a home base and a foundation for all your marketing efforts, both online and offline. If you're passing out business cards or speaking with customers directly, it's great to have

a home base that you can always send people back to so they can gather more information, see some examples, or interact with your business in some other way. If you have any questions about websites, please feel free to reach out at ross@x8it.net.





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#### Ka-Boom!

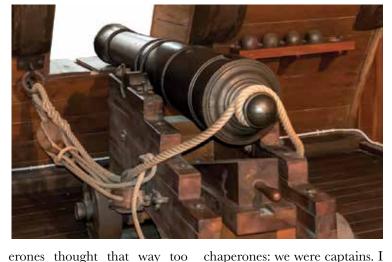
By Rick Moore

Many years ago, I was asked to drive the bus for a field trip from Mobile, Alabama to Navarre Beach, Florida. We were going to eat an early lunch on the beach, go to the zoo, and then have the students back home by the time the sun went down. There were twenty-five students and five chaperones including myself. The two-hour drive was uneventful. We were almost to the top of the Navarre Beach Causeway Bridge when we heard a loud "Ka-Boom" that shook the whole bus. I stopped the bus at the very top of the bridge so we would not slide forwards or backwards, and then applied the emergency brakes. After a few moments of watching smoke billowing out, we raised the hood to discover

a piston hanging outside of the engine: we had blown a head gasket. This was about as bad as it gets. One of the chaperones called the school and asked for them to send another bus and a huge wrecker to tow the broken down vehicle back to Mobile. They told us it would be three hours before they could meet us.

Since we could see the Gulf waters from where we were, I suggested letting the students walk down the bridge to the beach, but a couple of the chap-





erones thought that way too dangerous. So there we were: twenty-five students on a hot day, stuck in a bus on top of a bridge with no air conditioning. This was not what I signed up for. One of the chaperones started asking me if I had been watching the oil gauge, implying it was my fault the engine blew up. Another chaperone began calculating how much this was going to cost the school. Traffic was backed up for miles with angry tourists honking their horns. When one student asked to go to the bathroom, six others said they had to go as well. This was not my idea of fun. We all know the saying, "When life hands you a lemon, just make lemonade." That sounds nice, but it's no fun when you are the lemon and you are getting the life squeezed out of you. We needed something to change the atmosphere.

As soon as a police officer came to relieve me from directing traffic, I went back inside the bus and asked the chaperones and students for their attention. I informed them they were no longer on a school bus. They were now traveling on the flying ship known as the "SS Navarre." The students were no longer classmates. They were now shipmates. We were no longer

informed them the "Ka-Boom" heard earlier was a cannonball that struck the front of our flying ship. We then taught the shipmates to say Navarre like good pirates do: "Na-vaRRRR..." We played Hide the Treasure which was just an adaptation of Hide the Biscuit, a game I had learned to play with a chalk eraser in the fourth grade. We put a twist to the popular game hangman, and called it Walk the Plank. We even played Pass The Cannonball where students put a tennis ball under their chin and passed the "cannonball" to the person next to them without using their hands. Before we knew it, three hours had gone by and a new bus was there to pick us up in time to eat lunch at the beach, and still make it to the zoo. A week later, one of the parents told me their daughter didn't mention anything about the beach or the zoo, but she wouldn't stop talking about the "SS Navarre."

Sooer or later, life goes "Ka-Boom" for everyone in one way or another. When it does, rise to the occasion and change the atmosphere.

Rick Moore is Communications Pastor at Destiny Worship Center.

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## A Pastor's Ponderings: God's Purpose and Plan



By Pastor Doug Stauffer

Over my four decades in the ministry, one of the most frequently asked questions revolves around the purpose of life and how to recognize the will of God. I always point out one truth first: God made us in His own image, intending for us to spend eternity with Him in heaven. Unfortunately, sin severed that relationship. To accomplish God's desired reconciliation with His creation, He sent His Son to earth to take upon Himself the form of a man. "For the Son of man is come to seek and to save that which was lost" (Luke 19:10). Humanity's lost relationship found a means of restoration.

Jesus Christ became a man to be the sacrificial Lamb slain for sin. His life and death recovered all that was lost-from Adam and Eve (in the Garden) throughout eternity. The Bible describes the sheer joy in heaven when one person comes to know the saving grace found only in Jesus Christ. "Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth" (Luke 15:10). With that foundation, consider three indisputable factors:

- 1. God wills for everyone to come to a saving knowledge of Him. "The Lord ... is long suffering to us-ward, not willing that any should perish, but that all should come to repentance" (2 Peter 3:9). God has a purpose and a plan for every person born into the world, and His desire is for all people to spend eternity with Him. Unfortunately, the Bible also mentions "the course of this world," leading people in the opposite direction. Every life has a specific course that God wants to be followed. No two courses are identical, and each has its rewards and challenges.
- 2. God created us to have a personal relationship with Him. "Even every one that is called by my name: for I have created him for my glory, I have formed

him; yea, I have made him" (Isaiah 43:7). Have you ever thought about your life's direction and course? The Bible has much to say about it. The right course is described as a fight, a war and a race with hindrances and prizes for winning and finishing. The Bible tells of a man named John who finished his course and Paul who finished his course. Paul considered finishing his course more important than life itself.

3. The purpose of life is to please God. "Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created" (Revelation 4:11). Those



that grasp this last truth are most blessed. God created each person for His pleasure. Those who find out what pleases God find their purpose for being on this big round ball we call earth.

Lastly, consider that all the good guys in the movies always have an archnemesis. This plot comes from the Bible as it contrasts the thief with the Saviour. "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly" (John 10:10). Jesus lived and died so that we could live the abundant life. The Devil comes to steal your joy and peace by destroying your relationship.

Some of the greatest Christians I have ever met understood that we are in a battle for the souls and minds of humanity. I am not talking about religion, but relationship.

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

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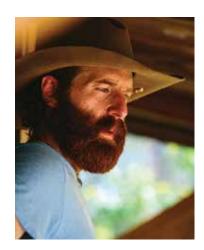
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#### Sean of the South



By Sean Dietrich

These aren't my stories, but I'm going to tell them.

Let's call her Dana. Dana was going for a walk near her home. It was a dirt road. Her high-school reunion was coming up, she was getting into shape.

A truck pulled beside her. He slowed down. He rolled his window open, he asked if she needed a ride.

Something was wrong. It was the way he looked at her.

Before she knew it, he'd jumped out of the vehicle. She tried to get away. He overpowered her and threw her into a ditch.

She landed a few good hits to his face, but he outweighed her.

He used a pocketknife. He pressed it against her. She screamed something. She doesn't remember which words



she used, but she aimed them toward heaven.

Something happened.

His body froze. Completely. He was like a statue, only meaner. She wanted to run, but she was too scared.

That's when she saw another man standing above her attacker. He was tall, with a calm face.

"It's gonna be okay, Dana," the tall man said. "Go on home, sweetie, everything's gonna be okay."

Here's another:

Jim was dying. A seventy-something Vietnam veteran with high morals, pancreatic cancer, and a two-packs-a-day habit.

Doctors said his cancer would kill him.

Treatments were hell. Jim met a man in the VA hospital. A homeless man with a duffle bag. A fellow vet.

They shared a few cigarettes. They swapped stories. They understood each other. Jim invited the man home.

The man stayed in Jim's guest room. He stayed for several months.

He became Jim's caregiver. He wiped Jim's mouth after episodes of vomiting, he stayed up late during sleepless nights, he helped Jim bathe. He'd pat Jim's back when nausea got bad, saying, "It's gonna be alright."

And he was there on Jim's final day, too. He waited in the den while Jim's family gathered around his bed. When the ambulance arrived, he hoisted Jim into it.

Nobody ever saw the man again.

And I'm not done yet.

Carrie was a nursing student. She was on her way home for Christmas break. Her children were in the car. They were singing with the radio.

She hit a deer. An eightpoint. It shattered her windshield. Think: antlers, screeching, crashing, screaming. She blacked out.

She woke to the smell of gas-

oline. Her children were crying. She was bleeding.

A man appeared at her window. "It's gonna be okay, sweetie," he said.

He muscled her door open. He helped her out of the car, he carried her children to safety.

Only moments after they fled the vehicle, it caught fire and turned to soot.

The man didn't stick around. So anyway, I don't know what you think about the nature of life. I don't know how you feel about miracles. And I don't

Because I know you—sort of. You're human. Sometimes you feel like you're losing. Sometimes you feel overlooked and alone. Sometimes you talk to the sky and hope it will answer you. Sometimes you wonder if you're going to make it.

I've spent this entire morning reading letters. They are stories sent to me from people who have seen things bigger than themselves.

It changed the way they see the world. It changed the way they think, even in hellish moments. And they have a message for you. It's the same message that was delivered to them when they needed it most.

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## Alaqua News

By Mary Chris Murray

#### **Alaqua Releases New Episodes for "Laurie Hood's Difference Makers**" Podcast Series

The podcast series "Laurie Hood's Difference Makers," now in season two, is hosted by Alaqua Founder Laurie Hood, and celebrates the work of advocates from around the worldthe "difference makers" who have dedicated their lives to animal protection and safety while going to extraordinary measures to help all types of animals and their overall well-being.

Season 2 includes two of the world's most compelling animal advocates, Temple Grandin and Peter Knights-both of whom sit down personally with Laurie and share tales of triumphs and setbacks, discuss how they got started advocating for animals, and inspire viewers to join their movement. By interviewing these amazing individuals, and sharing their stories and videos of their work, Laurie hopes to rally all animal lovers to create much needed and lasting change in our

Laurie and Temple Grandin, world famous author and speaker on both autism and animal behavior, discusses Dr. Grandin's amazing life story and accomplishments. The Colorado State University professor of animal sciences and renowned animal behaviorist and autism activist still writes, teaches, speaks, and consults on a regular basis. A true American icon having been included in Time magazine's list of 100 most influential people in the world, Temple Grandin continues to be a "difference maker." Grandin, in her four-part inter-





view with Laurie, shares insights into her life including being an unlikely hero to America's cattle industry; the beauty of visual thinking; breaking barriers beyond autism; and the HBO fivetime Emmy award winning film about her that was portrayed by Claire Danes.

Peter Knights is one of the biggest names in wildlife conservation and advocacy. As founder and president of WildAid, he may be the most influential "difference maker" of our time. In Laurie's two-part interview, Knights describes how he began his life's work as a wildlife trafficking investigator and ultimately founded WildAid, the global leader in the concept of demand reduction—which vigorously combats the illegal wildlife trade, a multi-billion-dollar



global industry largely driven by consumer demand. Knights has attracted A-list ambassadors to join him and help spread WildAid's message throughout the world. Celebrities include Danai Gurira, Yao Ming, High Royal Highness Prince William, Lupita Nyong'o, David Beckham, Leonardo DiCaprio, Jackie Chan, Sir Richard Branson, and Maggie Q. Working with these ambassadors, Knights has raised millions of dollars of free advertising to lower the demand for animal products by asking worldwide audiences to embrace the message: "When the buying stops, the killing can too."

The video podcast series is available on the "Laurie Hood's Difference Makers' YouTube channel as well as all major podcast sites, including Apple, Spotify, and Google. New episodes started airing July 14, 2022. Visit www.Alaqua.org/podcast.

#### **Nine Horses Removed** from Cruelty Situation

Alaqua Animal Refuge, in conjunction with the Panhandle Animal Welfare Society (PAWS), removed a total of nine horses from a residence in Holt, Florida, recently resulting in an open investigation for abuse and neglect.

"I have been doing this work a long time and when the initial horse arrived, my heart sank. It was heartbreaking how he had suffered and our efforts to get him out of the trailer took hours because he could not stand up. He had such a will to survive, but his body was just too weak," stated Laurie Hood, Alaqua Founder. "There is just no excuse for an animal to ever get to this point."

"Horses are not easy animals to take care of. They have more requirements than your average



dog or cat and it's a 24/7 job. It can be overwhelming, but it should never get to the state we found these horses in. Our local horse community is amazing and will always offer help if they are just asked," said Danielle La-Marre, Alaqua's Large Animal Veterinary Technician.

The horses are now recovering in Alaqua's pasture and are being closely monitored under the watchful eyes of their medical team. The addition of these nine horses puts the number of equine animals in Alaqua's care up to 41, creating additional challenges when the Refuge operates at full capacity all the time. Rescuing and caring for cruelty cases such as these to get the animals healthy again puts a financial strain on the Refuge. In the end, however, it is worth it to save at least one life, not to mention

To contribute to the care of these horses, go to www.bit.ly/ Alaqua-SAFC.



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## Studio 237 Music Lessons: Benefits of Music Lessons

With a packed schedule, it can be difficult to decide whether to add music lessons into your kid's weekly activities. If you're on the fence about signing them up for lessons on piano, guitar, ukulele, singing, or perhaps something else, take note of the unique benefits provided by music lessons which other disciplines just can't provide.

#### Good for Brain Development

It's long been said that music makes you smarter. A famous study by E. Glenn Schellenberg in 2004 found that taking weekly music lessons led to small increases in IQ in first-graders, while non-musical activities did not. Schellenberg provided nine months of weekly piano and voice lessons to small groups of six-year-olds with a second set taking drama lessons and a third with no lessons at all. Children taking music lessons over the school year surprisingly scored an average of three IQ points higher than the others.

There is also a strong link between music and language processing abilities. Researchers at Northwestern University found that language skills like auditory working memory and the ability to learn sound patterns were strengthened by music lessons. Children taking music lessons performed better in reading ability tests when compared with children taking painting or other visual arts lessons.

#### **Academic Success**

Musical training is also excellent for improving spatial-temporal skills (meaning visualization, creativity, and problem solving). A study at the University of Kansas found that elementary schools with better music education scored around 20% higher in English and math standardized tests compared to schools with low-quality music programs. The study does show a strong connection between music lessons leading to better grades.

Better visualization and problem-solving can transfer over to a well-rounded range of subject areas and careers such as math, art, computing, designing and engineering. In the long-term,



children who participate in music training are also more optimistic about their futures, and are about 15 percent more likely to aim to attend higher education.

#### **Creativity and Enjoyment**

It's great to think about how music lessons can improve your child's learning and cognitive abilities, but by far the greatest benefit of music is being musical itself. Creativity is difficult to measure from a scientific perspective, but anyone who participates in a creative subject will tell you about the positive effect it has on personal expression, happiness, and self-confidence. According to the University of Texas, taking music lessons gives children a fantastic boost in their self-esteem and motivation, which can lead to better study habits and a sense of pride in their musical accomplishments.

#### Which Instrument to Choose?

Ultimately, there is no one instrument more beneficial than

any other. The choice can depend on a few factors, for example:

- Are they excited about the instrument?
- Does it match the style of music they like?
- Have they seen other people performing on the instruments?

If you're not sure, it's hard to go wrong with popular choices like piano, guitar, ukulele, drums, or voice. To help you make a choice, visit our studio, listen to and try some instruments. One of our teachers can help you discover an instrument that best fits you. Call Ray and Lisa Cyr at 850.231.3199. Located in Santa Rosa Beach, FL. www. Studio237Music.com.







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Arts & Music

#### **Local Author Bookshelf**

## Artful Things Has a New and Very Interesting Book to Share!

By Rip Coleman, Bluewater Bay Resident and Husband of Sandra DeLozier Coleman

Come and browse Mathematician with the Soul of a Poet by Sandra DeLozier Coleman, who taught here before she moved and taught at the University of Connecticut for 15 years. Some of you may have been in her classes at OWCC from 1993 to 1998.

The story of her 25-year effort to translate the poems and plays of Russian mathemati-

cian, Sofia Kovalevskaya, is a delight to read. She began her translations long before software tools commonly used today had been developed. At the time, she knew no Russian, not even the sounds or order of the letters in the Russian alphabet, but she was determined to learn as much as she needed to know to be able to translate the poems and plays. Readers will enjoy engaging stories about her early efforts, including her search for friends who spoke Russian, her



travels to many countries where

Kovalevskaya lived or visited, and the highs and lows of participating in a Russian math conference.

The book includes nine very unusual poems and two very romantic plays written by the first woman to earn a PhD in mathematics. There is no math involved in the plots except in the background idea that the writer had in mind – the idea that very slight differences in personalities can totally change the choices people make in life -- so that two

plays with nearly identical characters have surprisingly different endings.

Sandy loves to tell stories about Sofia Kovalevskaya's fascinating life. She has can be contacted about presentations to book club groups at SDColeman@aol.com.

Sandra DeLozier Coleman has another book coming out soon! Be on the lookout for Swirling Symmetry, a book of thoughts and images in soul-soothing pattern.

## Northwest Florida Ballet Announces 22/23 Season

The Northwest Florida Ballet 53rd season kicks off with The Ugly Duckling, performed by Lightwire Theater, Saturday, Oct. 1, at 7:30 p.m. in Grand Boulevard at Sandestin's Grand Park. This audience favorite brings a classic tale to the modern stage in an unforgettable theatrical experience. Lined with electroluminescent wire,

the beloved story of The Ugly Duckling plays out on stage through a cutting-edge blend of puppetry, technology and dance. With dazzling visuals, poignant choreography and the creative use of music ranging from classical to pop, this free outdoor production brings this story into a new and brilliant light. Lightwire Theater has

been featured as semi-finalists on NBC's America's Got Talent and won Tru TV's Fake Off.

Season subscriptions will be available beginning Tuesday, Aug. 30, and include tickets to The Nutcracker and Peter Pan for \$76 per adult and \$35 per child (12 and under), a savings of more than 15 percent compared to box office prices. Patrons are also eligible to purchase tickets to the VIP parties for \$25 each and receive a 10 percent discount for additional performance tickets when buying a season subscription.

Visit www.NFBallet.org and NFB's Facebook page for full season performance dates, subscription packages and individual ticket sales announcements. NFB is sponsored in part by the



State of Florida, Department of State, Division of Arts and Cul-

ture and the Florida Council on Arts and Culture.







### **Area Art Classes**

#### **Artful Things Niceville**

Visit www.artfulthingsniceville.com for the most up to date schedule. Call the gallery at 850-729-2600 to reserve seating for the following workshops:

#### **September**

2—Intro to Knitting Part 1 with Eliza Scalia. 3 - 4:30 pm. In part 1 of Eliza Scalia's Intro to Knitting, she will be teaching how to begin a knitting project, including the very basics of how to knit. This class will conclude with part 2 on September 9. Bring own materials, including needles size #10 or #12 and chunky yarn. \$47.50 for BOTH classes. Reserve at

850-729-2600.

3—Pop-up Shop with Beth McCurdy. 10 am - 3 pm. Join 30-A jewelry artist Beth McCurdy as she showcases her Gulf-inspired hand-crafted pieces utilizing shells, sand, epoxy, and various other embellishments

3—Encaustic Scenes with



Corina Zalace. 10:30 am - 12:30 pm. In the last opportunity of the year to experience encaustic wax artwork with instructor Corina Zalace, learn to explore working with a hot iron and stylus to create 4-5 Colored wax pictures (plus envelopes) of local scenes. Seating limited to 5, with no art experience necessary. \$47.50 Supplies included. Register at 850-720-2600.

9—Intro to Knitting Part 2 with Eliza Scalia. 3:00-4:30 pm. In part 2, Eliza teaches how to finish a knitting project correctly. Return with project from previous class and own materials, including needles size #10 or #12 and chunky yarn. \$47.50 for BOTH classes. Register at 850-720-2600.

10—Oil Florals the Impressionist Way with Jeanette Herron. 10:30 - 1:30 pm. Artists with some experience working in oils learn to paint like the masters with award winning artist Jeanette Herron, one of

Artful Things Niceville's featured gallery artists. \$37.50 with own supplies, \$75.00. Supplies included. Register at 850-729-2600.

17—Acrylic Pour with Debi Profeta. 10:30-2:30. Popular Instructing Artist Debi Profeta returns to teach the "sunflower swipe" on two

10x20 gallery wrapped canvases. \$77.50 Supplies included. Call 850-720-2600.

24—Intro to the Italic Hand with Elia Saxer. 10:30 - 1:30 pm. Artist and calligrapher Elia Saxer teaches the basic letter forms of the Italic Hand and how to write using a calligraphy pen. Students leave with a frameable piece of calligraphy artwork using a favorite quotation! \$65. Supplies included. Register at 850-729-2600.

24—Andi Scurto reading The Accidental Adventure of Mattie the Giraffe. 11 am start time. Free to the public! Children of all ages are welcome

#### **Ongoing Classes:**

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

Theresia Mcinnis – Watercolor Techniques. Tuesday afternoons 12:45-3:45pm. \$27.50 plus supplies. www. TheresiaMcInnis.com. Email theresiamcinnis@gmail.com to register.

Charlotte Arnold – Open Studio with Live Model. Wednesday mornings 10:30am-1:30pm. 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 starts Wednesday, August 17. Wednesday afternoons
3:30- 4:30pm. \$15. Bring a
sketchbook and pencil. Learn to
draw your favorite anime characters. Sign up at gallery: 850729-2600

Sheila Mahony - One-Stroke Basics—Thursday mornings. 10:30 am- 12:30 pm. \$37.50. Certain supplies required to be purchased from instructor, at a discount from retail. Further info or sign up 850-687-8288.





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Arts & Music

#### **October Preview:**

**10/1/22 Clay Pumpkins!** with Marcy Eady. 10:30-12:30. \$37.50

10/8/22 One-Stroke PUMPKINS with Sheila Mahony. 10:30-2:30 \$37.50 supplies included.

10/15 Kids' Halloween Accessories with Marla Armstrong. 10:30-12:30. \$42.50

**10/22** The Illuminated Letter with Elia Saxer. 10:30-1:30. \$75

**10/29/22** Halloween Lino Cut with Chris Mc-Loone. 10:30-1:30. \$55

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#### **August**

**26—Glass Art Family Tree.** Come and make a 12x12 glass tree on board or an 9x11 glass window. \$96.30

**Aug 30—SWITCHES** (**HKC**). We are doing a SE-MESTER of Power Play! To-day is constructing SWITCH-ES. \$19.79

**Aug 31—Rainy Day Necklace.** Come make this GORGEOUS Leather & Pearl necklace, have dinne r& drinks, too. \$77.93

#### **September**

1—Paint Pour w/ JoJo. Part art - Part science - 100% FUN! Creative abstract at it's best! \$37.62

2-Glass Art Open Stu-

**dio.** PUMPKIN PATCH TIME!!! Come and make a cute glass design with Ang! \$26.62

6—POLARITY (HKC).
SEMESTER of ELECTRONICS. This week we're experimenting with POLARITY. \$19.79

**8—Word Board Glass Art.** What is YOUR WORD? \$58.85

BOOK CLASSES at bigorangehousedesigns.com

Want to book a PRIVATE TABLE in a class or host a PARTY? Contact JoJo AT 334-320-6658 or bigorangehousedesigns@gmail.com.

bigorangehousedesigns.com (850) 737-6193 4652 Hwy. 20E, Pineapple Plaza, Bluewater Bay in Niceville



## **Local Coupons**

#### BROZINNI PIZZERIA

## **BUY 2 PASTAS, RECEIVE ANOTHER PASTA FREE**

ONE COLIPON PER VISIT

Offer expires 9/30/22 850-678-7778 • 144 Palm Blvd N., Niceville www.brozinnispizza.com

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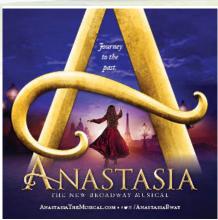
# \$50 OFF DUCT CLEANING

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# MATTIE KELLY ARTS CENTER

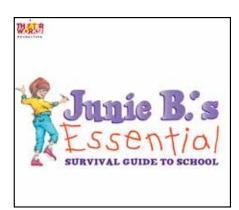
**2022-2023** SEASON

NORTHWEST FLORIDA STATE COLLEGE



**Anastasia** 

December 1, 2022



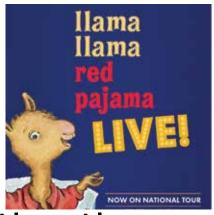
**Junie B. Jones** February 13, 2023



On Your Feet March 30, 2023



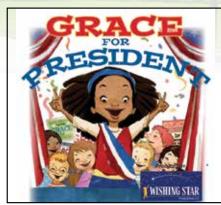
**Legally Blonde** January 11, 2023



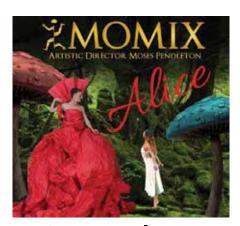
**Llama Llama Red Pajama**February 28, 2023



Madagascar April 27, 2023



**Grace for President** January 23, 2023



MOMIX Alice March 4, 2023



**Kathleen Madigan Live** April 29, 2023



Go to **MattieKellyArtsCenter.org** or call the Box Office at **850.729.6000** for tickets.

