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# 27th Annual MKAF Festival of the Arts Celebrates Art, Music, Food and Fun

By Zandra Wolfgram

How do you frame up a festive, fall weekend on the Emerald Coast? Come take part in Mattie Kelly Arts Foundation's 27th annual Festival of the Arts.

With dozens of artists taking part, this year's free event, set for Saturday, Oct. 29 and Sunday, Oct. 30 at the scenic MKAF Cultural Arts Village in Destin, again promises to be a true celebration of art, music, food and fun.

One of the Southeast's premier art festivals, the two-day signature event features exhibits of more than 100 artists venturing from 17 states showcasing a diverse palette of artistic styles in a range of different art mediums from oil, watercolor and glass art paintings to clay pottery, ceramics, metal sculpture, mixed media, jewelry art and much more.

Art lovers of all ages can watch artists demonstrating their techniques in their tented booths, browse art from



dozens of emerging new and student artists, and get handson in the interactive Creative Kids station and more.

This year's poster art features Seascape, a lushly layered coastal-inspired acrylic work of award-winning 30A artist Justin Gaffrey, South Walton 2005 artist of the year. As a professional, self-taught, artist since 2001, Gaffrey draws inspiration from

nature, human nature and life experiences.

Beyond the visual arts, the Festival will feature two days of continual live music and a sampling of the local culinary arts scene. Entertaining street performers, art-themed photo opportunities, lively art drawings and the sale of colorful keepsake souvenirs — all create a family-friendly festival feel.





Esteemed judges will award \$10,000 in artist prizes in the juried and collaborative art categories. On Saturday, Festivalgoers are invited to vote for the "People's Choice" Artist Award by casting a ballot located at the Main Festival Entrance.

One must-not-miss feature

### ARTS FESTIVAL continued on page 2





By Cali Hlavac

For us locals, it's time to begin getting ready for this year's Fishing Rodeo season—a local tradition since 1948! And each year it gets better and better with several new events in the upcoming lineup.

**New for 2022:** The Extended Voyage Division will get an expan-

**RODEO** continued on page 28





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#### ARTS FESTIVAL

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is the Collaborative Art Exhibit, which showcases the work of both emerging and seasoned artists competing for the McIlroy Awards.

Six sensational local and regional musicians and bands will perform live throughout the weekend on stage at The Dugas Pavilion. The lineup includes The Wavy Winstons, Jones & Company, Tillman & Taff, Now & Then, Roman Street Trio and Casey Kearney.

The Festival celebrates the art of dining, too. Foodies will enjoy samplings of savory cuisine and sweet bites from area restaurants and food trucks along with craft beer and cocktails in the Beer & Wine Garden. Gather with family and friends to enjoy your meal seated at tables al fresco, while taking in the scene and listening to the stellar music line up.

Festival producer Deb Nissley guarantees there will be plenty of "new surprises" to enjoy. As for advice on how best to enjoy the Festival, she says, "Plan to spend the day and come prepared to see a lot of great art, hear great music, enjoy the outdoors and meet talented artists."

The Festival is open to the public and runs Saturday from 9 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. Daily admission is free! Proceeds from MKAF

cultural events help fund ArtsReach MKAF's arts education community Outreach programs serving K-12 students, children and adults with special

needs, and the military community along the Emerald Coast.

For more details follow



MKAF on social media channels and visit MKAF.org.

## Make a Difference with Guardian ad Litem

By MICHELLE RUSCHMAN

One of the greatest gifts you can give to a child is the knowledge they have someone on their side. Carita Smith, Volunteer Recruiter, for the Florida Guardian ad Litem, is on a mission to ensure that local children who find themselves displaced from their homes know there is someone they can still count on to advocate for their best interests. In our area, there should be 136 volunteers. There are currently only 43.

The Guardian ad Litem is made up of a three-pronged system that becomes part of a child's team when a judge rules they need to be sheltered, or removed from the home. One part of Guardian ad Litem is the Case Advocacy Manager, who maintains the level of care from the office and supports the volunteers to ensure they can advocate effectively. These managers are on staff along with the child's Best Interest Attorney to make sure the team is running smoothly. At the center of the trio, is the Volunteer Child Advocate. It is this volunteer who visits the children to make sure their needs are being met. If they find the children are in need they report back to the Case Advocacy Manager and the attorney to see if services can be put in place. They are the thread that connects the child to the judge and all other agencies



that work with the court. Their sole mission is to take care of the child. It is this Volunteer Child Advocate position that Carita is working hard to fill and it is mission-critical.

"We work alongside any agency that's in contact with that child," Carita said." If the child is in foster care, we visit with them at least once a month, but our volunteers usually go more often. We talk to the child, make sure they're getting what they need, and ask how they feel. We want to make sure their innermost person is taken care of.

"We also talk with the foster parent to get a sense of how the child is behaving and what their day looks like," she continued. "If the child has interactions with their parents, we want to know how they responded to the visitation so we can keep an eye out for any triggers. If they're visiting with a parent twice a week for 30 minutes to an hour. how's that child's behavior when they come back? There are a lot of variables that go into a visit like how the visits are maintained and observing how the child feels after these visits. What we observe then becomes information that we provide to the court."

Due to the shortage of volunteers, Case Managers often have to fill the additional role of the Child Advocate Volunteer, which is far from ideal. Carita shares the steps to becoming a

"There's a three-phase training process," she said. "The first phase is talking with me, submitting your application, and having your fingerprints taken at no cost to the volunteer. You must also pass a level two background screening because of the confidentiality that is required and the places you're going to. You're part of the court system and officially taking care of the needs of a child on the state level. Have a clean background.

"Phase two is the classroom portion which is 30 hours, so you do get a lot of training before you get started. Volunteers can choose to do it all online or in two parts by doing the majority online and then coming to a oneday class from 9a.m. to 3:30 p.m.

"Phase three is the most important because it's when you go out and do the work," Carita said. "This is when you're visiting with a child, going to court, seeing how the parents react, and seeing how the judges behave. Just going into court can be scary but when you just observe and start building an understanding of what people are doing, then it becomes easier. You understand that you're just putting down on paper what you observed and passing it on to someone else. You understand your role in the process of helping these children."

So who would make the ideal volunteer?

"Someone who loves children." Carita said. "You have to want to see children get beyond traumatic situations. Children remember what's happened to them so you have to be patient. Be confident in your abilities so you can ask critical questions."

Carita stresses that once someone becomes a volunteer, they have plenty of support from the case manager and attorney on their team. In addition to their immediate team, there are also mentors who have been in the position for multiple years, and events are put together so volunteers can be together and make a connection.

As for community support, Carita asks that you contact her to speak about Guardian ad Litem to your churches, small groups, networking groups, businesses, classrooms, etc. She will talk to any group that can help grow the volunteer base.

If you're interested in talking to Carita about being a Child Advocate Volunteer or would like to book a speaking engagement, call (850) 461-3877 or email carita.smith@gal.fl.gov.

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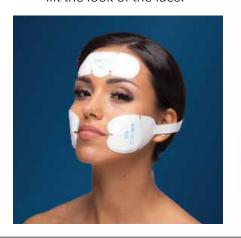
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# Hiring Our Heroes: Military Spouse Fellowship Program

By Lisa Woodrim

Military spouses face unique challenges when it comes to securing employment; one of which is the lack of networking in their local communities. The Military Spouse Fellowship Program (MSFP) answers this need. It is a program of the U.S. Chamber of Commerce Foundation and is a nationwide initiative with eight locations throughout the U.S. to help veterans, transitioning service members and military spouses find meaningful employment. The program connects career-ready military spouses and military caregivers with exceptional professional opportunities.

Fellowships provide military spouses with professional training and hands-on experience in the civilian workforce. At the completion of the program, spouses have expanded their credentials and marketability, providing them with an added edge in an increasingly compet-

itive 21st-century job market. The overall goal is for companies to host fellows and align them with open positions after the fellowship. Since 2015, more than 7,000 people have participated in our programs with more than 500 host companies. Within 90 days of completing the program, 93% of our fellows receive a job offer.

Valerie Camacho, a Hiring our Heroes (HOH) program manager stated, "The top issue I am currently facing is overall program awareness. Many local companies, businesses, and military spouses are unaware of what HOH offers through [MSFP]. Additionally, it is important to educate employers about the value military spouses bring to the workforce.'

The MSFP evolved from the Corporate Fellowship Program which was created for transitioning military members to civilian employment. It was acknowledged that this template



could be utilized for finding employment for military spouses. So, in 2017, a pilot program was launched, finding great success the first year. Most recent statistics from 2021 show 232 fellows over the eight locations with 92% job offer rate. This is a promising trajectory! MSFP has an excellent track record as they have facilitated 600 fellows through this program.

If you have interest in the MSFP, they are hosting a "Military Spouse Networking Reception" on September 29 in collaboration with Career-Source Oka-Walloosa ton at 409 Racetrack Road NE in Fort Walton Beach. This event is targeted to military spouses,

to provide them with an opportunity to network with employers, learn about local resources and align with local job openings. Hiring Our Heroes has reached out to companies that are "military spouse-friendly" and have current job openings. A photographer will be provided to do free headshots to have for your LinkedIn profile, portfolio, etc.

If you cannot attend, visit the website, hiringourheroes.org/ fellowships to complete a brief

"pre-screening" application (to determine eligibility) in the military spouse section. (Minimal eligibility requires applicants to be able to work in the U.S, either an Associate's degree or applicable work experience, current or previous military spouse. Please be aware that if you do not have some of the prerequisites, other programs are available of which you may utilize to fulfill the MSFP prerequisites.)

"As I continue to grow this program in the local area, my goal is to continue collaborating with local companies in providing employment opportunities to our military spouses, as well as informing these same entities of the benefits of hiring a military spouse," said Ms. Camacho. Companies who are interested in being a host company can contact Ms. Camacho at vcamacho@uschamber.com. She will set up a call to discuss the program with you.



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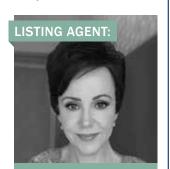
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# Hero and True American Patriot: Rear Admiral Philip Dur

By Doug Stauffer

Rear Adm. Philip Dur was this month's speaker at The Fort Walton Yacht Club. Members and guests of the Okaloosa County Republican Club sat enthralled by his speech and the depth of knowledge, which covered a wide range of historical subjects and contemporary insights. He mentioned feeling at home among a group of like-minded patriotic Americans.

He applauded all those who served during the Cold War (1945–1991), the last war that America won. His speech was peppered with insights into the past, but his primary focus was on the dangerous future we face.

Philip Dur was born to a diplomat and spent most of his early years overseas. He was educated in the United States, earning undergraduate degrees in international studies followed by a Ph.D. from Harvard. As a 33-year-old commander in the United States Navy, he briefed President Ronald Reagan every day for 30 minutes for months. He thought of the president as a genuine American, brave with love for this country and its people that knew no bounds. He believes this country needs such a leader with Reagan's stature to take us through the troubled times ahead.

He served our nation and the Navy for 30 years at the height of the Cold War and in its aftermath as the Navy struggled to redefine itself in the post-So-



viet era world. Dur's career as a surface warfare officer — with a specialization in national policy — took him through a series of exceptional assignments ashore and afloat, where he was both a witness to history — and had a hand in shaping its course.

Dur provided a front-row seat to some of the pivotal events in our nation's history, from the Israeli attack on the USS Liberty during the Arab-Israeli War in 1967 to the high-stakes diplomacy as an adviser to President Reagan during the Beirut Crisis of 1983. He was also a participant in the last great act of the Cold War with the Black Sea bumping incident between a Soviet frigate and the ship Dur

was commanding — the USS Yorktown.

As a flag officer, he was the chief architect of the Navy's strategy. Admiral Dur's story provides a concise description of the Navy's role in the Cold War from the 1960s to its end with the fall of the Soviet Union. His seat at the table during most of the critical events of that period offers an insightful perspective of policy formation and execution. His insights are vital to understanding how the United States dealt with the complex issues in maintaining a fragile peace with the Soviet Union, which is again headline news.

Dur is a highly decorated military officer, including the



Defense Distinguished Service Medal, the Navy Distinguished Service Medal, the Defense Superior Service Medal and many others. Some people in the audience are old enough to remember the headlines of numerous events from the Cold War era, but Dur offered "The Rest of the Story." He stressed understanding the importance of freedom of choice and limits of government, and the limits of governance.

He stressed that the most critical role of government is the defense of the American people. It is a defense against foreign and internal threats — crimes against persons and property rampant in this coun-

try today. It is essential to focus on the uncertainty and dangerous future ahead. We live in a far more dangerous situation than the one inherited at the end of World War II.

As someone completely unfamiliar with the workings of the Navy, his commanding two great warships — a destroyer and a cruiser—was mind-boggling and fascinating. His stories caused his audience to sit on the edge of their seats, wanting more. His book "Between Land and Sea" is remarkable. A true American hero that I am blessed to call a friend.









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# Well-Earned Honor for Julie Porterfield at Niceville Children's Advocacy Center

By Kay Phelan

Emerald Coast Children's Advocacy (ECCAC) CEO Julie Porterfield was recently surprised with a note-worthy honor to recognize her years of loyal service. At an ECCAC Board of Directors meeting last month, President Janet Parker announced that as a result of



Julie's 23+ years of dedication, founding and running ECCAC, the Board unanimously approved that the Niceville Center will be re-named "Julie Sacco Porterfield Children's Advocacy Center."

Julie's response to the surprise Center naming announcement was, "I am still in awe... and incredibly humbled to be honored in such an "honoring" way. I give the glory to God. He certainly has given me the grace, wisdom, and discernment to do my very best to make lives better for children. You all have given me the incredible gift of leaving a legacy for my family, especially my son."

By now, most everyone knows that over the summer, the Niceville Center experienced a fire and then significant water damage from the sprinkler system. Since that time, the entire building has been vacated and completely emptied so the Center can rebuild, restore and redecorate.

When this project is completed in the near future, there will be an official dedication ceremony to not only honor Julie Porterfield with the Center's new name, but also to recognize her for the extraordinary leadership she has consistently shown over the past 23 years," said Janet.

As many know, ECCAC's two centers don't house chil-

dren, but they are set up with a multidisciplinary team of child protection personnel, prosecutors, law enforcement, DCF, therapists, as well as ECCAC staff and volunteers to provide

services at no cost to the children in a child-friendly environment. Though the Niceville Center is temporarily closed, ECCAC operations are not. The kids are still being served

at temporary locations, as well as the Pierce Family Center in DeFuniak Springs. In ECCAC's 23-year history, over 15,000 children have received more than 170,000 services at no cost.

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



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Please join us for a **free** two-day fun and inspiring speaking engagement with Chris Hasegawa, PhD. He is a retired Dean of Extended Education and International Programs at Cal State Monterey Bay. His doctorate focuses on how to explain complex scientific concepts to people who don't have extensive scientific backgrounds. Chris was also a professional jazz musician and is currently the President of the Monterey Peninsula Choral Society.

### Tuesday, October 25: The Beatles, Temptations and Beach Boys: Leaders of a Musical Revolution

Chris will show clear evidence that these three groups influenced each other and ultimately all of popular music. Chris will show the historical, developmental, and musical intersections of these three legendary bands.

#### Wednesday, October 26: Your Aging Brain

Chris will take a non-technical look at what happens in your brain as you age. He will present how the brain works and how those processes change over time as evidenced by brain scans and the newest thinking about how the brain works.







# Bay Buzz Events

### Baytowne Beer Fest Oct. 7 and 8

The Village of Baytowne Wharf at Sandestin plans the 14th Annual Baytowne Wharf Beer Fest Oct. 7-8. American specialty beers from throughout the nation will be available

for participants to sample. The main event on Saturday, Oct. 8, will feature more than 200 domestic and international craft beers available for sampling. Brewery representatives will be available at the event, offering an opportunity to learn about





the different types of lagers and ales from a variety of styles, and live music will be featured during the festival.

On Friday, Oct. 7, Beer From Around Here, 6-8 p.m., Baytowne Wharf Events Plaza, will feature local breweries in a more intimate night of learning about craft beer culture.\$55 general admission; \$65 the day of the event if not sold out. Tickets include admission to Friday night's event from 6-8 p.m. only.

Saturday, Oct. 8, Grand Craft Beer Tasting, 2-5 p.m., Baytowne Wharf Events Plaza, featuring more than 50 breweries, offering nearly 200 domestic and international craft beers for sampling. Ticket holders will be provided a Baytowne Wharf Beer Fest tasting glass for sampling and live music from 2-5 p.m.

Tickets: Baytownbeerfest.com.

#### **BrunchFest Oct. 9**

The second annual Brunch-Fest will be held at Seville Quar-

ter in Downtown Pensacola Sunday, Oct. 9, 11 a.m.-2 p.m., benefiting the Boys & Girls Clubs of the Emerald Coast. Competing teams will provide samples to attendees and judges to battle it out for the Best Brunch in Town. Proceeds 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. Those interested in competing as a cook team, volunteering and sponsoring, email hello@francesrov.com.

### Night Hike at Biofilia Center Oct. 14

The E.O. Wilson Biophilia Center will hold its annual Night Hike Friday, Oct. 14, 6-9 p.m. No spooks – just educational fun on the trails to Camp Longleaf for S'mores and concession treats. Adults \$8; kids \$5; members free. (850) 835-4824.

### Freeport Mayor's Ball Oct. 15

The Annual Freeport Mayor's Ball will be held Oct. 15, 6-10 p.m. at the Hammock Bay Lake Club to benefit Freeport families. Presenting sponsor Eglin Federal Credit Union will kick off the festivities. 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 and cash raffle drawing. To purchase your tickets, visit www.freeportmayorsball.com.

### **Bloody Mary Festival Oct. 22**

The Market Shops will hold its seventh annual Bloody Mary Festival benefiting Habitat for Humanity – Walton County



Saturday, Oct. 22. Over the past six years, the event has raised more than \$80,000 for local charities. The event, powered by Step One Automotive Group, will feature unlimited tastes of South Walton's most creative and innovative bloody marys, made with Distillery 98's Dune Laker Vodka, and served by the finest restaurants and bars on the Emerald Coast. For a \$60 admission, guests are invited from 11 a.m.- 2 p.m. to enjoy as many as 20 of South Walton's most coveted bloody marys. Restaurants will compete for the 2022 title of "Best Bloody Mary in South Walton." Visit  $850\mathrm{Tix}$ for the pre-sale price of \$60 or they can be purchased the day of the event at the door for \$75. For more information or to purchase tickets, visit www.themarketshops.com.

# Harvest Wine & Food Festival Oct. 13-16

Destin Charity Wine Auction Foundation (DCWAF) will hold the Harvest Wine & Food Festival in South Walton Oct. 13-16. Tickets to all 2022 festival events are on sale at HarvestWineand-Food.com. Proceeds benefit DCWAF's mission of helping children in need in Northwest Florida. DCWAF supports 17 children's charities working to tackle homelessness, food insecurity, medical care and more in the local community.

### **Barktoberfest Oct. 27**

Dog-Harmony presents the 7th Annual Barktoberfest, a canine trick-or-treating event, at Grand Park in Grand Boulevard at Sandestin Thursday, Oct. 27, 4:30-6:30 p.m. Complete with libations, light bites sponsored by JC's Gourmet, spooky tunes, raffle prizes and a silent auction,

Continued on page 10





# Rise, Shine and Soar at Ms. Senior World!

By Lori Leath Smith

An area local is headed to Biloxi this fall to continue her love for pageantry at age 60 something. Gina Maus, a former Miss Alabama finalist, TV personality and Pontiac spokesperson, is preparing to compete for Ms. Senior World Nov. 12.

With mentoring as her platform, she wants to share her life experiences and wisdom with others. "When you get to your 60s, you have been through the fire - deaths, losing a job, financial turmoil, relationship drama, children, grandchildren, blended families, health crises, etc.," she says. "If we can't share some of our wisdom with others, then why are we still here? Through working with the new local chapter of 'Emerald Coast Dress for Success' I have been told, 'People don't care how much you know until they know how much you care."

Gina's interest in pageants began in high school, where she entered the Jr. Miss program (now Distinguished Young Women of America), because of the scholarship opportunities. To her surprise she won! Afterwards, she concentrated on college and played Panhellenic softball.

But when her cousin won Miss Alabama and 1st alternate to Miss America, she was encouraged to also try. "I ended up a finalist three years in a row and performed all over the state with the Miss Alabama Troupe; it was great to serve the state," she says. "The scholarships helped me afford a great education and Miss Alabama taught me how to interview, which gave me an edge as I entered the job market."

Gina and her husband, Charlie, became locals in 2016. "We both had stressful corporate jobs," she says. "After a TV career in Nashville, Gina landed in Cincinnati, working for a Fortune 500 Pharmaceutical



Company, and Charlie worked for a large architecture and engineering company. "We began to talk about having a better quality of life after a brush with cancer and decided to sell everything and move here where we could turn our hobby of home renovation into early retirement," she says.

Once here, Gina was approached to judge local and state pageants. "A friend of mine told me she was competing as Ms. Sr. Alabama in the Ms. Sr. World pageant," says Gina. "So, I went to support her and she won. It was exciting to see women from age 50-79 strut their stuff in evening gowns, sportswear and red-carpet formals. I was surprised by how they seemed more confident than many of the 20-year-olds I had been judging at the state level. Life experience had given them 'something' they didn't have when they were younger and they were eager to share it with others."

That's when Gina decided she wanted to enter the pageant world again and compete in the Ms. Senior World Pageant, bringing women aged 50-79 from throughout the world together to boost confidence, have fun, make new friends and allow mature women an outlet to share platform issues that are important to them - a way to show the world the value senior women bring to serving their communities and states, highlighting their accomplishments.

Gina says no talent is needed in order to com-

pete. "You simply need an interview outfit, an evening gown and sportswear — and prepare for an onstage question which comes from your submitted bio," she says. "There is also a fun hat challenge where each contestant decorates a hat that showcases their home state; an award is given for the most original hat. I won't spoil the surprise, but my hat is OUTRA-GEOUS and so very Florida."

Gina says if she wins, her responsibilities include media interviews and some appearances. The impact on mature women, though, is one of the main reasons she is competing. "I'm really inspired to see ladies posting their weight loss journeys and public appearances on our Facebook group page, for example. It inspires and the women encourage and cheer for each other," she says.

Gina hopes that even those who aren't compelled to compete will still be encouraged to do things that scare them. "Comfort zones are good to a point, but the real fun in life comes from taking a chance—so try a cooking class, do Pilates or really go crazy and enter a senior beauty pageant. The worst thing that could happen is you make some fun new friends, but you might surprise yourself by walking out with a crown and a sense of accomplishment,"

she says. "Never be afraid to try something new...your best days lie ahead of you. When we're young, we're filled with insecurity and uncertainty. It's only by getting older that we realize whatever life throws at us, we'll find a way to handle it. In sharing ourselves with others, we can help them through their struggles. Isn't that what it's all about?"

You can support Gina by sponsoring a page in the pageant program or simply attending the pageant on Nov. 12. A portion of the proceeds go directly to providing hundreds of Bibles to Third World countries.

Are you ready to enter? Apply at www.seniorworldpageants.com/apply by Sept. 15.

For further questions, contact the pageant's Executive Director, Sherry Strother, sherry@seniorworldpageants.com.





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### **BAY BUZZ EVENTS**

continued from page 8

the event features a canine Halloween costume contest. A \$15 admission per dog provides each participant a chance to win prizes for best pet and parent Halloween costumes and professional photographs sponsored by Mills Photo Design. The prize-winning, ghostly duos will be announced at 6:15 p.m. Proceeds benefit Dog-Harmony, a non-profit 501(c)3 dedicated to reducing the shelter dog population through community education.

#### Walk to End Alzheimer's **Emerald Coast Oct. 29**

Register for the 2022 Walk to End Alzheimer's being held Saturday, Oct. 29, at Northwest Florida State College, 100 College Blvd., Niceville. Registra-

tion is at 9 a.m. with ceremony at 10 a.m. Walk to immediately follow. Contact Tina Henson, (618) 292-9583, or thenson@ alz.org, for more information or to sign up.

#### **Seascape Hosts Moon Crush "Harvest Moon"** Oct. 27-29

The beloved Moon Crush music vacation is set to make its return to Miramar Beach, Oct. 27-29, for the Moon Crush "Harvest Moon" installment. Locals may purchase Single or Multi Day Passes for this event. "Harvest Moon" will feature Thursday night with Turnpike Troubadours with special guests to be announced soon, Friday night with Eric Church and Grace Potter and Saturday night with Eric Church and Flatland Cavalry. In addition to weekend packages, local residents can also purchase a single-day pass at www.Topeka.Live. For more information, visit www.topeka. live or text (785) 390-8615.

#### **Batty Fang-tastic** Halloween Oct. 22

Don't be afraid to come out to the Emerald Coast Wildlife Refuge for a Spook-tacular time at the 2nd Annual Batty Fang-tastic Halloween on Oct. 22nd from 4-8 p.m. at 3051 Cloptons Circle (just off Highway 87) in Navarre. Join in costume (or not) for a Boo-licious evening of trick or treating with animal ambassadors, kid-friendly OWL-loween Haunted trail, pumpkin painting, and much more. Food trucks will be on-site to provide all sorts of delicious treats. Learn about our native wildlife while getting treats at the same time.

"All proceeds and donations

from this year's event will help to provide care for our animal ambassadors and rehab patients," said Pascal Robin, ECWR Executive Director. "Annually ECWR cares for over 2000 patients. So, events like this immensely help fund and support our wildlife work and mission." Admission is \$4 per person in costume, \$5 without a costume, and includes activities such as trick or treating with animal ambassadors, while other games, crafts and raffle prizes will be available for \$1 per ticket. So, sharpen your fangs, straighten those wings and fly on over to Emerald Coast Wildlife Refuge for a ghoulish good time while your children learn about the native animals that live so close to all of us every day. We plan to have a devilishly great evening with our guests of all ages.

#### A Night At The Museum Nov. 5

A Night At The Museum will be held Saturday, Nov. 5, 6:30-8:30 p.m., sponsored by Pattison Professional Counseling and Mediation Center, with wine and great food from local eateries. Visit the Heritage Museum of Northwest Florida's website to discover participating restaurants. Explore the museum exhibits and watch local characters come to life to en-



tertain all night long. The focus will be on four characters from Valparaiso's history, John Perrine, James Plew, Addie Lewis and Lula Edge, who come to life for audience participants who move from one staging location to another with food samples and drink. Ellen Sheppard, renowned dulcimer performer, will also entertain during the evening. The evening will include a silent auction to raise money for this nonprofit. Cost is \$55 and \$50 for museum members. Visit heritage-museum.org or call (850) 678-2615 to reserve a spot.

#### Halloween on the **Boulevard Oct. 31**

Families are invited to trick or-treat 4-6 p.m. throughout the Town Center on Halloween where stores and restaurants will pass out candy and other treats to children. Dress up in your favorite costume and fill your bag in a safe pedestrian-friendly place.





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# tappenings Around the Bay

- 01 | Destin Fishing Rodeo
- -31 Weigh-ins daily at AJ's Destin | Destin Harbor
- **Bowling Pin Shoot** 01

10 am | Emerald Coast Indoor Shooting & Sport | Niceville

**Tall Cotton Band Live** 

5 pm | 3rd Planet Brewing | Niceville

Lightwire Theater's The Ugly Duckling 7:30 pm | Grand Boulevard | Miramar Beach

Fall Flix: The Goonies

7:30 pm | Mattie Kelly Arts Foundation | Destin

Godspell

7:30 pm | Emerald Coast Theatre Co. | Grand Blvd

- 02 |
  - 2:30 pm | Emerald Coast Theatre Co. | Grand Blvd Dinner of Dreams

5 pm | Niceville Senior Center | Niceville

- Oils and Acrylics with Rosalyn O'Grady 10 am | Artful Things | Niceville
- 44th Annual Destin Seafood Festival 07
- -09 HarborWalk Village | Destin
- **Emerald Coast Autism Center's Hole In** 07 One Golf Tournament

9 am | Blackstone Golf Course | DeFuniak Springs

Niceville Young Professionals Golf **Tournament** 

9 am | Eglin AFB Golf Course | Niceville

Meg Phillips Live

6 pm | 3rd Planet Brewing | Niceville

**Baytowne Wharf Beer Fest** 

6 pm | Baytowne Wharf Events Plaza

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

> 15 Year Anniversary Celebration 10 am | Laura's Pet & Horse Supply | Niceville

Savor the Sound

2 pm | Mattie Kelly Arts Center | Niceville

**Baytowne Wharf Beer Fest** 

2 pm | Baytowne Wharf Events Plaza

Luke Langford Band Live

6 pm | 3rd Planet Brewing | Niceville

### OCTOBER 2022

- 09 | 2nd Annual BrunchFest 11 am | Seville Quarter | Pensacola
- Sinfonia Gala featuring Patti LaBelle 11 6 pm | Sandestin Golf and Beach Resort | Miramar
- 12 Second Wednesday Breakfast 7:30 am | Niceville Community Center | Niceville **October Wine Tasting** 5:30 pm | Toast Wine Bar | Niceville
- 13 | Concerts in the Village: Taylor Dayne 7 pm | Mattie Kelly Arts Foundation | Destin
- 13 6th Annual Harvest Food & Wine
- **Festival** -16

6 pm | Watercolor | Santa Rosa Beach

**Arrogant Steak Off** 14 6 pm | Seville Quarter | Pensacola Live Music with Fathom

6 pm | 3rd Planet Brewing | Niceville

**Breyer Horse Fun Day** 15 10 am | Laura's Pet & Horse Supply | Niceville

Eggs on the Beach

10 am | Seascape Resort | Miramar Beach

Kids' Halloween Accessories with Marla Armstrong

10:30 am | Artful Things | Niceville

**Best of the Emerald Coast** 

6 pm | Grand Boulevard | Miramar Beach

**Duchess Live** 

6 pm | 3rd Planet Brewing | Niceville

- 16 **Beer Dinner** 5:30 pm | Toast Wine Bar | Niceville
- **OneBlood Drive** 17 11 am | McDonald's | Niceville
- Watercolor Techniques with 18 **Theresia McInnis** 12:45 pm | Artful Things | Niceville
- Luke and Kaylee Live 21 6 pm | 3rd Planet Brewing | Niceville Times of Refreshing with **Tasha Cobbs Leonard** 7 pm | Mattie Kelly Arts Center | Niceville

- **Business Industry Association's Home** 21
- **Show 2022**

12 pm | Destin-Fort Walton Beach Convention Center | Fort Walton Beach

22 Niceville Bazaar

9 am | Mullet Festival Grounds | Niceville

**Bloody Mary Festival** 

11 am | The Market Shops at Sandestin

**Mechanical Lincoln Live** 

6 pm | 3rd Planet Brewing | Niceville

Catalyst Live

6 pm | LJ Schooners Dockside Restaurant and Oyster Bar | Niceville

Northwest Florida Symphony Orchestra: Halloween Spooktacular! 7 pm | Mattie Kelly Arts Center | Niceville

Bride of Frankenstein: Film in Concert with Sinfonia Gulf Coast

- 7:30 pm | Mattie Kelly Arts Foundation | Destin **Barktober Fest with Dog-Harmony** 
  - 4:30 pm | Grand Boulevard | Sandestin

Halloween Costume Wine Tasting 5:30 pm | Toast Wine Bar | Niceville

4-H Camp Timpoochee's 3rd Annual Family Trick Or Treat Night 28 7:30 pm | Mattie Kelly Arts Foundation | Destin

> **Bingo Night for Lupus** 6-8 pm | Blount House | Freeport

Walk to End Alzheimer's 29 9 am | Northwest Florida State College | Niceville

> Cosmic Vibrations Music Festival by **Outside Productions**

12 pm | Mattie Kelly Arts Center Ampitheatre |

- 30 **Sunset Shrimp Boils** 4 pm | LJ Schooners Dockside Restaurant and Oyster Bar | Niceville
- 27th Annual Festival of the Arts
- -30 9 am | Mattie Kelly Arts Foundation | Destin
- Halloween on the BOOlevard Grand Boulevard | Sandestin

Niceville Community - Saturdays October 1, 8, 15, 22, 29 9am-1pm | Palm Plaza | Niceville

Freeport Farmers Market - 1st & 3rd Sundays October 2, 16

8am | Victory Blvd | Freeport

Grand Boulevard Farmers Market - Saturdays October 1, 8, 15, 22, 29

9am-1pm | Grand Boulevard | Miramar Beach











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# Walton Republican Women Federated Election Updates

#### **Walton Republicans Open Headquarters**

The Walton Republican Party kicked off the election season with the opening of

the Walton County Republican Headquarters, located at "The Little White Cottage," 9745 Highway 98 in Miramar Beach. Many Party members

**Okaloosa County** 

Carolyn Ketchel

Linda Evanchyk

Matt Gaetz (REP)

culture (REP)

Wilton Simpson (REP)

Lamar White

Diane Kelley

**Board Of County Com-**

**School Board District 1** 

**School Board District 3** 

**School Board District 5** 

Representative in Con-

Commissioner of Agri-

**State Senator District 1** 

gress District 1 (REP)

missioners District 2

2022 Primary

**Election Results** 

volunteered as poll watchers and poll workers during the early voting as well as election day on August 23rd. Honored guests stopping by to celebrate included Congressman Matt Gaetz and his wife Ginger, District 5 Representative Brad Drake and Candidate Shane Abbott, Bill Fletcher, Walton County Repub-

**State Senator District 2** 

State Representative Dis-

(REP)

(DEM)

Jay Trumbull (REP)

trict 3 (REP)

Joel Rudman (REP)

Val Demings (DEM)

Rebekah Jones (DEM) Governor and Lt. Gover-

Charlie Crist (DEM) Attorney General (DEM)

Aramis Ayala (DEM) Commissioner of Agri-

culture (DEM)

nor (DEM)

**United States Senator** 

Representative in Congress District 1

lican Party Chairman, Charlotte Flynt, Republican Committeewoman, Tim

Norris, Republican Committeeman, Brett Lindell, President of 30A GOP and his wife Kelly, and Jeri Michi, Walton County School Board and past president of Walton Republican Women Federated.

Walton Republican Women Federated (WRWF) President, Stephanie Phillips said, "Our local elections are important elections. I am often disappointed that we have lower voter turnout in local elections than during the national elections. Our county and state representatives impact our lives daily, deciding school curriculum, roads we drive on, parks, beach access and so much more. It is my hope that in November Floridians show up in large numbers to vote and support our amazing Republican candidates."

The Headquarters will be open Monday - Friday from 12:00 to 6:00 p.m. daily and Saturday from 10:00 - 3:00. You are welcome to stop in and pick up campaign signs, T-shirts, hats and all kinds of fabulous jewelry items to show your support of our Governor and all Republicans running for office in November. You may get information on candidates as well as



Executive Board of Walton Republican Women, Stephanie Phillips, Ryan Messer, Donna Johns, Christine Zelm, Julie Bogenreid, Mary Howard and Marinell Lightfoot

information on other Republican

clubs in Walton County and exciting upcoming events. We look forward to seeing you. Keep our beautiful state "the Free State of Florida "

#### **Walton County Primary Election Winners**

Congratulations to three WRWF members, Donna Johns, County Commissioner-Elect, Ryan Messer, Supervisor-Elect of Elections and Shane Abbott, State Representative-Elect for winning their respective races in the August 23rd primary. Their hard work campaigning has paid off, and the Walton Republican Women Federated is proud to have had a role in their success by hosting a Candidate Forum in DeFuniak Springs.

Donna Johns, as County Commissioner, plans to concentrate her efforts on infrastructure. Donna states, "she is passionate and will do what is best." She would like to hold town hall meetings and promises to be transparent and communicate with constituents. Donna "would like to be our voice."

Ryan Messer, Supervisor-Elect of Elections, has 15 years' experience with the Board of Elections with 100% accuracy. After a four year course, Ryan has achieved the Master Certified Elections and has raised the bar in security, integrity and education and says maintaining an impartial office has been his top priority. He states, "We do not do politics - we do elections."

Shane Abbott, State Representative, states education is a priority, but he is against CRT. Having served on Advisory Boards, he sees the need for tech training, as 15% of high schoolers do not go to college. As a Registered Pharmacist, he is well aware of the challenges in keeping HealthCare affordable.

### **WRWF Hosts Congressman Neal Dunn**

Walton Republican Women Federated is very excited to hear Congressman Neal Dunn at our monthly meeting Wednesday, October 5th at 4:00 - 6:00 p.m. in Santa Rosa Beach. Dr. Dunn is running for Congress, District 2 which, after the election, will also include the eastern half of Walton County.

The Walton Republican Women Federated will continue to work and support the Republican Candidates running in November's General Election. For more information, please visit www.waltonrepublicanwomenfederated.org.





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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.





# Bay Buzz

Niceville Republican Women Federated presented two scholarships in 2022.



Stella Hurley, a 2022 Baker High School graduate, read her essay on "Why I Am a Republican" at the June 6 meeting and met members and guests at NRWF. Stella will attend the University of North Florida. From left: Lana Wood, Diana Gilbert, Stella Hurley, Lourdes Adams, Jan Howard-NRWF President and Jane Stevens.



Brooke Lewis, a 2022 Niceville High School graduate read her essay on "Why I Am a Republican" at the July 11 meeting. Brooke will attend the University of Florida. From left: Lana Wood, Brooke Lewis, Lourdes Adams, Jane Stevens, Diana Gilbert and Jan Howard-NR-WF President.

A Bed 4 Me Foundation has received a grant from The St. Joe Community Foundation, Inc., which will fund 150 new beds for children in need with-

in Walton County. A Bed 4 Me serves families in Walton and Okaloosa counties providing beds for children ages 2 to 18 from low to middle income families. After a referral and introductory visit, a new bed, including a twin bed frame, mattress, sheet set, comforter and pillow, are provided to each child. A Bed 4 Me will hold a social and wine pull Thursday, Sept. 29, at the Hammock Bay Lake Club, 1850 Great Hammock Bend, Freeport from 6-8 p.m. Refreshments will be available.

Information about A Bed 4 Me is available at abed4me.org.

**Bluewater Bay Garden Club** will meet Oct. 13. 10
a.m., in Rm 909 at Crosspoint
Church CLC in Niceville.

Angel's Attic Thrift Shoppe located on the campus of Holy Name of Jesus Catholic Church in Niceville will offer 50 percent off the entire store inventory, Saturday, Oct. 29, 9 a.m.-2 p.m.

The City of Niceville will dedicate and unveil three Florida historical heritage markers at 10 a.m. Oct. 6, in Niceville's Lion's Park. The Old Maritime City marker will depict the advent of the automobile when all commerce in the area was by water. In 1911, the steamer Belle, loaded with naval stores, sank with the loss of four lives, including local Capt. Noah

Edward Burlison. The Niceville Fish Company operated by Claude Meigs and the Spence Brothers Fish Company were the leading commercial fishing industries of the Choctawhatchee Bay region, maintaining fish warehouses and fleets of boats. The Boggy Mill Company Site marker will highlight the timber and lumber industry during the early 1900s. The complex consisted of 40 acres, one of the largest lumber mills operating in the area.

The Niceville Fire 1934 marker tells of the fire that destroyed three grocery stores, a dry goods store, creamery, post office building, hotel, drug store and fish warehouses, estimated at \$100,000 then, but would be worth \$2 million now).. There was no running water with which to combat the flames and it appeared for a time that the town would be destroyed until the forest firefighters and CCC workers took charge.

The **Annual Niceville Bazaar** will be held Oct. 22 at the Niceville Mullet Festival Grounds from 9 a.m. to 2 p.m. The organizer, Freedom Life Compass, which moves women from recovery from drug addiction to empowerment, continues on its mission to raise funds for its Freedom House Project.

**Vertex Solutions,** a defense contractor headquartered in Niceville, was selected as a fi-



nalist for the GrowFL 50 Companies to Watch List. The 66 Finalists were selected from more than 400 nominations across the state and are now in the running to be named a GrowFL Florida Companies to Watch Honoree. Fifty companies will ultimately be selected. Vertex is the only company from Northwest Florida represented. The awards event, now in its 12th year, honors impressive second-stage companies from throughout the state for developing valuable products and services, creating quality jobs, enriching communities and broadening new industries. Together, the 12th Annual GrowFL Florida Companies to Watch finalists represent nearly 2,000 jobs and generate more than \$430 million in revenue. These companies anticipate a growth of 40 percent in revenue and 18-percent in employment by the end of

On Sept. 12, **CALM** was shovels in the ground for its **groundbreaking ceremony of CALM Village!** The Village will consist of seven cottages for the affordable needs of women and children in crisis. President Chanie Erb talked about how through God's guidance, a dream has become a re-



ality for CALM. Special thanks to Mayor Henkel, Councilwoman Cathy Alley and Civil Engineer Matt Zinke for attending. Thank you to Manna Church for providing refreshments and desserts.

Recently, First Lady Casey DeSantis awarded five outstanding Northwest Florida organizations with \$5,000 each through the Hope Florida Fund including our own Westonwood Ranch in Freeport and C.A.L.M. Organization, Inc. - Crisis Aid for Littles and Moms in Niceville. She also awarded each organization with the First Lady's Medal for Courage, Commitment & Service, which honors Floridians who are creating positive change in their communities. The First Lady recently launched the Hope Florida Fund to harness the charity of the private sector to give funds to deserving local non-profit entities through her Hope Florida - A Pathway to Prosperity initiative. She presented these awards to organizations in the area that are serving children and families in need, families going through a crisis, and families that have children with unique abilities.

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# Local Pro Jimy Thorpe Gives Back to the Community

By Marta-Rose Thorpe

For years, Jimy Thorpe had felt the urge to give back. A veteran, Jimy had served as a young man in the U.S. Army for eight years and had always held the highest regard for the men and women who serve our country and keep us safe. This group also includes first responders - the men and women who keep our communities safe. So, how would he give back? In 2014, he created the tagline "Vets Helping Vets" later elevated to "Vets Helping Vets & First Responders" - and decided to start giving what he had to give: HVAC units. Jimy owns A Superior Air Conditioning Company, a local business he launched in 2003.

In the beginning, Jimy and his team decided to give away eight units per year. Vets and first responders were encouraged to apply online at ASuperiorAC.com; the giveaway was open to all who have served in the Army, Navy, Air Force, Marines, Coast Guard, and all first responders including EMT/ Medics, Police, Sheriffs and Fire Fighters. American Legion Post 392 in Panama City met and voted on all submissions each quarter, selecting one veteran in need and one first responder in need to be awarded the units.

In 2015, the giveaway began taking the form of a quarterly appreciation lunch at Harley-Davidson of Panama City Beach. Local musician Neal James opened the lunches with the National Anthem and play background music while Texas Roadhouse catered. The first event hosted around 40 guests and several local businesses co-sponsored. The next lunch brought in a few more guests and sponsors, and the Vet Center and other veteran-related organizations joined in. As the word-of-mouth continued, the guest list grew. By Fall 2017, the event moved to Texas Roadhouse; today this appreciation lunch still takes place, now max-



ing out the restaurant at 380+ guests.

But Jimy still wanted to reach and help more veterans and first responders. In November 2019, Pastor Dave of Faith Assembly Church in Miramar Beach (affectionately known as "The Rock & Roll Church"), invited Jimy to launch a quarterly appreciation lunch there, thus reaching vets and first responders in the Walton/Okaloosa area. The appreciation lunch has taken place there ever since, slowly growing in attendance and giving away one HVAC unit per quarter, for a total of 12 HVAC units given away per year.

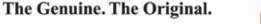
"I feel that giving back to veterans and first responders is like taking the time to help my father," says Jimy, whose father served in the U.S. Marines. "It's something that comes second nature; it's instinctive and something that's driven in me."

Please help Jimy and his team spread the word to the Vets and First Responders that you know. The next two Veterans & First Responders Appreciation Lunches take place in October. The Okaloosa-Walton Lunch takes place on **October 11** from 11:30 a.m. to 1 p.m. at Faith Assembly Christian Church (AKA The Rock & Roll Church), 306 South Geronimo Street, Miramar Beach, FL 32550. The Bay County **Lunch happens on October** 18 at Texas Roadhouse in Pier Park North. Vets and First Responders may register to win an HVAC unit at ASuperiorAC.











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# 20 Questions on the Coast: Lori Logue, President of the Friends of the Freeport Public Library

By Michelle Jannazo

### Good morning, Lori! How's life in Freeport?

Life in Freeport is a combination of running my son to activities, swimming, working, nights out with friends and feeling blessed that we live in a place that most people dream of visiting!

# You're active in our community as well. How are you involved?

In addition to being a fulltime Realtor with Fathom Realty, I am a volunteer board member with the Freeport Merchants Association. I've raised funds and collected food for our local animal shelters and fundraised for various other causes. I am also president of the Friends of the Freeport Public Library.

# What is the Friends of the Freeport Public Library (FFPL)?

The Friends of the Freeport Public Library is a non-profit organization with a volunteer board dedicated to support operations, growth and expansion of the Freeport Public Library. We have created programs, memberships, and more to facilitate community involvement.

#### When did FFPL start?

The Freeport Public Library

opened in July 1986 with a donated collection and volunteer staff. The current library facility opened in 2001 with support of the FFPL. After the completion, this original FFPL group continued to volunteer but dissolved in 2008. In 2019, the FFFPL registered as a new organization and has been going strong!

### How many board members does FFPL have?

We currently have three officers. I am the president, Kristine Bacon is vice-president and secretary, and Rita Smiley is our treasurer. The FFPL is an all-volunteer organization. We are searching for a fundraising chair and a membership chair.

### What areas of the library does FFPL support?

We support a variety of programs such as Summer Reading, Spice of the Month, Sensory Bins, Lego League and more. We even have a Little Food Pantry outside the library for anyone who needs a little extra.

# Do you think libraries are important for a strong community?

Absolutely! Beyond offering books as fun and educational tools, the library provides access to computers, clubs, classes, technology assistance, 3D print-



ers, faxing services and more. Our Freeport Library has had record growth and memberships. The numbers show an ongoing and increased need for a local library to serve our growing community.

### How many people does the Freeport Library serve?

We have around 9,000 cardholders that have Freeport as their primary location. However, any Walton County resident can use the library. The county system has around 44,000 cardholders.

# And that number will only continue to grow. What programs does the library offer?

The library hosts a summer reading program each year. Year-round programs include preschool story time, LEGO



Club, Anime Club, Chess Club, Adult Book Club, Homeschool Book Club, Workshop Wednesdays, Spice of the Month and a variety of individual programs encompassing art, reading, literacy, health and community throughout the year. All events are on the website calendar at WaltonLibraries.com

### How many people are on the library staff?

Freeport has one branch manager, two full-time library clerks, and one part-time library clerk. The director's office is also located at Freeport, and one part-time floating library clerk works at Freeport on Saturdays.

### Does the library have volunteers?

Yes! The library has volunteers to host programs like Reading Therapy Dogs and Chess, and sometimes you can see our local teens helping prep materials for programs and events!

### What is the library's operating budget?

The library is part of the Walton County Public Library System, so all four of the county's libraries operate with a \$1.3 million budget.

# How has FFPL has supported the library?

Funding programs, writing grants and getting a new bookmobile!

### Wow, a bookmobile! Is this a new initiative?

Yes! We've received a grant from the St. Joe Community Foundation to fully fund a brand-new bookmobile, which will serve all of Walton County. It includes a wheelchair ramp, Wi-Fi and shelving units filled with resources. We've applied for a grant from the Impact 100 to fund the books, tablets and materials to stock the bookmobile. We are honored and blessed to have these opportunities to serve our community.

#### You mentioned St. Joe Community Foundation. Who are some of the other

Continued on next page





# Eglin Federal Credit Union Moves Into Walton County

Eglin Federal Credit Union held a groundbreaking ceremony Aug. 30 at its new Freeport Branch, EFCU's first location in Walton County. As part of the Credit Union's growth and expansion efforts, property was recently purchased at the intersection of Riverwalk Boulevard and US Highway 331, south of the Publix shopping center in Freeport. La Macchia Group

is the design/build firm for the new Freeport Branch, Pace Branch, the Operations Center and the recently-announced DeFuniak Springs and Gulf Breeze locations.

Eglin Federal Credit Union President/CEO Jerry Williams said, "Walton County is one of the fastest growing counties in Florida and in the nation. We chose this convenient location in Freeport as part of our growth strategy surrounding Eglin Air Force Base. Currently, there are about 10,000 members living in Freeport and Defuniak Springs. We are excited to be able to offer our current members this convenient location, and we look forward to extending the benefits of membership to our new neighbors in Walton County. We also look forward to getting

engaged with the Walton County Chamber of Commerce and to forming new partnerships with businesses to offer financial wellness resources to their members and employees."

The Freeport Branch, expected to be completed in 2023, will be approximately 4,000 square feet and will showcase

a new open branch design that features universal employees, a member engagement area with interactive touch screen monitors. This will be a full-service branch with safe deposit boxes, coin counter, night drop, touch screen video tellers and drive up



Eglin Federal Credit Union breaks ground on its new Freeport Branch. (left to right): Ralph La Macchia, Chairman of the La Macchia Group; Mary Lou La Macchia, Vice Chair of the La Macchia Group; Freeport City Manager Mark Martin; Freeport Mayor Russ Barley; EFCU Board Secretary/Treasurer Bob Harlan; EFCU Board Chairman Bill Rone; EFCU President/CEO Jerry Williams; Tom Kennedy, President of the La Macchia Group; Dave Throndson, La Macchia Group Senior VP of Sales; EFCU Chief Strategy Officer Cathie Staton; EFCU Chief Operations Officer Kenny Girot; La Macchia Group Field Superintendent Joe Broussard

#### **LORI LOGUE**

continued from previous page

### business and community sponsors of the FFPL?

CHELCO, Dugas Family Foundation, Publix, Walmart and ECAR have all made donations or funded grants in the last year.

### Does the library accept donations?

Yes! Monetary donations are the best way to help, but gently used books of all types are welcome

# What are some of the current activities of the FFPL?

In the short-term we are committed to support ongoing library programs and needs. We have plans to update our website and pamphlets to include current data and easier ways to contact us to volunteer, donate, or obtain information.

# What are your long-term goals for the FFPL and library?

Our most important longterm goal is to build a new library. We've received approval to add an addition to the current building. That's a huge accomplishment for us this year! Now, we begin the process of funding and planning construction. Fundraising is our top priority, and a strong fundraising chairperson and committee are vital for this next step.

# How can people contact you if they'd like to donate or be involved?

People can share their name and contact information with any of the wonderful library staff. They may also email me at president@ffplonline.org or connect through our Facebook page: Friends of the Freeport Public Library. Our meetings are the second Wednesday of each month at 1 p.m. at Freeport City Hall. Potential volunteers are welcome.

## Of course, I must ask: What's your favorite book?

I am glad you asked! My favorite book of all time is Little Women. Black Beauty wins a close second. I enjoy reading books that my kids enjoy also such as the Harry Potter series.

Thanks, Lori. See you at the library!

20 Questions on the Coast is an interview series highlighting servant leadership in communities across the Panhandle.







# Simplifying Medicare Advantage Plans for Seniors



By Greg Durette

What could be more simple than picking the right Medicare Advantage or Medicare Supplement plan for you?! HAH! When you stop laughing (or crying), understand, you are not alone. This is the time of year when you have the opportunity to review your Medicare coverage and make important decisions about what you will have for this coming year.

One of the suggestions I offer to beneficiaries every year is to get started on this process now. By doing so, you'll have plenty of time to review your options before the Annual Election Period beginning on October 15th, ends on December 7th.

Choosing the right health insurance benefits can be confusing at any age but, understanding healthcare options for those 65 and older can be even more difficult. This already complex system is further muddied by the barrage of annual advertising from insurance and marketing companies. TV, snail mail, email and a whole host of celebrities are coming at you in a full-scale onslaught. Let the buyer beware!!!

I suggest these important points be considered when shopping for Medicare Advantage plans:



**Choice:** When it comes to Medicare, one size does not fit all - what works for your neighbor may not work for you. Take the time to learn and understand the benefits and costs of each plan so you can feel confident in your decision and health care coverage.

**Care:** Care starts with a strong relationship with your primary care provider. If your plan has a network, make sure to confirm your doctors and hospitals are in the network.

**Reach:** Make sure your plan will follow you around the coun-

try should a need or desire for travel exists. Out-of-network costs can be very high if this risk is not managed upfront.

**Medications:** Make sure to confirm you know your medications are not only covered but also, what copay costs may be associated with each.

**Experience:** Medicare can be complex and confusing. It's important to find a seasoned agent that works for you and supports you throughout your health care journey with plan benefits and resources that can help you live more and worry less.

Since Medicare Advantage Plans are offered by insurance companies, one excellent feature is they have more freedom and motivation to include extra benefits such as vision, gym memberships, dental, hearing and more.

Celebrities are great at acting or playing sports. They do not know anything about Medicare except for what they have been told to say to a camera. Find someone local you can ask the important questions you have about your personal situation, and you will likely have a much better healthcare outcome.

Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare Advantage, Supplement plans and Stand-Alone Drug Plans throughout the State and is based in Niceville. He has been in the insurance industry for over 39 years and can be reached at his office at 850-842-2400 or his mobile at 978-509-2941.



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# Your Customized Auto Policy Just Got More Expensive



By Joe Capers, Insurance Zone

In July, we learned that Florida has the highest homeowner premiums in the country. And today it's official, we now have the highest auto rates too! The average annual premium in 2022 is \$2,560, compared to the national average of \$1,682.

In Florida and most states, auto insurance is required to register and legally operate a vehicle. Like most lines of insurance in Florida, rates have been on a rise for the past few years. It may be tempting to only purchase enough coverage to meet our state's minimum requirements. Don't do it! These low limits are not enough to protect you and your family if the worst circumstances happen.

Your car insurance policy is an important financial tool. If your car or you are involved in a wreck, theft or natural disaster (hurricane, flood or fire), the impact on your financial viability can be substantial. Your car insurance should be tailored to protect you, other people and assets from most of the associated expenses and costs in the event you are involved in an accident. Your lender, who legally owns the car, may have their own requirements and will want to be financially protected if there is a collision or other damage.

There are six basic types of coverages for your auto, motor home, motorcycle and LSV's that are registered with the state.

**Liability** — Coverage that offers protection against claims alleging that a driver's negligence resulted in bodily injury or property damage to another party. This can include the driver and passengers of the other vehicle or vehicles involved, injured pedestrians and owners of the property where the accident occurred.

The more assets you need

to protect, the higher the limits should be. For those with significant assets, an Umbrella policy is recommended for increased protection. In most cases the Umbrella will require minimum underlying Liability limits of \$250,000/\$500,000.

Medical Expenses – Coverage for medical expenses because of bodily injury sustained by an insured caused by an accident. This covers your medical bills (not lost wages), regardless of who is at fault in a crash. Usual limits offered \$1,000, \$5,000 and \$10,000.

### Uninsured/Underinsured Motorist Coverage –

This coverage pays for your and your passengers' medical bills and property damage if the driver at fault in an accident doesn't have insurance, has insufficient coverage, or the incident is a hit-and-run. It is recommended to carry limits equal to the liability limits on a Stacked (broader) Basis rather than Non-Stacked.

**PIP/Personal Injury Protection** - Mandated by Florida, provides medical, disability, and death benefits to you and any passengers in your vehicle. Basic PIP covers up to 80 percent of your medical expenses and 60 percent of your lost wages.

**Collision** — Physical damage coverage for your vehicle if it is impacted by another vehicle or damaged in an accident. This coverage is usually required by a lienholder on a leased or financed vehicle.

**Comprehensive** — Covers damage to your vehicle caused by an event other than a collision, such as fire, theft, vandalism, hail and flood damage. Like collision, this coverage is usually required by a lienholder on a leased or financed vehicle.

Other Recommended Coverages – There are many other coverages that should be considered when reviewing your Personal Insurance Program. Included are Loss of Use or Rental Reimbursement, Roadside Assistance, Accident Forgiveness, Gap, New Car Replacement, Diminishing Deductible, Pay-Per Mile Coverage, Customized Equipment and Original Equipment Coverage.

With the popularity of Uber and Lyft, one can now obtain Rideshare Insurance. This is



supplemental coverage for drivers of the ride-hauling services, which is typically inexpensive. It provides valuable coverage for situations that are not covered by a driver's personal car insurance policy. If you are a ride-share driver, please discuss options with your insurance agent.

Many of our neighbors and customers have golf carts, or LSVs (low speed vehicles). As long as they're not rented, they can be written as a separate policy, or added to your auto policy if they are licensed for road use. The rental exposure can sometimes be written under a commercial liability policy, but the coverage is not as broad as an auto policy.

Many of our neighbors and

customers have teenagers who are approaching the driving age and wonder how best to insure these exposures. If you have a new driver in the household, all insurance companies recognize the increase in risk with a new driver. Some insurance carriers will not insure new drivers, while others will charge higher premiums to make up for the increased exposure. There are some measures you can take to lower your insurance rate, like taking a driving course. This will help your new driver become more familiar with the rules of the road and educate him on ways to avoid accidents. When you are a new driver, it is worth taking it slow, stick to the roads you are familiar with, and

avoid getting into stressful traffic situations.

The bottom line is to talk to your agent and get customized auto coverages that fit your personal needs. Make sure you are aware of all discounts that are available. According to industry statistics, one of every three drivers are underinsured!

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 its Video Library on www.ins-zone.com to watch informative videos on 'Auto Insurance Made Easy & What To Do in An Accident', or call (850) 424-6979 and talk with one of its experienced Team Members.





## Niceville's Field of Valor Honors Fallen Service Members

By Angle Toole

More than 300 flags are on display at the Mullet Festival Fairgrounds, honoring those who gave their lives in the service of their country.

The ninth annual Field of Valor, set up by the Niceville Exchange Club, recognizes those service members from the state of Florida who have fallen in combat since September 11, 2001. Some 396 flags are posted on the Niceville field, each with a tag bearing the name, photo and information about a Floridian who served in Iraq or Afghanistan who lost his or her life in action.

One local Gold Star mother, Karla Lacey, attended the Field of Valor this year, as she has in years past, to honor her son Sgt. First Class William Lacey of Laurel Hill. She works at Fort Walton Machining, which was one of the event sponsors this year, as it has in years past.

"He was brave beyond brave," his father, John Lacey told Military Times just after his son's death in Afghanistan. "He was out there in the middle of nowhere, in hell, and he kept doing it over and over and over ... I'm just so proud of him."

Visiting the Field of Valor hasn't always been easy for the Lacey family. Karla has been



attending for several years, because it has been a healing experience for her. She also volunteered to spend time as a docent at the field this year, as she has in previous years.

Tammy Summers, a Gold Star wife, also attended this year's opening ceremonies. She took photos for her Facebook page of her husband, Sgt. First Class Severin W. Summers III, who died August 2, 2009 in Operation Enduring Freedom.

On the memorial page she has created to honor his memory, she posted: "I am honored and humbled to participate in putting out flags for our fallen military in my hometown of



Niceville, FL. I placed Sev's flag out and attached his biography. Remembering him today and always!"

Don "Pockets" Pardue was the chair for this year's event. The former Marine admitted that honoring the military is a particular passion of his, especially honoring those who made the ultimate sacrifice.

Pardue served as the emcee for the opening ceremony, which included dignitaries including the mayors of Niceville and Valparaiso, as well as several military guests.

Emerald Coast Fisher House President Jim Yurack was a guest speaker Saturday. The



local Fisher House receives funds from the annual fundraiser and works with the Niceville Exchange Club in fielding volunteers for the weeklong remembrance of fallen servicemembers.

Brig. Gen. Jeffrey T. Geraghty is the Commander, 96th Test Wing, Air Force Materiel Command, Eglin Air Force Base, made remarks about the importance of remembering the events of September 11, 2001, as well as the sacrifice of servicemembers in defeating the enemies who emerged from those events.

"Continue to use today, and days beyond just today as an opportunity to pay homage to those who died serving our nation and to acknowledge the immense debt we owe them," Brig. General Geraghty said.

Lt. Col. Mike Loconsolo, commander of the 1st Battalion, 7th Special Forces Group (Airborne) at Camp "Bull" Simons, Eglin Air Force Base, FL. A native of Brooklyn, NY, the remembrance of 9-11 has special significance for Lt. Col. Loconsolo, who was a cadet at West Point on that day, and whose father worked in the north tower of the Twin Towers in NYC. His father survived the attack, but the memory was life changing for his entire family, he told his audience, and he hopes Americans never forget that day.

Col. Ed Hubbard, former Vietnam-era prisoner of war and motivational speaker, talked about the importance of helping others in order to overcome adversity, an important message that aligns with the Exchange Club mission to make the community a better place to live.

Other members of the community helped make the event a touching memorial to the fallen.

Local Patriot Guard Riders arrived early at the field to pay their respects, accompanied by a Niceville Police Department escort.

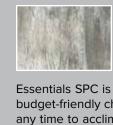
Niceville firefighters brought a firetruck and displayed a large flag at the field.

Albert Sousa performed the National Anthem. Sousa, the principal broker/president of Apex Mortgage, is the son of Albert and Melinda Sousa. His father is the manager of the Walker Ace Hardware in NIceville.

Niceville High School JROTC students volunteered at the field on Saturday, and their honor guard posted the colors for the singing of the national anthem and the Pledge of Allegiance.

The Rocky Bayou Christian School Chamber Choir singers performed a medley of patriotic and military branch songs. Local Scout Tommy Roberts from Niceville High School played "Taps" on the bugle to close the ceremony.

The Exchange Club of Niceville is part of the National Exchange Club and has been active for 30 years. It is the only service organization exclusively serving communities in the U.S. More than 630 local clubs throughout the U.S. and Puerto Rico provide individuals with opportunities to use their time and talents to benefit their local communities and the country as a whole. Exchange's Core Values are family, community and country. Through the Programs of Service - Americanism. Community Service, and Youth Programs - members support activities that benefit youth, promote pride in our country, and honor military and public service providers, to name a few. Exchange's National Project is the prevention of child abuse. To find out more about you can be a part of making the Niceville/Valparaiso/Bluewater Bay area a better place to live by joining the Niceville Exchange Club, attend the next meeting (held on the second and fourth Thursday at Café Bienville), or visit the website at nicevilleexchange.club and follow us on Facebook.



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# 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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# **Eglin EOD Begins Training with New Robotic System**

By Samuel King Jr.

The 96th Test Wing's explosive ordnance disposal flight recently received the newest EOD robotic system and began training with the equipment last

The T7 robot, built by L3Harris, is a major upgrade in both size and capability from its 20-year-old brother, the F6A.

The Air Force EOD program requires a large base support robot for home-station emergencies. The robot can remotely perform EOD operations reducing danger to EOD personnel.

The F6A is nearing the end of its life cycle. The T7 with all of its new features allows operators to handle larger hazardous devices in less time, which ultimately improves the safety of EOD airmen, according to Dennis Carson, the EOD logistics program manager at the Air Force Civil Engineer Center.

Eglin's EOD flight, along with the 1st Special Operations Wing at Hurlburt Field, were the first to receive the T7 and begin training with it. L3Harris conducted a combined training course for both flights on the new robot with classroom and hands-on instruction.

In attendance was Senior Airman Christopher Roy, 96th Civil Engineer Squadron, who was





that ultimately recommended

also on the initial selection team the T7 as the next EOD robot. He said he was excited to finally

have the new equipment in his shop and to use in the field.

"When applied to the EOD mission set, the T7 made the most sense," he said of why he recommended it two years ago. "The lift capability and cameras really set it apart. It operates smoothly as a whole, so it's very user friendly."

Roy said with its ease of use and with the training course complete, the EOD unit could take the T7 out on a mission right away if called upon.

Nearly every feature of the T7 greatly improved on the capabilities of the F6A, according to Carson.

It is twice as fast when driv-

ing at top speed and has twice as many cameras, with much higher resolution as the previous model. The arm is capable of lifting objects weighing five times more than the older robot and vertical and horizontal reach increased considerably

Battery life is four times longer than the F6A and it has higher climbing ability and almost 10 times further radio reach distance.

Senior Airman Shae Barnard, 96th CES, who also completed the training course Aug. 25, said the new features make the T7 much more intuitive and ultimately safer.

"It combines the capabilities of a lot of the various robots we have into one usable platform," he said. "In situations we deploy our robots into, we want to interrupt our environment as little as possible while trying to achieve the objective. When you have a robot this well designed and capable, it makes our job easier and safer."

The Air Force purchased 170 T7 robotic systems for its EOD units across the globe at a cost of around \$75 million. Eglin's new robot marked the first of the T7s being delivered to EOD airmen for field use.







### **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 surveys 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 aggression 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 eve 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.





# From the Okaloosa County School Superintendent



Fall is always an exciting time in the Okaloosa County School District. School begins, fall sports and activities are back, and kids get to see their friends every day. The OCSD family worked hard to prepare schools, classrooms, curriculum, and new employees for our amazing students' return.

For those of you – employees, parents, students and community members – who are new to Okaloosa County, welcome! We are excited you are here! I want to take this time to share a few messages with our family members.

To the parents of our new

kindergarten students, know that the journey goes quickly. As the parent of two recent graduates of the Okaloosa County School District myself, I know this to be true! Take the time to experience and be a part of the journey. Volunteer in their classrooms, go on field trips, talk to your child about the exciting things they learn each day, go to sporting events with them as often as possible. It goes by in the blink of an eye!

To the students in our schools, participate as much as possible. We have extracurricular activities that appeal to everyone, whether it be focused on academics, the arts, or athletics. Join a team or a club and get involved. Research shows that students who participate in the extra "stuff" in school are better at time management and perform better in school. You will enjoy your time in school much more when you have a sense of belonging and ownership!

To the teachers and employees of the Okaloosa County School District, never underestimate the impact you have on the students you serve. It could be as small as a smile and a wave or as big as helping a student overcome a challenge – it matters. Every person that works for this school district is important and has the potential to change a student's life. I am proud to have you on our team!

To our community, your support is amazing! You donate, volunteer, share information, and inspire growth. We are teaching the next generation of Okaloosa Schools, future employees in local businesses and organizations and even future business owners! It takes all of us to build our community up, and it begins with the youth. Our students are our future, and we take our job teaching them seriously.

To everyone in Okaloosa County, we appreciate your patience as we navigate new construction, a new student information system, new curriculum standards, as well as the time it takes to fix our older buildings. Without the half-cent sales tax Okaloosa voters approved two years ago, our single point of entry at all schools would not be complete three years ahead of schedule, and many of the renovations you see throughout the district would not be possible. We live in the best community and have the best students, parents and employees. I am proud and honored to lead the Okaloosa County School District Family, and I look forward to a great school year!

Marcus Chambers, Superintendent Okaloosa County School District



### FLORIDA STATE UNIVERSITY OSHER LIFELONG LEARNING INSITITUTE AT PANAMA CITY 30A



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For more information contact Lisa Jefferson, Learning Coordinator at ljefferson@FSU.edu or check out the OLLI at FSU PC30A website: pc.fsu.edu/olli

### **2022 FALL SEMESTER CLASSES**

register at pc.fsu.edu/olli



OCTOBER 6, 5:00-7:00 PM
THE SCIENCE OF CRIME SOLVING

Charla Perdue - Ohana Insititute, Inlet Beach



OCTOBER 11 & 18, 5:00-7:00 PM

CYBER SECURITY FOR ADULT LEARNERS

Dr. Banyon Pelham - Ohana Insititute, Inlet Beach



NOVEMBER 2, 5:00-7:00 PM A WRITER'S PERSPECTIVE

Ann Kief - Ohana Insititute, Inlet Beach



NOVEMBER 16, 5:00-6:30 PM AUTUMN FLORAL WORKSHOP

Cari DeGregorio - Rose and Co., Miramar Beach



9/27, 6:00 PM: **Fellowship of the Springs** (Day 01) Oscar Corral at Ohana Institute, Inlet Beach

9/28, 9:30 AM: **Fellowship of the Springs** (Day 02) Oscar Corral at Morrison Springs, Ponce De Leon

10/25, 6:00 PM: **Leaders of a Musical Revolution** Dr. Chris Hasegawa at Ohana Institute, Inlet Beach

10/26, 6:00 PM: **Your Aging Brain**Dr. Chris Hasegawa at Ohana Institute, Inlet Beach

11/10, 6:00 PM: **9/11 at the Pentagon**Rrigadior Copyral John Adams at Obana Insti

Brigadier General John Adams at Ohana Institute, Inlet Beach



#### **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!



### 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, popcorn 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 vourself!

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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 alwavs freshly Roasted Coffee and GREAT DOSES OF GOOD-NESS! Order ahead and pick up some for the office, a gathering or your next meeting! Book

Continued on next page





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# Local Diving, Prinks and Coffee

### **LOCAL DINING**

continued from previous page

online at bigorangehousedesigns.com.

Hours 7:30 a.m. – 2 p.m. Tuesday - Saturday (850) 737-6194 4652 Hwy. 20 East, Niceville bigorangehousedesigns.com



#### 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 four-legged icon on Bluewater Bay Marina docks, the open air Oyster Bar and restaurant is open to serve you! Almost all seats offer a magnificent view of the water, marina and unparalleled sunset

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

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.

More ongoing October fun includes: Thursday Karaoke/ Open Mic 6-10 p.m.; Thursday Throwdown SUP Races 6 p.m. Live music all month long. (See ad for October events, 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. 11am-9pm. Sun. 9am-9pm. Sunday Brunch: 9am-1pm.

(850) 897-6400

bluewaterbaymarina.com/schoo-

290 Yacht Club Dr., Unit 200, Niceville in Bluewater Bay

# It's Almost Time for the Destin Seafood Festival 2022!

Now in its 44th year, the three-day Destin Seafood Fest attracts more than 60,000 locals and visitors to our beautiful and historic Destin Harbor and the Harbor Board Walk on Harbor Blvd. during the weekend. With a sampling of Destin's finest, you'll find freshly caught local varieties of grouper, shrimp, lobster, crab cakes, gumbo, sides and even crawfish all provided by local eateries and restaurants.

Happening Fri. through Sun., 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 be serving up their scrumptious seafood specialties





on the docks and along the 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.

\*\* New for 2022! The Call To Chef – A Local Seafood Experience 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. Chefs, bring your best app, entrée or dessert for attendees to sample, and win up to \$5000 in prizes! The winning chefs will be invited to/honored at a Village Supper at a later date.

Learn more: https://www.destinseafoodfest.com/lo-cal-seafood-experience

#### The Festival's Roots

All of 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," a unique and beautiful location 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.

To this day, 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.

# Tips for your best experience:

To Listen: This year's musical entertainment, with four different stages, will have you singing, tapping and swaying to the beat. Harborwalk Village, Boathouse Oyster, AJs, and Harbor Tavern will all host local bands playing and entertaining throughout the festival. Harbor restaurants and bars will offer



Continued on next page

# Local Diving, Drinks and Coffee

### **SEAFOOD FEST**

continued from previous page

a full line-up 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 can be found online at DestinSeafoodFest.com.

To Play (For the Kids): There are Kids Zones for all

ages. The East Pass Marina Kids Zone will have an array of kids vendors. There is a seating tent nearby so that 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

**To Park:** Parking will be available at Heron Harbor, the HarborWalk Village, the Destin Community Center, the Destin Fishing Museum as well as all local public parking lots in the area. There will also be a shuttle running through town. More information on times / routes available online.

**To Attend:** Admission to the Destin Seafood Festival is

totally free! You will want some "moolah," however, for all of the mouthwatering food and drinks you'll find. Or, purchase tickets to the \*new\* Call To Chef event inside the East Pass Marina Parking Lot where you can sample a variety of food from local vendors for your ticket price and vote on your favorite!

Hours are Friday 4 p.m. -10 p.m., Saturday 10 a.m. - 10 p.m. and Sunday 11 a.m. - 6

For a site map, to participate as a chef, become a vendor and other information, visit Destin-SeafoodFest.com. Email info@ destinseafoodfest.com. And no matter what you do, just get to the Destin Seafood Festival for some great feasting, frolicking and fun!

# 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. Pre-

team, including backyard grilling enthusiasts, restaurant teams, corporate teams, and teams benefitting a non-profit organization. Each team will prepare the recipe

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.



sented 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 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 Award Trophy. Non-profit cook teams will compete for a donation toward their cause. Last year, four local non-profit cook teams,





## Haunted Hollywood Halloween

### **Pumpkin Carving Contest**

Pumpkins may be dropped off at LJ Schooners at 11am Oct. 29 with judging at 6pm. No fee to enter!

#### **Halloween Party**

Saturday, Oct. 29, 6-10pm • DJ Diamond Dan • Adult Costume Contest 9pm

### **Trunk or Treat**

Sunday, Oct. 30, 3-pm • Shrimp Boil and Live Music by Ronnie Dean Garrett 4-8pm Kids in costume eat free with adult entree purchase. Adults in costume receive a free domestic draft. Golf cart and car decorating contest! Prizes 1st-3rd as voted by guests. 2pm complete staging.

\$10 entry fee. Register by Oct. 27. More info at bluewaterbaymarina.com Furbulous Animal Adoption & Rescue 3-6pm. Meet, greet & adopt!

> 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!

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

October 1 • Ragamuffins 6pm

October 7 • Shenanigans 6pm October 8 • Duchess 6pm

October 14 · Emerald Roots 6pm

October 15 • Below Alabama 6pm

October 15 • 29th Annual Single Handed Race October 16 • Kevin Heidi Project Band 4pm

October 16 • Mullet Toss 4 pm October 21 • Dan and Ren 6 pm

October 22 • Catalyst 6pm
October 25 • Traveling Painter 5:30pm

October 28 • David Gautreau 6pm

October 29 • DJ Diamond Dan

October 30 · Ronnie Dean Garrett 4pm

### **Off the Hook**

#### **RODEO**

continued from page 1

sion, adding five extra species of fish for a total of ten eligible fish. The previous leaderboard included grouper, amberjack, scamp, yellowfin tuna and big eye tuna. Being added for this year are dolphin, wahoo, Almaco Jack, snowy grouper and yellowedge grouper.

Alongside the expansion comes another award addition: The **Captain's Award** for the Extended Voyage Division. The board of Directors hopes this expansion will allow more Captains to compete in the tournament.

And yet another addition to the Rodeo in 2022 is a **Ladies, Seniors and Junior Divisions** for wahoo – alongside king mackerel, grouper, amberjack and blackfin tuna. The weigh station saw a fair amount of wahoo last year, a real crowd pleaser.

The weigh-ins happen on the docks behind AJs Seafood and Oyster bar, located on the Destin Harbor. They are free to the public and open daily from 10 a.m.-7 p.m. For boats to participate, charter and private boats must be registered at least 24 hours prior to weighing in a fish. There is no fee for anglers fishing on a registered vessel (private or charter) and shore fisherman can participate by simply bringing their catch to the scales. You can fish by kayak, paddle board, pier, bridge, jetty, shoreline and surf – whichever you prefer.

If you're planning to make a trip down to the docks, expect

to see a broad spectrum of fish being weighed in. From Sharks to Amberjacks, Grouper to King Mackerel, Tunas to Marlin, the rodeo has it all. Anglers are competing for more than \$100,000 in cash and prizes, awarded for both daily and overall catches.

Even if you're not a fisherman, the energy level and excitement that comes from being at the docks for weigh ins is like nothing else you've ever experienced. Boats back into the scales, pull the fish from their boat while the announcer hypes up the crowd. Fish are strung up on the scale while the crowds cheer and applaud the boat and their team. For the best seat in the house, get there early, grab a few beers and snag a seat on the bleachers by the leaderboard or above on AJ's upper deck.



Halloween on the Harbor will signify the end of weigh-ins on Wednesday. Oct. 31, when the captains, anglers, volunteers and even Miss Destin will be dressed in their favorite costume. Everyone is invited to partake in the fun!

The Rodeo began as a way to repay the loan given for the then new community center. Since its inception, the Destin Fishing Rodeo has expanded into one of the largest fishing tournaments along the Emerald Coast—an entire month long, spanning October 1-31st with approximately 30,000 anglers competing each year!

### **Events**

#### Thursday, September 22nd

• Meet Miss Destin

#### Friday, September 30th

• Mandatory Captain and Mate's Meeting

- Destin Fishing Rodeo 14th Annual Kid's Wagon Boat Parade
- Reel Local Rodeo Kick-Off Party

#### October 2022 74th Annual Destin Fishing Rodeo (1st – 31st)

• Weigh-Ins are everyday behind A.J.'s from 10 a.m. – 7 p.m.

#### Sunday, October 2

• Destin 5K Rodeo Run

#### October 7th, 8th, & 9th

• 44th Annual Destin Seafood Festival

#### Monday, October 10th

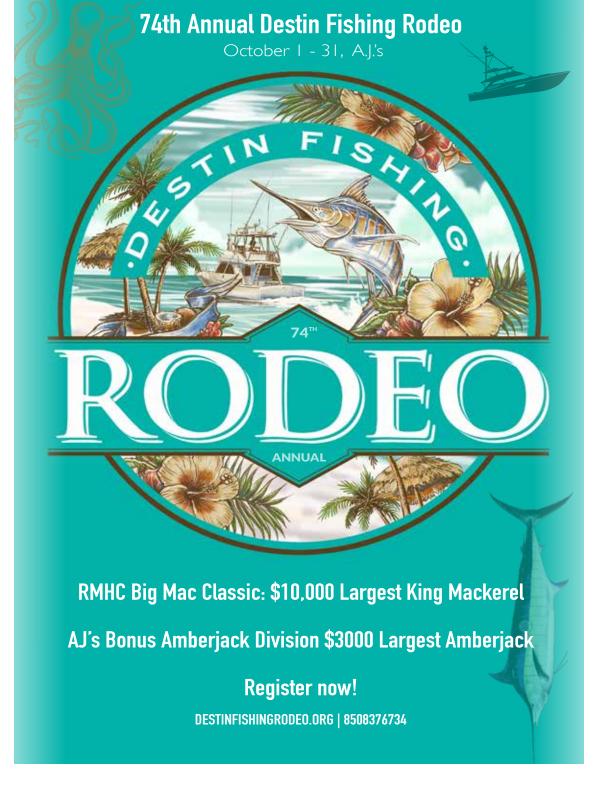
- Kids Fall Movie Festival
- Sunday, October 16th
- Bruce Cheves Day
- Ringing of the Bell

# **Saturday, October 22nd**Larry Hatchett Fishing Foundation Day

#### Monday, October 31st

• Halloween on the Harbor

Cali Hlavac (said like Kay-Lee), Life Media columnist, is also owner of To Do In Destin and other businesses. She started todoindestin.com as a social media platform, in hopes of connecting locals and visitors to all the amazing things Destin has to offer. Cali relocated to Destin in 2013 from Nebraska (Go Big Red!) to bring her entrepreneurial spirit and existing brands to the beach life. She can be reached at highfive@todoindestin.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 awarded trophies since 2009 to well-rounded student athletes in the area, and it is rewarding to find out 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. This month, we highlight the 2016 trophy winner.

#### Tyler Russell, 2016 Trophy Winner

Tyler Russell was a football and baseball player at Niceville High School. He attended the University of Southern Mississippi where he also played football and got his Bachelor of Science in finance and banking. From there, he went to Samford University where he finished playing football and completed his Master of Business Administration with a specialization in finance.

Tyler enjoys hunting and fishing. He said he would consider these his passions; he takes every opportunity he can to get out into the outdoors to take a break from the rush of life. He also enjoys working out, playing golf and coaching private football lessons.

He is about to start work as an Audit Associate with Warren Averett. He is preparing to complete the Uniform Certified Public Accountant (CPA) Examination. By starting out his career in public accounting and passing the CPA exam, he can gain valuable work experience to progress through public accounting or venture out toward other potential paths.

When it came to winning the Taylor Haugen Trophy, it was such an honor to Tyler. "To know what the trophy means to Brian and Kathy as well as the other trophy winners makes it all the more special, and I am extremely thankful and fortunate to have been selected as a winner," he said. "To be able to join such an incredible foundation, which really is just like a family, has been an extremely rewarding experience, and I consider it a huge blessing to be able to remain actively involved in the foundation."

When asked to pick a favorite memory, Tyler said he really enjoys being a voting member of the foundation because the selection process of picking the newest trophy member is an exciting time. He enjoys catching up with other former winners and helping out with events that allow him to deepen his relationships with the Foundation family.

To Tyler, "Don't Quit. Never Give Up!" means to stand tall in the face of adversity with faith that God will see you through to the other side. Life is not easy, and there will always be obstacles trying to knock you down, but being able to persevere through tribulations and set an example for others who witness your journey is so important.

Tyler's favorite Bible verse was first introduced to him during his junior year at Niceville High School. This verse is James 1:2-4: "Consider it pure

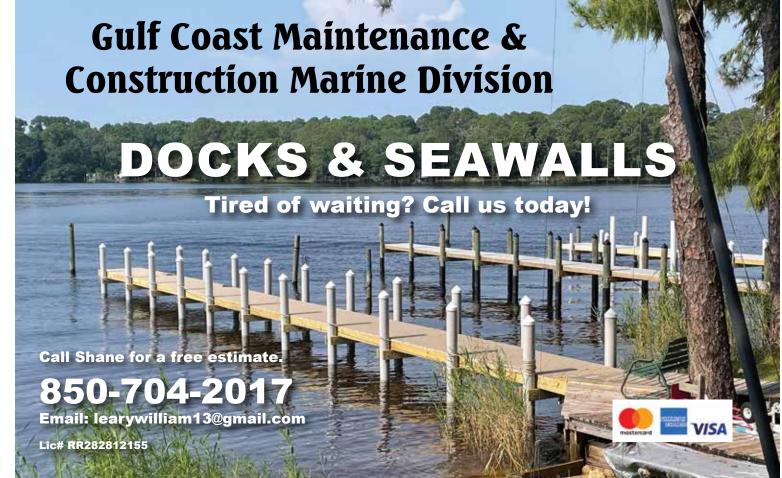


joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." He catches similarities in this verse

with T's motto of "Don't Quit. Never Give Up!" because the Bible does not promise anyone an easy life, and it does not tell us to maintain our faith in Christ. Rather, it tells us how and why it is worth it. Through perseverance, you are stronger, and this is something to carry with you throughout life. Tyler sees every challenge as an opportunity because he knows that through faith, discipline, hard work and perseverance, there is nothing he cannot overcome.

When asked about what advice Tyler would give to someone who wants to center his or her life around Christ, he said first and foremost that establishing a personal relationship with Jesus is the most important thing anyone can do. It helps to create that firm foundation, especially in the society we live in today, which is extremely secular and discourages the mention of Christ. With the compound influence of social media and popular culture, it is difficult to maintain a strong Christian influence in your own life. However, Tyler mentions that reading the Bible and being active in church are two of the best ways to grow your relationship with Christ. For those who have the opportunity to join organizations like Fellowship of Christian Athletes, he recommends actively participating in this or a youth group to meet like-minded young Christians, establish rewarding friendships and create accountability to help you grow in your faith.

Stay tuned for next month's trophy winners and their stories.





# **College Football Schedule**

ACC	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26
Boston C	L'VILLE	CLEMSON	OPEN	@WAKE	@U CONN	DUKE	@NC STATE	@ND	SYR
Clemson	NC ST	@BC	@FSU	SYR	OPEN	ND	L'VILLE	MIAMI	@S CAR
Duke	UVA	@GA TECH	UNC	@MIAMI	OPEN	@BC	VA TECH	@PITT	WAKE
Florida St	WAKE	@NC ST	CLEMSON	OPEN	GA TECH	@MIAMI	SYR	ULA	FLORIDA
Ga Tech	@PITT	DUKE	OPEN	UVA	@FSU	@VT	MIAMI	@UNC	@GEORGIA
Louisville	@BC	@VA	OPEN	PITT	WAKE	JMU	@CLEMSON	@NC ST	@KENTUCKY
Miami	OPEN	UNC	@VA TECH	DUKE	@VIR	FSU	@GA TECH	CLEMSON	PITT
NC	VT	@MIAMI	@DUKE	OPEN	PITT	@VIRGINIA	@WAKE	GA TECH	NC ST
NC State	@CLEMSON	FSU	@SYR	OPEN	VA TECH	WAKE	ВС	@L'VILLE	@UNC
Notre Dame	OPEN	BYU	STANFORD	UNLV	@SYR	CLEMSON	NAVY	ВС	@USC
Pittsb	GA TECH	VA TECH	OPEN	@L'VILLE	@UNC	SYR	@VA	DUKE	@MIAMI
Syracuse	WAGNER	OPEN	NC ST	@CLEMSON	ND	@PITT	FSU	@WAKE	@BC
Virginia	@DUKE	L'VILLE	OPEN	@GA TECH	MIAMI	UNC	PITT	C CAR	@VA TECH
Va Tech	@UNC	@PITT	MIAMI	OPEN	@NC ST	GA TECH	@DUKE	@LIBERTY	VA
Wake	@FSU	ARMY	OPEN	ВС	@L'VILLE	@NC ST	UNC	SYR	@DUKE

SEC	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26
Alabama	@ARK	TEX A&M	@TENN	MISS ST	OPEN	@LSU	@OLE MISS	APSU	AUBURN
Arkansas	ALABAMA	@MISS ST	@BYU	OPEN	@AUBURN	LIBERTY	LSU	OLE MISS	@MIZZOU (25)
Auburn	LSU	@GEORGIA	@OLE MISS	OPEN	ARK	@MISS ST	TEXAS A&M	WKU	@BAMA
Florida	E WASH	MIZZOU	LSU	OPEN	@GEORGIA	@A&M	S CAR	@VANDY	FSU (25)
Georgia	@MIZZOU	AUBURN	VANDY	OPEN	FLORIDA	TENN	@MISS ST	@KENTUCKY	GA TECH
Kentucky	@OLE MISS	S CAR	MISS ST	OPEN	@TENN	@MIZZOU	VANDY	GEORGIA	L'VILLE
LSU	@AUBURN	TENN	@FLORIDA	OLE MISS	OPEN	ALABAMA	@ARK	UAB	@TEX A&M
Miss St	TEX A&M	ARK	@KENTUCKY	@BAMA	OPEN	AUBURN	GEORGIA	ETSU	@OLE MISS (24)
Missouri	GEORGIA	@FLORIDA	OPEN	VANDY	@S CAR	KENTUCKY	@TENN	N MEX ST	ARK
Ole Miss	KENTUCKY	@VANDY	AUBURN	LSU	@TEX A&M	OPEN	ALABAMA	@ARK	MISS ST (24)
sc	SC STATE	@KEN	OPEN	TEX A&M	MIZZOU	@VANDY	@FLORIDA	TENN	@CLEMSON
Tenn	OPEN	@LSU	ALABAMA	UT MARTIN	KENTUCKY	@GEORGIA	MIZZOU	@S CAR	@VANDY
TEX A&M	@MISS ST	@BAMA	OPEN	@sc	OLE MISS	FLORIDA	@AUBURN	UMASS	LSU
VAN	OPEN	OLE MISS	@GEORGIA	@MIZZOU	OPEN	S CAR	@KENTUCKY	FLORIDA	TENN



### Welcome to Niceville!

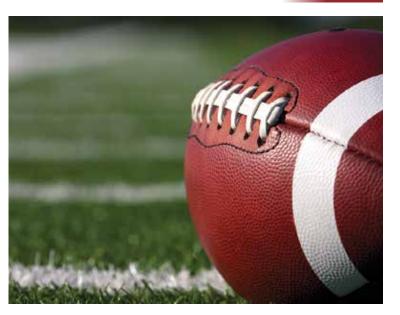
Jim & Jane Rainwater welcome you to our real estate office. We have over 20 years experience selling real estate, residential and commercial, working with buyers and sellers in Bluewater Bay, Niceville, Valparaiso, Destin, Crestview and surrounding areas.

### **Property Management**

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

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

janehr@aol.com | NicevilleHomes.com





# Emerald Coast Classic College Tournament Tickets Go On Sale

Tickets for the eighth annual Emerald Coast Classic college basketball tournament, presented by Global Sports, are on sale at the official tournament website www.emeraldcoastclassic.com

Tickets start at \$20 per twogame session. The Classic will be played Thanksgiving weekend Nov. 25-26, at The Arena on the campus of Northwest Florida State College.

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

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

the second round.

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

Fran McCaffery has coached Iowa to 20-plus wins eight of the last 10 seasons, including four straight years.

The Hawkeyes have competed in the last three NCAA Tournaments and have been ranked in the final Associated Press Poll each of the last three years: No. 16 in 2020, No. 8 in 2021 and No. 25 in 2022.

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



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

nents in Texas Tech and Kansas to secure a NCAA Tournament berth.

Returning starting forwards Hunter Tyson and PJ Hall will key the fortunes for Clemson, which won five of its last six games to close out the 2021-22 campaign. Brad Brownell is the winningest coach in Clemson history, earning 218 victories in 12 years while guiding the Tigers to the 2021 NCAA Tournament, 2018 Sweet 16, 2011 NCAA Tournament and three NIT appearances.

Mark Fox will enter his fourth season as the head men's basketball coach at Cal and has averaged nearly 19 wins each year in his 17-year coaching career. In previous stops at Nevada and Georgia, Fox has guided teams to five appearances in the NCAA Tournament. Cal boasts 28 postseason appearances, including 19 NCAA Tournament appearances.

Other games at Northwest Florida State College on Friday Nov. 25 have Southern playing Loyola Maryland at 11 a.m. while Louisiana Monroe meets Omaha at 1:30 p.m.

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### **Pro Football Schedule**

#### **WEEK 4**

Thursday, Sept. 29

8/26 Blountstown

Liberty County

Cottondale

Chipley

10/14 Holmes County

9/30 Bozeman

10/28 Graceville

Sneads

North Miami Beach

Fort Walton Beach

Choctawhatchee

Vanguard

Chiles

Crestview

Pine Forest

10/21 Baker

Jay

Dolphins vs. Bengals 7:15 p.m. Amazon Sunday, Oct. 2

Vikings vs. Saints (London)

8:30 a.m. NFL Ntwk

Network

9/16

9/2

11/4

8/26

9/16

9/23

9/30

10/7

10/21 Leon

10/27 Mosley

9/2

Browns vs. Falcons CBS Noon Bills vs. Ravens Noon CBS

Freeport High School Varsity Football

Away

Away

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**Niceville High School Varsity Football** 

Commanders vs. Cowboys Fox Seahawks vs. Lions Fox Chargers vs. Texans Noon **CBS** Titans vs. Colts Noon Fox Bears vs. Giants Noon Fox Jaguars vs. Eagles CBS Noon Jets vs. Steelers CBS Noon Cardinals vs. Panthers 3:05 p.m. Fox Patriots vs. Packers 3:25 p.m. CBS Broncos vs. Raiders 3:25 p.m.

Monday, Oct. 3 7:15 p.m. ESPN Rams vs. 49ers

#### WEEK 5

Thursday, Oct. 7

Rams vs Seahawks 7:20 p.m. FOX/ NFLN/AMAZON

Sunday, Oct. 10

Jets vs Falcons London8:30 a.m. NFLN Eagles vs Panthers Noon FOX Packers vs Bengals Noon FOX Patriots vs Texans Noon CBS Titans vs Jaguars Noon **CBS** Lions vs Vikings Noon FOX Broncos vs Steelers Noon FOX Dolphins vs Buccaneers Noon CBS

Saints vs Washington Football Team 3:05 p.m. Browns vs Chargers Bears vs Las Vegas Raiders **CBS** 3:05 p.m.

49ers vs Cardinals 3:25 p.m. FOX Giants vs Cowboys 3:25 p.m. FOX Bills vs Chiefs 7:20 p.m.

Monday, Oct. 11 Colts vs Ravens

7:15 p.m. ESPN

WEEK 6

Thursday, Oct. 14

Buccaneers vs Eagles 7:20 p.m. FOX/ NFLN/AMAZON

Sunday, Oct. 17

Dolphins vs Jaguars London

8:30 a.m. CBS Chargers vs Ravens Noon **CBS** Vikings vs Panthers Noon FOX Packers vs Bears FOX Noon



Bengals vs Lions	Noon	FOX	Be			
Texans vs Colts	Noon	CBS	Co			
Rams vs Giants	Noon	FOX	M			
Chiefs vs Commanders	CBS	Sa				
Cardinals vs Browns	3:05 p.m.	FOX				
as Vegas Raiders vs Broncos						
	3:25 p.m.	CBS	W			
Cowboys vs Patriots	3:25 p.m.	CBS	Pa			
Seahawks vs Steelers	7:20 p.m.	NBC	ı a			
Monday, Oct. 18	В		Sı			
Bills vs Titans	7:15 p.m.	ESPN	Pa			
			ı u			

### WEEK 7

Chiefs vs Titans

Lions vs Rams

Thursday, Oct. 21

Broncos vs Browns 7:20 p.m. FOX/ NFLN/AMAZON Sunday, Oct. 24

Bengals vs Ravens Noon CBS Commanders vs Packers FOX Noon Noon FOX Falcons vs Dolphins Jets vs Patriots Noon CBS Panthers vs Giants Noon FOX

Eagles vs Las Vegas Raiders FOX 3:05 p.m. Texans vs Cardinals 3:25 p.m.

Noon CBS

3:05 p.m.

FOX

ears vs Buccaneers 3:25 p.m. olts vs 49ers NBC 7:20 p.m. londay, Oct. 25 aints vs Seahawks 7:15 p.m. ESPN

#### VEEK 8

hursday, Oct. 28

ackers vs Cardinals 7:20 p.m. FOX/ NFLN/AMAZON

unday, Oct. 31 anthers vs Falcons

Giants vs Chiefs

Dolphins vs Bills **CBS** Noon 49ers vs Bears Noon FOX Steelers vs Browns Noon **CBS** Eagles vs Lions Noon Rams vs Texans Noon FOX Titans vs Colts CBS Noon Bengals vs Jets CBS Noon Patriots vs Chargers 3:05 p.m. CBS Jaguars vs Seahawks 3:05 p.m. CBS Commanders vs Broncos

FOX 3:25 p.m. Buccaneers vs Saints 3:25 p.m. FOX Cowbovs vs Vikings 7:20 p.m. NBC Monday, Nov. 1

7:15 p.m. E SPN





# Parenting: Hospital to Tackle Awkward Questions

White-Wilson Medical Center will continue its Power Your Parenting series with its next session: Awkward Conversations, Tuesday, Oct. 4, 5:30-6:30 p.m., at White-Wilson's main campus at 1005 Mar Walt Drive in Fort Walton Beach. This class will focus on how parents can prepare for tricky but important, age-appropriate conversations.

Pediatrician Dr. Melanie Parm will talk about how caregivers can approach the sometimes awkward talks about growth, puberty and sexual health with their child. This parent-only class is free to attend and refreshments and door prizes will be provided.

"As children move through developmental stages, it's important for parents to prepare for the topics that are bound to arise," said pediatrician Dr. Melanie Parm. "Even for adults, some conversations can be uncomfortable to handle."

Dr. Parm continued, "During this class, I'll discuss ways caregivers can get ready to have those talks as well as give tips to help make it feel less awkward for both the parent and child."

White-Wilson will continue the series with one additional topic to benefit parents: Emergency Basics, on Nov. 3.

The classes are free and open to parents, grandparents, caregivers and community members. You do not have to be a White-Wilson patient to attend. However, they do ask that due to the sensitive nature of these topics, children do not accompany their parents. Registration is required for each session in the series. For additional information on registering, visit white-wilson.com or the White-Wilson Medical Center's Facebook page.

### Race to Benefit Seaside School

Celebrating the 21st year of racing, The Seaside School Half Marathon & 5K kicked off registration Aug. 25 for the Feb. 17-19, Race Weekend. The charitable cause, which draws participants from all over the country, has helped fund The Seaside School, Inc., one of the first and now the oldest operating public charter schools in the state of Florida.

"It's an exciting time for The Seaside School, and with Northwest Florida State College working to expand the Seacoast Collegiate High School campus and program offerings," said Teresa Horton, executive director of the Seaside School Foundation.

The three-day charity Race Weekend kicks off with the coastal cuisine event Taste of the Race Friday night, then proceeds to a fun-for-all-ages Race Expo Saturday culminating Sunday morning with the running of the half marathon and 5K along Highway 30A, starting and finishing in Seaside.

This year's race will feature an overall theme, to be voted on by race registrants and social media

followers. The chosen theme will spice up race festivities, particularly for runners wishing to dress out, liven up their run or participate in team entries. Theme choices include "Disco Dash," "Superhero Sprint" and "Rockstar Run." To vote, visit runseasidefl.com/ or facebook.com/ SeasideSchoolFoundation. The theme will be announced across all social media platforms on Oct. 1.

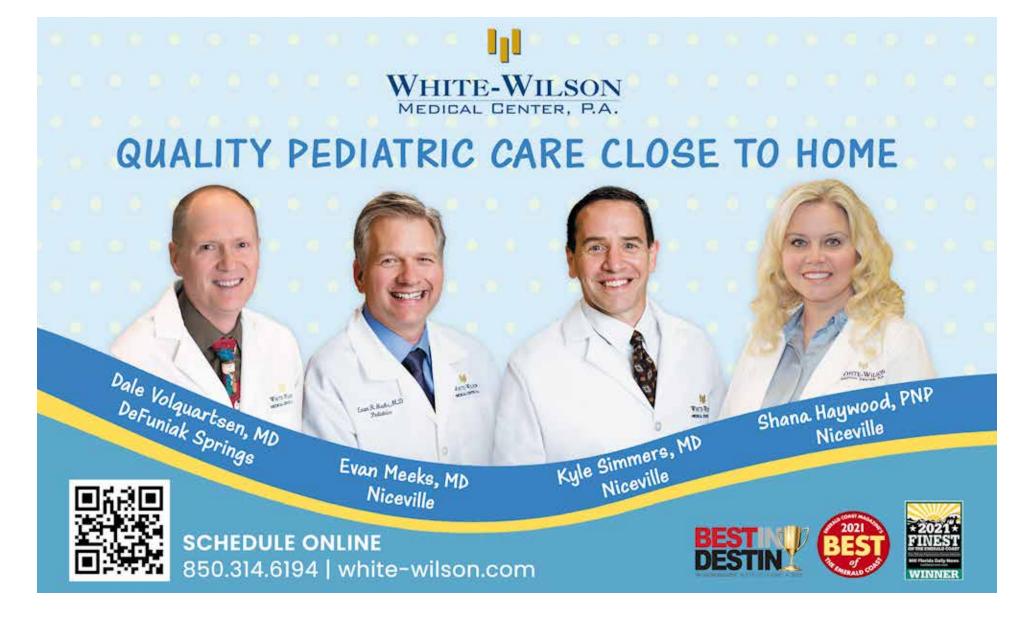
One hundred percent of the funds raised from the race weekend benefit The Seaside School Foundation, which supports the operating budget for Seaside Neighborhood School and Seacoast Collegiate High School. The Seaside School, Inc. is tuition-free, public charter school serving students across Walton County. Last year, the 2022 race raised proceeds totaling more than \$700,000.

Registration cost for the 5K is \$95 and the half marathon is \$125.

A \$20 discount is available to military personnel and first responders with proof of active military identification cards, honorable discharge papers or police/firefighter/EMT identification cards. Email documents before registering to race@runseasidefl.com to receive a discount code.

Race registrants will receive a Vera Bradley® Grand Tote in Plum Pansies, a virtual goody bag full of surprises, an iconic race shirt designed by Billie Gaffrey, a customized playlist and half marathon finishers will receive a unique finisher medal.

Registration options can be found at www.runseasidefl.com.





## Life with ADHD Part 2: In the Words of Mom and Dad

By Stephenie Craig

Last month, our son, Will, age 10, shared his experience living with ADHD. This month we are sharing our parent lessons navigating ADHD in our home. Neither of us are diagnosed with ADHD.

# What are the positives of navigating ADHD in your home?

Our son sees the world through a different lens than we do. We can both be singularly focused and can miss the world happening around us. Will has more going on in his mind than we are able to fully recognize until he paints a picture, creates a flipbook, or builds a creation using discarded items. His creativity is inspiring and challenges us to see the world in new ways.

# What are the challenges of navigating ADHD in your home?

Often people can't see past Will's challenges to stay on task. What appears to be lack of focus or engagement is actually him being hyper focused and engaged with everything around him. He makes connections and



recognizes patterns that others miss. His struggle to focus, sit still or manage his impulses gets labeled by us and others as disrespect when that is rarely his intent.

What has not been help-

ful in navigating ADHD as a parent?

Expecting Will to feel, behave and move through the world like we do is not helpful. He is uniquely created and he doesn't need to be more like us to be a better version of himself. Assuming challenging behavior is coming from a place of disrespect creates unnecessary conflict. Kids' behavior is most often about trying to meet an internal need or achieve an internal goal and is not designed to get un-

der parents' skin (despite how it may feel sometimes). A lack of patience and frustration on our part is the quickest way to prolong follow through on Will's part. When he feels judged, misunderstood, and labeled as disrespectful, trust is broken and his brain moves into fight or flight. His focus shifts from the task at hand to the emotional battle at hand.

# What has been helpful in navigating ADHD as a parent?

In our relationship, Will is the most vulnerable person with the least developed brain. It is not his job to change to make parenting easier for us. It is our responsibility to seek understanding about his experience, find ways to get on the same team, and help him overcome challenges and develop confidence. Will lives with ADHD in a world that is built on systems that expect him to behave as though he doesn't have ADHD. This dynamic is frustrating for him and offering compassion over judgment makes a big difference. Rather than taking an adversarial approach, we learn to seek first to understand by asking questions, then offering to help him develop strategies that work for him. Some strategies include adjusting diet, task checklists, calming

skills and a reward point system for task completion. More recently, medication has played a helpful role in unlocking confidence in focus, follow through, and impulse control.

What have you learned

## from navigating ADHD in parenting?

We are all created and wired differently. We cause unnecessary problems expecting kids or other people to see and process the world like we do. Our way is not the right or only way to be. Slowing down, listening, seeing and appreciating Will's unique personhood is a beautiful gift to him and to us. We want to manage ourselves well so we are affirming his giftedness rather than stubbornly insisting he be like us to be lovable and acceptable in the world. We want him to know he is wonderfully Will and in the world with an important purpose that will be accomplished because of his brain wiring not in spite of it.

ADHD is one way people experience feeling different. You are surrounded in life by different personalities, brain wiring, emotional processing and ways of seeing the world. Try remembering your way of being is not the only right way to be. Imagine the growth you might have within yourself and your relationships if you begin seeking to understand others' ways of seeing the world. As you navigate your journey, connect with us at journeybravely.com for support. Coaching sessions are currently available.









By Dr. Richard Chern, M.D. How often does this happen? You wake up but don't feel rested. You won't be productive so maybe just skip the day. You drag yourself out of bed and go through the motions. The goal is to get back home and end the

day. You can watch TV, play on

# There May Be a Cure for the "Blahs"

the phone, eat dinner and head back to bed. Surely tomorrow you'll wake up with some motivation to accomplish those longterm goals.

This happens to all of us and occurs more often the older we get. Luckily we can increase the number of those motivated days.

Before I started treating patients with hormone pellets, I first became a patient. I was hesitant initially because my levels were in the normal range and I thought I felt normal. Sometimes I lacked motivation, sometimes I took naps, sometimes I didn't want to go to work, sometimes I fell asleep on the couch.

Regardless, I still took care of my responsibilities, I got the bills paid, I had some fun, and I was pretty comfortable. I did notice over time it was getting harder to have fun, harder to feel rested, and harder to take care of the responsibilities.

After some convincing, I decided to get treated. My levels prior to treatment were in the reference range or "normal range" but they were nowhere near the optimal range. After treatment, I quickly understood I had been missing out on more than I could imagine. It's hard to describe but almost immediately I began to feel healthier, I started

getting more energy, I had a desire and drive to be more active. I slept so well that the afternoon naps were no longer needed. The fog lifted and I was finally able to focus and concentrate on the important things in life.

Most people think about libido when you mention hormones but that's just one of the many many benefits of treatment. There are so many benefits to getting your hormones right it's difficult to figure out why anyone would want to go without.

Don't miss out on your opportunity to feel healthy and alive again. Come get tested and let us talk to you about your levels. Remember, just because your levels are "normal" doesn't mean they are healthy or optimal.

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 right here in our local area. Dr Richard Chern, MD treats many of the medical community in the area. Dr Richard Chern, MD is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call Dr Richard Chern, MD today for an appointment at The Hormone Restoration Center at (850) 837-1271.

# Can You See Yourself Living Here as a Foster Parent?

You can make a difference in the lives of children every day! Children in Crisis (CIC) is in need of live-in foster parents. The mission is simple: Providing homes while keeping brothers and sisters together. A non-profit organization, CIC works to provide homes and care for the abused, neglected and abandoned children in our local community. Since opening the Susanna Wesley Emergency Shelter and the first family

foster home (Blessings House) in 2008, CIC has given a home and care to over 1,000 foster children. Currently, Children in Crisis is in need of foster parents to live in the homes and care for the children at The Children's Neighborhood.

The non-profit will license and train foster parents and provide an array of support including a large home with paid utilities, extensive training and guidance, on-site educational assistance, vehicles for transporting children, access to food and clothing pantry and a monthly stipend to supplement family income in addition to the State's Room & Board

payments. "Our foster parents experience the rewards that come with knowing they have made a difference in the lives



of these children," said Danna Franks, Vice President of Operations at Children in Crisis. "These are children who need a parent to restore their hope, facilitate healing of their wounded hearts, and assist in their development into resilient, happy, capable young people."

For more info on getting involved as a foster parent, please contact the Director of Operations, Sarah Traver, at (850) 864-4242 or sarahtraver@childrenincrisisfl.org. You can view CIC's video and complete the Foster Parent Application on the website at www.childrenincrisisfl.org.

### Get the Smile You Deserve

### Smile with Confidence Again

- · Are you embarrassed about smiling in front of people?
- Do you ever put your hand up to cover your smile?
- Do you dislike your smile in photographs?
- · When you look through magazines, do you envy the models' smiles?
- Do you wish your teeth were whiter?
- Do you think you show too much or too little of your teeth when you smile?
- Would you like to change the way your teeth or gums are shaped?
- Do you have gaps or spaces in between your teeth?

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



gulfcoastdental.com

Call today to schedule a personal FREE consultation







# **Hospital Completes First Leg of Expansion**

HCA Florida Fort Walton-Destin Hospital celebrated the completion of the first phase of its \$100 million expansion Aug. 30, which includes a new four-story, 95,000-square-foot patient tower and 10,000-square-foot renovated dietary space.

This phase of the expansion adds 10 ICU beds, eight cardiovascular ICU beds and 24 surgical care beds – increasing the hospital's capacity from 267 to

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### Savor the Sound Oct. 8

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 DownBeat Jazz Orchestra and Voices of Northwest Florida. There will be food trucks and local breweries on site in addition

AUCTION ITEMS INCLUDING:

**ROLLING STONES 50TH ANNIVERSARY SET** 

DONALD TRUMP AUTOGRAPHED PHOTO AUTOGRAPHED GUITAR -- MUSICIAN TBA \_ & MORFI

to a live auction featuring the Rolling 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 mattickellyartscenter.org.

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309 beds.

"By equipping our team with the latest technologies in an updated, modern space, we hope to provide a more healing environment for our team and the people we serve," said CEO Zach McCluskey.

The hospital celebrated the expansion with a ribbon-cutting ceremony and tours of the newly-completed spaces. The Fort Walton Beach Chamber of Commerce, the Destin Chamber of Commerce, the Walton Area Chamber of Commerce and various community leaders attended.









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By Kay Leaman, HEALTH ARCHITECT

I've dealt with sleep issues over the years. What I've discovered is that getting quality sleep means developing a routine and sticking with it. I have also found a couple nutritionals that have helped me sleep better. As our lives ebb and flow, so does our sleep. However, sleep is critical for our health and ignoring it, hoping it will get better, is not a healthy choice to make. Mine is a work in progress with stress being the main interrupter. So, let's dive in and learn a little more about sleep.

What is sleep? It's restful if we sleep well. It's not an idle mode. Our body and brain are working. It activates a process that helps us rest, repair and recharge.

#### There are 4 stages in the sleep cycle:

Between wakefulness and sleep - Everything slows down and muscles soften, heart and breathing rates decrease and brain patterns begin to change.

**Light sleep** – The process continues and body temperature drops.

Deepest state - It's hard to be awakened. Our heart and breathing are at their lowest point, muscles extremely relaxed. It's integral to quality sleep. If this stage is cut short we don't wake up feeling rested.

**REM** – Rapid eye movement sleep. In many ways it's the opposite of the other three stages. It's the dreaming stage; heart rate increases, breathing rate can quicken and become irregular, eyes move rapidly behind eyelids

# A Focus on Sleep

and brain activity livens. As a protective measure the body can experience temporary paralysis of limbs preventing the body from acting out movement about which we dream.

All 4 stages run through in succession until we wake up. Without both NREM and REM sleep our memory consolidation is harmed.

#### Things that can interrupt our sleep:

Caffeine, alcohol, diet (sugar intake) or eating too close to bedtime. Physical activity, stress level or emotional state, bright lights or blue light.

#### Things we can do:

- Put away electronics at least 30 minutes prior to going to bed. Consider removing electronics from the bedroom as the electromagnetic waves can interfere with sleep.
- Develop a consistent bedtime as this will develop a rhythm of our internal clock
- Relax by doing some light stretching
  - Dim lights
  - Play soft music, etc.
- Use blackout curtains (Light is the signal that turns on and off our sleep hormones.).
- Instead of tossing and turning, consider getting up, take a slow walk around the house, have a sip of warm water, read for a few minutes or stretch using slow movements to relax the

body. Then return to bed and focus on your breathing.

Sleep is important for a healthy immune system. Here are a few things that happen when we sleep:

- During sleep immune cells move around, creating memo-
- Immune cell effectiveness is being preserved, proliferation of white blood cells and protective immune proteins (cyto-
  - Activation of immune cells
- Differentiation of new white blood cells
- Optimization of natural killer cell function (quick-acting white blood cells of the innate immune system)

When your cells are cared for with quality sleep your supply of bodyguards are stocked, locked and ready to protect you properly.

The American College of Physicians does not recommend induce sleep. Here are some holistic options:

#### **Essential** Oils:

Methods of use: Inhaling - diffused.

Direct application - to skin, dilution recommended using avocado oil, almond

**Ingesting** – added to food or drink, get professional advice before utilizing this method

• Oils to consider:

Lavender (diffuse), bergamot (can lower heart rate and BP and help with anxiety and stress), clary sage (may reduce cortisol levels), valerian, sandalwood, ylang ylang, jasmine, frankincense (expensive), chamomile (tea can be used in place of the oil)

#### • Nutrients (I can help you with these):

A high quality melatonin, magnesium tea or a stress relief supplement

Some age-related sleep issues

First part of the brain to suffer from the aging process is the same region that allows for deep sleep. This can begin as early as

Sleep issues are linked to heart disease, Alzheimer's, diabetes, stroke and obesity. (It's important to exercise the mind and the body. There are myriad puzzles and games that exercise the mind. Learn something new like a new hobby, exercise, take a class, etc. or read.)

Here's to Health! succeed.hdhl@ gmail.com









# **Insights for Investors**



By Maurice Stouse, Financial Advisor and Branch Manager

# Inflation, interest rates and the current state of things

Inflation has had more impact over the past than at any time in almost the past 40 years. After peaking at 9.1 percent in July, inflation came in a little lower in August at 8.5 percent. Producer and import prices remained high and the supply change problems persisted. The chip shortage affected just about everything (would you believe more than 300 chips go into a car?).

Going back in history, inflation in 1981 was above 10 percent and by 1982 the unemployment rate was over 10 per-

cent and interest rates were well above that. The USA and the world experienced two recessions in the early '80s and those followed a very difficult period of the 1970s where the markets underperformed and the economy struggled. The Dow Jones Industrials Average was higher in 1972 than it was in 1982. And then, things began to change. It started with changes in tax legislation, private and public investment and believe it or not, the decline of the US dollar. The economy grew, interest rates came down, unemployment came down, and inflation made its way down to less than 2 percent over the past two decades. Prosperity was more that norm than the exception. Fast forward to today and the Dow is over 33,000 at this writing, which is up from 742 in August of 1982.

# Today, a lasting labor shortage

Investors are right to wonder just how we ended up here. There is no one answer – it is a combination of things. First is the tremendous monetary and fiscal stimulus throughout the pandemic. That unleashed a lot of capital which many still have

saved, invested or can borrow and at still historically low rates. Next, many left their jobs (38 million in 2021) and either went to other jobs or, at a significant pace, started their own businesses. Third, the combined impact of stock market and real estate markets over the past few years had many people feeling more confident of retiring early. What do these things add up to? Wage pressures, which keep inflation elevated. Investors should take note to consider those investments that have historically outpaced inflation.

### Real Rates of Return or more important now

The real rate of return is what is left after inflation (and don't forget taxes). As inflation has risen many investments (cash, CDs, many bonds) have had a low to negative real return. That is not always easy to realize so investors and savers are encouraged to take a step back and consider the real return. Most people want to keep pace with inflation at the very least and to outpace it at the very best. Stocks and real estate still command the lead for returns vs inflation and other asset classes. Of course those asset classes come with higher degrees of risk and volatility.

# Vanguard says bonds are back

In its recent paper "Active Fixed Income Perspectives Q3 2022: Bonds are back," Vanguard points out several key things for investors to consider. Most important of these is that bonds have had the worst performance in history over the first six months of 2022. They point out however that real returns, or positive returns, now exist. They argue "with bond yields higher than expected inflation over the next five years and beyond." We agree with their sentiment that bonds once again offer diversification and less risk for investors portfolios after not having done so in the recent past. We also look at the returns on municipals (for those in higher tax brackets), and according to Raymond James, some of the best values may exist with maturities in the 8-20 maturity range. Raymond James also makes available to investors the important statistic of duration, which is a measure of



risk for a given bond which considers its maturity and call dates.

to the crisis and is bringing

some coal-fired plants back and

## Europe continues to adapt

Norway recently vowed to outproduce Russia in natural gas supply as long as the crisis lasts. Natural gas prices at this writing are at their highest levels in the past 14 years. The implication for investors in our opinion is to continue to overweight holdings in the energy sector relative to its current weighting (in the S&P 500) which is 4.4 percent. That is significantly lower than it was just 10 years ago. Another way we see it is that despite the pandemic, and the crisis in Europe, the world continues to grow and more and more people in emerging and developing countries are increasing their standards of living. The demand for electricity might continue to grow significantly in the US. In a recent editorial, the Los Angeles Times pointed out that California alone could see energy consumption grow as much as 68 percent by 2045. They argue that in line with the electrification of cars, that would be a key driver. The world will need more energy from whatever form it may come. We also think investors should pay attention to the reemergence of nuclear power. States and countries are hard at work solving for waste storage and there is also the long-term promise of small modular reactors which create a fraction of the waste. While a lot of companies are working on that technology it is not near being scalable.

# Interest rates and savings rates

Investors can finally enjoy more competitive returns on their most conservative investments. Many brokerage firms and financial institutions are now offering CDs over 3 percent for one year and many money market fund yields have increased as short-term rates have increased. Many are left wondering how long rates will continue to climb. We are not convinced that it will become a long-term trend. We agree with a lot of the sentiment we hear

and read that short term rates are likely to peak at 3.5 percent. We will have to see what the future brings.

Important Disclosures

The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd, Destin with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone (850) 654-8122.

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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.

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Investors should consider the investment objectives, risks, charges, and expenses of an exchange traded fund carefully before investing. The prospectus contains this and other information and should be read carefully before investing. The prospectus is available from your investment professional. The companies engaged in the communications and technology industries are subject to fierce competition and their products and services may be subject to rapid obsolescence. Investing in the energy sector involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors.



# 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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Amy Parrish

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# Florida SBDC:

# No Cost Consulting for Your Small Business

By Terry Mauer, Associate DIRECTOR, FLORIDA SBDC AT THE UNIVERSITY OF WEST FLORIDA

Small businesses truly are the backbone of America - especially in Florida. Small businesses represent more than 95 percent of all Florida businesses and employ 41.1 percent of Florida's workforce. Small businesses represent a substantial portion of our economy, enhance our communities and keep jobs local. These businesses survive and thrive by the support they receive from their local community. One local organization's sole purpose is to provide this support - the Florida SBDC at UWF.

#### **From Humble Beginnings**

Recognizing a need to provide small businesses with professional support, the U.S. Small Business Administration (SBA) started a pilot program to provide small business owners with one-on-one consulting services, research, and educational workshops. The center at the University of West Florida was one of the first pilot programs in the nation, which was officially established by Congress in 1980 as the Small Business Development Center. Today, there are SBDCs in every U.S. state and territory.

#### The Florida SBDC at UWF

The Florida SBDC at UWF is one of nine regions within the Florida SBDC Network, serving small business owners of Northwest Florida, spanning 10 counties from Escambia to Gulf. It has three main offices (Pensacola, Fort Walton Beach, and Panama City Beach) and more than 10 satellite offices throughout the region.

#### **No-Cost One-On-One** Consulting

The list of reasons people become entrepreneurs is long – to be their own boss, pursue their passions and financial reasons. For many, having the freedom to pursue your passions without anyone standing in your way is invigorating. However, the stress of taking the risk can be crippling. That's where the Florida SBDC at UWF can help.





You are not alone! Our consultants, many of whom have been or are small business owners, can provide expertise in a number of ways. Whether a new business just getting started or an existing business looking to grow or become more efficient, our team can provide the resources you need to succeed. Whether you need help filing business start-up paperwork, creating financial projections, conducting a feasibility study, revamping your marketing strategy or preparing a loan package, consultants are ready to assist.

In addition to one-on-one consulting, the SBDC presents numerous no- or low-cost workshops focused on providing small business owners the education necessary to grow their businesses ranging from basic to advanced business management

#### **Impact**

You may be wondering if the services actually have an impact. Consider this. In 2021, the Florida SBDC at UWF consultants spent nearly 17,000 hours consulting with more than 2,000 local businesses and helped small businesses gain access to nearly \$60 million in capital, grow sales by more than \$560 million and acquire \$35.5 million in government contracts.

If you're a small business owner, connect with the Florida SBDC at UWF by visiting sbdc.

uwf.edu and clicking on "Request SBDC Consulting." Our Florida SBDC at the University of business is growing yours!

Terry Mauer is Associate Director, West Florida.

#### Gov. Ron DeSantis Visits Niceville

Florida Gov. Ron DeSan- we have made significant intis visited Northwest Florimillion Job Growth Grant for

vestments into workforce edda State College (NWFSC) ucation, with an emphasis on Sept. 15 to announce a \$1.5 trucking and the entire transportation industry," said Gov.



the expansion of the College's Commercial Driver's License (CDL) Program. NWFSC introduced its CDL program last September after receiving a \$413,836 grant through the CARES Act Governor's Emergency Education Relief (GEER) Rapid Credentialing Program which allowed the purchase of trucks, trailers, hydraulics and state-of-theart mechanical drive learning systems. It also enabled the College to establish an official testing site for anyone wishing to obtain their CDL. "In Florida, over the past three years

Ron DeSantis. "With today's announcements, we have now increased our CDL training capacity at state institutions from less than 1,000 prior to 2019 to more than 3,500. These investments are driving the growth of our rural communities and state as a whole."

For more information about NWFSC's CDL program and testing site, please contact Tammy Ramsey, CDL Program Coordinator, at ramseyt@nwfsc.edu or 850-729-5301.



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# A Pastor's Ponderings:

# Do the Ends Always Justify the Means?



By Pastor Doug Stauffer The "ends" in this cliché rep-

resent a good outcome, while the

"means" refer to the method or

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actions used to achieve the desired result. When a person says, "the ends justify the means," this implies that a noble enough outcome justifies whatever measures taken to achieve the objective. The Bible teaches the exact opposite approach. For instance, the Apostle Paul vehemently denied following this godless way of thinking. "And not rather, (as we be slanderously reported, and as some affirm that we say,) let us do evil, that good may come? whose damnation is just." (Romans 3:8).

Paul never encouraged anyone to do wrong so long as good fol-

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lowed. Godly decisions are determined by what we do and how we do it. Does God care only about what we accomplish for him, not how we achieve it, or do the means and the outcome concern him? God doesn't just want us to achieve a good outcome regardless of cost. He wants us to bring glory to him in how that good materializes. When we strategize independent of God, we rob him of his rightful place. Interestingly, God may lead us to do the very thing we were going to do on our own, but when we do it without God's leading, our self-reliance becomes sinful.

It is essential to recognize that

achieving a good idea is not necessarily God's design. The path God desires for each person to take is the path where he is the pilot. God's work must be done God's way. Dr. Bob Jones, Sr., once famously said, "It is never right to do wrong in order to get a chance to do right." Oh, if this could be the world's mantra or, at a minimum, the church's pro-

Two biblical points encapsulate these truths: (1) God rewards only those who endeavor to live, work and function biblically. "And if a man also strive for masteries, yet is he not crowned, except he strive lawfully" (2 Timothy 2:5).

And (2) God expects us to keep our passions under control so that all the good we have does not end up being for nothing. "But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway" (1 Corinthians 9:27).

History reveals some horrid examples of things done in the name of God and religion. The means used to bring about religion's goal of converting others to their way of thinking at all costs has no basis in scripture and no place in societies. Some religions have lied, cheated and even killed to accomplish their goal of converting people. Just like God never sanctioned this behavior in the religious sphere, He never approves this methodology in our everyday lives. Small immoralities are wrong even when used to achieve larger moralities.

The problem with the "ends justify the means" philosophy is that it puts the standards of morality into the hands of human beings and makes right and wrong subjective based on outcomes. The Bible warns against this repeatedly: "Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!" (Isaiah 5:20).

The ends-justify-the-means philosophy offers an excuse to do something we know is wrong when we view good outcomes as the pinnacle of success. Yet, true success must never be measured by results alone. Let each person endeavor to do right and live right so we may ask God's blessing upon our every undertaking.

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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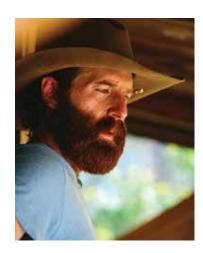
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# Sean of the South



By Sean Dietrich

This is not my story. It was told to me. In fact, I'm hearing it for the first time, just like you

The year was 1982. The old man climbed out of a rustred Ford. He was ancient. He walked with a shuffle as he hobbled into the supermarket. Struggling to walk. Fighting to breathe.

A young man in the parking lot saw him get out of the rust-red Ford. He rushed ahead to help. The kid was wearing a black sports coat. Black tie. Hair slicked back. Lots of cheap co-

"Thank you," the old man said. "Would you be kind enough to get me a buggy?"

The kid pulled a cart from the stockyard of buggies. The old man hooked his cane over the handle and tried to catch his breath.

"What are you so dressed up for?" the old man asked.

"I'm going to a funeral."

"I'm sorry," said the man. "Family or friend?"

"Neither. It was my dad."

The old man nodded, but said nothing. He pushed his buggy into the store. Past the pneumatic doors. The store was filled with the paralyzingly lush sound of muzak. Death by violins

The kid was following him closely because he was a good kid, and the old man was wheezing badly. He looked like he was about to fall over. Pale and gaunt. Shaky and frail.

"I'll help you shop," said the kid. "I've got some time before the funeral starts.'

"Thank you," said the old man, whose face lit up like Christmas.

They puttered through the A&P together. Two strangers. When they reached the Camp-

bell's soup aisle the old man asked a question.

'You weren't close with your father?'

"No. He left my mom when I was little. He didn't want anything to do with me. I didn't even like him."

The old man nodded.

"Did you stay in touch?" he asked.

"Not really. I called him sometimes, but he never had much time for me. He had lots of problems. I was just one more."

"I'll bet that hurt you."

The kid shrugged. "I guess."

And that's when the air got weird. Everything became weird. The old man lowered his gaze at the kid. The old voice was suddenly very strong and rich. A deep baritone. And he did not sound like an oldster anymore.

"Your father loves you," said the man.

The kid looked around. He was wondering where the Allen Funt and the hidden cameras were. But the old man was still looking at him with those tap-water blue eyes.

"Your father is sorry he hurt you," said the old man. "And he loves you very much. And he wants to know if you will forgive him."

The old man was speaking present tense. Not past tense.

The kid was sufficiently weirded out now. They didn't speak to each other much after that. Shopping was pretty awkward. The old man just pointed



and the kid fetched his items. But nobody spoke.

When they got to the checkout aisle, the kid left the old man briefly to use the restroom. He jogged into the john and was gone for maybe three minutes. When he returned, the old man was gone.

The kid asked the lone cashier if she had already rang up the old man.

"What old man?" she answered. "There hasn't been anybody in this store but you."

So the young man trotted out of the building. He wandered into the vacant parking lot. There was no rust-red Ford. In fact, there weren't many cars in the parking lot at all.

The kid drove to the funeral that evening. He found his father lying in a pinewood box. He wept all over his old man. He whispered things into his father's ear. Healing things.

Things he had been waiting a long time to say.

And 40 years later, when the kid told this story to me, he did so with red rings around his eyes. He is no longer a kid anymore, but a father of three.

I asked the kid whether he thought the old man in the grocery store was an angel.

"No," the kid said. "I don't think he was. I know he was."

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# The Road to Redemption: The Story of Ashley Vannoy - Small Groups and Spiritual Growth

By Victoria Ostrosky

Small groups, life groups, and connect groups seem to be all the rage in Christian circles nowadays. There are so many devotional books and courses available that it would be impossible to take advantage of each one in any lifetime.

You may wonder why this is. Why do Christians even want to get together and do life together? I have an unbelieving friend who, one time a few years back, expressed her confusion over why it was so important to me to spend time around my Christian brothers and sisters. We weren't partying or clubbing or bar hopping, so she couldn't grasp how we could have a good time just being together, praying for one another and sharing our good times and struggles with each other.

Ashley Vannoy, a native of Pensacola, knew Jesus for quite a while before she discovered one of the secrets to encouraging spiritual growth and that happened when she joined a



small group at Destiny Worship Center. Ashley's career is in Commercial Banking and, as she pointed out, "if you're in a corporate environment you're constantly pushed to do more. Learning what it looks like from the Kingdom perspective has changed me. I didn't live by faith but deal to deal."

She came from a charismat-

background and wanted to live the Christian lifestyle, but has, in her own words, "only been living by faith recently by participating in small groups." Even though she's known Christ for a long time, being part of small groups has made a tremendous impact on her.

The concept of small groups is

reminiscent of the early church where they met in each other's homes to worship and break bread together. Remember in the Book of Acts when Herod threw Peter into prison? A small home church stayed in prayer all night for his release, and God mightily answered their prayers.

One of the first small groups Ashley joined was a "back to

basics with a simple format to get habits together to lead a Christian life." As a longtime Christian she wasn't convinced that this simple curriculum was what she needed, but she discovered that it was

well done and arranged to "maximize the benefit for each person." She experienced complete house cleaning after six weeks.

During her time in various small groups Ashley really began to mature in Christ. It's not just that she has grown, but that she's also been able to participate in the growth of members in her small group.

There's something very powerful when we pray with and for one another. The Holy Spirit is released to work in hearts, accomplishing great things for God that wouldn't have happened otherwise. The church, in its infancy, was known to spend time with each other going from house to house. This daily fellowship not only encouraged them to be bold in their faith,

O REDEA

but it allowed the new believers to help each other as needed. The scripture calls us a family. Close families do more than get together once a year for a reunion. They find the time to be with each other on a regular basis.

In her small groups, Ashley has learned to "put your trust in the Lord 100% and trust Him even when you don't understand."

You can hear Ashley's complete story and listen to many other incredible interviews on the weekly Road to Redemption radio show and podcast at www.roadtoredemptionpodcast.com.

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Arts & Music

# A Conversation with the Conductor

### Demetrius Fuller Gives His Take on Sinfonia Gulf Coast's 17th Season

By Zandra Wolfgram

Sinfonia Gulf Coast has a stellar 2022-2023 season line up. From world-renowned vocalists and violinists to Broadway's brightest stars, Beethoven musically mashed with rock bands. Curating a season that "sings" is an artform and Sinfonia Music & Artistic Director Demetrius Fuller is pitch perfect for the 17th year. With celebrity appearances, classical connections and innovative Northwest Florida debuts, this year's offerings redefine the symphony experience and offer something for everyone. Zandra Wolfgram recently sat down with maestro Fuller to get his take on Season

**ZW:** Jeremy Jordan is the Sinfonia Cabaret offering at Seagar's (Sept. 15). Why did you invite this particular performer to wow us?

**DF:** Jeremy is really a multifaceted artist. He got his start on Broadway in the original cast of Newsies, which is a wonderful show. He is a Tony and Grammy nominated artist, but more recently, he's done a lot of film and drama. Most recently with Kerry Washington in a play on Broadway, and in the hit TV show Supergirl. He's sort of a "triple threat" — he can sing, act and dance. Plus, he's just an amazing artist. He transcends all of the music genres: classical, Broadway and pop. Jeremy is a talented artist, a great musician and a nice person. I think people will really love him.

**ZW:** October 11 is the highly anticipated Gala Event with the incomparable Patti LaBelle. Do tell us more.

DF: Who doesn't know Patti LaBelle? And to know her is to like her. To bring "the godmother of soul" to the stage with her 60 years in the business is a feather in our cap and an absolute thrill. She's just as nice as she could be, and she's simply incomparable. That's really the only word. There is nobody like Patti LaBelle. We're honored to be able to present her and her whole band on the Sinfonia stage. She joins our special exclusive Sinfonia sorority joining Vanessa Williams, Roberta Flack, Kristin Chenoweth, Patti LuPone and Bernadette Peters.

**ZW:** What motivated you to create the Gala Event experience? Bernadette Peters was a showstopper for Sinfonia's inaugural season and set at a very high bar. What prompted you stage a celebrity-studded Gala Event in a major hall like the Destin-Fort Walton Beach Convention Center?

**DF:** It's a standalone event. It really has separated Sinfonia from anything else, not only in our community but along the Gulf coast, because none of the other regional orchestras bring in the caliber of artists that Sinfonia does. Sinfonia is what I call one-stop symphony shopping. It runs the gamut we have the gala, which is a pinnacle event, the full orchestra, Pops, chamber orchestra, chamber music, education programs, non-orchestra events, like the Cabaret and Crescendo! and wine events. So, the Gala Event really is just part of the puzzle piece that is sort of the angel on the Christmas tree, so to speak.

**ZW:** On October 22, the full orchestra will accompany the full film showing of the 1931 horror film based on Mary Shellev's book. The Bride of Frankenstein. This is a different ex-

perience than a typical concert.

DF: The Bride of Frankenstein has one of the most amazing orchestral scores in film history. It's full orchestra, so we'll have 65 to 70 musicians on stage in the Mattie Kelly Arts Foundation's Cultural Arts Village al fresco just before Halloween. It's about 90 minutes. It will be fun.





**ZW:** December 9 we have a popular offering that is always changing. Holiday Pops is a tradition, but you always put a twist on it.

**DF:** Yes, this year, we "doowopify" our Holiday Pops with the Doo

Wop Project. This is a group of guys who were originals in the Jersey Boys off Broadway. Doo Wop is just a great art form. It is as much an American musical

staple as jazz, and rock and roll. These guys take a piece of music and make it their own. They will perform everybody's favorite holiday tunes but will also take pop songs and a handful of popular tunes and "doowopify" them. They will perform a wide gamut of songs that people from all age groups are going to know. Plus, the full orchestra will play favorites like Stille Nacht and more, so it will be a great seasonal concert.

**ZW:** January 21 we shake off

Continued on next page







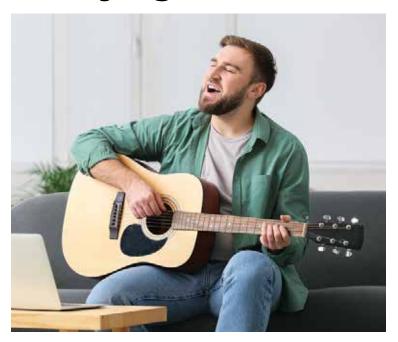
# **Dying to Strum and Pick?**

Have you always dreamed of learning the guitar? Or do you have a guitar tucked away somewhere at home, gathering dust and begging to be given a new lease of life?

Despite its intimidating appearance, the guitar is one of the easiest musical instruments to start playing right away. It's also very low-maintenance. After some quick training on changing and tuning the strings, you'll be set up to look after your guitar for a lifetime.

Concerned about the size of the guitar? There's no need to worry, 3/4 and 1/2 sized guitars are a popular choice for more comfortable maneuverability around your new instrument.

Smaller hands might also enjoy the ukulele – a similar instrument with four strings, rather than the guitar's six. The baritone ukulele is an especial-



ly great choice as it shares the same tuning as a guitar (minus the lowest two strings). Compared to the more well-known ukulele types, a baritone has a

bigger body and thicker strings making it a great stepping stone towards the guitar.

Guitar teacher Scott Gilmore has picked out some top choices

for newbie guitar players. Each song has just three or fewer chords.

#### Riptide - Vance Joy

First off, we're heading down under with 'Riptide' by Vance Joy. This song was the second-longest charting single in the 2015 US Billboard Hot 100, appearing on the charts for 43 weeks. It also earned its spot at number 94 on Triple M's 'Ozzest 100 – most Australian songs of all time list. This song originally features the tenor ukulele, though it can just as easily be translated over to the guitar.

#### Sweet Home Alabama – Lynyrd Skynyrd

A classic country rock anthem to express southern pride, this song has a simple, yet catchy chord progression and is an excellent introduction to the picking technique after you're ready to progress from strumming.

#### A Horse With No Name – America

This song, originally named "Desert Song," was the most popular single from folk-rock band America. It follows a character's journey through the desert with his horse while finding comfort and tranquility in the barren landscape. It's easy to feel the hot, dry, and oddly peaceful desert atmosphere as the acoustic guitar marches between just two different chords. It's an excellent choice for beginners as you'll need only two fingers to play the chords.

Ready to take your first step towards mastering the guitar? Give our studio a call at (850) 231-3199 to arrange a visit. Check out our website at www.Studio237Music.com. Located in Santa Rosa Beach.

#### **DEMETRIUS**

continued from previous page

the winter blues with Get Happy and celebrate the centennial of Judy Garland's birth.

**DF:** Who doesn't love the legend, Judy Garland? This is a great production because it showcases the string section of the orchestra and basically a jazz band along with superstar vocalist Jessica Vosk. She performed Elphaba in Wicked on Broadway. If you've heard her sing, you know she has amazing pipes, and is just a powerhouse. You will feel as though you are seeing Judy Garland singing live with the orchestra. There's a multimedia component that showcases vintage footage of

The Judy Garland Show with tons of outtakes with Dean Martin, Sammy Davis Jr. and Frank Sinatra that make an entertaining trip down memory lane. It will be a fun concert to experience because we are creating a clubby, dinner theater atmosphere with café tables. You can do that or opt for regular seating.

**ZW:** March 11 is the Classical Connections concert featuring violinist Geneva Lewis. Tell us about her.

**DF:** Classical Connections is the "meat and potatoes" classical portion of what Sinfonia does and Geneva Lewis is an extraordinary young talented violinist. She's the winner of the 2020 Concert Artist Guild

annual competition and a recipient of a 2021 Avery Fisher career grant, which is a major award and a big deal in the classical music world. She's a remarkable artist and she's doing Mendelssohn's Concerto for Violin which is one of the staples of the violin repertoire. Her performance is one not to miss. She is going to working with the Sinfonia Youth Orchestra doing outreach in our local schools as well.

**ZW:** Capping the season (April 29) is Beethoven versus Coldplay. This sounds like another perfect example of how you are redefining the symphony experience. Tell us what people can expect.

**DF:** Beethoven is immortal.

When you pair or mash Beethoven up with something on the pop scene, like Coldplay it's unexpected. For this concert, they're not just playing a piece by Beethoven and a piece by Coldplay side by side. This is a melding, a mashup of the internal, interwoven musical notation with vocalists and it is remarkable. It's an incredible way to listen to and rethink how music is connected. Steve Hackman, the producer, is a brilliant musician, composer, and arranger. It's totally unique, but it's accessible. How many people from the age of 15 don't know Coldplay? So, again, we hope this innovative offering brings in some new fac-

**ZW:** At the heart of Sinfonia's mission is music education. Tell us why.

**DF:** Our mission states succinctly that we "entertain, educate, inspire the community" and we aim to do that with everything we do. Education is the centerpiece of Sinfonia. It was founded not only for its entertainment value, but for the fact that Northwest Florida needed an organization that could be the proponent for arts education in schools, specifically music education. We all know arts education is on a continual decline in all public schools. We've been more fortunate here in Northwest Florida, compared

to some areas but in many cases our Link Up program, which is a year-long curriculum, is sometimes the only arts education these students receive.

We have a String Quartet, a resident Brass Quintet, and a Woodwind Quintet in residence — all going out to schools and the community and providing outreach and community engagement.

This year, we are reintroducing the Paint the Music project, which is a great cross-genre program that includes both visual arts and the musical arts. Kids receive a recording of what they will ultimately hear live at a Sinfonia concert, and they visually interpret what they hear on to paper. We take their artwork and display it at a concert. (Look for the Paint the Music exhibit at Get Happy in January.) The following Monday, the kids will sit in the convention center to see Beethoven Lives Upstairs, a theatrical mini musical featuring actors and singers sharing the lifetime of Beethoven with more than 30 excerpts of his music.

**ZW:** Congratulations, this is indeed a stellar 17th season.

Purchase tickets online at SinfoniaGulfCoast.org or call (850) 460-8800.





# **Emerald Coast Theatre Company's Centerline of Love**



In high school, my drama teacher showed me how to draw a ground plan to design a set. He taught me that every set designer starts their ground plan by drawing a centerline. This is a vertical dotted line down the center of the page, ending with the letters CL, usually drawn with the top of the L inside the C and the horizontal part below. In my youth and exuberance of learning all about theater, that image always stuck with me... the centerline.

Fast forward a few decades (or more) to a spring day last year... I was taking a walk out in the open air, enjoying nature and making a valiant effort to relax. I enjoy listening to music when I walk sometimes worship music, sometimes indie folk or sometimes laid back jazz like Jamie Cullum. On this particular day, I was allowing Spotify to present some new songs alongside my usual favorites. Rebeca Lake, ECTC's Set and Lighting Designer, had recently introduced the wonders of Spotify to me (showing my age here) as a great way to learn about other artists and songs that are similar to what I'm already listening to.

This particular day I was deep in thought, meditating and contemplating through a particular work puzzle that needed solving. As I'm walking along this beautiful trail, deep in reverie and listening to this new music, a song came on that provided an astounding moment of clarity. I had an astounding moment of clarity.

Here are the captivating words to this song that brought such an incredible feeling in that moment:

Everyday

We go to war again

We assume we know so much more than them

Before we hear what they have to ay

Headline breaks We start to hate again Calling them names again We give our peace away I hope they see it Cause I wanna see it I hope we believe it I wanna see I wanna see the love All around you All around you I wanna know I wanna know That love Is all around you It's all around you

My mind's eye went to seeing all the children and teens who come to ECTC on a weekly basis. I want to see the love all around them. I thought of the volunteers and other patrons that come and find community at ECTC...I want to see the love all around them, too. The families who come for shows or to support siblings...I want them to see the love there too. My beautiful staff who pour their heart and soul into ECTC everyday...I want to see the love all around them too!

I had to find out who wrote these soul piercing words. The song is See the Love by The Brilliance. As the song continued it was like I was having a divine moment with the Creator, and my thoughts went back to high school and what my drama teacher had taught me.

The image of the centerline materialized in my mind as I listened intently. I pondered the centerline of that early set design draft, and then thought of the carpenter's plumbline and cornerstone. As these images were going through my head the thought very clearly came to me that the centerline of ECTC is love! If whatever we do operates out of love, then we are on the right track.

Fast forward several years, and as we are planning our 10th-season, Godspell comes up in discussion. Godspell is based on the teachings of Jesus which, as presented in Godspell, challenge us to love and build community. The entire premise of the show is based on this foundational commandement, "Thou shalt love the Lord, your God, with all your heart and all your soul. This is the greatest commandment. And the second is like it: Thou shalt love thy neighbor as thyself. All the rest of the law, and all the prophets have written, is based on these first two."

The connection between Godspell and the building of ECTC over the last nine years is undeniably the building of community and the loving of others, the centerline of love. As we build the set, enact the Godspell story, and sing the songs, our whole focus has been just that — a centerline of love. Our mission through Godspell and ECTC is to create a community of love. When Rebeca drew that CL for the Godspell ground plan and when she does it for every other set that our professional actors and our students perform on, every show that our patrons and families come see, all of it starts with the centerline of love.

When you come to Emerald Coast Theatre Company, will you see the love? Gosh, I hope so.

~ Nathanael Fisher, Producing Artistic Director/CoFounder, Godspell Director





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8-One-Stroke Pumpkins with Sheila Mahony. 10:30 am - 2:30 pm. \$37.50 supplies included! La Chama Venez food truck on site!

13-Chain Pull with Tamika Thomas. 10:30 am - 1:30 pm. \$67.50 supplies included for 2 pieces of art.

15-Kids' Halloween Accessories with Marla Arm**strong.** 10:30 am - 12:30 pm. \$47.50 including all supplies.

20-Ornaments with Tamika Thomas! 10:30 am -1:30 pm. \$57.50 all supplies included for six ornaments!



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

supplies included.

27-Halloween Lino-Cut Christopher with Mc-**Cloone.** 10:30 - 1:30 pm. \$65 all supplies included.

See details on Facebook: Artful Things Niceville, Events. 10% off art supplies for ongoing and workshop students.

#### **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 pm. \$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 - Animé and Drawing Basics. Wednesday afternoons 3:30-4:30pm. \$15. Bring a sketchbook and pencil. Learn to draw your favorite anime characters. Sign up at gallery: 850-729-2600

Sheila Mahony- One-**Basics**—Thursday Stroke 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-

Hours: Tues-Fri 10am - 5pm | Sat 10am - 3pm | Appointments Available (850) 729-2600 artfulthingsniceville.com

1087 East, E. John Sims Pkwy in Niceville

#### **Big Orange House Designs September**

27-#Homeschool Kidz Club w/ Reiko; \$19.70

27-Girl's Night Out Leather & Pearls; \$69.55

28-Paint Pour w/ JoJo; Part art -Part science -100% FUN!; \$37.62

29-Scarf Dying with Breakfast; \$38

29-Family Scarf Dyeing; \$16.31

29-Prayer Art Journal w/ Donna; "A Brush with Jesus" artist Donna leads; \$60.70

30-You are my sunshine! Sunflower painting with JoJo; \$32.10

30-Hocus Pocus Cookie Decorating; \$21.40

30-Hocus Pocus Grab & Go Cookie Kit; \$21.40

#### October

Oct 1-Open Studio Leather & Pearls; \$21.30

Oct 4-#Homeschool Kids Club w/ Reiko; "Lighting Bug"!; \$19.70

Oct 6 -Glass Art Open Studio w/ JoJo; \$50.12

Oct 7-Open Studio Family Glass Art w/JoJo; \$26.75

Oct 11 & 18-Two week Pottery Workshop; \$96.30

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.

bigorange house de signs. com(850) 737-6193.

4652 Hwy. 20E, Pineapple Plaza, Bluewater Bay in Niceville

# Mountainfilm on Tour Returns to WaterColor

Mountainfilm on Tour returns to WaterColor Inn & Resort's Marina Park Amphitheater Nov. 4-5, with films that reflect Mountainfilm's themes of exploring cultures, preserving environments and promoting adventure, while using the power of film, art and ideas to

inspire audiences to create a better world.

A two-night outdoor film festival dedicated to educating and motivating audiences about issues that matter, WaterColor Resort's 22nd annual Mountainfilm on Tour brings a selection of culturally rich, adventure-packed and inspiring documentary films to Northwest Florida.

The films will be shown in Marina Park Amphitheater. A Mountainfilm presenter will guide the audience through the program, providing insight on the films, filmmakers and subject matters.

evenings in the village for Fall Flix featuring an

exciting variety of films. Table and lawn seating available. Food trucks on site each week!

)ining Series

mattie kelly arts foundation

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

NOV 10 10th Annual Wine Walkabout at Ruth's

Chris Steak House at Silver Shells Resort in Destin

"This is one of our favorite events of the year," says Gabrielle Testa, GM of WaterColor Inn & Resort. "It's a great time of year to explore WaterColor, but more than that many of our guests return every year to reignite the spirit of adventure

and curiosity that keeps them charged up for the rest of the year."

Tickets are available at www. mountainfilmfl.com with discounted pricing offered for advance purchase. Each evening, gates open at 5:45 p.m., with films beginning at 7 p.m.

Sing Along



27<sup>™</sup> ANNUAL

**OCTOBER** 29TH & 30TH DESTIN, FL

mattie kelly arts foundation

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

Annual arts festival featuring fine artists exhibiting their original art, live music, food trucks, crafted cocktails.

FREE for Members - JOIN NOW!

MKAF.org

Support ArtsReach programs in our community.



directed by Craig Ewing. Based on the Oscar-winning DreamWorks Animation film, Shrek The Musical is a Tony Award-winning fairy tale adventure. Irreverently fun for the whole family, this local Stagecrafters show proves that beauty is truly in the eye of the ogre.

Performances are Oct. 28-30 and Nov. 4-6 at the Fort Walton Beach Civic Auditorium, 109 Miracle Strip Pkwy. SW, Fort Walton Beach. Friday and Saturday shows are at 7:30 p.m. and Sunday matinees are at 2 p.m. Tickets are available online at www. stagecraftersfwb.com or at the door.

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



# For (More Than Just) the Love of Ballet

By Rachel Prescott, studio6twenty5

It's early on a Saturday morning. A group of tiny dancers make their way to the ballet studio in a single file line, up on their tippy toes, with their hands on their hips. For the next 30 minutes, these independent twoand three-year-olds will explore new ways of moving using their own magical thinking, which in turn lends to a tangible creative expression. Throughout the year, imagination and creative play teaches them concepts such as right from left, standing in a line, counting music, coordination, spatial awareness and a whole universe more.

Ballet is about so much more than just ballet.

In a world of apps, telecom-



munication virtual reality, this mind/body all-encompassing performing art form is more beneficial now than ever for our younger generations. From the first day of class in a classical ballet school, training begins to instill poise, self-confidence, awareness (of oneself and others), physical health and self-discipline. As tiny dancers grow into teenage dancers, these assets and values are a large part of who

they are as people, and therefore spill over into every other area of life.

My longtime ballet teacher, the late Miss Dorothy Lister, used to announce to our class of angsty 14- and 15-year olds, "Ballet dancers make straight A's!" As I looked around the room, I realized she was right. We were all very good students, enrolled in honors, AP, IB programs, some of us at the NWF Collegiate High School. (We may not all have had straight A's, but close.)

The drive for excellence, self-discipline and the ability to creatively express oneself will carry a person through a lifetime, in any profession or life path. After all, children with these values become adults with

these values. The poise and determination of a once eight-year-old dancer serve her well as a lawyer fighting for justice in the courtroom, just as self-confidence and stage presence can only benefit a career in PR/marketing, and explorative self-expression help guide a photography career. There are no bounds for how far these life lessons will reach.

Classical Ballet is an opportunity to help instill a foundation in young children that will follow into their adulthood. A dance education is less about being a professional dancer, and much more about developing into a whole human being, with tools and gifts to share with the world.

studio6twenty5.com

# **Local Coupons**

# BROZINNI PIZZERIA

## **DOZEN WINGS \$18.99**

HOT - BBQ - SWEET CHILI -GARLIC PARMESAN

Offer expires 10/31/22 850-678-7778 • 144 Palm Blvd N., Niceville www.brozinnispizza.com

## BROZINNI PIZZERIA

# BUY ANY PIZZA, RECEIVE A FREE 2 LITER

ONE COLIPON PER VISIT

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### BROZINNI PIZZERIA

BUY ANY 16" PIZZA, 6 WINGS, 4 KNUCKLES AND A 2 LITER \$29.99

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# HONEYBEE ICE CREAM & ARCADE 10% OFF ANY BOBA BEVERAGE

#### Offer expires 10/31/22 703 E John Sims Pkwy E, Niceville

(619) 565-0365

# ARTFUL THINGS NICEVILLE

10% OFF

Stretched, Canvas Board and Cradled Board, Papers, Sketchbooks and Drawing Pads, Brushes and Paints

Offer expires 10/31/22 1087 E John Sims Pkwy, Niceville 850-729-2600 | www.ArtfulThingsNiceville.com

### LJ SCHOONERS

**DOCKSIDE RESTAURANT AND OYSTER BAR** 

# FREE APPETIZER OR DESSERT

WITH AN ENTREE PURCHASE. ONE COUPON PER VISIT.
RESTRICTIONS APPLY.

Offer expires 10/31/22 290 Yacht Club Dr., Niceville • 850-897-6400 www.bluewaterbaymarina.com

# **OVERHEAD DOOR**

GARAGE DOOR TUNE-UP \$59.95 FOR 1 DOOR

\$19.95 EACH ADD'L DOOR
PARTS EXTRA IF NEEDED. INCLUDES TORSION SPRINGS ADJUSTMENT,
HINGE TIGHTENING AND HARDWARE LUBRICATION.

Offer expires 10/31/22 850-502-8615 destinoverheaddoor.com

# **SAVVY LEIGH PHOTO**

\$25 OFF FAMILY PHOTO SESSION

MENTION COUPON UPON BOOKING

Offer expires 10/31/22 www.SavvyLeighPhoto.com | (205) 567-2779 Instagram.com/SavvyLeighPhoto

### **AIRESERV**

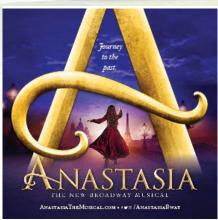
# \$50 OFF DUCT CLEANING

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# MATTIE KELLY ARTS CENTER

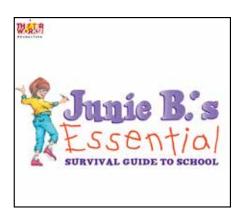
**2022-2023** SEASON

NORTHWEST FLORIDA STATE COLLEGE



**Anastasia** 

December 1, 2022



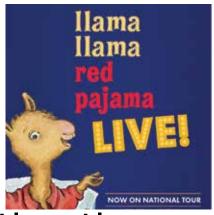
**Junie B. Jones** February 13, 2023



On Your Feet March 30, 2023



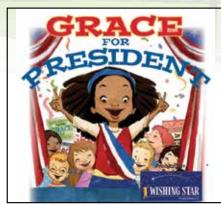
**Legally Blonde** January 11, 2023



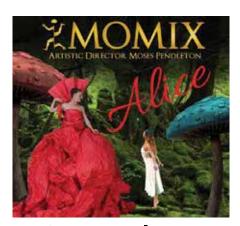
**Llama Llama Red Pajama**February 28, 2023



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.

