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# BAY Life

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## Anything Can Happen at ECTC!

BY NATHANAEL FISHER,  
ECTC PRODUCING ARTISTIC  
DIRECTOR/COFOUNDER

Last year, Season 11 ended with a beautiful and magical show - Mary Poppins. Hillary Marshall Anthony and Vincent Pelligrino, along with 20 other cast members and a spectacular creative team co-created a wealth of magical, heartwarming and inspirational moments on our stage for you, our ECTC community. My favorite moment of the show was during Act II when every cast member took the stage and the full company sang with full hearts "Anything Can Happen." Here are just a few of the impactful lyrics:

*If you reach for the stars  
All you get are the stars.  
But we've found a whole new spin!  
If you reach for the heavens  
You get the stars thrown in -  
Anything can happen if you let it!*

While we were in tech rehearsals for Mary Poppins, I asked the cast to put themselves and their dreams into the number as they sang, and



A Midsummers Night's Dream, Theatre Thursdays,  
Grand Boulevard - 2015

to really imagine and believe that anything could happen for them—and we would believe right along with them. This idea of dreams coming true is personal for me. If you read my article in last year's program, you learned about "How ECTC Came to Be" (you can find this article on our website under "Theatre Thoughts"). As I consider the history of ECTC since its beginning in October of 2012, it is clear to us...Anything CAN Happen.

We launched our first program in January of 2013 with an after-school theatre class of 10 students at Destin Elementary School. The following summer we produced a theatre camp at Destin Elementary with 30 students in a non-musical production of Aladdin. Anna had our 6-month old daughter, Zoe, as well as our 6-year-old twins, Mia and Bella, in tow as she gathered props and designed costumes for 30 students! Ora Wolfgram, a bright eyed

11-year-old girl, played Aladdin's cat. The playwright took liberties in creating many roles for kids — hence Aladdin had a cat. Her only text was "meow," and she delivered that meow with so much subtext each time that the audience knew exactly what that cat was saying. Ora is a professional artist now, and in a beautiful twist of fate, she is serving as ECTC's resident Props Artisan and Stage Manager. We were blown away at the time that our 10 students had grown to 30 (and a cat)... anything can happen!

Summer of 2013, we launched the Family Theatre programs at Harborwalk Village and the Village of Baytowne Wharf. I wrote energetic, three-actor plays, with engaging audience interaction for these sites. I pitched Jamie Hall, Marketing Director for Harborwalk Village at the time, the idea of a Family Theatre show, and she said, "I'll pay you for two performances, and provide tech

**ECTC**

*continued on page 2*

## Membership Keeps Arts FUN-ded

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BY ZANDRA WOLFGRAM

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**MKAF**

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 Community

## ECTC

*continued from page 1*

support. If I like it, I'll book you for the summer." After watching more than 100 people engage in "Pirate Pete and the Case of the Missing Fisherman" while dancing, laughing and having a great time, I asked her, "Well, what's the schedule? Your audience loved that show!" We were booked with our first gig.

While getting to know this community again (Anna grew up here), we were aware of the wonderful work that StageCrafters was doing in Fort Walton Beach, the great programming at Seaside REP, and the strong theater presence in Bay County with The Martin and Kaleidoscope Theaters. With the growth of the Destin, Miramar Beach and Santa Rosa Beach communities, it seemed like there was

an opportunity to complement the theatre scene with professional theatre programming in Destin and Miramar Beach. So, in summer of 2014, Anna and I again started knocking on doors. Who had an empty retail space or event space that would allow us to produce a show? A Dickens Christmas is a three-actor adaptation of A Christmas Carol that I wrote to help launch our professional theatre, and Har-

borWalk Village and Sandestin both blessed us with event spaces for that inaugural production. 367 people attended the performances of that show and ECTC's productions for adults and families were launched... anything can happen!

During the first three years of the organization, we stored all the props and costumes we acquired in our garage, the carport was used as the scene and paint shop, and our Chevy Traverse was the work van. We had plastic bins and foldable dollies. One of my most vivid memories is dropping Anna off to teach a class with Miss Darla while I took care of our 8-year-old twins and two-year-old baby. There they were walking down the sidewalk in 90° weather, dolly and bins in tow with a full heart and determination to teach theatre to their students. In the summer of 2015, Stacey Brady, Marketing Director at Grand Boulevard, hired ECTC to produce a 45-minute adaptation of Shakespeare's A Midsummer's Night Dream for Theatre Thursdays in the Grand Park. The following year, Stacey and her team were gracious enough

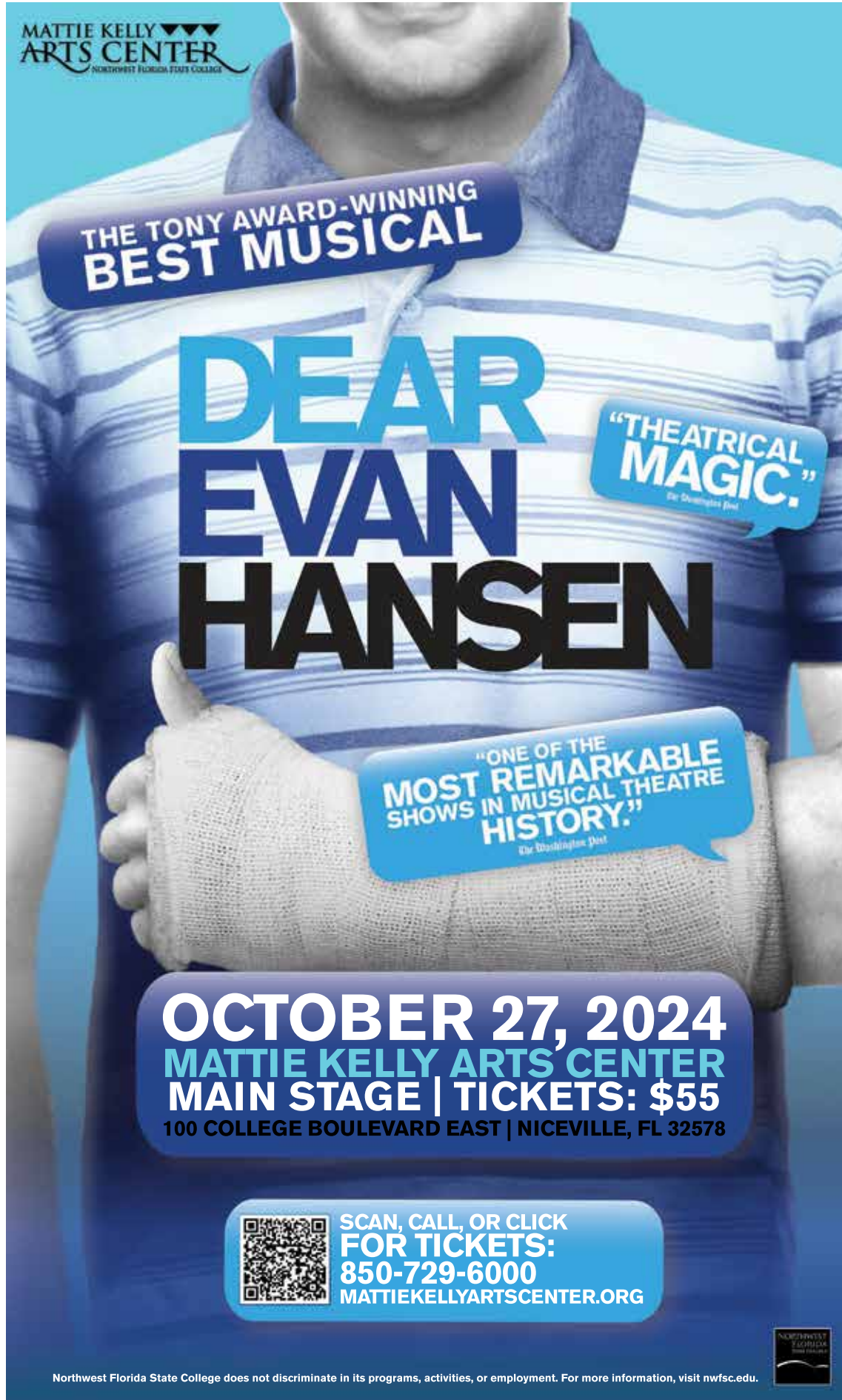


Bruce Collier and Teance Blackburn, Bakersfield Mist February, 2017

to let us use the space that is now Williams Sonoma for some additional professional theatre shows and kids classes. These were humble beginnings for sure, but Anna and I were already seeing the benefits for kids and patrons. The long days, hard work and lugging all the "stuff" around was so worth it when we heard how people's lives were changing for the better.

In addition to producing shows and camps, I was working as an adjunct professor at UWF in Pensacola as well as at Gulf Coast State College in Panama City. During this time, as I drove from one end of Highway 98 to the other and worked on productions in between, I just kept

*Continued on page 29*



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## Publisher's Note:

This year, \$32 million was cut from Florida's state cultural arts budget. The impact was immediately felt statewide by 600 organizations as well as additional businesses. Some art organizations had to shut their doors. This unprecedented slash of funds means supporting the arts at the local level is more important now than perhaps ever.

According to an impact 2022 study by Florida Arts & Culture, Florida's cultural arts generated 91,270 jobs and \$694 million in revenue, with an overall economic impact of \$5.8 billion. As a tourist destination, the arts and tourism go hand in hand. The arts elevate every community's Quality of Place. To defund that impacts the local experience our tourists travel here to enjoy. But, more importantly, these cuts to organizations with education outreach programs have a direct impact on our local community, namely our children.

How can you help? Play your part. Donate. Purchase a ticket to attend a play or concert. Volunteer at an art festival. Own a business? Consider sponsoring an event or, better yet, an art organization's entire season. You will enjoy marketing exposure for your business and the bonus of positively impacting the Quality of Place of your community. Some organizations, such as Mattie Kelly Arts Foundation and Emerald Coast Theatre Co. featured here, are membership based. Consider joining. The benefits far exceed the cost. And you are sure to meet many new folks who will kindly remember your philanthropy—and pay it forward.

To do our part, in this and upcoming editions, we are sharing a series of articles spotlighting the missions of some of our local art organizations, so our readers can better understand what they contribute to our communities and the significant economic and social impacts the arts have, both as a driver of tourism and in fostering local communities, particularly for children, the military and educational outreach programs. I believe, when you hear their stories, you'll agree.

# Hometown Heroes Promoted to Glory

By KELLY MURPHY-REDD

“Promoted to Glory” was the subject line emailed by the men’s lunch group leader announcing my Dad, Larry Murphy, went to heaven February 18, 2024. Everyone said he was the youngest 89-year-old they had ever seen. He strove to walk a mile every day and ride his three-wheeled electric bike around the neighborhood. Neighbors I don’t know emailed condolences. Known for riding his “trike,” one lady said her four-year-old would always wave to her “friend” when Dad rode by.

Lawrence Murphy was born in Antigo, Wisconsin. A West Point Grad, he served the U.S. Air Force for 29 years. Molly Murphy was born in Maxwell, N.M. She and Dad met in Phoenix, Ariz., during Dad’s training in the F-86 Saber Jet at Williams AFB.

Married in 1959, Mom and Dad had a three-day honeymoon in Tulsa, Okla. Dad was stationed four years at Vance AFB teaching U.S. and foreign students to fly jets.

Newly married, without



much money, a day out was driving into Tulsa to buy a tube of toothpaste. Mom talked about how they lived in an “adorable converted chicken coup” for a while. I came along and 11 months after I was born, my brother Patrick arrived. With both of us in tow, they moved back to Arizona, where Dad trained in the F-100 Super Saber fighter at Luke AFB.

In 1964, the four of us went to RAF Lakenheath, United Kingdom. While stationed there, Dad flew F-100 training flights throughout Western Europe. His primary wartime mission was to

drop a nuclear bomb should the Soviet Union start World War III. Nick and Bob, a couple who took care of American military families, took care of us when Mom and Dad would travel around Europe. Mom’s hobbies were making brass rubbings in cathedrals and playing bridge.

In 1967, Dad volunteered to fly F-100 missions in Vietnam. I have an early memory of walking into the living room seeing Mom sitting on Dad’s lap. They were crying. Patrick remembers being at the airport saying goodbye. Mom was crying, I was crying, so Patrick started crying.

After two weeks of jungle survival training, Dad was stationed at Phan Rang Air Base.

During his 320 days, Dad flew 306 combat missions.

He was awarded two Distinguished Flying Crosses, one pinned on by General Benjamin Davis. I found them, among other medals, in the attic. One of the citations reads as follows:

“Captain Lawrence J. Murphy distinguished himself by extraordinary achievement while participating in aerial flight as an F-100 tactical fighter pilot near Binh Thuy, Republic of Vietnam on 4 November 1967. On that date Captain Murphy came to the aid of friendly units who were heavily engaged with a large hostile force while trying to evacuate a group of friendly dead and wounded. The singularly brilliant ordinance deliveries in close proximity to friendly units while under heavy automatic weapons fire were directly responsible for the relief of the friendly troops and the evacuation of their dead and wounded. The professional competence, aerial skill, and devotion to duty

displayed by Captain Murphy reflect great credit upon himself and the United States Air Force.”

He was a hero at age 33. Finding medals in the attic tells you something about Dad. He told great stories about his life and career, but didn’t boast about medals.

He and Mom sent tape recordings and letters to each other while he was in Vietnam.

The stacks of letters, also found in the attic, contain wide-ranging subjects: Dad counted the days until seeing Mom and us again, expressed his love, described sitting alert and flying missions. Mom sent notes from us and gave Dad the latest news. Dad wrote about learning Bobby Kennedy was assassinated. He chronicled spending four hours with an artist in Taiwan and buying two paintings from him. He described paneling the pilots “lounge” with mahogany and serving fondue out of nose cones of napalm cans. There were struggles when leadership wanted pilots to sand vehicles

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**HEROES**

*continued from previous page*

and clean latrines instead of getting the sleep needed before flying.

When Dad came back from Vietnam he presented Mom with a plaque that reads:

“In Recognition of Outstanding Performance Awarded to Molly M. Murphy For Her Perseverance and Devotion to Duty in Maintaining Home and Family During Her Husband’s Tour of Duty in Vietnam from Aug. 67 to Aug. 68.

Presented by Her Loving and Grateful Husband, Larry.”

Then followed a brief three-month training for Dad in Panama City, Fla., where we lived in a trailer. Dad told us he would give us a prize for memorizing the Lord’s Prayer. I still have “The Night Before Christmas” book I received as my prize. I remember singing “Shout to the Highest Mountain” standing beside Dad in church. We had family nights, and one night, Mom and Dad took us to see lighted boats in the harbor. I guess we didn’t seem too excited. So, next time, they took us to a store to choose a small toy. I chose a little doll.

Even then, I felt kind of sad we didn’t appreciate the lights enough, and Mom and Dad felt they had to buy us a toy. I still have that little doll.

In 1968, Laredo, Texas, Patrick and I rode bikes everywhere, made mud pies, built forts, had dirt clod fights with kids and played in wardrobe boxes on the driveway until it started to hail. I remember sitting on the couch with Mom while she taught me to sing “Silver Bells.” I can remember how it felt sitting next to her while she rubbed my earlobe. Dad taught students to fly again and Mom was involved with the Officer’s Wives Club. She continued to be an avid bridge player.

Dad was transferred to the Pentagon in 1970 and we lived in Fairfax, Va., during Watergate. Moving forward, Dad’s career was at staff or executive level within “aircrew flight simulator acquisition and testing” agencies in various command headquarters. Mom started working part-time during these years. She worked for doctors and achieved higher positions without any formal training. Fairfax is where she became a Washington Redskins fan. She was a huge sports enthusiast.



In 1974, dad was stationed at Langley AFB in Virginia. He was selected as one of 12 Air Force officers designated as “USAF Advance Agent for Presidential Travel.” Conducting ground support for Air Force One and all other aircraft associated with President Gerald Ford’s travel, Dad made numerous state-side and overseas trips during 1975 and 1976.

We moved from Yorktown, Va., to Albuquerque, N.M. in 1977 where Dad was stationed at Kirtland AFB. Dad’s last assignment was Eglin AFB where he retired.

Everywhere we lived, Mom and Dad had tons of friends. Living in Indian Bayou in Destin for 18 years, Mom would organize a monthly golf tournament everyone called “The Molly Mur-

phy Invitational.” She organized funny talent shows. They loved to sail and play golf. Mom was a fabulous cook. Christmas was always special. We made my paternal grandmother’s secret recipe Christmas cookies and Mom made her mother’s fruitcake.

They built a house Dad designed on the water in Dolphin Cove. They moved and built another house on Lake Oconee in Eatonton, Ga. Their grandchild Carson was the catalyst to move to Henderson, Nev. She spent every day after school with Mom and Dad. Mom played “Barbies” with Carson and Dad made “parachutes” dropping them from the top of the step ladder.

Mom battled a form of Muscular Dystrophy for several years. By the end, she couldn’t swallow or walk, and suffered terrible pain. She never complained. She was the strongest person I’ve ever known. Dad made sure to take care of her at home. Mom went to heaven on January 21, 2018. They were married 58 years.

Dad moved back to Niceville. We had six years together and suddenly he wasn’t O.K. We fought for a month-and-a-half. We lost.

I know we all lose our parents,

but, somehow, I wasn’t supposed to ever lose mine. I am heartbroken. My parents always kept us safe, took care of us, made sure we had a childhood and always, always made our lives better. They were always there for us. I’d have to write a book to do justice to their life story and what they did for us. Patrick always says Mom and Dad did the right things. My husband Stuart says Mom and Dad were the most generous people on the planet. Losing his own Dad in 1992, he felt my Dad was like a second father. Mom and Dad were both heroes, and people who worked hard, made a difference in lives and made this country great.

I want people to know Larry and Molly Murphy existed and remember their names. In honor of them, on their behalf, and BECAUSE of them, I was honored to present a check to One Hopeful Place and Fisher House for \$10,000.00 each at the Fort Walton Chamber First Friday Coffee.

If you still have parents, hug them as soon as you can, as often as you can, and never let a day go by without saying I love you.

I love you Mom and Dad. You were both promoted to glory!



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Community

# New Niceville Police Chief Eyes Community Engagement

By KENNETH BOOKS

Fort Walton Beach's loss is Niceville's gain.

New Niceville Chief of Police Mark Hayse took the reins

of the city department Aug. 30, succeeding David Popwell, who retired March 1 after serving as chief for nearly 20 years. Hayse, 56, previously served with the

Fort Walton Beach Police Department for 24 years as part of a 33-year law enforcement career.

Hayse, who grew up in Fort

Lauderdale, didn't originally plan on a law enforcement career. But, he said, "A friend in the Oakland Park Police Department asked if I wanted to be a cop. I said no." Instead, the then-19-year-old planned to enlist in the U.S. Marine Corps. But eventually, he chose law enforcement in March 1987.

The apple, as it turned out, didn't fall far from the tree.

Hayse's father was also a police officer in the 1950s and 1960s.

In the mid 1990s, Hayse went a different direction, buying a Domino's pizza franchise in Kentucky. But, he said, "I ended up not liking that." So, it was back in uniform for him. He moved to Deadwood, S. Dak., where he served as assistant chief, then to Fort Walton Beach, where he rose to deputy chief.

Then, he said, "The (Niceville) job became available. I chose to retire at Fort Walton Beach and seek out new challenges."

Hayse said the highlight of his time at Fort Walton Beach was service as a major crime detective. It also taught him a lot about himself. "I felt I had a lot to offer in terms of leadership," he said.

Niceville is a low-crime area, which works right into the new chief's goals.

"I want to include community engagement," he said. "I want to introduce new programs and events, which will build relationships."

Hayse's wife, Jane, and he have two grown children. The new chief is an avid outdoorsman, enjoying fishing, boating and hunting.

"I love Niceville," Hayse said. "It's a great community. The police department impressed me with great employees and officers."

One area in which the department will be heavily involved is the introduction of speed cameras in the city's school zones, designed to reduce



or eliminate drivers ignoring the 20-mph speed limit before and after school.

A city speed study found that 57% of vehicles disobeyed the speed limit in the Lula J. Edge Elementary School zone; 42% sped through the C.W. Ruckel Middle School zone.

Florida has the third-highest pedestrian traffic fatality rate in the U.S. Okaloosa County has the fifth-highest fatality rate per capita in the state, according to a Florida Road Safety report released by Altumint, the company that is helping Niceville launch its program.

The cameras are expected to go on line in late fall or early winter, according to Shawn Teets, the city Director of Emergency Management. "They're not intended to be intrusive," he said. "Our interest is in preventing the loss of child lives."

The program, which is authorized by the Florida Department of Transportation, will impose no upfront or pocket cost, Teets said, as Altumint will provide the equipment. Revenue from any tickets that result will go to the county, state and crossing guard programs.

The next step will be the hiring of an officer to monitor the recordings and to validate any citations that are issued. Teets said a public information campaign is planned to make people aware of the cameras.

While some resent any surveillance by the government, Hayse said he believes these concerns are outweighed by the benefits.



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# Bay Buzz

## Lewis School Gets a New Football Stadium!

On Tuesday, September 3, Lewis School celebrated a monumental moment as the City of Niceville hosted a ribbon-cutting ceremony for their brand-new Football Stadium! This event marks a significant



milestone in the school's history. Since its opening in 1971, Lewis School, along with Ruckel Middle School, has shared the Niceville High School Football Stadium for games. However, this year marks a new chapter as the Lewis Falcons played their first home game in their very

own stadium. This achievement is the result of a significant capital project that includes new LED stadium lights, visitor bleachers, and a home stand with a press box. Soon, a new scoreboard will also be installed!

The ceremony was graced by many special guests, including former coaches and principals who have been integral to the school's history and success. A heartfelt thank you goes out to the Haugen Family for their generous donation of the goal posts and to our incredible community for voting yes on the Half Cent Sales Tax, making this project a reality. This new stadium is more than just a place for games; it represents the spirit and dedication of the Lewis School community. Go Falcons!

Mem. MBA, the program has earned global recognition as the only high school participating in the international NaGISA marine biodiversity project. This rare distinction has provided NHS students invaluable international scientific collaboration and personal growth opportunities.

NaGISA, which stands for "Natural Geography in Shore Areas," is a worldwide initiative studying marine biodiversity. Through their involvement in the project, Niceville students conduct vital fieldwork along Florida's coastline, collecting and analyzing marine samples from the waters of Henderson Beach. Their meticulous research contributes to a global marine life database and enhances our understanding of marine ecosystems. "Our students have the chance to bring lasting prestige to our school and community," said Richard Hernandez. "Presenting at this conference could lead to further invitations to international events, broadening the impact of our work."

In addition to NaGISA, the students are involved in several innovative research initiatives, including the Autonomous Reef Monitoring Structures (ARMS) Project, which studies marine organisms using artificial reefs, DNA barcoding to identify species with precision, analyzing microplastics in local waters, and monitoring water quality. The program also works closely with Dr. Gustav Paulay from the University of Florida, who introduced the ARMS Project to NHS.

The cost per student is approximately \$4,500. To help support travel expenses, contact Richard Hernandez at NHS or donate online at <https://instagram.com/nicevillehs/nagisa>. [www.nagisa.gknu.com](http://www.nagisa.gknu.com).

### "I Made It!"

For those of you following Lulu Gribbin's amazing journey since surviving a shark attack at Seacrest Beach on June 8, will be thrilled to know Lulu is now home! (Read story, July 2024 Bay Life at MyBayLifeWFL.com.)

On Sept. 8, Lulu posted on Facebook:

*Continued on next page*



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## Meigs Park Groundbreaking Ceremony, Oct. 16

The City of Niceville and Okaloosa County announce the groundbreaking ceremony for Meigs Park, a new, inclusive park designed to provide accessible amenities for children with differing abilities. The ceremony will take place on October 16th at 10 a.m. at the park in Niceville. A collaborative effort between the City of Niceville and Okaloosa County to create a safe and inclusive space for children of all abilities to play and interact, the Park will feature state-of-the-art equipment and facilities specifically designed to accommodate children with differing physical, sensory or developmental abilities. The ceremony will include speeches from city officials, county representatives, and community leaders who have played a key role in making this project a reality.

## NHS Students to Represent at Prestigious Marine Science Conference in Japan

This November, eight students (and four adult chaperones) from Niceville High School's (NHS) renowned Gifted Program will embark on an extraordinary journey to Shizuoka, Japan, to present their groundbreaking research at the prestigious Second World Congress of Marine Stations. Led by Richard A. Hernandez, M.Ed.,



**BAY BUZZ**

*continued from previous page*



“Three months ago today marks the day my life changed forever. Sometimes I forget this is real. But this is the new reality, the new me! Not what I expected, but I can’t even imagine the abundance God has put in his plans for us. God had a plan for me and he still does. He has brought me new gifts and new beginnings. With the pain and sorrow there has been even more joy, more laughs and more love. I fully believe that “With God all things are possible.” Mark 10:27. I am SO grateful that I get to be here today. I’m overwhelmed by the amazing support and prayers. Thank you to my family and friends for being the strong anchor behind me. Thank you to all the doctors and nurses who have dedicated your time to me. I wouldn’t be here without all of y’all. Through all the ups and downs, good days, and bad days, I am proud to say I MADE IT!!!”

**NWFSC Energy Program Earns Best-In-Class Award**

In a 10 year-long effort to create healthier, more efficient buildings, Northwest Florida State College (NWFSC) has cut expected energy use by 61.9 percent since partnering with Cenergistic, a leading provider of technology-enabled conservation services, which presented the NWFSC Board of Trustees its Cenergistic Best-In-Class Award on August 20, 2024. The award lauds the organization’s success with the Cenergistic energy management program — a



comprehensive science-based, technology-driven approach to energy conservation at all levels of the organization. It delivers financial savings as well as environmental benefits from a reduced carbon footprint. Energy not used prevents the emission of carbon dioxide, sulfur dioxide and nitrogen oxides. According to the EPA, NWFSC has reduced CO2 emissions equal to 168,031,457 miles not driven by the average vehicle for 10 years. NWFSC’s comprehensive energy conservation program addresses energy use throughout the organization. The energy specialist tracks energy consumption at all campuses through state-of-the-art technology to identify and correct areas where energy is over-used. Together they monitor energy use with advanced technology and shape energy-using practices through education — affecting how each person in the organization understands, uses and saves energy for years to come.

**Stay Connected with the Okaloosa County School District: Two Essential Apps**

Are you staying informed about the latest news from the Okaloosa County School District? Parents and guardians can easily access their student’s schedule, grades, and attendance by downloading the FOCUS App. Additionally, stay updated with school and district news, events, documents, and emergency notifications through the OCS D Apptegy App. Both apps are available for download on the Apple App Store and Google Play. For more information, visit [www.okaloosaschools.com](http://www.okaloosaschools.com).

**DCWAF Celebrates 20 Years of Fundraising for Children in Need in NWF**

Destin Charity Wine Auction Foundation (DCWAF) is celebrating two decades of positive impact in our local community. On August 29 at the Foundation’s annual check presentation ceremony, over \$3 million was presented to 17 benefiting charities, all providing life-sav-

ing services to at-risk children and families in the local community. This year’s donation also marks a major milestone for DCWAF as the organization surpasses \$35 million donated since its inception in 2005. To date, DCWAF funding has helped to build more than 60 Habitat for Humanity homes, a Level II NICU, two dental

busses, a pediatric exam room, resources for those with developmental differences, scholarships to after-school programs, support services for homeless, abused, and neglected children, and countless other lifesaving programs.

“20 years ago, a few wine loving friends set forth on a mission to connect wine enthusi-

asts to benefit children in need in Northwest Florida. This is still our mission today. We are so grateful for the foresight our founders had in recognizing the connective power of wine and philanthropy” said DCWAF President Karah Fridley-Young. Learn more at <http://www.DCWAF.org>.

# Bluewater

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 Community

## Bay Buzz Events

### Oktoberfest!

**Sat., Oct. 5th | 3rd Planet Brewing | Noon | Niceville**

Sponsored by the Knights of Columbus Council 13527, Oktoberfest will be held at 3rd Planet Brewing from noon to 9 p.m. on Saturday, Oct. 5th in

Niceville. The Knights will be serving freshly grilled Brats with sides of sauerkraut and potato salad, or hot dogs to enjoy along with more than 20 of 3rd Planet's locally brewed beers on tap, soft drinks and savory desserts. Authentic German music will

be provided by the band "Tall Cotton" from 5 p.m. to 8 p.m.

All funds raised support local charities such as the Twin Cities Pavilion, Niceville Catholic Outreach Food Bank, Special Olympics, Emerald Coast Autism Center, ARC of the Em-

erald Coast, Children in Crisis and many more. Contact Joe Purka, [jwpurka@gmail.com](mailto:jwpurka@gmail.com), 850.974.1491.

### Lightwire Theatre's Dino Light!

**Oct. 5 | 7:30 p.m. | Grand Boulevard at Sandestin**

Join Bay Life Oct. 5 for Northwest Florida Ballet's kick-off to its 2024-2025 season with Lightwire Theater's Dino Light, 7:30 p.m., sponsored by Grand Boulevard's Coastal Culture Art, Entertainment and Events at Grand Boulevard in North Park. Free and open to the public, this original story features a famous scientist with magic powers who brings a friendly dinosaur to life. Dino Light is brought to you by Season Production Sponsor, the Mattie Kelly Arts Center, and Season Signature Sponsors, Life Media and NFB's Official Sports Medicine and Orthopaedic Provider, NFBJS Foot & Ankle Surgeon Dr. Sonya Ahmed. Season subscriptions on sale now. Visit

<https://www.nfballet.org/dino-light> to learn more.

### Blue Dog & Bourbon on the Bayou

**Friday, Oct. 11, at 6 p.m. | Churchill Oaks | Santa Rosa Beach**



Step into the magical world of artist George Rodrigue's "Loup-garou," or Blue Dog, at Blue Dog & Bourbon on the Bayou hosted by the Mattie Kelly Arts Foundation (MKAF). This special Artful Dining fundraising event, presented by Churchill Oaks and NTS Interiors by Marisol Gullo Interiors, will be held in the club house at Churchill Oaks in Santa Rosa Beach on Friday, Oct. 11, at 6 p.m. A limited number of seats are available for this intimate evening. Tickets are \$295 per person. MKAF members save \$20. Not yet a member? Go to [MKAF.org](http://MKAF.org) to select an annual membership starting from just \$75 per person. Proceeds benefit MKAF and its ArtsReach initiatives serving local K-12

students, individuals with disabilities and active-duty military and veterans throughout Northwest Florida and the Southeast.

### Legacy Five Concert for Caring & Sharing

**Oct. 11 | 7 p.m. | Good News Church**

Tickets are now on sale for Legacy Five, a Dove award-winning Southern Gospel group performing on Friday, Oct. 11, 7 p.m. at Good News Church. This very special concert will benefit Caring & Sharing of South Walton and is graciously sponsored by The Crawford Family.

Tickets \$15; doors open at 6:30 p.m. for general admission. VIP tickets \$100 and include preferred seating plus a Meet and Greet at 6 p.m. Doors open at 5:30 p.m. for VIP ticket holders. Tickets: <https://legacy-five2025.eventbrite.com>.

### Baytowne Beer Fest

**Fri., Oct. 11 – Sat., Oct. 12**

The Village of Baytowne Wharf at Sandestin presents the 14th Annual Baytowne Wharf Beer Fest Oct. 6-7. American specialty beers from around the nation will be available for participants to sample and savor.

**Friday, Oct. 11 | Beer From Around Here | 6-8 p.m. | Baytowne Wharf Events Plaza**

Local breweries feature their products and restaurants in The Village showcase their best dishes Live music by Duchess from 6-8 p.m. \$65 general admission for Friday 6-8 p.m. only.

**Saturday, Oct. 12 | Grand Craft Beer Tasting | 2-5 p.m. | Baytowne Wharf Events Plaza**

More than 200 domestic and international craft beers will be available for sampling. Live music by Below Alabama from 2-5 p.m. Tickets: \$50 Grand Tasting event only.

VIP Grand Craft Beer Tasting | \$90 general admission; 2-Day Ticket: \$110 general admission for Friday and Saturday. Tickets include admission to Friday Night's Beer From Around Here Event from 6-8 p.m. and Saturday's Grand Tasting Event 2-5 p.m.

For tickets, a lineup of beers



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**May 24-June 1, 2025 | \$3,534 per person Land Only**

Price is per person, based on double occupancy Single room supplement \$645.

Air departure tax, fuel & surcharges if applicable, are subject to change until entire group is confirmed and ticketed. — Optional Travel Protection Insurance is available and payment is due at time of deposit. —

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**Day 5:** Cliffs of Moher | Galway

**Day 6:** Connemara | Kylemore Abbey | Sheepdog Demonstration

**Day 7:** Clonmacnoise | Irish Night

**Day 8:** Independent Touring in Dublin

**Day 9:** Tour ends in Dublin



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Continued on page 12



# Happenings Around the Bay

## 2024 EVENTS

### OCTOBER

- 01** | Niceville Young Professionals Lunch Meeting  
11:30 am | Niceville Valparaiso Chamber of Commerce | Niceville  
**Live Music: Charlie Seagar**  
4 pm | Al's Beach Club & Burger Bar | Okaloosa Island
- 02** | Family Game Night  
5 pm | 3rd Planet Brewing | Niceville
- 03** | Movies on the Beach: Encanto  
7 pm | Al's Beach Club & Burger Bar | Okaloosa Island
- 04** | Greater Fort Walton Beach Chamber of Commerce's First Friday Coffee  
7 am | Christian Life Center at First Baptist Church | FWB  
**Don't Let the Pigeon Drive the Bus! The Musical**  
9:45 am | Mattie Kelly Arts Center | Niceville  
**Bluewater Jam Festival**  
5 pm | Bluewater Elementary | Niceville  
**CVHN Benefit Concert in the Park featuring the Tip Tops**  
5:30 pm | Grand Boulevard at Sandestin | Miramar Beach  
**Live Music: John Mckinney**  
6 pm | 3rd Planet Brewing | Niceville
- 05** | 10th Annual CMSAF Binnicker Memorial Run presented by Eglin Federal Credit Union  
8 am | Bob Hope Village Commons | Shalimar  
**Dog Daze presented by Friendship Veterinary Hospital**  
9 am | Fort Walton Beach Landing Park | FWB  
**Concealed Carry Weapons Class**  
10 am | EC Indoor Shooting & Sport | Valparaiso  
**Oktoberfest**  
12 pm | 3rd Planet Brewing | Niceville  
**Lightwire Theater's Dino-Light**  
7:30 pm | Grand Boulevard at Sandestin | Miramar Beach
- 06** | **Live Music: Bluegrass Jam**  
12 pm | 3rd Planet Brewing | Niceville  
**Dinner of Dreams benefiting A Bed 4 Me Foundation**  
5 pm | Niceville Senior Center | Niceville  
**Women's Climbing Circle**  
5 pm | Rock Out Climbing Gym | Destin  
**The Pittman's Magical Variety Show**  
6 pm | 3rd Planet Brewing | Niceville
- 08** | **Chess Night**  
6 pm | LJ Schooners Dockside Restaurant & Oyster Bar  
**Live Music: Charlie Seagar**  
5 pm | Al's Beach Club & Burger Bar | Okaloosa Island
- 09** | Niceville Valparaiso Chamber of Commerce's Second Wednesday Breakfast  
7:15 am | Northwest Florida State College | Niceville

- 10** | Greater Fort Walton Beach Chamber of Commerce's Nothing But Networking  
11:30 am | The Salvation Army | FWB  
**Best of the Emerald Coast Winners Soiree**  
6 pm | Grand Boulevard at Sandestin | Miramar Beach  
**Movies on the Beach: Turning Red**  
7 pm | Al's Beach Club & Burger Bar | Okaloosa Island
- 11** | **Beer, Bourbon, & BBQ**  
5:30 pm | Eglin Golf Course | Niceville  
**Blue Dog & Bourbon on the Bayou: An Evening with Wendy Rodrigue**  
6 pm | Churchill Oaks | Santa Rosa Beach  
**Rocky Bayou Christian School Football Game vs. Spring Creek Charter**  
7 pm | Fort Walton Beach High School | FWB  
**Northwest Florida Symphony Mini Concert**  
7 pm | 3rd Planet Brewing | Niceville  
**Baytowne Beer Fest**  
6-8 pm | Baytowne Wharf | Sandestin
- 12** | **Halloween Spooktacular**  
2 pm | Mattie Kelly Arts Center | Niceville  
**Baytowne Beer Fest Grand Tasting**  
2-5 pm | Baytowne Events Plaza | Sandestin  
**Bloody Mary Festival**  
11 am - 2 pm | The Market Shops at Sandestin
- 13** | **Niceville Strong**  
6 pm | Niceville High School Auditorium
- 17-20** | **Harvest Wine & Food Festival**  
Times & Locations Vary | WaterColor
- 18** | **Niceville High School Football Game vs. Lincoln High School**  
7 pm | Niceville High School | Niceville  
**History Sandwiched In**  
Noon | Heritage Museum of Northwest Florida
- 19** | **2024 Wheels & Wings Car Show**  
8 am | Air Force Armament Museum | Eglin  
**Concealed Carry Weapons Class**  
10 am | EC Indoor Shooting & Sport | Valparaiso  
**Niceville Bazaar**  
10 am | Mullet Festival Grounds | Niceville  
**Trunk or Treat**  
4-8 pm | Hammock Bay | Freeport  
**Live Music: Purple Monkey**  
6 pm | 3rd Planet Brewing | Niceville

- 21** | **Glock Sport Shooting Foundation (GSSF) Indoor League**  
10 am | EC Indoor Shooting & Sport | Valparaiso
- 25** | **Barktoberfest**  
4:30 pm | Grand Boulevard at Sandestin | Miramar Beach  
**5th Annual Family Trick Or Treat Night**  
4:30 pm | 4-H Camp Timpoochee | Niceville  
**Festival of the Arts Arty Kick Off Party**  
6 pm | Henderson Beach Resort - Piazza Plaza | Destin
- 26** | **29th Annual Festival of the Arts**  
9 am | MKAF - Cultural Arts Village | Destin  
**Fall Festival**  
11 am | Alaqua Animal Refuge | Freeport
- 27** | **29th Annual Festival of the Arts**  
10 am | MKAF - Cultural Arts Village | Destin  
**4th Annual BrunchFest**  
11 am | Seville Quarter | Pensacola  
**Sunset Shrimp Boil**  
4 pm | LJ Schooners Dockside Restaurant & Oyster Bar  
**Dear Evan Hansen**  
7 pm | Mattie Kelly Arts Center | Niceville
- 31** | **Halloween on the BOOlevard**  
4 pm | Grand Boulevard at Sandestin | Miramar Beach  
**9th Annual Tricks & Treasures**  
5 pm | The Boardwalk | Okaloosa Island

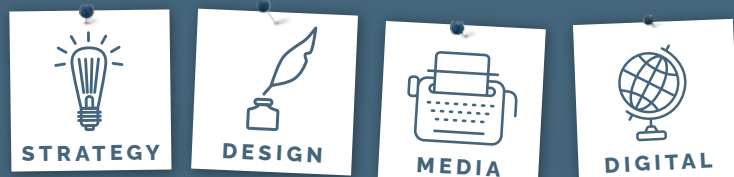
### NOVEMBER

- 02** | **A Dinner in the Courtyard**  
5:30 pm | Niceville Senior Center | Niceville  
**Eggs on the Beach**  
10 am - 1:30 pm | Seascape Towne Centre | Miramar Beach

#### ONGOING EVENTS

- Oils and Acrylics with Rosalyn O'Grady**  
10 am | Tues | Artful Things | Niceville
- Watercolor Techniques with Theresia McInnis**  
1 pm | Tues | Artful Things | Niceville
- Bingo Night**  
6 pm | Tues | Bayou Brewing Company | Niceville
- Trivia Night**  
6 pm | Thurs | Strange Colt Brewery | Niceville
- Yoga at Turkey Creek**  
9 am | Sat | Turkey Creek Nature Trail | Niceville
- Brunch on the Bayou**  
9 am | Sun | LJ Schooners Restaurant | Niceville

<b>FARMERS MARKETS</b>	<b>Niceville Community</b>	<b>Hammock Bay</b>	<b>Grand Boulevard</b>
	Saturdays   9 am - 1 pm	1st & 3rd Sundays   8 am	Saturdays   9 am - 1 pm
	Palm Plaza   Niceville	Victory Blvd   Freeport	Grand Boulevard   Miramar Beach



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 Community

**BAY BUZZ EVENTS**

*continued from page 10*

and additional information, visit [baytownbeerfestival.com](http://baytownbeerfestival.com).

**Bloody Mary Festival**

**Oct. 12 | 11 a.m. – 2 p.m.**  
| The Market Shops at Sandestin

Local bars and restaurants will be serving the finest Bloodys on the Emerald Coast, made with Distillery 98 Dune Laker Vodka. Along with plenty of delicious drinks, there will also be live music by Catalyst, football,

cold beer, local food from merchants, shopping and so much more! Tickets \$60 in advance; \$75 at the door.

**7th Annual Niceville Strong**

**Sun., Oct. 13 | 6 p.m.**  
| Niceville High School (NHS) auditorium

Former Auburn linebacker and Auburn Football Chaplain Rev. Chette Williams will headline the annual community prayer rally, Niceville Strong, designed to unite the local community in the fight against ad-

diction, mental health issues and violence, Sunday, Oct. 13 at 6 p.m. in the Niceville High School (NHS) auditorium for an evening of music, prayer and testimonies from local pastors, families and students.

In 2023, drug overdoses accounted for more than 107,500 deaths—representing the 4th year in a row where overdose deaths exceeded 100,000 across the U.S. In Florida alone, overdose deaths took 7,769 lives in 2022, and the suicide rate remains higher than the national average.

Niceville Strong is free and open to the public. Local resource groups—and light refreshments—will be available in the NHS gymnasium at 5 p.m.

**DCWAF 8th Annual Harvest Wine & Food Festival**

**Oct. 17-20 | Grand Tasting – Cerulean Park – Water-Color | Santa Rosa Beach**

Step into a world of culinary delight at the Harvest Wine & Food Festival, an annual event hosted in WaterColor by the Destin Charity Wine Auction Foundation (DCWAF), October 17-20. This four-day celebration features an array of exquisite wine dinners, the renowned Grand Tasting, a delightful cocktail brunch, and much more. For tickets, visit [dcwaf.org](http://dcwaf.org).

**“History Sandwiched In”**  
**Friday, October 18 | Noon**  
| Heritage Museum of Northwest Florida

Learn about the history of women in the Military with guest speaker Dr. E. S. Chiccarelli, USAFR (retired). Having done extensive research, Dr. Chiccarelli’s “Story Boards” have been exhibited locally around town. Snacks will be provided or bring a bag lunch.

Please RSVP to 850-678-2615.

**Niceville Bazaar!**

**Oct. 19 | 10 a.m. – 4 p.m.**  
| Boggy Bayou Mullet Festival Grounds

Join Freedom Life Compass, Inc., for its 3rd annual Niceville Bazaar! Last year, more than 7,000 attended this FREE event with over 200 vendors from throughout the Gulf Coast! Vendors will offer an assortment of goods to fulfill your family’s needs and prepare for the holiday buying season! There will be over 20 food trucks providing refreshments and food and the event supports local mission projects in our community. Local non-profit Freedom Life Compass, Inc., sponsors the event with 30 additional, non-profit booths to explore and learn about the missions in our community! You can support local businesses and local non-profit organizations in our community by attending and engaging with others in our community and get your Christmas shopping done early, too!

**Trunk or Treat**  
**Hammock Bay**

**October 19 | 4-8 p.m. | 1871 Great Hammock Bend | Freeport**

Stroll Hammock Bay and The Windmills are teaming up for this year’s free Trunk or Treat. Bring your best costume and coolest decor and, of course, candy! For more information, email [cblackery@absolutecamservices.com](mailto:cblackery@absolutecamservices.com) or fill out the form at the link below to sign up. [https://docs.google.com/forms/d/e/1FAIpQLSchbmfWp6zbB4F-HOAXUrjQhyMu2gs-B-yz0L-WK2cxuSRTxX7A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSchbmfWp6zbB4F-HOAXUrjQhyMu2gs-B-yz0L-WK2cxuSRTxX7A/viewform?usp=sf_link)

**Arty Kick Off Party | Festival of the Arts**

**October 25 | 6 PM | Henderson Beach Resort | Piazza Plaza | Destin**

This year’s 29th annual celebration of art, food, music and family fun begins on Friday, Oct. 25, at 6 p.m. with the Arty Kick Off Party on the Piazza Plaza Henderson Beach Resort. Mix and mingle with Festival artists, watch award-winning featured guest artist Melanie Moore paint live, view enjoy live music by Coconut Radio, light bites, creative cocktail by Black Sheep Tequila and cash bar. \$50 per person (includes

## 2024 WHEELS & WINGS CAR SHOW



**SPONSORED BY THE EMERALD COAST REGIONAL MUSTANG CLUB**

**19 October 2024 at the Air Force Armament Museum**  
100 Museum Drive Eglin AFB FL 32542


The show is open to all makes/models of vehicles. Numerous classes are available for classic, modern & specialty. Proceeds will support the automotive services technology program, Okaloosa Technical College. Pre-registration closes on 11 Oct 2024.

**Registration information:** Registration will be from 8-10 a.m. on the day of the show. Awards at 2:30 p.m. Registration fee \$30, registration for asphalt parking \$35. 56 Asphalt spaces available, once gone, they're gone.  
Register online at [www.ecrhc.net](http://www.ecrhc.net) via paypal or debit/credit card.

# Dino Light

Lightwire THEATER


**Presented by:**



**Oct. 5 @ 7:30pm**  
**Grand Boulevard North Park**  
*Free & Open to the Public*

*Dino Light is sponsored by Grand Boulevard's Coastal Culture Art, Entertainment and Events.*

Season Signature Sponsors:


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# Drucker + Falk Expands Florida Presence with MH Deer Moss Creek, LLC Partnership

Top property management firm to manage new community, The Enclave at Deer Moss Creek, in Niceville

DF Multifamily, a division of Drucker + Falk (DF), proudly announces its partnership with MH Deer Moss Creek, LLC, to lease and manage The Enclave at Deer Moss Creek, a new luxury apartment community in Niceville, featuring state-of-the-art amenities and tranquil surroundings. This collaboration marks DF's first partnership with MH Deer Moss Creek, LLC, and expands DF's presence in Florida, with additional developments currently underway.

Located in the scenic Deer Moss Creek neighborhood, The Enclave at Deer Moss Creek provides residents with an upscale living experience in a serene environment, conveniently close to Fort Walton Beach, Destin, Eglin Air Force Base, VPS Airport and the stunning white sand beaches of the Emerald Coast. The first building officially opened on September 3rd, marking the community's

introduction to the Niceville rental market, with additional buildings slated to open soon to meet the demand for high-end rental options in the area.

The Enclave features 11, two- and three-story buildings, housing 303 thoughtfully designed apartment homes. Residents enjoy an array of top-tier amenities, including an 8,000-square-foot clubhouse equipped with socializing, working and recreational spaces; gaming and media rooms; co-working and individual workspaces; a state-of-the-art fitness center; and a coffee lounge. Outdoor amenities include a resort-style pool with pergolas, outdoor kitchens, two dog parks and select buildings with elevators. Additionally, the community offers detached garages and rentable carports to enhance convenience. The spacious floor plans boast open-concept living areas, 9-foot ceilings, kitchen islands, under-cabinet lighting,

premium finishes, and full-size washers and dryers.

"We are thrilled to partner with MH Deer Moss Creek, LLC, on this stunning new community in Niceville. The meticulously designed residences and premium amenities reflect our shared dedication to excellence," said Kellie Falk, Managing Partner at Drucker + Falk. "Our team is eager to bring this vision to life and to welcome residents to a community that will enrich the Niceville landscape. We are privileged to be a part of this groundbreaking project and are committed to its success."

Representatives from MH Deer Moss Creek, LLC, and its partners have expressed great enthusiasm for this project. Peter Bocchino, owner of Marin Development, alongside Michael Nelson of Marin Development and Charles Rigdon of Harbor Capital, shared, "We are excited to introduce this exceptional community to Niceville. As local

residents, we are deeply committed to enhancing the quality of life here. We believe Niceville is one of the best places in Florida to live and raise a family, and we look forward to contributing to its growth and prosperity."

The Enclave at Deer Moss Creek is poised to become a landmark in Niceville, setting a new standard for luxury living and community engagement. Its strategic location offers easy access to key local destinations and military installations, providing a competitive advantage. The Enclave also extends a 5% discount to active-duty military personnel and additional incentives through its Preferred Profession program. For more information, please visit the community website.

The Deer Moss Creek neighborhood is a testament to Ruckel Properties' longstanding commitment to providing outstanding communities where residents can live, grow, and

thrive. The Enclave is a continuation of this vision, delivering a unique living experience that combines luxury, convenience, and a strong sense of community.

Founded in 1938, Drucker + Falk is a full-service real estate and investment firm managing a diverse portfolio of more than 40,000 apartment homes and over 3,000,000 square feet of office, retail, and industrial space in 10 states. In addition to managing a broad range of properties, including class A+ to affordable apartment communities, mixed-use, and all types of commercial properties, Drucker + Falk partners with clients on developing new properties, renovating and repositioning assets, converting historic properties to unique, upscale apartment homes and offers commercial leasing and sales services. For more information visit [www.druckerandfalk.com](http://www.druckerandfalk.com).



**Where Every Day is a Getaway**



**Introducing a new luxury apartment community in Niceville located in the scenic Deer Moss Creek neighborhood**

## **The Enclave** at Deer Moss Creek

- An upscale living experience
- Tranquil surroundings
- State-of-the-art amenities

**5% discount to active-duty military personnel!** Additional incentives available through the Preferred Profession program. Visit the website for more information.

**The Enclave at Deer Moss Creek**  
1200 Deer Moss Loop  
Niceville, FL 32578  
(850) 842-2134  
[www.theenclaveatdeermoss creek.com](http://www.theenclaveatdeermoss creek.com)

 Community

# Get Out the Christian Vote!



By MICHELLE RUSCHMAN

As we approach election day on Tuesday, November 5, 2024, 22-year veteran and mother Lisa Robertson, an advocate for Get Out the Christian Vote, has a question for all those who are considering not getting out to vote: What kind of future do you

want for your children and the generations to follow?

Charlie Kirk recently posted, ‘If we’re silent, nothing may happen to us. But, it will most certainly happen to our children in the future and that has stuck with me. We had a meeting on September 13th that showed the

movie, A Letter to the American Church (a film adaptation to Eric Metaxas’ book by the same name), and Mao, Stalin, and Hitler were able to come into that kind of power through three critical and strategic areas: For one, if they could control the pastors, they could control the people.

Second, if they could take away land and possessions, they could control us. Finally, if they could get to the children, then they could change the trajectory of the future. That’s what they did and we are seeing evidence that this is happening now.”

Already, there is evidence that the Church is not participating in what is sure to be a pivotal election. 50% of Christians are not even registered to vote and many who are already thinking about not voting on election day. In the 2020 election, more than 25 million Christians chose not to vote. Lisa is concerned too that while there’s still time, many pastors aren’t actively advocating for Christian participation in the election process, because of the misconception that this would be seen as a political leaning in a house of worship. What she is hoping for, however, is that churches would set aside the discussion about politics from the pulpit, and recognize that the Biblical responsibility still exists for each Christian to participate in the governing bodies of our country.

“Even as early as Genesis, we are given authority. Isaiah 29:2 says that when the righteous are in authority and become great, the people rejoice, but when the wicked man rules, the people groan and sigh. Speaking about voting is not political, but acknowledging that everyone who believes in the Gospel needs to preach the Gospel, not just in words but in actions. It’s how we decide what we want as the moral center of our government and the kind of country we ultimately want for our children. If we want them to have the freedom to gather in a house of worship, to have freedom of speech, to be taught to work hard, that they are fearfully and wonderfully made, and that they have a right to work toward owning land, it is going to be through the election process. We do that by showing up to vote.”

Lisa acknowledges that not everyone has the time to volunteer for their political affiliations and that there are so many important needs that take the forefront of the average American family. What families can do, however, is available to all.

“After 22 years of being in the

*Continued on page 22*



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# Simplifying Medicare Advantage vs. Supplement Choices



BY GREG DURETTE, FLORIDA HEALTH CONNECTOR

This is the time of year when you should review your Medicare options and make important decisions about your coverage for 2025.

Right now, we are in the Annual Election Period (AEP) for all Medicare beneficiaries. It is often referred to as the Annual Open Enrollment Period. This annual event runs from October 15th through December 7th.

Because this period allows ALL Medicare eligible folks to make switches and changes to their plans, it is the most heavily advertised time of the year—not like I have to tell you that! Folks on Original Medicare (Parts A&B), Supplements (MediGap), Stand Alone Prescription Plans (Part D) and Advantage Plans have a chance to pretty much do anything they want with their coverage mix. The hard part comes with sorting it all out.

One of the things I often talk about with Medicare beneficiaries around this time of year is to make sure you don't get so overwhelmed by all the information out there that you run out of time to take action. It can sometimes become "paralysis by analysis" syndrome. Remember, the AEP ends on December 7th!

Figuring out which coverage options are best for you can be confusing at any age, but under-

standing healthcare options for those 65 and older can be even more difficult.

I suggest considering these three things when shopping for Medicare Advantage/Supplement plans:

**Choice:** When it comes to Medicare, one size does not fit all - what works for your neighbor (or doctor/provider!) may not work best 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 your health care coverage. Remember, you are getting the best for you, not your doctor or other provider.

**Care:** Care starts with a strong relationship with your primary care provider. If your plan has a network, make sure you're comfortable with the doctors and hospitals in that network. Check to see if your plan will coordinate your care with the rest of your providers...in and out of State.

**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 about out of pocket costs.

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

counter pharmacy items and more.

However, it is important to note that, not only do Medicare Advantage plans vary by state, but are different right down to each individual county in each state. Supplements are universal regardless of state/county, but often times cost more premium per month and do not cover prescriptions, requiring additional premium costs to pick up that coverage.

Your sibling in North Dakota is not going to have the same insurance company/coverage options you would in your Florida county. Try not to get trapped into believing the terms Supplement and Advantage are the same. It is critical to know your specific differences before making choice that works for you.

This is why it is vitally important to work with a local agent that knows the area and understands the benefits landscape as

it applies to you. A famous actor or retired athlete on TV touting a toll-free number from who knows where will likely not.

*Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare throughout the State of Florida and is based in Niceville. He has been in the insurance industry for over 41 years and can be reached at his office number of 850-842-2400 or mobile at 978-509-2941.*



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 Lifestyle



# Coffee Tables: Styles and Styling

By STACY SARIKANON,  
STUNNING SPACES-DECORATING  
DEN INTERIORS

We heard someone recently say that coffee tables are passé. That's not the case; interior design journalists clearly indicate that coffee tables are certainly in

vogue. There are a wide range of styles and styling. A good lesson for styling: Use varied heights, varied materials, layer items and don't forget nature.

There are tables that are themselves pieces of art where too much styling on the sur-

face would take away from the artistry of the furnishing itself. Other tables have a contemporary style, but the surface is kept open for function.

Traditional rectangular tables are still popular, but we find a greater variety of construction using metals and glass. Books, open or closed, singular or stacked, are still a staple for dressing up the surface. A second surface below can be used for seasonal decoration or left plain to put the spotlight on the upper surface items.

Depending on your furniture placement, circular tables can add an aesthetic interest by varying the lines to provide more visual interest to rectangular furniture. Of course, a circular table also can complement a curved sofa, which is becoming more popular.

Upholstered pieces can double for ottoman-type use and table-type use. It takes only a tray to display an accessory or two or serve up some drinks.

This cool coffee table is truly

multifunctional for a client's casual living space. It is part lift-top, part bench and part storage while coated in a beautiful ash taupe finish.

As for multifunction, some tables include four nesting tables for use as side tables. Or, the touch of elegance offered by modern glass and metal nesting table(s).



In this photo, three pieces converge into a multipiece coffee table for a statement furnishing in this odd-shaped room which dictated the design in this particularly challenging space.

Stunning Spaces - Decorating Den Interiors can help you consider all the factors in selecting the style of coffee table and the styling for the surface, all to top off your room design in a way that makes your room more beautiful and reflective of your personality and lifestyle.

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An iconic favorite of locals, owner and operator of JoJo's Coffee and Goodness Angela "JoJo" Stevenson invites you to enter her cafe and relaxed coffee shop atmosphere for a daily dose of "goodness." Stop in for mouth-watering 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 kolaches 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. And, oh, the freshly roasted coffee. Get what you're craving! Order ahead and pick up some for tailgating to start the football season off right!

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Oct. 12: Nautical Flea Market and Flea Market 10 a.m. - 2 p.m.; Oct 20: Mullet Toss 4 p.m.; Mullet Hair Contest 6 p.m.; Oct. 27: Sunset Shrimp Boil 4-7 p.m. Oct. 31: Halloween Karaoke and



Open Mic 6-10 p.m.

Sundays: Brunch 9 a.m.-1 p.m. buffet style, bottomless Mimosas!

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Oct. 12th - 10AM to 2PM

## 31st Annual Single Handed Race

Oct. 19th

## Missing the Mullet

Oct. 20th

Mullet Toss 4PM - Mullet Hair Contest 6PM



**Oyster Bar Hours:** Monday-Thursday 3pm-10pm • Friday-Saturday 11am to midnight • Sunday 9am to 9pm

**Restaurant Hours:** Monday-Tuesday Closed • Wednesday-Saturday 11am to 9pm • Sunday 9am to 9pm • Sunday Brunch 9am to 1pm

## More Events and Live Entertainment:

- Oct. 2:** Christian Wade - Karaoke 6pm
- Oct. 4:** Good Boy Vodka Tasting 5-7pm and Blaine & Pnut 6-10pm
- Oct. 5:** Jody Lucas 6-9pm
- Oct. 12:** The Aces 6-10pm
- Oct. 15:** Traveling Painter 5:30pm
- Oct. 18:** David Gautreau 6-10pm
- Oct. 19:** Below Alabama 6-10pm
- Oct. 20:** Parker & Ivoree Willingham 4-8pm
- Oct. 26:** Halloween Party and DJ Christian Wade 6-10pm
- Oct. 27:** Shrimp Boil 4-7pm
- Oct. 27:** Gillerans island 4-8pm
- Oct 31:** Halloween Karaoke/Open Mic 6-10pm

## Football. Food. Fun. Fans. Let the Games Begin...



By SCOTT MILLER

As we roll into week 4 of the 2024 College Football Season, I can feel the excitement building. No more Auburn vs. Alabama A&M matchups this week, a 73-3 romp in week one. No more Middle Tennessee State @ Mississippi matchups, a 52-3 cakewalk in week 2. And no more Kent State @ Tennessee beatdowns, a 71-0 shellacking in week 3. Yes, fans, it's time to take the training wheels off! With weeks 4, 5 and 6 in front

of us, the training wheels are definitely off. It's time to see who's who this year. With games like Tennessee @ Oklahoma on the docket on Saturday night in week 4 and USC @ Michigan that afternoon along with a week 5 clash of the titans matchup with Georgia @ Alabama on Saturday 9/28., the 2024 college football season is in full swing.

And that's just skimming the surface, we haven't even touched on November yet. So, friends, let's all gather together at our favorite local sports bars and restaurants and celebrate the season—Football Season that is!

Here are a few of my favorite game day venues. I recommend you try them all!

### AJ's Seafood & Oyster Bar

Since 1984, AJ's Seafood and Oyster Bar has been serving cold Gulf Coast oysters and cool libations. What began as a popular local hang out known for fresh oysters and cold beer has grown into one of the most iconic "hot spots" on the Destin Harbor. From its humble beginning shucking oysters off the deck behind a small trailer on the Destin Harbor, it has grown to four locations along our Emerald Coast, serving fresh seafood, live music and exciting water activities in the Destin area. Attention all die hard football fans, AJ's boasts the one and only Jumbotron on the Destin Harbor. AJ's serves up delicious daily specials, mouth-watering drinks plus entertaining live music all month. Don't miss any of the action just come on down to

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### Landshark's Pizza

Hungry? Thirsty? Maybe a little of both? Come in and visit Landshark's Pizza. Owners Brian and Sue Hassmann have created a Niceville locals' favorite pizza, buffalo wings and sports pub and bar that serves can't-beat, handmade-dough pizza and wings with the craziest selection of wing sauces and rubs you'll find—plus many other scrumptious eats for folks of all ages. There's plenty of seating for everyone and TVs galore, plus fun and games all week long. Sports fans from all over come and watch all your favorite teams on countless regional and national sports networks. Now it pays to show up a little early to get your favorite seat and to save a buck on all beer and wine from 3-6 p.m. Tuesday - Friday. Having teamed up with Props Brewery to serve the coldest brews this side of the Bay along with the vast selection of bourbon and craft beer, it's no secret why the locals love Landshark's Pizza Company. Cheers! Order online, too, or DoorDash. Hours: Sunday 11 a.m. - 7 p.m.; Monday Closed; Tuesday - Thursday 11 a.m. - 9 p.m.; Friday - Saturday 11 a.m. - 10 p.m.

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

### FUBAR Pizza Bar

Looking for a sports bar to call home? Welcome to FUBAR pizza bar nestled on Okaloosa Island. Locally owned and family friendly, Fubar is known for its almost-famous pizza and wings and carries all sports games and

live entertainment, along with impeccable service. You can enjoy all that while enjoying the waterfront view.

FUBAR has plenty of games for the kids along with pool tables, corn hole, dart boards and more. When out on the water all day, come dock your boat on one of FUBAR'S boat slips and enjoy the incredible view. Feel free to bring along your furry friends to join you on the patio.

Need the perfect space to host a party or event? FUBAR is equipped with numerous private sections with the option of having a private bar as well. The outside deck can hold up to 300 people comfortably and can be sectioned off to fit your needs. In addition to the pizza and wings, FUBAR can customize a menu for you from Italian food to Prime Rib and everything in between. Open 7 days from 11 a.m.-2 a.m.

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## High School Football Schedules

All upcoming games at 7 p.m. except where designated.

### Niceville (District 1-5A)

Head coach: Grant Thompson  
8/23 - South Sumter (Bushnell)  
8/30 - Escambia (Pensacola)  
9/6 - Pine Forest (Pensacola)  
9/13 - at Crestview  
9/20 - at Choctawhatchee (Fort Walton Beach)  
9/27 - Gulf Breeze\*  
10/4 - BYE WEEK  
10/11 - at Mosley (Lynn Haven)\* at Tommy Oliver  
10/18 - Lincoln (Tallahassee)  
10/25 - at Milton,\* 7:30 CT  
11/1 - at Navarre, 7:30 CT  
\*District games

### Rocky Bayou Christian School

North Florida District  
Head coach: KC Woods  
8/23 - at Snook Christian Academy  
9/7 - Jefferson County, 6 p.m.  
9/20 - Franklin County  
9/28 - Central 6 p.m.  
10/11 - SCCA  
10/18 - at Joshua Christian Academy

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SEC Football Schedule

SEC	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	Nov 23	Nov 30
Alabama	@VANDY	S. CAR	@TENN	MIZZ	OPEN	@LSU	MERCER	@OU	AUB
Arkansas	TENN	OPEN	LSU	MISS ST	OLE MISS	OPEN	TEXAS	LA TECH	@MIZZ
Auburn	@UGA	OPEN	@MIZZ	@KEN	VANDY	OPEN	UL MONROE	TEX A&M	@BAMA
Florida	UCF	@TENN	UK	OPEN	UGA	@TEXAS	LSU	OLE MISS	@FL ST
Georgia	AUB	MISS ST	@TEXAS	OPEN	FLA	@OLE MISS	TENN	U MASS	GA TECH
Kentucky	OPEN	VANDY	@FLA	AUB	@TENN	OPEN	MURRAY ST	@TEXAS	LOUISVILLE
LSU	OPEN	OLE MISS	@ARK	@A&M	OPEN	BAMA	@FLA	VANDY	OU
MSU	OPEN	@UGA	A&M	ARK	U MASS	@TENN	OPEN	MIZZOU	@OLE MISS
Missouri	@A&M	@U MASS	AUB	@BAMA	OPEN	OU	@S. CAR	@MISS ST	ARK
Oklahoma	OPEN	TEXAS	S. CAR	@OLE MISS	MAINE	@MIZZOU	OPEN	BAMA	@LSU
Ole Miss	@S. CAR	@LSU	OPEN	OU	@ARK	UGA	OPEN	@FLA	MISS ST
SC	OLE MISS	@BAMA	@OU	OPEN	A&M	@VANDY	MIZZOU	WOFFORD	@CLEMSON
Tenn	@ARK	FLA	BAMA	OPEN	UK	MISS ST	@UGA	UTEP	@VANDY
Tex A&M	MIZZOU	OPEN	@MISS ST	LSU	@S. CAR	OPEN	N MEX ST	@AUB	TEXAS
Texas	OPEN	OU	UGA	@VANDY	OPEN	FLA	@ARK	UK	@A&M
VANDY	BAMA	@UK	BALL ST	TEXAS	@AUB	S. CAR	OPEN	@LSU	TENN

2024 College Football Game Day Highlights

Week 6: October 5

Penn St. vs UCLA TBA  
 Florida St. vs Clemson TBA  
 Georgia vs Auburn TBA  
 Ohio St. vs Iowa TBA  
 Arkansas vs Tennessee TBA  
 Vanderbilt vs Alabama TBA  
 Washington vs Michigan TBA

Week 7: October 12

USC vs Penn St. TBA  
 Georgia vs Miss St. TBA  
 Tennessee vs Florida TBA  
 Alabama vs S. Carolina Noon TBA  
 LSU vs Mississippi TBA  
 Oregon vs Ohio St. TBA  
 Oklahoma vs Texas TBA

Week 8: October 19

Missouri vs Auburn TBA  
 Tennessee vs Alabama TBA  
 Arkansas vs LSU TBA  
 Texas vs Georgia TBA  
 Oklahoma vs S. Carolina TBA  
 Ga. Tech vs Notre Dame TBA  
 Louisville vs Miami TBA

Week 9: October 26

Auburn @ Kentucky TBA  
 Penn State @ Wisconsin TBA  
 Texas @ Vanderbilt TBA  
 Missouri @ Alabama TBA  
 Oklahoma @ Mississippi TBA  
 Florida St @ Miami TBA  
 LSU @ Texas A&M TBA

Week 10: November 2

Penn State vs Ohio State TBA  
 Auburn vs Vanderbilt TBA  
 Mississippi @ Arkansas TBA  
 Kentucky @ Tennessee TBA  
 Florida @ Georgia TBA  
 Duke @ Miami TBA  
 USC @ Washington TBA

Week 11: November 9

Georgia @ Mississippi TBA  
 Florida ST. @ ND TBA  
 LSU vs Alabama TBA  
 Oklahoma @ Missouri TBA  
 Miami @ Ga Tech TBA  
 Florida @ Texas 11am ESPN  
 Miss St. @ Tennessee TBA

NFL Football Schedule

Week 5

Thursday, Oct. 3

Tampa Bay Buccaneers at Atlanta Falcons -- 8:15 p.m., Prime Video

Sunday, Oct. 6

New York Jets vs Minnesota Vikings (Tottenham) -- 9:30 a.m., NFL Network  
 Carolina Panthers at Chicago Bears -- 1 p.m., Fox  
 Baltimore Ravens at Cincinnati Bengals -- 1 p.m., CBS  
 Buffalo Bills at Houston Texans -- 1 p.m., CBS  
 Indianapolis Colts at Jacksonville Jaguars -- 1 p.m., CBS  
 Miami Dolphins at New England Patriots -- 1 p.m., Fox  
 Cleveland Browns at Washington Commanders -- 1 p.m., Fox  
 Las Vegas Raiders at Denver Broncos -- 1 p.m., Fox

Arizona Cardinals at San Francisco 49ers -- 4:05 p.m., Fox  
 Green Bay Packers at Los Angeles Rams -- 4:25 p.m., CBS

New York Giants at Seattle Seahawks -- 4:25 p.m., CBS  
 Dallas Cowboys at Pittsburgh Steelers -- 8:20 p.m., NBC\*

Monday, Oct. 7

New Orleans Saints at Kansas City Chiefs -- 8:15 p.m., ESPN

Week 6

Thursday, Oct. 10

San Francisco 49ers at Seattle Seahawks -- 8:15 p.m., Prime Video

Sunday, Oct. 13

Jacksonville Jaguars vs Chicago Bears (Tottenham) -- 9:30 a.m., NFL Network  
 Washington Commanders at Baltimore Ravens -- 1 p.m., CBS

Arizona Cardinals at Green Bay Packers -- 1 p.m., Fox  
 Houston Texans at New England Patriots -- 1 p.m., CBS

Tampa Bay Buccaneers at New Orleans Saints -- 1 p.m., Fox  
 Cleveland Browns at Philadelphia Eagles -- 1 p.m., Fox  
 Indianapolis Colts at Tennessee Titans -- 1 p.m., CBS

Los Angeles Chargers at Denver Broncos -- 4:05 p.m., CBS

Pittsburgh Steelers at Las Vegas Raiders -- 4:05 p.m., CBS

Atlanta Falcons at Carolina Panthers -- 4:25 p.m., Fox

Detroit Lions at Dallas Cowboys -- 4:25 p.m., Fox

Cincinnati Bengals at New York Giants -- 8:20 p.m., NBC\*

Monday, Oct. 14

Buffalo Bills at New York Jets -- 8:15 p.m., ESPN

Week 7

Thursday, Oct. 17

Denver Broncos at New Orleans Saints -- 8:15 p.m., Prime Video

Sunday, Oct. 20

New England Patriots at Jacksonville Jaguars (Wembley) -- 9:30 a.m., NFL Network

Seattle Seahawks at Atlanta Falcons -- 1 p.m., Fox

Tennessee Titans at Buffalo Bills -- 1 p.m., CBS

Cincinnati Bengals at Cleveland Browns -- 1 p.m., CBS

Houston Texans at Green Bay Packers -- 1 p.m., CBS

Miami Dolphins at Indianapolis Colts -- 1 p.m., Fox

Detroit Lions at Minnesota Vikings -- 1 p.m., Fox

Philadelphia Eagles at New York Giants -- 1 p.m., Fox

Las Vegas Raiders at Los Angeles Rams -- 4:05 p.m., CBS

Carolina Panthers at Washington Commanders -- 4:05 p.m., CBS

Kansas City Chiefs at San Francisco 49ers -- 4:25 p.m., Fox

New York Jets at Pittsburgh Steelers -- 8:20 p.m., NBC\*

Continued on next page



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Off the Hook

# 2024 Destin Fishing Rodeo Calendar of Events

## OCTOBER

### 76th Annual Destin Fishing Rodeo (October 1st - 31st)

Come join us at the 76th Annual Destin Fishing Rodeo. Weigh-Ins are everyday behind A.J.'s from 10 a.m. - 7 p.m.

### Destin Fishing Rodeo 16th Annual Kid's Wagon Boat Parade (Sunday, October 6th)

The popular Annual Kid's Wagon Boat Parade will roll at 6 p.m. at A.J.'s Seafood and Oyster Bar. Celebrate the Destin Fishing Rodeo with the Kids Wagon parade. A free family

-friendly event on the Destin harbor. Decorate your wagon to look like a sailing sloop, charter boat, pirate ship or bathtub! Whatever your boat designer kid dreams up! Join A.J.'s and the Destin Fishing Rodeo as they bring you fun activities. There is no registration fee and is open for elementary school-aged children.

### Kids Fall Movie Festival (Monday, October 7th)

School is out and A.J.'s has just the thing to keep the kids entertained! A.J.'s will be showing a FREE movie on the famous JumboTron! Kids will be

treated to hot dogs, popcorn and snowcones! For more details please visit www.ajsdestin.com.

### Bruce Cheves Day (Wednesday, October 16th)

Come to the docks and celebrate the day the City of Destin has declared BRUCE CHEVES DAY! Our own weighmaster will be holding court (not in court!) and telling his best tales this day.

### Ring of the Bell (Wednesday, October 16th)

Each year at 5 p.m. on Bruce Cheves Day, the Rodeo celebrates the lives and legends of those we lost this year.

### Larry Hatchett Fishing Foundation Day (Saturday, October 19th)

Each October, The Larry Hatchett Fishing Foundation brings in children from foster situations to fish and learn about marine habitats and environmental awareness. Sponsored by The New Florida Girl's American Spirit, Fish Florida, A.J.'s Seafood & Oyster Bar, Pilot Company, Zup-Med Memphis and Destin Realty.

### 2nd Annual Miss Destin Mingle (Saturday, October 26th)

Miss Destin's from through-

out the years come from near and far to celebrate the newest member of their "club." The girl's get together to reminisce and enjoy an afternoon harbor cruise, and photo opportunities at the weigh-in! Come celebrate these incredible women with us!

### Halloween on the Harbor! (Thursday, October 31st)

Wear your costume and join Rodeo Captains, Anglers, Rodeo Judges, Miss Destin and volunteers to be a part of the largest Halloween Party in Destin.

## NFL SCHEDULE

continued from previous page

### Monday, Oct. 21

Baltimore Ravens at Tampa Bay Buccaneers -- 8:15 p.m., ESPN  
Los Angeles Chargers at Arizona Cardinals -- 9 p.m., ESPN+

### Week 8

### Thursday, Oct. 24

Minnesota Vikings at Los Angeles Rams -- 8:15 p.m., Prime Video

### Sunday, Oct. 27

Baltimore Ravens at Cleveland Browns -- 1 p.m., CBS

Tennessee Titans at Detroit Lions -- 1 p.m., Fox  
Indianapolis Colts at Houston Texans -- 1 p.m., CBS

Green Bay Packers at Jacksonville Jaguars -- 1 p.m., Fox

Arizona Cardinals at Miami Dolphins -- 1 p.m., Fox

New York Jets at New England Patriots -- 1 p.m., CBS

Atlanta Falcons at Tampa Bay Buccaneers -- 1 p.m., Fox

Chicago Bears at Washington Commanders -- 1 p.m., CBS

New Orleans Saints at Los Angeles Chargers -- 4:05 p.m., Fox

Buffalo Bills at Seattle Seahawks -- 4:05 p.m.,

Fox  
Philadelphia Eagles at Cincinnati Bengals -- 4:25 p.m., CBS

Carolina Panthers at Denver Broncos -- 4:25 p.m., CBS

Kansas City Chiefs at Las Vegas Raiders -- 4:25 p.m., CBS

Dallas Cowboys at San Francisco 49ers -- 8:20 p.m., NBC\*

### Monday, Oct. 28

New York Giants at Pittsburgh Steelers -- 8:15 p.m., ESPN/ABC

### Week 9

### Thursday, Oct. 31

Houston Texans at New York Jets -- 8:15 p.m., Prime Video

### Sunday, Nov. 3

Dallas Cowboys at Atlanta Falcons -- 1 p.m., Fox

Denver Broncos at Baltimore Ravens -- 1 p.m., CBS

Miami Dolphins at Buffalo Bills -- 1 p.m., CBS

New Orleans Saints at Carolina Panthers -- 1 p.m., CBS

Las Vegas Raiders at Cincinnati Bengals -- 1 p.m., Fox

Los Angeles Chargers at Cleveland Browns -- 1 p.m., CBS

Indianapolis Colts at Minnesota Vikings -- 1 p.m., CBS

Washington Commanders at New York Giants -- 1 p.m., Fox

New England Patriots at Tennessee Titans -- 1 p.m., Fox

Chicago Bears at Arizona Cardinals -- 4:05 p.m., CBS

Detroit Lions at Green Bay Packers -- 4:25 p.m., Fox

Los Angeles Rams at Seattle Seahawks -- 4:25 p.m., Fox

Jacksonville Jaguars at Philadelphia Eagles -- 8:20 p.m., NBC\*

### Monday, Nov. 4

Tampa Bay Buccaneers at Kansas City Chiefs -- 8:15 p.m., ESPN

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# Complete Ketamine Solutions of Destin: A Lifeline for Healing

By CHRISTOPHER MANSON

Almost two years ago, childhood friends Diane Cooke and Melanie Yost brought Be Well Solutions and Complete Ketamine Solutions to the Destin community, and their partnership has been nothing short of amazing. Combining Melanie's extensive experience as a licensed clinical social worker with Diane's business expertise, they have created a unique healing space dedicated to improving brain health and overall wellness.

Melanie, with more than 30 years of mental health experience in Virginia, first became aware of Ketamine treatments after a deeply personal tragedy. Six years ago, Diane's 20-year-old son died from suicide, shattering her world. She was struggling to function. After doing some research, she discovered Ketamine IV infusion therapy and its innovative use in treating depression, anxiety, PTSD and chronic pain. This therapy proved transformative for Di-

ane, helping her re-engage in life and begin to work through her grief.

Two years later, Diane moved to Northwest Florida full time and discovered that the quality Ketamine treatments she was used to receiving weren't readily available. She reached out to Melanie about the idea of combining their expertise and starting a clinic together. They eventually purchased a Complete Ketamine Solutions franchise because of their superior protocols, the amazing clinical director, Clint Fletcher, CRNA, and Medical Director, Dr. Farago, as well as the ability to be a part of larger network with clinics located in Atlanta, Phoenix, Detroit, Nashville, Connecticut and other parts of Florida.

"Ketamine is an anesthesia that has been around for over 60 years. In the last 10-15 years, researchers began investigating its effectiveness in treating depression, anxiety, Post-traumatic Stress Disorder (PTSD) and chronic inflammatory pain.



Be Well Solutions/Complete Ketamine Solutions of Destin owners Melanie Yost and Diane Cooke.

With more than 2000 research papers published, the success rate is 80-85%. That's really exciting! We have many clients who have struggled with treatment resistant anxiety and depression for years and are now feeling better and getting their life back," Melanie explains. "It's so rewarding!"

Melanie's dedicated team at Complete Ketamine Solutions includes three Nurse Practitioners and a Certified Clinical Medical Assistant, all working

closely to ensure the highest quality of care for clients. One special member of the team is Marmaduke, a mixed-breed, rescue dog who provides comfort to clients. "Our clients love him. If I don't bring him to work, people ask where he is. I even have people request that he be there on their treatment day," says Melanie.

In addition to Ketamine infusion therapy, the clinic offers other innovative therapies geared to improving brain health and overall well-being, including mild Hyperbaric Oxygen Therapy, BEMER Therapy, NAD infusions and injections, and a medical weight loss program.

Melanie is deeply grateful for the support of the Destin community and other local businesses, and she remains committed to giving back. The clinic offers

significant discounts for active and retired military personnel, first responders and even larger discounts for disabled veterans. "Our goal is to partner with our clients on their journey to healing and growth," Melanie says.

"One thing that makes us unique is the consistent feedback from our clients that they feel listened to and cared for by our staff."

As Melanie and Diane continue their mission, they are determined to help as many people as possible, offering a lifeline to those in need of healing through the transformative power of Ketamine and compassionate care.

Be Well Solutions/Complete Ketamine Solutions of Destin is located at 4641 Gulfstarr Dr., Suite 105 in Destin. Office hours are 10 a.m. to 7 p.m. Mondays, Wednesdays and Fridays; Saturdays by appointment only. Call 850.786.2051 or visit CompleteKetamineSolutions.com for additional information.

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 Wellness

# Fall Prevention for Older Adults

By KELLY STALNAKER

According to a 2021 CDC study, falls caused over 38,000 deaths among older adults. Falls are the leading cause of fatal and nonfatal injuries and can lead to long-term disabilities and hospitalizations. While the risk of falling rises with age, many falls can be prevented.

It has been proven that healthy, physically active seniors are less likely to suffer a fall. So, engaging in regular exercise that

targets strength and balance is one of the best overall ways to significantly reduce the risk of falling. In addition, it's also important to maintain regular visits with all of your doctors. Falls can occur for many different medical reasons such as: poor eyesight, restless sleep, various conditions/illnesses, general weakness or even a vitamin deficiency. Include an eye and ear exam every year, as the ability to see and hear well are important

for good balance. Routinely review medications with your doctor or pharmacist because as we age it becomes more necessary to treat medical conditions, as well as general aches and pains, but taking multiple medications increases the chance of side effects and risk of falling.

A healthy lifestyle is a great place to start, but there are many other measures that can be taken. Thousands of older adults fall at home each year

due to common household hazards, but prioritizing home safety can help prevent falls with just a few easy steps. Remove trip hazards such as throw rugs, cords or clutter and position furniture to create a path for easy movement throughout the home. Increase visibility by replacing burned out light bulbs as quickly as possible, and add nightlights throughout the home for safer movement in the dark. Be mindful of how you store frequently used items; keep them between waist and shoulder height for easy accessibility without the need for a step stool.

More than 80% of falls in the home occur in the bathroom, so consider purchasing shower seats, grab bars, and/or security poles for these high-risk areas. Falls from the bed are also quite common, but you can protect yourself with a bed rail, fall mat and/or bed alarm.

A large variety of innovative products are available nowadays to help prevent falls. The selection may seem overwhelming, but J&B Medical can help! We carry several different options



such as toilet safety rails, shower chairs and benches, security poles, bed rails, fall mats, ramps, mobility aids and so much more! Stop by and chat with us about your safety concerns and check out all of the options on display in our showroom. We're here Monday through Friday from 9 until 5 to answer any questions at 540 E John Sims Pkwy in Niceville. Or call us at 850-729-2559. And for more information about fall prevention, visit: <https://www.cdc.gov/falls>



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## CHRISTIAN VOTE

*continued from page 14*

military, I still feel a call to duty and serving my community. But, I understand everybody's busy, and it's hard for people to get involved, especially now. Times are tough, things are so expensive, and people are just trying to do the best they can to get food on the table for their children. What we can still do though, is to be salt and light as the Bible calls us to be. We can still pray, gather together, and encourage one another to show up for this election's outcome in leadership and initiatives like Amendment 4."

What we seem to be learning from traditional and social media alike is not to vote for who would best run our country, but for what image we like best. In the minutiae of agendas that lean toward blue or red, it has kept the voting public from taking any action and it is so critical to show up and participate in our right to vote. Our vote is a declaration of the future we want to see.

"We need to show God's love and have leaders who love this country's freedoms, support our rights as individuals to worship and speak freely, and who will give our younger generation hope again. They need to know that they have a purpose, a place in society and that working for your family and community is a good thing. Everything free comes with some kind of attachment, whether it be physical or psychological, and not all attachments are good for us.

It's easier to fight for our rights now because when they're lost, it's way harder to get them back."

If you would like to join Get Out the Christian Vote for their next meeting, it will be on Monday, October 7th from 6-8 pm at 6757 U.S. Hwy. 98, 2nd floor in Santa Rosa Beach. Doors open at 5:30 p.m. with light refreshments. If you have any questions, contact Lisa Sanders Robertson on Facebook or you can call 850-737-0226 or email [lisarobertson610@icloud.com](mailto:lisarobertson610@icloud.com).



# How To Reduce and Prevent Knee Pain



BY KASSIA GARFIELD, OWNER  
MAXSTRENGTH FITNESS

As a physical therapist and owner of MaxStrength Fitness of Niceville, I get asked a lot about knee pain and tendonitis. There is a lot that can be done to reduce knee pain early on, and then ways to reduce the progression of osteoarthritis if already diagnosed. Strength is the biggest way to help with knee pain. What people don't realize, is that having strong muscles reduces the amount of stress at the joint—the more the joint can be off-loaded, the less impact the joint itself has to manage. The stronger you are, the less risk of osteoarthritis formation. Targeting the glute muscles and the quad muscles is the best way to help stabilize the knee and take stress of the knee joint itself. These muscle groups are the main knee stabilizers.

pain is o.k. during strength exercises. Eventually, that pain will get less and less as the impact is reduced at the joint. There are some joints we do not want to aggravate, but with the knee, no pain no gain, does apply! There is a difference between pain and damage. Sometimes it is hard



to separate the feeling that pain is bad, but especially with the knee joint, some pain is expected during exercise to improve strength and function.

### What if it Hurts to Exercise?

The tricky part about treating knee pain, once it has already started, is that the muscles still must be worked to increase strength and to reduce the pain. This means to strengthen the muscles, causing some pain is normal. I often tell patients that with the knee, having 3-4/10

### What About Tendonitis?

Also, with tendon injuries—not just the knee, but all tendons—the only way to strengthen tendons is to load them—this means stressing the tendons also through strength training. The tendons need to slowly build an increase in collagen, the structure in the tendon that helps

deal with force. I know it sounds counter-intuitive, and, yes, there are times that tendons need to rest to decrease the inflammation cycle. But, in general, to reduce tendon injuries and be preventative, we must load the tendons. To do this, we use high weight and low reps. Knowing

that balance is difficult, and I encourage people struggling with pain to seek out a professional to help with the progression, loading and rest cycles to help with knee pain or tendon injuries. Here at MaxStrength Fitness of Niceville, we can help create strength changes, load

tendons in a safe manor and be preventative as well as rehabilitative.

~ Kassia Garfield, Ed.D, PT, DPT, ATC, COMT, OCS, Cert. DN.

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Wellness

# You Can't Know Until You Know



BY STEPHENIE CRAIG

Our oldest son walked away from us and into his dorm just before we headed out of town after the first college move in. The symbolic moment of him walking away from his childhood and into his adulthood wasn't lost on me and brought some tears. Now we begin the redefining of a new version of life and relationship as we navi-

gate simultaneous joy, gratitude, grief, pride and excitement.

Many parents have gone before us launching kids. We listened, cared and expressed compassion. However, without having walked the road ourselves, we didn't deeply understand that particular experience. We couldn't know until we knew. Now, we see this family transition with new eyes, fresh emotions and have a deeper empathy to offer those who come after us. We will send a thoughtful text, take a mom for lunch, tell a Dad he might feel sadder than he is expecting, give longer hugs, and check on people weeks after the move in.

While pain isn't unique to the human experience, we all walk through different brands of pain at different moments. Your pain is your own and needs its own space to be felt and processed.

And, your pain journey can



also be an invitation to care for others with similar pain in uniquely empathic ways. If you've walked through divorce, you understand what those walking through divorce might be feeling and needing. If you've walked through cancer diagnosis, you understand what those walking through cancer might be feeling and needing.

So, how do you use your experience to extend care and empathy to others walking a similar road to the one you've walked?

### 10 Ways to Care for Others from Your Experience:

**Give your personal pain space.** Take the time to understand your experience, feel your

feelings, and reflect on what you're learning. Seek support as you process your pain.

**Notice the pain of others.** Be aware and curious about pain others might be experiencing. Extend compassion broadly to others while noticing when a person's pain might align more closely to something you've experienced.

**Remember your experience.** Remember how you felt in your body and thoughts in the midst of pain. What did you need? What would have helped you feel seen and cared for? Explore remembering your pain as a brainstorm while also being mindful that each person may have different needs.

**Listen with validation.** Ask curious, open ended questions. How are you feeling lately? What is this like for you on the inside? How are you navigating this transition emotionally? Then remind the person their feelings are normal. I understand why you're feeling sad, this is really sad.

**Ask how you can support them.** Sometimes people ar-

en't quite sure what they need but other times they can tell you clearly. Remember to ask.

**Offer encouraging words.** Send a card, text or call letting them know you are thinking about them and care about their experience.

**Offer practical gestures.** Deliver dinner, take them to coffee, take them a basket of snacks, provide house cleaning services.

**Offer kindness.** Send flowers, a thoughtful item through the mail, leave something thoughtful on their porch.

**Offer your presence.** Offer a hug, to sit with someone and listen, invite them on a walk, or offer to do something they enjoy.

**Follow up.** Put reminders in your calendar and/or reach out to check in when you think of the person consistently over time.

Your understanding and empathy can be a meaningful gift to someone else walking through hard things. Remember the care you offer is for the other person and not to fill a need in yourself to provide care. And, at the same time, providing empathic care to others does often result in deeper healing within you.

Connect with us along your journey for counseling and coaching at [Journeybravely.com](http://Journeybravely.com).

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# Private Flood Insurance vs. FEMA Flood Insurance

## What's the Difference?



By JULIE A. MARTIN

There are two types of personal primary flood insurance

in the State of Florida. One is FEMA Flood insurance, in which a standard carrier will offer you up to \$250,000 on the Dwelling and up to \$100,000 in Contents. Those are the maximum flood limits that the Federal Emergency Management Agency will allow on a policy issued under the National Flood Insurance Program.

If you have a FEMA flood policy, you have two deductibles, one on the Dwelling and one on the Contents. FEMA has a standing rule that if you go more than 30 days without flood coverage, and you wish to purchase a new flood policy

through NFIP, there will be a 30-day wait after binding until the coverage becomes effective.

What if the total insurable replacement cost of your home is more than \$250,000? What happens if there is a flood and you have only the \$250,000 with which to cover your home in the event of a flood loss, such as happened last year with Hurricane Ian? FEMA also has excess flood insurance available, but it's not easy to get. Several carriers have stopped writing excess flood in certain areas of the state, and those with NFIP policies have a coverage gap that may cost them in the event of a flood.

Private flood insurance offers more comprehensive coverage and is specifically designed to give you the amount of insurance you need in order to protect your home, which is one of the most important, and expensive assets, you will ever have. Private flood will often offer limits as high as \$4 million on the Dwelling and up to \$500,000 in Contents.

There is one deductible for the loss itself, rather than separate deductibles for Dwelling and for Contents. Private flood also offers an endorsement for Additional Living Expenses, which National Flood Insurance policies do not offer. Private flood coverage may also be more expensive than NFIP flood insurance, but it covers more of your home than NFIP does. An-



other advantage to Private flood is that if you don't have flood insurance right now, but you need to get insurance quickly, Private flood has only a 10-day wait, rather than the 30-day wait required by FEMA when there is a lapse in coverage.

Which option is the best for you depends on the size, quality and total insurable replacement cost of your home. Your agent is best suited to help you determine the total insurable replacement cost of your home by performing a Replacement Cost Estimator, using your square footage, year built, roof type, roof shape, number of bedrooms and bathrooms, flooring types, etc. If your replacement cost is more than \$250,000, you may wish to consider Private flood as a viable option in order to avoid a gap in coverage. If your home is smaller, the National Insurance Flood program might be the best option for you.

Whichever option you choose, it is important to have flood insurance in Florida, as we live on a peninsula surrounded on three sides by the ocean or Gulf of Mexico. If you believe your home is not in a flood zone, I must remind you dear reader, water doesn't know that.

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# Sean of the South



BY SEAN DIETRICH

When I was a kid, my mother believed in angels, but I didn't. I was on the fence about angels. I didn't believe in hocus pocus. My thought was, if angels were real, then why were they always the worst team in the Major Leagues?

My mother used to say, "When you get older, you will believe."

"How can you be so sure?" I asked.

"Because, when you're older there will be moments in your life when you cannot logically explain things without believing."

Mothers.

But then I started writing. And almost immediately, I started receiving stories from people.

Like this one: The young woman was in her car. It was midnight. The two-lane highway was desolate.

Her Impala struck a deer. It wasn't just a deer. It was an animal about the size of a subtropical continent. Her car spun. The automobile went into the opposite lane.

An oncoming vehicle struck her. She blacked out.

The next thing she remembers is a man helping her from the car. He lifted her out. He placed her against the guardrail. "You're going to be okay," he said.

When the paramedics found her, she was asking where the man went. "Ma'am," the EMTs explained, "Nobody travels this highway at this time of night."

That's when she looked at what used to be her car. It was a pile of soot. If she would have been inside, she would have been permanently checked into the Horizontal Hilton.

And here's another. The man worked at a commercial factory. He was overseeing huge production machines. And when one of the machines started acting up, one of his workers, a young woman, tried to fix the mechani-



cal problem herself.

The employee had her arm inside the machine when one of the hydraulic levers pinned her arm inside the machine and was about to sever her limb.

The foreman was trying to help, so were the others, but they were incapable. That's when a young man, dressed in jeans and T-shirt, showed up. Using his brute strength, the young man released the hydraulic arms and freed the woman.

"There was no way any human could have moved these hydraulic machines," said the old foreman. "He would have had to be superhuman."

When the woman was freed, she was in shock. They splashed cold water on her face. And when the employees looked for the woman's hero, to thank him, nobody could find him. Nobody knew who he was.

Wait. I'm not done.

There was a young woman of 12 who was swimming across the lake where her family lived.

She was doing it on a dare. Her friends had dared her to swim more than a mile across the slough. When she reached the middle point, she began to get tired and couldn't go on. Her swimming turned into dog paddling. Her dog paddling turned into drowning.

There was a man in a boat who arrived and dragged her into his skiff. He rowed her to shore. And when they found her, there was an empty boat on the shore that nobody recognized. There were no identifying registration numbers on the boat. No identifying characteristics. The man was nowhere to be found.

Today, the woman is 64 years old. Her family still owns and uses that boat.

I tell you all this because about 10 years ago, I finally broke down and wrote my first story about the supernatural. It was a story told to me by an old man who claimed an angel saved his life.

Within 24 hours, I had received more angel stories than I knew what to do with. The stories had been emailed to me from all parts. Even from far, faraway places like Indonesia, Chile, and Milwaukee.

Currently, I still receive dozens of angel stories per week. I have received them from every

state in the Union, and most European countries. I have thousands in my possession. I share them from time to time, even though I have no business doing so—I'm not what you'd call an inspirational writer. I'm more of a Pabst Blue Ribbon enthusiast. Mostly, I share these stories because I don't know what else to

do with them.

So anyway, a few days ago, I shared another angel story. Whereupon my mother immediately called me and said, "I thought you didn't believe in angels."

Well. You know mothers. They just love to rub it in.

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 Musing



# Op-Ed: Amendment 4—Not What it Seems

By “DOC” DOUG STAUFFER

The most controversial issue on the November ballot is Amendment 4, titled the “Amendment to Limit Government Interference with Abortion.” Abortion is, unfortunately, divisive, but this amendment is deceptive. This change to the

state’s Constitution would forever alter Florida. While Amendment 4 is being marketed as a means to “restore reproductive rights,” in reality, it allows unlimited abortion, strips away parental consent laws, and removes doctors from the equation.

### The Deceptive Language of Amendment 4

Amendment 4 does not define one term used in the amendment. All constitutional amendments are carefully crafted with specific terms and detailed language, leaving less room for misinterpretation. Amendment 4, however, has no such clarity. Words like “viability,” “health” and “health-care provider” are undefined. This opens the door to extreme interpretations that will be exploited by lawyers, making abortion in Florida a legal quagmire.

For instance, the term “viability” typically refers to the point at which a fetus can survive outside the womb, around 22-24 weeks. However, Amendment 4 leaves this term up for interpretation. This ambiguity creates one of the many dangerous loopholes.

The phrase “patient’s health” is equally concerning, which could be defined as physical, mental, emotional, and even financial well-being. By using vague and undefined language, Amendment 4 will allow abortion at any stage during the nine months if the “health” of the mother is deemed at risk. That “risk” could include emotional stress or financial strain. The life of the mother is already covered.

### Parental Consent Stripped Away

Amendment 4 attacks the family, because it obscures its impact on parental consent laws. While its proponents argue that “parental notification” remains intact, the reality is that this amendment, if passed, would repeal Florida’s parental consent laws. Think about it! Every other medical procedure performed on a minor requires parental consent—why should abortion be the ONLY exception?

### Who’s Behind the Amendment?

Florida voters should ask themselves: Who stands to benefit from this radical amendment? Groups like Planned Parenthood, the ACLU and the Open Society Fund, led by George Soros, have poured millions of dollars into this initiative. These are not grassroots organizations, but well-funded, out-of-state interests determined to make an example of Florida by creating an abor-

tion destination state.

In 2022, Michigan passed a similar state constitutional amendment. What has followed are taxpayer-funded abortions and the removal of all restrictions, including late-term abortions. If Amendment 4 passes, Florida will follow the same path, forcing taxpayers to pay the bill and allowing abortion throughout all nine months of pregnancy. Even most proponents of abortion do not believe in third-trimester abortions.

### Why This Amendment is Too Extreme for Florida

Amendment 4, as an amendment to the Constitution, will result in an almost irreversible outcome. Once enshrined in the state Constitution, our elected representatives will be powerless to fix any problems. If passed, this amendment would turn Florida into a haven for limitless abortions, drawing individuals from states with more common-sense abortion guidelines. The lack of definitions and legal loopholes would enrich attorneys, sparking years of costly litigation. The taxpayers will be adversely affected and have no hope of finding a solution.

### A Call for Informed Voting

The supporters of Amendment 4 want to deceive voters into thinking that the amendment’s real outcomes are unknown. Floridians deserve to be fully informed, not misled by deceptive language and hidden agendas. If parents no longer must give permission for a juvenile to have an abortion, be honest!

During all the heated rhetoric surrounding Amendment 4, one crucial element is often overlooked: love and understanding for the women who have experienced abortion. While some may be satisfied with their decision, others carry a lifetime of regret, and every time this issue ignites another firestorm, those emotions are stirred anew. As we engage in this important debate, let us not forget that compassion must remain at the heart of our conversations. Regardless of our views, every person, including those who have walked this difficult path, deserves our love, respect and empathy.





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Sherlock Holmes is on the case! Our intrepid investigators try to escape a dizzying web of clues, silly accents, and disguises, as five actors deftly portray more than forty characters. Join the fun and see how far from elementary the truth can be.

ECTC

continued from page 2

looking for empty spaces. The prayer in my heart was to have a home for ECTC. One day while driving by Grand Boulevard it hit me: every building had second floors that had offices built out, but the 560 building looked empty. Every time I drove by, I considered the idea, 'What if that was a space for us?' We already had a great relationship with Grand Boulevard; what were the possibilities? One night while driving by with Anna, I pointed to it. 'Anna, see that building? See how it's dark, and how every other building on the second floor has lights but that one?' She nodded with a small smile of understanding. 'They haven't built out that space yet and I really feel like we are going to be there one day.' 'How do you know?' she asked. 'I just have a feeling; I'm not saying it's a word from God or anything, I just have this really strong feeling we are going to be there one day.'

In August of 2016, I got the call from Stacey Brady. 'Hey Nathanael, can you and Anna meet me at the 560 Building at

Grand Boulevard?' We walked upstairs into the empty, echoey expanse and she said, 'Well, it's 17,600 square feet. Think you can use it?' 'Yes!' Anna and I exclaimed as we burst into happy tears. As I recount this story, I can't help but think of some of the lyrics referenced earlier: If you reach for the heavens, you get the stars thrown in — ANYTHING CAN HAPPEN!

When we moved into 560 Grand Boulevard, I was still paid part time with ECTC while volunteering full time. Anna was hired as an independent contractor per teaching or costuming gig and volunteering the rest of the time as well when she wasn't at her regular job teaching 4th grade. With a grant from the St. Joe Community Foundation, we bought curtains and tracking to divide off the performance space. A grant from the Cultural Arts Alliance of Walton County covered additional theater lighting, and with some amazing volunteer help from friends at University of West Florida – Glenn Breed and Phillip Brulotte – we moved in and prepared to open Constellations, our first show in the new space.

Because audience members

need a place to sit, we filled this need with donated white folding chairs. Monica Bowes owned an event company and offered her event chairs whenever I wanted as long as I was able to come get them myself and they weren't in use for an event. By this time, my Father in Law, Jerry Ogle, had donated an old Ford truck to ECTC. So, every time we did a show at the Market Shops, the Williams Sonoma space at Grand Boulevard, and even the first couple of shows at 560 Grand Boulevard, off I would go in the old Ford to pick up one to 200 foldable white event chairs, and, of course, to return them the day after the production run ended. Soon after moving into 560 Grand Boulevard, with generous donations from Eric and Teresa Bolton and Doug and Jan Best, we were able to purchase our soft, cushy, black chairs and some sound equipment! For a time, these chairs set in rows on ground level worked. But, one day we had a few hundred children at a Field Trip production of Flat Stanley the Musical, and the kids on the back two to three rows were sitting on their knees and standing up. They simply could not see, because



Shirley Simpson and Nathanael Fisher



The ECTC Board Touring 560 Grand Boulevard, Suite 200, August, 2016

all of our nice cushioned chairs were ground level. Unfortunately, we did not get the grant funding we were hoping for to purchase risers. Later that week, I was having lunch with Shirley Simpson and we were discussing how unfortunate it was that we didn't get the grant money. Mrs. Simpson asked me, 'Well, how much do you need for the risers?' I replied with the amount. She returned with, 'You've got it!' WHAT?!!! To this day, Shirley and I recount this story, her joy in being able to have such a positive impact on ECTC and my overwhelmed reaction at her news. If you know me, then you know that I responded with some breathless wonder and a few tears – truly, anything CAN happen!

Since 2016, the partnership

Continued on page 31

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 Arts & Music

**MKAF**

*continued from page 1*

and culture,” it takes community support. As Fuller explains, individual giving has always been the rock bed of MKAF.

“Mattie Kelly Arts Foundation was initially started from the Arts Guild Lunch attended by local art lovers and evolved into the huge support system of volunteers, patrons and sponsors we have today. Membership is the backbone of MKAF and a direct tie to the community. Taking part as an individual member helps to support the arts education and outreach that Mattie Kelly is known for,” Fuller says.

Melanie Moore is the Director of Art Education and couldn't agree more. This year, she has plans to complete nearly 160 custom ArtsReach programs. From teaching artists, residencies, workshops, touring performances and summer camps, each offering is designed to uniquely benefit a range of diverse populations from the needs of K-12 students, children and adults with special needs to veteran and active-duty military service members.

“We're connecting with and providing creative opportunities for populations that lack access to art,” Moore explains. “We tailor our programs to those who uniquely benefit from different ways of learning innovative and unique programming. We want to share the arts and a love of the arts with everyone we can and with the best programming we possibly can.”

And this is where you come in.

MKAF cannot deliver quality arts programming like the annual Festival of the Arts in the fall, the 10-week Concerts in the Village in the spring, not to mention its year-round ArtsReach community outreach initiatives without the community's help. So please join us.

“Membership is affordable, and the benefits are fun,” assures Fuller. “Where else can you spend \$150 and get access to 15 concerts, a Festival of the Arts pass, plus discounts on MKAF events? You just can't.”

There are several new MKAF membership levels from just \$75.

**Art Nouveau (40 years old and under) Single \$75**  
– For those 40 years of age and



under. Member benefits include admission to all of the Spring Concerts in the Village and Festival of the Arts, plus preferred pricing to all MKAF events.

**Pop Art – Single \$150 or Double \$250** – Member benefits include admission to all of the spring and fall Concerts in the Village and Festival of the Arts, plus preferred pricing to all MKAF events. This category is available as a single or reduced fee for couple who reside in the same residence.

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and will be filled on a first come, first served basis.)

**Impresario Single \$500** – Includes all member benefits of the Pop Art category plus a preferred VIP Table seating at all of the Concerts in the Village, plus 10 general admission tickets to use at any Concerts in the Village or Festival of the Arts. (This is a limited membership category and will be filled on a first come, first served basis.)

Plus, pledging your support is easy to do. Simply go to the MKAF website and sign up on the home page.

Supporting MKAF means you are a champion of the arts. Since forming in 1995, MKAF has impacted 420,000 through our ArtsReach programs.

You will be helping to support this special MKAF memory shared by Melanie Moore of Hands On with Zig, an MKAF ArtsReach partner who presents interactive educational based music events with multicultural themes:

One of my favorite memories working with Zig was after visiting the ARC of Walton County. Zig begins each program by introducing himself and sharing some things about

his life as a musician/composer/educator based in Nashville. After two hours of all of the clients learning to play percussion instruments of various genres (including country music) and making music as an ensemble, I saw that some of the participants were huddled in a group off to the side. It seems that they deduced that since Zig is from Nashville, and as a musician, that he must know Crystal Gale, and asked if he could bring her with him next time, as one of them was actually named after Crystal Gale. Zig explained that he did not know her personally, so it would most likely be him returning by himself in the future. However, when Zig returned to Nashville, he did work his connections and reached out to her. Needless to say, Crystal Gale sent an autographed photo to the ARC and it now holds pride of place. Needless to say, her namesake was moved to tears. What many may not realize is that when Zig comes to visit, and everyone learns to play an instrument as part of “the band,” they become the stars of their own show, and feel like they are a part of something special.



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**BAY BUZZ EVENTS**

*continued from page 12*

two drink tickets for cash bar); MKAF members save 10%. Proceeds benefit MKAF and its ArtsReach community outreach education initiatives.

**29th Annual Festival of the Arts**

**October 26 | 9 a.m. - 5 p.m. — October 27 | 10 a.m. - 4 p.m.**

**MKAF Cultural Arts Village | Destin**

The Festival of the Arts, produced by Mattie Kelly Arts Foundation, is a celebration of art, music, food and family fun.



Head to the Cultural Arts Village in Destin Saturday (9 a.m. to 5 p.m.) and Sunday (10 a.m. to 4 p.m.) to browse original artwork by more than 100 premier artists from across the U.S.

(and Europe!). Watch live artist demos, hear live music, enter the art drawing, purchase souvenir Festival merchandise, enjoy hands-on creative children's activities, street performers,

snap a keepsake "masterpiece" photo, savor food truck fare, sip beer, wine, Bloody Mary's and more. Join in the festivities by casting your vote for the People's Choice Award (Saturday). FREE admission. Proceeds benefit MKAF and its ArtsReach community outreach education initiatives.

**Eggs on the Beach!**

**Nov. 2 | 10 a.m. - 1:30 p.m. | Seascope Towne Centre**

Eggs on the Beach is celebrating its 10th Anniversary Nov. 2, and is partnering with two well-known brands—Tony Chachere's Seasonings and Angel's Envy—to enhance the

cooking competition. Presented by Bay Breeze Patio, the beloved annual event will include more categories for cook teams to compete in, and more opportunities for tasters to sample delicious bites and beverages. Held at Seascope Towne Center in Miramar Beach, cook teams will be smoking, grilling and baking their favorite dishes on the Big Green Egg while tasters sample the delicious bites and vote for their favorites, while supporting two local causes—Fisher House of the Emerald Coast and Food for Thought. Taster tickets: \$50 in advance; \$60 day of. Visit [www.EggsontheBeach.com](http://www.EggsontheBeach.com).

**ECTC**

*continued from page 29*

needed as an independent contractor and volunteered the rest of the time, and our team was filled out with some amazing independent contractors like

Bridgett Bryant, Darla Briganti, Cana Strong and others.

Fast forward to the end of Season 11 and looking forward to Season 12 – we are now producing shows with casts of up to 22 actors; we had over 13,000 people attend Season 11 pro-

fessional and Family Theatre productions, over 3,100 people attend the educational theatre productions, and 769 registration in our educational theatre programs including the satellite programs in DeFuniak Springs, Freeport and Panama City. Our

team has grown to eight, full-time employees, including Anna and I, and one part-time employee. And, we're looking forward to another season of spectacular professional and educational theatre with the goal of serving our community with excellence! ANYTHING CAN HAPPEN!

While we were celebrating our 10-year anniversary, we were being interviewed by Zandra Wolfgram for an article in a local magazine. She asked Anna and I, "So, Year 10! Is it

'Mission Accomplished?'" Anna and I looked at each other and laughed – "Mission just getting started! We are not done dreaming!" We still feel that way. Look at the last 11 years, look what's happened, look how YOU our community has embraced us. We are so incredibly grateful for everything that has happened, but with YOUR help there is more. Will you dream with us, will you believe with us that even still...ANYTHING CAN HAPPEN!?!?"

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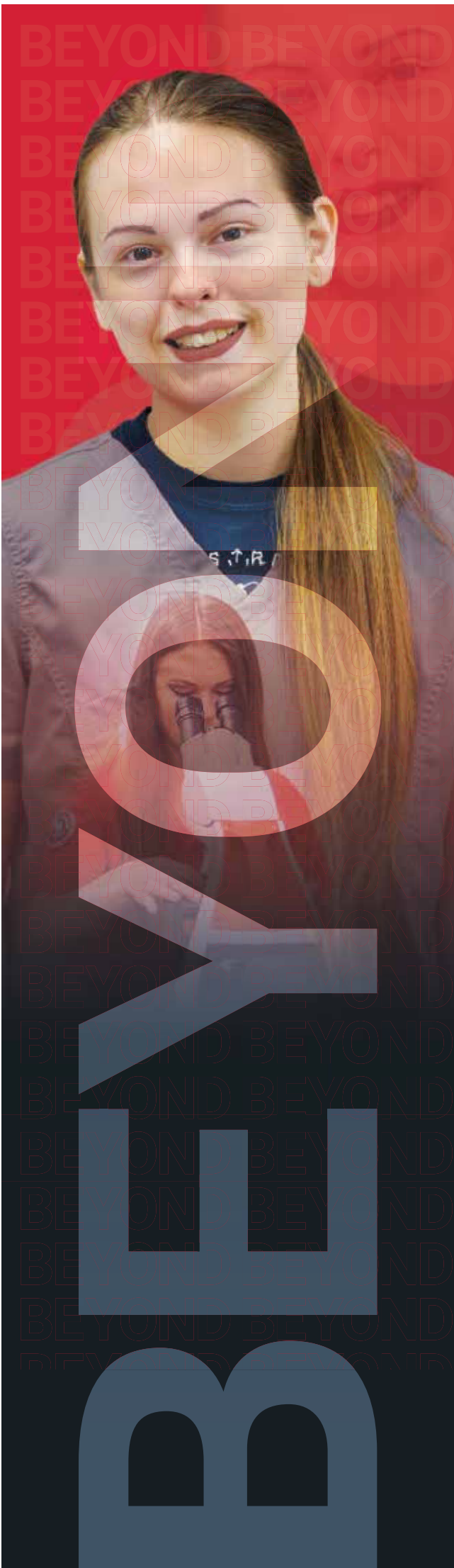
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