



PRSRT STD ECRWSS - EDDM U.S. POSTAGE PAID Santa Rosa Beach, FL PERMIT NO. #11

Postal Customer Local

Yo Ho Ho! Billy Bowlegs and His Krewe Return to Fort Walton Beach in May

By Christopher Manson

"Now and then we had the hope that if we lived and were good, God would permit us to be pirates."

- Mark Twain, Life on the Mississippi

The Billy Bowlegs Pirate Festival returns to Fort Walton Beach May 15-19 with fireworks, a parade, fun family activities and much more. This is the 69th festival benefiting the William Augustus Bowles Historical Foundation, a 501(c)(3) organization that promotes a love for local history.

In 1955, Fort Walton Beach businessman Nathan Fleet reigned over the inaugural festival as Captain Billy Bowlegs. The successful event led to the current multi-day festival that takes place at the Landing Park. Around 5,000 pirates and landlubbers are expected to attend this year.

Captain Billy Bowlegs LXIX Michael Castleberry has called Fort Walton Beach



home since 1998. He will be joined by Pirate Queen Zabrina Horne, along with First Mate and Mistress Matt and Kacy Turpin.

High school students from Niceville, Destin, Choctawhatchee and Fort Walton Beach will serve as Princesses and Privateers. The Honor Guard LXIX consists of Shane and Jessica Atkinson, Ben and Jaris Buehler, Creed and Elizabeth Burkhart, David and Remi Densmore, Scott and Regina Groundwater, Larry and Donita Messinger, Joe and Tammy O'Gallagher, Matt and Becky Scaringe, John and Channa Schuster, and Michael Voit and Angela Hassell, all of whom look forward to representing the Krewe.

The Krewe of Bowlegs was founded in 1954 with the goal of attracting tourists to

BILLY BOWLEGS continued on page 2

Easter Reflections:

It's Friday Now, But Sunday's Coming!



By Rev. Gueary Clendenning

There is a prophecy in the Old Testament of the Bible concerning the death and resurrection of Jesus Christ. It is found in Isaiah 52: 13-15 in the New Living Translation: "See, my servant will prosper; he will be highly exalted. But many were amazed when they saw him. His face was so disfigured he seemed hardly human, and from his appearance, one would scarcely know he was a man. Yet He will startle[b] many nations. Kings will stand speechless

EASTER continued on page 2



REGISTER NOW! OPEN ENROLLMENT: APRIL 14

NWFSC.EDU • 850.502.2895





LOCALLY OWNED & OPERATED SINCE 1982





FREE ADMISSION TO GATOR BEACH - OPENS AT 11AM



BILLY BOWLEGS

continued from page 1

the area. Today, the Krewe provides invaluable service beyond the annual festival. According to the Krewe's website, you can find them "wherever a daring, adventurous swashbuckler (or just a guy in a funny pirate hat) is needed."

2025 Events

The Bowlegs Treasure Hunt begins in April, with clues being announced on local radio. Participants can search for Bowlegs coins and win a piece of Captain Billy's treasure. Look for updates at kreweofbowlegs.com, along with an irresistible poem.

On Thursday, May 15 at 4 p.m., Captain Billy and his Krewe arrive on Ferry Road for the Pre-Invasion. Children will be greeted, photos taken and treasure given away until 6 p.m.



The Skirmish at the Landing Park follows on Friday, May 16, at 8 p.m. An Arts and Crafts Festival is planned for 5 p.m., followed by a performance by blues rockers Thin Ice at 6 p.m. Captain Billy and his scouting party are expected to land at 7 p.m., and make sure you stick around for a spectacular fireworks show at 8:45 p.m.

Saturday, May 17, the much-anticipated pirate invasion takes place at the Landing Park with Captain Billy and his Krewe landing around 3:30 p.m. Arts and crafts begin at 10 a.m., followed by live music from The Friskeys from 1 to 3



p.m. The celebration continues until 7 p.m.

The band Duchess kicks off its first Bowlegs gig at 4 p.m. Duchess has performed at numerous Krewe of Bowlegs parties, as well as the Concert on the Landing series. Duchess' Doug Bowers and Chuck Tidwell have played the festi-



val before with the band 423. Bowers says festivalgoers can expect "high-energy Seventies and Eighties classic rock (from a) band that loves to interact with its audience." Learn more at duchessband.com.

The 2025 festivities wrap up with the Torchlight Parade Monday, May 19, beginning at 7 p.m. The parade route begins at First Street and Eglin Parkway and rolls northward to Hughes Street, with sea-worthy floats, eye-popping floats and non-stop entertainment. For registration information and more, visit fwbchamber.org.

Continued on page 4

EASTER

continued from page 1

in his presence. For they will see what they had not been told; they will understand what they had not heard about..."

Seven hundred years later, on a Friday, the Roman soldiers beat Him (the Son of God) with their fists until His face was horribly swollen and His eyes were nearly shut. They stripped Him of His clothes and whipped hIm with a rock-laced leather whip. His back was ripped open, his skin was shredded, exposing his internal organs. They crowned Him with a bed of thorns, put a reed in His hand, and clothed Him in a scarlet robe, spit on Him and mocked Him as the King of the Jews. They led Him in a procession outside of the city gate of Jerusalem to a place called Golgotha (Translation: A

Hill Called the Skull).

And there they crucified Him, nailing His hands and feet to a wooden cross. The soldiers then gambled for His robe. The religious leaders mockingly shouted, "He saved others but can not save himself." At around 3pm on that Friday, Jesus cried out "It is finished!" Finally, they laid Him in a borrowed tomb, and sealed it with the Governor's seal. A group of soldiers were stationed around the tomb to prevent anyone from stealing the body. The events of His death all occurred on Friday- Only Jesus knew Sunday was coming!

"But very early on Sunday morning the women came to the tomb. They found the stone covering the entrance rolled to the side. They went into the tomb but couldn't find the body of the Lord Jesus Christ. Suddenly, two men appeared to them, clothed in dazzling robes. The women were terrified. Then the men said, "why are you looking in a tomb for someone who is alive?, He isn't here. He has risen from the dead. Don't you remember what He told you back in Galilee, that the Son of Man must be betrayed into the hands of sinful men, that He would be crucified, and that He would rise again the third day." (Luke 24:1-7)

Friday has past and Sunday has come, fulfilling the prophecy of Isaiah!

For the past two thousand years, millions of people have

believed the accounts of Christ as revealed in the scriptures, and as a result their lives have been changed. The message is simple; "For God so loved the world that He gave His only Son, (to die on a cross to pay the penalty for our sins against God) so that everyone who believes in Him, will not perish but receive Eternal Life....For if you confess with your mouth that Jesus is Lord and believe in your heart that Jesus is Lord, you will be saved." (John 3:16, Romans 10:9).

Saved means to be forgiven of our sins; placed into the family of God to receive a new life of peace and purpose and to have the assurance of life after death with God forever!

I encourage you, if you have not received God's gift provided by His Son, that you pray to Christ today! For anyone who calls on the name of the Lord, will be saved (Romans 10:13). That's God's promise; believe and receive.

Finally, these past few weeks we have experienced our own "Friday." All of the things we have relied on have been shaken or removed. I don't know what the future holds but I do know who holds my hand. Regardless of the outcome, because of Christ, Sunday's coming!

Gueary Clendenning is a retired Assembly of God pastor, having served as Senior pastor of the Valparaiso Assembly



Published Monthly
Mailed FREE to the communities
of Niceville & Valparaiso

P.O. Box 1424 Santa Rosa Beach, FL 32459

Publisher/Executive Editor

Lori Leath Smith Lori@LifeMediaGrp.com

Director, Advertising Sales Scott Miller

Scott@LifeMediaGrp.com

Production & Layout

Kim Harper

Writers

Rev. Gueary Clendenning Christopher Manson Barbara Palmgren "Doc" Doug Stauffer Michael Smith

To Advertise 850.688.9886

Bay Life assumes no financial liability for errors or omissions in printed advertising and reserves the right to reject/edit advertising or editorial submissions.

© Copyright 2025 Bay Life







4.00% APY

WITH A FEW EASY STEPS

Visit a banking center or **unitedfidelity.com/elevate** to learn more.



VISIT OUR BANKING CENTERS:

Fort Walton Banking Center 135 Perry Avenue SE · Fort Walton 850-244-5151 **Destin Banking Center**363 US Highway 98, East · Destin
850-244-5151

TIER 1 (balances \$0.00 - \$30,000.00)

TIER 2 (balances over \$30,000.00)

	Rate	APY	Rate	APY
Elevate Rate 5	3.93%	4.00%	1.24%	1.25%
Elevate Rate 4	1.98%	2.00%	1.24%	1.25%
Elevate Rate 3	1.00%	1.00%	1.24%	1.25%
Elevate Rate 2	0.75%	0.75%	1.24%	1.25%
Elevate Rate 1	0.50%	0.50%	1.24%	1.25%

*When Elevate Checking eligibility requirement and additional options are met, the interest rate on account and corresponding annual percentage yield (APY) will vary based on the current applicable rates and tiers. When the Elevate Checking eligibility requirement is not met, the account will not earn interest. Must meet certain criteria to qualify. 4.00% APY will not be paid if all critria are not met. Must complete a minimum of 6 posted and cleared debit card Point-of-Sale (POS) purchases per statement cycle to be eligible to receive Elevate Rate 1. Options to increase your rate include access online or mobile banking at least once per statement cycle, enroll and receive eStatements, ACH Direct Deposit(s) of at least \$50,000 per statement cycle, maintain minimum daily balance of \$1,000.00 in United Fidelity Bank personal savings or money market account. Meet any 1 additional Elevate Checking option to receive Elevate Rate 2. Meet any 2 additional Elevate Checking options to receive Elevate Rate 3. Meet any 3 additional Elevate Checking options to receive Elevate Rate 4. Meet any 4 additional Elevate Checking options to receive Elevate Rate 5. Eligibility requirements of Elevate Rate 1 must be met in addition to requirements for each additional Elevate Rate option. Rates and APY for each tier may change at any time without notice after the account is opened. APY is accurate as of 08/01/2024. \$25 minimum deposit required to open. Fees or other conditions could reduce earnings on account. Monthly service fee of \$5 if balance drops below \$500 any day during the statement cycle. Program rates, terms, and conditions are subject to change without notice. Paper statement fee of \$5 if eStatements not utilized. Member FDIC



BILLY BOWLEGS

continued from page 2

Videos of previous parades are widely available on a number of YouTube channels, notably Emerald Coast TV's clip from the 2018 event which has attracted thousands of viewers.

This year's presenting/title sponsor for the Billy Bowlegs

Pirate Festival is Felicity Plastic Surgery, specifically noted reconstructive/plastic surgeon Dr. Liz Sager. "We would not be able to have this festival at all if we didn't have her generous sponsorship," says Festival Coordinator Cali Hlavac. Felicity's slogan is, appropriately enough considering the Bowlegs Festival vibe, "Pursue your happiness."

Discover more at felicityplasticsurgery.com.

"The tradition of Billy Bowlegs has spanned over 75 years and has become an important part of our local history," says Hlavac. "From finding the hidden coins and the Friday fireworks to watching Captain Billy take over the Landing, there is something all ages can enjoy. We are looking forward to bringing the community together for another great year of festivities."

















Shingle - Metal - Tile Roof Replacement Experts

Storm Damage Specialists

Estimates FREE & Within 24 Hrs. - State Licensed - A Rated on BBB - 5 Star Rated







Scan this QR for a 5% discount

(850) 332-3330

HERITAGE MUSEUM

Roofproroofing.com | f roofproroofing





FREE ADMISSION Food & Craft Vendors Car Show • Kids' Crafts **Bake Sale • Live Music & More!**

Saturday, April 26

10 a.m. - 4 p.m. 5K Run Starts at 8 a.m.

115 Westview Ave., Valparaiso, FL 32580

For more information, call 850-678-2615.

To Get You in the **Pirate Mood**

A Dozen Tunes To Get Your Pirate Playlist Starrrrrr-Ted

- Jimmy Buffett, "A Pirate Looks at Forty"
- Roger McGuinn, "Jolly Roger"
- The Irish Rovers, "Drunken Sailor"
- Klaus Badelt, "He's a Pirate (From the Motion Picture Pirates of the Caribbean: The Curse of the Black Pearl)
- Ukelele Jim, "Yo Ho (A Pirate's Life for Me)"
- The Celtic Connection, "The Last Shanty"
- Kenny Chesney, "Pirate
- Zac Brown Band featuring Mac McAnally, "Pirates & Parrots"
- Jesse Rice, "Pirate Girl"
- Peppa Pig, "Pirate Treasure
- The Poker Dogs, "Pirate Rap"

· Pinkfong, "Pirate Baby Shark"

A Half-Dozen Groan-**Worthy Pirate Jokes**

- What did the pirate say on this eightieth birthday? "Aye, matey!"
- How much did the pirate pay for his earrings? A buccaneer!
- What's a pirate's favorite letter of the alphabet? You might think it's "R," but it's the "C"!
- Why couldn't the pirate play cards?
- He was sitting on the deck!
- What's a pirate's favorite fast food restaurant? ARRRRRRR-by's. But if they're closed will settle for HARRRRRR-dee's!
- What's a pirate's favorite music?
- ARRRRRRR & B, or anything with a good "hook"! Sources: Various.



Deer Moss Creek®



110 CARAWAY DRIVE, NICEVILLE, FL 4 Bedroom | 3 Bath | 2,481 SF \$740,000 | construction completed Listed by Kelly Shephard 850.543.7353



1165 DEER MOSS LOOP, NICEVILLE, FL 4 Bedroom | 3 Bath | 2,950 SF \$1,020,000 | construction completed Listed by Crystal Tingle 850.218.4618



607 CHAMOMILE COURT, NICEVILLE, FL 4 Bedroom | 4 Bath | 3,048 SF \$978,000 | construction completed Listed by Kelly Shephard 850.543.7353



512 LEMONGRASS LANE, NICEVILLE, FL 4 Bedroom | 4 Bath | 2,999 SF \$995,000 | construction completed Listed by Jodie Snell 850.621.6535



180 CARAWAY DRIVE, NICEVILLE, FL 4 Bedroom | 3.5 Bath | 2,737 SF \$874,900 | construction completed Listed by Val Waters Auclair 850.855.6205



114 CARAWAY DRIVE, NICEVILLE, FL 3 Bedroom | 3.5 Bath | 3,021 SF \$969,088 | construction completed Listed by Jodie Snell 850.621.6535



707 REINDEER ROAD, NICEVILLE, FL 4 Bedroom | 2.5 Bath | 2,026 SF \$601,000 | ready April 2025 Listed by Yeska Sand 850.368.5936



236 FOXGLOVE RUN, NICEVILLE, FL 4 Bedroom | 3 Bath | 2,513 SF \$765,000 | ready April 2025 Listed by Yeska Sand 850.368.5936



PHASE 11 LOT 82 ON SORREL WAY \$100,000 | 0.16 acre Other Vacant Lots Available in DMC Listed by Crystal Tingle 850.218.4618



Visit our model home in Deer Moss Creek®

1413 CLARY SAGE LANE



Buzz Events

Niceville Hosts Parkinson's Community Walk to Raise Awareness and Support April 5

Residents of Niceville are invited to participate in the Parkinson's Community Walk on Saturday, April 5, 2025, at Turkey Creek Park, located at 340 W. John Sims Parkway. This inspiring event is an opportunity for the community to come together in support of those affected by Parkinson's disease while raising awareness and funds for the Parkinson's Foundation.

Event Details:

- Registration: 9 a.m.
- Walk Starts: 10 a.m.
- Location: Turkey Creek Park, 340 W John Sims Pkwy, Niceville, FL 32578
- Cost: No registration fee (donations appreciated)

Participants will walk in unity to show their support, share stories and advocate for Parkinson's research and resources. The event welcomes



individuals, families, caregivers and anyone looking to make a difference in the lives of those impacted by Parkinson's disease. "This is a wonderful opportunity for the community to come together, raise awareness, and take action," said event organizer Diane Gordon. "Every step we take brings us closer to a future without Parkinson's." To register for the event, scan the QR code provided or visit the official event webpage. For more information, contact Diane Gordon at nicevillersb22@ gmail.com. Join the fight to end Parkinson's—one step at a time!

Pull for a Cause! Charity Fire Truck Pull - April 12

The Rotary Clubs of Destin, Midbay, Niceville/Valparaiso, and Crestview are hosting the Charity Fire Truck Pull on Saturday, April 12, 2025, at noon at 3rd Planet Brewery, Niceville.

Teams of 10 can register for \$250 to compete in pulling a fire truck, with proceeds benefiting Twin Cities Pavilion & Crestview Manor Assisted Living.

The event also features a 50/50 raffle, silent auction, kids' fun pull and face painting. Check-in starts at 10:30 a.m.; first pull at noon.

Register online: form.jotform.com/240494111268150. Pull together. Lift lives.

Dog-Harmony's 10th Annual Doggie EGGstravaganza Returns to Grand Boulevard at Sandestin

Dog lovers, mark your calendars! Dog-Harmony presents the 10th Annual Doggie EGGstravaganza, a fun-filled, canine-only Easter egg hunt and social event happening on Friday, April 18, 2025, from 5:30 - 7:30 p.m. at Grand Boulevard at Sandestin.

This one-of-a-kind event invites leashed pups and their human companions to sniff out 800 colorful eggs filled with delicious dog treats. With two designated hunting areas for dogs over and under 35 pounds, every furry friend gets a chance to join in on the fun.

For a \$20 donation in advance (\$25 on the day of the



event), attendees will receive a souvenir bag to collect treats while enjoying an evening of live music, pet photos, family-friendly games, and exciting prizes. Guests can also indulge in delicious appetizers from JC's Gourmet while sipping on beer and wine.

Funds raised help Dog-Harmony continue its mission of keeping dogs out of shelters through humane education, training, and community outreach.

Doggie EGGstravaganza is part of the Coastal Culture Series, made possible by the Grand

Boulevard Arts & Entertainment Program. Purchase tickets at https:// events.humanitix. com/doggieeggstravaganza-2025. To sponsor, contact hello@dog-harmony.org.

Wine Walkabout April 24

A Wine Walkabout benefitting the Taylor Haugen Foundation and hosted by The Shop at Baldwin Turf will take place on Thursday, April 24th from 6-8 p.m. There will be five wines with food pairings by Chef Dan Pettis along with a silent & live auction. Attendees will have the opportunity to shop at The Shop at Baldwin Turf who will also donate a portion of their

Continued on page 8

BOOTH SPACE SELLING OUT FAST

for the NEW ONE DAY Northwest Florida Spring Home and Boat Show

Saturday, May 17th, 2025 at the Destin-FWB Fairgrounds and Event Center 1958 Lewis Turner Boulevard, Fort Walton Beach, FL

ADMISSION TO THE PUBL



LEFE MEDIA AND THE FOLLOWING AWESOME BUSINESS OWNERS

Mention You Saw This Ad in Life Media and Receive A 10% DISCOUNT on Your Booth Space







T · · Mobile







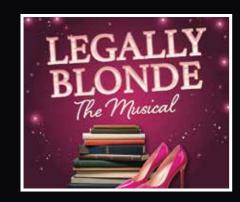




To Become a Vendor or Sponsor in This Great Event - Contact es Fell (Event Promoter) at 850-353-2832 or WesFell@Cox.Net More Info & Registration Form at www.ParadisePromotionsfl.com This is Another Great Paradise Promotion



The Tortoise and The Hare: **Fast Friends, Slow Foes** MARCH 27 - 30



FASTSIGNS.

Legally Blonde The Musical MAY 2 - 18



More Info and Tickets: www.emeraldcoasttheatre.org



Happenings Around the Bay

2025 **EVENTS**

APRIL

Niceville Young Professionals Lunch Meeting 11:30 am | Niceville Valparaiso Chamber | Niceville 6 pm | Niceville Community Center | Niceville

Greater FWB Chamber First Friday Coffee 7 am | Christian Life Center at FBC | FWB

6 pm | 3rd Planet Brewing | Niceville

Sinfonia Gulf Coast's Classical Connections featuring Howard Levy 7:30 pm | Destin High School | Destin

Big Truck Day

10 am | Parking Lot of the Softball Complex | Niceville

3rd Annual Gumbo Cookoff by the Jr. League of the Emerald Coast

5 pm | 3rd Planet Brewing | Niceville

3rd Annual Family Sock Hop benefiting The Pearl Project

5 pm | Crosspoint Community Life Center | Niceville

PJs & Puzzles for Autism benefiting Emerald Coast Autism Center

5 pm | The Preserve: A Bluewater Taproom | Niceville

Live Music: Shenanigans 6 pm | 3rd Planet Brewing | Niceville

Live Music: Bluegrass Jam 06 12 pm | 3rd Planet Brewing | Niceville Women's Climbing Circle

5 pm | Rock Out Climbing Gym | Destin

Family Egg Drop Challenge 2 pm | 3rd Planet Brewing | Niceville

A Walk Down Magnolia Lane 6 pm | The Lakehouse Watercolor | SRB

City Council Meeting 80 6 pm | Niceville Council Chambers | Niceville Chess Night 6 pm | LJ Schooners Restaurant | Niceville

Niceville Valparaiso Chamber ng l Second Wednesday Breakfast 7:15 am | Niceville Community Center | Niceville

Live Music: Bluegrass Jam 12 pm | 3rd Planet Brewing | Niceville Art Opening: Kanisha Carson 2 pm | Artful Things | Niceville Family Egg Drop Challenge 2 pm | 3rd Planet Brewing | Niceville Concerts in the Village: The Fabulous Thunderbirds

11 | Live Music: Josh Davis 6 pm | 3rd Planet Brewing | Niceville

> Full Moon Restorative Experience 7 pm | Yoga By You Studio | Niceville

Emerald Coast Autism Center's ONE Run 5K

8 am | NW Florida State College | Niceville

Niceville Flower Festival

9 am | Katie's House of Flowers & Gifts | Niceville

Spring Fling Vendor Fair

10 am | Niceville High School | Niceville

Sandestin Wine Festival

1-4 pm | Village of Baytowne Wharf | Sandestin

Classic Car Club

11 am | 3rd Planet Brewing | Niceville

Fire Truck Pull benefiting Twin Cities Pavillion

12 pm | 3rd Planet Brewing | Niceville

Jacobe Turner Teen Center **Bowling Tournament** 1 pm | FWB Bowl | FWB

La Luna's 3rd Annual Spring Fashion Show benefiting Caring & Sharing of South Walton

2 pm | Grand Boulevard | Miramar Beach

Live Music: Parker Willingham and Ivoree 6 pm | 3rd Planet Brewing | Niceville

Ode to Joy

7 pm | Mattie Kelly Arts Center | Niceville

15 Paint the Bay with The Traveling Painter 5:30 pm | LJ Schooners Restaurant | Niceville

Greater FWB Chamber Business After Hours 5:30 pm | Zatitude Apartments | FWB

> Concerts in the Village: Journeyman: An Eric Clapton Tribute 7 pm | Mattie Kelly Arts Foundation | Destin

Doggie Eggstravaganza benefiting Dog-Harmony 5:30 pm | Grand Boulevard | Miramar Beach Live Music: Below Alabama 6 pm | 3rd Planet Brewing | Niceville

Crawfish Boil benefiting The Ground Up Project 4 pm | 3rd Planet Brewing | Niceville

Grand Easter Brunch 20 9 am-2 pm | Crystal Ballroom | Henderson Beach Resort Destin

GSSF Indoor League

10 am | EC Indoor Shooting & Sport | Valparaiso Knowledge by the Slice presented by GitMoose

11:30 am | Greater FWB Chamber | FWB

Concerts in the Village: Yacht Rock Revue

7 pm | Mattie Kelly Arts Foundation | Destin

EOD Memorial Challenge 26 6 am | EOD Memorial | Niceville

9 am - 2 pm | E.O. Wilson Biophilia Center | Freeport

Saturday in the Park

10 am - 4 pm | Heritage Museum of NWFL | Val'p

Heritage Museum 5K Run/Walk

8 am | Around the Bayou-115 Westview Ave. | Val'p

C.A.R.E. on the Coast

3:30 pm | Gulfarium | Okaloosa Island

Spring Vendor Fair benefiting United Way Emerald Coast

11 am | 3rd Planet Brewing | Niceville

Destin Charity Wine Auction Foundation's 20th Annual Wine Auction Weekend 26

Various Times & Venues

South Walton Wine & Food Festival 24-Various Times & Venues

27

Greater FWB Chamber Honoring Our 28-Heroes: Stories of Service & Voices of 29 5 pm | Air Force Armament Museum | FWB

Dine + Dive benefiting the

Underwater Museum of Art

Greater FWB Chamber Heroes' Tribute Banquet: Honoring Our Vietnam Veterans 5 pm | Destin-FWB Fairgrounds + Event Center | FWB

ONGOING EVENTS

Bingo Night

6 pm | Tues | Bayou Brewing Company | Niceville

One Stroke Painting (Lvl 2) with Sheila Mahony 10:30 am | Fri | Artful Things | Niceville

Yoga at Turkey Creek

9 am | Sat | Turkey Creek Nature Trail | Niceville

Brunch on the Bayou

9 am | Sun | LJ Schooners Restaurant | Niceville

Niceville Community Saturdays | 9 am - 1 pm Palm Plaza | Niceville

Hammock Bay 1st & 3rd Sundays | 8 am Victory Blvd | Freeport

Grand Boulevard Saturdays | 9 am - 1 pm Grand Boulevard | Miramar Beach





6 pm | Mattie Kelly Arts Foundation | Destin







LISTEN.

Hello Frances Podcast

VISIT.

FrancesRoy.com

SAY HELLO.

hello@francesroy.com

CONNECT. f 🎯 in





EVENTS

continued from page 6

sales to Taylor Haugen Foundation. Tickets are \$100 per person at TaylorHaugen.org. Come join the fun for a great cause!

12th Annual Tequila & Taco Fest - May 8-11

So. Many. Tacos! Chicken, Pork, Beef, Steak, Shrimp, Barbacoa – you name it; they have it at the wildly popular Tequila & Taco Festival - the 2nd longest-running Tequila and Taco Fest in the U.S.! Sample many types of Tequilas and Margaritas from Blancos, Reposados, Anejos and even Mezcals. So, get ready for Tacos, Tequila and fun and find your favorite at the 12th Annual Tequila & Taco Festival, happening May 8-11, 2025, at The Village of Baytowne Wharf at Sandestin! Local restaurants and food trucks will compete for the Best Taco on the Emerald Coast with a \$2,500 grand prize. Enjoy Tequila and Margarita tastings, live music, DJ and face painting.



Celebrate Earth Day at the E.O. Wilson Biophilia Center!

Mark your calendars for an exciting Earth Day Expo on Saturday, April 26, from 9 AM to 2 PM at the E.O. Wilson Biophilia Center, located at 4956 State Hwy 20 East in Freeport, FL.

This community-centered event, sponsored by CHELCO

Operation Round Up, is a celebration of nature, sustainability, and environmental education. A variety of Expo Vendors will be present, including:

- Native Plant Nurseries
- Community Food Forest
- Master Gardeners & Garden Clubs
- Choctawhatchee Basin Alliance
- Camp Rudder's Army Rangers Reptiles
- Vale of Paradise Mushrooms
- NoWal Farm

• And many more!

In addition to vendor exhibits, attendees can enjoy theater presentations featuring experts from Vale of Paradise Mushrooms, the Community Food Forest, and Sandhill Native Nursery, who will share insights into sustainable practices and local ecosystems.

Admission Information:

- \$10 for ages 13 and up
- \$7 for ages 4-12

Local food vendors, including The Bentea Stop and The

Rican Vegan, will be offering delicious refreshments for guests to enjoy throughout the event.

Join us in celebrating our planet, connecting with the community, and learning how we can all contribute to a healthier, more sustainable environment. Don't miss this wonderful opportunity to experience the best of what nature has to offer!

For more information, visit the E.O. Wilson Biophilia Center or check their website and social media pages.

Swing Into Action May 3 FORE the Love of Animals

Get ready to hit the greens for a great cause May 3 at the Links Golf Club at Sandestion! Registration is now open for the FORE! the Love of Animals Golf Tournament, presented by Sandestin Golf and Beach Resort and benefiting Alaqua Animal Refuge. This premier event combines friendly competition, camaraderie, and a shared commitment to helping animals in need.

Secure Your Spot Today!

Gather your team and join us for an unforgettable day on the course. Foursomes are \$850 and individuals are \$250 with proceeds directly supporting Alaqua's mission of providing shelter, safety, and second chances to animals in need.

REGISTER NOW at https://app.eventcaddy.com/events/fore-the-love-of-animals-2025.

Take Your Support to the Next Level - Become a Sponsor!

Want to make an even bigger impact? Sponsorship opportunities offer premium visibility, brand exposure, and the chance to be a leader in supporting animal welfare. Whether you're a business or an individual passionate about animals, there's a sponsorship level for you!

Sponsor a Hole for Just \$100!

A Hole Sponsorship is an easy and impactful way to show your support. Whether you're a business, an individual, or a family, your sign will be displayed proudly on the course for all players to see!

Spots fill up fast, so don't wait! Join us on the course and help change lives – one swing at a time.



• Outdoor Furniture • Patio & Garden Decor

• Unique Supplies & Gifts

THE SHOP

739 John Sims Pkwy, Niceville Open Monday-Friday 10AM-5PM • Saturday 10AM-4PM 850-842-2221 • shop@baldwinturfniceville.com

LAWN & LANDSCAPE LOCATION

1440 Live Oak Street, Niceville Open Monday-Friday 7:30-4 850-897-9060 • office@baldwinturfniceville.com

www.baldwinturfniceville.com | 👩 👩 baldwinturf

Easter Sunday, April 20th

6:30 a.m. Sunrise Holy Eucharist II (Outside - Weather Permitting)

8:00 a.m. Holy Eucharist II with Nursery Care

10:30 a.m. Holy Eucharist II with Choir & Nursery Care

11:45 a.m. Easter Egg Hunt

Miranda Rojas Recital, April 26th, 6:00 p.m. – 7:30 p.m.

St. Jude's Episcopal Church

200 N. Partin Dr., Niceville

Palm Sunday, April 13th

8:00 a.m. Blessing of the Palms, Procession and Holy Eucharist II

10:30 a.m. Blessing of the Palms, Procession and Holy Eucharist II with Choir

Wednesday in Holy Week, April 16th

11:00 a.m. Eucharist in Chape

Maundy Thursday, April 17th

with Stripping of the Altar

Good Friday, April 18th

12:00 p.m. Seven Last Words Service & Communion from Reserve Sacrament

6:00 p.m. Stations of the Cross in Sanctuary

Holy Saturday, April 19th

9:00 a.m. Easter Garden, Egg Dyeing & Easter Story in Chapel

(Bring 3 Boiled Eggs Per Child)

6:00 p.m. Moundy Thursday Service: Holy Eucho

Open to the Public and Featuring Local Music Students





Museum Series: Heritage Museum Honors 50th Anniversary of Eglin Refugee Camp with Exhibit

By Barbara Palmgren

This is the 50th year of the ending of the Vietnam War in April, 2025, and many military and civic groups will conduct tributes to the veterans of our nation who served. In addition. the U.S. military organized three refugee camps to help citizens of South Vietnam escape from the current regime and come to the United States of America to begin new lives.

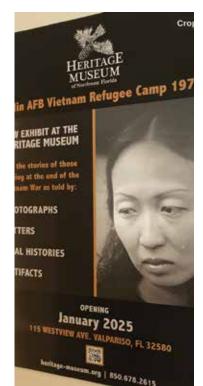
Eglin Air Force Base was selected as one of these camps. From early May through mid-September, 2015, more than 10,000 Vietnamese refugees were housed in a tent city on Eglin property awaiting relocation by a sponsor in the U.S.

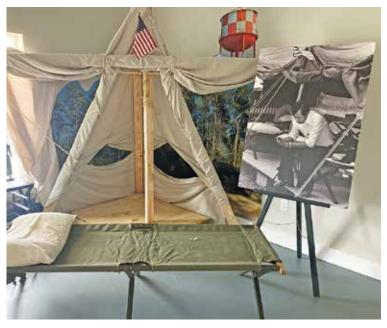
The Heritage Museum of Northwest Florida recently added a 1,400 sq. ft. exhibit hall to the museum and is completing the Vietnam Refugee Camp as its first exhibit. During the weekend of May 3, approximately 60 former refugees from Texas, Massachusetts, North Carolina and California will visit the exhibit as well as the original site for the camp itself, also attending a reception at the

tesy of Magnolia Grill in Fort Walton Beach.

The exhibit contains a mockup of one of the tents with photos and articles about each of the three phases of operation: Phase One-The Buildup; Phase Two-The Pipeline; and Phase Three-The Phasedown. Newspaper articles for these phases are enlarged and mounted for easy reading. In addition, a touchscreen allows viewers to read the daily Dot Moi newsletter, written in both Vietnamese and English as well as photos digitized from the collection of USAF Col. (Ret.) Bill R. Keeler, former Commander for this operation. The Heritage Museum is also recording oral histories from military leaders, former refugees and volunteers who worked during this five-month operation. A movie is shown about the camp, donated by Ngiep Tran who currently resides in Niceville. It is an excellent overview from start to finish of the five-month event.

Please plan to visit the new room addition and special 2025 exhibit of the Vietname Refugee Camp at the Heritage Museum





old downtown Valparaiso at 115 charge for museum entrance Westview Ave, Valparaiso, Florida 32580. There is a minimal

and no additional charge for this exhibit.







NHS Theatre to Bring Hello, Dolly! to the Stage

The Niceville High School (NHS) Theatre Department will present the Broadway musical comedy classic Hello, Dolly! in May at the NHS Auditorium. With a score by Jerry Herman and book by Michael Stewart, the show tells the story of turn-of-the-century widow matchmaker Dolly Levi and her pursuit to win over and marry Horace Vandergelder, Yonkers' "well known, unmarried half a millionaire" all the while meddling in the love lives of those around her. "Musical comedy is my favorite genre of theatre, and I have been a huge fan of Hello, Dolly! ever since I was in high school and saw the movie on TV, says NHS Theatre

Director Ritchie Jackson. "It's always a joy to direct a show that you have loved for years, and it's an even sweeter joy to introduce my cast and crew to this delightful show – many of whom were not familiar with the show going into it. When we did A Chorus Line, it was much the

same. Many of my students had no knowledge of the show other than its title. I love opening their eyes to great Broadway classics and watching them fall in love with them too."

A 1982 NHS graduate, this is Jackson's ninth year and fifteenth production as Theatre Director at NHS. His depart-



ment has enjoyed tremendous community support over the last few years, and their runs of A Chorus Line, Chicago, and last year's production of Disney'sNewsies ", broke all previous Okaloosa County high school box office records. "We continue to set the bar high at NHS Theatre, and I take great

theatre shows can be painful to watch. Some school programs give a part to anyone who wants one or do shows just for the fun of it without much care about production values or doing truly good work, but at NHS we mean business. Our department's mottos is 'Bringing theatrical excellence to the stage', and we won't settle for anything less. You have to really work to land a role in a NHS production. Auditions for our shows bring close to a hundred students each time, so you have to really be on your game and work hard if you want a role in one of our shows. Our actors then do character analysis and scene study work to help them truly grasp their character and motivations, and the result is top notch entertainment that features the tremendous talent pool we have at Niceville High. Together with a recent massive lighting and sound upgrade, a new stage floor and curtains, amazing set designs, and gorgeous costumes, NHS' shows truly stand out and keep bringing our crowds back for more", says Jackson. "Audiences routinely leave our shows marveling at the fact that what they just saw was a high school production, and that gives us a

pride in that. I know better than

anyone that some high school

Jackson has brought Choreographer Nicci Fahle and Vocal Director Michael Walker on board to put their professional stamps on the show. Fahle returns after having previously worked with Jackson on NHS' A Chorus Line, Chicago, and Newsies. "We simply could not do this without Nicci's talents", says Jackson, "She has an absolute gift of taking amateur dancers and making them look as though they have been in dance classes for years. She has

great source of pride. So if you

have never seen a NHS Theatre

production, here comes your

chance. We promise that you

will not be disappointed."

the Midas touch for sure when it comes to leg and foot work". Walker returns as well, having previously served as Vocal Director for NHS' Newsies. "Michael coaxes really great harmonies and vocal work out of our actors, and his talents give the show's score a beautifully polished

panache. We have a really stellar team, and when the three of us join forces, the results are really nothing less than amazing.

Jaiden Rae Strange brings Dolly Levi to life alongside Jaron Music's Horace Vandergelder. Eli Pancoast and Drew Cook portray Cornelius Hackl and Barnaby Tucker respectively, Lyla-Christine Payne and Caylee Konradt play the roles of Irene Molloy and her hat shop apprentice Minnie Fay, and Nicholas Venture and Sara Marello fill out the roles of Ambrose Kemper and the ever-crying Ermengarde.

VIP seating is \$20 and includes early seating a half hour before performance and a free bag of popcorn and a free small bottle of water. General Admission tickets are \$15, with seating beginning twenty minutes before show. "People who have never seen a show of ours sometimes ask why our ticket prices are over ten dollars, but when a show can cost ten to fifteen thousand dollars to put on, it's easy to see why the ticket prices are set where they are", say Jackson. "People are stunned when they hear how much it costs to produce a show. The rights alone for Dolly were \$7,500, and that's just for permission to do the show. Then you have to finance the building of sets, purchase props, hire a choreographer and a vocal director, and purchase period piece costumes. Simply put, show business is expensive, but we know our shows are worth every, single, dime."

Hello, Dolly! runs May 2, 3, 9, and 10 with 7 p.m. shows each night, and a 2 p.m. matinee on May 3 and 10. The auditorium's concession stand will be open for drinks and snacks both before the show and during intermission, and accepts cash only. Purchase tickets beginning April 1st on Gofan.co. Hello, Dolly! is presented through arrangement with Concord Theatricals of New York, NY.



Community



PROUDLY PRESENTS



MAY 2 & 9 AT 7PM, MAY 3 & 10 AT 2PM & 7PM

* NHS AUDITORIUM *

*VIP TICKETS \$20, GENERAL ADMISSION \$15

*VIP TICKETS INCLUDE EARLY SEATING AND A FREE SMALL POPCORN AND SMALL BOTTLED WATER



BOOK BY MICHAEL STEWART MUSIC AND LYRICS BY JERRY HERMAN BASED ON THE PLAY "THE MATCHMAKER" BY THORNTON WILDER ORIGINAL PRODUCTION DIRECTED AND CHOREOGRAPHED

BY GOWER CHAMPION PRODUCED ON THE BROADWAY STAGE BY DAVID MERRICK & CHAMPION FIVE, INC.



FOLLOW THE SHOW!





"HELLO, DOLLY" IS PRESENTED BY ARRNGEMENT WITH TAMS-WITMARK, A CONCORD THEATRICALS COMPANY WWW.CONCORDTHEATRICALS.COM









Covering Your Assets

By Julie A. Martin

Insurance is everywhere, and there are so many different kinds, it gets confusing. What kind of coverage are you supposed to have to cover your homes, cars, boats and other fun things that you and your family

use? Is it Property Insurance or Casualty Insurance?

The answer is both. **Property Insurance** covers your homes, your condos, your furniture, electronics and all the things you use in your home that is not permanently attached to

your home. **Casualty Insur- ance** usually refers to the items that move, such as your cars, motorcycles, boats and jet skis.

Both Property insurance and Casualty insurance include coverage for your covered items as well as liability. The liability coverage levels may go as high as 500K on a single policy. When you feel it isn't enough to protect you and your family, there is the Umbrella policy.

Umbrella policies include coverage for liability losses over and above what your primary underlying policies would pay. For instance, if you are playing golf and you accidentally hit someone in the head with a golf ball, that person can sue you if they are hurt, even if you yelled "Fore." The incident would need to be sudden and accidental in nature, as no intentional acts are covered.

The umbrella policy covers in levels from \$1M to 5M, with requirements to maintain a minimum level of liability on the underlying policies for auto, boat, etc. of 250/500 Bodily Injury Liability and 100K Property Damage Liability. The minimum underlying liability requirement for home insurance or any property policies the umbrella covers would be 300K.

It is a common misconception that if someone has an umbrella policy, that its primary function is to pay out what is demanded. That is not how this works. The umbrella policy acts to defend its policyholder and attempt to keep the client from financial ruin. Many standard carriers offer umbrella coverage, and it is even possible to bundle your auto insurance with your umbrella in many cases for an extra multi-policy discount.

If you have more than one





home, two cars and even one toy, whether it's a motorcycle, boat or wave runner, it would be a good idea for you to have an umbrella to cover excess liability over all of your assets. Speaking with an independent agent to find out what kind of coverage is right for you will give you the peace of mind in knowing that there are no coverage gaps. And you can live your life not worrying about your insurance!

Covering your assets is only a phone call away. For more, contact me, Client Advocate at Abora Insurance Group, at 1-800-494-1333, Julie@GetAbora.com or visit www.GetAbora.com.









- LISA Y. SHORTS PITELL ATTORNEY AT LAW
- Wills, Trusts, Estate Planning
- Corporation, LLCs, Business Law
- Taxation law & Tax returns
- Contracts
- Guardianship, Probate & Estate Administration

1402 Cat Mar Rd., Suite B, Niceville, Florida 32578 **850.897.0045** | **LYP@LYP-LAW.COM**

The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.



Physical Rehabilitation

Reclaiming Independence in a Skilled Nursing and Rehabilitation Setting

By Teresa Halverson,
Director of Business
Development/Community
Relations

Skilled nursing facilities (SNFs) play a vital role in the continuum of care, particularly for individuals recovering from illness, injury or surgery. While medical care is paramount, physical rehabilitation is equally crucial for restoring function, promoting independence, and enhancing quality of life. Listed below are some benefits of why physical rehabilitation in SNFs is so important:

Restoring Function and Mobility:

Targeted Therapy:

- Physical therapists in SNFs develop individualized treatment plans to address specific needs, focusing on improving strength, balance, coordination, and range of motion.
- This targeted approach helps patients regain the ability to perform daily activities, such as walking, dressing, and bathing.

Post-Surgical Recovery:

- Rehabilitation is essential after orthopedic procedures, such as hip or knee replacements, to facilitate healing and restore mobility.
- Therapists guide patients through exercises that promote joint flexibility and muscle strength, enabling them to return to their previous level of function.

Stroke Recovery:

- For individuals who have experienced a stroke, physical therapy can help regain lost motor skills and improve functional independence.
- Therapists utilize various techniques to address muscle weakness, paralysis, and balance deficits.

Enhancing Quality of Life: Increased Independence:

• By restoring function and mobility, physical rehabilitation empowers individuals to perform daily tasks with greater ease, reducing their reliance on others.

• This increased independence fosters a sense of self-worth and improves overall well-being.

Pain Management:

- Physical therapy can help alleviate chronic pain through targeted exercises, manual therapy, and other modalities.
- By reducing pain, individuals can participate more fully in activities and enjoy a higher quality of life.

Fall Prevention:

- Balance and strength training are essential components of fall prevention programs in SNFs.
- Therapists work with patients to improve their stability and reduce their risk of falls, promoting safety and preventing injuries.

The Importance of Comprehensive Approach:

Interdisciplinary Care:

• Effective rehabilitation requires a collaborative approach

involving physical therapists, occupational therapists, speech therapists, and nursing staff.

• This interdisciplinary team works together to address the individual's needs and ensure a coordinated plan of care.

Individualized Treatment:

- It is very important that each patient's plan is designed for their own personal needs.
- A good rehabilitation program will have the flexibility to change and adapt as the patient progresses.

Focus on Functional Goals:

• Rehabilitation programs should focus on achieving functional goals that are meaningful to the individual, such as returning home or participating in favorite activities.

In conclusion, rehabilitation is an indispensable component

of skilled nursing care. By restoring function, enhancing quality of life, and promoting independence, physical therapy empowers individuals to live their lives to the fullest.

The Manor at Blue Water Bay offers in-house and out-patient skilled nursing and therapy programs. Contact our admissions department at 850-897-5592 or email us at wecare@manoratbwb.com for additional information or to schedule a tour



CNA Opportunities

Looking for a new opportunity in health care? Join the team at The Manor at Blue Water Bay.

Now hiring **CNAs** to join our team. Apply today and inquire about our career opportunities and tuition reimbursement.





850-897-5592

www.manoratbwb.com 1500 N. White Pt. Road Niceville, FL 32578



ECCAC Bratkowski Award Winners Help Local Children

The Emerald Coast Children's Advocacy Center (EC-CAC) recognized two couples for their remarkable dedication to the community and children in need. Jim and Tammy Pierce and Mike and Valerie Thompson received the prestigious 5th Annual Zeke Bratkowski Award this year at ECCAC's recent Gala.

The professional football quarterback, and later NFL coach, played for three NFL teams for 14 seasons. After his retirement, Zeke Bratkowski lived in Northwest Florida and was a major supporter and spokesperson for ECCAC before he passed away in 2019. He was also responsible for the beginning of ECCAC's annual signature event, now in its 27th year, the Gala & Golf Weekend.

In the fall of 2014, Walton County residents, Jim and Tammy Pierce, stepped forward

at the groundbreaking of EC-CAC's second center in DeFuniak Springs with a generous \$1 million donation. Subsequently, in honor of the Pierce's, EC-CAC named the facility The Pierce Family Children's Advocacy Center. Since that time, they have continued with their support of ECCAC in many ways, including Tammy Pierce serving on ECCAC's Board of Directors from 2015 to present, and serving as the Board President in 2018/2019.

Jim Pierce, a retired business executive, experienced a disruptive childhood first-hand, so he can relate to the needs of the children ECCAC serves. He commented, "We are incredibly honored to receive the Zeke Bratkowski Award alongside Valerie and Mike Thompson. Supporting the Emerald Coast Child Advocacy Center means giving children a voice, a safe



Jim and Tammy Pierce, along with Valerie and Mike Thompson, were recognized for their philanthropic endeavors at the recent ECCAC Gala with the important Zeke Bratkowski Award.

place to heal, and hope for a brighter future. Every child deserves to feel safe and heard, and we are grateful to be part of an organization that works tirelessly to make that a reality."

The other couple being recognized for the Zeke Bratkowski Award, Mike and Valerie Thompson, are also residents of Walton County. As well, they also own a vineyard in the Russian River Valley area of California where they created Thompson 31Fifty winery. A long-time ECCAC supporter, Mike Thompson has served on ECCAC's Board of Directors for 15 years, and he is still on their Board.

One of the Thompson's greatest endeavors to support area children's charities came about in 2007 when they began hosting a backyard barbeque party. It became the Chi Chi Miguel Throwdown in their Walton County home to raise funds for area charities. Created and organized by Valerie Thompson, this event continued to grow and became a 100% charity auction in 2011. It then moved out of the Thompson's backyard to Churchill Oaks. It has grown to a very large annual happening, and since 2016 has been run by the Emeril Lagasse Foundation, and the name has changed to The Throwdown. The event has raised in excess of \$12 million over the years. ECCAC has always been a beneficiary and has received \$1 million+ over the many years of the event.

As well, now their Thompson

31Fifty vineyard and wines have become a fund-raising staple for 12 charities all around the country, including ECCAC. They are also involved with another 40+ smaller charities.

Mike Thompson remarked, "The Emerald Coast Children's Advocacy Center has always been near and dear to Valerie and me. Their mission is so crucial to provide many needed services at no cost to Walton and Okaloosa County children who have been mistreated. We have worked with the Pierce's on so many important projects for area children. It is our honor to share this special ECCAC recognition with them."

ECCAC's mission is to heal and prevent the trauma of childhood abuse and neglect by providing advocacy, child-friendly therapies, and a safe environment for kids to feel seen, heard, and understood. In 2024 alone, ECCAC served 1,440+ kids and 12,500+ students received Child Safety Matters prevention education in area schools. Though ECCAC doesn't house children, they provide services to children and their families at no cost in their Okaloosa and Walton County centers.

For further information about ECCAC, visit www.eccac.org. If abuse is suspected, report it by calling the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.



APEX DESIGN | REMODELING

ApexHomeDesign.com



Expert solutions for your home design inspiration!

Transform your home with a beautiful new MANNINGTON. floor featuring:

Restoration Collection® Laminate

Offering beautiful looks that emulate the warmth of hardwood, with easy maintenance and super durability. Mannington's Restoration Collection® Laminate has the most complete line of wood designs that you'll find anywhere.

ADURA® Vinyl Plank

Incredible detail. Stunning style. High performance. Available in a variety of shapes, sizes, textures, and installation options, any ADURA* luxury vinyl plank floor will deliver award-winning fashion to your home. All featuring Microban* surface protection.

Mannington Hardwood

Designed to reflect the latest trends in American home furnishings and cabinetry, Mannington hardwood floors offer beauty and performance. And our floors are crafted with care to ensure that you get a floor you'll love for many years to come.

Contact us to schedule your consultation or visit us in our Niceville showroom!

4641 HWY. 20 E. NICEVILLE | 850-424-6062 ApexFlooringFl.com

Located 1/2 mile west of the Mid-Bay Bridge on Hwy. 20, directly across from JoJo's Coffee Shop and Lilly Pads (Pineapple) Shopping Center.

Local Diving, Drinks and Coffee

Brozinni Pizzeria

Brozinni Pizzeria's family-friendly pizza place offers you a taste of New York right here in Niceville. Featuring the Big Apple's signature crust, its famous buttery garlic knuckles will leave you wanting more, including appetizers such as bread sticks, homemade stuffed pepperoni or sausage sticks, cheese bread, meatball sticks, pizza, Cocoons Famous smoked tuna dip, and crackers/pita chips. There are also salads, build your own pizza, specialty pizzas, pasta/spaghetti, calzones, drinks and desserts. Every ingredient used has been hand-selected. Call to Order or Order Online at bronzinnis. revelup.online and have your mouth-watering fare delivered!

(850) 678-7778 144 Palm Blvd N., Niceville brozinnispizza.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 from Italian food to Prime Rib and everything in between. Open 7 days from 11 a.m.-2 a.m.

850-226-7084 114 Amberjack Dr., Okaloosa Island fubarfwb.com

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'tbeat, 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.

(850) 424-6743 1128 E. John Sims Pkwy. Niceville Landsharkspizza.com

Fudpucker's Beachside Bar & Grill

Locally owned and operated since inception in 1982, Fud-pucker's restaurant stands out by being dedicated to its owners' three favorite "F" words: Food, Fun and Family. Featuring live alligators, family entertainment and teen nights, Fudpucker's is the only place in Destin

where you can see, feed and even get your picture taken with a live alligator, shop for "World-Famous" t-shirts, write your names on the walls, play arcade games and enjoy quality casual food in an upbeat and family friendly atmosphere. There's even a special kids' menu and a playground with lots of space to play. Stop by Fudpucker's Destin for a relaxing meal, a cold drink and a friendly locals' smile. Fudpucker's is not just a restaurant, it's not just a bar, and it's certainly not just a "tourist" place – it's a one-of-akind entertainment experience, and one that can be enjoyed by kids and families of all ages. Special: World Famous Fudpucker Punch – \$8 'til 4 p.m. every day: Father Fud's special cure-all elixir and legendary medicinal concoction made with a combination of orange and pineapple juices, four types of rum and a splash of Grenadine—\$8 'til 4 p.m. every day.

(850) 654-4200 20001 Emerald Coast Pkwy., Destin fudpucker.com

JoJo's Coffee and Goodness

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-hash brown 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-just what you're craving for Spring!

Hours 7:30 a.m.-2 p.m. Tuesday-Saturday. (850) 737-6194

4652 Hwy. 20 East, Niceville bigorangehousedesigns.com

LJ Schooners Dockside Restaurant

Suds, Songs and Romantic Sunsets! Welcome to LJ Schooners Dockside Restaurant at the Bluewater Bay Marina Complex. Named after "LJ Schooner" (the

Continued on next page



Breakfast: Bakery - Breakfast Sandwiches - Burritos Lunch: Chicken Salad - BLTs - Paninis - And MORE

Inside & Outside Seating Available 7:30 a.m. - 2 p.m. Tues. - Sat.

Come for the coffee, stay for the goodness.

Looking for event space? Give us a call!







Come create with us! ART CLASSES FOR ALL AGES!

We do PARTIES! Kid's Birthdays • Girl's Night Out Team Bonding • Office Gatherings • In-House Catering

FOLLOW US FOR CLASS CAMP SCHEDULES: 🛐 🧓 📀



4652 HWY. 20 EAST • NICEVILLE • (850) 737-6193 bigorangehousedesigns.com



Pizza - Wings - Subs - Calzones - Salads

Check out The Speakeasy: Niceville's only high-end cocktail lounge. Open the green door, lift your pinky and grab a drinky in our prohibition-style digs.

WATCH YOUR FAVORITE SPORTS HERE

850-424-6743 • 1128 E. John Sims Pkwy., Niceville Eat In - Take Out - Doordash - www.landsharkspizza.com

Local Diving, Drinks and Coffee

DINING

continued from previous page

LJ is for Lazy Jack), a cherished four-legged icon on Bluewater Bay Marina docks, the open-air ovster bar and restaurant offers a magnificent view of the water, marina and unparalleled sunset

any time of year. There are, of course, oysters and a delicious varied menu with dinner specials such as blackened mahi and grilled shrimp with hollandaise, served over cheese grits.

Saturday, April 12: Crawfish Boil 5 p.m. until out

Tuesday, April 15: The Trav-

eling Painter 5:30 p.m.

Saturday, April 19: Dive Clean Up 10 a.m.; The Aces Band 6-10 p.m.

Sunday, April 20: Easter Sunday Seafood Brunch 9 a.m. - 1

Wednesdays: Kids Eat Free

Thursdays: Open Mic and Karaoke Nights 6-10 p.m.

Fridays: Steak Night 5-9 p.m. Sundays: Brunch 9 a.m.-1 p.m. buffet style, bottomless Mi-

Oyster bar hours: Mon-Thurs 3-10 p.m.; Fri-Sat 11 a.m.-midnight; Sun Noon-9 p.m.

Restaurant hours: Mon-Tues closed. Wed-Sat, 11 a.m.-9 p.m. Sun, 9 a.m.-4 p.m.

(850) 897-6400 bluewaterbaymarina.com/schooners 290 Yacht Club Dr., Unit 200 Niceville in Bluewater Bay

Wine Fests on Tap!

Sandestin Wine Festival April 10-13

The 38th Annual Sandestin Wine Festival at the Village of Bavtowne Wharf at Sandestin Golf and Beach Resort will take place April 10-13. Topping area polls as a must-experience event, this beloved festival offers four full days of unique events including wine dinners with celebrity chefs, yoga, live music, interactive experiences, culinary tents, and, of course, wine tastings. Tickets, schedule and lodging info: www. sandestinwinefestival.com.

Wine novices are able to learn more about wines and sample from a comprehensive selection in all varieties, styles, and price ranges. Wine aficionados enjoy meeting winemakers, asking detailed questions, and acquiring hard to get selections. Everyone gets to enjoy the live music, interactive experiences at the Culinary tents, and shops and dining of the Village of Baytowne

Destin Charity Wine

Auction April 25-26

The Destin Charity Wine Auction Foundation (DCWAF) marks 20 years of fundraising with the 2025 Destin Charity Wine Auction, presented by the Jumonville Family, on April 25-26. Proceeds benefit 17 children's charities in Northwest Florida. Patron packages are on sale now at dcwaf.org/tickets. Sponsorships available—contact info@ dcwaf.org.

Event Highlights: April 25 - Patron Dinners: Exclusive vintner and chef

pairings at private homes, supporting DCWAF charities.

April 26 - Charity Wine **Auction:** A Reserve Tasting & Live Auction at Grand Boulevard Sandestin Town Center featuring world-class wines, gourmet cuisine, and high-energy bidding on rare wines, trips, and more.

The auction coincides with the South Walton Beaches Wine & Food Festival, offering hundreds of premium wines and culinary delights. Auction attendees receive access to the festival's Grand Tasting on April 27 at 1

APRIL

SLICE SPECIALS

Slice \$5.99

Slice + drink \$8.99

Slice + drink + salad +

bread stick \$10.50

Slice + drink + wings +

bread stick \$14.99

2 slices + drink \$13.99

Open Monday – Thursday

11am-8pm and Friday -Saturday 11am-9pm

p.m. Learn more at dcwaf.org/ auction

South Walton Beaches Wine & Food Festival April 24-27, 2025

A dazzling roster of celebrity winemakers, mixologists, and chefs will converge April 24 - 27, 2025, for a world-class wine and food experience—the South Walton Beaches Wine & Food Festival in Grand Boulevard Town Center—to wine, dine, educate and entertain guests as part of the four-day celebration of wine, spirits, food, music, sunshine, fun and goodwill.

South Walton Beaches Wine & Food Festival features a stunning showcase of some of the best in the world—the perfect blend of 600+ world-class wines, industry experts, culinary icons, Nashville singer/songwriters, educational seminars and a sprinkle of fun and funky activations.

Celebrity wine producers and chefs present fine wine and food pairings from the world's most famous appellations. The Culinary Village offers a sumptuous array of foods to taste, wines to pair, as well as wine and food tasting seminars.

Event Highlights: Botanicals, Bitters & Brews April 25 | 5:30-8 p.m.

Enjoy a cocktail competition,

Continued on page 19





Pizza Calzones Wings Salads Pasta

Family Friendly Pizza Place

Dockside Restaurant

& Oyster/Bar

Weekly Specials

Monday: One 20" Specialty Pizza \$21.99

Tuesday: Two Calzones \$20

Wednesday: Family Size Chicken, Alfredo or Spaghetti & Meatballs, Family Salad, 6 Breadsticks, 2l/Gal Tea \$40

Thursday: Buy One Pizza, Get Another 1/2

Friday: Two 16" 1 Topping Pizzas \$29.99 Saturday: Family Night XI 20" Pepperoni, 1/2 Cheese Bread, 6 Wings, Tea/2l \$40

Dine-In - Pickup - Delivery • Call to Order or Order Online

850-678-7778 • 144 Palm Blvd N., Niceville • www.brozinnispizza.com



Shrimp, Sausage, Corn on the Cob, **Potatoes, Bread (Market price per plate)**

March 30: Live Music from Parker & Ivoree Willingham 4-8pm

Saturday, April 12: 10% of food sales will be donated to the Niceville Fireworks Fund



···· More Fun ···· ays: \$3 Pint Deal

sday: \$5 Well Margaritas dnesday: Kids Eat Free & Sailboat Race 6pm sday: Throwdown Paddle Board Race 6pm Open Mic/Karaoke 6pm lay: Brunch 9am April 4: Autumn Poultry 6-10pm
April 5: After Math 5 6-10pm
April 11: Ed Wrann 6-10pm
April 12: Crawfish Boil 5pm-until out, Purple Monkey 6-10pm

April 12: Crawfish Boil Spm-utitul out, Pulpie Monkey of April 15: The Traveling Painter 5:30pm
April 18: Rockers 4 Life 6-10pm
April 19: Dive Clean Up 10am, The Aces Band 6-10pm
April 20: Easter Sunday Seafood Brunch 9am-1pm

ril 25: Parker & Ivoree Willingham 6-10pm ril 26: One False Move 6-10pm

Oyster Bar Hours: Mon.-Thurs. 3pm-10pm, Fri.-Sat. 11am to midnight, Sun. 9am to 9pm Restaurant Hours: Mon.-Tues. Closed, Weds.-Sat. 11am to 9pm, Sun. 9am to 9pm, Sunday Brunch 9am to 1pm

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



MARCH MADNESS IS BACK...

Who Will Make It to the Final Four?

Catch Every Minute of Every Game Right Here!

SEC Basketball HQ

The Masters / NBA / MLB... Catch All the Action Here!







pizza bar
114 Amberjack Drive
Fort Walton Beach
850-226-7084
www.fubarfwb.com

\$5 OFF purchase of \$25 or more

(One per person/visit. Not valid with any other promotions.)

15% off for Military and First Responders 7 days a week!



\$.49 Cent Wings

Monday & Wednesday

Daily Lunch Special

11am-2pm

Happy Hour

7 Days a Week 3-7pm

Military Monday 6-9pm Service Industry Night (SIN Night) Every Night

POOL TABLES • FAMILY FRIENDLY



FUBAR and Paradise/Sunset Liquors DELIVERY: Door Dash • Uber Eats • Grubhub

Welcome to Paradise Liquors and Sunset Liquors

Large Selection of Beer, Wine & Spirits • Same Day Delivery



Niceville

• 1106 John Sims Pkwy.

Mary Esther

• 251 Mary Esther Blvd.

Pensacola

• 4051 Barrancas Ave.

Sunset

Fort Walton Beach

- 901 Beal Pkwy NW
- 1285 Eglin Pkwy.
- 290 NE Eglin Pkwy.

Crestview

• 297B James Lee Blvd.

Panama City

• 1360 West 15th St

Callaway

• 809/807 N. Tyndall Pkwy.

Pensacola

• 4600 Mobile Hwy.

\$25 or more (One per person/visit. Not valid with any other promotions.)

15% off for Military and First Responders
7 days a week!

\$5 OFF

purchase of

Like us on Facebook get 10% off in store!





www.850liquors.com



A Celebration of Marine Life: **Gulfarium's 2nd Annual CARE on the Coast Fundraiser!**

Get ready for an unforgettable evening of conservation, celebration, and coastal fun at Gulfarium's CARE on the Coast on April 26, 2025, at 3:30 PM! This annual festival brings together delicious food, refreshing drinks, live entertainment, and marine animal encounters for a one-of-a-kind event benefiting the Gulfarium CARE Center's mission to rescue and rehabilitate sea turtles.

As soon as you arrive, you'll be swept up in the excitement of this vibrant, festival-style event, complete with mouthwatering cuisine, cocktails, and lively music to set the mood. Whether you're mingling with fellow ocean enthusiasts, bidding on exclusive experiences in the silent auction, or enjoying a frontrow seat at the dolphin presentation, there's no shortage of things to see and do.

For those eager to dive into marine conservation, CARE on the Coast offers a rare chance to go behind the scenes and learn how Gulfarium's dedicated animal care team works to rehabilitate sick and injured sea turtles. Hear inspiring success stories, get up close with some of our current patients, and discover



how you can play a role in protecting these incredible creatures.

Kids and adults alike will love the interactive activities and hands-on experiences scat-



tered throughout the park, including conservation-themed games, crafts, and fun challenges designed to inspire the next generation of ocean advocates. Whether you're exploring these

activities, sipping a cool drink under the Florida sunset, or dancing to live music, the night promises to be a true celebration of marine life.

Tickets are on sale now, and they're going fast! General admission grants access to all activities, entertainment, and behind-the-scenes insights, while VIP packages offer exclusive perks like early entry, premium seating, and a special meet-and-greet with Gulfarium's animal care experts.

Don't miss out on this incredible evening of food, fun, and conservation for a cause. Visit our official event page at gulfarium.com/cotc to purchase your tickets today, and get ready for an unforgettable night at CARE on the Coast!





we care about your community. because it's our community too.

simple human sense



(850) 729-2131 www.nicevilleinsurance.com



LIFE · HOME · CAR · BUSINESS

Contact Niceville Insurance to determine eligibility for property insurance in the state of Florida from a member of the Auto-Owners Insurance GroupSM



Golf Series: Shalimar Pointe Junior Classic Celebrates Young Golfers

By Barbara Palmgren

As one of the area's premier junior golf tours, the ECJGT (Emerald Coast Junior Golf Tour) scheduled its early spring tournament at Shalimar Pointe Golf Course on March 2. Last year I covered several of their events and enjoyed watching young golfers learn the game and improve their playing skills.

The Emerald Coast Junior Golf Tour started in 2009 for young people to measure their improvement and compete in golf in the Florida Panhandle. Junior golfers gain tournament playing experience to allow them to be the best golfers they can. The core values of the tour are to be affordable, fun, and competitive. As young play-

ers familiarize themselves with playing experience, they grow to appreciate the integrity of the game itself.

Dennis Attaway, tour director, was busy at Shalimar Pointe Golf Club on Sunday, March 2, with a large field of 18-hole and 9-hole players.

Fifty-five golfers ages 8 to 18 competed. The winners were:

18-hole Groups

Boys 16-18: Luke Hylton from Quitman, GA shot 77.

Girls 15-18: Corrine LaFerrera from Athens, AL shot 83

Boys 14-15: Jaxson Thomason from Cantonment, FL shot

Girls 12-14: Copely Kinsey shot 104

Boys 12-13: Jacob Gonzales from Santa Rosa Beach, FL shot 85

9-hole Groups

Boys 10-11: Mateo Miranda from Santiago, Chile shot 36

Girls 10-11: Olivia Haddock from Fort Walton Beach, FL shot 40

Boys 8-9: Caleb Topp from Freeport, FL shot 42

Girls 8-9: Evie Ile from Freeport, FL shot 56

The next event will be the ECJGT Spring Championship at the Raven in Sandestin March 29-30. This event is a local qualifier for the Noah Begay National Championship.



















WINE FESTS

continued from page 16

craft beer, lite bites and live music in a stunning garden-inspired setting under the stars. Sample specialty cocktails and vote for your favorite, sip local craft brews, and nosh on delectable cuisine while you dance the night away to The Forrest Williams Band!

Saturday Grand Tasting April 26 | 3-6 p.m.

At SoWalWine, it's all about

the quality, diversity, scope and relevance of wines being offered and the people bringing them to the table. There are over 600 high-quality, diverse selections!

Sunday Grand Tasting April 27 | 1pm - 4 pm Welcome back to day two of the Grand Tastings, where you can taste wines from around the world and buzz-worthy, award-winning craft spirits, then stroll on over to sample delicious foods while listening to live music

For more information and to purchase tickets, visit www.SoW-alWine.com.







Why It's Hard to Keep Up with New Year's Strength Training Resolutions



BY KASSIA GARFIELD, EDD, PT, DPT, ATC, OCS, COMT, CERT. DN

As the new year begins, the gym fills up with people determined to transform their bodies and improve their health. Strength training is a common New Year's resolution, with many setting goals to build muscle, get stronger or improve overall fitness. But, by the time February or March rolls around, many find themselves struggling to stay committed to their weightlifting routine. I always tell people you should work out because you LOVE your body, not because you hate it. Here are a few reasons why it might be hard to keep up the routine or goal.



1. The Initial Motivation Fades

At the start of the year, the excitement of setting a fitness goal can be incredibly motivating. Whether it's hitting new personal records or achieving a weight loss goal, the vision of success can fuel workouts for the first few weeks. However, as time goes on, that initial enthusiasm often fades. Strength training is a slow process—muscle growth and strength development take time. After a few weeks, when progress isn't as immediately visible as one might hope, motivation starts to dwindle. The excitement that once drove you to the gym can give way to the realization that results take time and effort, leading many to lose

2. Winter Fatigue and Lack of Energy

Strength training requires energy and consistency, and



when it's cold, dark, and gloomy outside, it's easy to feel drained. The winter months are notoriously difficult for those trying to stick to a regular fitness routine, and for strength training specifically, the lack of sunlight and shorter days can leave people feeling sluggish. Seasonal affective disorder (SAD), which affects many during the winter, can exacerbate this feeling of fatigue, making it harder to get motivated to go to the gym, let alone lift heavy weights. It's hard to push yourself to train your muscles when you're battling low energy and a lack of enthusiasm for physical activity. This is when a buddy system helps to keep the motivation and routine. Accountability is the best way stick to a goal!

3. Unrealistic Expectations and Overloading

A common pitfall for those starting a strength training regimen in the new year is setting unrealistic expectations. Many people dive into intense lifting programs with the goal of seeing drastic changes

within a few weeks. They may aim to lift heavier weights, work out six days a week, or drastically increase the volume of their workouts without giving their body the time it needs to recover. Strength training requires patience and consistent effort, but when the immediate results are slow to show, it can feel discouraging. Here at Max-Strength Fitness we expect twice a week. This is realistic, attainable and can fit into a schedule easily. Sometimes, it's important to be kind to yourself during a transition and when making new habits.

4. The Challenge of Building Habits

Strength training, like any form of exercise, requires building a consistent habit. However, forming a new habit takes time, and strength training isn't an instant gratification process. At first, lifting weights might feel difficult or uncomfortable, and

progress may seem incremental. Many people expect fast results, but muscle growth takes several weeks, if not months, to notice. Especially the older you are, the longer results take. Without a solid routine in place, it's easy to skip workouts or feel unmotivated. Hiring a professional, finding a buddy, or adding something to a routine you already have is an easy way to help with this hang up.

Work Out Because You Love Your Body!

Strength training resolutions are often abandoned during this time of year due to fading motivation, winter fatigue, unrealistic expectations, and the difficulty of habit-building, but strength training is one of the best gifts you can give yourself! Muscle is the fountain of youth. However, success in strength training isn't about quick fixes or flawless consistency. It's about gradual progress and persistence. If you've found yourself struggling, it's normal! Remember, even small steps forward are steps toward becoming stronger.

If you need help and guidance, MaxStrength Fitness offers one on one personal training that is appointment based in a climate controlled environment. Reach out if you need help!

Claim 2 FREE SESSIONS!

New Clients Only

- Appointment based personal one on one training
- Slow continuous motion style
- Science based protocol
- As low as \$54 per session

Our clients' experience: increased strength, balance, energy, functional ability with decreased join pain, blood pressure, cholesterol, insulin sensitivity and so much more!



20 + 2X = TRANSFORMATION



4576 E Hwy 20 Niceville, FL (850) 373-4450



www.maxstrengthfitness.com/niceville



www.easycareclinicniceville.com

Wellness

Aging Gracefully: A Guide to Longevity and Vitality



By Dr. Karen DeVore

Aging is a privilege, but how we age is largely within our control. While genetics play a role, lifestyle choices and proactive health management significantly impact our vitality, mobility and overall well-being. The good news? You don't have to accept aches, fatigue and chronic diseases as inevitable. You can age on your own terms by implementing a few key strategies.

1. Annual Check-Ins & Lab Work: Stay Ahead of the Game

Prevention is the cornerstone of longevity. Annual health

check-ups allow you to track changes, address concerns and monitor key health markers before minor issues become major problems. Many conditions—such as metabolic disorders, cardiovascular disease and osteoporosis—develop silently over time, making regular lab work essential for early detection and intervention.

Too many people avoid these appointments due to frustration with dismissive healthcare providers. If your practitioner isn't listening to you or supporting your health goals, find a team that will. Healthcare should be a partnership, not a battle.

Key Lab Markers to Monitor:

- Inflammation & Metabolic Health: CRP, fasting insulin, A1C
- Hormonal Balance: Thyroid panel, testosterone, estrogen, progesterone, DHEA
- Nutrient Status: Vitamin D, B12, ferritin, magnesium
- Cardiovascular Health: Lipid panel, homocysteine, ApoB

2. Listen to Your Body: Symptoms Matter

Your body is always communicating with you. Fatigue, brain fog, unexplained weight changes and joint pain aren't just random annoyances—they're signals. Ignoring them doesn't make them disappear; it only allows problems to worsen over time

Being proactive about your health doesn't mean dismissing symptoms in the name of "natural" healing. It means staying in tune with your body, recognizing patterns and addressing imbalances early. You know your body better than any textbook or algorithm—if something feels off, advocate for yourself.

3. Know Your Family's Aging Patterns

While lifestyle choices have the greatest impact on longevity, understanding your genetic predispositions can help you make informed decisions. Look at how your parents and siblings are aging. Are they dealing with cognitive decline, cardiovascular issues or bone loss?



Genetics don't determine your fate, but they do provide insight into potential vulnerabilities. By identifying patterns, you can take proactive steps to mitigate risks through targeted lifestyle and medical interventions.

4. The Fundamentals Never Get Old

Some health advice remains timeless because it works. If you want to age gracefully, these fundamentals are non-negotiable:

- Movement is medicine. If you don't use it, you lose it. Regular exercise supports mobility, cardiovascular health and cognitive function.
- Hydration matters. Dehydration contributes to fatigue, joint pain and poor circulation.
- Sleep is the ultimate reset. Quality sleep is essential for hormone balance, brain function and immune resilience.
 - Laughter truly is the best

Continued on next page



WELLNESS IS A MARATHON, no a sprin

Schedule your in-person or virtual consultation today!

2441 U.S. Hwy 98 Santa Rosa Beach, FL 32459 TortoiseClinic.com | 850.267.5611 Scan to learn more and book today!



Where East Meets West

WHOLISTIC HEALTH • ACUPUNCTURE • MASSAGE • APOTHECARY



Wellness

The Royall Treatment:

Where Beauty Reigns in Niceville

By Maryann Royall, Licensed ESTHETICIAN & OWNER OF THE ROYALL TREATMENT ROOM

When I set out to write this article, I found myself wondering-do most people truly know what an esthetician does? The term may sound fancy, but at its core, an esthetician is a state-licensed skincare professional trained to perform treatments that promote healthy, radiant skin. These treatments include facials, superficial chemical peels, body treatments and waxing. Beyond treatments, estheticians provide expert advice and help clients navigate the often-overwhelming world of skincare products to develop a personalized routine tailored to their skin type.

At the Royall Treatment Room, I offer a range of services designed to help my clients achieve their skincare goals:

Dermaplaning: A precise, sterile blade gently removes dead skin cells and fine hair, leaving the skin ultra-smooth and radi-

Hydrafacial: A multi-step vortex system that cleanses, exfoliates, extracts impurities and hydrates the skin. Enhancements include targeted boosters, eye



and lip treatments, lymphatic drainage and LED light therapy.

Microchanneling with Stem Cell Growth Factors: This innovative, minimally invasive treatment creates tiny microchannels in the skin to stimulate collagen and elastin production. Procell Therapies harness the power of stem cell growth factors derived from the bone marrow of healthy volunteers to promote tissue regeneration and skin rejuvenation.

Superficial Chemical Peels: A gentle chemical solution using lactic, salicylic or retinol acids exfoliates dead skin cells, revealing a fresh, glowing complexion.

All of these treatments are designed to improve the health and appearance of your skin, ensuring you feel confident in your natural beauty.

Now that you're educated about what an esthetician does. why not experience it for yourself? Book a consultation or treatment with me at royalltreatmentroom.glossgenius.com.

Have a skincare question or concern? Email me directly at maryannroyall@yahoo.com, and you might be featured in my next article!

XO, Maryann - Your Royall Beauty Advisor

AGING GRACEFULLY

continued from previous page

medicine. Joy and social connection improve mental and emotional health while reducing stress and inflammation.

You are what you eat. A nutrient-dense, whole-food diet fuels longevity and vitality.

5. Muscle Mass: The **Fountain of Youth**

One of the most powerful predictors of longevity? Muscle mass. Research consistently links muscle maintenance with reduced mortality risk, improved metabolic health and greater resilience against age-related diseases such as osteoporosis, diabetes and cardiovascular disease.

Why Muscle Matters:

- Improves metabolism and helps regulate blood sugar
- Reduces fall risk by supporting balance and coordination
- Strengthens bones through mechanical stress, helping prevent osteoporosis
- Supports cognitive health by enhancing blood flow and reducing inflammation

The takeaway? It's never too late to build muscle. Resistance training—even starting in your 70s or 80s—can lead to significant improvements in strength, mobility and longevity.

Aging on Your Own Terms

Aging gracefully isn't about avoiding every wrinkle or pretending time isn't passing. It's about maintaining independence, vitality and quality of life for as long as possible. It's about making informed choices, staying proactive with your health and surrounding yourself with a supportive healthcare team.

Longevity isn't just about adding years to your life—it's about adding life to your years.

Take care of your body now, and it will take care of you in the decades to come.

I'd be honored to support you on your wellness journey. Let's create a personalized plan that nurtures your unique body, helping you feel vibrant, strong and at ease as you age gracefully. Schedule a consultation with me at the Tortoise Clinic (850.267.5611)—because you deserve to feel your best, every step of the way.

Look Healthy,

Feel Alive!

biote



- Hydrafacial
 - Dermaplane
 - Peels

Introducing Farmhouse Fresh to Niceville



(850) 585-3134

royalltreatmentroom.glossgenius.com

Restoration Center Look Healthy, Feel Alive

Hormone Imbalance?

Optimize your health the natural way with bioidentical hormones.

Now offering Semaglutide/B12 for weight loss. Experience real weight loss results without hunger, extreme diet or exercise



Three Years In A Row! Thank you Destin!

Call Dr. Chern, MD and Sue Griffin, ARNP today! Dr. Richard Chern, MD

12889 Hwy 98W, Suite 107B Miramar Beach, FL (850) 837-1271



thehormonerestorationcenter.com



The Hidden Dangers of Concussions:

Causes, Effects and Recovery Tips



By Melanie Yost

Every year, millions of people suffer concussions, but many don't realize the hidden dangers lurking within their own skulls. A concussion is a form of traumatic brain injury (TBI) that occurs when a blow to the head or sudden movement causes the brain to collide with the inside of the skull. Contrary to popular belief, losing consciousness is not necessary for brain damage to occur. The brain has the con-

sistency of soft butter, while the inside of the skull is rough and lined with sharp ridges. Even a mild bump can cause the brain to slam against these areas, leading to bleeding, bruising and swelling that disrupt normal function.

Each year, approximately two million people visit U.S. emergency rooms for head injuries. However, hundreds of thousands more cases go unreported, especially when there is no loss of consciousness. Common causes include sports injuries such as football, baseball, rugby, martial arts and boxing, as well as high fall risk activities like gymnastics, cheerleading, acrobatics, cycling, skateboarding and equestrian sports. Car accidents and falls also contribute significantly to brain trauma, even in cases where symptoms don't appear immediately. In fact, concussion symptoms can develop gradually over hours or days, making it critical to monitor for signs of brain injury.

According to research from

the Amen Clinics, a mental health and brain imaging center, head injuries are a major underlying cause of mental health issues. Using Brain SPECT Imaging, which assesses blood flow and activity in the brain, the clinic found that 40% of its patients showed signs of past brain injuries—many of whom were unaware they had suffered a concussion. Concussions can lead to a wide range of physical, cognitive, emotional, and behavioral issues. Physical symptoms often include headaches. nausea, fatigue, dizziness and balance problems. Cognitively, individuals might experience difficulty concentrating, memory problems and confusion. Emotional effects can manifest as personality changes, mood swings, depression and anxiety. Behavioral changes, such as impulsivity, angry outbursts and increased risk-taking behavior, can also emerge. A Canadian study found that even one mild concussion triples the long-term risk of suicide. Dr. Amen's clinical experience suggests that repeated brain injuries can contribute to lasting mood disorders, further emphasizing the seriousness of concussions.

Children and teenagers are particularly vulnerable to concussions, because their brains are still developing. Studies show that 91% of concussions impact the prefrontal cortex (PFC), the part of the brain responsible for impulse control, planning, empathy and decision-making. Damage to this area can have long-term consequences, affecting academic performance, career success, relationships and financial stability.

Proper care is essential for healing from a concussion. Sleep plays a crucial role in brain repair. So, getting at least eight hours per night is recommended. Avoiding strenuous mental and physical activities allows the brain time to heal, while limiting screen time helps reduce eye and brain fatigue. Staying hydrated and eating a wholefood diet rich in lean protein,

fruits, vegetables and healthy fats supports recovery. Alcohol and drugs should be avoided, as they can interfere with healing. Some individuals may benefit from alternative therapies such as hyperbaric oxygen therapy, which has been shown to reduce inflammation, increase oxygen levels and improve circulation for faster and more complete recovery.

Concussions are more than just a bump on the head. Recognizing the risks, seeking proper treatment and giving the brain time to heal can make a significant difference in long-term health. If symptoms persist, consulting a medical professional is essential to ensure the best possible recovery.

Melanie Yost is a Licensed Clinical Social Worker and owner of Be Well Solutions and Complete Ketamine Solutions in Destin. She has been in the healthcare field for over 35 years.

DEPRESSION/ ANXIETY

PTSD

CHRONIC INFLAMMATION

THERE IS HOPE...

There are alternative and effective treatments.







Services We Offer:

Weight-loss/Maintenance • Ketamine Infusion Therapy • Essential Oils • NAD • Hyperbaric Oxygen Therapy • BEMER Sessions

INFUSIONS TO HELP: Weight Management • Increase Energy • Stress Relief • Improve Mood • Assist DNA Repair • Decrease Pain Combat Aging • Improve Mental Clarity • Boost Immune System

HBOT AND BEMER: Ease Aching Joints • Decrease Inflammation • Improve Circulation • Boost Brain Function • Stimulate Healing • Enhance Physical Performance

Free consultations to determine the best treatment plan for your needs.

Discounted packages for cost-effective protocols

Special discounts for specific groups:

- 25% off for veterans, active and retired military, and first responders
 - 25% off for student-athletes
 - 35% off for disabled veterans

Open MWF 10am-7pm • Open Saturdays by Appoinment Only





Blood Sugar: How's Yours?



By Kay Leaman, Health ARCHITECT, HEALTHYDAY HEALTHYLIFE

I don't know of anyone who doesn't know someone who is either pre-diabetic or diagnosed with type II diabetes. I decided to write about it in hopes of equipping people to take charge of their health and be equipped to support those they know.

We have insulin receptors

throughout the body. Insulin, which is released by the pancreas, stimulates these cell receptors which allows glucose to leave the bloodstream and enter the cell. The receptors can be damaged by free radicals. These free radicals steel electrons from molecules of cells and tissues and this includes the receptors. When this happens, it causes oxidative stress which results in inflammation.

Oxidative stress and inflammation are the underlying pathologies to nearly every chronic degenerative disease.

The lifestyle choices that can contribute to this cycle are smoking, lack of vitamin and mineral intake, environmental toxins, excessive sugar consumption and sedentary lifestyles.

Glucose is used as fuel by the mitochondria of the cells to give



us energy. When we eat and/ or drink, insulin is released in response to rising sugar levels. Think of insulin as the key and the receptors as the lock. Once this process happens the glucose is metabolized in the mitochondria and converted to ATP (adenosine triphosphate-energy currency molecule).

As inflammation grows and persists due to an overabundance of sugar intake the lock becomes deformed and can no longer hold its molecular shape. This prevents the key from being able to open the lock (recep-

And it's not only the receptors which are damaged but

the arterial walls and the LDL cholesterol. This cycle leads not only to type II diabetes but loss of kidney function, loss of circulation to extremities, stroke or heart attack are also of concern.

Type I diabetes happens when the beta cells are not producing enough insulin; the keys are missing. Type II diabetes occurs when the receptors become 'rusty'; they no longer have the correct molecular shape to receive insulin. This is insulin resistance

To overcome this cycle, drugs are used to reduce blood sugar levels or insulin is given to overwhelm the receptors and force the glucose into the cells. However, any rapid rise of insulin, either artificially or naturally, occurring from eating high glycemic foods causes even more oxidative damage!

The cell continually makes new insulin receptors and IF the new ones are correctly shaped, they can be protected by a constant source of antioxidants so insulin sensitivity can prevail.

Here are the lifestyle choices to get and keep this important cycle in shape:

- Exercise 30-60 minutes daily
- Consume 30-40 grams of soluble and insoluble fiber daily
- · Avoid trans fats
- Eat low glycemic foods
- Reduce stress
- Quality sleep -7-9 hours
- Supplementation

If you have compromised kidney function, you must be careful regarding mineral intake. It should be decreased, but can still offer benefits.

If you would like to view the supplemental protocol prescribed by a doctor you can reach out to me via email. Please put DIABETES in the subject line.

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

Destin

850.428.2333

Get the Smile You Deserve

Smile with Confidence Again

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

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











Meet Our Local Wellness Pro - Dr. Steven Clark: A Trusted Name in Wellness & Transformation



For more than 25 years, Dr. Steven Clark has been more than just a board certified plastic surgeon—he's been a guide, a confidant and a trusted expert for those seeking renewal, confidence and transformation-both physically and emotionally-here on our own Emerald Coast. His work isn't just about aesthetics; he's dedicated to helping people feel their best-inside and out. "I always strive to achieve safe results that enhance each person's natural beauty while preserving individuality and uniqueness. I want my patients to still look like themselvesonly better," he says.

This philosophy has resonated deeply with the countless men and women who have walked through his doors, searching not just for cosmetic changes, but for a renewed sense of self, represented by 300, 5-star Google reviews.

A Legacy of **Excellence & Dedication**

A proud U.S. Air Force veteran, Dr. Clark was once stationed at Eglin AFB and Hurlburt Field, where he quickly gained recognition as one of the top plastic surgeons on the Gulf Coast. In 1999, he launched Bluewater Plastic Surgery in Niceville, later expanding to Santa Rosa Beach, and most recently Watersound, to welcome patients from throughout the country.

His expertise is unparalleled, with more than two decades of membership in the American Society of Plastic Surgeons (ASPS) and the American Society of Aesthetic Plastic Surgery (ASAPS-which selects board certified plastic surgeons who have demonstrated advanced

experience in cosmetic surgery)—ensuring he stays at the forefront of an ever-evolving field with sterling credentials. Most recently Dr. Clark was honored to be made a board member and serve the Florida Society of Plastic Surgeons

From facelifts and breast augmentations to liposuction and tummy tucks, along with their newest solution—Ultra-Clear, a laser facial rejuvenation treatment that targets multiple skin layers to reduce the signs of aging—Dr. Clark's approach blends technical precision with a deep understanding of his patients' goals, addressing a full range of aesthetic needs. "There is no substitute for excellent surgical training and experience," says Dr. Clark, "but having a warm, supportive staff is equally important. We want our patients to feel comfortable, confident and informed at every step."

Compassion **Meets Expertise**

At Bluewater Plastic Surgery, that supportive environment starts with his dedicated team, including Board-Certified Nurse Practitioner Michelle Sasala (ARNP-BC). With 20 years of healthcare expertise, Michelle's passion for helping patients feel their absolute best shines through in every consul-

Dr. Clark also holds a deep respect for those who serve, offering military discounts for cosmetic procedures to current and former U.S. Armed Forces members. "It's important to me that we give back," he says, reflecting on his time in uniform and his admiration for military families.

Making Transformation Attainable

Understanding that cost can be a hurdle, Bluewater Plastic Surgery partners with Care-Credit to offer flexible financing, making procedures more accessible than ever.

One patient's heartfelt words sum up Dr. Clark's impact: "He is a

master of his craft. His staff is **Confidence Begins Here** wonderful and kind, and I have nothing but good things to say about the overall experience. I couldn't be happier!"

For those looking for a trusted local wellness pro, the search ends here. Whether you're considering a full facelift, subtle refresh or body contouring, Dr.

Steven Clark and his caring, expert team are ready to help you feel strong, confident and whole in your own skin.

Call 850.530.6064 or visit bluewaterplasticsurgery.com.



Michelle Sasala MSN, APRN, FNP-BC

Nurse Practitioner/Aesthetic Injector



Surgical

- Breast Augmentation & Lift
- Tummy Tuck, Mommy Makeover
- Liposuction (Vaser, 360)
- Facelift, Necklift, Eyelid Lift
- Gynecomastia (Male Breast Reduction)
- Post Weight Loss

Non-Surgical

- Botox Bar
- Facial Fillers
- Profound (RF Microneedling)
- · Laser Hair Removal
- OBAGI Skin Care
- Laser Pigmentation / Wrinkles
- UltraClear®

Niceville • Santa Rosa Beach (850) 530-6064







By Sean Dietrich

"What is Easter?" the boy asked his grandfather.

The old man and boy sat on the front porch. That's where people used to sit in the olden days. They used to build porches on the fronts of houses so you could wave at your neighbors. Now they build "decks" on the

Sean of the South: What is Easter?

back so you can wave at your day it all happens again." above-ground pool.

"Easter is a day of rebirth," said Granddaddy.

The two cohorts were still wearing their Sunday best. The boy: His necktie and khakis. The grandfather: His button down, crisply pressed, with only a few tobacco-spit stains on the collar.

"What's rebirth?" the boy said.

"Well, you remember when you was born, don't you?"

"No.'

"Well, trust me you were born, or else you wouldn't be here." Granddaddy took a sip of his Doctor Pepper. "And to-

"What happens again?"

"You get born."

"I get born twice?" the boy

He nodded. "Look at the trees and the flowers, see how they're all blooming? You see those azaleas across the street."

"Which ones are the azaleas?"

"The pink ones that Mrs. Wannamaker will slit your throat you if you touch."

"I see them."

"And the trees, look at them. They're turning green. The birds are singing. That's what resurrection means."

"It means birds?"

"No. Resurrection means, when something comes back to life. And it's a miracle, every time something gets reborn. Because a new beginning is a miracle."

"Is that why we look for eggs on Easter?"

"No. Hell. I don't know why we look for eggs.'

He took another sip. "Look," he went on, "you know all those crosses people wear around their necks?

"Yes."

"Well, I think we're wearing the wrong thing around our necks. We shouldn't be wearing the cross. The cross is death. It's a tool of execution. It's like wearing an electric chair around your neck. Or a hangman's noose."

"Granny wears a cross around her neck."

"Your Granny was raised Pentecostal."

"What's that mean?"

"It means don't go to her church if you're afraid of reptiles."

He unbuttoned his top button. "The point is," he went on, "maybe we should be wearing the empty tomb around our necks. Because that's where it all starts."

"Where what starts?"

"That's where your life begins. You will come to a point in your life when you have nothing. You will reach a moment in your life when everything falls apart. You will find yourself in a tomb, of sorts. You will be as good as dead."

"Just like Jesus?"

Just like Him. And I wish I could save you from that fate, but I can't. Because on that day, there will be nothing left for you, boy. Your life will be a wreck. You will be at your bitter end.

"And in that moment, you will have only two choices: You can either lie down and die, or you can look up.

"What happens if I look up?" "Rebirth."

"Have you ever been reborn?"

'Many times."

"How did it happen?"

"It first happened to me when I was in Italy, fighting. And there were men with guns all around us. And my young soldiers were all going to die."

"And what'd you do?"

"We all looked up, and we asked God to help us. My men started praying. Out loud. We started talking to God. And that's all it takes. You just have to talk.

"Ain't no magic words, no secret handshake, no special membership rules. Don't ever let anyone tell you it's more complicated than that. You just talk to God. And He'll hear you. And He heard us that day in It-

"And what happened next?"

"I'm sitting right here drinking a Doctor Pepper, ain't I?"

Granddaddy always had a way of explaining things so I could understand them.

Bluewater Bay Area **Affordable Climate Control Mini Storage**

Increase Your Living Space!

Store your excess furniture and keepsakes in a climate control unit to protect them from mildrew and humidity.

850-897-3314 pollyconc@cox.net



Call for reservations and rentals



- Business & Residential
- Multiple Sizes Available

10x10 S98

1466 Cedar St., Niceville



Landscaping • Lawn Maintenance • Fence Building Fence Repair • House Painting • Flower Beds **Mulching • Miscellaneous House Repairs** Licensed and insured

CALL MIKE FOR AN ESTIMATE

850-496-3229

Email msvenghaus@gmail.com

The Genuine. The Original.



OVERHEAD DOOR COMPANY OF NORTHWEST FLORIDA™

\$100 OFF a new WI-FI DOOR OPERATOR and FREE DECORATIVE **DOOR HARDWARE**

with each door purchase. (No other discounts apply.) Financing as low as \$79/mo. w.a.c.

Don't wait until an emergency - we offer savings with an Annual Service Plan - includes complete diagnostic of door systems!

Discounts for Sr. Citizens, Veterans, Active Duty and First Responders.

(850) 269-3246 • destinoverheaddoor.com

Residential and Commercial









A Pastor's Ponderings:

Resurrection Power – Living in Victory Every Day



By Pastor Doug Stauffer

A Living Reality, Not Just a Historical Event

On Resurrection Day (a.k.a. Easter), we don't just remember an event from 2,000 years ago—we celebrate a victorious Saviour with a life-changing truth that continues transforming hearts and lives today! Jesus Christ's resurrection is the cornerstone of faith, distinguishing biblical Christianity from all others. Every religious leader who has ever lived remains in the grave, but Jesus Christ rose from the grave and lives today!

Because He lives, believers can live victoriously! The resurrection is not merely a historical fact—it is the power of God that empowers one to live triumphantly over sin, trials, and death itself. Paul declared: "O death, where is thy sting? O grave, where is thy victory? The sting of death is sin; and the strength of sin is the law. But thanks be to God, which giveth us the victory through our Lord Jesus Christ" (1 Corinthians 15:55-57).

Victory Over Sin, Death and the Grave

When Jesus rose from the dead, it marked the most significant event in human history! Satan believed he had won. The Pharisees thought they had silenced the one they most feared. The Roman guards assumed their duty was fulfilled. But early that Sunday morning, the stone was rolled away, and Jesus emerged victorious! The Bible tells us: "Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him" (Romans 6:9).

Death couldn't hold Him. The grave couldn't keep Him. Sin couldn't defeat Him. And because He won, we win! Before the resurrection, sin carried a penalty, and that penalty was death. "Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned" (Romans 5:12).

Of course, people still die after the resurrection, but the soul's destination is no longer a mystery. The resurrection of Jesus Christ guarantees that all who place their faith in Him will have eternal life in heaven, while those who reject Him will face an eternity without escape.

Jesus Himself declared: "I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die" (John 11:25-26).

Physical death is inevitable, but the resurrection ensures that for believers, death is not the end—it is the beginning of eternity in the presence of God. For the believer, death is merely a transition into eternal life with Christ. The resurrection proves that Jesus has conquered the grave, securing heaven for those who trust in Him.

The Resurrection Gives Us Power for Daily Victory

Some view the resurrection as a past event, with no discernible effect on their lives today. But the same power that raised Jesus from the dead now dwells in every believer! "But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up

Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you" (Romans 8:11).

That means we don't have to live in defeat!

When temptation comes, we can resist it through Christ (1 Corinthians 10:13).

When we stumble, we can rise again in His grace (*Proverbs* 24:16).

When we feel weak, His Spirit gives us strength to overcome (2 Corinthians 12:9).

The resurrection is not just a past event, it is our present power!

The Resurrection Gives Us Hope in Troubled Times

We live in a world filled with wars, disease, financial struggles, and uncertainty. But Jesus told us: "In the world ye shall have tribulation: but be of good cheer; I have overcome the world" (John 16:33).

Because of the resurrection, we have a living hope. "Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead" (1 Peter 1:3).

No matter what happens in this world, our hope is not in politics, the economy or anything temporary. Our hope is in the risen Christ!

Conclusion: Are You Living in Resurrection Power?

Matthew 28:6 says: "He is not here: for he is risen, as he said. Come, see the place where the Lord lay."

Are you experiencing resurrection power?

If you are a believer, are you embracing the victory that Christ has already won for you?

If you do not know Christ, the empty tomb calls you to salvation!

Because He is risen, we can live in victory every single day. Let's stop living as if we serve a dead Saviour and start walking in the power of the risen Lord!

He is risen! Amen!

Dr. Doug Stauffer is pastor of Faith Independent Baptist Church. He was saved July 6, 1980, in Niceville, while stationed at the 33rd Tactical Fighter Wing at Eglin Air Force Base and has now been in the ministry for over 35 years.





When only the best will do.

Specialty Roofers, Inc., is one of the fastest growing roofing companies in Northwest Florida. Our company specializes in residential, commercial, and solar projects and take pride in our commitment to quality workmanship.



850-974-ROOF | SPECIALTYROOFERS.COM 124 TROUT BRANCH DR. FREEPORT FL 32439





Join Us in Transforming Lives Through the Gospel of Jesus Christ

Embark on your FAITH journey with a dedicated body of believers focused on spiritual growth and compassion.

At FAITH, we welcome everyone to join our mission to spread the Gospel.

Romans 10:17 So then faith cometh by hearing, and hearing by the word of God.

Service Times

Sunday School: 10:00 AM • Morning Service: 11:00 AM • Evening Service: 6:00 PM Wednesday Service: 7:00 PM



Watch or Listen Live with Pastor Doug Stauffer

Services broadcast live on several platforms, including Youtube, Facebook, SermonAudio and our Website.



"Church Like it Used to Be"

1309 Valparaiso Blvd., Niceville, FL 32578 | (850) 678-4387 | www.FaithNiceville.com



Our Hometown Hero: Shirley Simpson

A REFLECTION BY
NATHANAEL FISHER

Shirley Simpson was a great friend and generous supporter of Emerald Coast Theatre Company. It is my joy to honor her with a small tribute to the incredible life she lived. I shared this reflection at her Celebration of Life recently, and wanted to share it again here for her loyal Emerald Coast Theatre Company fans and readers.

I have no doubt that on the night of February 8th, there was thunderous applause and a standing ovation from the angels and elders in heaven when the Angel Gabriel called Shirley Simpson to "places" in heaven and the curtain came down on earth, in peace, on a life well lived.

When Shirley's daughters honored me by asking me to present Act One, Scene One of her celebration of life, my heart and mind was flooded with scene by scene of wonderful memories. You see, Shirley and I had lunch together on Tuesdays, practically every Tuesday since 2018. I always found

it a little amusing that there is a book that was adapted into a play called "Tuesdays with Morrie." I had my Tuesdays with Shirley, and even my wife and staff knew that on Tuesdays I had a very important appointment with a very special person.

During our lunches, three themes rose to the surface as the most important to Shirley, and we connected on all of them. She loved and adored her husband and her girls, her faith was important to her, and, of course, we connect on our love for the life changing art, wonder and magic of theatre and the stage.

Our first lunches back in 2018 were filled with stories of her life with Chuck who had passed earlier that year. I walked with her through the pain and immense grief of losing a friend and partner of 65 years. That grief was conquered through the sharing of beautiful stories of Chuck. She shared how he would patiently wait for her to greet her fans after productions at New Stage Theatre in Jackson, Mississippi or her one woman shows. Chuck's support



of her theatrical adventures was clearly one of the ways he loved her and she reveled in that love.

Shirley's faith and family were topics at lunch quite often. She shared some stories of working with the Billy Graham Organization. I would hear about the preparation for a sermon and the evaluation of how that sermon was presented and received. I was honored to hear stories of how proud she was of her girls: Taylor, Cathy, Christine and Caren – she was so proud of each of them and knew how much they loved her.

Shirley told me stories of her dear sister Bonnie. As children, Shirley would say, "Let's Pike"... that's "play like" - (pretend play). "Pike," where she was clearly the director in the performances Bonnie and Shirley would do as children. I heard so many stories of stage, radio and TV during our lunches. Stories of being an Actress, Director, Product Spokesperson, Radio Host and more. We connected so well because she personally knew every challenge I faced in theatre. Often, I would remind her that, outside of my wife, she was the only other person in my life that could truly understand the joys and challenges I faced at the theatre. She understood the world of an actor, she had sat in the seat of a director, she and Chuck had been supporters of theatre. She knew this world

Continued on page 30



Arts & Music

Ode to Joy—A Grand Symphony of Unity and Joy!

Beethoven's Ninth Featuring World-Class Opera Stars April 12, 2025 | 7 p.m. | Mattie Kelly Arts Center | Tickets: \$35

Join Northwest Florida Symphony Orchestra (NFSO) and Todd Craven Music Director and Conductor for the Season Finale: "Ode to Joy" – April 12 at 7 p.m. at the Mattie Kelly Arts Center in Niceville. "Ode to Joy" is more than music—it is a resounding anthem of brotherhood, hope and the unbreakable bond of humanity. Beethoven's Ninth Symphony calls us together in a powerful celebration of unity, and now, this timeless masterpiece comes to life in an unforgettable performance at the Mattie Kelly Arts Center!

The Northwest Florida Symphony Orchestra (NFSO), the NFSO Chorale and the Niceville High School Chorus join forces to present this monumental work, featuring internationally renowned opera soloists:



Katherine Henry,
soprano – A
Metropolitan
Opera rising
star, American soprano Kathryn
Henry is acclaimed for

her "clean coloratura and silvery voice." A native of Sheboygan, Wis., she earned her Master of Music from The Juilliard School and a Bachelor of Fine Arts from the University of Wisconsin-Milwaukee. Henry has performed notable roles such as Lucy Harker in the world premiere of The Lord of Cries at The Santa Fe Opera, the title role in Janáček's Jenůfa at Lyric Opera of Chicago, and Arminda in Mozart's La finta giardiniera at Juilliard. She was a finalist in the 2015 Metropolitan Opera National Council



Cierra Byrd, mezzo-soprano

A powerhouse artist fresh from her acclaimed performances at the Met and Houston

Grand Opera, American mezzo-soprano Cierra Byrd is a recent graduate of the Lindemann Young Artist Development Program at the Metropolitan Op-

era. In the 2024/25 season, she joined Chicago Opera Theater for the world premiere of She Who Dared and Opera Theater of St. Louis for their New Works Collective. She has performed at the Metropolitan Opera, Houston Grand Opera and Boston Lyric Opera, including roles in Fire Shut Up in My Bones, Madama Butterfly, Omar and Dialogues des Carmélites. A winner of the Duncan Williams Voice Competition, she holds degrees from Ohio State University and Peabody Conservatory.



Christopher Bozeka, tenor – A dynamic and expressive performer, lighting up opera houses across the country, Ten-

or Christopher Bozeka is gaining recognition for his "expressively captivating" performances and "beautiful, piercing tone" (San Francisco Chronicle). Recent highlights include Alfredo Germont (La traviata, Opera Las Vegas), Rodrigo (Otello, Central City Opera), and soloist appearances with the New Mexico Gay Men's Chorus. He has performed with the Metropolitan Opera, Houston Grand Opera, Sarasota Opera, and Opera Southwest, covering roles in Nabucco, Le comte Ory, The Magic Flute, and Salome. A Metropolitan Opera National Council Auditions winner, he holds a master's degree from University of Cincinnati College-Conservatory of Music.



William
Guanbo Su,
bass-baritone - A
commanding presence
on the world
stage and a
Grand Finals
Winner of the

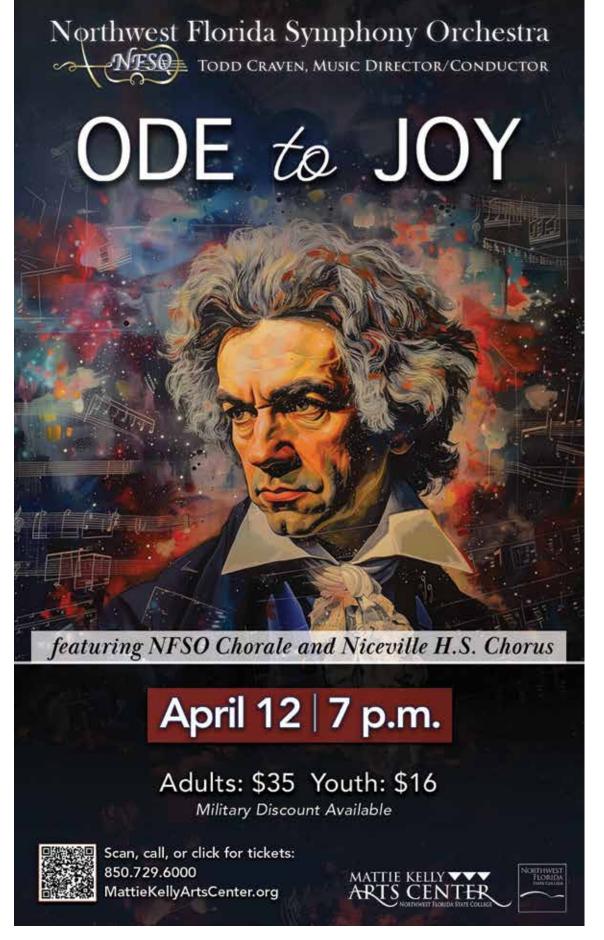
Met Opera National Council Auditions, Chinese bass William Guanbo Su is acclaimed for his "musical taste" and "solid voice" (The New York Times). A 2019 Grand Finals Winner of the Metropolitan Opera National Council Auditions, he has performed with Houston Grand Opera, Opera Theatre of Saint Louis and Boston Lyric Opera, portraying roles such as Zuniga in Carmen, Olin Blitch in Susannah and Colline in La bohème. Su holds degrees from The Juilliard School and the Manhattan School of Music. In the 2024 season, he is set to debut as Masetto in Don Giovanni with The Santa Fe Opera.

Tickets: Call 850.729.6000 or visit MattieKellyArtsCenter.

org. Adults: \$35; Youth: \$16. Military discount available.









SHIRLEY SIMPSON

continued from page 28

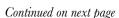
Some of her favorite roles included Queen Eleanor in The Lion in Winter, Shirley in Shirley Valentine and Daisy in Driving Miss Daisy. I would hear amazing stories of the process of the actress preparing for these roles and some of the victories and

challenges of performances.

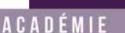
Shirley mesmerized audiences with performances of her one woman shows: Katherine Hepburn, Shirley Valentine, Minnie

Pearl and so many more. Her final public performance was on the ECTC stage as Minnie Pearl. After Chuck's passing she regained her footing on stage

here with Katherine Hepburn. She was concerned about a staged reading as she was very proud of the memory she had and we convinced her that it would be fine, her audience would embrace the tool of the script... and that they did. As she took the chair to read you could literally see the consummate professional transforming into character, every voice inflection, every look, every gesture told the story...you could not take your eyes off her. Shirley and I talked about it and she decided to tackle Shirley Valentine next. Again, a captivating performance, but this time the artist in Shirley was able to breathe into the confidence that was gained with the Katherine Hepburn performance. She came off stage with such joy and life. At the next lunch she told me that someone had stopped her in Publix and reprimanded her for not coming back out. The audience had been giving her a standing ovation and this person was disappointed that she did not return to the stage for another bow. What they didn't know is that Shirley







In Partnership with the Okaloosa County School District





2025-2026 Academic Year Auditions

Incoming 3rd Grade Student Auditions:

April 26- 10am to 2pm

April 27 - 2:30pm to 4:30pm

Incoming 4th Grade Student Auditions: *April 26 - 2:30 pm to 4:30pm*

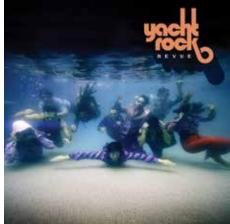
NFBallet.org/Auditions
All auditions are by appointment only.



A+ School Since Inception















THURSDAY NIGHT CONCERTS APRIL 10 - JUNE 12

Annual Thursday evening concert live music series featuring family-friendly premier musicians and bands performing everything from classic rock, reggae and disco to modern pop.

April 10 | The Fabulous Thunderbirds

April 17 | Journeyman: An Eric Clapton Tribute

April 24 | Yacht Rock Revue

May 1 | Black Jacket Symphony: Journey's Escape

May 8 | Dear Amy: Amy Winehouse Tribute

May 15 | Kickstand Jenny

May 22 | Molly Ringwalds

May 29 | Petty Hearts

June 5 | A1A: Jimmy Buffet Tribute

June 12 | Adrenalize: Music of Def Leppard



Purchase Tickets at MKAF.org/Events

PRESENTING SEASON SPONSOR







Proceeds from all events benefit MKAF and its ArtsReach education and community engagement initiatives.

Arts & Music

SHIRLEY SIMPSON

continued from previous page

and I were too busy celebrating her performance backstage! It's like new life had been given to her, and she had such joy in performing again.

One lunch Shirley chuckled as I sat down and let me know that the night before, a waiter at Vintj Food and Wine had asked her if her son was joining her today. She said, "I don't have a son." The waiter replied, "What about that bald guy you always have lunch with?!"

I could go on and on about

Shirley's wit, creativity, passion for life and more. How our lunches were a welcome break that we both looked forward to. How theatre brought two people together and set the stage for a beautiful friendship. How her passion for life and theatre encouraged and inspired me every time I had the pleasure of being around her. But...I know she would also say, "Nathanael, a good play has great edits!" So, I'll end by sharing this. At the last few lunches we had together, Shirley would recognize that our time together might be limited and I would tell her I didn't

want to talk about it. She would respond, "Nathanael, I've had a good run. Look at my life, I've had a great run of it."

Yes, Shirley, you have had a great run. I and those that got to be a part in your narrative, that had the honor of being a character in the play of your life, are better for it. You were a gift; an elegant, charming, quick witted gift, that we will always treasure. So, without the expectation of another bow Shirley, I give you an eternal standing ovation in my heart.

NFB Auditions!

The Northwest Florida Ballet (NFB) Académie is now taking audition appointment reservations for the 2025-2026 academic year. Auditions for incoming third-grade students will be on April 26 from 10 a.m.-2 p.m. and April 27 from 2:30 p.m.-4:30 p.m. Incoming fourth-grade students will audition on April 26 from 2:30 p.m.-4:30 p.m. Appointment reservations are required and must be made

by April 24 at 2 p.m.

Celebrating more than 20 years of excellence, the NFB Académie is a free, integrated arts and academic program for third through eighth-grade boys and girls who demonstrate the potential to excel in dance. The NFB Académie is a nationally acclaimed program recognized as an A+school since its inception. Register or learn more at NF-Ballet.org/Auditions.

Local Coupons

POP'S AUTOMOTIVE SHOP FREE TIRE ROTATION with Oil Change

Offer expires 4/30/25 199 Earl Goodwin Road • Freeport 850-585-0712

BROZINNI'S PIZZERIA

BOGO ½ OFF

EQUAL OR LESSER VALUE

TWO 16" ONE TOPPING PIZZA \$29.99

Offer expires 4/30/25 144 Palm Blvd N., Niceville | 850-678-7778 www.brozinnispizza.com

ROYALL TREATMENT ROOM 20% OFF

FOR FIRST TIME CLIENTS

Offer expires 4/30/25 4590 Highway 20, Niceville | 850-585-3134 royalltreatmentroom.glossgenius.com

OVERHEAD DOOR

\$100 OFF A NEW WI-FI DOOR OPERATOR AND FREE DECORATIVE DOOR HARDWARE

WITH EACH DOOR PURCHASE. (NO OTHER DISCOUNTS APPLY.) FINANCING AS LOW AS \$79/MO. W.A.C.

Offer expires 4/30/25 850-269-3246 destinoverheaddoor.com

FUBAR PIZZA BAR AND SUNSET/PARADISE LIQUORS

\$5 OFF

PURCHASE OF \$25 OR MORE

(NOT VALID WITH ANY OTHER PROMOTIONS)

Offer expires 4/30/25 114 Amberjack Drive • Fort Walton Beach 850-226-7084 | www.fubarfwb.com

BE WELL SOLUTIONS

FREE CONSULTATIONS

DISCOUNTED PACKAGES • SPECIAL GROUP DISCOUNTS

25% OFF - VETERANS, MILITARY, FIRST RESPONDERS, STUDENT ATHLETES

35% OFF - DISABLED VETERANS

Offer expires 4/30/25
4641 Gulf Starr Dr #105 • Destin
850-786-2051 • Completeketaminesolutions.com

J&B MEDICAL, INC

\$100 OFF

ANY LIFT CHAIR PURCHASE

WITH COUPON

Offer expires 4/30/25 540 E John Sims Parkway, Niceville 850-729-255

LJ SCHOONERS

DOCKSIDE RESTAURANT AND OYSTER BAR

FREE APPETIZER OR DESSERT

WITH AN ENTREE PURCHASE VALUE UP TO \$11.95. LIMIT ONE COUPON PER VISIT, PER CLISTOMER. RESTRICTIONS APPLY

Offer expires 4/30/25 290 Yacht Club Dr., Niceville • 850-897-6400 www.bluewaterbaymarina.com

BLUEWATER PLASTIC SURGERY

PROFOUND (RF MICRO-NEEDLING, FOR SKIN TIGHTENING AND CELLULITE) \$500 OFF PROCEDURE WITH 50 UNITS OF COMPLIMENTARY BOTOX

Offer expires 4/30/25
Niceville • Santa Rosa Beach • 850-530-6064
www.bluewaterplasticsurgery.com

LANDSHARK'S PIZZA

FREE APPETIZER

WITH PURCHASE OF A LARGE SPECIALTY PIZZA
(MAX VALUE \$8.25)

Offer expires 4/30/25 1128 E. John Sims Pkwy., Niceville • 850-424-6743 www.landsharkspizza.com

BEACHSIDE SLIDING GLASS DOOR MAINTENANCE, LLC

\$25 OFF SLIDING DOOR TRACK REPAIR WITH ROLLER REPLACEMENT

FREE ESTIMATES

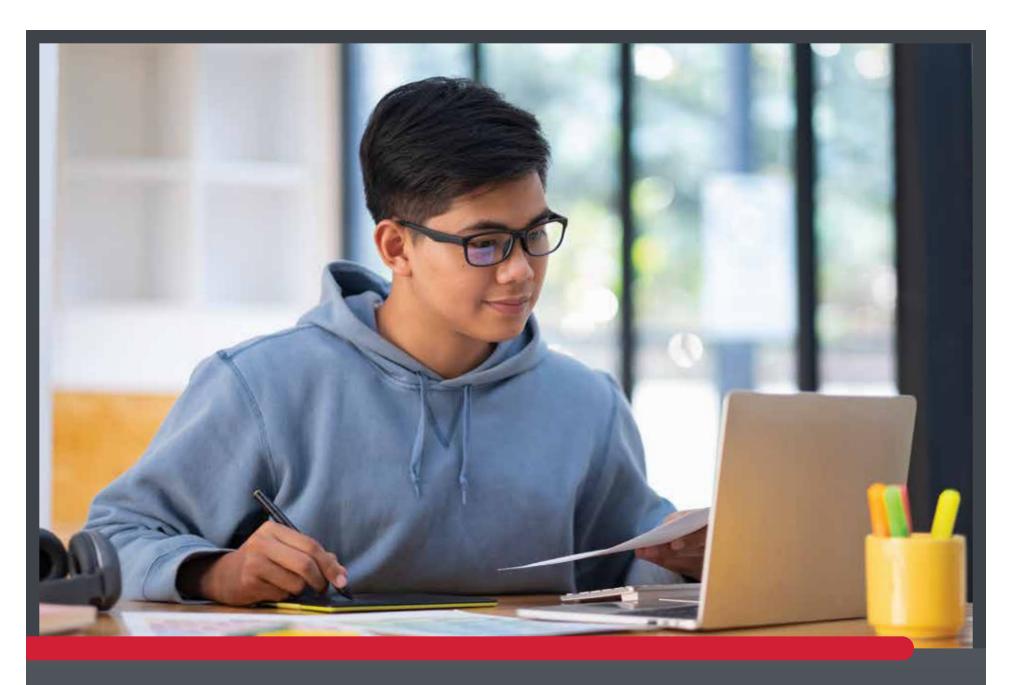
Offer expires 4/30/25 BeachsideSlide.com 850-98-SLIDE (850-987-5433)

BLUEWATER PLASTIC SURGERY

10% OFF

GIFT CERTFICATE \$500 & UP (EXCLUDES SURGICAL PROCEDURES)

Offer expires 4/30/25
Niceville • Santa Rosa Beach • 850-530-6064
www.bluewaterplasticsurgery.com





REGISTER NOW!

SUMMER & FALL 2025 SEMESTERS OPEN ENROLLMENT: APRIL 14

NWFSC.EDU • 850.502.2895

Northwest Florida State College is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award associate and baccalaureate degrees. Degree-granting institutions also may offer credentials such as certificates and diplomas at approved degree levels. Questions about the accreditation of Northwest Florida State College may be directed in writing to the Southern Association of Colleges and Schools Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097, by calling (404) 679-4500, or by using information available on SACSCOC's website (www.sacscoc.org).