

# Shalimar Pointe Reopens After \$1.7 Million Renovation

#### By BARB PALMGREN

Shalimar Pointe Golf club recently announced the re-opening of its award-winning, 18-hole, 6,767-yard, par 72 golf course to the public. Located adjacent to the shores of the beautiful Choctawhatchee Bay in Shalimar, the course opened after extensive renovation on Father's Day weekend, June 16. Of course, fathers weren't the only ones who showed up to play on Father's Day. Golfers booked tee times wanting to be among the first to experience the exciting restoration that makes Shalimar Pointe one of the area's premier golf meccas.

Golfers now play this challenging Finger-Dye layout with all new TifEagle Bermuda greens, updated irrigation system, bunker renovations, restored cart paths, added tee boxes and a new fleet of golf carts. Did a visitor forget to bring clubs? No problem. New Calloway golf rentals are available in the fully staffed pro shop. With a driving range,



putting and chipping green, a golfer can practice and prepare for a memorable golf round. Hungry after a round of golf? Stop in the bar and grille for a sandwich and beverage of choice. If you are with a group of golfers, sharing stories of the long putt you almost missed is a secret that can stay on the golf course. New daily rates and memberships make this hidden treasure a golf experience that can be played again and again. Membership is offered with no initiation fee. The course lives up to its motto: "At Shalimar Pointe you are always treated like a champion."

General Manager and Head Professional Jacob Hill commented, "This renovation has been an extensive process. It's fantastic seeing the results of this renovation come to fruition with incredible greens and great turf conditions. I believe we've taken the first step toward making Shalimar Pointe Golf club on of the top courses

SHALIMAR POINTE continued on page 2

# Reigniting the Spirit of Freedom



By Doug Stauffer

- America, the beautiful birthed in 1776,
- Immediately the world their focus did affix.
- Yet, with two hundred forty-six years now past,
- It's time to be born again for America to last.
- Through wars and tumults, patriots braved,
- The voices against tyranny constantly raised.

An adage of old, from Benjamin Franklin's quill,

**FREEDOM** *continued on page 2* 





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### ( Community

### **SHALIMAR POINTE**

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in the Florida Panhandle. Club members and the golfing public have eagerly anticipated this re-opening and will be pleased with the great golf experience when they play."

This author, now golf reporter, has played the new course and can tell lady golfers who have played Shalimar Pointe, that the new renovation is user-friendly to ladies. The Shalimar Pointe Ladies Golf Association has both nine and 18-hole groups who meet on Tuesday and Friday mornings. Ladies golf groups all around the area are well organized. The Emerald Coast Ladies Interclub League hosts friendly competitions followed by luncheons at the host club.

So, if you are at the beginning stages of knowing how to swing a club or a semi-professional who still has big dreams of joining the PGA tour, schedule a round at Shalimar Pointe Golf Course, nestled on the shores of Choctawhatchee Bay in the heart of Okaloosa County. Remember, this is a golf club where everyone is treated like a champion.

"Rebellion to tyrants remains

In this era of idols of comfort

The goal is destruction of

Comforts and joy are not

Nor in treasures that mere

America's spiritual health,

found in fleeting gold,

hands can hold.

FREEDOM

obedience still."

and wealth,

continued from page 1



- Ensnared by Sodom, world philosophies aflame, Straying from the founders'
- wisdom without shame. Traditional family values
- proudly cast away,

Beliefs that once guided our nation every day.

- To the National Anthem, pledge ri stand with pride, A sho To those who kneel, my re- fast and
- spect denied.
  - For the stars and stripes, my
- pledge rings true, A show of allegiance, steadfast and due.

I am an extremist, so they say, For I love God, and to Him still pray.

- I stand for the flag, with heart and soul,
- In defense of freedom playing my role.
- The 2nd Amendment, our rights to cherish,
- Protection from tyranny must never perish.
- I believe in the Constitution, stand strong and true,
- Not to be rewritten but upheld, though by few.
- In the pursuit of progress, let's bridge the divide,
- Finding common ground with love's true guide.
- For in unity, we're strengthened, in division, we fall,

Let freedom's true spirit inspire us all.



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### ( Community

# **Celebrating 20 Years Helping Children in Crisis**

By LISA WOODRUM

For 20 years, Children in Crisis has answered the desperate need for foster care through its group homes at the Fort Walton Beach property. It has provided stable and consistent home environments for a multitude of displaced children in the midst of severe circumstances. CIC originated from a small grass-roots group of individuals; supporters of the mission have grown to more than 200 members, including CPAs, architects, attor-



neys, educators and builders. Ken Hair, CEO and president, and his loving, capable staff have established CIC as a haven where TLC is given to the littles, in a safe, healing atmosphere – physically, emotionally and spiritually. To gird up this mission, a network of caring community organizations, busi-





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nesses and citizens have partnered in assisting CIC's mission to "Provide Homes...Keeping Brothers and Sisters Together."

There is a severe shortage of foster homes in this area. DCF contacts CIC when it has children who need to be placed. Sarah Traver, Operations Director, tells of the foster care dynamic: "When a child is taken from its home, it is asked to pack a few things in a backpack, then are transported to wherever they find a placement (within four counties). A child in Okaloosa county, for example, may be transferred to an open bed in Escambia County. Oftentimes, they have to say goodbye to siblings who are placed in another home and county. This child will meet new people, will be enrolled in a new school, etc. (When they come to CIC,) there is only a trash bag with their belongings. I can't imagine how scary it is to be in a home you have never been in before!"

CIC provides a home to an average of 100 children per year. Since opening its doors in 2008, CIC has been called "home" by more than 1,033 children, providing them with 123,857 days and nights of a safe, loving environment to grow and thrive.

As foster parent Kristilyn

Cash shared, "We all know that it takes a village to raise a child, and that is exactly what CIC is for us as foster parents. CIC is our village!"

In reality, this "village" expands beyond the borders of the CIC neighborhood; it is this community that has and will continue to provide the funding, resources, giftings and volunteers needed. To note a few needs: financial support (ie. monthly utilities \$8,333); non-perishable foods and gently used clothing, volunteers to fundraise, helping hands in homes sporadically, landscaping. They are seeking to hire respite couples (singles too) to intermittently care for children a few days at a time giving houseparents a break. Further needs can be found on the website: www.childrenincrisis.org or call (850) 864-4242.

Says houseparent Jowie Rodgers, "Every kid is one caring adult away from a success story. Even though the kiddos are here for a season or two, they will be in our hearts forever. No matter what the fight that we houseparents and staff have to go through, we are passionate about the souls of our children. They are our future."

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#### By Melissa Forte-Litscher

Home renovation is a complex process, so considering things like how long you plan to stay in your home, your budget and the priority of your projects is important. Some upgrades improve the value for resale and give a greater return on investment, whereas others are more about improving your quality of life. Beyond basic repainting, planning a renovation project big or small requires some careful thought.

First off, if you plan to stay in your home longer than three to five years, put a greater weight on projects that are about improving the day-to-day living experiences of you and your family. Tired of emptying plastic ice trays, tapping on the stove display screen to see the temperature reading or looking at that same old laminate

# **Renovating Your Home?** Some Things to Consider and a Few to Avoid

countertop? A kitchen remodel may be the quality-of-life project that makes your heart sing and takes some stress out of your everyday life.

Having trouble getting in and out of the tub, getting down to the throne or maybe missing a soak after a long day? Look into bathroom upgrades like shower, toilet and/or tub changes. Sometimes changes in work style, family situations or health conditions require additional space or room for special equipment, which makes these projects vital for life improvement. Alternatively, recent studies by Zonda show improvements such as a new HVAC, garage and front door replacements, and changing home siding, report at least 100% return on investment. Also, improving landscape and curb appeal increase perceived value to buyers, making these projects worth considering if you are planning on selling in the near future.

Secondly, unlike the HGTV "professional amateurs" who

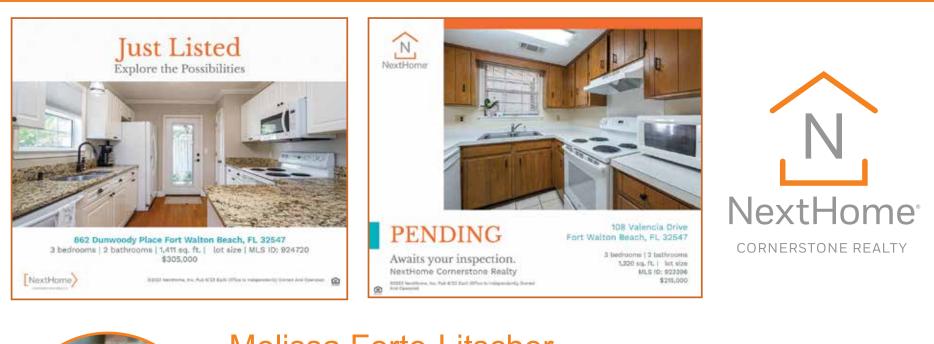


seem to achieve amazing results on a shoestring budget, most of us need a better plan. When budgeting for a home remodel project, get multiple bids and estimates from local professionals who are licensed and insured. Ask them for a written estimate with specific work and supplies needed. When planning your project and discussing plans with them, be open to their suggestions for minor changes to your ideas. They know the local codes as well as the issues that commonly arise during remodels of houses of similar age and location. Find

quality workmen by asking for recommendations from friends, neighbors and your favorite real estate professionals. Local supply places are another good source for names of contractors who are currently purchasing plumbing, electrical or building supplies, as they are familiar faces to the staff who will know the reputation of the work they perform. Once you have the cost estimates, add about ten percent to cover unexpected expenses from unforeseen issues that may arise, this will help set your budget. Funding for home projects depending on size and scope, can come from savings, home equity, credit cards or personal loans. You will need to decide for yourself which options suit the situation.

After you get your financing decided, place your projects in order of priority. Then you can begin setting the schedule with the contractors and preparing your space for the changes. Living through a remodel or renovation can be stressful, so make sure you choose the ones you can live with and try to keep the goal in mind.

Some things to avoid when planning your renovation: Don't underestimate the cost, many great projects have ended up incomplete or breaking the budget. Also, avoid being too trendy, you don't want your remodel to be out of date before it's completed. Take what's popular in magazines and home shows, then blend those elements to fit your style and taste. Lastly, don't overdo it! View recent listings for cues on which upgrades other homes in your area have. If they have a chef's kitchen or in-home theater, and that's your dream, then go for it! If the upgrades in your neighbor's homes are more modest, perhaps adjustments to your project might be in order. Unique and one-of-a-kind designs, while interesting features, often don't sell quickly or for the best price. Plan well, avoid pitfalls and when you get ready to sell your home with those perfect improvements, call me. I'm at your service!





### Melissa Forte-Litscher

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### The community

# **Enjoy our Okaloosa County Parks This Summer**



By Carolyn Newcomer Ketchel, Okaloosa County Commissioner, District 2

Spending quiet time with nature in an Okaloosa County Park by the water and the shade of trees will rejuvenate the spirit.

We are fortunate that Okaloosa County owns 40 beautiful parks for our residents and visitors to enjoy. After Memorial Day, our thoughts turn to outdoor activities such as barbecues, swimming, biking, boating and camping. Without leaving Okaloosa County, we have some of the nicest recreation areas that are hidden gems.

These parks are maintained by county recreation staff and in some cases volunteers. The parks offer a wide array of amenities.

The traffic from tourists can be challenging this time of year as everyone wants to visit our beautiful area. You can have a wonderful experience of a "staycation" without crossing the bridges. Whether you desire the beaches or the beauty of our rivers and forests, we have something for everyone in the family.

Type the following links into your browser to watch video about our parks.

https://bit.ly/MeigsPark https://bit.ly/Wilderness-Landing

Type the following link into your browser to visit the County Web page and a map of all the county parks.

https://gis.myokaloosa. com/apps/Parks

Let's explore a few of our 40 parks together.

#### Shalimar

Meigs Park, which is off of Meigs Drive, features a small boat ramp, multiple parking spaces, picnic table and a pavilion. It also has places for sunbathing and swimming.



Longwood/Poquito Bayou Park, located at 4 Bay Street, Shalimar. The park features a quiet space for family and friends to gather with a picnic table and boat ramp.

#### **Fort Walton Beach**

Marler Park located at 1275 Santa Rosa Boulevard has beachside picnic tables, playground equipment, and a dock for fishing.

Little Marler Park located at 1247 Siebert Drive, Ft. Walton Beach, nestled away from the busy traffic, is a lovely picnic spot and a place to watch boats.

Veterans Park features the one of a kind Women Veterans Park with handicap accessible walkways and a beautiful area to picnic or enjoy wildlife, such as turtles and nesting herons, or for fishing. Park in the Destin-Fort Walton Beach Convention Center lot and walk across the land bridge to begin the fun.

#### **Mary Esther**

The Colonel Bud Day Park, 185 Woodland Park Circle features playgrounds and outdoor basketball courts.

#### Niceville

Swift Bayou Boat Ramp 213 Edrehi Ave., Niceville has a boat ramp that will provide access to a day on the water.

Woodlands Park, 333 Greenwood Way, Niceville is a classic neighborhood park with plenty of room for the children to run and play.

#### Crestview

Ray Lynn Barnes Boat Ramp allows easy access for kayakers located right off 3390 Hwy 90 E. Crestview

Cleo Park, 2099 Cleo Lane is tucked away in a residential area with plenty of playground space for children to explore with picnic tables for a meal or snack.

#### Baker

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Wilderness Landing Park is one of my favorites. Located on the Blackwater River or by land at 5700 Wilderness Landing Road, Baker. It provides overnight camping and includes

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a bath house, picnic pavilions, a boat ramp and lots of room to explore the outdoors. If canoeing, Cotton Bridge Park is nearby on the river. This park features playground equipment, a boat ramp and picnic areas.

While in Baker, stop by the Baker Block Museum and learn of the history of Okaloosa County with the timber industry, farming and life in the 1800's in the Choctawhatchee Forest.

#### Laurel Hill

Oak Grove River Park, 2751 Hwy. 2 Laurel Hill is a place to sit by the river and picnic and relax for a great get-a-way.

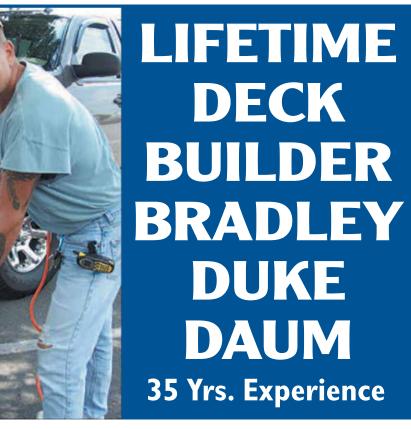
#### Blackman

Blackman Community Center, 7590 Hwy. 189 N. Blackman provides a large space for community gatherings such as a family reunion. There is plenty of playground and open space for recreation.

This list is only the beginning of the many choices for recreation and fun. Challenge yourself to find the 40 parks that belong to Okaloosa County. There are many additional parks owned by municipalities. Secure an Okaloosa County Parks Guide by calling 850-651-7105 and learn where there are boat ramps, camping, picnic areas and beaches for everyone to enjoy. These beautiful parks are cozy places to enjoy a day in the sun without the crowds. You will feel restored and will be happy you took the road less traveled.

Carolyn Ketchel is Okaloosa County Commissioner, District 2. She can be reached at CKetchel@myokaloosa.com or 860-651-7105.





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### Window Hero Serves Our Community

There are three hallmarks of a great business: a trustworthy brand, a hard-working business owner dedicated to customer service and a team of highly trained professionals. When you choose businesses to work with, you deserve the best. Introducing Ryan Jackson, owner of Window Hero Pensacola-Destin – the only name you need when you're looking for professional, reliable exterior cleaning for your home or business.

Founder Tyler Kirk started the business in Charlotte, NC, in 2006 under the name Labor Panes, offering window and pressure washing. In 2022, the company rebranded as Window Hero and expanded to serve even more customers with a franchise model. Since then, it has achieved rapid growth, and there are now 24 locations across six states. Window Hero's meteoric success comes from building strong relationships, responding to customer needs and adding value to their lives. It has extended the selection of services to better serve its customers, adding full-home and building exterior washing, window cleaning, gutter cleaning, gutter guard installation, roof washing, and solar panel cleaning. Window Hero has become the go-to company for quality exterior cleaning, earning a fivestar rating on Google and thousands of satisfied customers.

Ryan Jackson is proud to serve the community as your local Window Hero owner. He graduated from the United States Naval Academy, followed by Naval Flight Officer training. Ryan served 24 years in the Navy flying combat operations



during his deployment in Operation Enduring Freedom. After retiring from the military, he returned to the Emerald Coast to be a permanent part of the community he fell in love with while at NAS Pensacola for flight school from 2004-2006.

Window Hero allows Ryan to achieve a longtime goal: to own a





business that supports initiatives to get involved in the community and create jobs that will enable employees to achieve personal and professional growth. Ryan knew he wanted to be a part of the Window Hero family when he read the core values of its parent company, HomeFront Brands: "Community – We make a difference in the community one person, friend, or neighbor at a time. Accountability – We do more than expected, by our own choice and our own will. Respect – We treat others as we would like to be treated. Excellence – We set high standards and rise to meet them. Service – We meet others' needs with a servant's heart."

Window Hero Pensacola-Destin has it all. It's a trusted brand with 17 years of experience, a local veteran business owner focused on giving back to the community, and a team of friendly, skilled technicians.

Make your home or business shine. Call your local pro, Ryan Jackson, at (850) 601-9609 for your free quote. Visit Windowhero.com/locations/pensacola-destin/ to find out more.



### The community



**Beal House Fort Walton Beachfront**, Tapestry Collection by Hilton has made its debut. Located on Okaloosa Island, this six-story, 100-key hotel reopened recently, following a down-to-the-studs renovation and a rebrand designed to merge the property's new identity with the destination's notable past. The Beal House name honors the legacy of Dr. James Hartley Beal (1861 - 1945), a fascinating man of many accomplishments. Dr. Beal was a distinguished pharmacist, an avid shell collector and a creative thinker who fostered Northwest Florida's early tourism industry.

An onsite restaurant/bar called The Remedy is a nod to Dr. Beal's eminence in the field of pharmacology. And his beloved shell collection, one of the largest in the world, serves as a design motif scattered throughout the hotel interior. A commissioned mosaic by Georgian artist Brandon Harder, for example — designed with more than 300 pounds of shell from around the world — enjoys pride of place at the front desk.

Okaloosa County Schools are participating in the Summer Food Service Program this summer. Summer BreakSpot offers balanced breakfasts and lunches at no cost

for kids 18 and under. Meals are served on site, at no cost. A list of sites and service times is available on the District's website: https://www2.okaloosaschools. com/article/1119104. Summer feeding sites that are located at schools provide meals to all children in the immediate vicinity in addition to those enrolled in summer school. Meals will not be provided on weekends, July 3rd or 4th. The programs are only approved for geographical areas of need where 50 percent or more of the children qualify for free and reduced-price meals during the school year. A site's times may change or it may close down due to participation.

**Okaloosa County School** District's English Language Learners (ELL) Community Connections Committee members presented a \$500 donation in support of the ELL program at W.C. Pryor Middle School. Pictured L-R: David Triana, Conexion Media Group, Realty One Group's Josie Saldana, Aaron Saldana of 850 Solutions LLC, and PA Marcos Otero, Gulf Coast Immediate Care Center, joined by Principal Brooke Barron and ELL students. For more information about the ELL Community Connections Committee, visit conexionflorida.com.

# Around Town



**Crisis Aid for Littles and** Moms, CALM, of Niceville "is truly grateful and thankful for partners like 100 Men Who Care Emerald Coast," said Terri Steadman, President of the 501c3 nonprofit. CALM was selected recently as the organization's quarterly recipient and presented with a check from representatives (left to right) Scott, Dave, Al and Ed. 100 Men Who Care Emerald Coast was excited to make the award, "CALM is a great organization assisting single mothers to independently negotiate life challenges with tools gained in their resident program. We hit a

\$6,000 quarterly award for the first time in our history – with over 60 members now!" CALM provides a home, counseling, education, employment opportunities and life skills training in a classroom environment to moms and their kids for up to 6 months. CALM house has been "home" for over 38 moms and 48 children (littles) since opening on October 16, 2018. Visit C.A.L.M. Organization, Inc. (Crisis Aid For Littles and Moms) | Facebook.

#### NWFSC Collegiate High School Student Selected for Hites Transfer Scholarship

Northwest Florida State Col-

lege's Collegiate High School Student, Sean Arbuckle, has been selected to receive Phi Theta Kappa's 2023 Hites Transfer Scholarship. Arbuckle is one of only 15 students to receive this scholarship and was up against more than 2,700 applicants. This is the Phi Theta Kappa Society's most prestigious and largest scholarship offering at \$10,000. Hites Scholars are selected based on outstanding academic achievement, leadership and engagement in college and community activities. "Sean has earned this recognition with his exemplary service, leadership, and academic achievements,' said NWFSC President Dr. Devin Stephenson.

#### Heritage Museum History Summer Camp Registration

The Heritage Museum of NWF is taking Summer Camp registrations for July. The first week will be for grades K-2 and will run from Monday, July 10-Friday, July 14. The second week will be for grades 3-6 and will run from Monday, July 17-Friday, July 21. Both weeks run from 9:45 a.m-1 p.m. Participants can expect classes like art, aerospace, archaeology and more. \$85 per student for the week or \$80 for Members. Space is limited to 20 Students. Call (850) 678-2615.

#### Cook Team Registration Open for Annual "Eggs On the Beach"

Bay Breeze Patio announces the cook team registration is now open for the ninth annual "Eggs on the Beach" EggFest Cooking Competition Saturday, Oct. 14, 10 a.m.-1:30 p.m.



at Seascape Resort in Miramar Beach.

Cook Teams are invited to create bite size portions of their favorite recipes to be judged by the public as well as honorary judges. Tasters vote for their favorites, as teams vie for bragging rights and prizes, including the grand prize, a brand new large Big Green Egg. Cook Teams may also compete for Judge's Awards, and Non-profit Teams Awards, which include a donation toward their cause.

New this year, Eggs on the Beach will include a Junior Chefs Competition. The category will allow chefs ages 8-14 an opportunity to compete for the grand prize — a Mini-Max Big Green Egg. Second- and thirdplace runners up will receive a grilling tool set and all winners will be recognized with a medal and bragging rights. The family-friendly event benefits two local charities—the Fisher House of the Emerald Coast and Food for Thought.

Team registration is \$50 for a team of six and each member will receive a welcome bag, including a commemorative T-shirt and Wayne's Get Grillin' Rubs. Youth Cook Team registration is \$25 and includes a welcome bag for each partic-

Continued on page 12



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Happenings Around 4M

### **JULY 2023**

- **Discover Science Saturday** 01 10:30 am | Emerald Coast Science Center | Fort Walton Beach
- Freedom Festival 04 6 pm | Fort Walton Beach First United Methodist Church | Fort Walton Beach Movies on the Beach: "Captain America: First Avenger"
  - 8 pm | The Boardwalk on Okaloosa Island | Fort Walton Beach
- Wine Tasting 06 5 pm | Taste Tapas and Wine Bar | Fort Walton Beach **Planetarium Night**

6 pm | Emerald Coast Science Center | Fort Walton Beach

- 07 Greater FWB Chamber First Friday Coffee 7 am | Christian Life Center at First Baptist Church | Fort Walton Beach **Trivia Night: Superhero Edition** 6 pm | Emerald Coast Science Center | Fort Walton Beach
- Women's Climbing Circle **8**0 9 am | Rock Out Climbing Gym | Destin
- Mooba Fest 09 2 pm | Mooba Cafe | Fort Walton Beach
- Movies on the Beach: "Sing" 11 8 pm | The Boardwalk on Okaloosa Island | Fort Walton Beach
- Mini Makers and Experimenters Lab 13 10:30 am | Emerald Coast Science Center | Fort Walton Beach Greater FWB Chamber Nothing but Networking 11:30 am | Props Brewery & Taproom | Fort Walton Beach
- Teachers & School Administrators Soundscape Show 14 5 pm | Emerald Coast Science Center | Fort Walton Beach Wes Hinds Featured Art Show 5 pm | Maxine Orange Art & Design | Fort Walton Beach
- Trufest 15 11 am | Fort Walton Beach Landing | Fort Walton Beach **Creation Station** 11 am | Emerald Coast Science Center | Fort Walton Beach Family Paint Party 1 pm | Painting with a Twist | Fort Walton Beach
- Movies on the Beach: "Sing 2" 18 8 pm | The Boardwalk on Okaloosa Island | Fort Walton Beach

Greater FWB Chamber Business After Hours 20 5:30 pm | Emerald Coast Harley-Davidson | Fort Walton Beach **Planetarium Night** 6 pm | Emerald Coast Science Center | Fort Walton Beach

Movies on the Beach: "Raya and the Last Dragon" 25 8 pm | The Boardwalk on Okaloosa Island | Fort Walton Beach

#### **ONGOING EVENTS**

VFW Post 7674 - Sunday Breakfasts 8 - 11:30 am | Sundays | 231 Carol Ave. FWB

Magical Variety Show 5 pm & 7:30 pm | Sundays | Al's Beach Club & Burger Bar, FWB **Pirate Show** 

5 pm | Mondays | Al's Beach Club & Burger Bar, FWB

C.A.R.E.ing for Turtles Talk 5 pm | Wednesdays | Gulfarium Marine Adventure Park, FWB

**Okaloosa Island Fireworks Show** 9 pm | Wednesdays | The Boardwalk on Okaloosa Island, FWB

Al's Luau Beach Party 5 pm | Thursdays | Al's Beach Club & Burger Bar, FWB

**Emerald Coast Science Center: Creature Feature** 11:30 am | Wednesdays & Thursdays | 31 Memorial Pkwy SW, FWB 1:30 pm | Fridays | 31 Memorial Pkwy SW, FWB

Emerald Coast Science Center: sciPad featuring SMALLab 1 pm - 3pm | Tues., Wed., & Thurs. | 31 Memorial Pkwy SW, FWB

**Emerald Coast Science Center: Chemistry Corner** 7 - 9 pm | Wednesdays | HarborWalk Village Destin

Emerald Coast Science Center: STEAM Machine 10:30 am - 12 pm | Tues., Wed., & Thurs. | 31 Memorial Pkwy SW, FWB

#### FARMER'S MARKETS

**Downtown FWB Farmers Market** 2nd & 4th Saturdays - July 8, 22 8 am - 1 pm | Fort Walton Beach Landing Park | Fort Walton Beach

**Okaloosa County Farmers' Market** Saturdays - July 1, 8, 15, 22, 29 7 am - 2 pm | 1954 Lewis Turner Blvd | Fort Walton Beach





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### Sip & Splash Brings Locals Together

By WILL ESTELL

The Emerald Coast Fitness Foundation's second annual Sip & Splash: An Aquatic Affair, took place May 20 at the Taj Renee Community Aquatic Center in the heart of Destin. Attended by more than 250 guests in support of the foundation's mission, the top-tier event was sponsored by Tim Smith Acura, and kicked off with a wonderfully presented pool-side sunset cocktail hour that featured a list of spectacular craft cocktails, made from local spirit and craft beer brands, including: Distillery 98, Campesino Rum, Good Clean Wine, Palm Folly Seltzer, and Odd Pelican Beer Company, all served in event logoed cups sponsored by Hand, Arendall, Harrison, and Sale.

During cocktail hour, the 250-plus guests mingled while sipping on their signature beverages, and perusing the array of silent auction items, which included everything from lavish international trips to artworks. Additionally, attendees enjoyed watching local sushi master Yoshie of Camille's create handrolled appetizers, while taking in the creation of live art by renowned local artist and gallery owner Maxine Orange.

Following the cocktail hour, guests were seated in the adjacent dining area, where they were served a six-course farmto-table dinner, prepared by some of Northwest Florida's most admired restaurants and catering companies. During the course of the dinner, guests were entertained by the always enthusiastic Al Alvarado, before hearing the encouraging stories of The Emerald Coast Fitness Foundation's Kathi Heapy, Eglin Federal Credit Union's Jerry Williams and others, as part of the Okaloosa Swimming and Diving Hall of Fame's 2023 induction ceremony.

The event planning, coordination and marketing was handled by the uber-talented Jessica Bracken of Proffitt PR, with the proceeds received from guest admissions, silent auction items, donations and corporate sponsorships going toward funding the ongoing efforts and community enhancement of the Emerald Coast Fitness Foundation's mission of competitive a excellence for area adults and children in the fields of cycling, t running and swimming. t If you haven't attended this

wonderful event for a fantastic cause, I definitely suggest putting it on your shortlist of fundraisers for next year. I can tell you first-hand that even as someone who is invited to, and tries to attend, quite the array of various worthwhile balls, parties and fundraising events, my wife, Laura, and I were immensely impressed with every aspect – from the multicourse meal to the signature drinks to the innate attention to detail of the setup, décor and service of this special night.

You can also find out more about Destin's Taj Renee Community Aquatic Center, and Emerald Coast Fitness Foundation by visiting www.ecfitnessfoundation.org

Will Estell is a writer, media entrepreneur, and coastal real estate professional with more than 600 pub-



lished magazine features in an array of genres, from travel and tourism to automobiles, real estate and celebrity interview features. Over the past 25 years, Will has been instrumental in founding 12 magazines from concept to fruition, as well as serving as editor in chief for numerous others. Originally from the backwoods of rural Mississippi, Will and his wife, ABC 3 news anchor Laura Hussey, call Destin and Navarre home. Will is a regular contributor to Life Media, as well as other magazines, papers and websites regionally and nationally.



Concerts in the Village mattie kelly arts foundation

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.



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



Series of wine dinners throughtout the year at various fine dining in Destin benefiting MKAF's ArtsReach.



ArtsReach is a creatively curated array of performing and visual arts inspiring K-12 students, children and adults with special needs, and the military community along the Emerald Coast.

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Page 11

# **Area Independence Day Fireworks!**

#### Stars & Stripes Celebration at AJ's on the Bayou

Join AJ's on the Bayou, 200 Eglin Parkway NE, Fort Walton Beach, Sunday, July 3, for the Stars & Stripes celebration. Enjoy bounce houses, stilt walkers, face painting and live music with Black Eyed Blonde, 6-10 p.m. Fireworks begin at 9 p.m.

#### Fort Walton Beach

The Fort Walton Beach 4th of July Fireworks show will take place on Tuesday, July 4, 8:45 p.m. Fireworks are set off from a barge over the Santa Rosa Sound. You can see them from anywhere along the water downtown. The best place to watch them from is the Landing Park downtown where other July 4 festivities will take place earlier in the day.

#### The Boardwalk on Okaloosa Island

Fireworks continue at The Boardwalk on Okaloosa Island each Wednesday at 9 p.m., and over the Destin Harbor directly behind HarborWalk Village every Thursday throughout the summer at 9 p.m.

#### **Boggy Bayou Fireworks**

The Boggy Bayou Fireworks show brings locals and visitors together to delight in the beauty that our community offers, making lasting memories and celebrating America's freedom on the 4th of July with spectacular pyrotechnics at dusk. The show typically begins at dusk (approximately 8:45 p.m.) on July 4th. Fireworks are launched from a custom-made platform in the middle of Boggy Bayou and are visible from the shores of Niceville and Valparaiso. For the approximately 20-minute display, watchers gather at some of the most popular vantage points for public viewing at Lincoln Park, Lions Park, Kiwanis Park, Niceville Landing and Shipyard Point Park. But be sure to get there early as many folks set up earlier in the day to save their spots! A large boat with loudspeakers anchors in the bayou and plays patriotic music beginning at roughly 6 p.m. which can be heard throughout the bayou and much of the surrounding community. (The map represents some of the best public vantage points.)



### Red, White & Baytowne

Celebrate Independence Day at the Village of Baytowne Wharf, July 4, 7-9:15 p.m. After a day of fun in the sun, come out for an evening that lights up the sky. Join Baytowne Village merchants for a spectacular free 4th of July Red, White and Baytowne 2023 celebration with live music on the Events Plaza Stage from 7-9:15 p.m., followed by a patriotic fireworks display at 9:15. The kids will love activities, including kids' crafts, face painting and balloon sculpting, too.

### City of Destin

Fireworks are set off from the West Jetties Beach and can be seen over the East Pass beginning at 9 p.m. Tuesday, July 4. Tune in to Z96 (96.5 FM) for the simulcast music. In case of inclement weather, the fireworks show will take place Wednesday, July 5, 9 p.m. Norriego Point is a great place to watch the fireworks if you want to be as close as possible to the launch spot or if you just prefer a more quiet beach spot. Parking is limited to a small lot or street parking on Gulf Shore Dr. though so get there early. You can also take Destin Water Taxi to Norriego Point from any restaurant, condo or house on the Destin Harbor.

### 4th of July Celebration at HarborWalk Village

HarborWalk Village's Independence Day fireworks will be held over the Destin Harbor at 9:30 p.m.

#### **Sandestin Hilton**

The Sandestin Hilton July 4 fireworks are set off right on the beach directly in from of the hotel Tuesday at 9 p.m.

#### Destin Commons Star-Spangled Food Truck Festival & Fireworks Show

Celebrate Independence Day at the Star-Spangled Food Truck Festival on July 3rd. From 5 to 9:30 p.m., 25 food trucks will line the streets of Destin Commons where you can indulge in scrumptious Thai food, mouthwatering grilled cheese and everything in between. Enjoy live music from Duchess and Tobacco Road Band and top off the evening with the grandest fireworks display on the coast. Destin Commons, 4100 Legendary Drive, Destin. www.DestinCommons.com.

### Grayton Beach 4th of July Parade

Come join in the fun for the annual July 4th parade in the wonderful and funky town of Grayton Beach. Line up on Holtz Ave next to The Red Bar starts at 8 a.m. with the parade starting at 8:30 a.m. Decorate your cars, jeeps, boats, bikes, scooters, etc. No registration needed and everyone is welcome! Parking available at AJ's. The Red Bar, 70 Hotz Ave., Grayton Beach.

#### Seaside Independence Day Celebration & Fireworks Spectacular

Tuesday, July 4, 6:30 p.m. to 9 p.m. Seaside's Independence Day Celebration & Fireworks Spectacular will take place Tuesday, July 4th in the Seaside Amphitheater. A favorite among locals and visitors alike - the day is filled with patriotic spirit, music, and fun! The Block Party begins at 9 a.m. featuring face painters, Uncle Sam Stilt Walker, caricaturists, balloon twisters, a juggler and ventriloquist. Enjoy live music by a roaming brass band throughout the day followed by a Sinfonia Gulf Coast Pops Concert at 6:30 p.m.. At 8:30 p.m., a spectacular fireworks show takes place over the Gulf.

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### **Community**

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# **Team Wegner Embarks on Ultra Paddle Event** to Benefit Cystic Fibrosis

By Christopher Manson

Local anesthesiologist and paddleboard enthusiast Ryan Wegner is currently in the Bahamas for a massive 80-mile, approximately 16-hour paddle event benefiting Piper's Angels Foundation for Cystic Fibrosis. The Palm Beach Gardens-based nonprofit hosts its 10th annual Crossing for Cystic Fibrosis June 21-25.

Wegner, the father of twin Autistic 14-year-old boys, heard about the event from his cousin, who will join him for the Crossing. "I was aware of cystic fibrosis through my education and my involvement with kids with special needs," he says. "I feel like this is something I need to do. It's part of my nature to help other people."

Two hundred paddlers will participate this year. Wegner will be part of a relay team, paddling for three or four hours. He'll bring a 12-foot live watersports board, made by a Clearwater company and graciously provided by the owners of Santa Rosa Beach's recently opened Gulf Wind Paddle & Surf store.

"I've only been using it for a month," says Wegner. "It's amaz-

ing." To prepare for the Crossing, he trains daily "whether it's in the gym or on the water." When we speak at Gulf Wind -"The Coolest Li'l Surf Shop on the Panhandle" - he tells me that each paddler must raise \$2,000 individually. He's been reaching out to locals – mostly through his job - and friends to meet or exceed his goal.

"Ryan came in and introduced himself, and we saw an opportunity for us to do some philanthropy," says Matt Duncan, who co-owns Gulf Wind with Tony Maganzini. "We're helping Ryan with the board and uniforms, and sponsoring his team." In turn, Wegner is raising awareness for the store and its top-of-the-line wares.

Wegner is the only Crossing participant from the area, but he'll be cheered on by Panama City Beach resident Jessica Shuflitowski, the mother of a 5-yearold boy with CF, Stone. Shuflitowski, Stone, and husband Gary Coram will trailer their boat down to South Florida for the event. For the first time in his life, Stone will meet other children with CF - from a distance of at least six feet, due to medical



Gary Coram, Jessica Shuflitowski, Ryan Wegner, Matt Duncan and Tony Maganzini at Gulf Wind Paddle & Surf in Santa Rosa Beach. Wegner will be participating in the Crossing for Cystic Fibrosis event using the 12-foot LIVE Watersports board similar to the one pictured.

#### rules.

Stone's mom says treatment for CF patients is nonexistent in the immediate area. She and her son make the trek to Pensacola for treatments - blood work, breathing tests, etc. - every three



months "unless something else comes up," she says. She is grateful to Piper's Angels for offering incentives to CF patients. "They offer grants for saltwater equipment. I can get Stone a paddleboard or surfboard, and they'll pay for lessons. He'll be interested in trying anything."

According to the Piper's Angels Foundation website, Cystic Fibrosis is a chronic disease that affects the lungs and digestive systems of about 30,000 children and adults in the United States. A defective gene and its protein product cause the body to produce unusually thick and sticky mucus that clogs the lungs and leads to life-threatening lung infections. The mucus also obstructs the pancreas and stops natural enzymes from helping

the body break down and absorb food.

"It's a progressive disease," says Shuflitowski. "And it's a very invisible illness. My son looks completely normal, but at the turn of a hat, he can be hospitalized for a month."

She adds that there is zero federal funding for CF, and that any grants come from foundations and sponsorships. "A lot of CF patients are living longer now, and more adults are living with it than ever before." This is largely due to the drug Trikafta, which was approved by the Food and Drug Administration in 2019.

But, "it's one of those things where you can either afford it or not. My son will be eligible to take it when he's 6." Currently, the cost of Trikafta for a single patient runs about \$80,000 a month.

Learn more about the Crossing for Cystic Fibrosis at crossingforcysticfibrosis.com and pipersangels.org. Gulf Wind Paddle & Surf is open Monday through Saturday from 10 a.m. to 6 p.m. Visit it online at gulfwindpaddlesurf.com.

### **BAY BUZZ**

continued from page 8

#### ipant.

Cook team fees are waived for non-profit cook teams, which are competing for a cash donation toward their cause. Teams can register online at EggsontheBeach.com, or to avoid online fees, register in-person at

Shore Drive, Miramar Beach).

### **New Signage**

Emerald Coast Company (ECTC) Theatre recently celebrated its new sign with a ribbon cutting attended by the Destin and Walton Area chambers. Visible from Hwy. 98, the new sign marks ECTC's Grand Boulevard location. ECTC's mission is to enrich and entertain the Emerald Coast through professional and educational theater. For more information, to view upcoming shows or to purchase tickets, visit emeraldcoasttheatre.org.

#### **Okaloosa Co. Emergency Management Info**

Sign up to receive emergency notifications via the county's alert system at AlertOkaloosa. com or by texting "OKALOO-SAFL" to 888777.

Okaloosa County maintains a complete online resource, including its Hurricane Guide, at https://myokaloosa.com/ps/

emergency-management.

In the event of an emergency and if the Emergency Operations Center Activates, up-todate information can be found at myokaloosa.com/eoc/home.

You can also stay up-to-date via traditional social media by following facebook.com/OkaloosaCounty.



### Bay Breeze Patio (32 Forest **ECTC Celebrates**

**Community** 

# Seeing Bears In Unexpected Areas? Here's What You Should Do

It is illegal in Florida to in-

tentionally feed bears or leave

out food or garbage that will at-

Getting close to a wild animal

Store garbage in a sturdy

If not stored in a secured building, modify your existing

shed or garage and then put it

out on the morning of pickup

garbage can to make it more

bear-resistant or use a bear-re-

in bear-resistant dumpsters.

Secure commercial garbage

Protect gardens, beehives,

Pick ripe fruit from trees and

Remove wildlife feeders. If

wildlife feeders are left up, only

put enough food out for wildlife

to finish eating before dark and

make feeders bear-resistant.

compost and livestock with elec-

bushes and remove fallen fruit

3: Remove or secure bird

and wildlife feeders

sistant container.

tric fencing.

from the ground.

rather than the night before.

tract bears and cause conflicts.

is dangerous.

garbage

2: Secure food and

The Florida Fish and Wildlife Conservation Commission (FWC) reminds us that juvenile black bears are starting to leave their mothers' home ranges in search of new homes of their own. Between the ages of  $1\frac{1}{2}$  $-2^{1/2}$  years, juvenile or yearling bears start dispersing in spring and summer, with spring marking a return to activity for bears after limited movements in winter. During this time, juvenile bears may be seen in unexpected areas as they travel across a wide range of areas in search of a new location to settle down.

In recent weeks, bears have wandered into Orlando, Tampa, Jacksonville and on the beach in Destin!

"The most important thing people can do to help these bears is to leave them alone," said the FWC's Bear Management Program Coordinator, Mike Orlando. "Give them plenty of space and let them move along on their own."

Black bears are generally not aggressive. But, like any wild animal, if they feel threatened, they can become defensive. Dogs have been involved in more than half of the incidents of people getting injured by bears in Florida. When walking dogs, keep them close to you - preferably on a non-retractable leash - and be aware of your surroundings, which is good practice for preventing conflicts with both bears and other wildlife. Before letting your dog out at night, flip lights on and off and bang on the door to give bears and other wildlife a chance to leave the area.

As bears become more active



On Sunday, June 11, a black bear was spotted swimming in the Gulf of Mexico near Silver Dunes condominiums in Destin.

this time of year, they cross more roadways. For your own safety and to avoid hitting bears and other wildlife, remember to slow down when driving, particularly on rural highways at dawn or dusk. Watch for road signs identifying bear crossing areas. Each year in Florida, an average of 250 bears are killed after being hit by vehicles.

If you have bears in your area, follow these additional BearWise® Basics to help prevent conflicts with bears:

#### 1: Never feed or approach bears

Feeding bears can make them lose their natural fear of people.

### **Shalimar Library**

- All volunteer library not affiliated with Okaloosa County
- \$15 per family/per year membership covers operation costs (Way less than the price of one book!)
- Check out **multiple books** for two weeks at a time
- · For Fort Walton Beach and surrounding communities
- Shalimar Library **Thrift Shop helps pay for building** rent and maintenance and **new book** purchases.

### 4: Never leave pet food outdoors

Feed pets indoors. If feeding pets outdoors, only put food outside for short time periods and bring in leftover food and dishes after each feeding.

#### 5: Clean and store grills

Clean and degrease grills and smokers after each use.

If mobile, store them in a secure shed or garage.

### 6: Alert neighbors to bear activity

If you see a bear, let your neighbors know. Share tips on how to avoid conflicts with bears.

Encourage your homeowner's association or local government to institute bylaws or ordinances to require trash be kept secure.

Having conflicts with bears? Call one of the FWC's five regional offices. Go to MyFWC. com/Contact, and click on "Contact Regional Offices" to find the phone number for your region. If you want to report someone who is either harming bears or intentionally feeding them, call the FWC's Wild-life Alert Hotline at (888) 404-FWCC (3922).

More information is available at MyFWC.com/Bear, where you can access the "Guide to Living in Bear Country" brochure. Find additional ways to be BearWise at BearWise.org. Thirty-eight states, including Florida, support BearWise®, an innovative program that helps people learn ways to responsibly live around bears. Help it help bears and other wildlife by purchasing the Conserve Wildlife license plate at WildlifeFlorida. org/CWT.

The Florida black bear is a conservation success story, increasing from a population estimated to have been as low as 300 bears in the 1970s to more than 4,000 bears statewide to-day.



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### The community

### Leadership Okaloosa Graduates Community Leaders

By Doug Stauffer

Leadership Okaloosa, а well-respected leadership training and development program with a 30-year history, held its annual graduation ceremony at the Northwest Florida State College. The ceremony brought together the college and its partners, including the Crestview, Destin, Niceville-Valparaiso and Fort Walton Beach Chambers of Commerce. Together, they honored the graduates who had completed the rigorous nine-month program designed to enhance their leadership skills and expand their community awareness.

As one of the program graduates, I can attest to the transformative power of Leadership Okaloosa. The curriculum administered by Brenda Robinson is exceptionally well-crafted, taking us beyond mere theory and immersing us in practical, handson experiences. The blend of inclass training sessions and on-theground community engagement gave us a first-hand understanding of how our local government, businesses and community organizations operate.

Meeting and interacting with key community leaders across sectors was enlightening. Our conversations provided insights into the inner workings of our county that would not be otherwise accessible. This deep dive into the county's pulse - its challenges, strengths, and opportunities - was instrumental in forming our outlook. One of the most noteworthy aspects was the two-day trip to Tallahassee for the Legislative Day meetings, which exposed the participants to the legislative process and offered a unique perspective on statewide matters.

However, the heart of

the Leadership Okaloosa program lies in its dedication to fostering a sense of community among participants. The group projects not only honed leadership skills but also created strong bonds within the group. It was a chance to learn from one anothers' diverse experiences and perspectives and appreciate the richness this diversity brings to the community.



Northwest Florida State College hosts the program in conjunction with the local Chambers. With a mission to "Develop, educate and connect individuals to lead and bring value to our diverse community," Leadership Okaloosa has been steadfast in shaping leaders for a thriving Okaloosa County for three decades. Dr. Devin Stephenson, President of NWFSC, said, "Leadership development, in my opinion, is one of the most important initiatives we can undertake to improve effectiveness and efficiency within our organizations. Leadership is an art, and leaders can improve their skills and abilities through programs like Leadership Okaloosa."

Leadership Okaloosa is now accepting applications for the

2023-2024 Leadership Okaloosa program. The tuition fee for the program is \$975, which includes training materials, instruction, coffee, and lunch during training days at NWFSC, hotel, transportation, some meals during Tallahassee Legislative days, and a graduation celebration. Applications are due by Aug. 25.

Through Leadership Okaloosa, the participants learned how to lead and why leadership matters in driving the county's progress. The connections built, the knowledge gained and the lessons learned are invaluable resources carried

forward into the community. As alumni, we proudly join a long line of community leaders shaped by Leadership Okaloosa, ready to play our part in the continuing growth of Okaloosa County. For more information, contact the program at (850) 729-4956 or email Leadership@NWFSC.edu. To apply, visit https://www.nwfsc.edu/ leadership-okaloosa/.



The Community

# **Collaboration Program Celebrates Inaugural Graduates**

At a closing retreat and graduation ceremony May 12, Florida's Great Northwest (FGNW) Foundation honored its new graduates from Leadership Northwest Florida, a new regional collaboration program focused on community, content and connection. Eighteen leaders from across Northwest Florida participated in the inaugural program that fostered a deeper understanding of the region's diverse landscape.

Class I participants were immersed in a seven-month educational program, which offered a holistic view of the conditions, challenges and opportunities that are shared throughout Northwest Florida, focusing on the areas of Business Vitality, Entrepreneurship and Innovation, Infrastructure, Talent and Quality of Place.

Marcus McBride, president and CEO of CareerSource Escarosa, was selected as a participant in the inaugural Leadership Northwest Florida class. He was also elected by his classmates to serve as president of Class I. "I am grateful for the connections established, information shared, and countless economic development resources identified across the Northwest Florida territory," he said. "The Leadership Northwest Florida program was well-organized, allowing every leader in this class to see the Panhandle of Florida in its truest form and understand how invaluable our communities are when connected with a common purpose."

Another class participant was Elizabeth Forsythe, a Senior Associate with CBRE, Inc. She shares a similar experience with the Leadership Northwest Florida program.

"Making new life-long connections and friends, visiting and hearing from successful business owners throughout the region, learning about the partnerships and innovation initiatives happening right here along our Emerald Coast and learning more about our incredible talent base are just some of the things I took away from this program," she said. "The work that Florida's Great Northwest does to attract new businesses to the area, and to spread the word about all this region has to offer is invaluable."

#### The graduates from Class I of Leadership Northwest Florida are:

Kimberly Aderholdt, Navy Federal Credit Union Robert Arnold, Grayton Beach Capital Elizabeth Crowe, Florida State University Panama City Jason Crowe, Community Bank Grey Dodge, The City of Panama City Elizabeth Forsythe, CBRE, Inc. Tiffany Garling, Jackson County Chamber of

Commerce & Jackson County Economic Development Committee

KC Gartman, Baptist Health Care

Kelli Godwin, ITI Digital David Harless, Regions Lesley Hatfield, Holmes County Development

Commission Charles James IV, Clark

Partington



Ryan Long, The Highland Group

Marcus McBride, CareerSource Escarosa

Stacey McGilvray, Hancock Whitney Bank Chuck McIntosh, Florida Caverns RV Resort Johnathan Taylor, LandrumHR Matthew Wright, Troy University To apply for consideration of Class II of the program, visit FloridasGreatNorthwest.com/ LNWFL. The deadline to receive applications for the Class of 2023-2024 is Sept. 6. For more information,contact Kasey Killebrew at (334) 790-4557 or kkillebrew@fgnw.org.





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).

### Military

# Victory Village to Receive \$2 Million for Military Retirement Community

Victory Village will receive \$2 million from Florida's Framework for Freedom Budget for fiscal year 2023-24 signed by Governor Ron DeSantis on June 15, 2023. The funding will be used to purchase 80 acres of land from the U.S. Air Force which will be used to develop a military senior living community with resources and services for wounded warriors and their caregivers.

"I am grateful to Speaker Paul Renner and Governor De-Santis for their support of Victory Village," Rep. Patt Maney said. "The Panhandle Delegation led by Senators Doug Broxson and Jay Trumbull understand what an important resource this will be to Okaloosa County and our military widows and aging veterans."

Victory Village will be located adjacent to Air Force Enlisted Village (AFEV). Plans for the community include multiple neighborhoods for 800 people to reside, a community center, a multidenominational chapel, a fitness center and pool, walk-



ing paths, retail services, and a fire and EMS substation to also serve AFEV and the Poquito Bayou neighborhood.

"We're honored to receive this funding, and we're grateful to our legislative representatives for working in support of our vision for Victory Village," AFEV and Victory Village President/ CEO Brooke McLean said.

"Our research for Victory Village has shown that the aging process for wounded warriors with physical and mental injuries of war will not be typical. Victory Village will honor aging injured service members with an expert understanding of their unique requirements that will be needed so they may live their best lives with others who have shared similar experiences." VICTORY VILLAGE

Victory Village plans to offer a continuum of care complete with on-site skilled nursing and will also be home to surviving spouses of retired enlisted service members and retired enlisted couples of all military branches of service.

"It will be a senior living community like no other," Mc-Lean said.

According to the Florida Department of Veterans' Affairs (FDVA), Florida has the third largest population of veterans in the nation after California and Texas with more than 1.5 million veterans.

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🀞 Military

# \$6.1 Million Awarded to Support Florida's Military Communities

Gov. Ron DeSantis recently announced more than \$6.1 million in awards to military communities through the Defense Infrastructure Grant Program, the Defense Reinvestment Grant Program and the Florida Defense Support Task Force Grant Program. Through the collaborative efforts of the Florida Department of Economic Opportunity and Enterprise Florida Inc., these programs provide grants to military communities to support infrastructure projects, economic diversification efforts and military community relations.

The Defense Reinvestment Grant Program supports community-based activities that protect existing military installations. These grants are awarded to economic development organizations that represent a local government with a military installation that could be adversely affected by federal actions. Awards through the Defense Reinvestment Grant Program include our area's One Okaloosa Economic Development Council (\$125,000) – to create plans, presentations and analyses relating to tri-county military priorities, industry diversification and retention, produce entrepreneur start-up videos, the identification of specific skills and competency needs, as well as Tri-County Community Partnership Initiatives.

The Florida Defense Support Task Force (Task Force) was created in 2011 with the mission to make recommendations to preserve and protect military installations, support the state's position in research and development related to military missions and contracting, and improve the state's military-friendly environment for service members, military families, veterans, and businesses that bring military and defense-related jobs to the

# Deep Connections at AFEV

Bobbi's connection to the Air Force runs deep as her father served in the military. It was during her family's time in Anchorage, Alaska, when Bobbi met her future husband at a local skating rink. "One look at him and I had a horrible crush! A cute boy from Alabama with brown curly hair. It was love at first sight," reminisces Bobbi with a smile.

The couple was blessed with three daughters and served our nation at Air Force bases across the country and even in Morocco. Bobbi and her husband, Mercer, enjoyed 68 years of a loving marriage until he passed away several years ago. That's when Bobbi made the move to our assisted living facility, Hawthorn House. "It's the best decision I've ever made," Bobbi tells me.

Bobbi cherishes the camaraderie and meaningful friendships she has discovered while residing at Air Force Enlisted Village. "Everybody here has something in common," Bobbi says. She also enjoys the many



activities that friends like you make possible for our residents.

The experience of living at Air Force Village has been all she'd hoped for – a safe and caring community of other widows who also spent their lives making sacrifices with their families to help serve our country.

Says a grateful Bobbi, "I can't tell you how blessed I am to be here. It's absolutely great. I thank the good Lord for where I am. If I could rate it above 10, it would certainly deserve it!"



state. The Task Force may fund projects that can be leveraged to promote, preserve or enhance military missions and installations in Florida. Awards through the Task Force Grant Program include:

Emerald Coast Regional Council (\$182,600) – to build upon partnership agreements among the military installations in the Emerald Coast region and their surrounding communities to allow military installations to partner with local and state governments and provide a wide variety of services.

University of West Florida (\$460,000) – to develop, field, and verify the prototype system and control network on the Avon Park Air Force Range to show proof of concept for the Beta Test of the Florida Advanced Training Range.

For more information on military community programs, visit www.FloridaJobs.org/Military-Community-Programs. For more information on Florida military and defense programs, visit www.eflorida.com/floridadefense.



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You've dedicated your life to service but, in retirement, it's time for us to serve you. After years of short- and long-distance moves, settle down in a place you chose for yourself. With a close proximity to military bases and a like-minded community all around, living at Air Force Enlisted Village feels just like coming home. With our neighbors at Eglin Air Force Base and Hurlburt Field, you can still start each morning with the sound of "Reveille" and end your day with the sound of "Retreat."

From independent living to assisted living and memory care, our community will have you confidently thriving at every age. Call us today to schedule a tour and learn why our residents chose us as their next home base.

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### Page 18

# Fort Walton Beach Nining, Entertainment, Specials

#### AJ's on the Bayou

Located at the base of the Cinco Bayou Bridge in Fort Walton Beach, AJ's on the Bayou is in a beautiful setting offering indoor as well as outdoor seating on the open-air deck overlooking the Cinco Bayou. AJ's on the Bayou serves brunch and bottomless Mimosas with food purchase and weekday lunch specials for \$10.95. Serving up delicious daily specials and entertaining live music all month.

ajsonthebayou.com 200 NE Eglin Pkwy., FWB (850) 226-7579

#### AJ's Oyster Shanty -Okaloosa Island

Located on Okaloosa Island, AJ's Oyster Shanty serves up fresh seafood, cold oysters and the best live music on the Island.



Don't miss the Thursday Prime Dinner Special—enjoy a 10 oz. cut of prime rib served with baked potato and choice of side salad or cup of French onion soup every Thursday at 4 p.m. Combine with live music nightly at 7 p.m. on the outdoor stage and it's a combination you can't resist!

ajsoystershanty.com

108 Santa Rosa Blvd., FWB (850) 226-8108

#### **Magnolia Grill**

In 2001, Magnolia Grill in Fort Walton Beach opened its doors after a renovation that took 18 months—and it's been thriving since. A local's favorite dubbed "The Museum That Serves Food," you'll find equal





parts museum and dining establishment. Its second floor contains artifacts from World War II, Vietnam and other segments of American history. And downstairs-is where you'll find lunch favorites such as Meatloaf with Mashed Potatoes, Crabcake with Fettuccine and Shrimp Alfredo Sauce, Red Beans and Rice and many types of burgers, sandwiches, soups and salads. For dinner, savor divine Italian dishes such as Italian Sausage and Peppers with Marinara Sauce and Filet Tips Florentina. But there's also steaks, seafood "Camp Walton style" and even a kids' menu.

Hours: Lunch M-F 11-2; Dinner M-Th 5-8; F-Sat 5-9; Closed Sundays.

magnoliagrillfwb.com 157 Brooks Street SE, FWB (850) 812-5761

#### **Ovide at Hotel Effie**

Have you tried the Seasonal Special at Ovide at Hotel Effie? Mondays at 5 p.m., enjoy some of Chef Hugh Acheson's favorite dishes with a seasonal prix fixe menu. Choose one starter, one entrée and one dessert for just \$50. Ask your server about the wine pairing option. Visit Hoteleffie.com for more information.

#### **Tailfins Waterfront Grill**

Looking for a locals' favorite breakfast? Start your day off right with Tailfins breakfast from 8-11 a.m., seven days a week. Enjoy a classic breakfast with bacon and eggs, a seafood or Cajun omelet and even a kid's smiley pancake. Be sure to order up a round of Bottomless Mimosas. Watch Tailfins' sushi chef create right in front of your eyes. Enjoy some of your favorite food and drinks, including sushi rolls and sake bombs. Scrumptious Early Bird Dinner Specials Monday to Thursday, 4-6 p.m. Happy hour from 4-6 p.m. Monday through Friday, featuring \$20 domestic bottle buckets, \$5 house wines and well drinks and \$5 Long Island iced teas. Live music on the docks. Tailfins is a go-to destination for sports watching featuring more than 70 big screen TVs. Be sure to check out the new Video Wall upstairs, possibly the largest indoor TV on the harbor.

DAILY CRUISES: Introducing Tailfins Island Adventure. Departures seven days a week aboard "Always Workin'," Tailfins' 45-foot-long cruiser. Enjoy the Destin Harbor and Crab Island like never before. Choose between the three-hour tour, sunset cruise or Thursday night's spectacular fireworks cruise. Book online, tailfinsislandadventure.com.

(850) 842-3333 On the Harbor in Destin, 172 Harbor Blvd. tailfinsdestin.com



# » OVICE «

by celebrity Chef Hugh Acheson.

Voted Best Restaurant in Walton County by Emerald Coast Magazine, send your taste buds on a culinary adventure at Ovide. Led by James Beard award-winning Chef Hugh Acheson, indulge in delectable dishes inspired by the Gulf Coast. Reservations accepted (844) 422-2923.

Located at Hotel Effie Sandestin

**Off the Hook** 

# **More Artificial Reefs to Explore!**

The Coastal Resources team with Destin-Fort Walton Beach Tourism has done it again! Over the Memorial Day weekend, they deployed 46 pre-fabricated artificial reef modules about 15 nautical miles south of the Destin East Pass. These reefs join the hundreds of others just south of Destin, including large vessel artificial reefs.

While these reefs are accessible by boat for anglers and divers, there are also artificial reefs that are accessible from the beach. To



view a map of all of our artificial reefs, visit https://gis.myokaloosa.com/apps/ArtificialReefs.

# **Fishing Report**

BY KAYLA BURLESON

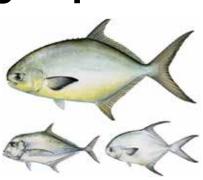
It's that time of year where the days get longer, fishing heats up and anglers get more time on the water. We've spent some time doing all types of fishing, and here's a report straight from the water.

If you're fishing from shore, you may have noticed some grass out on the beaches. It is most definitely

fishable, and it has likely helped the ecosystem as well. The pompano are plentiful and reds are still being caught from the shore. We've also seen whiting and a few Spanish mackerel hanging around, too. Looking to catch them? Try small pieces of Fish Bites or FishGum on a pompano rig. Weight size varies depending on the swell, but a typical go-to is a 3-ounce weight.

If you're fishing in the Bay, Spanish have been found the last couple of weeks. We prefer small g-Eye jigs or a gold spoon, but they are not as plentiful as they once were. You can also catch the occasional trout or redfish as they dock hop, if you know where to look. They may not be trophy fish, but they are fun to catch. Live shrimp on a popping cork or Carolina rig is typically the ticket, but that is not to say you cannot catch some good reds on fiddler crabs or even top water lures near the docks.

Fishing from the pier means you have a chance to catch a variety of species. Cobia fishing hasn't been what it used to be, but we have seen a few caught this year; some on jigs, some on live bait. There have also been jack crevalle and Spanish Mackerel caught in the meantime, also on



POMPANO PHOTO COURTESY FWO

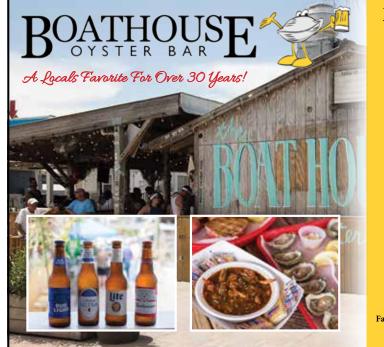
jigs. We've also seen a few mahi sneaking up close and plenty of hardtail along with a few pompano.

Trying to fill a cooler? Mingo on a two-hook rig bottom fishing have been plentiful. You can find trigger as well, but for them to be legal size has proven to be a bit more of a challenge unless you are out past 125-plus feet. Amberjack are also plentiful, and red snapper are definitely out there and just waiting for their season! Announced this month, there will be 70 days to harvest red snapper, beginning June 16. The season will include every day June 16-July 31, and three-day weekends during October and November. There will be a two per person limit at 16 inches.

Head offshore and you may see some awesome bluefin tuna caught in the last few days as well as wahoo and even swordfish. Grouper have been showing up in great numbers, which definitely makes our taste buds happy!

The temperatures are heating up and so is the fishing. We'd love to know what you're seeing out there! In the meantime, here's to warmer, more consistent weather patterns and tight lines.





### **JULY LIVE MUSIC!**

Mondays: Tuesdavs: Wednesdays Thursdays: Fridays: Saturdays: 4pm TBD Sundays: 4pm TBD 8pm TBD

5pm Cole Jordan 9pm Roshambo 5pm Kyle LaMonica 8pm Austin Jennings 4pm Hunter & Tony 9pm Squeely Dan 4pm Flash Flood Duo 8pm Austin Jennings 4pm Jason Findley 8pm Airavata 12pm Kelly Byrd 8pm Gunne 12pm Kelly Byrd

Open Daily from 11 am-2 am Lunch Specials M-F for \$9.99 Slacker Sunday Oyster Brunch 11 am

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### Sports 🔅

# NWFSC Women's Softball Play in National Championship Journey

By Doug Stauffer

Another championship-caliber team from Northwest Florida State College, the women's softball team earned a spot in the NJCAA National Championship. The sun shone bright and hard on a high-stakes diamond at Oxford, Ala., as Northwest Florida faced off against the spirited Florida SouthWestern Buccaneers. The Raiders fell short, falling to the Buccaneers 10-6 in a truly epic showdown, but not before posting a record-shattering year.

Layla Thompson, one of the

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Bluewater Bay Clubhouse | Niceville

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BLUEWATER BA

lembershar

dazzling stars of the Raiders,

ignited the early momentum, smashing a two-run home run off the scoreboard, thrusting the Raiders into the lead. However, the Buccaneers quickly responded, showcasing their might and mettle. Feline Poot delivered a resonating equalizer, tying the game at two in the bottom half of the opening inning.

The second inning unveiled a dramatic twist as the Buccaneers, with a fierce appetite for victory, seized a commanding lead, striking six runs to vault ahead 8-2. However, the Raiders wouldn't fade into the shadows, demonstrating the same tenacity they had all year. Sydney Stewart capitalized on a Brilee Broussard ground out, bringing the score to 8-3, while Riley Gibson steered Layla Thompson home, trimming the deficit to four in a thrilling third inning. But, as the game of softball often proves, one swing can change the narrative, and in the bottom of the fourth inning, Poot catapulted her third two-run home run of the game, finishing with a staggering six RBIs.

As the game progressed, the Raiders continued to swing valiantly. In the fifth inning, Gibson homered to center field, bringing home Broussard and narrowing the gap to 10-6, but despite their gallant efforts, the Raiders' championship hopes ended.

Layla Thompson was deservedly crowned the Most Outstanding Offensive Tournament Player in a tournament full of exceptional performances. Meanwhile, Julia Petty, Gyvan Hammons and Thompson were honored on the All-Tournament team. Northwest Florida ended a monumental season, finishing National Runner-Up with an impressive 57-11 record. This record-breaking season will forever be etched in the annals of the Raiders' history with these records: most wins (57),

highest team batting average (.352), most runs scored (515), most RBIs (472), most doubles (129), most home runs (92), most total bases (1015) and most hits (646). This record-setting season will be hard to match, but NWFSC student-athletes keep



SOFTBALL - DUTEN ARPAD

the faithful fans coming back for more.

Individual accolades were also aplenty, with Sydney Stewart setting a record for doubles with 22 and Gyvan Hammons leaving opponents in the dust with 39 stolen bases this year.

# NWFL Regional Aquatic Center Set for Huge Economic Impact

A new, regional Aquatic Center, a state-of-the-art aquatic facility, is set to be constructed in Niceville, which would include a 50-meter, Olympic-sized pool. The center aims to provide a wide range of aquatic programs for locals and promote community well-being as well as stimulate economic growth.

On June 13, the NWFL Regional Aquatic Center presented its highly anticipated Economic Impact Analysis to the Niceville Community Redevelopment Agency (CRA).

The analysis, conducted by expert economists and consultants, brought forth the economic benefits the Center could bring to the area, including an impact of \$235 million on the local economy and the creation of more than 450 jobs. Evaluating the direct and indirect effects of the project on local businesses, job creation, tourism and overall economic growth, the analysis highlighted local benefits such as increased visitor spending and job boosts in the hospitality and service industries with the

increase of tourists to the area, employment opportunities and tax revenue generation, all key factors that would contribute to local economic impact.

One advantage of the new aquatic center of this size in the Southeast Swim Region is the impact from visitors and tourists. Early projections show that there could be as many as 12 events per year to start. If increased by two per year, by 2035, the Center could see up to 32 major events annually.



#### Announcing Ecco Motors HarborSide!

In 2005 Ecco Motors opened a 2-person golf cart repair business as a "retirement hobby" for its owner. 18 years later, that "hobby" has flourished into Service, Rentals, Storage and now a 3rd Sales location.

We are proud to announce Ecco Motors HarborSide! Opening to the public mid-May.

As the pioneer of the golf cart and LSV business in the area, Ecco Motors is excited for this additional location to better serve our West Destin and Fort Walton Beach clients and friends.

Come explore our new location on Mountain Drive in Destin and be one of the first to experience the new Gorilla Ride!



### **Does Your Pharmacist Strip for You?**



By Tracy McMorrow, PharmD, Owner, Consultant Pharmacist

Does your pharmacist strip for you? I'm talking about strip packaging your medications to help ensure you are taking your medications just like the doctor ordered. If not, you need to have a serious chat with your pharmacy professional to find out why!

I think most people agree that pharmacists are usually the nerdy leaders found behind the counter at the corner drugstore. They have their nose to the grind, buried in their scientific thoughts of drug-drug interactions, contraindications and duplications. But a good pharmacist is much more than the lab coat and the disposable name tag attached. They can be the backbone that pulls together all the prescriptions from various providers and makes sense of it all for the end-user — YOU.

At Specialty Pharmacy Services, simply put, We Manage Meds. We are here to truly manage your medications in a way that most pharmacies can't. To begin with, we have a different business model from the chain drugstores. We offer a more personal environment and experience with our newly renovated boutique-style pharmacy. The one-on-one consultations with our pharmacy professionals foster relationships beyond the check-out counter. In fact, once you become our patient, you become our commitment to provide the highest quality pharmacy care available.

How do we do this? By gathering all of your prescription and over the counter medication information you are currently taking. This includes, drug and supplement names, strengths, frequency taken and the prescribers of each. Many folks have a variety of providers, aside from their primary care physician, that manage a particular disease state, such as cardiologists (for the heart), nephrologists (for the heart), nephrologists (for the kidneys) and pulmonologists (for the lungs) just to name a few. Having all these 'ologists' can be overwhelming!

Next step, is the medication profile review. We thoroughly review your medication profile with consideration taken of drug-drug interactions, contraindications, duplications and allergies. We then get your refills transferred from the last pharmacy used for each prescription. Providers are then contacted for any discrepancies noted between what was prescribed and what is 'believed' to be prescribed, which is way more common than you think. This step pulls it all together and weeds out the confusion.

Once the profile is collected, reviewed and corrected if needed, we process all prescription items through the prescription insurance, just like all other retail pharmacies. Yes, we are a 'real' pharmacy and your copays "We combined all your medications into ONE convenient dose."

Now that's a hard pill to swallow!

should remain the same or be similar. This step synchronizes your medication profile so that all items become due at the same time. We continue synchronization with each new prescription or medication change to reduce your trips to the pharmacy.

Then the stripping begins! Organizing the proper times for each oral drug or supplement to be taken is our specialty. We can take the largest list of medications and simplify it into a single RxStrip organized by date, day



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We are conveniently located in Paradise Plaza at 533 Eglin Parkway, NE Fort Walton Beach next to Denny's.

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### Wellness



By Stephenie Craig, JOURNEY BRAVELY

Have you ever gone through a day only to realize you interacted with people and don't remember it? Perhaps you were glazed over as you went through the grocery store checkout or you nodded and talked to your kids while looking at your phone not really paying attention. Or, have you ever gotten to the end



based on how you engage. I was driving through a business recently and was struck by the friendly, kind, and enjoyable nature of the drive through employee. We chatted at the window and I drove away having a great conversation with my kids about how positive it is to interact with someone who cares about their job. The simple engagement brought joy and important conversation to our day. On the other hand, I was in a different store and was treated poorly by an employee. The interaction left me feeling angry, discouraged, and like I would avoid returning to the store.

How you treat people matters. Your engagement has the power to shape how people view themselves and the world. How do you want people to feel when they have spent time with you? Would you like them to say they feel small, belittled, ignored, unimportant and unvalued? Or, would you like them to say they feel encouraged, seen, understood, and valued?

#### **5 Ways to Leave People Better Than You Found Them**

1. Listen more than you talk. Most people spend more time talking about themselves than they do listening to others. You don't always need to fill the space with your words. Try slowing down and intentionally leaving space for others to speak. Then listen intently



to what they are saying and to the feeling and meaning behind what they are saying.

2. Ask meaningful questions and listen carefully to the answers. Go beyond questions like "What do you do?" and try questions like, "What made you want to go into that field?" or "What feels most meaningful to you about your work?" Ask open ended questions rather than yes/no questions. Listen with interest to the answer and then ask follow up questions. Allow yourself to become truly interested in the other person.

3. Put away distractions and be fully present in the **moment.** Put the phone away, turn off the screen, stop scanning the room for the more exciting, popular person you'd like to engage. Make eye contact and pay attention fully

4. Notice the good and give genuine compliments. Criticism is cheap. Genuine compliments are valuable. All people have positive qualities. Try noticing specific positive attributes and speaking them kindly to the person. We all want others to see the good in us.

5. Treat others as though they are as important or more important than your**self.** Take a moment to reflect on ways others have treated you that left you feeling valued and seen and important. Now practice doing those things for as many people in your path as you can. Send a thoughtful text or note, hold a door, do something kind without being asked, give generous encouragement.

Leaving others better than you found them can feel easier when the people look like you, talk like you, dress like you, have similar beliefs, and don't get on your nerves. However, all people are human and worthy of being treated with dignity and kindness. The deeper work is in the practice of leaving people better than you found them when they are difficult for you in some way. This is certainly more work for you, however, it leaves both your soul and the world around you more beautiful. As you walk along your journey of leaving people better than you found them, connect with us for counseling and coaching at www. journeybravely.com.

### **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 vou 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.





**Todd Craig** 918-740-1232 | todd@journeybravely.com www.journeybravely.com

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### **Experience the Benefits of Hormone Therapy**



By Dr. Richard Chern, MD Are you seeking to regain your energy, improve your well-being, and reclaim your zest for life? If you're a man or woman over 40, and some as young as 30, the Hormone Restoration Center in Miramar Beach offers a transformative opportunity through hormone therapy. Step into a world of renewed vitality and optimal health with advanced treatments.

In today's fast-paced world, hormonal imbalances can often disrupt our lives, leaving us feeling fatigued, experiencing mood swings and struggling with various symptoms. The Hormone Restoration Center specializes in personalized hormone therapy programs that cater to the unique needs of individuals suffering from these symptoms.

The cornerstone of our approach is bioidentical hormone replacement therapy (BHRT). Unlike synthetic hormones, bioidentical hormones are derived from natural sources and mirror the hormones naturally produced by your body. This enables a seamless assimilation process and enhances the effectiveness of the treatment with minimal side effects. The expert providers at the Hormone Restoration Center will conduct a

Did you know that asthma is a

disorder of the bronchial airways

with no known cure? The airways

react to certain types of stimu-

lus by swelling and narrowing

along with producing excessive

mucus. It is the most chronic dis-

ease among children and some

of these children experienced

improvements as they aged. The

highest percentage of deaths oc-

cur in adults over 65 years of age.

comprehensive evaluation to create a customized treatment plan tailored to your specific needs and goals.

The advantages of hormone therapy are clear. Patients frequently report increased energy levels, improved mental clarity, enhanced mood stability, and an overall sense of well-being. Furthermore, hormone therapy can aid in weight management, boost libido and help maintain muscle tone and bone density. The experienced team at the Hormone Restoration Center will guide you through the process, ensuring you experience a transformation that extends beyond symptom relief, empowering you to live your life to the fullest

Your safety and well-being are of utmost importance at the Hormone Restoration Center. It adheres to the highest standards of care, utilizing stateof-the-art diagnostic tools and evidence-based treatments. The expert physicians and staff closely monitor your progress, making adjustments as necessary to maximize results and minimize potential risks. Rest assured, you will receive comprehensive care that is tailored to your unique needs and guided by a commitment to your health and satisfaction.

Conveniently located in Miramar Beach, the Hormone Restoration Center offers a warm and welcoming environment. The compassionate and knowledgeable team will provide the support and guidance you need throughout your journey. Complementing the hormone therapy program, the center offers weight loss options

including the newest semaglutide to optimize your long-term success in maintaining your newfound vitality.

Take charge of your well-being and rediscover the joy of life. Experience the transformative power of bio-identical hormone therapy at the Hormone Restoration Center in Miramar Beach. Embark on a journey towards enhanced wellness, irrespective of your age. Schedule your consultation today and embrace a life filled with energy, vitality, and renewed purpose by calling us at (850) 837-1271.

Dr. Richard Chern, MD provides hormone therapy to men and women across the country and treats many of the doctors and nurses in the area. Call him for an appointment at The Hormone Restoration Center at (850) 837-1271.



BY KAY LEAMAN, Health Architect, HealthyDay HealthyLife Even if you don't have asthma, having knowledge about

# Learning About Asthma

Severe attacks, if left untreated, it can help someone you know or who you may run into some can also cause death.

#### There are four classifications for asthma:

• Mild Intermittent (1-2 davs/wk)

• Mild Persistent (+2 days a week)

• Moderate Persistent (daily+night)

• Severe Persistent (throughout the day and frequent nights)

Risk factors for developing asthma can be genetics (parent or sibling), allergies or an allergic condition - especially hay fever (allergic rhinitis) - being

overweight, smoking or being around second-hand smoke, high levels of air pollution, household chemical irritants, molds or dust mites and occupational chemicals (farming, hairdressers, mfg.).

Continued on next page





day.

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### Wellness

# Work, Don't Jerk: A Smooth and Efficient Workout



#### By LISA LEATH TURPIN, HEALTH & WELLNESS COACH

Your "form," the way you perform each exercise, is very important if you want to stay safe, injury free and improve. Everyone wants to progress in their efforts to be more healthy and fit. That's the whole point, isn't it? Exercise is a challenge, stress and test we put our bodies through, so that our bodies build back

stronger, become more agile and run cleaner. Moving with precise technique, not rigid or too loose, will keep you from injury, but also from wasting precious time. The definition of good form changes based on the particular exercise in question, as well as the particular person performing the exercise. What I mean is, good form can look different depending on the individual and the situation; it's dependent upon the individual's needs and limitations. According to GMB Fitness Co., there are two important characteristics of good form that run through all types of movement:

It must minimize the chances of injury for the individual practicing the movement.

It must employ efficient body mechanics, to maximize the available strength and energy of

the movement

Following, I will aim to hit a few indicators of good form for vou.

As in our heading, "Work, Don't Jerk," notice your speed, range of motion and control. Proper technique is a combo of body stability and mobility. If you are too loose, your form will fall apart. If your movement is too rigid, your work will be unnecessarily restricted. Through good control of your momentum, you should have the ability to pause at any point within the performance of the movement. Moving with intention of control funnels the stresses to the appropriate muscles rather than inappropriately hitting an area prone to injury. Slow down. Think of your movements as rhythm and count two to four seconds for both parts of

the movement (positive and negative). Hit your range of motion (ROM). ROM is the totality of movement a joint is capable of doing. ROM changes based on our limitations. However, it's important to work through our entire ROM when we can while also being cautious at the beginning and ending of our ROM.

Step back a bit. If the weight you are using keeps you from performing good form, then change to a lighter weight and progressively move up as you get stronger (you get stronger when you are consistent with your routine). Good form does not mean perfection. Everyone is a little different-I can't emphasize this enough. A trained eye can help evaluate your form and help you tweak your movements to fit your specific needs and or limitations.

Performing with good technique is important. Keep your focus during your workout.

Have fun, but control your moves. If you are ever unsure about your form, use a mirror. Bad form just looks bad and you will probably be able to notice for yourself. For instance, when performing arm work, both biceps and triceps, keep your elbows close to you. When doing squats, keep your knees and feet aligned with each other and sit back as far as you can, balancing on your heals. In almost all situations, keep your back straight, shoulders back and down (depressed away from ears) and abs pulled in tight, all to protect the spine.

Just pay attention and do each move with purpose and control. Your body will thank you for it!

• Combination Inhalers -

Mentioned above, examples in-

clude Advair Diskus, Symbicort,

**Nutritional supplements:** 

• Magnesium and Vitamin D

deficiencies are associated with

Dulera.

#### **ASTHMA** continued from previous page

### **Triggers:**

- · Exercise, especially in cold air
- Emotional stress
- Air pollution
- Cigarette smoke
- Seasonal allergies, pollen
- Pet dander
- Exposure to airborne chemicals
- Viruses such as cold and flu

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· Sensitivities to food preservatives such as sulfites

- Acid reflux (GERD)
- Medications such as beta-blockers, non-steroidal anti-inflammatory drugs (aspirin,

ibuprofen, naproxen) There are several treatments that help in controlling or minimizing the attacks through medications and/or high quality nutritional supplements. Supplements should not be removed from their choices as they can improve the quality of the person's life.

#### **Medications:**

• Inhaled Corticosteroids The inhaled options have a much lower risk of side effects and are generally safe for long time usage vs oral options. Examples: Flonase, Flovent HFA, Pulmicort Flexhaler, Rhinocort, etc. Leukotriene Modifiers - These are uncommon and control attacks for about 24 hours. Side effects include depression, aggression, agitation, anxiety, hallucinations and suicide. Examples: Singulair, Accolade, Zyflo.

• Long Lasting Beta Agonists - These can increase the risk of a severe attack which is why they are used in combination with inhaled corticosteroids. Examples: Serevent, Fordil, Perforomist.

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increased incidence in asthma attacks as well as an increase in the severity of attack. • Omega 3 (DHA & EPA) are associated with reduced incidences (frequency and severity) of attacks. It exerts specific an-

ti-inflammatory effects, including a reduction of eosinophils,

specific white blood cells seen in allergies and asthma. • Antioxidants, besides A, C, & E, such as grape seed extract, resveratrol, curcumin, quercetin, green tea extract and many others are all associated with improved lung function in human and animal testing. Example: Gamma tocopherol is a sub-type of vitamin E. It has been shown to reduce the inflammatory response and help maintain asth-

ma remission. The nutritional information above is only a sample of the spectrum of supplementation that has shown sound benefits to those suffering with asthma. To Learn more about a doctor's recommended protocols send me an email with ASTHMA in the subject.

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

# Leadership Supercharge: Why Reading Should Be Your Daily Ritual



BY BILL MASON

In the dynamic world of leadership, where continuous growth and development are essential, there is one undeniable truth: leaders are readers. Even if you despise reading, the act of consuming books on a regular basis can be a game changer in your leadership abilities. Discover six ways in which reading can significantly enhance your leadership skills. Learn how incorporating this simple daily habit can transform your leadership journey.

#### **Condensed Knowledge:**

One effective way to better understand authors' life message, experiences, insights, and wisdom is by reading their books. Their published works contain a wealth of knowledge that can be used to improve your leadership abilities and advance your career. By delving into their writing, you can absorb their expertise and apply it to your journey as a leader..

### Accelerated Leadership Growth:

Regularly reading books can accelerate your growth as a leader by providing new insights, lessons and strategies to apply to your leadership style. Exposure to diverse ideas and experiences continually improves your personal and professional development, allowing you to address challenges better and motivate your team.

### Broadening Perspectives:

By reading, you can expand

your outlook and learn new viewpoints, even if you already have your own preferences and biases. Exploring diverse perspectives to gain new insights and better understand the world is beneficial. This worldview expansion can aid in navigating complexities, making informed decisions and connecting with a broader range of people.

### Leading with Empathy:

To become a better leader, it's critical to prioritize goal accomplishment and build relationships through empathy and understanding. Reading can aid in developing emotional intelligence, empathy and understanding of human actions. By analyzing the challenges and accomplishments of various characters in literature, you can learn and apply those experiences to how you interact with your team and stakeholders.

#### Igniting Creativity:

Reading books can increase

your ingenuity and imagination as the stories, ideas, and concepts they contain can inspire innovative thinking and problem-solving skills. By being more creative, you can approach challenges with

new perspectives, develop novel strategies, and encourage transformation within your team.

#### The Reluctant Reader's Journey:

If you have a busy schedule or don't enjoy reading, consider listening to audiobooks on Audible instead. I prefer audiobooks and have listened to them for five years. I began listening to audiobooks at twice the regular speed to get more bang for my buck. It took some time, but I gradually increased the playback speed to help my brain adjust. As a result, I can now complete an eight-hour book



in just four hours. I listen to audiobooks while driving, working out, or doing yard work. Investing in personal growth is essential because time is a precious resource. When something is valuable to you, you'll always find a way to incorporate it into your life.

Starting today, set a goal to read a few pages or listen to 20 minutes of a book daily. A recommended book to begin with is "How to Win Friends and Influence People" by Dale Carnegie.

Remember, leaders are readers, so start today!

# Local Business with National Impact Expands in Fort Walton Beach

Locally-owned G.S. Gelato is not only a national business, but is a leading manufacturer of gelato, sorbetto and non-dairy frozen desserts for foodservice and private label retail. It recently announced an expansion of its Fort Walton Beach manufacturing complex, and will add 25,000 square feet, bringing the state-of-the-art facility to a total of 65,000 square feet.

"When we came here from Italy in 1996, we knew in our hearts that one day gelato would be the evolution of the ice cream industry," said Simona Faroni, co-founder of G.S. Gelato, along with her husband Guido Tremolini.

"G" is Guido Tremolini and "S" is Simona Faroni. Twenty years ago, Tremolini was running a restaurant in Italy and his wife was selling Redken hair products there. There were hundreds of gelato shops in his home town, Tremolini said. On a trip to Florida to visit friends in the 1990s, the husband and wife noticed the lack of stores and restaurants selling gelato.

So, they moved to the United States. They spoke no English.



It was as if they were re-born in another country, Faroni said.

"We began with just 1,000 square feet, and when business rapidly grew, we chose a new location with plenty of space to ensure room for future growth.



The expansion will enable us to successfully meet the grow-

ing demand for our products and to better serve our customers around the nation. We are thrilled to commence the next chapter of G.S. Gelato."

The new addition includes dry and frozen warehouse storage, significantly increasing production capacity and overall efficiency. Upon completion, G.S. Gelato expects to add nearly 30 staff members to support operations. Since its inception, the company has continuously reinvested in itself in order to remain on the cutting edge of innovation.

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### Business

# The Importance of a Local Agent when Insurance Premiums are Rising (Part 1)

#### A Local Agent Is Crucial When Insurance Premiums Are Rising

Premiums are going up all over Florida right now, and have been on the rise for the better part of the last three years. Last year saw the downfall of 11 carriers and the swift withdrawal of four others. This year already, two carriers have gone out of business and into receivership. It is not a soft market by any means. The best way to ensure that you are able to find the best plan for your needs is to find a local independent agent to help you, so that you don't have to go it alone.

it alone. Property and casualty insurance is an essential type of insurance that covers an individual or a business against financial losses resulting from damage to property or liability claims. Property and casualty insurance provides coverage for losses that arise from unforeseen events, such as theft, fire, storms or accidents that may result in property damage, injury or death.

Having property and casualty insurance is essential for anyone who owns a home, car or business. However, choosing the right insurance policy and carrier can be a challenging and time-consuming task. This is where a local agent can come in handy.

A local agent is an insurance agent who operates in your local area and has a deep understanding of the insurance market in your region. Local agents are an excellent resource when you need help understanding your insurance policy or filing a claim. They can also help you find the right policy and carrier to meet your specific needs.

#### The Value of your Agent Being Truly Independent

One of the benefits of having local agents is that they can act as your advocate when dealing with insurance carriers. Your local agent can help you negotiate with your carrier when it increases the price of your

premium or tries to deny your claim. They can also help you find a new carrier that offers the same level of coverage at a more affordable price.

It is essential to note that your local independent insurance agent represents you and not one carrier. An independent



agent can help you find the right carrier that offers the best coverage and premium rates for your specific needs. They work with multiple carriers and can provide you with unbiased advice and guidance when it comes to choosing the right insurance policy.

Property and casualty insurance is an essential aspect of protecting your assets and providing financial security in case of unexpected events. Property insurance provides coverage for your home and personal belongings, while casualty insurance covers liability claims against you. With insurance premiums rising, it is more important than ever to have a local insurance agent and work with him to find the right insurance carrier for your needs.

While it is important to have property and casualty insurance to protect your assets, it can be frustrating when insurance premiums rise unexpectedly. This is where having a local insurance agent can be invaluable.

#### What Can You Do When Your Carrier Increases The Price Of Your Premium?

If your carrier increases the price of your premium, there are a few things you can do to help find the right insurance carrier and keep your costs down.

First, speak with your local insurance agent, who can help you understand why your premium is increasing and can provide you with options for reducing your costs. From changing your deductible to reviewing your current discounts and finding discounts you may be eligible for are just a few of the things your agent can help you accomplish.

If you have recently replaced your roof, you may not be getting all the wind mitigation discounts that you are now eligible for. Always have a new wind mitigation completed after replacing a roof, and also submit either paid in full roof invoice or finalized re-roof permit to your agent for submission to the underwriting department of your insurance carrier. The carriers generally apply new credits effective the day they receive the new inspection, rather than the day the new inspection was completed. All wind mitigation inspections must be signed by both the inspector and the insured.

Next, consider shopping around for a new insurance carrier. Your local insurance agent can help you identify other carriers in your area that may offer better rates. They can also help you compare policies and coverage options to ensure you get the coverage you need at a price you can afford.

Finally, consider making changes to your policy to reduce your costs. For example, increasing your deductible can lower your premiums, as can bundling your policies. Your local insurance agent can provide you with advice on which changes to make to help you save money while also helping you to understand what your insurance needs actually are. Most HO3 home insurance policies allow policyholders to choose the percentage of the dwelling coverage in contents they prefer to carry.

Some carriers allow only 50 percent, 25 percent or 0. Those are not good choices, but that is what that carrier allows. Some carriers allow anywhere from 10 to 70 percent of the dwelling in contents, and that is useful to know when you are collecting quotes from different carriers, which ones will allow you the flexibility to choose the level of contents coverage that most closely matches what you have in your home.

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BY SEAN DIETRICH

Hi there. This is that Little Voice inside your head speaking. Yeah, I know. It's been a while. But how are you? How's life? How's the fam? You still doing keto?

Listen, I know we haven't talked in a long time, but technically, that's not my fault. You probably don't remember this, but you quit listening to your inner voice just as soon as you hit the fourth stage of puberty.

The moment you developed armpit hair, you became a lot more concerned with getting a driver's license, French kissing, and eradicating zits.

So over time that voice inside you got quieter. Oh, sure, every now and then you'd hear me droning in the background like Charlie Brown's teacher. But you never actually listened.

Although there were a few times...

Remember that rude waiter a few weeks ago? When the meal was over, you almost stiffed him with the tip. But then, you dug into your wallet and gave him a ridiculously generous gratuity.

Did you ever stop to wonder why you did this? Well, I'll tell you why. Because the teeny, tiny voice reminded you that being generous was not just kind, it was right. That Little Voice was me

There was that other time, when you gave a ride to two Mexican young women who didn't speak English. Their car broke down in the Walmart parking lot, and they were crying. You helped them out because that faint voice would not shut up.

Also me.

And let's not forget about the time you almost got into that fatal car wreck.

No, wait. You never knew about that one. You never did know how close you came to the end. Because the Little Voice told you to pull off the interstate immediately before the disaster happened. And you actually listened. In a few seconds there was a ten-car pile up on I-65, and four people were killed.

Still, most of the time you keep me turned off. Sometimes you sense me reminding you to use your turn signal, not to play on your phone too much, and not to cuss during third down situations. But most of the time you never even hear me talking.

The thing is, if you'd listen to me once in a while, you would discover that I know stuff. Big stuff. Important stuff. I am a very smart Little Voice. I don't have time to run through my whole résumé, but I'll hit the highlights.

For starters, I'm older than you. Way, WAY older. In fact, I'm ancient enough to remember when the Dead Sea was just getting sick. The Grand Canyon was still a teenager when I was celebrating my 2,00000000 kajillionth infinity.

Secondly, I love you. I'm part of you. I'm part of your soul. So in a way, you and I are like peanut butter and jelly. We go together. We are inseparable. Think of me as electricity that makes an appliance work.

Your body is like a GE washing machine, only with more adipose tissue. Without electricity, a washing machine is just a big metal box.

I am the amperage running through the circuit breaker, the plug, the electronics. I am the voltage that makes the agitator spin inside the drum. I am the most important part of the machine. I'm not asking for any credit here, I'm just telling you how it is.

In fact, that is why I am writing this letter. Because I've been watching you recently. I saw you crying this morning when your wife was in the hospital; I saw you weeping when hospice administered your mother's final meds; I watched you crumble on your bathroom floor and bawl because the doctor gave you bad news; I saw you shut down when they told you your son committed suicide.

I was with you. I was right there. I was speaking to you, but you were too upset to hear me. Hey, that's okay. Believe me, I get it. This is the darkest period you will ever go through.

I'm here to tell you that

### Sean of the South



you're going to make it through this mess.

The problem is, your brain is turning against you. Your brain keeps telling you this is the end,

that your life is over. Your brain is telling you to quit. To stop trying.

Don't trust your brain. Your knows brain nothing. Your brain is full of a plentiful substance common-

ly found in barnyards and hog pens.

I am telling you, without the slightest hue of doubt, you will survive this. You will be okay. One day, by and by, this will all be over, and you'll understand it better. But for now, just know that this is not the end.

And here's the thing: Deep inside yourself, you know I'm right. You don't need a heavenly sign for proof of this. You don't need anything to convince you. Because within the innermost, most profound layer of your soul, you just know. You know what I'm saying is true.

Because I am your Little Voice.

Or you can always call me by my other name.

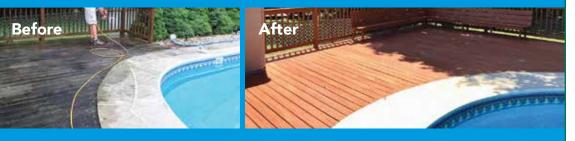


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### Musing

# The Road to Redemption: The Chet Walker Story

#### By Victoria Ostrosky

"It only takes a glimpse of hope to make somebody not hopeless." Chet Walker finally learned that lesson after nineteen years of drug use, and now he fully comprehends the furious longing that God has for us.

In Brennan Manning's book The Furious Longing of God

he explains it beautifully. And Cory Asbury's song "Reckless Love" describes it as well. As Brennan states: "the shattering truth of the transcendent God seeking intimacy with us is not well served by gauzy sentimentality, schmaltz, or a naked appeal to emotion, but rather in the boiling bouillabaisse of

shock bordering on disbelief, one loved was found. Day by wonder akin to increduli-

ty, and affectionate awe tinged by doubt." And again: "The furious longing of God is beyond our wildest desires, our hope or hopelessness, our rectitude or wickedness... It is simply Jesus, the effulgence of the Fa-

ther's love.' Chet's story is, amazingly

enough, only one of a myriad of miracles where God's reckless love kept pursuing until the

day, Chet destroyed his life

by using and abus-10 REDEMA ing every type of drug he could get his hands on. Heroin, meth, co-He caine. became a thief, robber, and best "was friend to the devil." He lost

everything. Chet had grown up

in church and believed in God but didn't have that experiential knowledge. He didn't have Je-

During those nineteen years

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of addiction, he went to many rehabs and spent a lot of time behind bars. He spent so much time getting into trouble, that Chet says, "I got addicted to riding in the back of cop cars." Then God's furious longing caught up to him. Chet was arrested again, and as he sat in the back of yet another police cruiser, he heard the words "you're done" and he knew right then that he would never use drugs again.

While Chet was in jail for his most recent violation, God told him he was going to help other people. "I couldn't even help myself. I thought I needed money, but that wasn't in the plan." Once he was out of jail, he began sharing his testimony to the homeless. "God puts me in front of homeless people who believe they want to be homeless. I come back each day and if they can see Jesus in my eyes, they get it." He says that a lot of addicts don't feel loved by God, and this is exactly what they need to know.

He talks about the importance of hitting rock-bottom, and that at rock-bottom there's a trap door that leads to the devil: "Until that person finds Jesus and is willing to act on His vision, then they're not ready." They need to surrender to Jesus and act in obedience. Chet's advice to friends and family of drug addicts is to "get them around Jesus, with books, music, and family love."

Brennan Manning, a recovering addict, fully understood God's furious longing. He wrote: "The men and women who are truly filled with light are those who have gazed deeply into the darkness of their own imperfect existence." I know Chet agrees with Brennan's assessment.

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



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🀞 Musing



By PASTOR DOUG STAUFFER

In the annals of world history, no nation since ancient Israel has borne a mission as profound as the United States of America. From the crucible of revolution to establish a land of liberty, America was founded on principles echoing a divine intent. It was to be the beacon of hope and the spiritual light in a world darkened by sin and burdened by oppression. It is essential to recognize that as America goes, so goes the world.

This nation, under God, was painstakingly crafted by the Founding Fathers, whose wisdom and foresight set into motion a divine mandate. A mandate where liberty is not merely a buzzword but a call to transform the world through the action of missionary endeavors. The resonating words of the Declaration of Independence serve as a constant reminder that we are "endowed by our Creator with certain unalienable Rights," namely "Life, Liberty, and the Pursuit of Happiness." This best conveys my sentiments:

# A Pastor's Ponderings: America's Global **Mission as Pilgrims, Patriots and Pioneers**

Mountains to prairies, to oceans white with foam, God, please bless America,

our beloved home. This Independence Day, let every American vow,

A return to righteousness for the time is now.

Consider one and all as the star-spangled banner does wave, Over the land of the free, the

home of the brave. In God's grand design, a

choice remains, To accept His influence or

bear sin's chains.

For centuries America has been the beacon of hope, a role emphasized in our national anthem, a tribute to resilience in the face of adversity. This land owes its birth to the seeds of religious freedom, sown and nurtured by the sweat and sacrifice of pilgrims, patriots, and pioneers who dared to dream of a land free from tyranny.

Beyond our borders, America's mission spread, driven by churches sharing the Gospel's light to remote villages and urban metropolises. This mission has a dual purpose: saving souls and discipling Christians. America's role is crucial in an era marked by turbulence and challenges. We face a formidable adversary, Satan, who seeks to destroy our nation, knowing its demise would further plunge the world into darkness. Our



greatest strength lies NOT in economic or military power but in our adherence to the principles that birthed our nation.

Remember, where the Spirit of the Lord resides,

There, indeed, true freedom abides.

Biblical freedom does not bind.

To political institutions, it isn't confined.

Recognizing this spiritual threat is paramount. We face an enemy intent on sowing discord, stoking division, and causing us to deviate from our divine path. As we pay tribute to our nation's founders, we must recommit ourselves to America's divine mission. We are the torchbearers of their vision, tasked with preserving America's blessings for future generations. As we navigate these trials, we hold steadfast to our faith, trusting in God, who has guided us since our nation's birth.

Freedom to enjoy God's blessings are vast,

In Spirit-led liberty, our souls remain steadfast.

True independence, in Christ we stand.

In this truth, we discover unity so grand.

Indeed, "Where the Spirit of the Lord is, there is liberty" (2 Corinthians 3:17). Let this liberty echo from our mountains to our valleys, reaching every corner of the earth. Such is the calling, the blessing, and the destiny of the United States of America. We are "one nation under God," and shall find refuge under His wings. God bless the U.S.A., and Happy Independence Day.

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



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### Arts & Music

# **FWB Community Chorus Presents Scholarships**

During its Spring shows in May, through the Fort Walton Beach Community Chorus Memorial Scholarship Foundation, the Fort Walton Beach Community Chorus was able to award two scholarships to local high school seniors who will pursue either a major or a minor in music while in college—Ashley Sarah Decker and Thomas Noble Roberts. The application process includes an application, a letter of recommendation and a performance video audition. Scholarship recipients are announced on stage during one of our shows





and perform their audition piece during the show.

Ashley Sarah Decker is a musically and academically talented 2023 graduate of Niceville High School (NHS). She was actively involved in the choral music program since her freshman year and four choirs while also serving as a teacher's aide. Ashley was a member of the women's chorus and Niceville Singers all four years of high school and was selected for Opus One during her junior year. Additionally, she was a member of the Jazz Girlz ensemble since her sophomore year and was selected for the All-County Chorus three times. Ashley also held leadership positions in the Select Women's Chorus and Jazz Girlz Chorus. Ashley contributes to the community through part-time employment and refereeing for Club and Community League soccer. She plans to attend the University of West Florida to pursue a bachelor's degree in music with the goal of conducting collegiate-level choirs, teaching piano and being a choir clinician.

Thomas Noble Roberts, a 2023 graduate of Niceville High School, is in the top 6% of his graduating class with a weighted GPA of 4.51. A well-rounded in-



pet playing, receiving numerous accolades at local, state and national levels. Tommy has been the principal/lead player in the Wind Symphony and Big Band ensembles at NHS and was even elected by his peers to hold the office of Band President. He is also a leader in the community as a member of the Boy Scouts of America and is actively involved in his church community. Tommy plans to pursue a Bachelor of Music in trumpet performance and a Bachelor of Science in biological science, as well as taking pre-med requirements to apply to medical school.

The Fort Walton Beach Community Chorus Memorial Scholarship was established in 1993 in dedication to numerous long-time chorus members. In the past two decades, the FWB-CC has awarded scholarships of more than \$50,000.

Looking forward, the Fort Walton Beach Community Chorus holiday performances will be held December 8, 9 and 10 at the Fort Walton Beach Civic Auditorium. Save the Dates! For more information, visit https:// fwbc-chorus.square.site/

### The Mulligans Present Check For \$8000 To Shalimar Pointe Golf Club



Mulligans Manager, Lincoln Cox, presented a check in the amount of \$8000 to Jill Newell and other members of the Shalimar Pointe Golf Club Ladies Golf Association recently. The proceeds were provided from the Mulligans' 3rd Annual Concert On The Green held May 27th on the driving range of Shalimar Pointe Golf Club. The concert was a celebration

of the re-opening of SPGC after being closed for more than a year for an extensive 1.7-million-dollar renovation. These funds will be used to build the storage facilities that SPGC and The First Tee organization will use in their efforts to introduce young people to the game of golf.

# **Emerald Coast Theatre Company's 10 Years of Magic Continues with Season 11 on the Horizon**

By Anna Fisher, Associate Artistic and Education Director

We just closed our 10th season with a sold out run of one of my absolute favorite musicals, "Sound of Music." It was a little bit magical to end 10 years of incredible shows with such a profoundly beautiful story. I look forward to Season 11 with such excitement and anticipation for what another year of great theatre will bring!

We launch Season 11 next fall with Million Dollar Quartet in September/October. This smash-hit musical tells the story of legendary music icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins as they come together on Dec. 4, 1956, at the famous Sun Studios. This show has so many great songs including "Blue Suede Shoes," "Sixteen Tons," "Great Balls of Fire" and "I Walk the Line" just to name a few. Elvis will be in the building y'all!

We follow that with the timeless holiday classic A Christmas Carol in December. This fastpaced stage version is so fun and includes all of your favorite characters like Tiny Tim, the Fezziwigs, all the ghosts and, of course, the original grumpy old man, Ebenezer Scrooge. This show is a mug of warm wassail on a cold winter's night and just the right thing to get you into the holiday spirit. Our favorite Scrooge, Bruce Collier, will be returning to the stage as well in this production.

There's plenty of chances to catch The Marvelous Wonderettes: Caps and Gowns throughout the winter months with shows in January, February and March. This is the delightful sequel to The Wonderettes and follows our favorite girls as they graduate in 1958. With songs like "Rock Around the Clock," "At the Hop," "Dancing in the Street" and "River Deep, Mountain High," you will find yourself tapping along to this gem of a musical!

Another offering we have during those winter months is The Play That Goes Wrong. I absolutely adore the humor in this show! If you want a good laugh while trying to solve a murder mystery, this is the perfect night out. It was a smash hit on Broadway and we are thrilled to produce the show at ECTC!

If you liked Steel Magnolias, you will love Crimes of the Heart premiering in late February. This is a deeply touching, funny play about three eccentric sisters in a small southern town who deal with the fallout when Babe, the youngest, shoots her husband. This story serves up humor and pathos along with a

### **MULLIGANS**

continued from previous page

Over the last 11 years, the Mulligans have helped raise over one million dollars for local charities by providing entertainment at charity events and promoting the organizations through its' own marketing channels. "The Mulligans are very proud of what we have been able to give back to the community through our fun and entertaining musical events," said Lincoln Cox, Mulligans manager, "and we intend to continue supporting local organizations in this way far into the future. We sincerely appreciate all the community support of the band and the charities."

The Mulligans are a seven-piece band playing great rock and roll hits from legends like The Beatles, Tom Petty, Eric Clapton, Elvis, the Eagles, Bee Gees, the Ventures, Rolling Stones, Buddy Holly, The Monkees, Roy Orbison, Moody Blues, Young Rascals, Billy Joel, The Outsiders and many others. These talented band members include Edwin Watts, Steve Spayde, Ray Angerman, Dan Mossman, Harry Eckel, Brad Sanko, and Dave Hope. The Mulligans are available to play for charity, business or other events.

large glass of sweet tea!

And since everyone loves a mystery, we're keeping the final musical of our season under wraps! Just plan to come on out to ECTC for a fantastic show in May 2024.

If Season 11 can't get here

fast enough for you, make plans to catch "Broadway on the Boulevard, Dancin' in the Street" outdoors in the Grand Park at Grand Boulevard every Thursday during the summer through the end of July. We also have a fantastic group of teens per-

forming Grease at the end of July at 560 Grand Boulevard, upstairs in our theatre. I hope no matter how busy life gets, you always make time for the joy of a well-told story and the richness of a night out with friends and family. See you at the theatre!





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