



APRIL 2025
VOL. 3, NO. 10

FWB Life

PRSR STD
ECRWSS - EDDM
U.S. POSTAGE PAID
Santa Rosa Beach, FL
PERMIT NO. #11
Postal Customer Local

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

BY CHRISTOPHER MANSON

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

- Mark Twain, Life on the Mississippi

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

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

Captain Billy Bowlegs LXIX Michael Castleberry has called Fort Walton Beach



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

High school students from Niceville, Destin, Choctawhatchee and Fort Walton Beach will serve as Princesses and Privateers. The Hon-

or Guard LXIX consists of Shane and Jessica Atkinson, Ben and Jaris Buehler, Creed and Elizabeth Burkhart, David and Remi Densmore, Scott and Regina Groundwater, Larry and Donita Messenger, Joe and Tammy O’Gallagher, Matt and Becky Scaringe, John and Channa

Schuster, and Michael Voit and Angela Hassell, all of whom look forward to representing the Krewe.

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

BILLY BOWLEGS
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Meet Hometown Hero John Wambough: Flying Against the Odds

BY KELLY-MURPHY REDD

John Wambough says courage and love of country was the glue and inspiration that kept the F-105 fighter jet pilots climbing high in the sky at record speeds over North Vietnam. Retired Colonel John H. Wambough, remembers the heroic past of his pilot friends who daily went into battle facing being shot down, perhaps rescued, killed or falling into the hands of the North Vietnamese. John says he never thought of himself as a hero, though his F-105 took on enemy fire. He says, “The real heroes were those who fought bravely and didn’t make it back safely. Many were unmercifully tortured for years in the infamous “Hanoi Hilton” and many never returned.”

Born in 1939, John grew up in Glen Cove, Long Island, N.Y. He attended New York University (NYU) and joined the Cadet Corps,

JOHN WAMBOUGH
continued on page 2



Magnolia Grill

Equal parts museum and dining establishment, the walls of this 1910 catalog house are covered with pieces of local history

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Sunday
APRIL 20
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MUSIC With:
EMILY BASS
11am
TJ & BRAD
4pm

Community

BILLY BOWLEGS

continued from page 1

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

2025 Events

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

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

The Skirmish at the Landing Park follows on Friday, May 16, at 8 p.m. An Arts and Crafts Festival is planned for 5 p.m., fol-

lowed by a performance by blues rockers Thin Ice at 6 p.m. Captain Billy and his scouting party are expected to land at 7 p.m., and make sure you stick around for a spectacular fireworks show at 8:45 p.m.

Saturday, May 17, the much-anticipated pirate invasion takes place at the Landing Park with Captain Billy and his Krewe landing around 3:30 p.m. Arts and crafts begin at 10 a.m., followed by live music from The Friskeys from 1 to 3 p.m. The celebration continues until 7 p.m.

The band Duchess kicks off its first Bowlegs gig at 4 p.m. Duchess has performed at numerous Krewe of Bowlegs parties, as well as the Concert on the Landing series. Duchess' Doug Bowers and Chuck Tidwell have played the festival before with the band 423. Bowers says festivalgoers can expect "high-energy Seventies and Eighties classic rock (from a band that loves to interact with its audience)." Learn more at duchessband.com.



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

Videos of previous parades

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

To Get You in the Pirate Mood

These are AAAAA-guably the Best Pirate Movies Ever

1. Pirates of the Caribbean: The Curse of the Black Pearl (2003)
2. Captain Blood (1935). Starring Errol Flynn, Olivia de Havilland, and Basil Rathbone.
3. The Princess Bride (1987)
4. Walt Disney's Treasure Island (1950). This was Disney's first full live-action movie and the first version of Robert Louis Stevenson's classic novel to be filmed in color.
5. Hook (1991). Directed by Steven Spielberg, with Academy Award winner Dustin Hoffman in the title role trading his acting chops with the likes of Robin Williams and Julia Roberts.
6. Pirates of the Caribbean: Dead Man's Chest (2006)
7. Captain Phillips (2013)
8. The Goonies (1985). Eighties kids would say this is one of the best movies ever.
9. Pirates of the Caribbean: At

- World's End (2007)
10. Muppet Treasure Island (1996)
Source: imdb.com

A Dozen Tunes To Get Your Pirate Playlist Starrrrrr-Ted

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

A Half-Dozen Groan-Worthy Pirate Jokes

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

Sources: Various.

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

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

"The tradition of Billy Bowlegs has spanned over 75 years and has become an important

Published Monthly
Mailed FREE to the
communities of Fort Walton Beach,
Okaloosa Island, Ocean City,
Shalimar & Cinco Bayou
(32547, 32548 and 32549)

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

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Billy Bowlegs Festival

MAY 15: LITTLE SCALLYWAGS PIRATE WALK

MAY 16: CONCERTS AT THE LANDING, SKIRMISH & FIREWORKS

MAY 17: VENDOR BOOTHS, LIVE MUSIC, PIRATES LANDING

MAY 19: TORCHLIGHT PARADE

DOWNTOWN FORT WALTON BEACH WWW.BILLYBOWLEGSPIRATEFESTIVAL.COM

JOHN WAMBOUGH

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became Captain of the Pershing Rifle Trick Drill Team, and Cadet Corps Commander his senior year. Graduating NYU in 1962, he attended Flight School at Vance Air Force Base during the Cuban Missile Crisis. He flew the B52G Bomber during the Cold War against the Soviet Union. He volunteered to fly F-105 Fighters in 1967.

During the Vietnam War, John volunteered to fly the F-105 Thunderchief (THUD) and trained at Nellis AFB in Las Vegas, Nev.

- 1967 was the peak year for pilot losses. F-105 pilots averaged getting shot down every 33 missions.

- The rescue rate was 50%.
- 180 F-105 pilots were killed in action during the Vietnam War.

- 107 pilots became prisoners of war (POW's).

- 145 F-105 pilots were shot down and rescued.

Of the pilots who became POWs, most were tortured during captivity via beatings, stress positions and prolonged isolation to extract information and propaganda confessions. At least 7 F-105 pilots died in captivity. The extreme loss rate of F-105 pilots was due to highly sophisticated air defenses in North Vietnam, second to only Moscow, to include 10,000 anti-aircraft artillery guns (AAA), Soviet supplied surface to air missiles (SAMs) and MIG fighters. F-105 missions were so dangerous, by the late 1960s, the odds of an F-105 pilot completing a 100-mission tour were less than 50%.

Micromanagement of the Vietnam War by the sitting President of the United States, Lyndon B. Johnson and Secretary of Defense Robert McNamara also contributed to high loss rates. President Johnson bragged, "They (pilots) cannot hit an outhouse without my approval." Predictable routes of attack and hideous Rules of Engagement prevented hitting targets necessary to win the War. The first year and a half into the War, 97% of the Joint Chiefs of Staff's recommended targets in North Vietnam were off limits to air strikes. The N. Vietnamese were able to build up defenses to attack our aircraft when we were finally permitted to attack targets previously off-limits.

Pilots noticed the uncanny ability of the N. Vietnamese to move AAA and SAMs into position before we could hit assigned targets in N. Vietnam. The reason was revealed many years after the war during a TV interview with President Johnson's Secretary of State Dean Rusk. He admitted the following, "We didn't want to harm the N. Vietnamese people, so we passed the targets to the Swiss Embassy in Washington with instructions to pass them to the N. Vietnamese government."

John flew missions as a part of Operation Rolling Thunder. The F-105 accounted for approximately 75% of the sustained bombing campaign against N. Vietnam during Rolling Thunder. Targets included heavily defended rail lines, bridges, supply depots and missile sites to stop the movement of war materials going to South Vietnam to be used against our troops and S. Vietnam troops. Civilian populations were not targeted. John's combat tour included strikes into N. Vietnam, Laos, Cambodia, with only a single mission into South Vietnam in support of our troops in contact with enemy forces (Viet Cong).

John loved flying the F-105. He describes it as "fantastic." The F-105 was the biggest and fastest fighter-bomber ever produced. It could go up to 1,000 mph off the deck. MIGs (fight-



er aircraft supplied by Russia to the North Vietnamese) couldn't match its speed.

In September of 1968, John began a tour of duty in the 34th Tactical Fighter Squadron (TFS) at KORAT, Thailand expecting to fly 100 combat missions in 6 months. But due to the high losses of F-105 aircraft during the Vietnam War, in 1969, the

F-105s were withdrawn from combat in the 34th TFS and replaced with F-4 fighter aircraft. John went on to an assignment as an Air Operations Officer at 7th Air Force, Saigon, followed by assignment to the 12th TFS at Kadena AB, Okinawa. He retired in 1990 at Hurlburt Field after 27½ years in the Air Force.

Celebration to Honor Viet-

nam Veterans

John is looking forward to the Greater Fort Walton Beach Chamber's Honoring Our Heroes celebration marking the 50th anniversary of the end of the Vietnam War.

The tribute to honor our Vietnam veterans begins April 28-29 with free events at the Air Force Armament Museum in Fort Walton Beach, 5-8 p.m.

The Heroes' Tribute Banquet follows on April 30, 5-9 p.m., at the Destin/Fort Walton Beach Fairgrounds & Event Center.

Keynote speaker is Rocky Bleier, four-time Super Bowl champion and Vietnam veteran. Other featured speakers include decorated Marine and Warriors, Inc. founder Dale Dye, and Col. Ed Hubbard, a former POW who spent over six years in captivity in North Vietnam.

Register for the banquet at: <https://www.fwbchamber.org/events/details/heroes-tribute-banquet-honoring-our-vietnam-veterans-20292>.

Publisher's Note

This month marks the 50th anniversary of the end of the Vietnam War. In recognition of this milestone, we are honored to share stories that pay tribute to the courage, sacrifice, and resilience of those who served. We thank our Vietnam veterans and their families for their service and invite our readers to join us in remembering their legacy.



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Events Around Town

Bunny Hop Trail Set for April 11

Free Easter Fun at Recreation Center

The City of Fort Walton Beach Recreation Department will host its annual Bunny Hop Trail on Friday, April 11, from 5:30 to 8:30 p.m. at the Preston Hood Athletic Complex, directly behind the Fort Walton Beach Recreation Center at 132 Jet Drive NW. This free family-friendly event will feature treats, bounce houses, face painting, and a photo booth with the Easter Bunny. Local businesses, organizations, and groups are invited to set up a table along the trail and hand out treats. For more information,

contact Program Coordinator Pat Sherman at 850-833-9576 or psherman@fwb.org.

Construction Junction Returns April 12

Big Trucks, Free Fun & Safety Activities

The Fort Walton Beach Police Department will host Construction Junction on Saturday, April 12, from 10 a.m. to 2 p.m. at the Okaloosa County Fairgrounds, 1954 Lewis Turner Blvd.

This free event gives kids a chance to explore big trucks and heavy equipment up close—including construction vehicles, police cars, military trucks, helicopters, and more. Activities

include bounce houses, a sand mountain, safety demonstrations, and Home Depot's "Kids Crew" with hands-on building kits. The first hour (10–11 a.m.) will be sensory-friendly, with no horns or sirens. Free food and drinks will be available throughout the day.

Doggie EGGstravaganza Returns April 18 to Grand Boulevard

Calling all dog lovers! Dog-Harmony's 10th Annual Doggie EGGstravaganza hops into Grand Boulevard at Sandestin on Friday, April 18, 2025, from 5:30–7:30 p.m. This canine-only Easter egg hunt features 800 treat-filled eggs, live



music, pet photos, games, prizes, and delicious bites from JC's Gourmet, plus beer and wine for the humans.

Two egg hunt zones—divided by dog size—ensure every pup has a chance to play. A \$20 donation in advance (\$25 at the event) includes a souvenir treat bag and helps support Dog-Harmony's mission of reducing shelter populations through education, training, and outreach.

Part of the Coastal Culture Series by Grand Boulevard Arts & Entertainment, tickets are available at events.humanitix.com/doggieeggstravaganza-2025. For sponsorships, email hello@dog-harmony.org.

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



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

This community-centered event, sponsored by CHELCO Operation Round Up, is a celebration of nature, sustainability and environmental education. A variety of Expo Vendors will be present including:

- Native Plant Nurseries
- Community Food Forest
- Master Gardeners & Garden Clubs
- Choctawhatchee Basin Alliance

- Camp Rudder's Army Rangers Reptiles
- Vale of Paradise Mushrooms

- NoWal Farm
- And many more!

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

Admission Information:

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

Local food vendors, including The Bentea Stop and The Rican Vegan, will be offering delicious refreshments for guests to enjoy throughout the event.

Join us in celebrating our planet, connecting with the community and learning how we can all contribute to a healthier, more sustainable environment. For more information, visit www.eowilsoncenter.org.

Save Our Cats and Kittens (SOCKS) is Putting A Cat-Tastic Twist on the Legendary Run for the Roses!



The nonprofit feline shelter is hosting "The Kittucky Derby" from 2 p.m. to 5 p.m. Saturday, April 26, at its event building, a.k.a. "Catnip Downs."

The family-friendly event includes games such as horseshoes and cornhole; a contest for the most flamboyant derby hat; a silent auction with top-notch prizes, such as a VIP local distillery tour; bourbon punch and mint julep drinks in the Feline Lucky Lounge; delicious hors d'oeuvres including pimento cheese, of course; and the stars of the show, kittens "racing" to

Continued on page 6

PIANO MAN

A Tribute to Billy Joel
Featuring Mark Kovaly

Mattie Kelly Arts Center
Saturday, May 10th at 7 p.m.

Piano Man: a Tribute to Billy Joel featuring Mark Kovaly has become one of the most highly respected and sought after tribute shows in the country. Unique attributes include Mark's ability to play additional instruments like the harmonica and accordion. This is truly a one-of-a-kind tribute to the iconic Piano Man himself.

Mark your calendars and grab your tickets now for a night filled with nostalgia, energy and pure musical bliss. Piano Man live in concert for one night only to ignite the stage with an electrifying performances and iconic songs.

Tickets: www.mattiekellytickets.com or call 850-706-5206
reserved tickets \$19.50-\$44

Happenings Around FWB

2025 EVENTS

APRIL

- 11** | 25th Photography Show
6 pm | Arts & Design Society (ADS0) | FWB
- 12** | Autos for Autism benefiting Advanced Sacred Hope Academy
10 am | Santa Rosa Mall | Mary Esther
Construction Junction hosted by the FWB Police Department
10 am | Okaloosa County Fairgrounds | FWB
GEMS Workshop presented by the Emerald Coast Science Center
10:30 am | FWB Public Library | FWB
Jacobe Turner Teen Center Bowling Tournament
1 pm | FWB Bowl | FWB
La Luna's 3rd Annual Spring Fashion Show benefiting Caring & Sharing of South Walton
2 pm | Grand Boulevard at Sandestin | Miramar Beach
14th Annual Relay for Life
4 pm | Harvey F. Eckhoff VFW Post 7674 | FWB
- 13** | 4 Legs and Easter Eggs
12 pm | 3 Dogs and a Chick | Downtown FWB
BBQ with The Bunny
12 pm | The Place on Beal | FWB
- 15** | Homeschool Science Fair
4 pm | Emerald Coast Science Center | FWB
- 17** | Curiosity Club
4 pm | FWB Public Library | FWB
FWB Chamber Business After Hours
5:30 pm | Zatitude Apartments | FWB
Planetarium Night
6 pm | Emerald Coast Science Center | FWB
Concerts in the Village: Journeyman: An Eric Clapton Tribute
7 pm | Mattie Kelly Arts Foundation | Destin
- 18** | VFW Post 7674 - Steak Night
5 pm | 231 Carol Ave | FWB
Doggie Eggstravaganza benefiting Dog-Harmony
5:30 pm | Grand Boulevard | Miramar Beach
- 19** | Concealed Carry Weapons Class
10 am | EC Indoor Shooting & Sport | Valparaiso
- 20** | Grand Easter Brunch
9 am-2 pm | Crystal Ballroom | Henderson Beach Resort
- 22** | City of FWB City Council Regular Meeting
6 pm | FWB City Council Chambers | FWB

- 23** | Knowledge by the Slice presented by GitMoose
11:30 am | FWB Chamber of Commerce | FWB
Fandom Party for Homeschool Highschoolers
2:30 pm | FWB Public Library | FWB
- 24** | Concerts in the Village: Yacht Rock Revue
7 pm | Mattie Kelly Arts Foundation | Destin
- 25** | Golf Tournament
12:30 pm | FWB Golf Club | FWB
Relay for Life of the Emerald Coast
6 pm | Choctawhatchee High School | FWB
- 26** | Disc Golf Tournament
8 am | Ferry Park | FWB
LEGO Club
10 am | FWB Public Library | FWB
Emerald Coast Crime Stoppers Crawfish Boil
11 am | Uptown Station | FWB
CARE on the Coast
3:30 pm | Gulfarium Marine Adventure Park | FWB
- 24-26** | Destin Charity Wine Auction Foundation's 20th Annual Wine Auction Weekend
Various Times & Venues
- 27** | 6th Annual International Festival FWB
10 am | Liza Jackson Park | FWB
- 24-27** | South Walton Wine & Food Festival
Various Times & Venues
- 28-29** | FWB Chamber Honoring Our Heroes: Stories of Service & Voices of Valor
5 pm | Air Force Armament Museum | FWB
- 29** | The World's Greatest Baby Shower
5:30 pm | Destin-FWB Convention Center | FWB
- 30** | Dine + Dive benefiting the Underwater Museum of Art
6 pm | Grand Boulevard | Miramar Beach
FWB Chamber Heroes' Tribute Banquet: Honoring Our Vietnam Veterans
5 pm | Destin-FWB Fairgrounds + Event Center | FWB

- 02** | FWB Chamber First Friday Coffee
7 am | Christian Life Center at FBC | FWB
- 03** | 4th Annual FORE! the Love of Animals Golf Tournament
8:30 am | The Links Golf Club | Miramar Beach
Discover Science Saturday
10:30 am | Emerald Coast Science Center | FWB
Mindfulness Benefits for Stress Reduction
2:30 pm | FWB Public Library | FWB
- 04** | Emerald Coast Kidney Walk
12 pm | Choctaw High | FWB
Women's Climbing Circle
5 pm | Rock Out Climbing Gym | Destin
- 06** | Money Management presented by Gelin Ducati of PenFed Credit Union
2 pm | Career Source | FWB
- 08** | Community Book Swap
10 am | FWB Public Library | FWB
Mini Makers and Experimenters Lab
10:30 am | Emerald Coast Science Center | FWB
Gallery 3-D Show
6 pm | Arts & Design Society (ADS0) | FWB
Sip and Shop
6 pm | DeFrance Antiques on Beal | FWB
Concerts in the Village: Dear Amy: Amy Winehouse Tribute
7 pm | Mattie Kelly Arts Foundation | Destin
- 10** | Gamier Beach Garden Club
10 am | FWB Public Library | FWB
GEMS Workshop presented by the Emerald Coast Science Center
10:30 am | FWB Public Library | FWB

ONGOING EVENTS

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

SINGO Music Bingo Nights
6 pm | Tues | The Island Resort | FWB

Live Trivia Nights
6 pm | Thurs | The Island Resort | FWB

Live Trivia Nights
6:30 pm | Thurs | AJ's on the Bayou | FWB

Karaoke Night
7 pm | Thurs | Soundside Waterfront Bar | FWB

MAY

- 01** | Concerts in the Village: Black Jacket Symphony: Journey's Escape
7 pm | Mattie Kelly Arts Foundation | Destin

FARMERS MARKETS	Okaloosa County	Downtown FWB	Grand Boulevard
	Saturdays 7 am - 2 pm	2nd & 4th Saturdays 8 am - 1 pm	Saturdays 9 am - 1 pm
	1954 Lewis Turner Blvd FWB	FWB Landing Park	Grand Boulevard Miramar Beach



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EVENTS

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a feline photo finish.

Tickets are \$25 and can be purchased on the SOCKS website, www.saveourcatsandkittens.com. To become a sponsor or donate silent auction items, call (850) 865-6866 or email socks@saveourcatsandkittens.com.

SOCKS is a no-kill, free-roaming, feline-only cat shelter funded by donations. Event proceeds will provide food, shelter and medical care for cats and kittens waiting for their forever homes.

Swing into Action May 3 FORE the Love of Animals

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

Secure Your Spot Today! Foursomes are \$850 and individuals are \$250 with proceeds directly supporting Alaqua's mission of providing shelter, safety, and second chances to animals in need.

Register now at [https://app.](https://app.eventcaddy.com/events/fore-the-love-of-animals-2025)

[eventcaddy.com/events/fore-the-love-of-animals-2025](https://app.eventcaddy.com/events/fore-the-love-of-animals-2025).

Want to make an even bigger impact? Sponsorship opportunities offer premium visibility, brand exposure, and the chance to be a leader in supporting animal welfare. Sponsor a Hole for Just \$100! Spots fill up fast, so don't wait! Join us on the course and help change lives – one swing at a time.

Spring into Savings at the Northwest Florida Spring Home & Boat Show! Saturday, May 17, 2025 | Northwest Florida Fairgrounds | FREE Admission!

Get ready, Northwest Florida! One of the most anticipated events of the season is sailing your way—the Northwest Florida Spring Home & Boat Show is coming to the Northwest Florida Fairgrounds for one exciting day only on Saturday, May 17, 2025—and admission is completely FREE!

Presented by Paradise Promotions and powered by sponsors Life Media (Destin Life, Bay Life, FWB Life), Ecoview Windows, Defined Interiors, JVC Broadcasting, Fast Signs, Peaden AC, Zoo Graphics, and The Honey Do Service, this dynamic event will feature 50+ vendors showcasing everything you need to upgrade your home and lifestyle—with exclusive



show-only discounts and giveaways.

Expect to find the best deals on everything from roofing, remodeling, and restoration services to flooring, furniture, pools, spas, windows, and doors. Plus, explore innovations in solar energy, tech gadgets, closets, kitchens, bathrooms, and more—all under one roof!

And that's not all—Emerald Coast Marine will be on-site hosting a Super Spring Boat Show & Sale, offering fantastic boat deals you won't want to miss. Whether you're dreaming of hitting the water or refreshing your home, this show has it all.

On top of that, there will be

over \$10,000 in swag and door prizes up for grabs! And with



SOUTH WALTON BEACHES™

WINE & FOOD FESTIVAL

IT'S TIME FOR SOWALWINE.

SIP, SIP, HOORAY!

APRIL 24-27, 2025

Thursday • Winemakers & Shakers • 5pm-7pm
 Friday • VIP Wine Tasting Kick-Off • 4pm-6pm
 Friday • Botanicals, Bitters & Brews • 5:30pm-8pm
 Saturday • Grand Tasting • 3pm-6pm
 Sunday • Grand Tasting • 1pm-4pm

GUESTS ENJOY

Spirits Row, Interactive Activations, Savor South Walton Culinary Village, Nosh Pavilions, Tasting Seminars, Craft Cocktails, live entertainment, and more than 600 wines and spirits poured by industry insiders.

ALL PROCEEDS SUPPORT

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VISIT SOWALWINE.COM FOR MORE INFORMATION AND TO PURCHASE TICKETS.

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a car and motorcycle show benefiting the Arc of the Emerald Coast

BURNING UP THE BEACHES

MAY 2-3

DESTIN COMMONS

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Open to Public!
Live Music!
Valve Cover Races
Games and More!

A Celebration of Marine Life: Join Us for Gulfarium's 2nd Annual CARE on the Coast Sea Turtle Fundraiser!

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

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

For those eager to dive into marine conservation, CARE on the Coast offers a rare chance to go behind the scenes and learn



how Gulfarium's dedicated animal care team works to rehabilitate sick and injured sea turtles. Hear inspiring success stories, get up close with some of our current patients, and discover how you can play a role in protecting these incredible creatures.

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

tered throughout the park, including conservation-themed games, crafts, and fun challenges designed to inspire the next generation of ocean advocates. Whether you're exploring these activities, sipping a cool drink under the Florida sunset, or dancing to live music, the night promises to be a true celebration of marine life.

Tickets are on sale now, and



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

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



Help us save our local sea turtles at this exciting, family-friendly event!

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Okaloosa Gas District



Community

Former Vietnam POW Howard Hill Tells His Story

By KELLY MURPHY-REDD

Descending by parachute, Howard Hill saw someone with a rifle running down the dirt road in his direction. When he landed, two men in militia outfits and pith helmets stood 10 feet away, looking down the sights of their rifles with bayonets. Forty to fifty more came out from the brush hollering. The Vietnamese government was offering villagers 110 lbs. of rice for every prisoner. It was December 1967.

Trying to take off Howard's gear, the militia couldn't figure out the buckles, so they cut the straps with knives. Accidentally hitting the life preserver, the CO2 cartridges exploded. The militia stabbed wildly at the preservers to deflate them. Howard hoped they wouldn't stab him. They took his flight suit and boots. They returned them minus the boot laces.

His front-seater Jim landed in the woods, was captured, and brought in wearing only underwear and a t-shirt. Elbows bound behind his back, walking along the road to the village,

they passed a group of women and children at a gate staring at them. Howard felt embarrassed for Jim and signaled to a guard asking about Jim's flight suit. The guard said, "Him shoot, you no shoot."

Led to an open area, told to sit and bow their heads, people gathered around them. An old man hit Howard in the head. The crowd loved it. At night, they were taken to a room, given a cup of water, a dish of brownish coarse sugar with dried pumpkin powder, and a piece of baguette. Then, tied up even tighter and blindfolded for hours, Howard massaged his numb left arm with his right hand. He couldn't lose circulation and possibly get gangrene.

The guards stood him up and walked him to the door, where he felt cool air and heard the crowd noise. Still blindfolded, Howard was punched and kicked as they led him outside. A woman screamed and slapped his face. The crowd roared approval.

Guards threw Howard on top of Jim in a jeep and drove to



a creek. When he asked if anyone spoke English, the guards whacked him. They crossed the

creek flanked on both sides by villagers. Kids threw dirt clods at them and kept hitting the

guard. Howard wondered if he could overpower his guard, but had no gear and no place to go.

A helicopter took them to the Hanoi Hilton. It was hard to believe only four months and one day earlier, Howard married his wife, Libby.

Arriving at the Hanoi Hilton, he was blindfolded again and taken to a room where he stood for a long time. Then the blindfold was taken off, he was untied, and interrogated through the night. Military information is perishable. They need to get it quickly. When he refused to answer questions, he was bound into a tight ball with ropes. Morning came, the interrogation stopped, and he laid down in the corner to sleep. They returned in the afternoon to begin again.

In February 1968, three prisoners were released early. They violated the code of conduct by accepting special favors from the enemy and signing propaganda statements. In August, Howard's front-seater Jim and

Continued on page 10



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

Beethoven's Ninth Featuring World-Class Opera Stars

April 12, 2025 | 7 p.m. | Mattie Kelly Arts Center | Tickets: \$35

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

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



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

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



Cierra Byrd, mezzo-soprano – A powerhouse artist fresh from her acclaimed performances at the Met and Houston

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

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



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

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



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

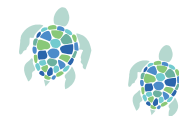
Met Opera National Council Auditions, Chinese bass William Guanbo Su is acclaimed for his “musical taste” and “solid voice” (The New York Times). A 2019 Grand Finals Winner of the Metropolitan Opera National Council Auditions, he

has performed with Houston Grand Opera, Opera Theatre of Saint Louis and Boston Lyric Opera, portraying roles such as Zuniga in Carmen, Olin Blich in Susannah and Colline in La bohème. Su holds degrees from

The Juilliard School and the Manhattan School of Music. In the 2024 season, he is set to debut as Masetto in Don Giovanni with The Santa Fe Opera.

Tickets: Call 850.729.6000 or visit MattieKellyArtsCenter.org.

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



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 Community
HOWARD HILL*continued from page 8*

two others violated the code and were released. It was meant to demoralize the rest of them.

Howard and his roommate were shown copies of the signed statements and given quill pens. Told they could go home too; they refused. Twelve prisoners were given early release. Only one was honorable, because the POW senior ranking officer ordered him to go and make public what was going on. Howard believed this helped their treatment. Those who left in February memorized names on 104 flight suits from doing laundry and provided the names to the U.S. Upon release, Jim confirmed Howard was captured.

Howard began prison life in a 5x7-ft. room and subsequently, moved to an 8x8 and a 14x14. POWs slept on raised concrete slabs or hardwood slats. A bare light bulb was always on so the guards could see them.

POWs were given a rice mat, two blankets, a mosquito net, (Guards took that away if they were mad at you.), two pairs of underwear, two t-shirts, two pairs of trousers, two jackets, one pair of socks and a pair of sandals made out of tires with inner tube straps. They also received a hand towel, a liter jug of boiled water twice a day, a bar of lye soap, a tube of toothpaste to last three months, an enamel dish, three cigarettes a day and a fan on a bamboo stick.

A five-gallon galvanized



bucket was the toilet and coarse paper was used for toilet paper. They figured out that using their sandals as toilet seats could prevent the inevitable ringworm from the rim of the bucket and the imprint of the rim on their butts. Toothpaste also killed ringworm. They emptied the buckets into the open sewage ditch in the shower area. A shower was usually allowed every morning in an open-air, bamboo-walled area using a small rubber bucket with a rope attached to scoop water out of a cistern or well to pour on themselves. No showers on Sundays when they weren't allowed out or if the guards were mad at them.

At 6 a.m. the gong rang for the POWs to get up, fold their blankets, nets and mat, and set them at the head of the bed. The guards played the same Radio Hanoi program from the night before about the glorious victories of the Vietnamese. After lunch, the guards took a siesta. Not allowed to communicate with each other, the POWs secretly communicated during siesta, but the guards got smart and tried to listen. Supper was in the evening. At 8 p.m. taps played, and it was time to go to bed. The POWs developed a tap code to communicate when in their rooms. Keeping watch on the guards from their windows, they would communicate verbally as much as possible.

After the Son Tay Raid in November 1970, the POWs moved into Hoa Lo, the central

prison in Hanoi. With 50 in a room once and no room for everyone to lay out their mats, some of the men taught classes. There were language classes, math and even ballroom dancing.

Meals consisted of soup made with pumpkin, kohlrabi, or turnips, a bowl of rice, or baguette. There might be meat or flat fermented fish. One room

washed dishes for a building housing 20. They figured out they could write on the bottom of the bowls. They also used the end of toothpaste tubes to write on the coarse paper.

Work detail included dredging sludge from the sewage ditch for the garden, washing dishes, making coal balls out of mud and soft coal used in the kitchen, or sweeping. Dredging sludge or making coal balls entitled you to a second shower. Guards asked three rooms of POWs to dig bomb shelters for the guards. Two said they would. The third refused. The third room POWs were beaten and had to dig. The POWs who said they would dig were left alone. The guards liked to keep them off balance.

Interrogations were called "quizzes" by POWs. Sitting on a small stool, if the guards didn't like what they said, they were hit and knocked off the stool. They had to "stand" on their knees with their arms up in the air for hours. During surprise room inspections, guards would frisk them, throw around their belongings and plant contraband. Senior officers got it the worst. Treatment depended on which camp you were in.

Howard moved camps a few times. In 1969, he was in an old French movie studio where the Vietnamese held Christmas Eve Service for propaganda. East Germans filmed it. U.S. Intelligence obtained a copy and blew up every other frame into 5x7 still photos. At a gathering in 1970, the League of American

Families spread the photos out on tables. Howard's wife, Libby, walked by and saw a picture of Howard.

One of the nicknames given to the interrogators was Judas-Maker. Another, Stag, spoke fluent English. Stag would stand outside under the POWs' windows and try to get them to talk by sounding like an American to get them in trouble.

In May 1972, four-and-a-half years into captivity, Howard and others were discussing how long the war would continue. They agreed it would go on for another 10-15 years. Howard said they knew they would go home, they just didn't know when. They had faith in their country. That faith was rewarded when in March 1973 they were released.

Howard says it was worse for the families not knowing whether their loved ones were alive or dead. Divorces and suicides were common among those returning. Howard says he was just so glad to be home.

He has no hatred or animosity for the Vietnamese. He says they were doing their jobs, and he was doing his. "There is no sense in feeling sorry for yourself. Someone always has it worse. And good can be found in everything," says Howard.

He still feels the same sentiment used to sign off each time he and his fellow prisoners communicated by tap code—GBU GBA—for "God Bless You, God Bless America."

Howard Hill moved to Okaloosa County in 1991. He served as an Okaloosa County school board member from November 1996 to November 2010. He has served as President of the PAL Soccer League since January 24, 1994. The Niceville soccer field is named in his honor.



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What Is That New Building at The Fairgrounds?

BY CAROLYN NEWCOMER KETCHEL

The building that is almost finished is the new south end agricultural building. The previous south end AG building on Hollywood Boulevard in Fort Walton Beach was very old and long dilapidated. Hurricane Sally finally finished it off. In case you have not seen the new structure, it is located at the fairground property across from the Courthouse Annex Extension.

It is important to point out that this is not part of the newly acquired property of the Fairground, but property that the county owned beforehand. The cost to build is to be \$1.5 million with the county providing the match in real estate. It is also the only University of Florida Institute of Food and Agricultural Service (UF IFAS) building that has been approved in the State

of Florida during Governor DeSantis's Administration.

The team of Okaloosa UF IFAS Extension office employees and volunteer Master Gardeners anticipate offering a variety of courses, programs, workshops and meetings. The courses will feature agriculture, family and consumer sciences, commercial and residential horticulture, natural resources and 4-H Youth Development program areas. Some of the examples include: Master Gardner programs, food preparation and safety workshops, Master Naturalist program, drone training, 4-H development clubs and after school programs.

One of my favorites is where to find and how to grow antique roses. What are antique roses? They are roses that came over with early European settlers and are often found growing in old



WEST ELEVATION

cemeteries next to a loved one's grave or a stone fence.

Each year, the extension service features several plant clinics. The plant clinic is designed to provide a place and time for people to bring in samples of plants for diagnosis, including weeds for identification.

If you have a plant problem that you would like diagnosed, bring a sample of the weed, plant, insect, etc., to the clinic. Be sure to bring a fresh sample

that represents what is seen in the landscape. This may include a plant stem with several leaves, a 4-inch square of grass with roots attached, etc. Soil samples can be brought from your lawn, landscape or garden for pH testing.

The plans also include building a green house on the grounds. In April, the Board of County Commission will consider naming the new Ag Extension Building for a long-term

employee Sheila O. Dunning who passed away suddenly after giving Okaloosa County 22 years of amazing service. She had an incredible knowledge of landscaping and horticulture that cannot be replaced. She contributed so much to our Women Veterans Park on Okaloosa Island.

The ribbon cutting will be later this spring or early summer. We are all eager to occupy the new Ag Building and begin offering classes and expertise to the public.

It is an honor to serve as your County Commissioner.

Carolyn Ketchel, Vice Chairman, is Okaloosa County Commissioner, District 2. She can be reached at CKetchel@myokaloosa.com or 850-651-7105.

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 Community

Miss West Florida Scholarship Competition Crowns First Titleholders and Inspires a New Generation

BY SHERRY JONES

The energy was electric inside the University of West Florida's Fine and Performing Arts Center in Pensacola on Sunday, March 9, 2025. Families, friends, and supporters from across the region gathered to witness a moment in history—the inaugural Miss West Florida Scholarship Competition.

Two remarkable young women emerged victorious: Hartley Spaulding of Crestview was crowned Miss West Florida, and Chloe Reese O'Donoghue of Santa Rosa Beach earned the title of Miss West Florida's Teen. Both winners were awarded scholarships and prizes to support their future educational goals and now advance to the Miss Florida Scholarship Competition in June, the next step on the prestigious path to Miss America.

The competition was emceed by none other than Casana Fink, Miss Florida 2024 and third runner-up to Miss America, who brought elegance, charm, and enthusiasm to the stage. Her presence was a meaningful reminder of the powerful journey that begins at the local level.

But this competition is about

far more than crowns and titles.

Rooted in the evolving mission of the Miss America Organization, the Miss West Florida Scholarship Competition promotes education, leadership, and community service. It's a platform where young women showcase their intellect, express their values, and build confidence that carries through college, careers, and civic life.

In its first year, the competition not only set the stage for talent and achievement—it also redefined what it means to be a titleholder in a modern scholarship competition.

The Power of Scholarship Competitions

Despite outdated misconceptions, today's scholarship competitions are dynamic programs where purpose-driven young women thrive. These events are designed to empower—not judge. Competing isn't just about winning; it's about discovering your voice and using it to make a difference.

The Miss West Florida Scholarship Competition, directed by Sherry Jones and Jula Ruhland, was built with that vision at its core. Together, they've created

a competition that celebrates not just appearance or performance, but character, preparation, and purpose.

Contestants were evaluated in five key categories:

- Private Interview
- On-Stage Introduction, Community Service Initiative & Question
- Fitness Wear (featuring Rebel Wear)
- Talent Competition
- Evening Gown

Each area challenged participants to think critically, communicate clearly, and present themselves with confidence and integrity.

Judges and Mentors

The judging panel included an esteemed group of leaders from across the community:

- Dr. Martha Saunders, President, University of West Florida
- Lori Leath Smith, Executive Editor and Publisher, Life Media Group
- Ted Corcoran, President and CEO, Greater Fort Walton Beach Chamber of Commerce
- Theresa LePore, Executive Director, Miss South Florida Fair & Miss Palm Beach



County

- Karen Parham, Certified Miss America Judge
- Lacy DeMartin, Investor and Entrepreneur

Their task was to identify young women who embody the values of today's Miss Ameri-

ca-affiliated scholarship competitions: academic achievement, service, stage presence, and advocacy.

Also in attendance were Keith Williams, Executive Di-

Continued on page 29

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Believe in the HYPE — For Now



BY PAUL DOMENECH

Is the Market Good or Bad? The Truth About Today's Real Estate Climate

The big question on everyone's mind: Is now a good time to buy or sell a home? You've likely seen the headlines—interest rates fluctuating, inflation still looming and talk of an economic rollercoaster. So, what's really driving the real estate market? The answer might surprise you: it's not just numbers, rates or even the economy itself. It's feelings—yes, emotions.

Most people couldn't explain how interest rates are set, and even fewer really worry about them until it's time to buy a home. But despite what the economic data says, there's an underlying force that's pushing the market forward: hope. That's right—hope.

The Power of Hope in Real Estate

You might be wondering, how does hope impact the real estate market? The reality is that despite interest rates being higher than many would like and inflation still a factor, hope has become a driving force behind consumer behavior. People are motivated to buy homes not just because the market is perfect, but because they're hopeful for the future. This sense of optimism has led many to take the plunge into homeownership once again.

Even if the economy is still shaky, and inflation is biting, the promise of future growth and stability can make a difference. The current administration—regardless of political affilia-

tion—has inspired consumer confidence, creating an environment where people feel motivated to invest in their futures. This hope is enough to get people back into the housing market, making now a good time for both buyers and sellers.

However, it's important to note that this hope might not last forever. If the government doesn't manage to spark real, tangible economic growth, things could shift. But for now, that optimism is powering a wave of homebuyers and sellers.

Winning Strategies for Buyers and Sellers

So, whether you're buying or selling, here are some tips to help you come out on top:

For Buyers:

Avoid Lender Fees: Don't fall for loans that come with extra fees. Many local lenders offer competitive rates with zero lending fees. Make sure to shop around, and don't be afraid to negotiate. Lenders want your business, so you may be able to secure a better rate than what's initially offered.

Leverage Your Hope: Yes, hope is a powerful motivator. If you're feeling optimistic about the future, use that to your advantage. Real estate is a long-term investment, and today's market is an opportunity to build wealth for tomorrow.

For Sellers:

Prepare Your Property: Buyers are more likely to pay top dollar for a home that's move-in ready. Invest in small updates that can make a big impact—whether it's a fresh coat of paint, new appliances, or landscaping. When buyers don't have to worry about making repairs, they'll be more inclined to pay a premium.

Maximize Your Home's Value: Remember, rolling a \$20,000 renovation cost into a 30-year loan is easier for a buyer than having to pay upfront. This investment could not only increase your sale price, but also make your home more attractive to buyers.

For Both:

Work with a Professional: Don't rely on a friend who "knows someone." Work with

a professional real estate agent who has the experience, network, and negotiation skills to get you the best deal. A seasoned agent can leverage relationships with lenders and vendors to ensure you stay ahead in this market.

The Domenech Effect: Why You Need Us on Your Side

At the end of the day, the key to success in today's real estate market is knowledge, preparation and hope for the future. Whether you're buying or selling, the right strategy and support can make all the difference.

If you're thinking of buying, or want to know the current value of your home and how you can increase your equity for the future, don't hesitate to reach out. I've got the experience and network to help you win, no matter what the market throws our way in 2025 and beyond.

Contact me at 850-543-1418 for personalized advice and let's talk about how The Domenech Effect can help you achieve your real estate goals.

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Color of the Season: How to Wear Mocha Mousse This Spring

BY LIESEL SCHMIDT

Designers of every ilk, be it fashion or home and interior, wait expectantly for Pantone's annual release of its color of the year, anticipating the ways said color will influence trends on the runway and the real way. And while some in the know had an inkling that rich chocolate browns would be a wise wardrobe addition, those of us who don't have a finger on the pulse might not have seen 2025's color of the year coming. So, what exactly are we expecting to see in a big way this year? The answer might very well be staring back at you from over the rim of your coffee cup.

Tantalizingly called "Mocha Mousse," Pantone's color of the year for 2025 was chosen for very specific reasons. A mellow shade of brown, the color evokes a sense of comfort, intimacy and elegance while hinting at indulgence through its correlation to cacao, chocolate and coffee. Sounds yummy to



us, and we at Blue Bay Lifestyle Co. have the perfect ways to add this delicious color to your wardrobe for spring and summer—whether you want to take a big bite or just a nibble.

We're loving lightweight shell sweaters from Lovestitch, which make transitioning into the warmer months ahead a breeze. Pair one in this year's color with fitted white jeans or shorts from Liverpool for days that you want to look chic and pulled together.

Linen tops are high on our list of spring faves, and this breezy material is perfect for the mellow tones of 2025's mocha madness. Lovestitch linen tanks give you versatility in styling and a fashion-forward vibe that looks effortless and clean. Add your favorite pair of jeans, shorts or even wide-leg linen pants to be dressed and ready for wherever the day takes you, from work to play. A pair of mocha-hued flats or sandals from Aetrex makes a



great finishing touch that your feet will love and your inner fashionista will heartily approve.

Shorts are a staple of everyone's wardrobe in Florida, and Liverpool's lightweight drawstring shorts can be dressed up or down. Choose a pair in that luscious color we're craving, and pull on a fluttery white broderie Anglaise blouse or a cotton tank with feminine detailing. We've got some looks to love from Lovestitch, Liverpool and Gret-

ty Zeuger. Of course, you'll need to accessorize, and Hobo has dreamy leather clutches, cross-bodies and satchels in shades of brown that add a great pop to your ensemble.

Stripes are getting in on the action, and we can't get enough of mocha and white striped tops and bottoms. Pin striped pants are a fun way to add subtle patterns to your look, or go bold with wide stripes that stand out in a crowd. Striped knit hoodies are a great layer for cooler evenings on the beach or out on the town, pulled on over a bathing suit, shorts and shirt or even a flirty little sun dress.

As neutral as this year's color trend may be, there are great ways to add your own touches and take it from meh to mouth-watering. Stop into Blue Bay Lifestyle and check out everything we have for your spring-time fashion cravings—we'll see you soon!



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

Need the perfect space to host a party or event? FUBAR is equipped with numerous pri-

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

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

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, Crab Cake 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.

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Off the Hook

Get Geared Up for the 2025 Lionfish Festival: A Celebration with a Purpose

Our area is once again diving into conservation and coastal celebration with the highly anticipated 2025 Lionfish Festival, returning this spring with a splash. Set to take place May 17-18, 2025, along the Destin Harbor Boardwalk, this vibrant, family-friendly event merges environmental awareness with fun, food, music, and marine education.

The festival will run from 10 a.m. to 5 p.m. on both Saturday and Sunday, transforming the Destin Harbor into a bustling celebration of local culture and ecological stewardship. The event is free and open to the public, making it the perfect weekend destination for families, divers and seafood lovers alike.

At the heart of the festival is the mission to combat the invasive lionfish, a striking but destructive species threatening native marine life in the Gulf. The Lionfish Festival not only raises awareness about this growing

issue, but also encourages action through organized lionfish removal tournaments and educational outreach.

Activities & Entertainment

Visitors can enjoy a variety of engaging attractions, including:

Lionfish Filleting and Cooking Demonstrations – Learn how to safely handle and prepare lionfish with guidance from local chefs and marine experts.

Live Music – Enjoy performances from regional bands and artists throughout the day.

Educational Exhibits – Dive into marine conservation with booths hosted by local environmental organizations, universities, and state agencies.

Interactive Kids Zone – Hands-on activities, games, and art projects for the younger festivalgoers.

Local Artisans and Vendors – Browse ocean-themed crafts, artwork and sustainable



products from local makers.

Tastings and Food Trucks – Sample lionfish-inspired dishes and classic coastal cuisine from a diverse selection of food vendors.

Lionfish Tournament Details

A centerpiece of the event is the Emerald Coast Open, where licensed divers compete to remove as many lionfish as possible from local waters. Registration is now open (through May 15 at emeraldcoastopen.com) and participants must

pre-register and possess a valid saltwater fishing license. The **LARGEST** Lionfish Tournament in the world, there are monthly prizes for pre-tournament participants and huge cash prizes for the main tournament. In 2024, there were 147 participants, 11,844 Lionfish removed! Emerald Coast Open gave away \$65,000 in cash prizes and over \$60,000 in gear prizes.

Pre-Tournament February 1-May 15, 2025

Participating in the ECO pre-tournament is easy for everyone! Simply go out and hunt lionfish. Drop them off at designated drop off locations (emeraldcoastopen.com) and you will receive two raffle entries for each fish you turn in. That's it! Hunt lionfish and win prizes!

Main Tournament May 16-17, 2025

Win big money and big prizes! Each team of up to four can go out for two days and harvest lionfish. Tournament fish must be turned in at the official weigh station before 3 p.m. on Sunday, May 18, to be eligible for prizes. Awards will be given for categories such as Most Lionfish, Largest Lionfish and Smallest Lionfish. This friendly competition not only supports reef conservation, but also provides data for ongoing scientific research. You don't have to be a professional, but you do have to sign up and get out on the water. You can't win if you don't compete!

While no special permit is required to harvest lionfish in Florida waters, divers must follow all standard safety and boating regulations. For rules and more information, visit emeraldcoastopen.com.

Continued on page 31

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Introducing The Touchless Boat Cover

An Interview with the Owner

From the Publisher: “I’m here with Karen Scholz, the person who’s brought The Touchless Cover to the Emerald Coast area. Karen, let’s begin with an introduction of you, and why you felt it made sense to bring The Touchless Cover here.”

Karen: I own a marine custom canvas and upholstery business in Niceville. I used to make all types of boat covers, fastened with snaps and straps. I found that my customers just didn’t want to take all the time needed to affix them properly. No matter how well-made, the process of strapping and unstrapping was a pain. I was recently introduced to The Touchless Cover and realized we needed that here.

Q: What’s a Touchless Cover?

A: Well, it’s a custom-made boat cover system. It’s measured for the boat, lift and dock so that there’s a perfect fit with all components. It’s raised and lowered electronically.

Q: Where else are they located?

A: Touchless Covers are all over the state of Florida, and throughout the U.S. You can barely go anywhere in Miami without seeing one.

Q: Why do you say it’s better than the manual covers you used to make?

A: It’s not just better than the manual ones. It’s just the best boat cover out there. It has four panels on the sides that can fully cover and uncover the boat in seconds. In our NW Florida sun, protection of the gel coat of the boat, its upholstery and accessories, can save money and a lot of time by eliminating those types of needed repairs caused by sun damage. Many covers—even boathouses—don’t eliminate damage from the sun’s rays. Also, it keeps birds and debris out.

Q: But what about those who already have a boathouse?

A: It can be installed on docks with lifts with no boat-

house, OR it can go up seamlessly under the existing roof of a boathouse. Its motors operate from the frame of its top, so all of them have a top; having a top under a boathouse is just added protection.

Q: People who live here will always be concerned with hurricanes. How does it do in high winds? How does it compare with other covers out there?

A: We can provide a third-party engineering study that we had done that shows the bearable winds. It performs very well, comparatively.

Q: How’s it made to withstand winds?

A: It’s made of a heavy, coated fabric, and has 2” aluminum framing on all four sides, as well as in the top. Additionally, it has fiberglass rods that form a skeleton around the entire inside.

Q: How does it lift and cover electronically?

A: That’s part of what’s so cool about it. It works off the house or dock Wifi; you’d either

use a remote or a voice command to lift and lower it. Many customers use the voice command feature (and an installed camera) to check on their boat while they’re away.

Q: You said it’s made well, but why would someone want a remote-controlled boat cover, when they can really just cover it themselves?

A: For most, it’s just a matter of convenience. Time is money. A lot of Touchless Cover customers have said that the pain of their manual cover keeps them from enjoying their boat. With this, the owner presses a button to get the boat fully-protected.

Think of the garage door opener. Initially, it was thought of as frivolous. Why have one when you can do it yourself manually? Now, you hardly can find a house without one. Why? Because we all crave convenience and saving time.



It’s not for everyone. It’s a high-quality cover that can take a day or more for us to install, but for those who want a fix for the hassle of manual covers, or have another type that just doesn’t protect, this is will do the trick. It’s likely the last boat cover they’ll need to get.

Q: How do people reach you for more information?

A: Visit: <https://Flyte-MarineCanvas.com/boat-covers/> or call me at 850-782-0882.



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By BARBARA PALMGREN

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

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

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

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

18-hole Groups

- Boys 16-18: Luke Hylton from Quitman, GA shot 77.
- Girls 15-18: Corrine LaFerra from Athens, AL shot 83



- Boys 14-15: Jaxson Thomason from Cantonment, FL shot 82

- Girls 12-14: Copely Kinsey shot 104

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

9-hole Groups

- Boys 10-11: Mateo Miranda from Santiago, Chile shot 36
- Girls 10-11: Olivia Haddock from Fort Walton Beach, FL shot 40

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

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

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



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Wellness Is a Marathon, Not a Sprint: Why Integrative Care Matters



By DR. KAREN DEVORE

If you know the story of the tortoise and the hare, you already understand one of the most important lessons we can apply to health: slow and steady wins the race.

In a world where we're constantly bombarded with quick-fix solutions—miracle diets, instant detoxes, and one-pill answers—it's easy to lose sight of the long game. But with integrative healthcare practitioners, that's exactly what we focus on: your long-term, sustainable

wellness. Not the shortcut, not the sprint—but the journey that leads to resilience, balance, and vitality for years to come.

What Is Integrative Health?

Integrative health is an approach to care that puts you, the whole person, at the center. It draws from both conventional Western medicine and evidence-based Eastern traditions to treat not just symptoms, but root causes.

This model acknowledges the value of modern diagnostic tools, lab testing, and pharmacology, while also embracing the centuries-old wisdom of acupuncture, herbal medicine, nutrition, and lifestyle medicine. At its core, integrative health is collaborative, personalized, and preventative.

Instead of asking, "What drug treats this disease?" we ask, "Why is this symptom happening—and what's the best way to restore balance?" That



might include medication, but it may also include herbs, dietary changes, movement, sleep support, or acupuncture. The goal is not to replace one system with another, but to combine the best of both to offer more comprehensive, compassionate care.

How The Tortoise Clinic Blends East and West

At the Tortoise Clinic, we

live and breathe this philosophy. We've served the communities of North Florida for over 30 years, building a practice that reflects the needs of our patients and the realities of modern life.

A typical visit here might include lab testing to evaluate hormones, inflammation, or nutrient deficiencies, followed by acupuncture to support nervous system regulation and pain

relief. A patient might receive customized herbal formulations from our Chinese herb dispensary - the largest in Northwest Florida, paired with guidance on nutrition and daily habits to support their health goals.

Because we're not bound by one medical model, we have more flexibility—and more tools—to help you feel your best.

How Is This Different From Traditional Medicine?

Traditional, Western medicine has done incredible things. It excels in acute care, emergency response, and surgical interventions. But when it comes to chronic illness, long-term prevention, and quality of life, many patients are left wanting more.

I hear it often:

"My labs are normal, but I still don't feel well."

"My doctor told me it's just

Continued on page 24



WELLNESS IS A MARATHON, *not a sprint.*

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Understanding Your GLP-1 Journey



KAY LEAMAN, HEALTHYDAY HEALTHYLIFE

Whether you've taken, are currently taking or are thinking about taking GLP-1, understanding what it is, how it works and the side effects will help you support your body for the best possible results.

GLP-1 is a glucagon-like peptide and comes in three forms; natural, injection and oral.

Natural GLP-1 is a hormone naturally produced in the gastrointestinal tract. The lifestyle factors that enhance your natural GLP-1 production are certain foods, physical activity and maintaining a healthy gut.

Injection and oral applications are manufactured substances called agonists (a manufactured substance that causes an action similar to a naturally occurring substance.) and mim-

ic the effects of naturally produced GLP-1, but in a more potent and longer-lasting form. The injections last up to seven days in the blood (Ozempic, Wegovy), whereas the oral tablets last for 24 hours and need to be taken daily.

These drugs are used for diabetes and obesity. Worldwide, 1.9 billion adults are overweight and, of these, 650 million are children. There is not much difference between men and women as obesity is the #1 killer in both sexes.

How it works: In the pancreas it increases the release of insulin and decreases glucagon (A hormone that raises blood sugar.) secretion. The stomach is also affected as it slows the emptying of food from the stomach which helps you feel fuller longer and aids in extracting nutrients into the bloodstream. It also acts on the brain to suppress appetite ("food noise").

The side effects consist of:

- Gastrointestinal issues such as bloating, nausea, diarrhea, constipation, heartburn and nutrient deficiency.

- Muscles are an organ and muscle loss can negatively impact our metabolic rate making long term weightmanagement more difficult. It can also af-



fect mobility and bone density. One can expect their muscle loss to be 24-40%. Muscle loss slows the metabolism, reduces strength, lowers BP related to fatigue, weakens bones and increases risk of fractures.

- Overdosing can cause hypoglycemia, gastrointestinal distress, loss of consciousness, etc. Because of the reduced caloric intake, nutrient deficiency is also an issue and reduced fertility and hair loss has also been experienced.

Drawbacks consist of heart

issues as the heart is also a muscle. Sagging skin can be seen depending on how much weight one is losing vs. it being a symptom of the drug. GLP-1 also starves your body due to the decrease in caloric intake. This is why long-term use is NOT recommended. The sad news is that at this time there are no safe alternatives. There has been some talk coming out about berberine. It's found in plants and may have an effect on sugar levels, but has not been researched beyond the Petri dish.

As with any weight loss program, if our lifestyle doesn't change, the pounds will return. We usually find what we lose. However, this is not true for the lost muscle. It must be exercised

and cared for to get it back.

Adopting a healthy diet to enhance the effectiveness of GLP-1 can ensure sufficient intake of essential nutrients (protein, fats, fiber, vitamins and minerals) can minimize muscle loss during weight loss.

A healthy lifestyle consists of eating well, exercising, lowering stress and getting quality sleep.

Regarding foods, here are some suggestions:

Fats - Avocado and avocado oil, olives (especially black), flaxseed and flaxseed oil

Lean Protein - Fish, chicken, turkey, eggs, lean beef, cottage cheese, tofu, soybeans

Fibers - Fruit, veggies, whole grains, legumes, flaxseed, chia seeds

Probiotics/Prebiotics - Yogurt, kombucha, kefir, sauerkraut, supplements. There are quality supplements that can help the body respond well. Contact me if you're interested in more information.

I have seen excellent effects from taking GLP-1. My biggest caution is that overuse can suppress the body's ability to make its own. Supporting our body's naturally created functions will ensure a healthier life as we age. GLP-1 is a tool not a replacement for the responsibility we have to care for our bodies well.

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The Hidden Dangers of Concussions: Causes, Effects and Recovery Tips



BY MELANIE YOST

Every year, millions of people suffer concussions, but many don't realize the hidden dangers lurking within their own skulls. A concussion is a form of traumatic brain injury (TBI) that occurs when a blow to the head or sudden movement causes the brain to collide with the inside of the skull. Contrary to popular belief, losing consciousness is not necessary for brain damage to occur. The brain has the consistency of soft butter, while the inside of the skull is rough and lined with sharp ridges. Even a mild bump can cause the brain to slam against these areas, leading to bleeding, bruising and swelling that disrupt normal function.

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

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

Children and teenagers are particularly vulnerable to concussions, because their brains are still developing. Studies show that 91% of concussions impact the prefrontal cortex (PFC), the part of the brain responsible for impulse control, planning, empathy and decision-making. Damage to this area can have long-term consequences, affecting academic performance, career success, relationships and financial stability. Proper care is essential for healing from a concussion. Sleep plays a crucial role in brain repair. So, getting at least eight hours per night is recommended. Avoiding strenuous mental and physical activities allows the brain time to heal, while limiting screen time helps reduce eye and brain fatigue. Staying hydrated and eating a whole-food diet rich in lean protein, fruits, vegetables and healthy fats supports recovery. Alcohol and drugs should be avoided, as they can interfere with healing. Some individuals may benefit from alternative therapies such as hyperbaric oxygen therapy, which has been shown to reduce inflammation, increase oxygen levels and improve circulation for faster and more complete recovery.

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

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

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Struggling with Sleep? Hormone Therapy Can Help You Rest and Restore Your Health



BY DR. RICHARD CHERN

If you're tossing and turning at night, waking up drenched in sweat, or simply unable to sleep through the night, you're not alone. Poor sleep is one of the most common complaints among women approaching menopause or who are postmenopausal. And the most common cause of this frustrating issue is estrogen deficiency.

As estrogen levels decline, the body experiences disruptions in

temperature regulation, melatonin production and serotonin levels—all critical factors for a deep, restful restorative sleep. This leads to insomnia, frequent waking, night sweats and poor sleep quality, leaving you feeling drained, irritable and unable to function at your best.

Poor Sleep Affects Every Part of Your Life

Many women don't realize that sleep isn't just about feeling rested. Lack of sleep can have serious effects on physical and mental health. Without proper rest, emotions become harder to regulate, leading to increased irritability, anxiety and even depression. The immune system weakens, making you more susceptible to illness and slowing down your body's ability to heal.

Poor sleep also interferes with metabolism and weight manage-



ment. When you're not sleeping well, your body produces more cortisol, the stress hormone that encourages fat storage, particularly in the midsection. Over time, sleep deprivation can also increase the risk of chronic diseases such as heart disease, high blood pressure, diabetes and even dementia. In fact, research indicates that consistently poor sleep can reduce life expectancy due to its widespread impact on overall health.

If you feel like you're aging overnight, struggling with low energy or battling daily exhaus-

tion, it's time to address the root cause. Hormone therapy can help.

The Hormone Restoration Center Can Give You Back Your Sleep!

At the Hormone Restoration Center, we specialize in helping both women and men achieve hormonal balance, restoring energy, vitality and overall well-being. For women struggling with sleep due to declining estrogen, hormone therapy can be a life-changing solution.

Bioidentical Hormone Replacement Therapy (BHRT) is a safe and effective treatment that replenishes the hormones your body is missing. By restoring optimal estrogen levels, you can experience deep, uninterrupted sleep, relief from night sweats and hot flashes, improved mood and reduced anxiety. Energy

levels will increase throughout the day, mental clarity will sharpen and your metabolism will function more efficiently, making weight management easier.

Imagine waking up refreshed, energized, and ready to take on the day without feeling groggy, moody or exhausted. That's what hormone therapy can do for you.

You don't have to suffer through sleepless nights or accept exhaustion as your new normal. Your body is telling you something and we can help. If poor sleep is affecting your quality of life, it's time to take action.

Call the Hormone Restoration Center at 850-837-1271 today to schedule your consultation. Let us help you reclaim your nights, restore your energy and feel better than you have in years!

WELLNESS

continued from page 21

part of getting older.”

“I was given medication, but no one asked about my diet or stress levels.”

Integrative medicine fills those gaps.

We take time to listen. We look at patterns, history, and lifestyle. We ask about your sleep, digestion, energy, and emotional well-being—not because it's “extra,” but because it all matters. Our goal isn't just to mask symptoms, but to understand the story behind them

and to create a care plan that's tailored to your unique biology, goals, and life circumstances.

The Power of Personalized Wellness

No two bodies are the same. You are not your neighbor, your parent, or your coworker. What

works for one person may not work for another—and that's why personalized care matters.

When you work with an integrative provider, you're not handed a one-size-fits-all solution. You're invited into a partnership, where we co-create a wellness plan that evolves with you. Whether you're working on hormone balance, fertility, digestion, chronic stress, weight loss, or simply optimizing your energy, our role is to guide and support your process with the right blend of tools.

Sometimes, that's acupuncture. Sometimes, it's a dietary shift, a carefully selected supplement, or lab-guided medical intervention. Often, it's all of the above.

The Tortoise Mentality


Health is not a destination. It's not a number on a scale or a perfect lab result. It's a rela-

tionship with your body, and like any relationship, it requires time, trust, and patience.

True wellness isn't about “fixing” what's wrong—it's about learning what your body needs to thrive and honoring that through intentional, steady steps. That's what we mean when we say, “Wellness is a marathon, not a sprint.”

As an integrative team, we walk beside you for the long haul—not racing to the finish, but pacing with purpose. With every visit, every conversation, and every personalized plan, we aim to help you move closer to the healthiest version of yourself.

So, whether you're just starting your health journey or looking for a deeper, more connected approach to care, I invite you to embrace the pace of the tortoise—and discover the kind of health that lasts a lifetime.







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Look Healthy, Feel Alive!

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



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

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

A Legacy of Excellence & Dedication

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

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

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

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

Compassion Meets Expertise

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

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

Making Transformation Attainable

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

One patient’s heartfelt words sum up Dr. Clark’s impact: “He is a master of his craft. His staff is

wonderful and kind, and I have nothing but good things to say about the overall experience. I couldn’t be happier!”

Confidence Begins Here

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

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

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Fish Window Cleaning:

A Great Catch for Fort Walton Beach and Beyond

By CHRISTOPHER MANSON

We believe in:

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Doing the Right Thing

Creating Wow Moments

Because culture eats strategy for breakfast.

Our mission is to provide year-round growth-focused employment while keeping Northwest Florida beautiful, delivering excellent service, and being positive community stewards.

— Fish Window Cleaning of Northwest Florida Mission and Values Statement

What's my line

I'm happy cleaning windows...

— Van Morrison, "Cleaning Windows"

Fish Window Cleaning of Northwest Florida started serving Destin, Seaside, Rosemary Beach, Inlet Beach, Santa Rosa Beach, Fort Walton Beach, Niceville, Pensacola, Gulf Breeze, Navarre, Mary Esther, Milton, Miramar Beach and 30A in August 2021. It is part of a franchise that boasts nearly 300 locations nationwide.

Local Danica LaFaire worked

in marketing for a Missouri-based broadband company that was about to be bought out. "I knew I needed to prepare for an exit," she says. Danica and husband Josh began to look into franchising while she was teaching classes on entrepreneurship. "My husband was about to make a big career change, too." When the LaFaires landed on the Emerald Coast, Danica remained in the broadband industry for another year and also became a franchise consultant.

She kept her eyes open for franchise opportunities here. "I learned about Fish Window Cleaning in February of 2021, and it just clicked. No nights, weekends or holidays, nobody calling at two in the morning." Her marketing skills came in handy as well—not just sales and marketing, but the vital areas of safety, training and customer service.

Fish Window Cleaning's team includes skilled window cleaning technicians, estimate writers, an office manager and "whatever you call me," says LaFaire. Supervisor Todd Morris handles team leading, management and troubleshooting.

"We train in a lot of aspects that help employees continue



with their growth as team members and work their way into leadership positions, whether they stay with us or not," says LaFaire. "We have several leadership positions we plan to fill from within. We let our people know what we're working toward so we're on the same page

and that they know how they can contribute."

"Our first two years of focus have been on having a culture where our team members want to get out of bed and come to work," says LaFaire. "You get what you put in, and we will continue to focus on our team members so they can set and achieve their goals."

While some companies offer numerous additional services, LaFaire believes in focusing on windows—cleaning, identifying problems, and maintaining integrity. She notes that "stacking services" can cause a window cleaning operation to lose its focus, adding that Fish Window Cleaning has partnerships in other

service industries such as pressure washing and housecleaning.

The current list of satisfied clients is made up of structures, homes and buildings four stories and under. "We are focused on making our business clients shine," she says.

"If you had asked me five years ago, I would have looked at you like... It's just that I'm not a very strong physical, get-out-and-do-it person. I was the worst cleaner we had! I couldn't have imagined the team we have today," she says. "I'm so blessed that I get to see the best folks on a daily basis. I have an amazing team I can count on, and they bring it every single day."

LaFaire often drives around town with her nephews, pointing out all the places Fish Window Cleaning services. "By the end, they're like, Aunt Danica, please be quiet!"

The LaFaires have made a commitment to local involvement, as noted in the mission statement above. Fish Window Cleaning donates a portion of its topline revenue to Semper Fi & America's Fund (thefund.org), a nonprofit that serves needy military, veterans and their families. "We clean 'in kind' for the United Way of the Emerald Coast, the Children in Crisis Neighborhood buildings and Path of Grace in Miramar Beach," adds LaFaire. Fish Window Cleaning is very active in the local Chambers of Commerce.

"This is home, and there's no chance of me leaving this area. If I get stuck on a bridge, I can look left or right and stop and pause to be grateful every single minute. My community here is so strong. I have more friendships and positive relationships here than I've ever had in my life."

Beginning next month, LaFaire will contribute a series of articles dealing with everything from window cleaning and maintenance to marketing ideas.

Fish Window Cleaning of Northwest Florida, located at 623 Harbor Boulevard, Unit 7, is open Monday through Friday from 8 a.m. to 5 p.m. Call 850.842.2162 for a free estimate, and visit www.fishwindowcleaning.com/Destin-FL-3249/ for additional information.

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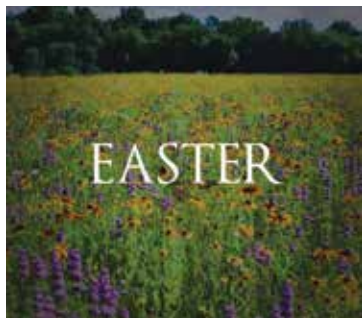
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Sean of the South: What is Easter?



BY SEAN DIETRICH

“What is Easter?” the boy asked his grandfather.

The old man and boy sat on the front porch. That’s where people used to sit in the olden days. They used to build porches on the fronts of houses so you could wave at your neighbors. Now they build “decks” on the back so you can wave at your above-ground pool.

“Easter is a day of rebirth,” said Granddaddy.

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

“What’s rebirth?” the boy said.

“Well, you remember when you was born, don’t you?”

“No.”

“Well, trust me you were born, or else you wouldn’t be here.” Granddaddy took a sip of his Doctor Pepper. “And today it all happens again.”

“What happens again?”

“You get born.”

“I get born twice?” the boy said.

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

“Which ones are the azaleas?”

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

“I see them.”

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

“It means birds?”

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

“Is that why we look for eggs on Easter?”

“No. Hell. I don’t know why we look for eggs.”

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

“Yes.”

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

“Granny wears a cross around her neck.”

“Your Granny was raised Pentecostal.”

“What’s that mean?”

“It means don’t go to her church if you’re afraid of reptiles.”

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

“Where what starts?”

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

“Just like Jesus?”

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

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

“What happens if I look up?”

“Rebirth.”

“Have you ever been reborn?”

“Many times.”

“How did it happen?”

“It first happened to me when I was in Italy, fighting. And there

were men with guns all around us. And my young soldiers were all going to die.”

“And what’d you do?”

“We all looked up, and we asked God to help us. My men started praying. Out loud. We started talking to God. And

that’s all it takes. You just have to talk.

“Ain’t no magic words, no secret handshake, no special membership rules. Don’t ever let anyone tell you it’s more complicated than that. You just talk to God. And He’ll hear you.

And He heard us that day in Italy.”

“And what happened next?”

“I’m sitting right here drinking a Doctor Pepper, ain’t I?”

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

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 Musing

A Pastor's Ponderings: Easter Reflections - It's Friday Now, But Sunday's Coming!

BY REV. GUERY CLENDENNING
There is a prophecy in the Old Testament of the Bible concerning the death and res-

urrection of Jesus Christ. It is found in Isaiah 52: 13-15 in the New Living Translation: "See, my servant will prosper; he will

be highly exalted. But many were amazed when they saw him. His face was so disfigured he seemed hardly human, and from his appearance, one would scarcely know he was a man. Yet He will startle many nations. Kings will stand speechless in His presence. For they will see what they had not been told; they will understand what they had not heard about..."

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

And there they crucified Him, nailing His hands and feet to a wooden cross. The soldiers then gambled for His robe. The religious leaders mockingly shouted, "He saved others but can not save himself." At around



3pm on that Friday, Jesus cried out "It is finished!" Finally, they laid Him in a borrowed tomb, and sealed it with the Governor's seal. A group of soldiers were stationed around the tomb to prevent anyone from stealing the body. The events of His death all occurred on Friday-Only Jesus knew Sunday was coming!

"But very early on Sunday morning the women came to the tomb. They found the stone covering the entrance rolled to the side. They went into the tomb but couldn't find the body of the Lord Jesus Christ. Suddenly, two men appeared to them, clothed in dazzling robes. The women were terrified. Then the men said, "why are you looking in a tomb for someone who is alive?, He isn't here. He has risen from the dead. Don't you remember what He told you back

in Galilee, that the Son of Man must be betrayed into the hands of sinful men, that He would be crucified, and that He would rise again the third day." (Luke 24:1-7)

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

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

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

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

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

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

Savvy Leigh

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MISS WEST FLORIDA

continued from page 12

rector of Miss Florida, and Dr. Gregg Mays, Miss Florida Field Director, reinforcing the event's importance as a stepping stone to state and national recognition.

Community Service with Purpose

Both titleholders have strong platforms that reflect their passions and personal missions.

Miss West Florida's Teen, Chloe O'Donoghue, leads a heart-centered initiative called "Sew Loved," which donates handmade tote bags to foster children in the Northwest Florida region. Her project provides both comfort and dignity to children in transition, and her commitment to giving back has already made a meaningful impact.

Miss West Florida, Hartley Spaulding, promotes a platform rooted in agricultural education and sustainability, aiming to bring awareness to the importance of farming and food systems in our everyday lives. As a 4-H member and advocate, she is passionate about empower-



ing young people to understand where their food comes from and how agriculture sustains our communities.

Since being crowned, both titleholders have been actively representing the organization. Their recent appearances include visits to One Hopeful Place, participation in the Strength & Unity Conference, a featured performance of the National Anthem, and interviews with local media outlets and community organizations.

More Than a Crown

For Hartley and Chloe, the titles come with responsibility—and opportunity. Over the next

year, they will serve as ambassadors for West Florida, engage in community outreach, and continue preparing for state competition.

At its core, the Miss West Florida Scholarship Competition is a vehicle for change. Through generous scholarship funding, young women are given real tools to pursue their dreams—whether that's through higher education, entrepreneurship, advocacy, or professional development.

This isn't just about being in the spotlight; it's about using that spotlight to illuminate issues, inspire others, and ignite careers.

Elevating Ambitions

The Miss America Organization remains the largest provider of scholarships to young women in the United States. And programs like Miss West Florida are key contributors to that impact.

Former titleholders have gone on to pursue careers in law, education, medicine, nonprofit leadership, and public service. The communication, confidence, and leadership skills they gain on stage translate directly into real-world success.

This is what makes today's scholarship competitions different—they are purposeful, forward-thinking, and inclusive.

Reframing the Experience

Scholarship competitions have evolved into platforms where intelligence, compassion, and dedication take center stage. Private interviews dive deep into a contestant's values and experiences. Talent performances reveal creativity and discipline. Community service initiatives provide a glimpse into their personal missions and causes they care deeply about.

Gone are the days of one-dimensional contests. In their place: multi-faceted, empower-

ing events that prepare young women to take on the world.

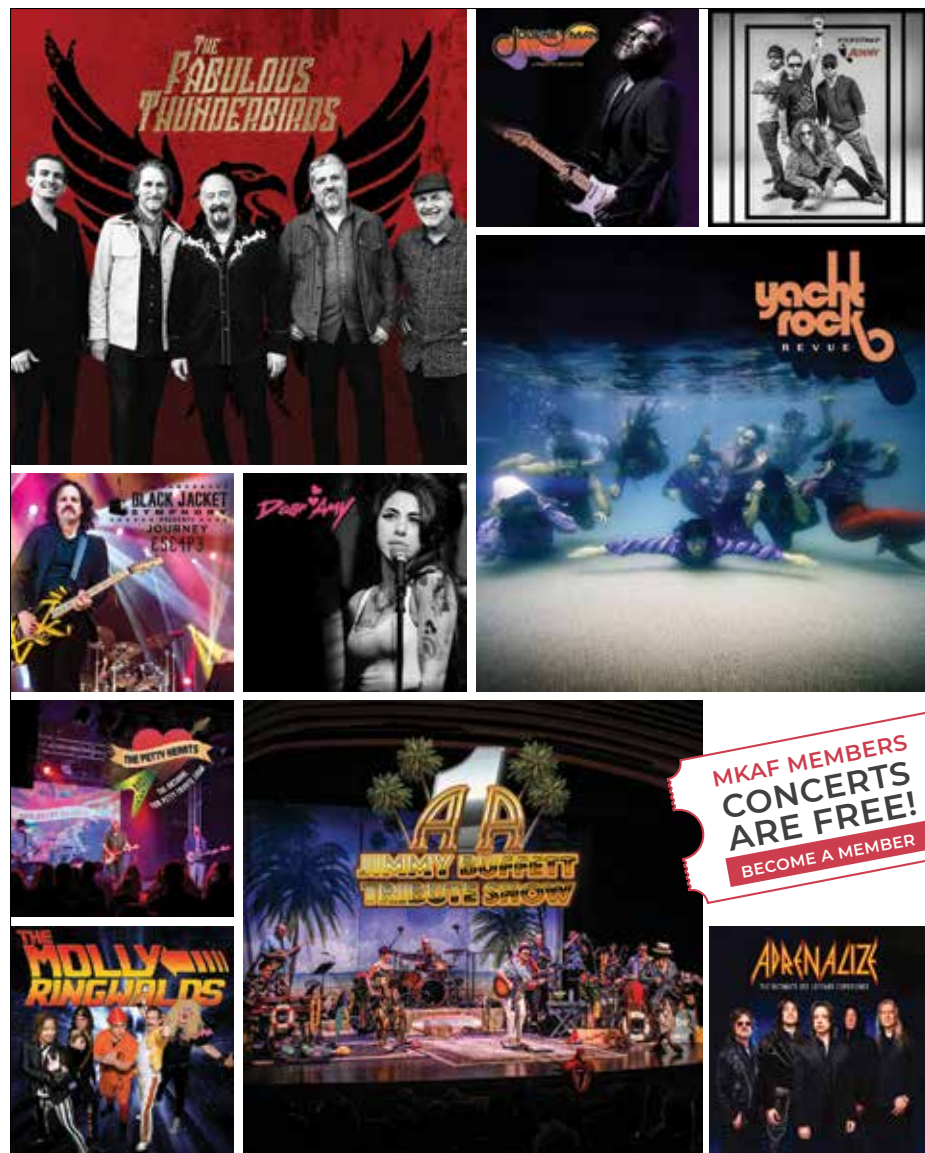
Looking to the Future

As Miss West Florida and Miss West Florida's Teen, Hartley and Chloe will now represent their region at the Miss Florida Scholarship Competition. Should they advance, they'll join women from across the country on the national stage for Miss America and Miss America's Teen.

But win or lose, they've already demonstrated what success looks like. They've shown that scholarship competitions can be life-changing opportunities—ones that build skills, open doors, and uplift communities.

For young women considering whether to step into this world, Miss West Florida serves as a clear example of what's possible. It's not just about competition, it's about connection, confidence, and creating a brighter future.

And for a community looking to invest in the next generation of women leaders, there is no better place to start.




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Arts & Music

Sinfonia Gulf Coast Swells To An Orchestra Of Nearly 3,000 For Special Interactive Student Performance

On March 12, the Destin-Fort Walton Beach Convention Center in Fort Walton Beach was transformed into a lively concert hall as Sinfonia Gulf Coast presented its 13th Link Up concert performance, "The Orchestra Swings." Sinfonia Gulf Coast is the only orchestra offering this program to students on the Emerald Coast. This interactive musical experience, held in partnership with Carnegie Hall's Weill Music Institute, showcased the talents of nearly 3,000, local 3rd to 5th-grade students from Okaloosa and Walton Counties, who performed on recorders and sang alongside the professional musicians of Sinfonia Gulf Coast.

This year's Link Up program was conducted by Aaron King Vaughn, bringing fresh energy to this beloved music education initiative. Vaughn guided the young performers through a program exploring the rhythmic elements that create the iconic swing feel in music.

With recorders in hand, stu-

dents enthusiastically joined the orchestra in performing Duke Ellington's It Don't Mean a Thing (If It Ain't Got That Swing) and Duke's Place, and George Gershwin's I Got Rhythm. Students were on their feet performing the high-energy rendition of When the Saints Go Marching In.

Reflecting on the event, Sinfonia Gulf Coast Music & Artistic Director Demetrius Fuller shared, "Link Up is my favorite concert of the year because it's a culmination of all of our partnership activities with Carnegie Hall in the schools for third through fifth graders throughout Okaloosa and Walton counties, and nearly three thousand kids come to perform live with Sinfonia. And while it's the craziest sound you've ever heard, it's just a wonderful amalgamation of music notation, history, theory, and learning how to play the recorder. And often it's the only music education that many of these kids receive, so it's very important that we continue to



support this."

The Link Up curriculum, developed by Carnegie Hall's Weill Music Institute, is designed for 3rd to 5th-grade students and, in many cases locally, serves as the primary music education they receive during the school year. This year's theme focused on discovering how rhythm and time unite musicians, singers, and audiences.

Sinfonia's Link Up program is made possible through generous support from the St. Joe Community Foundation, the Dugas Family Foundation,

and the Emeril Lagasse Family Foundation. Additional funding from Sinfonia Gulf Coast's Crescendo! annual fundraiser, Treble Makers (an honorary membership committee of Crescendo!), and community donors has allowed Link Up to grow into Sinfonia's largest education initiative.

Sinfonia Gulf Coast was founded in 2005 on Florida's Northwest Gulf Coast with the mission of redefining the symphony experience. Under the guidance of founder and Music Director Demetrius Fuller and

a dedicated board of directors, the nonprofit orchestra is in its 19th season of innovative musical programming, designed to entertain, educate and inspire the community. Since its founding, Sinfonia Gulf Coast has presented more than 700 concerts and events that have reached over 500,000 patrons, has collaborated with numerous nonprofits and businesses throughout the community and has reached more than 220,000 children through its Sinfonia Guest Artists in the Schools program/music education outreach initiatives.

For more information on Sinfonia Gulf Coast, visit SinfoniaGulfCoast.org, call (850) 460-8800 or email info@sinfoniagulfcoast.org.



24
25
SEASON



SINFONIA

GULF COAST

DEMETRIUS FULLER, MUSIC & ARTISTIC DIRECTOR

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Tchaikovsky

X DRAKE

Saturday, May 17 | 7:30 PM

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Prepare to be captivated by the groundbreaking fusion of Tchaikovsky and Drake in a thrilling performance that blends classical and contemporary hip-hop. Conceived by Steven Hackman, this unique concert reimagines symphonic music with 22 of Drake's hits, creating an unforgettable musical experience.

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

By BARBARA PALMGREN

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

Eglin Air Force Base was selected as one of these camps. From early May through mid-September, 2015, more than 10,000 Vietnamese refugees were housed in a tent city

on Eglin property awaiting relocation by a sponsor in the U.S.

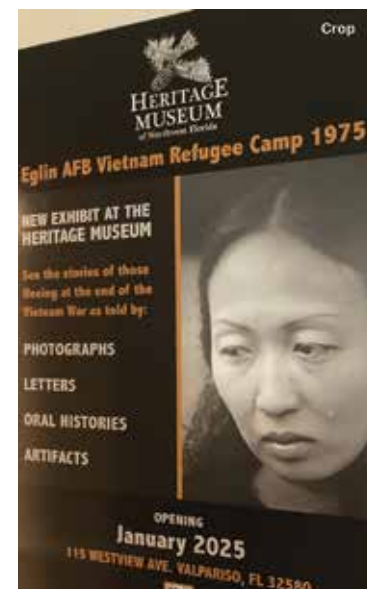
The Heritage Museum of Northwest Florida recently added a 1,400 sq. ft. exhibit hall to the museum and is completing the Vietnam Refugee Camp as its first exhibit. During the weekend of May 3, approximately 60 former refugees from Texas, Massachusetts, North Carolina and California will visit the exhibit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

The exhibit contains a mock-

up of one of the tents with photos and articles about each of the three phases of operation: Phase One-The Buildup; Phase Two-The Pipeline; and Phase Three-The Phasedown. Newspaper articles for these phases are enlarged and mounted for easy reading. In addition, a touchscreen allows viewers to read the daily Dot Moi newsletter, written in both Vietnamese and English as well as photos digitized from the collection of USAF Col. (Ret.) Bill R. Keeler, former Commander for this operation. The Heritage Museum is also recording oral histories from military leaders, former

refugees and volunteers who worked during this five-month operation. A movie is shown about the camp, donated by Ngiep Tran who currently resides in Niceville. It is an excellent overview from start to finish of the five-month event.

Please plan to visit the new room addition and special 2025 exhibit of the Vietnam Refugee Camp at the Heritage Museum of Northwest Florida located in old downtown Valparaiso at 115 Westview Ave, Valparaiso, Florida 32580. There is a minimal charge for museum entrance and no additional charge for this exhibit.



LIONFISH

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Emerald Coast Open Restaurant Week May 9-17, 2025

Concurrent to the Festival and Tournament is Restaurant Week, an event hosted by Destin-Fort Walton Beach during the week leading up to the Emerald Coast Open Lionfish Tournament. This event provides an opportunity for local restaurants to put their spin on a lionfish special while educating their customers about the impact of this invasive species.

portunity for local restaurants to put their spin on a lionfish special while educating their customers about the impact of this invasive species.

Taste delicious lionfish at one of Destin-Fort Walton Beach's featured restaurants during the Emerald Coast Open Lionfish Restaurant Week! Local chefs will highlight lionfish in unique dishes to help bring awareness to the invasive species in our waters.

- May 9 • Crab Trap Destin
- May 10 • Bitterroot
- May 11 • Jasmine Thai
- May 12 • Beach Walk Cafe
- May 13 • La Paz
- May 14 • Brotula's Seafood House & Steamer
- May 15 • Harbor Docks
- May 16 • Sura Korean Steakhouse
- May 17 • AJ's Seafood and Oyster Bar (All-day special)

Why Lionfish Matter

Originally from the Indo-Pacific, lionfish have become a significant problem in the Gulf due to their rapid reproduction and voracious appetite. With no natural predators in local waters, they threaten to disrupt native fish populations and coral reef ecosystems. Events like the Destin Lionfish Festival are vital in promoting removal efforts and educating the public about

how they can help.

Whether you're a diver looking to make a difference, a foodie curious about lionfish cuisine, or a family seeking a fun-filled day by the water, the 2025 Lionfish Festival offers something for everyone. Mark your calendar for May 17-18 and join Destin in the fight to protect our Gulf waters, one fish at a time.

Local Coupons

<p>SUNSET LIQUORS / PARADISE LIQUORS</p> <p>\$5 OFF</p> <p>PURCHASE OF \$25 OR MORE <small>(NOT VALID WITH ANY OTHER PROMOTIONS)</small></p> <p>Offer expires 5/15/25 Offer good at all 10 Locations</p>	<p>TAILFINS TIKIS</p> <p>Tiki Boat Tours</p> <p>FREE Child Ticket</p> <p><small>*age 12 and under, limit one per group</small></p> <p>BOOK NOW</p> <p>Offer expires 5/15/25 172 Harbor Boulevard, Destin 850-650-1200</p>	<p>BROZINNI'S PIZZERIA</p> <p>BOGO 1/2 OFF</p> <p><small>EQUAL OR LESSER VALUE</small></p> <p>OR TWO 16" ONE TOPPING PIZZA \$29.99</p> <p>Offer expires 5/15/25 144 Palm Blvd N., Niceville 850-678-7778 www.brozinnipizza.com</p>	<p>BE WELL SOLUTIONS</p> <p>FREE CONSULTATIONS</p> <p><small>DISCOUNTED PACKAGES • SPECIAL GROUP DISCOUNTS</small></p> <p>25% OFF - VETERANS, MILITARY, FIRST RESPONDERS, STUDENT ATHLETES</p> <p>35% OFF - DISABLED VETERANS</p> <p>Offer expires 5/15/25 4641 Gulf Starr Dr #105 • Destin 850-786-2051 • Completeketaminesolutions.com</p>
<p>BLUEWATER PLASTIC SURGERY</p> <p><small>PROFOUND (RF MICRO-NEEDLING, FOR SKIN TIGHTENING AND CELLULITE) \$500 OFF PROCEDURE WITH 50 UNITS OF COMPLIMENTARY BOTOX</small></p> <p>Offer expires 5/15/25 Niceville • Santa Rosa Beach • 850-530-6064 www.bluewaterplasticsurgery.com</p>	<p>BLUEWATER PLASTIC SURGERY</p> <p>10% OFF</p> <p>GIFT CERTIFICATE \$500 & UP <small>(EXCLUDES SURGICAL PROCEDURES)</small></p> <p>Offer expires 5/15/25 Niceville • Santa Rosa Beach • 850-530-6064 www.bluewaterplasticsurgery.com</p>	<p>FUBAR PIZZA BAR</p> <p>\$5 OFF</p> <p>PURCHASE OF \$25 OR MORE <small>(NOT VALID WITH ANY OTHER PROMOTIONS)</small></p> <p>Offer expires 5/15/25 114 Amberjack Drive • Fort Walton Beach 850-226-7084 www.fubarfwb.com</p>	<p>YOUR COUPON COULD BE HERE</p> <p>CALL 850-688-9886</p>
<p>YOUR COUPON COULD BE HERE</p> <p>CALL 850-688-9886</p>	<p>J & B MEDICAL, INC.</p> <p>\$100 OFF</p> <p>ANY LIFT CHAIR PURCHASE</p> <p><small>WITH COUPON</small></p> <p>Offer expires 5/15/25 540 E John Sims Parkway, Niceville 850-729-255</p>	<p>OVERHEAD DOOR</p> <p>\$100 OFF A NEW WI-FI DOOR OPERATOR AND FREE DECORATIVE DOOR HARDWARE</p> <p><small>WITH EACH DOOR PURCHASE. (NO OTHER DISCOUNTS APPLY) FINANCING AS LOW AS \$79/MO. W.A.C.</small></p> <p>Offer expires 5/15/25 850-269-3246 destinoverheaddoor.com</p>	<p>BEACHSIDE SLIDING GLASS DOOR MAINTENANCE, LLC</p> <p>\$25 OFF SLIDING DOOR TRACK REPAIR WITH ROLLER REPLACEMENT</p> <p><small>FREE ESTIMATES</small></p> <p>Offer expires 5/15/25 BeachsideSlide.com 850-98-SLIDE (850-987-5433)</p>



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10AM-3PM

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SHRIMP
4PM-CLOSE TUESDAY

Trivia
Night!
6:30-8:30 THURSDAY

KIDS EAT
FREE
4PM-6PM
TUESDAY-FRIDAY

KARAOKE
5PM TUESDAY

PRIME RIB
THURSDAYS
STARTING 4PM

CRAWFISH
BOIL
12PM SATURDAY