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FWB Life

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Emerald Coast Theatre Company 10 Years and Counting!

BY ANNA AND
NATHANAEL FISHER

In a recent interview, we were asked if reaching our ten-year milestone felt like “We did it. Mission Accomplished!” Our response was that it feels more like “Mission ongoing, mission good start, mission we’ve so much more to do.” As we look back on the very beginning of our little newborn baby theatre company, the feelings of gratitude overwhelm us. ECTC shares a birthday with our youngest daughter, as they both made their appearance in January of 2013, with quite a few months of planning prior. It was in those early days that we experienced the joy and excitement of something new, and the fulfillment of a dream long hoped for—both with our new little baby and our new little company.

We started with 10 students in an afterschool class offered in partnership with the Mattie Kelly Arts Foundation. Nathanael was working as a part



time adjunct theatre professor at University of West Florida

in Pensacola and Gulf Coast State College in Panama City, as well as other part time local jobs. I was working behind the scenes and caring for our six-year old twins and newborn baby girl. He would teach the after school classes on those days he was in town and we continued to work together, dreaming and planning our

little company’s first wobbly steps.

Fast forward four years and we are growing, continuing to offer more and more classes and a small season of professional theatre. All of our classes and shows are

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Child Fostering: Could It Be Right for You?



BY MICHELLE RUSCHMAN

Foster parenting helps kids and enriches families. A common misunderstanding about fostering is that foster families are gatekeepers between children and biological parents. April Hight, the Foster Home Recruitment Specialist with FamiliesFirst Network for Okaloosa and Walton County, wants to clarify that a foster parent is more in the position of being a bridge between a child and their parent(s), with the ultimate goal being reunification. A foster family is part of their healing process.

It’s important to make these distinctions, because as our community looks at the aftermath of Covid and lockdown, foster family recruiters like April are finding that a critical area that has been directly affected is the available beds for displaced

FOSTERING

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MATTIE KELLY ARTS CENTER

NORTHWEST FLORIDA STATE COLLEGE

2022-2023 SEASON

FOOTBALL IS BACK!

A's Seafood Oyster Bar | A's Oyster Shanty | A's On the Bayou | A's Grayton Beach

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THE **BIG GAMES** NFL SUNDAY TICKET & COLLEGE GAMEPLAN

SPECIAL FOOTBALL MENUS AT EACH LOCATION

BEER SPECIALS & GREAT DRINKS!

 Community

ECTC

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offered through the kindness of local schools and retail merchants who give us the use of their empty stores. For every show and every class, we load our family car with set, props, costumes, speakers, scripts and whatever else can be crammed in, and we arrive early to set everything up. Our garage, our living room, our kitchen table is always covered with things like feather boas, a golden lamp, a tinman's costume and maybe a basket of fake apples. We overtake Anna's Dad's shed across the street as our stock grows, and our neighbor next door is always kind to turn a blind eye when we paint sets in our carport and turn the side yard grass blue until the next mowing.

Throughout this period, Grand Boulevard was especially generous to us. If they had an empty space, we were welcome to it. We produced professional shows and children's shows in the place where Williams Sonoma is now. They hired us to produce an outdoor Summer Shakespeare in the park series which continues to this day. I would be remiss if I didn't mention our board of directors, the people who work behind the

scenes without a lot of recognition. They were always there championing us and finding new and creative ways to produce theatre without a building. And then one day...

Stacey Brady, Director of Marketing at Grand Boulevard and long-time board member, called us one morning, "Can you meet me at the 560 building on property?" We thought with excitement that this may be another temporary empty space, another opportunity to run rehearsals and classes at the place that had been so supportive of us already. What we didn't think was that she had secured a dream space for us. She brought us up to the absolutely empty concrete rectangle that is now Emerald Coast Theatre Company and with a twinkle in her eye said, "Well, do you think you can work with this?" After catching our collective breath, through smiles and tears, we responded with a resounding yes, and immediately got to work with more dreaming.

What Grand Boulevard has provided has catapulted us to where we are today. We have grown from the two of us volunteering and investing our time the first few years to a full-time incredible staff of eight including ourselves, Rebeca



The ECTC Board right before moving into Grand Blvd.



First rehearsal of the first show in the new space at Grand Blvd.

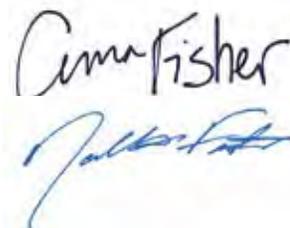


Anna and Nathanael Fisher

Lake-resident designer, Phillip Padgett-production and stage manager, Tara Padgett-costume and wardrobe assistant and teaching artist, and our three newest staff members Trenton Bainbridge-managing director, Emily Bainbridge-patron relations and teaching artist, and Drake Miller-technical director.

As we celebrate Season 10 this year, we celebrate all of the hands and hearts that got us here. We recognize that the heart of ECTC is you! It's our students, volunteers, sponsors, patrons and VIP members. It's our vibrant Leading Ladies, our hard-working staff, our dedicated board of directors and our talented local actors as well as those performers who travel from all over the country to bless our stage. It's our community that held us through a pandemic and became the most generous donors we could have imagined. As we prepare to produce

six professional shows, three Theatre for Young Audiences shows, many educational shows and classes, a Storyteller Series and a few cabarets, we look back with gratitude and a thankful heart at all that has come before. Our little theatre company is growing up and expanding, nurtured by so many along the way. We hope that you will join us as we launch our Season 10 with a grand celebration on September 16th, and continue to celebrate with us all season long. Mission accomplished? Never.



Nathanael and Anna Fisher
Founders, Producing Artistic Director,
Associate Artistic and Education
Director

FOSTERING

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children. The hope is that local families will consider becoming part of the fostering community, so the losses from 2020 are recovered. Not having beds for this vulnerable group creates additional hardship in an already difficult situation. "In our area, we have about 460 kiddos, give or take, in need of foster care every day," said April. "Across our county, we have about 360 available beds. That's approximately 100 children who don't have a local bed each day.

When families are in need,



our agency is going to call every licensed home to make sure there is a place here where we can put these children, but oftentimes, they will be sent out of our circuit which includes Okaloosa, Walton, Santa Rosa, and Escambia counties. If we don't have a bed in these areas, they may be sent to a different part of the state and sad-

ly, that is pretty common. Due to the lack of beds, it's very unlikely that they're going to stay in their community once they are removed from the home. This means they're not going to stay in the same school, be near the things that they know, or be anywhere that is familiar. They have to go where there's an available bed.

What is sad is that a lot of our kids bounce. A foster home may be full, but will take a child for a few days to give us time to find a permanent spot. At the end of those few days, just as

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FOSTERING

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they're getting comfortable, they have to go to a whole new home. These kids have to say goodbye again, go to another strange place, and it's just more loss and grief every time they have to move."

There are multiple reasons children are removed from their homes. But, the top two are substance abuse and neglect. When a child is moved into a home where even the community isn't familiar, it leads to more trauma.

April and her counterpart in Escambia and Santa Rosa county, Thomas Williams, pro-

single parents and those who are old enough to be grandparents.

"The ideal foster parents are those who can have empathy for biological families," said April. "They are willing to learn about trauma and have a flexible parenting style."

April also stresses the importance of internal work before an individual, a couple or a family considers opening their home. "Have conversations with those who are closest to you, whether that's your extended family, your church, people you work with or your friend group. Make sure you have adequate support, because you're going to need a support system," she said. "Couples have to be on the same page



vide education and support to potential foster families as they on-board into the foster licensing process. There are five levels of licensure in which a family can qualify: Level one is a family member, level two is the largest group with traditional foster care, and levels three to five are more specialized in physical and therapeutic needs. "To receive a license as a level two home, they need to have adequate space in their home to accommodate the children and every child must have their own bed," said April.

Sleeping arrangements can vary based on the age and gender of the child, but some children also come with the specific stipulation that they need their own room. If a higher level is applied for, it may require that the home has a medical bed. "The initial step in getting a license is to talk to a foster home recruiter like myself."

The profile of a foster family can vary. In addition to traditional families of all sizes, April has also seen great success with

and both have to be fully vested. Include the children in the conversation, because they sacrifice space and time while sharing their home."

Once you become a foster family, there is ongoing support. In addition to a small stipend to help with the cost of the additional child(ren) in your home, a care coordination arm of FamiliesFirst Network helps navigate challenging situations while offering practical solutions. Online support, Facebook page support and Zoom calls are available for even easier access. "The best support is other foster parents and it's a great community ready to help," said April.

If you're interested in providing one of the needed beds in Okaloosa and Walton counties, or you'd like to know how your church, business or agency can support local foster families and displaced children, visit www.elakeviewcenter.org, contact April Hight at april.hight@bh-cpns.org or call 850-982-5364.

Can You See Yourself Living Here as a Foster Parent?

You can make a difference in the lives of children every day! Children in Crisis (CIC) is in need of live-in foster parents. The mission is simple: Providing homes while keeping brothers and sisters together. A non-profit organization, CIC works to provide homes and care for the abused, neglected and abandoned children in our local community. Since opening the Susanna Wesley Emergency Shelter and the first family foster home (Blessings House) in 2008, CIC has given a home and care to over 1,000 foster children.



Currently, Children in Crisis is in need of foster parents to live in the homes and care for the children at The Children's Neighborhood.

The non-profit will license and train foster parents and provide an array of support including a large home with paid utilities, extensive training and guidance, on-site educational assistance, vehicles for transporting children, access to food and clothing

pantry and a monthly stipend to supplement family income in addition to the State's Room & Board payments. "Our foster parents experience the rewards that come with knowing they have made a difference in the lives of these children," said Danna Franks, Vice President of Operations at Children in Crisis. "These are children who need a parent to restore their hope, facilitate healing of their

wounded hearts, and assist in their development into resilient, happy, capable young people."

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

KIWANIS - BRIDGEWAY CENTER

GOLF TOURNAMENT

SATURDAY, OCTOBER 8, 2022 8:30AM
Fort Walton Beach Club



Jack Burkett
**JACK BURKETT
MEMORIAL**



Proceeds to Benefit
Bridgeway Center Wraparound Program
Wraparound Services (WRAP) are designed to keep families intact while ensuring the safety of the children. The purpose is to increase children and adolescents safety and stability in their own homes.

3 Ways to Get Involved!

1. Sponsorship 2. Team 3. Hole Sign

Go to BridgewayCenter.org to Download the Complete Golf Packet and Sponsorship Details!



Love at First Sight: A Match Made in Fort Walton Beach



By KELLY MURPHY-REDD, CEGD

This story begins, as many great stories do, at the Greater Fort Walton Beach

Chamber of Commerce. Intrepid leader and master of ceremonies Ted Corcoran was out of town in May of this year and made plans to transform the First Friday Coffee into a non-profit "trade show" in his absence.

Director of Special Events, Rachelle Graves, walking by a particular table at the trade show, was drawn like a magnet to a poster with a photo of man's best friend.

But let's pause here and take a step back in history.

Rachelle Graves has lived in Fort Walton Beach most of her life. Her grandparents moved here in the 1930s. Her grandfather managed the army campground in Destin. Discharged from active duty, he remained involved, performing his duties

at the recreation camp.

Both of Rachelle's parents were born in Fort Walton Beach. In 1958, her father, Gary Garrett, was adopted by a military family at Eglin AFB. He joined the Air Force out of high school and spent almost his entire career at Hurlburt Field.

Gary has always had a dog. In November of 2021, his dog had a stroke and died. Rachelle kept telling him, "You need a dog. What kind of dog do you want?"

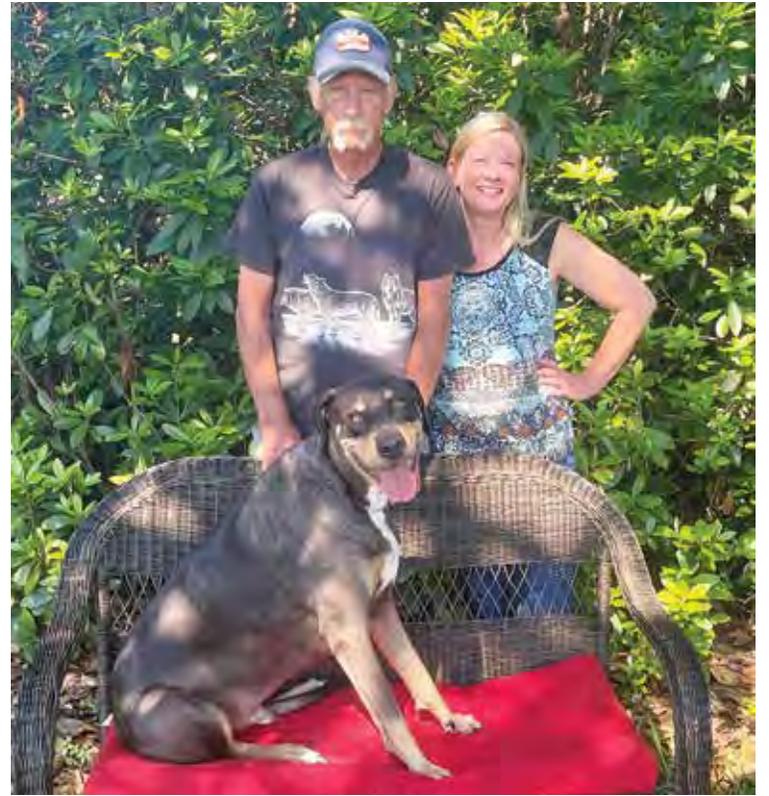
Enter "Dog Daze," the Greater Fort Walton Beach Chamber of Commerce annual event. Dog Daze is a fun-filled day for all dogs (over 6 months old), and people who love dogs. The event is sponsored by Friendship Veterinary Hospital. Dozens of rescue organizations, dog trainers, veterinarian clinics, dog groomers, and more attend this huge, fun, one-day, dog event. Rachelle, the organizer of the event, met representatives from Healing Paws for Warriors there. The organization soon became a chamber member.

Local, veteran-founded, and



veteran-led, this 501(c) (3) organization is dedicated to providing combat veterans suffering from Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and Military Sexual Trauma (MST) trained ADA-certified service dogs at no cost to the veteran with continued support. This program is designed to reduce veteran suicide, and increase veteran and family health and wellness.

The Healing Paws for Warriors staff includes a combat



medical war veteran, a practicing PTSD therapist, a professional service dog trainer, a veterinarian, and many other supportive volunteers.

The dogs are predominantly from local rescue shelters. They

are not pets, but service dogs with the complete protection and rights granted by the Americans with Disabilities Act. The service dog trainer teaches the

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Prepare Now: High Visitor Season is Over, But We Are Still in Severe Storm Season



BY MELISSA FORTE-LITSCHER

Hurricane season along the Gulf Coast is June 1 through November 30, meaning we are not even half way through yet. It's been a quiet storm season due to a cloud of Saharan dust bringing dry air that has stifled tropical activity so far. But, in the coming weeks, experts expect tropical activity will ramp up. Nicole Carlisle, a meteorologist with the National Weather Service, said "With the dust making its way out, conditions are ripe for storms to erupt. I would say that it's the quiet times, like now, that it's a good

time to review your hurricane plan." If you are like a lot of folks living along the coast, you might not have completed your preparations, but it's not too late. Get supplies now, because late August and September are peak hurricane season months when 90% of tropical storm activity occurs.

First, let's look at preparing your home. Keeping up with regular maintenance is a great head start! Keeping your gutters cleared out, trimming tree branches and shrubs away from the house, and removing dead branches are important tasks all year, but especially when high winds and rains can cause debris to damage your home. Make sure you have proper materials to board up or shutter your windows ahead of an advancing storm and know how to secure them to the house. When a storm is approaching, make sure to bring in loose patio items such as chairs and tables so they don't fly around and

cause damage. Secure all the doors on your home, keeping in mind that the garage door is often the most vulnerable. Finally move your vehicle inside the garage or another secure location. Home protection includes making sure your insurance is up to date with replacement costs and flood protection. Having a video of your home inside and out will help if you need to make a claim; it is often difficult in the aftermath of a storm to remember everything you have. Written records of make, model serial numbers of appliances and electronics can assist if you need to replace any of them. Take a moment to find out what your insurance company requires for storm preparation to make sure you are covered from loss. Keep copies of your policy in your emergency kit and if possible, store on the cloud so you have access, should the originals be destroyed.

Being prepared for an emergency isn't just about staying

safe during a storm. It's also about how to stay comfortable, clean, fed and healthy in the aftermath. A severe storm may have knocked out electricity, disrupted water and sewer service, and limited access to and from your home or business. If the power is out, you might be unable to go to the store or the bank. Being prepared means having your own food, water, cash and other supplies to last for at least three days, and possibly longer if you are in a remote or hard-to-reach area. Remember that your kit will depend on your own needs. An emergency supply kit is a good idea to have on hand whether you need to evacuate or are able to shelter in place. The National Weather Service and NOAA at <https://www.weather.gov/safety/hurricane-and> their counterpart Ready.gov suggest the list below to get started:

- Water—at least a gallon per person, per day



- Non-perishable food (such as dried fruit, peanut butter, or energy bars) with a manual can opener
- First aid kit and Prescription medicines including eye glasses and or contacts with solution
- Flashlights, Battery-powered or hand-cranked radio, with extra batteries or an alternative power source
- Matches in a waterproof container
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels

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Around Town



The **Emerald Coast Children's Advocacy Center (ECCAC)** presents its 6th Annual **Wiggin' Out for a Cause** presented by Great American RV Superstores on Thursday, Sept. 22, 6-10 p.m. at Shoreline Church, 140 Palmetto St., Destin. With a "Prom Night of Your Dreams" theme, ladies and gentlemen come dressed accordingly in your best (or worst) prom attire. The event will be filled with wine and punch cocktails, food, fun, photo booths and live DJ music with dancing. Both men and women will receive their own personal wigs. Tickets are \$90 per person. Limited VIP tickets at \$150 per person include a designer wig and attendance at a private VIP pre-party from 5-6 p.m. Proceeds benefit ECCAC. Purchase online at www.eccac.org, or call Ana Michalzik at (850) 420-4639.

Join the **Heritage Museum of Northwest Florida** for its 2022 New Membership Drive. Come as a new member during Constitution Week to show your support of local history—preserving the past for the future. The Museum will host a new members Meet & Greet on Sept. 24 at 2 p.m. where you can enjoy light refreshments.

23rd Annual Emerald Coast Home and Boat Show

The largest, best and only combined free admission to the public Home and Boat Show in Florida will be held Saturday and Sunday, Sept. 24 and 25, 10 a.m.-4 p.m., at the Destin-Fort Walton Beach Convention Center. This year's event will feature more than 100 vendors in many different categories offering home show specials, mortgage info, realtors, AC, plumbing, electrical, windows and doors, remodelers, roofers, insurance, kitchens and baths, blinds and shades, painting, foundations, security, outdoor buildings, restoration and other service industries, plus, retail and home-based business vendors, health care evaluations, non-profit organizations and an end-of-the-season boat show and sale sponsored by Captain's Choice Boats, Bluewater Bay Yachts, Florida Airboat Partners and Blue Coral Sport Fishing Towers. Vendors will also give away more than \$20,000 in door prizes and free swag. Home Show sponsors include Floridian Brand, EcoView Windows & Doors, Defined Interiors, Horizon Improvements, 1st Choice Painting, The Final Touch Design Studio, Scentsy, Freeman Roofing, Life Media (Destin Life-FWB Life-Bay Life), Cumulus Radio and Omni Broadcasting. More information, visit <https://www.paradisepromotionsfl.com/home-show>.

Adult Tee-Ball: Fort Walton Beach Police vs. Community game!

The Fort Walton Beach Police Department will host its 2022 National Night Out on

Tuesday, Oct. 4th, 2022, from 5:30 to 8 p.m. at Chester Pruitt Park, 8 Harbeson Ave, Fort Walton Beach. The community team is still being formed. So, anyone who wants to participate can contact Officer Randolph at ZRandolph@FWB.org. Booths will be set up to educate residents about home security and crime prevention. The city library will have a display of services they have available, many of which are heavily underutilized. National Night Out is essentially a crime-prevention block party, where residents are encouraged to come out of their homes and interact with law enforcement to build a relationship of trust and understanding. It is a free event.

FWB Fire Department, Station 6, Celebrates New Paramedics

On Aug. 17, the Fort Walton Beach Fire Department celebrated its newest paramedics at Station 6 with friends, family and city and elected officials. With the addition of these new paramedics, half of the Fort Walton Beach Fire Department are now paramedics. There are 20 paramedics within the department and more beginning paramedic school. Paramedic school is a year-long commitment filled with classes, tests, training and long clinical hours all while working full time. Congratulations! FWB Life appreciates your service!

Choctawhatchee Audubon Society is kicking off September with bird expert Malcolm Swan at two renowned Bird hotspots, the Okaloosa Holding Ponds and the Wright



Fort Walton Beach Fire Department celebrated its newest paramedics

landfill pond. Saturday morning, September 3rd. If you'd like to participate, meet at the parking lot of Helen Back Pizza at Roberts Blvd. just off Lewis Turner Blvd. at 8 a.m. From there, the group will drive north less than a mile and look for migrating falcons, kingbirds, and wading birds (maybe avocet or phalarope among others) after parking between the main ponds. When birding, please wear muted (not white or black) colors, closed-toed shoes, long pants, and a hat. Bring your binoculars, scope, and/or camera; and bring water, snacks and sunscreen for this 2-3-hour field trip.

Sea turtle nesting season is a special time in Fort Walton Beach. Please be mindful of nesting turtles on the beach with these important tips:

- Refrain from using a flashlight or flash photography and use a turtle-friendly red flashlight.
- If your residence is on the Gulf, turn off your exterior lights and close your blinds at night.

- Fill any holes on the beach.
- Stop by the Welcome Center on Okaloosa Island, 1540 Miracle Strip Pkwy., for your own free turtle-friendly red flashlight!

Save the Date! **The Emerald Coast Cribbage Club** will host a national American Cribbage Congress (ACC) tournament Jan. 20, 2023. In the meantime, join the fun weekly on Tuesday evenings at 6 p.m. at the VFW on Carol Ave. Interested? Contact Jim Hearon at 850-866-7866 or visit [Emeraldcoastcribbageclub](https://www.facebook.com/emeraldcoastcribbageclub) on Facebook.

Saltwater Restaurants is thrilled to be a part of sponsoring the new **Shorebird Habitat** for local sea birds like the Great Blue Heron. For example, "Floyd," a Great Blue Heron that was rescued by the Emerald Coast Wildlife Refuge team, was discovered at the Okaloosa Island Pier with lacerations from fishing lines and hooks wrapped around his leg. After a few weeks

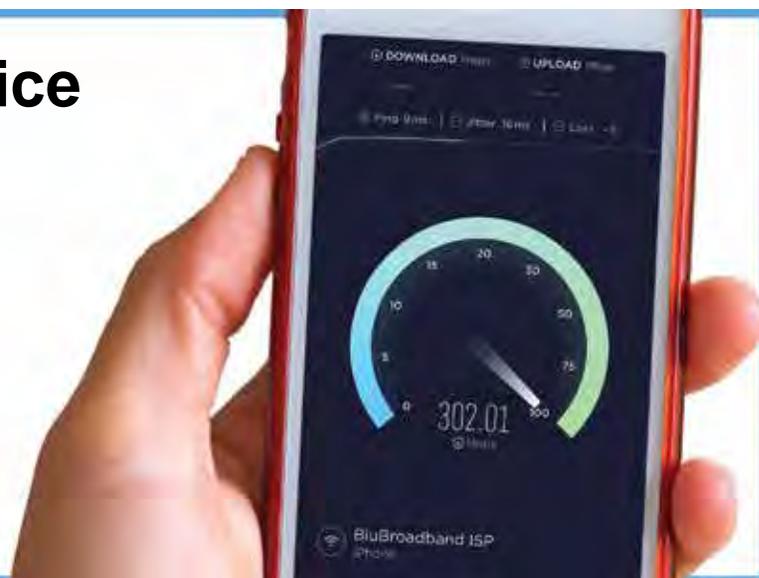
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The company, headquartered in Bay Minette, Alabama, has been in operation since 1986 and now has over 40 locations nationwide. The founder started EcoView with goals of progressing the industry from plain wood windows to the exceptionally energy efficient vinyl replacement windows installed today.

In 2013, a local Pensacola office was established bringing a nationally respected manufacturer to the area with the added benefit of working with a local company. The local dealership has been servicing the Emerald Coast since and continues to provide quality product and guarantees on not just the lowest



The HVHZ Specification. This certification is given by the State of Florida for elite products that meet or exceed the HVHZ criteria. Made to endure and protect, the Shoreline Double Hung windows, which, like all Shoreline Series windows, are made with an internal metal core, latches, and locks, and have a Structural Wind Load Capacity of 205.1mph.

the sun's heat from warming the home during the long summer months, while also reducing heat loss during the cold fronts of winter. This can mean reducing heating and cooling bills by at least 35%. The result is a comfortable home year-round with minimized energy costs.

As EcoView focuses on what is best for homes in the Southeast, they set themselves apart by providing customers with top-of-the-line products in storm protection: the ViWin-tech Shoreline Series of windows. This product has been engineered specifically for Florida homes to meet one of the most stringent building code specifications ever made in the USA:

pricing, but also on the performance of their work.

EcoView is the only company in this region that offers a true lifetime warranty that includes labor. Their Lifetime Warranty is as long as you own your home and can be transferred once. The company wanted to offer more as typical warranties in the market were including limits

and restrictions on their warranties. EcoView makes sure their customers can trust their purchase and experience with the company.

Having foundations in the south, EcoView offers products specifically designed for the region and climate. Each window features high-performing glass that can prevent up to 72% of

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To schedule a free, in-home estimate, plus receive 20% off the guaranteed lowest price call Fred at (850) 876-3032. Visit www.EcoView-WDS.com to learn more and see examples of the many varieties and styles of windows available to you.

Come See Us @ Emerald Coast Home & Boat Show



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 Sunday, September 25, 2022 | 11:00AM-4:00PM



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Community

AROUND TOWN

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of treatment in their Shorebird Rehabilitation Habitat, Floyd was back on his feet and ready

to take flight! Funding for this project is a part of our ongoing commitment to give back to our beaches and wildlife through our S.E.A. initiative.

This Labor Day Weekend, Friday, Sept. 2 through Sunday, Sept. 4, join The Village of Baytowne Wharf for Perfect Hues: Baytowne Art & Food Fest! Each evening from 5-10

p.m., stroll The Village streets as you browse a variety of artwork from local and regional artists, and savor bites from some of the area's best restaurants and food trucks. Enjoy LIVE music

throughout the festival and a spectacular fireworks show over the lagoon on Sunday at 9:30 p.m.

FWB Happenings SEPTEMBER 2022

All Month

- Downtown FWB Farmers Market | 8am-1pm | 2nd & 4th Saturdays | Fort Walton Beach Landing Park FWB
Okaloosa County Farmers' Market | 7am-2pm | Saturdays | 1954 Lewis Turner Blvd FWB
Acoustic Gig | 6-10 pm | Al's Beach Club FWB
Vinney McGuire's FYC Duo | 6 pm | McGuire's Irish Pub Destin
FSC 2022 Sep Panhandle Meet & Eat | 6:30-9pm | The Bavarian's Wirtshaus FWB
Chemistry | 11:30 am-1pm | Emerald Coast Science Center FWB
Jessie Ritter Live at Baytowne Art Walk | 5pm | Sandestin
Eli Lev | 6pm | The Sound Cafe + Enlightened Studios FWB
FWB Chamber First Friday Coffee | 7-9 am | First Baptist Church FWB
Downtown FWB Art Walk | 5-9pm | Downtown FWB Farmers Market
Labor Day Concert Celebration | 7-9pm | HarborWalk Village Destin
AP Returns to The Gulf | 6-9pm | The Gulf on Okaloosa Island FWB

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- Buddy Jewell | Sun, 8-10pm | Docie's Dock FWB
Boukou Groove | 5-9pm | LuLu's Thin Ice | 1-4 pm | The Gulf on Okaloosa Island
ROWDIES | 6pm | G.I. Jade Tiki Bar & Bistro, 38 Miracle Strip Pkwy SW
Sexual Assault Survivors Support Circle | 5:30-6:30am | Shelter House FWB
C.A.R.E.ing for Turtles | 5-6 pm | Gulfarium Marine Adventure Park
Call for Creatives | 12-6 pm | Frances Roy Agency | Valparaiso
Jeff Solo | 6 pm | G.I. Jade Tiki Bar & Bistro FWB
Acoustic Gig | 6-10pm | Al's Beach Club FWB
Power Your Parenting | 5:30-6:30pm | White-Wilson Medical Center
BIA's Nail Drivers' Charity Golf Tournament | 7:30am | Fort Walton Beach Golf Course FWB
The Big Scoop - Okaloosa County | 2-4 pm | Emerald Coast Harley-Davidson



- First Responder Cook-Off benefiting Boys and Girls Clubs | 4 pm | Choctawhatchee High School | Fort Walton Beach
Emerald Coast Cars & Coffee | 8-11am | Santa Rosa Mall
Emerald Coast Holistic Health Expo | 10:00 am | Destin-Fort Walton Convention Center
Fall Flix: The Wizard of Oz: Celebrating 100 years of Judy Garland | 7:30pm | Mattie Kelly Arts Foundation Destin
Boots & Brews Country Music Festival - Silicon Valley | 1:45-2pm | Morgan Sports Center Destin
North Florida Gun & Knife Show Fort Walton Beach | Sep 10-Sun, Sep 11 | Northwest Florida Fair Association FWB

- 2022 Emerald Coast Holistic Health Expo | Destin-Fort Walton Beach Convention Center
2nd Annual "Colors of Service" First Responders | 1-6pm | 550 Mary Esther Cut Off NW
Railroad spike - Slingshot! | 9am-1pm | Traditions Workshop, 418 Green Acres Rd #4
CALM Village Groundbreaking Ceremony | 11:30am-12pm | VenYou201, 201 Redwood Ave Niceville
Maker Days: Flying Wild | 9am-12pm | Emerald Coast Science Center FWB
USAF 75th Anniversary Community Celebration | 3 pm | Mattie Kelly Arts Center Niceville
Sexual Assault Survivors Support Circle | 5:30-6:30am | Shelter House Inc, 16 Ferry Rd SE
C.A.R.E.ing for Turtles | 5-6pm | Gulfarium Marine Adventure Park
Pathways: Architecture | 1-3pm | Emerald Coast Science Center
Acoustic Gig | 6-10pm | Al's Beach Club, 1450 Miracle Strip Pkwy SE
USMVMC Poker Run For Healing Paws For Warriors | 10am-5pm | Emerald Coast Harley-Davidson
International Coastal Cleanup | 8-10am | Boardwalk Okaloosa Island
Choctawhatchee Bay Family FUN-FEST | 10am-1pm | Boardwalk Okaloosa Island
9th Annual Soldiers on the Water Event | 7am-5pm | Brotula's Seafood House & Steamer Destin
Boys 2 Men Seminar | 3:30-9pm | 15 Carson Dr SE
Fall Flix: Ratatouille | 7:30 pm | Mattie Kelly Arts Foundation Destin
GSSF Indoor League | 9 am | Emerald Coast Indoor Shooting & Sport | Valparaiso
Home School Academy: Technology Takeover | 9am-1pm | Emerald Coast Science Center
Home School Academy: Technology Takeover | 9am-1pm | Emerald Coast Science Center
Sexual Assault Survivors Support Circle | 5:30-6:30am | Shelter House FWB
Michael McDermott Live | Docie's Dock, 24 Miracle Strip Pkwy SE

- C.A.R.E.ing for Turtles | 5-6pm | Gulfarium Marine Adventure Park
Michael McDermott Live | Docie's Dock, 24 Miracle Strip Pkwy SE
ECCAC's Wiggin' Out for a Cause | 6-10 pm | Shoreline Church Destin
Sordid Secrets Of The Stars | 6-7pm | Emerald Coast Science Center
Burgers, Bourbon & Beer Festival | 12 pm | Destin Harbor Destin
Oktoberfest | 11am-9pm | Fort Walton Elks Lodge 1795
Fall Flix: Hairspray | 7:30 pm | Mattie Kelly Arts Foundation Destin
Repticon | 9am | Northwest Florida Fair Association
Burgers, Bourbon & Beer Festival | 12-4pm | Brotula's Seafood House & Steamer Destin
FUNDRAISER Saving with Soul Rescue! All Ages! | 2-5pm | Painting with a Twist FWB 24-25
Emerald Coast Home Show | Destin-Fort Walton Beach Convention Center
Fly Into Fall Kite Festival | The Boardwalk, Okaloosa Island
Repticon | 9am | Northwest Florida Fair Association
Acoustic Gig | 6-10pm | Al's Beach Club FWB
Sexual Assault Survivors Support Circle | 5:30-6:30am | Shelter House FWB
C.A.R.E.ing for Turtles | 5-6pm | Gulfarium Marine Adventure Park
Jessie Ritter | 6-10pm | Al's Beach Club FWB
6th Annual Women in Science Conference | 5:30 pm | Northwest Florida State College
The Canine Stars Stunt Dog Show | 7:30pm | Mattie Kelly Arts Center | Niceville
Acoustic Gig | 6-10pm | Al's Beach Club FWB
Drawknife for Woodwork | 1-5:30pm | Traditions Workshop FWB
Destin Fishing Rodeo Kids Wagon Parade | 6-7pm | AJ's Seafood & Oyster Bar, 116 Harbor Blvd
Sevendust | 5:45pm | Club LA Destin

Advertisement for Emerald Coast Children's Advocacy Center 'Wiggin' Out for a Cause' event. Includes text: 'JOIN US FOR THE PROM NIGHT OF YOUR DREAMS!', 'Thursday, September 22, 2022', '5-6PM (VIP Party) - 6-10PM (Main Event) at Shoreline Church's Event Space', and a QR code.

Asher's Hope is Leaving a Legacy

BY LORI LEATH SMITH

In 2018, Kristyn Szala's youngest son, Asher, was given a life-limiting diagnosis. Kristyn was only halfway through her pregnancy. "We were told that he would either pass away before birth or shortly thereafter," she said. "You imagine you're going to have a lifetime with your child and to have that taken away is absolutely crushing."

Once Kristyn, an area local, reoriented her thoughts and let a few close friends and family know, they initiated a fundraiser to purchase a CuddleCot for the family. A CuddleCot is a small cooling unit fitted inside a bassinet. In situations like these, there is a short window of time for a family to create memories, say hello and goodbye to their child. Cooling the baby is absolutely essential. The CuddleCot cools to an ideal temperature for preserving the baby without being too cold for the parents.

This marvel of technology allows families the choice to spend

more time with their baby. "A CuddleCot allows grieving parents to bond with their babies and make memories that they wouldn't otherwise have been able to do – an essential step to the grieving process for hurting parents," she said.

Asher was stillborn Aug. 3, 2018, at Ascension Sacred Heart Pensacola at 36 weeks. "During our stay in the hospital, we were blessed with two and half days with Asher when we would likely have only had a few hours," said Kristyn.

In reality, no amount of time is ever going to be enough. But their precious gift of time was extended because of the availability of their CuddleCot. Kristyn had the option to hold her baby, to bathe him, to dress him in an outfit of her choosing and just "be" with him for those moments, which she truly needed. She says one of the most peaceful times was having him at her bedside at night.

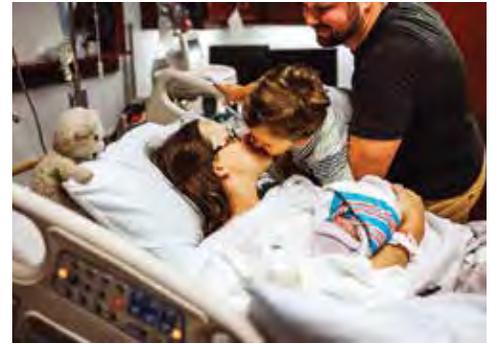
After the emotional experi-

ence, Kristyn realized the importance of having that CuddleCot. Before they left Ascension Sacred Heart in Pensacola, they made a decision to donate Asher's CuddleCot to help future parents in need. "At the time, ours was the only CuddleCot in the area," said Kristyn. But, in May 2021, she was able to donate a second CuddleCot to Ascension Sacred Heart Emerald Coast Family Birth Place through additional community fundraising. "Since then, we have raised a third for Eglin Air Force Base hospital, a fourth for HCA Destin Fort Walton Beach, and a fifth for North Okaloosa Medical Center in Crestview," she said. "I'm very proud of our community effort."

Kristyn is in the process of getting the sixth Cuddle Cot into the Nellis Air Force Base hospital in Las Vegas. "After that, we will have 50 percent of the Air Force hospitals with an L&D unit covered," she said. "My goal through this effort is

to continue Asher's legacy by making sure our local hospitals are equipped with a CuddleCot; if parents are faced with the unimaginable, they can have the choice of more time. It really helps them in dealing with their loss and I feel like it's really an important tool and should be an option to all families."

According to Kristyn, each CuddleCot costs approximately \$2,800. She accepts donations through her Go Fund Me page and various community events. She is also in the planning stages of an Asher's Hope benefit concert involving the Principal Harpist with the Mobile Symphony Orchestra & Opera, Pensacola Symphony Orchestra & Opera, the Northwest Florida Symphony Orchestra and the Panama City Symphony Orchestra. Stay tuned.



While raising awareness about CuddleCots, fundraising and educating the public on pregnancy and infant loss, Kristyn says she created Asher's Hope to not only give families the gift of time and beautiful memories, but also to allow her son's legacy to live on. "It just fills my heart that Asher is helping people through this and that other people are inspired to do the same," she said.

To learn more about Asher's Hope visit facebook.com/AshersHope. To donate, visit <https://gofund.me/8693bf90>.

PREPARE NOW

continued from page 5

- Sleeping bag or warm blanket for each person
 - Whistle to signal for help
 - Local maps
 - Dust mask (to help filter contaminated air)
 - Plastic sheeting and duct tape (to shelter in place)
 - Moist towelettes, garbage bags and plastic ties (for personal sanitation)
 - Wrench or pliers (to turn off utilities)
 - Cell phone with chargers and a backup battery
 - Baby supplies (formula, diapers, etc.)
 - Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container, and don't forget CASH.
- Stay aware of the weather with local news channels on the radio, television and reliable social media outlets. You can access mobile.weather.gov on your mobile device and get Wireless Emergency Alerts.

Okaloosa County's Public Safety has great resources which provide evacuation routes, zones, shelters and Emergen-

cy Broadcast stations. You can find that information at <https://myokaloosa.com/ps/home>

Typically, there is some warning with Hurricanes. However, Hurricane Michael in the fall of 2018, turned from an expected Cat. 2 to a Cat 5 within two

days. Being prepared well ahead of time helps you and our community when situations place a heavy demand upon limited supplies. Keeping your gas tank at least half full is a good idea as there are often short supplies and long lines during a storm.

Let's work together to keep each other safe and prepared. If you are all storm ready, please check on an elderly or disabled neighbor to make sure they are as prepared as possible. Share

your preparations and survival tips with me at [Facebook.com/DestinFWBRealtor](https://facebook.com/DestinFWBRealtor).



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 Community

Hiring Our Heroes: **Military Spouse Fellowship Program**

BY LISA WOODRUM

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

Fellowships provide military spouses with professional training and hands-on experience in the civilian workforce. At the completion of the program, spouses have expanded their credentials and marketability, providing them with an added edge in an increasingly competitive 21st-century job market. The overall goal is for companies to host fellows and align them with open positions after the fellowship. Since 2015, more than 7,000 people have participated in our programs with more than 500 host companies. Within 90 days of completing the program, 93% of our fel-

lows receive a job offer.

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

The MSFP evolved from the Corporate Fellowship Program which was created for transitioning military members to civilian employment. It was acknowledged that this template could be utilized for finding employment for military spouses. So, in 2017, a pilot program was launched, finding great success the first year. Most recent statistics from 2021 show 232 fellows over the eight locations with 92% job offer rate. This is a promising trajectory! MSFP has an excellent track record as they have facilitated 600 fellows through this program.

If you have interest in the MSFP, they are hosting a "Military Spouse Networking Reception" on September 29 in collaboration with CareerSource Okaloosa Walton at 409 Race-track Road NE in Fort Walton Beach. This event is targeted



to military spouses, to provide them with an opportunity to network with employers, learn about local resources and align with local job openings. Hiring Our Heroes has reached out to companies that are "military spouse-friendly" and have cur-

rent job openings. A photographer will be provided to do free headshots to have for your LinkedIn profile, portfolio, etc.

If you cannot attend, visit the website, hiringourheroes.org/fellowships to complete a brief "pre-screening" application (to

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

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

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The Emerald Coast's Favorite Car Buying Service

We all need personal transportation, but most find the process of purchasing a vehicle to be a difficult, time-consuming experience. Emerald Coast Motor Cars Destin provides a car buying service that takes all the hassle away. Stan Hall and Devon Kiss provide a car buying service where customers tell them about their needs for a vehicle, and they search the market for the car, truck or SUV that precisely fits their customer's needs.



Stan began this unique type of car buying experience in 2012, and has had a major success with not only his local customer base, but also in filling customer's orders across the United States. Devon, Stan's associate, is a computer programmer and IT professional who can search for and locate vehicles from all over the United States based on each customer's individual requirements. Each vehicle purchased is graded on a five-point scale from zero to five, and only vehicles in the finest condition are chosen for Emerald Coast Motor Cars' customers.

With many years of experience in providing the highest quality cars delivered to their customers, Stan and Devon work tirelessly to ensure that each customer's unique desires are fulfilled when a vehicle is purchased through Emerald Coast Motor Cars' buying service. The success of this service can be seen by looking through their pages of stellar reviews on their website at ecmotorcars.com! A photo of the customer at the time of purchase and the customer's review are listed. These reviews are always interesting, and they show all kinds of customers and the wide variety of the vehicles sold, each uniquely fitting their customer's needs.

Over the years, Stan Hall has perfected the process of ensuring that both value and reliability are provided to customers by recommending that his customers purchase vehicles one to two years old, so that the initial depreciation of a new car purchase is realized before his sale, but with a remainder of the manufacturer's warranty still going with the vehicle. Stan believes this provides a win-win scenario for his customers looking to purchase the newest vehicle possible, while providing

the best value in the car buying experience. Fulfilling customer's vehicle orders is a top priority for Emerald Coast Motor Cars Destin. They also accept trades, purchase vehicles, and are always looking for vehicles to consign.

Stan Hall and Devon Kiss encourage everyone to check out their current inventory selection at ecmotorcars.com. If you are looking for the perfect car, truck or SUV, call Emerald Coast Motor Cars today. You will appreciate the old-fashioned customer service and incredible deals! The easiest way to get started is to call them directly: Stan Hall, (850) 830-3083, or Devon Kiss, (901) 275-1847.



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Food By: Southern Yankee Queen
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11AM-3PM
DJ : 1K

LOCATION: "HOPEFUL PLACE"
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Get Tickets Now for BrunchFest in Pensacola Oct. 9!

Ticket sales are live for the 2nd Annual BrunchFest to be held at Seville Quarter in Downtown Pensacola on Sun., Oct. 9th, 2022 from 11 a.m. to 2 p.m. A brunch-themed festival benefiting the Boys & Girls Clubs of the Emerald Coast, competing teams provide samples to attendees and judges to battle it out for the Best Brunch in Town!

New this year is an epic VIP area with a Bloody Mary bar, photo booth, and more. All proceeds from the 2nd Annual BrunchFest benefit the Boys & Girls Clubs of the Emerald Coast, a non-profit organization with clubs in Pensacola, Crestview, South Walton, De-



BOYS & GIRLS CLUBS OF THE EMERALD COAST

funiak Springs, Destin and Fort Walton Beach.

"We are excited to bring our BrunchFest back to Pensacola! The first year exceeded our expectations and our team is

ready with a few new surprises. We are so grateful to our friends at Seville Quarter for providing the venue to host this event, and our awesome sponsors who believe in our mission," said Shervin Rassa, CEO, Boys & Girls Clubs of the Emerald Coast.

Limited spots for teams to compete are available and restaurants, food trucks, coffee carts and more are invited to bring their best brunch item to the competition.

Those interested in competing as a cook team, volunteering and sponsoring, please send an email to hello@francesroy.com.

LOVE AT FIRST SIGHT

continued from page 4

dogs and the lead veteran/K9 team trains the incoming veterans to be a team with their new battle buddy. Their website also states their goals:

- Bringing awareness to veteran suicide; reducing the numbers, one service dog at a time
- Give hope and healing to Veterans and rescue dogs through empowering military heroes to return to civilian life with dignity and independence
- Express gratitude to those who have served, or are serving our great country
- Reduce the number of canines in shelters; ending pet homelessness

Fast forward to that First Fri-

day Coffee in May. Rachele saw the poster of "Chopper", a retiring service dog who needed a new home, and went over to talk with Mike Arena, the CEO of Healing Paws for Warriors. She told Mike her dad Gary needed a pet dog, not a service dog. Chopper had some Doberman in him and Gary had had Dobermans before. Rachele took pictures of Chopper and texted them to her dad.

Texts and phone calls ensued between Mike and Gary and a visit was scheduled for Gary to meet Chopper. Chopper's foster parent says Chopper usually barks when meeting people but he didn't when he met Gary.

The next step was to bring Chopper to Gary's home. Upon arrival, the Healing Paws for Warriors representative stated

with certainty to Gary, "This is your dog." Chopper arrived that day and never left. One month later, Gary and Chopper were best friends. It probably didn't hurt that on that first night, Gary went to Walmart and bought two Ribeye steaks to grill for himself and Chopper.

Rachele says this love story would not have been possible without the connection between the chamber and Healing Paws for Warriors. She ends the story this way, "Happy Dad, Happy Dog."

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Education News

NWFSC Ranks Among the Top 10 Safest Colleges in Florida

Northwest Florida State College (NWFSC) has ranked among the top 10 safest college campuses in Florida, according to Niche.com. The rankings for campus safety were established after evaluating campus and community crime rates, rates of violent crimes, and student surveys on crime. NWFSC ranked number 10 out of the 48 colleges and universities evaluated in 2022. NWFSC Executive Director of Campus Safety and Security, Chief Aaron Murray, explained that the College's investment in officer training and development has contributed significantly to its current ranking. "In the last four years, we have developed a robust response capability and built great relationships with other public safety agencies in our region," Chief Murray said. "We have added several technologies and installed additional cameras that vastly improve our ability to monitor situations and respond. We have also actively



worked with multiple departments throughout the College on emergency response training, including bleed control, active shooter responses, firearms safety, self-defense, and rape aggression defense training."

Among the newly incorporated technologies are the Unmanned Aerial Systems. Last month, the college was recognized as one of 10 colleges in the United States to have implemented security drones to improve campus safety, and it is the first in the region to implement a four-member team that can respond to any campus location and launch an aircraft to assist

with emergency responses.

The college has also implemented a FLIR SkyWatch Mobile Surveillance and Deterrence Tower, courtesy of Florida State University, which allows officers to have a bird's eye view of outdoor events and identify security issues within a crowd; and the Raider Connect app, which turns cell phones into mobile alert devices. Once the Raider Connect app is activated, campus police officers and the emergency communications center are alerted for an immediate response. The app also provides users access to campus maps, emergency re-

sponse plans, notifications, and safety training links.

For more information on NWFSC's Police Department, please contact Chief Aaron Murray at murray8@nwfsc.edu or 850-729-6888.

HCA Florida Fort Walton-Destin Hospital and OCSD Partner for Health Academy

The two entities have together launched the Health Academy of Northwest Florida, a program of the Career and Technical Education Department of Okaloosa County School District (OCSD), which provides high school juniors and seniors interested in healthcare careers the opportunity to earn industry certifications. Housed on the campus of HCA Florida Fort Walton-Destin Hospital, the first course offers a two-year Practical Nursing program. Students enrolled will learn the foundational principles of basic nursing and medical skills needed. Students at Choctawhatchee High School, Fort Walton Beach High School and Niceville High School are eligible

to participate and will receive hands-on clinical training at HCA Florida Fort Walton-Destin Hospital during their senior year. Upon completion of the two-year program, students will be eligible to earn a Certified Nursing Assistant (CNA) and/or Electrocardiogram Technician (EKG) certification, with skills needed to directly enter the workforce. Juniors who complete the program can apply for dual enrollment in the LPN program at Okaloosa Technical College during their senior year, and get a head start on earning their required course hours toward an LPN license. Students who successfully complete the program will have job placement opportunities throughout HCA Florida Healthcare and, if employed by an HCA Florida Healthcare facility, can receive tuition reimbursement if wishing to continue on their education path. It kicks off this month, utilizing classroom space at Okaloosa Technical College until construction at HCA Florida Fort Walton-Destin Hospital is completed.





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Pairings Disclosed for Emerald Coast Classic

Game matchups for the eighth annual Emerald Coast Classic have been announced.

Eight basketball teams will compete Nov. 25-26 in the tournament, which will be held at Raider Arena on the campus of Northwest Florida State College.

Iowa will face Clemson in a semifinal round game at 6 p.m. central time on Friday, Nov. 25, while TCU will play Cal at 8:30 p.m. The third-place game will be played at 3 p.m. on Saturday

Nov. 26 with the championship game scheduled for a 6 p.m. tip off on that Saturday.

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

Iowa captured the 2022 Big Ten Conference Tournament championship, tied for fourth in the conference standings and won 26 overall games, the sec-



the five seasons that postseason was held, the best in program history.

TCU has all five starters returning from its 2021-22 team which finished 21-13, its fourth 20-win season in six years under Dixon with a program-record five wins over AP Top 25 teams. TCU surged late with consecutive victories over top-10 opponents in Texas Tech and Kansas to secure a NCAA Tournament berth.

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

Other games Friday, Nov. 25, have Southern playing Loyola Maryland at 11 a.m., while Louisiana Monroe meets Omaha at 1:30 p.m. These teams will play their second game Nov. 26 with tipoffs at 10 a.m. and 12:30 p.m.

Keith Richard enters his 13th year as head coach at Louisiana Monroe, which competes in the Sun Belt Conference.

Jaylin Andrews and Kenneth Jones return as graduate students to lead a veteran Loyola Maryland, where Tavaras Hardy enters his fifth year as head coach. Andrews averaged 13.7 points and 4.1 rebounds, while Jones led the Patriot League with 4.6 assists per game.

Omaha, which plays in the Summit League, also played in the 2017 Emerald Coast Classic. Chris Crutchfield will begin his first year as head coach at his alma mater - Omaha - after spending the past year as an assistant coach at Oregon.

On campus first-round games start Nov. 17 with TCU hosting Louisiana Monroe. Cal hosts Southern on Nov. 18 and Omaha travels to Iowa and Loyola Maryland visits Clemson on Nov. 21. Tickets will go on sale later this summer. For more tournament information visit www.emeraldcoastclassic.com.

ond most wins in a season in program history. The Horned Frogs' second NCAA Tournament bid under coach Jamie Dixon was their fourth postseason appearance in

FWB High School Football

9/2	South Walton-Santa Rosa Beach	Home
9/9	Niceville	Away
9/16	Escambia-Pensacola	Away
9/23	Panama City Beach	Away
9/30	Pine Forest-Pensacola	Home
10/14	Booker T. Washington-Pensacola	Away
10/21	Bay-Panama City	Home
10/28	Choctawhatchee-FWB	Away
11/4	Crestview	Home



Choctawhatchee High School Football

9/9	Crestview Bulldogs	Home
9/16	Pine Forest-Pensacola	Away
9/23	Niceville	Home
10/14	Escambia-Pensacola	Away
10/21	Booker T. Washington	Home
10/28	Choctawhatchee-FWB	Home
11/4	Mosley-Panama City	Away



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HOLI On Wheels

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 Dining

NWFSC Culinary Students Host Baking Showcase

By DOUG STAUFFER

What happens when you are invited to eat pastries until you drop or pop with only one piece of advice from the chef: “Pace yourself”? Well, I can tell you that I have never experienced anything quite like this. Many of us arrived at the Raider Café at NWFSC not knowing what to expect. However, expectations were met and exceeded with belt buckles bursting.

In August, Chef Layne Eggers and Chef Tim Yeabower showcased the talent of their culinary students. They instructed and helped seven students prepare 80 interactive desserts including tarts, cakes, mousses,



tiramisu and bananas foster, on 21 eight-foot tables. Yes, that is 168 feet of gastronomic delight.

The NWFSC Culinary Arts Management students' 12-week-long baking and pastry class showcased various sweets and pastries for their final exam.

Over 200 guests attended the event, from President Devin Stephenson to the fire department class and community members.

There also were two butcher block bread tables with focaccia, challah, French baguettes, loaf breads and dinner rolls on

display with various flavored whipped butter spreads. Four pastry display tables, 40 feet long, filled with delicious cupcakes, cheesecakes and German chocolate cakes. There were so many different and tasty items from which to choose, and the only problem was understanding the chef's advice on keeping the right pace. What pace?

The guests enjoyed all the delicious items on the displays while the students reportedly received A's on their final exams. The culinary management program at NWFSC fills a much-needed support element for the Emerald Coast. It prepares students for employment in the culinary and

restaurant industry.

Students gain employable skills and knowledge through classroom instruction and culinary lab experience. Careers include sous chef, line cook, culinary manager, baking and pastry cook, personal chef and more.

Seagrass Restaurant at NWFSC is designed to provide NWFSC Culinary and Hospitality Management students with a hands-on learning environment while showcasing their talents to the community. Well done, and kudos to the students, the administration and the community that came in FULL support. No pun intended.

Meals on Wheels Needs Your Help

The price of gasoline is affecting all of us who must rely on our vehicles to get us to work, to school, doctor appointments and the grocery store. But you might not realize how gas prices are affecting the elderly and disabled senior citizens in our community who are homebound. Gas prices are making a severe impact on the volunteers who show up every day at Meals on

Wheels of Okaloosa County to pick up hundreds of home-delivered meals. They are dedicated to making sure that our homebound citizens get a good nutritious meal. The cost of gasoline is part of the donation that volunteers make in addition to their time spent making their deliveries. But gas prices are becoming a burden on their budgets, and some are finding

it difficult to keep their weekly commitments to volunteer. As a result, Meals on Wheels is experiencing a shortage of delivery drivers, and they need your help.

It is a very rewarding experience to deliver a route of 8-10 meals, maybe just once a week to a group of elderly and disabled seniors. It takes about 60-90 minutes, and it will be the





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best part of your day when you know you have made a difference in the well-being of a deserving senior citizen. It bridges the gap between generations and breaks the bonds of isolation that many of our seniors feel when they have no family to visit or look after them.

Meals on Wheels has been doing this important work for over 50 years. It needs drivers in the Fort Walton Beach/Shalimar/Mary Esther neighborhoods, as well as in the Niceville/Valparaiso, and Crestview neighborhoods. To volunteer, call Marti Lindell at Elder Services of Okaloosa County/Meals on Wheels, (850) 833-9165. Meals are being delivered every weekday, Monday through Friday.

Meals on Wheels, a 501c3 nonprofit organization, is a home-delivered nutrition service as part of Elder Services of Okaloosa County and has been serving the Fort Walton Beach, Niceville/Valparaiso and Crestview communities for 50 years.

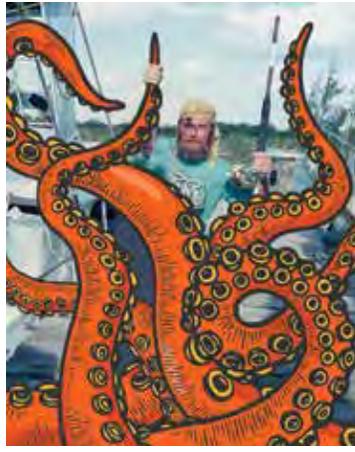
 Off the Hook
BRUCE CHEVES*continued from previous page*

the Rodeo. But they would have to wait another year.

As one might imagine, by October Bruce was becoming quite the weighmaster. His time on the Destin docks was exposing him to an exponential number of species and aquatic creatures of every color, shape, and size imaginable. It was about that same time when the young movie director Louis Leterrier was on a fishing trip with some L.A. friends in some lower Alabama or was it Florida town, known for fishing. He couldn't remember. Louis met Bruce after a pretty dismal weekend of fishing. It was maybe a Monday. The two men bonded over



the poor conditions. Louis joked about making a movie about Bruce's life. He was so desperate to bring fish home to L.A., that he might have said something like "Bring me a fish, and I'll make you famous!" Bruce laughed, but then a little seasick



feeling hit him in his gut.

Bruce was named the official weighmaster for the Destin Fishing Rodeo in 1991. But we are still in 1990. Lured in by all the fish from the tournament, the great beast had come into the harbor. That very night, after

*"Bring me a fish,
and I'll make you
famous!"*

- Bruce Cheves

he and Louis had joked, Bruce was the last guy on the Docks. The last guy save for a stray bum, who passed out a little too close to the edge. It was after the last cooler was cleaned, that a loud slurping sound came from just behind him. By then the bum was dinner. Bruce swung around and saw his old friend the Destin Kraken. The beast tore down half the old docks

in the battle that ensued. The damage was so massive that the whole place had to be remodeled and, in 2007, they opened the Emerald Grande on top of what had been the greatest battle the Town of Destin had ever seen. The next day Bruce brought his new friend a chunk of the beast he had killed.

Louis made good on his promise. Though it took a few years, the Kraken played himself. They replaced Bruce with Perseus in the final cut of the movie and, in 2010, The Clash of the Titans was released. That same year the City of Destin declared October 16th "Bruce Cheves Day," and, I mean, can you blame them?

Learn to Be Alligator Aware

With summer in full swing, many people are working and recreating near Florida's lakes, rivers and wetland areas. Warm temperatures also mean alligators are more active and visible. While serious injuries caused by alligators are rare in Florida, the Florida Fish and Wildlife Conservation Commission recommends taking the following precautions when in and around the water to prevent conflicts with alligators:

- Keep a safe distance if you

see an alligator.

- Never feed an alligator. When fed, alligators can lose their natural wariness and instead learn to associate people with the availability of food. This can lead to dangerous circumstances for yourself and other people who could encounter the alligator in the future.

- Feeding alligators is illegal and dangerous in Florida. If you see someone feeding an alligator, call FWC's Wildlife Alert at

888-404-FWCCor visit MyFWC.com/WildlifeAlert.

- Swim only in designated swimming areas during daylight hours. Alligators are most active between dusk and dawn.

- Keep pets on a leash and away from the water's edge and never let them swim in fresh or brackish water even for short periods of time. Pets often resemble alligators' natural prey. Allowing your pet in the water for even short periods to cool off or play



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can result in its death.

Call the FWC's Nuisance Alligator Hotline at 866-FWC-GATOR(866-392-4286) if you believe an alligator poses a threat to people, pets or property and the FWC will dispatch a contracted nuisance alligator trapper to resolve the situation. The FWC places the highest priority on public safety and administers a Statewide Nuisance Alligator Program (SNAP) to proactively address alligator threats in developed areas, while conserving alligators in areas where they naturally occur.

Find more resources about living with alligators at MyFWC.com/Alligator.

The American alligator, Florida's state reptile, is a conservation success story. Florida has a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. They are found in freshwater lakes, ponds, swamps and slow-moving rivers in all 67 counties in Florida.

Volunteers Needed for International Coastal Cleanup

Saltwater Restaurants and Destin-Fort Walton Beach Tourism will host the International Coastal Cleanup on Saturday, Sept. 17 from 8-10 a.m. For more than 35 years, Ocean Conservancy has held the International Coastal Cleanup® which is a global event that prides itself in, “harnessing the power of people to fight ocean trash.” The goal of the cleanup is to remove as much trash and debris from local beaches and there are multiple locations where volunteers of all ages can participate. You can join the local effort at any of the below cleanup locations by registering at <https://www.destinfwb.com/international-coastal-cleanup-rsvp>.



PHOTO COURTESY DESTIN-FORTWALTON BEACH, FL

- The Boardwalk on Okaloosa Island (1450 Miracle Strip Pkwy, Fort Walton Beach, FL)
- The Crab Trap/James Lee Park (3500 Scenic HWY 98, Destin, FL)
- The Surf Hut (551 Scenic Gulf Dr, Miramar Beach, FL)
- Norriego Point (1 Gulf Shore Dr, Destin, FL)
- Mattie Kelly Park & Joe’s Bayou (825 Beach Dr, Destin, FL)
- Henderson Beach State Park (17000 Emerald Coast Pkwy, Destin, FL)

event t-shirt (limited quantities, first come, first served) and a post cleanup breakfast will be available free of charge at The Boardwalk, The Crab Trap and The Surf Hut locations. Volunteers are asked to bring their own bucket, mesh bag, gloves, and grabbers to collect trash. Please dress appropriately for the weather and bring water and sunscreen.

“When we come together as a community, we help keep our beaches pristine and allow

for native wildlife to thrive,” said Okaloosa Board of County Commissioners Chairman Mel Ponder. “We are fortunate to have a Coastal Resource division in our Tourist Development Department dedicated to this cause.”

In its 5th year, volunteers have removed more than 2,000 lbs. of garbage and over 1,000 cigarette butts during the most recent event. Marine debris is a detriment to our local ecosystem and causes problems for



seabirds and coastal marine life.

“Beach cleanups not only keep our beaches beautiful for visitors, but they create a safe environment for our wildlife. Certain animals, like sea turtles and shorebirds, rely on our beaches to lay their eggs and protect their young. The International Coastal Cleanup is a great way to bring the community together and do good for the environment,” said Jessica Valek, Coastal Resource Coordinator, Destin-Fort Walton Beach Tourism.

After the cleanup, the conservation fun continues with the Choctawhatchee Bay Family FUN-FEST held at The Boardwalk on Okaloosa Island from 10 a.m.-1 p.m.. Hosted by the Choctawhatchee Estuary Pro-

gram, the event celebrates National Estuaries week and guests will enjoy food vendors, activities for kids, local vendors and door prizes.

Thank you to our event sponsors: The Boardwalk, The Crab Trap, Okaloosa County, Visit South Walton, City of Destin, Ocean Conservancy, Florida State Parks, Florida Sea Grant Choctawhatchee Basin Alliance, The Surf Hut, The Emerald Coast Wildlife Refuge, Emerald Coast Science Center, Step One Automotive, The Gulfarium, Divers Down Pollution Project, Destin Brewery, Waste Management, Saneka’s Legacy, Keep Florida Beautiful

For more information on Destin-Fort Walton Beach, Florida, please visit www.destinfwb.com.

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Love That Traffic?



By DR. RICHARD CHERN, M.D.

How are you handling life's little frustrations? I know this article goes outside the immediate area, but I would bet everyone reading this article knows exactly how life in Destin has changed in the last ten years. I know for me, if there's a bridge, it might as well be an international border requiring a visa because the chances of me crossing from Destin to Niceville or Fort Walton Beach are about zero. In

fact, unless I am hopping onto a boat to go fishing, I'll even avoid driving into the heart of Destin most of the year.

But, there are times when you just can't avoid the traffic, the crowds, or Publix on a Saturday afternoon. Or you have a family in town who want to go hunt for a parking spot near a public access point to sit in a mass of chairs, coolers and people at that place we used to call the beach. These are the days that test our ability to let go of our stress and frustration and enjoy the tiny bits of happiness that are still here.

What does this have to do with hormones? Hormones help with muscle tone, weight loss, bone density, pain levels, sex drive, skin appearance, heart disease, breast cancer and more. One of those "and more" items are stress and anxiety. When you turn onto Highway 98 into a mass of tourists who are obli-



ous to everyone else on the road, have no issues crossing three lanes of traffic to turn left, and are more concerned with updating their Instagram than the traffic in front of them, hormones will help you stay calm and happy.

Hormones will help keep you happy and calm after you arrive at Publix on Saturday afternoon for some creamer only to find masses of tourists and empty shelves.

And when you decide to go to Smallmart with your list of es-

entials only to find that the most important item is not even sold at that location, hormones will help.

You see, hormones help you tolerate and even maybe enjoy the everyday events that might be causing you stress, anxiety and grief today. Even the small stuff like someone's tone or attitude or the rudeness we see everywhere. Now, when I deal with a rude person, I kind of find pleasure in the fact that they can't get me riled up. And, I understand that much of their problem is that

they need their hormones.

If you find you are losing it in these situations, you should really give us a call. In my experience it's much easier to find calm and humor in all the mad-

ness. Come see us and give us a chance to give you the relief you deserve.

Dr. Richard Chern, MD provides hormone therapy to men and women from across the country. He is also on staff at BioTE Medical and teaches hormone therapy to new providers including providers in our local area. In addition, Dr. Chern treats doctors in the local area and from around the country. He is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call him at (850) 837-1271.

The Collagen Craze

By KAY LEAMAN,
HEALTH ARCHITECT

From commercials to magazine ads, it's all about collagen. But what is it and why do we need it?

Collagen is the most abun-

dant protein in the body. It has an adhesive quality that is only matched by its ability to provide connection, structure and strength. About 30 percent of our body's proteins are one type of collagen or another and it is

also top dog in the animal kingdom.

Saying collagen is found throughout our bodies is kind of an understatement. It's a structural element of bones, muscles, tendons and ligaments.

Collagen and skin are always talked about together, because it's a major component of our largest organ. Collagen is also found in blood vessels, the cornea of your eye, teeth, cartilage, discs between your vertebrae and the digestive tract.

Age is the main enemy, with the sun coming in a close second in regards to production. Collagen production starts to decline in our 20s or 30s. The structure is somewhat complex and there are 16 different types that exist in our body, each having different structures and functions.

I also discovered three things:

1. Sugar and refined carbohydrates can hamper collagen's repairing capabilities. This is just another reason to limit these in our diet.

2. It's a large molecule which cannot be absorbed by skin so don't waste money on creams, lotions or potions that tout collagen for your skin.

3. There can never be a vegan collagen; it doesn't exist.

Type I (90 percent of our collagen) is the strongest and a component of bones, skin, tendons, cartilage, teeth and other connective tissue and it can stretch a lot without breaking. Our muscles, organs, and arteries rely on Type III.



If you're considering adding collagen to your diet, remember that it requires consistent consumption on a daily basis. The role it plays goes far beyond what I've covered here. High quality is a must. I've seen some amazing before and after photos as well as several surprising health improvements. These individuals consumed a high quality collagen daily for a minimum of three months. Remember, it takes time for the body to do what it does so well, repair and heal itself. Our job is to nourish it to the best of our ability and rejoice as we reap the benefits. Find me at succeed.hdhl@gmail.com.

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Do It Right! **Sexy Back**



BY LISA LEATH TURPIN,
HEALTH & WELLNESS COACH

Everyone wants a strong and sexy back, but all too many times your back – especially the spine – takes the brunt of weakness and improper lifting. The back has different muscle groups that work together to allow movement. Some have multiple responsibilities to move the head, shoulders, arms, hips, legs and spine itself

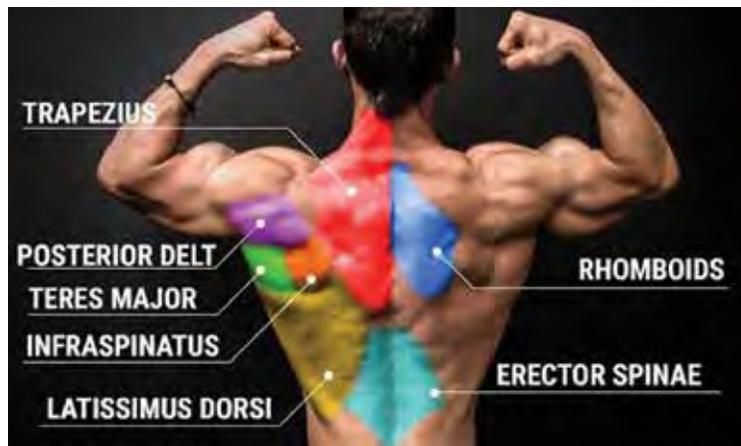
There are 40 muscles in the back. These muscles are combined into five main groups: (from top to bottom) Trapezius, Rhomboids, Latissimus Dorsi, Quadratus Lumborum... and Erector Spinae (runs vertically along each side of the spine). You want each side to mirror each other in strength, coordination and flexibility to create balance and stability.

If you have a job or sport that uses one side dominantly over the other, you should work on keeping your muscles balanced through some type of strength training, pilates or yoga. This balanced strength is what will help protect your spine from degeneration and injury. Note: Your back is your second largest muscle group in your body; therefore think strong, but work up to it. Also, your back has assistance. Biceps and shoulders get a lot of work from performing back exercises and your back gets that help. Think team instead of single player; there's power in numbers! Look at two

functional and essential exercises for the back.

Seated Back Row: Works lats, rhomboids, traps, erectors (all the major and minor back muscles are involved). Sit with your legs loosely straight, feet preferably against a foot platform to counterbalance the pull (you should have to reach to get the handles). To keep your spine safe, when you reach, hinge from your hips with spine elongated, head lifted. Pull the handles to you, aiming for your ribs, depress and pinch back your shoulders squeezing your shoulder blades together, then control resistance, taking the handles back to "home" or start position. Rowing can be done with cable pulleys, resistance bands, dumbbells or bar. Each has positional variations, but the principles are the same.

Next is **LAT PULLDOWNS:** Focus is on the Latissimus Dorsi, but you also use the lower traps, rear deltoids, and biceps, depending how narrow your grip is. Generally seated, reach up for a bar attached to the high pulley. Basic grip is overhanded and just outside shoulder width. Look up at the pulley, lean back just slightly, depress your shoulders and pull the bar into the top of your chest under your



chin. Keep abdominals engaged to protect your back. Your back should stay somewhat neutral. Slowly resist the bar back to "home." Note: Lat pulldowns are the machine version of a pull-up which allows you to work the lats at varying strengths and a great way for someone who hasn't mastered pull-ups to strengthen and shape their lats. Also, lats are wing shaped. When they are developed and toned they can make your waist smaller.

Don't forget Back Extensions: Focus is erector spinae and considered a "core" exercise. Erectors support your spine and keep you upright (when strong). Easiest way to work is on a mat is face down, hands clasped behind the lower back.

Keeping your feet anchored, lift the upper body off the floor about an inch or so for about 20 reps. There are hyper-extension machines where you can graduate to using weights. Questions? BeActive850@gmail.com.

Can be performed seated or standing, with both hands or single handed.

Lisa Leath Turpin is a degreed and certified health and fitness lifestyle coach and consultant who has devoted her life to motivating and strengthening the body and mind of others. With over 20 years' experience, Lisa has a B.S. degree in Sports & Fitness Management from the University of Alabama, developed and managed the U.S. Army Corps of Engineers' Health & Wellness Facility and programs in Huntsville, Ala., is board certified by the National Board of Fitness Examiners and possesses certifications from AFAA, Polestar/Balanced Body, Reebok U, SCW Fitness and American Heart Association. She is currently a group exercise leader at Destin Health & Fitness and an independent personal trainer in the Destin area, diversely and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation. Have a fitness question for Lisa? Email BeActive850@gmail.com.

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 Wellness

Child & Teen Safety Matters Goes Back To School With The Students

By KAY PHELAN

It's back to school and the Emerald Coast Children's Advocacy Center's (ECCAC) prevention team is ready. They have had their Child & Teen Safety Matters prevention programs in place for the past several years. Each year, ECCAC's staff educates and empowers Okaloosa and Walton students with information and strategies to prevent, recognize, and respond appropriately to bullying, cyberbullying, all types of abuse, and digital abuse dangers. Curriculum is available for students K-12.

According to ECCAC CEO Julie Porterfield, "In the 2021-22 school year, our prevention team was able to teach a signifi-

cant 11,328 students about how to spot red flags and when to reach out to a Safe Adult if they need help. This education goes a long way in achieving ECCAC's goal of preventing child abuse. We are so proud of our amazing team and the incredible reach they have been able to achieve."

Mental health issues for children and teens have come into prominence in today's times. With the start of a new school year, ECCAC's Child & Teen Safety Matters programs will teach students 5 safety rules. Important safety rule #4, Talk It Up, reminds children and teens they have a voice and that they can use it to help adults keep them safe. Part of "Talking It Up" includes identifying a Safe

Adult; a person they can go to if they ever feel unsafe, have ever been hurt, or just need someone to talk to. A Safe Adult is a person that is 18 years or older who the child/teen can easily talk to even about difficult things. Examples of Safe Adults could be a parent, a friend's parent, a teacher, a coach, an aunt or uncle, among many other people. It is someone who the child/teen can trust, a person who will do everything they can to make sure the child is healthy and safe.

"Just don't forget when you're talking to your kids, truly listen to what they are saying. Put down the phone, set the laptop aside, and just listen to your child," said ECCAC's Community Outreach Manag-



ECCAC's Prevention Team, along with the teachers, work with students in Okaloosa and Walton County schools to teach lessons in child safety and prevention through the Child & Teen Safety Matters programs. Research shows that 95% of child sexual abuse of children is preventable through education.

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er, Nautica Caswell. "Our lives are full of chaos and stress but connecting in a meaningful way, even for short periods of time, can make all the difference in relationships. No matter how trivial or insignificant the topic may be, if they can't trust you as a parent to listen and care about the small things, they won't trust you with the big things. No matter what else is going on in the world around them, remind them that they are safe and loved with you as a Safe Adult. Research shows that 95% of child sexual abuse of children is preventable through education."

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BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

The U.S. dollar has strongly performed year to date having risen over 10% as of this writing. That has positive and negative impacts on the U.S. and its economy. Former Secretary of State James Baker noted some time ago that the U.S. remains an economic powerhouse, and we think that still holds true today. It was Baker who as then Secretary of the Treasury, led the effort to weaken the dollar in the mid-80s in collaboration with several central banks around the world. If the dollar is too strong, that can hurt U.S. companies as it makes their goods and services more expensive in overseas markets. If the dollar declines that obviously aids international business. Add that as international investments accelerate any positive returns are in part, and perhaps significantly, due to the impact on exchange rates. Many investment houses have for some time suggested investors look into emerging markets funds and we think that a diversified portfolio should include that. We remain cautious however because we feel that any enthusiasm for returns from those markets has a weaker dollar as a key element for those returns. There is no way to be certain as to the direction of the dollar however we would expect the U.S. to work to ease its value soon. This might prove helpful as the economy continues to slow or perhaps if we are in a recession, as we believe we are now.

We see the economy continuing to slow due to quantitative (or monetary) tightening but also, as Fidelity Investments pointed out in their Quarterly Market Review last week, fiscal tightening. The U.S. deficit, as a percent of GDP, has gone down to 4% vs 12% a year ago.

We remain optimistic on muni bonds.

As yields have risen so has investor interest in municipal bonds. Munis continue to offer

higher long term yields vs U.S. Treasuries which you would typically expect in all bonds. U.S. Treasuries at this point have relatively the same yield over the entire stretch of the yield curve. One interesting development on the muni market is the impact of the American Recovery Act (ARP) signed last year. That 1.9 trillion spending bill sends over \$350 billion to states and localities. We also take note that many states are running a surplus and will have this to add to their coffers. This is another reason we see munis growing in attractiveness. Most munis are held by individual investors (vs institutions) but many of those tend to invest in short to intermediate term munis vs longer term. We take note that Lord Abbett (a mutual fund company) has pointed out that longer term munis have outperformed short and intermediate munis over time.

We remain optimistic on the health care, biotech and consumer staples stocks/sectors.

We take note from history that these sectors tended to perform stronger in past downturns or recessions and think investors should give them consideration. Note that biotech would be considered more speculative, so we suggest investors govern their actions accordingly. Major U.S. pharmaceutical companies as well as medical equipment, facilities and health insurance would comprise the health care sector. Consumer staples, from groceries to food staples and household items have also tended to perform strongly in past downturns. We also note that the U.S. banking sector continues to report that it is in strong financial shape at this time and that investors should take that into consideration as well. We do see inflation slowing as key drivers of shelter, transportation and materials have all come down in prices throughout the month of July. We will see by mid-August what the Labor department will report but remain optimistic that inflation will slow.

We are cautious on housing, materials, crypto and world energy markets.

We take note that prices for houses (while pending home

The Strong U.S. Dollar Areas of Optimism, Areas of Caution



sales have continued to drop) have continued to increase. Here is the interesting part of that: The price appreciation and pending sales are mainly for homes above 500k while prices for homes on the lower end of the scale are eroding. We are seeing the same trend by the way on electric vehicles: Demand and prices are higher for more affluent Americans. Major U.S. car makers are in the meantime forging ahead with making medium and lower cost EVs available for mass production and at considerably lower costs than current EV manufacturers. The legacy U.S. automakers might be worth some consideration if investors agree with that.

The world energy picture continues to demonstrate concern for Europe (which could be headed for severe recession) but there is hope that the Middle East producers might be able to close the gap from European countries moving away from Russian supply. Still, years of underinvestment in fossil fuels and nuclear energy are proving to be challenging for Europe over the short run. Most of Europe would be considered Developed Markets (DM, vs Emerging Markets or EM). Much of the emerging world is ramping up investment in nuclear plants with upwards of 300 planned over the next decade. The U.S. currently has 95 nuclear plants in operation with perhaps two coming online this year. Nuclear is gaining more and more attention because despite the risks most people fear, it may not be as lethal as believed. Bjorn Lomborg of the Copenhagen Consensus Center notes that mortality rates are vastly higher from fossil fuel emissions than from accidents or operations of nuclear facilities.

As always, we encourage investors to make decisions over time vs overnight and to take

historical patterns into consideration when making their investment decisions.

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 Business

Understanding Your Homeowners Insurance Policy



BY JOE CAPERS,
INSURANCE ZONE

Words like “endorsements,” “conditions” and “exclusions” don’t have to be confusing. Your home insurance policy isn’t exactly easy reading, as it is filled with insurance jargon, legalese and acronyms. But before you toss it in a drawer with all the others, you should at least take a glance. The policy language could be the difference between being completely covered for a peril or having to pay thousands of dollars to repair your home and possessions.

If you own a home or investment property, you are aware that having the right homeown-

ers or rental insurance policy in place is of utmost importance. Without proper coverage, you could be responsible for expensive damage in the event of a weather-related incident. In fact, as this year’s hurricane season kicks off, now is a really good time to review your homeowner’s insurance policy and make sure you are satisfied with your level of coverage.

Start with a review of the Declarations page, which is customized to your home and spells out such details as property address, coverage amounts, premiums and credits that have been applied. Examine this declaration carefully to make sure everything looks adequate and if it does not, contact your agent to obtain clarification and make necessary corrections.

Adequate Dwelling Limit coverage to rebuild your home in the event of a loss is also important. Local and national data indicates that nearly two out of three homes and structures are underinsured. The cost of lumber and other common building materials has soared in the past year as a result of supply chain



disruptions and shortages, and now the impact of inflation. These are main reasons new home and all construction costs have grown more expensive in recent months. As such, the homeowner’s policy that was once sufficient for your property may now fall short.

Another important area to look for on the declarations page is Deductibles. This is the amount that you would be responsible for in the event of a claim. And in Florida and other coastal areas, our declaration page will list more than one deductible, depending on the type of claim. A separate and usually much higher deductible would apply to hurricane and other wind-related events. Hurricane or windstorm deductibles often are based on a percentage of your dwelling coverage. The deductible applied to all other perils such as fire, lightning and most water losses other than flood is a flat amount.

The declarations page will

also spell out how much coverage you have, but often it will not clarify what is not covered. For info relative to Exclusions, you need to look for sections of the policy with headings like “exclusions” or “losses not insured.” Here you will find a list of scenarios that the insurance company won’t cover, like flood and earthquake. Since we are definitely at risk to flood disasters, we encourage everyone to purchase flood insurance from the National Flood Insurance Program (NFIP), or a reputable, private flood insurance facility, which may be a better flood insurance alternative to the NFIP for your home, investment or commercial property.

Another common way to address gaps in coverage is through an Endorsement, which changes or enhances the coverages to your policy. Endorsements are typically listed separately from the main policy text and often found at the end.

Review your policy and be aware of areas of Special Limits or Sublimits. A good example of these common provisions relates to your own personal belongings such as a pricy piece of jewelry or art collection. Most likely there will not be full coverage under a standard homeowners policy and the limit may be as low as \$1,000. If you have items

that are worth more than the sublimits, talk with your agent to see how these may be insured more appropriately.

The last area of your review should focus on the Conditions section of the policy, as they spell out how to get the coverage you are entitled to. Read these parts so you understand what you need to do when filing a claim. If you do not meet the conditions, then your claim could be denied.

The insurance marketplace has rapidly changed with premiums increasing, guidelines and appetites tightening and some carriers losing the ability to offer a renewal or write new policies. This seems to be especially true for those with older properties that are close to the water. Citizens Property Insurance Corporation, our state’s insurer of last resort, is again becoming a popular and vital player in Florida.

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Website? Who Needs It?



BY ROSS VOLMER,
X8 MARKETING

The question that we are going to answer in this piece is “What is a Website and Why Do You Need One?” There are several common misconceptions made by small business owners around what a website entails, what it does, and what it actually provides for you. So, first of all, what is a website?

A website is essentially an interactive slideshow presentation about your business that is stored on a computer or a hard drive, and it’s open to the internet so that people can come learn about your business whenever they want. The primary purposes of a website are to establish credibility, to inform and educate potential customers about your team or your products or services, to direct those potential customers to where they can purchase your products or services, and ultimately to either convert those potential customers into paying customers or to get them to submit their information to you.

In the current day and age, credibility is king. People judge a book by its cover and first impressions are crucial. Whether we like it or not, the first thing people see is the first thing that they’re going to react to. Within three to five seconds, people typically decide whether they’re going to do business with you. A very important question to ponder as a business owner is “what does your book cover look like?”

We’ve seen that statistically speaking, 70-80 percent of consumers research a company online before making their first purchase with them. When someone researches you online, what if they don’t like what they see? What if they’ve seen something negative that is either on another website, or a review board like Yelp or Angie’s List, or what if they don’t see any-

thing at all? Are they going to assume that you’re just not legit? Or that you’ve closed or gone out of business, or that you don’t exist? Or, maybe worst case, that you’re a scam? What if they can’t validate that you do what you say you do?

What if you’re a plumber and somebody – maybe one of your networking partners – referred somebody to you to handle a leaky faucet and they don’t find a website? They may think that you only do commercial plumbing, or only residential plumbing or maybe you can’t fit their needs. People only know what you tell them, so it’s very important to have a website out there so that you have some control over what people see when they look for information about you or your business.

A website allows you to establish credibility and to demonstrate that you’re an expert in the field. It also gives you an opportunity to show your work. No matter what kind of business you’re in, it’s very, very important to show that you have experience in what you do. A picture is always worth a thousand words and a video is worth even more. Through a well-designed website, you can show your customers what you do and how you do it, help them understand how your business works, how your service or your product works, and how that’s going to benefit them.

A website also helps you to establish customer expectations.



We’ve all dealt with unrealistic customer expectations when it comes to our products or services, so it’s a good idea to grease the wheels and give them an idea of what they should expect before they reach out to you.

When people visit your site, you get to control what they see using your own language, your imagery and your ideas, instead of whatever they may find elsewhere. There may be disinformation on other sites, posts or articles about you. People may be misinformed about you, or they may even have a negative opinion of you based on something they heard, so it’s very, very important for you to control your own destiny when they get to your site and they’re learning a bit more about you.

It’s also very important to have a professional email attached to your website. If you go to our website, it’s x8it.net or x8webdesign.com or x8marketing.com – they all forward in. We have professional email established to our team’s addresses so that people know that they’re getting an official email from a professional associated with our business.

Your website acts as a home base and a foundation for all your marketing efforts, both online and offline. If you’re passing out business cards or speaking with customers directly, it’s great to have

a home base that you can always send people back to so they can gather more information, see some examples, or interact with your business in some other way. If you have any questions about websites, please feel free to reach out at ross@x8it.net.

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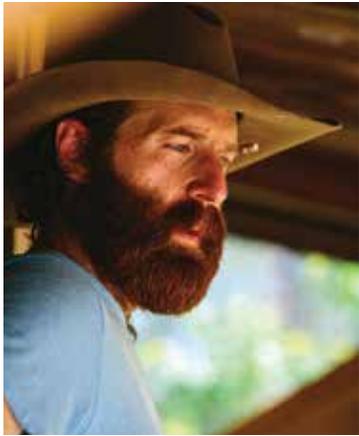
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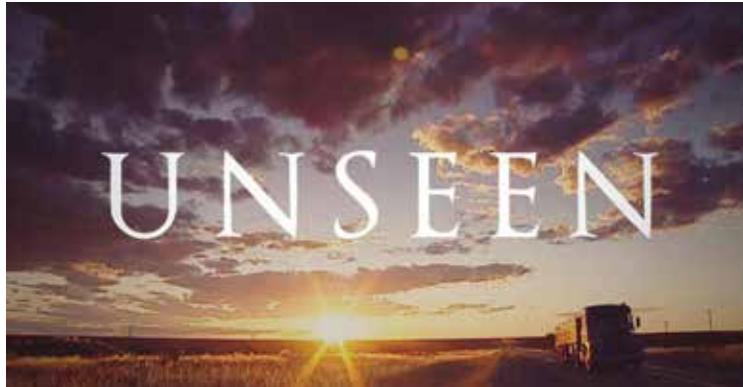
By SEAN DIETRICH

These aren't my stories, but I'm going to tell them.

Let's call her Dana. Dana was going for a walk near her home. It was a dirt road. Her high-school reunion was coming up, she was getting into shape.

A truck pulled beside her. He slowed down. He rolled his window open, he asked if she needed a ride.

Something was wrong. It was the way he looked at her.



Before she knew it, he'd jumped out of the vehicle. She tried to get away. He overpowered her and threw her into a ditch.

She landed a few good hits to his face, but he outweighed her.

He used a pocketknife. He pressed it against her. She screamed something. She doesn't remember which words she used, but she aimed them toward heaven.

Something happened.

His body froze. Completely. He was like a statue, only meaner. She wanted to run, but she was too scared.

That's when she saw another man standing above her attacker. He was tall, with a calm face.

"It's gonna be okay, Dana," the tall man said. "Go on home, sweetie, everything's gonna be okay."

Here's another: Jim was dying. A seventy-something Vietnam veteran with high morals, pancreatic cancer, and a two-packs-a-day habit.

Doctors said his cancer

would kill him.

Treatments were hell. Jim met a man in the VA hospital. A homeless man with a duffle bag. A fellow vet.

They shared a few cigarettes. They swapped stories. They understood each other. Jim invited the man home.

The man stayed in Jim's guest room. He stayed for several months.

He became Jim's caregiver. He wiped Jim's mouth after episodes of vomiting, he stayed up late during sleepless nights, he helped Jim bathe. He'd pat Jim's back when nausea got bad, saying, "It's gonna be alright."

And he was there on Jim's final day, too. He waited in the den while Jim's family gathered around his bed. When the ambulance arrived, he hoisted Jim into it.

Nobody ever saw the man again.

And I'm not done yet.

Carrie was a nursing student. She was on her way home for Christmas break. Her children were in the car. They were sing-

ing with the radio.

She hit a deer. An eight-point. It shattered her windshield. Think: antlers, screeching, crashing, screaming. She blacked out.

She woke to the smell of gasoline. Her children were crying. She was bleeding.

A man appeared at her window. "It's gonna be okay, sweetie," he said.

He muscled her door open. He helped her out of the car, he carried her children to safety.

Only moments after they fled the vehicle, it caught fire and turned to soot.

The man didn't stick around.

So anyway, I don't know what you think about the nature of life. I don't know how you feel about miracles. And I don't care.

Because I know you—sort of. You're human. Sometimes you feel like you're losing. Sometimes you feel overlooked and alone. Sometimes you talk to the sky and hope it will answer you. Sometimes you wonder if you're going to make it.

I've spent this entire morning reading letters. They are stories sent to me from people who have seen things bigger than themselves.

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Ka-Boom!



BY RICK MOORE

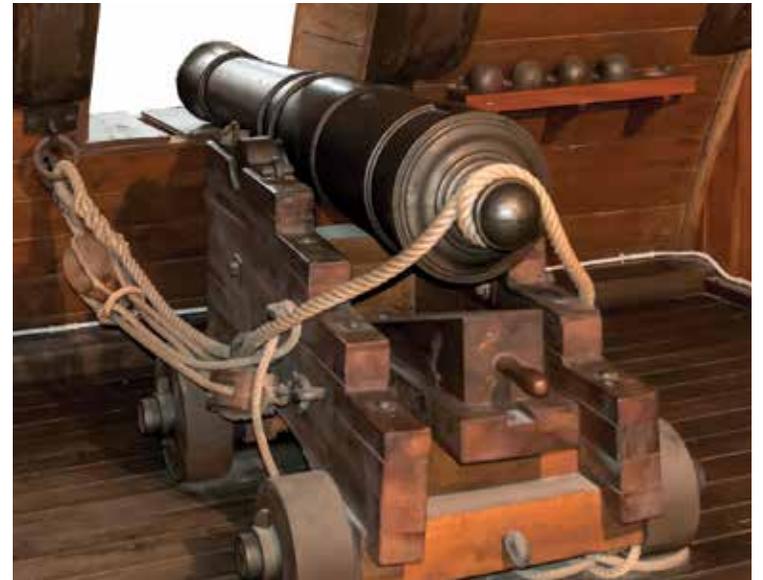
Many years ago, I was asked to drive the bus for a field trip from Mobile, Alabama to Navarre Beach, Florida. We were going to eat an early lunch on the beach, go to the zoo, and then have the students back home by the time the sun went down. There were twenty-five students and five chaperones

including myself. The two-hour drive was uneventful. We were almost to the top of the Navarre Beach Causeway Bridge when we heard a loud “Ka-Boom” that shook the whole bus. I stopped the bus at the very top of the bridge so we would not slide forwards or backwards, and then applied the emergency brakes. After a few moments of watching smoke billowing out, we raised the hood to discover a piston hanging outside of the engine: we had blown a head gasket. This was about as bad as it gets. One of the chaperones called the school and asked for them to send another bus and a huge wrecker to tow the broken down vehicle back to Mobile. They told us it would be three hours before they could meet us.

Since we could see the Gulf waters from where we were, I suggested letting the students walk down the bridge to the

beach, but a couple of the chaperones thought that way too dangerous. So there we were: twenty-five students on a hot day, stuck in a bus on top of a bridge with no air conditioning. This was not what I signed up for. One of the chaperones started asking me if I had been watching the oil gauge, implying it was my fault the engine blew up. Another chaperone began calculating how much this was going to cost the school. Traffic was backed up for miles with angry tourists honking their horns. When one student asked to go to the bathroom, six others said they had to go as well. This was not my idea of fun. We all know the saying, “When life hands you a lemon, just make lemonade.” That sounds nice, but it’s no fun when you are the lemon and you are getting the life squeezed out of you. We needed something to change the atmosphere.

As soon as a police officer came to relieve me from directing traffic, I went back inside the bus and asked the chaperones and students for their attention. I informed them they were no longer on a school bus. They were now traveling on the flying ship known as the “SS Navarre.” The students were no longer classmates. They were now



shipmates. We were no longer chaperones: we were captains. I informed them the “Ka-Boom” heard earlier was a cannonball that struck the front of our flying ship. We then taught the shipmates to say Navarre like good pirates do: “Na-vaRRRR...” We played Hide the Treasure which was just an adaptation of Hide the Biscuit, a game I had learned to play with a chalk eraser in the fourth grade. We put a twist to the popular game hangman, and called it Walk the Plank. We even played Pass The Cannonball where students put a tennis ball under their chin and passed the “cannonball” to the person next to them without

using their hands. Before we knew it, three hours had gone by and a new bus was there to pick us up in time to eat lunch at the beach, and still make it to the zoo. A week later, one of the parents told me their daughter didn’t mention anything about the beach or the zoo, but she wouldn’t stop talking about the “SS Navarre.”

Sooner or later, life goes “Ka-Boom” for everyone in one way or another. When it does, rise to the occasion and change the atmosphere.

Rick Moore is Communications Pastor at Destiny Worship Center.

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Eight True Sports Cars That Make Great Daily Drivers

BY WILL ESTELL

When it comes to sports cars, most people have long thought that owning one is best left to those with the means to own alternate daily duty transportation, saving their beloved garage queen for weekend jaunts along the beach or those occasional sunny day interstate romps for a quick weekend getaway. This, however, isn't really the case with many of today's better sports cars, as there really are new sports cars that can deliver that combination of fun, features, comfort and cool that transcend from the work commute to the track.

Here I've chosen eight real sports cars (sorry no grand tourers, muscle cars or overpowered Euro four-doors in this article) that make great daily drivers in their newest iterations.

2022 BMW Z4

Much like the Z3 and Z4 cars before it, the newest iteration of BMW's Z4 is a real sports car with the driving sensation and performance that the German marque has become known for. This time around, however, the Z4 is also a comfortable and luxuriously appointed droptop that most any driver can live with as a daily commuter. Best of all, the 2022 example provides 255

to 382 hp (depending on your choice of the 2.0 4 turbo or the 3.0 six cylinder). For more performance spring for the M Roadster version and hold on tight!

2022 Mazda MX-5 Miata

While the Miata doesn't always get its fair share of sports car cred, those who truly know sports cars, and the history and engineering behind them, understand that Mazda's little MX-5 is as much of a true to its roots sports car as anything can be. Well, anything short of the original Lotus Elan that it was patterned after for its 1990 debut. Unlike the original Elan – and let's face it, most any other '60s-'90s British sports car – however, the Miata has always been, and remains, one of the most versatile, dependable, and downright fun sports cars of the last three decades. And the newest one is no exception, with its 181 hp 2 liter four and standard 6-speed manual gearbox. Sure you can drive something faster, but it's more of a job to find anything more fun for a true car enthusiast.

2022 Porsche 911

The 911 is about as synonymous with sports cars as sand is with the beach. Ever since its debut back in 1965 this rear engine



force from Stuttgart has been at the forefront of sports car evolution. Now in its 8th generation the current Porsche 911 is still running at the top of its pack... well, truthfully, at the top of every pack. There isn't really anything the new Porsche 911 can't do better than most any other sports car or supercar in the world.

Unlike most anything from marques like Ferrari, Lamborghini, Maserati, McLaren or Bugatti one can actually drive a new 911 (to be fair, even a 1981 air-cooled SC) daily and expect it to be as dependable as your mom's Mercedes E Class. Try that with a Lambo or Ferrari-good luck. And, perhaps best of all, you won't look like a wanna-be rich showoff driving the Porsche: bonus!

Whichever trim you choose – from a base with 379 hp to a king-of-the-hill 640 hp Turbo S – the ride is sporty and comfortable, the visibility is great, even the gas mileage is decent. You can drive this car to work all week, across country on vacation, and to PCA track days on weekends, all while taking a far lesser percentage of depreciation than most anything else you can buy.

2022 Porsche Cayman / Boxster

If you don't want to spring for – or in this market, can't locate

– a new 911 as your daily, then take a look at the newest versions of the Porsche 718 Boxster (always cabriolets) and its hardtop sibling, the Cayman. Both cars can be had with three distinct engines: a base 2.0 turbo four, good for 300 hp. A 2.5 liter four putting out 350 hp, and the mighty GTS version with its 394 hp 4.0 flat-six.

Whichever Boxster or Cayman you choose, you're bound to love the perfect mix of balance, precision and daily driving fun that the mid-engine layout, sports suspension and Porsche quality bring to your commutes, grocery store runs, and weekend getaways. Did I mention these cars start in the mid \$60's as opposed to the 911's north of \$120,000 base prices? Let's do this!

2022 Subaru BRZ / Toyota GR86

This Subie-Toyota duo has been a popular choice among sports car enthusiasts since first hitting the market in 2013, but the paternal twins' generation two iteration has done even more to bring both cars into more upscale sporting appeal where they really belong. Whether you choose the Toyota or Subaru badged variant – each with their own tuning and purposeful touches – you'll be choosing a true sports car that can deliver more smiles per

mile than most autos costing three times money. Best of all, buyers get that tried and true Toyota and Subaru dependability, performance, mpg and longevity. Both siblings come with seating for four (albeit tight in the back), a capable trunk, and a high-revving, fun to romp on, gas-sipping boxer-four. Drive both variants and

choose the one that feels best for your personal taste. Though the cars are very similar and share most of the same components, they do drive and handle differently, while collectively being true sports cars that can be great everyday drivers.

2023 Chevrolet Corvette

The latest C8 edition of the legendary Corvette is a straight up supercar in every sense of the word. That is other than the fact it won't break down every other month and needs routine 15,000-mile clutch jobs and rotors like its non-the-faster Italian counterparts. Perhaps the best part of the eighth generation of America's only true sports car, however, is that it can also be a very capable and comfortable daily driver. Whether you choose a base trim level (still quite well appointed) or the all out fire and brimstone Z06 trim, you can drive your Corvette every day about as easily as you can drive a Camry or Accord, without fear of breakdowns, excessive maintenance costs or the quirks that come with many other supercars. Just watch out on those turn-ins to high or low parking lots, as this thing is loooooow and wide. Slow angle is the name of the game, other than that let her roar on the open road because that mid-engine sounds great at full roar.

Will Estell is a veteran writer, editor, founder and publisher of multiple titles over the past 25 years, with over 700 published articles to his credit in various regional and national publications. Originally from the backwoods of North Mississippi, Will Estell is a proud father of three, and makes his home in Destin and Navarre, along with his wife, ABC news anchor, Laura Hussey.

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Our Hometown Hero and Local Gulf War Veteran Honors Grandfather's Legacy in New Book

"The Great War Through a Doughboy's Eyes" by Gregory S. Valloch

Like his grandfather, Colonel Gregory S. Valloch served in the military and is a U.S. Army veteran who honorably served during the Gulf War. Local resident Col. Gregory S. Valloch was commissioned a second lieutenant in the U.S. Army and as an armor officer upon graduating from Norwich University as a Distinguished Military Graduate. He served in the Tiger Brigade (1st Brigade, Second Armored Division) during Desert Shield Desert Storm. He left active duty and joined the U.S. Army Reserve where he served as an operations officer and plans officer, and then spent a year deployed to Al Udeid Airbase in Qatar as the plans division chief in the 2nd Battlefield Coordination Detachment.



original Ben & Jerry's, Gregory persevered in becoming a Ben & Jerry's franchise owner, it taking 14 years due to non-expansion of their franchises.

He feels the most important thing you can do as a local business owner is give back to the community, and he does just that. He's an avid supporter of the Boys & Girls Club, Path of Grace and PAWS, an organization that helps train and place service dogs with veterans.

Now, Gregory has added "author" to his title. His new book, "The Great War Through a Doughboy's Eyes," was released this past March and chronicles the service of Corporal Howard P. Claypoole, told through Gregory's eyes, his grandson.

Corporal Howard P. Claypoole served in the U.S. Army during WWI and was awarded The Purple Heart posthumously. Gregory credits his grandfather's bravery and conviction as the source of his motivation to earn a commission in the Army.

When Gregory came across his grandfather's wartime diaries, correspondence and artifacts, he saw that it was only fitting he share his grandfather's legacy with the world.

In "The Great War Through a Doughboy's Eyes," Gregory offers a unique account of his grandfather's service during WWI, illustrating the hardships of soldiers at war. Utilizing his grandfather's diary entries, postcards, letters, wound order, newspaper clippings, military history and discharge papers, Gregory tells the story of a man with an unwavering allegiance to his country and a will to survive. Corporal Claypoole's journey is brought to life through photographs of wartime memorabilia, including playing cards, pictures, dice, dog tags, medals, bayonets, coins, his rifle sling covered with unit crests, his Purple Heart, and his WWI Victory Medal and campaign clasps.

"This is the story of one man who fought in the Great War, came home, got married, and had a successful life," Gregory said. "But he also found friendship and life lessons forged in

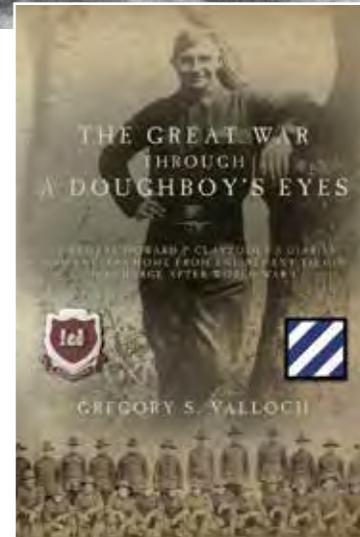


PHOTOS COURTESY GREGORY VALLOCH.

battle that stayed with him until the very end. And that is what I want to relate."

"The Great War Through a Doughboy's Eyes" is available for purchase online at Amazon.com.

When Gregory's not scooping ice cream, his hobbies include golf, coin collecting and spending time with his golden retrievers Jeb and Shelby. He is married with two grown children.



SINFONIA CABARET AT SEAGAR'S
/An Evening with Jeremy Jordan

Tony and Grammy-nominated singer-actor, Jeremy Jordan, portrayed Jack Kelly in "Newsies" on Broadway. Jeremy has been performing his solo cabarets to sold out audiences around the US and London since 2014. On TV he starred in the NBC series "Smash" and CW series "Supergirl".

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Arts & Music

ADSO News

Winners in the recent Arts and Design Society's "Fences" Show

1. "Neighbors," in mixed media, won First Place for Scott Compton.
2. Megan Keyser won Second Place with her watercolor, "Split."
3. Dale Palmer's photograph, "Gotcha," won Third Place.

Call to Artists: Northwest Florida Fair Fine Arts Show
 Deadline, Sat., Sept. 24
 The Arts and Design Soci-



ety is calling all artists to participate in the upcoming 38th Northwest Florida Fair Fine Arts Show Sept. 27-Oct. 1, open to all artists in any medium. Cash awards. Artists must turn

in works for the show on Friday, Sept. 23, 10 a.m.-4 p.m., and Sat., Sept. 24, 9 a.m.-noon. Entry fee for adults is \$30/up to 5 pieces; high school and middle school students, \$2/piece, up to 5 pieces. Location: C.H. Bull Rigdon Fairgrounds and Recreation Complex, 1958 Lewis Turner Blvd (Rt. 189), Fort Walton Beach, 32547. A copy of the entry form with details is available on the website: <http://artsdesignsociety.org>. For more information, call (850) 582-1329.

To provide a convenient Art Gallery for the Community, the Arts and Design Society presents month-long free exhibits in their studio windows. In August, the featured artist was Anne Johnston, an artist for many years, who each year chooses a different theme for ADSO Windows. Her choice for this year was flowers, in an array of bright colors.

The September window display will be a member show (just like last year). One piece per Artist will grace the windows for

the entire month, and includes all paint mediums, clay, photo and sculpture. Any ADSO artist who wishes to participate, please contact ADSO office by August 31, with information on your display, price and name.

View at 17 First Street, SE, Fort Walton Beach. For more information, or for purchase, contact ADSO at adso@artsdesignsociety.org or go by the office, Tuesday-Friday, noon-4 p.m.



Northwest Florida Ballet Announces 22/23 Season

The Northwest Florida Ballet 53rd season kicks off with The Ugly Duckling, performed by Lightwire Theater, Saturday, Oct. 1, at 7:30 p.m. in Grand Boulevard at Sandestin's Grand Park. This audience favorite brings a classic tale to the modern stage in an unforgettable theatrical experience. Lined with electroluminescent wire, the beloved story of The Ugly

Duckling plays out on stage through a cutting-edge blend of puppetry, technology and dance. With dazzling visuals, poignant choreography and the creative use of music ranging from classical to pop, this free outdoor production brings this story into a new and brilliant light. Lightwire Theater has been featured as semi-finalists on NBC's America's Got Talent



and won Tru TV's Fake Off. Season subscriptions will be

available beginning Tuesday, Aug. 30, and include tickets to The Nutcracker and Peter Pan for \$76 per adult and \$35 per child (12 and under), a savings of more than 15 percent compared to box office prices. Patrons are also eligible to purchase tickets to the VIP parties for \$25 each and receive a 10 percent discount for additional performance tickets when buy-

ing a season subscription. Visit www.NFBallet.org and NFB's Facebook page for full season performance dates, subscription packages and individual ticket sales announcements. NFB is sponsored in part by the State of Florida, Department of State, Division of Arts and Culture and the Florida Council on Arts and Culture.



mattie kelly arts foundation

SEPT 10 - OCT 1

Lights, Camera, Action! Join us Saturday evenings in the village for Fall Flix featuring an exciting variety of films. Table and lawn seating available. Food trucks on site each week!



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

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

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 Support ArtsReach programs in our community.

Savor the Sound

Saturday, October 8 | 2 – 6 PM | Mattie Kelly Arts Center at NWFSC

Who's ready to kick off another exciting Savor the Sound concert fundraiser, but in cooler weather and with an outstanding guest speaker? The Taylor Haugen Foundation has announced that Sammy Lee Davis, Congressional Medal of Honor recipient also known as "The Real Forrest Gump," will speak at this event. It will be a patriotic party with live WWII era big band jazz from Down-



Beat Jazz Orchestra and Voices of Northwest Florida. There will be food trucks and local

breweries on site in addition to a live auction featuring the Rolling Stones 50th Anniversary set,

a Donald Trump autographed photo and an autographed guitar – details TBA. Join the fun

Saturday, Oct. 8, 2-6 p.m. All tickets benefit the Taylor Haugen Foundation, thus raising funds to continue protecting youth athletes from abdominal injuries in the sports they love. Bring your friends, chairs and blankets, but please, no coolers.

To purchase tickets (\$20 per person; \$50 family), visit mattiekellyartscenter.org.

Columnist Pens Touching, Hilarious and Sometimes Terrifying Adventure

From celebrated storyteller "Sean of the South" comes a laugh-out-loud funny true story of a loving relationship, a grand adventure and a promise kept.

It was only a few years after the starry-eyed young couple got married when scary news threatened to take the wind out of their sails. But Sean Dietrich's wife, Jamie, wouldn't let it. She dared

to hope for and plan for a great big adventure, and she made him promise to do it with her.

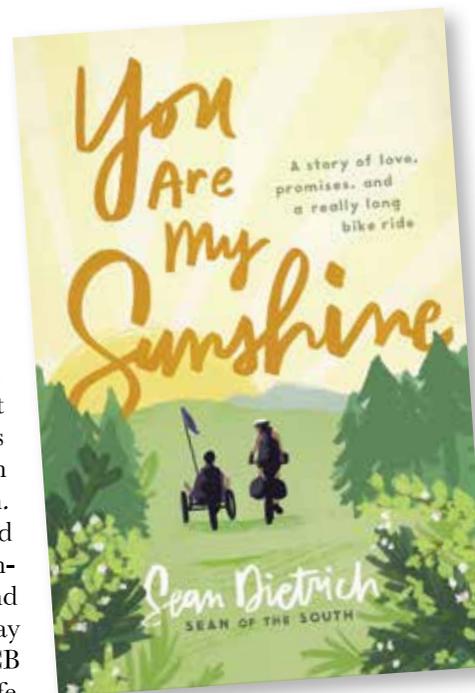
For love and the promise of biscuits along the way, Sean – who was never an athlete of any kind – undertook the bike ride of a lifetime and lived to talk about it.

In this true-life tale, Sean shares their hilarious, touching

and sometimes terrifying story of the long bike ride to conquer The Great Allegheny Passage and the C&O Canal Towpath trail.

You Are My Sunshine dares you to hope for an adventure of your own.

Sean is a columnist, novelist and podcast host, known for his commentary on life in the American South. His work has appeared in Newsweek, Southern Living, Garden and Gun, Destin Life, Bay Life, Sowl Life, PCB Life and now FWB Life,



The Tallahassee Democrat, Good Grit, South Magazine, Alabama Living, the Birmingham News, Thom Magazine and The Mobile Press Register. He has authored 13 books, and is the creator of the "Sean of the South" Podcast. Find Sean's new book as well as his other books on Amazon.

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