



NICEVILLE - VALPARAISO

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# **Prestigious Awards Sweep by Niceville High School**

#### BY DOUG STAUFFER

There were smiling faces and cheers everywhere when the Blue Blazer board members of the All Sports Association made their announcements at Niceville High School. The philanthropic association awarded several prestigious awards to three Niceville student-athletes and an assistant coach.

The Cornell-bound multisport athlete Noah Harman was awarded the Male Scholastic Award based on the merits of his 4.6 GPA and his contributions as captain of both the state championship track and field team and the football team. He also volunteers at the middle school and at his local church.

The Air Force Academy-bound Page Dolloff, another multi-sport athlete, was awarded the Female Scholastic Award. She earned the award based on the merits of her 4.74 GPA. She was the Daily News Female Swimmer of the Year and appeared in



Niceville High School Principal Charlie Marello pictured with Eric Trapp, Adron Robinson, Page Dolloff and Noah Harman.

the final four for tennis. Page is also involved with several community and church volunteer programs.

The University of Florida-bound Senior Eric Trapp received the faith-based Taylor Haugen Foundation award. As he accepted the award, he quipped, "The Bible is my guidance in life." He serves as the SGA president, carries a 4.3 GPA and is involved in many volunteer programs

through his church. The history of this award is both heartwarming and heartbreaking. (See Sept. 2019 Bay Life at MvBavLifeNWFL.com.)

Coach Adron Robinson was recognized as the Assistant Coach of the Year. He graduated from Niceville High School and returned to his alma mater contributing to the school in several capacities as a coach and mentor.

All Sports President Carter

Zorn mentioned that award winners are chosen using blind résumés, ensuring zero bias in the outcomes. He further exclaimed,"We've never had this amount of awards in one place. So, we're really excited for the opportunity to present them to these amazing individuals." Congratulations Niceville High School!

**NICEVILLE HIGH** continued on page 3



# **Tugboat To Become** Newest **Artificial Reef**

By JARED WILLIAMS, GETTHECOAST Earlier this month, Morgan Marine in Freeport was putting the finishing touches on prepping its tugboat to become the next artificial reef offshore Destin-Fort Walton Beach. The 75 ft. vessel was built back in the 1940s, and was used most recently to do a lot of Marine salvage, pulling a bunch of those derelict vessels that may be around the area. The vessel also helped sink other artificial reefs offshore. "This vessel actually belonged to Morgan

> TUGBOAT continued on page 3





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### Community

#### **NICEVILLE HIGH**

continued from page 1

The Taylor Haugen Foundation Trophy deserves further exploration: Nominees are considered based on the character traits of the trophy's namesake, Taylor Reid Haugen. "T" passed away on August, 30, 2008, of ab-



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dominal injuries suffered during a football game. The award represents this young man's legacy, whose two passions were "IE-SUS AND FOOTBALL." His motto was "Don't Quit, Never Give Up."

Eric Trapp received this honor based upon Taylor's similar balance of Academics, Athletics, Leadership, Community Service and Christian Faith.

Taylor Haugen left an indelible mark on the community

TUGBOAT

*continued from page 1* Marine," said Alex Fogg, Coastal Resource Manager for Okaloosa County. "They were going through the recertification process with the Coast Guard and some of their new rules made this vessel require a lot of retrofits to bring it back into code."

According to Alex, due to the cost of those retrofits, Morgan Marine decided to donate the vessel to the county to be deployed as an artificial reef. The county is paying for the cleaning and the deployment cost, but the price of the vessel was free.

This vessel has about 40 feet of relief, and is going to be put in an area called "The Boat Yard." If that name sounds familiar, it's because two other deployments have already happened there.

The Dylan, which was deployed back in September 2020, and the Brannon, which was deployed just this past summer. "This taller vessel provides a little bit of relief to the location so that folks can do a dive maybe through his short life by living his faith and showing compassion for his friends, team, community and church. The trophy is awarded in conjunction with the All Sports Association's annual banquet on Feb. 25, 2022, at the Destin/Ft. Walton Beach Convention Center from 5-10 p.m. (www.allsportsassociation.org). Hall of Fame Atlanta Braves pitcher Tom Glavine will be this year's All Sports Association Keynote speaker. Through the

efforts of the annual All-Sports banquet and summer golf tournament, and in addition to supporting our local high school athletic programs, the association helps fund numerous worthwhile sports organizations and charitable causes. The primary beneficiaries are the Boys & Girls Club of the Emerald Coast, Special Olympics Florida- Okaloosa, Eleanor J. Johnson Youth Center and Okaloosa Walton FCA.

The trophy—a hand-sculp-

tured bronze eagle-stands more than two feet tall, weighing 35-pounds. The eagle is taking flight on a ribbon of air as appropriately inspired by the last two verses of Isaiah chapter 40.

"Even the youths shall faint and be weary, and the young men shall utterly fall: 31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isaiah 40:30-31).

119 feet and come up to the top, which will be at about 79-80 feet," explained Alex. "It makes it a lot easier to dive and allows you to spend a little more time down there." He added that the extra relief will also provide a great location for people to go fishing. "You'll have your amberjack swimming around in the column, you'll have your snappers and your groupers on the bottom," said Alex. "It really is going to be a good site."

on the bottom, which is about

Because this vessel was actually constructed back in the 40s, it had to go through more screening to make sure that it was okay to go into the environment. Alex said that before the 1980s, there were PCBs and a lot of lead that was used in the paint and the wiring. "We had to test the paint to make sure that it was okay," said Alex. "We got the results back and everything is good to go. We also had to make sure that there were plenty of holes cut into the floor so that if marine life were to find their way into the vessel, they

could find their way out. The holes also allow the vessel to sink at a more even rate."

Until about a year-and-a-half ago, the Coastal Resource Team had not had very many vessel deployments. This tugboat will actually be the fourth vessel deployment that Alex and his team have done the last year-and-ahalf. "We still have a few more on the books," he said. "Being able to deploy these large wrecks, it creates a unique habitat. It's not your normal concrete modPhotos by Alex Fogg

ules that have been deployed for many years now, and provides a great location for people to go diving and fishing too.'

#### The Dylan:

The tourism department of Okaloosa County, in collaboration with U.S. Customs and Border Protection, sank a 61foot steel-hulled vessel named the S/V DYLAN in Sept. 2020. The vessel was deployed by

Continued on page 16

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### The community and the community of the c

# **OWJC Founder's Great Grandson Stars in Disney Movie**

By Jené Evans McCracken

Local Niceville resident, Bill McCracken, is one proud Great Uncle! His Great Nephew, James McCracken, is featured in Disney's new Christmas movie, "Christmas ... Again?!" which debuted December 10, 2021, on the Disney Channel and Disney+. Bill graduated from Niceville High School in 1969 and from Okaloosa-Walton Junior College (OWJC)now Northwest Florida State College (NWFSC)-in 1971. "My Father, Dr. James Edward 'Ed' McCracken, the Founding President of OWJC grew up in a family where all of the Arts were valued," said Bill. "He would be very proud of James, his great grandson and namesake."

As President of OWJC, Dr. McCracken actively supported bringing the Arts to OWJC and to our local communities. Many people in this area will remember the annual "American Arts Festival" in the early years of "Boggy Tech" which began in Perrine Park in Valparaiso at the original campus of OWJC." The American Arts Festivals cel-



McCracken Family recital at their home – circa 1928-1929 L to R: Mary Ruth McCracken, Charles W. "Bill" McCracken, Janet McCracken, Charles C. McCracken (Ed's father), Cleo McCracken (Ed's mother) and Ed McCracken about age 6.

ebrated all the Arts – from wood carving to blacksmithing to ceramics to theater, writing, journalism, music (from folk music to opera), photography, graphics, painting. You name the art or craft, the American Arts Festivals celebrated it! NWFSC in photography

is well known for its continued support and promotion of the Arts, a core value that Dr. Mc-Cracken instilled at the very beginning of the College.

Dr. McCracken also passed that appreciation along to all

his children and grandchildren who, in turn, have passed that legacy to his great grandchildren.

James' grandfather, Mr. Tom McCracken, now retired, became a librarian specializing in photography, audio-visual media and distance learning. At OWJC, Tom participated in the summer Arts/Humanities course that toured Europe. With the encouragement of both Ed and Tom McCracken, James' father, Michael McCracken



pursued his interests in the Arts which include acting, comedy and music. Michael has his own acting academy in Chicago, the Vagabond Acting School. James' mother, Becca McCracken, is an award-winning casting agent for theater, film and television. James, now 7, auditioned for and won the part of "Louie" who is "an annoying future brother" in the Christmas film. James' personal interests include reading, soccer and playing with his younger brother Hayes.

Continued on page 6



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### The community

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### The community

# Cultural Arts Alliance Announces Valentine Tour of Homes & Gardens

The Cultural Arts Alliance of Walton County is excited to announce that early bird tickets are now on sale for the highly anticipated annual Valentine will emphasize outdoor living spaces, gardens and interesting courtyards. The event is scheduled for Saturday, Feb. 12 from 10 a.m. - 4 p.m. and Sunday, several of the homes throughout the weekend.

Please note that as most of these homes are private residences, they cannot be guaranteed as ADA compliant. Please notify the CAA office in advance for questions regarding access, and best efforts will be made for accommodations.

To volunteer, visit culturalartsalliance.com/volunteer. Volunteers receive a complimentary event ticket. For more information about the Valentine Tour of Homes and the Cultural Arts Alliance of Walton County, call 850-622-5970 or visit CulturalArtsAlliance.com.



Tour of Homes & Gardens. The tour is known for providing a rare opportunity to enter some of South Walton's most interesting residences, showcasing stunning interiors, acclaimed architectural design and picturesque settings, which are sure to bring inspiration to tour goers' winter beach weekend.

With a focus on location, this year's self-guided tour, which is presented by Visit South Walton with additional support from the Florida Department of State, Division of Arts and Culture, Feb. 13 from 12 p.m. – 4 p.m.

All net proceeds benefit the CAA's 'Art For All' Program, which provides support to Walton County schools, teachers, students, artists and arts organizations to further arts education in the community.

Tickets are \$45 in advance and \$50 the days of the event, valid for the entire weekend with one entry per house. Tickets can be purchased in advance on the CAA's website, CulturalArtsAlliance.com. Tickets will also be available for purchase at

#### **OWJC FOUNDER** *continued from page 4*

The movie stars age 11 Scarlett Estevez (from Tampa) as Rowena. "Ro" is troubled by her parents' impending divorce, her Dad's new girlfriend and the girlfriend's pesky son "Louis" (James McCracken) who plays jokes on Rowena, absconds with her Christmas present and interrupts conversations. James plays "irritating" and "annoying" quite well!

"Christmas ... Again?!" is a "time loop" movie. Rowena doesn't want change and her wish to Santa is for things to stay the same. She gets her wish and her day repeats itself over and over again. In this, it is reminiscent of the movie "Groundhog Day."

In the end, Ro finally extri-

cates herself from this nightmare. Ro and Louie come to appreciate their blending family and welcome new family members and new friends to their Christmas celebrations.

In addition to being available on the Disney Channel and Disney+, "Christmas...Again?" is also available as a DVD and as a book on Amazon.com and at Walmart. The movie (and James McCracken) is featured in the January 2022 issue of J-14 Teen Celeb magazine. James was interviewed on multiple days by ABC Television during the week of the movie debut (check on YouTube or Google "James McCracken Disney actor").

After completing the movie, James, a public school second grade student, asked his mother, "When's my next movie?"



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The community

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Proceeds benefit MKAF and its community engagement and ArtsReach initiatives throughout Northwest Florida.

DESIGN

STRATEGY

- Niceville Young Professionals Lunch Meeting 01 11:30am | Doc's Oyster Bar | Valparaiso
- VA Home Loan Bootcamp 02 6:30pm | Black Rifle Coffee | Niceville **Chess Night** 6pm | LJ Schooners | Niceville
- Sip N' Stroll 04 5pm | J. Leon Gallery + Studio | Destin
- Acrylic Swipe with Bloom & Chain Pull with Tamika 05 Artful Things | Niceville
- The Simon & Garfunkel Story 07 7:30pm | Mattie Kelly Arts Center | Niceville
- Second Wednesday Breakfast 09 5:30am | Niceville Community Center | Niceville **Prime Rib Night** 5pm | LJ Schooners | Niceville
- **NWFL** Communications Summit 10 The Island Resort | Fort Walton Beach
- **NWFL** Communications Summit 11 | The Island Resort | Fort Walton Beach
  - Bonfire Party featuring the band Duchess 6pm | 3rd Planet Brewing | Niceville
- Super Bowl Cookie Tray 12 12pm | Big Orange House Designs | Nicevillle
- Adult Paint with the Traveling Painter 14 6pm | 3rd Planet Brewing | Niceville
- Blue Dog + Bourbon 17 11:30am | Bijoux | Destin
- Shrimp & Grits Festival 19 12pm | Destin Harbor | Destin Sandestin Gumbo Festival
  - 12pm | The Village of Baytowne Wharf | Sandestin
- Annual Mardi Gras Masquerade 25 6pm | Destin Commons | Destin
- 26 HarborWalk Mardi Gras 2pm | Emerald Grande | Destin





### The community

## FABA's Far West Chapter Sets Schedule

By David Sandlin

Are you interested in blacksmithing? Think about joining the Florida Artist Blacksmith Association (FABA). Its mission is to teach and preserve the noble art of blacksmithing.

Recently popularized by programs like "Forged in Fire" and "Men at Arms," blacksmithing has experienced a renaissance. However, FABA has been actively teaching and setting up historical blacksmith shops throughout Florida for the last 35 years. Part of the FABA educational program is to host monthly meetings in six locations throughout the state. Our local Far West chapter is headquartered at Traditions Workshop in Fort Walton Beach and sponsors meetings throughout the panhandle.

Your first meeting with FABA is always on us. After that, we encourage you to join this fine organization. For a family to join, visit https://blacksmithing.org. The cost is only \$30 per family, per year. An annual membership allows your clan to participate at any FABA event



throughout the state (usually one every weekend). Plus, you get an e-copy of the monthly newsletter, The Clinker Breaker, featuring Florida blacksmithing news and events.

The next two Far West meetings will be the fourth Saturday of January and February at Traditions Workshop, 418 Green Acres Rd, Fort Walton Beach, FL, 9 a.m. to 2 p.m. The January 22nd meeting will focus on the Journeyman standard to "Swage a tenon by making the end of a square bar round using a swage." It will also feature the task to "Make an assembly from at least two separate pieces using a mortise and tenon." A typical project using these techniques is to make a trivet. We will have a spring swage and "monkey fist" available to accomplish these tasks.

The February 26th meeting will focus on splitting where the demonstrated task will be to split a bar with a hot cut at the end or in the middle of the bar. A barbecue fork uses this technique. In the far west, we always have open forges following the demonstration, so you can try your hand at the project for the day. Lunch is provided and donations appreciated

The March 26th Meeting (9 a.m.-3 p.m.) will be at John Butler's farm, 4112 Bell Lane, Pace. We are planning to conduct this meeting as a "make and take" class: How to turn a Railroad Spike into a knife. Class cost will be \$110 with lunch from Sonny's BBQ included. Class size is limited to 12 people. There will also be one open forge for those not interested in the class. Proceeds from the class will go to support FABA.

The April 23rd meeting (9 a.m.-3 p.m.) will probably be held in Navarre. We say probably, because we are still working out the details for the location. But if the stars align correctly, we will have Jordan Borstelmann visit the Far West and demonstrate how to make one of his trademark axes.

The May 28th meeting (9 a.m.-3 p.m.) will be at Tim-

ber Creek Distillery (dirt road northeast of Crestview: 6451 Lake Ella Rd, Crestview) with the task to make a sea creature for our contribution to the FABA Con 2022 auction. We don't yet know how our judges Cam and Arron might weigh in, but you can count on great pizza from their stone oven and libations from the distillery (and maybe some axe throwing too).

Over the summer, expect us to meet at the Baker Block Museum, date TBD. Other summer monthly meetings are still up in the air. However, the October 22nd meeting will be back at Traditions Workshop to prep the trailer for the trip to the state-wide blacksmith conference in Gainesville. The forges are already reserved on that day for finalizing the team contributions to the annual conference auction project "creatures."

If you are interested in any of these events and need more information, contact david@ traditionsworkshop.com or call/ text David at 850-974-1548.



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# What Does it Mean to "Age-In" to Medicare?



By Greg Durette, Florida Health Connector

As many times as I have said the term "age-in" to folks when discussing Medicare, it has never failed to elicit a visceral response like, "What do you mean with this age-in thing?!" or "I don't feel aged-in!."

The fact of the matter is, aging-in, meaning you are turning 65 soon, is a good thing. There are many we all know that didn't make it to that milestone.

Yes, we are in the middle of the Open Enrollment Period which runs from January 1 – March 31 of every year pre-dominantly for Advantage Plan members (You can re-read my article from last month for more information about the ins and outs of that.), that does not change the fact many people have birthdays all year long and are actually aging-in during this time as well.

What generally happens is, folks get confused between what they see on TV with all the pitches about "time running out" and, what they can actually do during the aging-in period. So, let me attempt to de-mystify it a little here.

There is a period of time when a person ages-in and becomes eligible for Medicare. Typically, this period of time is three months before the month in which they turn 65 and three months after the month in which they turn 65. Do the math and you will see this is a 7-month period of time around your birthday. There are a few other exceptions to this eligibility period but, those will have to be saved for another article.

The first order of business is to obtain your Part A and B (if desired or needed) through Social Security. Without adding a litany of boring details as to qualifications for each, suffice it to say Part A is typically \$0 premium for most folks and Part B for 2022 will typically cost \$170.10 per month. The Part B premium is means tested can get a little complicated...certainly more complicated than can be described in this article. Again, suffice it to say, some could pay much more or much less, depending on your income.

If you wish to avoid LIFE-LONG penalties, you will have to have Part B and Part D (prescription coverage) in place at the time of first becoming eligible. As a reminder, eligibilities are one of those things unique to each person's circumstances. So, it is important to know how these things apply to you.

If you choose to obtain a Supplement, commonly called a "Medi-Gap" policy, you will need to also obtain a separate Part D prescription plan as the Supplements DO NOT IN-CLUDE such. If you choose to obtain an Advantage plan, the Part D prescription coverage is typically INCLUDED.



As you can see, this can and usually is a very confusing time for most folks used to have traditional insurance for their whole lives. Suddenly, you are thrust into this new system and everybody and their cousin is calling and/or mailing you every single day with their "better option."

Your best option is the one that suits you best. Maybe it is a great price. Maybe it is a great network of providers. Maybe it is just the peace of mind in knowing you have someone you can rely upon for information when you need it.

If there is only one take away

you can have from this article, it would be to work with someone that can help you navigate the local landscape and help you completely understand this otherwise very confusing time in life.

Happy New Year!

Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare throughout the state and is based in Niceville. He has been in the insurance industry for over 38 years and can be reached at his office at (850) 842-2400 or his mobile at (978) 509-2941.

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### The community (19)

# One Year In, Sheriff Aden's Vision is Well Under Way

By Kenneth Books

Eric Aden's love affair with law enforcement goes back a long way, from his invitation to a dance by the sheriff's daughter when he was just 13 to his study of criminology at Florida State University to his current role leading Okaloosa County's Sheriff's Office.

Initially, the sheriff planned to work for federal agencies and, in fact, applied for four federal jobs.

"I was going to work for the feds," he said, "but I got a call from the sheriff (Larry Gilbert) who asked me to join the local force." That led to the Choctawhatchee High School graduate's service as a deputy from 1995 to 2003, first as a patrol deputy, then as a school resource officer and finally as a part-time deputy.

He then spent 10 years working for his brother's mortgage company, where he learned finance, which, it turned out, gave him experience in finance. That, he said, has helped him with the administrative end of his job.

But law enforcement was never far from Sheriff Aden's mind. He eventually joined the Walton County Sheriff's Office as a sergeant and later a lieutenant. He stayed there two years, but, he said, "My true desire was to come back home" to Okaloosa County. That came to fruition when he got a call from Okaloosa County Sheriff Larry Ashley, who had his eve on Aden as his successor, in 2010. He worked as a captain and a major, then as a major in a different sphere of activity so he could learn administration. "Those were all the things I wanted to know, but didn't have in my tool chest," he said.

In the spring of 2019, he finally got a taste of federal law enforcement at the 10-week FBI academy course. Then Aden was elected sheriff unopposed in 2020, succeeding the retiring Ashley. He recently completed



Sheriff Eric Aden, left, and Deputy Tim Patterson bond with the Sheriff's Office's new bloodhound. Patterson will be the dog's handler.

his first year in office. "It was hard to improve" the sheriff's office, he said, because Ashley had done an exemplary job. One thing Aden did was treat his subordinates as important members of the Sheriff's Office family.

"I take a lot of input from my employees," he said. "That helps the troops buy in." Recently, for example, he surveyed the deputies regarding their choices for a new paint scheme on their cruisers. "I'm not the one driving them," he said. "They are."

The degree of success Aden has had in applying his vision surprised him. "I had set goals for myself," he said. "The agency was able to implement all of them. I was shocked." Among his goals was boosting the ICAC – Internet Crimes Against Children – task force. Deputies arrested 22 people in a sting. "If those people see that, it scares them into their corner," Aden said.

In 2021, the Sheriff's Office solved five cold cases, one for sexual battery and four for homicides, bringing justice to the victim and the loved ones.

Recruitment is a constant need for the generally understaffed Sheriff's Office. To that end, Aden instituted a cadet program – 10 weeks of paid training, followed by hiring. He tells of one potential recruit who said he would love to join the administration but couldn't afford it. Aden asked how much the man made and he said \$32,000 a year. "I said, 'I'll pay you \$38,000 a year and pay your tuition."" The sheriff is hoping to recruit more

Continued on page 24



Page 11

# Gifted Musicians Greatly Impact Our Community's Children, Seniors and Disabled

By Deborah Carlson

"Music provides a very natural and universal means of building bridges between people" mused Alon Goldstein, an Israeli born classical pianist who performs all over the world. Alon's passion to "bring Carnegie Hall free of charge" to those who may not have access to such inspired him to form Emerald Coast Music Alliance, a not-for-profit organization that hosts week-long music festivals each January, bringing in world renowned musicians from all over the country to perform in Northwest Florida schools, senior centers, organizations for the developmentally or intellectually disabled, churches and more.

Emerald Coast Music Alliance (ECMA) held its sixth Music Festival recently, scheduling 50 live performances on January 6-14, with a total of six musicians and two dancers. Joining Alon were pianists: Regina Tanujaya, Crystal Jiang, Valerie Wellington and Junyi Nie. Boyan Bonev on cello returned for his second appearance as a guest musician, and the ECMA welcomed Jonathan Holden on clarinet. New to this year is the element of dance, featuring dancers Taylor Harrison and Kaitlyn Christiansen Sacco, who performed with the musicians.

A FREE concert open to the general public is held each year. This year, the concert was live on January 15 at Tyler Recital Hall, Northwest Florida State College, featuring the dancers and all musicians.

Alon calls these festivals a "win on all levels," because of the incredible impact it makes on both the audience and the performers. Guest musicians sense a "greater purpose as a musician" as they witness the power of music in how children, seniors and persons with disabilities respond to the beauty of classical music. Some of the unforgettable moments are moving and inspirational:

A woman in a senior center who had not spoken for six months began to speak to her husband after hearing a live piano performance. Another woman declared aloud that "she felt alive again."

Apprehensive residents of a developmentally disabled facility began to slowly filter into the room where a trio of cellists played – from a beginning audience of 5 to 120 residents who had been hiding, but listening – within 15 minutes. The director of the facility said that never before had this many residents sat in one room together.

Children in a Santa Rosa Elementary school got up and spontaneously began to sway their arms and interpret the music in movement.

High school students began opening up after a performance, asking questions to the musicians specifically about their instruments and how they developed their career in music.

Crystal Jiang, in her second year as one of our guest pianists, began to sing a Chinese folk song in her native language during her performance that enraptured her young audience. She

asked them to visualize as she played; think of a story the music is telling, to dance or to sing. Crystal says she learns, too, from their comments and the description of emotions they feel as she plays. She in-

vited them to sit on her lap to touch the piano keys, the personal contact that she says gives them a sense of collaboration; of performing with her. One child who was unruly became quiet and one of the most quizzically interactive after listening to a 300-year-old Bach piece. Crystal seeks to learn from her audience's responses which help her to discern if their reactions and emotions are those she is trying to convey through her music. One child told her she would be famous and asked for her autograph on his shoe in Chinese. Soon, all the children



Alon has a vision for the future of Emerald Coast Music Alliance; to expand its current role to include teaching seminars that connect young musicians in our schools with our gifted guest musicians and inspire them to pursue music.

The ECMA operates in cooperation with the Northwest Florida Symphony Orchestra and relies solely on donations to fund its festival expenses. Tax deductible donations are welcome. To learn more, visit us online at http://emeraldcoastmusic.org.



### The community

# The Ever-Changing Insurance Market Place in Florida



By Joe Capers, Insurance Zone

It has been two years since we wrote about the changing insurance market place in Florida. Because we are nearly surrounded by water with the possibility of storms and other natural disasters so evident, the cycles are much more pronounced.

Typically, insurance industry cycles will last anywhere between two to ten years. The market cycles rely on the way the nation, and for that matter the world, is operating, in addition to storms and other natural disasters, COVID has impacted the marketplace. In this edition we will take a condensed look at what factors are driving these market shifts, the differences of a hard and soft market, and the effect on your personal and business insurance programs. In a **soft market**, there will

be an increase in competition and pressure on lowering premiums. This cycle is usually followed by a hard market because carriers are underpricing coverage to secure market share. In a soft market you can usually find lower insurance costs, broader coverages and more liberal underwriting guidelines. This is an advantage for anyone who is purchasing insurance. With increased capacity, the consumers have more Insurance carriers and enhancements to choose from to design their insurance program. A soft market increases the amount of competition between insurance companies.

A hard market is a time when premiums increase while capacity or the ability to write more premiums is diminished. These past two years for the Florida insurance market have certainly been one for the records. Higher premiums, more stringent underwriting and less competition is playing into the advantage of insurance carriers, and make it difficult on consumers. This is a good time to have a comprehensive insurance review.

COVID has definitely impacted the insurance industry as well. The pandemic has certainly highlighted coverages



that are included in contracts. Insurers have seen an increase in insurance claims while suffering investment losses. But there are other factors that should be mentioned that have added to the creation of the hard market that we are currently experiencing.

Florida's hard insurance market is tougher than any other market cycle in most other states. The challenges are exacerbated by other "unique" market conditions such as natural disasters, litigation, fraud and increase in claims frequency and severity.

Many carriers are still working through their losses from the natural disasters, and the major storms of Hurricane Irma in 2017 and Hurricane Michael in 2018. These two events had a major impact on the rising reinsurance costs. Reinsurance is an essential product, purchased by insurance carriers to mitigate catastrophic exposures.

Fraud is another factor impacting the insurance market. The more prevalent schemes are related to assignment of benefits from some roofing contractors and mold remediation companies. Another factor impacting the Florida industry is the escalation of litigation in our state. There are some public adjusters teaming up with personal injury attorneys to file frivolous claims creating unnecessary litigation. One recent study shows that 8% of all homeowners' claims nationwide are in the State of Florida, but 76% of all homeowners' claims lawsuits are in the State of Florida!

Whether you are seeking personal or business insurance, navigating the market can be challenging. The bottom line for the Florida insurance market right now is that the industry is on life support and consumers are facing double digit rate increases. Policyholders are paying more money for less coverage. Regardless of what you're after, it's important to find an insurance professional who can help you manage your insurance program during the market cycles. An independent agent with multiple carriers should be of great assistance in any market.



Insurance Zone, founded by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on www.ins-zone.com and watch several informative videos on 'Homeowners, Condo, Business and Umbrella' or call (850) 424.6979.

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

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



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# CBA and Community Preserving Waterways through Fishing Line Recycling

The Emerald Coast is home to some of the most diverse and dynamic ecosystems in the world, so abundant with marine life that it is no surprise that it attracts anglers from all over. Our waters, stretching from rivers to the Gulf, host some of the best fishing on the planet. However, this area and many other coastal towns are experiencing a common trend, tangles of forgotten fishing line harming local wildlife and humans. You can help prevent this by recycling your fishing line with Choctawhatchee Basin Alliance's (CBA), monofilament recycling program.

Monofilament — or simply fishing line — is made of a single plastic strand, designed to hold tension and stay strong in harsh saltwater conditions. First introduced in the 1950's, this type of tackle is the most common and effective line for catching fish from bluegill to blue marlin. Monofilament is designed to be strong, invisible, and not break down in saltwater. Unfortunately, monofilament's strength and durability becomes dangerous when the line is improperly discarded.

When line is lost or littered into the water, it can become an invisible, free-floating entanglement hazard that can last upwards of 600 years. Just think of it—600 years ago, Leonardo DaVinci painted the Mona Lisa! These bunches of littered fishing line are dangerous and deadly to marine life such as turtles, dolphins, fish, birds, sharks, manatees and even scuba divers and beachgoers. When an animal becomes entangled in this strong and virtually invisible hazardous plastic, it becomes trapped and unable to move, hunt, or even breathe in many instances.

Fishing is part of our culture and history here in the Florida Panhandle; historically, the area has been one the largest Red Snapper fishery in the world! Moving into the future, as we expand the numbers of people fishing our waters, it is equally important that we as a community deploy responsible practices for discarding old tackle. The Choctawhatchee Basin

Alliance (CBA) has led the way by setting up monofilament recycling stations all along the Bay. You may have seen one of these PVC tubes, beautifully painted by local artists, along the Destin Harbor or the Okaloosa Island Pier. CBA will be hosting new sites on the Choctawhatchee River, as well as new shore-fishing recycle bins on the Gulf. CBA takes this plastic line from the monofilament recycling program stations, cleans and collects it, and sends it to be recycled into fishing tackle. Anyone in the community can be a part of this "responsible fishing movement." Simply by recycling undesired fishing lines, you can make a lasting impact on our waterways and greatly



reduce the number of entanglements of humans and wildlife. To learn more about Choctawhatchee Basin Alliance and programs that benefit our waterways, visit basinalliance.org. If you would like to volunteer to collect fishing line for recycling, email Brennan Wehrhahn at wehrhahb@nwfsc.edu.

# **Don't React Too Quickly to Cold-Injured Plants**

By Larry Williams, UF/IFAS Extension Agent, Okaloosa

Our winter temperatures go back and forth all season here in North Florida – one week it's winter, the next week we may think spring has arrived. This back and forth with cold and mild temperatures throughout winter is typical in North Florida.

As a result of the freezing periods, the less cold-hardy tropical and subtropical landscape plants can be injured. For example, it's



normal for popular landscape plants such as oleander, hibiscus, bottlebrush and philodendron to suffer some cold damage. Then, the first impulse for many gardeners is to cut away the dead and dying leaves and branches. But, this really is not the best idea.

During winter, it's difficult to tell how much damage has been done to these plants. If you prune immediately after a freeze, you probably will cut away live wood that does not have to be lost. Also, cold damaged leaves and branches on the outer part of the plant can help protect the rest of the plant when the next freeze strikes.

Some of the more tender landscape plants such as banana, cassia, ginger, tropical hibiscus and many of the tropical perennials may have been severely injured with the first freeze. But, don't give up on them too soon. These plants may surprise you by sending up new shoots come spring. Some of these plants require warm soil temperatures before they'll produce new growth. Many of the

Continued on next page

# Immediate Job Opening in Destin



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**Bay Buzz** 

### Community

Gov. Ron DeSantis recently announced four judicial appointments, one our own local Jonathan "Jack" Schlechter of Niceville, to serve as Judge on the Okaloosa County Court. Schlechter has worked as an attorney at AnchorsGordon, P.A. since 2019. Previously, he served as an Assistant State Attorney for 10 years in the First Judicial Circuit. He received his bachelor's degree from the University of Florida and his law degree from Florida Coastal. Schlechter fills the judicial vacancy created by the retirement of Judge Patricia Grinsted.

**Impact100 of Northwest** Florida is recruiting members to join its 2022 membership base. Nonprofits need support to provide services to those in need in Okaloosa and Walton County. We welcome women 18 years or older to come to a membership event, meet the members, and learn how they can become a positive force for good in their local community.

For a listing of this year's dates and further details, visit www. impactnwf.org or Facebook @



Three new Rotarians were recently added to Mid-Bay Rotary Club, two of which were from Mid-Bay's soon to be Freeport Satellite Club.

(L to R): Mid-Bay Rotarian and Satellite Club Lead Dave Underwood, New Rotarian Chris Thornton (Web Designer), Mid-Bay Rotarian and Chris'

Sponsor Kurt Freudenreich, New Rotarian Celeste Bell (Lab Technician), Celeste's Sponsor Kim Freudenreich; Mid-Bay Rotary Membership Chairman Peter Loffler, New Mid-Bay Rotarian Diana Brown (Insurance Sales), and Mid-Bay Rotary President Steve Wolfrom.

ImpactNWF. Women between the ages of 21 to 39, who might not have the financial resources to join Impact100 NWF, can apply for a scholarship called the NextGen Program at www. impactnwf.org/nextgen-program/. Impact100 NWF's successful community outreach has granted over \$3.6 Million within Okaloosa and Walton counties over the past 10 years.

Want to be a Lifeguard? Okaloosa County is holding tryouts every Wednesday and Friday at 8:30 a.m. through February. Pay, after training, starts at \$18 per hour. Interested applicants should arrive at the Beach Safety headquarters located between The Boardwalk and Angler's on Okaloosa Island. View the job listing at https:// www.governmentjobs.com/ca-

#### **COLD-INJURED** continued from previous page

gingers, for example, may not show any sign of life until April or May of 2022.

reers/okaloosa/jobs/3347804/

beach-lifeguard-temporary?pa-

getype=jobOpportunitiesJobs.

For questions and more infor-

on Friday, February 18th on the

incredible Ara Rooftop Pool &

Lounge located at Hotel Effie

Sandestin (1 Grand Sandes-

tin Blvd., Miramar Beach, FL

32550) from 6pm-9pm. Tickets

are \$100 each. You can pur-

chase tickets online by visiting

rmhc-nwfl.org/wineandfries.

Wine & Fries will feature a wine

tasting and menu catered by

Hotel Effie Sandestin, and of

course, McDonald's French fries

donated by Costa McDonald's.

Wine & Fries will be held

mation call: 850-259-4131.

Some winter and spring flowering plants such as camellia and azalea may experience flower bud damage. This will be evident at blooming time when these plants have few to no flowers. Cold injured camellia flower buds will either drop off the plant or only partially open showing brown centers. Stem damage will show up in spring and early summer when some of the branches begin to die. Cold injured leaves will fall as new spring growth occurs.

Individual stems on some

During the night, guests will have the chance to bid on auction items, sample a selection of wines and kick off their 2022 in style while partying for a purpose.

Join the Bluewater Bay Garden Club of Niceville on February 10 at 10 a.m. The meeting will be held at Crosspoint Community Life Center, Room 909-911 at 214 Partin Drive S., Niceville. Guest speaker Dave Gordon will present a program on "Pollinators." For further information, call Claudene Schaetzle at (850) 729-0348.

cold sensitive plants such as azalea and bottlebrush may split or crack during a freeze. Some of these injured branches will begin to die during spring and summer.

February and early March can bring occasional frosts and freezes. It's not unusual to have our last killing frost toward the middle of March or even in early April in parts of North Florida.

When "spring really has sprung," you'll know what survived and what did not. This will be after new growth occurs and after the danger of another frost or freeze has past. That's the time prune.

# CALM Women's Health & Well-Being Expo

Know someone who just needs a little nudge to make impactful life changes? Start off the new year with the latest resources, tips and contacts for the issues most women face in this free two-hour walk-through expo on Wed., Feb. 9 from 12-2 p.m. at VenYou201, 201 Redwood Ave. Niceville, 32578. Exhibitors must RSVP by January 30th to participate to Wanda Siefke at wandanv@cox.net. Crisis Aid for Littles and Moms (CALM) is a 501c3 Organization. Expo is being held in conjunction with VenYou201 Event and Meeting Place.





### Welcome to Niceville!

Jim & Jane Rainwater welcome you to our real estate office. We have over 20 years experience selling real estate, residential and commercial, working with buyers and sellers in Bluewater Bay, Niceville, Valparaiso, Destin, Crestview and surrounding areas.

#### **Property Management**

Jim Rainwater offers full-time property management services as well. If you are a homeowner with a rental property, Jim can assist you in finding tenants, qualifying tenants and lease preparation.

4400 Hwy. 20 E., Suite 314, Bluewater Bay, Niceville (The old Bluewater Bay Post Office) Stop by our office today or call Jane at (850) 830-1976 or Jim at (850) 830-9636

janehr@aol.com | NicevilleHomes.com

### **WOMEN'S HEALTH &** WELL-BEING EXPO

Wednesday, February 9 | 12:00pm - 2:00pm VenYou201 | 201 Redwood Ave, Niceville Hosted by:





Women's Health Issues Fitness Tips Parenting Assistance

- Job Search Topics
- Nutrition Guidance

Space is limited: RSVP by February 3 to wandanv@cox.net

# Local Dining, Drinks and Coffee



#### **Brothers Kitchen**

Brothers Kitchen is a casual, Southern-style restaurant, a place where you can get all your comfort food favorites. Blue Plate Specials are featured each day-meaning you choose one meat and two of many vegetable options from the daily list. And there's so many homestyle choices such as Country Fried Steak, Pork Bar-B-Que or Smoked Chicken Breast. Or pair super fresh salads, turnip greens, fried okra, potato wedges or mac 'n cheese with the famous Boss Burger. Nightly specials vary each evening, but can include grilled or fried fish, shrimp & grits, pasta dishes or steak specials including Brothers Top Sirloin, Delmonico, Ribeye and Queen's Filet Mignon. Come on by and "taste" for yourself ! Or checkout the Brothers Kitchen Facebook page for the daily specials and call, stop in or order ahead. Pre-order for the weekend 24 hours in advance: Smoked whole pork butt, full or half racks, barbecue smoked meatloaf, smoked wings all slow-smoked on the Big Green Egg. And don't forget the sides! Brothers Kitchen offers options for Pre-Order Pickup.

Call 850-842-2687 to place your order! All the time: dine in, curbside, pickup, delivery, outside dining.

Open Monday - Saturday, 11 a.m. – 9 p.m. Closed Sunday. (850) 842-2687 4538 E. Hwy. 20, Niceville Facebook @LoveBrothersKitchen

#### JoJo's Coffee and Goodness

Owner and operator Angela "JoJo" Stevenson invites you to enter a cafe and relaxed coffee shop atmosphere for a daily dose of "goodness." Her dream team bakes fresh breakfast and



lunch daily-Tuesday-Saturday. Feel free to work on site (free WiFi) or meet up with friends or family. Stop in for Cinnamon Rolls; Scones: Cranberry Orange, Chocolate Caramel and Cheddar Thyme; Strawberry Coffee Cake; Cranberry Orange Muffins; Red Velvet Cookies; Brownies with Espresso Ganache or Caramelitas! Try a Breakfast Special with a piece of Quiche or Kolache-Hashbrown Casserole. Breakfast Burritos are rolled and ready daily! Choose from Andouille, Bacon, Chorizo or Veggie. Or tantalize your taste buds with a made-to-order Breakfast Sandwich on Croissants or Bagel with two eggs and cheese and then choose if you want to add Jojo's homemade smoked jalapeño beef bologna, bacon, house smoked barbecue or ham! Cinnamon Rolls and Kaloches still hold the top spot for SELL OUTS! Stop in for featured Muffins, Coffee Cake or Pound Cake which go great with Maple Cinnamon Latte or Caramel Macchiato!

Every day is a day for freshly Roasted Coffee and GREAT DOSES OF GOODNESS! Order ahead and pick up some for the office, a gathering or your next meeting! Book online at bigorangehousedesigns.com.

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#### LJ Schooners **Dockside Restaurant**

Welcome to LJ Schooners Dockside Restaurant located at the spectacular Bluewater Bay



Marina Complex. The restaurant is named after "LJ Schooner" (the LJ is for Lazy Jack) who was a cherished four-legged icon on Bluewater Bay Marina docks. The open air Oyster Bar and restaurant is open to serve you! Almost all seats offer a magnificent view of the water, marina and unparalleled sunset with, of course, oysters and a delicious varied menu with dinner specials such as Blackened Mahi and grilled shrimp with hollandaise, served over cheese grits! Join L.J.

Schooners for Sunday Brunch, 9 a.m. - 1 p.m. and drink your bottomless Mimosas for \$10! Adults \$13.95; Children 7-12 \$4.50; Children under age 6 free.

Don't miss out on the January 29th Gumbo Tasting from 4-6 p.m. and live Music with David Gautreau. The choc-full month of February brings Open Mic/Karaoke (3, 10, 17, 24), Get Hook'd Academy (6, 13, 20, 27), Prime Rib Night, February 9, - 5-9 p.m. and Wine Tasting 5-7 p.m., a Silent Auction/Live Auction benefiting EOD Warrior Foundations February 11, Special Hours and Menu on Valentine's Day Feb. 14, Traveling Painter February 16 from 5-7 p.m. and Live Music with Catalyst at the Mardi Gras Party on February 26!

Call to order take-out and pick-up in the L.J. Schooners Oyster Bar or call when you arrive for curbside pick-up.

Dine-in, pick-up, to-go. Open Wed.-Sun., 11 a.m.-8 p.m. (850) 897-6400

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### The Hook

#### TUGBOAT

continued from page 3

contractor Morgan Marine approximately 16.5 nautical miles southeast of Destin-Fort Walton Beach in 120-feet of water.

In late 2019, U.S. Customs and Border Protection seized the M/V Dylan that had over 400 pounds of cocaine inside with a street value of \$7.5 million. Following seizure, the vessel was forfeited to the U.S. Government and transferred to Okaloosa County to be deployed as an artificial reef. "The U.S. Customs

and Border Protection Miami Field Office is happy to continue collaborating with our state partners in transferring seized and ultimately forfeited vessels to be converted into artificial reefs. These vessels were used in attempted efforts to smuggle hard narcotics into the U.S. We recognize the significant longterm benefits of partnering on the artificial reefing projects benefits beyond the immediate consequences of seizures for the criminal organizations, to include the positive impact on the ecosystem as well as the econo-



the Federal Government," said Amelia Castelli, Deputy Fines, Penalties and Forfeitures Officer, U.S. Customs and Border Protection. This was the first vessel deployed as an artificial reef since the M/V MONICA LEE was intentionally sunk in 2011. This reef site not only provides a habitat for commercial and recreationally important species of fish that are commonly targeted by local and visiting anglers, but also offers an interesting site for SCUBA divers.

my for the State of Florida and

The S/V DYLAN was cleaned and modified to be environmentally friendly. Due to its relatively small size, additional similar-sized vessels will be deployed nearby, adding to the reef site's complexity and creating an underwater "boatyard." "It is exciting to see a vessel deployment off our coast. This was the first of many vessels that are in line to be sunk in the coming years and will complement the hundreds of artificial reefs that have been deployed over the last couple of years," said Alex.

#### The Brannon:

In 2020, Okaloosa County was contacted by the Brannon Family out of Freeport who wanted to donate a 65 ft. experimental military "fast response" catamaran for use as an artificial reef.

The catamaran was originally purchased in Maine and transported by trailer to Freeport where it sat for more than 20 years.

According to Alex, the original plan was to retrofit the vessel and use it as a house boat or other semi-permanent living quarters. However, the vessel retrofit was never started and the vessel was never placed in the water or ran. Because the vessel was never named, it was eventually given the working name of the BRANNON in honor of Mr. Ronnie Brannon, who passed away in 2021. The BRANNON was de

The BRANNON was deployed approximately 16.43 nm SE of Destin Pass in the Okaloosa County Large Area Artificial Reef Site A (LAARS A). This is the exact location where The DYLAN was deployed.

According to Alex, due to the relatively small size of the BRANNON (65 ft.), it was secured to the DYLAN for "increased stability and to provide additional complexity to the site."

"We had a pretty stagnant artificial reef program until a few years ago," said Alex. "When we deployed the DYLAN, the project got a lot of attention and an increased interest in what we are doing. Since then, people have been lining up to donate vessels to the county. It is always exciting to see a vessel deployment off our coast."

Okaloosa County's artificial reef program provides excellent sites for fishing, diving, exploring and snorkeling activities that are easily accessible. Our area's artificial reefs consist of anything from concrete piles to specifically designed modules to these mentioned in this article. With Destin-Fort Walton Beach being home to the nation's largest charter fishing fleet, it's no wonder we have one of the most active artificial reef programs in the nation. Every year more artificial reefs are deployed off our coast. Check out the Reef map at www.destinfwb.com/ explore/ecotourism-hotspots/ artificial-reefs.

To receive Jared's daily newsletter, visit GetTheCoast.com.

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# Freshwater Fishing in our Area

Featured Site: Lower Blackwater River - Striped Bass Fishing

**Size:** 58 miles long (49 miles in Florida)

**Location:** Okaloosa through Santa Rosa County

**Description:** The Blackwater River, located in the Florida Wildlife Commission's (FWC) Northwest Region here in our area, is a 58-mile-long river of which 49 miles are in Florida. The river's headwaters start in the Conecuh National Forest of Southern Alabama and enter Florida in Okaloosa County. The river flows from Okaloosa County through Santa Rosa County to Blackwater Bay, an arm of Pensacola Bay. The Blackwater's sandy bottom, white beaches and large sandbars contrast with the tannic water that gives the river its name.

Access to the lower river is provided by boat ramps in Milton (Carpenters Park north of downtown Milton, just off Highway 191, and Russell Harbor Park, just north of Highway 90, on the east side of the river opposite downtown Milton), and in Bagdad (improved landing east of downtown Bagdad, off Highway 191).

With water temperature in the river getting below 60 degrees Fahrenheit, the striped bass bite is hot for big stripers! These large predators spend the summer months up the river in cold water refuges found in creeks but leave to feast on the large schools of bait that enter the lower river this time of year. These giants of the creek are often seen by FWC biologists during their sport fish population sampling.

During the summer striped

bass congregate in the cooler thermal refuges upriver. Cold weather makes these fish more accessible as they move to the lower river.

Anglers will have the best luck fishing a live menhaden or mullet on a fluorocarbon leader either under a large cork/ balloon or free-lined. If this doesn't work, try fishing a large swimbait in a white or mullet pattern or large curly-tailed soft plastic on a jig head with a good quality hook. The outstanding striped and hybrid bass fishery on the Blackwater River is a result of long-term stocking done annually by the Florida Wildlife Commission.

The striped bass, like this specimen documented by FWC biologists, offers Florida anglers one of the State's largest and most exciting freshwater targets.



#### **Fishing Tip of the Month**

Match tackle to the targeted fish to land it quickly and minimize stress on the fish. Large species such as sharks, billfish and tarpon should be brought alongside the boat within 20 minutes of being hooked. If you are consistently landing exhausted fish that require extensive efforts to resuscitate, consider using heavier tackle.



### Florida Winter Shorebird Survey February 4-10

Florida's Annual Winter Shorebird Survey starts on Fri., Feb. 4th and continues through Thursday, February 10th. This week-long survey serves as the official statewide snapshot of coastal wintering shorebirds and seabirds in Florida. Please check the flshorebirdalliance.org website and Facebook group on January 21st for more details and to participate.



See Makaira & the Blue Wave Fleet at Captain's Choice. The right choice for your Boating needs.



### Sports 🔅

# **NWFSC Hosts National Tournament**

BY DOUG STAUFFER, Sports Desk

Northwest Florida State College sponsored another premiere event Christmas week (December 20-21), hosting the country's #1 and #2 ranked NCAA wrestling teams. In fact, the competition included seven of the top 11 dual meet teams. The Journeymen Collegiate Wrestling Duals consisted of two pools at the Raider Arena with the following schools competing: #1 Iowa, #2 Penn State, #5 North Carolina State, #6 Arizona State, #9 Virginia Tech, #10 Missouri, #11 Cornell, and Lehigh, UNI, Hofstra, Central Michigan and Binghamton. Imagine the most competitive collegiate wrestling tournament in the nation in Niceville! Yes, that is what fans witnessed as they traveled in from states across the nation.

The red pool final match in-

cluded Iowa squeaking out the win over North Carolina State (19-15), while Penn State dominated Arizona State (29-10) to win the blue pool. Penn State won seven of their ten bouts in their final match, pictured with the championship trophy. Both Iowa and Penn State left the Emerald Coast with three wins each to add to their undefeated seasons.

It is important to note that NWFSC also hosted the premier wrestling coach in the nation. Cael Sanderson—the coach from Penn State, an Olympic gold medalist. He is indisputably considered the all time greatest NCAA wrestler as he went undefeated in his four years of college wrestling. He is the only wrestler in history with more than 100 wins to go undefeated in official NCAA Division I matches. Sports Illustrated named his col-



lege career as the second most impressive college sports feat among all sports, only topped by the feat of Jesse Owens' fourworld-record day in the span of 45 minutes. As a former wrestler, I must

As a former wrestler, I must affirm that the contests were competitive, thrilling and contentious, all in a spectacular environment. The Iowa Hawkeye's four-point win over the Wolfpack was their narrowest victory of the year. The Penn State Nittany Lions looked impressive in their championship bout by dominating another top-tier opponent.

An added treat for the fans was the sponsorship by our own 1st Special Operations Group SPECOPS from Hurlburt Field. Some of the 1st SOW Airmen were onsite conducting competitions and allowing participants to wear their gear, including me. Now, that's a sight to see!

The wing's core missions include close air support, precision aerospace firepower, specialized aerospace mobility, intelligence, surveillance and reconnaissance (ISR) operations and agile combat support. These brave soldiers displayed just such an aura as they interacted with young and old. The Emerald Coast has so much to offer. So, be sure to support these events as they come our way. You will only be disappointed if you miss out.

SEASIDE SCHOOL HALF MARATHON + 5K presented by Vera Bradley will be back live and in person on

SEASIDE SCHOOL

The 20th annual

running of the

Sunday, February 20, 2022, in Seaside! Learn more and register at

www.runseasidefl.com



The health and safety of our participants, spectators, volunteers, and community is of the utmost importance. The Seaside School, Inc. race committees will follow and comply to the regulations dictated by the State of Florida, Walton County and Town of Seaside.

# Rocky Bayou Basketball

FRI 28-JAN	BAKER	AWAY	4:00JV/5:00VB/6:30G
TUE 1-FEB	CALVARY	AWAY	5:00VB
THU 3-FEB	FREEPORT	HOME	5:15JV/6:30VB
FRI 4-FEB	DESTIN HIGH	HOME	1:00VB
TUE 8-FEB	DISTRICT SEMI FINALS		RBCS TBA VB
FRI 11-FEB	DISTRICT CHAMPIONSHIP		RBCS 7:00 VB



Can I Get Some Motivation Please?!?

Wellness



By Lisa Leath Turpin, Wellness Coach

"Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So, what? Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful." ~Mark Victor Hanson, motivational author.

It's 2022... where do you see yourself? We all have the same choices to make; to stay just as we are or bust down the barriers holding us back from what we know we need. Your health is a GIFT. Some capitalize on that gift, but many don't. Finding the motivation we need can be challenging. We set new resolutions in our minds, but then what happens? Are you being too vague? Need a little help?

Take specific actions like finding a workout partner or group and set a time that is most feasible. A study by the Society of Behavioral Medicine showed that working out with a partner, especially in a team format, tional Journal of Stress Manageimproved performance, double ment states that subjects that exenhancing the workout of those ercised with a friend felt calmer, who exercised alone. Working had more fun and raised more out with a partner or group inendorphins, thus giving a more creases your commitment to a energized mood boost to comfitness routine. Benefits include plete the exercises. Group training with a trainer or in a gym enhanced consistency, duration, exercise class delivers exercise motivation, conversation and

variety and creates a bond when a group struggles, sweats, fights and grinds their way through a tough workout. And once that group workout is on your calendar, with others banking on you to show up, it's a lot harder to hit that snooze button. You have options that lead you to better

health and that can make things confusing sometimes. Grab a partner and make it easier to keep at it together.

If you're serious about improving your health, join a group or grab a friend. If you want my help, email BeActive850@ gmail.com.



# Get Ready to Run!

The 20th Annual Seaside School Half Marathon + 5K will be back live and in person on

Sun., Feb. 20, 2022, in Seaside! There are also a limited number of virtual registrations for those that are unable to join in person. The half marathon will start at 7 a.m. and the 5K race will start at 7:25 a.m.

Did you know that every single registration for the Seaside School Half Marathon & 5K and Taste of the Race ticket sales goes to support the oldest operating public charter school in the State of Florida? Further, the Seaside School was recently ranked the #3 combination school in the state!

Why not challenge others in our community and recruit

your colleagues, classmates, congregation, neighbors, family and friends to compete virtually as a team, whether you are a seasoned runner or a casual walker. The top five performing teams, based on participation numbers, will be recognized and celebrated at the close of the race.

inspiration, according to Dian

Griesel, Ph.D. & co-author of TurboCharged. "Workouts with

others improve consistency, be-

cause they involve a commitment. 'No shows' and cancella-

tions get noticed by others and

positive peer pressure can help

curtail the urges to skip a work-

out-or quit." One study found

that 95% of those who started a

program with friends completed

the program, compared to 76%

completion in those who tried

the program alone. The friend

group was also 42% more likely

to maintain their weight loss. A

partner can be a friend, group of

friends, or a personal trainer. Ac-

countability and camaraderie are

Group training or partner

training is also a way to split costs,

making it more affordable to

stick with a trainer or structured

program for a longer period of

time. Find a group fitness class at

a gym. The regular participants

will become your friends and

accountability partners. Also, a

study published in the Interna-

the reason it's so effective.

With your registration, you'll receive a Vera Bradley® ReActive Sling Backpack,

Iconic race shirt designed by Billie Gaffrey, a customized playlist, unique finisher medal and a virtual goody bag full of surprises.

For event pricing, visit https://runsignup.com/ Race/Events/FL/Seaside/ SeasideSchoolHalfMarathonand5K. And sign up for a great cause in our community! Whole Body Cryotherapy / Localized Cryotherapy / Red Light Therapy Far Infrared Sauna / Vibration Plates / Compression Therapy

Pagani Muscle Recovery / 3D Body Scanner / The POD

Detoxification / Body Contouring / Cryo T-Shock Express Facials Collagen Enhancement Treatments / Pure Oxygen Faciais

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### Wellness

# Are Your Labs All Normal?

By Dr. Richard Chern, MD There is a big difference between being healthy and not be-

is a big difference between what is normal and what is optimal.

ing sick. In the same way there This is true in many aspects of our lives and it especially includes lab results from your doc-





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tor's office. It is vitally important to recognize this.

A great example is your favorite dessert. Say, it's mom's perfect apple pie. Since then you've had good apple pie, mediocre apple pie, bad apple pie, but you can still remember that perfect apple pie that mom made and for some reason the rest just isn't quite as good. But you're always hoping to taste that perfect apple pie again.

Our patients often find us after they have exhausted other failed avenues of relief. You feel tired, depressed, low sex drive, losing hair, gaining weight or any number of symptoms. The first stop is usually your doctor. You describe your symptoms hoping for an answer and solution but when the lab results come back you hear, "your labs are all normal" followed by your doctor telling you this is part of the normal aging process.

Well, honestly, you doctor is probably right. It's completely normal for our hormones to decrease, our bodies to age, our minds to slow, and for disease and deterioration to attack our minds and bodies. We will normally end up with frail bones, memory loss, unable to take care of ourselves and eventually in nursing homes waiting for the

end. 78% of people over 65 will need long term care. 68% of people over 65 will get cognitive impairment and not be able to even dress, bathe or eat without assistance. 40% of people who reach 65 will eventually enter a nursing home. The number of people with Alzheimer's is expected to triple in the next 10 years. These are normal issues and the majority of these people have normal labs. So, are you certain you're happy with normal?

I prefer to have my labs in an optimal range and I prefer to keep my patient's labs in an optimal range—a range where I have a decreased risk of Alzheimer's, decreased risk of stroke, decreased risk of cancer, decreased risk of heart attacks, decreased risk of dementia, increased brain function, increased bone density, increased muscle tone, improved mood, energy, skin, etc. We can't stop time from passing, but we can absolutely slow the decline and deterioration of our bodies and minds.

It's the beginning of a new year. How do you want this year to end? Better than before, healthier than before, happier than before? Or the same as before?

Dr. Richard Chern, MD not only provides hormone therapy to men and women, but also teaches hormone therapy to doctors across the country. In addition, he treats many of the doctors in the area. He is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call today for an appointment at (850) 837-1271.







#### By Kay Leaman, HealthyDay HealthyLife

Resolution: A firm decision to do or not to do something; the quality of being determined.

How many of us make a New Year's resolution to lose weight? We write it down and implement a few new things we hope will get us there. Then, life happens.

BY STEPHENIE CRAIG,

I was stuck. After 20 years do-

ing what I had always dreamed

of doing, it was clear the season

was ending, and I didn't know

what was next. I was experienc-

ing anxiety, anger and was find-

ing it difficult to be fully present

at work and in my relationships.

These experiences were com-

pounded as I discovered the

harder I worked at getting un-

stuck, the more stuck I became.

All the wisdom and strategies I

had gained over the years that

served me in the past seemed

ineffective at helping me move

common experience. We can

feel stuck and directionless in

our work, relationships, financ-

es, personal growth, spirituality

or any other area of life. Some-

times we experience being stuck

as frustration and other times

it feels like restlessness or bore-

dom. Regardless, the feeling of

being stuck is actually a positive

indication that forward progress

Feeling stuck is not an un-

forward.

JOURNEY BRAVELY

We have a bad day, something happens and we quickly find ourselves back in old routines, excuses and oh well, we don't even remember where that piece of paper is that contained our resolutions.

Which is more important: losing weight or being healthy? Here's another question to ponder: Do you want to be fit or healthy? I know people who are fit, but are not healthy and healthy, but are not fit. Both of these take work and certain actions can improve both. But getting there requires different disciplines. There is a side effect to being healthy—weight loss.

Let's look at COMMIT-MENT.

Commitment: The state or

# 2022 Resolutions

quality of being dedicated to a cause, activity, etc.; an engagement or obligation that restricts freedom of action.

So, which are we, determined or committed? Determination can be derailed, but a commitment requires sacrifice. I've always taken my commitments seriously. And although I haven't been 100% successful, it's what drives me to be on time, to show up, to think before I say yes (or no). It's what I need to create balance in chaos.

If we're having a bad day and we know that we made a commitment to be healthy, then comfort food isn't an option. EAT AN ORANGE, change what comfort food looks like, look at yourself in the mirror

and tell yourself you're worth it.

So, instead of a resolution, make a commitment to yourself and show up. I'm not saying it's easy, but I am saying you're worth it. Put

your commitment on your calendar, fridge, mirror, in your car and as a bookmark. Remember, commitment is an engagement that restricts freedom of action. So, let's ask ourselves if we're ready to not do certain things and feel good about it.

Lastly, never, never, never feel guilty about choosing to enjoy yourself at special dinners,



parties, etc. Choose your battles wisely and be ok with your choices. If you think you'll feel guilty, then know you're making the wrong choice.

Let us make 2022 the year we believe we are worth it! Here's to Health.

HealthyDay HealthyLife succeed.hdhl@gmail.com

# Journey Bravely: Are You Stuck?

and growth is possible! And, yet, that forward progress and growth will likely require some new thinking, disciplines and outside help. This is the role of a coach and finding a good coach was the key I needed to unlock my thinking and move my story forward.

A good coach will help you uncover your dreams and potentially live them out. He will help you clarify direction, build self-confidence and find greater fulfillment. Coaches have many tools for helping clients move forward. Below are some that I find most powerful. If you are feeling stuck, these are helpful practices you can pursue on your own. Finding a good coach to work through them with you will save you the time, energy, frustration and pain of being stuck in your own thinking. Coaches help create space through intentional listening and asking powerful well-timed questions that help break the gridlock of a client's thinking.

**Create Space** Many of us are living aimless lives without intention, because we don't take the time to create space and think. Growth won't happen if you don't intentionally carve out space to reflect on where you've been, where you are and where you want to go.

Carve out time to reflect on your past, your present and your desired future.

#### **Gain Awareness**

Often the most productive step in moving your story forward is to learn more about yourself as the main character in your story. Identifying strengths and blind spots, passions and values, and aspirations and fears provides insight about restlessness with your present state as well as some of the obstacles keeping you where you are.

Take some time to list out your top 3 strengths, passions, values, aspirations, fears and potential blind spots.

#### Clarify

One of the most deceptively difficult questions to answer is, "What do I want...really?" This question is so difficult to answer. Many are dismissive of the question or only engage it on a surface level. What do you want to be true about your life? And are your current decisions and disciplines aligned or misaligned with this vision?

Take some time to write an answer to the question, "What do I want...really?"

#### **Develop** a plan of action

The self-awareness of your present state and the clarity about what you want will clarify the gap from "here to there" and steps to bridge that gap. This clarity will also give you courage to say yes to opportunities in alignment with your desires as well as the confidence to say no to the ones that are not, guiltfree.

What is the next step you need to take toward the life you want to live?

#### Challenge

As you take steps toward your desired future, there may be voices seeking to sabotage the progress. Sometimes these voices are external and sometimes they come from within. In your journey forward, it is important to identify and challenge false narratives and to author new empowering narratives.

Write out one narrative that is holding you back. Now, rewrite it as an empowering narrative.

When you live the life you were meant to live, not only is your life made better, but so is every life around you. If you are interested in learning more about how working with a coach can empower you, you can find us at journeybravely.com.



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#### Business



By Maurice Stouse, Financial Advisor and Branch Manager

The U.S. economy is on a tear so to speak. Economic growth is considered by some to be beyond red hot (Fidelity recently called it "white hot"). Corporate profits have been growing at record paces, despite higher prices for materials and labor. Yes, American companies are continuing to make record profits despite the biggest spikes in inflation in almost 40 years. So, many are wondering, can it continue? That 'it' is economic growth and along with-it productivity, profitability and ultimately stock prices, real estate prices and other asset prices.

Americans continue to increase their spending (U.S. companies, too) and they continue to increase their savings. Access to capital has never been so advan-

# Will Inflation, Higher Rates and Covid Slow Down Economic Recovery?

tageous to corporate America, its citizens and its governments. Is that what has been driving inflation? Some argue it has not. They argue it is the (temporary) disruptions in the supply chain that is causing significant spikes for everything from semiconductors (computer chips) to clothing, building materials, and just about everything that relies upon shipping and delivery.

We, along with everyone else, hear and see a lot of what is going on and draw conclusions and formulate opinions. We will share them with you in this edition of Research and Commentary from The First Wealth Management.

We think it is going to take a lot to significantly slow down this economy and start to hurt corporate earnings. Starting with inflation, we think that it will sustain itself at 5% (not the 3.5% that the market is implying or the 6.8% of the Consumer Price Index). That rate by the way is more than double—in fact it is almost triple—what inflation has been in the past 20 years or so. Inflation at these levels can threaten productivity and profitability for sure. However, we think not enough in this scenario to reduce profit growth below 10%. We aren't alone in this thinking, but it makes a lot of sense to us. Stock prices would benefit commensurably in this scenario. Stock prices tend to follow profits or profit growth, but some stocks get way ahead of themselves and get overvalued (Electric vehicle stocks or crypto exchange companies, for example). Some stocks continue to suffer a lack of interest or momentum and hence become undervalued. Believe it or not, energy stocks are still considered to be undervalued even though the sector is up over 50% for the year.

Next, the money supply. Fed stimulus and the growth of the balance sheet would have to slow down significantly or even reverse. It is important to point out that the Fed has slowed its pace of asset purchases (which has been increasing the money supply, kept rates low, created greater liquidity, made credit more available) but still has continued to grow its balance sheet and the money supply. Banks, as most depositors know, are not trying to increase deposits through higher rates on savings and CDs. Banks have access to a lot of capital. One reason bank stocks have performed strongly, and we think overall the sector will continue to do so, is simply put this way: Bank profitably grows when banks borrow on the short end (at close to zero) and lend on the long end (not close to zero, more like 3% and beyond). So, if rates or yields do go up, banks might grow their revenues and their profits more quickly.

The role that the Fed plays probably shouldn't be understated. Recently Global X (an investment management company of exchange traded funds) called 2020 the year of the virus, 2021 the year of inflation and 2022 the year of The Fed. We tend to agree. They went on to say that yields and economic growth will be key focuses for the Fed. That included commentary on which sectors rise with an increasing 10-year U.S. Treasury note rate and oil prices: Those are Financial Services (banks and financial services), energy (mainly oil companies but also oil services and energy transportation) and Industrials. Industrials encompasses a lot: Transportation (air, freight, rail, trucking) auto and equipment manufacturers, defense companies among others).

Economic contractions (recessions and depressions) are the result of restriction of credit. That is not happening right now and hence has been the wind in the sails of the economy. Left unchecked, however, that can lead to prices rising too rapidly (inflation), but also it can lead to asset bubbles. A greater supply of money pushes asset prices up and leads to higher levels of speculation. Question for readers to ponder: Is crypto currency a store of value and hence its rapid rise or is it also impacted by speculation because of the huge increase in the money supply? We think it is the latter and that investors should take caution when considering crypto as part of their asset mix.

What about Covid? Approximately 62% of the U.S. population is vaccinated. As newer variants emerge, will they evade vaccinations, cripple mobility, demand and ultimately economic growth? We think the proof is in the lockdowns or the lack thereof. Most governments and nations tend to be looking to how to live and continue to grow through this virus and begin to accept it as part of life in these times. We think that Covid will continue to temper economic growth (and even take a point or two out of inflation), but not freeze it or reverse it.

Because of economic growth the demand for energy (green or fossil fueled) will continue to grow. World demand for liquified natural gas alone (to generate electricity, heating and cooking) is seeing significant increase and now some are projecting that the U.S., within the next year, will be the leading exporter of the fuel. Areas of the world, namely Europe, pronounce that its energy mix will be close to 80% green energy by the end of this decade. Energy stocks and funds represent less than 3% of the value of the S&P 500. While

their profitability and stock prices have grown, they still don't have anywhere near the percent of the market as say technology stocks do at 27%.

Also, don't forget about infrastructure growth. There are industries, companies and sectors that could be the benefactors (along with their shareholders) of the significant investments being made into infrastructure (roads, bridges, 5G, railroads, the shoring up of flood zones and rising sea levels). There are mutual funds, exchange traded funds and individual stocks that investors could look at if they see this as an area of growth and profitability.

Regarding productivity: How can corporate America, and the corporate world keep up with higher costs of materials and labor shortages (inputs). Labor shortages are likely to continue because so many people have left the workforce, population growth has slowed significantly, and the worker participation rate is near its lowest level in history. We think the advances being made every day in automation, artificial intelligence and outsourcing - when juxtaposed with higher cost of labor — deliver that badly needed productivity to remain or grow profitability. The Kiplinger Letter recently cited the demand and growth of so called cobots, or collaborative robots, that "work side by side with workers" as one example of technology boosting or improving productivity. This could be an answer to the not only the growing cost

to the not only the growing cost of labor but the shortage of labor as well. Investors have more access than ever to directly participate in these technologies or sub sectors through individual securities or through the funds that represent them.

In the end, until there is an opposing shift, we believe the economy will continue to grow.

At The First Wealth Management we encourage our clients, when considering changes, to make changes over time versus making them overnight. While we appreciate the old saying that at first you must concentrate to create wealth, we



Up, down or sideways: Keep your head on straight when markets move.

Some investors have learned how to ride out the most stomach-churning market cycles. Others follow the urge to jump out mid-ride. So what can you do to play it smart in a roller coaster of a market?

For starters, you can turn to us. We can help you find a clear way forward before fear or concerns take over with a strategy tailored to your situation. In our experience, perspective is the ticket to helping endure the ups and downs as you pursue your financial goals. Contact us to learn how we can help.



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Continued on page 25

# **Holt-Phillips Deals With People, Not Customers**

By Kenneth Books

Mike Phillips may have been born to work in HVAC. From high school electronics classes to study of AC, DC and transistors, he has always been technologically curious. And it led him to ownership of Holt-Phillips Services, purveyors of Trane environmental products.

"My dad talked to me about this field," Mike said. "He said 'you maybe want to go into air conditioning... because you're an outdoor person."

His father, who served as an internal and external branch electrician, was right. "He had a good point about getting stuck inside four walls," Mike said.

After studying at Northwest Florida State College, Mike took



a job with another HVAC company. "I'd travel from house to house," he said in his Bluewater

Bay office. "It all sounded better the three to four years I worked for another company until I realized was not treated right."

Then, 1990. in Holt-Phillips emerged as Mike and Keith Holt went into business for themselves. Mike bought out Holt about three years ago.

Mike, who runs the business with Jan, his wife of 11 years, is all about quality.

"I feel like I have some of the best technicians and people working for us," he said. "They're taught to treat the customers as people, not numbers, to develop rapport with them. We're not the cheapest;

we're probably not the most expensive, either."

Holt-Phillips sells and ser-

vices Trane products exclusively. Mike said that company's products are the best in the business. But, of course, there's no substitute for customer service.

"We don't let people down," he said. "We stand behind our work. It's just common sense.

"And I try to bestow the idea with our people to be the best, to give a good day's work for an honest day's pay."

And Holt-Phillips technicians don't approach their work exclusively as salesmen.

"We don't sell," Mike said. "We educate the customer. I'm a Trane dealer because I think Trane is the best product out there.'

The success of Holt-Phillips is an indication that that philosophy has found solid ground with its eight employees.

"It's a hard field - hot and sweaty," Mike said. "But the good Lord has blessed me and for that I thank Him."

Holt-Phillips isn't the only game in town, of course. Mike said he is in competition with about 124 air conditioning dealers in Okaloosa County. The key for him, though, is going the extra mile for the customer. It comes naturally to him.

"The Twin Cities are my town," he said.



For over a decade, Matthew Vanderford has worked in the Construction, Restoration and Insurance Industries as an Insurance Company Preferred Vendor, Insurance Industry Continuing Education Instructor, Public Adjuster/ Policy Holder Advocate and Licensed Contractor. He's proud to call Destin his home, with his wife Candice and four children: Matthew, Blake, Jordan and Scarlett.

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You could have it answered in one our columns.



The Emerald Coast Public Relations Foundation (ECPro) awards a \$1,000 scholarship to graduating seniors planning to pursue a college degree in the areas of public relations, communication, marketing or journalism. Applicants must be high school seniors residing in Okaloosa, Walton or Santa Rosa counties, with a GPA of 3.5 or higher, a U.S. citizen, and planning to pursue studies in public relations, communication, marketing or journalism.

In addition, applicants are required to submit a brief essay addressing an ethical issue in public relations or journalism and a list of demonstrated leadership or community service. The award will be paid directly to the college or university to which the recipient has registered.

The Foundation has, in the past few years, awarded six \$1,000 scholarships to graduating seniors from Crestview, Niceville, Pace, Choctawhatchee and Fort Walton Beach High Schools. Deadline for applications is Monday, March 15, 2021. The application and additional information are available in high school



guidance counselors' offices and at www.ecpro.org. The Emerald

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### Musing



#### By SEAN DIETRICH Dear God,

It's me again. How have you been? How is the family? Hope you had a good holiday season and that you didn't have to smite too many people who drove too slow in the left lane. Give Moses my best.

I know you haven't heard from me in a while, and I'm sorry about that. I've been busy lately and I've forgotten to check in. But then, I hear you've been pretty busy, too.

For example, I heard about that helicopter crash in Philadelphia yesterday. The aircraft was headed to Children's Hospital of Philadelphia with an infant onboard when it crashed in the Drexel Hill neighborhood of Upper Darby.

There were four passengers inside: A nurse, an infant, a pilot, and a flight medic. The helicopter went down like a sack of rocks, and frankly, everyone

should be dead. But they're not.

All survived. All are in stable condition. The officials said it was a miracle. And even though nobody used Your name directly, I knew it was You.

And just today, I got an email about Bryson, a kid with Burkitt lymphoma, stage three. A few months ago, this cancer covered 90 percent of his body, and after four terrifying chemo rounds the kid was ready to give up.

The worst part was, the type of cancer Bryson has is so aggressive that if one cell is left after radiation treatment, the cancer could blanket him again in a matter of days. Everyone has been holding their breath.

This afternoon, that young man's grandmother wrote to tell me that doctors believe Bryson might be going into remission. Today is Bryson's 12th birthday, a birthday he'll remember forever

You did that. I know it was You.

You were also involved in the story of Noel and her husband, Chris, who live in a heavily wooded area of Stafford County, Virginia.

During the recent snowstorm, when trees were falling down, and powerlines toppled like Tinker Toys, and traffic was stalled on I-95 like a coronary blockage,

# Dear God

Noel's water broke and she went into labor.

The young couple tried to call for help, but no calls or texts were going through. Snow was blowing, trees were being uprooted, the electricity was out. No ambulance could reach Noel's home because of the barricades caused by the storm.

It had all the makings of a full-scale disaster. But it wasn't.

Noel's mother was able to get in touch with Fairfax County Fire Department, who connected with Stafford County Fire & Rescue. First responders made it to Noel's house on foot, climbing over fallen trees and trudging through dangerous conditions.

The medics were going to deliver Noel's baby at home, but Noel insisted on going to the hospital. And that's when the real miracle happened.

The first responders guided the young woman through the blizzard, through the woods, across frozen creek beds, plodding through a foot and a half of snow.

She finally reached the ambulance, and they made it to the hospital where Noel gave birth to a healthy baby Josephine.

That story has Your name written all over it.

And don't forget about Gus Albritton, the Vietnam veteran.

In the early '80s someone broke into Gus's house in Brooksfield, Florida, and stole several valuables, including his three Purple Hearts.

It was a low blow. It was lower than low. After all, they don't just give Purple Hearts out like breath mints.

Enter Jamie Bath.

Recently, Bath was at a yard sale when he saw a Purple Heart for sale. He picked up the medallion and read Gus's engraved name on the back. So he bought the service medal, looked Gus up, and mailed the medal back to him.

When Gus opened the envelope: Niagara Falls.

"I got my Purple Heart back after 38 years," said an emotional Gus. "You have to shed blood for your country to receive a Purple Heart and I've shed my share of blood for my country."

You, You, You.

SHERIFF

near future.

he said.

continued from page 10

minority deputies as well.

The truth is, God, You do a

Aden has stepped up training

with a program using a huge flat

screen and scenarios in which a

deputy may have to come to an

immediate decision. A tabletop

program features four high-en-

ergy scenarios: a condominium

collapse; a George Floyd situa-

tion; a bomb and a river rescue.

Aden hopes to recruit some oth-

er agencies to take part in the

fice's community outreach, Aden

set up a citizen advisory board,

composed of members from a

wide variety of neighborhoods,

occupations and lifestyles. "They

tell us how we're doing and tell

us when they have a problem,"

cently obtained a bloodhound

And the Sheriff's Office re-

As part of the Sheriff's Of-

lot of things that You'll never get credit for. Not just big things, but little ones. Beer is only one example.

And yet sometimes I forget to sit down and simply say thank you. I wish I could tell you that I'm going to be more diligent about this from now on, and that I'm going to say thank you more often. But I think we both know that I would be lying, because I'm the world's most imperfect guy. Nobody knows that better than You.

So I will simply say thank you here. Thank you for understanding me, and for not beating me up for my shortcomings. Help me offer that same leeway to others.

Thanks for looking out for me when I don't deserve it. Thanks for today. And for tomorrow. And for all the other days You've seen fit to give me.

Can't wait until we hang out in person.

Forever, Sean

puppy. It has other dogs, but Aden said they have eclectic responsibilities and, therefore, are jacks of all trades and masters of none. A bloodhound, though, has one main job and concentrates fully on it. The new puppy was a gift from the Santa Rosa County Sheriff's Office, whose own bloodhound had a litter. Currently, the employees are being surveyed for a name for the new addition.

One year in, Aden's administration has been a rousing success, but he's quick to pass the credit to others. "All I did was put out my vision," he said. "It was our people who made it happen. We are a family here." And he has not been without support from a variety of areas. "I just continue to thank the public and the leaders in the county for their support. We're only as good as our community."



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# A Pastor's Ponderings: Will You be My Valentine?



By PASTOR DOUG STAUFFER

Another Valentine's Day is just around the corner-February 14th. This day serves as a reminder to express our love for one another. In the U.S., roughly 190 million Valentine's Day cards are exchanged each year, not including the hundreds of millions of cards school children swap. Valentine's Day is a significant source of economic activity, with total expenditures equaling about \$20 billion per year.

So, I thought I would help

those who need a little push or some extra inspiration by offering some FREE quotes and quips. This might even help the post office to be a little less overwhelmed if you read them aloud to your special someone. First, the Bible: Husbands and wives are COMMANDED to love each other, because love is a choice we make, not a base emotion experience.

"Husbands, love your wives, even as Christ also loved the church, and gave himself for it" (Ephesians 5:25). "The aged women ... teach the young women to be sober, to love their husbands, to love their children" (Titus 2:3-4). The Bible expresses a love unequaled and unsurpassed, but sometimes people write some awesome things, too. Here are 10 that you can read aloud and not blush:

(1) "Thanks for being you and

for being mine." (2) "For you see, each day I love you more, today more than yesterday and less than tomorrow." (3) "Love does not consist of gazing at each other, but in looking outward together in the same direction." (4) "Love doesn't make the world go 'round. Love is what makes the ride worthwhile." (5) "Grow old along with me; the best is yet to be." (6) "Love is a two-way street constantly under construction." (7) "On a scale of one to ten, I'd give you a nine-and I'm the one you need." (8) "If you live to be a hundred, I want to live to be a hundred minus a day so I never have to live without you." (9) "Being someone's first love may be great, but to be their last is beyond perfect." (10) "A successful relationship requires falling in love many times, always with the same person."

The book of Proverbs also

says that a little humor is good for your heart. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22). So, see if these five make your heart smile:

(1) "I love being married. It's so great to find one special person you want to annoy for the rest of your life." (2) "Falling for him would be like cliff diving. It would be either the most exhilarating thing that ever happened to me or the stupidest mistake I'd ever make." (3) "If you were a transformer, you'd be Optimus Fine." (4) "Sometimes I wonder how you put up with me. Then I remember, oh I put up with you. So, we're even." (5) "What a lovely idea this Valentine's Day is: to give people we love the pictures of our internal organs like the heart."

Phyllis Diller and Dr. Seuss wrote some things about love,

too. Guess who wrote which one of these? "Never go to bed mad. Stay up and fight." AND "You know you're in love when you can't fall asleep, because reality is finally better than your dreams."

Remember that love is a choice. So, no excuses. Go find somebody to love.

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

### INFLATION

continued from page 22

also appreciate that investors should look to diversify in order to preserve wealth. We are not looking to be right with market commentary, but rather to be ready for changes and to work with our clients on making those over time.

The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd, Destin, FL 32541 with branch offices in Niceville, Mary Esther, Mira-mar Beach, Freeport and Panama City. Phone 850.654.8122

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should consult their investment professional prior to making an investment decision

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ing the potential adverse effects of state and federal

regulation and may not be suitable for all investors. There is an inverse relationship between interest rate movements and fixed income prices. Gener-

ally, when interest rates rise, fixed income prices fall

and when interest rates fall, fixed income prices rise. Bitcoin and other cryptocurrency issuers are not registered with the SEC, and the Bitcoin marketplace is currently unregulated. Bitcoin and other cryptocurrencies are a very speculative investment and involves a high degree of risk.

Investors should carefully consider the investment objectives, risks, charges, and expenses of mutual funds before investing. The prospectus and summary prospectus contain this and other information about mutual funds. The prospectus and summary prospectus are available from your financial advisor and should be read carefully before investing.



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# ECTC: A Love Note to Our Community

Bay Life www.mybaylifenwfl.com

By NATHANEAL FISHER, ECTC

Ahhh...February, the month of LOVE. In 2022, we are determined to have hope and to continue providing you, our community, with excellent professional and educational theatre.

To all of our VIP Members who have consistently been there for us, renewing your membership, increasing your membership level or donating on top of your membership, you are the wind beneath our wings. Thank you for all the ways you have stepped up and kept us going throughout these challenging past few years.

To all of our **Sponsors** who generously give and remain faithful supporters, your part-

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nership means the world to us. We love it when you come to the theatre, send your clients/customers to shows and appreciate your advocacy for theatre in our community.

To all of our loyal Patrons and future loyal patrons, we look forward to seeing you at each show and we appreciate all of the times you have told your neighbor/cousin/friend/stylist/cashier about ECTC.

To all of our Leading Ladies and Volunteers, you are the force that keeps us going and you do it all with a smile. Thank you for all of the ways you serve and support ECTC-we salute vou!

To all of our precious Students who bring joy and laugh-



ter to our space every day, thank you for sharing your smiles and energy with your theatre family. We find such joy every time you make a new discovery or find more and more self-confidence as you sing and act your heart out on stage.

To YOU, our Community here in Miramar Beach, Santa Rosa Beach, Destin and beyond, you are the heartbeat of everything we do at ECTC. Whether you are a VIP member, sponsor, patron, volunteer, or student, you are the reason ECTC is a living, thriving entity because of your involvement.

This month of Valentines is busy over at ECTC. So, come see a show, have a laugh and feel the love!

We have the last weekend of Miss Abigail's Guide to Dating, Mating, and Marriage February 3-6. Join Miss Abigail and Pedro as they help their live studio audience navigate the murky waters of love, and maybe find a spark or two along the way. If the cure for life is comedy, then this is the remedy you're looking for. Think Loveline meets Dr. Ruth and combine that with the personality of Miss Abigail and the charm of Paco...we'll have a love fest that's filled with joy and laughter.

The Marvelous Wonderettes is showing from February 10-13 (and March 3-6). Wipe that lipstick off your collar and time travel to the 1958 Springfield Prom with us where you can be serenaded with all the classics like "Lollipop" and "Dream Lover." Featuring over 30 classic '50s and '60s hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane! Great music, fine wine and a good time are central to this cabaret stage addition to our professional season.

For more love and laughter, don't miss 2 Across February 18-27, an intriguing look at two strangers on the San Francisco BART train, and how a crossword puzzle teaches them each a little more about life and its unpredictability. This is the type of show ECTC fans have come to love. If you enjoyed Bakersfield Mist, Dancing Lessons and Maytag Virgin, you are going to love the comedy and connection that take place in 2 Across.

Finally, our Storyteller Series is not to be missed with vour ECTC favorites on stage: Shirley Simpson as Katherine Hepburn in Katharine Hepburn and Allan Tuttle as Harry Truman in Give Em Hell Harry are all stories that share glimpses into history.

Come join us for some laughter, humor, history and fun as we celebrate the month of love! More information, registration information and ticket purchases can all happen at www.EmeraldCoastTheatre.org or call the box office at 850-684-0323.

#### Upcoming **Schedule:**

#### **Miss Abigail's Guide** to Dating, Mating & Marriage!

By Ken Davenport & Sarah Saltzberg. Mainstage Comedy.

January 28 - February 6 Thursday - Saturday at 7:30 p.m., Sundays at 2:30 p.m.

#### The Marvelous Wonderettes

Musical by Roger Bean. Cabaret Stage: Musical Revue. February 10-13, March 3-6

Thursdays - Saturdays at 7:30 p.m., Sundays at 2:30 p.m.

#### Give em Hell Harry Performed by Alan Tuttle

February 8 at 7:30pm

#### 2 Across

Written by Jerry Mayer. Mainstage Dramatic Comedy February 18-27

Thursday - Saturday at 7:30 p.m., Sundays at 2:30 p.m.

#### Katharine Hepburn by **Shirley Simpson**

March 1 at 7:30 p.m.



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# Sinfonia Presents Crescendo! Feb. 25-27th

Sinfonia Gulf Coast, our region's only fully professional symphony orchestra, is pleased to announce the full line up for its annual fundraiser Crescendo! A Cultural and Culinary extravaganza, slated for February 25-27, 2022.

Festivities begin on Thursday, January 27 at 11:00 a.m., with a Crescendo! Kick Off Lunch at Bijoux Restaurant + Spirits located at The Market Shops. Enjoy an incredible lunch prepared by award-winning chef/co-owner Jack McGuckin, sip elegant wines, indulge in delectable desserts, shop all of the must-have accessories of the season from The Jewel, door prizes and raffle items, plus much more. Tickets

are \$125 per person and include lunch, wine and gratuities.

> On Friday, Feb. 25 at 6:00 p.m. Crescendo! weekend will begin with a series of carefully curated vintner dinners hosted in elegant homes and venues throughout the Emerald Coast, which pair the talents of local and regional "celebrity" chefs with some of the country's most acclaimed vineyards for a delicious evening of food and wine. Participating wineries include Darioush, Fleury Estate, Oakville Ranch, Bouchaine plus more. Chefs include Jude Tauzin, Executive Chef of Tony Chachere and Jack McGuckin of Bijoux Restaurant + Spirits, with the full culinary lineup an-



nounced soon. Vintner Dinner tickets are \$350 per person and include all food, wine and gratuities.

This year's main event is themed, "Carnivale" and is set for Sunday, Feb. 27 at 11:30 a.m. at the Hilton Sandestin Beach Golf Resort & Spa in Miramar Beach. This energy-infused event experience will celebrate the cultural and culinary arts by showcasing world-class vintners, expert spirit purveyors, amazing auction items, and a musical performance. Enjoy reserved table seating, hors d'oeuvres, a full, seated lunch, live and silent auctions, and an all-inclusive afternoon of incredible fun.

Tickets to Crescendo! 2022 are \$175 per person and include all food, wine, reserved table seating, performance and valet parking. Tables of up to 10 guests may be reserved by calling (850) 460-8800. Sponsorship

opportunities are still available.

Proceeds from Crescendo! will benefit Sinfonia and its music education programs, which include: musicians/guest artists in schools, free orchestra concerts, bus transportation for students, Sinfonia Youth Orchestra program, Arts in Medicine initiative with Sacred Heart Hospital and LINK UP concerts for third through fifth graders in partnership with Carnegie Hall.

Tickets for Crescendo! 2022 are now on sale. For more information or to purchase tickets for Sinfonia Gulf Coast's Crescendo! events, visit www.sinfoniagulfcoast.org or call (850) 460-8800.

# The 10 Best Films of 2021 and Where to Stream Them

OF FILM STUDIES AND HUMANITIES, NWFSC

1. West Side Story (Steven Spielberg, \*\*\*\*)



What happens when arguably the best filmmaker of all time (Steven Spielberg) joins with one of the great playwrights of our day (Tony Kushner [Angels in America; Caroline, or Change]), to reimagine a musical by some of the greatest musical theater lyricists and composers (Stephen Sondheim and Leonard Bernstein), based on a play by one of the greatest writers of all time (Shakespeare)? You get this sizzling but savy West Side Story, the best film of the year.

It pays tribute to its predecessor, but fixes several of its problems (such as white actors in brown makeup; here all the Sharks are Latinx performers who speak Spanish), and then flies much higher. This film looks like it was made in 1957, but is really about us today.

Spielberg's eye, synergized with Janusz Kaminski's striking cinematography, from the deopening molished-lower-class crane shots, to the sweeping cameras of the dance, to the dramatic chiaroscuro lighting

DR. DAVID SIMMONS, PROFESSOR of Tony/Maria's first meeting, to the expressionistic god's-eyeview shots of the rumble, to the startling closing shot, make this film an instant masterpiece.

> My vote for Best Picture, Best Actress (Rachel Zegler), and Best Supporting Actress (Ariana De-Bose). In theaters.

#### 2. Dune (Denis Villenueve, \*\*\*\*)

The most gorgeous cinematography of the year. Is it sometimes emotionally cold and bizarre? Yes. But it is also adept at world building and transforming Frank Herbert's interiorized novel into visual splendor. Paul Atreides (Timothy Chalamet) travels from his home, moisture-filled planet of Caladan to the barren desert planet of Arakkis with his father, Duke Leto Atreides (Oscar Isaac), and his mother, Jessica (Rebecca Ferguson). Little do they know that the planet's former capitalist exploiters of the spice mélange, led by Baron Vladimir Harkonnen (Stellan Skarsgard), have set a trap for them.

My vote for Best Cinematography, Best Adapted Screenplay, Best Production Design, and Best Visual Effects. Rent on Amazon/Apple/YouTube; for free on HBO Max in 2022.

#### 3. The Power of the Dog (Jane Campion, \*\*\*\*)

An exploration of how toxic masculinity intersects with sexuality, harming not only others, but the ones who legitimize it. Benedict Cumberbatch is Phil

Burbank, a 1920's Montana rancher who constantly puts down his brother, George (Jesse Plemons), George's new wife, Rose (Kirsten Dunst), and especially Rose's son, Peter (Kodi Smit-McPhee), whom he deems too effeminate. The Power of the Dog shows us that even in wide-open spaces, unjust societal codes can shut down individuals, families, and communities.

My vote for Best Director

(Jane Campion), Best Actor (Benedict Cumberbatch), and Best Supporting Actor (Kodi Smit-McPhee). On Netflix. 4. In the Heights (Jon M.

### **Chu**, \*\*\*\*)

Finally, a musical-film adaptation that trusts the casting of Broadway performers over bigname Hollywood actors who can fake it. (I'm looking at you, The Prom, Les Miserables, Into the Woods, Sweeney Todd, Chicago, and the supporting cast of Dear Evan Hansen). A rare film adaptation that is actually better than the original Broadway show, Director Jon M. Chu's visual instincts sizzle with creativity. In the Heights shows us the power of diverse groups who come together as a marginalized community.

My vote for Best Editing.

Continued next page



#### **10 BEST FILMS**

continued from previous page

#### Stream for free on HBO Max or rent on Amazon/Apple/YouTube. 5. Belfast (Kenneth

#### Branagh, \*\*\*\*)

One of the best examples of moving camera suture occurs near the beginning of Belfast, as 9-year-old Buddy (the astounding Jude Hill) walks down his street on Aug. 15, 1969, just as a violent outbreak of the Troubles nearly engulfs him. Belfast comes to us from the perspective of Buddy (Branagh's own historical avatar), as he struggles to understand how parental conflicts are deepened by societal ones. Caitriona Balfe is dynamic as Ma, who struggles against Pa's (Jamie Dornan) suggestion that they move the family to safer neighborhoods in another part of the Commonwealth. But the real delight is in watching Pop (Ciaran Hinds) and Granny (Judi Dench) impart both earthy wisdom and nostalgia to young Buddy.

#### My vote for Best Supporting Actor (Ciaran Hinds). On Amazon/Apple/YouTube.

#### 6. Mass (Fran Kranz, \*\*\*\*)

The best film I saw at last January's Sundance Film Festival. Make sure you breathe before you see it, because you won't take a breath during the tense 110 minutes of its runtime. Gail (Martha Plimpton) and Jay (Jason Isaacs) meet in a room in a church basement with Linda (Ann Dowd) and Richard (Reed Birney) to wrestle with or emotionally hide from a tragedy that upended all of their lives. It's a masterclass in acting. Mass shows that sometimes the most holy rituals may be rooted in our ability to show forgiveness to those who share our common humanity.

My vote for Best Original Screenplay (Fran Kranz). Stream on Amazon/Apple/Vudu.

### 7. Nightmare Alley

(Guillermo del Toro, \*\*\*\*) Writer/director Guillermo del Toro (Pan's Labyrinth, The Shape of Water) knows monsters-and the monsters are us.

CELEBRATING

He continues this auteur thematic unity with Nightmare Alley, a dark, creepy examination of Stanton Carlyle (a shiny-eyed Bradley Cooper), a young man with tortured dreams who joins a carnival and learns how to con. The astounding cast looks like an Oscar after-party: Willem Dafoe, Toni Collette, Rooney Mara, David Strathairn, Mary Steenburgen, Richard Jenkins, but most especially Cate Blanchett, who burns up the screen as Dr. Lilith Ritter. Nightmare Alley is based on William Lindsay Graham's 1946 novel, which was previous made into a 1947 film noir of the same name. In theaters.

#### 8. Tick, Tick...Boom! (Lin-Manuel Miranda, \*\*\*\*)

A musical theater lover's dream: a musical by Jonathan Larson (composer of Rent), rewritten to tell a specific piece of Larson's life, as he's trying to get his first musical mounted on Broadway. There's a huge ensemble of important Broadway performers, writers, and producers who show up in cameos. But most of all, there's the love (and the hardship) of creating art. On Netflix.

#### 9. The Green Knight (David Lowery, \*\*\*\*)

Based on the 14th-Century poem Sir Gawain and the Green Knight, David Lowery (A Ghost Story) has constructed a brilliant modern-day fable about karma. On Christmas morning, the Green Knight challenges any in Arthur's court to a duel, saying that any knight who can deliver a blow to him will receive the same blow in return next Christmas at the Green Chapel. Sir Gawain (Dev Patel) takes Excalibur and decapitates him, but then must go on an epic journey next year. He is given a green sash by his mother, which he will told will protect him as long as he wears it. But there are many trials that await him on this mythic journey to death. Stream on Amazon/ Apple/YouTube.

#### 10. CODA (Sian Heder, \*\*\*)

A breakout hit at Sundance, this film had audiences both laughing out loud and weeping uncontrollably. Ruby (Emilia Jones), a "Child of Deaf Adults" (Marlee Matlin/Troy Kotsur), helps with her family's fishing business in Gloucester, Mass., but joins her high school choir to be closer to a boy she likes named Miles (Ferdia Walsh-Peelo, the lead in Sing Street.) There are powerful moments where we are placed in the subjective space of the deaf characters and feel a little about what it would be like to be cut off from the social and communal cues of their small town. Yet, it's also a film filled with joy, love, music, and humanity-just what we need right now. (Purchased at Sundance for a record-breaking 25 million by Apple TV+). On Apple TV+.

To find David's full lineup of the Top 60 films of 2021 with additional commentary, visit drdavidsimmons.medium.com.





scan here for more information





The Price is Right Live April 1, 2022



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# J.Leon Gallery Rings in New Year with New Artists

New year, new art! On Friday, January 7, 2022, J.Leon Gallery + Studio, the area's newest fine art gallery, hosted its monthly Sip N' Stroll event, where four new artists debuted in the gallery's Spring show from January 1, 2022, until April 26, 2022. The gallery welcomed artists, Mindy McClendon, Andi Scurto, Wes Hinds

and MJ Montgomery to the talented lineup of featured artists.

"It is with great excitement that we introduce our January to April show of artists," said Jason Lindblad, Owner & Artist, J.Leon Gallery + Studio. "We greatly appreciate all of the talent and creativity of each of our artists and know that people who visit the gallery will enjoy the variety of styles that they bring to the table. Guests will find inspiration around graffiti, thoughts,



illustrated and whimsical books, and new ceramic pieces as part of this show. We invite everyone to stop by the gallery to check out the wonderful works these creatives have to offer!"

During the Sip N' Stroll event guests received a first look at the gallery's fresh Spring art installations featuring twenty talented local and national artists. Visitors took a tour of the gallery while enjoying wine, champagne, and light eats.



(Artists from left to right) Roy Calvin Eure, Estelle Grengs, Kim Eifrid, Wed Hind, Jason Lindblad, Andi Scurto, Melanie Moore, Betsy Latham, Mindy McClendon, Gayle Campbell, Kathy Schumacher, Maxine Orange



# **Spring Break in Paradise!** Paradise Music Festival March 11

Emerald Coast presents a Spectacular SPRING BREAK In Paradise Music Festival - March 11, 2022, at the Destin-FWB Convention Center (1250 Miracle Strip Pkwy., Fort Walton Beach). An all-day music event, it will feature three great bands performing five hours of Live Music on the Big Stage. Doors open at 3 p.m. for visitors to browse the food vendors and entertainment sections before Ted Corcoran, the Master of Ceremonies (President/CEO of the FWB Chamber Of Commerce), introduces the show's opener with Paradise Bayou Band at 4:30 p.m. with Classic Rock, Country and Motown tunes. Cadillac Willy Band members perform their DEAD-SPREAD show with a tribute to WIDESPREAD PANIC and the GRATEFUL DEAD at 6:30 p.m. And at 8:30 p.m., Ron Adams (the shadow of the king)

Paradise Promotions of the nerald Coast presents a Speccular SPRING BREAK In radise Music Festival – March , 2022, at the Destin-FWB and the Memphis Echoes close the event with one the best Elvis Shows in the land. Don't be surprised if Elvis dons his Johnny Cash hat for a song or two.

Vendors will be selling T-shirts, hats, hand-made and fine jewelry, cookware and more. The entertainment section will be manned by volunteers from United For A Good Cause, Inc. raising money for the Hope Squad peer-to-peer suicide prevention program in our schools. It will feature cornhole games, darts, murbles, face painting, stick on tats and other games – as well as over \$5000 in Door Prizes and raffles.

Tickets are ON SALE NOW by going to the website at www. Paradise PromotionsFL.com (Paradise Music Festival). Reserved Table Seats are \$30-\$75. General Admission is \$20 in advance; \$25 at the door. **Get** your tickets soon because this event will be a sell out. Page 30

#### Artful Things Niceville

Call the gallery at 850-729-2600 to reserve seating for the following workshops:

- **4 Roses and Daisies.** One Stroke Painting with teaching artist Sheila Mahony - 10:30am – 1pm. \$37.50 includes all supplies. No experience required
- **5 Acrylic String Pull & Swipe.** 10:30am -1:30pm.- \$67.50 includes all supplies. Complete 2 different canvases. Tamika Thomas offers step-by-step instruction with these two acrylic pours.
- **10 Éncaustic Wax Valentines.** 10am -noon. \$47.50 includes all supplies. Suggested Ages



14 and up. Corina Zalace uses richly colored beeswax and an iron! Complete 4-5 cards including envelopes.

11 – One Stroke Valentine's Flowers. 3:30-5:30pm.
\$37.50 includes all supplies. Learn the ease of this unique style with certified teaching



Area Art Classes February 2022

- **11 Book Signing.** 5-6pm. Meet local author Eliza Scalia and hear all about her newest superhero in book #8 of her Silver Dove Series. Suggested ages 10-14 years old. Bring your other Eliza Scalia books for signing.
- 12 "Dolittles." 11am 1pm.
  \$47.50 includes all supplies.
  Libby Gibbs teaches all about Dolittles and their origin, then she helps you create your

very own! Complete one canvas. 6" x 6". 6 seats only.

 Kid's Collage. 10am – noon. Ages 8-14. Come to Mz. Corina's Amazing Art class and make a fun collage. \$37.50 includes all supplies.

**26 – Oil Florals the Impressionist Way** - 10:30am – 2:30pm. Jeanette Herron, teaching artist, shares her technique for painting floral in oil. Call the gallery for details on pricing and supplies.

#### **On Going Classes**

Rosalyn O'grady – **OIL OR ACRYLICS.** Tuesdays 10am – noon. Sign up: ogradytr@cox. net. RosalynOgrady.com

- Theresia Mcinnis WATERCOL-OR TECHNIQUES. Tuesdays 12:45pm- 3:45pm. Sign up: 850-729-2600. TheresiaMcInnis.com.
- Chris Mcloone ANIME & DRAWING BASICS. Starting

Continued next page





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