

Teen: Community's support of cousin 'phenomenal'

Hotspot map, road rally among ideas for centennial celebration

Republicans plan candidate forum in Crestview

Churches set community service camp

CRESTVIEW News Bulletin

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2014-15 budgeting begins

Tentative millage unchanged

By BRIAN HUGHES

682-6524 | @cnbBrian
brianh@crestviewbulletin.com

CRESTVIEW — City Council members have left unchanged the millage rate they raised last year to 5.8466.

City leaders, as in past years, expressed hope that they could

lower the rate during the budgeting process.

Upon the July 1 receipt of the Okaloosa County tax assessor's property values certification, the council had 35 days to set a tentative millage and budget hearing dates, City Clerk Betsy Roy said.

"This number can always be lowered, but when we set it, it cannot be raised," Roy said.

The city might have a \$68,700 revenue increase by leaving the millage rate unchanged, according to materials that Roy distributed.

Reducing the millage without

cutting spending would lower income by as much as \$442,736 under a .50 percent reduction to 5.3466 mills.

The council is considering levying a fire assessment fee on all city residences and businesses. Some city leaders will only support the proposal if it means reducing the millage rate; one mill is \$1 of tax per thousand dollars of taxable property value.

Other council members want to retain the current millage rate and use the extra revenue for future fire department needs, such as new equipment.

WANT TO GO?

The Crestview City Council will conduct public hearings for the 2014-15 fiscal year budget at 5:30 p.m. Sept. 9 and 23 at city hall. Tentative budget workshops are 5:30 p.m. Aug. 4, 7 and 18, and 8 a.m. Aug. 20.

Band uniform drive kicks off

\$90,000 would outfit Big Red Machine with new uniforms

By BRIAN HUGHES

Arts Editor
brianh@crestviewbulletin.com

CRESTVIEW — The county's premier, award-winning marching band wants to look even sharper when members hit Main Street, Jack Foster Stadium field, or state and regional competitions.

Toward that goal, the Crestview High School band launched a fund-raising drive this week with a \$90,000 goal to purchase 300 new uniforms.

The band's current 10-year-old uniforms have about reached the end of their lives; each has been worn for hundreds of miles of marching under all sorts of weather, band director Jody Dunn said.

When Band Boosters President David Williams entered the band room Thursday afternoon, he brought three local business supporters who presented an oversized \$3,000 check for the uniform fund.

The check, presented by repre-

See **BAND A6**

Day: 'student' comes before 'athlete'

Crestview High principal shares academic vision

By RANDY DICKSON

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Editor's Note: This is the first article in a two-part series featuring new Crestview High School Principal Dexter Day. In this issue, Day discusses his academic vision for Crestview athletes. He will address athletics in the July 30-Aug. 1 edition.

CRESTVIEW — First-year Crestview High School Principal Dexter Day's face lights up and his voice fills with excitement when he talks of his vision for the school and its athletic program.

Day is no stranger to the school or Bulldog athletics. He is a 1978 Crestview High graduate and was a star baseball and football player for the Bulldogs. His siblings attended Crestview, as did his daughters. Drawing from his experiences, Day said expectations start in the classroom for the estimated 35-40 percent of CHS students involved in sports.

ACADEMICS FIRST

"... All athletes are student-athletes," Day said. "You have to look at the name student-athlete — academics first, athletics second. 'I don't know what percent, but I would say almost 97 or 98 percent of athletes end their careers at high school, and the academic or job world comes in after that."

"When you look at the student-athlete, we have to prepare our student-athletes to go to the next level academically and athletically."

Today's classroom lessons will sustain students long after high school, Day said.

"The academic piece will springboard them into the job world, whether they are a welder or an electrician or they go to college to be electrical engineers."



RANDY DICKSON | News Bulletin

Crestview High School Principal Dexter Day says he understands the importance of academics for student-athletes. Long after athletic trophies tarnish, classroom lessons will continue to provide for one-time athletes, he said.

MAKING THE GRADE

Student-athletes won't just be expected to make the grades needed to stay athletically eligible. Day has a plan to ensure academic casualties among athletes stay minimal to non-existent.

"If they carry a GPA that is between a 2.0 and a 2.5, they are required to go to tutoring two days a week until they can get that GPA over 2.5. That, in itself, will remedy a lot of problems academically and it will hold them accountable."

"It holds them accountable, and there has to be accountability for them to do the academics because that's the most important piece. They've got to take ownership into the academic piece. That

has got to be our primary focus."

That doesn't take away from athletics, Day said, but he knows that sports are temporary.

"Nobody knows the athletic piece more than I do and how important it is, how much fun it is," he said. "When I got my athletic scholarship (to play baseball at William Carey College) it literally took me around the world because I got to leave Crestview. I got to work with the Rotary Club and it took me to India and I got to see Canada playing minor league baseball."

"But the fellow sitting in front of you today is the academic piece. It's academic before athletics. It's got to be."

COACHES' ROLE IN ACADEMICS

As a former athlete and coach, Day understands the impact coaches have on student-athletes' lives.

"We've got to, as coaches, let them know if you are a dummy in the classroom you are a dummy on the field," Day said. "You have got to learn in the classroom before you can learn out there. If you can't do it in the classroom you aren't going to be able to do it on the field."

"If they see us showing the importance of academics, they are going to buy it. But if we don't show it, they are going to go, 'Coach don't think it's right, let's get out of

See **DAY A6**

Centennial celebration



Baker, Crestview, Laurel Hill and Milligan vie for the honor

Editor's Note: This is the second part of a monthly, in-depth series exploring Okaloosa County's history. The News Bulletin will honor the county's centennial celebration with similar features leading up to the 2015 celebration.

By BRIAN HUGHES

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CRESTVIEW — Okaloosa County officially formed with a June 3, 1915 state Legislature vote following much heated discussion.

But it'd be two more years before a county seat was chosen.

Santa Rosa County state Sen. R.A. McGreachy, who put up a tough fight against dividing his county, almost derailed efforts by Sen. W.A. "Bill" Mapoles, a Lau-

See **HISTORY A8**

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TABLE OF CONTENTS

Community **A2** Business **A5**
Government **A3** Law Enforcement **A6**
Faith **A4** Classifieds **A7**

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Teen: Community's support for cousin 'phenomenal'

Fast food restaurant's owners schedule check presentation

By **MATTHEW BROWN**
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matthewb@crestviewbulletin.com

CRESTVIEW — Micah Brannon knows firsthand what it's like when the community rallies for a common cause.

The 14-year-old's cousin, Drew Barefield, is recovering from a June 28 boating accident, an apparent hit-and-run that the Florida Fish and Wildlife Conservation Commission is still investigating. A boat propeller hit the 12-year-old while he snorkeled in shallow water off Walton County's Choctaw Beach.

Meanwhile, countless North Okaloosa residents have supported the family by organizing fundraisers, donating money, wearing T-shirts or wristbands, or simply changing their Facebook profile picture to a graphic that states, "#prayfordrew."

The Barefields will receive more support during a 3:30 p.m. check presentation Tuesday at the McDonald's fast food restaurant on North Ferdon Boulevard in Crestview. The restaurant's owners, Costa Enterprises, will announce how much they raised after agreeing to donate 20 percent of last

HOW TO HELP

Fundraisers for Drew Barefield, a 12-year-old recovering from a June 28 boating accident, are as follows:

- Chill, 11 a.m. to 10 p.m. July 26: 20 percent of yogurt sales at 2218 S. Ferdon Blvd., Crestview, will benefit the Barefields.
- Gordon Martial Arts, 10 a.m. to 4 p.m. Aug. 2: The West Oakdale Avenue parking lot in Crestview will facilitate numerous vendors. Bring booth supplies such as a tent, tables and chairs. Details: 682-5214.
- Half Boston butts are available; call Mercedes Jones, 826-2014, to order 10- to 14-pound roasts. Payment is due Aug. 5; pickup tentatively is Aug. 8 and 9. Pick-up sites will be in Crestview, Laurel Hill, Milton, and possibly Niceville and Destin.
- BBVA Compass Bank's Drew Barefield Donation Account is accepting contributions.
- Paypal users can send monetary donations to hattiebrannon@gmail.com.

Monday's 4-8 p.m. sales. Emmanuel Baptist Church youths called the benefit "McDrew Night."

"It's phenomenal seeing all of the support behind the family," Micah said. "Just seeing all of the people wearing the T-shirts supporting Drew (and) nobody told them to; it's just great."

Drew's sister, Savannah, who joined Micah and cousin, Moriah, for

the McDonald's benefit, also expressed appreciation.

"This is so humbling, to see all of these people supporting him," she said. "My family feels so blessed."

Dennis Ealy, area supervisor for Costa Enterprises, said many thanked him for the fundraiser.

However, "it's really not needed, because this is something that we really want to do," he said.



PHOTOS BY MATTHEW BROWN | News Bulletin

Dailah Catherine Wade, 13, serves drinks for customers during "McDrew Night." The Crestview fast food restaurant's owners are donating 20 percent of Monday's 4-8 p.m. sales to Drew Barefield's family.



Micah Brannon, 14 — holding a sign Monday to attract motorists to the North Ferdon Boulevard McDonald's in Crestview — says she appreciates the community's support for Drew Barefield, her 12-year-old cousin. "Just seeing all of the people wearing the T-shirts supporting Drew ... nobody told them to; it's just great."

Hotspot map, road rally, geohunt among centennial ideas

By **BRIAN HUGHES**
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CRESTVIEW — County-wide geocaching, a road rally and TV history shorts are among ideas consid-

ered for Okaloosa County's 2015 Centennial.

"We have so many wonderful experiences in Okaloosa County," public information officer Kathy Newby said during the last Friends of the Crest-

view Public Library meeting. "We're not going to re-create the wheel. We are gathering information on those events and things we already have: festivals, parades, museums and all of that."

Ideas include: creating a map of Okaloosa's city, state and county parks, museums, historic sites and places of interest; organizing an Experience Okaloosa Road Rally, with participants receiving stamps on a passport or finding clues as proof of visiting each site and a geotour with an accompanying geocache hunt, Newby said.

The county Parks Department already has a geocache trail, with a link for geocache fans on the department's website.

Other ideas include "100 Minutes of History" TV spots similar to the "Bicentennial Minutes" also broadcast during the nation's 200th birthday.

"One Hundred Miles of History," another idea broached during brain-



KATHY NEWBY
Okaloosa County
Public Information Officer

storming sessions, would be a map participants follow to significant sites in the county's history.

Two photo-filled county history books are also in the works, with one published by the North Okaloosa Heritage Association and the Baker Block Museum,

WANT TO HELP?

Okaloosa County officials welcome suggestions for events and activities celebrating the county's 2015 centennial. Send ideas to county public information officer Kathy Newby, 651-7515, knewby@co.okaloosa.fl.us; or Crestview Mayor David Cadle, 682-3812, davidcadle@cityofcrestview.org.

and one published by the Crestview News Bulletin, the Northwest Florida Daily News and the Destin Log.

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Republicans host candidate forum

By BRIAN HUGHES
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CRESTVIEW — Voters can meet local political candidates, discuss issues and concerns, and listen to the candidates discuss issues during two forums next week.

The North Okaloosa Republican Club will host forums for county commissioner and county clerk candidates on July 30 at Warriors Hall. School board

candidates meet the following night.

Both events begin at 5:30 p.m. with an hour-long meet-and-greet, during which voters may speak with candidates one-on-one. The forums begin at 6:30, with candidates answering submitted questions.



JB WHITTEN

Organizers hope more people will take these opportunities to consider the candidates, their records and their approaches to issues of concern.

“The people who show up at the forum are the same ones who always show up at forums,” Republican club president JB Whitten said.

“It is the citizen’s role to get in there and try to prompt candidates. You have to be informed and you have to know what’s going on,” Whitten said.

WANT TO GO?

WHAT: North Okaloosa Republican Club Candidates’ Forums

WHEN: County Commissioner and Clerk of Circuit Court Forum, July 30; School Board Forum, July 31. Meet-and-greet begins at 5:30 p.m. each night; forums begin at 6:30 p.m.

WHERE: Warriors Hall, Whitehurst Municipal Building, Stillwell Boulevard at Industrial Drive, Crestview

CONTACT: NORC President JB Whitten, 610-1176 or norcoffl@outlook.com



BRIAN HUGHES | News Bulletin

Voters can meet candidates for several political offices during July 30 and 31 forums at Warriors Hall in Crestview.

THE CANDIDATES

CLERK OF THE CIRCUIT COURT AND COMPTROLLER
Charles Baugh Jr., Crestview (Republican)*
J.D. Peacock, Shalimar (Republican)
Dance Spence, Crestview (Republican)

BOARD OF COUNTY COMMISSION, DISTRICT 4
Don Amunds, Mary Esther (Republican)*
Trey Goodwin, Fort Walton Beach (Republican)

Henry Kelley, Mary Esther (Republican)

SCHOOL BOARD, DISTRICT 1
Cindy Frakes, Shalimar (no affiliation)
Lamar White, Shalimar (no affiliation)

SCHOOL BOARD, DISTRICT 3
Joseph Slusser, Baker (no affiliation)

C.W. Soldier Hyden, Laurel Hill (no affiliation)
Rodney Walker, Fort Walton Beach (no affiliation)

SCHOOL BOARD, DISTRICT 5
David E. Scholl, Laurel Hill (no affiliation)
Melissa Thrush, Niceville (no affiliation)
*Candidate invited but unable to attend because of a schedule conflict

Officials: Widening of PJ Adams on track

By BRIAN HUGHES
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CRESTVIEW — The initial two phases of P.J. Adams Parkway’s widening are on track, with construction scheduled to begin in fiscal year 2015-16.

Further work on the P.J. Adams-Antioch Road corridor is near the top of the Okaloosa-Walton Transportation Planning Organization project priorities list.

P.J. Adams, from South Ferdon Boulevard to Ashley Drive/Villacrest

Drive, will widen to four lanes.

Project development and environment studies for the Ashley Drive to Interstate 10 segments have been completed, Brandi Whitehurst, public involvement coordinator for the OWTPO, said.

Funding for right-of-way acquisition for those two phases is pending for fiscal year 2016-17.

Funding for construction of those phases, plus funding for design, right-of-way and construction of the final phase from I-10 to U.S. Highway

90, is not yet prioritized, according to a project priorities report provided by Whitehurst.

The OWTPO’s draft fiscal year 2016-2020 project priorities map shows the P.J. Adams Parkway-Antioch Road corridor ranked third, fourth and fifth.

The bypass’ final phase — from U.S. 90 following the Yellow River until meeting Old Bethel Road near Deer Valley Estates and continuing to North Ferdon Boulevard near Crestview High School — ranks 13th on the OWTPO’s project priorities report.



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FROM THE PULPIT

Think about it: Our prayers have already been answered

As a child, my three siblings and I would complain to our mother that we needed a dishwasher. Our mother would respond, "I already have four dishwashers!"

It took us a while to realize what she meant, but as we stood at the kitchen sink — one of us washing the dishes and the other three drying them — we got it.



REV. MARK BROADHEAD
From the Pulpit

And groaned. That wasn't the answer we wanted to hear, but it is the answer we got. And, as I look back on it, the answer was perfectly logical. The need for a dishwasher had already been met — four times over.

When it comes to God answering prayers, our prayers may have already been answered before we even lift them.

For example, people will look at what is happening in the world and ask, "Why doesn't God do something?" Why doesn't God do something to feed those starving children in Africa, to intervene and stop bloodshed in the Middle East, to end the spread of AIDS and other dreaded diseases, to alleviate pain and suffering?

All good questions for God. And I can hear his answer: "I have already put things into place to end all those things."

After all, hunger can end when people who produce food are willing to look beyond their bottom line and look at human need. God provides plenty of food on this earth for everyone — if it would only be shared.

Bloodshed in the Middle East — and elsewhere — will cease when people everywhere realize that God has created everyone as equals, and there are plenty of resources for everyone — if we would only willingly share.

The spread of diseases will end when shared resources from around the world provide healthier living environments and better personal relationships.

No, I am not a communist or a socialist. I am one who hears how the gospel condemns selfish ambition, greed, hoarding wealth and cheating others. I am one who hears the gospel of Jesus Christ and the scripture reveal God's call to care for one another — even at the expense of oneself.

You see, God has already answered our questions and our prayers. The question is, are people willing to do what is necessary to be the instruments of God's answer?

Jesus said in a parable: "I was hungry and you gave me a drink, I was thirsty and you gave me a drink, I was homeless and you gave me a room, I was shivering and you gave me clothes, I was sick and you stopped to visit, I was in prison and you came to me."

Then those 'sheep' are going to say, "Master, what are you talking about? When did we ever see you hungry and feed you, thirsty and give you a drink? And when did we ever see you sick or in prison and come to you?" Then the King will say, "I'm telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me — you did it to me."

The Rev. Mark Broadhead is Laurel Hill Presbyterian Church and First Presbyterian Church of Crestview's pastor.

SPLASHING AROUND FOR A CAUSE

Benefit serves 'greater purpose' for families interested in adoption

By MATTHEW BROWN
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CRESTVIEW — Crestview Orphan Care has almost \$500 in additional funding after a water-filled day of fun at Emmanuel Baptist Church.

More than 100 children enjoyed two inflatable water slides during the Kids' Big Splash Day, a Wednesday benefit at the church.

Baker resident Dr. Mary Starr Carter said getting her children, Sarah Grace and Joshua, to the event was easy.

"What kid wouldn't want to do this all day?" she asked as she watched her 4-year-old son take numerous trips down the water slides.

Still, Carter didn't lose sight of the real cause.

Funds raised will benefit the church's adoption fund, which provides grants to church members looking to adopt a child.

"The greater purpose is to help (the church) raise money," she said.



MATTHEW BROWN | News Bulletin

Kids' Big Splash Day raised almost \$500 for Crestview Orphan Care, an Emmanuel Baptist Church ministry, according to church officials.

"I've noticed ... that this church is big into helping parents with adoption, because we know how expensive that is."

Parents likely will get more help next year, based on this week's

events.

"I think we will be doing this again, especially in the summertime," said Justin Wyatt, the church's pastor of worship and missions.

200 YOUTHS, 8 WORK SITES & 1 MISSION: MATCH DEEDS WITH FAITH

Baker, out-of-state church members to improve homes, minister to residents

By MATTHEW BROWN
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BAKER — Pilgrim Rest Baptist Church and Shady Grove Assembly of God youth groups plan to match their faith with deeds next week.

Members — along with volunteers from Mount Repose Baptist Church in Miami, Ohio, and West Haven Baptist Church in Knoxville, Tenn. — plan to "Do Something," and help the community in the process.

200 youth and adult church members working at eight residential work sites will repair Baker homes and minister to residents during the week-long "Do Something"



JUSTIN DOUGLAS

"I think this an awesome image of the body of Christ: for all of us to come together on this (project)."

— Justin Douglas, youth pastor, Pilgrim Rest Baptist Church

camp. Members, under adult and volunteer contractors' supervision, will dig drainage ditches and perform painting and roof work, among other construction projects. Materials have already been provided through previous church fundraisers, event organizers said.

In addition, youths will present backyard bible clubs for children in the

community.

Baker School will provide the volunteers' lodging throughout the camp, which will also feature a guest speaker and ministry from a Christian band.

"I think this an awesome image of the body of Christ: for all of us to come together on this (project)," said event organizer Justin Douglas, Pilgrim Rest's youth pastor.



Shady Grove's 12-member youth team also looks forward to camp, Brandon McMackin, the church's youth pastor, said.

"They are chopping at the bits to get in the community and do something," he said.

And to do it again. "We are already planning on doing this next year," McMackin said. "We plan on getting more churches involved."



FAITH BRIEFS

YARD SALE FUNDRAISER:

7 a.m. to 1 p.m. July 26, Milligan Assembly of God, 5408 U.S. Highway 4, Baker. Benefits summer camp for church's students. Details: the Rev. Jesse Jernigan, 537-4945; or www.MilliganAssembly.com/yardsale.

VACATION BIBLE SCHOOL: 6-8:30

p.m., July 28 to Aug. 1, Central Baptist Church, 951 S. Ferdon Blvd., Crestview. For ages 3 and up through sixth grade. As special agents at Agency D3, participants will examine eyewitness reports, physical proof and biblical accounts to uncover the truth about who Jesus really is. Registration forms

may be picked up at the church office, completed, and brought to VBS, or done on site. Adults and teenagers not assisting in VBS also can participate. Details: 682-5525, extension 201.

Send your church's announcements to news@crestviewbulletin.com.

CRESTVIEW News Bulletin

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To report news, for information, subscriptions and advertising, call 682-6524.

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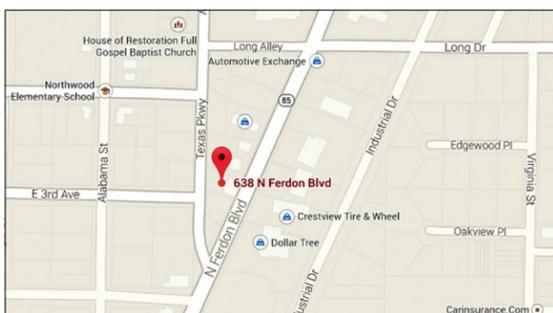
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MATTHEW BROWN | News Bulletin

The former Shell gasoline station on South Ferdon Boulevard, near the Interstate 10 overpass in Crestview, will be Vapor Planet's new home.

Electronic cigarettes store coming to Crestview

By MATTHEW BROWN
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SHANNON IKNER

Vapor Planet store, Ikner said. He opened the first location last year in Fort Walton Beach. He also owns a store in Navarre and is considering bringing a store to Niceville.

"We have had several customers, who regularly come from Crestview, who are waiting for this (store) to open," the Fort Walton Beach resident said.

Ikner said he would like to have the store open Aug. 15, but nothing's official.

The business will operate in 1,600 square feet of a 3,200-square-foot building managed by NBI Properties. No one has leased the other half of the building, an NBI representative said.

The Fort Walton Beach business has a lab where the liquid nicotine, used in the electronic cigarettes, is produced and sold at each location, Ikner said.

Once opened, the store will operate 10 a.m. to 8 p.m. Monday through Friday and noon to 6p.m. Sundays.

CRESTVIEW — A store that sells electronic cigarettes is coming to South Crestview.

Construction on Vapor Planet is ongoing at the former Shell gasoline station on South Ferdon Boulevard, near the Interstate 10 overpass. The gas pumps and canopy have been removed, and the retail lot will soon have a new parking lot and renovated building.

Owner Shannon Ikner — who, along with his wife, Shelia, is an active electronic cigarette user — said there are numerous benefits to using battery-powered cigarettes instead of regular tobacco.

"We have had hundreds of people quit smoking tobacco (cigarettes)," he said. "You don't have the second-hand smoke or that nasty smell."

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BUSINESS BRIEF

FROM STAFF REPORTS

Crestview McDonald's restaurants under new ownership

CRESTVIEW — The Costa family now owns McDonald's locations in Crestview. "We are proud to join the thriving Crestview area and look forward to serving Crestview in our restaurants and in the community through partnering with the school system, the city and not-for-profit organizations," owner David Costa, Jr. said.

With the recent addition of these three locations, Costa Enterprises now owns and operates 18 area McDonald's in Crestview, Niceville, Navarre, Destin, Panama City and Port St. Joe.

They employ over 1,000 staffers and continue to grow with five of their family members being owner/operators.

The Costa family supports education with local elementary, middle and high schools as well as the Ronald McDonald House Charities, Children's Advocacy Center and Northwest Florida State College.



Cristina Splawn:
Circulation Assistant. Air Force Spouse. Prayer Warrior.

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Because of our employees, we deliver more than news to Crestview. It's just another way we're connected to our local communities.

CRESTVIEW News Bulletin
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Police start crowdfunding account for K9 purchase, training

By RENEE BELL
682-6524 | @cnbrenee
news@crestviewbulletin.com

CRESTVIEW — The Crestview Police Department has raised more than \$12,000 toward its \$30,000 K9 goal, according to Officer Sam Kimmons.

That is almost enough to add one of two \$15,000 police dogs to its staff. The funding includes training for the canines' handlers.

Sonic Drive In is still in the lead to name one of the dogs. The restaurant's owners have donated \$2,000 to the fund, with an anonymous donor in second place with a \$1,050 donation.

A crowdfunding account for K9s of Crestview at www.gofundme.com/aq2iio shows that another \$100 of the \$5,000 goal listed there has been raised in the past three days.

Alternatively, checks may be made payable to the Crestview

HOW TO HELP
Donate toward K9s for Crestview at www.gofundme.com/aq2iio

Police Department Auxiliary.

ADDITIONAL FUNDRAISERS

More money is expected from these upcoming benefits:

• **Tips donation:** 11 a.m. to 7 p.m. Aug. 2 at Beef O Brady's, 2509 S. Ferdon Blvd., Crestview. All tips received during those hours will be donated to the cause.

• **Dog luau and pool party:** 10 a.m. to 2 p.m. Aug. 2 at Pawsitively Scrumptious Bark Bakery & Boutique, 198 N. Main St., Crestview. Paw prints describing attendees' donations to the K9s for Crestview effort will be used to decorate the store.

The Hawaii-themed event includes three sizes of dog pools in which attending canines can cool off. Bring a dog towel if your dogs

are swimming. Evanger's food representative Kimberlee Evert will host a dog food tasting and will explain how to make tasty summertime treats. Additional giveaways are part of the event.

K9S' SERVICES

Last year's health-related retirement of K-9 officers Rex and Edo resulted in the unit's suspension. Rex died in May.

Police, faced with limited funds, now borrow a K-9 unit from the Okaloosa County Sheriff's Office or the state Department of Corrections.

K-9 units' services include:

• Controlled substances detection during traffic stops and searches of buildings and vehicles



Crestview Police Department Officer Sam Kimmons, left, says the K9s for Crestview fundraiser is almost halfway to its \$30,000 goal.

- Search-and-rescue, including locating lost children and vulnerable adults, dead bodies and tracking fleeing suspects
- Scent discrimination to match a suspect with a weapon

or object used in a crime
• Instructional presentations to schools and community organizations, including drug prevention education.

OKALOOSA COUNTY SHERIFF'S OFFICE

Resource officer unit presented statewide Agency of the Year award

Special to the News Bulletin

The Okaloosa County School Resource Officer Unit is the Florida Association of SRO's Agency of the Year.

Okaloosa's unit received the award this week during the FASRO's Annual Conference in Daytona Beach.

FASRO President Jack Garman cited Sheriff Larry

Ashley and the Okaloosa County School Board's commitment, the amount and quality of programs overseen by OCSO SROs, the push to boost safety through training and the placement of deputies with specialized skills in the schools.

"When you look at the comprehensive nature of the program, from security to counseling, it's clear our

SROs have set the bar high and I'm incredibly proud of their dedication," Ashley said. "From tracking sexual predators to providing Christmas gifts to needy students, I believe they are a role model for the entire state."

In addition to the presentation of the statewide award, the Okaloosa SROs presented a Leadership



LARRY ASHLEY

"When you look at the comprehensive nature of the program, from security to counseling, it's clear our SROs have set the bar high and I'm incredibly proud of their dedication."

— Okaloosa County Sheriff Larry Ashley

plaque to Supervisor Sgt. Gary Venuti, the state's 2012 School Resource Officer of Leadership Unlocked Our the Year. It states "Your Potential."

DAY from page A1

here.' Kids put coaches on pedestals, and if the coach doesn't think academics are important, they are going to emulate what we

say and do."

COMMUNITY INVOLVEMENT

Day's plans and vision for the Bulldog athletic

program surpass Friday nights at Jack Foster Stadium or a spring baseball game. The lifelong Crestview resident expects the Bulldogs to give back to the community.

"Another vision and initiative that I have for our student-athletes is to interact with the community more," Day said. "The way to do that is to require all of our coaches (have their teams) to go out and do at least one community service. I don't care if it is raking yards or picking up for the elderly.

"I want them to build relationships in the community so the community knows who we are and that we can give back. Relationships are great and I want them to do that."

WANT TO HELP?

Crestview High School's band is accepting donations to raise \$90,000 to outfit the Big Red Machine with new uniforms. Donations may be sent to: Crestview High School, attn: Band Uniform Fund, 1250 N. Ferdon Blvd., Crestview, FL 32536-1751. Make checks payable to Crestview High School. In the memo line, write Band Uniform Fund.



BRIAN HUGHES | News Bulletin

Crestview High School assistant band director Charlie Andersen, director Jody Dunn, vice president Cole Clay and drum majors Savannah Barefield and Jared Gaszak; President Caleb Overton, Speedee Printing; and Lou Lou Beans manager Rose Goodwin; supporter Joanna Dean; Band Boosters President David Williams; and Speedee Printing pressman Mark Williams flank an oversized \$3,000 check the band received.

BAND from page A1

sentatives of Winn-Dixie, Tom Thumb, Wal-Mart, Speedee Printing and Lou Lou Beans, brought the fund to \$7,500, supporter Joann Dean of Lou Lou Beans said.

As the Big Red Machine took to the field in summer band camp, another donation was more immediately appreciated: the donors also brought 1,430 bottles of water.

"And there's more coming," Dean said.

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Legal # 20140561

IN THE CIRCUIT COURT OF THE FIRST JUDICIAL CIRCUIT, IN AND FOR OKALOOSA COUNTY, FLORIDA

Case Number: 2013 CA 4770

SAMANTHA HOLT

Plaintiff,

VS.

JONATHON ITZEN, RONALD ITZEN, JOYCE ITZEN, And J&R INVESTMENTS PROPERTIES INC., an Alabama Corporation.

Defendants.

NOTICE OF ACTION

TO: JONATHON ITZEN

YOU ARE NOTIFIED that an action to foreclose on a judgment lien and fraudulent conveyance related to the following described property located in Okaloosa County, Florida:

Lots 54, 55, 56, 57, 58 and 59, Block 23, Morris Addition to Crestview, according to the plat thereof, recorded in Plat Book 1, Page 133, of the Public Records of Okaloosa County, Florida.

Parcel ID: 21-3N-23-1670-0023-054 0.

Commonly known as 2921 Shoffner Avenue, Crestview, FL 32539.

has been filed against you in the Circuit Court of Okaloosa County, Florida, and you are required to serve a copy of your written defenses, if any, on Brian Corlew, plaintiffs' attorney, whose address is 204 North Main Street, Crestview, Florida 32536 on or before 30 days from the date of

LEGAL ADVERTISING 1100

the first publication of this notice and file the original with the clerk of this court either before service on plaintiffs' attorney or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the complaint or petition.

DATED on June 23, 2014.

DON W. HOWARD
As Clerk of the Court

By: Courtney Eslinger
As Deputy Clerk

07/05/2014
07/12/2014
07/19/2014
07/26/2014

Legal # 20140641

PUBLIC AUCTION

Pursuant to Section 713.75, Florida Statutes, there will be public auctions 08/07/2014 at 9:00AM for the following vehicles:

2006 Chevrolet 1GCKJ33D56F184470

2000 Jeep 1J4GW58N8YC109806

2000 Dodge 1B3ES46C9YD570786

2001 Honda 1HGES165X1L048566

and on 08/14/2014 at 9:00AM for the following vehicle:

1994 Isuzu 452CY58V8R4358119

The auction will be held at 956 W. James Lee Blvd, Crestview, FL 32536. Crestview Paint & Body has the right to turn down any and all bids.

07/26/2014

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AUCTIONS 3130

AUCTION - State of Georgia DOT Surplus LIVE AUCTION with Online Bidding Thursday, July 31st at 10AM 737 E. Barnard St, Glennville, GA 30427 Cars, Trucks, Buses, Loaders, Tractors, Equipment and more. L.W. Benton Co. Inc (#3215) 478-744-0027 www.bidderone.com

PUBLIC AUCTION- Estates, Bankruptcies, Cities Florida's Largest Consignment Auction Sunday, July 20th - 1:00 pm 422 Julia St., Titusville, FL 32796 Real Estate - '61 TBIRD - Trucks - Boats - Motorcycles-Firearms - Antiques Furniture - Jewelry - Complete Woodworking Shop - Contents of Antique Store Household Goods - Sun Dresses - Art Work - City Surplus - Tools - Glassware And So Much More! No Charge To Attend. Sorry no pets. No Buyers Premium!!! Visit website for details & photos AB#9 Cliff Shuler Auctioneers AU#14 Life Member NAA & FAA Shuler & Shuler RE Auc., Inc., D Shuler Lic RE Broker www.soldfor.com

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Hatten: Bulldog camp, beginning Sunday, offers players as role models



TIM HATTEN

By RANDY DICKSON
682-6524 | @BigRandle
randyd@crestviewbulletin.com

CRESTVIEW — Building relationships will be at the heart of the Crestview Bulldog Football Camp, which runs Sunday through Tuesday at

Crestview High School.

And for good measure there will be plenty of football taught, too.

Crestview Coach Tim Hatten believes that program building starts by investing in the community.

"I've always thought that continuity in coaching has always built good programs," he said. "If you plan on being somewhere you ought to have a vested interest in the young kids and being able to coach them all the way up.

"We are going to work on fundamental football. We are going to try and show them some skills at every position of football and make sure they know how to line up and have a little fun."

Bulldog coaches and players will be the camp instructors to the camp open for players ages 5-13.

"You've got little kids that come out and watch you play," Hatten said. "They want to be involved in the program in some way and be a part of it. It's always been big to all of us.

"If you think to when you were

UPCOMING WHAT:

Crestview Bulldog Football Camp

WHEN: July 27-29

WHERE: Crestview High School

COST: \$50, includes camp T-shirt

NOTES: Registration is 7 p.m. July 27 with camp from 7:30-9 p.m. Camp will go from 6-7:30 p.m. July 28-29



younger — hanging around the older group of people, and the team, whether it's baseball, football, soccer or whatever — you liked to be affiliated with the older kids with a little better skill level. I don't think it's any different here."

Hatten said the camp offers an opportunity for CHS players to understand they are role models in the community.

"I think the older kids need to understand that there are always younger eyes on them," he said. "It really kind of modifies your behavior when you've got young people watching you. You need to lead by example.

"It's just a nice checks and balances for our kids knowing the young kids look up to them like that."



SOCCER CAMP BEGINS JULY 28

The Crestview Parks and Recreation Department soccer camp is 9-11 a.m. July 28-30 at Twin Hills Park in Crestview. The camp is open to children ages 4 to 14.

Camp for children ages 4 to 5 go 9-10 a.m.; the cost is \$30. Children ages 6 to 14 go 9-11 a.m.; the cost is \$45.

Crestview High School boys soccer Coach Scottie Milton will lead the camp.

Register 7 a.m. to 5 p.m. Monday through Friday at the Public Services Department, 715 N. Ferdon Blvd., Crestview.

SOCCER OFFICIALS COURSE BEGINS AUG. 10

The Florida State Referees Inc. will conduct a beginning referee class with online education modules and 12 hours of classroom training and participation.

The \$100 course is 2-5 p.m. Aug. 10 and 6-9 p.m. Aug. 13, 19 and 21 at Comfort Suites Hotel in Niceville. You must attend all four sessions.

Registration closes Aug. 4.

Contact Mike Rarick (mrarick@cox.net or 850-496-0770), Howard Hill (howard_hill@cox.net or 678-2182) or Bernie Busovne (busovnefamily@cox.net or 897-9497) if you are interested.

Additional information is available at www.fsr-inc.com under the "Become a Referee" tab.

BAKER FOOTBALL SPONSORSHIPS SOUGHT

Baker School's football team seeks individual and corporate sponsors for the 2014 season.

You can support the Gators by purchasing a stadium banner or sponsoring a game.

Contact Matt Brunson, 689-7333 or brunsonm@mail.okaloosa.k12.fl.us, for details.

MEET THE BULLDOGS NIGHT SET AUG. 15

Crestview High School's football team will host Meet the Bulldogs Night at 6 p.m. Aug. 15 at Jack Foster Stadium.

Players, cheerleaders and dance teams from

Crestview High School, Davidson Middle School and Shoal River Middle School are scheduled to participate.

Admission is \$5.

ROGER BERRY FUNDRAISER SCHEDULED

A pork plate fundraiser will be held Aug. 15 for longtime Bulldog Quarterback Club officer Roger Berry in conjunction with Meet the Bulldogs Night. Berry was recently diagnosed with cancer; proceeds will help offset his medical expenses.

REPORTING NEWS, CALENDAR ITEMS AND STORY SUGGESTIONS

The News Bulletin welcomes stories and announcements.

Email sports-related stories and photos to Randy Dickson at sports@crestviewbulletin.com.

Submission deadlines are 9 a.m. Monday for Wednesday's edition and 9 a.m. Thursday for Saturday's edition.

Announcements publish according to available space.

LIFESTYLE

MUSIC AMONG THE BOOKS

Library concerts please patrons, expose up-and-coming musicians

By BRIAN HUGHES
Arts Editor
brianh@crestviewbulletin.com

CRESTVIEW — The strains of Frédéric Chopin and Giacomo Puccini mingle with the tomes of William Shakespeare and F. Scott Fitzgerald at the Crestview Public Library many Monday and Tuesday evenings.

The library expands its scope of services with programs such as the Music at the Library concert series, which has grown in attendance.

Tuesday evening, Crestview cellist Montavivus Diamond performed a program of classical and American folk music.

Some library patrons pulled up chairs to listen to the concert while others continued to work or read. Many applauded after each number.

The concerts provide patrons a cultural opportunity or just simply pleasant background music while they study, read or do research, library staffers say.

CLASSICAL ROCKS

"They appreciate especially the calmer, classical instrumental type music," reference librarian Sandra Dreaden said. "Someone stopped at my desk while Montavivus was playing and said, 'This is just marvelous,' and wanted to know if we have it regularly."

Past performers have included

violinist Meagan Jackson, a Crestview High School student saxophone quartet and a local dulcimer band.

Dreaden, who coordinates the Music at the Library performances and art or cultural exhibits, said the more mellow performances are most popular.

"When we had a louder, vocal performance, that was not appreciated," she said. "We do have patrons who are trying to get work done on the computers."

"I like it," Rocky Bayou Christian School rising senior Ian Kampert said. "A lot of people use the library as a place to study and music helps people remember what they studied."

PLEASANT SURPRISE

Some patrons attend the concerts specifically to hear a performer or to enjoy a particular instrument, Dreaden said.

"People are also just pleasantly surprised in the evening when they walk in and hear the music," she said.

One was Justin Thompson, a rising Crestview High senior who was looking for books on a particular subject.

"I enjoy the music," Justin said, saying it was the first time he heard one of the performances. "It adds dramatic effect to book searching."

For younger or amateur

WANT TO GO?

WHAT: Music at the Library performances
WHEN: 6-8 p.m. Monday and Tuesday nights, as scheduled:

July 28, Aug. 25: Viola performance by Diego Castellanos

Aug. 26: Cello performance by Montavivus Diamond

WHERE: Crestview Public Library

NOTES: Free concerts. Contact reference librarian Sandra Dreaden, 682-4432, to perform

musicians seeking performance opportunities and exposure, Music at the Library is an excellent experience, Dreaden said.

"I like seeing a young guy just starting out who's trying to get his name out there have a chance like this," patron Alan Pinker said while using a public computer as Diamond played in the background.

Dreaden said any area musician or small group interested in performing may contact her. If the performer donates a CD of their music, the library will catalog it and add it to its collection, she said.

Annual children's health fair is today

By BRIAN HUGHES
682-6524 | @cnbBrian
brianh@crestviewbulletin.com

CRESTVIEW — The annual No Child Without Healthcare Fair goes through 2 p.m. today, July 26, with registration beginning at 9 a.m., offering free health screenings and exams for all families.

The annual event is held at Crestview High School and includes family-friendly fun activities for children beginning at 11:30 a.m., presentations on children's health issues by local physicians, and free school and sports physicals.

Florida KidCare representatives will also be available to assist families with health insurance matters. Additionally, the regional blood mobile will be onsite to accept donations.

A free lunch will be served beginning at noon.

The Third Masonic District PHA, Mt. Zion

WANT TO GO?

WHAT: Seventh Annual No Child Without Healthcare Fair

WHEN: 9 a.m. to 2 p.m. today

WHERE:

Crestview High School, 1304 N. Ferdon Blvd.

COST: All services are free

NOTES: Adults must accompany children. Free school and sports physicals will be available. A free lunch will be provided starting at noon. More details: Bazine McDonald, 803-1569; Willie Wilson Jr., 634-0665; or Malcolm Haynes Sr., 682-6043.

AME Church, City Council President Shannon Hayes, the Okaloosa County Branch of the NAACP and the Kiwanis Club of Crestview sponsor the fair.

The fair is held in association with Dr. Joseph Peter of Crestview Pediatrics and Dr. Michael Neuland of Allergy Partners.

HISTORY from page A1

rel Hill resident, to create Okaloosa out of parts of his county and then-neighbor-ing Walton County.

They compromised and let affected residents decide whether they wanted to become part of the new county, which, after battling around several ideas, was named Okaloosa after a steamboat on which Mapoles periodically cruised — and danced — between Milton and Pensacola.

VOTERS APPROVE

On Sept. 7, 1915 voters in the affected sections of eastern Santa Rosa and western Walton counties went to the polls to determine whether they should become part of Okaloosa County.

Those in Walton County approved the plan by a 4-

1 vote. In hotly contested Santa Rosa County, the vote was 2-1.

The Legislature specified the prospering sawmill town of Milligan on the Yellow River as the temporary county seat until voters could decide on a permanent seat of county government.

To show his support for what he felt should rightly be the new county's seat, Mapoles quickly moved his family to Crestview, taking with him The Laurel Hill News, a newspaper he owned.

He renamed the paper the Okaloosa News, publishing its first issue on Oct. 8, 1915.

By March 1918 it merged with the County Journal, becoming the Okaloosa News Journal, which published

until December 1992.

BACK TO THE POLLS

On March 7, 1917, the new county's voters again went to the polls to choose a seat for their new county. Baker, Crestview, Laurel Hill and Milligan vied for the honor.

All four were thriving communities, buoyed by the commerce facilitated by the Louisville and Nashville Railroad and its connecting regional lines.

These included the Yellow River Railroad connecting Crestview and Laurel Hill and the Andalusia, Florida & Gulf Railway connecting Baker to Galliver.

The final vote was Baker, 345 votes; Crestview, 637 votes; Laurel Hill, 121 votes; and Milligan, 228 votes.

One voter, in what Betty Curenton and Claudia Patten in their history book "Crestview: The Forkland" described as a "somewhat overblown but humorous" letter to the Okaloosa News, suggested the small south county hamlet called Camp Walton deserved the honor.

The top two vote-getters, Baker and Crestview, then entered a run-off to choose the county seat.

In the April 3, 1917, run-off, Baker garnered 652 votes and Crestview became the county seat with 737 votes. Two Crestview voters chose Baker, while the other 155 voted for their hometown.

A 1916 booklet marketing Crestview to new residents boasted of the town's "progressive citi-



BAKER BLOCK MUSEUM | Special to the News Bulletin

The first county courthouse, a stately yellow brick edifice, was constructed on the site now occupied by today's courthouse, on land donated by J.J. Brett and W.J. Rice.

zenship full of enthusiasm and loaded down with pure Southern hospitality."

It remains the county's largest municipality.

Sources: "Crestview: The Forkland" by Betty

Curenton and Claudia Patten, and "The Creation of Okaloosa County" by Baker Block Museum, published in "The Heritage of Okaloosa County," Vol. 1.

Medically Minded

July 26-29, 2014

A local health guide and physician directory



SUMMER SAFETY
Don't skimp on sunglasses | **Pages 2-3**



NAMES TO KNOW
North Okaloosa Medical Center directory | **Page 6**



TECHNOLOGY
Hyperbaric chamber saves limbs | **Page 4**



FIRST AID
Boy Scouts' outdoor safety advice | **Page 4**

POPULAR PILL: IS IT EFFECTIVE?



IS IT EFFECTIVE?



Bad back? Acetaminophen may not work; try exercise

By **MARIA CHENG**
AP Medical Writer

Acetaminophen isn't any better at relieving back pain than a fake pill, despite almost universal recommendations to take the drug, according to the first big trial to test it.

Acetaminophen, sold as Tylenol and Paracetamol, among other names, is recommended in numerous guidelines for back pain, mainly because it has few side effects; past studies have shown it works for other types of pain. But there is no proof it is effective for lower

back pain in particular.

In a new study, researchers assigned more than 1,600 people with acute lower back pain to either acetaminophen — to a maximum dose of 4,000 mg per day — or a placebo.

Scientists found no major difference in the time it took people to recover: Those on acetaminophen got better after 17 days while those who took dummy pills recovered after 16 days.

The study focused on the kind of back pain most people experience, resulting from lack of

exercise, bad posture or a strain.

The research was paid for by the Australian government and GlaxoSmithKline Australia.

It was published online Wednesday, July 23, in the journal, *The Lancet*.

Lower back pain is the leading cause of disability worldwide and doctors usually recommend treatments including painkillers, exercise, stretching, physical therapy and old-fashioned remedies, such as hot and cold packs.

Some doctors said it was too early to give up on acetaminophen and said most people would get better within a week or two, whatever treatment they tried.



Protecting your eyes

Requires more than a pair of shades

By **MATTHEW BROWN**

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CRESTVIEW — Sunglasses are not just fashionable; wearing them this summer is crucial to eye health, according to Dr. Wes Mayes of Okaloosa Eye Care.

EYE CONDITIONS AND PREVENTION

Sunglasses can protect the eyes from overexposure to ultraviolet rays that can cause serious problems, the Crestview optometrist said.

These can include:

- Damage to the eye's cornea, causing pain and

vision loss

- Pterygium, or "surfer's eye," a growth of pink tissue on the white of the eye

- Pinguecula, a yellowish patch near the cornea, according to WebMD.

Not just any set of shades will help prevent these issues.

The American Optometric Association's website recommends buying sunglasses with UV protection, and to wear a hat or cap for extra safety.

Mayes also suggests checking the shades' label for how long they will offer 100 percent UV protection.

Some contact lenses

"Fish contain omega-3 fatty acids, which not only provide good circulation through the entire body, but good circulation in the eyes as well."



— **Dr. Wes Mayes**
Crestview optometrist

also have built-in UV protection.

MAINTAINING EYE HEALTH

Wearing sunglasses helps in the short term, but

maintaining eye health requires more than a trip to the store.

Being proactive — meaning annual eye exams — is one way to be your eyes' best advocate, Mayes said.

Immediately addressing problems also is important.

"When their eye hurts, most people think it will eventually go away," Mayes said.

However, that's not always the result.

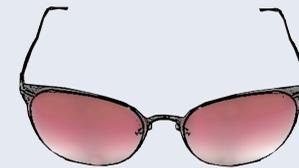
Visiting the optometrist when problems arise means "there is less of a chance any (permanent) damage will happen,"

Cheap sunglasses might look good on you, but they also could lack necessary protection.

Don't skimp on a pair of shades.

The American Optometric Association recommends only buying sunglasses that:

- Block out 99 to 100 percent of UV-A and UV-B radiation
- Have gray lenses for proper color recognition
- Screen out 75 to 90 percent of visible light
- Perfectly match in color
- Are free of imperfections



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Source: www.aoa.org

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Wearing sunglasses helps in the short term, but maintaining eye health requires more than a trip to the store, according to Dr. Wes Mayes, a Crestview optometrist. Being proactive — meaning annual eye exams — is one way to be your eyes' best advocate, he said.

Everybody — even babies — should wear sunglasses, according to ophthalmologist Dr. Steven J. Lichtenstein.

“I see young adults with cataract changes all the time,” he said.

Wearing sunglasses is especially important between 10 a.m. and 2 p.m. Even children with dark eyes, which provide partial protection, should wear them.

SHADES: More than a summer thing

Information from AAO.org

Some studies show that people with certain eye diseases, such as macular degeneration and retinal

dystrophy, might be at greater risk for UV-related sun damage. As a precaution, they should wear sunglasses whenever they go outside.

People who also are susceptible

to sun damage to their eyes include cataract surgery patients, contact lens wearers, children and people who take photosensitizing drugs.

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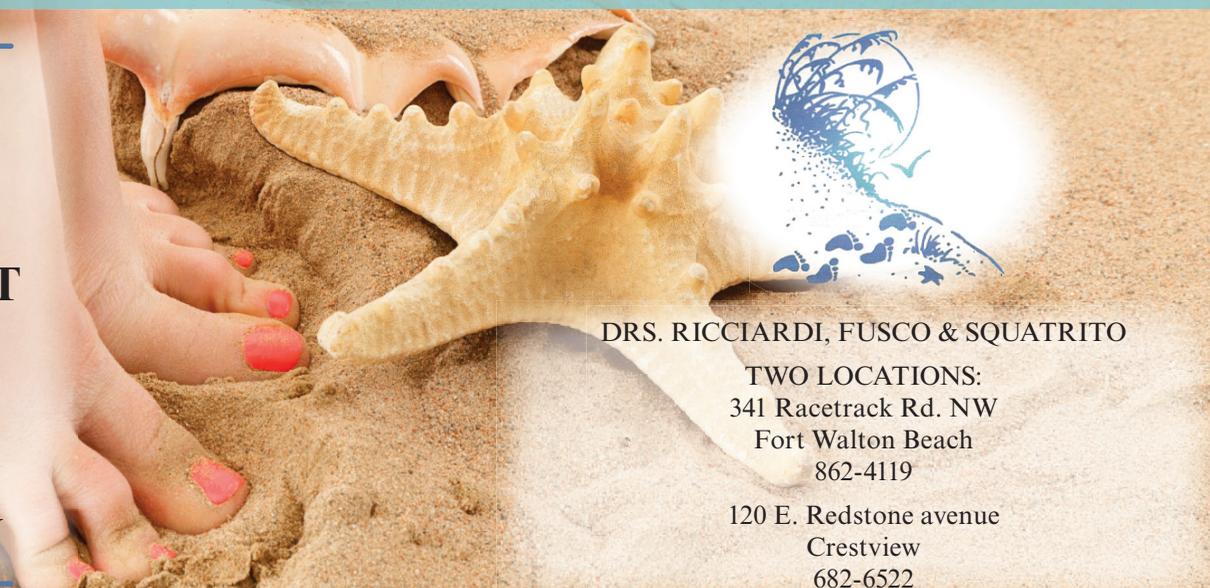
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Hyperbaric treatment saves limbs, restores quality of life

By BRIAN HUGHES

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Trips to out-of-town treatment centers are bygone for people with chronic wounds from diabetes or surgery.

North Okaloosa Medical Center's Wound Healing Center — which opened Feb. 10 with five examination rooms and two hyperbaric chambers — “is just going gangbusters,” NOMC Chief Executive Officer David Fuller said. “The patients before were traveling to Pensacola and Fort Walton Beach and other far flung places.”

The center treats wounds including dia-



The Wound Healing Center's oxygen room converts liquid oxygen from the storage tank, left, to a gaseous state by passing it through a manifold, center.

betic and pressure ulcers, nonhealing wounds. The hyperbaric chamber promotes healing 78 percent faster than regular wound care procedures,”

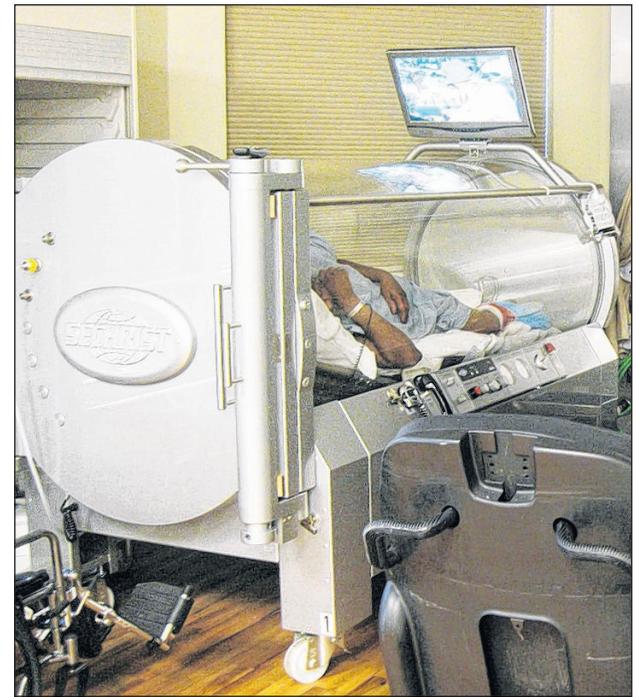
wound care manager Robert Rodriguez said. “The most standard protocol is 40 sessions.”

Most patients attend one session per day, five days a week, hyperbaric technician Tim Dreyer said.

Patients relax in the chamber, taking a nap or watching television, while pressure increases to force oxygen into their blood stream, healing the wound from within, Rodriguez said.

“It feels like going up in an airplane,” he said, describing the pressure change.

Two full-time wound care-certified registered nurses aid Rodriguez and Dreyer. “This is what I



PHOTOS BY BRIAN HUGHES | News Bulletin

A patient snoozes in one of the Wound Healing Center's two hyperbaric oxygen therapy chambers at North Okaloosa Medical Center in Crestview.

wanted to do when I started nursing,” nurse Whitney Brown said.

And the service is in demand, Rodriguez said. “There are a lot of

diabetics in the area with non-healing ulcer wounds,” he said.

“We try to save their limbs so they won't have to be amputated.”

First aid advice from the outdoor experts

By BRIAN HUGHES

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North Okaloosa County residents can enjoy fishing, hiking, hunting, canoeing, off-roading, swimming and camping. But risks include encountering potentially harmful critters or injury from unexpected tumbles, insect or animal bites, cuts and bruises. Area Boy Scouts' advice — including their motto, “Be prepared” — also applies to residents setting out to enjoy the Great Outdoors.

GET THE GEAR

Staying safe outdoors requires wearing the right gear based on the activity, Boy Scout first aid merit badge instructor Rollin

Rathbun said.

“Wear closed-toed shoes when you're in the woods or on the trail,” he said. “We actually had one of our staff members get bit on her tennis shoe by a pygmy rattlesnake and it missed her toe by a fraction of an inch.”

Wearing a helmet is necessary on ATVs, just as it is on trail bikes and bicycles. “You never know when you'll hit a rut and go over the handlebars,” Rathbun said. Head injuries often occur in ATV accidents, according to the volunteer firefighter and North Okaloosa Fire District rescue squad member.

ON THE TRAIL

Our forests offer shade and diverse animal and plant life — along with thorny undergrowth,

lurking animal life and poisonous plants. Poison ivy, poison oak and poison sumac — common in our woods and fields — contain urushiol, an oil that causes skin rashes. Problems arise when sap stays on the skin for 10 to 20 minutes, according to the Boy Scout First Aid Merit Badge book.

The adage, “leaves of three, leave it be,” applies well to these plants. Wearing long pants and long-sleeved shirts protects against numerous potential problems, including sun exposure, poisonous plant oils and tick bites, which can lead to Lyme disease.

And if you are exposed? Just wash the affected area with soap and water and apply rubbing alcohol or calamine lotion, the book states.

BITES

Don't apply a hot match to a tick on your skin, or prick it with a pin, or cover it with petroleum jelly or nail polish — unless you want to increase the likelihood of receiving more disease-carrying bacteria, according to the scout first aid guidebook.

Instead, wear gloves, grasp the tick close to the skin with tweezers and pull gently — and, of course, wash the wound with soap and water and apply antiseptic, the book states. Any other tick-removal method actually could have the opposite effect, leaving the parasite's mouthparts buried in the skin.

Animal bites, particularly from raccoons, dogs, skunks, foxes, coyotes and bats, must be

flushed with clean water to wash out the animal's saliva. Covering the wound with a sterile bandage, and seeing a doctor to determine whether there was rabies exposure, are the next steps, the guidebook states.

DEALING WITH SNAKES

Our area has rattlesnakes, coral snakes and water moccasins, so what can a person do?

“We tell the parents to tell their children not to pick up anything that slithers,” Rathbun said. “I had a mother who actually picked up a snake and it bit her. She didn't know what it was and it turned out to be a pygmy rattlesnake.”

Poisonous snake bites require immediate medical care, Rathbun said. For a bite on the hand, remove jewelry immediately because the hand may swell up.

“Nowadays everyone has a cell phone and you call 911 first,” Rathbun said.

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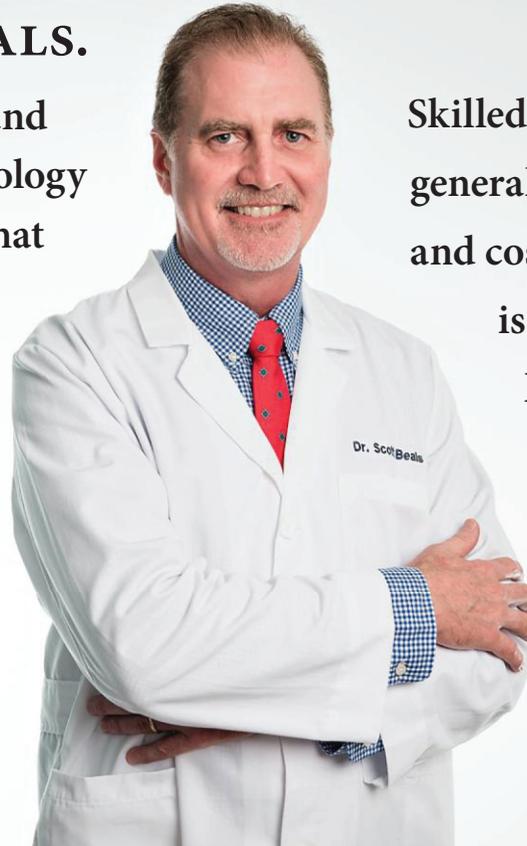
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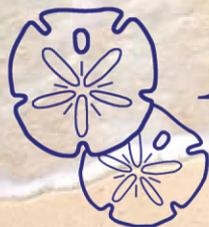


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