

# ISLAND TIMES

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## Tri and Catch Me



The Mere Mortals triathlon training group is comprised of dedicated athletes who gather at Casino Beach at sunrise on Sunday mornings to train for the Santa Rosa Island Triathlon. Both novice and seasoned athletes will face the challenge of the grueling race Saturday, October 7 on Pensacola Beach. First time competitors Tricia Kuhnell, left, and Sarah Kell, center, will swim, cycle and run along side more experienced athletes like Kim Campbell, right, who has completed four triathlons on Pensacola Beach and countless others in her athletic career. Story, page 2.

# Triathletes Beach It For Annual Race

Approximately 1200 triathletes, with salt rimmed goggles and sand between their toes, will compete in the annual Santa Rosa Island Triathlon (SRITRI) on Saturday, October 7. Competitors ranging in age from 14 to 73 will try their best in a 500 meter gulf swim, followed by an 18 mile bike ride and 5K run. The morning long event will begin at 5:30 a.m. when triathletes from all over the southeastern United States start their pre-race ritual which includes body marking, arranging bike

and running gear, and warming-up. By 7:30 a.m. the first wave of elite male triathletes, the ones who are really fast and pros, will hit the water and every three minutes another group will follow with the females, ages 45 and over, taking the last plunge at 7:51 a.m.

The race course begins in the Gulf of Mexico at Casino Beach. The 500 meter swim, however, can be officially moved to Santa Rosa Sound if race officials deem the Gulf to be too rough on the morning of the event. The second

leg of the SRITRI -- the 18 mile bike ride -- will be an out and back pattern sending the competitors cycling on flat, fast asphalt. After dismounting their bikes and donning running shoes, the triathletes will take off fleet footed on a 5K course through the residential neighborhoods of Pensacola Beach. The finish line is in front of Crab's Restaurant.

Prize money will be awarded to the top five male and female professional triathletes. Additional awards will be presented to the first three overall male and

female winners, first master male and female winner, first grand master male and female winner, and first great grand master male and female winner. Age group awards, male and female, will go five deep and will begin with ages 13-15 and go all the way up to 80 and over. There will also be awards for the Clydesdale category: male over 200 pounds, under 40 and over 40; the Athena category: female over 150 pounds, under 40 and over 40; physically challenged categories and the relay team categories: all

male, all female, and mixed.

Hampton Inn will host both the pre and post race events. On Friday, October 6 from noon until 7 p.m. the Santa Rosa Island Fitness Expo will be held in the De Luna Exhibit Hall at the hotel. The official post race party will be held poolside.

There is still time to register for this race sanctioned by USA Triathlon by visiting its website at [www.sritri.org](http://www.sritri.org). SRITRI is one of the oldest sporting competitions to continually be held on Pensacola Beach.

## Grab the Golden Egg - Capture the Goose - Or Play the Role of Benevolent Big Brother?

### What Motivates County's Move to Abolish SRIA?

The golden egg is the prize. The goose that lays the golden egg is Pensacola Beach. Is the Escambia County Commission trying to grab the golden egg and capture the goose that lays it - or are they anticipating playing the role of benevolent big brother promising expanded services and even hinting at subsidizing Pensacola Beach?

Mike Whitehead, commission chairman, unveiled his plan to abolish the Santa Rosa Island Authority and move the Beach administration to the county, at a meeting of the Committee of the Whole, September 14.

Whitehead gleaned only minimal support from fellow Board members for his proposal. He distributed to the commission the following information in a document titled: **PROGRAM TO CREATE BEACH SERVICES AND MANAGEMENT DEPARTMENT TO BE IMPLEMENTED BY:**

1. Create Beach Services and Management Department under the county administrator.
2. Petition the Legislative Delegation to abolish the SRIA effective 9/01/07.
3. Create a transition team composed of two employees of the SRIA, two beach business representatives, Rod Powell, Personnel

Assistant County Administrator, and Buck Lee.

4. Transfer all existing SRIA employees to BCC retaining seniority and pay.

5. Expand service area to incorporate Perdido Key and (a) determine scope of services; (b) determine additional revenue required, and (c) timeline for implementation.

*Funding Implication: All revenues currently generated by SRIA to remain within the department (operate as if stands alone). Determine additional resources required to expand service area.*

In presenting his plan, Whitehead said, "It is unfortunate that what we are talking about here is painted in a negative light in terms of the abolition of the Santa Rosa Island Authority. What we are really talking about is expanding the services that we are offering Pensacola Beach and other coastal areas, Perdido, in particular."

During the discussion commissioners made it clear that they needed additional information and more time to consider the proposal. Except for Tom Banjanin whose district includes Pensacola Beach. He came right out and said he opposed abolishing the SRIA. Banjanin pointed out the importance of the Beach in the

county's economy.

"I do not think we should abolish the SRIA," he said. "These beaches are a third of our economy. I think the role of the SRIA has shifted from promoting growth to maintenance of the island. They have done a good job."

Banjanin also felt that the plan to abolish the SRIA at this time reflects really bad timing. Finally, he said the Beach is self supporting and he feels that moving the operation to the County would create a situation where the county would be subsidizing the Beach.

Commissioner Marie Young said she certainly would need more information before she could decide one way or another on the issue.

Commissioner Kevin White said he agreed with Commissioner Young.

"I don't think I could be prepared if I had to vote today. I would vote not to do it. Not to do away with it if I had to vote right now."

White did go on to say that the County Commissioners would have to listen to the often lengthy discussions which happens at the SRIA.

"They should go to the Board of Adjustments like any other citizens of Escambia County," Commissioner Whitehead replied.

Commissioner Bill

Dickson kept asking if there would be a cost saving if the plan is implemented. Although he said he would have no problem asking the Northwest Florida Legislative Delegation to abolish the SRIA, he still wanted to know if the county takeover would result in a savings.

Note that Banjanin and Dickson will leave their commission seats after the General Election in November. Please see Page 3 for comments from their successors.

Whitehead was highly critical of the financial stability of the SRIA. "If you drive down the Beach Road going east, to this day, there are massive amounts of debris along the road," he said. "And the reason is they can't afford to clean it."

Commissioner Whitehead appeared to be referring to construction debris since hurricane

debris was completely removed months ago. When the road widening is complete it will be the responsibility of the contractors to clean up the areas.

Whitehead said that if the island was part of Escambia County operations, it would receive funding now denied because it is not a large enough entity to qualify for various funds.

The commissioners' comments do not agree with the published financial condition of the SRIA which has shown constant improved financial stability through the difficult recovery from hurricane damage.

To find out dates, times and agenda items for commission meetings visit the Escambia County commission website at [www.co.escambia.fl.us/departments/board\\_of\\_county\\_commissioners/2006Schedule.php](http://www.co.escambia.fl.us/departments/board_of_county_commissioners/2006Schedule.php)

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## SRIA FYI

**JUNE 16, 1947.** The Florida State Legislature passed an act to create the Santa Rosa Island Authority as the governing body for Pensacola Beach. The five members of the Board were appointed by the five Escambia County commissioners. In 1981, the charter was amended to allow for the election of one member by the registered voters on Pensacola Beach. Four general managers have served the Beach since 1947 - Jack Cowley, Jim Sheffer, Monte Blews, and currently, Buck Lee. These managers and boards have administered the operation of Pensacola Beach for fifty-nine years.

The act which created the SRIA granted broad powers to the five member board. *"In part, the act calls for the Escambia County Commission to be authorized and REQUIRED to delegate and vest power and authority in a board to be known as Santa Rosa Island Authority, to exercise, do and perform all of the authority duties, acts and things herein granted to or vested in or authorized to be exercised by the county or the county commissioners."*

The Authority was given the power to lease land, buy and sell, provide recreational facilities for Escambia County, and maintain island departments, but was not limited to those duties.

**FEBRUARY 27, 2003.** Escambia County Charter Commission Meeting Minutes. George Touart who was then the County Administrator and still is, gave this assessment of the SRIA. Mr. Menge requested that George Touart, County Administrator, give his viewpoint on the Santa Rosa Island Authority. Mr. Touart stated that from an administrator's standpoint that he works very well with the SRIA, that it's an excellent organization, that the County plays a support role, and that the SRIA does a very good job. He also stated that if there is a recommendation for the Island Authority from the Commission and it has merit, that he would certainly look at it. He also stated he would recommend against abolishing the Santa Rosa Island Authority.

**WINTER, 2003.** Northwest Florida Legislative Delegation denies the County's request to submit a bill to the legislature calling for the abolition of the SRIA.

**AUGUST 2006.** Rumors Begin. When rumors began circulating in early August that the County would again attempt to abolish the SRIA, Island Times asked for comments from State Representatives Dave Murzin, District 4 which includes Pensacola Beach, and Holly Benson, District 3. They replied:

Representative Dave Murzin

I would start by asking the County Commission or the County Administrator if they plan on asking the Northwest Florida Legislative Delegation to dissolve the SRIA. I believe it would take an act of the Florida Legislature to do away with it, but I would need to verify that with one of the Committee staff folks in Tallahassee. I have heard rumors, but they are just that, rumors at this time.

Representative Holly Benson

That is a rumor that periodically makes the rounds. I have not heard it this time. In response to your questions:

As far as I know, it (SRIA) would have to be abolished by special act. When we reviewed this issue previously we did not see any reason to abolish the SRIA.

**SEPTEMBER 13, 2006.** Gene Valentino, Commissioner-Elect District 2, said,

At this point in time I do not have enough information to do anything other than retain the SRIA. From Perdido Key to Pensacola Beach - I am a supporter of efficient government regardless of the format it takes.

**SEPTEMBER 13, 2006.** Grover Robinson, Republican Primary winner, District 4, sent this response.

I am not in favor of any radical decision on the island until the tax lawsuit is settled. I think there are too many unanswered questions on the island, and it would not be prudent to act without getting answers. From the beginning of this campaign, we have advocated a new comprehensive plan driven by beach residents and beach business owners. It has been our belief throughout this process that all parties can work together to create a better island. An island that assures the residents that there will be safe, quality single family neighborhoods on the island. At the same time assuring commercial interest of a high quality tourist destination with shops and restaurants to provide high quality amenities and tax base for both the island and the county. However, it is very difficult to do any planning without an answer to the number one question related to taxation of improvements.

I do know in my campaign travels that there are many beach residents who spent a awful lot of time and energy on this lawsuit. I have often said that if the leaseholders are unsuccessful in the lawsuit, I am more than willing to work with them to look at all options, whether fee simple, incorporation, or any other option that the majority of leaseholders want. I do not personally advocate any single position, but rather the position that the leaseholders should have the option to choose the framework of

government that will govern them. This may ultimately be the abolishment of the Santa Rosa County Island Authority, but the citizens should have a choice to decide once all of the answers are known. I think it is very wrong for us to rush to decisions about the future of the island without understanding the implications of the lawsuits and taxation.

Ultimately, we should be looking at what we want to create in the end rather than the framework that will govern it. If we know what we want to create (quality neighborhoods and quality commercial amenities), that will help us determine the governmental framework that can achieve it. From the very beginning, this campaign has been focused on solutions and making a better Escambia County. We absolutely believe this is possible; however, only if we stay focused on the ultimate goal of what we want to achieve.

*NOTE:* Robinson's opponents in the general election are Andy Kowalski, who did not respond to an emailed request, and Tom Hill, who has no telephone or email contact information.

**SEPTEMBER 13, 2006.** Dr. Tom Campanella, SRIA Board Member offered his comment.

I am in favor of retaining the SRIA. As a government agency it controls what happens on the Island. It protects the valuable resources of the island.

I could foresee the County Commission wanting to take control over the Island. Power and money. Then the Beach will be faced with changes in density. The Beach would see an increase in condos like Orange Beach, Destin, Perdido Key. Our Beach does not cost the County anything. The revenues are \$200 million.

The 1947 State of Florida Act that created the Authority had so much foresight to appoint a group to administer to the needs of the Island and look out for the public good. Almost like the founding fathers of the United States and their wisdom.

Why do these current commissioners think that they know more?

**SEPTEMBER 13, 2006.** Claire Cullerton sent a report on a telephone survey by a PBRLA committee which she chaired several years ago. She commented,

This has been tried a few times before and has been going on so long, I was the chair of a committee who conducted a poll with 100 or 200 responses. No one wanted the SRIA. I don't think the opinions have changed all that much.

**SEPTEMBER 14, 2006.** Tona De Mers, president of the Pensacola Beach Residents and Leaseholders Association, sent this commentary:

Even though abolishing the SRIA always seems to be a topic of conversation on the beach, the latest attempt to actually do so came as quite a shock to everyone. I feel confident that it has been triggered, at least in part, by the outcome of the primary election. Obviously, we will have a significant shift in the makeup of the SRIA, which could be to our advantage. The more I consider all the issues involved, the more suspicious I become of Mr. Whitehead's motives in wanting to move this matter ahead so quickly. As for SRIA itself, I think we can do better for Pensacola Beach and, by that, I mean incorporation. PBRLA has always been in favor of a more representative form of government. If BOCC moves ahead with the abolition of SRIA, this will be an opportunity for us to move ahead with incorporation.

**SEPTEMBER 14, 2006.** Stu Reynolds, Realtor, longtime beach resident and former PBRLA president, digs into his memory and comes up with this. I have been known to make the comment when referring to retaining the SRIA, "Better the devils we know." I always thought I knew where McGuire Martin ...and (in the old, old days, Jim Sheffer and Bobo Jones) were coming from....It was hard enough to pin them down on anything...but for the decision making to morph into the quicksand of County politics would be infinitely worse.

**SEPTEMBER 18, 2006.** Vernon Prather, SRIA Board member praised the SRIA.

The SRIA should absolutely be retained.

I believe the SRIA board has been and continues to be a vital part of Pensacola Beach. The Board in conjunction with our manager and employees have worked very hard to repair and maintain the beach since Ivan and Dennis. We have established and refined policies for rebuilding / replacing damaged structures. In addition, we have adopted policies to improve our fiscal preparedness in case of another major storm.

The issues facing the Beach now and in the future are best addressed by the SRIA Board which is their sole responsibility. Since my appointment to the Board in December 2004 I have been impressed by how well the meetings are conducted and attended by lease holders, business owners, and the public. The SRIA provides effective leadership and governing authority on site to better promote Pensacola Beach and provide first class facilities for the citizens of Escambia County, Pensacola Beach, and visitors from all over the world.

[Editor's Note: Your comments are welcome. Send them by email to [islandtimes@bellsouth.net](mailto:islandtimes@bellsouth.net) and we will publish them as space permits.]

# PEOPLE



## WALKING RACE CHAMP

Pensacola Beach's George Pearce won first place in his age group, 75 to 99, in the People to People 5K Run and Walking Race hosted by St. Ann's Catholic Church in Gulf Breeze on September 10. George, a former UWF professor, has been competing in and winning runs and walks for many years.

## RETIREMENT PARTY

After teaching for 40 years, Melanie Waite has decided it's time to hang it up. She was the honored guest at a party, hosted by Kathy Crane, at Gulf Breeze Middle School on September 22.

## HELLO, HOLLYWOOD (FLORIDA, THAT IS)

Nan Harper, Beach Realtor, attended a real estate conference recently in Hollywood, Florida. During one of the events, the Realtors dressed as movie celebrities and little bitty Nan went as Liza Minelli. Her Liza wig was styled by Danah Gibson. Nan probably had to trade her famous Beach costumes for a slinky gown.

## DOUBLE NICKELS

Happy 55th Birthday, Andrea Brunt! She celebrated like a true SOB, fishing aboard the Lively One II on Sunday, September 24 with the Lively Ladies. Andrea, who is the Head Wreck of the Krewe of Wrecks, is already looking forward to kicking off the Mardi Gras meeting season in

October.

## BIRTHDAY BOY

Jerry Wright celebrated the big Six-O on September 23. His Bananimal friends rallied around with a big celebration to help him get started on "sixty something."

## HAPPY 90 YEARS

All the Turners, JR, Louise, BZR and Herbie T are home after a trip to Truman, Arkansas where they celebrated the ninetieth birthday of JR's sister.

## SPAGHETTI TO GO

Michael Sullivan was a spaghetti delivery boy for about five minutes last week. He picked up a plate of homemade spaghetti at Danah's Hair Salon and delivered it to Christy Jones at Paddy O'Leary's.

## I SEE SAID BONNIE

Mrs. Boogie, Bonnie McDonald, who is recovering from recent cataract surgery, says she is going to play the old Johnny Nash song, "I can see clearly, now, the rain has gone" at her next gig.

## BIRTHDAY GIRL IS SIZE FIVE AGAIN

What a week it's been for Ashley Forman who turned thirty-nine on September 12. She was inducted into the Pensacola Beach Elk's Lodge, and she tended bar all three wild days at the Shakerfest. Most important, she now fits in her size 5 jeans.

## • TRIVIA • TRIVIA • TRIVIA • TRIVIA

Trivia masters fell behind Ronnie Poole this week since he was the first to answer last issue's question correctly: "What was the name of the Sergeant-in-Charge of the Beach sub station who put the Beach under martial law after Hurricane Frederick?" The answer is Roy Wilson, so Ronnie gets the custom designed *Island Times* t-shirt.

Would you like to be a trivia winner? Just be the first to e-mail

the correct answer to the following question and step right into the winner's circle. "What is the name of the Florida Senator-Elect who ran unopposed in District Four?"

Rules are the same. Email your answer with "Trivia" in the subject line to islandtimes@bellsouth.net before 5 p.m. October 4. Be sure to include your name and phone number.

# SRIA Determines One Size Fits All

*All Residents Allowed Same Square Footage For Enclosures*

Enclosures beneath residences built up on pilings on Pensacola Beach will be limited to 850 square feet. That is the Santa Rosa Island Authority's final answer. The full board, at their meeting on September 20, voted for the square foot regulation, based on the Homebuilder's Association recommendation.

A committee, chaired by Dan Green to study the enclosure issue offered a different solution based on the size of the residence, but the SRIA opted to stay with the same square footage for each home. The regulation is expected to control the amount of debris generated by hurricanes.

Scott Holland, architect and member of the committee, agreed that a standard square foot area should be adopted. He offered to help Beach residents with design of the enclosures at no cost for the service.

The Board voted to approve General Manager Buck Lee's request to create a new position, Human Resources Generalist/Promotions and Events Assistant Manager.

"We've had a person in this position in the past," McGuire Martin said. "And it was good for the island and good for business."

Board Chairman Thom Blas cast the lone dissenting vote against the position, noting that

with all that is going on in town it would not be fair to hire someone, who might lose the job if the County absorbed the position.

"Also, there are the costs involved," Blas said. "Couldn't this wait?"

McGuire responded that what is going on in town has been going on for a hundred years.

The Board approved requests from residents to allow additional time for rebuilding. Several leaseholders were facing lease defaults because they had failed to clean up their properties after the hurricane and had not started rebuilding. Extension times varied based on the needs of the leaseholder.

Reports from the SRIA departments were full of good news, starting with the financial report from Nita Omley, SRIA Finance Department Manager, who said the revenues continue to rise and the revenues are 33% ahead of the projections for the year.

Dave Hemphill, in his engineer's report said that Little Sabine Lagoon restoration will have a pipeline constructed on the west end of the lagoon to enhance the water quality by creating a flushing action. He reported that a similar system exists in Destin Harbor and just hours after the pumps are turned on the water becomes crystal clear.

Restoration of Little Sabine

Lagoon, including the pipeline, is funded by the State of Florida and Water Management District grants.

Sandy Johnston, Executive Director of the Pensacola Beach Chamber of Commerce, reported that 3484 visitors came through the Visitor's Information Center last month, a total of 1263 more visitors than during August, a year ago. Florida topped the list with the most visitors followed by neighboring states, but the list also includes France, Norway, England, Italy, Switzerland and Columbia. Sandy announced that the popular Tuesday night concerts, Blues on the Beach, will continue through October and the well-known Beach band, Wildwood will play at the October 10 concert.

The Board conducted a special meeting and voted to approve engineer Dave Hemphill of Baskerville-Donovan's request to the Florida Recreational Development Assistance Program to obtain a grant. The funds would be used to provide eight additional picnic shelters on Quietwater Beach.

Santa Rosa Island Authority committee meetings will be October 4 and the next full board meeting will be October 11. The meetings are at the SRIA office at 5 p.m. and are open to the public.

# Pensacola Beach

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# Barefoot on the Beach

By Jane Waters Cooper



I must have been a native American in some other life. I have always been fascinated with Indians. I love the way they think. I love their philosophies and ceremonials. So, it is no wonder that one of my most vivid memories of my childhood is the day I met Albert Looking Elk, Chief of the Taos Nation. I suppose my love for Indians is in my genes since I was born in New Mexico. Although my family moved to Nebraska when I was a little child, we returned every summer to New Mexico where I could feast my eyes on real Indians in Taos where my aunt and uncle lived.

We have to back track here for the sake of my story. When I was about eight years old, I was taking dancing lessons from a fellow named Artie Fox. Yes, believe it. Tap dancing for real. And Artie Fox was real, too. He came every winter from New York City to teach classes in our town. I remember how dashing he seemed with his stylish Fedora and long Camel Hair coat.

So, what do dance lessons have to do with my meeting the Indian Chief? Here's the rest of the story.

One summer morning during one of our vacations, my Uncle Don told me he wanted to take me to the nearby Taos reservation where their was someone he wanted me to meet. My uncle drove slowly along the narrow Taos streets, stopping frequently to chat with just about everybody. I decided he knew every artist, writer, celebrity, resident and Indian in town. Finally, we arrived at the Reservation where we walked through the village filled with little adobe houses. My uncle guided me to the sacred ceremonial place which was also adobe and had no roof. We climbed up a rickety ladder made out of twigs and when we got to the top, we climbed down another wobbly ladder. Once inside, we found ourselves standing on a dirt floor in a dimly lit space with nothing in it except the remnants of ceremonial fires.

Suddenly, as if transported by some magic wand, Chief Looking Elk appeared. He was a big, handsome man, wearing all his tribal finery, complete with elegant feather headdress, adorned with silver and turquoise medallions at his temples. He and my

uncle exchanged pleasantries while I looked on in awe. Then a young boy, the Chief's son, about my age, raced out of the shadows and stood before us. He had come to entertain us with a tribal dance. He wore bells on his ankles and carried an instrument composed mostly of animal teeth which he shook wildly. He leaped, and spun, and twisted his body into impossible contortions. In today's world, he would be an X Games star.

When he finished his dance, he stood by his father, and my uncle and I applauded. Then, my Uncle Don did the most unthinkable thing. He told the Chief that I could tap dance.

"I can't tap dance on this dirt floor," I protested. With that, Chief Looking Elk said something to his son. The kid took off and in no time he was back dragging a raggedy piece of linoleum with him. If you don't know about linoleum, it was a heavy floor covering that was used before vinyl was invented.

I looked at the linoleum and at my sneaker clad feet, and thought this cannot be happening. But it was happening and all three males were looking at me, waiting for the show to begin.

I had no choice, so I did it. Here I was with no real floor, no tap shoes. No music and being forced to do something I wasn't

very good at even under the best conditions.

But I did it. I danced a rudimentary routine Artie Fox had taught me. Then, I hung my head trying to hide my crimson face. Were they laughing at me?

No. The two gentlemen of the Taos Reservation applauded and shook my hand. My Uncle Don was beaming. Our meeting was at an end. I took one last wistful look at Albert Looking Elk as we began our two ladder exit. What an unforgettable morning.

Now, my Uncle Don, Albert Looking Elk and Artie Fox have all gone to the Happy Hunting Ground. I am left to always remember the crystalline part they played in my life.

## Super Sleuth Identifies Panicum Amarum

*Experts Calm Fears About Bitter Panic Grass*

*Special to the Island Times -* Chuck Steele, Sandspur editor and Super Sleuth, tracks down everything which affects Pensacola Beach. He recently took a sample of the new grass stock from the new duneline to

the Santa Rosa Island Authority office where he asked Lisa Powell if she could identify the plant. After a consultation in the inner office, Lisa told Chuck it was Panicum Amarum or Bitter Panic Grass.

The grass is thriving and was planted by SRIA staff.

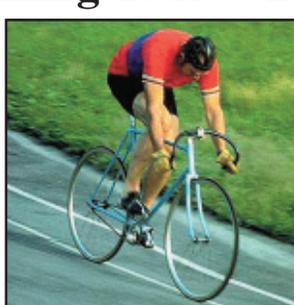
Chuck's comment, "I hope it does not choke out our native sea oats."

For more on this story, see Espo's Surf Report, page 13.

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**Spinning Your Wheels?**



**Never Caught Up?**



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~~~~~  
by kathi lewis

Have we had enough rain, yet? I'm ready for sunshine and cooler weather - you know, the kind of weather locals wait for all year! When the water gets crystal clear and turns that awesome emerald green and feels perfect, just for us...that's what I'm talking about!

It is almost time to paint at my new Beach house. My sisters Brenda, Gail and Gail's husband, Rod, are coming to help me paint. That's one advantage of having a large and loving family. They are always there to help. Okay, well, Gail isn't actually going to paint, I need her to help with my closets. She's better at organizing than painting. My sister, Sharon said that she used a whole gallon of paint on one door! Can you believe that?

We are planning to be in our new house within the next month. Notice I said, planning. No, I really mean it - come Helen Highwater!

I just finished reading a book where the main character is a young boy whose mother always mixes up her adages, such as "put that in your hat & smoke it" instead of, well, you know. Anyway, she keeps talking about "Helen Highwater" and the boy thinks she's a real person who's going to show up and stop them from doing something! That's the funniest thing I've read lately, and I've been dying to use it. So, we will be in our new home by the end of October, come Helen Highwater!!

A quick "welcome home" to Kim LoBue and Jack White at the new DJ's Beach Café. It's wonderful to see their smiling faces back at work on the beach.

And a "Happy Birthday" to Elaine Mitchell, who turned another year older last week. Marie

Steele and Christine "Bunky" Hewerdine are off enjoying the Canary Islands while the rest of us slave away.

I would say I never get to go anywhere, but I did go to Georgia at the beginning of this month, where Gail cooked this fabulous recipe for us. It was easier for her, she has an apple peeler (her husband Rod). No, really she has an electric apple machine although Rod did operate it for her. She originally got the recipe from Rod's sister, who cooked it for them in Florida. So, this one comes full circle - it's been to Georgia and back. This one's for you, Gail. So, let's cook.....

### Baked Apple French Toast

1 Lg. Loaf French bread, or 2 small loaves (16 oz.)  
8 eggs  
3 cups milk  
¾ cups sugar  
1 Tbsp. Vanilla  
5 Granny Smith apples  
2 tsp. cinnamon  
2 Tbsp. Butter

Preheat oven to 400. Spray large baking pan lightly. Slice bread into 1 ½ in. slices. Place bread tightly together in one layer. In a separate bowl, lightly beat eggs. Add milk, ¼ cup sugar, and vanilla; mix with whisk. Pour half of this mixture over the bread. Peel, core and slice apples. Cut into rings. Cover bread with apple rings and pour remaining mixture over apples. Mix remaining ½ cup sugar with cinnamon & sprinkle evenly over apples. Dot with butter. Bake for 35 minutes. Serve warm with maple syrup.

Enjoy, share with a neighbor and don't forget to join the Krewe of Wrecks! (First meeting is always around Halloween.) I'll see you in the kitchen.



**Rick Sellers has appointed himself the Royal Advisor to the Shaker Queen, his wife, Cherri. The coronation was Sunday, September 17. Votes were sold for \$1 each and the proceeds were donated to the American Cancer Society.**



**BEACH NEIGHBORS - Thirty-three years ago Kama Sue Siegel, left, lived next door to Mary Bessone in Villa Sabine. Kama Sue who returned to Pensacola Beach for a wedding, shared fond memories with her childhood neighbor.**



with Bob Temple  
Beach Wines and Liquors

### French Wine Adjusts To New Realities

Faced with a slippage in export numbers that places it behind Italian and Spanish winemakers, the French wine industry is considering adjusting its wine-making standards. Prior to this, the French have not adopted the New World practice of adding wood chips to wine to create an oaky flavor. Instead, they preferred the more traditional practice of storing their wine in wooden barrels. Adopting the new method would make French wine more competitively priced because it costs about ten times less to add wood chips to wine than to store wine in wooden barrels. The French may also alter the alcohol levels in their wines in order to appeal to health-conscious consumers who want rich flavor without the high alcohol content.

Hint: The French wine industry is also faced with the reality that the French population is drinking less domestic wine.

French wine producers are faced with declining sales, combined with other wine making regions around the world perfecting their craft and gaining popularity not only in the United States but in their respective regions as well. At Beach Wines and Liquors, Inc., we feature great imported French wine, which we know you'll enjoy. If you have any questions about imported wines, like French varieties, call 850-932-8850. -- adv --

## Market on the Island

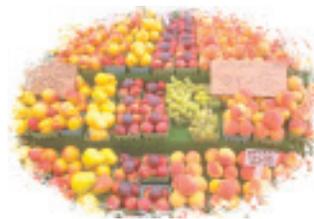
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Living Easy

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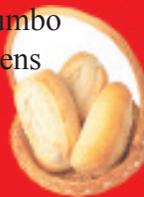
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MON - SAT 8 AM - 7 PM  
SUNDAY 8 AM - 6 PM



# Business Buzz ~ ~ ~ ~ ~

## STAY WARM AND BE COOL

Don't be caught in a nerdy jacket, all the latest trends are available at Weatherford's in Pensacola. David Dodson dishes up rock climbing, skiing and kayaking advice with a side order of Pensacola history.

## WISHING FOR FISHING

Head over to the Beach Marina and book your trip. Capt. Mike Newell will take you to the hot spots for fishing action. His first mate is the Beach icon G. Cole. Before you board, fill your ice chest with everything from chips to gourmet cheese at The Market. One stop shopping.

## NOVEMBER MARDI GRAS

The Keller Williams Beach Team is heading to the Big Easy in November for a "Nardi Gras" celebration. Stu Reynolds and his team are going to tout Pensacola Beach as the place to live, play and work.

## WHAT THE DOCTOR ORDERED

Optometrist Fran Albert has a prescription for fun - a week's rental in his Gulf front condo. It might not cure all that ails you, but it couldn't hurt. Call 932-0775. Let the fun begin.

## HOW LOW WILL IT GO

The price of the Exxon gas at the Surf Side Food Store keeps creeping lower and lower. It's the only fuel on the island and it's still a good deal.

## MIST THE FLU

Melinda Jones says don't let the flu bug bite you this year. FluMist and other inoculations are available at St. Ann's Catholic Church in Gulf Breeze, Saturday, October 7 from 5 to 6 p.m.

## CATCH A WAVE

The surfers who have endured the multiple-rescheduling of the Matt Martin Surf Contest are ready to hang ten Saturday, September 30. Pray for Surf.

## GET STEAMED

The beautiful white sands of Pensacola Beach are legendary, a marvel to visitors. But the gritty stuff is almost impossible to clean up out of your Beach house. Stanley Steemer promises to steam the sand right out of your carpets and off of your upholstery.

## GEAUX SAINTS

After a forty year roller coaster ride of disappointments, are the Saints ready to win? Stop

in at your favorite beach bistro to cheer them on.

## BEACH GIRL COUNTS COUNCIL'S COINS



Pensacola Beach Realtor Nan Harper has been elected as treasurer for State of Florida Chapter of the Women's Council of Realtors. Nan is the co-owner of Harper-Pinzino Island Realty. The Women's Council of Realtors boasts 17,000 members nationally. Nan has also served as president of the Pensacola Association of Realtors.

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# Sheriff McNesby Urges Storm Preparedness

Escambia County Sheriff Ron McNesby, whose law enforcement career on Pensacola Beach dates back many years, was the speaker at the September 12 meeting of the Pensacola Beach Residents and Leaseholders Association. McNesby's presentation focused primarily on hurricane planning and protection.

Sheriff's office has become a leader for disaster preparedness in Florida and all over the United States. This did not happen by choice, but by necessity," the sheriff said.

McNesby told the leaseholders they should have a hurricane plan, preferably in writing.

"Get your supplies in place, be ready to evacuate and take

care of yourself," he said. "We forget too quickly. Escambia County has a good Emergency Operation Team and the Sheriff's office cares about what happens to you."

The Sheriff pointed out that he could not allow residents to return to Pensacola Beach after a storm until Gulf Power gives him the okay.

In answer to audience questions concerning looting, McNesby said the deputies do everything in their power to stop looting.

"We patrol the streets and

the waterways on Pensacola Beach. We will respond as quickly as we can to your calls. We care," he said.

The Sheriff's office is extremely proud of its Emergency Self Contained Unit which is used in Escambia County and neighboring areas after storms.

"The majority of the money for these units came from businesses, residents and developers on Pensacola Beach," he said.

The PBRLA meets the second Tuesday of each month at the Pensacola Beach Commu-



Sheriff Ron McNesby

nity Church. The next meeting is at 6 p.m. on October 12. Membership in the PBRLA is open to all Beach residents and leaseholders.

## Changing of the Guard

Two new county commissioners will take office following the November 7 General Election and among their first official duties will be the appointment of members to the Santa Rosa Island Authority Board. Gene Valentino who was elected in the Primary to the District 2 seat has indicated that his appointee will come from his district.

"It is my intention to follow what my predecessors have done and appoint someone from District 2 to the SRIA Board," Valentino said.

Grover Robinson who defeated incumbent Tom Banjanin in the District 4 race in the primary, announced that if he is elected in the General Election, he will appoint a Beach resident to the SRIA. Robinson will race Andy Kowalski, no party affiliation, and Tom Wells, write-in candidate in District 4 which includes Pensacola Beach.

"As the Commissioner for Pensacola Beach, I think it would be my responsibility to choose an appointee that is a resident of the Island. Furthermore, it should be someone with an interest in creating a better island that meets the needs of all constituents. This is a principle we have campaigned on and this is what I would my Island Authority representative to want to achieve.

Beach voters cast 324 ballots for Robinson and 103 for



Grover Robinson

Banjanin in the Primary. Grover Robinson is a Pensacola Beach leaseholder.

At press time, Andy Kowalski had not responded to e-mails concerning his intentions, if elected, in naming a representative to the SRIA. Tom Wells could not be reached by telephone or e-mail.

Beach residents will also decide in the November election who their elected representative on the SRIA Board will be. Dr. Tom Campanella, incumbent, who has served two terms, will face John Johnson in the non-partisan race which is restricted to Pensacola Beach registered voters.

## Beach School Breaks For Fall

### FALLBREAK

Pensacola Beach Elementary School has been in session since August 2 and it's time to take a break. Fall Break is Monday, October 2 through Friday, October 6. School resumes Monday, October 9.

### STUDENTS OF THE MONTH

Students of the Month for August are Kindergartners McGuire Wolfe and Hannah May.

Students of the Month for September are first graders Kaden West and Blair Amberson.

Students of the Month are chosen by their teachers based on academic performance and citizenship in the classroom.

"It is always a very hard decision," said Kindergarten teacher Jennifer Neal, "all my students are super."

### COMPUTER KIDS

The following students were named Computer Lab student of the week on September 8: Kindergartner Cayson McCurdy, first grader Abby Jacobs, second grader Reddon McLaurine, third grader Lia

Lampone, fourth grader Zach Taylor and fifth grader Ally Francis.



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**Pensacola Beach**



# A Cross in the Sand

By  
**Dr. Chuck Randle**  
Pastor  
Pensacola Beach Community Church

By now, most people around the world have heard the words of Pope Benedict and the havoc they have caused among some Muslim people. The Pope says he was misunderstood as he was just quoting the words of an ancient 14th century Christian emperor. I'm not getting involved in whether the Pope was right or wrong in his words. I do know that it is awfully easy to be misunderstood by what we say. Our mood, personality, often determines what we hear. If we are angry, we can easily hear thoughtful words and mistake them for critical words. If we have little respect for the speaker, we can easily hear the words as being disrespectful. Often, serious people are immune to humor and misinterpret things that are supposed to have been funny. Cultures are notorious for having words and

actions that contain meanings unfamiliar to other cultures. Often, perceived slights are just that - perceived... and entirely wrong. It would be impossible to filter everything we say through some kind of process that eliminates misunderstanding, for we can't know the mood or mindset of the other person. The solution is not to respond with anger or violence, but communication. How different the situation would have been had those who felt offended by the Pope's comments had called for communication instead of destructive actions...had asked for clarification rather than seeking instant retaliation. We do live in a violent world - and the more kindness and love we can share will not eliminate, but perhaps can reduce the level of violence that comes through misunderstanding.

## Catholic Churches Fill Pantries, Educate Youths

### Make A Deposit In Food Bank

Our Lady of the Assumption Catholic Mission on Pensacola Beach is accepting food donations for local food banks.

Hunger is still a significant problem in the United States, says the United States Conference of Catholic Bishops. Unfortunately every day there continue to be millions of children and adults in our country who go to bed and wake up hungry, and recent hurricanes have only made the situation worse in our area.

Local food banks are running very low. St. Ann Catholic Church's food bank and the Interfaith Ministries food bank are both in need of non-perishable items such as peanut butter, jelly, canned fruits or fruit cups, pudding, tuna, juice boxes, dry cereal, pasta and pasta sauces, oatmeal, granola bars, and child-friendly healthy snacks. Remember that those who come to us in need will likely not have can openers, microwaves or plates, so ready-to-eat items with pull-top lids are the best non-perishables to bring.

You can drop off donations at these locations: Baskets in the narthex at St. Ann Catholic Church, Gulf Breeze, and Our Lady of the Assumption, Pensacola Beach

For more information call the office at 932-2859 Ext. 249

### St. Ann Opens School To Infants and Toddlers

For the first time in its 20-year history, St. Ann Discovery School located at St. Ann Catholic Church, 100 Daniel Drive in Gulf Breeze has opened a room just for infants and toddlers from three to 24 months old. The school is responding to a need in the local community with this offering.

"We have a crisis in early

child care in this county," said director Kinder Epperson. "It's something we've known for years. "Not only is it difficult to find any type of care for your child, but quality care is especially difficult to find. By quality care I mean low ratios, spacious environment and educated teachers."

The St. Ann Discovery School infant room has one teacher for every three infants and one teacher for every five toddlers. With plenty of protected floor space for non-mobile infants, the children are not in containers such as cribs and high chairs all day.

St. Ann Discovery School is proud to be celebrating its 20th year of service to Gulf Breeze community and looks forward to the next 20 years.



Pensacola Beach Church member celebrated the Rededication of the Church along with the completed renovation of the Church House, Sunday, September 17. The Rededication ceremonies were followed by an outdoor reception behind the Church House.

### Dog Training



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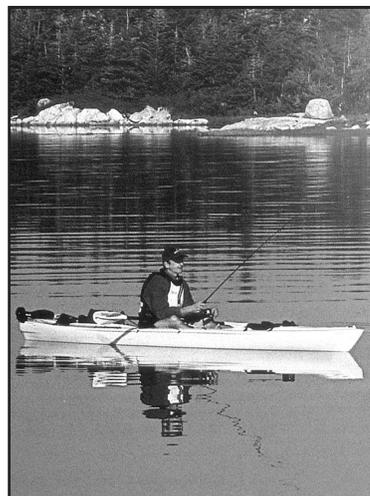


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# After Sundown



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At the traffic light - find the red roof and the twinkling lights on Casino Beach and you're in Crab Heaven. Open everyday. 850-932-0700.

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The Gulf Coast's Premier Entertainment Complex. Seven rooms of fun all under one roof! Karaoke, Texas Hold 'Em, Team Trivia, Pool, Video games and more. Live Entertainment Seven nights a week with live music on four stages every Friday & Saturday night. Serving lunch and dinner, too! It's where the Party People Party!

Located in Historic Downtown Pensacola at 130 East Government Street. Open Monday - Saturday from 11 until 2:30 a.m. and 5 p.m. until 2:30 on Sunday. Ring 434-6211 or visit [www.rosies.com](http://www.rosies.com)

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Open at 11 a.m. everyday. Easy drive to 600 East Gregory Street in Pensacola. 850-433-6789

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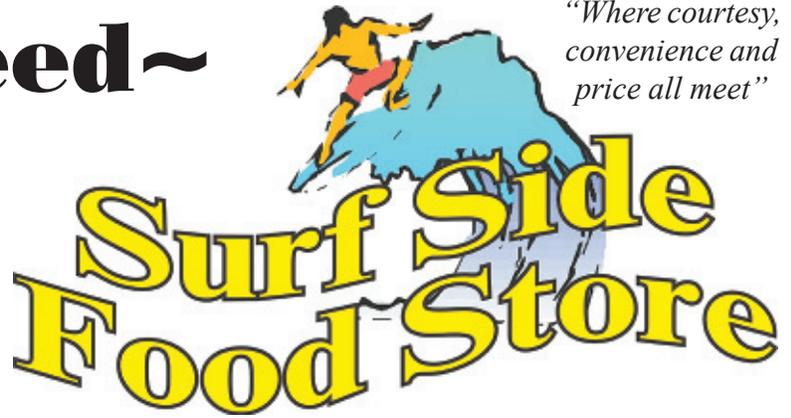
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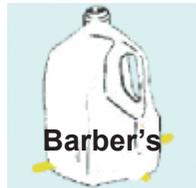
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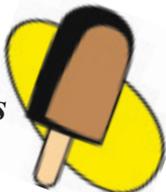


12 packs  
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**\$6.00**

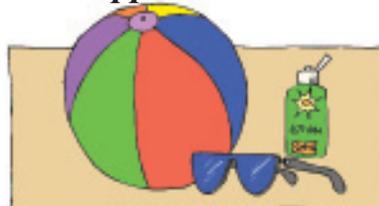


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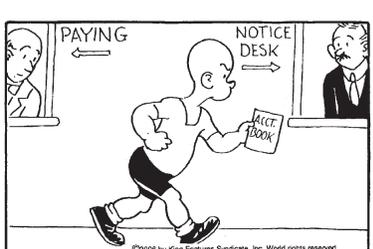
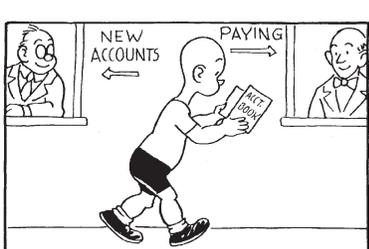
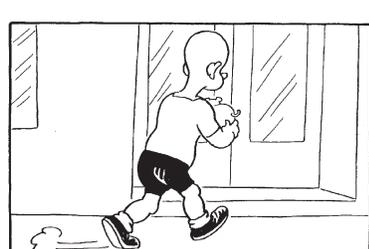
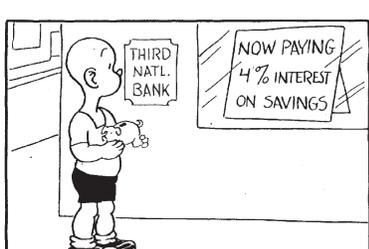
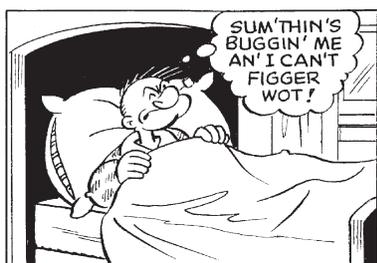
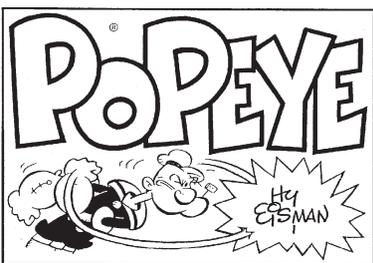


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**ARIES** (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention.

**TAURUS** (April 20 to May 20) It's a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday world ready for the next challenge.

**GEMINI** (May 21 to June 20) With your planetary ruler, Mercury, going retrograde, you might want to slow down the pace in pursuing some of your projects. Rushing things could be counterproductive.

**CANCER** (June 21 to July 22) Tensions begin to ease in those once-testy relationships. This helps create a more positive aspect all around. Expect to hear news that could lead you to rethink a recent decision.

**LEO** (July 23 to August 22) The pace of activity that had slowed last week now begins to pick up. This is good news for Leos and Leonas who have career-building plans that need to be put into operation.

**VIRGO** (August 23 to September 22) Venus offers encouragement to romance-seeking Virgos who are ready to get up, get out and meet more people, one of whom could be that long-sought soul mate.

**LIBRA** (September 23 to October 22) An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from which to make your argument.

**SCORPIO** (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.

**SAGITTARIUS** (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal.

**CAPRICORN** (December 22 to January 19) Relationships could be either helpful or hurtful as you pursue your career goals. You might have to make some difficult choices depending on what your priorities are.

**AQUARIUS** (January 20 to February 18) You might still have some doubts about a career move that could involve a lot of travel. If so, continue to check things out until you feel secure about making a decision.

**PISCES** (February 19 to March 20) Love rules, as Venus continues to exercise her cosmic influence on both single and attached Pisces. New developments might cause you to change your travel plans.

**BORN THIS WEEK:** You often think of others before you consider your own needs. You enjoy helping people and would make a fine teacher or caregiver.

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**Amber Waves**

by Dave T. Phipps



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# Esposito's Surf Report

by  
Freddy  
Esposito

## These are Sea Oats ?

Well, the other day I was commenting on the growth of our new sea oats, and thought wow, these things are finally filling in, and they seemed to be growing at an advanced rate. Then, I looked closer.

These are NOT the same old sea oats we use to have. What in the world are these things? No way. Who put these things here?

Then, Chuck of Sandspur fame informed me that it is Panicum Amarum or Bitter Panic Grass. That's what they call it.

Bitter Panic Grass - Are ya kidding me? This is the name? PANIC GRASS?

After about an hour of just laughing my head off, I began to question a few things. First, whose bright idea was this? Where does this panic grass come from and does it choke out the other indigenous sea oats that were lost in the storms? Oh, and did any of us know this before the planting?

I never received a letter from anyone asking me if I wanted new sea oats, that are not the same plants as the old ones. I think it was again a quick fix and more for the visual than anything. Hey look everyone, the Panic Grass is growing!

Look, even the sand on the beach is way different that before.

Because of our restoration, it contains billions of shell bits and pieces (future limestone). That's not right either!

Where's my sugar P-Beach Sand?

It's about time we ask the right questions. If the powers that be



are in charge of re-building our beach, then we should have some say so. Don't ya think?

Why can't we plant our old Sea Oats back ?Why?

How come we can't sift the sand back to a fine sugar sand, like we once had. Why?

Locals, let's not use the band-aid theory to fix our tiny island. Let's get involved and ask questions to the right people. If we lose the very things that make us special, then we are no longer unique.

Ask questions. Everyday. If you see something that doesn't look right, don't stand for it!

Panic Grass, even the name scares me!



There is always something to celebrate on Pensacola Beach. Paulette Provost and Jeff Goudey raised a glass in honor of Jeff's birthday, Saturday, September 16.

## Brats and Beer Come To Historic Pensacola

Put on your Lederhosen and grab your Stein ~ Seville Quarter is hosting Beer, Brats & Oompah on September 28. This is an opportunity to hear authentic German polka and marches as performed by Blaskapelle Ehekirchen (Blaskapelle indicates the musical genre and Ehekirchen is their home town in Bavaria).

The first Oktoberfest was in 1810, when the King of Bavaria, Max Joseph, hosted an elaborate wedding celebration for Crown Prince Ludwig and

Princess Therese von Sachsen-Hildburghausen. The celebration was so grand that it became an annual tradition. Horse races were once part of the event, but over time beer and music became the focus.

Along with the music guests will sample German-style beers and dine on Bratwurst. Beer, Brats & Oompah will be in Phineas Phogg's at Seville Quarter beginning at 6:00 p.m. The cost is \$15 per person.

For more information phone Seville Quarter at 434-6211.

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In the Soundside Market, next to Wings, across from Hilton Garden

# Perfect Practice Makes Perfect



By Pete Della Ratta

No matter what you do these days on or off the water there seems to be a better way but usually you find out about it after you have worked on your technique all day or a combination of weeks. If there was only a place to go to before you started a project or needed to know something important. The only thing is that you need feedback in order to give yourself the confidence to attempt it.

Well, here is the information you need; coming up October 9 at 7 p.m. at Flounders Restaurant on the Beach will be a seminar about the shifty and delicious Red Drum or as they are known locally as the Redfish. These tasty and elusive critters were once on the brink of being overfished due to illegal netting and no size limits but the CCA (Coastal Conservation Association) stepped in years ago and the numbers are becoming more abundant throughout the Panhandle. Anyone can get lucky by casting numerous different types of bait to retrieve these species on a daily basis no matter what the weather. Local Professional Anglers will answer your questions and give their knowledge about attracting them to the end of your fishing line. There are prizes and give-a-ways at every seminar including a new rod and reel combo. Valuable information will be share about these fish and other rigging topics will be covered as well.

Reports are some of these fish are being caught on live bait while others are being picked up on slow retrieving artificial baits. No matter what you use, as long as you have bait in the water near

structure and in shallow water you are giving yourself a chance to do battle with one of the best fighting fish in the water.

Remember, only one fish per angler per day and keepers have to be between 18 and 27 inches in order for you to take one home.

Below is one of the rigging knots used for tying hooks to live and artificial baits.

### Improved Clinch Knot

1. Pass the end of the line through the swivel.
2. Pull about 5 inches of line through and double it back against itself.
3. Twist 6 times.
4. Pass end of line through small loop formed just above the



eye.

5. Then through the big loop you've just created.
  6. Pull tag end and main line so that coiled tightens against the eye.
  7. Trim excess
- Make sure coils lay smoothly
- For an even tougher knot double the line first then tie the improved clinch knot. The extra line cushions the knot even better.

The Improved Clinch Knot has become one of the most popular knots for tying terminal tackle connections. It is quick and easy to tie and is strong and reliable. The knot can be difficult to tie in lines in excess of 30 lb test. Five or more turns around the standing line is generally recommended, four can be used in heavy line.

## Cobia Studies Part of NOAA Program

Beach Cobia fishermen should be interested to know that the prized fish will be studied as part of the NOAA Marine Aquaculture Initiative. The National Oceanic and Atmospheric Administration awarded \$3.6 million in competitive grants for sustainable marine aquaculture demonstration projects and research this week.

"The 2006 National Marine Aquaculture Initiative awards underscore NOAA's commitment to work with our research partners to advance aquaculture production technology, health and nutrition of cultured species and address environmental and policy issues," said Dr. Michael Rubino, manager for the NOAA Aquaculture Program.

Specifically, the 2006 projects focus on genome mapping of striped bass, culture of California yellowtail, enhance-

ment of cobia, assessment of environmental impacts of offshore cage culture, use of dietary prebiotics on warm water and coldwater marine fishes, and commercialization of bait shrimp farming.

The 2006 grants range from \$199,000 to \$505,000 each. Since

1998, grants have funded a total of \$15 million in projects to support research to boost the domestic production of commercially and recreationally valuable marine shellfish and finfish species.

For more information on the NOAA Aquaculture Program: [www.aquaculture.noaa.gov](http://www.aquaculture.noaa.gov)

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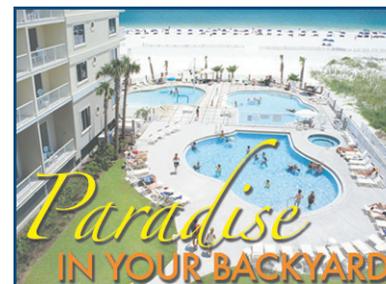
## Sixth Annual American Legion Post 379 Putt Putt Golf Outing

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# Beach Poker Players Bet and Bluff In Paradise

When the chips start flying into the middle of the table at the Paradise Bar and Grill, it is not a food fight. It is a poker showdown between some of the best card players on the Island, who week after week take on all challengers. "Texas Hold 'Em 4 Fun regular players make room at the tables for experts and novices, and it's all fun," said promoter Saltwater Rick Uzdevenes.

It was just another fun day in Paradise on Monday, September 11 when Paul Jones took out Tim Rinker in the final.

Action the following week at the Soundside poker tables at Paradise got hot when self-proclaimed "Ark and Saw" native Jamie Martine took out Pensacola Beach pioneer Tex Atkinson in a knock down drag out final.

"We had a beautiful night on Santa Rosa Sound with a spectacular sunset. Glad I could be here to play some poker," said Tex. "I wish I would have won," he added.

The historic Islander Lounge hosts Wednesday Texas Hold 'Em 4 Fun games. After a long night of betting and bluffing the September 13 winner was Tommy Chavis. Justin Robbins was the runner-up.

The Islander had a huge crowd for poker on Wednesday, September 20, but lucky lady player Emily McDonald overcame a short stack to win against a very strong field. Beach poker maven Anne Vinson was the runner-up.

"The Lizzard (former beach girl and IT writer) slithered to the tables for a few hands," said Rick. "Always good to have the ladies at the tables and now they are taking all the chips."

There is no charge to play Texas Hold 'Em 4 Fun. Experience is not necessary but a basic knowledge of the game is helpful. Games begin at 7 p.m. Beach Time on Monday evenings at Paradise Bar and Grill and Wednesday nights at The Islander Lounge in downtown Pensacola Beach.



Anne Vinson , Tommy Chavis and Emily McDonald

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**Dust Off Your Putter**  
Pensacola Beach American Legion  
Putt Putt Tournament  
Saturday, October 14

# The Beauty & Beach

By Danah & Gwen Gibson

## Common Beauty Myths

Beauty myths are often no more than old wives tales, handed down to each generation. Some of these are centuries old and just plain silly. While there's not much logic to these, they are still all over the place! These are pure fiction and deserve to take their place in the "Beauty Hall of Shame."

1). Shaving your legs will make your hair grow in thicker. Ha! You have as many hairs as genetically determined, regardless if you shave, wax, or epi-lady them. Whatever. Man, think about it. We would all be walking around like gorillas!

2). Split ends can be repaired. The only way to get rid of split ends is to cut them off, and prevent them with good hair care.

3). Dry skin causes wrinkles. Not true. Most wrinkles are caused from the sun. Which leads me to

4). Blemishes. While the sun will temporarily dry them out, it

interferes with healthy skin cells. This can cause a worse breakout a couple of days later.

5). Stick to one brand or line of products. I think this one was put out by product lines who want all of your money. Mix and match what works best for you. That is what you need.

6). Natural ingredients are non allergenic. Whether it's a natural or chemical ingredient, if you're allergic to it, believe me, you will see a reaction.

7). You can shrink the pores on your face. Once again, this is genetically determined. Pores may appear larger if filled with bacteria and dead skin cells. Retin-a and alpha-hydroxys are designed to break up these materials, and bring the pores back to their original appearance. So, don't believe everything you hear!

If you have any questions, call me and as always, here's to good health and great hair.

## Alternative Healing And Wellness Fair Slated For October

An Alternative Healing & Wellness Fair for the Emerald Coast will be held on Sunday, October 8, from 12:30 to 5:30 at the South Santa Rosa Recreation Center, 800 Shoreline Dr., Gulf Breeze. The fair is sponsored by Unlimited Horizons of the Emerald Coast and is open to the public. A door donation of \$7.00 will be requested.

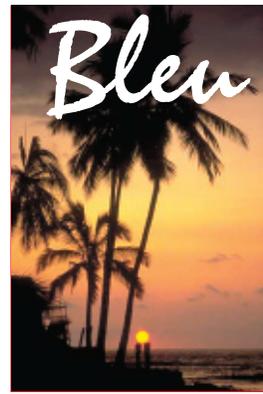
The purpose is two-fold. One is that of public service and awareness of what is available within the Emerald Coast in the way of alternative wellness and healthcare. The second is a means for vendors and practitioners to promote their service/practice/product(s) to the community.

The goal is to have the public personally experience a sampling of each modality that they have an interest in at the individual booths.

All practitioners will have the option of speaking to publicly describe their products and/or services in a separate room during the course of the afternoon.

Additional information regarding the participating practitioners and vendors, and their

speaking times, will be updated on the organization's website: [www.unlimited-horizons.org](http://www.unlimited-horizons.org).



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# Pillow Talk

by Pandora de Balthazar

As a triathlete, you expend enormous amounts of energy training for a grueling event. In order for your body to perform at peak efficiency, you must have a truly restful experience each night, rejuvenating your body for the next day's training session. And, since most triathletes have "day jobs" as well as being in top athletic form, that rejuvenative period is even more critical!

Choose the European Sleep System (ESS) as the foundation for your nightly rejuvenation. This system consists of a EuroKing, EuroQueen, and EuroStandard pillows, as well as a neck roll. The King, Queen and Standard pillows are available in four fill varieties. The King is strong, yet soft, and provides the foundation for the bed rest function of the ESS. The Queen is softer – and more huggable – than the King. Designed to be used as the middle pillow when you're resting in your bed, it is the foundation pillow for your sleep. The Standard is designed to cradle your back when you're resting in bed, and cushion your shoulders, neck and head while sleeping. The Standard is available in four firmness levels, based on your

particular needs and desires.

These designs, and the sizes of the pillows, are the result of much development and testing. Through testing, we discovered what mix of products made the pillows perform as needed to provide the maximum resting experience, forming to the body in the most functional way.

The ESS uses only Hungarian Goose Down, for several reasons. The cold Hungarian climate encourages production of down that has maximum insulating capacity in large clusters. The down is only hand-gathered, which allows for the selection of only the finest down. Once gathered, the down is washed in pure, clean water seven times, then sterilized, sorted, tested and graded to ensure that the highest quality has been achieved, and that the down

is as allergen-free as possible. Then the down is encased in down-proof 350-thread count cotton ticking – ensuring that quills will not poke through to disturb rest or sleep. Such a tight weave also provides an effective barrier against allergens.

For more information on the importance of proper bedding for peak athletic performance, run, cycle or swim over to see me - my Pensacola showroom, located at 9 S. 9th Avenue, is just one block from the water. If you are too busy training call me on the Sleep Hotline at 850.432.4777.

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# The LIZZARD'S TONGUE

by E.K. Hewson



I love spinach. Or maybe I should say, I loved spinach. As a kid, I would always sing the Popeye the Sailor man theme song every time my mom would serve me canned spinach. Drowning the chopped greens in vinegar, I would belt out "I eats all my spinach, I'm strong to the finish." Followed by a hearty laugh. Then I grew up. Well, sort of.

Soon I went from eating canned spinach to making quiche and gourmet dips using frozen spinach. It was only a natural progression in my long standing relationship with the leafy green, that I would leave the canned and frozen spinach on my grocer's shelf after I discovered the hearty taste of fresh, raw spinach.

Over the years, I've bought many different brands of bagged

spinach. On sale, not on sale. Organic, not organic. Two for one, twice as much as the others. I didn't care as long as it was spinach. I've spent countless hours separating leaves, washing each one individually to remove the sand and dirt. I've marveled at how a two pound bag of fresh spinach, when steamed, barely serves two. I've dressed up the dark, leafy vegetable with candied pecans, dried cranberries and the most expensive bleu cheeses that Dean and Deluca have to offer. I even remained a faithful spinach eater when the iron content was officially lessened because of a misplaced decimal. But not any more.

After the recent e-coli contamination of spinach crops, I have had to concede defeat. My

son gladly held open the lid to our kitchen trash can as I threw away an unopened bag of organic spinach with tears in my eyes and my wallet a few dollars lighter. With a hint of victory in his eyes, Harry gloatingly said, "Mom, spinach not only tastes gross, but now it can kill you."

Yes, Harry, you may have won the spinach battle, but I plan on being victorious in the leafy green veggie war. I will not cut and run, but will continue to chop, steam and serve. I even have a new theme song. "I eats all me kale 'cause I goes to Yale, I'm Mom, the green veggie gal." Giggle. Giggle. Giggle.

Until next time.  
Luv,  
Lizzard

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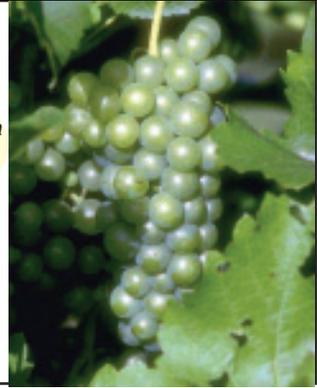
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Litter getters descended on Fort Pickens, Saturday, September 16 as part of the International Coastal Clean Up. Nina Roche of Pace, who is a member of the Pensacola Parrot Heads volunteered under the direction of Gulf Islands National Seashore Park Rangers Bridget Tiffany and Mike Aymond.  
Photo by Jeremy Johnson

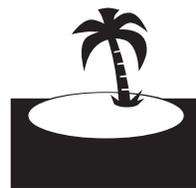
## Great Florida Birding Trail Designated at UWF

The University of West Florida Edward Ball Nature Trail has been designated a site on the Great Florida Birding Trail. The designation will result in greater awareness through state publicity materials. Signs for the UWF site and other Panhandle locations will be installed by the end of this year.

Great Florida Birding Trail is designed to conserve and enhance Florida's bird habitat by promoting bird-watching activi-

ties, environmental education and economic opportunity. The Birding Trail is divided into four sections: East, West, Panhandle and South. Printed guides for each section are available from the Florida Fish and Wildlife Conservation Commission and will be available at the UWF Welcome Center.

For more information, visit [www.floridabirdingtrail.com](http://www.floridabirdingtrail.com) or contact Robinson at (850) 474-2435 or e-mail [probinso@uwf.edu](mailto:probinso@uwf.edu)



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# Mostly Nuts & Bolts

By Candace Segar

## Looney Lawnmower Enrages Engineers

### NoGoMow

You know the saying the right tool for the job is every worker's motto. Since we have a large yard, we thought we would buy a powerful mower. Well, my husband Ralph and I got duped. We bought this alleged 6.5 horse power gas mower, and it is a piece of junk. He and I were so disgusted with it that we took the plastic engine cover that boasted the big horse power off of the mower, because not even on its best day has it seen 6.5 horse power. So why should it be allowed to advertise that?

I am back using my little electric mower. It is quieter, and it works each time like a charm.

### Straighten Up

Do you remember last issue when I told you about getting the extension to the bathroom ready? Well it turns out that there was more slope than I had bargained for. We had to put in new support strips to offset the slope of the floor. At one end the strip measured one-half inch; at the other end it measured 4 inches - need I say more!

### Handy Gloves

I went back to the dump last week. It appears I have two more

trips worth of stuff left to haul away. (I should be hauling that 6.5 hp mower away!) I have my super gloves ready. I swear I can pick up anything if I wear my supergloves - even 3/4 inch pressure treated plywood.

### Cleaner Air

Here is a little tidbit. Everyone knows about changing the filters for your HVAC (heating ventilation and air-conditioning) system. But did you know that you can pull out your registers and swab the inside area down with chlorine bleach? It works really well in helping to purify the air by destroying the mold and mildew. Just be careful you don't inhale the bleach fumes. Dilute the bleach with water first. Trust me, I know...hack...cough...cough.

### All Charged Up

My nephew, Harry or better known as McFlye, is visiting. We are doing experiments with electricity. One of the experiments is playing with a motor and a photovoltaic cell. I wish my car would run on a photovoltaic cell. Heck, I wish the bogus lawnmower would run on photovoltaic cells. Come to think of it, I just wish the stinkin' mower would run period.

## Build Your Skills Before Your Next Construction Project

The University of West Florida and Gulf Power will present a Construction and Engineering Technology speaker series Nov. 7 in the University Commons Conference Center, Building 22. John Tooley, senior building science consultant with Advanced Energy's Applied Building Science, will conduct the seminars. The cost is \$30 per person per session. Seating is limited, and advanced registration is required by Oct. 31.

"Framing for High Performance Buildings" will be held from 8 a.m. to noon. Topics will

include how to build consistent framing that improves insulation and decreases infiltration and the 13 framing details that are most often done wrong. "What Every Homeowner Should Know Before Purchasing or Building their Next House" will be held from 1 to 4 p.m. Topics include essential tips and knowledge people should know before buying or building a home.

For more information or to register, contact the UWF Division of Continuing Education at (850) 474-2914 or visit ContinuingEd.uwf.edu.

**Pensacola Beach Residents and Leaseholders Meeting**  
**Tuesday, October 10**  
**Beach Community Church**



**BOAT BUILDING BABE & HER CONTRAPTION** - For the second consecutive year, Melissa Adderholt of Flounder's on Pensacola Beach has constructed a formidable entry for the Anything That Floats competition. Her first homemade vessel was comprised of two beer kegs, plywood and red tie-down straps. It was stylish, but hard to paddle. This year, the vessel so aptly named, - The Flounder's Diesel was a steamline boat with PVC outriggers. Decked out in the traditional Flounder's tropical shirts, Dedrick Harmon, left, and Capt. Melissa prepared to launch the wooden wonder as fans look on with amazement.

## Houdini's Bike and Hot Rod Show Rumbles to Pensacola Beach

Motorcycle enthusiasts will rumble into Pensacola Beach, Friday October 13 for a weekend of fun. Houdini's Rumble Beach Annual Charity Bike and Hot Rod show will be held at the Hilton Garden Inn with indoor and outdoor displays, vendors and entertainment. Riders can sign up for Rumble with Cack, a Poker Run which begins and ends on Pensacola Beach. All proceeds benefit ARC Gateway Escambia.

For more information, schedule updates, vendor information or sponsor information call 850-434-6364 or visit [www.rumblebeachinfo.com](http://www.rumblebeachinfo.com).

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## Real Estate For Sale

### Lots • Lots • Lots Gulf Breeze Proper

133 Eufaula Street, large parcel. Desirable location. \$1,899,000 Lots may also be purchased individually. MLS: 308878

### Santa Rosa Villas

1754 Ensenada Seis, Gulf Front Lot, In Private Cul-De-Sac, \$1,680,000  
MLS:288030

### 603 Ariola Drive

Corner Lot, Located across from Gulf, Public easement to Gulf, \$840,000 MLS:293192

### 1581 Bulevar Menor

Lowest priced Sound Front Lot MLS# 303140 \$525,000.

### 800 Via de Luna

Large Corner Lot in prime location \$550,000  
MLS:295784

### Santa Rosa Villas Estates

Lot 7 Calle Marbella, Gulf View Gated Subdivision \$545,000 MLS:290526

### Navarre Bay Front Lot

8052 Sleepy Bay Blvd. Priced at \$325,000. MLS: 296513.

### Call Conna O'Donovan

Re/Max on the Coast The Beach Specialist cell: 850-232-4001 home: 850-932-1701 office: 850-932-6278 connadonovan@aol.com www.connadonovan.com

### Gulf Breeze Canal Lot.

Open to the Sound. Good Schools. Close to shopping, golfing, and boat launch. Owner financing. Reduced to \$300,000. 850-932-8512

### Two Bedroom Pensacola Beach

house. 304 Via de Luna. Updated interior. Roof top deck. \$499,000 Jeremy Johnson, Island Realty. 850-377-3145

## Real Estate For Sale

**Contemporary Island Home**  
Gated Community with pool and pier. Unobstructed Gulf front views. 3BR/2BA. 2400 sf. Jeremy Johnson, Island Realty. 850-377-3145

### Pensacola Beach Townhome

Three bedrooms, two and half baths, just steps from the Gulf. Great waterfront views from patio and balcony. As is price makes this a great investment property. \$395,000. Call Dennis Remesch, Re/Max on the Coast. 850-384-7607

### Pensacola Beach - La Caribe

\$1,399,000. Gorgeous top floor unit of this luxury triplex in the heart of Pensacola Beach. This beautifully furnished unit comes with all furniture and wall decor. It has 4 br, 4 baths, 4 balconies, and a two car garage. Building has elevator, and suffered almost NO damage in IVAN or Dennis. Built in 2001 it is ready to go. Currently leased for \$3500 per month until early 2007. Entire building may be purchased including the two identical units below for \$3,499,000. Other units have been rented for \$5000/mo until recently. Motivated seller will consider doing some owner financing up to 30% of purchase price. You've just got to see the beach views of the central beach.a.and the longest pier on the Gulf. Stuart Reynolds, Keller Williams Realty, 850-712-3465

### East Pensacola Heights

Townhouse 2 bed/ 2 bath fenced backyard \$154,900 Jeremy Johnson, Island Realty. 850-377-3145

## King Crossword

Answers

**Solution time: 27 mins.**

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| R | A | F | L | O | F | T | U | S | E | R |   |
| E | T | A | Y | A | L | E | N | O | G | O |   |
| F | A | N | C | I | F | U | L | C | L | A | M |
| T | W | A | N | G | S | B | U | D | D | Y |   |
| H | O | S | E | A | L | F | A | L | F | A | S |
| U | N | I | S | N | A | F | U | A | M | T |   |
| S | T | A | R | W | A | R | S | K | N | E | E |
| P | O | L | Y | P | S | A | R | A |   |   |   |
| A | B | E | T | F | A | N | Z | I | N | E | S |
| N | O | A | H | A | L | O | E | G | N | U |   |
| G | E | R | M | D | I | B | S | O | D | E |   |

## Real Estate For Rent

**Vacation Rental.** 2BR/2BA condo with panoramic Gulf View from all rooms. VRBO.com/95159 or call 850-932-0775 or 800-554-3695. Mention VRBO #95159 for discount.

### Gulf Side Condo - Annual Lease,

Regency Cabanas - Pensacola Beach. 2 Bedroom/2.5 bath furnished Available Now \$1800/month Call Realty Marts International 850-932-5376

### Gulf Front Condo-Emerald Isle

on beautiful Pensacola Beach. Two bedroom Two bath, heated pool / jacuzzi. Tastefully furnished. Call 850-934-3442

### Gulf Front Home Winter Lease.

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## Items For Sale

**BEDROOM SET** - 7 piece Solid Wood Set, still in box. Retail \$3000. Sell \$1095. Can deliver 850-418-2015

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**Bill Sharkly,**  
Toothy Times 1981

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## King Crossword

### ACROSS

- 1 U.K. fliers
- 4 Hay storage site
- 8 Addict
- 12 Greek vowel
- 13 "Boola Boola" venue
- 14 "Fuhgeddaboudit!"
- 15 Imaginary
- 17 Silent one
- 18 A whole lot
- 19 Pal
- 20 Nasality
- 22 No stay-at-home
- 24 Firetruck necessity
- 25 Forage plants
- 29 Numerical prefix
- 30 Glitch
- 31 Qty.
- 32 Sci-fi film classic
- 34 Dandling site
- 35 Abominate
- 36 Failed to
- 37 Coral creature
- 40 Country singer Evans
- 41 Serve as a henchman
- 42 Idolaters' publications
- 46 Ham's old man
- 47 Lotion additive

|    |    |    |    |    |    |    |   |    |    |    |    |    |
|----|----|----|----|----|----|----|---|----|----|----|----|----|
| 1  | 2  | 3  |    | 4  | 5  | 6  | 7 |    | 8  | 9  | 10 | 11 |
| 12 |    |    |    | 13 |    |    |   |    |    | 14 |    |    |
| 15 |    |    | 16 |    |    |    |   |    | 17 |    |    |    |
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| 20 | 21 |    |    |    | 22 | 23 |   |    |    |    |    |    |
| 24 |    |    |    | 25 |    |    |   |    |    | 26 | 27 | 28 |
| 29 |    |    |    | 30 |    |    |   |    |    | 31 |    |    |
| 32 |    |    | 33 |    |    |    |   |    | 34 |    |    |    |
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| 37 | 38 | 39 |    |    |    | 40 |   |    |    |    |    |    |
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| 46 |    |    |    |    | 47 |    |   |    |    | 48 |    |    |
| 49 |    |    |    |    | 50 |    |   |    |    | 51 |    |    |

- 48 Wildebeest cry
- 49 Microbe
- 50 Claims, slangily
- 51 Praise in verse
- DOWN**
- 1 Ump
- 2 - glance
- 3 Film with dancing hippos
- 4 Untruthful
- 5 Lummoxes
- 6 Winter ailment
- 7 - Aviv
- 8 Straighten
- 9 Auctioneer's notation
- 10 "Zounds!"
- 11 Michele's high-school pal
- 16 Traffic pylon
- 19 Suitor
- 20 So
- 21 Refuses to
- 22 Sun problem
- 23 Does in, Sopranos-style
- 25 Body sci.
- 26 Lively dance
- 27 Congregation's call
- 28 Marginalia notation
- 30 Trade
- 33 Beat
- 34 Te Kanawa opera fame
- 36 Stupefies
- 37 Throe
- 38 Reed instrument
- 39 Archie
- 40 Uppy sort
- 42 Craze
- 43 "The Greatest"
- 44 Conclusion
- 45 Seek restitution



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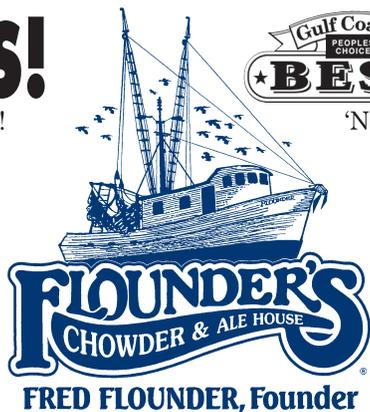
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 - Fromers Guide to Florida



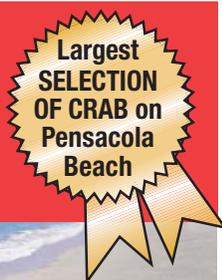
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*"Great Vibes...and happy guests"*  
 - Florida Trend Magazine



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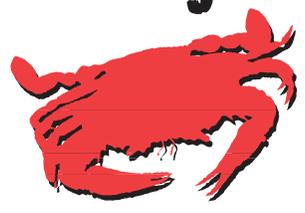
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