

# ISLAND TIMES

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August 11, 2009

## Kindergartners Learn Everything They Need To Know At Beach School



Sticking together when you go out into the world is an important lesson that Beach School kindergartners will learn from their teacher Jennifer Neal (background). Five-year-olds (L to R) Dylan Seeker, David Reece and John Reece are ready to join the ranks of the Beach School Sandpipers when the school bell rings on August 24. For more on this story, see Page 2.

# School Applications Soar, Enrollment Policy Changes

Too many children. Not enough room. This dilemma has haunted the Pensacola Beach Elementary School Board for the past several years. As more families have moved to the Beach and more students from other areas have applied for entrance into the Beach Charter School, the program has strained the facilities beyond repair. The Enrollment Policy Committee worked on a solution to bring before the Board and although they admitted that their recommendation is not perfect, it was approved during the summer.

The Enrollment Policy Committee recommended that the School give priority to children who live on Pensacola Beach. Applicants from off beach homes would only be accepted if the student cap in that grade had not yet been reached.

As of July 26, the Board had already received 168 applications, and the enrollment cap at the Beach School has been placed at 144 students. The enrollment period ends on August 14 at 4 p.m. and the Committee will meet that evening to determine who will be able to attend the school.

"This is the hardest thing I have ever done in education," Jeff Castleberry, principal said, when he told the board at their July 26 meeting that not all applicants who want to attend the Beach school would be accepted. "School is about building relationships with parents and kids. We have raised the limits to allow more students to attend. People are moving to the Beach. It is sad that some kids who have been here since kindergarten and are an asset will not be able to return, based on the fact that they do not live on the Beach. We have built a relationship, but now they are facing not

coming to this school."

In the meantime, the School is ready to start classes on August 24 with all the pre-planning and preparation complete.

Another difference this year will be that no food will be served at the School. Children must bring their own lunch to school. Also, the students may arrive as early as 7:30 a.m. with the final bell ringing at 8 a.m. to begin classes.

In anticipation of a smooth opening day, the School has scheduled an Orientation Night on Thursday, August 20 from 6 to 7 p.m. Parents only are invited to this event where they will meet their child's teacher, and be given a great deal of information.

"Orientation is where parents are informed of all the happenings, policies and expectations of the year," said third grade teacher Joy McLaurine, a Board member. "It is so that we all start on the same page the first day of school. Usually, the parents bring their child's supplies to this meeting."

The July School Board meeting closed with a review of Jeff Castleberry's performance and he was given a year's renewal to his contract plus a bonus equal to that given to all the teachers.

Board member Shelby Smith said, "We need to give to the principal more support with additional help in handyman services or support personnel."

The Board voted to accept the slate of officers for the coming year including Todd McCurdy, president; Kim Homewood, vice-president; Julie Cardwell-Fritz, treasurer; and Reed Dunne, secretary. The board still needs a replacement for former member Patrick Lanza, who

resigned this summer, and a second member from the teaching staff will round out the board.

The School always welcomes the incoming class of 22 kindergartners who will begin their school career under the expert tutelage of Jennifer Neal. They will be introduced to the Promethian Board where they will work on the details of their morning meeting, like singing and journal writing.

Some representatives of these computer savvy five-year-olds are on the front page of this issue.

Neal manages to tuck an unbelievable dossier of facts into the bright minds of her eager students. By the end of the year, they will be reading, doing math from their own books; learning the calendar, names of all 50 states, continents, oceans,

and all of the presidents.

Besides all that, the Beach School's youngest class likes lunch time, recess, going to the Beach, PE, checking out library books and trying to win the Spirit Stick which goes to the class who has the most students wearing Sandpiper t-shirts on Friday.

There are classes in Spanish, art, music and more. Neal who lives most of her life with her "little friends" at the Beach School, shared some of her favorite adult philosophies.

"I appreciate the incredible support from our community and volunteers which makes it unlike any other school where I have taught."

This is the fifth year for Neal at the Beach School. Her teaching career began in 1989.

"I also appreciate Mr. Castleberry," she said. "I appreciate his tireless effort to make PBES the best it can be."

Neal mentioned her favorite book "All I Need To Know I Learned In Kindergarten" by Robert Fulghum, published in 1990. Many of you will remember he suggested that it was a great idea, no matter how old you are, to hold hands and stick together when you go into the real world. Maybe the "little friends" will want to write that on their white board every day and recall the phrase as they advance, year by year, through the next five grades as the Beach School.

Sticking together, hand in hand, according to Jennifer Neal, is a great way to begin kindergarten and is the key to a good life every year after.

## SRIA Hires World Renowned Planner

Ed Stone and Associates of Ft. Lauderdale won the Santa Rosa Island Authority contract to provide a visioning plan over four other applicants, including Wallace, Roberts and Todd, who had prepared a plan for Pensacola Beach twenty-two years ago.

EDSA brought a striking list of credentials to the table at the Ad Hoc Committee which recommended them to the SRIA at their July 8 meeting. EDSA has completed projects all over the world in waterfront communities like Amelia Island, Atlantis Paradise Island in the Bahamas, Dubai Festival City, Dubai, United Arab Emirates, and Hongtang Bay, HaInan China.

The firm is already well acquainted with Pensacola Beach, having designed Portofino, the Beach Club and the Indigo Hotel.

The firm told the Island Authority that they thoroughly understood the concept that the area they will consider is the core which is the area along Pensacola Beach Blvd. and Via de Luna between the north entrance to the Beach and the east entrance to the Beach at Portofino.

The initial planning concepts for consideration in the Master Plan are:

- Landscaping, lighting and

hardscape

- Parking needs - current and future
- Traffic calming
- Pedestrian access
- Transportation to/from Pensacola Beach via waterways
- Eco-tourism
- Transportation and Parking Facilities

The presentation then offered that these areas have been identified to achieve a series of goals including:

- To ensure that Pensacola Beach maintains and develops an identity that will protect and enhance the quality of life for residents and visitors alike.

- To develop a plan which solves transportation needs, both land and water based, to provide an end result that allows all users to gain easy and safe access from vehicular and pedestrian aspects.

- To identify and refine the elements of Pensacola Beach related to entertainment, nature and water based recreational activities or eco-tourism and to leverage these assets to visitors and ensure a plan is in place to protect the same assets for the residents of Escambia County

- To develop a series of beautification projects that will enhance the entry experience, way finding elements, streetscapes, environment and landscape treatments.

The EDSA staff consists of 300 planners, landscape architects, urban designers and support personnel.

"Our intellectual ideals are firmly rooted in professional reality," officers of the firm say. "Our primary objective is to always create value through excellent design, completed on time within budget."

EDSA works from offices in Ft. Lauderdale which is the headquarters, Orlando, Los Angeles, Baltimore and Beijing.

Buck Lee, SRIA executive director, has noted that the public will be invited to attend meetings and to give input as the plan proceeds. No dates have been set for these meetings yet. The cost of the plan has not yet been determined, but the minimum amount of \$150,000 has been designated from the Island Beautification Fund to begin the process.



Doug Coolman, EDSA, made the presentation at the SRIA.

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# Barefoot on the Beach

By Jane Waters Cooper



## Bits & Pieces

### HERO

When Sandi Johnson, circulation manager of the *Island Times*, heard that an Army hero would bring his action figures to Pensacola Beach on July 25, she quickly made her way to the Sandshaker to get a pair for her two small grandsons. The hero was Milton High graduate Sgt. First Class Brandon Adams, a real soldier who is credited with preventing a suicide bomber from carrying out his fatal mission in Baghdad. Adams was one of eight soldiers in the United States called on to be named as a Real Hero and has his own personal version of G.I. Joe. It's a great keepsake.

### BOTTLES, DOGS, LITTER

Ever since I can remember, the Santa Rosa Island Authority has been trying to protect its visitors from accidents and health problems by banning bottles, dogs, and litter from the Beach. There are even huge fines which would be imposed on folks who break this rule, but as far as I know, it has only been recently

that officers have issued tickets. Can land planners come up with some gentle, but effective way, to ask visitors to leave only their footprints, please? Even a member of the SRIA, in the early eighties, said, "You will not stop me from bringing my bottle of wine to the beach in front of my house."

That attitude survives, at this very moment when the SRIA is pleading with the convenience stores not to sell drinks in glass bottles on the Beach. It could help, but managers are not listening, so the Authority is going to the top dogs, the corporate officers.

### BANDS ON THE BEACH

Free concerts on Tuesday nights in the summer bring thousands of music lovers to the Beach. Traffic is backed up all the way to Gulf Breeze as these folks try to make the seven o'clock starting time. In an SRIA meeting, Dr. Tom Campanella asked, "Are these people bringing any business?"

Well, even the Beach residents are bringing their coolers, chairs,

tables and children to the concerts. Maybe, they don't spend much if anything, but, Dr. Tom thinks of the goodwill these concerts are generating, all the way from Gulf Breeze Parkway to Main Street in Zanesville, Ohio. Where will these people go on vacation next or just eat a nice dinner? Isn't Pensacola Beach the obvious answer?

### NAN'S FEATHER

Former Spanish teacher at Gulf Breeze High School, and well known Pensacola Beach Realtor, Nan Harper has another feather in her cap. I never noticed her wearing a feather among her many embellishments such as medals, buttons, colorful scarves, and gold braided epaulets, she has a feather now that's pretty hot. She has been elected president of the Women's Council of Realtors of the State of Florida, and she's bringing the group to Pensacola Beach for a meeting in October. Nan is the first person from this area to serve as president in 33 years, and she is going to need some help funding the conference. So, let's

pitch in and give President Nan some money. Send it to Nan Harper, Island Realty, 45-B Via de Luna, Pensacola Beach, FL 32561.

Or if you want to go by and see her, deliver your contribution. Maybe she'll show you her new feather.

### DEPEND ON DEPUTIES

When Claire Cullerton and Carol Ascherfeld brought up all the problems Beach rentals for weddings and big parties are causing on the Beach at Grover Robinson's Town Hall meeting this summer, he told them to call the deputies and report the noise, litter, crowds, whatever. "They will help you," he said.

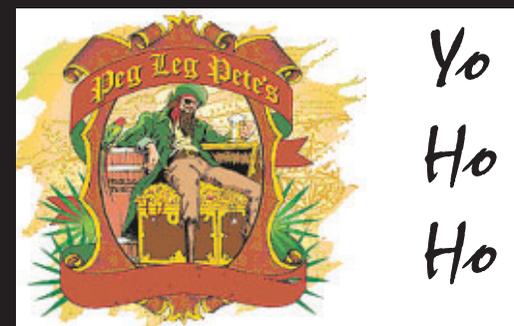
Or if someone commits a more serious crime such as swiping your automobile (car thieves prefer convertibles with the keys left in the console) just call 911 and the cops will likely locate your vehicle.

### COME BACK TO PENSACOLA

The second best place to buy a home toward retirement is Pensacola, according to *USA Weekend*, Helena, Montana beat Pensacola for number one, but three other cities followed; Creve Coeur, Missouri; Traverse City, Michigan; and Butte-Silver Bow, Montana. Selection was based on recreation, weather, health resources, crime, and cost of living which is below the national average in all five towns.

### AND, FINALLY

Be sure to watch for the date of the first public meeting to view and discuss the presentation of the land plan by EDSA. It was promised by Buck Lee, Island executive director, that the public would have their few minutes of fame when they could give input. Keep this one on the top of your "to do" list.



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# PEOPLE

## PART TIME IN PARADISE

Rob and Debra Scanlon split their time between Nashville and Pensacola Beach. One of the first things they do when they arrive at Santa Rosa Dunes is get their copy of *Island Times* to find out where to go and what to do. They admit taking an extra copy back to Nashville for co-workers to read.

## YACHT CLUB FILLS HIGH SEAS

The Pensacola Beach Yacht Club now boasts a membership of 165 skippers, but there is always room for one more. This month's newly accepted members are Rocky Hanson and Cebbie Collette of Gulf Breeze.

## CAKE FOR ONE

Kenady Cook had no trouble blowing out the single candle on her birthday cake on August 5 at her family's home in Destin. According to Grandmom Pandora de Balthazar, the one-year-old tyke was not too sure about eating the decorative icing, but finally Kenady made her way to the plain chocolate cake beneath and chowed down.

## SUMMER CAMP FOR MOM

Attorney Jennifer Byrom had to keep herself very busy for four weeks this summer while her daughter Gracie attended camp in Northern Alabama. After spending all day at the law office, Jennifer did a great deal of sailing to pass the time. Gracie will enter the ninth grade this year.

## UP THE COAST

Krewe of Wrecks board member Melanie Waite has tales to tell about a 21 day junket up the eastern seaboard of the U.S. Melanie, along with her family Celene, Jim, Cayle, Darby and Kye Sessions hiked in South Carolina; saw museums, monuments in DC; toured wineries and covered bridges in Maryland; saw tall ships, historical sites and ate at Cheers in Boston; rode a ferry to Nantucket; ate pizza at Mystic Pizza in Connecticut; caught fish and lobsters and toured Acadia National Park in Maine, visited Jamestown and Busch Gardens

Williamsburg in Virginia. The highlight for granddaughter Cayle was celebrating her thirteenth birthday with the ponies at Assateague Island.

## FOREVER REMEMBERED

Novelist Steve Alten memorialized former Pensacola Beach resident the late Peter Geier in his deep sea science thriller "Meg: Hell's Aquarium." Peter's character of the same name, is introduced as a wheelchair bound scientist who has advanced auditory skills, and serves as part of a top notch team. The book is available at amazon.com.

## TIDE ROLLS FOR BRYANT

Former professional baseball player Patrick Bryant has an all-star year planned. He is entering his senior year at the University of Alabama in August and will graduate in May 2010 with a degree in Finance and Economics. He set a wedding date for June 5, and then has his eye on post-graduate work with a goal to complete that program in December 2010. Sounds like extra innings.

## TEACHERS TURN

It's back to school time for the hard working educators on the Island. Beach resident Sherry Hobbs is looking forward to leading a pre-kindergarten Exceptional Student Education class at Oriole Beach Elementary. Sandee Bredesen has accepted a post at Hallmark Elementary School as part of their ESE staff. Kelli Gunter, who was raised on Pensacola Beach, will teach first grade at the Beach School.

## WEDDING BELLS

Longtime sweethearts Bobby Loughridge and Haley Lauren Geiger were married on Pensacola Beach at Our Lady of the Assumption, August 8. Bobby is the son of Jack and Kitty Loughridge.

## PLAYING POSSUM

Reigning king of the Krewe of Nereids George Henshall and his wife Peggy traveled to Wausau, Florida to the Possum Festival, August 1. Peggy, who owns Cajun Stitchery, perused all of the arts and crafts. According to King George, "Our 39th anniversary is

August 14, so we decided to make the Possum Festival weekend part of the celebration. We danced in the streets."

## COOKING UP FUN

Young Emma and Jared Rodriguez became islanders briefly while visiting their grandparents Chrissy and Mike Cook in Villa Sabine. They hit all the Beach hot spots and attended the fire station grand opening. The rest of the year they live in Austin, Texas with parents Stephanie and Titus.

**Memorial Services for  
Chuck L'Oignon  
Sunday, August 16  
1 PM  
Pensacola Beach  
Elk's Lodge**

# Trivia???

The Trivia Master has slain the dragon. Not one single, solitary, Beach super genius got the answer to this week's trivia. The Trivia Master, at last, stumped everyone. The coveted *Island Times* t-shirt is still on the shelf, and the Trivia Master is strutting around his office, looking like a puffed up toad.

The question was, "Once there was an ice cream shop on Pensacola Beach named PJ's Sweets. Who was the well known owned of the business?" The answer is Dr. Thomas Campanella, elected member of the Santa Rosa Island Authority.

The shop was one of the first shops located in the commercial area opened by Surf and Sand Cottages when they converted some of the rental cottages to retail.

This location was not quite prehistoric, but it was pre-Sandspur Republic. And Thomas says

that he does not know what the initials PJ stood for, but he does, however, still have the sign in his garage.

The Trivia Master did get a note from June Guerra, who reminded him that she had a dessert bar, J's Sweets, in the Jubilee Complex. Close, but not the right answer.

Now, T.M., the Puffy Toad, is going for two victories in a row. He's looking for another doctor's name - the one who originally owned the spaceship house on Via de Luna. Name him.

Be the first to email the correct answer and you will get an *Island Times* t-shirt. Where are you, Queen of Wrong Answers? This one is for you.

Rules are the same. Send your answer to islandtimes@bellsouth.net with "trivia" in the subject line and include your name, phone number. Deadline to answer is August 18, 2009. Good luck!

## THE WATERFRONT STAGE

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Wed AUG 12 Latino Nite  
Thu AUG 13 Ben Robinson  
Fri AUG 14 D'Vyne  
Sat AUG 15 30 x 90  
Sun AUG 16 Tomato, 30 x 90

Tue AUG 18 The Sauce Boss  
Wed AUG 19 Dash Rip Rock  
Thu AUG 20 Dash Rip Rock  
Fri AUG 21 Ben Prestage  
Sat AUG 22 Ben Prestage  
Sun AUG 23 Tomato

Tue AUG 25 The Sauce Boss  
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# PTA Supports Multiple Projects At Beach School

The children at the Pensacola Beach Elementary School may not even realize it, but their parents in the Parent-Teacher Association put a lot of wheels in motion when school opens in August.

"Last year our biggest accomplishment was paying for half of the purchase of Promethean boards for all the classrooms," Monette Hodges, president said. "This year we are going to focus on the outdoors which will include playground equipment."

The PTA sponsors numerous fundraisers in order to achieve their goals.

"Our annual Fall Festival in October is one of our main fund generators," Hodges said. "We also have other fundraisers including gift wrap sales, cookie dough sales, doughnut drives, movie night and others."

All the projects and programs established by the PTA go to the ben-

efit of the children at the Beach School.

They host the Santa Shop at Christmas, help with field trips, and they also put the yearbook together for the school.

They sponsor incentive programs for the kids such as Beach Brigade and the Sandollar Store. They also help with Spring Fling which is an art and music festival. The PTA hosts an annual Spaghetti Dinner.

Anyone is eligible to join the PTA. Parents, PBES staff, grandparents, community members and others are all welcome. Dues are \$7 per family and \$5 per individual.

Although other officers have not yet been named for this year, Hodges said Karen McCurdy is the vice-president.

For more information or to join the PTA, call the Beach School at 934-4020.

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## SANDSHAKER LOUNGE

The "World Famous Sandshaker"- a Pensacola Beach Tradition since 1973. It's the Home of the Original Bushwacker and has been selling this signature drink for over 30 years. The Shaker was the 1st bar on the Beach to offer this tasty frozen concoction. Live Music Wed, Thurs, Fri, Sat & Sun. Karaoke Tuesday. "Grilling & Chillin'" with Lost Kees, Sat-Sun 1:30 to 6:30 p.m.

Across from the Boardwalk on Pensacola Beach. Open 10 am until 3am. 850-932-2211. www.sandshaker.com for photo gallery and event schedule.

## NATIVE CAFE

Open at 7:30 a.m. six days a week. Closed on Tuesday. Owned and operated by friendly natives serving locally produced seafood and delicacies. The Fish Tacos are an experience to enjoy. The owners say their goal is to preserve the unique flavors of the Gulf Coast. Go fresh. Go native. Specialty desserts top off expertly prepared meals. Seating is informal. Art gallery setting with local artists displaying whimsical works.

45 Via de Luna. Downtown Pensacola Beach. 934-4848.



## peas, porridge & a dry martini

by Kathi Lewis

Have you ever had a flying dream? Man, those are the Cadillacs in the Land of Dreams. I'm a very lucky gal because I've "flown" over the Beach twice. The flying part is so easy in the dream you wonder why you're not using this incredible ability all the time. I progress from running along the beach into taking huge leaps which get bigger and bigger until suddenly I'm airborne. I continue flying with arm and leg movements that seem as natural as breathing. What a cool way to get around Paradise. (Special note, this only happens in my dreams. Should you see me running for real, please help me!)

I watched a daytime talk show about dreams once. The special guest was a doctor who explained some of the complexities of dreams. One complexity being that "scared frozen" thing we all experienced in childhood dreams. He said that happened because we are literally paralyzed while we sleep. Yeah, who knew?

I've always loved dreams and I'm very good at having them. I dream in technicolor and high definition, too. I am also capable of waking up and returning to the same dream. I think my record is being in the same continuing dream three times in one night.

Once I woke myself up laughing like a crazy woman. Now this happened many years ago but it is, my friends, still a very funny dream. Let me tell you about it.

A bunch of the SOB's were having lunch somewhere. You know those coupon books sold by schools every year-the ones with the discounts on all kinds of things?

In the dream, Deb Friedman was telling us that she had a new coupon book. But this coupon book was for live animals (just the eating ones, calm down). We asked Deb if she had used a coupon and she told us she had bought a chicken.

With horrified looks, we were all waiting for the disposal method used, when Deb laughingly said, "I used the Brunt Method!"

"The Brunt Method? Oh my

God in Heaven, what is that?"

Still laughing, Deb replied, "I talked Andy Brunt into doing it!"

Yes, I nearly rolled out of bed on that dream. In fact, I'm still laughing about the "Brunt Method." If there's something I need done, I'm calling Andy.

I recently had a really cool dream about Buckingham Palace, but alas, that will have to wait for another day and another column.

One dream I've never regretted is the real dream of my life and that is my husband, Bill. We celebrated 21 years of "wedded bliss, miss or kiss" on August 1 and it has certainly been the ride of our lives.

He has been my knight in shining armor for many years and still continues to rescue me as he did the first day we met. Although I'm sure he'll tell you the rescues haven't always been easy, he never seems to mind the complications. Whatever happens, we just say, "We'll get through this. We get through everything!"

Happy Anniversary, I can hardly wait to see what the next 21 will bring.

For now, it's already time to go back to school and pack those lunchboxes with something good! So, let's cook.....

### Easy Fruit Dip

- 1 Can fluffy white cake icing
- 1 Container sour cream
- Fresh grated coconut

Add sour cream to fluffy white cake icing to taste. Stir in coconut. Store in refrigerator (will keep a couple of weeks if tightly stored). This, of course started life as cake icing but I got into a big hurry & not much time during Red, White & Blues on the Beach. I put the container on the counter to ice your own star shaped cakes, but my niece, Melissa Whidden (visiting from GA) ate it as a dip with fresh strawberries.

She said, "Aunt Kathi, this is so good, it needs to be in your column."

So, here you go darlin' - this one's for you.

See ya in the kitchen...

# Beach Businesses Report Economy Is Riding A Wave

Real estate closings are taking place, hotels have been full all summer long, fall festivals are already in the planning stage, and the Pensacola Beach Chamber of Commerce members were all smiles at their July 28 meeting.

The upbeat economic attitude permeated the meeting as the businesses began to prepare for a full slate of fall festivals.

One of the first will be the Jamaican Festival, sponsored by Bamboo Willie's September 4 to 6 on the Boardwalk.

"The Bathtub Races which are a benefit for the Chamber will be on Sunday, September 6," Robert Gleim, general manager said. "This is a great opportunity for the Chamber to make some money."

All of the proceeds from the tub entry fees go to the Chamber. Jim Cox, JLSC Properties announced that he was looking for a paddling partner, so he could enter the race.

The Chamber's next big event is the second annual Taste of the Beach at the Gulfside Pavilion on Sept. 19 and 20.

"Lots of wonderful things are planned for this festival," said Renee Mack, Paradise Grill manager, who is the event co-chairman. "We will have music from bands and the dancers from Dancingly Yours."

Beach restaurants will present their line up of signature dishes.

Diners can eat under the tent on the beach or they can get take out. All entrees will be \$5 or less.

The Chamber's popular Art and Wine Weekend will be October 3 and 4. This is a beachwide festival with venues all over the island, many with live music and all with works of art for sale.

The Chamber Board approved a budget for the advertising of the two festivals.

During the business session, members discussed the activity of the Economic Development sub committee of the Consolidation Study. Mike McLaughlin, who represents the Beach on the committee, said the major focus of the committee is to bring high paying jobs to

Pensacola. Although McLaughlin suggested they discuss tourism, he said they continued their push to bring more jobs and to cure the difficulties that new businesses face in permitting from the County. A report with recommendations is due from this sub committee by September 6.

DJ Zemenick, Barrier Island Photographer, reminded everyone that the turtles are nesting now with a total of about 22 nests. They will be coming ashore until the end of September.

Chamber members set business aside and attended Business After Hours on July 28 hosted by Crab's We Got 'Em. They ended their day with a feast of scallops, crabs legs, shrimp and a sumptuous dessert tray provided by Crabs.

The next meeting will be Tuesday, August 25 at 8:30 a.m. at the Comfort Inn. Business After Hours will be the same day at 5:30 p.m. at the Days Inn.

For more information about the Beach Chamber, call Executive Director Maureen LaMar, at 932-1500.

## Wine Talk

By David Griffin,  
Beach Wines  
& Liquors



### ARE YOU FEELING MUDDLED?

Syrupy daiquiri mixes and packaged powders may be fine for mixing cocktails when time and convenience are factors; however, nothing beats the real thing. "Muddling" is the technique by which one takes fresh lime or lemon slices and presses and twists them with a blunt object in the glass to extract the fresh juices and plant oils. For mint juleps, nothing is better than muddling fresh mint leaves, which permeates the air and your soul with a minty aroma that leaves everything else in the dust. The next time you make a Margarita or Tom Collins, try muddling the lemons and limes instead of purchasing powdery mix. Your senses will immediately pick up on the difference. HINT: Try making Sangria with fresh muddled fruit ingredients.

Cocktails are great any time, for any occasion, for most everyone! At Beach Wines and Liquors, Inc., we have great advice to give regarding cocktails, including methods of "muddling." We offer fine spirits and wines from all over the world. Come browse our vast selection at 5 Via de Luna. Questions? Call 850-932-8850.



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# BUSINESS BUZZ .....

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## FLOUNDER'S FOREVER

Becoming a fixture at Flounder's Sunday brunch took years, but musician Tim Spencer achieved it. He thought he would mix it up by playing Gulfside at Crab's on Sunday. The change caused an uproar from the Flounder's fans, so he is back on the stage at Flounder's Beach. Go there and listen to his warm, rich voice.

## FOR THE HEALTH OF IT

Baptist Health Care's premier health and wellness event - returns to the Pensacola Interstate Fair-

grounds on Saturday, Sept. 19 from 9 a.m. to 3 p.m. Family Expo provides a convenient, one-stop environment for health education and screenings for adults and children in a fun atmosphere. The 17th annual event will feature free adult health screenings including stroke, heart risk and osteoporosis assessments, blood glucose screenings and much more. Speech screenings for children ages 2 to 5 years-old will also be offered. A long way from the beach, but worth the drive.

## SALTY TOGS

Now fishermen, boat captains, divers, and surfers have a place to shop on Pensacola Beach - Island Style. Salt Life brand apparel is available at the locally owned Beach store located next to Flounder's. If you love the Gulf, and live the life, then get the gear. It's hot and ready to go out the door.

## GETTING GRAND

According to owner Cindy Lumpkin, who can see the Grand Marlin from her Ft. Pickens Road condo, the roof is on and she is hoping for a "grand" opening in early 2010.

## WRIGHT RECOGNIZED

The Better Business Bureau of Northwest Florida, which is a member of the Beach Chamber, announced that Norman Wright, president and CEO, was named a Paul Harris Fellow by Rotary International at the Pensacola North Rotary chapter meeting July 17. Wright was surprised by the announcement; an anonymous donor nominated him. Wright also was recognized for having 10 years of perfect attendance at Rotary.

## GO ARGOS

The University of West Florida has been selected as one of 141 "Best in the Southeast" colleges recommended by "The Princeton Review" in its 2010 Best Colleges: Region by Region. The ranking lists are based on the 80-question survey which asks students about their school's academics, administration, campus life, student body and themselves.

## BYTES AND BITS

By Joe Stukey, Your Computer Pal

Q: "What is Magic Jack?"

A: Magic Jack™ is an internet-based phone service, often seen advertised on television. Its popularity is mostly due to its low cost. Costs are less than \$20 per year, after buying the Magic Jack device for another \$20. One end of the device connects to your computer through a USB port on your computer. A phone connects to the other end of the device through a regular phone jack. Once the software is installed on the computer, you can start making free internet-based phone calls through your computer.

The device can be purchased at several local stores. The reliability and quality of the phone line is generally good. You can make calls anywhere in the US for free, in addition to many countries around the world. The service will also work when you travel to foreign countries, so you can save money when calling from a hotel. Incoming calls can also be received. If you have cordless phones around the house,

those will work if you have attached the base phone to your computer.

Of course, there is always a downside to having an inexpensive service. In this case, there may be more than one downside. There have been many complaints filed with the Better Business Bureau because of problems with orders placed through the mail. Customers have been charged before the 30 day trial period ended, had difficulty finding a way to successfully return the product, had problems getting technical support, and have found that once the software is installed, there is no easy way to remove it from the computer.

Google this product before you buy it, look for complaints, and make yourself aware of the pertinent issues. And, if you do decide to use it, buy it locally, not from the TV ads. Also, remember that it only works if you keep your computer turned on.

For questions, contact Joe at joe@ycpals.com or 206-3156.

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# Comfort & Joy

by Pandora de Balthazar

The first day of school can be a stressful day for parents, too, so a good night's sleep is a necessity.

Science has proven that sleep deprivation reduces productivity at work and at school. Some studies also link poor sleep with increased susceptibility to health risks. To enjoy a deeper and more restorative night's sleep and a healthier life, here are some simple tips.

1. Retire within two hours and arise within one hour of the same time every day, even on weekends.

2. Avoid caffeine, nicotine and alcohol, which suppress deep sleep, within three to six hours of bedtime.

3. Avoid heavy meals within three hours of bedtime.

4. Use your bed for resting or sleeping, not for office work, watching television or playing video games.

5. Write out a "worry list" or "to-do list" of bothersome matters before bed to help your mind disengage.

6. Wake up refreshed.

Enjoy the first day of school and each day after. Be blessed with rest.



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# CLEAN CLEANERS



**PALS** - From left, Finn Allen, 2, and his brother Noah, 3, are hanging out with their new friend Jackson Stults at the Pensacola Beach Community Church Vacation Bible School Water Day Friday, July 26. Four-year-old Jackson is from Greensboro, Tennessee.



Visitors from Pleasant Hill, Iowa contacted Beach resident DJ Zemenick about the Sea Turtles on Pensacola Beach. With permission the Beattie brothers Sam, 13; Jake, sea turtle enthusiast, 8; and Nick, 10, got their photo taken near a nest. The nest later hatched 110 turtles.

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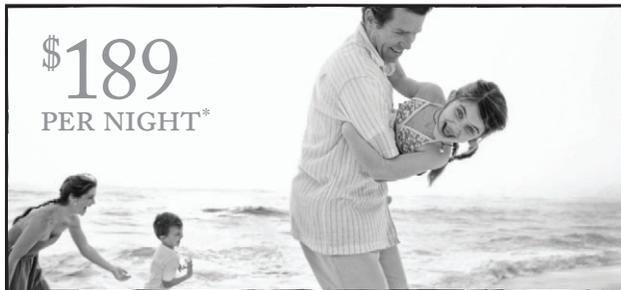
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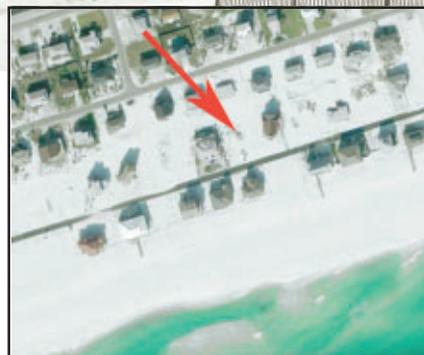
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OWN THE LIFESTYLE

# World Famous Sauce Boss Spices Up Taste of the Beach

Taste of the Beach, the popular September festival hosted by the Pensacola Beach Chamber of Commerce is having growing pains. Or, in the case of the people who attend, growing pleasures. The outdoor event will be at Casino Beach on Saturday and Sunday, September 19 and 20.

"We will have some new additions this year," Paradise Bar and Grill General Manager Renee Mack, event co-chairman said. "We will have a People's Choice voting system, so patrons can vote for their favorite restaurant."

Sandi Johnson will chair the voting process.

Co-chairing the festival with Mack is Jesse Brown from Native Café.

"This year, restaurants will provide food for as little as \$1 and nothing will be priced over \$5," Mack said. "This way people can enjoy more of the foods."

Rhonda Mitchell, representing Hemingway's, Bamboo Willie's and Bimini Bar, announced at the Taste of the Beach meeting July 30 that Budweiser will provide signs for each booth.

Lila Cox, Pensacola Beach Ad-

vocates, will head the recycling program and will contact local authorities to implement recycling.

"This could be a pilot program for the Beach Chamber in cooperation with the PBA to lead the way in being green at all events. Any cans or bottles that are used could be recycled."

The Chamber is planning two days of top notch entertainment to accompany the foods. The world famous Sauce Boss, Bill Wharton, will

perform from 1 to 3 p.m. on Saturday.

Other entertainment will be provided by the Miracle Strip Corvette Club's Corvette Show, Wildwood, Dancingly Yours, Miller Tyme.

A children's area, chaired by Terri McKamey of Tiki Island, will have face painting, sidewalk chalk, bean bag toss and other games. All entertainment including the children's area is free.

Participating restaurants in Taste of the Beach are Chamber

members. Any business which has not yet joined the Chamber can do so and become part of this festival, the Art and Wine Weekend in October, Season Your Holidays with Is-

land Spirit during the entire month of December, as well as other Chamber activities. Membership information is available by calling Maureen LaMar at 932-1500.

*The Bushwacker 5K Run winner Bud Galloway rounds the last stretch of the race in first place. He is urged on by Capt'n Fun Runner and UberCheerleader Phyllis Carr in her island style ensemble. Braving the muggy conditions, August 1, Galloway, finished the 5K in 16:09. Carr, whose enthusiasm never waned, cheered each of the 1226 contestants.*



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# The Lizzard's TONGUE

by E.K. Hewson



When I received my friendly reminder from the *Island Times* editor about the deadline and theme of this issue, I couldn't help but ponder the question: What ever happened to starting school after Labor Day? I remember in New Orleans, I attended school from the day after Labor Day until Memorial Day – summer was basically all of June, July and August. The Colonel, who grew up in Philadelphia, was on the same schedule as well. He always talks about how on the last day of school, his mom would pick him up in the family car filled with suitcases and his dog Kimba, and they would head to the Jersey shore for three entire months of rest and relaxation. I guess he and I are just really old school and out of touch. Or are we?

As I was shopping for the Kid's back to school supplies, I must have run into a dozen moms I know, mainly military wives which always gives you a nice sampling of different areas of the country. Much like Escambia County, the schools in St. Mary's County, where I now reside, start around August 24. So as we were discussing the cost of supplies and how many boxes of baby wipes (to be labeled "ART") we had to purchase, the early start date came up in discussion. I was the only one who had attended a school that started before Labor Day. I remem-

ber moving from New Orleans to Pensacola Beach mid-August of 1978, only to start my freshman year at Pensacola Catholic High within a few days of unpacking. I see they officially start classes this year on August 18. I guess some things never change.

So this had me thinking. How many days of school are mandatory? So I did the research. It looks like most states and school districts follow the 180 day rule. That is students must attend school for at least 180 days and/or 900 net hours of instruction. So let's do some basic math. My son has attended school in Maryland, California and North Carolina – both private and public institutions. The school day has always been a 7 hour day – some form of 8 a.m. to 3 p.m. Seven times 180 equals 1260 gross hours of school time. And I'm not talking the disgusting kind, though some students might disagree with me. Then if I subtract 900 from 1260, that leaves me with 360 hours. Taking that one more step, I have to account for lunch and recess for 180 days. If I calculate that out at one hour per day, I am now down to 180 hours or 25 days or 5 school weeks of non-instructional time that kids have to endure. Having taught for five years, I think these numbers are somewhat accurate. I now also know why "half

days" count towards the 180 full day mark – because the goal is really instructional hours, therefore, every minute counts.

So in keeping with the 180 day rule, is it possible for kids to attend school from September 8, 2009 through May 28, 2010? Realistically, no. I believe from Labor Day to Memorial Day, there are only 37 weeks or 185 available school days. Some schools take off every federal holiday; some pick and choose. Stuck in between Labor Day and Memorial Day are Columbus Day, Veterans' Day, Martin Luther King Day and Presidents' Day. That's four days right there. Next are the Thanksgiving, Christmas/New Year's, and Easter holidays, which most school districts now call Fall, Winter and Spring Break respectively. If schools only took off two days for each, which they don't, that's another six days right there.

The numbers probably don't tell the whole story, but no matter how creative I tried to be with my calculations, summers off from school have officially been shortened.

Well, at least Saturdays are still sacred. Until next time...



**JUST LIKE DAD** - Escambia County Firefighter Curt Isakson gave his sons a tour of the new Pensacola Beach Fire Station at the dedication ceremony on July 29. Seven-year-old Trevor, left, and Lucas, 3, had on their full firefighter's gear, ready to save lives, just like dad.

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The Pensacola Beach Fire Station's July 29 dedication ceremony included a check presentation from Bernard Jacob, Vice President of Customer Operations at Gulf Power, left, to Escambia County Commissioners Grover Robinson, center, and Wilson Robertson. The \$7,400 rebate was awarded for the environmentally friendly and energy efficient fire house design.

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## Recycling Record Set Beach Helps In Effort

The Emerald Coast Utilities Authority (ECUA) Recycling Program debuted the week of January 5 as part of the regular residential sanitation service. This simple and cost-effective program is being utilized by 32,000 residential sanitation customers. During the week of July 13 through July 17, the ECUA collected a record 130 tons of recyclable materials in Escambia County.

“Overall we have been averaging approximately 100 tons per week, but that number seems to be increasing. We had a couple of record setting days because of the Fourth of July and Blue Angel Weekend,” said Jim Roberts, ECUA publicity director.

ECUA, who provides the service on the Island, has a total of 853 residential customers on the Beach at this time. Of those 344, or 40%, are signed up for the recycling program.

Participation in the ECUA Curbside Recycling Program is voluntary, but customers requesting the service are required to sign-up in advance. Customers who choose to recycle receive one household waste collection, one pick-up of recyclables and one yard-waste pickup each week.

There are three convenient ways to sign up for the recycling program. Call customer service at 476-5110; visit the ECUA web site [www.ecua.org](http://www.ecua.org) or customers may include a note with their monthly payment.

## Noles Emeritus Society Plans Luncheon

The Florida State University Emeritus Society, a non-dues paying organization, is hosting a luncheon, Wednesday, August 19 at Tiger Point Country Club, at 11:30 a.m. A member is anyone who either graduated from or attended FSU prior to 1960. Guests are invited.

The keynote speaker is Randy Spetman, FSU athletic director.

The cost to attend the luncheon is \$16. For more information, please call 850-932-2540.

Pensacola Junior College Culinary Management student Chris Shearman, right, catered the July lunch for the famous Lunch Bunch at the home of Elaine Whigman in Gulf Breeze. Lining up to taste some of the culinary delights are (R to L): Mollie Thibodeaux, Nancy Morgan, Glenda Beavis and Lonnie Lane.



## Get Your Bling At Hospital Jewelry Sale

The Gulf Breeze Hospital Auxiliary is sponsoring a Sterling Silver Jewelry Sale Friday, August 14, 7:30 a.m. – 4:30 p.m. on the Hospital Campus in the Ciano Building. Over 15,000 pieces of jewelry will be available and free on site engraving will

be provided. As a special incentive all non-engravable earrings will be 20% off! Everyone is invited to this event which supports the care and comfort of our patients. Call the Auxiliary Office at 934-2106 with any questions.

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bands on the beach 2009  
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Eastside Westside  
August 18

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Latin

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Civilized Natives  
August 25

Acoustic, Rock  
Original

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Most Fridays, Saturdays & Sundays through Aug. 30, 6-8 pm at the Quietwater Shell on the Boardwalk.

Please, no glass containers or pets.

For updates, call SRIA at (850) 932-2257, visit [www.VisitPensacolaBeach.com](http://www.VisitPensacolaBeach.com) or tune to Cat Country 98.7

# Letters to the Editor

## With Gratitude

Gloria Skaggs, and son Mark along with Melissa and Keith Overlade would like to sincerely thank all our friends and neighbors for their support through this very difficult time. Our gratitude is endless for the gifts and love that we have received.

A SPECIAL thank you is extended to Marie Steele who opened her home to us. A safe haven in our greatest time of need. Blessings upon you, Marie.

Sincerely,  
The Skaggs Family

## Unhealthy Health Care

Recently, Jeanette and I returned from an extended trip to Canada. We had a super time with one exception. Everything, and I

mean everything, was priced two, three and sometimes four times more than in the USA; from hair pins to semi-trucks and everything in between.

We asked why are prices so high. The answer: National Health Insurance. The average Canadian pays half of what he makes to the government. We know of "blue collar workers" who work at two, three and sometimes four jobs just to break even.

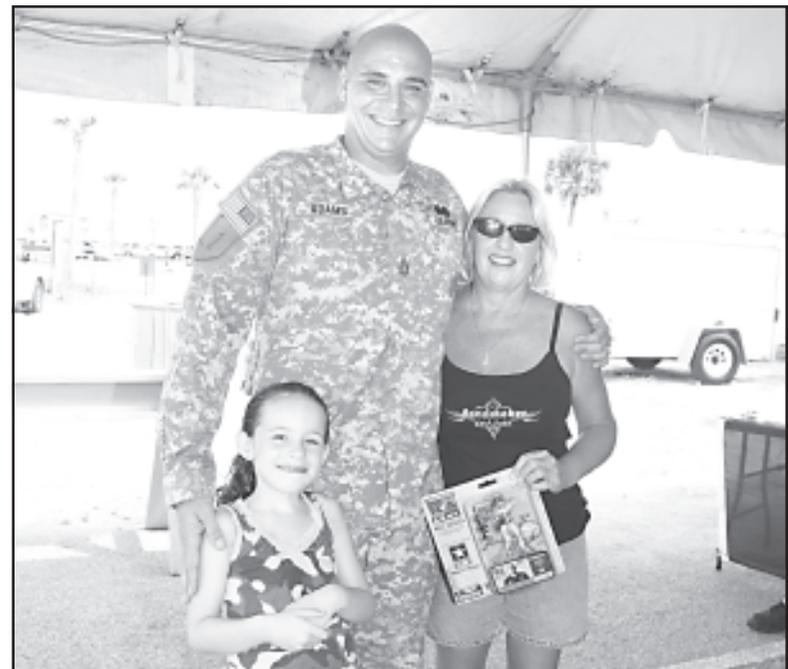
Our government says that only the rich will pay for National Health Insurance. Please remember that Obama has quoted the Canadian system as a role model. If that is so, then he regards every US citizen as rich. Do you agree? Generally, in our research, we found that the 30 something individuals think that their system is wonderful. The 30

year or older, who had their own insurance before the government took over, think that the system stinks. One lady said that if she had depended on the Canadian system, she would be dead. One more point that we did not have the time to research is the waiting time for treatment. Perhaps someone would like to comment on that issue.

We had a great time in Canada and met a lot of wonderful people. We saw whales, moose, birds of all types, etc. The people are wonderful; the government is not.

Please don't believe the garbage coming out of Washington, D.C. (someone called it that darned cathouse). We just can't afford National Health Insurance.

Thank You,  
Joe Barron, Pensacola Beach



US Army SFC Brandon Adams signed autographs and distributed Real Hero action figures modeled after him at the Sandshaker's Real Hero Party, July 25. His six-year-old daughter Emma, left, and Gulf Breeze's Patti Hall were among his fans.

## St. Ann Rocks With High Energy Service

St. Ann's Youth XLT band will rock and rev you up at their free concert Monday, August 17 at 6 p.m. at St. Ann Catholic Church, 100 Daniel Drive in Gulf Breeze.

"XLT is a very high energy music and worship aimed mainly at youth. The Youth Commission at St. Ann created this, so the church could offer people an opportunity to experience this younger, more contemporary style" said Stacey Lewis, public relations professional for the church.

Please RSVP to Linda at 932-2859 by Friday, August 14.



Beach Chamber exec Maureen LaMar introduced Bank of the South CFO James Brammer to the members who attended the Business After Hours, hosted by Crab's July 28. The social networking event is held the last Tuesday of the month at various beach locations. The next Business After Hours is Tuesday, August 25 at the Days Inn.

Say I Do  
On the Beach.

rdearie40@bellsouth.net



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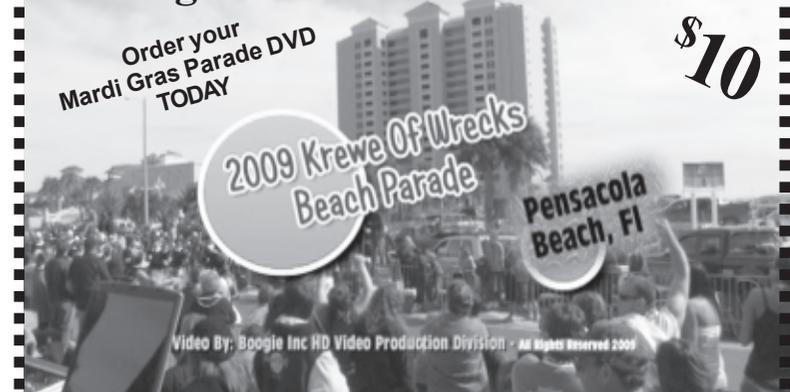
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# King Crossword

**ACROSS**

- 1 Quantities stolen
- 6 Boom times
- 9 Harvest goddess
- 12 Up to
- 13 Enthusiast
- 14 Torched
- 15 Mrs. Gorbachev
- 16 Render untraditionally
- 18 Incision implement
- 20 Leak slowly
- 21 Mueller's org.
- 23 State of India
- 24 Twangy
- 25 Lounge about
- 27 Unfriendly
- 29 EBBs collectively
- 31 Veer
- 35 Excuse
- 37 Stench
- 38 Story-telling brother
- 41 Scarlet
- 43 Wolfed down
- 44 Carry on
- 45 Breakfast choice
- 47 Put on a pedestal
- 49 Oust
- 52 Round Table address
- 53 La -, Bolivia
- 54 Bakery

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
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47				48				49		50	51
52				53				54			
55				56				57			

- request
- 55 Plaything
- 56 Raw rock
- 57 Saccharine
- DOWN**
- 1 "Ben- -"
- 2 Literary collection
- 3 Work with
- 4 Sax-playing
- 5 Simpson
- 6 Open
- 7 Green shot
- 8 Pigs' digs
- 9 Hodgepodes
- 10 Fast food choice
- 11 Bessemer product
- 17 Hammock occupant
- 19 Raccoon's cousin
- 21 Winter bug
- 22 - -relief
- 24 Without delay
- 26 Canine coat
- 28 Wickerwork willow
- 30 Freddy's street
- 32 Become aware of
- 33 Examine
- 34 - out a living
- 36 Pleasant wind
- 38 Mill fodder
- 39 TV's ancestor
- 40 Scrimshaw material
- 42 Gary Cooper role
- 45 Despot
- 46 Declare
- 48 Wall St. debut
- 50 Bee follower
- 51 Potent stick

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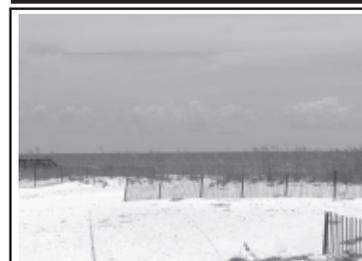
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## King Crossword

Answers

Solution time: 27 mins.

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

### Meetings

Pensacola Beach Elementary School, Inc. Policy Committee Meeting, 8/14 @ 4 pm. Finance Committee, 8/18@ 7:30 a.m. at PBES. Open to the Public.

### Events

**BeachCalendar.com**  
N. Gulf Coast Events Calendar View & Submit Events Online Visit - [www.BeachCalendar.com](http://www.BeachCalendar.com)

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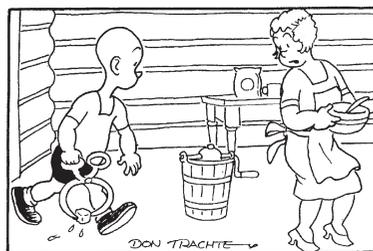
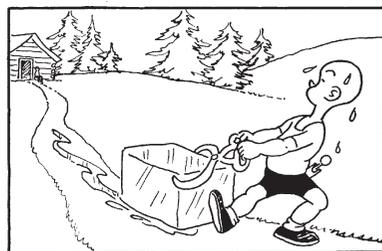
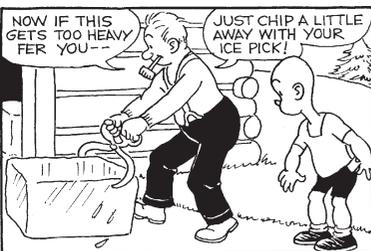
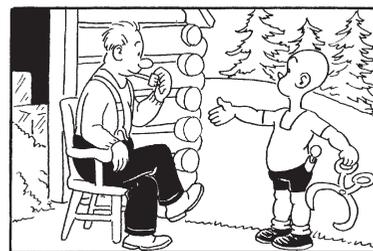
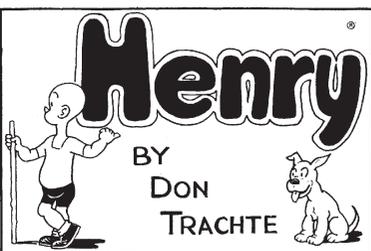
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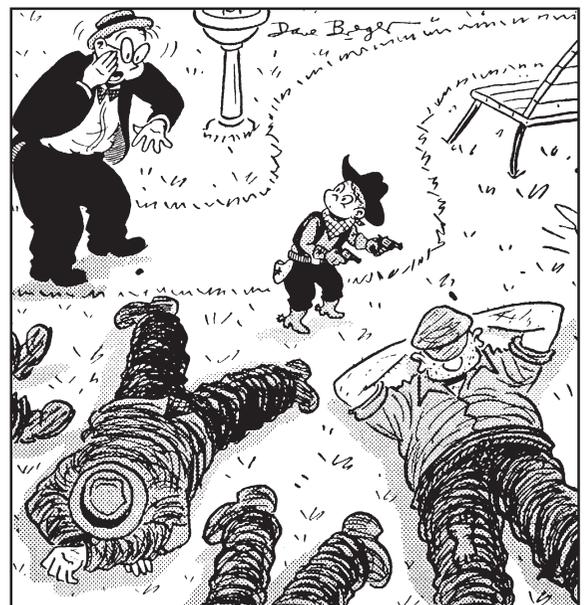


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**MISTER BREGER** By Dave Breger



"HARRY! What HAVE you done?!"

**Just Like Cats & Dogs** by Dave T. Phipps



**Knock Knock!**

*Who's there?*

**Tank!**

*Tank who?*

**You're welcome!**

**Bathtub Races & Anything That Floats**  
Sunday, September 6 at 2 p.m.  
Santa Rosa Sound behind Bamboo Willie's.  
Entry fees go to the Beach Chamber

**ShakerFest**  
Saturday - Sunday, September 12-13  
Miss Shaker Contest, Sandshaker Lounge  
Portion of the proceeds go to the Beach Chamber

**Taste of the Beach**  
Saturday - Sunday, September 19-20  
Casino Beach - Food, Entertainment, Fun  
A Beach Chamber Event

# Mostly Nuts & Bolts

*The Universal Light* by Candace Segar

[This short story will be presented in four parts.]

## PROLOGUE:

When he saw the lamp return to his auction house, Jerry rubbed his fat fingers together in eager anticipation. This unique piece had been auctioned off three times already, and it drew in big money. Of course he never saw the owner of the lamp after the purchase. That was the odd thing about this lamp. There was a phone call, a pick-up and that was it. This happened within days after the sale of the lamp. The lamp owner vanished, and that was the end of it.

The lamp had been back for less than an hour, and already it had several admirers. A tall reed-thin brunette with big green eyes was gingerly touching the unique lamp. Her touch was so gentle it almost appeared that she was caressing a loved one. Jerry watched her as she took out her note pad. She had it for every auction. He sauntered over to discuss the lamp with her. August was definitely one of his favorite customers, and he was only too happy to give her all the details of the lamp.

"August I see you are admiring this distinctive lamp. It's in a class of its own. Did you notice the height - it is 7 feet tall, and that it rides on wheels? It also weighs fifty pounds."

**[Editor's Note:** *Candace Segar, an Island Times columnist, is an electrical engineer and owner of CRS Commissioning, Inc. She is currently working on a fantasy, science fiction trilogy and is a published member of the Science Fiction Writers of America.*]

"Jerry, I believe this is an ancient piece of art that has been modified by someone into an electric lamp. Look at the extent of the architectural details. The base is a hexagon structure that looks like the switch has been added and there is also an opening for some type of attachment. What could possibly attach to that hole?"

Right then, three trucks arrived and each driver needed Jerry to show them where to put all the items. As much as he hated to leave her, he apologized and followed the drivers outside.

She continued with her observations. She noticed that a large spiral casing sat on top of a large rounded metal frame housing a strange light bulb. There was an intricate design carved around the base of the casing, with a small metal stamp. It had a model number stamped on it along with the operating volts, amps and frequency. These were rather peculiar numbers. Some of the lettering appeared foreign, so much so that she was certain they weren't part of any language she had ever heard of. Well, the one thing she was certain of, was that by the end of the night she would own the lamp. Little did she know what that meant!

# Poker Tables Draw Cast of Characters

## Tracy Takes Fourth Champions Title

Texas Hold 'Em 4444 Fun on Pensacola Beach attracts a cast of characters including a retired Marine Corps Colonel, a former flying ace turned novelist, a Catholic priest, a skateboard rider and a professional deep sea diver who all make their presence known in the winner's circle. Not one of the card playing characters has been able to re-write the history that Retired Col. Phil Tracy, USMC, has recorded in the last four months as he was named Player of the Month in July. He has amassed enough first and second places to hold his top spot since April.

Tracy beat all the local players and some friendly tourists on July 23 at Paddy O'Leary's. Linda Williams from Springfield, Missouri came in second place and Eric "The Postman" Weatherford held on for third place.

In other action at Paddy's, Big Todd Lentini made a come from behind charge to win over Don Dugas on July 26. It was Big Todd's birthday present to himself. The luck of the Irish was with Mike Sullivan on July 28 when he played to first place over card sharp Phil Tracy. The following evening Justin Scher ended up with all the chips after a good final table showdown. Jimmy "Skateboard" Chellberg was the runner-up.

Jason Mays, who spends much of his time underwater in the Gulf of Mexico as a diver in the oil fields, surfaced in the winner's circle on July 30. He outlasted Billie Urquhart who settled for second place. Mays has recently moved to the area after being a regular visitor.

Eric Weatherford kicked off August with a win over Kristin Larmier in a thirty minute final showdown on Sunday, the second.

Starbucks Manager Jennifer Doherty drove all the way from her store in Foley, Alabama to play poker August 4. She jolted up play at the tables taking the win. Justin Scher finished in second place.

Monday night card games are played at the famous Sandshaker Lounge. Tex Atkinson took a break from writing his latest novel to make the poker scene on July 27. He played a patient and calculating game of poker finding his way to first place by drawing to trip eights on the final hand. He added a second win in much the same way on August 3.

### From The Chip Stack

Father Sean will be back at the Poker tables in mid August and promises to give Phil Tracy a run for the top spot.

Texas Hold 'Em 4444 Fun games are open to anyone 21-years-old who has a basic knowledge of the game. Games begin at 7 p.m.



**Dr. Glen Burleson, left, and author Tex Atkinson discuss strategy at the Sandshaker Lounge prior to Monday's Texas Hold 'Em 4444 Fun tourney.**

Beach Time.

"It's a great way to spend a few hours testing your card playing skills. Newcomers and tourists are welcome to join us. The natives are friendly," said Poker Promoter Rick Uzdevenes.

For more information, call 850-324-2667.

## Weekly Schedule

FOR RESULTS  
Island Times

Info  
850-324-2667



**Downtown  
Pensacola Beach**  
Dealing starts at 7 PM

Monday: Sandshaker  
Tuesday: Paddy O'Leary's  
Wednesday: Paddy O'Leary's  
Thursday: Paddy O'Leary's  
Sunday: Paddy O'Leary's

Texas Hold 'Em 4444 Fun  
Poker Hotline 324-2667

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## Take Two Apples

*and call me in the morning...*

**The doctor is in and she's hip, too!**

**By Tracey Pinkston, J.D., M.D.**

It's Back-To-School time, so consider Cs and Ds as good - not grades, but as vitamins.

Try to get your kids to take vitamins. Some pediatricians will argue that kids will get the nutrition they need through their food, but our food is more and more nutritionally bereft. Also, many kids are on an all white diet-white meat, white rice, white potatoes, white bread, white sugar (and maybe some red ketchup, which is really just white sugar in disguise). So, most kids are really not getting the variety of nutrients they need. I think that makes vitamins worthwhile.

But finding the right vitamin may be as much of a challenge as getting your kid to eat broccoli. Some vitamins are themselves so processed and full of sugar as to be worthless. Shop carefully. Ask your doctor, other health care provider or nutritionist or visit a reputable health food store (not a vitamin mega-mart) for some help in choosing.

There are three vitamins I recommend be obtained in addition to the multi-vitamin. The first one is vitamin C. Vitamin C helps our immune system and is a natural detoxifier. It helps our bodies to rid themselves of toxic chemicals as well as bacterial and viral invaders. Typically, multivitamins do not have nearly enough vitamin C in them. Ask your health practitioner how much your child should take based on his size and age.

The next favorite is DHA. DHA is of critical importance. It is part of the omega-3 family and helps with brain growth and development of other neurologic tissues like eyes and spinal cord. We all want our kids to grow up with well-functioning nervous systems and well-working brains. This is the essential brain "vitamin." Be sure this is ultra-pure. DHA comes from fish oil and a poor quality product can be contaminated with mercury. Mercury is a neurotoxin and the opposite of our goal in supplementing DHA.

Finally, vitamin D. This vita-

min is best obtained by sun exposure. Now that the ozone layer has become a tattered threadbare blanket instead of a nice fluffy quilt above us, there are risks to sun exposure. Use caution, and don't go out in the main heat of the day without sun protection. You can find a list of sunscreen ratings at [www.EWG.org](http://www.EWG.org). They rate the sunscreens twice; once for effectiveness and once for chemical content-to enable you to find a more natural sunscreen that actually works. Use your sunscreen during the peak sun hours. Then get about 15 minutes of sun exposure in the late afternoon, being careful to avoid getting burned, so the skin can do its job of making this crucial vitamin which has been shown to have benefits far exceeding bone health. Lately, vitamin D has been shown to be of importance in keeping our immune system on track and even helping prevent cancer.

What about milk? And orange juice? And all the other things vitamin D is added to these days? Still not as good as letting your body do its job. Vitamin D in the gut does not equate to vitamin D in the skin. Most of it is not in a form our body is even able to absorb well.

Finally, while not going completely off on the milk controversy path, please make sure that if your kids drink milk, it is organic and does not have chemicals and hormones added. Make sure it is from cows that are all natural. For the most important foods to buy organic, see the [www.EWG.org](http://www.EWG.org) "dirty dozen" list.

**Keep Reading** - Please always consult your doctor before starting or stopping any medication or nutritional supplement.

*(These statements have not been reviewed by the Food and Drug Administration. This article is not intended to diagnose, treat, prevent, or cure any disease. This article is intended for general informational purposes only. It is not intended as specific medical advice for any individual. Please seek the advice of a physician or other licensed health care provider before undertaking any health-related changes in your medications or lifestyle.)*

## Island Offers Freebies To All

Free. No charge. Nothing. Nada. Pensacola Beach offers locals and visitors a long list of complimentary entertainment and activities. A few of the upcoming events include:

Tuesday, August 11, Bands on

the Beach, Gulfside Pavilion, 7 to 9 p.m., The Layman.

Friday, August 14, Sounds of Summer Concert, Quietwater Amphitheater, 6 to 8, Touch of Blue

Saturday, August 15, Sounds of

Summer Concert, Quietwater Amphitheatre, 6 to 8 p.m. Dr. Breeze. Concerts are sponsored by the Santa Rosa Island Authority.

For more information, call 932-1500 or [visitpensacolabeach.com](http://visitpensacolabeach.com)

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Back To School!



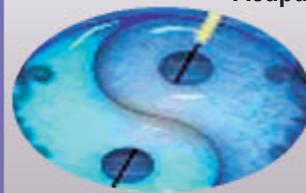
Mon 9 to 5  
Tues & Thur 9 to 9  
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Saturday 10 to 5

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# readin' the water

by Saltwater Rick

Stories of great fishin' are coming in from all over the area. With the HOT weather the inshore critters are ripping up the grass beds.

Justin Scher reports early morning catches of slot size Speckled Trout off the grass beds in the Oriole Beach area. Really, anywhere there is grass..... so go the Specs.

Also, Justin told a tale of a Black Tip Shark chomping into a live Croaker off Deer Point and giving one spectacular run before spit-

ting the hook out - right in front of him. It was the story of the day at the poker tables. Justin just wasn't holding his mouth right that day.

I just can't say enough about the action in the Pass at Ft Pickens. There is so much bait in the water in close you can't help but hooking up on something and the view is, well, just go out there and and pick a spot along the shore. No fee on August 15-16. See for yourself.

And do yourself a favor, Go Fishin'.

# DeLuna Rows Ashore Again

Relive the most historic moment in Pensacola's past by attending the re-enactment of Spanish sailor Don Tristan de Luna's landing on Pensacola Beach, Saturday, August 15 at 8:30 a.m. at Fort Pickens Gate Park. The landing party will come ashore and immediately following Bishop John Ricard will conduct Catholic Mass.

This free event is followed by Downtown Street Festival and Birthday Bash on Palafox Place in Pensacola from 5-10 p.m. Events include a chance to sign the world's largest birthday card, live music and entertainment, fireworks display, Spanish cuisine from the Pensacola Celebrity Chefs, birthday cake, time capsule and historic reenactors.



Former Beach resident Ed Little who now lives in Key West will be having fresh Mahi Mahi for dinner after this catch. Ed, a National Marine Fisheries Service biologist, is a self proclaimed fishing fanatic who hosts his own website, [www.bestfloridakeysfishing.com](http://www.bestfloridakeysfishing.com).



Nine-year-old Erin Bailey, left, of Gulf Breeze reeled in this big Red Snapper, Sunday, August 2 while fishing aboard the Gail Force in the Gulf of Mexico. Capt. Joey Crain, right, hoists the "catch of the day" for his young fishing friend.

Photo by Jeremy Johnson

# Fort Waives Fee

Fishermen, history buffs and bird watchers should flock to Fort Pickens this weekend, August 15-16, for the Fee Free Days. The National Park Service is waiving the entrance fee, so grab your gear and enjoy the western most tip of Santa Rosa Island.



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# Thursday - Sunday at Sunset

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Watch as your highly cross trained crab darts for the finish line! Join Seadog along with all the action.

Choose your crab and race for the finish line!

All proceeds go to raising free range crabs and the official Seadog Crab Training School

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