

ISLAND TIMES

Volume X, Number 6

Pensacola Beach, Florida

July 8, 2014

Blue Angels Soar Over Santa Rosa Island



It's Red, White and
Blues Week,
July 8 - 12 on
Pensacola Beach.
The United States
Navy's
Blue Angels
will perform.
Are you Air Show
ready?
Turn to page 2
for the right stuff.

All Eyes On The Skies, The Angels Are Overhead

Air Fills With Music And Maneuvers This Week

It's hard to imagine getting chills on a warm July day on Pensacola Beach, but it happens. The sight of the world famous Blue Angels soaring across the sky coupled with the roar of the F/A-18 engines thrills and chills. The chills are accompanied by awe, waves of overwhelming pride and sheer delight during Red, White and Blues Week, July 8-12.

The air above Casino Beach is filled with musical notes during the week's kick off concert, hosted compliments of the Santa

Rosa Island Authority. Guests may bring beach chairs and coolers to hear the rock and roll beat of Touch of Gray at Bands on the Beach from 7 to 9 p.m. at the Gulfside Pavilion, Tuesday, July 8. They will get the crowds tuned up for the events which follow.

Have Breakfast with the Blues on Wednesday, July 9 when the Navy's Flight Demonstration Team performs their Circle and Arrival maneuvers at 8 a.m. over the white sands of Pensacola Beach.

Everyone's favorite C-130,



Aviation Structural Mechanic 1st Class Brandon Dodd, a member of the Blue Angels maintenance team, in front of the new Blue Angels F/A-18 Hornet display at the entrance of NAS Pensacola. The F/A-18 Hornet was unveiled during a ceremony celebrating the base's 100th anniversary and the 60th anniversary of Blue Angels being stationed there.

(U.S. Navy photo by Mass Communication Specialist 1st Michael Lindsey)



"Fat Albert"

Fat Albert, commands the air space precisely at 2 p.m. on Thursday, July 10. This aircraft, which is piloted by the United States Marine Corps aviators, flies support for the Blue Angels. After several impressive passes over the cheering crowds, Fat Albert's powerful engines head for the hangar and the Blue Angels jets scream across the horizon.

A Blue Angels flight demonstration showcases choreographed refinements of skills possessed by all Naval aviators. It includes the graceful aerobic maneuvers of the four-jet Diamond Formation, in concert with the fast-paced, high-performance maneuvers of its two solo pilots. The team illustrates the pinnacle of precision flying, performing maneuvers locked as a unit in the renowned, six-jet Delta Formation.

The spectators are entertained from noon until 2 p.m. by an impressive list of civilian pilots Friday, July 11 in a dress rehearsal for Saturday's premier performance. Pensacola Beach's hotelier Julian MacQueen will fly his Grumman Widgeon G-44. Look for Skip Stewart in his Prometheus, acrobatic Team RV-8, Gary Ward in his MX2 and Boeing Stearman flown by Roy Kinsey to turn the skies above Pensacola Beach into an aerial circus of maneuvers.

Here's a few other things to know about:

Blue Angel's facts:

- An estimated 12 million spectators view the squadron during air shows each year.
- This year, the team is celebrating their 25th year of flying the F/A-18 Hornet.
- The highest maneuver performed in an air show is the vertical rolls performed by the Opposing Solo, up to 15,000 feet and the lowest maneuver performed in an air show is the Sneak Pass, performed by the Lead Solo at 50 feet.
- The fastest speed flown during an air show is about 700 mph (just under Mach 1; Sneak Pass) and the slowest is about 120 mph (Section High Alpha).
- The basic acquisition price of a single F/A-18 Hornet is approximately \$28 million.
- The F/A-18 can reach a speed approximately Mach 1.8, almost twice the speed of sound or about 1,400 mph.
- An F/A-18 weighs about

24,500 pounds empty of all ordnance and aircrew.

• The smoke is produced by pumping biodegradable, paraffin-based oil directly into the exhaust nozzles of the aircraft where the oil is instantly vaporized into smoke. It provides a traceable path for spectators to follow and enhances safety of flight by providing a means by which solo pilots can see each other during opposing maneuvers. It poses no hazard to the environment.

Your Arrival Maneuver:

Come early. Plan to stay all day. Parking is free in the public areas and fills up fast. Residents will tell you, ride the trolley, bike or walk to the show site. Good advice. Special Trolley service begins at 7 a.m. on Friday and Saturday with multiple trolleys to whisk you where you need to go. The regular trolley route will be extended to Park East, located a mile east of Portofino. Two busses will be added on Saturday. Transportation to Park East ends at 6 p.m. After 6 p.m., there will be two trolleys running the regular route until midnight.

What To Bring:

A load of patience and a cooler full of water. Sunscreen and snacks. Beach chairs and umbrellas. Beach businesses will be open and serving before, during and after the show.

Keep Your Cool:

The Gulf is open for swimming under the watchful eye of the Pensacola Beach lifeguards except during the air show performances. All other water remains available for swimming – after all, this is an island. There will be a giant water mister set up at the Casino Beach.

Stay hydrated. Officials stress the importance of water all day long. The Krewe of Bananimals will be selling ice cold bottled water to benefit the Santa Rosa Kids House.

Helpers:

If you feel the effects of the heat such as dizziness, headache or worse, trained staff is on site to help. Pensacola Beach Lifeguards and emergency medical personnel are plentiful and will know just what to do.

Hear ye, Hear ye:

Bonnie and David McDonald bring the power of Boogie, Inc. to the Air Show. Everything from weather announcements,

lost children and the official-sounding Blue Angels narrators will be broadcast to the spectators through their speakers. They let you know when the Gulf closes to swimming and give the all-clear to get back in. At the conclusion of the Blue Angels performance, in a moment of pure patriotism, crowds pause to listen to the national anthem. The American flags fluttering in the beach breeze make a perfect ending to a great day.

Friday Only:

The Baptist Hospital sponsored skin cancer check station, affectionately referred to as The Mole Patrol, will operate on Friday, July 11 from 8 a.m. to noon. Let them look you over.

Show Central:

Pensacola Beach Chamber coordinates a mini-marketplace under the oversized white tent. Shop. Sip. Grab a bite. Dog House Deli, Repici's Italian Ice, Santa Rosa Kid's House Ice Cold Water, Jean & Gean's Lemonade, Carroll's Corn Crib, Dixon Shaved Ice and Tin Tin Oriental Food are stocked to serve refreshments.

United States Marine Corps recruiters are a big hit with young and old offering prizes to strong armed visitors at their chin-up bar. Look for the giant inflatable Marine. Navy pride soars with a number of kiosks, lots of free stuff, too. Search and Rescue helicopter will land in the western parking lot.

Float My Boat

The waterways around the island are packed with vessels. If you plan to boat, arrive early. The U.S. Coast Guard vessel will serve as centerpoint out in the Gulf. As always, it's worth walking over to see the flotilla in the Sound and Little Sabine Bay. Swimmers should use caution near the hundreds of pleasure craft.

Exit Strategy:

Chill out. If you don't have to rush, don't. Walk to a nearby beach restaurant. Get in the air conditioning. Go shopping. Go swimming.

If you are compelled to leave immediately, use care. Be patient. Be sober. Deputies will direct traffic. If you are on your bicycle or on foot, the same things apply.

For more information, go to www.visitpensacolabeach.com.

ISLAND TIMES

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Forever...Barefoot on the Beach

As a tribute to Jane Waters who passed away January 10, 2012 Island Times will continue to run some of Jane's favorite columns for your enjoyment

The Islander Newspaper
July 17, 1987

What do baking and frosting a cake and patching a stucco wall have in common? Not as much as I originally thought when I blithely decided to repair some bare spots on the west wall of my house. Most of the chipped areas have been there for nine years, but recently I noticed that every strong wind that blew across the Gulf took a toll.

The fact that the trash man, the meter reader from Gulf Power, and I are the only three people who ever walk on that side of the house makes most of my worry over the broken wall pretty unnecessary. Besides, the bottom of the wall is obscured by dense sea oat growth. Realistically, this flaw in my old house could have gone unnoticed for nine more years.

That did not stop me from running out and purchasing two

cartons of gray dry stuff to be used for patching concrete and stucco.

I put together equipment for the job – a plastic bucket, a rusty trowel, a scraper, a teaspoon, a towel, and a paint brush. The instructions on the box read, “add water.” That sounded simple enough, so I emptied the gray stuff into the bucket and turned the hose on it. My first attempt at stirring up a batch of stucco resulted in

a soupy mixture that slid down the wall and settled into a dismal puddle on the sidewalk. I added the second carton and brought it to a consistency that would stick on the wall if I was super careful to apply it with a delicate touch. The trowel I used was too heavy or something. Every time I thought the stucco was sticking, I would trowel a little pattern and the trowel would scrape the whole thing off. After working most of the morning, using up both cartons of cement, I had covered about a square foot area. I decided this was going to be one of the great challenges of my life, so I marched out on Monday and bought six more boxes of mix. That was in April. Just this last weekend I finally found time to tackle the wall again. After working Saturday and Sunday, I am again out of mix and have three or four square feet left to cover. But I have conquered such horrendous problems as consistency, how to make little decorative swirls, and how to make the stuff stick on the wall. The very next free weekend I have will find me “frosting the wall.” Looks like it will be sometime in October.

If you're biking, jogging or driving past my house, please

do not look at the west side. Yet. Some day, it will all be stucco. It will be painted white. It will not be as historic as the Berlin Wall, the Great Wall of China or the Vietnam Wall. It will be Jane's Wall. And after it is repaired, I will return to baking and frosting cakes to satisfy the mixing and swirling instincts which seem to lurk in my subconscious.....

Star Gazers Keep Looking Up

Madison Penico
Island Times

All summer long the Escambia Amateur Astronomers Association has given novice stargazers a chance to spend a night in the cosmos. The program has been running since early April and will continue on into October crossing three different locations.

Over at Battery Worth in Fort Pickens there will be guided star walks on July 25 and August 22. Anyone interested in attending will still be subject to paying the eight-dollar park entrance fee.

The Gulfside Performance Pavilion will be available for Star Gazes August 1 and 2, September 5 and 6, and October 3 and 4. Club Members and other attend-

ees will be able to park for free in the Casino Beach lot near the Beach Ball Water Tower.

Another location the Astronomers Association will be using is at the Big Lagoon State Park. Anyone who decides to visit this location must be inside the park with the entrance fee paid before the sun sets. After sunset the gates to enter the park will be locked.

While park entrance fees still apply, the actual events are free. As long as the weather is kind, members will be setting up their Telescopes before sunset. Members' binoculars will also be set up for better views. People are not required to bring their own equipment; however, Association Members will be happy to help

people set up any telescopes or binoculars they bring.

In the next couple of weeks, views will be available of the first quarter moon, Saturn, Mars, and just barely Jupiter. As the summer progresses some constellations will be able to be viewed. Scorpius, Sagittarius, and the Summer Triangle are three of the things club members will be pointing out.

For more information visit the Astronomers Association at www.eaaa.net. For a detailed calendar of events and some nighttime photography visit <http://rlwalker.gulfweb.net/astronomy/index.html>.

Fort Hosts Summer Programs

Gulf Islands National Seashore Superintendent Dan Brown announced today that the summer program schedule for the Florida District is now available at the park visitor centers. The summer season runs through Saturday, August 10. Program highlights include daily tours of Fort Pickens, snorkeling, auditorium presentations, sunset walks, Junior Ranger programs for children, and a summer lecture series in cooperation with the Florida Public Archaeology Network.

Discover the underwater world of the national seashore and the interesting plants and animals that live there during the Snorkeling program offered on Sundays and Wednesdays at 10 a.m. at Battery Worth Picnic Area. Masks and snorkels are provided or bring your own. The program lasts 2 hours.

Junior Ranger Day Camps introduce children to the wonders

of the seashore through age appropriate activities, storytelling, songs, crafts, interactive games, and outdoor skills. Locations and topics vary and reservations are required. For reservations, call Ranger Beckie at 850-934-2631.

With the heat of the summer, it's a perfect time to cool down in the Fort Pickens auditorium. Watch Cara the Sea Turtle, an award-winning movie, that follows a young sea turtle as she makes her way through her watery world from hatching to adult. It shows on Thursdays at 2 p.m. The movie is 30 minutes in duration.

Get the scoop at Seining for Sea Life on Mondays and Fridays, at 10 a.m. Meet rangers at the Fort Pickens Auditorium and dress to get wet.

The programs are free of charge; however, there is an \$8 entrance fee to the Fort Pickens Area. Details at nps.gov/guis.

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PEOPLE

EASY TO REMEMBER

Sweethearts Frank and Pam Templeton were married prior to the Pensacola Beach Air Show in 2012. Before the Blue Angels performed their aerial maneuvers, the officiant performed their wedding on their balcony which overlooks Sabine Bay. What a way to mark an anniversary! Here's to an unforgettable weekend.

WHOOPIN IT UP

Seminole Jack Ettleson is off the warpath and on the boardwalk. After finishing his freshman year at Florida State University Jack is taking some time to relax on the beach. He blew out nineteen birthday candles recently. The sun, sand, and surf will be hard to give up when Jack has to trade his straw hat in for a head-dress in August.

FUN WITH KAY

For Beach Community Church member Kay Alderfer it's all fun and games this summer. She celebrated the Independence Day weekend uniquely with her friends by hosting a game night. Kay enjoyed the night with all of her friends and made sure to not get too competitive. She'll be spending the rest of her summer relaxing and working. Maybe you will see her at Beach Church Bingo on July 17.

WOOLY OKIES

The Wooly family from Oklahoma happened on to the Wooly Booger Bawl at Paradise three years ago. Although Mike and his wife Bear did not get to attend the Wooly Booger Bawl this year, they were lucky enough to watch the Florida Beach Bar awards ceremony where Paradise Bar and Grill received third place among all bars in the State. They were so impressed, they called the newspaper office to report the scoop.

SAGE IS A PIRATE

Sage Baird has been a busy bee this summer. She completed a year of study at the University of West Florida and celebrated her nineteenth birthday. Now she's bringing in some bacon working as a hostess at Peg Leg Pete's.

SUMMER TRAVEL

Locals are scattering around the globe during summer. As soon as the last day of school was complete, fifth grade Beach School teacher Tara Turk and her family jetted to Europe. Retired teacher Melanie Waite traveled to Ireland, and Mike and Chrissy Cook boarded a Viking cruise ship and floated the Danube. Dr. Max and Patty Lou Kattner touched down in Pensacola on June 16 after having been in Barcelona. Different destinations, but all are happy to be home.

SPARKLERS

What do Karen Cook Cowen, Kelly Arbacauskas, Sally Menk, Mary Ann Claus and Pandora de Balthazar have in common? Hint: they put sparklers instead of candles on their birthday cakes. Yes, they are Yankee Doodle Dandies who celebrated their birthdays during the Fourth of July weekend fun.

NO KIDS

Diana and Casey Harvey have an empty nest, temporarily. Daughter Laken and son Chad are at their grandmother's farm in Missouri. Laken was too busy playing with kittens, piglets and cows to miss her mom. Diana, on the other hand, was busy with her new job at the Gulf Breeze summer camp.

NEW READER

Hello to Cathy Marshall who gets her beach news via the mail at her home in Mooresville, N.C.

Trivia

Sound the alarm and ring the bell. The Trivia Master asked for red hot players to guess how long the Pensacola Beach Fire Department has been serving the island's citizens. The Pensacola Beach Visitor's Center is home to a stained glass memorial dedicated to the Pensacola Beach Volunteer Department which states it was founded in 1954. The beach's Station 13 is now paid professional firefighters, and is preparing to celebrate 60 years.

The Queen of Wrong Answers Joanne Brooks is sipping the nectar of the pretty darn close and down right correct. She wishes to regain the lost title of Duchess of the Dunes and take her rightful place at the Knights of the Trivia Roundtable.

"Time to take a brave guess. Think I'll hazard a guess of 59 years," said the Queen. "I remember that Bob Seymour was a volunteer firefighter in the late 70's."

The Sandspur, an under-grain publication, is hatched by Chuck Steele when he feels like it. Chuck has a good memory and deep roots on the island. His answer was 1955. Of course, the Trivia Master feels it necessary to note that the question asked how many years the Fire Department

has been around.

Jayne Drees Redmond checked her aerial photos to see when the building appeared. She thinks that was around 1962. She knew that the Fire Department was putting out flames in the late 1960s when her Dad Morrie Drees was first on the Beach. She finally settled on 75 years as her answer. A little bit optimistic and mighty far from correct.

The current fire department building is relatively new. The old building had a lot of character and many uses. In addition to the firefighter's offices, training spaces and housing the fire trucks the former building served as a space for the first Beach School classes, Cub Scout meetings, dances, dinners and meetings. Thank you to

the volunteers and the professionals who have been on the scene of so many emergencies.

Search your memories for the name of the artist who designed the playful scene which graces the three water tanks. If you look to the west when you come through the toll facility, there they stand. Somehow they are not as imposing with the whimsical design. Who could come up with something so timeless and beachy? If you are the first person to correctly identify the name of the artist and send it via email to islandtimes@bellsouth.net, then you will be wearing a new *Island Times* shirt. Put Trivia in the subject line and include your name and phone number. Deadline to answer is July 15. Good luck.

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- Tips for Lucy...Thurs, July 10 at 6 PM
- The Last Straw...Fri, July 11 at 6 PM
- The Sun Dogs...Sat, July 12 at 6 PM
- The Upstarts...Sun, July 13 at 3 PM
- Monday Night Blues w/host John Hart... Mon, July 14 at 6 PM
- The Upstarts...Tues, July 15 at 6 PM
- Sad Sam Blues Jam...Thurs, July 17 at 6 PM
- Nick & The Overols...Fri-Sat, July 18-19 at 6 PM
- The Panhandle All Stars...Sun, July 20 at 3 PM
- Kyle Bledsoe...Mon - Tues, July 21-22 at 6 PM

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Authority Board Approves Budget, Saves For Storms

The Santa Rosa Island Authority burned through three agendas June 25 completing committee meetings, a budget workshop and a special full board meeting. The highlight was the unanimous approval of the 2015 budget.

SRIA Director of Finance Dottie Ford projects a conservative 2.8 percent increase in operating revenue totaling \$7.5 million. The operating expenses are budgeted at \$7.1 million. By comparison the actual revenue for the fiscal year which ended September 30, 2013, was \$7,858,968. Ford noted that staff considers all contingencies such as the slower winter months and potential reserves necessary for operations should a hurricane strike.

Board Member Dave Pavlock wanted planning dollars allocated for amenities to support the future ferry service, Visitor's Center furnishings, boardwalk planning, and a small stipend for a Beach Photo Contest. Board Chairman Tammy Bohannon asked that the legal staff look into a donation to support the Pensacola Beach Elementary School's building fund.

Board members agreed that pedestrian safety is a high priority. The upgrading and safety in crosswalks on Pensacola Beach must be addressed by the County and the state, according to Board Vice Chairman Janice Gilley.

The Board and staff concurred that adequate reserves for storm rebuilding and operations must be maintained.

"We operate in the black and are conservative, as we must be," said Bohannon. "We have reserves which we must keep especially going into hurricane season. We can have staff look at any surplus after hurricane season is over."

The SRIA budget is sent to the Escambia County Board of Commissioners for their review and approval.

Committees discussed money matters. The Administrative Committee accepted the April financial report which showed 7.3 percent increase in revenue over the prior year. The \$643,433 income showed an uptick for April, but Ford reported that overall year-to-date revenues were slightly behind compared to last year.

The Committee denied a \$7,500 sponsorship request from Thunder on the Gulf, which is a speed boat competition hosted in Orange Beach, Alabama.

"The event is asking for the maximum amount of sponsorship for the category of an event on Pensacola Beach," said Board Member Dr. Thomas Campanella. "But it does not fit any of the criteria for an event on the beach."

The Architectural and Environmental Committee approved

the annual resolution for Florida Beach Erosion Control Program. The resolution cites the previous and continuing need for beach renourishment and monitoring on Pensacola Beach.

The Committee also approved investing \$31,000 to hire French Wetmore to serve as a consultant for the upcoming National Flood Insurance review. Wetmore would be responsible for updating the SRIA's Flood Insurance Community Rating System program. If successfully implemented, the SRIA could lower the flood rating designation and earn a 25 percent discount on flood insurance policies. The current rating earns a 15 percent discount.

The Committee approved an enhancement at Castaways. Their request to add a small bandstand to the public area near their boardwalk location was approved. The stage would be suitable for one musician and already has seating. The location is open to the public.

Committees chose to hold a few items for further review, they included:

□ A policy to give local vendors a preference: Board Attorney Mike Stebbins noted that the Fourth of July and Pensacola Beach Air Show preparation did not allow staff ample time to thoroughly review the issue. Board Member Janice Gilley voiced concerns about fairness and implementation.

□ Bonifay Watersports request to bifurcate their concession agreement: John Ehrenreich, owner of Bonifay Watersports, is agreeable to relinquishing the area where his current mini golf course is located to the Pensacola Beach Yacht Club. The PBYC intends to build a clubhouse and add more classes, camps, and regattas, pending a 38-year concession agreement. The Committee wants to review legal documents, potential zoning prior to making a decision.

□ A Flyboard Concession at Flounder's: Robert Mercier's request to operate a flyboard ride 200 yards out in Santa Rosa Sound was met with concerns of safety, need of a U.S. Coast Guard captain's license, and overall Soundfront congestion. The rider wears two jet boots, connected to an air hose and holds two hand held stabilizers. The extreme

sport is popular in other beach towns and has a good safety record according to Mercier.

The SRIA Full Board Meeting is Wednesday, July 9 at 5 p.m. at #1 Via de Luna. The meetings are open to the public and the agenda is available online at www.sria-fla.com/reports.php.

Advisory Committee Seeks New Members

The Florida-Alabama Transportation Planning Organization is looking for more members for its Citizens Advisory Committee and Bicycle-Pedestrian Advisory Committee. Members review TPO agenda items and make recommendations for their consideration. Meetings are held approximately every other month, during the day, and typically last one hour. For more information, visit www.wfrpc.org.

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SM 2014



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Chloe Channell

July 22

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SANTA ROSA ISLAND AUTHORITY



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peas, porridge and a dry martini

by
Kathi
Lewis



I know I'm not the only one happy to hear that our treasured Scenic Highway is finally scheduled to begin repairs. On my first visit to Pensacola Beach I was accompanied by a long time friend whose name was Deb Freeman. We took the first Pensacola Exit from I-10 and were positive it had to be one of the most beautiful scenic roads in America. I still believe that it must be in the Top Ten.

It was not only a beautiful drive, but an almost blissful peace after hours of driving on the boring Interstate. Once we crested the top of the Bob Sikes Bridge, our tired eyes were instantly energized at the incomparable majesty of the Island surrounded by the emerald water unique to the Gulf of Mexico. We couldn't wait to dig our toes in the sugar white sands.

It sure didn't take long to know this was where I wanted to live and continue raising my daughter. In an effort to make her transition less traumatic (after all we were both leaving everything we knew and everyone we loved), we made many trips back to Georgia. Over the first several months, we went back nearly every weekend. And I drove Scenic Highway every single time, both ways. Actually it never even occurred to me to venture past that first Exit.

My favorite brother (in-law, though I usually leave out that part) Hector Rodriguez (aka Rod) generously offered to help me move our belongings and furniture. He is a man of many talents. Some of his many projects have included the commission of a custom paint job for a well-known race car driver who drove the car at a Daytona 500 Race. Since he's well-known, he was able to borrow a trailer which he "helped" me load and hauled with his own truck while I followed behind in my tiny Ford Escort (circa 1975). It was a mostly uneventful trip except when some things were flying off the trailer. It didn't take too long to realize that it was my lingerie drawer (of course)! Heaven only knows how many nighties and undergarments decorated that stretch of I-10. My only irreplaceable item was a beautiful deep red baby gown that Mel had worn as a tiny baby. So I learned why most people empty

the drawers.

It never occurred to me to do anything other than take the same exit I'd always used. It also did not occur to me that Rod was driving a very big truck with a very long trailer down that beautiful but very curvy and narrow road. He did a great job. It was probably a year or more later while he and my sister Gail were visiting that Rod found out I-110 existed. His first thought was uncontrollably and immediately vocalized. "You made me drive that 25 foot trailer down that dark, curvy, narrow two-lane road when there was a straight four-lane (at that time) road here all the time?"

Fortunately for me, he loves me and we've laughed about it many times since.

Lynn Cicutat was traveling during the May 5 usual date reserved for the Cottage By The Sea adventure at her house. Lynn road-tripped with a friend at first and flew to so many beautiful places I don't remember their names. Once her friend went home Chuck Steele (aka Stainless now Titanium) was able to connect with her somewhere around Puerto Rico for a grand vacation of their own.

Because this year's Cottage By The Sea visit coincided with my birthday, so I opted out since it's not every year a girl starts her Sixth Decade! I still think of myself as a "girl" - something I'm sure is very amusing to the youngsters. If they're Blessed, they will someday be celebrating, too.

I learned long ago from some very precious and much older friends who explained some of the more common effects of aging. One beautiful lady shared that her mind felt somewhere around 19 or 20, but her body reminded her that it was not.

I am very proud to be in this new decade. As I was saying this to a friend, it occurred to me that my hair was in a pony tail and both my knees were skinned. I had the same hair style and skinned knees at the age of 6. I know that because of my first Grade picture. I was wearing my favorite blue pull-over sweater with a bunny profile on the front. Only one bunny eye showed, but that eye was a Rhinestone; and the beginning of my obsession

and love of shiny things. So, maybe I haven't really come such a long way from 6 to 60.

Rod along with hubby Bill, are just a couple of the many veterans I know and love. There are too many to list. I am honored to know each of you and more than Blessed to call you friends. Please accept my deepest gratitude, pride and appreciation for your many sacrifices and your great service to me and every American who enjoys freedom because of you. Those feelings and gratitude are extended to the families of these great men and women because no one serves alone. I hope you felt pride, appreciation and honor as our Island celebrated the Birthday of our Nation. Now, the long awaited "Greatest Show on Earth" (well...er...the sky) fills the skies over paradise as our home boys, our own Blue Angels F/18s scream the sounds of Freedom. We Salute You All!

I've been searching for a nice Summer Soup to beat the heat and we're all gonna need something chilled to keep our cool through the rest of the summer. Strawberries are in abundance right now and this is a great way to put a different spin on the mundane and use up all those berries.

So, let's cook..... or not....

Chilled Strawberry Soup
3 C. fresh strawberries
1/3 Cup sugar
1/2 Cup sour cream
1/2 Cup half and half
1/2 light Red Wine
1 1/4 Cup water

Wash and remove stems from strawberries. Slice and reserve 3/4 Cup strawberries. Place remaining strawberries with all the sugar in blender and puree. Pour into mixing bowl, stir in sour cream, half and half and blend well. Add water and wine. Stir well and refrigerate.

Top with a few sliced strawberries when served. Serves 4 (this can be made early and kept refrigerated).

❑ TIP: Green seedless grapes are delicious during hot weather. Just pop them in the freezer or cooler - they won't keep long after freezing, so eat 'em all.

Enjoy, share, stay hydrated and safe!

See ya in the kitchen.....

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A Cross in the Sand

By
Rev. Dr. Tom Garrison
Pensacola Beach Community Church



Several years ago, the legendary Appalachian folk singer Ralph Stanley issued a two-volume recording of bluegrass and mountain songs. Tellingly, the first volume was called Saturday Night, and the second titled Sunday Morning was about "preachin', prayin', and singin'." Saturday Night was about the "real stuff" of life, like working hard, raising children, seeking joy, having your heart broken, trying to stay sober, taking care of Mama and Daddy, dealing with betrayal, finding one's way down the highway of life, and facing death. Worship, church, and Sunday were on one side of the ledger, and the Saturday stuff of life was on the other.

Unfortunately, many of us have the same split playing in our heads all the time. There is the "Sunday morning" experience of prayers, hymns, sermons, and there is the "Saturday night" (and we can add the "Monday afternoon") experience of kicking up our heels, balancing the checkbook, building a career, deciding who we are, dealing with relationships, and generally figuring out how to find some purpose and joy in things we do and say every day.

On the one side is the religious side of us, and on the other is the "just trying to make it through life" side. We go to worship, and we sing the hymns, pray

the prayers, listening to the sermons, and then we go back out into the real world, where we have to deal with the mundane realities of life and make compromises and hard choices.

Much of our ability to put faith into words outside the church depends, however, on seeing the connections between "Sunday morning" and "Saturday night," between the words we use in worship and the words we speak the rest of the week. It is actually a good thing to know that worship informs and changes life, and life informs and changes worship. Perceiving the reciprocity between "Sunday morning" and "Saturday night" enables us both to worship as people who have real lives in the world and to live as people who are in worshipful relationship to God.

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R & R

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- Flounder's Beach www.gbmc.org
- Our Lady Catholic Church, 9:45 AM
- Avenida 18 /Via De Luna www.stanngulfbreeze.org
- Pensacola Beach Church, 10 AM
- Avenida 18 /Via de Luna thebeachchurch.com
- Central Waterside Church, 9 AM
- Hemingway's Island Grill facebook.com/centralwaterside

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by Jim Roberts
ECUA, Public Information Officer

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The Lizzard's Tongue...

BY ELIZABETH K. HEWSON

Nothing like spending a couple of afternoons a week with a two-year-old to find your own inner child. Well I've rediscovered mine and she's putting the fun back into dysfunctional, at least for a few hours on Tuesdays and Thursdays. Twice a week, I ditch all of my responsibilities -- wife, mom, designer, volunteer -- and become GAL. Grand Aunt Liz if you are a follower of the website ancestry.com or are a genealogy buff. Great Aunt Liz works as well. But to my beloved Barrett, I am just GAL.

On these mornings I have a routine -- my carefree inner child doesn't show up until around 3 p.m. It goes something like this. Wake up, check the freezer for popsicles. I see a box. Life is good. Brush my teeth. Walk the dog, feed the dog, go for a run without the dog. Check the freezer for what flavor popsicles are left. Box is empty. This is not good. Grab a ball cap and sunglasses. Throw on more deodorant. Drive to the food store. Stock up on a few items. \$200 later return to the beach. Put up groceries. Marvel that I found Bomb Pops, Creamsicles, and Peanut Butter Flavored Frosty Paws. All of my boys will be happy. Stomach growls. Make breakfast. Thumb through the daily newspaper only to discover I already read most of it before I actually got out of bed using the app on my phone. Take a deep breath.

Note I have nothing to wear for an upcoming trip. Get out my sketch book. Take my own measurements. Sigh. Take another deep breath. Get in a wrestling match with my body double. Drape the fabric. Cut the fabric. Hear the Kid crunching his cereal. Set the timer on my phone. Continue on with my design project. "Twinkle" brings me out of my sewing stupor. Shut the door to my design studio. Another sigh.

Think about making a hot lunch for the Kid. No can do. Salad for me. Sandwich, fruit, cut up veggies for him. The Kid clears the dishes to the counter-top. Prep for dinner -- possibly for six, definitely for three -- not sure what region of the world

our taste buds will visit. Decide on Persian food -- kebabs, basmati rice, yogurt dip, relish tray, fresh fruit. No time to make fresh Naan. Choose not to deviate from menu. Will pick up flat bread on my way to get Barrett. Deep breath.

Kick the dog off the bed. Make the bed. Vacuum dog hair. This takes longer than I think. Beg the dog to stay on the bed. Instead, he follows me around like a lost sheep, shedding as he goes. Start a load of laundry. Program television to Nickelodeon channel. Place Barrett's special beach chair, towels and sunscreen poolside. Check the chemicals in the pool. Mentally beat myself up for not doing that first thing in the morning. Fortunately, all are in balance. Me excluded. Do a clean sweep of the sand in the backyard making sure the dog hasn't left any surprises behind. Put white tablecloths out and set the outside tables for dinner. Hope it doesn't rain. Lock all entrances from the house to the pool.

Look at the time on the kitchen stove. Realize the dishes were only cleared not washed. Load up the dishwasher. Actually start it. I think I smell an NFL linebacker in my kitchen. Just me. I have to shower. I get nothing but tepid water. Then I remember the load of whites earlier and the dishwasher is on as well. Another really deep breath.

Debate as to whether or not I should wear undergarments or my swimsuit underneath my clothes. Swimsuit wins. That way I won't have to change later. Saves time. Double check car seat is secure. Pull into the daycare parking lot. Forgot I needed Naan. Rationalize I need to drive the car a few more minutes to cool it down. Drive over to the grocery. Trip number two. Purchase flatbread and flatbread only. Return to the daycare. Find my license. Shove it my pocket. Disassemble car key so I can keep car running. Engage the emergency break. Manually lock car. Sign in at the office. Walk to the classroom. Deep breath.

Then as if something magical happens, a little voice, not from my head, calls across the room, "Gal." Time slows down. It's hard to rush when you are hand in hand with someone who ambles. It becomes even more difficult to think about a never

ending to-do list when you are answering a litany of questions including the whereabouts of the entire family. We sing "Itsy Bitsy Spider" and "You Are My Sunshine" all the way back to the beach. Barrett and I sit by the pool, dangling our feet in the water, eating our Bomb Pops as

fast as we can before the sun devours them for us. We marvel at the red, white and blue stripes of frozen flavored sugar water and cheers before each bite. Before too long, The Kid emerges with a second round of Bomb Pops and pre-filled squirt guns.

Slowly my inner child starts

to emerge and the grinding responsibilities of being an adult start to melt away like the second Bomb Pop left on the pooldeck. It stuns me that she actually knows how to relax and be in the moment. I like to think she is both grand and great.

Until next time...



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Brent Woody and his first place Barracuda at the Pensacola Bud Light Fishing Rodeo, June 22 at Flounder's Beach. The Cuda weighed in at 27.26 pounds. Woody fished aboard The Boardroom, captained by Troy Mabire and owned by Ken Station. They are all from Pace.
Photo by Madison Penico/Island Times

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NATURE NOTES

By Rick O'Connor

Florida Sea Grant, University of Florida / IFAS Escambia County



Dealing with Snakes...

Due to the heavy rain in May we have received numerous calls

about snake encounters. The heavy flooding forced these slinky reptiles from

their natural habitat to higher drier ground... in many cases this meant your driveway or garage. Most in our community do not like snakes but most do understand their role in the natural environment and that they do us a service by consuming unwanted rodents. There are a variety of reasons people do not like them but the fact that some are venomous, and we do not know how to tell if they are venomous, makes us very uneasy.

There are 46 species of snakes in Florida, only 6 of these are venomous and only 4 of them are common in our area. The water moccasin (*Agkistrodon piscivorus*) is the most frequently encountered venomous snake. They resemble many of the non-venomous water snakes but differ in the shape of their head and the dark "raccoon mask" that runs across their eye. Snakes are attracted to places where rodents are found. Stacks of wood, bird feeders, brush piles, greenhouses, and garages all attract rodents and thus snakes. Keep these areas clean and consider placing them away from the door of your house so you are not startled as you step out.

What do I do when I encounter one? Typically snakes will be in a "frozen" position when they first see you. This is something that prey do when they first encounter predators, indicating they are afraid of you. Typically their next move will be to flee if they have a space to run to - do not block their escape route. Most snakes will strike only when they feel they have no other option. This happens because they feel you are too close or they have no way out. Ninety-five percent of the people bitten by snakes were trying to either catch them or kill them, so allowing them to escape significantly reduces your chance

of being bitten.

If you would like more information on local snakes, how to manage your yard to reduce encounters, or information on what to do if bitten visit the Escambia County website (<http://escambia.ifas.ufl.edu>) or contact Rick O'Connor at roc1@ufl.edu



Eastern Diamondback Rattlesnake. Photo by Carrie Stevenson

escambia.ifas.ufl.edu) or contact Rick O'Connor at roc1@ufl.edu



An up close view of a Rat Snake. There are 46 species of snakes in Florida, only 6 of these are venomous and only 4 of them are common in our area. A Rat Snake is non-venomous. Colors vary depending on location. Those which slither along in our area are gray. Photo by Molly O'Connor



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Lana Draper, Bettie Lee Sundstrom and Nancy Wyse were serenaded by the Pensacola Beach Woman's Club during their luncheon and meeting June 19 at the Beach Church's Fellowship Hall. The longtime members are the June Birthday Girls. The next meeting is Thursday, July 17 beginning at 11 a.m.

Youth Group Tees Up At Tiki Island Golf

The Beach Church Youth Group meets on Wednesday nights at the Beach Church House, 920 Panferio. Youth Groupers will be working on their golf game, July 9, when they visit the Tiki Island mini golf course at 6 p.m.

Kay Alderfer, Group Leader, asks that anyone in seventh - twelfth grade who is interested in joining the mini golf outing, please make reservations by today, July 8. Email Kay at pnsbeachchurchyouth@gmail.com

Prospective members and visitors are welcome to join.

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Turtle Trax



By DJ Zemenick

June and July are favorite months for sea turtle patrollers because the majority of nests in our area are laid during those sixty days. Our excitement grows as fast as the nest count when we start tallying up numbers. This year took a little wind out of our sails when there had been only two nests by the end of May, but by mid-June activity had increased and spirits were especially high on days we had multiple nests.

I admit to being a pest around the biologist, bio-techs, and our long-time patrollers when the sea turtle activity seems unusual (to me), annoyingly asking as many questions like a six-year-old on a road trip. It was encouraging to talk with our local fishermen, however, because they were experiencing similar delays with the cobia running a month later than usual. They talked about catches being off in May, whether by boat or just a day of fishing on the beach, and shared their opinions on why (we all agreed on the unusually cold winter/cold water). Now in my sixth year of patrol, I've finally realized that each sea turtle season is unique to itself and we can only do our best to watch over these amazing marine creatures while they are in our care. The rest is up to Mother Nature.

At this point we are only a couple of nests behind the count compared to this time last year, so hopefully it will be another good season for sea turtles. Each one of us can help make that possible if we work together to educate

people about things that can help or things that may hurt sea turtles. One problem in every area we patrol - and which seems to be getting worse - are huge holes which people dig in the sand and neglect to fill in when they leave the beach at night.

While a hole on the beach may not seem like a problem, our challenge is to make people aware of the dangers posed when the holes are not filled in at the end of the day. After all, what could possibly happen when our sand is so beautiful and soft, right? Wrong! The larger the hole, the more dangerous it can be. People running or walking on the beach can sustain injuries if they fall into a hole on the beach, sea turtle patrollers who start before dawn can be seriously injured if they hit a large hole and their UTV/ATV flips on them, and both adult and hatchling sea turtles can be trapped and die in holes left on the beach.

Just a couple of weeks ago an adult loggerhead sea turtle came ashore to nest on a South Walton County beach, about 40 miles east of Pensacola Beach. Something disturbed her on her first attempt to nest and when she came ashore a second time to try, she fell head first into a deep hole that someone had neglected to fill in. It was early the next morning before a volunteer sea turtle patroller discovered the mother sea turtle with her head completely buried beneath sand. The patroller thought the sea turtle was dead. Her weight, which was probably 250-300 pounds, had pushed her

head directly into the sand at the bottom of the hole, almost suffocating her. It took hours and many people to help extricate the loggerhead, but she was finally able to make it back into the Gulf. I encourage you to learn more about this amazing rescue by Googling "South Walton Turtle Watch Rescues Loggerhead." This is one of those times when a picture is worth a thousand words.

Please help us by filling in deep holes in the sand before you leave each afternoon. If we make others aware of the problem with a positive attitude, in nearly every case they will happily join the effort in helping our sea turtles survive. Spread the word!

Until next time, Lights Out!

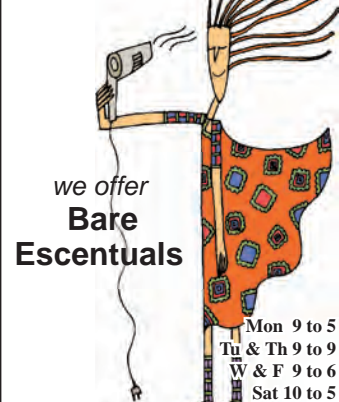
Nest Update for Pensacola Beach and Gulf Islands National Seashore as of July 1, 2014:

Perdido Key	GINS	7
Pensacola Beach		6
Ft. Pickens	GINS	5
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Celebrating 30 years of Floundering 'neath the moon and stars. Offering fresh Seafood including Tuna, Mahi and of course Flounder! Award winning chowder, po boys, burgers and Pensacola Beach Style baked oysters. Sample our Fresh catch including the Shrimp Boat Platter loaded with shrimp cocktail, BBQ shrimp, fried shrimp, popcorn shrimp and U-peel ems. Kids love our Pirate Ship playground located on our beach - well within view of dining parents. For late night revelers- Flounder's is host to the world's finest beach bands. Dance all night on Flounder's beach to the most popular bands from across the south.



Open 7 days a week. Sunday Brunch. At the Traffic Light on beautiful Pensacola Beach, 850-932-2003 www.flounderschowderhouse.com

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One of America's great steakhouses; proudly serving USDA Prime Steaks, seafood and Irish specialties including Irish fisherman's bouillabaisse, Corned Beef and Cabbage and Shepherd's Pie all inside a turn of the century New York Irish Saloon themed pub. McGuire's is celebrated for its atmosphere, boasting more than 750,000 signed dollar bills hanging from the ceilings of the pub. Live entertainment coupled with great food and warm and friendly service by Employees who Give a Damn! Visit our on-site brewery and the O'Tolf Wine Cellar featuring the complete vertical collection of the Chateau Mouton Rothschild Artist Series. Featured on NBC's 'Today' Show, highly recommended by Fodors, Frommers and AAA travel guides, Florida Trend Magazine Hall of Fame Member. Open every day at 11, 850-433-6789, mcguiresirishpub.com



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A little bit of paradise at this open air, island style bar with its own private white sand beach. Pull up a rattan stool. Cold beer. Live Music. Exotic Libations. Friendly locals. Lunch and Dinner everyday. Sandwiches. Salads. Fresh Catch of the Day. Renee's Famous Shrimp Salad. Happy Hour 11-7. Live Bands. Poker on Monday and Wednesday. Tucked away in the parking lot of the Paradise Inn, it's directly on Santa Rosa Sound. Boat and Bicycle parking. Open 7 days. 850-916-5087.



PEGLEG PETE'S

Ahoy, Matey. You've found a Pensacola Beach treasure. Pirates welcome. Fresh Gulf seafood served in the galley or outside on the awning covered deck. Glass front bar overlooks LaFitte Cove. All kinds of oysters. Live lobster. Gumbo. Dinner specials nightly. Sizeable sandwiches and burgers for Landlubbers. Take home a t-shirt. Look for the Jolly Rogers flying over the west end of the Island at 1010 Fort Pickens Road. We're here everyday at 11. 932-4139. www.peglegpetes.com



SANDSHAKER LOUNGE

The "World Famous Sandshaker"- a Pensacola Beach Tradition since 1973. Home of the Original Bushwacker. Been selling this signature drink for over 30 years. First bar on the Beach to offer this tasty frozen concoction. Something's always shakin' - Monday half price BARE 10 a.m. til close; TX Hold'Em & Trivia at 7 p.m., Tuesday is Karaoke with Becky, Thursday half price T-Shirt Nite. Live Entertainment Year Round Wednesday thru Sunday. Check out the Gift Shop. Across from the Boardwalk. Open 10 am - 3 am. 850-932-2211. www.sandshaker.com



PADDY O'LEARY'S IRISH PUB

May the luck of the Irish be with you as you enter the Beach's authentic Irish Pub. Happy bartenders serving Happy Hour priced drinks Monday thru Friday from 11 a.m. to 7 p.m. Have you tried a Car Bomb? Electronic Darts. Texas Hold 'Em 4444 Fun. Live music. All kinds of shenanigans. Located in the historic district of Pensacola Beach, 49 Via de Luna. Call 850-916-9808. www.PaddyOLEarysIrishPub.com



THE ISLANDER LOUNGE AND PACKAGE

A bit of history. The oldest lounge on Pensacola Beach located in the Via de Luna Shopping Center, about one mile east of the traffic light. Specials, daily. Dance on the pole. drink a shot. Shuffleboard. Upstairs Cypress Room and Sundeck. Live music. Just steps away from The Break., our sister establishment. Open everyday for fun. 850-932-9011.



SIDELINE'S SPORTS BAR AND RESTAURANT

Score! Don't miss a point. See it all in high definition - 11 big screens, 42 televisions. If it runs, jumps, races, it's here. Famous for Thursday Wing Night. Burgers. Seafood and Ribs. Kids menu for the JV players. Full bar. Indoor or outdoor seating. Video sports games. Centrally located on Via de Luna, just east of the main parking lot and the traffic light. Kick off at 11 a.m. seven days a week. 934-3660.



BAMBOO WILLIE'S BEACHSIDE BAR

A beach experience under the giant thatched roof. Open air bar serving your favorites. Specialty Fat Tuesday frozen drinks like the Octane 190. Live music on stage. Bikini contests. Crawfish Boil on Sunday afternoons. Willie's Wear Gift Shop. Waterfront on Santa Rosa Sound. Located at the Boardwalk. 850-916-9888. www.bamboowillies.com



SHAGGY'S WATERFRONT BAR & GRILL

Fresh seafood served overlooking Little Sabine Bay. Breezes are free to float through the open air dining room and side bar. Laid back, funky, family friendly. Arrive by boat or car, bike or on foot. Open everyday at 11 a.m. in the big red building on Pensacola Beach Boulevard. 850-934-4852. www.shaggys.biz



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Re/Max on the Coast, 850-384-7607.
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\$222,000. Navarre. 4/3 home on Soundhaven Court. New Construction. 1850 SF. Dennis Remesch, Re/Max on the Coast, 850-384-7607.
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Volunteer

Be a key ingredient for the success of the Pensacola Beach Chamber's Taste of the Beach 2014. Sign up as a volunteer. T-shirt and goodie bag. Don't miss the opportunity, September 19-21.
www.TasteofPensacolaBeach.com.

Seeking Employment

Gulf Breeze Area. Certified Caregiver. Would like to care for elderly lady in her home. Light housekeeping, meals, shopping. Also child care. 850-207-2714

Pets

Are you a dirty dog? Pensacola Humane Society Doggie Bathe In Schedule. Saturdays from 9 a.m. until 2 p.m. July 19, August 16, September 20, October 18. Bring your own towels. Prices start at \$7. 5 North Q St, Pensacola, 32505. PensacolaHumane.org
.....

Pensacola Beach Dog Parks. Daily, 7 to SUNSET. Leashed, friendly dogs. Parking Lot "E" located near park east and Parking Lot "B" near park west on Fort Pickens Road.
.....

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Calendar

JULY

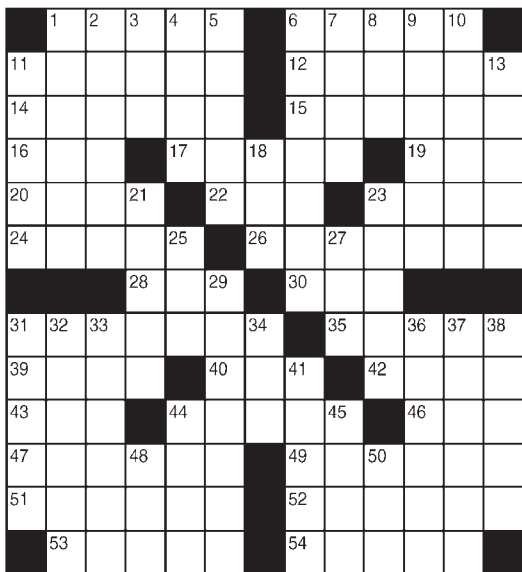
- 8: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
- 9: Blue Angel Circle and Arrival Maneuvers. 8 am
- 9: Santa Rosa Island Authority Meeting, 5 pm. #1 Via de Luna, Open to the Public. www.sria-fla.com
- 9: Beach Church Youth Group Tiki Island Mini Golf Event, 6 pm, 932-6628
- 10: Blue Angels Practice, 2 p.m.
- 11: Trolleys run 7 am. Extended service to Park East, til 6 pm. Same on Saturday.
- 11: Pensacola Beach Air Show Dress Rehearsal. Noon
- 12: Pensacola Beach Air Show. Noon
- 13: Country Sunday Boardwalk, 4 pm
- 15: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
- 17: Sunset Triathlon, Portofino. TeamMPI.com
- 20: Mere Mortals triathlon training group. 6 a.m. trigulfcoast.org
- 20: Country Sunday Boardwalk, 4 pm
- 22: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com

- Pavilion. 7-9 pm www.visitpensacolabeach.com
- 23: Santa Rosa Island Authority Meeting, 5 pm. #1 Via de Luna, Open to the Public. www.sria-fla.com
- 25: Star Gaze Ft Pickens. Dusk. \$8 to enter Fort. No charge for event.
- 27: Mere Mortals triathlon training group. 6 a.m. trigulfcoast.org
- 27: Country Sunday Boardwalk, 4 pm
- 29: Beach Chamber Member Meeting, The Upper Room at Innerlight. 8:30 am. Call 932-1500 for guest pass.
- 29: Beach Chamber Business After Hours, 5:30 pm, Hemingways. Guests welcome. Call 932-1500.
- 29: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
- 31: Ladies Triathlon, Portofino, TeamMPI.com
- AUGUST
- 1: Star Gaze Gulfside Pavilion. Dusk. Weather Permitting. No charge for event. Also, Aug. 2
- 2: Bushwacker 5K. Capt'n Fun Runners.
- 2: Race for the Roses, Pensacola Beach Yacht Club. All ladies sailing regatta.
- 3: Mere Mortals triathlon training group. 6 a.m. trigulfcoast.org
- 5: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
- 10: Mere Mortals triathlon training group. 6 a.m. trigulfcoast.org
- 12: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
- 13: Santa Rosa Island Authority Meeting, 5 pm. #1 Via de Luna, Open to the Public. www.sria-fla.com

King Crossword

ACROSS

- 1 Pays attention
- 6 Starts the betting
- 11 50-50 chance
- 12 Lamentation
- 14 More fashionable
- 15 Be unsteady
- 16 Wanted poster abbr.
- 17 Shy
- 19 Teeny
- 20 Bulb measure
- 22 Group of whales
- 23 Dimensions
- 24 Do some fleecing
- 26 Sought the America's Cup
- 28 Existed
- 30 Privy
- 31 Fetching person?
- 35 Analyze grammar
- 39 Actress Ball
- 40 URL ending
- 42 Actor Neeson
- 43 Rhyming tribute
- 44 "Star Wars"



- 28 mastermind
- 29 Parsley
- 30 Individual
- 31 Best
- 32 Kind of pin
- 33 Rowling hero
- 34 Place for an ace?
- 35 Desolate
- 36 Anna of "Scary Movie"
- 37 Contes-tant
- 38 Parsley serving
- 39 Best
- 40 Trudge along
- 41 Stop fasting
- 42 Fool
- 43 Cold
- 44 evidence
- 45 Melts
- 46 Trapped
- 47 Possibly will
- 48 Lion's shade
- 49 Sandbar
- 50 Tatter
- 51 What you will?
- 52 Filch
- 53 NYC winter hrs.
- 54 Political alliances
- 55 Air for a pair
- 56 Friml or Bing
- 57 Summer quencher
- 58 Sinbad's flier
- 59 Revolting person?
- 60 With logic
- 61 Abrasive powder
- 62 Syrup source
- 63 Jeans-maker Strauss
- 64 Any time now
- 65 Thrice, in Rx's
- 66 Stick with a kick

King Crossword

Answers

Solution time: 24 mins.



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Seeing Stars... this week's horoscopes

ARIES (March 21 to April 19) Your Aries leadership qualities can help bring order out of all that confusion, whether it's on the job or in the home. But be careful to guide, not goad, others into following you.

TAURUS (April 20 to May 20) Applying a more personal view to a job-linked issue could help provide better insight into those persistent problems. Use your keen Taurean logic to cut through the double-talk.

GEMINI (May 21 to June 20) Taking some time off could be the best way to get through that seemingly endless round of demands. You'll return refreshed and ready to tackle things from a new perspective.

CANCER (June 21 to July 22) Restoring a sagging professional relationship takes a lot of effort. By all means, state your position. But also make sure you pay close attention to the other person's point of view.

LEO (July 23 to August 22) A hot prospect intrigues the Big Cat, who is always on the prowl for a promising investment. But

be careful that this "promise" has a chance of being kept. Check it out more carefully.

VIRGO (August 23 to September 22) A friend could use some of your compassion and concern. If he or she doesn't ask for help, be sure you step up and make the first move. Also, check out a new career possibility.

LIBRA (September 23 to October 22) You might have difficulty getting your opinions heard because of all the noise being made by the other side. But hang in there. Others should line up with you once they learn the facts.

SCORPIO (October 23 to November 21) Offering to help a colleague is commendable. But before you commit your time and effort, check to see if that person's situation is all that he or she has led you to believe it is.

SAGITTARIUS (November 22 to December 21) You soon should be seeing positive results from your recent efforts on behalf of a family member.

On another matter, check that you have all the facts regarding a job assignment.

CAPRICORN (December 22 to January 19) Your aspects favor closer family relationships this week. Take time for visits, whether in person, by phone, by mail or in cyberspace. Let them know how important they are to you.

AQUARIUS (January 20 to February 18) A missed opportunity isn't always a negative. Maybe your instincts are telling you not to rush into something you "thought" was worthwhile. Make time for family this weekend.

PISCES (February 19 to March 20) Your sense of humor helps you get through a tricky situation. But some stick-in-the-muds might not be so willing to make the changes that you and others agree are necessary.

BORN THIS WEEK: You have a gift for making everyone you know -- or even just met -- feel important and welcome in your life.

The BEST Summer MUSIC Line-up on the BEACH

BAMBOO Willie's Beach Bar
PENSACOLA BEACH, FL

JULY CALENDAR

July 1 8pm Dave & Joe	July 16 8pm Brooks Hubbert
July 2 9pm Dusty Sanderson Band	July 17 8pm High Horse
July 3 9pm Hip Kitty	July 18 3pm Two Amigo's
July 4 3pm Timberhawk	9pm Bad Habits
9pm Hip Kitty, Fireworks	July 19 3pm Chronic Jester
July 5 Noon Nick & the Ovorols	9pm Bad Habits
5pm Sophie's Bikini Contest	July 20 2pm Hotel Oscar
9pm Hip Kitty	8pm Vibe Irie
July 6 2pm Fatty Waters	July 21 8pm Dave & Joe
8pm Gypsy Riot	July 22 8pm True Blue Band
July 7 8pm Two Amigo's	July 23 8pm Brooks Hubbert
July 8 8pm John and Brittany Neff	July 24 8pm Dusty Sanderson
July 9 8pm Timberhawk	July 25 3pm John Hart Duo
July 10 8pm Chris Martin Band	9pm Heritage
July 11 BLUE ANGELS PRACTICE AIR SHOW	July 26 Noon John Hart Band
3pm Nick & the Ovorols	4pm Sophie's Fashion Show
9pm Mo Jiles	5pm Bikini Contest
July 12 2pm BLUE ANGELS AIR SHOW	9pm Heritage
3pm Hotel Oscar	July 27 2pm Fatty Waters
9pm Mo Jiles	8pm Buck Lee Band
July 13 2pm Timberhawk	July 28 8pm Tim Spencer
8pm Buck Lee Band	July 29 8pm Nick & the Ovorols
July 14 8pm Dave & Joe	July 30 8pm Three Bean Soup
July 15 8pm Three Bean Soup	July 31 8pm Michael Vincent Band

JULY 4TH REDWHITE & BLUE CELEBRATION
Fireworks on the Bay @8:30PM

Featuring **FAT TUESDAY** PREMIUM FROZEN DRINK MIXES

Try a **BLUE ANGEL** Made with Vodka and Blue Raspberry. The taste will rock your world!

REDWHITE & BLUE Bikini Contest July 5th @ 5pm

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\$20 ENTRANCE FEE

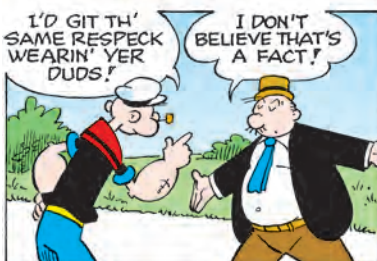
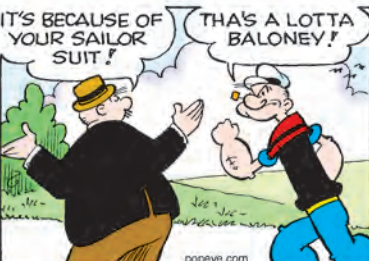
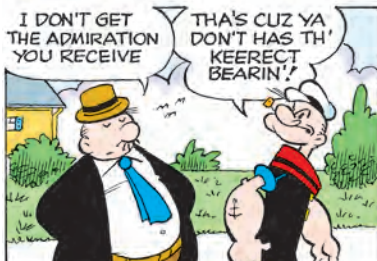
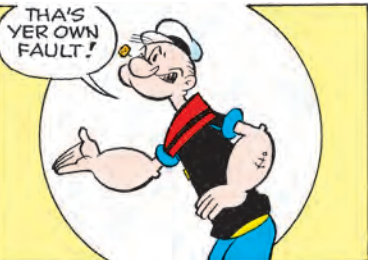
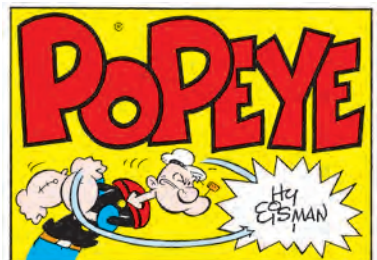
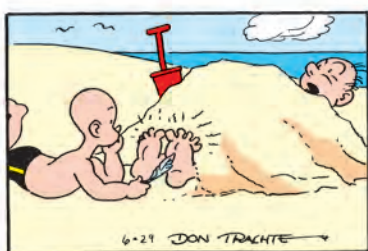
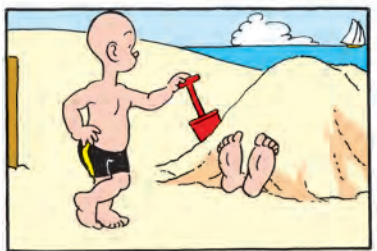
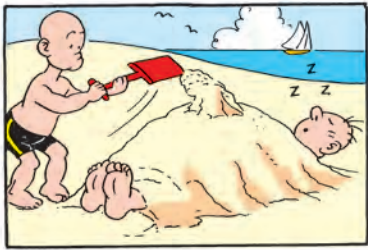
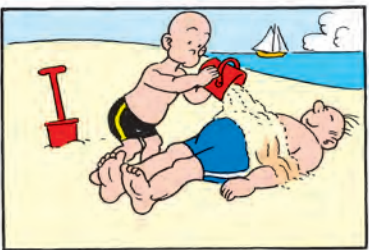
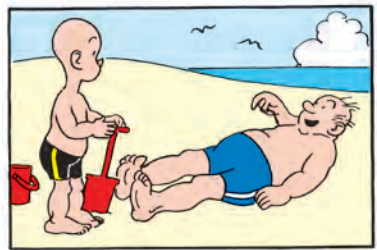
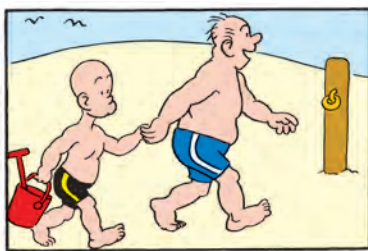
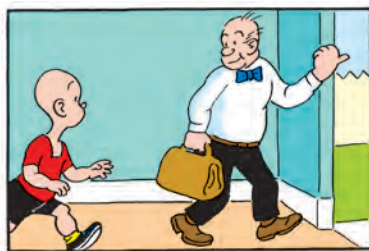
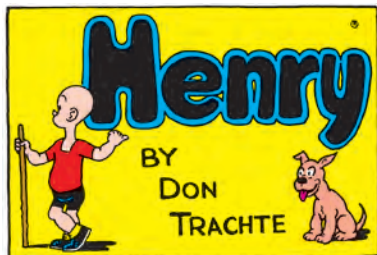
SATURDAY (OPEN AT 9AM)

VIP

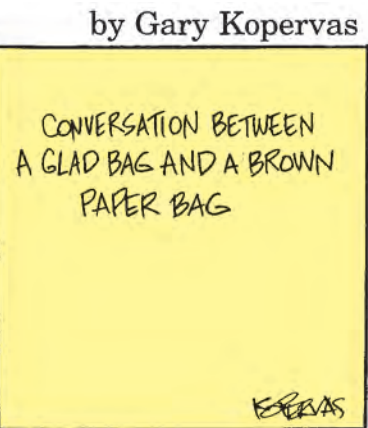
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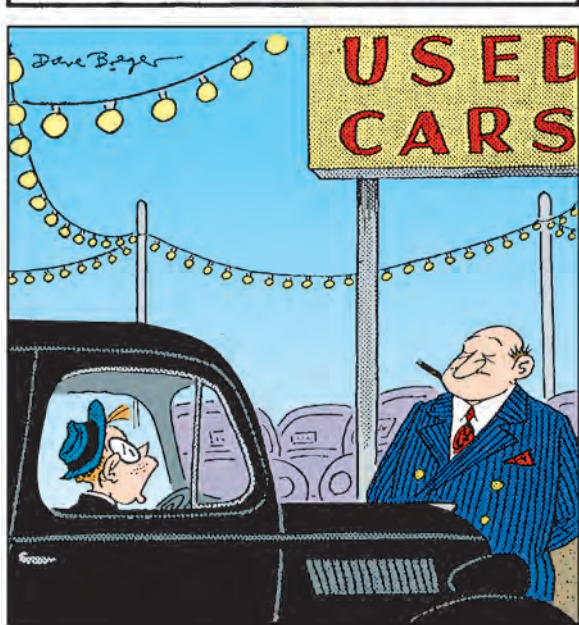


Out on a Limb



by Gary Kopervas

MISTER BREGER By Dave Breger



"This car you sold me last week—wouldja tell me all about it again?...I've forgotten some of its good points"

Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY



"He's outside—communing with nature!"

BYTES & BITS

By Joe Stukey,
Your Computer Pal

Q: "Can Malicious Programs Be In My Computer Without My Knowledge?"

A: Yes, that is certainly possible. In fact, that is the case in many computers. Every time you visit a website, there is a risk of having that happen. Malicious programs, such as viruses and malware, often drop into your computer from websites without you knowing it. When I examine computers and show the bad programs to the computer's owner, the owner almost never is aware that those programs were present.

Sometimes, when the computer user downloads one program intentionally, several programs get downloaded and installed. If you read the legal agreement that appears when software is being downloaded, you will often see that multiple programs are being installed on your computer.

In some cases, I have seen as many as 30 malicious programs in the list of installed program on

a single computer. That happens when a "downloader" program is present on the computer. That program automatically manages the schedule for downloading programs belonging to their business partners. Each program that is downloaded may bring another 5 or 6 programs with it. By that time, the computer is so slow that the owner knows something is wrong.

There is also a function in the computer known as the Task Scheduler. The Task Scheduler is responsible for making certain things happen automatically, on a pre-determined schedule. Malicious programs will insert themselves into the Task Scheduler to cause downloads, updates, and programs to automatically start running in the computer. So, the tasks in Task Scheduler have to be cleaned up when the malicious programs are being removed.

Internet search engines, such as Internet Explorer, Google Chrome, and Firefox are all used

by malicious programs to further infect your computer. The bad programs insert themselves into the search engines and take over the search process. They are then able to re-direct the user's website searches and download more bad programs from other websites. Quite often, the malicious programs will replace your "home page" with their own page, causing you to click on unwanted website links. Seeing your home page get replaced is a big clue that something is wrong. Internet Explorer, Google Chrome, and Firefox all have to be examined and cleaned up when removing malicious programs.

This article was provided by The Stukey Group. For questions, contact Joe at joe@ycpals.com or 850-206-3156.

Beach School Board Approves Staffing, Construction Updates

Pensacola Beach Elementary School students will be greeted with new classrooms and expanded areas when they report to school in August. School Board President Todd McCurdy announced at the June 30 meeting that construction was progressing and the new classroom project will be complete in time for the first day of school, August 18.

The Board approved the following teachers and staff for the 2014-2015 school year: Jennifer Neal, kindergarten, Sarah Farej, first grade, Debbie Campanella, second grade, Joy

McLaurine, third grade, Erin Olson, fourth grade and Tara Turk, fifth grade. Stephany Heath, art, Mary Holway, music, Ginny Baynes, physical education, Monika Springer, computer lab, Jennifer Magee, administrative, Shelby Smith, testing and support and Bruce Mays, bus driver.

The Beach School is a charter school and is funded by the State of Florida and private donations. The School is currently accepting donations to help defray the cost of construction. To make a donation contact the school at 850-934-4020 or online at www.pbcs.org.

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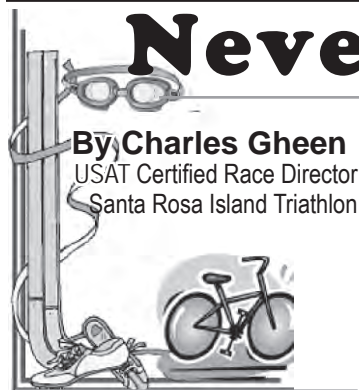
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Never Hurts To Tri



By Charles Gheen
USAT Certified Race Director
Santa Rosa Island Triathlon

It Can Be Dangerous Out There

The heat index outside today is "105 degrees." Most of us probably think that "heat index" is some combination of temperature and humidity that means "something" (misery?). Technically, it's a carefully-devised, scientific formula that tries to determine the human body's perception of how hot it is. It also portends the effects of this physically-perceived heat, which can range from extreme to fatal. When you are tri-training outdoors, you need to pay attention to it.

Perspiration cools the body by pulling high-energy molecules (heat) from the interior and bringing them to the skin in sweat and there they evaporate into the air. The higher the humidity is, the slower the evaporative process. In high-humidity situations, the cooling mechanism is much less efficient, and we are much more miserable. When the heat index is from 90 to 105 degrees, heat cramps and heat exhaustion are possible. Continued activity in these conditions could result in heat stroke. Higher than 105 is definitely trouble.

Our training group met and ran the other day when the heat index was 104 degrees. There was

a slight breeze and we planned to run 4-5 miles. After two miles our pace slowed perceptibly. We took turns taking the lead, but still the group slowed down and we kept checking our GPSs to see how far we had gone. Each time we checked there was still plenty of distance to go and finally we cut the run short at a little over four miles.

So, it's July and August in Northwest Florida and we still have to train. What do we do? The first thing is to stay hydrated. You must increase your fluid intake on a daily basis and you need to mix it up with water and electrolytes (i.e. sports drinks). Some runners and triathletes think that if they hydrate the day (or the hours) before an event that is sufficient. Wrong! Your tissues take time to absorb fluids and get truly hydrated. Think of each training session as an event instead of just that race on the weekend. Before and during your exertion you'll want to ingest very cold drinks to bring your core temperature down. Eat small, low-fat meals and snacks during the day.

Next, try to bike or run in the early mornings or the late, late afternoons. The visibility is much worse for drivers at those times and you'll need to be very careful. Wear light, brightly-colored clothes, use warning lights on your bike or clothing and try to stay off the main roads. Take fluids with you and plan your routes to include places (such as convenience stores) where you can get extra water or sports drink.

Finally, slow down. You may need to cover a certain

distance, but you can take it a bit easier. Supplement your outside training with running on a treadmill or riding a spin bike in a gym. Ramp up your swim training to maintain or increase your aerobic and cardiovascular capabilities. If you are breathing heavily, feel your heart racing or just feel bad....stop! No one ever got a medal or an award for gutting out a training run in the extreme heat.

I fell down when I was running at 5:30 a.m. a week ago. I was able to quickly get up and keep going, but I got a serious cut on my knee and some severe road rash on my leg. Except for colliding with other runners and getting knocked down twice in trail runs, I've never come close to falling while running. Was it just an error or am I "getting old"?

I work on my balance all the time. Yoga poses and stretching are part of my daily workout as is bi-lateral strength training. So what happened? How did I wind up on the ground with blood flowing down my leg?

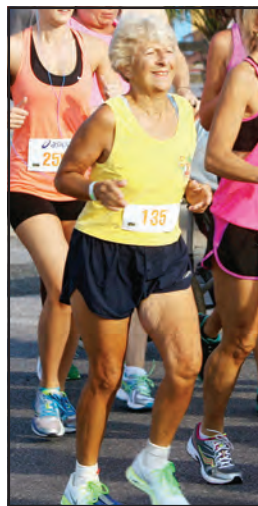
The truth is we almost all take our mobility for granted and we need to pay attention. I was running down an incline in the early morning light, glanced over my shoulder to see where my running companions were and then turned to see a patch of mud in front of me. I hit the mud, my foot went sideways and a collision with the pavement followed. I need to be more focused, pay more attention and not take anything for granted.

We all need to be careful out there.



The Taft Family jogs away from the starting line at the Gary McAdams 5K June 21. (From Left) Clark Taft, Jennifer Taft, and Cheyenne Taft, 6-years-old. Cheyenne crossed the finish line in 45:40 which earned her second place in her age group.

Photo by Madison Penico/Island Times



Rosemary Laporta smiles on her way to a third place in her age division during the Gary McAdams 5K, June 21, on Pensacola Beach. The race began at the Gulfside Pavilion and proceeded east on Via de Luna, through the residential waterfront streets and back to the Pavilion. La-Porta's 5K time was 41:40. The run, which attracted 309 athletes, supports a scholarship program for students who have overcome adversity to persevere. Over the past nineteen years, thousands of dollars have been awarded to deserving youths.

Photo by Madison Penico/Island Times

Kids Tri Set

Young triathletes have an event all their own. The fifth annual Sea Turtle Tri is set for Sunday, October 5 at 7:30 a.m. on Pensacola Beach. The event is open to children ages 7 to 15 and is governed by USAT rules.

The race course is located 1.2 miles east of Portofino at parking lot "G" on Pensacola Beach. Racers age 7-10 will compete in a 75 yard swim, 2 mile bike, half mile run. Racers age 11-15 will complete a 150 yard swim, 3 mile bike, and one mile run.

Registration is \$22 through August 31. The registration and race details are at trigulfcoast.org.



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Off the Hook

By Terri McKamey

It's going to be a great couple of weeks here on Pensacola Beach. The Blue Angels are home and what better way to watch a fantastic show than out on the water! Whether you are out on the boat or just doing a little surf fishing you are in for beautiful weather, great fishing and a hometown air show that can't be beat.

Trout fishing has been really terrific early in the a.m. off the grass flats. Though not huge in size, they are plentiful with an occasional Redfish thrown in.

The weather has shaped up pretty well offshore in the last few weeks and the fishing has been very steady. Mingos are on many wrecks and live bottom spots from 80 to 130 feet of water along with some nice Triggerfish, big White Snappers and a few Amberjacks. A few Kings are showing up offshore.

I headed out to Fort Pickens before work the other day and although there wasn't a lot of action, there were plenty of schools

of bait everywhere. I talked to one guy who said he had gotten a couple of Flounder just the day before. He had heard a couple of Jacks and a Bluefish had been caught, too. I love talking to people when I'm out fishing. They always have such great stories to tell and I learn something new or fun every time.

There's been plenty of action on the Beach Fishing Pier and Jake McCarthy has been right in the middle of it. Take a look at the nice King Mackerel he landed just the other afternoon and the Flounder he nabbed Friday night. Spanish, Kings, Jacks, Bluefish and Shark along with Ladyfish and Hard Tails are to be found on the piers, and surf fishing, too.

There's not a better place to be for great fishing than here... right now. So what are you waiting for? Grab a kid and go fishing! Enjoy the fishing and the Blue Angels.



Jake McCarthy and his Flounder (left) and his King Mackerel (right) caught on the Gulf Pier.

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