

ISLAND TIMES

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Hootie Hoo!

Carla Hall Headlines at Taste of the Beach



Beach Chefs, Colorful Characters
Serve As Ingredients for Food Fest

Celebrity Chef Carla Hall will take center stage at the 2014 Taste of the Beach. Top left and clockwise: Flounder's Chef Dennis Moore, The Grand Marlin Chef Gregg McCarthy, Crab's Chef John Flanigan and King Neptune John Thomas are main ingredients for festival fun. For more delicious details, turn to page 2.

Chamber Brings Celebrity Chef Carla Hall To Taste Of The Beach

She's cooking with love and you will love her. Chef Carla Hall, star of ABC's television show "The Chew," will be dishing up the love at the Pensacola Beach Chamber's seventh annual Taste of the Beach, Saturday, September 20. Hall headlines the two-day food festival and you can meet her in person at the Gulfside Pavilion on Pensacola Beach. She is scheduled to begin with a cooking presentation, followed by a meet-and-greet. Hall will also serve as a judge



Celebrity Chef Carla Hall will appear at Taste of the Beach, Saturday, September 20.

in the *Island Times* How Sweet IT Is Dessert Contest. Taste of the Beach will showcase twenty-two Pensacola Beach Chamber restaurants, each featuring a signature dish for under \$5, Saturday and Sunday, September 20-21 from 11 a.m. to 4 p.m. at Casino Beach. In addition to the food offerings, Taste of the Beach includes chef presentations, a frozen drink zone, football tent, live music, a mermaid and pirate parade, kids cooking class, dancing, children's area, cooking contests, surf lessons and hermit crab racing.

"The Chamber's Taste of the Beach committee has worked overtime to produce a top notch festival," said Chamber Chairman Beverly Campbell. "Celebrity Chef Carla Hall, our Island chefs, combined with our beautiful beaches and warm hospitality, you just can't beat it."

Look for the festival map, menu of signature dishes and

event schedules in the *Tasty Times*, special pull-out section in this edition.

Does Grand Marlin Chef Gregg McCarthy's Ancho Barbecue Gulf Shrimp Tamale spice up your life or will Renee's Famous Paradise Shrimp Salad be your favorite? Chefs are presenting classic Beach dishes like Shaggy's fish tacos, The Dock's Corn and Crab Bisque and Flounder's Seafood Nachos, to name a few. The newest island restaurant Casino Beach Bar and Grill will be

part of the two day event introducing their Casino baby back ribs.

Foodies will be in their element with culinary offerings and those who dabble in the kitchen will delight in the free cooking demonstrations by the beach's most famous chefs. Chef Gregg will kick off the demos on Saturday at 11, Chef Dan Dunn from H2O will cook at 11:30 a.m. followed by John Smith of Hemingway's at noon – all on the festival's main stage, the Gulfside Pavilion. Celebrity Chef Carla Hall will take the stage at 1 p.m.

The Chamber provides a dining tent where festival guests can find respite from the sun-drenched festival site. Don't worry about missing any of the action. There are multiple big screens under the tent for viewing the presentations taking place on the main stage.

"In 2008, the Chamber en-

visioned a festival where guests could get a taste of a variety of dishes, particularly seafood," said Shelley Johnson, Taste of the Beach committee chairman. "Not your typical seafood festival with non-local vendors. We wanted our guests to experience some part of Pensacola Beach's restaurant scene that was new to them, and get a flavor for all things representing Pensacola Beach."

So, the festival includes things like a surf session presented by Innerlight Surf Shop.

"Surfing is certainly something to sample when on Pensacola Beach," said Shannon Hampton, Innerlight Marketing Manager. "It's free and fun for children who are strong swimmers and want to try surfing."

The infamous Seadog will drop the checkered flag, Sunday at 2:15 p.m. for the Crab Races. Wildly funny and energetic, Seadog has a stable of hermit crabs which scurry to the finish line.

"I just returned from a se-

cret training camp," said Seadog. "Crusty and Point E. Toe are new in the crab corral. They can scamper."

The Crab Racing is offered compliments of Crab's on the Beach. It's a free show, not to be missed.

From the racetrack to the gridiron, the Chamber has it all. New this year is a football tent featuring college and NFL games on big screen televisions.

Grab a beer from the Chamber's bar or visit the Chamber's Frozen Zone for a bushwacker, hurricane or relaxer. Hooters will have chicken wings for sale during the games.

For the first time, Beach chefs will compete in a head-to-head brunch battle on Sunday morning. Eggstrordinary contestants will heat up the Gulfside Pavilion stage. The first chef will put his dish before a panel of judges chosen at random from the audience at

11:40 a.m.

Back for an encore is the Sunday morning parade featur-

ing Mermaids and Pirates. Everyone is invited to don their best mermaid or pirate costume to join the walking procession, Sunday at 12:45. The Mystic Krewe of Nereids will lead the parade and former DisneyWorld character mermaid Kriss Harris performs live on stage. Special charms or pirate's booty will be given to the first 100 costumed participants.

The family friendly event has a children's area that will make parents long for days gone by. Open on Saturday only, the kids have their own space with a chance to make a bracelet or pirate hat, decorate cookies, or slurp a sweet snow cone. Toss in some bean bags, face painting and tattoos and kids may choose to stay all day. Young chefs will want to sign up for one of the thirty seats available for the Coolinary Kids cooking class. Entrants receive a chef's toque and an apron along with some fun foodie creations. Chef Lisa Burgess brings this first time event to the performance area Sunday.

Tune in and take a turn on the dance floor when Heritage rocks the stage on Sunday afternoon. It's all part of the ingredients for the Taste of the Beach's recipe for festival fun. If you want to know more, turn to the *Tasty Times*, the special pull-out section on pages 11-14 of this edition for maps, schedules, event descriptions and details. Log on to TasteofPensacolaBeach.com.



Seadog has a stable of hermit crabs ready to race.

Authority To Consider Future

Request For Professional Planner To Come Before Board

As the Ad Valorem tax lawsuits concluded, the Santa Rosa Island Authority Board discussed what the future may hold for an island whose lease fee structure might change or dissolve completely. During the discussion in April 2014, Board Member Janice Gilley suggested a professional planner might be able to help.

"We do not need to feel that we, as a board, have to have all the answers," she said. "There are people who have experience with these types of transitions."

Since April, Gilley has been working with the Santa Rosa Island Authority staff and Board attorney Mike Stebbins along with Escambia County staff to develop a Request for Proposals to bring to the SRIA Board for

their review.

"It should be ready for SRIA discussion in September or October," said Gilley. "And, if it receives support from the Board then we could begin the RFP process."

The professionals would be tasked with completing a thorough analysis of the SRIA which would include topics like revenue sources and level of services provided. The planning

firm would engage stakeholders and residents in a series of public meetings to gather necessary input. Finally, a report along with recommendations would be tendered to the SRIA Board to assist in future planning.

Santa Rosa Island Authority meetings are open to the public. The next meeting is Wednesday, September 24 at 5 p.m. at #1 Via de Luna. The agendas are online at www.sria-fla.com.

Weightlifters Vie For Beach Crown

Top weightlifters from across the southeastern United States will compete on Pensacola Beach Saturday, September 20 beginning at 9:30 a.m. to earn the title of King of the Beach.

The event is held at Bamboo Willie's on the Boardwalk and hosted by Chip's 24 Hour Health and Racquet Club. There is no charge to spectators. For more information, call 850-916-2447.

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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 – August 1, 1986

Newspaper editors are frequently considered barometers, gurus or psychics. (And these are the nicer names they are called.) Readers ask questions and expect intelligent answers. If the editor's answer agrees with the already preconceived notion of the questioner, everything is fine. If it doesn't, the editor is a dreamer, a nitwit or the Pee Wee Herman of journalism.

So, when I stick my neck

out and say I think all this upscale development we have seen in the last year can only mean good things are coming our way, some questioners give me a look that means I should be hauled to the Funny Farm, post haste.

Let's take a look at Harbourtown Shopping Village. There are now 32 shops and professional businesses operating in this complex which replaced an area of tangled underbrush on the curve headed toward the beach. These shops and businesses are not fly by night operations. They are companies

well known for their business expertise. These businesses are owned by individuals who have had years of experience in other locations in the Pensacola area. Now, they have selected Harbourtown. New businesses are scheduled to open in Harbourtown soon, and no one is leaving. Does that sound like the "ghost town" tag some gloomy individuals are trying to hang on the complex? Day by day, more and more shoppers are finding Harbourtown. It will continue to grow. It is Gulf Breeze's largest shopping center and it is community oriented with outstanding events planned for the remainder of the summer and fall. Gulf Breeze and Pensacola Beach should point with pride to Harbourtown. It's a neat place and it's on the way up.

People are really beginning to get the "hang" of Quietwater Beach Boardwalk. They are realizing the Boardwalk is a public place where the owners maintain docking facilities, swimming in a protected, guarded area, outdoor showers, and exceptional entertainment. There's no entrance fee, no cover, no bucks for all this. It's a family place where everybody can enjoy leisurely shopping and a wide variety of eateries.

What will happen after Labor Day? Well, there will be fitness centers, a beauty pageant, a huge Halloween party, Christmas contest, and parties, entertainment and all the shops and restaurants will remain open, so you won't have to stay home and mutter, "There's nothing to do in the winter on Pensacola Beach."

I look forward to the debut of The Moorings, another new star in the beach's shining crown. The Moorings will be a complete marina and ship's store, gift shop and fine restaurant when it opens some time in August.

No, the developers are not thrashing around in a morass of tears. They are building first class accommodations for the island. Progress is inevitable. Yet, development on Santa Rosa Island is restricted by a legislative act to the commercial area of Pensacola Beach. Those who keep shouting that the beach has been devastated and overdeveloped can drive about five minutes from the 7-11, east on Via de Luna, and arrive in a desolate, sea oat, sand dune terrain where they can view the Gulf and Sound in perfect tranquility. Or, they can travel in a westerly direction and enter the historic confines of Ft. Pickens,

a National Park, which will remain forever unchanged for the benefit of those who enjoy the natural beauties of the Island.

Just as "No man is an island unto himself," no island is immune to development. Wouldn't it be wonderful if all resort areas contained acres and acres of untouched and untouchable natural scenic shoreline? And wouldn't it be wonderful if all resort areas contained classic commercial areas? We have it all on our Island.

When editors go home at night, they anguish over what they have heard and what they have said all day long. They offer their humble opinions objectively - - not necessarily agreeing or disagreeing - - just stating facts as they see them. That's about the best they can do. Although newspaper people are not generally psychics or gurus, they do have a pretty good overview of what's going on in the respective habitats. When they get questions, they give answers straight from that overview. So, while it is true that not too many of us are fortune tellers, we are honest. So, whenever anyone asks me how I feel about all this "new stuff," I answer honestly that good things are coming our way.

Optimists Host Candidate Forum Campanella and Preston To Appear

Do you want to know more about the candidates? Are you registered to vote? The Pensacola Beach Optimist Club has you covered. They are hosting a Candidate Forum, Thursday, October 2 at 5:30 p.m. at the Pensacola Beach Community Church. Optimist Club President Carleen Wheeler announced that all candidates from the gubernatorial race to the one-elected Santa Rosa Island Authority seat have been invited to appear. The format allows three minutes for each candidate to address the beach voters. The candidate presentations will be followed by a proctored question-and-answer period.

Attendees will be able to submit questions in writing at the meeting. Questions will be posed to candidates as time allows by Wheeler.

"We want everyone to join us," said Wheeler. "Hear the candidates and stick around for refreshments after the presentations are over."

In addition to the Governor's race, Beach voters will have an opportunity to choose the Florida Attorney General, Chief Financial Officer and Commissioner of Ag-

riculture. Mike Hill and Jeremy Lau face off for State Representative in District 2. Escambia County Commission District 4 incumbent Grover Robinson, IV, is taking on challenger Michael Lowery.

In 1983 Pensacola Beach residents earned the right to vote for one delegate to the Santa Rosa Island Authority Board. Thomas Campanella and Terry Preston are running for the SRIA seat.

There are over 2,400 registered voters on Pensacola Beach. During the August 26 Primary Election voter turnout was relatively low with 436 voters from Pensacola Beach casting ballots.

Getting registered to vote is easy. The League of Women Voters will be on hand at the Candidate Forum to register attendees. If you prefer, you can register online or in person at the Elections office. Go to www.escambiovotes.com for forms or call 850-595-3900 for assistance. The deadline to register is October 6.

The Pensacola Beach Optimist encourage everyone to attend the Candidate Forum. It is open to the public at no charge.



Lucky Lois Jernigan put a few coins in and got some big bucks out. Her payday at the Wind Creek Casino was just over one thousand dollars. She was having a ball showing her winning voucher off to her Pensacola Beach friends.

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MAMMA MIA

During DJ Zemenick's recent Beach Ambassador patrol, she needed a translator. She greeted a couple who were sitting beachside with "Hey guys, how's it going? Are you having fun?" DJ said they stared at her strangely. After they spoke to her, DJ realized she had happened onto visitors from Italy. She used the only two Italian words she knew. "Scusi," with lots of hands gesturing and then pointed at the building and the water, "Buono?" What followed was lots of nodding and smiling.

GREAT AND GRAND

Little Gabriel Maximus Morain has a Pensacola Beach-based fan club. The baby boy was born in Panama City, August 26. His great grandparents are Floyd and Clara Smith of Pensacola Beach. His grandparents are Pensacola Beach's Roxanne and Jesse Penico. His proud Aunt Madison Penico drove from the FSU campus in time to greet the newest family member. Gabriel's parents are Heather and Kaleb Morain. According to Madison, her mom is absolutely loving her new status as grandmother.

DIG AND KILL

Pensacola Beach's Maddie Grace McCurdy is a polite teenager with a sweet smile. She is an honor student at Gulf Breeze High School. When the tenth grader gets on the volleyball court, look for her to rack up an impressive number of kills, digs, assists and aces. Go get 'em Maddie Grace!

GADSDEN'S FUND

Gulf Breeze Animal Hospital's owner Dr. Tim Gossman established a fund to help those pet owners who are unable to afford care for their furry friends. He named it to honor his dear dog

Gadsden, who recently passed away. His bride Carol reported that the fund got \$1,000 richer when Dr. Tim earned second prize in the Veterinary Practice News' "They Ate What?" Contest. Gossman entered the amazing story of a pooch named Marley, who swallowed a metal skewer. It seems that Marley stole two shish kabobs from the kitchen counter. His owner only recovered one skewer which landed Marley in Dr. Gossman's operating room. The x-ray revealed the skewer and the surgery was flawless. Marley is happily living the life of a survivor, looking for his next adventure.

TOP O'THE DAY

A fine Irish lad like Michael Sullivan should celebrate his birthday at Paddy O'Leary's according to his wife Christy who planned the September 7 event. Her invitation included a menu of football games, beer, hot dogs, birthday cake, old friends and free love. A perfect way to say Happy Birthday to Michael.

BIG WINNERS

Tracy and Marilyn McDonald are beach famous for their culinary skills and their tireless work at the Beach Church. Tracy will slave over a fish fryer or a hot grill to help a good cause and Marilyn will whip up one, or ten, of her famous cakes. Sometimes good deeds are rewarded with a little good luck. The Beach couple entered to win a new car. They received word on Labor Day that they were the winners of a brand new Fiat.

HEROIC MARLINS

Recall the August 24 storm that blew across the beach, forming without warning? The wind and waves were about to overcome two jet skiers in Santa Rosa

Sound when four Grand Marlin employees came to their rescue. The owners and management of The Grand Marlin recognized Scott Roberts, Tristan Leverette, Brian Avirett and Chris Rivait for their acts of bravery and selflessness in coming to the aid of the imperiled boaters.

LITTLE WISHES

Shelby Smith received 142 happy birthday wishes September 4. The entire student body at the Beach Elementary School cheered "Miss Shelby's" big day. They even put it on the reader board for the entire community to see.

IN SYMPATHY

Friends and family bid farewell to Bettye Davis, August 30. Davis was a member of the Beach Church, the Beach Woman's Club and a big time Mississippi State football fan. She is survived by her son Scott and wife Lydia Davis; son Matt and wife Tracey Davis of Pensacola, in addition to many other family members. A memorial service was held September 6 and the family requests that donations be made in Bettye's memory to the Rosewood Manor.

Trivia

It's a depository of money and a place where everybody knows your name. The Bank of the South Island Branch opened its doors in 1979 after Hurricane Frederick according to long time banker Judy Lenderman. Trivia Tim Pike was quick to send his correct answer but requested that the winning shirt be sent to his friends Judy and Maria at The Bank.

The island bank was located on the Gulf front until Hurricane Ivan crashed ashore, which is what prompted them to move to the northside of Fort Pickens Road. Island Times Columnist Kathi Lewis refers to it as the "bankery," because if you are lucky enough to do your banking on the same day Judy has fresh baked bread available, then you have hit the jackpot.

The Trivia Gang and Knights of the Roundtable fell short. Newbie David Hauck was close with an answer of 1980. Big Bob Dority fumbled with the same guess. Sharona Mattair went hair-brained and thought it was 1984. Although her place of employment was Bogies, just a stone's throw from the Bank, her calendar was a bit off.

The Duchess of the Dunes

Joanne Brooks reverted back to the Queen of Wrong Answers' throne. She wavered between 1979 and 1980, but finally chose the wrong one. Imagine that!

Trivia Roundtable Knight Sir Morrie Drees thought it opened in 1976. Oops. He chuckled recalling when Harry Gowens hooked his wrecker up to the little bank building and started to haul it off with Danny Matthews inside.

In his usual way, Chuck Steele entertains the beach family with this, "The bank opened the same year I opened an account with Bank of the South."

So the Trivia Master comes out of the Wall Street World of financial institutions to a real live beach institution. Try this next question.

An Island Times trivia t-shirt to the first person to correctly identify the Pensacola Beach watering hole who used this as a slogan, "Lifestyles of the Rich and Aimless." Send your answers to islandtimes@bellsouth.net with trivia in the subject line. Include your name and phone number with your answer. The deadline to answer is Tuesday, September 23, the first official day of Autumn.

Good luck!

Paradise Bar & Grill advertisement featuring beach-themed illustrations (shells, fish, starfish) and text: 'Come as you are', 'Dance in the sand', 'Go where the locals go', 'ON STAGE', 'Michael Vincent Band...', 'Bryan Lee...', 'Sean Carney...', 'John Hart...', 'Victor Wainwright...', 'Peter Karp & Sue Foley...', 'Tips for Lucy...', 'Larry Garner...', 'JP Soars...', 'Taste of the Beach', 'Serving our signature dishes', 'Shrimp Salad and Mini Cubans', 'Pensacola Beach Songwriters Festival', 'MARK YOUR CALENDAR', 'ball games on the big screen all the time', 'FOOD', 'Try a Fred Burger or Renee's Famous Shrimp Salad', 'INN Stay and Play'.

Advertisement for Gail Walsh Massage & Skincare Co. featuring an image of a woman receiving a massage. Text includes: 'Gail Walsh Massage & Skincare Co.', '913 Gulf Breeze Pkwy • Harbortown #31', 'Appointments: 850-261-5678', 'Multi therapist office', 'located near the beach bridge', 'See services & price list at GailAWalsh.com', '60 minutes (not a spa hour!) starting at \$65', 'MA#31796 MM#29635'.

Drivers Prepare For Smoother Rides, Board Gets Road Update

Asphalt trucks will arrive on the island, soon, according to Santa Rosa Island Authority Director of Developmental Services Paolo Ghio. He made that announcement at the September 10 Full Board meeting. The contractors were to finalize plans on September 12 and have trucks on the island before month's end. The road and parking lot repair were at the top of the SRIA Board's prioritized list of infrastructure improvements, followed by Corto and Rio Vista issues and a storm drain at Sugar Bowl. Gulf Power continues their utility improvement projects starting in the parking lot near Surf Burger and moving toward the SRIA administration building. The second phase will include work from Morgan Park to The Grand Marlin in preparation for the Access Road. A start date for the Access Road project has not been announced.

Ghio also confirmed that the construction of the new Visitor's Information Center is on schedule. The staff at the Center greeted 2,012 visitors during August, according to Chamber President Nicole Stacey's report. The top five states represented were Texas, Florida, Missouri, Louisiana and Alabama, with international visitors from Germany, Canada and France.

The Full Board approved a request by Monica Kellner to locate a Little Free Library at Cowley Park near the tennis courts and running track. Kellner will have a design created and the SRIA Public Works Department will construct and install the structure.

Bob West, SRIA Director of Public Safety reported that a multi-jurisdictional effort is being made to bring a better numbering system to the beaches of Northwest Florida. When citizens contact 9-1-1 during an emer-

gency, sometimes it is difficult to describe their location.

"There's nothing but sand and sea oats when you get past Portofino," said West. "It is difficult to know if the call is coming from Pensacola Beach, the National Seashore property or Navarre Beach. First responders need to have precise directions. One minute can be the difference in life and death."

The proposed plan would add mile marker signs and possibly tenth-mile increments to area beaches starting at the Florida state line. The dispatchers will also employ technology to receive latitude and longitude coordinates from the caller's cell phone transmissions.

The Santa Rosa Island Authority Committees meet Wednesday, September 24 at 5 p.m. The meetings are open to the public. Agendas are available online at www.sria-fla.com.

Johnson Earns Lifeguard of the Month Honors

This story is full of firsts. First year Pensacola Beach lifeguard Sarah Johnson is the first-ever female to earn the Lifeguard of the Month designation. Santa Rosa Island Authority Public Safety Director Bob West was pleased to announce that the award, which comes with a t-shirt

and certificate, is voted on by the entire Beach lifeguard contingent.

"My employees vote on the person, male or female, who best represents everything that a Pensacola Beach lifeguard stands for," said West.

Pensacola Beach lifeguards go through a rigorous tryout to

gain eligibility for employment. If hired, they train in both land and water safety programs in addition to maintaining a high level of physical conditioning. Last year the team made 821 rescues.

For more information about the program, go to www.pensacolabeachlifeguards.com.

Festivals and Events

SEPTEMBER

- 20 Coastal Clean Up, Park West, 8 -Noon
- 20 King of the Beach weightlifting contest, Bamboo Willie's
- 20-21 Taste of the Beach, Casino Beach, 11-4.
TasteofPensacolaBeach.com
- 27: Brawl on the Beach Crossfit Contest, Casino Beach

OCTOBER

- 2-5 Pensacola Beach Songwriters Festival, islandwide.
PensacolaBeachSongwritersFestival.com
- 4 Santa Rosa Island Triathlon
- 5 Sea Turtle Tri for kids
- 11 Bras Across The Bridge, The Grand Marlin, 7 a.m.
- 18 Beach Legion Post 379 Putt Putt Golf Outing, Tiki Island, 10 a.m.
- 18 Celebration 4444 Education Texas Hold 'Em Tourney to benefit the Beach School, 2 p.m. Castaways
- 19 Art and Wine Festival, 11 - 4 p.m. Portofino Boardwalk.
PensacolaBeachChamber.com
- 24-26 Hobie Wave Nationals, PB Yacht Club/Key Sailing.

NOVEMBER

- 11 Veteran's Day Parade, 2 p.m. Via de Luna
- 28 Island Lights Up! Season Your Holidays with Island Spirit

DECEMBER

- 6 Lighted Boat Parade
- 7 Surfing Santa Beach Parade
- 31 New Year's Eve Two Fireworks Displays

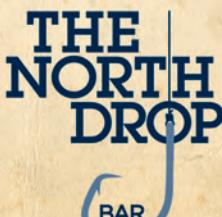
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peas, porridge and a dry martini

by
Kathi
Lewis



Not only is my birthday on the longest day of the year, I will from now on be known as "She of the Longest Running Birthday!" That is the latest moniker bestowed upon me by one of my long time friends.

Since everyone was so busy with guests, beach events and plans all summer, it took us until August to arrange our Casino Tripping Event. This has become a tradition and we have to do it no matter how long it takes us to get together. We finally decided that a day trip to Wind Creek would be easier than our usual annual Biloxi road trip. So on August 28 we set out early (9:30 a.m., yes, friends it was "a.m." for real) in Christine Hewerdine's huge, luxurious Suburban. With yours truly driving and Christine as the Navigator while our passengers were Becky Shearman, Rita Love-Perry and Shelley Johnson.

We planned to meet Lois Jernigan and sister-in-law Marie Jernigan at the Casino. Marie is from Hendersonville, N.C. and had been visiting with Lois for several days. Lois definitely had the fickle Lady Luck on her side! She was the big winner of our group at Wind Creek. Good for her – she's certainly overdue for some good luck. We all had tons of fun; some with larger wins and some with much smaller or no wins. For me, it's more about the fun and mindless challenge. It's like a mini brain vacation because everything in my head goes away and nothing exists in those moments except that machine and me.

For those of you concerned that our Queen Shugah Melanie Waite leaving the Country during the height of hurricane season, let me reassure y'all that our Queen has everything covered and under control. The first thing she'd like to point out is that she will actually be closer to the area where the storms originate so she plans to "squash 'em before they develop."

A short time ago, Queen Shugah attended the Fall Symposium of Florida Retired Educators Association held in Ocala, Florida. Our Queen Shugah serves as the District 1 Director of the Central Time Zone section. During the State Legislative Board Meeting, attendees are required to be introduced in

pairs. Each person introduces the other person with whom they are paired. Our Queen instructed (commanded) that she be introduced in her official capacity as Queen Shugah of the Woolly Booger Social Club. She then explained the Social Club and her responsibilities as Queen Shugah. Never without her special Queen Hurricane Cups, she explained and demonstrated the required ritual and promptly passed out cups to each attendee; but not before recruiting each one as her Woolly Booger Queen Shugah Ambassadors for the entire state. So, our dynamic Queen has an entire new Regiment at her command.

Just try to tell me that you don't get a thrill (and a giggle) at the thought of all those retired educators drinking from those cups and performing the "Woolly Booger Shuffle." I am thoroughly enchanted with and so proud of our Queen Shugah. She also informed me that she is not above calling for an emergency "Island Protection Bawl" should there be a serious threat to our Island. She is also considering deputizing members in addition to her "Call to all former Queen Shugah's" for reinforcements before leaving. Seems to me like our Queen has covered all contingences and I have complete faith in her extraordinary abilities.

And nobody has more extraordinary talents than our local Beach Chefs. It's my favorite time of year – the Taste of the Beach! It would be yours too if you got to judge the "How Sweet IT Is" dessert contest sponsored by our very own island newspaper. I always want them all to win.

I love that the contest is held on Saturday of the festival because it gives me the chance to scope out my favorites. When I return on Sunday, I am prepared with "To Go" containers, including zip-lock bags, aluminum foil and the ever faithful "butter" container. And don't forget a sturdy bag to transport your smorgasbord safely home. I spread it all out and Bill and I feast until it's gone or, as usually happens, we get fat and full.

I'm excited that we have a cooking class for kids this year in addition to the Mermaid and Pirate Parade. "Coolinary Kids"

is being taught by our own beach girl Lisa Burgess, Executive Chef at Wild Roots. Lisa has also catered our Krewe of Nereids breakfast on Parade Day and other events we've hosted. I've already signed up my SissyGirl and she's really looking forward to it. Sissy will be bringing her Mermaid clothing along so she'll be ready for the Parade afterwards. It's gonna be a fun, exciting and a delicious festival this year and you can get a taste of everything our restaurants offer at affordable prices. Mark your calendars so you don't forget; you do not want to miss this!

What better time to share a recipe from one of our own: long time resident, business owner, amazing friend, spectacular fisherwoman and SOB Sharon Mattair. This recipe embodies one of our favorite catches from local waters and although this fish is guaranteed to be delicious cooked just about any way you choose, this is an excellent recipe worthy of clipping and saving in your favorites.

So, let's cook.....

My Grouper Dish

½ banana, chopped
½ apple, chopped
1 can asparagus
5 cherry tomatoes, cut into fours
1 small onion, diced
1 large grouper filet
2 tbsp. flour
½ cup bread crumbs
Garlic, tarragon, olive oil

Mix flour, bread crumbs and garlic together in a large zip-lock bag. Add the grouper filet and shake to coat. Preheat oven to 450 degrees. Spread olive oil on a cookie sheet and place breaded filet on sheet. Top filet with a little olive oil and bake for 15 minutes; turn filet over and bake an additional 20 minutes, turning oven temperature down to 350 degrees. (If filet is small, cut cooking time in half.)

In a saucepan, pour in only the asparagus juice adding banana, apple and onion. Cook until juice is almost gone then add garlic and tarragon (to taste) and cherry tomatoes. Cook another 5 minutes. Place cooked grouper on serving dish and pour sauce over filet. Top with asparagus and serve with rice.

Enjoy, share and don't forget the Taste of the Beach .

See ya in the kitchen.....

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A Cross in the Sand

By
Rev. Dr. Chuck Randle, Pastor Emeritus
Pensacola Beach Community Church



One of the many interesting events that occur on our beach is the Taste of the Beach. It's nice to be able to treat our palates to some of the most salivating creations produced by our chefs on the beach.

As I thought of this, I wondered, as a retired pastor, what kinds of foods were eaten by people of the First Century and before. Beliefnet.com has a wonderful discussion of the foods used in biblical times going as far back as Deuteronomy where the Israelites were promised "a land of wheat and barley, and vines, figs, pomegranates, olive trees and honey." They didn't have laboratories where they could determine the value of these foods, but evidently, discovered they were good and healthy.

Grain is a readily available food product and the least amount of refinement makes it a healthier food. Our energy level is raised through eating grains and it lowers our risk of type-2 diabetes and gallstones.

Breads and cereals contain barley and because it has high fiber content it enhances our intestinal well-being. It also is

thought to lower cholesterol and reduces our risk of colon cancer.

If anyone needs a reason to drink red wine here's the answer: it is said to help in the avoidance of blood clots.

One of the strangest foods was said to have been eaten by John the Baptist: Locusts. In some cultures, they are common. Gaia Vince, who is a world traveler, spoke of the difficulty of eating locusts - "The dilemma when served a locust is whether to begin eating it head or legs first. I choose to start with the six little legs (sometimes you need to fold them in a bit because they tend

to trail out of your mouth otherwise), then the abdomen and finally (gulf) the head. Crunch, crunch, swallow."

I'm gratified to know that our ancestors understood the value of certain foods, but I will forego trying locusts. I'm sure there won't be any of these delicacies at our "Taste of the Beach" however there will be lots of other offerings that will be very satisfying, and which gives us the opportunity to perhaps sample some foods we haven't enjoyed before.

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King Crossword

ACROSS

- 1 Edible seaweed
- 5 More (Sp.)
- 8 Opposed to
- 12 Finished
- 13 Inventor Whitney
- 14 Ring out
- 15 Actress Campbell
- 16 Turtle shell, e.g.
- 18 Look of pain
- 20 Photo-copier name
- 21 Greek vowel
- 22 Meadow
- 23 "Blue - Shoes"
- 26 Late "60 Minutes" correspondent
- 30 "Born in the -"
- 31 "The Simpsons" network
- 32 Payable
- 33 Designer Gianni
- 36 Eye color
- 38 Pipe material, for short
- 39 Solidify
- 40 Weird
- 43 Countertop, e.g.
- 47 Hot rodders' competition

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		

- 49 Back
- 50 Division word
- 51 - de deux
- 52 Therefore
- 53 Examination
- 54 Explosive letters
- 55 "Handsome is as handsome"
- 7 Knight's address
- 8 Go to a higher court
- 9 Approach
- 10 Mexican entree
- 11 Holly
- 17 Figure-skating leap
- 19 Consumed
- 22 Remiss
- 23 Minivan alternative
- 24 Work with Strauss
- 25 Listener
- 26 Trouble
- 27 Wood-shaping tool
- 28 Pool stick
- 29 Moray, for one
- 31 Media watchdog org.
- 34 Tap
- 35 State with confidence
- 36 That girl
- 37 Batman's butler
- 39 Visitor
- 40 Fix a manuscript
- 41 Sea eagle
- 42 "Phooey!"
- 43 Read cursorily
- 44 Plane-related
- 45 Zoo structure
- 46 Love god
- 48 Suitable

DOWN

- 1 "King -"
- 2 Always
- 3 Jeans-maker
- 4 Undergrad course of study
- 5 Muhammad's birthplace
- 6 Wings



The Lizzard's Tongue... BY ELIZABETH K. HEWSON

Jane Waters, my mom, was a firm believer that if you could read, you could do anything. For the most part, she was absolutely correct. There really aren't too many problems in life that cannot be solved by reading. Can't figure out how to assemble that 150 piece entertainment center you bought online from Ikea? Read the instructions. Want to whip up a batch of chocolate chip cookies? Read a cook book. No date on Friday night? No worries, read a romance novel, or even better the latest edition of "Cosmopolitan" magazine. Yes, if you can read, you can do anything.

Some of my fondest memories of my mom are when I was a little girl and in elementary school in New Orleans. As I would run past my classmates at dismissal, my white ankle socks sagging into my shoes and sweat pouring down the sides of my face, I couldn't wait to jump in the front seat of her Oldsmobile station wagon. The smell of leaded gasoline mixed with her Straw Hat Faberge perfume was intoxicating. Her wisps of blonde hair would be plastered to her forehead and her "Reader's Digest" would be smudged where the ink had worn off as her fingers perspired in the late afternoon heat and humidity of the Big Easy. On the short drive home, with the windows down, I couldn't wait to quiz her from the "Word Power" section of the compact magazine. Just once I thought she would make a mistake. I don't recall that ever happening. She was a pure genius.

"How'd ya get so smart, Mom?" I would ask her.

"I read every book in my school library," she would answer. What she didn't

"Islands in the Stream," "Anne Boleyn," "Crescent Carnival" and trusted that Mother Nature would have the same respect for them as she did. Through many storms, her library was spared, but Hurricane Ivan was a bad boy and checked out some her publications with no intention of ever returning them. "A Tree Grows in Brooklyn" and "Anne Boleyn," both novels in their first publication years of 1943 and 1957 respectively, survived and are in my private library. The pages have yellowed and are a bit dog eared. The musty scent immediately conjures up the image of my mom on a quiet Sunday afternoon, sitting on her front balcony revisiting these old favorites. I can guarantee you, she had already read the daily paper, written and read her own paper ("The Islander"), devoured the content of a half dozen magazines, and plowed through both a fiction and non-fiction book from "New York Times" Best Seller list. Her passion for reading was only second to her love of knowledge.

So to honor Jane Waters, the editor, the published author and playwright, the most voracious reader I have ever known, the woman who was absolutely correct in her statement that if you can read, you can do anything, I have opened a Little Free Library. This nationally registered library is a gift to my neighbors and tourists alike; and a memorial to a woman who would have loved seeing her community, gathered at her house to read. The modest purple and green structure stands sentry over periodicals and books, some recently purchased and others donated. Fiction. Non-Fiction. Classics. Children's. Teens. There is something in there for

most everyone who loves to read, especially children. It also houses handcrafted bookmarks and features different themes throughout the month.

Please stop by and take a book. No library card needed. No overdue fines.

No card catalog or Dewey Decimal System. The Jane Waters Little Free Library is open 24 hours a day and is located at 1203 Ariola Drive, Pensacola Beach.

Until next time...

The Jane Waters Little Free Library
Let's Get Cooking! September 16-23
 With the 7th Annual Taste of the Beach this weekend, we couldn't help but feature cookbooks, including: Cook This, Not That, Stir, Squirt, Sizzle: A Nickelodeon Cookbook, The Organic Dog Biscuit Cookbook
Beach Politics. September 23-October 7
 We have a political race on our hands for the elected SRIA position on Pensacola Beach. The two candidates, incumbent Dr. Thomas Campanella and challenger Terry Preston, will be taking part in a candidates forum, October 2 at 5:30 p.m. at the Beach Church. Featured books will be two from Jane Waters' personal library: All The Presidents' Children and Front Row at the White House. The Making of the President 2008 by former beach resident Mark Curtis will be available as well.



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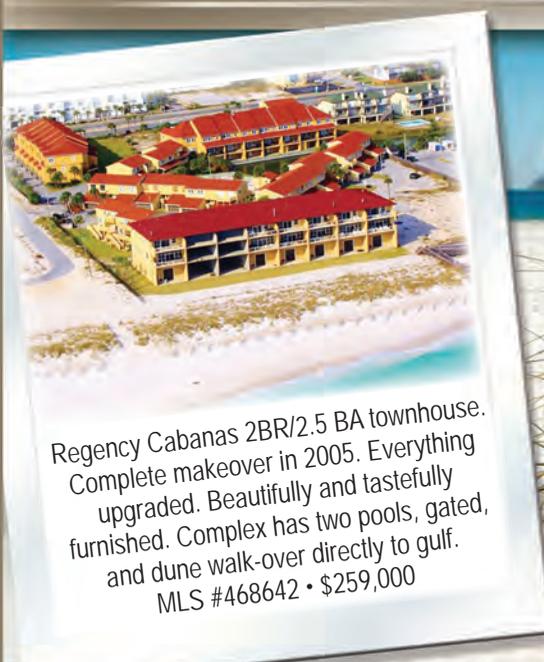
The Lizzard and the Jane Waters Little Free Library

say was that she probably also read every "Encyclopædia Britannica," newspaper, and magazine as well.

When we moved from New Orleans to Pensacola Beach, she packed up her favorite books such as "A Tree Grows in Brooklyn,"



Charlotte Field, left, and the Liberty Sertoma Club honored Pensacola Beach's Karen Cook Cowen for her tireless support of charitable and civic projects in our community at their September 10 meeting at the Pensacola Bay Center. Karen was recognized for her efforts on behalf of children in foster care, the Santa Rosa Kids House and encouragement to others to get involved. Guests at the luncheon included members of the Lunch Bunch, Soul Sisters, Karen's friends and co-workers at Resort Quest Real Estate.



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Seeing Stars..... this week's horoscopes

ARIES (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to

make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.

LEO (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

LIBRA (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react the same way

to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you

the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones by week's end.

BORN THIS WEEK: You're a good friend and a trusted confidante. You would be a wonderful teacher or a respected member of the clergy.

Songwriters Return To Beach Fest

Sixth Annual Festival Set for October 2 -5

Celebrate the song in your heart and attend this year's Pensacola Beach Songwriters Festival, October 2 -5. Talented songwriters that have written hits for Willie Nelson, Garth Brooks, Phillip Phillips, Stevie Nicks, John Waite, Toby Keith, Alan Jackson, George Strait, Jimmy Buffet, Ray Charles will be performing, storytelling and giving festival-goers a firsthand account of what it takes to "make it" in today's music industry.

In addition to performances scheduled throughout the week, festival-goers will have opportunities to meet and greet, participate in workshops, attend StudioAmped television taping, and rub shoulders with some of the world's most influential musical talents.

Songwriters will perform at Bamboo Willie's, Casino Beach Bar & Grill, The Grand Marlin, Lillo's Tuscan Grill, Paradise Bar & Grill, Red Fish Blue Fish, Sandbar, and Shaggy's. Pensacola shows will be at Ever'man Cooperative Grocery & Cafe and Hub Stacey's. All stages are free to festival-goers.

For more details, www.pensacolabeachsongwriters-festival.com.



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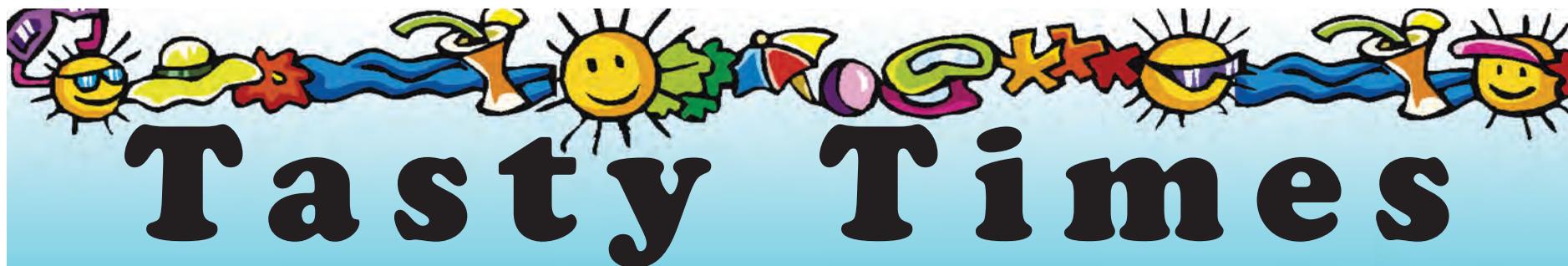
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Tasty Times

September 16, 2014

Special Section ~ Island Times

11

Chamber Cooks Up Recipe for Festival Success

The Seventh Annual Taste of the Beach will fill the Gulfside Pavilion and Casino Beach with irresistible aromas Saturday and Sunday, September 20-21 from 11 a.m. to 4 p.m. Sip and savor your way through some of the delicious details contained in this four page guide.

The History: *Island Times* readers responded overwhelmingly to a survey question about having a seafood festival to return to Pensacola Beach. In 2008, the Beach Chamber Board of Directors presented the first Taste of the Beach to showcase Island chefs. They were committed to bringing a quality, affordable festival product to locals and visitors. To this day, all menu items are \$5 or less, and there is no entry fee to attend the festival.

Arriving: By car. The Casino Beach parking lot and surrounding lots are open to the public at no charge. Pedal Power. There are new bike racks at the festival site. Leather Express. All walkways lead to the Taste of the Beach. Put on some walking shoes and head over to the festival.

Be Kind To The Beach: The Pensacola Beach Advocates' had a vision that Taste of the Beach could be free of plastic water bottles, so they started the tradition of selling Taste of the Beach souvenir water tumblers. They are refilled for free with ice, cold water all weekend long. This year's colorful, reusable tumblers are sponsored by the Sandshaker, Levin Rinke Resort Realty, Pensacola Historic Village, Bamboo Willie's, Pensacola Beach Advocates, Emerald Coast Rentals, The Grand Marlin, Resort Quest by Wyndham and *Island Times*. Gulf Breeze High School swimmers are the volunteer sales staff. A portion of the proceeds is donated to the team. Recycling receptacles are located throughout the festival site for soft drink cans.

Surf Lessons: Kowabunga! A different kind of sampling of

Entertainment & Events

Saturday, Sept 20

9 -11 a.m. Innerlight Surf Lessons, west of Gulf Pier
 11 - 4 p.m. Boogie Inc
 11 - 12:30 Cooking Demo Gulfside Pavilion
 1- 1:45 p.m. Chef Carla Hall Presentation
 1:45 - 2:45 p.m. Meet & Greet Carla Hall
 2:45 - 3:30 p.m. How Sweet IT Is Dessert Contest

Sunday, Sept 21

10 a.m. Hospitality Tent Opens for "Be A Judge" registration
 10-12:40 p.m. Cooking Class and Contests
 11 - 4 p.m. Boogie Inc
 12:15 -12:30 Dancingly Yours
 12:45 p.m. Mermaid and Pirate Parade
 1-4 p.m. Live Music Gulfside Pavilion
 2:15 - 2:45 p.m. Crab Racing
 4:00 p.m. Festival Closes

the wonderful things on Pensacola Beach. Innerlight Surf Shop is offering free surf lessons for kids who are strong swimmers. Show up with your suit and a big dose of courage at 9 a.m. on the west side of the Pensacola Beach Gulf Pier.

Boogie, Inc. is the official DJ entertainment for Taste of the Beach. In addition to playing your favorite songs, Boogie will simulcast all the festival's performance stage entertainment onto large, high definition screens located under the dining tent. Have a request? Boogie is located at the center of the action, near the stage, at the Gulfside Pavilion.

You'll Love Her: You've seen her on ABC television's "The Chew" and cheered for her on Bravo's "Top Chef" contest. Celebrity Chef Carla Hall is coming to Taste of the Beach. Her philosophy is to always cook with love. And she'll dish a heap of love on the Taste of the Beach audience when she cooks, answers questions and gives out autographs. Special mini commemorative posters, perfect for signing, will be available for free at the Chamber's Hospitality Tent.

Dessert Contest: The *Island Times* How Sweet IT Is finals will be at the Gulfside Pavilion, 2:45 p.m. Saturday. Judges include

Celebrity Chef Carla Hall, Chef Blake Rushing of Type, Chef Sam Trahan from Lafayette and *Island Times* Food Columnist and former Beach restaurateur Kathi Lewis. Finalists are Dennis Moore of Flounder's, John Flanigan of Crab's, Lisa Burgess of Wild Roots, John Smith of Hemingway's Island Grill and Steve Lillo of Lillo's Tuscan Grille.

Frozen Zone: New this year! The Beach Chamber has frosty Bushwackers, Hurricanes and Relaxers to quench your thirst. Sponsors are the Sandshaker, Bamboo Willie's and Shaggy's. You must be 21 to purchase.

Football Tent: Wide screen televisions, Hooters wings for sale. Stay a while or pop in and check the score. Go team!

Coolinary Kids: Chef Lisa Burgess will help 30 mini-chefs create a healthy mid-day meal menu. Open to ages 8-11 and pre-registration is required at TasteofPensacolaBeach.com. Audience members will be given chef's hats while supplies last.

Eggstrordinary: Beach restaurant chefs compete in an all out battle of the brunch. Ingredients are limited to a pre-determined list. Trophies to the best tasting and the prettiest dish.

You Be The Judge: Are you a foodie? Want to sit on the judg-

Chefs Presentations • Gulfside Pavilion

Saturday, Sept. 20

11 a.m. Gregg McCarthy, The Grand Marlin
 11:30 a.m. Dan Dunn, H2O
 Noon John Smith, Hemingway's

Sunday, Sept 21

11 - 11:30 Coolinary Kids Cooking Class with Chef Lisa
 10 - 12:40 Eggstrordinary Cooking Competition

Children's Area

Saturday, Sept 20 - only

11- 4 Snow Cones for sale all weekend
 11-12 Bean Bag Toss
 12 - 2 Arts and Crafts
 1-2 Sugar Cookie Decorating, Pirate Invasion
 2 - 2:30 Hula Hoop Contest
 2-3 Treasure Hunt
 2-4 Face painting, tattoos, Bean Bag Toss

ing panel of the Eggstrordinary Cooking Contest? Throw your name in the hat at the Hospitality Tent, Sunday beginning at 10 a.m. Three judges will be chosen at random and seated at the Gulfside Pavilion. The contest ends at 12:40 p.m.

Dancingly Yours, a local dance troupe comprised of school-aged performers, will delight you. Small dancers with big talent. They take the stage at 12:15 p.m. on Sunday with their well-choreographed song and dance numbers. High energy and full of surprises, they are under the direction of Pensacola Beach resident Monette Hodges.

Mermaid and Pirate Parade: Open to mystical mermaids, salty seafarers or anyone else who wants to join the procession. Get your costume ready. Mermaid charms and pirate booty to the first one hundred in line. Special appearance by former Disney-World cast member Kriss Harris.

Crab Racing: Professional Hermit Crab-wrangler Seadog has just returned from the secret South Florida training camp with a new stable of scampering crustaceans. It's possibly the craziest thing you have ever seen. It's worth being part of the crowd.

You get to name a racing crab, if you are in line first. Near the steps at the Gulfside Pavilion. Good fun for kids of all ages.

Win A Ride: How do you roll? Buy a chance to win the Beach Church's golf cart or AHERO's motorcycle.

Children's Area: The Beach Chamber loves kids! Stop by the Kids Area, open on Saturday only, for sweet stuff and fun games. Check out the schedule. Can you create a deliciously decorated sugar cookie? Slurp a snow cone.

Toss a bean bag for a prize or join the Hula Hoop contest.

Ahoy, Little Land Lubbers. Our Beach is full of fanciful characters including friendly pirates. Make your own pirate hat and have your photo taken with a Pensacola Beach Pirate. Go ahead, get a tattoo!

An Extra Helping: More information is available by calling 850-932-1500 or emailing penbeach@visitpensacolabeach.com. The event website contains videos, news clips and a countdown clock. Check it out at TasteofPensacolaBeach.com.

There's more... turn the page to see the presenting restaurants and their signature dishes; and a festival map.



Taste of the Beach presented by the Pensacola Beach Chamber of Commerce

Saturday, September 20 & Sunday, September 21 from 11 a.m. until 4 p.m. • Gulfside Pavilion

Restaurants

1. Crab's - Peel 'N' Eat Boiled Shrimp
2. Flounder's - Seafood Nachos
3. Grand Marlin - Ancho BBQ Gulf Shrimp Tamale
4. Shaggy's - Fish Tacos
5. Surf Burger - Sliders
6. Hemingway's - Fish Tacos w/rice and beans
7. Paradise - Shrimp Salad and Mini Cubans
8. Riptides - Korean Lettuce Wraps
9. Wine Bar - Lamb Lollipops
10. Lillo's - Sausage Grinders
11. Beach Pops - Penguin Bites
12. Wild Roots - Mediterranean & Waldorf Lettuce Cups
13. Hilton H2O - Angry Pork Nachos
14. Dog House Deli - Signature Dog & Banana Pudding
15. Frank & Lola's - Crab & Shrimp Mac 'n' Cheese
16. The Dock - Corn and Crab Bisque
17. Castaways - Grilled Mahi Tacos
18. Red Fish, Blue Fish - Sausage & Shrimp Creole
19. Casino Beach Bar & Grill - Casino Baby Back Ribs
20. Hooters - Wings in the Football Tent
21. Sidelines & PegLeg Pete's: Grouper Nuggets & Coconut Shrimp

Thirsty?

Ice cold water sold in Taste of the Beach Souvenir Water Tumblers or colorful stadium cups. Available at the water tents and the southside water kiosks.

Soft drinks are available in multiple locations throughout the festival.

The Taste of the Beach Bar will be open to serve beer, wine while the Frozen Zone features Bushwackers, Relaxers and Hurricanes.

Need Assistance?

Taste of the Beach volunteers can be identified by their cool crew t-shirts.

The Chamber Hospitality Tent is located at the festival entrance.

Staff is ready to answer your questions.

Escambia County deputies will be on site.

Dial 9-1-1 for emergencies.

Seating

Enjoy your meal under the Taste of the Beach dining tent. The open-air tent has banquet tables and chairs providing a shaded, Gulf front eating experience. Carla Hall's appearance will be simulcast onto the big screen televisions located under the tent. Additional seating is available in front of the Pavilion. Guests are welcome to bring beach chairs to set up on the sandy beach.

Necessities

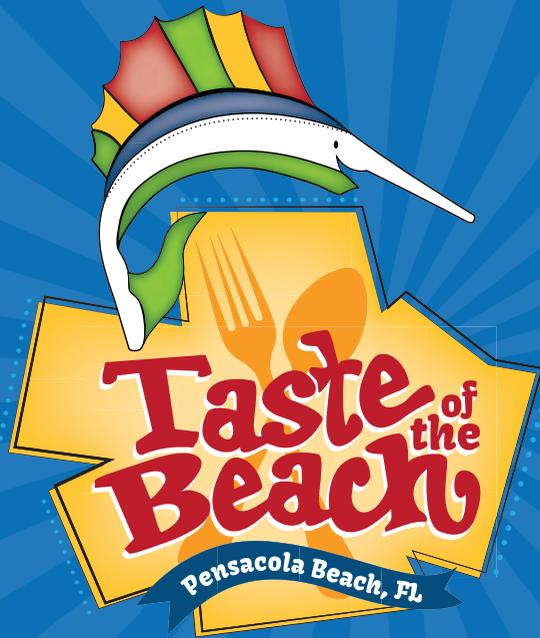
Public restrooms are located just west of the festival site

Need extra cash?

Two ATMs are located at the festival site.



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CARLA HALL

of Bravo's "Top Chef" & ABC's "The Chew"

September 20 & 21 • Pensacola Beach, FL

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Dive in at 
TasteOfPensacolaBeach.com

Live Music & Entertainment • Fresh Coastal Cuisines • Kid Fun Activities



Presented By



Sunrise and Sunset with Safari-Su

By Susan Haselton-Barr

Jambo (Hello everybody) Wearing white after Labor Day, is this still relevant? After surveying many friends, this fashion faux pas no longer places a stronghold on my wardrobe. Our white outfits just naturally compliment the beautiful white sands of our beach. Logic persists that the beach is white all year long and so my white shorts will be favored all year long. While walking on the beach a few days ago, the ebb and flow of the tide caught my attention. The natural rhythm was calming and quick soothing. Translating this to my own life. I came to the conclusion that my western "Type A" mind was flowing much more than it was ebbing. For the rest of this year I am going to concentrate on ebbing. Try not to take myself so seriously, no one else does. Relax and live in the moment regardless of the drama surrounding our lives.

A few hints to ebb more and stress less: Use deodorant to prevent blisters. Swipe it on the part of your foot that gets rubbed by your shoes. Use it to soothe a mosquito bite. The aluminum salts in deodorant fight swelling and irritation. To quiet a squeaky door, rub deodorant on the hinges. Wear white and Ebb along with me.

Quaharini (Until we meet again.)



Pensacola Beach Woman's Clubbers are always ready to celebrate. At their July luncheon at the Beach Church Fellowship Hall they recognized the following who were celebrating birthdays (L to R): Sharon Shuford, Trish Burnett, Doris Hernandez, Lynda Knell and Mary Ann Claus.



Pensacola Beach Woman's Club August Birthday Babes celebrated at Hemingway's, August 21. They are (L to R): Barbara Landfair, Sandy Oxford, Judy McMillan, Gabby Barrett and Lisa Sheehy.

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Thursday: Paddy O'Leary's, 7PM
 Upcoming Tourneys
Celebration 4444 Education, Oct. 18, 2 p.m. Castaways.
Benefits Beach School Music Department

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BAMBOO Willie's

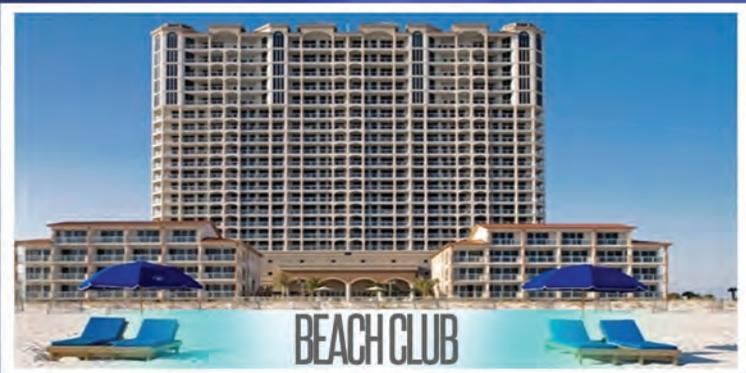
Weigh In Saturday 8am to 9:30am, Lifting Begins at 9:30am

Cost: early entry fee \$50 per division \$40 for students until Aug. 31st
 Two divisions are \$70 bench & dead combine is one division. After Aug. 31st \$70 per division, \$60 per student or \$90 for two divisions
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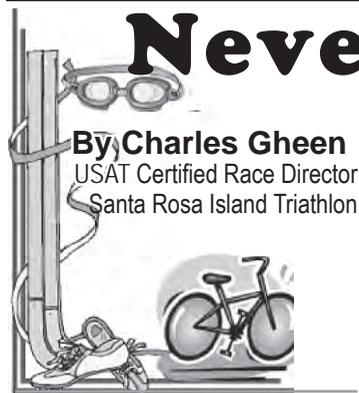


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Never Hurts To Tri



By Charles Gheen
 USAT Certified Race Director
 Santa Rosa Island Triathlon

Stop What You Are Doing

This column is going to be candid. Some could even say “harsh,” but I’m thinking “candid” is a good characterization. I got the idea when I was traveling recently from Orlando to Miami to Pensacola. I was on a full-sized plane on the first leg and then on a commuter jet to finally reach home. I didn’t actually count, but about half, no kidding, of the passengers were overweight or grossly overweight.

There are accepted definitions for being overweight, obese or morbidly obese. A quick calculation is the Body Mass Index (BMI), which uses height and weight to determine your category. BMI values from 25-29.9 are overweight; 30-39.9 is obese and 40 and above is grossly obese. According to the National Institutes of Health, two out of three Americans are overweight or obese and over one-third of the country is obese. These percentages are growing quickly, as the society gets “fatter.” The obesity rate in the United States has doubled since the 1960s.

There are exceptions to the BMI calculation in that some people could weigh a lot for their height and be solid muscle. Body fat is probably another factor to consider in this discussion. But, in general, the United States has a serious health problem and we’re not alone in this as the rest of the world has like rates and trends. Associated health issues such as cardiovascular disease, type 2 diabetes, sleep apnea, high blood pressure, stroke and osteoarthritis plague overweight and obese people. Throw in the massive cost of dealing with being very “fat” and you have a crisis. That number, by the way, is estimated as \$150-200 billion and we’re all sharing it with our insurance costs.

The reasons are varied. A small percentage is possibly due to genetic anomaly, another immobilizing disease or the like, but, in general, it’s due to “energy imbalance.” That term means you’re ingesting more calories than you’re expending.

So, no, you’re not “big boned,” you’re not overweight because of your parents (unless you followed their diet), there’s not “more of (you) to love” and it’s not your hormones, you’re fat. If you stand up straight, look down and can’t see your shoes, you have an issue. How big an issue is it? There are exceptions, but, in general, we’re talking about your life.

You may live as long as slender, active people, but you’re probably not going to really enjoy it. You’re going to have movement problems. You’re going to have breathing problems. You’re going to have extra aches and pains because of the stress you’re putting on your system and sleep is probably not going to be your friend. I’m not going to go into mental and emotional issues, but you know what they are.

In the course of running and/or health discussions, people have asked me how to lose weight. The answer is STOP what you are doing now because it isn’t working. Stop being inactive. Stop worrying about sweating (it’s good for you). Stop eating obsessively. Stop having that extra adult beverage that makes you think that a triple-cheese pizza (or three lemon-filled doughnuts) at 10 p.m. is an acceptable food choice. Stop choosing to park yourself in front of your television or computer for extended periods instead of getting up and out. Stop going to all-you-can-eat restaurants. Stop sitting in drive-thrus – park the dang car, get out, walk yourself inside and get your coffee. This is not rocket science or anything new – you’ve watched health tips on television, read them on the Internet and probably opened a magazine or a newspaper at some point in time.

Can you do it? Of course, you can. This is the only life on this planet you will have. It’s time to take your well-being seriously. Get off your rear end and move. Watch what you eat. Choose less

fat, less sugar and more fiber. You can more than reverse your energy imbalance – expend more energy than you take in and see what happens. And be moderate in your alcohol intake – it is wasted, useless calories and lots of sugar.

Two Upcoming Events

• TriGulfCoast is holding its annual Members Only Triathlon on September 21. As the name says it’s an event restricted to current club members and is a practice race for the upcoming Santa Rosa Island Triathlon on October 4. The course will be the same as that event and will have probably 200 or more competitors. The distances are a 600 yard swim in the Gulf of Mexico, an 18 mile bike leg and a 5K run. If you are not a current member, you can join the club now and participate in this fun event. For more information and to register, go to www.trigulfcoast.org.

• The field is filling up for the Pensacola Seafood Festival Don McCloskey 5K run on September 27. The 3.1 mile course will pass all of the great views and highlights of downtown Pensacola and kicks off the fall road racing calendar. For more information and to register, go to www.pensacolarunners.com.



Christy Newkirk races to the finish line at the Argonaut 5K at UWF, August 30. Christy is a member of the Gulf Breeze High School Dolphin Cross Country and Track teams.



Gulf Breeze High School Cross Country runners participated in the Argonaut 5K at UWF, August 30.

Photo above, (L to R): Dolphin runners Kray Jubeck, William Merchant and Beach resident Harry Hewson.

Photo, right: Ninth grader Seth Feil sprints to the finish line. Seth comes by his speed naturally. His mom Courtney, who works at the SRIA, is a triathlete.



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Turtle Trax



By DJ Zemenick

The mama sea turtles have stopped coming ashore to nest for now. Though we've said goodbye until next year, September is one of my favorite months as the focus switches from finding nests to watching them hatch. It's always a delight to attend a nest and witness the tiny hatchlings emerge and march into the Gulf.

I think of September as a time when the island starts settling into a slower pace. Many permitted-patrollers' nights are spent lying on the beach looking up at a night sky, watching the world slowly turn, and listening to the sea oats whisper. Of course, that's when they aren't checking for sounds of baby sea turtles digging their way to the surface of a nest.

The island has looked incredibly beautiful this summer with cumulus clouds scattered like giant cotton bolls across a vivid blue sky. I could spend hours watching clouds morph from one form to another, a childhood game I never outgrew. Even the towering clouds which frequently portend a storm add drama to photographs taken at dawn or at sunset. The Gulf, which was frequently calm this summer, dazzled us with ribbons of color from palest aqua to a dark sapphire rimming the horizon.

Earlier this year I made a new Facebook friend and though we'd never met I had heard her name for years because her godmother, Charlotte Spencer, is a friend of mine. Kayla Trent is a tendered-

hearted young woman whose gift from a young age was saving kittens, or anything else that tugged at her heartstrings. Her latest rescues were a tiny kitten which had been thrown from a bridge, plus two others so small they had to be hand fed every few hours. However bad the case, Kayla did not shy from it.

This September was very special for Kayla because she had finally received her teaching certificate and would have her own classroom, a room full of kindergartners. I knew she wanted to decorate it with something special for her students, but imagine my excitement when she drew a beautiful big sea turtle on the wall and had it painted. It turned out beautifully.

One of Kayla's big dreams was to see a sea turtle nest hatch and I was hopeful I could help fulfill that this summer. Believe me, it's harder that you might think. A lot of people want to know "when" the nest will hatch or beg us to call them when they "start hatching." Well, baby sea turtles are like human babies in that they put in an appearance when they are darn good and ready. Many times that is 2:00 or 3:00 a.m. We don't have any turtle-whispering techniques. As for calling anyone when hatchlings start emerging, that's a bit like telling the nurse to let you know when the baby's actually coming. The nurse gets REAL busy and the baby will be there before you arrive.

Luckily Mother Nature and

Kayla's good karma all worked together for her to be at a nest when it hatched last week. There was only the tiniest tip of a nose to be seen in the middle of the nest when we got there. Occasionally there was a bit of movement, but it was slow going. Eventually the hatchlings put in an appearance just before sunset. With perfect timing, the moon rose over the Gulf, providing a perfect light to guide the tiny creatures into the next chapter of their lives.

Kayla and her friend, Heather Bartlett, who had been able to join us, helped to guide 63 baby loggerheads into the Gulf that evening. On Monday morning, Kayla's kindergartners enjoyed special photos and videos of her experience and heard choruses of oooh's and awww's from her class. Kayla's caring and passion was passed on to the next generation and has opened up a whole new world to them. For us, knowing our children are in the hands of teachers like Kayla, life is good.

Until next time, Lights Out!

Nest Update for Pensacola Beach and Gulf Islands National Seashore as of September 9, 2014:

Perdido Key - GINS	14
Pensacola Beach	11
Ft. Pickens - GINS	7
Santa Rosa - GINS	12

Hatchling Count - 2161

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King Crossword — Answers

Solution time: 21 mins.

K	E	L	P	M	A	S	A	N	T	I		
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Calendar

SEPTEMBER

16: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
20: King of the Beach Weightlifting Contest, Bamboo Willie's, 9:30 a.m.
20: International Coastal CleanUp. 8- noon.
20: Taste of the Beach, Casino Beach, 11-4. No entry fee. See Celebrity Chef Carla Hall. TasteofPensacolaBeach.com. Also, Sept 21
21: Members Only Triathlon, 6 am. TriGulfCoast.org
21: Taste of the Beach, Casino Beach, 11-4. TasteofPensacolaBeach.com
22: Beach Elementary School Board Meeting, 6 p.m. on campus
23: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
24: Santa Rosa Island Authority Meeting, 5 pm. #1 Via de Luna, Open to the Public. www.sria-fla.com
27: Brawl on the Beach Crossfit Contest, Casino Beach, 12-5.
27: Fee Free Ft. Pickens
30: Ocean Hour Florida at Park West (sound side) clean up, 9-10 am.
30: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com

OCTOBER

2: PensacolaBeachSongwritersFestival.com. Concerts in Beach locations. Thru October 5.
2: Candidate Meet and Greet, PB Optimist Club, Beach Church, 5:30 p.m.
3: PB Optimist Club Officer's Installation, 6:30 p.m. at Crab's.
3: Star Gaze, Gulfside Pavilion. Also, Oct 4
4: Santa Rosa Island Triathlon. 7 a.m. Casino Beach. SantaRosaislandTriathlon.com Volunteers welcome.
5: Sea Turtle Tri, 8 a.m. Parking Lot "G" east of Portofino
7: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
8: Santa Rosa Island Authority Meeting, 5 pm. #1 Via de Luna, Open to the Public. www.sria-fla.com
11: Bras Across The Bridge, The Grand Marlin, 7 to 11 a.m.
14: Bands on the Beach. Gulfside Pavilion. 7-9 pm www.visitpensacolabeach.com
18: Council on Aging 5K, Casino Beach, 7 a.m.
18: American Legion Putt Putt Golf Outing, Tiki Island, 11 a.m.
18: Celebration For Education Poker Tourney, 2 p.m. Castaways

Engage Your Family This Fall!



More than three dozen events staged throughout the month of October. Visit the Sweet Season Farms Corn Maze which honors two-time Master's Champion Bubba Watson. Chase butterflies, teach a kid to fish, ride horses, watch art come to life, discover Santa Rosa County's rich history, run through a pumpkin patch or take a hay ride, pick out your Christmas tree, learn about sea life at the Navarre Beach Marine Park, go on a spooky adventure, run a 5k, bike a 100-mile trail, celebrate Oktoberfest, learn about life in decades gone by, visit a small country fair or simply take a mini-vacation.

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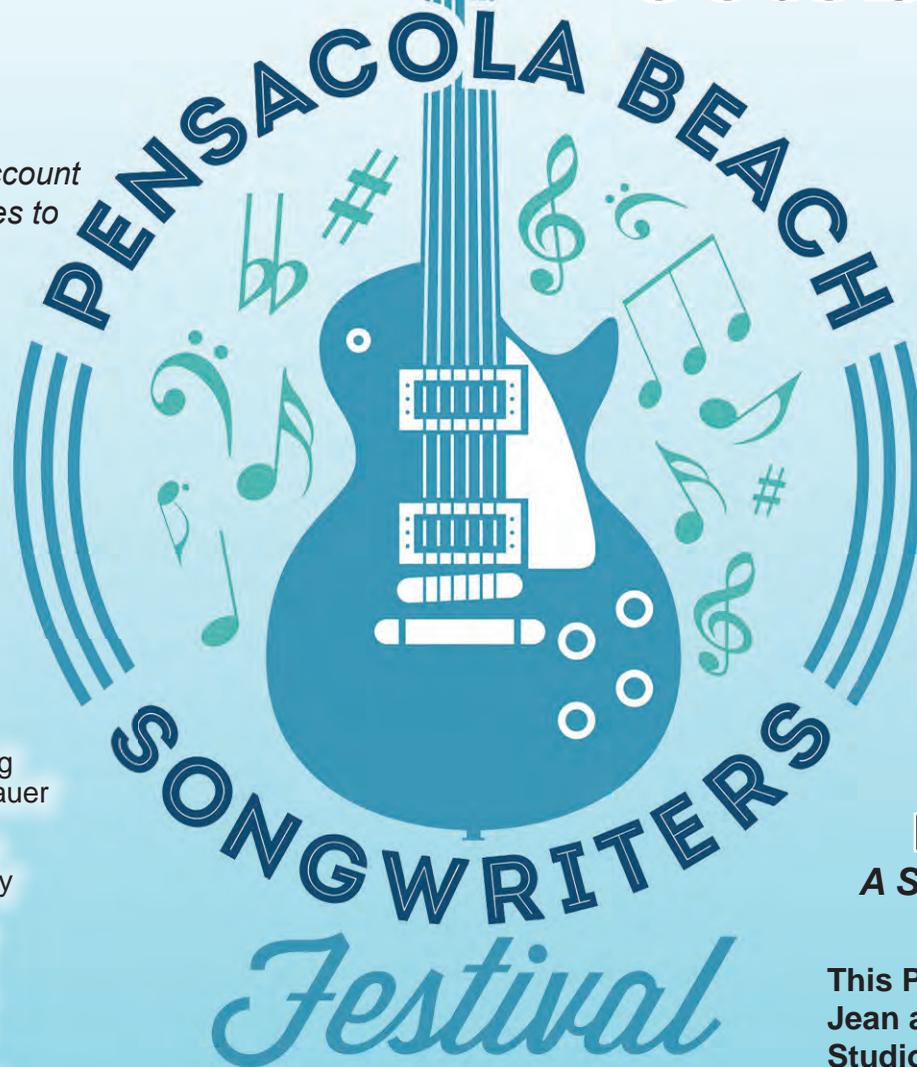


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- Gale Book
- Larry Book
- Shawn Bowling
- Melissa Brethauer
- Jay Brown
- Daryl Burgess
- Jeremy Bussey
- Kim Carson
- Hope Cassity
- Pearl Clarkin
- Jackie Clowe
- Brittany Cole
- Greg Crowe
- Daniel Demay
- Billy Ryan Droze
- Jim Femino
- John Frinzi
- Doug Gill
- Dennis Gossman
- Genesis Green
- Jayce Hein
- Louis Cowboy Johnson
- Nicole Johnson
- Jason Justice
- Lauren Kay
- Lynn Langham
- Sydney Lett
- Mike Loudermilk
- Jim McBride
- Jim McCormick

- Tammy McDonald
- Travis Meadows
- Ronny Miller
- Brian Morris
- Ross Orenstein
- Chad Austin Parker
- Jim Pasquale
- Bob Regan
- Alan Rhody
- Pete Sallis
- Chas Sandford
- Melanie Sandford
- Aaron Scherz
- Gove Scrivenor

- Joel Shewmake
- Jeff Silvey
- Donna Slater
- Sheree Spoltoree
- Joe Stone
- Rusty Tabor
- John Edd Thompson
- Jerry Vandiver
- CJ Watson
- Robert Wayne
- Riley Weston
- Rick Whaley
- Michael Wheeler
- Courtney Yovich

~ Venues

- Bamboo Willie's
- Casino Beach Bar & Grill
- The Grand Marlin
- Lillo's Tuscan Grille
- Paradise Bar and Grill
- Red Fish Blue Fish
- The Sandbar
- Shaggy's
- Hub Stacey's
- Ever'man's Cooperative
- WSRE Studio Amped

FRI, OCT 3 • 7 PM
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This PBS show is recorded at the Jean and Paul Amos Performance Studio on the campus of Pensacola State College and will be broadcast at a later date.

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For a complete
schedule log on
to our website:

PensacolaBeachSongfest.com



The Anything That Floats and Bath Tub Races are a Labor Day Weekend tradition, hosted by Bamboo Willie's in the Sound. Photo left: Island Times A Team Casey and Diana Harvey are expert paddlers. Photo Center: Mark Jenkins, 9, and his dad Jake from Louisiana maneuver their homemade raft. Photo right: Island Times B Team Matt Hinshelwood and Blake Chinn head for the finish line and a third place finish.



Teams get into the spirit of the The Anything That Floats and Bath Tub Races, held August 31 at Bamboo Willie's. Photo left: Sarah Smith and her teammate Chris Izzo represented Bamboo Willie's with their Jamaican attire. Photo center: The Pink Don't Sink Team of Reggie Aucoin and Sid Vaughn were awarded a Best Costume prize. Photo right: Jennifer Anderson and her dad Mike Langen are beach famous for their Anything That Floats entries. This year's theme, The Tax Man Cometh.



Island Times' How Sweet IT Is Dessert Contest judges (L to R) Steve Picker, Kathi Lewis and Dr. Tim Gossman taste the Flounder's entry during the preliminary round hosted at The Grand Marlin, August 26. Finals will be September 20 at 2:45 p.m.



Hemingway's Chef John Smith presents OMG Cookies during the Island Times' How Sweet IT Is Dessert Contest hosted at The Grand Marlin, August 26. Smith will be in the finals, September 20 at 2:45 p.m. Chef Carla Hall will serve as a judge.



Island Times' How Sweet IT Is Dessert Contest judge Brianna Dizon, left, listens to Wild Roots Chef Lisa Burgess describe her cookie entry during the preliminary round hosted at The Grand Marlin, August 26. Burgess moved on to the finals in both the cookie and the dessert categories. The contest finals will be September 20 at 2:45 p.m. at the Gulfside Pavilion.

Sandcastles to Scepters...it's all here!

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I've been hearing a lot of mixed reports from you guys, so let me comment all your posts.

Lots of you have been talking about having "no luck" recently. Here is a little lesson learned from two great fisherman, Saltwater Rick and Trace Lewis, during one of many good fishing conversations we've had. They informed me when that the wind is coming from the North (blowing South) the bait balls are blown out to sea, away from the shore and this is why I was seeing no activity anywhere on the water. Keep this in mind while you're out there. Wind direction is very important if you are surf fishing.

I've also been hearing from a lot of y'all that you're getting nothing or only getting Lady fish, Hard tails and Catfish. It happens sometimes. That's why it's called "fishing," not "catching!" Enjoy the beautiful day (in case you haven't noticed lately we do live in paradise) and remember there's always another day; around here it never takes long 'til they start

biting again.

I'm also been getting reports that you are finding alot of green slime and grass right now, too. Here's a quick link to Navarre which will give you a look at the surf heading out. <http://navarre-beachlife.com>

Sometimes the news and photos are good. I've been seeing some nice Pompano, Reds, Flounder and Spanish Mackerel. Most of the catches have been early morning though. As the weather starts to change with fall coming, the water temperatures will really start dropping and we will see much more movement with the fish. Those Redfish aren't too terribly far from their fall run either.

So enjoy the beautiful weather we're having, stop by The Dock or Castaways and share your fishing stories with me. Don't wait. Grab a kid and go fishing!

Dunbar Earns Yacht Club Big Mouth Title

Local sailors competed in the Big Mouth Regatta hosted by the Pensacola Beach Yacht Club, August 23. David Dunbar captained the Tryponite to the top spot followed by Bob Patroni, Pink Meenie; Don Williams in Shaman and Rachel Gillette aboard Atlantic Union.

Jeff Hunt sailed the Reach Around to first in the Spinaker Fleet, and Randy Smyth



NATURE NOTES

Florida Sea Grant, University of Florida / IFAS Escambia County

By Rick O'Connor

This issue of *Island Times* is looking at island food, so we will focus on seafood. Over the last 20 years I have surveyed marine science students as to which seafood item they prefer. I have seen trends over time but one that has caught my eye is the increasing number of participants who do not like seafood. I was curious about the trend and asked those who responded why they disliked it.

In my mind I was thinking they were concerned about the safety of seafood. There are numerous reports of high levels of mercury and other metals, and

of course, there was the 2012 oil spill. Though these are concerns seafood is one of the healthier choices you can make. Fish and shellfish are low calorie protein that are low in saturated fats, high in omega-3 fatty acids, low in sodium (unless processed - read labels), low in cholesterol (unless prepared a way that increases this), and high in important nutrients. There is evidence supporting that consuming seafood decreases cardiovascular disease.

But what about mercury and other contaminants? Mercury levels can be quite high in some species of marine fish; a list of these can be found on the Florida Department of Health website. You should consume no more than one serving per week of

these targeted species and women who are pregnant, considering pregnancy, or young children should not consume them at all.

As far as our survey was concerned many were concerned about safety but many just did not like the taste. Of those who did like seafood, shrimp was the most popular with males and females but the remainder of the list differed; males preferring more fish and females more shellfish.

The Escambia County Extension Service will be presenting a program on Florida Seafood October 3; the time and location to be determined. If you are interested in attending this program you can contact Dorothy Lee or Rick O'Connor at the extension office 850-475-5230.

in the was first in the multi-hull division. Andy and Renee Humphries were second and Charlie Harp earned third place. There were one dozen multi-hull boats competing.

The Pensacola Beach Yacht Club is located next to the Sandbar at Sabine Marina.

For more information about the Club, log on to www.pensacolabeach-yc.org.

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Tuesdays
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Wednesdays
8:30 PM to 12:30 am John Hart Band

Thursdays
T-shirt Nite 1/2 price drinks w/Shaker Shirt, 7 PM to close. Hippie Radio, 8 PM

Sundays
9PM to Midnite Karaoke with Becky

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Sunday, Sept 21
Lektric Mullet

Fri & Sat, Sept 26-27
Something Huge, 9 pm
Sunday, Sept 28
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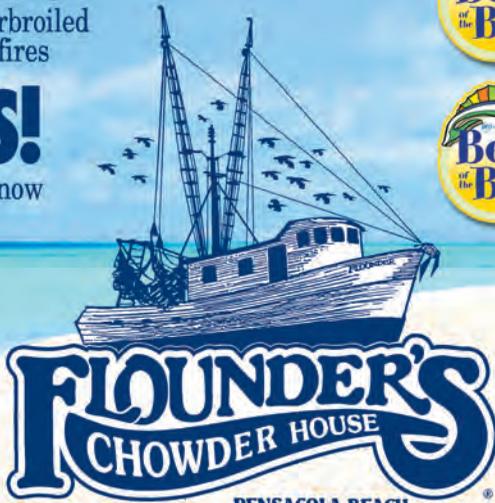
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