

# ISLAND TIMES

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# Glad Grads



What lies ahead for these Pensacola Beach Elementary School fifth graders? They have completed their academic work and now the fun begins. The twenty-two students will be honored at a graduation and promotion ceremony May 24. They will spend a few final days before bidding farewell to the little school on the sand. After a sun-kissed summer, they launch into the middle school years. Ready to take the next step are (front row, L to R): Buck Trammell, Maggie Corley, Savannah Slusher, Ella Goodwin and Kate Westholm; (second row, L to R) Riley Seeliger, Lily Montgomery and Brody Hills; (third row, L to R) Blain Nita, Gabrielle Virant and Julia DeLaPiedra; (fourth row, L to R) Finn Allen, Jason Cerone and Taylor Brady; (fifth row, L to R) Micah Fournier and Chloe McMillion; and (top row, L to R) Austin Mickler, Daniel Satterfield, Carter Hoeft, Dmitry Webber and Izabella Beech. [Will Brockett was absent.] Turn to page 2 to learn more.

# Beach School Fifth Graders Share Wisdom, Wishes

The twenty-two fifth graders at the Pensacola Beach Elementary School have earned their wings. The Sandpipers leave the nest and fly to the next level. They are well-prepared. More than half of the class have been at the School since kindergarten or first grade. They were required to meet the high academic standards of a skilled teaching staff and flourished in an atmosphere of camaraderie, competition and support.

The ten and eleven-year-olds are full of youthful exuberance mixed with a little bit of upperclassmen swagger. They answered questions about their time at the Beach School with a depth of understanding far greater than their years. Carter Hoeft, who is a second generation Beach School Sandpiper, said the most important thing he learned at the Beach School was to "be respectful to everyone." Micah Fournier agreed that "respect, kindness and doing your best" were the most important things she learned. However, some students were more academically focused and chose multiplication. Jason Cerone added that dividing fractions was his most important lesson learned.

These students were not shy to share their opinions of the middle school after an orientation tour. They ranged from total approval to comments about the sheer size of the campus. As far as changing classes and having six teachers, the students were not fazed. They move about their small campus with ease. This year's fifth grade class had to adapt to change. Their teacher Rachel Armentrout, who was in her first year at the Beach School, had to

take unexpected medical leave. Susan McLeod, who has taught at the beach school for a number of years, stepped in to serve as the classroom teacher. While their teaching styles varied, the results were the same. A successful academic year for the fifth graders.

Those studies will carry them through their school years and into their careers. Dmitry Webber wants to pursue a career in medicine. He was named the Student of the Year for excelling in academics and citizenship. Gabbi Virant and Brody Hills believe that they would like to be brain surgeons. Ella Goodwin, Lily Montgomery and Julia DeLaPiedra chose nursing; and Maggie Corley hopes to be a veterinarian. Blain Nita and Riley Seeliger are headed for front seat in a fighter jet while others thought they had what it takes to make it as professional athletes. Kate Westholm is inspired to be a writer. Teachers and super models were among the typical answers. However, Buck Trammell, who is a bit of a character, wrote this, "I want to be a land owner/timber broker because your office is outdoors and you get paid for maintaining land with big equipment."

They are also thoughtful and a tad bit wistful when they think about leaving the school on the sand. Most students keyed in on two attributes about their school. The first is the size and the second is the location.

Daniel Satterfield said, "The small classes and school are great because you basically know everyone in the school." Izzy Beech agreed, "It's a small school and we all know each other." Chloe McMillion and Savannah Slusher were fans of the proximity to



Will Brockett was absent for our Fifth Grade Photo Shoot.



Pensacola Beach Elementary students who were recognized in county-wide award programs for outstanding academics, citizenship or overcoming challenges are (L to R): Student of the Year Dmitry Webber, Cox Inspirational Student Hero Jason Cerone and Shining Star Lily Montgomery.

the beach.

When asked, "What's the best thing about attending the Beach School," Taylor Brady and Finn Allen had the same answer, "meeting new friends." Taylor joined the fifth grade class four weeks ago, and Finn has been at the Beach School

since kindergarten.

Austin Mickler left some advice for the fourth graders, "Pay attention." Finn Allen added to that, "Act right and be honest and you will have a great year."

Fifth grade has been a great year, according to Susan McLeod. She is certain that the lessons of

math, writing, kindness, friendship and honesty will serve these students well as they soar up to the next level and beyond.

The Fifth Grade promotion ceremony and reception is Thursday, May 24. The final day of school is June 1, which is an early release day.



The Krewe of Nereids presented a \$350 donation to the Clinton-Cox House, April 30. Making the presentation are (L to R): Krewe Publicity Chair Bonnie McDonald and Krewe President Monette Hodges. Accepting on behalf of the agency which serves homeless female veterans, is Nancy Beverly, Director of the Clinton-Cox House. The Nereids are an all-female Mardi Gras krewe on Pensacola Beach. Photo by Courtney Winstead

## Island Times

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### Mark Your Calendar

**BCC:** Thursday, May 17, Agenda Review, 9 a.m.; Public Forum, 4:30 p.m.; Board Meeting, 5:30 p.m. 221 Palafox Place. www.myscambia.com, Questions? District Four 850-595-4940

**SRIA:** Wednesday, May 23, 5 p.m. SRIA Boardroom, #1 Via de Luna. Santa Rosa Island Authority Committee Meeting. Agenda available at www.sria-fla.com

**BCC:** Thursday, June 7, Agenda Review, 9 a.m.; Public Forum, 4:30 p.m.; Board Meeting, 5:30 p.m. 221 Palafox Place. www.myscambia.com, Questions? District Four 850-595-4940

**SRIA:** Wednesday, June 13, 5 p.m. SRIA Boardroom, #1 Via de Luna. Full Board Meeting. Agenda available at www.sria-fla.com

# 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  
May 22, 1992*

Ten years ago, the Governor's Council on Economic Development asked me to appear before them to discuss issues and problems on Pensacola Beach. As a person who owned the smallest business on the beach, and someone who was, and still is, barely qualified to make financial ends come together, I was an unlikely choice. I guess the magic of "the press" gave

me some kind of credibility. So, I drove to New World Landing, and sat a boardroom type table with 12 gentlemen that I had never seen before.

The problems which existed on the beach then are familiar to us all to this day - - traffic congestion, a short tourist season, taxes, government, bird nesting, percentages and all the rest of the familiar issues we have battled so long.

I told the Council that there

was only a traffic problem if you had never lived in Atlanta, New Orleans or Los Angeles. Other than that, it was mostly a weekend situation that could be tolerated by residents.

We talked about protecting the Least Terns and the Sea Turtles. And we spent a lot of time on ways and means of developing year round tourism. We talked about the Santa Rosa Island Authority and whether or not it was running the island

efficiently.

Somehow, I felt the members of that Council wanted me to magnify the problems beach businesses and residents constantly faced. I did not want to do that, so did my best to paint a realistic picture.

So, I began to throw out all the problems I had ever heard during my four year residency on Pensacola Beach. There was a long list of stuff including Wooly Booger Boogerisms, no bike path, minimum school facilities and Island Authority boards who turned a deaf ear on the whole shebang.

Since then, I have attended hundreds of meetings at the County Commission, the SRIA, the Residents and Leaseholders, and the Pensacola Beach Chamber of Commerce. I have seen a 170 thousand dollar Land Use Plan meticulously prepared for the SRIA blown away by the DCA. I have seen Ad Valorem taxes abolished, replaced by MS-BUs and now, the Ad Valorem may return to us as early as next year. I have seen the elementary school grow miraculously. I have watched two churches build comfortable sanctuaries to embrace the island's faithful. So, there have been many changes for the better. Still some old

problems remain while new ones have blossomed.

If a Governor's Council should call me right now, I would have a different story to tell. I would praise progress on the beach and I would compliment the SRIA on its determination to make decisions favorable to beach progress.

I don't know if such an oration would do any good now, or if my conscientious input did any good then. I thought those guys on the Council were really trying to develop information to promote the island, but I never saw a report, and I never heard from them again.

I do know that I would end my speech with the same sentence that I used at that meeting ten years ago, "Gentlemen," I said, "You have heard me recite a long list of problems which exist on Pensacola Beach, but I want you to know that I would not want to live anywhere else in the world."

As caught up in our own problems as we may be, all we have to do is look around at other communities to realize how minor our problems are. Take a few minutes this Memoria Day Weekend to be grateful for what we have. Because what we have for the most part is pretty wonderful.

## Join Hands To Support Clean Energy

Beach residents, visitors, locals and business owners are invited to attend the annual Hands Across the Sand, Saturday, May 19 at 10 a.m. on the shores of the Gulf of Mexico south of the Gulf-side Pavilion on Pensacola Beach.

"Please join us at our annual stand against oil and gas drilling in the Gulf of Mexico and a transition to clean energy," said Christian Wagley, Gulf Restoration Network Coastal Organizer. "Hands Across the Sand events take place on beaches around the world, as communities come together to send a powerful message of protecting the beaches and coastal areas they love."

Ceremonies and speakers will be on the Gulfside Pavilion stage. Educational displays, t-shirt sales, sign preparation and DJ music will kick off at 10 a.m. Local advocates will briefly speak from 10:25 a.m. until 10:45 a.m. Speakers include: Christian Wagley, host, Gulf Restoration Network, 350 Pensacola; Laurie Murphy, Emerald Coastkeeper; JJ Waters, Surfrider Foundation Emerald Coast Chapter; Grover Robinson, Escambia County Commission District 4; Sean Fell, Waterboyz and Haley McQueen, UWF Student Environmental Action Society.

"Just before 11 a.m. we'll



Hands Across the Sand brings together (L to R): Gulf Coast Restoration Network's Christian Wagley, Surfrider Foundation's JJ Waters, and Pensacola Beach Advocates' Jim and Lila Cox.

walk to the water's edge to join hands in silent remembrance of the 2010 oil spill and in support of a transition to clean energy," said Christian Wagley. "This year's event will include surfers and paddleboarders who take to the water in support of a clean and healthy Gulf."

If the surf is flat, then paddleboarders and surfers will be able to join hands with the beach bound attendees. A paddle out follows, but is pending acceptable weather.

Refreshments provided by Dog House Deli, Casino Beach Bar, Hilton H2O and Waterboyz Single Fin Café will be served following the Hands Across the Sand.

"Eat and be merry," said

Wagley. "We're at the beach!"

For more information visit Hands Across the Sand Pensacola Beach on Facebook or call 850-687-9968 or email christian@healthygulf.org

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# Trivia

The Trivia Master loves Trivia Tim Pike. He answers with speed and accuracy all the while keeping up with his tasks at the Holiday Inn Express. He cashed in with the correct answer "Piggly Wiggly," to this: "The first self-service grocery store in the nation opened in 1916, introducing shopping baskets, aisle displays and checkout lines. A branch in Gulf Breeze provided Islanders a convenient place to shop. What was it called?"

Melanie Waite, who is a retired school teacher, thought this was a good trivia question and added her source was the *Smithsonian Magazine*. The chain originated in Memphis, Tennessee.

Queen of Wrong Answers Joanne Brooks has taken leave of her senses and delivered a correct answer, "Piggly Wiggly."

It matters not, Queenie. Throw open the gates for a wise guy, two fly boys, a doctor and an old salt.

"I think it was an A&P," said Most-of-the-Time Beach Resident Dan McGrath. After he sent his wrong answer he sent a second guess, "Pimply Wiggly." Further digging a hole the wise guy remarked "When we came down from up north, we thought the name was always funny sounding."

The Trivia Master will ask that Dear Dan be allowed to inhabit the northern portion of the Land of the Woefully Incorrect.

Clear the runway at the Wrong Way airstrip, two flyboys are coming in for a landing. Albeit jokingly, the esteemed *Sandspur* publisher Chuck Steele used one of the nicknames, "Hoggly Woggly."

Jim Knell, who should confer with Lovely Lynda prior to answering, sent "Horn Hardart." If you were wondering, Horn &

Hardart started as a diner but became the premiere food automat chain in Philadelphia and New York City.

"You would get a sandwich or piece of pie by opening the little door, removing your food item," recalled Jim. "Maybe they did not have them here."

Enter the Land of the Incorrect, Dr. Fran Albert. He thought it was Barnes Supermarket. He tried to blame his wrong answer on bad timing, "I guess that was before my time. I did not move here until 1985." Better luck next time, Doc.

Offshore Chuck Brower sails in the wrong way with "Shop E Z," and thus drops anchor in the Mistake Lake.

Another fine beach educator Carol Headley gave the correct answer,

Piggly Wiggly, right across the toll bridge into Gulf Breeze about where Dollar General is now! I used to 'Cruise the Pig' with friends quite often many years ago."

Wonder if our venerable Knight of the Trivia Roundtable Morrie Drees cruised the Pig with anyone? He knew the first self-serve grocery was Piggly Wiggly. He likely did. Sir Morrie is beach famous as a great cook.

May is the month when our teenagers count down to graduation day. The Gulf Breeze High School Class of 2018 will receive their diplomas on May 26. This is a two part question: What year did the first class graduate from Gulf Breeze High School and how many students were in that class?

Don't raise your hand to be recognized. Email your answer to shellee@myislandtimes.com and put Trivia in the subject line. Include your name with your answer.

Hurry, the early deadline to answer is May 19. Good luck.

# PEOPLE

## LUCKY LADIES

The Pensacola Beach Optimist Club gives Kentucky Derby Party guests a chance to be a race horse owner for a day. The group auctions off each horse in a high-spirited bidding war at the Race for the Roses party. A group of lucky ladies joined forces to become the "Beach Owners" of Justify. The two year old colt made his way through the mud to win the 144th Kentucky Derby. Patty Lou Kattner, Jane McGrath, Ann Seager and Christine Cook earned their place in the winner's circle as Justify's owners.

## VACAY

Students are not the only people who look forward to summer vacation. Pensacola State College Prof Brian Underwood counted down the hours and number of term papers he had left to grade. He is officially a member of the summer beach bum club, until the next semester commences.

## MAYOR'S PARTY

Take note! Be at The Shaker, Saturday, May 19 to wish Bob "The Mayor" Merriman happy birthday. The Mayor, as many longtime beach residents will recall, established a gulf front City Hall on the sands at Casino Beach. His beach chair was surrounded by fluttering flags and bikini-clad constituents. He also

established a northern annex at his favorite bar stool at The Shaker. Stop by and say, "Happy Birthday, Mayor Bob!"

## OLYMPIC HOPPERS

It's settled. The Santa Rosa Island Authority and Pensacola Beach Chamber have the best darn sack racers in the entire county. The team, in their bright pink t-shirts, were fast as hoppers could be at the Hospitality Olympics. The events were hosted May 7 at the Blue Wahoos Stadium as part of National Travel and Tourism Week. Pensacola Beach Chamber President Alison Westmoreland and Membership Director Kailey Weiner teamed up with SRIA staffers Kara Gauntt, AJ Powell and Courtney Fell. If you see AJ at the front desk of the SRIA office, ask him about his speed step sack race form. It's impressive.

## WAY OUT WEST

The beach's newspaper is headed west. Sheila Fabian will wait for her copy of *Island Times* to arrive via her mailbox in Wyoming. It's a 1650 mile trip. Thanks for reading, Sheila.

## BROTHERS GRADUATE

Noah Williams graduated from the University of West Florida, May 5 with a Bachelor of Science degree in Pre-Professional Biology. Williams, who served

as the UWF Chapter president of Kappa Sigma fraternity, will join the family business at Boomer Aviation. He plans to earn his private pilot's license this summer. Additionally, Kappa Sigma's Keven Sanchez and Dean Fagot, both graduated with Bachelor's degrees in Building Construction. Nicholas Giordano, Henry Newell, Nicholas Barcelona and Thomas O'Connell also earned their degrees. The fraternity volunteers at the Kids and Kritters parade and Taste of the Beach.

## BRUNCH SUCCESS

Congratulations to honorary Brunch and Bubbles event chairs, Mike and Terri Papantonio. The May 20 event, which benefits the Gulf Coast Kid's House, is sold out. Those lucky enough to have a ticket will arrive at Portofino for a champagne brunch provided by local chefs. Music is by the talented John Ripley. Guests will sip endless cocktails and bid on silent and live auctions of "experience" packages.

## NEW TO THE ZOO

The Krewe of Bananimals officers plan the fun and try to herd the wild group in the right direction. Joining President Nick Radcliffe are: Vice President Lynn Parsons, Secretary Terri Kelly and Treasurer Jamy Erwin. Congratulations to the Bananimals.

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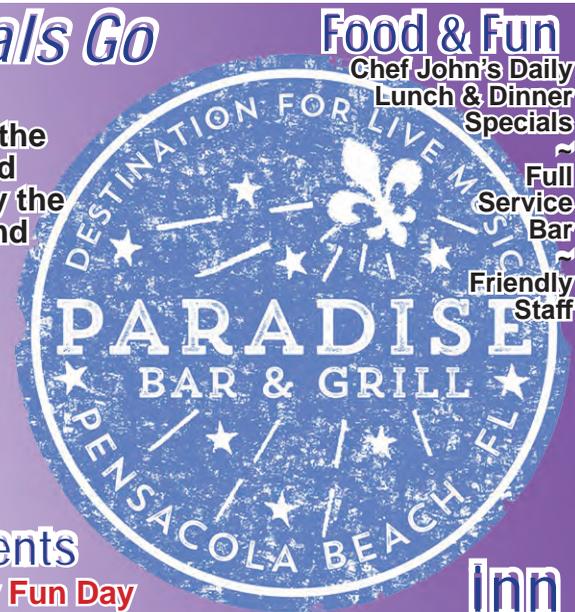


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- Thursday, May 17, 6 PM  
**Tomato**
- Friday, May 18, 6 PM  
**Tomato**
- Saturday, May 19, 6 PM  
**Paxton Norris Band**
- Sunday, May 20, 3 PM  
**Gal Holiday & The Honky Tonk Review**
- Tuesday, May 22, 6 PM  
**Gal Holiday & The Honky Tonk Review**
- Wednesday, May 23, 6 PM  
**Eddie Smith Band**
- Thursday, May 24, 6 PM  
**Eddie Smith Band**
- Friday, May 25, 6 PM  
**Honey Island Swamp Band**
- Saturday, May 26, 6 PM  
**Paxton Norris Band**

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# SRIA Board Supports Traffic Plan Design Completion, Alcohol Ordinance

Complete the design and keep the ordinance. The Santa Rosa Island Authority Board voted at their May 9 meeting to send two recommendations to the Escambia Board of County Commissioners favoring the completion of the design of the Pensacola Beach Traffic Congestion Management Plan and a one year extension of the Open Container Ordinance.

Escambia County's Division Manager of Transportation and Traffic Operations David Forte, along with a team of engineers from Volkert presented the Traffic Congestion Management Plan design, which is 60 percent complete. The plan has three phases. The first included the change in beach crosswalks, Casino Beach entrance/exit, Circle K parking lot and technology to remotely control the traffic signal at Via de Luna. Those projects are complete.

The Phase One projects have yielded positive results, according to Forte. The ability to remotely control the traffic light can clear stack ups when everyone leaves the Casino Beach at once.

Phase Two of the plan includes a new parking lot west of the Sheriff's substation with an entrance from Fort Pickens Road. One area of the lot is for law enforcement and lifeguard parking which frees up the spaces in the public lot that they previously used. The request to fund this will be made by Forte at the County Commission June 7 meeting. If funded, the construction would commence in Fall.

The second phase includes a restriping at the exit of the Pier lot to allow cars to access the main Casino Beach parking lot. This part of the project only takes about five days and could start before Memorial Day.

Phase Three, which drew the most interest from the overflow crowd, includes three pedestrian underpasses and two roundabouts. Volkert Engineer Clark Bailey responded to Board members questions assuring them that the roundabout design would increase traffic flow, reduce severe accidents and accommodate oversized RVs, delivery and firetrucks. Engineer Mike Warnke addressed concerns about drainage and rain events when designing pedestrian underpasses. He told the Board that a series of drains, supported with a pump and lift station sends water to a storm drain.

Portofino Developer Robert Rinke supports the plan based on two planning firms engineers' recommendations and the need to alleviate the traffic bottleneck at the traffic light.

"This is a fantastic solution," he added. "The best plan we've ever seen."

Rusty Branch voiced the support from the Destination Marketing Organization, which represents the area's lodging and hotels. He cited the challenges that tourists and locals have fighting traffic to get to the beach. Mike Pinzone, who operates the Pier and Papa's Pizza on the Boardwalk is anxious for phase two to be complete. The changes to the Pier parking lot impact his business.

Beach resident Dan Lockman shared an example of law enforcement quickly clearing the backed up traffic at the light. He favored the new remote traffic light control technology rather than roundabouts and pedestrian underpasses.

Bill Ray who lives on the Beach voiced his concerns last year about the plan. He returned and told the Board that drivers need to learn to negotiate a roundabout. Tourists who arrive daily are unfamiliar with roundabouts. Additionally, the location of the roundabout makes it impossible to avoid. There are no alternate routes. Ray suggested that added parking and coordinating with Gulf Breeze need to be part of the solutions. Finally, he asked them to consider the uniqueness of Pensacola Beach.

"This is a beautiful, one-of-a-kind place," said Ray. "There's traffic, people still come here. It's a quaint. Don't change this beautiful jewel."

Gulf Breeze's Charlie Rotenberry asked the Board to consider a parking garage at the SRIA office site and scrap the roundabout idea. He added that the statistics don't substantiate the claim that there is a safety problem for pedestrians, although he is not opposed to pedestrian underpasses.

SRIA Board members voiced varying levels of support but all were concerned about the disruption to business that a major road construction project at the beach's core intersection would create.

Board Chairman Jerry Watson said, "We need to push forward. If we need to do it, we need to do it right."

In her support of completing the design Board Member Karen

Sindel said the plan is a tool to give viable solutions to the problem of how popular the beach has become. It is necessary to see the plan in its complete design to continue the conversation for a viable, engineered solution and cost estimates.

Brigitte Brooks, Board member, would like to review the results of the phase one and two changes prior to implementing the major construction of phase three. She did, however, support the design's completion with reservations about the costs and interruption to business.

Janice Gilley asks her fellow board members to consider that a roundabout is an aesthetically pleasing amenity, but was not sure that this is a total traffic solution. She wanted to further explore the parking at the fire station and impacts of the technology to react to the traffic signal timing. She was concerned that no one questioned the return on investment of a project of this magnitude.

She asked Forte about funding, noting that much of it has not yet been secured.

Tammy Bohannon, longtime beach resident and board member, has not always been supportive of the roundabouts. She agreed with her fellow board members in order to see a total design and would like to review the results of the current improvements at the end of the summer season.

The Board voted 5 to 1 to recommend that the design be completed with further information on impacts to businesses, return on investment, construction timelines and results of the technology to remotely control the traffic signal.

In his dissent, Elected Board Member Dr. Thomas Campanella said he supports the first two plan phases, and the access road to the Grand Marlin. He wants to see what those improvements yield. He is totally opposed to roundabouts and said they are a tremendous waste of money.

"The traffic circle is going to fail under a traffic load," he said. "Traffic is a problem that will never be solved. And, your vote tonight will be perceived as giving a green light to the construction of traffic circles."

The projected construction cost of Phase III is \$12,745,522.

The SRIA recommendation will be sent to the County Commission. If the Commissioners agree to continue, the design would be complete in Fall 2018. The SRIA and Commissioners would be presented the final plan for review. Funding still must be secured.

On the agenda at the County Commission's May 17 meeting is the Open Container Ordinance. It prohibits alcohol consumption in public parking areas, sidewalks, and the Pensacola Beach Boardwalk. It does not include the sandy beach areas. The ordinance is due to sunset on June 1. One reason the ordinance was put in place according to Boardwalk Master Leaseholder Robert Rinke was to curtail fights and bad behavior associated with drinking.

"Since the ordinance has been in effect, the Boardwalk has returned to a safe place to bring your family," said Rinke. "Every Boardwalk business is in favor of keeping the ordinance. It is in the best interest of the public."

The hoteliers on the beach

and from Pensacola supported the ordinance in a letter delivered by their lodging organization's Executive Director Rusty Branch. Hotel managers and retail employees asked the board to support the ordinance's continuation.

The SRIA Board was presented with crime reports and sales data to use as quantitative evidence of the ordinance's impact. Brooks reviewed the data and said there were too many variables to draw a real conclusion. Based on the facts that there had been no complaints about the ordinance to the SRIA nor any real impact to alcohol sales she would support the extension of one year. She also requested that the letter of the ordinance be followed which required, "during the last 90 days of the enforcement period, the board of county commissioners shall review the relevant crime, commerce, and quality of life statistics and evaluate the effectiveness."

Bohannon said she personally had returned as a customer on the Boardwalk, and that there was a general improvement. She said, however, there are still some bad characters and selective enforcement of the ordinance.

Gilley does not believe that a few miscreants should impact others enjoyment and did not support the ordinance. Chairman Watson did not support the ordinance either.

The board voted 4 - 2 to send a letter supporting the ordinance for an additional year, noting that the Commissioners do a review of data 90 days prior the expiration. The letter will be sent in advance of the May 17 Commission meeting.

## Authority Board Updates Include Paws, Pedals, Parks and Splash Pads

The Santa Rosa Island Authority Board heard reports at their May 9 meeting from their engineers and directors about island enhancements.

Executive Director Paolo Ghio who also heads the Developmental Services Department, got the nod to bring a proposal to expand the Dog Park at the east end of the island. He will bring the project to the SRIA Committee meeting, May 23.

Ghio also told Board members that the rebid of a Gulf front bathroom came in \$297,000 over budget. The bathroom to be located at the walkover directly south

of Portofino has a \$741,000 allocation from the Island Beautification Fund. The funds are collected from Portofino leaseholders. The Board voted to reject the \$1.038 million bid and table the project.

The multi-use path which is used by walkers and cyclists is getting a facelift. The bid was awarded to Chavers Construction, for \$571,241, to remove and replace the asphalt multi-use path from Avenida 10 to Parking Lot D near Portofino; repair the concrete sections and replace curb ramps. Accessibility improvements will be made at trolley stop locations from Avenida 10 to Lot D.

"Water fountains will be added along the replaced section of multi-use path," said BDI Engineer Jeff Huggins. "The water fountains will be ADA accessible and some will include a water fountain for pets as well."

The project also includes replacement of the basketball court and drainage improvements at Gowens Park on Via de Luna. The drainage improvement project is a prerequisite to installation of a splash pad water feature for children.

The next SRIA meeting is Wednesday, May 23 at 5 p.m. at #1 Via de Luna.



# peas, porridge and a dry martini

BY KATHI LEWIS



I think May is one of my favorite months of the year. Do you realize we actually have five holidays in May? Okay, so maybe they're not all listed on the calendar and the banks and government stay open (along with the rest of the country) but we celebrate them all on the island.

Listed in order, I'll start with May 1 which is called May Day and Gary Cole's Birthday. Next up is Cinco de Mayo which I celebrate with a trip to Mexico Beach at the Cottage By the Sea with Lynn Cieutat. This year's travelling troupe was Marilyn LeNormand, Courtney Winstead, Elaine Mitchell, Paulette Provost, Charlotte Spencer and me. Lynn ordered perfect weather and made way too much food. We tried staying under the radar, but the Mexican Restaurant called "Peppers" in Port St. Joe serves a giant margarita. If you can drink the whole thing, you get a free t-shirt. They almost ran out of t-shirts and may rethink that plan next year. They never saw us coming.....until we left.

The third holiday is now known as the "Carleen Wheeler Kentucky Derby Party." I adored the big hats and lovely ladies on the cover of the May 1 *Island Times*. There's tons of food, horse trading, betting and celebrating the race and best hat winners.

Mother's Day stands in as the fourth holiday and is considered a real holiday by everyone who has a Mother (past and present included). Ladies wear a red rose corsage if their Mother is living or a white rose corsage if their Mother has passed on. Restaurants fill up quickly and Mother's bask in the love and feel special for at least one day of the year. They should, considering everything they do for their families every day the rest of the year.

Last, but certainly not least, is Memorial Day. A day set aside especially to remember and honor all who have died in military service. These special men and women have given their lives leaving behind grieving families; Moms, Dads, brothers, sisters, wives and children of their own. They deserve our respect, honor and loyalty. May God Bless these precious souls and the ones left behind. I

hope they find great comfort in the celebration.

In my family, there's a sixth holiday since my husband Bill's Birthday is May 8. This year we celebrated with dinner at Crab's. It was another perfect evening with great food, a gentle sea breeze and the joy of being together. Bill and Don Miller (our son-in-law) had a very tasty looking Strawberry Margarita. Having just returned from Mexico Beach almost swimming in three different kinds of margaritas, I decided tea would be my best bet.

Daughter Mel brought balloons and a gift for Bill, or so she thought. When he opened his gift, I got very excited since there were two very nice beachy kitchen towels in the beautifully wrapped box. My first thought was "Great, she's hinting he needs to help more in the kitchen." Dashed that hope immediately when she said, "Oh no. I brought you the wrong gift!" Obviously, she had purchased two gifts and I don't know who will be the recipient of the lovely kitchen towels. She told me, I just forgot already.

No wonder I forgot. I have been on the fast track for weeks. I barely had time to unpack and repack my suitcase between returning from Georgia and leaving for Mexico Beach.

As soon as I complete my column, I had to unpack from the visit with Lynn and repack for a trip to Tunica, Mississippi and a "visit" with Kris Kristofferson at Bluesville in the Horseshoe Casino. Gotta feeling there's a whole lotta laundry coming up. I'm certainly getting my money's worth outta those new suitcases anyway. And wow, wouldn't it be unbelievable to actually visit with Kris Kristofferson? Talk about being speechless...I'm most

likely to drool rather than speak to someone of his fame.

I hope everyone enjoys all the great happenings on the Island while I'm elsewhere and missing it all here. We will be home more during the summer since we've received promises of visits from our St. Louis relatives.

Another reason I love the month of May - April showers bring lovely May flowers. Look around you at the rebirth of life and enjoy the "quiet" beauty before the full bloom of summer in June.

And, while we are talking about June, don't forget the Keep The Hurricanes Away This Season Bawl is June 3 at Paradise. We all want to give Queen Shugah Andrea a big boost. Bring your good luck charms and "Blow and Believe!"

In the meantime, everybody needs a light, fluffy biscuit to go with the fresh fish you just caught. I'm looking for some good recipes from our fishermen and women 'round here. Most guys tell me they don't have a recipe. I ask, "You catch the fish, right?" Right. "Then you cook the fish, right?" Right, but I just do such 'n such. That's a recipe dude. Send it in right now - to [islandtimes@bellsouth.net](mailto:islandtimes@bellsouth.net)

Let's cook.....

**Buttercup Biscuits**  
**2 sticks butter, softened**  
**1 (8 oz.) container sour cream**  
**2 cups pre-sifted self-rising flour**

Blend butter and sour cream until creamy. Add flour; mix well. Drop dough by teaspoonfuls into buttercup-size mini muffin pans. Bake 30-35 minutes at 350 degrees until golden brown. Makes approximately 4 dozen. Freeze left-overs and use later.

Enjoy, share, be kind and thank a Veteran every day. See ya in the kitchen.....



Best Hats! Sharon Loper, left, and Mary Ann Claus were the winners of the Hat Contest, May 5 at the Carleen Wheeler Memorial Run for the Roses Kentucky Derby Party hosted by the Beach Optimists at Santa Rosa Dunes. Loper's hat had freshly cut roses and Claus created and wore a horse pinata hat with two tiny jockeys. Guests voted on the winners by secret ballot.



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# Free and Easy - Seasonal Trolley Service Rolls To Beach

Free and easy - that's how we roll. The Beach's complimentary Trolley service travels along the island avenues daily beginning Friday, May 25. Grab a seat beginning at 4 p.m. and ride all evening. There will be three trolleys, with the last pick up at 11:30 p.m. Service stops at midnight.

You will look neat in your seat in the open air trolley. The interior boasts highly polished wooden seats and bright brass rails, a bit nostalgic, but, oh, so comfortable. The Trolley is a fully open car with safety rails, and provides the best view for passengers, having no windows or sidewalls. In addition, the Trolleys are quiet and efficient. They are equipped with flat screen monitors that will showcase eco-recreation opportunities and natural beauty of Pensacola Beach.

If there's a little inclement weather, the trolley drivers roll

down the rain curtains and keep the riders happy.

Travel a few blocks or ride all evening. You can hop aboard the trolley to shop, dine, visit friends or tour the island.

Ride and roll by bringing your bicycle. Racks to accommodate the two wheelers are conveniently located on each trolley.

Take the trolley as many times as you'd like; there's no charge. The service is provided to residents and visitors by the Santa Rosa Island Authority.

The seasonal traffic makes it impossible for the trolley to keep a set schedule, but you can always know when the trolley is rolling to a stop near you with the Trolley Tracker. If you are a techno savvy rider, you can log on to view the trolley's location at [www.visitpensacolabeach.com/trolleytracker](http://www.visitpensacolabeach.com/trolleytracker).

A text message to 41411 with

the letters SRIA followed by a space and then your stop number will return a message about the trolley's arrival time.

Of course, use any phone to simply call 850-602-9384 for information about when your trolley will arrive to take you for a free ride.

There is one more tried and true technique for Trolley Tracking, just look for the colorful trolley, heading toward your stop. Most stops have a thatched roof tiki style umbrella. Chill out on a surfboard shaped trolley stop bench.

Get into a free and easy island state of mind. You will leave your worries behind when you step on the trolley. No time wasted looking for a parking place. The trolley will safely deliver you to your destination. If you are enjoying a glass of wine with friends or a frosty beer at your fa-



vorite beach watering hole, let the trolley be your designated driver. Kids love the trolley. It's a family

friendly experience. Come on and take the free ride.



Bobbi Cunningham, left, and Rhonda Henry share a May 3 birthday. So, Pam Jewell and Leata Sloane hosted a birthday party for the two beach gals at Paradise complete with decorations, cake and corsages. Bobbi was please to announce that she is 88!



Kim Cole, left, hosted a surprise birthday party May 5 for her husband Gary Cole on the upstairs deck overlooking the Pensacola Beach Marina where Cole works. Busch beer and bushwackers were used to toast Cole's 70 years.

## Cooking Columnist Fishes For Recipes

Cooking columnist Kathi Lewis asks, "Can you catch it and cook it?" If the answer is yes, then she wants to hear from you.

Kathi has been writing the "Peas, Porridge and a Dry Martini" column since 2005. While she admits it is a heavy helping of beach news and gossip with a side dish of a recipe, she is angling for some recipes from fish catchers.

She likes a good fish story, a

good drinking story and a good plate of food. So, with that in mind, think about sending her your best stories with your recipe.

You do not have to be a professional chef, professional angler or professional story teller to submit your recipe.

It does not have to be fish, according to Kathi. She will consider any kind of seafood which can be hooked, netted, speared

or otherwise gotten from 'round here.

There are some who keep their recipes as closely guarded secrets. Those will not likely qualify, since she wants to publish them in *Island Times*.

If you would like to have your recipe considered here's all you need to do. Send an email to [islandtimes@bellsouth.net](mailto:islandtimes@bellsouth.net) with "recipe" in the subject line.



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# The School Bell Rings

## BAND STUDENTS ROCK

Gulf Breeze Middle School band students under the direction of Susan Smithey participated in the Solo and Ensemble Festival April 21 at Avalon Middle School. Congratulations to the following students:

### Superior Solo Rating:

Callaghan Williams, Annie Driskell, Josie Verschueren, Mia Bragg, Lexie Steffanini, Amber Ingham, Matison Bourland, Orion Beckler, Benjamin Olson, Ariana Flores, Alexis Flowers, Stellan Nilssen, Luke White, Ethan Guilbeau, Cade Swanson, Emma Toms, Avery Williams, Nicholas Khan, Isaac Braun, Sydney Ferris, Hannah Greenstreet, Elizabeth Hagy, Tori Wells, Lillie Thompson, Reese Sides, Katie Schwarting, Bailey Vierthaler, Olivia Smith, Braden Tharpe, Maggie Terrill, Ava Wysoczynski, Samantha Sherman, Sarah Hicks, Bria Aylstock, Ashlyn Latta, Charlotte Jagar, Aiden Roberts, Charles Parkinson, Cooper Carlock, Eric Campbell, Gabriel Smith, Jacob Enete, Jimmy Winchester, Garrett Smith, Patrick Cain, John Patton, Connor Smith, Taylor Jenkins, Cayden Martinez, Rafael Garcia, Garrett Smith, Jimmy Winchester, John Patton, Olivia Hoffman, Amelia Atchison, Lauren Logan, Natalia Mercado, Addy Ware, Haley Cartee, Adrienne Flowers, Jace Champlin, Sydney Burge, Kate Turk, Matthew Barrs, Hollyn Wills, David "Alex" White, Mark Francis, Rodrigo Pardo, Jasper Bragg, Jasmine Beatty, Eli Smith, Ibuki Cheng, Ashlyn Arnold, Elizabeth "Biz" Aydelott, Ethan Pensyl, David Kane, Brandon Collins, Jasmine Tucker, Helen Zheng, Jenna Moore, Ian Gonzales, Taylor Smith, Vida Martinez, Hayden Brown, Rubi Regan, Keeley Williams, Lily Scott, Cameran Vierthaler, Andrew Francis, Nick Bailey, John Bleiler, Gwyneth Jackson, Keilani Flores and Jacob Brown

### Excellent Solo Rating

Reese Houston, Louis White, Zachary Coughlin, Kayla Cross, Marshall Gutschall, Alex Pensyl, Tarah Sharit, Amber Collins, Amelia Atchison, Logan Duke, Christopher Viglione

### Superior Ensemble Rating

Janna Alba and Natalia Mercado Addy Ware and Amelia Atchison Hollyn Will and Kate Turk

Vida Martinez and Erin Kane Lauren McLaughlin, Brandon Collins, Chase Freckmann Caleb Wooden, Jack Gordon, Christopher Viglione Matthew Barrs, David "Alex" White, Ian McLaughlin Jace Champlin, Julianna Rojas, Isabelle Finrock David "Alex" White, Erin Kane, Ian McLaughlin, Paul Palewicz Lauren McLaughlin, Anthony "AJ" Garza, Brandon Collins, Jackson Mahar, Chase Freckmann Jacob Brown and John Bleiler

### Excellent Ensemble Rating

Adrienne Flowers and Haley Cartee Caleb Wooden and Christopher Viglione Jasper Bragg and Jasmine Beatty Ian Gonzales and Kayla Masood Jonathan Haggerty and Kai Dack

### CAMPING WITH 4H

It's going to be a fun week at Camp Timpoochee in Niceville, hosted by the 4-H. Campers ages 8-13 can attend the June 4-8 adventure for \$125.

In the morning hours, campers will learn archery, air rifle, kayaking and recreational dance skills along with crafts and recreational sports. The afternoon sessions include outdoor skills, marine exploration, mad science, creative dramatics and healthy living.

For more information or to register contact the 4-H Office at 850-475-5230 or email 4-H Program Assistant Jereme Johnson at johnsonjer@ufl.edu. Hurry! Registration closes May 18.

### BEACH CHURCH VBS

The Beach Church is going tropical with their SonQuest Rainforest Vacation Bible School, Monday, July 23 through Friday, July 27 from 9 a.m. til noon. The week will be packed with activities for ages 3 to 10.

The Beach Church is currently seeking volunteers and donations for VBS. Volunteers are needed the week of July 15

to gather donations, prepare and decorate for VBS. There is a need for volunteers to serve during the VBS as crafts leader, music leader and games leader. Additionally the Church needs 4 to 8 volunteers to escort the children to each area throughout the day.

Friday is the big finale at VBS and campers will be swimming and playing along the Sound. Church officials are seeking two volunteers who are capable of serving as lifeguards Friday, July 27.

If you are interested in donating materials, money or time

to the Beach Church's Vacation Bible School, email Donna.McCloskey@att.net.

### DATES TO NOTE

Monday, May 28: No classes, Memorial Day holiday

Friday, June 1: Early release, last day of school

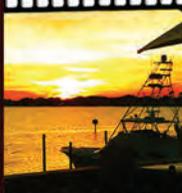


Pensacola Beach Elementary School's Sunshine Math Team competed in a field of 200 students May 14 at the annual math contest. Team members are (front row, L to R): Nick Jenkins, Ryan Kalb, Dima Webber, Buck Trammell, Brody Hills who earned second place overall, and Riley Seeliger. Back row, (L to R): Ava Biland, Anna Uszok, Jakub Alibasic, Samantha Budzowski Lily Asmar and Sawyer Asmar.



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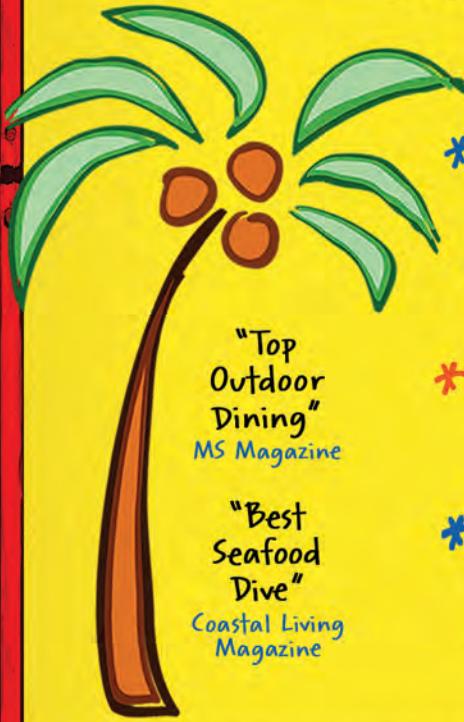







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# Hot Rods, Beach Yoga, Star Gazes - May Events Rock!

**Bands on the Beach:** Tuesday, May 15. 7 p.m. Free concert at Gulfside Pavilion. Mass Konfusion plays. Bring a chair. Leave glass and pets at home. VisitPensacolaBeach.com

**Hot Rods in Paradise:** Thursday, May 17 through Saturday, May 19. This is the seventh year that the car owners will roll into Paradise Inn parking lot with their hot rods. They are an approachable group, love to talk about their car. There is no charge to look, just don't touch.

**Sidewalk Star Gaze:** Friday, May 18 and Saturday, May 19, just south of the Gulfside Pavilion. Escambia Amateur Astronomers set up telescopes and

binoculars so guests can see the moon, stars, planets and other celestial bodies. There is no charge, but is dependent on weather. Star Gaze begins at dark.

**Leftover Four Miler:** Saturday, May 18 at 8 a.m. Start and finish line near the Gulfside Pavilion at Casino Beach. The name says it all! Everything you will receive (T-shirts, medals and awards) at this race will be from past races. There is no rhyme or reason to what you receive, it's a mystery. Being lowest price race of the Run Pensacola brand, you'll have plenty leftover cash to tip the bartenders at the soon to be Famous: Leftover Post Race Party at Crabs. More info:

WeRunWild.com

**Hands Across The Sand:** Saturday, May 18, 10 a.m. Gulfside Pavilion. Ceremonies, speakers. Join hands on sand at 11 a.m. Refreshments follow. See page 3.

**Gnarley Charlie Surf Contest:** Sunday, May 20, 9 a.m. to 2 p.m. just west of Pier. For kids to learn about surf competition, surfing for fun. www.gnarlycharleysurfseries.com

**All Krewe Luau:** Hosted by the Krewe of Bananimals and open to everyone. Castaways on the Boardwalk, 1 to 5 p.m. Dress in Luau or krewe attire. Bring a dish to share. Cash bar. Games and prizes. https://www.facebook.com/BanimalsKrewe/

**Art on the Boardwalk:** Sunday, May 20 from noon to 6 p.m. at Pensacola Beach Boardwalk. Family friendly event. Unique craft goods and artwork. No charge to browse.

**Sunset Beach Yoga:** Sunday, 6 to 7:15 p.m. Bring a sheet, large towel or mat, water and an open mind. Behind the Hilton. Nominal charge. 850-723-2792

**Bands on the Beach:** Tuesday, May 22. 7 p.m. Free concert at Gulfside Pavilion. Deception plays. Bring a chair. Leave glass and pets at home. VisitPensacolaBeach.com

**Family Beach Fest:** Saturday, May 26, 2 to 7 p.m. Gulfside Pavilion. Hosted by the Christian

Surfers. Kutless, Felling Giants from Colorado, and Jon Foreman from Switchfoot are joining together this Memorial Day Weekend to bring to the public an afternoon of live music and celebration. No charge. https://www.facebook.com/FamilyBeachFest2018/

The fun never ends...

June

**Keep The Hurricanes Away This Season Bowl:** Sunday, June 3 from 3 to 6 p.m. at Paradise Bar. Hosted by the Woolly Booger Social Club, the event is open to everyone who hates hurricanes. Queen Shugah Andrea will be accepting good luck charms at her altar. Drinks flow. Music, too. All in good fun. No charge.

July

**Red, White and Blues Week** on Pensacola Beach. Wednesday, July 11, Circle and Arrival Maneuvers around 8 a.m. Thursday, July 12 Blue Angels fly at 2 p.m. Friday, July 13 show starts at noon with Blue Angels at 2 p.m. Saturday, July 14 Show starts at noon, Blues fly at 2 p.m.

August

**Sea Turtle Baby Shower,** Saturday, August 11 at 11 at Landshark Landing. No charge to enter. Fun, games. Learn about the Sea Turtles who hatch on our shores. Meet a mermaid. Take the Sea Turtle Oath.

September

**Taste of the Beach,** Saturday, September 15, 11 a.m. to 9 p.m. Casino Beach. A premier food festival featuring signature dishes from 20 Pensacola Beach restaurants. Chef competitions, cooking demos. Beer Tasting. Live music. Souvenir Water Tumblers. Hosted by the Pensacola Beach Chamber of Commerce. PensacolaBeachChamber.com

October

**Pensacola Beach Songwriters Festival,** October 3-7. Fans can meet the hitmakers. Hundreds of performances, a variety of venues. PensacolaBeachSongwritersFestival.com

November

**Trot For Thought,** Thursday, November 22 at 8:30 a.m. Gulfside Pavilion. 5K on Turkey Day to benefit brain cancer research. www.pensacolabeachturkeytrot.com and register today!

December

Pensacola Beach Chamber's **Lighted Boat Parade,** Saturday, December 1. From Little Sabine Bay to Pensacola Beach Boardwalk. After sundown. Meet Santa. PensacolaBeachChamber.com

## County Designates Beach Poker Promoter As Champion of Arts For Annual Tourney

Saltwater Rick Uzdevenes who hosts the Texas Hold 'Em 4444 Fun Celebration for Education Tournament has been given a Champion of the Arts Award. In ceremonies at the Hall Center in Pensacola May 1, the Escambia County School District recognized the poker program for its support of the Pensacola Beach Elementary School's Music Department.

The awards program was inspired by a famous quote from the late Rita Pierson, an educator well known for her TED Talk that included the words, "Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be."

School district officials issued a statement, "Fine Arts Champions are people and businesses who know the power of connection and know that our teachers and their students sometimes need some extra support, assistance, or finances, so they

can be the best teachers of the best students in the best programs they can be. The Champions don't ask for recognition but they were nominated for this honor and it is our pleasure to invite them to this event so that we might take a moment to say, 'Thank you.'"

Texas Hold 'Em 4444 Fun was recognized among the not-for-profit organizations along with Beulah Elementary PTA, Baiely Middle School PTSA and Delta Sigma Theta.

"I am a bluesman. There are many musicians at the Texas Hold 'Em 4444 Fun games, so it was a great fit," said Saltwater Rick. "We started the tourney eleven years ago to support music education at the Beach School. I am so proud to accept this award on behalf of every musician and poker player who has donated to the kids. We have a lot of generous players."

Beach School Music Teacher Mary Holway nominated Uzdevenes and the Texas Hold 'Em Celebration 4444 Education Tourney for consideration.

## Rangers Host Programs At Fort

Gulf Islands National Seashore hosts the follow ranger programs at Fort Pickens, which is located at the western end of Santa Rosa Island:

Front Line on the Coastline is held on Saturdays at 11 a.m. Attendees should meet at Battery Cooper for this 30 minute program. It involves walking on uneven surfaces, sandy walk-

ways, and steps.

School of the Soldier is Sundays at 11 a.m. Meet at the Fort Pickens Bookstore for this 30 minute program, which is accessible to all. Program includes firing demonstrations when staff is available.

All programs are free. For information, contact the national seashore at 850-934-2600.



Texas Hold 'Em 4444 Fun Poker Promoter Saltwater Rick Uzdevenes, left, with Beach School Music Teacher Mary Holway at the Champions of the Arts Awards Ceremony, May 1 at the Hall Center.

# BYTES & BITS

By Joe Stukey,  
Your Computer Pal

**Q: What Are Some Good Data Backup Options?**

The problem with getting a good data backup for a desktop computer or a laptop computer is often actually finding the time to do it. For that reason, the best option is to have a backup procedure that happens automatically. I have worked with many customers with dead computers who had no data backup. In a few cases, I was able to use special software to retrieve some data from those computers but, in most cases, the data cannot be retrieved without special equipment. Companies specializing in data recovery charge lots of money (at least \$1,000) for their services.

Automatic backups can be accomplished by paying an annual fee for that service. A good example is Carbonite, which backs up Windows user data continuously to the Internet. That service is typically about \$60 per year. The biggest drawback to the Carbonite service is that it takes a long time (maybe days) to restore very large amounts of data from the Internet to the computer. That is not very help-

ful when trying to get things going quickly again.

Users of Apple iPads and iPhones have access to Apple's iCloud backup service. The free version is limited to 5 gigabytes of data, but that can be increased to 50 gigabytes for 99 cents a month. Multiple Apple devices in the family can share that backup space. Google provides similar backup services for Android users.

Users of the Apple desktops and laptops should always make use of the "Time Machine" option for backing up files. All that is required is an external backup drive, which costs around \$60 at the computer supplies store. The user's data can be completely protected simply by turning on the Time Machine program in the Apple computer.

For Windows computer users, there is also a simple, effective solution. Using the external backup drive made by Western Digital (from the computer store), set up the backup software that is packaged with the backup drive. Connect the backup drive, find the backup software on the disk drive, install it, and choose

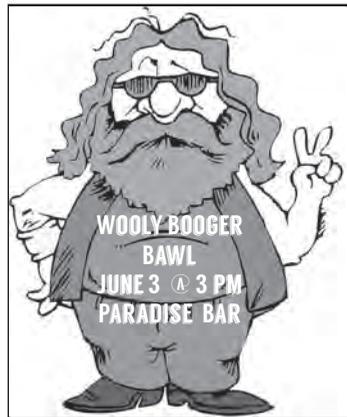
the files to be backed up.

Next, choose the frequency of backup. By choosing "Continuous," data will be replaced on the backup drive each time a file changes. If the backup drive sometimes isn't plugged into the computer, the backup will resume automatically when it is attached to the computer again.

This article was provided by Joe Stukey, of the Stukey Group. Contact Joe at [jstukey@mchsi.com](mailto:jstukey@mchsi.com), by phone at 850-206-3156, or look Joe up on Facebook.



Pensacola Beach Optimists Bettie Lee Sundstrom, left, and Debbie Campanella have great hatitude at the Kentucky Derby fundraiser May 5.




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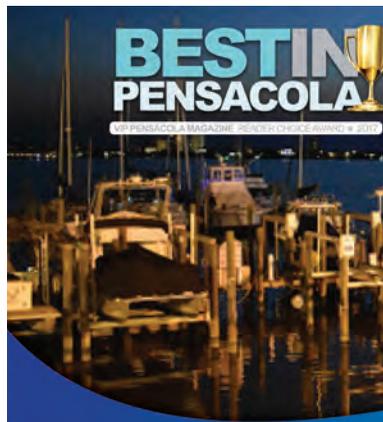
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# PBA UPDATES

*Pensacola Beach Advocates*

By Terry Preston  
Board of Directors Chair  
Pensacola Beach Advocates

**Event House Meeting**  
The Pensacola Beach Advocates Board of Directors receives frequent complaints about the way “event houses” have changed the single family home neighborhoods into blocks of “hometels” hosting parties day and night. As a result, the PBA is holding a meeting at the Beach Church on Thursday, May 31 from 5:30 p.m. to 7:00 p.m. to update our members on the information we currently have and to gather comments on how these businesses are affecting our quality of life. We are inviting a real estate attorney familiar with these issues to attend. Please join us so that we can gather real data and stories directly from those most affected. We will present

this information to the SRIA with some proposed solutions.

**Beachkeepers**  
The Beachkeepers joined their counterparts at the Navarre Beach Sea Turtle Conservation Center April 20 to celebrate Earth Day. About 175 people attended and they are already planning for a similar event in 2019. The date for the Sea Turtle Baby Shower has been set! It is Saturday, August 11 from 11 a.m. to 2 p.m. at Landshark Landing.

**Conservation Proposal**  
Several members emailed the County Commissioners or attended the May 3 meeting to voice support for a proposal presented by Commissioner Grover Robinson. This proposal will guarantee that the

current Pensacola Beach areas designated as recreation and conservation, including all public access points and beach areas between the Coastal Construction Line and the water remain forever public. Unfortunately, those who supported the proposal were outnumbered by those who spoke against it which included Save Pensacola Beach members and our elected SRIA member. Interestingly, their argument was that our current land development code (the same one they say will be breached to turn us into condo canyons if we own our homes) is sufficient protection and no new protection is necessary. We will continue to support any effort that maintains the beautiful island that we all love!



Jelly fish. The fact that these guys have survived for 650 million years without brains, is strangely comforting to me this morning. Ha!

Here’s to not overthinking every single thing that happens today!

If jellies, like this colorful little Compass (Chrysaora hysoscella), have thrived brainlessly for eons and eons, I should be able to make it, at least till lunch, without obsessing, fretting or otherwise indulging futile thought patterns.

Yeah, right.

Thinking is what I do, and it is among my greatest strengths.

It is also one of my most troubling weaknesses.

And like all super powers, it can be used for good or for evil. Which cape will I don today?



I started this practice of beach-walking every morning as a form of meditation and prayer, a way to energize my spirit and uplift my attitude. And at first, the novelty and splendor of this magical sandbar at dawn, kept my focus “in the moment,” on the beach at 6:13 a.m.—not in a last Tuesday argument with my husband or a next Friday worry about an upcoming deadline.

But, alas, you can get used to anything, and before long, I found myself using these precious moments on the beach to rehash, brood, even fume over conflicts, real or imagined, in my life.

My mind is a rambunctious toddler most days—not without its charms and very curious—but exhaustingly tangential and needy. And as with a two-year-old, I’m finding that corporal punishment, even “time-outs,” are ineffective disciplinary ac-

tions. No, my toddler brain responds best—just as my toddler boys did back in the day—to distraction.

This is why I added crayons to my morning ritual—to get myself back on the beach and out of my heavy head. I try to match the colors of the dawn to a couple of crayons from my big orange box of Crayolas every day. I wanted to train my eye to see more in the sunrise than yellow, orange and blue. I wanted to see if I could find all 64 hues. And I have—even “Burnt Sienna” and “Jazzberry Jam.”

And just so you know, the irony, as I write this column, doesn’t escape me. I’ve just spent an hour over-thinking my propensity to over-think. I didn’t make it till noon, did I? I didn’t even make it till seven. But I’m pretty sure this morning, that I’ve used my powers for good, not evil.

I bet the jelly fish would think so too, if only he had a brain.

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

**ARIES** (March 21 to April 19) Taking advice isn't always easy for self-assured Rams and Ewes who think they know what's best. But it wouldn't hurt to listen to what close colleagues have to say.

**TAURUS** (April 20 to May 20) You know how to balance life's practical aspects with the poetic. This gives you a special edge this week in both your professional endeavors and your personal life.

**GEMINI** (May 21 to June 20) Focus on keeping a balance between your home-related activities and your workplace responsibilities. Be mindful of both without obsessing over one or the other.

**CANCER** (June 21 to July 22) A change in plans is likely as you discover more facts about a possible commitment. Continue to ask questions and, if you're not sure about the answers, demand proof.

**LEO** (July 23 to August 22) Be careful not to let that Leonine pride keep you from seeking wise, experienced counsel before making an important decision. A family member once again seeks your help.

**VIRGO** (August 23 to September 22) That surge of Virgo energy drives you to take on more work assignments. Be careful you don't overdo it, or you might find yourself overdone: i.e., burned out.

**LIBRA** (September 23 to October 22) Your decision to be upfront with colleagues on a touchy matter causes some consternation at first. But in the end, your honesty wins their trust and admiration.

**SCORPIO** (October 23 to November 21) As in the past, someone again wants to share a secret with you, knowing it will be safe. But do you really want to be this person's confidante? Think about it.

**SAGITTARIUS** (November 22 to December 21) As one of nature's straight shooters, you seek to correct misconceptions about a project. Do so, of course, but without giving away too much too soon.

**CAPRICORN** (December 22 to January 19) Creative pursuits continue to be strong in the gifted Goat's aspect. New friendships can come from sharing these experiences with like-minded aficionados.

**AQUARIUS** (January 20 to February 18) Resolve lingering grumblings over your way of doing things by keeping your mind open to suggestions while continuing to show how your plans will work.

**PISCES** (February 19 to March 20) The perceptive Piscean might find that changing course in midstream isn't as workable as it would seem. Explore this option carefully before making a decision.

## Sunrise and Sunset

by Susan Haselton-Barr

with Safari-Su



Jambo (*Hello everybody*). Is your fur friend a family member or pet? The dog breeder asked me this question when I walked into her kennels. I had really never thought about that question before.

"The puppy I pick for you," she said, "will depend on your answer."

Thinking back during my childhood we always had pets, but they were hunting dogs. The dogs were never let into the house, even on bitterly cold days. They had a wonderful dog house with hay to protect them and keep them warm.

Today we have pets as family members. I was walking my current puppy, which I affectionally refer to as a Shetland pony, the other evening. I looked up and saw a middle age woman with two dogs. One was a five-pound terrier being carried like a baby strapped to her chest. (Yes, I thought this odd.) The other a large boxer who was ambling along behind. They got

to the 4-way intersection and he proceeded to sit down. I complimented her on how well she had trained her dog. I assumed she had him sit to make sure it was safe to go around the corner and avoid any oncoming car. That was not it at all!

She started laughing and said no he doesn't want to walk, he wants to go home. He sits at every intersection hoping I'll give up. "I must admit," she said, "I spend a lot of time at intersections."

Definitely in the fur child category!

TIP:

1. For smudge-proof eye makeup, take blotting tissue to remove any oil or any excess makeup from the eye area. Then, apply a small dab of cream concealer to hold things in place.

2. Always allow about two fingers from your nose to where blush starts.

3. The antihistamines in allergy medicine dry out the skin, so skip heavy foundation during

allergy season. Instead, use a tinted moisturizer.

Try throwing kindness around like confetti. Let's look to the past only as it gives us pleasure. Let's look to the future only as it gives us hope.



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### Did you know?

1. What is a manzanilla? (*A type of sherry*)
2. At what temperature are the Celsius and Fahrenheit scales equal? (*-40 degrees*)

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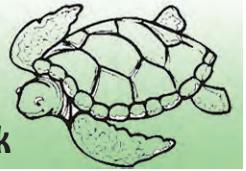
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# Nature Notes

By Rick O'Connor Sea Grant Agent University of Florida IFAS/Escambia Extension

# Turtle Trax



By DJ Zemenick

## The Pensacola Bay System An Introduction

In this issue of *Island Times*, I will begin a series of articles discussing the ecology of Pensacola Bay. Our bay has had a long history with humans and certainly has supported us with transportation, seafood, and other resources. There is much to tell about this bay, too much to tell in one article, so let us begin with a basic introduction.

Pensacola Bay is actually a series of bays and bayous that we will call the Bay System. This system includes Blackwater, East, Escambia, and Pensacola Bays, and there are numerous bayous such as Grande, Chico, and Texar. There are two lagoons connecting to it near the pass, Big Lagoon and Santa Rosa Sound.

The majority of the watershed is in Alabama and covers about 7,000 square miles. There are four rivers that discharge freshwater into the bay. The largest is the Escambia River, an alluvial river, which begins near Union Springs, Alabama. The smaller rivers include the Blackwater, Yellow, and East Rivers. These are slower moving and more tannic – giving them the “ice tea” coloration of a “blackwater” river.

There are freshwater marshes where these rivers meet the bay and, where the salinity gets high enough, salt marshes are found. These ecosystems are full of life and have supported a fishery for centuries. Crabs, shrimp, flounder, and mullet have all been popular. Oysters were more common in the upper bay than they are now, but can still be found in many parts.

Beneath the water, the marshes yield to seagrasses. There are three main species found in the bay, and most are concentrated near the lower end. They too have supported local fisheries.

With a surface area of about 150 square miles and a shoreline that extends about 550 miles, the bay system is the fourth largest estuary in the state of Florida. Most of the water is

flowing south, out into the Gulf of Mexico.

Here we only have one high and one low tide a day. When the high tide moves into the bay the more dense seawater wedges its way along the bottom changing the composition of the water and some of the marine life within. Depending on which research you read, the flushing period of the bay ranges from 18 to 200 days. There is only one point where all of this water leaves and enters the Gulf – this is what locals call the Pass. It extends for half a mile between Ft. Pickens and the point where Ft. McRee was and is over 50 feet deep.

Humans have been in this area for about 10,000 years. Local resources such as finfish, shellfish, and timber, have sustained us for a long time. Since the mid-20th century, there has been a large increase in the human population to the area and some of these resources have declined.

More development along the shorelines decreased the marshes and increased freshwater inputs, changing the ecology. Seagrasses have declined from their original coverage but have been making a comeback in some locations. With the loss of these habitats, local fisheries declined and some are still struggling. There was also an increase in a number of chemical compounds, as well as marine debris, which further stressed the system triggering fish kills and health advisories. However, since the 1980's federal, state, and local agencies, along with numerous important nonprofit organizations, have made changes that have helped improve things.

Though there is still a need to improve the ecology of the bay, today locals and visitors can find seagrass beds and artificial reefs to snorkel on and fish near, a national seashore to explore beaches and forests, and amazing paddling trips along our rivers.

This series will continue in *Island Times* presenting more about different aspects of the bay system throughout the summer.

## Library Hosts Robots For Kids

The Gulf Breeze Library is hosting Robotics for Kids, Tuesday, May 22, from 5:30 - 7 p.m. Kids ages 6 - 11 are invited to play with and learn very basic coding to make a robot move,

spin and dance.

Space is limited and registration must be completed in advance and in person at the Gulf Breeze Library, 1060 Shoreline Drive in Gulf Breeze.

The first sea turtle patrol of the season feels like reconnecting with an old friend. The island is ever-changing and after a span of seven months it can reveal battles waged in that short time, both its losses and victories. We may find the dunes have grown or eroded. Gulf currents which once created our barrier island and continually sculpt the beach, flaunt the pinch-points and gentle curves they've created in our absence.

With the water temperature at 72 degrees (at the time of this writing), it may be several days before we find our first nests. Generally mama turtles don't start coming ashore until the water temperature is 80-81 degrees. As we wait for these first arrivals, it is important to learn what we can do to help sea turtles.

We are now under strict new protocols which FWC set in place for Escambia County shortly before the season started, limiting human intervention/interaction with the hatchlings. With our efforts curtailed as “nature takes its course,” compliance to the lighting ordinance is critical.

On instinct, hatchlings go toward the brightest light when they emerge from the nest, thinking it is the water. For a short distance they may be protected from artificial lighting by dunes, but as soon as they are out of the shadows, they may abruptly turn back toward bright landscape lighting, porch lights and even interior lights of residential homes that have no curtains.

Please take time to survey your home to make sure your outdoor or landscape lighting is shielded. Change outdoor bulbs from bright white to amber, pink or red. If you have curtains on the beach side, close them at night. If you do not, keep indoor lighting at a minimum, use interior lights that are farthest from the window, and replace bulbs with lower wattage.

The best example I've witnessed regarding how drastically light can disorient hatchlings occurred in the Santa Rosa area of Gulf Islands National Seashore. On multiple occasions throughout the years I've seen tiny turtles emerge and make their way toward the Gulf of Mexico, only to do an abrupt 90 degree turn toward Pensacola Beach when the bright lights of a vehicle entered the National Seashore. At that

time we were allowed to reorient hatchlings, but we will not be nest-sitting this year. Unable to intervene, we must do everything we

can to darken the beach at night. Tell your friends, tell your neighbors, our mantra must be: “Lights Out!”



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## King Crossword

### ACROSS

- 1 Chances, for short
- 4 TV watchdog org.
- 7 Obliterate
- 12 Shell game need
- 13 Under the weather
- 14 Started eating
- 15 Take a whack at
- 16 Scrabble or Parcheesi
- 18 "Monty Python" opener
- 19 Wander off
- 20 Hack
- 22 Pilgrimage to Mecca
- 23 Prayer ending
- 27 Rhyming tribute
- 29 Burning
- 31 Magician's cry
- 34 Cow catcher
- 35 Triangular home
- 37 Total
- 38 Constellation component
- 39 Eccentric
- 41 Unctuous
- 45 Twine fiber
- 47 Payable
- 48 Indiana university
- 52 Literary collection
- 53 "Drops of

1	2	3	4	5	6	7	8	9	10	11	
12			13			14					
15			16		17						
18			19								
20			21	22			23	24	25	26	
			27	28		29	30				
31	32	33					34				
35					36	37					
38					39	40		41	42	43	44
					45			46		47	
48	49	50	51						52		
53						54			55		
56						57			58		

- Jupiter" band
- 10 — card (cell-phone chip)
- 11 Away from WSW
- 17 Hindu royal
- 21 On top of the world?
- 23 Memorable mission
- 24 More, to Manuel
- 25 Type squares
- 26 Ultramodernist
- 28 Weir
- 30 Swine or bird
- 31 Anatomical duct
- 32 Frequently
- 33 Glass of NPR
- 36 Oklahoma city
- 37 Pistil counterpart
- 40 Grammarian's concern
- 42 Coeur d'Alene's home
- 43 Moon-related
- 44 You'll get a rise out of it
- 45 Fax
- 46 Dregs
- 48 To the — degree
- 49 Raw rock
- 50 Pitch
- 51 "Flying Down to —"

### DOWN

- 1 Vision-related
- 2 Australian city
- 3 Permission
- 4 Wee whoppers
- 5 Dress
- 6 Barton or Bow
- 7 Vortex
- 8 Carpet
- 9 Khan title

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### Antiques and Such For Sale

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### LET GO SALE

Collectibles; carved 1968 furniture; Household;etc. MAY 18 & 19; 900 Ft. Pickens Rd. S.R. Dunes, #115, Soundside. Doors open at 8 a.m.

### Pets

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 Ft Pickens Rd. Pets are not allowed on the beach at any other location outside the dog park.

### King Crossword — Answers

Solution time: 27 mins.

O	P	S		F	C	C	E	R	A	S	E		
P	E	A		I	L	L		D	U	G	I	N	
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I	T	S		S	T	R	A	Y					
C	H	O	P		H	A	J		A	M	E	N	
				O	D	E		A	F	L	A	M	E
V	O	I	L	A				L	A	S	S	O	
A	F	R	A	M	E		S	U	M				
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T	R	A	I	N		G	E	E		H	A	S	
H	E	R	O	D		E	N	S		O	R	T	

# Calendar

### MAY 2018

- 15: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. Visit-PensacolaBeach.com
- 17: PB Chamber Beach Ball Breakfast Meeting. 7:30 a.m. Guest Passes, call 850-932-1500.
- 17: Hot Rods in Paradise, thru Sunday.
- 18: Pensacola Beach Elementary School Kindergarten Registration.
- 18: Tracy Lawrence, Eat, Drink and Flounder Concert Series. Doors open at 6 p.m. Tickets,\$25-\$75 FloundersMusic.com
- 18: Star Gaze, east of Gulfside Pavilion. Dusk. Weather permitting. eaaa.net
- 19: Leftover 5K, 8 a.m. Gulfside Pavilion.
- 19: Hands Across The Sand, 11 a.m. Gulfside Pavilion. Join Hands, noon, gulf front.
- 19: Cornhole Tournament, Casino Beach Bar, 10-5.
- 19: Buddy Brown, Eat, Drink and Flounder Concert Series. Doors open at 6 p.m. Free, FloundersMusic.com
- 19: Star Gaze, east of Gulfside Pavilion. Dusk. Weather permitting. eaaa.net
- 20: Gnarley Charlie Surf Contest, 9-2 West of Pier.
- 20: Brunch & Bubbles to benefit Gulf Coast Kids House, Portofino, 11 a.m. [www.gulfcoastkidshouse.org](http://www.gulfcoastkidshouse.org)
- 20: Art on the Boardwalk, Noon to 6 p.m. Pensacola Beach Boardwalk
- 20: Sunset Yoga on Beach behind Hilton. 6 to 7:15. Each Sunday in May.
- 22: Beach Chamber Business After

- Hours, Hemingway's 5:30 p.m. Guest Passes, 850-932-1500.
- 22: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. Visit-PensacolaBeach.com
- 23: SRIA meeting, 5 p.m. #1 Via de Luna. Open to the public. Agendas available at [www.sria-fla.com](http://www.sria-fla.com)
- 24: Beach School Fifth Grade Graduation/Promotion Ceremony
- 25: Trolley Service begins at 4 p.m. Free. [visitpensacolabeach.com](http://visitpensacolabeach.com)
- 26: Family Fest, 10-7 Gulfside Pavilion.
- 26: Gulf Breeze High School Graduation Day.
- 27: Mere Mortals Triathlon Training Group at Boardwalk Amphitheatre. 6:30 a.m. Membership req. [TriGulf-Coast.org](http://TriGulf-Coast.org)
- 28: Memorial Day.
- 29: Innerlight Surf Camp, behind Crab's Pensacola Beach. [Innerlight-surf.com](http://Innerlight-surf.com)
- 29: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. Visit-PensacolaBeach.com

- at 6 p.m. Tickets,\$15/\$50 Flounders-Music.com
- 2: DeLuna Landing Ceremony. Pensacola Beach Boardwalk Amphitheatre, 2 p.m.
- 3: Wooly Booger Social Club. Keep the Hurricanes Away This Season Bowl. Paradise Bar and Grill 3 p.m. Open to the Public.
- 3: Sunset Yoga behind the Hilton. 6 to 7:15 p.m. Each Sunday in June
- 3: Art on the Boardwalk, Noon to 6 p.m. Pensacola Beach Boardwalk.
- 5: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. Visit-PensacolaBeach.com
- 7: Luke Pell, Eat, Drink and Flounder Concert Series. Doors open at 6 p.m. Free, FloundersMusic.com
- 9: Rum Fest. Sandshaker Lounge. [Sandshaker.com](http://Sandshaker.com)
- 12: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. Visit-PensacolaBeach.com

### JUNE 2018

- 1: Ray Scott, Eat, Drink and Flounder Concert Series. Doors open at 6 p.m. Free, FloundersMusic.com
- 2: Jon Langston, Eat, Drink and Flounder Concert Series. Doors open

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# Business Buzz

## WELCOME TED

Innisfree founder and CEO Julian MacQueen announced the transition of Innisfree Hotels to a legacy company - and appointed Ted Ent to lead the charge.

Ent comes to Innisfree with more than 20 years of experience in the hospitality industry. Most recently serving as president and COO of the Texas-based MH Hospitality following years of service to Hilton Worldwide and other preeminent destinations including Canyon Ranch Resorts and Health Spas, Ent and his family look forward to making roots on the Gulf Coast of Florida.

"Ted was my first choice for this position because of his excellent reputation in the national hospitality industry and because he is a person who thinks outside of the box," MacQueen says. "It is one of his lifelong dreams to run a company that gives back with purpose and vision, so we know this is a perfect fit."

## SAND DOLLARS

A new National Park Service report shows that 3.9 million visitors to Gulf Islands National Seashore in 2017 spent \$168 million in communities near the park. That spending supported 2,351 jobs in the local area and had a cumulative benefit to the local economy of \$205 million. In the Florida Areas of the national seashore, visitors spent \$133 mil-

lion creating an economic benefit of \$162 million in 2017.

## SAVE THE STRAW

Crab's on Pensacola Beach is the latest Beach business to embrace the concept of Strawless Service. In an effort to reduce single use plastic pollution, servers will bring customers a straw only upon request. *Island Times* applauds this effort!

Skipping 300 straws per day has the potential to save \$725 per year and eliminates 60 pounds of plastic.

Pick up any litter you see at Casino Beach. Plastic, straws and cigarette butts - - are the most frequently found during beach clean-ups.

## BBB AUCTION

Bid 'em up at the Better Business Bureau online auction. The auction will be live until Thursday, May 17 at 8 p.m. at [bbb.org/northwest-florida/auction](http://bbb.org/northwest-florida/auction). Money raised will help provide scholarships to college-bound high school juniors and seniors who personify high ethics as demonstrated through leadership, community service, overall personal integrity and academic history. The scholarship winners along with Torch Award for Ethics for businesses will be announced in June.

## QUALIFIED

In the race for the District

Four County Commissioner's seat, Robert Bender's campaign announced May 8 that he had qualified by petition. Bill Fetke qualified on April 26. Boyce White qualified on May 7 and Terry Strickland, May 9. Kendrick Doidge intends to qualify by petition prior to the May 21 deadline. Chris Phillips withdrew from the race to run for City Council.

## GREAT SPORTS

The Pensacola Sports Association awarded \$100,000 in scholarships to scholar-athletes at their May 8 banquet. Stanley Dorion, Pensacola High School and Ellen Floyd from Catholic, won the overall male and female scholarships; \$4,000 each. Jordan Mann from Milton High School earned the Gary McAdams Memorial Scholarship. The McAdams Scholarship 5K run was always hosted on Pensacola Beach.

Congratulations to the following Gulf Breeze High School student-athletes for being at the top of their sport's grade card. Girls Basketball Sadie Nix; Boys Cross Country Ryan Von Brock; Girls Cross Country Ana Rodriguez and Boys Lacrosse Jake Molina.

## EARLY DEADLINE

Due to the Memorial Day holiday, *Island Times* deadline is May 20 for the May 29 edition.

## Flounders Stages Big Time Music Series

Country music superstar Tracy Lawrence appears at Flounder's on Pensacola Beach, Friday, May 18. Doors open at 6 p.m.

The Grammy nominated musician has a new album *Good Ole Days* and published a book of

the same name. With 13 million albums sold, this is a concert you will not want to miss. And, this is just one in a long line-up of great concerts.

Tickets and schedule at [www.FloundersMusic.com](http://www.FloundersMusic.com).

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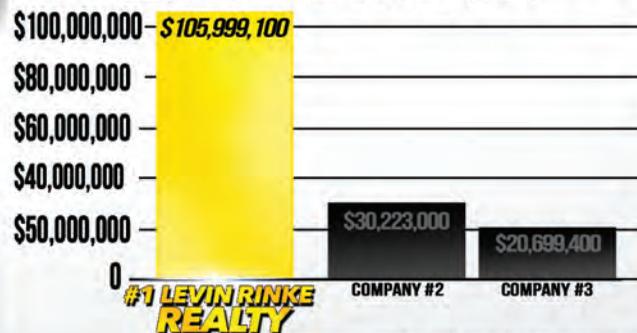
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## PENSACOLA BEACH RESIDENTIAL REAL ESTATE SALES

January 1, 2017 - December 31, 2017 // By Office



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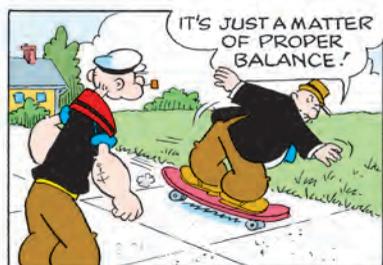
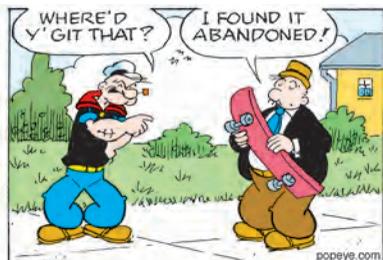
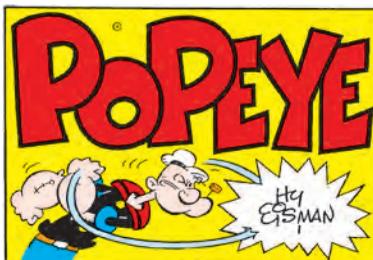
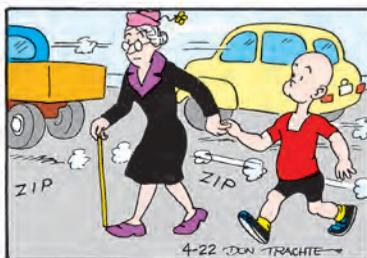
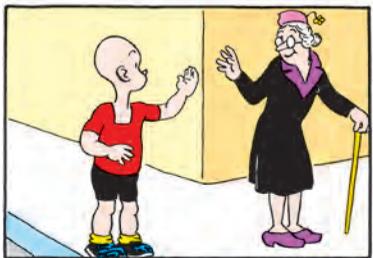
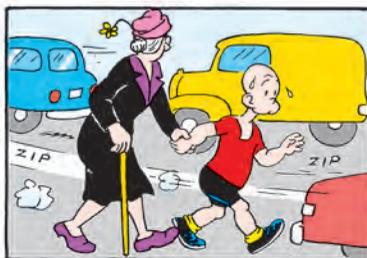
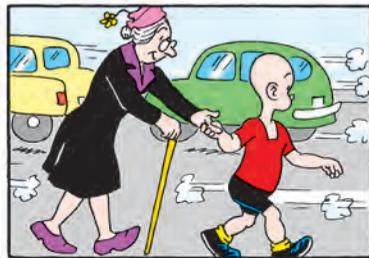
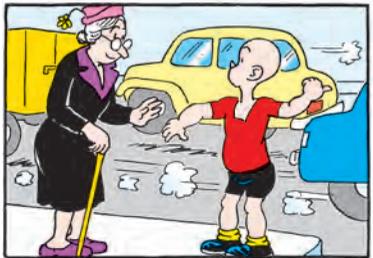
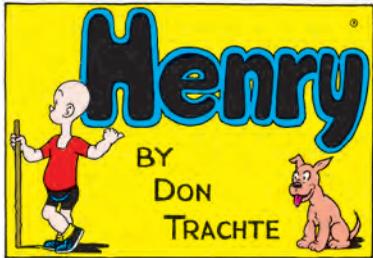


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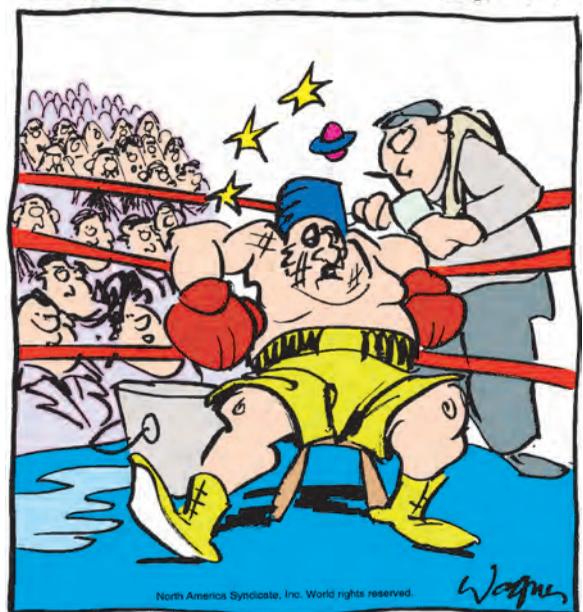
by Gary Kopervas



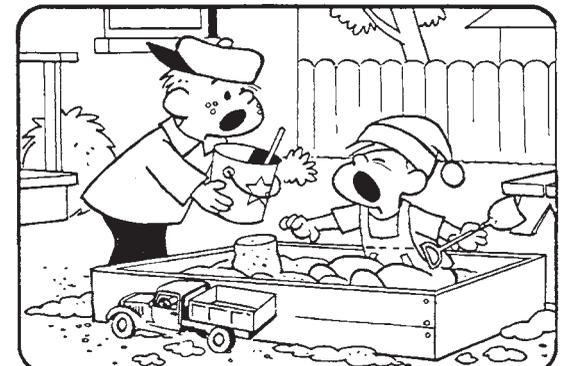
Just Like Cats & Dogs by Dave T. Phipps



GRIN and BEAR IT



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Falling is lower. 2. Sleeve is shorter. 3. Truck is missing. 4. Fence top is different. 5. Cap is missing. 6. Shovel is missing.

After Sundown.....

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, Alaskan Snow, KingCrab, Fresh Eastern Shore Crab Cakes - you'll find them all! We have many other seafood favorites on our menu as well as a great assortment of chicken, steaks and pasta dishes. Don't forget to try one of our signature drinks like 'The Crab Trap' which come with a souvenir glass to keep! Open 7 days a week. Sunday Brunch with live Steel Band. Look for the Red Roof. 850-932-0700 www.crabswegotem.com

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**SHRIMP BASKET**

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# Never Hurts To Tri .....



**By Charles Gheen**  
USAT Certified Race Director  
Santa Rosa Island Triathlon

## It's A Monster Now

Quickly, name the most successful athletic events in Northwest Florida. Okay, the Blue Wahoos have thousands show up for minor league baseball. The Ice Flyers have won minor league hockey championships and have a loyal following. No, I'm really talking about events where amateurs participate. You might say well, there's the Double Bridge Run with over 4,000 runners and walkers. The McGuires 5K is successful in that way as well. The Santa Rosa Island Triathlon has sold out numerous times with over 1,000 registered athletes a year. Okay, but what about the Pensacola Beach Brawl? The what?

The Pensacola Beach Brawl is a crossfit competition that is so successful now that it happens twice a year (May and September) in the Casino Beach parking lot. It includes over 1200 competitors and more than 50 percent of the participants are female. I can't list all the events because of space limitations, but it includes a whole lot of cleaning and jerking, squatting, snatching, burpees, pull ups, rowing, bench pressing and a host of other grueling exercises. The event is held over two days and is a lot of fun for everyone involved.

The first one was in 2012 and many predicted it would not succeed. Those naysayers are now silent and the event is stronger than ever. It was held May 5-6 on the beach and if you missed it, that's okay. There will be another one in September for you to watch or you could even compete. The athletes are amazing. The feats of strength are awesome and it's an experience just to be there. More information is available at [pensacolabeachbrawl.com](http://pensacolabeachbrawl.com).

## There She Goes Again

It's a different year, but the same story. The Pensacola Runners Association's 44th annual Fiesta of Five Flags 10K/5K was May 5 and it was an outstanding event as always. The classic 10,000 meter course runs from Pensacola State College to Seville Square, bisects the city and showcases some of the most attractive

sights in the area. The 5,000 meter race is held on the second half of that route.

A few groups of men from the 10K race passed by me as I stood at the 5K starting line. Soon I saw a slender, familiar figure approaching. It was Jennifer McGranahan. I recognized her rhythmic, effortless stride before I saw her clearly. She sped past and it was a few minutes before the next women in the race ran by my position. When she crossed the Finish Line in downtown Pensacola, she had won by three minutes and finished eleventh overall.

Jennifer is one of three well-known running sisters from Pensacola. Over the years she and her siblings have won numerous races often battling each other for the top spot. She competed as a scholarship athlete for the University of Florida, has coached at Virginia Tech University and the University of West Florida. I asked her after the race how many times she had won the event. She said she really didn't know, but the race has always been very important to her. It's always a fixture on her competition calendar.

She is 39-years-old and she ran 39:15. Impressively, she also ran a "negative split" which means that she covered the second half of the course faster than she ran the first half. She said that her time was "37 something" when she was 37 and "38 something" when she was 38. She hopes to end that streak by breaking 40 minutes next year when she is 40 years old. Maybe by then we will have determined how many times she has won this storied race.

## Five Healthy Habits

If you read this column each issue, you may think I go on like a broken record about fitness and longevity. That is somewhat fair, but I never get tired of writing about motion, training and wellness. I believe being "in shape"

is good for each of us.

Health is one of our primary issues in this country and, as the American Heart Association states, "Americans have a shorter life expectancy compared with residents of almost all other high-income countries."

I recently "shared" yet another health study on my Facebook page. This study showed that people who adopted five healthy habits would live 12 to 14 years longer. I know that health studies are ubiquitous and many of them are slanted by the sponsors and providers of the study. I also know that many studies do not contain enough participants, are not conducted over a long enough span of time and may not be controlled for factors that could weaken the findings. Even if the research does prove to be rigorous the conclusions may not be convincingly supported when strict statistical analysis is applied to them.

In this particular effort, the researchers analyzed a massive trove of information with detailed lifestyle and health data on over 123,000 men and women collected over a 34-year period. The study examined five behaviors which were: eating a healthy diet, not smoking, getting regular physical activity, moderate alcohol consumption and maintaining a normal weight.

After aggregating the data and "crunching the numbers," the research scientists concluded those behaviors had an astounding effect on lifespan. Their calculations showed that a 50-year-old male who followed the five behaviors would live an extra 12 years. A 50-year-old female who followed those five behaviors would live an extra 14 years.

The findings also detailed the adoption of four, three and two of the behaviors and found lessening positive results.

That's something to think about, isn't it?



**Amy Neal competed at the Pensacola Beach Brawl May 5 in Casino Beach. Neal is a member of Black Box Babes from Crossfit Black Box in Tallahassee.**



**Pensacola's Tori Brady from Mako Athletics was part of the Tall, Grande and Venti relay team at the Pensacola Beach Brawl May 5 at Casino Beach. The Crossfit event included feats of strength and endurance. Relay teams were given a total number of repetitions to complete and members were at liberty to divide the work among themselves in any way that best suited their strengths.**

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# Off the Hook

By Terri McKamey

What an absolutely fantastic time to be out fishing! The water is teeming with a variety of fish and they are hungry. Plenty of fishing action with Cobia, Pompano, Whiting, Redfish, Spanish and King Mackerel and Trout. Oh and don't forget there are plenty of Lady fish and Hardtails, too.

The forecast weather looks to be nearly perfect with only a small chance of rain. And as we all know, if it does rain, it's usually in town and not on the beach

If you're planning a weekend trip better get an early start as I can guarantee everyone else will have the same idea, too.

If you are fishing the beaches concentrate on the sandbars and the surf line for plenty of Pompano and Whiting. Sand fleas are a good bait choice, but I lean toward shrimp. I have always had good luck with them.

Navarre Pier has been seeing a ton of action with quite a few sharks being caught.

Now's the time to plan an offshore trip. Any of our local

charter boats and captains will be happy to take you, your family and friends out for a day on the water. A huge variety of fish such as Amberjack, plus Vermillion Snapper, Scamp Grouper, King Mackerel, Chicken Dolphin, Blackfin Tuna and even some Wahoo are around. It's guaranteed to be an experience you won't soon forget.

The kids are going to be out of school in just a couple of weeks and Memorial Day is just around the corner. Why not take advantage and get in a little fishing? It's the perfect time of year. The weather is great and the fish are moving. Grab a kid and go fishing!

[Photo right: Plenty of action on the piers with Cobia and Mackerel. As usual Jake McCarthy shows us how it's done bringing home a fantastic dinner for his girl, his sister and her family. Nice job Jake!]



Jake McCarthy on the Pensacola Beach Gulf Pier, May 1.



Tucker Jack Sullivan from Jacksonville, helped fish for Yellowfin Tuna aboard The Entertainer, April 21.

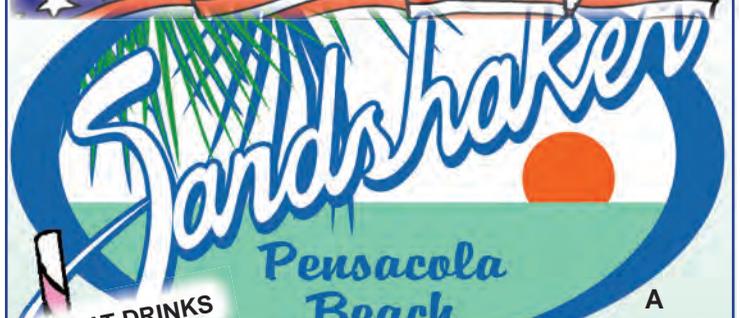
## CAPT. RUSTY'S REPORT

aboard The Entertainer in the Gulf of Mexico



Jeremy Byrd, left, and Alex Mabire from Pace, Florida with some nice Black Snapper and Amberjack caught May 6 while fishing in the Gulf.

Observe Memorial Day • Monday, May 28



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 Sun, May 20:  
 "Lektric Mullet"  
 4 PM - 8 PM  
 Karaoke with Becky  
 9 PM - Midnight

Fri-Sat, May 25-26  
 9 PM-1 AM  
 "Ultra Violet"  
 Sun, May 27:  
 "Jay Williams Band"  
 4 PM - 8 PM  
 Karaoke with Becky  
 9 PM - Midnight

Monday: 10 AM -Close  
 Half Price Drinks/ Shots for BARE Customers. Trivia, 9PM  
 Tuesday: Karaoke w/ Becky 8 PM  
 Whisky Wednesday:  
 \$5 Crown & Shots 7 PM-Close  
 Tyler Mac Band, 8 PM  
 Throwback Thurs:  
 1/2 Price Drinks w/Shaker Shirt, 7PM-Close  
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 5/24 at 8 PM  
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–Fromers Guide to Florida

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–Florida Trend Magazine

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### TUESDAY

Margaritas – \$3.00

### WEDNESDAY

Crab Traps – \$6.00

### THURSDAY

Martinis – \$3.00

### SUNDAY BRUNCH

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Bottomless Champagne \$6.99

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