

ISLAND TIMES

Volume XIV, Number 6

Pensacola Beach, Florida

July 10, 2018

The Blues



Cheers erupt from the crowds on the sand when the United States Navy's Flight Demonstration Team, the Blue Angels scream through the skies above Pensacola Beach. The annual Red, White and Blues week featuring the world famous Blue Angels kicks off Wednesday, July 11 with Circle and Arrival maneuvers at 8 a.m. followed by a 2 p.m. performance on Thursday, July 12. Friday's dress rehearsal is a full blown air show with civilian pilots at noon and the Blue Angels at 2 p.m. Saturday is the big day when Pensacola Beach turns into Air Show Central. The island is populated early with air show fans who arrive by land and by sea. It's a spectacular day filled with aerial entertainment, fans, friends and a grand sense of American patriotism. Fly over to page 2 for air show details, tips and tricks.

U.S. Navy Photo by Petty Officer 1st Class Ian Cotter

Blue Angels Show Delights Crowds

It's all eyes on the skies during the Red, White and Blues Week, July 11-14 on Pensacola Beach. The stars of the show are the United States Navy's Flight Demonstration Team, The Blue Angels. It's a week for pride and patriotism.

Have Breakfast with the Blues on Wednesday, July 11. While the Navy's Flight Demonstration Team performs their Circle and Arrival maneuvers at 8 a.m. over the white sands of Pensacola Beach, you can enjoy breakfast at one of the beach's restaurants or pack a beach picnic.

The Blue Angels command the sky on Thursday, July 12 for a practice show. The Blue Angels jets scream across the horizon at 2 p.m.

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

The Air Show dress rehearsal is Friday, July 13. Spectators are entertained from noon until 2 p.m. by an impressive list of civilian pilots. Pensacola Beach's air show civilian line up includes the Veterans Flight crew flying their WWII era Stearmans; Pensacola Beach Hotelier Julian MacQueen flying his Grunman Widgeon G-44 amphibious plane; the Redline Sports Team flying RV-8 speed demons; Gary Ward flying the MX2, an unlimited aerobatic aircraft that spins and rotates at high speeds; Kevin Coleman flying a one-of-a-kind Extra 300SHP; and Skip Stewart flying Prometheus, a biplane that roars and races. The Blue Angels

fly at 2 p.m.

It all leads up to Saturday, July 14 when the Casino Beach is turned into Show Central with vendors and kiosks opening well in advance of the noon start time for the 2018 Pensacola Beach Air Show.

Here are a few other things to know about:

Your Arrival Maneuver:

Come early. Plan to stay all day. Parking is free in the public areas and fills up fast. It is not unusual for the Casino Beach parking lot to reach capacity at 6:30 a.m. The only entrance into Casino Beach parking lot is on Via de Luna, next to Sidelines. Residents will tell you, ride the trolley, bike or walk to the show site. Good advice. Special Trolley service begins at 10 a.m. Friday, running the regular routes until midnight.

At 7 a.m. Saturday, three trolleys and ten busses will whisk you where you need to go. The routes will be extended to Park East, located a mile east of Portofino and Park West at the end of Fort Pickens Road. The service will run all day. At the conclusion of the air show, you will want to be on the first set of busses and trolleys, otherwise it is a long wait for them to return. Transportation to Park East ends at 6 p.m. After 6 p.m., the three beach trolleys run the regular route until midnight.

What To Bring:

A load of patience and a cooler full of water. Sunscreen and snacks. Beach chairs and umbrellas. Beach businesses will be open and serving before, during and after the show. Come early and browse some of the gifts shops. Flo Flounders has everything you need for a great beach day.

Where to sit:

The show can be viewed from almost any vantage point on the sand and beyond. The

centerpoint is near the Gulf Pier. Be mindful of your surroundings. Don't walk or stand on the dunes. And, leave only your footprints on the beach.

Keep Your Cool:

The Gulf is open for swimming under the watchful eye of the Pensacola Beach lifeguards except during the air show performances. The Gulf closes from 11:45 a.m. to 1:05 p.m. reopens until 1:45, then closes at 1:45 p.m. until after the Blue Angels performance. All other water remains available for swimming – after all, this is an island. There will be a giant water mister set up at the Casino Beach.

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

Helpers:

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

Escambia County Public Safety Director Mike Weaver and Escambia County Sheriff's Office are staffing in anticipation of a record breaking crowd. There will be more than 50 Pensacola Beach Lifeguards on the site, and a full corps of deputies to keep everyone safe.

First responders typically get a large amount of medical calls on Blue Angel Weekend – many are heat and alcohol related. They advise to stay hydrated, wear sunscreen, and be aware of what to do in an emergency. There will be a medical tent set up at the Public Safety Building.

"In the event of bad weather, especially lightning, have a plan," cautioned Public Safety Director Mike Weaver. "Listen to officials. Seek shelter in a sturdy building or your vehicle."

Hear ye, Hear ye:

Bonnie and David McDonald bring the power of Boogie, Inc. to the Air Show. Everything from weather announcements, lost children and the official-sounding Blue Angels narrators will be broadcast to the spectators through their speakers. They let you know when the Gulf closes to swimming and give the all-clear to get back in.

At the conclusion of the Blue Angels performance, in a moment of pure patriotism, crowds pause to listen to the national anthem. The American flags fluttering in the beach breeze make a perfect ending to a great day.

Mole Patrol:

The Baptist Cancer Institute is sponsoring a skin screening for the thirteenth consecutive year. The skin cancer check station, affectionately referred to as The Mole Patrol, will operate on Friday, July 13 from 8 to noon. Let them look you over. No appointment necessary.

Show Central:

Pensacola Beach Chamber coordinates a mini-marketplace under the oversized white tent. Shop. Blue Angels souvenirs will be available. Sip. Grab a bite. The Relay For Life Team will be raising funds through food sales. Cool off with a Dixon Shaved Ice, Venice Gelato or a Pensacola Beach favorite Kona Ice. There will be giveaways from JJ Talbot Law and Home-town Contractors.

Branches of the military

will line the show site with kiosks and hands on activities for all ages. United States Marine Corps recruiters are a big hit with young and old offering prizes to strong armed visitors at their chin-up bar. Look for the giant inflatable Marine. Navy pride soars with a number of kiosks, lots of free stuff, too. Army and U.S. Air Force will be part of the Show Central fun. The Search and Rescue helicopter will land in the western parking lot.

Float My Boat

The waterways around the island are packed with vessels. If you plan to boat, arrive early. Use care.

The U.S. Coast Guard vessel will serve as centerpoint out in the Gulf. As always, it's worth walking over to see the flotilla in the Sound and Little Sabine Bay. Swimmers should use caution near the hundreds of pleasure craft.

Clean Beach:

Leave only your footprints. That means take everything home with you. Do not leave beach supplies, cigarette butts, trash or your kids for someone else to deal with.

Exit Strategy:

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

If you are compelled to leave immediately, use care. Be patient. Be sober.

Deputies will direct traffic. Use courtesy when driving. If you are on your bicycle or on foot, the same things apply.

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



Island Times

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Mark Your Calendar

SRIA: Wednesday, July 11, 5 p.m. SRIA Boardroom, #1 Via de Luna. Full Board Meeting. Agenda available at www.sria-fla.com
BCC: Thursday, July 12. Committee of the Whole. 5:30 p.m. 221 Palafox Place. www.myescambia.com
BCC & SRIA: Tuesday, July 17. Meeting between both boards. 5:30 p.m. 221 Palafox Place. www.myescambia.com
BCC: Thursday, July 19, Agenda Review, 9 a.m.; Public Forum, 4:30 p.m.; Board Meeting, 5:30 p.m. 221 Palafox Place. www.myescambia.com, Questions? District Four 850-595-4940
SRIA: Wednesday, July 25, 5 p.m. SRIA Boardroom, #1 Via de Luna. Santa Rosa Island Authority Committee Meeting. Agenda available at www.sria-fla.com

Helpful Contact Numbers

Escambia County Sheriff's Office Non-Emergency Dispatcher: **850-436-9620 (9-1-1 for emergencies)**
Animal Control Pensacola Beach: **850-595-0097**
Santa Rosa Island Authority: **850-932-2257** (Report unpermitted construction to Developmental Services)
Stranded or disoriented turtle on the beach: **1-888-404-3922, #FWC or *FWC**

Forever...Barefoot on the Beach

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

The Islander Newspaper August 18, 1993

A newcomer moved into my house over the weekend. She has long, velvety ears, a sprinkle of freckles on her nose and her ten pound body is covered with soft chocolate and white fur. She has funny little bronze colored eye-brows and green eyes. Most of the time she looks sad although she is a hundred percent happy. She is definitely a model type. She could grace the outside of

any dog chow package.

It's been such a long time since I had a puppy, I had almost forgotten how much pleasure their unrehearsed comedy routines can bring.

Talk about a stress buster. Just watching Page, my new English Springer pup, eat breakfast takes all thoughts of pressure off my mind. How funny it is to see a little pup standing with both feet in her water bowl, dragging her ears in as well, and

calmly munching on her bowl of food. Not even the resulting wet paw prints all over the floor mars the joy of watching this performance.

The first night a puppy is separated from her siblings and removed to unfamiliar surroundings, inhabited by strangers, usually guarantees a traumatic experience, so I was prepared to spend Sunday night comforting a scared, lonely, little animals. First, I put a pair of Jeremy's

well-worn socks in her bed, and after a short stroll, I tucked her in. She promptly fell asleep and didn't wake up until about 3 a.m. She didn't cry. She just played. She chased the dirty socks around the bedroom and ventured off into other rooms in the house. I soon fell asleep and did not awaken until she tugged on the comforter at 6 a.m. So much for the lonely, scared puppy.

There's a whole lot of new stuff going on with dogs now. It's best not to run to the grocery and buy some standard brand of food. There's a Science Diet and according to all the "dog experts" in my family, it is mandatory that Page have this expensive stuff, measured in the proper quantity into her bowl at specific times of the day. And don't they warn, ever let a table scrap fall on the floor within her reach. If she should eat a bite of chicken or hot dog, she could get a stomach ache and probably would be traumatized for life by the experience. I'm trying. I promise that Page will be raised properly as the dog of the nineties.

Time was that whenever the dog committed a criminal act such as chewing up leather slippers or gouging the sofa, you could roll up a newspaper, tap

the pup lightly and say "No. No." Not anymore. You put fifteen pennies in a soda can. (Not 14 or 16, but 15 pennies.) Each time the pup is to be reprimanded, you say "No. No." and shake the can. So far, I have not put this device together and I just say, "No. No" and give her a puppy toy to chew. She seems agreeable to this process, so I may never have to resort to such a deterrent as shaking a can of fifteen pennies in her face.

I'm not sure I needed a dog to add to the chaos which constantly surrounds me. At least, last week, I wasn't sure I needed a dog. But, today, I guess I have changed my mind. How did I ever get along without this little bundle of fur to play with, to cuddle, to love? And how could I have forgotten how quickly a devoted animals sends back the love you give it.

And so I must freely admit that I did, indeed, need a dog. Not just any dog. Only this little Springer who obviously was destined to become my companion. Page moved into my house this weekend - - and into my heart forever. And I promise to serve only the prescribed Science Diet, in the proper amounts, at the proper time. But, forget the 15 penny jangling pop can school of canine obedience.



Pensacola Beach Woman's Club installed a new board officers at their June 21 luncheon at the Beach Church Fellowship Hall. President Andra Morgan, back, welcomed the 2018-19 Board (L to R): Treasurer Sharon Loper, Secretary Mary Lee, Second Vice President Janet Mays, First Vice President Barbara Fleischman, and President Barbara Landfair. Assistant Treasurer Carla Rich was absent.

Humane Society Cleans Your Pooch At Bathe In

Bowser needs a good, long bath and a flea treatment to get through the dog days of summer! The Pensacola Humane Society continues its 2018 Doggie Bathe-In season Saturday, July 21, from 9 a.m. to 2 p.m. Bathe-Ins offer low-cost dog bathing and flea dips during the warm weather season, and groomings are available on a first come, first served basis.

Events are held the third Saturday of the month through October and will also be held August 18, September 15 and October 20. Charges for baths and groomings are based on the dog's weight. Please bring your own towels or you may rent a towel

for a one dollar donation.

In addition to providing a service to pet owners, the Bathe-Ins are an important fundraising activity for the Humane Society, providing a substantial portion of the shelter's revenue. The events are run by shelter staff and volunteers. New volunteers and experienced groomers are always needed. Those interested in helping should contact the volunteer coordinator at volunteer@pensacolahumane.org.

The Pensacola Humane Society is located at 5 North Q Street, Pensacola, FL 32505. For more information go to www.pensacolahumane.org.

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Trivia



Lila Cox answered the dual question trivia so quickly it could make your head spin. She wrote, "Tommy Grice hosted the Watermelon Suck-Off;" in answer to the question, "what was the iconic Fourth of July party hosted for forty years by a beach character." Yes, she's right. And, the watermelon concoction sucked up through a straw would make your head spin.

While the sucking began in 1972, Tommy Grice hosted his final Watermelon Suck Off six years ago. All Hail the King of the Melons! He really is a beach character.

Another guy who stands out among the beach characters is Glenn Windham. By day he is a well-respected number cruncher and the rest of the time he dabbles at being a beach bum. He knew it was Tommy and the infamous Watermelon Suck-Off. Then Melanie Waite sent her answer with a dismissive "Too easy. Tommy Grice's Watermelon Suck-Off." Felicia Fisher was correct as well.

Bruce Clark knew it was Tommy Grice's party but fumbled with the correct name. Fourth of July Bash, then Wooly Booger Fourth were his two submissions. Beach gal Carol Headly knew not the name but thought Harry Gowens and Wally Peceovich were the hosts. Nope, that was the end of summer party.

A correct answer snuck in from the Land of the Woefully Incorrect's Queen of Wrong Answers Joanne Brooks. Some things just have to be common knowledge. "Tommy Grice and The Great Watermelon Suck-Off." Sounds like the Pensacola Beach version of "Charlie Brown and The Great Pumpkin."

Jim Knell knew it was Tommy Grice and his Watermelon Suck Off. Or, perhaps Lovely Lynda steered him to the right answer.

Big Bob Dority is not to be outdone. He knew it was Tommy Grice's Watermelon Suck Off. Liz Hewson submitted an answer via a chatty phone call which included way too much information, some half truths, a report on who has the best lunch on the island and a bunch of gossip. In the course of her answer, she talked about old beach, fish sandwiches and a dog named Pete. The Trivia Master wanted to disqualify her, but instead will give her a watermelon for her efforts.

It's all eyes on the skies for this edition. The Trivia Master goes super sonic with a Blue Angels Pop Quiz.

1. Who created the U.S. Navy's Flight Demonstration Team?

- A. Captain Albert Marshall
- B. Admiral Chester Nimitz
- C. Colonel Harry J. Hewson
- D. President Harry S. Truman

2. What year were the Blue Angels formed?

- A. 1922
- B. 1939
- C. 1946
- D. 1952

3. Where did the name Blue Angels originate?

- A. Pilot's Nickname
- B. New York Nightclub
- C. Religious Order
- D. Contest

4. What's the significance of Cougar, Tiger, Panther and Hornet to the Blue Angels?

- A. Personality Traits
- B. Squadron Mascots
- C. Totem Animals
- D. Aircraft Flown

5. Where was the first Blue Angels flight demonstration?

- A. Pensacola, Florida
- B. Washington, DC
- C. San Diego, California
- D. Jacksonville, Florida

6. Since their inception, how many spectators have seen the Blue Angels shows?

- A. 1.3 million
- B. 500,000
- C. 500 million
- D. 1.6 billion

7. During 1992 the team performed 16 shows in eight countries throughout Asia and Europe. The Blue Angels became the first U.S. military flight demonstration team to perform in:

- A. France, Germany, and Ireland
- B. Russia, Romania, Bulgaria
- C. Russia, Georgia and Armenia
- D. Poland, Switzerland and France

8. Where do the Blue Angels currently conduct their winter training?

- A. El Centro, California
- B. Las Vegas, Nevada
- C. Key West, Florida
- D. Tuscon, Arizona

9. How much extra pay do the pilots receive?

- A. \$50,000
- B. Nothing
- C. \$150,000
- D. \$12,000

10. Which maneuver is performed as low as 50 feet?

- A. Diamond Roll
- B. Sneak Pass
- C. Low Man
- D. Flat Out

Are you a Blue Angels Ace? Answers are on page five.

DOUBLE TWOS

Congratulations to Joe and Jeanette Baron who celebrated their twenty-second wedding anniversary on June 22. The Villa Sabine couple met in a support group after losing their respective spouses. Love is grand!

BEST DAD

The Krewe of Brewe hosts a Father's Day Bash at the Shaker where dads compete in super crazy tasks to earn bragging rights. Eric Johnson was named best dad with John Reifsnnyder placing second. The Krewe of Brewe would like to extend a special thanks to Keeling Villar who reluctantly participated at the request of his wife Sara. The proceeds from the event are donated to the Building Homes for Heroes, a non-profit organization supporting veterans.

SPECIAL GUEST

Chrissy Cook was a proud mom at the Pensacola Beach Woman's Club. During the guest introduction, she introduced her daughter Stephanie Rodriguez who was visiting from Texas. The rest of the gang - Emma, Jared and their dad - were at home keeping husband Mike company.

SAND STRONG

Beach guy Ryland McCurdy is working hard this summer as part of the Lazy Days rental

team. Those are the guys who haul a carefully balanced dozen lounge chairs through the soft sand to their proper location. Of course, there's the umbrellas that go between each chair. Then, they take them all back again at the end of the day. When Ryland returns for football season at Gulf Breeze High, his physical conditioning should be up to par.

AIR SHOW ANNIVERSARY

Frank and Pam Templeton, who live at the top of South Harbour, throw a big party each year during the Blue Angels Air Show. It's not your usual air show shindig; it's celebrating their anniversary. They were married prior to the show on their balcony overlooking Sabine Bay. Happy Anniversary to this fun loving

couple!

FIRECRACKER GIRLS

Karen Cook goes red, white and blue for her July 3 birthday. Mary Ann Claus and the United States of America share a birthday. The vivacious gal blew out birthday candles on July Fourth.

SUMMER JOURNAL

Beach School Kindergarten Teacher Jennifer Neal is always thinking about her friends, even the ones who are in upper grades. She said she was looking forward to reading her former students' summer journals, where they are to record a little story each day. It keeps them in the swing of writing, reading and illustrating. How many of those little beachlings are journaling? She will find out when school opens August 13.

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Go Where The Locals Go

Music

Thursday	July 12, 6 PM	John Hart Project
Friday	July 13, 6 PM	John Hart Project
Saturday	July 14, 6 PM	Tyler Mac
Sunday	July 15, 3 PM	Uncle Ben's Remedy

Wednesday	July 18, 6 PM	Josh Garrett Band
Thursday	July 19, 6 PM	Josh Garrett Band
Friday	July 20, 6 PM	True Blue Band
Saturday	July 21, 6 PM	Live Music
Sunday	July 22, 3 PM	Corporate America

Events

Red White & Blues Week

Wednesday, July 11	Blue Angels fly 8 a.m.
Thursday, July 12	Blue Angels fly 2 p.m.
Friday, July 13	Air Show begins noon
Saturday, July 14	Air Show begins noon

Upcoming

Sunday, July 29, 3 PM	Sam Price & The True Believers
Tuesday, July 31, 6 PM	Sam Price & The True Believers
Wed -Thurs, Aug. 15-16, 6 PM	The Rev. Billy C. Wirtz

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Island Authority Committees Approve Two New Businesses Full Board Completes 2019 Budget

Santa Rosa Island Authority Committees approved relaxation and recreation based service providers at their June 27 meetings. The Development and Leasing Committee gave the nod to Marina Quirk who submitted plans to open Soleilune Massage and Spa in an open air location at the Pensacola Beach RV Resort. The Committee also approved a request from Robert Rinke to allow Parsons Marine and Dolphin Cruises to offer dolphin-sightseeing cruises from Portofino, and at Premier Adventure Park as soon as their dock is completed.

The Administrative Committee heard good news from SRIA Finance Director Dottie Ford who reported that lease fee collections from April 2018 were trending up. The \$447,423 in revenue was ten percent higher than April 2017. The collections for the fiscal year are 3.5 percent above last year. Expenses were 4 percent less than expected.

At the conclusion of the Committee Meetings, a Budget Workshop was followed by a Special Full Board Meeting. Ford presented a final draft of the 2019 Budget to the Board. The

2019 Budget anticipates revenue from commercial lease fees at \$2,609,618. Commercial lease fees are tied to the businesses' gross revenue, so the collections are greater when business is booming. By comparison, income generate from commercial leases was \$2,976,903 in FY 2017.

Residential lease fees are more easily estimated. The 2019 residential lease fee income is anticipated to be 1,363,688; which is the same amount budgeted from 2018. The actual collection during FY 2017 was \$1,659,485.

The Budget was unanimously approved with Board Member Tammy Bohannon absent. The Budget will be sent to the Escambia County Board of Commissioners prior to the July 1 deadline. The County staff will review and present the SRIA budget for adoption at the September 20 Commission meeting.

The Santa Rosa Island Authority Full Board will meet Wednesday, July 11 at 5 p.m. at #1 Via de Luna. The meetings are open to the public and agendas are online at www.sria-fla.com.

Free Concert Series Continues

The Gulfside Pavilion is the most popular place on the island Tuesday nights from 7 to 9 p.m. The free outdoor concert series, Bands on the Beach, continues weekly through October 30.

There is no charge to attend the concerts. Bands on the Beach is funded by the businesses and residents on Pensacola Beach and coordinated by the Santa Rosa Island Authority. Beach restaurants are open before, during and after the concert to serve you.

Spectators are encouraged to

bring lawn chairs, but leave glass and pets at home.

Upcoming Concerts:

- July 10 Reunion Band
- July 17 Bay Bridge Band
- July 24 The Rowdies
- July 31 Mr. Big and the Rhythm Sisters
- Aug. 7 Emerald Gold
- Aug. 14 Deja Vu
- Aug. 21 The Astronauts
- Aug. 28 ClassX

For more information, call 850-932-2257, go to visitpensacolabeach.com or tune to Cat Country 98.7 for the latest updates.

THE TRIVIA MASTER'S BLUE ANGELS POP QUIZ ANSWERS

Here are the answers to the Blue Angels Pop Quiz from Page 4.

1. Admiral Chester Nimitz, Chief of Naval Operations
2. April 24, 1946
3. New York Nightclub. The original team members came across the name of the nightclub in the New Yorker magazine
4. Aircraft flown. F9F-8 Cougar, 1955-57. F11F-1 Tiger, 1957-68. F9F2 and F9F5 Panther, 1949-55. F/A-18 Hornet, 1986 to present.
5. Jacksonville, Florida. Craig Field, June 15, 1946.
6. 500 million. The Blue Angels perform for an estimated 12 million spectators a year.
7. Russia, Romania and Bulgaria

8. El Centro, California since 1967. Key West, Florida from 1958-1962. Tuscon, Arizona from 1963 to 1966.

9. Nothing. Personnel volunteer to serve and consider it an honor to be part of the team.

10. Sneak pass performed by the Lead Solo

Count up your correct answers out of a total of ten.

How did you do?

- 10/10 Blue Angels Ace
- 9/10 Soaring in rare air
- 8/10 Super sonic
- 7/10 You get wings
- 6/10 Sit in the back seat
- 5/10 Half Hitch
- 4/10 Brush up on your facts
- 3/10 Head in the clouds
- 2/10 Try harder next time
- 1/10 Crash landing

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Bay Bridge Band
July 17
Classic Rock



The Rowdies
July 24
Rock & Roll, Dance Music

SANTA ROSA ISLAND AUTHORITY
For updates, call SRIA at (850) 932-2257, visit online at VisitPensacolaBeach.com or tune to Cat Country 98.7. Please, no glass containers or pets.

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BY KATHI LEWIS



Have you ever had one of those days when you wished you had just stayed in bed? Well, I did. It started with my first cup of coffee. I set it on the sink in my bathroom the same as every day. Then I watched as it slid off into the sink basin and shattered! So there goes my favorite coffee cup.

Y'all know I'm not a morning person, but I rallied and after fumbling in the kitchen cabinets, found what will now serve as my next favorite coffee cup. Problem solved. So get over it and move on.

I had made an appointment for my daughter Mel, grand daughter Sissy, her friend Dakota Renfroe and me to have mani-pedi's together at a local salon. I took a shower, got dressed and gathered what I needed to complete errands afterward. I had to scramble and rush because my body is also slower in the morning.

Of course when I try to hurry, simple things go haywire; such as my hair brush flying out of my hand across the room and landing behind whatever is closest to the wall and almost impossible to move. More time spent locating and picking up every thing I touch so it begins to feel like I'm hunting Easter Eggs. But I'm finally ready. Everything's looking good and I should arrive exactly on time! Whew.

As soon as I get to my car, I realize I do not have keys. So back up the stairs for keys. They're not hanging on the key hook. I ask my husband Bill and yes, he did have them the day before.

My sister Gail and Hector "Rod" Rodriguez (from Georgia) had been here since Thursday. Rod came to help Bill with car stuff (gave him Old Blue the CaddyWagon). They were also doing some work on our grandson Jesiah's car. So Bill had taken my keys thinking he needed a tool from my trunk. Now, he has no idea what he did with them. We searched the entire yard, around, in and under all vehicles. We searched the house. Nothing. So now I'm late and have to resort to taking Bill's Blazer.

The mani-pedi's were wonderful. I also made Sissy and Dakota put their cell phones down. I explained to them we were all together to enjoy each

other and to do that you need to be in the moment, not on a cell phone. They could go back to their phones when we parted company. But we were gonna talk and enjoy every moment and feel how wonderful it actually is to have a pedicure.

The Elite Salon staff are very good at their profession and were happy to see three generations having fun. I had called to tell them I was running late. The Owner/Manager was very accommodating. (Of course they loved the "cell phone commandment" and everyone except me, was a little shocked at how quickly the girls put their phones away without complaint.)

Sissy, Dakota and I sat at the "drying" table (with its tempting array of suckers), Mel would open them for us and then toss our sticks away when we were done. Renee and Jim Mack walked in just then and I said, "Check it out. We brought our own waitress," referring to Mel. Everyone was still laughing when we left.

I ran my errands but true to the beginning of my day, I did not have my list. I "guess shopped" and I have no idea what I missed. Heading home in the increasing traffic, I told myself I had done the best I could under the circumstances. (See? Being late is not always my fault; sometimes the universe conspires against me.)

Back home, we continued the search for my missing keys. I even called Gail and asked that Rod search the CaddyWagon just in case. No luck there either. They'll turn up because Bill never left with the keys. In the meantime, I'll be driving his Blazer in Biloxi during my birthday gambling trip.

As I finally relaxed and the little guys with the hammers pounding the inside of my head all day finally settled down, I could only think of how much joy it brought me spending time

with Sissy, Dakota and Mel. It was certainly the highlight of my day and I would have missed it if had I stayed in bed! I know the girls will long remember the experience, even if it's because it was the day Nanny asked them to put down their phones.

I hope y'all made some wonderful memories with family and friends while celebrating the Birth of America and the spectacular "Fire in the Sky" Fireworks display. I hope y'all make even more while enjoying and sharing the experience of our awe-inspiring Blue Angels Show.

Remember to live in the moment, take photos of each other then put down those cell-phones and feel the joy. We love our Blue Angels so it's okay if you take a couple of photos of them, too.

If you are running short on time (like me) with guests arriving any minute, try this Chicken Salad. This is my best tried and true recipe!

So, let's cook.....

Easy Chicken Salad
Croissants
lettuce (optional)
2 large cans chicken, white and/or dark (I've used one of each before)
1 cup mayonnaise (add more if chicken salad is too dry)
2 stalks celery, chopped
1 can cashews, chopped

Drain chicken and put in large mixing bowl. Add mayonnaise, celery and cashews. Mix until well blended, adding more mayonnaise if needed. Heat croissants at 350 degrees until lightly crisp, slicing before heating. Add chicken salad to croissant and top with lettuce leaf, if desired. Chicken Salad can be made a day or so early and kept tightly sealed in refrigerator. (May need more mayonnaise before serving.)

Enjoy, share and always be kind. See ya in the kitchen...

Terrific Tips by JoAnn Derson

☞ A paintbrush makes it really easy to clean out the crevices in your car. You can tape it to a ruler to get a longer reach and use it between the chairs and the center console, where there are a lot of crumbs but it's hard to reach.

☞ For fun pancake shapes, use a turkey baster. Fill it with pancake batter, then spell or draw on a heated and oiled pan. Just make sure your letters are backward to start with; they look better when flipped!



Pensacola Beach Woman's Clubbers toasted the members with June Birthdays at their June 21 luncheon meeting at the Beach Church Fellowship Hall. Honorees are (L to R): Chrissy Cook, Barbara Altemeyer, Bettie Lee Sundstrom and Barbara Fleischman. The Club meets socially during the summer and will resume business meetings in the fall.

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Eight-year-old Billie Thomas was the first angler to weigh a catch at the Pensacola Bud Light Fishing Rodeo, June 23 at Flounder's. Her Redfish weighed 4.11 pounds and earned her a third place in the Junior Angler Ten and Under Redfish category. She also won first place in White Trout, second place Ladyfish. Her brother Ethan won the Ladyfish category and earned second place for his .34 pound Croaker. Big Brother Jared Thomas weighed in top three winners in Croaker, Catfish, White Trout, Pinfish, Hardtail and Ladyfish in the Juniors 11-16 age category.



CheckMat Florida hosted their Summer Jiu Jitsu Summer Festival at the Gulfside Pavilion, June 23. The event featured seminars from international and local masters. Students ages ranged from 4 years old and up; and abilities from beginners to those training to fight in the UFC. The organizers and instructors are (L to R): Janilson Bie of Gulf Breeze CheckMat, internationally known Leo Vieira originally from Brazil who now works in California, Paulo Mushu and Chico Mendes of CheckMat.

Spend An Hour - Help The Beach

Ocean Hour organizers are seeking volunteers to assist with a clean up at Fort Pickens, Saturday, July 28. Registration begins at 8:45 a.m. The clean up is just one hour - from 9 a.m. to 10 a.m.

Fort Pickens is located at 1400 Fort Pickens Road, at the westernmost end of Pensacola Beach. Drive to the Ranger Station and let the Ranger at the gate know that you are an Ocean Hour Clean Up Volunteer.

It is very important to remember that it is bird nesting season. Please observe the posted speed limit and be aware of areas that are cordoned off as nesting sights.

The clean up area is typically near the Fort Pickens fishing pier, but please confirm via emailing volunteer@oceanhourfl.com or calling 850-450-1112, and leave a message.

Ocean Hour provides all sup-

plies. Buckets, grabbers, gloves and trash bags will be distributed to volunteers. Attendees should dress appropriate for the weather and bring water, bug spray and sunscreen as needed. Shoes may get wet if cleaning near shoreline.

For more information or to be added to the Ocean Hour weekly email list, volunteer@oceanhourfl.com; or www.oceanhourfl.com or at [Facebook.com/oceanhourfl](https://www.facebook.com/oceanhourfl).

July

BAMBOO Willie's Beachside Bar Entertainment

1 3pm Tyler Livingston & the Absolutes	19 2pm Tim Spencer
2 2pm Robbie Paynter	8pm TBA
3 8pm Jordon Richards	20 2pm Matt Slowik
3 2pm David Dunn	9pm Philo
8pm Panzacola	21 3pm Nick & the Overols
4 3pm Tyler Livingston & the Absolutes	9pm Philo
9pm Paxton Norris	22 3pm Black Mouth Cur
5 2pm Matt Slowik	23 2pm Robbie Paynter
8pm Grape Drink	8pm Jordon Richards
6 2pm Justin Tuberville	24 2pm Nick Andrews
9pm Black Mouth Cur	8pm Raising Karma
7 3pm Tyler Mac	25 2pm Jordon Richards
9pm Black Mouth Cur	8pm Paxton Norris
8 3pm The Springs	26 2pm Matt Slowik
9 2pm Robbie Paynter	8pm Raising Karma
8pm Nick Andrews	27 2pm Justin Tuberville
10 2pm Nick Andrews	9pm Ba'Nana Republic
8pm Scoot & Jeremy	28 3pm Under Pressure
11 2pm Jordon Richards	9pm Black Mouth Cur
8pm Mammochs	29 3pm Gaby Lazer Eyes
2pm Tim Spencer	30 2pm Robbie Paynter
8pm Roadside Glorious	8pm Nick Andrews
13 3pm Tyler Livingston	31 2pm Nick Andrews
9pm Ba'Nana Republic	8pm Scoot & Jeremy
14 3pm Beyond the Break	
9pm Ba'Nana Republic	
15 3pm Parker Houston Project	
16 2pm Robbie Paynter	
8pm Shelby Brown	
17 2pm Nick Andrews	
8pm Panzacola	
18 2pm Jordon Richards	
8pm Scenic Heights	

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Gulf Breeze U-10 Baseball Coach Nathan VanMeter with two of his players Miller Caldwell, left, and Trey Hanson at the USSSA Opening Ceremonies, June 20 at the Gulfside Pavilion. It was a lighthearted moment, but these kids are all business on the baseball diamond. They vanquished most of their opponents during the three day Gulf Coast Drafted League Championship tournament and brought home second place trophy. Trey Hanson's proud grandparents are Fran and Tom Grow of Pensacola Beach.

Photo courtesy of Megan Hanson

Pensacola Beach To Go!

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Ski and Travel Club Announces August Expo

Pensacola Ski and Travel Club is all about adventure. Formerly the Pensacola Ski Club, the group recently changed their name to better reflect the programs they offer.

Would you like to ski the Colorado slopes, tour Europe by bike and barge, sail the Rhine

River or amble the streets of Cortina, Italy? Then, the Pensacola Ski and Travel Club is a perfect fit for you.

Learn more about their events at the annual Expo, Thursday, August 9 from 6:30 to 8:30 p.m. at the Museum of Commerce, 201 E. Zaragoza in Pensacola.

It's free for members and \$20 for non-members.

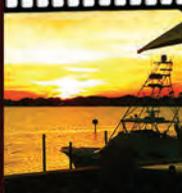
Beer, wine, fruit, cheese and desserts will be served. Reservations to attend are due by July 25 to Amalie.murphy@gmail.com.

Membership information is available at www.pensacolaski-andtravelclub.com



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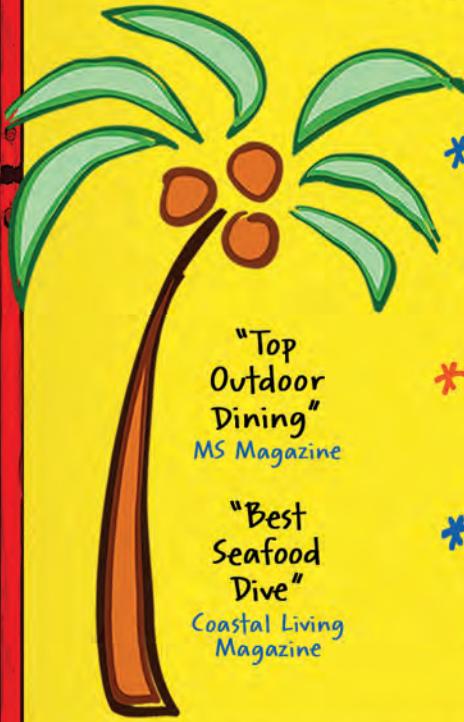







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July Events Jam Calendar

Free Trolley Service: Daily from 4 p.m. to midnight. The best way to get around on the island is to take a free ride on the Pensacola Beach trolleys. Three trolleys run east-west and core area routes. The last pick up is at 11:30 p.m. Trolley stop maps are available at the Pensacola Beach Visitor's Information Center. Go online to VisitPensacolaBeach.com to learn more or to find the Trolley Tracker.

Bands on the Beach: Tuesday, July 10, 7 p.m. Free concert at Gulfside Pavilion. The Reunion Band.

The group was formed in the summer of 1989, and its song list predominantly features rock and rhythm & blues from the 1960s and 1970s. Members of the group include Jeff Byrd (lead guitar), Billy Harrell (vocals), Charlyne Kilpatrick (vocals), Ed Nickinson (guitar/vocals), Larry Northup (drums), Ross Orenstein (keyboards/vocals), and David White (bass). Bring a chair. Leave glass and pets at home. Each Tuesday through October. VisitPensacolaBeach.com

School of the Soldier: Thursdays through Sundays at 11 a.m. and 3 p.m. at Fort Pickens which is located at the westernmost tip of the island. Meet at the Fort Pickens Bookstore for this 30 minute program. It is accessible. School of the Soldier includes firing demonstrations when staff is available. The program is free, however, there is an entrance fee of \$20 per car at Fort Pickens. (If you arrive by ferry, there is no entrance fee.) 850-934-2600, www.NPS.gov/GUIS

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.

See page 2, for more.

Stargazing: Friday, July 13 at 8 p.m. in Fort Pickens at the Battery Worth Picnic Area

Join park staff and volunteers from the Escambia Amateur Astronomer's Association (EAAA) for a fun night out under the stars. Get an up close view of some celestial objects and learn more about the night

sky. Telescopes will be available for use. Fee to enter the park, but star gaze is free.

Pearl Clarkin Concert at the Spaceship House on Pensacola Beach. Friday, July 13, 5 to 8 p.m. Pensacola Beach's Pearl Clarkin is a singer-songwriter who now resides in Nashville, Tenn. She will be in town, hosting a private concert at one of the most talked about and photographed homes on the beach. Ticket required. <https://www.facebook.com/events/561150984261697/>

Mere Mortals Triathlon Training: Sunday, July 15, 6 a.m. Gulfside Pavilion. This requires membership in Tri Gulf Coast. Every Sunday through October. Check it out TriGulfCoast.org

Beach Eco Walk: Sunday, July 15 at 8 a.m. Meet at the parking lot 27 B across from Portofino. The walk lasts about one hour, is at a leisurely pace. Led by environmentalist Christian Wagley, it is open to the public at no charge. Kids will like it. Wear swimsuit or shorts,

sunscreen. Bring water. You might get wet and sandy. 850-687-9968 or christian@healthygulf.org.

Art on the Boardwalk: Sunday, July 15 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. Each Sunday, weather permitting. 850-723-2792

Innerlight Surf Camp: Monday, July 16. New session begins. For strong swimmers aged 8 and older. Learn to surf, sharpen your skills. Surf etiquette. Wave information. Fun. For registration, instructions, innerlightsurf.com. One day passes available.

Bands on the Beach: Tuesday, July 17, 7 p.m. Free concert at Gulfside Pavilion. Baybridge Band. Bring a chair. Leave glass and pets at home. Each Tuesday through October. VisitPensacolaBeach.com

Sidewalk Star Gaze: Friday, July 20 and Saturday, July 21, 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.

Mere Mortals Triathlon Training: Sunday, July 22, 6 a.m. Gulfside Pavilion. This requires

membership in Tri Gulf Coast. Every Sunday through October. Check it out TriGulfCoast.org

Vacation Bible School: Monday, July 23 through Friday, July 27 from 9 a.m. until noon. Pensacola Beach Community Church. Via de Luna and Avenida 18. Kids, ages 3 to 10, are welcome to attend at no charge. Visitors welcome. www.the-beachchurch.com, 850-932-6628 for more details.

Bands on the Beach: Tuesday, July 24, 7 p.m. Free concert at Gulfside Pavilion. The Rowdies play. Bring a chair. Leave glass and pets at home. Each Tuesday through October. VisitPensacolaBeach.com

Race for the Roses: Saturday, July 28. All female regatta hosted by the Pensacola Beach Yacht Club. Part of a trilogy of women's regattas.

Note these upcoming events:

Bushwacker 5K Run, Saturday, August 4 at 7:30 a.m. Starts in Gulf Breeze, ends at the Boardwalk. Proceeds benefit Big Brothers Big Sisters. Hosted by Capt'n Fun Runners. www.werunwild.com for more.

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.

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. Ticketed Chef's tasting. Live music. Souvenir Water Tumblers, t-shirts. Hosted by the Pensacola Beach Chamber of Commerce. PensacolaBeachChamber.com

Pensacola Beach Songwriters Festival, October 4-7. Fans can meet the hitmakers. Hundreds of performances, a variety of venues. Military Songwriters' Events, cruise, kids songwriting.

PensacolaBeach-SongwritersFestival.com



com

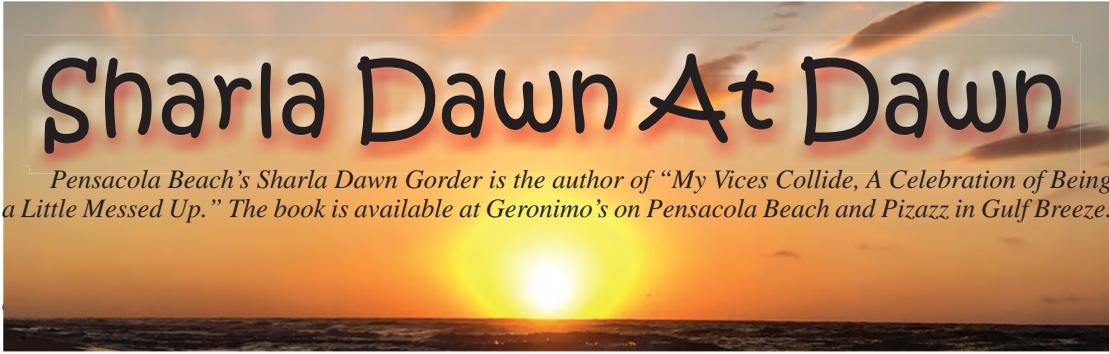
Santa Rosa Island Triathlon, Saturday, October 6 at 7 a.m. This is the 23rd running of this popular multi-sport event. Gulf Swim, bike and run course on island streets. Enter at www.SantaRosaIsland-Triathlon.com

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

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



Fat Albert flies past The Entertainer toward show central on Pensacola Beach during the 2016 Air Show.



Pensacola Beach's Sharla Dawn Gorder is the author of "My Vices Collide, A Celebration of Being a Little Messed Up." The book is available at Geronimo's on Pensacola Beach and Pizazz in Gulf Breeze.

"I'm so excited, and I just can't hide it..."

I just can't explain it either! The beach is so quiet this morning, but that's about to change, and I can't wait.

You see, I'm usually not one for huge crowds. Neither am I drawn to things that go fast—and loud noises really stress me out.

So why, pray tell, is it that I find myself giddy with excitement, crushed amidst a throng of sunburned tourists, awaiting that first roaring, 400 mph pass? It seems I'm always the last to spy them—at first a tiny smudge way out over the Gulf, then a Diamond-shaped blur, and at last a mighty escadrille of thundering mechanical might—right in my face!

Blue Angel weekend is the biggest event at our house all year. My husband takes the whole week off now; he can't bear to miss even the practice shows. Together we cook

enough food to feed everyone we know—and a few that we don't. (We started a tradition of sharing ice-cold watermelon with the tourists on the beach after the show.)

The show—though I've seen it dozens of times in my life—is still an emotional experience for me. And it's not so much the awesome, even terrifying, display of military might (though I would hate to be on the opposing team in any kind of skirmish with these guys—they can be combat ready in 72 hours). No, it's something else, something more like respect, even admiration.

There are people in those machines! Real live men and women in those cockpits. I know it, I've actually seen them as they tear past. A couple of maneuvers bank so close to our house, I swear I can see their profiles.

The amount of discipline, persistence, and self-confidence it must take to earn a spot on that

elite team is mind-boggling in itself—but that's not what gets me all weepy and goose-pimply every year.

It's the unity. The trust. It's the fearless faith these individuals have in the whole. The Blue Angels' trademark Diamond formation leaves only 18 inches for error, a foot-and-a-half of space from wingtip to canopy—hurtling hundreds of miles per hour. In perfect unison. Wow.

Yeah, that moves me for some reason.

As does that damned 700-mph sneak pass toward the end of the show. Gets me every time! Every time! That one moves me too, in an entirely different way. Ha!



The Blue Angels as they soar above Sharla Dawn's gulf front viewing spot. The display of military power and precision flying have awed millions over the years.




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Let's See A Show

Saenger Summer Classic Movie Series Begins

Classic movies shown in the gracious opulence of the Saenger Theatre in downtown Pensacola is a popular summer treat. The Classic Movie Series begins July 21. The seventh season for the movie series is chocked-full of the most-popular classic Hollywood actors and actresses including Julie Andrews, James Stewart, Burt Reynolds, Bette Davis, Henry Fonda, Grace Kelly, Bing Crosby and Frank Sinatra. There are murder mysteries, love stories, comedies and musicals—something for everyone, in addition to another favorite Hitchcock movie:

7/21 High Society

Starring Bing Crosby, Grace Kelly and Frank Sinatra

7/28 Jezebel

Starring Bette Davis, Henry Fonda and George Brent

8/4 Smokey and the Bandit

Starring Burt Reynolds, Sally Field and Jerry Reed

8/11 Rear Window

Starring James Stewart, Grace Kelly

and Wendell Corey

8/18 Wizard of Oz

Starring Judy Garland, Bert Lahr, Ray Bolger and Jack Haley

8/25 The Sound of Music

Starring Julie Andrews, Christopher Plummer and Eleanor Parker

"I was really excited to see the movie schedule this year," said Kathy Summerlin, Director of Booking and Marketing for the Saenger Theatre. She continued "We are looking forward to another record-breaking season mostly attributed to the overwhelming support of the community and our sponsors."

Tickets for the Saenger Classic Movie Series will go on sale to the public on Friday, July 13 at noon at the Saenger Theatre Box Office located at 22 East Intendencia or on the night of each movie beginning at 6 p.m. Prices for admission remain at \$5 per person for general admission seating. Tickets are only available for purchase at the Saenger Theatre Box Office.




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Dosh Gives Disaster Updates

Members of the Pensacola Beach Chamber were updated about storm readiness by Escambia County's Emergency Management Chief John Dosh at their June 21 meeting at Our Lady's Hunt Hall. Dosh distributed copies of the 2018 Disaster Guide. In his presentation he reminded business owners that planning was key to managing disaster preparedness.

The guide which includes all disasters has a section dedicated to hurricanes. Noting that all of Pensacola Beach is a Zone A, Dosh said he encourages businesses and individuals to complete an emergency plan.

"We evacuate to save lives," said Dosh. "In the case of hurricanes, be ready to leave when the evacuation order is made. Don't wait."

Dosh reminded Chamber members that there are more resources available at BeReadyEscambia.com and the new MyEscambia app for cell phones. The 2018 Escambia County Disaster Guides are available at no charge at the Beach Visitor's Center.

Pensacola Beach Chamber

has 140 members and welcomed the following new members: Hang Ten Helicopters, Gulf Coast Maritime Services and The Arc Gateway, Inc.

The Beach Chamber meets next on Thursday, August 16 at Our Lady's Hunt Hall. Christian Wagley, Gulf Restoration

Network, will be the featured speaker. Breakfast is served at 7:30 a.m. for \$5; the meeting starts at 8 a.m. Guests are welcome to attend. For guest passes, please call 850-932-1500 or email Chamber Membership Services Director Kailey Weiner at info@visitpensacolabeach.com.



Escambia County's Emergency Management Chief John Dosh

Commissioners, Island Authority To Hold Joint Board Meeting

The Escambia County Board of County Commissioners and the Santa Rosa Island Authority will hold a joint meeting Tuesday, July 17 at 5:30 p.m. The meeting will take place in the Board Chambers, Room 100, in the Ernie Lee Magaha Government Building at 221 Palafox Place.

Escambia County Commission Chairman Jeff Bergosh has four items that he will bring forward for discussion. The items include: considering a full automation of and price reduction at the Bob Sikes Toll Facility to ease congestion at the toll plaza; to achieve a revenue-neutral outcome of a toll price reduction, consider the addition of some paid, premium parking; with regard to Lease Renewals, work toward equity between and among beach leaseholders; and a discussion about the proposed Roundabouts to determine whether residents believe they are necessary and desirable.

The meeting is open to the public and beach residents are encouraged to attend.

This meeting can be viewed live on MyEscambia.com/ectv, channel 98 for Mediacom subscribers and channel 99 for AT&T U-verse subscribers, or watched anytime at ECTV On Demand.

Board of Commissioners

Jeff Bergosh, District 1 (Chairman)

Doug Underhill, District 2

Lumon May, District 3 (Vice Chairman)

Grover C. Robinson, IV, District 4

Steven Barry, District 5

district1@myescambia.com

district2@myescambia.com

district3@myescambia.com

district4@myescambia.com

district5@myescambia.com

Santa Rosa Island Authority

Thomas Campanella, elected

Brigette Brooks, Dist. 1 appointee

Karen Sindel, District 2 appointee

Jerry Watson, District 3 appointee

Tammy Bohannon Dist. 4 appointee

Janice Gilley, District 5 Appointee

thomas_campanella@sria-fla.com

brigette_brooks@sria-fla.com

karen_sindel@sria-fla.com

jerry_watson@sria-fla.com

tammy_bohannon@sria-fla.com

janice_gilley@sria-fla.com

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

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

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

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

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

LEO (July 23 to August 22)

A hot prospect intrigues the Big Cat, who is always on the prowl for a promising investment. But be careful that this "promise" has a chance of being kept. Check it out more carefully.

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

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

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

SAGITTARIUS (November

22 to December 21) You soon should be seeing positive results from your recent efforts on behalf of a family member. On another matter, check that you have all the facts regarding a job assignment.

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

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

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

Sunrise and Sunset

by Susan Haselton-Barr

Jambo (*Hello everybody!*)! The new bridge that takes us into paradise is quite demanding. Its appetite for manual labor, dirt, noisy drilling and thousands of yards of concrete are never ending. I feel like I am on a go kart ride. Swerving around obstacles, taking the corners and triumphantly arriving into the Breeze. Mumbling under my breath, I still smile every time I turn into my street. A little slice of heaven. My home is nestled (almost buried) under old growth oak trees only two miles from the Gulf of Mexico. By the way, the insurance company loves that I am across the street from the Bay, one mile from the intercoastal waterway and two miles from the Gulf. A small price to pay for the joy of seeing my family visit and beg to go to the beach immediately.

Flounder's is always our first stop - shrimp, sand, and Margaritas. I remind myself of all the good deeds our Pensacola Beach band of merry men and women, all volunteers, have accomplished. Over the last 35 years, passionate individuals have given of their time to retain the island's beauty and our family friendly status.

TIP: Whether you're driving

to a family reunion, taking the train for a weekend getaway, or jetting halfway around the world, there's no question that traveling is stressful. Trying to look good while you're traveling is pretty much on the top of the stress-o-meter.

1. **Moisturize:** Apply intense moisturizer the night before you are going to fly. This will help increase hydration in your skin before you're exposed to the dehydrating effects of cabin pressure.

2. **Forgo the Foundation:** Skip foundation on the day of your trip, and instead wear only moisturizer. Before you land, add a tinted moisturizer for a fresh, healthy look. If you just can't leave the house without some foundation, put on a primer first -- a silicone-based liquid or cream that puts a layer of protection between skin and makeup. It will help foundation and blush last longer and help keep your skin from becoming dehydrated.

3. **Mist With Mineral Water** To refresh makeup while traveling, never glob on more foundation or blush. Instead, use a mister of mineral water and add a dab of moisturizer.

Next time you are enjoying our wonderful Pensacola Beach



with Safari-Su

give a toast to the individuals who preserved the white sands for your enjoyment.

Try throwing kindness around like confetti. You never know where it will land.



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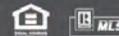
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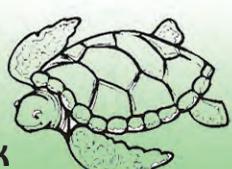
www.extraspace.com

Nature Notes

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

Turtle Trax

By DJ Zemenick



Our Magnificent Miner - The Gopher Tortoise

Just a decade ago, few people would have known what a gopher tortoise was and would have hard time finding one. But today, because of the protection they have been afforded by the state, they are becoming more common. This is certainly an animal you might see visiting one of our state parks.

The gopher tortoise is one of only two true land dwelling turtles in our area and is in a family all to its own. They are miners, digging large burrows that can extend up to a depth of 7 feet and a length of 15 feet underground. However, tortoises are not very good at digging up towards the surface, so there is only the one entrance in and out of the burrow. The burrow of the tortoise can be distinguished from other burrowing animals, such as armadillos, in that the bottom line of the opening is flat – a straight line – and the top is domed or arched shaped; mammalian burrows are typically round – circular. The general rule is one burrow equals one tortoise, though this is not always true. Some burrows are, at times, shared by more than one and some may not be occupied at all.

The tortoise itself is rather large, shell lengths reaching 15 inches. They can be distinguished from the other land dwelling turtle, the box turtle, by having a more flattened dome to the shell and large elephant like legs. The forelimbs are more muscular than the hind and possess large claws for digging the burrow.

Tortoises prefer dry sandy soils in areas where it is more open and there are plenty of young plants to eat; box turtles are fans of more dense brush and wooded areas.

Tortoises spend most of the day within their burrows – which remain in the 70°F range. Usually when it is cooler, early morning or late afternoon, or during a rain event – the tortoises will emerge and feed on young plants.

Most people find their burrows, and not the tortoise. You can tell if the burrow has an active tortoise within by the tracks and scrap marks at the entrance. Active burrows are “clean” and not overgrown with weeds and debris. Many times, you can see the face of the tortoise at the entrance, but once they detect you – they will retreat further down. Many times

a photo shot within a burrow will reveal the face of a tortoise in the picture. There is a warning here though. Over 370 species of creatures use this burrow to get out of the weather along with the tortoise – one of them is the diamondback rattlesnake. So do not stick your hand or your face into the entrance seeking a tortoise.

Most of the creatures sharing the burrow are insects but there are others such as the gopher frog and the gopher mouse. One interesting member of the burrow family is the Eastern Indigo Snake. This is the largest native snake to North America, reaching a length of eight feet, and is a beautiful iridescent black color. The indigo is not dangerous at all, actually it feeds on venomous snakes and it is a good one to have around.

Federal and state laws protect the indigo, as with the gopher frog and mouse. All of these animals have declined in number over the past few decades. This is primarily due to loss of the needed gopher tortoise burrows, which have declined because the tortoises have declined, and this is due to habitat loss and harvesting. Again, tortoises like dry sandy soils for digging burrows. The longleaf pine forest is historically the place to find them but they are found in coastal areas where such open wooded areas exist - even Pensacola Beach.

All of the members of the tortoise community are still protected by state, and – in the case of the indigo snake – federal law, so you must not disturb them if seen. Photos are great and you should feel lucky to have viewed one.

“Lights...Camera...Action!” Although this may be a normal call in Hollywood, lights and flash photography on the beach can disrupt sea turtle action during nesting season. Despite the progress we’ve made with turtle friendly lighting in the past few years, we continue to find many false crawls and have had multiple incidences of post-nesting disorientation this season. Much of the problem can be related to lighting.

False crawls occur when female sea turtles come ashore to nest and something disturbs them or does not feel right, so they return to the water without nesting. Post-nesting disorientation occurs when female sea turtles come ashore, nest, and then become disoriented as they try to get back to the Gulf.

An adult loggerhead sea turtle, the species that most frequently nests in our area, may weigh 200-350 pounds or more. This beautiful creature which swims so gracefully in the sea feels the weight of gravity as she crawls ashore, but focuses on her task. If she’s satisfied with the area, she cups her rear flippers like little shovels and begins to dig a hole, alternating her flippers to scoop out sand. When the hole has gotten as deep as her flippers can dig, she lays her eggs and uses her rear flippers to fill in the nest and tap the sand down. At that point she switches to her front flippers and uses them to throw sand back over her carapace and camouflage the nest from predators. The nesting process has taken about an hour and she is tired, ready to return to her natural environment and

regain energy. If she disorients and wanders toward artificial light, it takes a heavy toll.

JJ Waters, a long-time resident of Pensacola Beach, recently came across evidence of this type disorientation during a morning walk. Her video showed the turtle had wandered away from the Gulf once she finished nesting, at least a block away, undoubtedly drawn toward a home with unshielded lights.

Be a hero! Turn off your outdoor lights and close your curtains. If you see a disoriented sea turtle or hatchlings, please call FWC’s Wildlife Hotline at 1-888-404-3922, #FWC or *FWC.

Nest Update for Pensacola Beach and Gulf Islands National Seashore as of June 25, 2018:

Perdido Key GINS	5
Pensacola Beach	13
Ft. Pickens GINS	10
Santa Rosa GINS	6
Total nests -	34

Super Crossword

SWIMMINGLY GOOD ERA

- | | | | | | |
|----------------------------------|--------------------------------------|------------------------------|--|-------------------------------|--|
| ACROSS | 49 Exterior | 96 End of the riddle | 3 With 90-Across, frighten away | 41 Main port of Norway | 81 Bit of power |
| 1 Good enough | 50 Bremen loc. | 101 Tennis legend Björn | 4 Drunk | 42 Give an alert | 82 Of Jewish scholars |
| 9 Biblical talking beast | 53 Camera for a pro | 102 Election analyst Silver | 5 Jackie’s hubby #2 | 43 Luxurious | 83 Stage actress Duse |
| 12 Chimed | 55 Tongs, e.g. | 103 Gods, to Livy | 6 Small ammo | 44 Tennis legend Andre | 84 Least abundant |
| 16 Game show VIPs | 58 Riddle, part 3 | 104 Use one’s lungs | 7 Brittle-shelled | 45 Civets’ cousins | 85 Difficult |
| 19 — acid (vitamin C) | 62 Reference book’s “Look here, too” | 108 Under control | 8 Back talk? | 46 Long trial | 91 Bring up until able to fly, as a bird |
| 20 At any place | 63 — profit (lucratively) | 110 Soft & — | 9 Grain bristle | 47 Broody | 92 Tianjin locale |
| 22 Grain morsel | 64 “Can — true?” | 112 Classical introduction? | 10 Actor Omar | 54 Intermediary | 93 Baking meas. |
| 23 Start of a riddle | 65 Leaning Tower’s city | 114 Au — (roast beef option) | 11 Shipping rig | 56 BBQ piece | 97 12 in a foot |
| 25 Joanne of “Abie’s Irish Rose” | 69 Play for time | 115 San Francisco’s — Valley | 12 Match official | 57 Flexible card | 98 Impostors |
| 26 Hide-hair connection | 70 Gym tops | 116 Riddle’s answer | 13 Declaration | 59 Fit as a fiddle | 99 Sheer folly |
| 27 Tooth in a machine | 72 Vents vocally | 122 Taxing gp. | 14 Water nymph | 60 Vicious | 100 In the area of |
| 28 Professional wrestler Flair | 73 Atoll part | 123 Playwright McNally | 15 Mardi — | 61 Clever | 105 “— Called to Say I Love You” |
| 29 Oater | 74 Sit next to | 124 Submarine | 16 Not extreme | 65 Bikeway, | 106 Writer |
| 31 Furtive action | 76 Stage design | 125 Cougar, e.g. | 17 Indy 500 entrant, e.g. | 67 Tyler of rock | Godden or actress Willis |
| 35 Movie-archiving gp. | 77 Grows molar, e.g. | 126 Mgr.’s helper | 18 Eye-catchers | 68 Green light | 107 Analytic work |
| 37 River in a Best Picture title | 79 Riddle, part 2 | 127 Salon colorer | 21 S’pose | 70 End up | 109 Comics’ Kett |
| 39 Shah’s land | 81 Exotic berry in fruit juices | 128 Admiration taken too far | 24 “Bejabbers!” | 71 Rudolph’s facial feature | 110 Rip apart |
| 40 Riddle, part 2 | 82 Hold down | | 30 Keep busy | 72 Joins again | 111 Prefix meaning “the same” |
| 44 Tropical rodent | 86 Rural rest stop | | 32 Clerk on “The Simpsons” | 74 “Selma” director DuVernay | 117 Tate displays |
| 47 Former Russ. state | 87 Writer Deighton | | 33 Drop | 75 “— Mir Bist Du Schön” | 118 Agent’s take |
| 48 Folk rocker DiFranco | 88 Giant in foil | | 34 Judges, e.g. | 77 Quirk | 119 Flurry |
| | 89 See 3-Down | | 36 “The Day of the Jackal” novelist Frederick Wilbur of aviation | 78 “Evita” star Paige | 120 Minister’s field: Abbr. |
| | 90 Nov. lead-in | | | 79 Part of QED | 121 Levin or Geršwin |
| | 92 Very focused | | | 80 “Back to the Future” bully | |



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Now is the Best Time to Sell Your Condo. Prices are up - Inventory down. Kim Gibbons, Emerald Coast Realty, 850-380-9064 Emerald-Coast-Realty.com

Amazing views of the Santa Rosa Sound from this 3 BR/ 3.5 BA, townhouse in Pensacola Beach's Bahia Paz complex. This unit overlooks the property's common area with its sparkling pool and tropical landscaping. \$349,000. Jeremy Johnson, Levin Rinke Realty. jsrealtor@gmail.com or 850-377-3145

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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.

Be a lifesaver. Consider adopting a pet from the Escambia County Animal Shelter. Located at 200 W. Fairfiled Drive, Pensacola. 850-595-3075 https://www.myscambia.com/our-services/animal-services/animal-shelter/adoption-information



Calendar

JULY 2018

- 10: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. VisitPensacolaBeach.com The Reunion Band
- 11: Blue Angels Circle and Arrival Maneuvers, 8 a.m.
- 11: SRIA meeting, 5 p.m. #1 Via de Luna. Open to the public. Agendas available at www.sria-fla.com
- 12: Blue Angels Practice Show, 2 p.m.
- 13: Pensacola Beach Air Show Dress Rehearsal. Civilian Aircraft, noon. Blue Angels, 2 p.m.
- 13: Pearl Clarkin Concert, Space-ship. 5-8 p.m. https://www.facebook.com/events/561150984261697/
- 14: Pensacola Beach Air Show. Vendors, kiosks 8 a.m. Show at noon. Blue Angels fly at 2 p.m.
- 15: Mere Mortals Triathlon Training Group. 6 a.m. Gulfside Pavilion, Casino Beach. Membership required. TriGulfCoast.org
- 15: Beach Ecology Walk, 8 a.m. Meet at Walkover 27B. Free. One hour. Questions? Call 850-687-9968 or email christian@healthygulf.org
- 15: Art on the Boardwalk, Noon to 6 p.m. Pensacola Beach Boardwalk.
- 15: Sunset Yoga, 6 p.m. behind Hilton. Nominal charge.
- 17: SRIA -County Commissioners Joint Meeting, BCC Boardroom, 5:30 p.m.
- 17: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. VisitPensacolaBeach.com Bay Bridge Band
- 20: Star Gaze, Gulfside Pavilion, Dusk. Weather permitting. Escambia

- Amateur Astronomers Association. No charge, open to everyone.
- 21: Star Gaze, Gulfside Pavilion, Dusk. Weather permitting. Escambia Amateur Astronomers Association. No charge, open to everyone.
- 22: Mere Mortals Triathlon Training Group. 6 a.m. Gulfside Pavilion, Casino Beach. Membership required. TriGulfCoast.org
- 22: Sunset Yoga, 6 p.m. behind Hilton. Nominal charge.
- 23: Vacation Bible School at The Beach Church. 9 a.m. til noon. All week. Free. TheBeachChurch.com for more.
- 24: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. VisitPensacolaBeach.com
- 25: SRIA meeting, 5 p.m. #1 Via de Luna. Open to the public. Agendas available at www.sria-fla.com
- 28: Race for the Roses, all female regatta. Pensacola Beach Yacht Club hosts.
- 29: Mere Mortals Triathlon Training Group. 6 a.m. Gulfside Pavilion, Casino Beach. Membership required. TriGulfCoast.org
- 29: Beach Ecology Walk, 8 a.m. Meet at Walkover 27B. Free. One hour. Questions? Call 850-687-9968 or email christian@healthygulf.org
- 29: Art on the Boardwalk, Noon to 6

- p.m. Pensacola Beach Boardwalk.
 - 29: Sunset Yoga, 6 p.m. behind Hilton. Nominal charge.
 - 31: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. VisitPensacolaBeach.com
- AUGUST**
- 4: Bushwacker 5K, Capt'n Fun Runners. Start Gulf Breeze, Finish Line at Boardwalk.
 - 5: Mere Mortals Triathlon Training Group. 6 a.m. Gulfside Pavilion, Casino Beach. Membership required. TriGulfCoast.org
 - 5: Sunset Yoga. Each Sunday behind Hilton, 6 p.m. Nominal charge.
 - 7: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. VisitPensacolaBeach.com
 - 8: SRIA meeting, 5 p.m. #1 Via de Luna. Open to the public. Agendas available at www.sria-fla.com
 - 11: Sea Turtle Baby Shower, 11-2, Landshark Landing. No charge.

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Super Crossword

Answers

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A	S	C	O	R	B	I	C	W	H	E	R	E	V	E	R	O	A
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B	O	R	G	N	A	T	E	D	E	I	R	E	S	P	I	R	E
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Business Buzz

TOPPING THE CHART

The Grand Marlin on Pensacola Beach is the only restaurant in Northwest Florida to receive a top 100 Al Fresco restaurants in America for 2018 designation. The listing highlights restaurants that offer stunning views, delicious menus and, above all else, incredible outdoor dining experiences.

"We strive daily to create a truly unique dining experience for our guests. We are humbled to be recognized with this distinction," said Bryan Housley, Operating Partner and President of The Grand Marlin.

The list of honorees was selected from more than 12 million verified Open Table user reviews of more than 27,000 restaurants in all 50 states and Washington D.C.

SAND NOT SNOW

The Pensacola Ski and Travel Club is wheeling around the west end of the island. The group hosts a casual bike ride September 22 at Fort Pickens, followed by a picnic lunch. For membership information, go to pensacolaskiandtravelclub.com.

SNOW AND VAN

If you want to get a heat busting treat, walk up to the super groovy VW Van on Flounder's front porch and order a snow cone. Or go to the beachfront tiki bar and order a frozen drink.

READ UP

Quint Studer is author of "Building a Vibrant Community" and founder of Pensacola's Studer Community Institute, a nonprofit organization focused on improving the community's quality of life and moving Escambia and Santa Rosa counties forward. He is a businessman, a visionary, an entrepreneur, and a mentor to many. If you are looking for a good summer read, "Building a Vibrant Community: How Citizen-Powered Change Is Reshaping America" (Be the Bulb Publishing, 2018, ISBN: 978-0-9981311-1-5, \$24.95) is

available at Amazon.com.

ZAP SAFETY

With summer storms popping up quickly in the afternoons, businesses need to guard the welfare of their guests and staff. Lightning is a serious threat. Remember: When thunder roars, go indoors. Find a safe, enclosed shelter. For more safety tips about lightning, go to <https://www.cdc.gov/features/lightning-safety/index.html>

HOOFIN' IT

Grace-Torres Hodges, DPM leads a seminar, "What Your Feet Say About Your Health" Friday,

July 27, Andrews Institute Athletic Performance & Research Pavilion, 1040 Gulf Breeze Parkway, in Conference Room B. Lunch is

at 11:30 a.m. Seminar begins at noon. For more information or to make a reservation, please call 850-469-7897.

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Pensacola Beach's premier wildlife photographer Harry Purcell captured this photo of Snowy Egret fledglings at Morgan Park, June 25 during what appears to be an aviary affray. Apparently these young fellows were trying out their fighting skills. Morgan Park which is located on the Sound is a rookery for shorebirds and an oasis of greenery for humans. The park is open at no charge.

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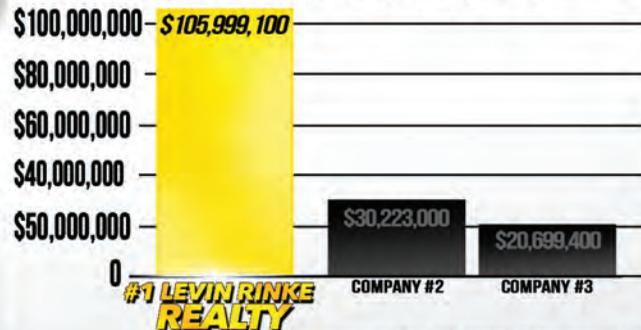


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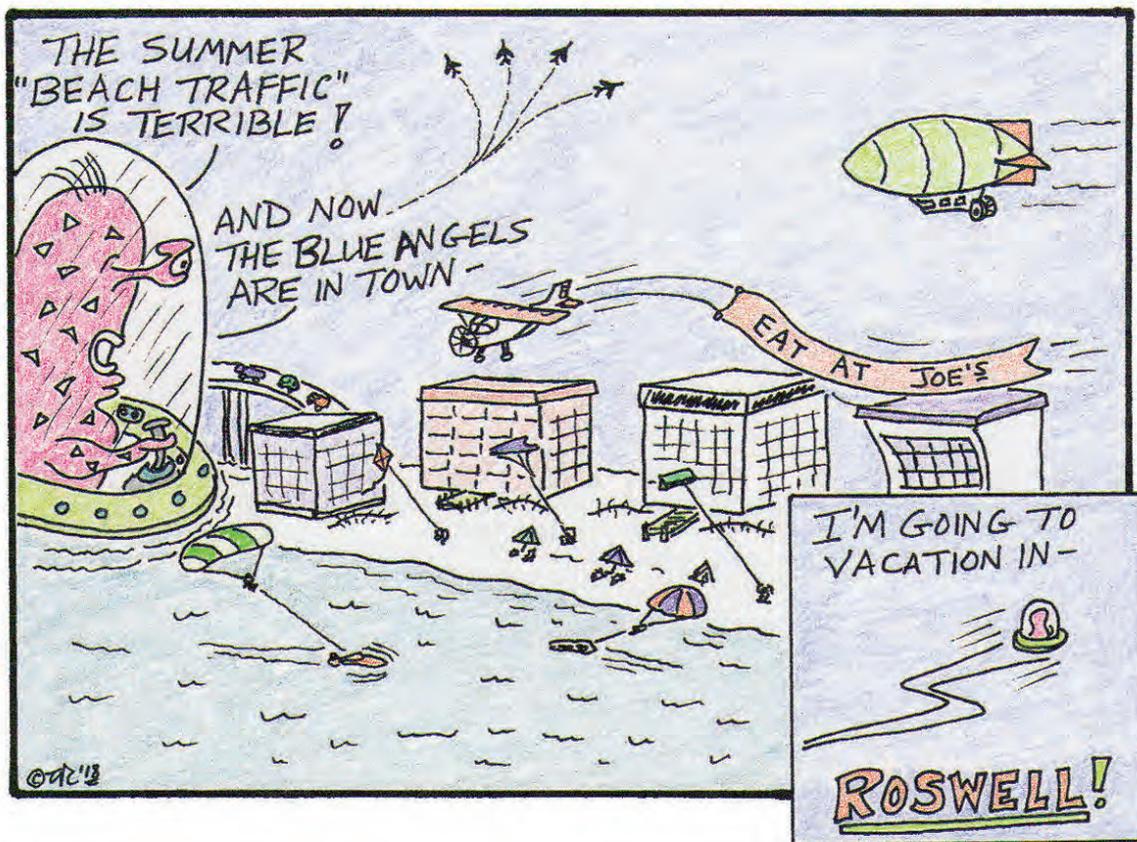
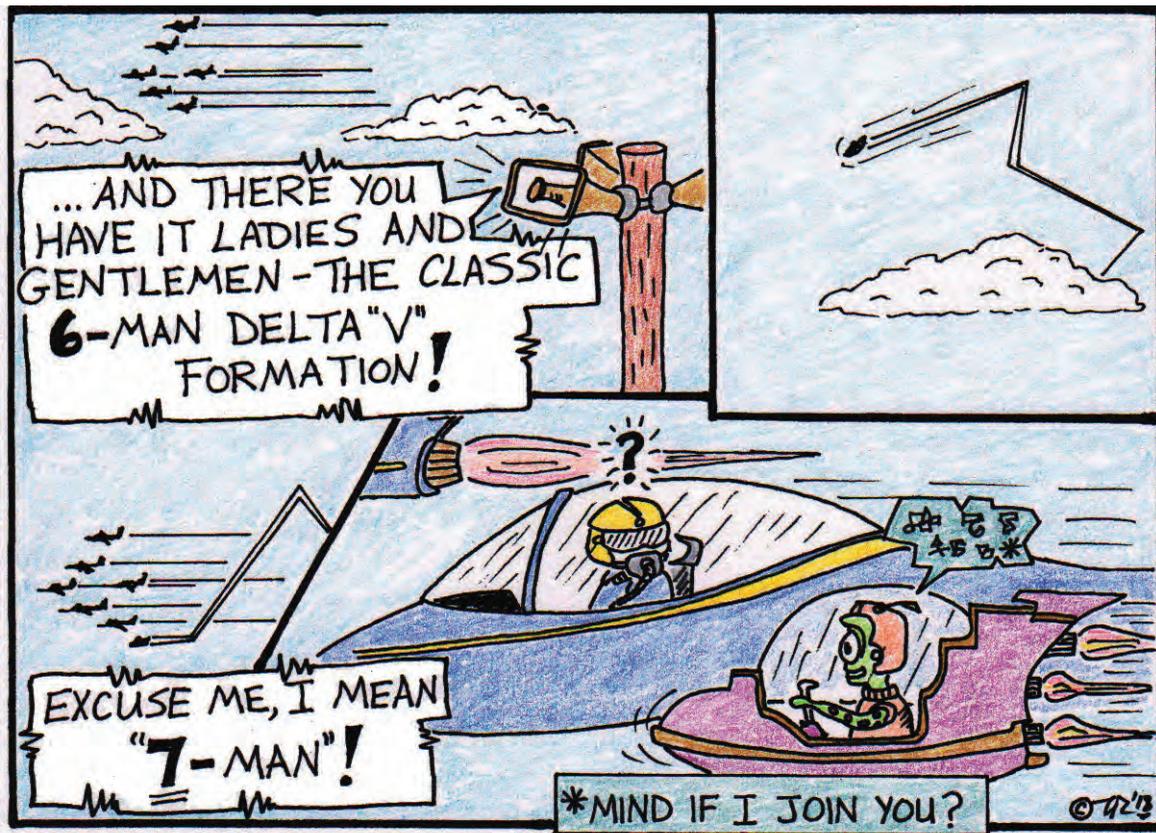


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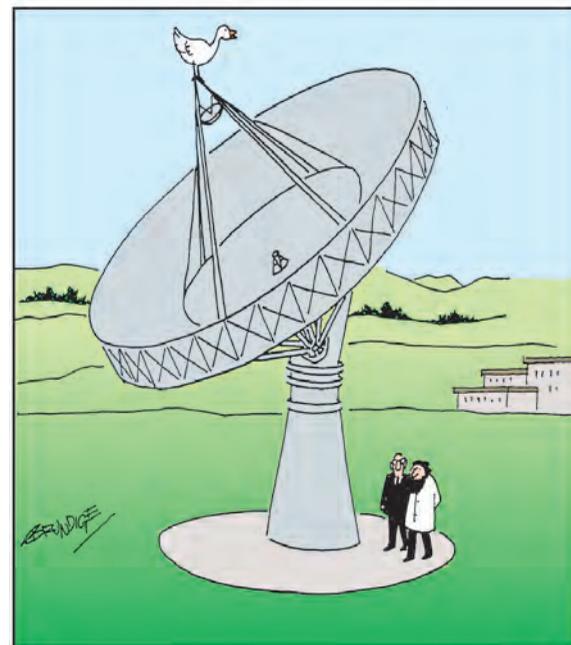
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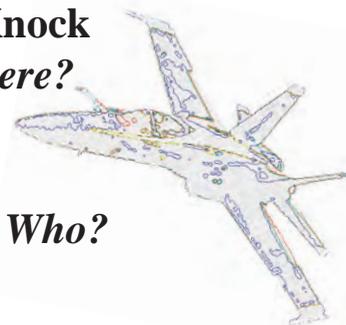
LAFF - A - DAY



"Lately we seem to be picking up a confusing profusion of space debris."

About the artist... Tim Riley is a native of Panama City, Florida. His work spans multiple media platforms from newspapers to commercial and residential projects across the southeast. His Sci-Fi based cartoon strip T.R.&Co.® has been a Fan favorite since 1981. Riley has published a trio of books showcasing his work. Island Times is honored to publish Riley's two strips which he created specially for our Blue Angels edition. For more, go to TRNCO.weebly.com

**Knock, Knock
Who's There?**



**Dab Lose
Dab Lose Who?**

Dab Lose are flying this week.

R.F.D.

by Mike Marland



After Sundown.....

CRABS ON THE BEACH

Only restaurant on Pensacola Beach offering breath taking views of the Gulf while dining directly on the beach. Come as you are straight off the sandy beach and enjoy our indoor/outdoor bar and gulf side deck. Crabs has the largest selection of Crab on the beach, was voted Best Crab by News Journal readers. She Crab Soup,



, 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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Celebrating almost 40 years of Floundering 'neath the moon and stars. Offering fresh Seafood including Tuna, Mahi, Red Snapper, Grouper, and of course Flounder! Award winning chowder, po boys, burgers and Pensacola Beach Style baked oysters. Sample our Fresh catch including the Shrimp Boat Platter - loaded with shrimp cocktail, Coconut shrimp, fried shrimp, popcorn shrimp and U-peel ems. Kids love our Pirate Ship playground located on our beach - well within view of dining parents. For late night revelers - Flounder's is host to the world's finest beach bands. Dance all night on Flounder's beach to the most popular bands from across the south. Open 7 days a week. Sunday Brunch.



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Million signed dollar bills hanging from the ceilings of the pub. Live entertainment coupled with great food and warm and friendly service by Employees who Give a Damn! Visit our on-site brewery and the Sweet Molly McGuire Wine Cellar featuring the complete vertical collection of the Chateau Mouton Rothschild Artist Series. Featured on NBC's 'Today' Show, highly recommended by Fodors, Frommers and AAA travel guides, Florida Trend Magazine Hall of Fame Member.

Open every day at 11, 850-433-6789, mcguiresirishpub.com

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Tucked away in the parking lot of the Paradise

Inn, it's directly on Santa Rosa Sound. Boat and Bicycle parking. Open 7 days. 850-916-5087.



SANDSHAKER LOUNGE

The "World Famous Sandshaker"- a Pensacola Beach Tradition since 1973. Home of the Original Bushwacker. Been selling this signature drink for over 40 years. First bar on the Beach to offer this tasty frozen concoction. Something's always shakin' - Monday half price BARE 10 a.m. til close; Trivia at 9 p.m., Tuesday is Karaoke with Becky,

Throwback Thursday with half price drinks if you have on your Shaker Shirt. Live Entertainment Year Round Wed-Sunday. Check out the Gift Shop. Across from the Boardwalk. Open 10 am - 3 am. 850-932-2211. Check out our calendar! www.sandshaker.com



PEGLEG PETE'S

Ahoy, Matey. You've found a Pensacola Beach treasure. Pirates welcome. Fresh Gulf seafood served in the galley or outside on the awning covered deck. Glass front bar overlooks LaFitte Cove. All kinds of oysters. Live lobster. Gumbo. Dinner specials nightly. Sizeable sandwiches and burgers for Landlubbers. Take home a t-shirt.



Look for the Jolly Rogers flying over the west end of the Island at 1010 Fort Pickens Road. We're here everyday at 11. 932-4139. www.peglegpetes.com

SHRIMP BASKET

At Shrimp Basket, we stay true to our coastal roots. Come as you are straight off the beach, or dress up for a night out with friends. Offering a variety of seafood favorites including shrimp tacos, mahi-mahi, oysters, seafood gumbo and much more! And for those who prefer land, we've got chicken, po-boys and burgers for you too!



Shrimp Basket, we're grillin', steamin' and fryin' for you! Now offering online ordering at shrimpbasket.com or call ahead 850.677.0646.

FRISKY DOLPHIN SUNSET OYSTER BAR & GRILL

The Frisky Dolphin Sunset Oyster Bar and Grill overlooks Little Sabine Bay. Waterfront, open air tables and water-view dining room seating gives our guests the best of casual dining options. Offering a full menu of fresh seafood expertly prepared, salads, steaks and even a Kid's menu, the Frisky Dolphin is a welcoming spot for lunch and dinner. Full service bar. Try our Key Lime Pie. www.FriskyDolphin.com,

715 Pensacola Beach Blvd, next to The Sandbar, 850-934-3141.



SIDELINE'S SPORTS BAR AND RESTAURANT

Score! Don't miss a point. See it all in high definition - 11 big screens, 42 televisions. If it runs, jumps, races, it's here. Famous for Thursday Wing Night. Burgers. Seafood and Ribs. Kids menu for the JV players. Full bar. Indoor or outdoor seating. Video sports games.



Centrally located on Via de Luna, just east of the main parking lot and the traffic light. Kick off at 11 a.m. seven days a week. 934-3660.

BAMBOO WILLIE'S BEACHSIDE BAR

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



SHAGGY'S WATERFRONT BAR & GRILL

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



Never Hurts To Tri



By Charles Gheen
USAT Certified Race Director
Santa Rosa Island Triathlon

You Only Have Two Of Them

There are many injuries associated with running and they all get their fair share of attention and notoriety. These physical traumas are generally the result of an accident instead of just normal wear and tear. After shoulders, your knees are the body parts most associated with sports injuries. These are complex and durable hinged joints that provide mobility and stability for your legs and body.

Your top leg bone (the femur) and your shin bone (the tibia) meet at your knee. There are four major ligaments (your ACL, PCL, LCL and MCL) helping to hold these bones together and stabilize the joint. Supportive ligaments, muscles and tendons further solidify the joint and allow it to move forward and backward smoothly. Cartilage is found between the two large bones for cushioning and stability. The fibula (a second lower leg bone) and the kneecap (the patella) are the final components of this physiological marvel.

I'm explaining this because my knee was hurt this weekend in a dumb incident that resulted in it becoming swollen and immobile very quickly. After a trip to Urgent Care, I have an appointment with a specialist for a follow-up exam and treatment. I've been preparing for a huge race in Atlanta for weeks and I probably have to realize that event is going to be out for me. I'm very disappointed, but I'm looking forward to rehabbing it and getting out there running as soon as possible.

The huge concern is that this may result in long-term problems, like arthritis, that won't go away. Anyone in this situation has to keep working, keep following the treatment protocol (anti-inflammatories, ice, elevation, etc.) and come back intelligently. These joints are awesome, but you only have two of them.

Learning To Fly

Gliding along on the water's surface on a paddleboard in the early morning sun, I was staring

down intently as perhaps 125 swimmers went by me in Santa Rosa Sound. On this gleaming Sunday I was enjoying watching the action just a few feet below me. I watched their strokes, their body coordination and their breathing. Although they were involved in the same general activity, there were several different levels of strength and skill on display.

You can see and learn a lot from a vantage point above a person in motion. That is true for any activity, but swimming seems to be the most telling. That's why swimming coaches walk along the side of the pool as their athletes train. Sometimes they sit up in the lifeguard's chair so they can observe more swimmers, but the object is always the same.

As you're watching you can see that some people are very efficient with their body rotation and their catch and pull. They seem to float across the water even though they are obviously putting out an appreciable amount of effort. Those less proficient seem to be fighting against the water and they start to tire out faster.

Those who make the largest visual impression immediately are the ones who really can't swim. There are those who can mimic the motions, but they are not really comfortable and so they won't practice enough to hone their skills and build their endurance. They can "get by." The others who can't swim are those who "dog paddle" or even freestyle for a short period of time. Soon they will tread water, switch to a breast stroke and then flip over on their backs.

There was a person at the end

On The Calendar:

The Zarzaur Law Sea Turtle Youth Triathlon will be Sunday, October 7 on Pensacola Beach. The event features a full triathlon experience for children from 7 to 15 years-old while friends and family cheer them on. With a fully supported event on a closed

course, safety and encouragement from volunteers complement the excitement of children becoming triathletes.

Early registration opened July 1. Event is limited to 250 athletes. More information and entry, go to www.tgcyouthmulti-sport.org/triathlon.html

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Tweens Get Techy At Library

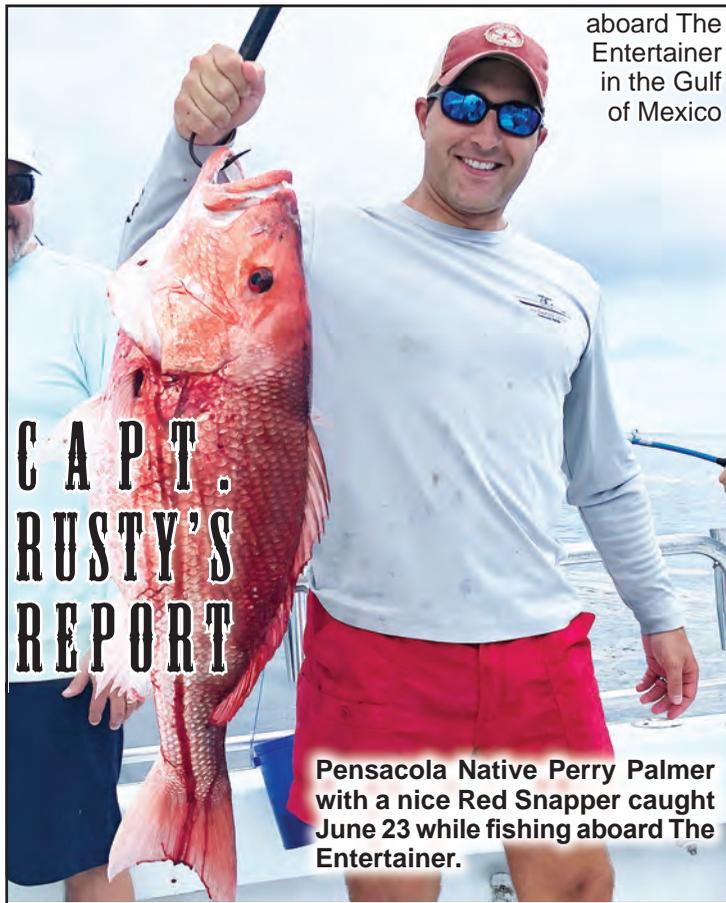
The Gulf Breeze Library will host an information session "Robotics and Tech for Tweens & Teens" Tuesday, July 31 at 4 p.m. The library is located at Shoreline Drive in Gulf Breeze.

Tweens and teens ages 10-17 who are interested in robotics, coding, Arduino, virtual reality, and all things tech-related are

invited to join this information session concerning forming a robotics and tech club.

This is an opportunity to be a founding member of a great new club. Beginners through expert level are welcome.

Find more information at www.santarosa.fl.gov/libraries or 850-981-7323.



aboard The Entertainer in the Gulf of Mexico

CAPT. RUSTY'S REPORT

Pensacola Native Perry Palmer with a nice Red Snapper caught June 23 while fishing aboard The Entertainer.

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Off the Hook

By Terri McKamey

The fishing has been great! Aboard the charter boat Fishing Frenzy, Juan and his crew from Arkansas managed to catch their limit on Red Snapper, Black Snapper, King Mackerel and Mahi Mahi. Not only did they have a fantastic day catching fish, they aren't going to have to worry about dinner either. If Arkansas is the "Land of Opportunity" then boy, they showed that to be true here, too. What a great vacation fishing trip with stories to tell for years to come!

They are really getting it done over at Fishing Frenzy with Captain Joseph Dewberry. All of our local charter boats are experts at putting you on the fish.

For those who prefer to stay on land, there's plenty of action to be had fishing the grass flats for Speckled Trout and Redfish. Try surf fishing for Whiting, Mackerel, Ladyfish, Drum and Redfish - just to name a few. Fishing from the Gulf Pier is good for both Spanish and King Mackerel, and

Mahi Mahi. Don't forget about the fishing bridge. My only suggestion would be to start your day early or finish your day late with some great fishing. Avoid the heat of the day and those pop up thunderstorms, for the best luck.

With the Blue Angels getting ready for the best air show ever, plan an early morning, get in

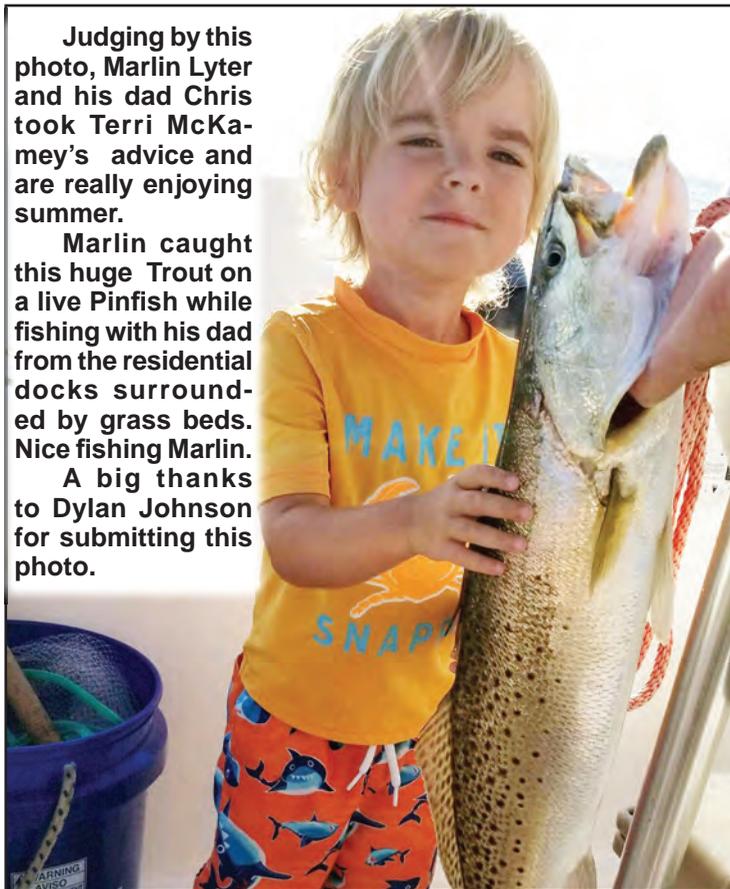
some great fishing and avoid the parking issues by starting the day before sunrise with your family. Bring the necessities for a full day on the beach. Lots of water, sunscreen and lunch, then sit back and enjoy the show.

Whatever your plans may be, grab a kid and go fishing! It's the perfect time of year.

Judging by this photo, Marlin Lyter and his dad Chris took Terri McKamey's advice and are really enjoying summer.

Marlin caught this huge Trout on a live Pinfish while fishing with his dad from the residential docks surrounded by grass beds. Nice fishing Marlin.

A big thanks to Dylan Johnson for submitting this photo.



Captain Joseph Dewberry put this crew of anglers on the fish during a recent chartered trip aboard the Fishing Frenzy. The guests are from Arkansas and managed to catch their limit on Red Snapper, Black Snapper, King Mackerel and Mahi Mahi. They had a fantastic day of fishing which added to the fun of a Pensacola Beach vacation. Plenty of memories and great local fish to eat and take home. Fishing columnist Terri McKamey says locals and visitors need to get out and fish.

One Stop Shop for the Watersports Enthusiasts

Pensacola Beach at the Boardwalk



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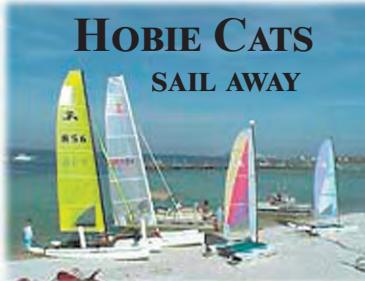


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Fri: Francisco Vidal, 3 PM, Philo, 9 PM
Sat: July 14, Party at noon
Post Show Party with Philo, 9 PM

Something's always Shakin'

Monday: 10 AM - til
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 til
7/12 Raising Karma 8 PM
7/19 Heavy Drop 8 PM

Friday & Saturday
7/13-14 Philo 9 PM
7/21 Tim Morgan, 3 PM
7/20-21 Local Broadcast 9 PM

Sunday
7/15 Lektric Mullet, 4 PM
7/22 Jay Williams Band, 4 PM

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'Neath the moon & stars on our beach



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Crab Traps – \$6.00

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10 am to 2 pm

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Sunday: 10 am to 10 pm



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