

# ISLAND TIMES

Volume XIV, Number 11

Pensacola Beach, Florida

September 18, 2018

# Shuffle Up And Deal

Texas Hold 'Em  
4444 Fun  
Hosts Annual  
Poker Tourney



Celebration 4444 Education  
Benefits Beach School  
Music Program

It's a big deal...the Texas Hold 'Em 4444 Fun Celebration 4444 Education poker tournament is Saturday, September 29 at 3 p.m. at Paradise Bar and Grill. Texas Hold 'Em 4444 Fun was recognized by the Escambia County School District as a Champion of the Arts for its support of Pensacola Beach Elementary School's Music Department. The event, in its twelfth year, is going to be bigger and better than ever according to poker player Annie Chavis, left, and event organizers (L to R): Paradise General Manager Renee Mack, Texas Hold 'Em 4444 Fun owner Rick Uzdevenes and Tournament coordinator Terri McKamey. Everyone is welcome to play. Put on your poker face and turn to page 2 for details.

# Hold Em Or Fold Em, Play For The Kids

Put on your poker face. The Texas Hold 'Em 4444 Fun Celebration 4444 Education is Saturday, September 29 at 3 p.m. at Paradise Bar and Grill. The charity event, in its twelfth year, returns to one of its very first venues at the soundfront poker tables at Paradise. It's an afternoon of Texas Hold 'Em 4444 Fun to benefit the Pensacola Beach Elementary School's Music Department.

Players of all levels are welcome to enter for a \$20 donation. The call to "shuffle up and deal" will be at 3 p.m. If you are a rookie or a little rusty, dealers are patient and ready to help.

"We mean it when we say '4444 Fun,'" said Rick Uzdevenes, Texas Hold 'Em 4444 Fun owner. "Bring your friends. You can sit at the same table. Play some cards."

The tournament play will break at the top of each hour, with the final table being seated about 7 p.m. Awards will follow the conclusion of play.

The grand prize for this year's event is courtesy of Paradise Bar and Grill. General Manager Renee Mack is offering an overnight stay at Paradise and bar tab to the tournament winner. Runners-up will be allowed to choose among gift cards, bottles of wine and other wonderful prizes.

Celebration 4444 Education co-organizer Terri McKamey has assisted with this tournament for years. She's an accomplished Hold 'Em player, who finished in second place last year. The 2017 tournament champ, Pensacola Beach's Tommy Grice, will be at the poker tables to defend his title.

"I will be there," said Grice, who currently holds the titles of Poker Champ and the Beach's Biggest Saints Fan.

You don't have to play to

come away a winner. There will be two chances to win raffle baskets. One for Wine Lovers and the other for Movie Buffs. Tickets will be \$1 each and all the proceeds will be donated to the Beach School's Music Department.

If poker players and elementary students seem like an unlikely pair, poker promoter Rick Uzdevenes explains why the tournament proceeds are dedicated to the music department.

"I am a bluesman, and many of our players are musicians," said Uzdevenes. "The arts, and particularly music, are not being funded like math and science, so we wanted to ensure that the beach kids had what they needed to study music."

That commitment to music caught the attention of the Escambia County School District. Texas Hold 'Em 4444 Fun and Rick Uzdevenes were designated as a "Champion of the Arts" in Escambia County for 2018. School Superintendent Malcolm Thomas made the award to acknowledge the "dedication and support to Fine Arts Education" that the poker promoter and players have shown over these last twelve years.

Beach School Music Teacher Mary Holway, said, "Rick and his Celebration 4444 Education tournament have raised right around \$11,000 for the music department."

Holway pairs the donations with funding allocated by the Pensacola Beach Elementary PTA to augment the music education department equipment and programs.

"I have updated the instruments," commented Holway. The students play instruments ranging from unpitched drums, beat sticks, triangles, and shakers, to bucket drums, recorders,

and Orff instruments. Two years ago, I bought a full class set of soprano ukuleles that we have been having the best time playing!"

Additionally funds have helped with sheet music, books and a portable keyboard. The donation also helps defray the cost of field trips to the Pensacola Symphony, Pensacola Children's Chorus, and to bring in educational outreach groups such from Pensacola Ballet and Pensacola Opera.

Texas Hold 'Em 4444 Fun players will have music to bet and bluff by. At 6 p.m. Long

Tall Deb and Colin John will be on the Paradise stage. The duo, who've played all over the globe, released their most recent album, Dragonfly in March 2018.

Uzdevenes said there may be a few surprises. You never know who will show up at Paradise.

"Everyone should come out and support this event," said Uzdevenes. "Good music, food and drinks at Paradise, plus the chance to bluff your way to a win at the poker tables. It's all for the kids and their music education."

The Celebration 4444 Education is more than just a good

time, it's mission critical to support the arts.

"Rick and the players are a group of people who all are music lovers and musicians," commented Holway. "They believe that support for music in our schools is more than just important, it is essential."

For more information, contact Uzdevenes at 850-324-2667.

## Celebration 4444 Education Schedule

3 p.m.	Shuffle Up & Deal.
4 p.m.	First Break. Re-buy for chips
5 p.m.	Second Break
6 p.m.	Third Break
7 p.m.	Final Table

## Ferries Offer Weekend Service, Specialty Cruises From Beach

Ferry service between Pensacola, Pensacola Beach and Fort Pickens will operate on Saturday and Sunday through November 25, according to the schedule released by Pensacola Bay Cruises. The ferry leaves Pensacola and travels to the dock at Pensacola Beach Boardwalk every two hours beginning at 9 a.m. The last ferry leaving Pensacola Beach departs at 6 p.m.

Riders may take the ferry from Pensacola to Fort Pickens at 10:30 a.m. and the return ferry travels from Fort Pickens to Pensacola at 3 p.m.

Pensacola Bay Cruises offers a list of special cruises. Riders can cruise in the Sound to watch the Blue Angels practice.

The Blue Angels cruise leaves Pensacola at 9:30 a.m. and Pensacola Beach at 10:30 a.m. on Tuesday, September 18 and Tuesday, September 25.

Dolphin Watching Cruises are offered each Saturday and Sunday leaving Pensacola

and military. Children's tickets are \$15.

The Pensacola Beach Songwriters Festival have booked the Pensacola Bay Ferry for two specialty events. "Looking for a Good Time" Sunset Cruise is set for Friday, October 5 at 5:30

p.m. Tickets, which include songwriters performances, appetizers and two free drinks are \$40 per person. The "I'm Movin On" Daytime Cruise is Saturday, October 6 at 1:30 p.m. The tickets are \$30 and include two drink tickets. Both cruises leave from the Pensacola Beach Boardwalk's pier.

Tickets are limited and can be purchased at PensacolaBeach-SongwritersFestival.com.

For more information about the Pensacola Bay ferry, tickets and schedules, go to [www.PensacolaBayCruises.com](http://www.PensacolaBayCruises.com) or call 850-497-6005.



## Island Times

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### Mark Your Calendar

**BCC:** Thursday, Sept. 20, Agenda Review, 9:15 a.m.; Public Forum, 4:30 p.m.; Board Meeting, 5:30 p.m. 221 Palafox Place. [www.myscambia.com](http://www.myscambia.com), Questions? District Four 850-595-4940

**SRIA:** Wednesday, September 26, 5 p.m. SRIA Boardroom, #1 Via de Luna. Santa Rosa Island Authority Committee Meeting. Agenda available at [www.sria-fla.com](http://www.sria-fla.com)

**BCC:** Thursday, Oct. 4, Agenda Review, 9 a.m.; Public Forum, 4:30 p.m.; Board Meeting, 5:30 p.m. 221 Palafox Place. [www.myscambia.com](http://www.myscambia.com), Questions? District Four 850-595-4940

**SRIA:** Wednesday, Oct. 10, 5 p.m. SRIA Boardroom, #1 Via de Luna. Full Board Meeting. Agenda available at [sria-fla.com](http://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/disoriented turtle: **1-888-404-3922, #FWC or \*FWC or 850-916-5636** (NPS Wildlife Response)

# 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 Island Newspaper  
May 19, 1993**

Jim Sheffer was never really considered a bona fide card carrying member of the Krewe of Wrecks. That oversight should be immediately corrected, and he should receive one more honor, a lifetime membership in the Island krewe. When he

first agreed to emcee the Champagne Breakfast in 1982, most of the beach people in attendance didn't know who he was, and they didn't care. Others visualized him as a holy ogre who sat in his office the SRIA, where he figured out ways to terrorize beach residents and businesses. Many respected his integrity and

conduct as the General Manager of the Island Authority. Only a few knew his quick Irish wit and partying expertise would soon endear him to the Wrecks who are wholeheartedly attached to him. Krewe members say it's o.k. for him to retire from work, but he can never retire from play. When the Krewe of Wrecks

began in 1980, Jim made it pretty plain that he would always be going to Mardi Gras in New Orleans, and watching the famous parades with his friends in the Big Easy. But, in 1982, he changed his mind, and emceed the Champagne Breakfast. Every year after that, Jim has stepped to the podium at the breakfast, and announced that the REAL MARDI GRAS is on Pensacola Beach. He discovered that year, all the fun the Wrecks were having and he soon became a pillar of beach revelry. Once the Wrecks realized that the GM was a hundred percent behind their celebration, was forever willing to swig champagne and join them in their make believe world, they signed him on permanently. It was unthinkable that Wrecks breakfasts, parades, street dances and judging panels would ever go forward without Jim.

with a hoarse voice, aching feet and a headache. He danced in the streets, played his guitar and sang, told hilarious jokes in the midst of the bedlam which followed the parade. He tramped to the tune of "Come to the Mardi Gras," and the Wrecks cheered for him, laughed with him and appreciated all he was willing to do for them.

Now, Jim is leaving the island. He will no longer come to his office to figure out how to terrorize the beach residents and businesses. He won't be at the beck and call of the members of the SRIA board. And, he won't be directing the setting up of Authority equipment for the use of the Wrecks. It is rumored that he will play a lot of golf.

But Beach partyers are confident that Jim will leave the clubs in the closet and will be on hand as usual on Mardi Gras weekend, hobnobbing with the Krewe of Wrecks. Since he will no longer be the GM at the SRIA, Jim will need a new designation. The Wrecks must confer on him the title, Lord High Chamberlain of the Order of the Popping Champagne Corks. As Wrecks Emeritus, I say, Jim consider yourself so dubbed. And don't even think about going to New Orleans for Mardi Gras.

## Wrecks Kick Off Season Early Fred Flounder Rolls Out The Red Carpet

The Wrecks are setting the stage for new traditions and added celebrations with a September membership event. The Krewe of Wrecks Board invites everyone to Flounder's, Monday, September 24 beginning at 5 p.m.

According to Sec. Wreck Melanie Waite, krewe memberships and event tickets will be available for purchase for the first 30 minutes and after the meeting.

"This will not follow the format of regular Wrecks meetings," commented Waite. "Arrive around 5 p.m. and grab a drink. Happy Hour prices end at 6:10 p.m."

Running Around Wreck Jeff Goudey will conduct a brief meeting at 5:30 p.m.

The Wrecks will not be providing refreshments at this meeting. Krewe members are encouraged to order appetizers or stick around and have dinner at Flounder's.

The reigning Wrecks court members - Captain Alex Goldberger; First Mate Alice Aman Ramsey; Ships Officers Gary and Dicksie Booker, Jayne Atkins and Jackie Henderson; Deck-



The Krewe of Wrecks crowned their royalty at Crab's, February 10. Serving the beach's original Mardi Gras krewe are (L to R): Ships Officers Gary and Dicksie Booker, Deckhand Chad Brandon, First Mate Alice Aman Ramsey, Captain Alex Goldberger, Deckhand Cayle Sessions, and Ship's Officers Jayne Atkins and Jackie Henderson.

hands Chad Brandon and Cayle Sessions - did not get a chance to parade in 2018. For the first time in Wrecks history, officials cancelled the Wrecks parade due to severe weather.

Membership dues are \$35 per person. For more information, check out the Krewe of Wrecks online or on Facebook.



Go Gators! Central Waterside Church hosted Game Day, Sunday, Sept. 9 on the soundfront beach behind Hemingway's. The University of Florida Tent was hosted by Greg Coffield, left, and April Glover. Fans got a taste of Greg's famous Gouda Cheese Grits. Burma Davis was on the team, too - just not in photo.

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# PEOPLE

## BEACH BIRTHDAY

Ronnye Thomas had careful plans for his September 7 birthday. Ride his bike, have some beers and check out the Corvettes that converged on the beach for their annual show. Happy Birthday Ronnye and many more.

## LOUISIANA'S LEE ANN

When Louisiana's LeRoux takes the stage over Labor Day weekend at Paradise, that means Lee Ann Broussard is on the beach. The marketing guru has been known to get up on stage for a song or two. She had a new experience this year. She stayed a few extra nights while Tropical Storm Gordon roared across the island. She did not like it. The Louisiana Lady prefers calm winds and no rain. But, she has a good story to tell about riding the storm out.

## THEY ARE BACK

Most-of-the-time Beach residents Dan and Jane McGrath are back. They take a couple of months to visit up north while the beach temps are high, then come home to Santa Rosa Dunes. Good thing. Their gang of friends at SRD is revving up the party engine.

## INTO THE ARCHIVES

Paul Gomez contacted *Island Times* to request a copy of a photo that ran on the front cover of *The Islander* Newspaper in 1989. The teenagers in the photo

had to attend Gulf Breeze High School temporarily after a barge rammed the bridge. It made travel from the island difficult, and these kids were attending high school in Pensacola. So far, the photograph has not been located. Hurricanes Erin, Opal, Ivan and Dennis put a damper on many of the newspaper archive boxes and washed some out into the Sound.

## BEV'S BOUNTY

Beverly Watkins' friends on Facebook got to see a photo of her harvest. A variety of bell and hot peppers grown in pots at her beach house. Although she is a very humble farmer, anyone who has tried to coax edibles on the beach knows it's not easy. Ask Ariola Drive resident Annie Chavis about her vegetable garden. She has an amazingly green thumb, and can tell you what not to grow.

## SMARTY OR PARTY

The Gulf Breeze High School Debate Team hosted their annual Trivia Night, September 14, to support their competition and travel schedule. The questions are not easy according to the Beach's Wendy Kauffman who is one of the organizers. Her team, dubbed Team Chaos, is comprised of some bright ladies - Christine Brewster, Kelly Will and Tara Turk. Will they be smart or just there for the party? Results in the next edition of *Island Times*.

## Beach Church Collects Food Items

The Pensacola Beach Community Church hosts an ongoing Food Drive for the Interfaith Ministries Food Pantry. Members of the congregation are encouraged to drop food items in the Church collection box each Sunday.

The Church Office staff will gladly accept donations during the week. It is located at the corner of Via de Luna and Avenida

18. The office is open Monday - Thursday, from 8 a.m. until 1 p.m.

Items which are needed include: cereal, boxed potatoes, dry milk, pancake mix and syrup, canned fruit, baked beans, condiments, laundry and dish soap, paper towels. Other non-perishable food items are always welcome.

For more about the Beach Church programs, log on to [www.TheBeachChurch.com](http://www.TheBeachChurch.com).

# Trivia

The Islander Lounge and Package Store holds its own place in beach history, but only one person could come up with the original owner's name. Betty Shelden from Louisville, Kentucky is a school teacher by trade but a mermaid at heart.

She wrote, "My answer is.... Pat Gilmore was the founder and first owner of the Islander Lounge and Package Store. Back in the 1970's our Dad bought 2 whiskey decanters of a seashell from The Islander Lounge. Both decanters are still in our family!"

Mermaid Betty will get her first win at *Island Times* trivia and a trivia shirt to wear around Louisville.

Her family has been visiting Pensacola Beach since 1971. "Dad worked at G.E. and we hit I-65 South every three-day weekend on his schedule, and for two weeks every August. We grew up playing on the small beach at the Gulfaire Motel, now known as Paradise Inn," recalled Betty. "In fact, my sister bought her first alcohol at The Islander Lounge and Package Store when she was 18 years old! The legal drinking age in KY is 21. Oh, the memories!"

Lots of islanders who frequented The Islander Lounge remembered Aaron Grimsley and RL Touart. Aaron was the

second owner.

Pat Gilmore was the founder and original owner in 1958. Shortly, Aaron Grimsley bought the bar and ran it until 1993. Ken Rudski and Jim Wirth bought it in 1993 and sold it to Rene and Kevin Rudski in 1995.

Matt Hartley and Dave Kelly bought The Islander in 2006. They kept all the good stuff and added a few touches of their own. The Islander is sixty years old and is the oldest coastal bar from Orange Beach to Panama City.

The Trivia Master doffs his cap to the historic watering hole. Cheers.

Previous winner Betsy Walker answered Aaron and so did Jayne Drees Redmond. But, at least they were willing to own their answer. Sweet Sam Schneider Barrow said if her answer, "Aaron Grimsley" was correct she had a little help from Brianne Stanley and her husband CB. If the answer was wrong she wished to have the blame placed squarely on the shoulders of her two Trivia helpers.

The Chamber throws a food shindig a few weeks after Labor Day. Foodies and regular folks crowd the beach to get the good grub. It's the beginning of the festival season.

Back in the day, the beach used to take a time out after La-

bor Day, for about six months. Some businesses closed. As the tourist's numbers dwindled, access to the best bar stools returned.

The food scene was not as sophisticated as it is now, but there were dishes like The Shaker's chicken spaghetti and Nero's forklift pizza that earned a place in bar hoppers' hearts.

The simple hamburger should have its own chapter in the history books. After all, you can find a burger on almost every beach eatery's menu. Elaborate toppings. Greasy additions. Healthy options. But none so elusive as that which follows:

One little saloon in sandspur history served a burger named after the barkeep. You could order it if he liked you, but the "kitchen was closed," if he didn't. Perhaps that's what made it taste so good. He liked joy, flamingos, draft beer and United States Marines. Not necessarily in that order.

What's the name of this long gone burger? Can you remember? You could win an *Island Times* trivia t-shirt to wear around the beach to all the swanky joints.

Grab a burger and a beer and get inspired. Send your answers to [shelley@myislandtimes.com](mailto:shelley@myislandtimes.com) with Trivia in the subject line.

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**Go Where The Locals Go**

**Music**

**Upcoming on the Paradise Stage**

Tues, Sept. 18, 6 PM	Billy Iuso
Thur, Sept. 20, 6 PM	In Business
Fri, Sept. 21, 6 PM	Nick Black Band
Sat, Sept. 22, 6 PM	Big Al & The Heavyweights
Sun, Sept. 23, 3 PM	Nick Black Band
Wed, Sept. 26, 6 PM	Lucky Losers
Thur, Sept. 27, 6 PM	Johnny Sketch & The Dirty Notes
Fri, Sept. 28, 6 PM	Johnny Sketch & The Dirty Notes
Sat, Sept. 29, 6 PM	Long Tall Deb and Colin Hall
Sun, Sept. 30, 3 PM	Michael Doussan
Tues, Oct. 2, 6 PM	Michael Doussan

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# Island Authority Board Gives Nod To Enforce Right Of Way Rules

Clear the right-of-way or code enforcement will be paying you a visit. That's the message from the Santa Rosa Island Authority Board's action at their September 12 meeting. The Board voted unanimously to task Executive Director Paolo Ghio to engage Escambia County Code Enforcement.

In June, the SRIA Board heard from residents who cited safety concerns for emergency vehicles, drivers and pedestrians where hardscape and landscape abutts the street. The Board took action in June to have letters mailed to all island leaseholders. Those residents who have landscape and hardscape in the public right-of-way were to remove it before the September 15 deadline. The exceptions are for those who have contacted the SRIA to request extensions and those who have a native, mature tree.

A mature tree, which is growing at least 8 feet from the edge of the asphalt, will be left in place, others could be addressed on a case-by-case basis. Ghio told his board that the size of the trunk will define whether a tree qualifies as mature, and safety issues and line of sight will govern the necessity of its removal.

Elected Board Member Thomas Campanella supported engaging Code Enforcement and allowing trees eight feet from the street to stay. He also wanted

any sand scraped away from the roadside to remain on the island.

"If the sand is clean it is returned to the dune or otherwise recycled," said Ghio. "Only contaminated sand leaves the island."

Board Member Janice Gilley said she is never in favor of removing a tree. Board Member Tammy Bohannon agreed, asking if the County was required to plant a tree in place of the one removed. Board Member Karen Sindel reminded her fellow Board members that the County can use discretion when it comes to trees.

Board Member Brigette Brooks inquired about reasons for non-compliance. Ghio surmised that residents do not believe this will be enforced.

Escambia County Ordinances set forth these terms with regard to objects in the public right-of-way: "If the vehicle or object is not deemed to be a nuisance or a danger to the traveling public, the enforcement officer shall make diligent search to give notice to the owner of the object directing him to remove the object at his own expense and advising him that his failure to remove the obstruction within the specified period of time might result in its removal by the enforcing agent at the owner's expense and/or in the eventual forfeiture of the object.

After notice is given, the owner shall have ten days in

which to remove the vehicle or object."

Prior to calling for the vote, Board Chairman Jerry Watson stated that he wants the enforcement to be consistent and is not in favor for making exceptions for certain individuals.

"Why did we start this? Why did we get in this discussion? Why did we require this be done?" asked Watson. "Safety," he stated.

According to Ghio, Code Enforcement will not focus solely on one street or area, but will move around the Island, to find those in violation.

In other business:

- Pensacola Beach Chamber of Commerce President Alison Westmoreland presented the visitor numbers for August at the Beach Visitors Information Center. The Center showed a 25 percent increase in guests over August 2017. Westmoreland noted the increase may be weather-related. August had 13 rain days which sends visitors to the Center for rainy day activity suggestions.

- Jeff Huggins, Baskerville Donovan Engineer updated the Board on the new multi-use path which is substantially complete. He added that the preliminary elements for a future Splash Pad and Gowens Park Basketball Court rehab are nearing completion as well.

- Executive Director Paolo Ghio said the beginning of construction for the Access Road which will parallel Pensacola Beach Blvd. and the demolition of the Old Visitors Information Center Building will be in October.
- Board Member Thomas

Campanella requested ridership statistics from the Pensacola Bay Ferry.

The SRIA Committees meet Wednesday, September 26 at 5 p.m. The meetings are open to the public. Agendas are available online at [www.sria-fla.com](http://www.sria-fla.com).

## Free Concerts Continue

Bands on the Beach Every Tuesday Through October 30

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:  
**Sept 18 Dr. Breeze**  
**Sept 25 Touch of Gray**  
**Oct 2 Bring on the Benjamins**  
**Oct 9 Elvis Remembered**

For more information, call 850-932-2257, go online to [visitpensacolabeach.com](http://visitpensacolabeach.com) or tune to Cat Country 98.7 for the latest updates.

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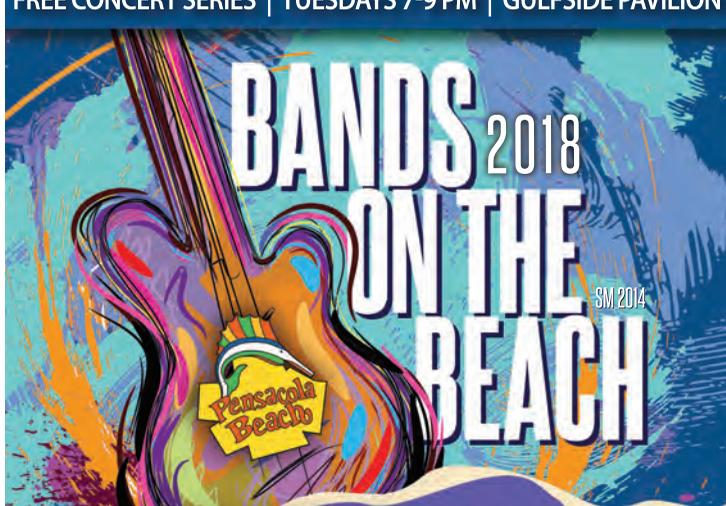
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# BANDS 2018 ON THE BEACH



**Dr. Breeze**  
 September 18  
 Jazz, Blues & Classic Rock



**Touch of Gray**  
 September 25  
 Oldies But Goodies



**Bring On The Benjamins**  
 October 2  
 Rock and Roll from the '70's to today



**SANTA ROSA ISLAND AUTHORITY**

For updates, call SRIA at (850) 932-2257, visit online at [VisitPensacolaBeach.com](http://VisitPensacolaBeach.com) or tune to Cat Country 98.7. Please, no glass containers or pets.





# peas, porridge and a dry martini

BY KATHI LEWIS



I am already posting and booking in my 2019 calendar. It's already September but at the same time it's barely September.

Is my year flying by faster than yours?

At least I did not miss Labor Day this year. I actually cooked a gigantic pan of lasagna which is not the usual or traditional Labor Day fare. We don't really have "traditional" Labor Day celebrations. How can I when it's possible I might miss the day altogether?

I was on vacation when the original Mystic Krewe of Nereids Splash Party was cancelled due to weather concerns. Y'all know I was hating having to miss it. I won't say I was happy when the text messages started buzzing about having to reschedule the special party, but I wasn't exactly sad either.

On the rescheduled party date, we were all Blessed with a perfect day of sunshine, great food and lots of fins flipping and splashing. Thanks to our Hostess Mermaid Lacie Bowden for doing all the hard work and making it such a special and successful Splash Party.

How is it possible that a person who's shall we say an "Elder" can walk up and down 29 stairsteps more than once a day (including hauling groceries) but is completely "couched" after a few hours in a pool? I understand being so light as to be almost weightless in water. I love that which is why I dance and jump around a lot. What I know for sure, is that your body uses a whole buncha different muscles in a pool than it does climbing stairs.

It did help me in the discovery of a very useful "medical tool" for sore muscles. I have two specially painted rocks. You know the kind you can use as a paperweight or just look pretty as a decoration. They were both given to me by my sweet friend and sistah Courtney Winstead at different times. One is larger than the other although they both have beautifully painted Mermaids. I kept looking at them because I had pulled a muscle in my back. I realized when I used my hand to put pressure on the spot causing all the trouble, it would ease the pain. Putting the larger stone on the spot and leaning back on it created a simple solution. Who knew?

While you can't carry it around on your back and it's not useful for all pain sights, I still call it the "gift that keeps on giving." So far I haven't noticed any side effects although I could become addicted.....talk about a monkey on your back.

Special thanks go out to our Wooly Booger Queen Shugah Andrea Stanley. She has done an excellent job in diverting the Storms elsewhere. As with the rest of us, I'm sure she'll be very happy to see the end of this Hurricane Season. The "Kiss the Hurricane Season Good-Bye Bawl" will be announced at a later date. In the meantime, you can best serve our Queen Shugah by "Blowin' and Believing."

It's time to get your football on. If your favorite team colors do not include purple, green or gold, you might want to go ahead and add those to your closet. I understand the Krewe of Wrecks plans to start earlier this year and you'll need one or all three colors for Monday night gatherings.

I had better get started 'cause I gotta feeling Thanksgiv-

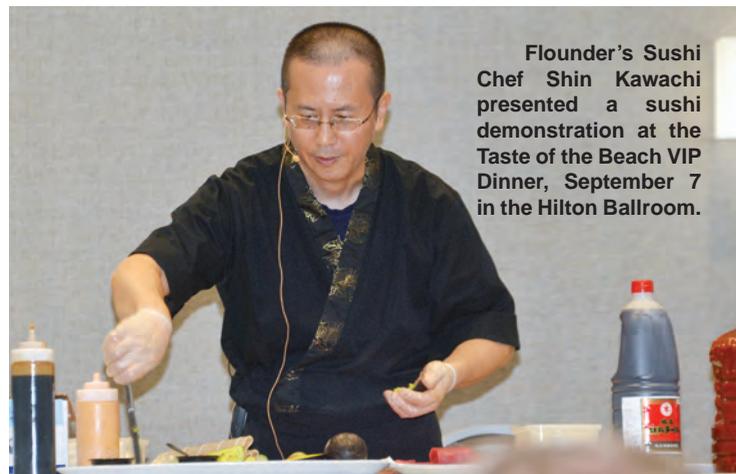
ing and Christmas are gonna be early this year, too.

This week's recipe is shared by Lonnie Hewardine. Although Lonnie is better known as a Cranesman, he's pretty handy in the kitchen, too. These little goodies are perfect for football snacks, breakfast or any other time. Use your imagination and add whatever you like on these. Right now, it's time to cook.....

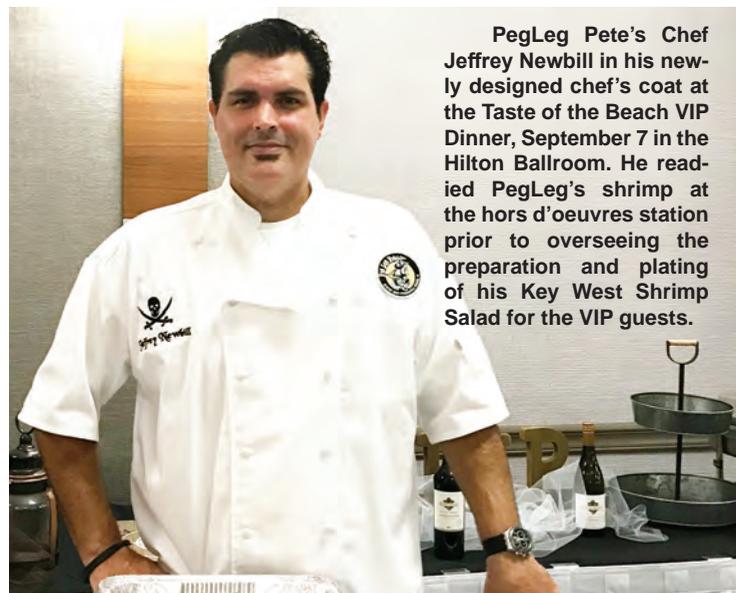
**Lonnie's Ham Bowls**  
6 - pieces of sliced smoked ham  
6 - eggs  
1/2 - 1 cup cheddar cheese  
salt and pepper to taste

Layer a muffin pan with a slice of ham, curving to fit. Add raw egg (crack carefully and leave whole or stir for scrambled) on slice of ham, then top with cheese. Bake at 350 degrees until cheese is melted and egg is cooked. Serve immediately. (You can also add a few finely chopped peppers or onions; your choice of cheese.)

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



Flounder's Sushi Chef Shin Kawachi presented a sushi demonstration at the Taste of the Beach VIP Dinner, September 7 in the Hilton Ballroom.



PegLeg Pete's Chef Jeffrey Newbill in his newly designed chef's coat at the Taste of the Beach VIP Dinner, September 7 in the Hilton Ballroom. He readied PegLeg's shrimp at the hors d'oeuvres station prior to overseeing the preparation and plating of his Key West Shrimp Salad for the VIP guests.



Chefs answered audience questions at the Taste of the Beach VIP Dinner, September 7 in the Hilton Ballroom. Chefs are (L to R): John Smith, Hemingway's; Jeffrey Newbill, PegLeg's; Brad Smith, Hilton; Jere Doyle and Mark Murphy, Crab's; and Dennis Moore, Flounder's.

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# Nature Notes

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

## An Invasive Plant Sneaks Back on Pensacola Beach

In 2012, with the assistance of Lucy and Bob Duncan of Gulf Breeze, we discovered the invasive Beach Vitex (*Vitex rotundifolia*) growing on Pensacola Beach. We began educating the public about this plant and asking for assistance on identifying where it is and controlling it. With the help of volunteers from the student organization at University of West Florida known as SEAS, we were able to log 57 records of the plant in our area.

Three were found on Perdido Bay, one on Perdido Key, and two near Navarre Beach, the remaining 51 were either in Gulf Breeze or on Pensacola Beach. Of those 57, forty-nine were either removed or treated with herbicide. The eight records that have not been removed or treated are on private property.

The status of Beach Vitex in Florida is Category I Invasive Plant – not recommended. This means it is an invasive plant however, it is not illegal to possess or sell it – it is recommended that the property owner remove it.

In the Gulf Breeze area, most of the records are in Naval Live Oaks. It is very probable the seed bank for these plants are coming from the island. Gulf Islands National Seashore currently has two rangers working daily battling all invasive plants within the Seashore, not just Beach Vitex. The one plant found growing near Ft. Pickens has been removed.

On Pensacola Beach proper, there are three records between Casino Beach and the gate to Ft. Pickens. The plants were either removed or treated at all three locations. I recently re-surveyed the west end of Pensacola Beach and did not find any new records. However, two of the original three have returned.

There were 21 records found on the east end of the beach between Casino Beach and Portofino. Eighteen of those have either been removed or treated. Three are on private property. We will be conducting new surveys in the next few weeks to determine the status of those 18 records, and whether any new plants have

appeared.

Beach vitex has been very problematic in the Carolinas where it was first reported. The plant grows very aggressively and actually secretes compounds that kill competing plants, such as sea oats. Once it has a foothold and becomes established it is very difficult to remove or treat. The states of North and South Carolina had a task force to battle the plant for several years.

### So what can you do to help?

First, report any Beach Vitex on public property. You can do this by either contacting me at

suggestions.

The plant has a series of vines that extend from a central taproot. More established plants will have secondary roots that may be interwoven with other vitex plants, or native ones. We recommend you remove as much of the vine as possible, placing the cuttings in a doubled trash bag or lay out on concrete and allow to dry and die. If you cannot remove the main taproot, it can be treated with glyphosate (Round Up) however, as with all herbicides, do not treat desirable plants. Direct spray nozzles, or wiping with a sponge, can help make sure you treat only the Beach Vitex you are trying to remove.

With the help of volunteers from UWF, and residents on Pensacola Beach, we have done a good job staying ahead of this invasive plant. However, it does seem to be creeping back.

If you have any questions concerning the plant, the reporting process, or the removal process, please contact me.



Vitex Bloom, Krystin Boehnke

the county extension office 850-475-5230 or rocl@ufl.edu – or by reporting it on EDDMapS, the central database resource managers use to track and remove invasive species. This site can be found at www.EDDMapS.org and requires you to create an account to report. Photographs are needed for verification and they will ask you to estimate area the plant is covering, so get that information before you log in.

Keep in mind there are other invasive species on the island you can report and treat as well.

While conducting the survey of west Pensacola Beach recently, I found a single Chinese Tallow and several locations of torpedo grass. I also saw numerous Brown (Cuban) Anoles in the landscaping near a group of condominiums. Understand that you need permission from the property owner to report invasive species on private property; however, you can let me know so that we are aware of it.

Second, if it is on your property we recommend you remove the plant. If you need a plant in the location, there are numerous native plants you can choose from and we can help with

# BYTES & BITS

By Joe Stukey, Your Computer Pal

Q: "What is the Cloud?"

A: "The Cloud" refers to a location where computer files are stored in the Internet. Telling people that their information is in the "cloud" makes it seem that the computer information is floating around in the sky somewhere. The term probably came into being because a technical person was trying to avoid explaining to a novice how it really works.

In fact, the information is securely grounded in millions of computers that are holding on to our computer files. Large organizations such as Google, Apple, and Amazon have so many computers that they are collectively called computer farms. Google has approximately twelve of those facilities. Six are in the United States and another six are located in Europe, Asia, and South America. As you can imagine, storing information for the whole world requires a lot of equipment. Recent estimates are that Google has more than 2 million computers, known as servers, in those facilities.

A common feature of the smartphone is a the ability to back up the user's files to the Cloud. For users of Apple products, that service is called the iCloud. For Google Android users, that service is called Google

Drive. Other companies, such as Dropbox and Carbonite, provide Cloud backup services for Microsoft Windows users. There are several advantages to having information stored in a remote location, rather than being stored only on a personal device. The most obvious advantage is that the information is not lost if the device is lost or damaged.

The typical Apple phone user sets up the phone using an Apple ID when initially setting up a new phone. Doing that also activates the iCloud account on the phone. The user should make sure that the "iCloud backup" option is turned on. The phone then automatically sends the user's data to the iCloud every day. If a phone is lost or damaged, the entire phone can be restored from the user's iCloud account. Apple allows users to back up 5 gigabytes of data to the iCloud for free. A small fee is charged (99 cents a month) to store up to 50 gigabytes. It's a small price to pay to avoid losing all those contacts, photos, and texts when the phone drops into in the bay.

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



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# The School Bell Rings

## SCHOOL STORE

If you would like to buy a Pensacola Beach Elementary PTA membership, Beach School t-shirt, sticker or Tervis tumbler, you can. Log on to <https://squaresup.com/store/pbespta> and place your order. It's a secure site so you can pay, too.

## SONG BIRDS

Pensacola Children's Chorus Vocal Music Academy, led by Hanan Tarabay, PCC alumna, will open an opportunity for singers to hone their talent through high quality instruction. This new program will provide individualized instruction for experienced singers (grades 8-12) and highlight breath control, proper vocalization and performance training.

Registration is \$90 per month and available to students throughout Escambia and Santa Rosa counties. The Vocal Music Academy will meet twice a month for nine months and offer two performances opportunities (December and May). Pensacola Children's Chorus membership not required.

To enroll in the academy, please contact Program Manager,

Bekki Youngblood at [bekki@pensacolachildrenschorus.com](mailto:bekki@pensacolachildrenschorus.com) or call 850-434-7760.

## SYMPATHIES

Beach School Principal Jeff Castleberry reported to his Board at their August 27 meeting that Bob Brandon, a founding member of the Pensacola Beach Elementary School Board of Directors, had passed away.

## IT'S A MESS

The MESS Hall, located at 116 N. Tarragona Street in Downtown Pensacola is hosting Curiosity Day - Into the Woods Saturday, September 22, from 1 to 4 p.m. Take a walk on the wild side as you explore the life of the forest. Dissect a log and catalogue what you find, study tree growth and insect anatomy, among other hands-on exploration. Free admission for teachers with ID, and up to 3 additional guests during September. Each month, the MESS Hall presents focused activities related to a special theme. Activities are geared for learners ages 7 and up; and are included in admission.

In addition to the special activities each month, visitors

will have the opportunity to explore exhibits and mess kits that inspire curiosity for the entire family. Admission to the museum, which includes the Curiosity Day and Questioning Corner activities, is \$8 for adults and children ages 3 and up. Members of the

MESS Hall always receive free admission.

For more information, about the MESS Hall, visit [pensacolamesshall.org](http://pensacolamesshall.org) or call 877-YES-MESS (937-6377).

## DATES TO KNOW

Monday, October 15: Plan-

nig Day, no classes for students  
Friday, October 19: Fall Festival at the Beach School

Friday, October 26: Halloween Carnival, Boardwalk 4 to 8 p.m.

Wednesday, October 31: Early release day.

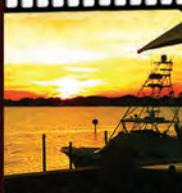


The Bath Tub Races were Sunday, September 2 in Santa Rosa Sound. Karen Marshall from Austin, Texas teamed up with Pensacola Beach's Megan Farej to compete as Team Fly High Skye, a tribute to Skylar Farej who recently passed away. The races, which are hosted by Bamboo Willie's, benefit the Pensacola Beach Elementary School. Photo courtesy of Christine Brewster Photography.



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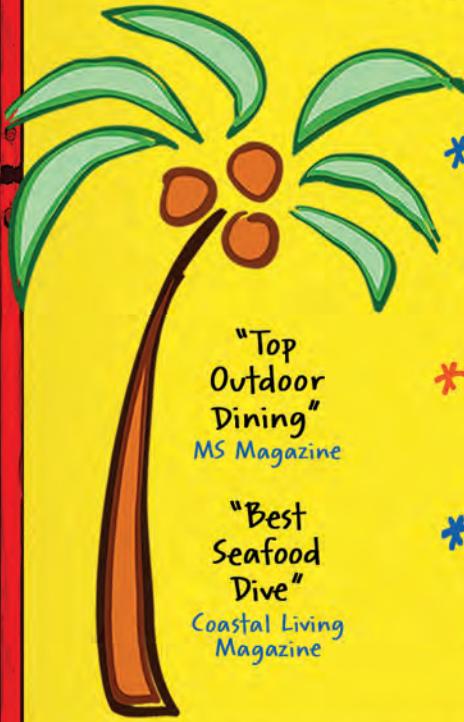






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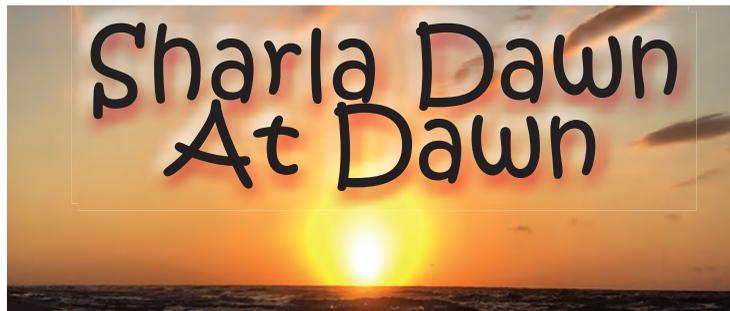


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Pensacola Beach's Sharla Dawn Gorder is the author of "My Vices Collide, A Celebration of Being a Little Messed Up." The book is available at Geronimo's on Pensacola Beach and Pizazz in Gulf Breeze.

The sky this morning at dawn illustrated a metaphor so compelling I just can't stop thinking about it. I snapped this picture of

it with my iPhone, but photos never seem to do such a magnificent justice. I tried to describe it in writing, but, alas, words are even more futile in the face of such beauty. (But that's never stopped me before, so bear with me, if you will.)

It was one of those mornings when I didn't know which way to gaze. The full moon to the west was so bright I had to squint. The shorebirds were half-crazed over the bait fish roiling the water. There were so many seashells at my feet, I couldn't take a step without crushing a sand dollar or coquina. And to the east—oh my!

Storms on the horizon, in heavy drapes, distant and dark. The surface of the Gulf was choppy, with sinister rip currents below. And the right half of the sky was a deeply bruised crag of cumulonimbus clouds.

And yet, just adjacent to that black bluff—blue-eye sky, bright and clear, like birdsong.

And this truth occurred to me:

It's not that things will get better; it's that they already are. You just have to know where to focus your gaze. This has been true for me for my entire life. I am only just now getting it.

I'm not suggesting that life's bleak moments, its storms and

adversities, can be imagined away by a simple shift in perception. Or maybe I am—sort of. It's not so much a matter of wishing it all away, as it is of standing back and taking it all in, the whole sky, not just the part that's scary, or sad, or inconvenient. That is so much easier said than done, but it's worth a try. Because when something goes "wrong" in my life—something as trivial as a flat tire or as devastating as the loss of a loved one—there is always an adjacent sky.

It's not that things will get better; it's that they already are.



## Country Star Dylan Scott Comes To Beach

Country star Dylan Scott is bringing his high-energy show and sultry vocals to the Shake It Up Concert Series at The Sandshaker, Thursday, September 27. Curb Records' rising star is also celebrating another bonafide hit as his addictive single "Hooked" is officially his second consecutive Top 5 single.

His breakout success now includes more than 450 million streams worldwide and the

release Dylan Scott Deluxe Edition, plus the launch of his first headlining tour. The doors open

at 6 p.m. Tickets are \$20 each and available online at Sandshaker-Music.com



Country Music's Dylan Scott  
Photo Credit: Cameron Powell



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# County Commissioners Vote To Complete Beach Roundabout, Pedestrian Underpass Design

The Escambia County Board of Commissioners voted to have Volkert, Inc. complete the design of the roundabouts and pedestrian underpass at their September 6 meeting. The Board will have invested \$1,341,682 in the design of the Pensacola Beach Congestion Management Plan when it is complete. Commissioners agreed that the final phase, which includes roundabouts and pedestrian underpasses must be finished, to reveal potential construction costs.

District Four Commissioner Grover Robinson, IV, and the apparent incoming commissioner, Robert Bender, agreed that solutions to traffic tie-ups and pedestrian safety were critical.

"How do we move traffic in a better way? How do we make this area more walkable?" asked Robinson. "The plan gives us a solution. We are right here at the finish line. We have to go through with it."

Robert Bender, who was victorious in his campaign against a full slate of Republican candidates, faces a write in candidate on November 6. He said the design provides a solution to a problem. He supported the de-

sign's completion to have data to make an informed decision.

Beach businessmen supported the continuation of the project design. Portofino Developer Robert Rinke told Commissioners it is critical to cure the traffic problem that effects locals and tourists. He stated that only a small portion of local option sales tax has been spent on Pensacola Beach compared to what is generated. He felt the project would relieve traffic woes which would equate to even greater economic gains, and tax collections.

Hotelier Julian MacQueen requested that the Board allow the design to go to completion, to see a realistic estimation of costs for this project. He reminded the Board that a decade-old study also suggested that roundabouts were a solution to the traffic problem.

Destination Marketing Organization Executive Director Rusty Branch, who represents hoteliers, presented statistics that the traffic could impede tourists from visiting Pensacola attractions and would decrease the number of days that they stayed. The estimated econom-

ic loss is about \$152 million. Branch encouraged the Board to complete the design to solve a \$152 million problem.

Commissioner Doug Underhill said he has constituents that are being impeded from visiting Escambia County's largest park, Pensacola Beach. He also pointed to the Vision 2020 goal of access and connectivity. He supported the completion of the design to see a workable plan.

Commissioner Lumon May supported the completion of the design, but was concerned that a great deal of money and effort was being dedicated to a beach traffic congestion problem and not much was being done to correct a Cervantes Street pedestrian fatality problem in his district.

Toll facility numbers indicate that traffic coming onto the island on a busy Saturday can be greater than a Blue Angel event day or Fourth of July holiday. Commissioner Steven Barry pointed out that Volkert engineers stated that the roundabout would fail on big holiday and event weekends requiring law enforcement to control the intersection. Based on those two facts, he concluded that the

roundabout would fail on many Saturdays, and would not be the solution to the traffic tie-ups. He did not support funding the design to completion.

The cost to finish the design, which is at 73 percent complete, is \$342,825. The funding for the design comes from District Four's discretionary local option sales tax.

Commission Chairman Jeff Bergosh supported the design completion but said he "was not a big fan of roundabouts." While he shared that accidents in roundabouts were greater in number, they were less severe. His biggest concern was funding.

"We are going to have to have a hard conversation about how to fund this," Bergosh said. "It's going to be one heck of a conversation."

In other business, the Commissioners approved Chavers Construction as the winning bidder to change the configuration of the Sheriff's/Pier parking lot. The price of \$915,364 includes the construction of 80 parking spaces on the county owned property south and west of the Pensacola Beach Sheriff's substation. The parking lot will provide a new full access driveway connection and right turn lane on Fort Pickens Road as well as a connection to the existing Casino Beach Parking Area. The project includes clearing and grubbing, grading, paving, storm water, striping, sidewalk, fencing and stamped asphalt. The project will also convert the existing storm

water pond to an underground storm water facility. All Sheriff's deputy's vehicles and public safety vehicles will be parked in a lot behind the substation, thus freeing up the parking spaces for the beach-going public.

Commissioner Grover Robinson touted the additional parking in the core area noting the pier parking lot project increases parking by 100, the construction of the entrance road to The Grand Marlin will add 50 to 60 spaces, and the demolition of the former Visitor Information Center will add approximately 15. Robinson said those are independent of a possible parking deck which would replace the current SRIA office location. While the parking deck is not part of the current plan, Robinson said it would require an additional traffic light or the proposed roundabout for left-hand turning vehicles to safely access it.

According to Cooper Saunders, Senior Project Coordinator in Escambia County's Engineering Division, once pier parking lot construction commences, it will take about five months to complete.

The Board of County Commissioners meet Thursday, September 20 with agenda review at 9:15 a.m. followed by a public forum at 4:30 p.m. and meeting at 5:30 p.m. The meetings are held at the Ernie Lee Magaha Government Building, 221 Palafox Place and are open to the public. The meetings can be viewed online at [www.MyEscambia.com](http://www.MyEscambia.com) on ECTV.



By Terry Preston, PBA Board Chairman

## UPDATES

### Beach Referendum

The "Save Pensacola Beach" forces have started their campaign to push their Non-Binding Beach Referendum through in November. They're leafletting cars and are putting signs in yards all over Escambia County. The good news is that they are actually sticking to the facts in the literature that we've seen so far. The bad news is that when this referendum is approved by voters, even though it is not binding on the current Commission or any future commissions, this group fully intends to use it to prevent future commissioners from ever endorsing fee simple title again. Keep this in mind when you cast your ballot.

### Spring Break

As a result of our last membership meeting, we formed a subcommittee to research ways to return Spring Break on Pensacola Beach to a family-friend-

ly atmosphere.

Pensacola Beach has had increased complaints and calls for law enforcement assistance during the months of March and April since Panama City Beach instituted spring break alcohol bans. Reports of house parties with hundreds of people, parties blocking roadways, urinating in people's yards, and causing thousands of dollars in damages to rental properties have increased on Pensacola Beach since 2016. The large, corporate "hometels" that have been built since 2005 have exacerbated these problems by concentrating as many as 50 people in one rental property. Several families that used to come here for Spring Break are going elsewhere due to these problems.

However, after an initial spike in similar crimes, the actual calls and arrests in Walton and Okaloosa Counties, as well as in

Orange Beach and Gulf Shores, Alabama have decreased.

How did they do it?

These communities claim that their success has been due to enhanced enforcement of underage drinking and public intoxication laws. They warn Spring Breakers before they come that they will have "Zero Tolerance" and then follow up with enforcement.

We've already held an initial meeting with members of the Sheriff's Office and we'll be working together with them, the Pensacola Beach Chamber, the SRIA and rental managers to come up with a 2019 enforcement strategy that will address the problems of Spring Break. Hopefully these measures will bring families back to Pensacola Beach for Spring Break.

For more about Pensacola Beach Advocates, log on to [www.PBAAdvocates.org](http://www.PBAAdvocates.org).

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Scouts from Pack 11 which includes Gulf Breeze and Pensacola Beach participated in the Ocean Hour Clean Up, September 1 at Naval Live Oaks Beach School First Grader Barrett Johnson, center, received instructions and supplies from Gulf Breeze High School Marine Science Club volunteers (L to R): Siena Mowe, Adelyn Lewter, Sarafina Mowe and Angie Mowe.

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

**ARIES** (March 21 to April 19) Aspects favor new romances for unpaired Ewes and Rams. Already-paired Arian twosomes experience renewed harmony in their relationships. Money matters also take a bright turn.

**TAURUS** (April 20 to May 20) Use that strong Bovine determination to help you keep the faith with your convictions while you move through a period of uncertainty. Things begin to ease by the week's end.

**GEMINI** (May 21 to June 20) Pay attention to your intuition. It could be alerting you to be more careful about accepting a "statement of fact" simply on trust. Don't be shy about asking for more proof.

**CANCER** (June 21 to July 22) Concern for the well-being of someone in need is admirable. But don't forget to take care of yourself as well. Ask a family member, close friend or colleague to help you.

**LEO** (July 23 to August 22) It's OK to focus on the demands of your career. But try to avoid misunderstandings by also reaching out to family and friends. Your sharp intuitive sense kicks in by midweek.

**VIRGO** (August 23 to September 22) Keep a rein on that green-eyed monster. Jealousy is counterproductive. Instead of resenting a colleague's good points, concentrate on developing your own abilities.

**LIBRA** (September 23 to October 22) Spending time on a creative project during this high-energy week can pay off both in emotional satisfaction and in impressing someone who is glad to see this side of you.

**SCORPIO** (October 23 to November 21) Now is a good time to start planning that trip you've put off because of the demands on your time. Be sure to choose a destination that is new and exciting.

**SAGITTARIUS** (November 22 to December 21) That upbeat mood in the first part of the week makes you eager to take on new ventures. A more serious note sets in later to help you assess an upcoming decision.

**CAPRICORN** (December 22 to January 19) A high energy level gives the Goat the get-up-and-go to finish outstanding tasks before deadline, leaving time for well-earned fun and games with friends and family.

**AQUARIUS** (January 20 to February 18) Dealing with disappointment is never easy. But the wise Aquarian will use it as a vital lesson and be the better for it. A close friend has something important to say.

**PISCES** (February 19 to March 20) Best bet is not to get involved in an argument between colleagues until you know more about who started it and why. And even then, appearances could be deceiving. Be alert.

## Sunrise and Sunset

by Susan Haselton-Barr

with Safari-Su



Jambo (*Hello Everybody*). Fortunately, Tropical Storm Gordon just kissed our area and moved along.

I received a card from a friend the other day. It seemed very appropriate for our blustery days.

*May your neighbors respect you. Trouble neglect you. The angels protect you. And heaven accept you.*

Pensacola Beach is growing and finding its new place in this world. May we continue to respect one another's ideas and work together for the good of our future generation.

While politics may raise some eyebrows, the fashion world wants you to have a natural looking eyebrow. Here's some tips:

First, TRIM!

A natural eyebrow doesn't mean an unruly eyebrow (unless, of course, you prefer an edgier look). Brush your brows directly

up. Carefully trim any hairs that are visibly longer than your natural brow shape.

Second, TWEETZE!

The look is still supposed to be slightly unkempt, so only tweeze away the obvious strays. The aim should not be perfection. Rather, you're only trying to remove any hairs that are distracting.

Third, BRUSH!

Brush your brows into place by sweeping up and out, away from the center of your face. Resist the urge to guide every little hair down as you go. Brushed up brows look fresh and modern, especially when they're not filled in.

Fourth, SET!

Set the shape with a dab of clear lip balm. It's not as stiff as brow wax or gel, but will hold the hairs where you want them and also darken them up just a touch.

Let's look forward to the opportunities beach growth can

give us. Let's treat our local beach volunteers with kindness and grace.

Finally, let's look to the past only as it gives us pleasure. Let's look to the future only as it gives us hope.



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things help get rid of odor.

Underarm odor is caused by bacteria that live on our skin; the sweat itself is odorless. Thus, if you get rid of the bacteria, you can get rid of the odor.

### Here's to Your Health

If you are avoiding aluminum based products, keep old-fashioned baking soda on hand to use as deodorant. It changes the pH of the armpit and helps to keep it dry, and both of those

## Bras Across Bridge Registration Opens

Registration for the Bras Across The Bridge is now open at BaptistHealthCareFoundation.org. The event is Saturday, Oct. 6 on Pensacola Beach. Participants can check-in at 8 a.m. in the parking lot of The Grand Marlin. At 9 a.m., breast cancer survivors, their loved ones and the community are invited to join together and make their way across the

Bob Sikes Bridge with bras strung together as a show of awareness and support in the fight against breast cancer

Registration is \$20 per person plus the donation of a new bra. The first 300 participants will receive a pink T-shirt. Register online or at the event. The after-party is at The Grand Marlin from 9:30 a.m. until noon.



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**Life's A Vette on the Beach!**



John Sanders from Nashville, Tennessee showed his 1967 Corvette at the Miracle Strip Corvette Show, September 8 at Casino Beach. Sanders, who has owned the car for 45 years, is no stranger to the Beach. He completed Naval Aviator training in Pensacola and flew commercially until he retired. He had friends and fans come see him while he was at the show.



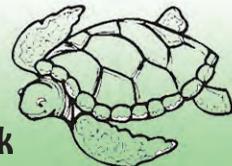
Anthony Trapani traveled with twenty-five Greater New Orleans Corvette Club members to the Miracle Strip Corvette Show, September 8 at Casino Beach. He brought his 2010 Corvette to show, while his vintage Vette stayed at home.

**AHERO Hosts Beach Event**

The AHERO Boardwalk Bash is Saturday, September 22 beginning at 4 p.m. with vendors, prizes, artists and games at Bamboo Willie's on Pensacola Beach Boardwalk. A strong line up of bands starts at 7 p.m. and is anchored by The John Hart Project and Nick and The Ovorols. No cover charge but donations will be accepted.

For more, AHERO Boardwalk Bash on Facebook or Music4AHERO@gmail.com.

**Turtle Trax**



By DJ Zemenick

In the final weeks of a very difficult sea turtle season we faced another setback, this time in the form of Tropical Storm Gordon. The storm came ashore near Pascagoula, Mississippi, approximately 100 miles west of us, but we experienced high surf, flooding and beach erosion. Pensacola recorded 10.92 inches of rain between 2 p.m. Tuesday, September 4 and 2 p.m. Wednesday, September 5.

Once the water receded and sand was removed from the road inside the National Seashore, damage was assessed in each area. Prior to the storm there were 53 sea turtle nests still scheduled to hatch along Pensacola Beach and the Perdido Key, Ft. Pickens, and Santa Rosa areas of Gulf Islands National Seashore, but more than 30 of them had been washed away.

A total of eighteen sea turtle nests remained: Perdido Key - 5, Ft. Pickens - 4, Pensacola Beach - 2, and Santa Rosa - 7.

The majority of the nests that survived had been washed over, but there was no way to tell how long each nest may have been exposed to water.

Sea turtle eggs are able to withstand a certain amount of exposure to water as long as the nest is able to drain, but only time

will tell how these were affected and what the hatch rate will be.

Tropical storms fall into the category of natural threats, but it feels so much worse when the nests are lost because of our actions. The day before T.S. Gordon swept over our area, a nest in the 300 block of Ariola Drive hatched during the night and the hatchlings were drawn toward a bright porch light on the north side of the street that had been left on overnight.



Hatchling tracks surrounded the property that had attracted them, but only one hatchling was discovered alive despite a lengthy search. A day later a call came in from a resident in the 200 block of Ariola Drive reporting a hatchling which had been run over in the street. The harsh reality is that

once hatchlings have emerged from their nest, they will continue to crawl until they either find their way to the sea or have died trying.

We work hard to educate people about the devastating effect artificial light has on hatchlings, yet we need so much more help to spread this message.

When hatchlings emerge from a nest, the tiny creatures will always go in the direction of the brightest light. If that is your porch, garage, or pool lights, then that is where they will go.

Please help us by being on the alert for disoriented hatchlings as we end the season - call FWC's Wildlife Hotline at 1-888-404-3922, or #FWC or \*FWC on your smart phone.

~~~~~  
*Final nest update for the 2018 Sea Turtle Season:*

|                          |           |
|--------------------------|-----------|
| Perdido Key Gulf Islands | 20        |
| Pensacola Beach          | 23        |
| Ft. Pickens Gulf Islands | 23        |
| Santa Rosa Gulf Islands  | 17        |
| <b>Total nests</b>       | <b>83</b> |

**King Crossword**

**ACROSS**

- 1 Handle roughly
- 4 Dog bane
- 8 Back talk
- 12 Past
- 13 Peruse
- 14 Clarinet's cousin
- 15 Mansion staff
- 17 Smolder
- 18 Catches some rays
- 19 Playful water critter
- 20 Moral standard
- 22 Own
- 24 Destroy
- 25 Peace
- 29 Inseparable
- 30 Permanent inmate
- 31 "Golly!"
- 32 Snakes
- 34 Chew away (at)
- 35 Gross
- 36 Dentist's suggestion
- 37 Coarse
- 40 Funeral stand
- 41 Sea flier
- 42 Pepper or York
- 46 Kill a bill
- 47 Hexagonal state
- 48 Fresh

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

- 49 Anytime now
- 50 Huff and puff
- 51 As well
- DOWN**
- 1 — de deux
- 2 Census statistic
- 3 More deserving
- 4 Swiss money
- 5 Periscope part
- 6 Dine on
- 7 Billboards
- 8 Cushion
- 9 Touch
- 10 A few
- 11 Palm reader, maybe
- 16 Futile
- 19 Finished
- 20 Love god
- 21 Melody
- 22 Substantial
- 23 War god
- 25 Go under
- 26 Unknowing
- 27 Earl Grey and kin
- 28 Some evergreens
- 30 Poland's Mr.
- 33 Urban bird
- 34 Merriment
- 36 Battle
- 37 Guns the engine
- 38 Black-and-white snack
- 39 "Do — others ..."
- 40 Cereal choice
- 42 Dine
- 43 Greek vowel
- 44 Keanu, in "The Matrix"
- 45 Pair

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# Calendar

## SEPTEMBER

18: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. Visit PensacolaBeach.com  
 20: Beach Chamber Member Meeting, 7:30 breakfast, 8 am Meeting Our Lady Catholic Church Hunt Hall. Guest passes at 850-932-1500.  
 20: Pensacola Beach Woman's Club Monthly Meeting and Luncheon, 10:30 a.m. Beach Church. barbara-landfair@gmail.com for information.  
 21: Breezers Music Fest, Sandshaker Lounge. All weekend.  
 21: Shake It Up Music Series, Mark Chesnutt, Doug McCormick, 6 p.m. Tickets \$25. SandshakerMusic.com  
 22: Fee Free at Fort Pickens.  
 22: Ocean Hour Clean Up, 8:45 Sign In at Quietwater -and Fort Pickens Fishing Pier. Supplies provided. OceanHourFL.com  
 22: Out of Darkness 5K Walk, 9 a.m. Gulfside Pavilion.  
 22: Pensacola Ski and Travel Club Bike Ride. Meet at 10 a.m. Park West to ride to Ft. Pickens  
 22: King of the Island Kayak Fishing Weigh In, 2-4 p.m. Pier parking lot  
 22: Breezers Music Fest, Sandshaker Lounge. 6 pm  
 22: AHERO Boardwalk Bash, 7-10 p.m. at Bamboo Willie's  
 23: Mere Mortals Triathlon Training Group. Members Only Tri. 6 a.m. Gulfside Pavilion, Casino Beach. Membership required. TriGulfCoast.org  
 24: Krewe of Wrecks Members Social/Meeting. 5 p.m. Flounder's  
 25: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring

a lawn chair. No glass or pets. Visit PensacolaBeach.com  
 26: SRIA meeting, 5 p.m. #1 Via de Luna. Open to the public. Agendas available at www.sria-fla.com.  
 27: Pensacola Beach Chamber Business After Hours, 5:30 p.m. Bamboo Willies. Guest passes at 850-932-1500.  
 27: Shake It Up Music Series, Dylan Scott, 6 p.m. Tickets \$20. SandshakerMusic.com  
 28: Brawl on the Beach Crossfit Contest, Casino Beach. Noon to 6  
 28: Pensacola Beach Optimists Installation of Officers.  
 29: Brawl on the Beach Crossfit Contest, Casino Beach, 8-6. Sunday, 8-6  
 29: Celebration 4444 Education Texas Hold 'Em 4444 Fun Poker Tourney. Castaways, 1 p.m. 850-324-2667  
 29: Mat Kearney at Shake It Up Music Series, Doors Open at 6 p.m. Tickets \$25. SandshakerMusic.com  
 30: Mere Mortals Triathlon Training Group. 6 a.m. Gulfside Pavilion, Casino Beach. Membership required. TriGulfCoast.org  
 30: BINGO at the Beach Church, 6 p.m. Everyone is welcome. Bring your own snacks, drinks.  
**OCTOBER**  
 1: Fort Pickens: Stories of Brick and Mortar, Daily at 1 p.m. Meet at Fort Pickens Bookstore, 850-934-2612  
 1: iTen Wired Conference at the Pensacola Beach Hilton.  
 2: Bands on the Beach, free concert. 7-9 p.m. Gulfside Pavilion. Bring a lawn chair. No glass or pets. Visit PensacolaBeach.com  
 4: Pensacola Beach Songwriters

Festival kicks off. Go to PensacolaBeachSongfest.com for details.  
 5: School of the Soldier, Fort Pickens, Fri-Sat-Sun at 11 a.m. and 3 p.m. Meet at Fort Pickens Bookstore. 850-934-2612  
 5: Sunset on Santa Rosa Island, 5:30 p.m. Meet at Ft. Pickens Campground Store parking lot. 850-934-2612  
 5: Andy Velo at Shake It Up Concert Series. Doors open at 6 p.m. Free  
 5: Stargazing, 6:30 p.m. Battery Worth Picnic Area in Fort Pickens. 850-934-2612  
 6: SRI Triathlon, 6:30 a.m. Gulf Swim, Bike east Via de Luna, run east on 5K route. SantaRosalsland-Triathlon.com  
 6: Bras Across the Bridge, Grand Marlin parking lot, 9 a.m.  
 6: Ocean Hour Clean Up, 8:45 Sign In at Grand Marlin parking lot. Supplies provided. OceanHourFL.com  
 6: Life on a Barrier Island Nature Walk. 9:30 a.m. Sat-Sun. Meet at

### Real Estate For Sale

Buy this beach house!  
 334 Panferio Drive. 3/3.5. Lovely custom-built beach home located in a quiet residential area within walking distance of restaurants and shops. Relax on one of the decks with your choice of sound or gulf view. Fenced backyard. \$649,900 Call Linda Murphy, Keller Williams Realty, 850-748-0865 to see this home.

Live, Dream, and Play in Pensacola Beach! Have the home you have always wanted. This beach house has 6 bedrooms with 4 full baths. Deeded access to the water. Perfect for entertaining. Open kitchen, center island, stainless steel appliances, and double doors leading to breath taking views of the Sound. 115 Via de Luna, \$749,000 MLS 529223 Schedule your showing today with Dustin Reeves, Upside Realty LLC DustinUpsideRealty@gmail.com 850-255-1655 • 850-255-1655

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

### Employment

Property management company looking for a general maintenance person available as needed to fix minor household issues. Payment is by the job. Pensacola Beach resident is preferred. Contact Steve at 573-353-3777

### Antiques and Such For Sale

Are you looking for an interesting souvenir or just the right finishing touch to your condo or beach house? Antiques, collectibles, furniture, art, glassware, dishes, lamps and more. Pensacola's oldest name in retail. We have been downtown since 1910. Reynalds, 36 E. Garden St. Call for easy directions from the Beach. 850-438-1628.

### Pets

Beach Dog Parks. Daily, 7 to Sunset. Leashed, friendly dogs. Parking Lot "E" located near park east and Parking Lot "B" near park west on Ft Pickens Rd. Pets are not allowed on the beach at any other location outside the dog park.

### King Crossword — Answers

Solution time: 27 mins.

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

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# Business Buzz

## HOLLYWOOD QUALITY

Levin Rinke Realtor Kelly Sakey looked at ease in front of the HGTV cameras. She was the featured realtor on an episode of Island Homes which aired Sunday, September 9. Sakey showed her clients a nineteenth floor Beach Club unit, a private home and a luxury unit at Portofino. The Atlanta based couple chose the Portofino unit. During the half hour episode there were lots of cameos of beach locations like Casino Beach Bar and the Gulf Pier.

## THROW ME SOMETHIN'

Pensacola Parade People has new shipments of beads and throws arriving weekly. They have shifted into fall hours to prepare for parade season. Stop into see Audrey and Terry Preston, Tuesday – Saturday from 10 a.m. to 5:30 p.m. Can't make it during the day? Shop and order online or schedule a Shopping Social Hour for your group or krewe. You'll get all kinds of special treatment and good deals. Located at 331 W. Government Street in Pensacola.

## CHEVY STRONG

Pete Moore Chevrolet, the Pensacola car dealer who supplies the Beach Lifeguard trucks, donated a 2017 Chevrolet Impala to the Gulf Breeze Police Department for use by the Gulf Breeze

Elementary School's D.A.R.E. program. The donated vehicle was presented to School Resource D.A.R.E. Officer, Greg Baker, September 5, at Gulf Breeze City Hall. In an effort to help promote awareness and education preventing drug abuse and violence among children and youth, Officer Baker will travel in the D.A.R.E. vehicle when visiting Gulf Breeze Elementary School students.

## BRIGHT IDEA

Escambia County's sea turtle retrofit lighting program funding will be available to Pensacola Beach residents and property owners until December.

In support of the Barrier Island Lighting Ordinance, which became effective Jan. 1, 2018, the county is offering a cost-share retrofit program for Pensacola Beach residents. If eligible, property owners may be reimbursed up to \$56 per fixture and \$25 per bulb to retrofit existing lights to turtle friendly alternatives.

Pensacola Beach residents and property owners are encouraged to contact Natural Resources Management environmental technician Samantha Bolduc, at 850-595-3460 or [smbolduc@myescambia.com](mailto:smbolduc@myescambia.com) to see if they are eligible for the cost-share program.

More information about the project and sea turtles in Escambia County can be found at [myescambia.com/seaturtles](http://myescambia.com/seaturtles).

## GET CERT TRAINING

Are You Interested in Becoming Community Emergency Response Team (CERT) Trained? Learn skills that will aid your business, your family, and your neighborhood in the event of a disaster or another emergency. Participants get trained in: Disaster Preparedness, Fire Safety and Suppression, Light Search and Rescue, Disaster Medical Operations and Terrorism among other topics. The next CERT Training is Friday - Sunday, October 5-7. For more information, Megan M. Vey, 850-444-7046, [mvey@bereadyalliance.org](mailto:mvey@bereadyalliance.org)

## SONGWRITERS FEST GETS GRANT

Visit Pensacola officials announced the 2018-19 grant recipients. Congratulations to the Pensacola Beach Songwriters Festival for being named a grant recipient.

Twice a year, Visit Pensacola allocates funds from its annual budget to a grant program for local groups and organizations that coordinate events or visitor experiences with a demonstrated history of visitor impact or significant potential to draw visitors to the area. Beginning in January, Visit Pensacola will again accept applications for events taking place from April 1 – September 30, 2019.

For those interested in applying, visit [visitpensacola.org](http://visitpensacola.org).



Beach businesses support the community in many ways. Bamboo Willie's hosted the Bath Tub Races, September 2 and donated one hundred percent of the entry fees to Pensacola Beach Elementary. The racers have fun navigating the course. This unwieldy bathtub was a challenge for Anthony Balderas, 13, and his nine-year-old brother Damian, who were visiting from Red Oak, Texas. Photo courtesy of Christine Brewster Photography

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| \$60,000,000 |                     |             |             |
| \$50,000,000 |                     |             |             |
| \$40,000,000 |                     |             |             |
| \$30,000,000 |                     |             |             |
| \$20,000,000 |                     |             |             |
| \$10,000,000 |                     |             |             |
| \$0          |                     |             |             |

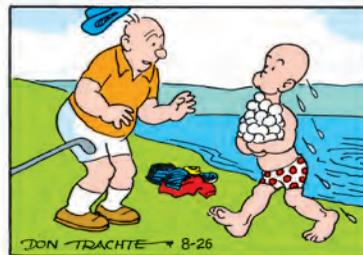
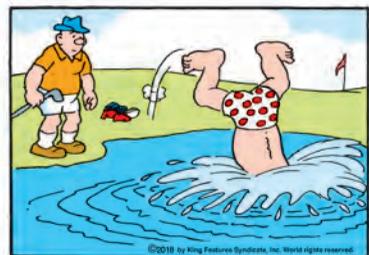
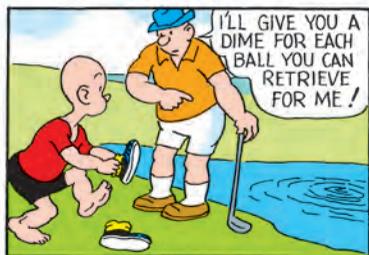
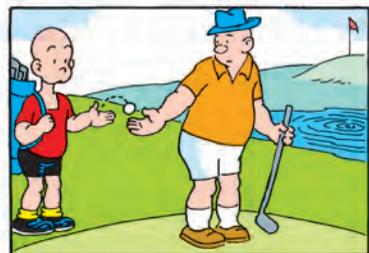
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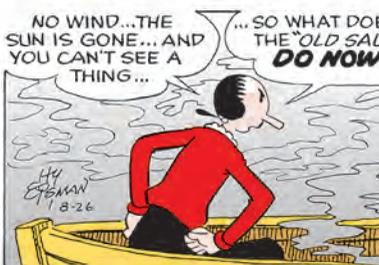
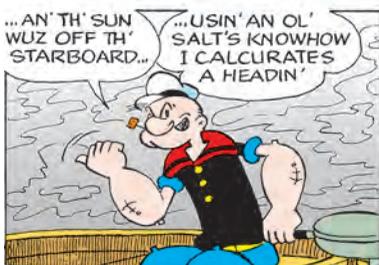
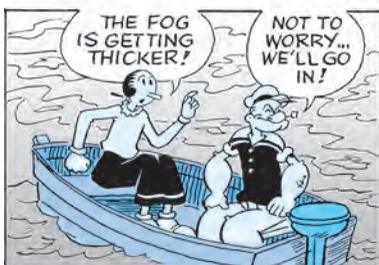
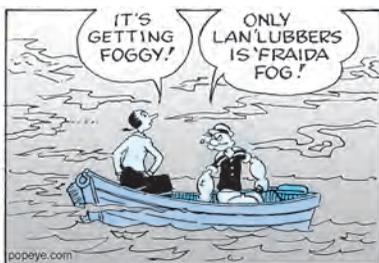
# Henry

BY DON TRACHTE

# POPEYE

BY EYEMAN



## Out on a Limb



## by Gary Kopervas



## Just Like Cats & Dogs

by Dave T. Phipps



## GRIN and BEAR IT

by Wagner



## LAFF-A-DAY



After Sundown.....

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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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**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



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**THE BREAK**

Everyone loves this bar! Cutting edge live music on weekends, 3 rooms to party, over a dozen flat screens and all the major sports on...Golden Tee Golf, Putt Putt, Silver Strike Bowling and Buck Hunter. Happy hour is 11 a.m. to 7 p.m. every day. Live music is available every Friday and Saturday night. "The Break Beach Bar is a haven for locals. Here, customers can shoot a game of pool or hustle your best bud at ping pong, while watching every sport on tv." Located in the Via de Luna Shopping Center. 65 Via de Luna. 850-932-0864. www.breakbarpensacolabeach.com



**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

## A Great Day For Triathlon

Saturday, September 8, was an absolutely fabulous day for the great sport of triathlon across a relatively small area of the Gulf Coast. The Sandestin Triathlon, The Beach Blast II Triathlon/Duathlon in Mexico Beach and the Alabama Coastal Triathlon in Gulf Shores were held almost simultaneously and over 1,000 athletes crossed the three Finish Lines in good weather.

The Gulf of Mexico was clear, reasonably flat and there was a pleasant breeze as the first athletes entered the water at their respective Start Lines. As the morning wore on, of course, the temperature increased and was exacerbated by our usual high humidity. I haven't heard of any negative incidents so I'm thinking we had safe competitions and many happy triathletes.

### Sandestin

I was at the Sandestin Resort on Friday morning helping the staff stuff their race packets for their 34th annual race. I was also putting "rack cards" advertising the Santa Rosa Island Triathlon in the packets (with their permission, of course). The group was enthusiastic as we placed all manner of items in the bags and our work proceeded quickly.

This race was always run in the blazing heat of August. Walton County insisted they move it to September due to the conflict with the growing number of tourists in the area. That's how they wound up with the current date. On Saturday, 229 people would finish the race.

### Mexico Beach

The Beach Blast II features olympic and sprint distances in both triathlon and duathlon (run-bike-run). The quaint village of Mexico Beach seems to be a good setting for this event and the reports I've received from participants have been really positive. Mexico Beach likes to say it's "Old Florida" and I certainly agree as there are still plenty of plastic flamingos to be found down there along with a lot

of "Mom and Pop" businesses. 171 athletes completed the four races there this past weekend.

### Gulf Shores

I arrived in Gulf Shores on Saturday morning just after 5 a.m. I was serving as a USA Triathlon official (referee) there for the several races they held. Team Magic, an experienced event management company, owns and directs these races. They had both olympic and sprint triathlon competitions along with Aquabike (swim-bike) and Cycle-Run (bike-run). The first swimmers hit the water at exactly 7 a.m. and by the end of the morning, 609 athletes would complete the course.

So, there was good weather, good races, great experiences and over one thousand people got Finisher's medals. Many of those people were running their first multi-sport race ever and, of course, there was a large number of veterans continuing to participate in the sport they love. Wouldn't it be great to see all of them on Pensacola Beach on October 6 for the Santa Rosa Island Triathlon?

### The Best Exercise?

We triathletes believe firmly in our swimming, biking and running. We think that the three sports together are more beneficial for our overall fitness and well-being than any one of the three individually. We tend to go beyond just the training and pay extra attention to our diets, to flexibility, to sleep and to our recovery measures. All these factors together comprise what we like to call a "lifestyle."

We think it's all very healthy and physically, mentally and emotionally enriching for us. We also believe it will increase our "lifespan" (the number of years we live) and our "healthspan" (the number of years we live free of infirmity and disease). Now a new health study has some findings that we may want to look at much more closely.

In a recent epidemiological analysis of 8,600 Danish people with data from a 25 year period, the gross numbers (with most

confounding factors eliminated) showed that the study participants who cycled would live 3.9 years longer than those in the study who were sedentary. Those who were runners would live 3.2 years longer than the sedentary group. We expected that and are not surprised.

However, those who played tennis lived 9.7 years longer than their sedentary counterparts. Those who played badminton lived 6.2 years longer.

Huh?

We're swimming in open water, biking like crazy and running all the roads and trails that we can find in all kinds of weather. Tennis players don't do the things we do. Well, the numbers are the numbers and a large British study a few years earlier came up with similar findings. The study was changed with different controls and the results were basically the same.

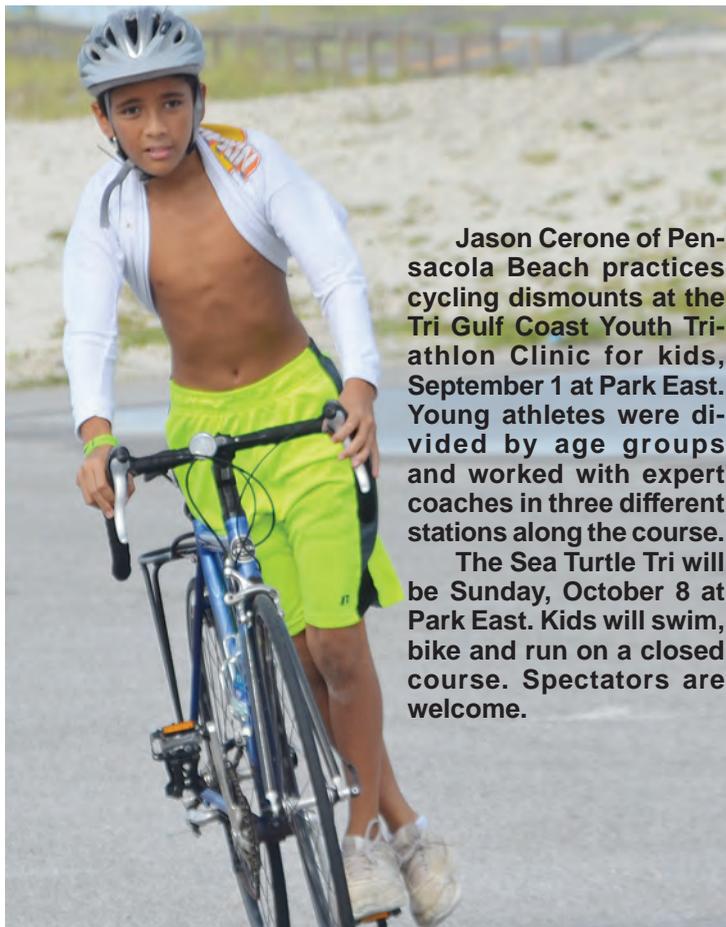
So what are we missing? A better question might be what can we take away from this?

There could be several explanations for these findings, but I would like to dwell on two of them. Tennis (and other racquet sports) involve a lot of starting and stopping quickly. When played full out, you experience a lot of sprinting in them. Multi-sport disciplines tend to be done continually at a certain sustainable pace. So, tennis can be more representative of High Intensity Interval Training (HIIT) which recent studies have shown to be perhaps the most beneficial way to exercise from a true fitness point of view.

Another factor to consider is that playing racquet sports involves two or more people. Multi-sport disciplines can be performed by yourself. People do train with a friend or a group, but solitary cycling or running might be the norm. Many studies have indicated that social interaction is a positive thing for your health and wellness. So, as we're pursuing our passions, let's not forget interval training and let's take someone along for the ride (or run).

### Upcoming on Pensacola Beach

Santa Rosa Island Triathlon  
Saturday, October 6, 7 a.m.  
Casino Beach/Gulfside Pavilion area  
Santa Rosa Island Triathlon.com  
Sea Turtle Triathlon (ages 7 - 15 years old)  
Sunday, October 7, 8 a.m.  
Park East  
<http://www.tgcyouthmultisport.org/>



Jason Cerone of Pensacola Beach practices cycling dismounts at the Tri Gulf Coast Youth Triathlon Clinic for kids, September 1 at Park East. Young athletes were divided by age groups and worked with expert coaches in three different stations along the course.

The Sea Turtle Tri will be Sunday, October 8 at Park East. Kids will swim, bike and run on a closed course. Spectators are welcome.

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NOW OPEN!!



It's been a crazy couple of weeks trying to get things done, but now that I have it's fishing time! And what better time of year? Fishing has been good, but will continue to improve as the temperature begins to drop. September and October are some great fishing months in our little corner of paradise.

Offshore fishing will land Mahi, Kingfish, and Amberjack among the many varieties you can catch here.

Inshore fishing is plentiful right now with Redfish, Spanish Mackerel, Mangrove Snapper and Shark. You'll also get a few Pompano as they begin to move down south this time of year.

Expect Speckled Trout to begin pick up again as they are feeding up-for the winter months ahead.

The Flounder migration will soon begin as will King Mackerel. Summer might be ending, but the fishing never ends.

Saw a couple of guys with nets last week bringing in some

nice Mullet off the Paradise Pier. Bet they ate good that night.

Fall, football and fishing. I can't think of a better time or place than right here. What are you waiting for? Grab a kid and go fishing!

Also, here's a huge shout-out to Saltwater Rick who is host-

ing the twelfth annual 4444 Fun poker tournament Saturday, September 29 at 3 p.m. at Paradise Bar and Grill to raise funds for the Beach School Music department.

It has been my privilege and honor to be a part of this event.

Ready to go all in? See you there!



Marlene Parker, left, and her husband Glenn were off to a quick start at the Boardshorts and Bikinis 5K, September 2 on Pensacola Beach. Marlene finished in third place in her age group. She and Glenn left the starting line and crossed the finish line together. There were 182 entries in this Labor Day Weekend race.



Pensacola Beach's Lauren Thompson, 15, races ahead of her dad Mark during the September 2 Boardshorts and Bikinis 5K on Pensacola Beach. Lauren earned first place in her age group in a time of 30:39. Her brother Josh competed, but was not in the photo.

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Pensacola Beach at the Boardwalk

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Tuesday:

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Whisky Wednesday:

\$5 Crown & Shots 7 PM-CI Tyler Mac Band, 8 PM

Throwback Thurs 7 til:

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9/20 Paul Killough Band, 8 PM  
9/27 Southern Breeze, 10:30 PM

Friday- Saturday-Sunday

BREEZERS MUSIC FEST

Fri, 9/21: True Blue Band, 5 PM  
The Skydogs w/Kelvin Holly, 10:30 PM  
Sat, 9/22: Rick Rucker & The Riverhills Band, 6 PM  
The Skydogs w/Kelvin Holly, 9 PM  
Sun, 9/23: Crown Royal Saints, 1:30 PM  
Xaris Waltman, 2 PM  
Dream Vipers, 3 PM  
Loaded Goat, 5 PM

Fri, 9/28 Buzzcut, 9 PM  
Sat, 9/29 Buzzcut, 10:30 PM  
Sun 9/30 The Red Field, 4 PM  
Karaoke w/Becky, 9 PM

Sandshaker.com  
850-932-2211

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## SPECIALS

- |                                         |                                                                                                                                                  |
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| <b>MONDAY</b><br>Bushwackers – \$2.50   | <b>SUNDAY BRUNCH</b><br>10 am to 2 pm<br>Bottomless Champagne \$6.99<br>Live Entertainment at Noon featuring Pensacola Steel Band or Tim Spencer |
| <b>TUESDAY</b><br>Margaritas – \$3.00   |                                                                                                                                                  |
| <b>WEDNESDAY</b><br>Crab Traps – \$6.00 |                                                                                                                                                  |
| <b>THURSDAY</b><br>Martinis – \$3.00    | <b>HAPPY HOUR!</b><br>Monday thru Friday 4 to 6, 1/2 price well, house wine & house draft beer                                                   |

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Sunday: 10 am to 10 pm



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