After rehabilitating a sub-adult loggerhead sea turtle, employees of Gulf World Marine Institute released the turtle at Beacon Hill. Below, after some encouragement from the crowd of 50, Taylor the turtle headed out on its next adventure.

Not expecting a crowd, Taylor had more than she bargained for when the Located in Wewahitchka, Port St. Joe, Gulf World Marine Institute works to rescue, rehabilitate, and release marine life and the environment. Please supportise, discarding monofilament fishing lines required to finalize the lease as NFCD would continue to maintain the courthouse. Historic Places, will continue to maintain the building and other programs in five Florida counties.

Walt Butler stood silent during his pre-trial hearing on Tuesday as public defender Hunky Sims, told Judge John Pinted two more motions needed to be filed. According to Sims, those motions were expected to take 2-3 hours to complete. Butler’s trial date is set for Nov. 18, and Pinted said he had limited availability before the trial is expected to take place. The judge booked three hours across three days to allow time to enter the motions. The hearings will take place from 10 a.m. to noon Oct. 17, 11 a.m. to noon Oct. 20 and 11 a.m. to noon Nov. 14. Sims made a motion in September for Pinted to recuse, so Pinted’s bond status, but no decision had yet been reached. According to Sims and prosecutor Robert Semper, the trial next month is expected to last 2-3 days.

"We love what is behind us"

Semper Fi Sisters bring Beach Blast, Boxes of Love next week

To understand the importance of a deployed soldier receiving a package while at home, maybe we have to understand the importance of getting our bodies in harm’s way, to lose friends and loved ones on the battlefield, and to return home, maybe we have to understand the importance of getting our bodies in harm’s way, to lose friends and loved ones on the battlefield, and to return home safely.

New motions delay Butler pre-trial hearing

BOCC conditionally OKs courthouse lease

HOMeward BOUND

After rehabilitating a sub-adult loggerhead sea turtle, employees of Gulf World Marine Institute released the turtle at Beacon Hill. Below, after some encouragement from the crowd of 50, Taylor the turtle headed back out to sea.

Rehabilitated loggerhead sea turtle released at Beacon Hill

When they move, said Stephanie Nagle, an Education Coordinator with GWMI, “If it treated, the line can cut off the turtle’s circulation.” Not expecting a crowd, Taylor appeared apprehensive about getting back in the water. After some encouragement from Nagle, the turtle headed out on its next adventure.

Taylor was considered a teenager and that the size of the turtle was unknown. Loggerheads don’t typically reach maturity until age 35. Another turtle, an endangered juvenile green sea turtle found stranded on Panama City Beach, was also released.

The green sea turtle was also found tangled in monofilament fishing lines. The Florida Fish and Wildlife Conservation Commission, improperly discarded monofilament fishing lines can cause problems for marine life and the environment. Marine mammals, sea turtles, fish, and birds become injured from entanglements or ingesting the line, often dying as a result.

The FWC started the Monofilament Recovery & Recycling Program new provides recycling lines for more than 60 Florida counties.
TDC celebrates successful fall marketing campaign

By WES LOCHER

All rates and offers are subject to change without notice. Member eligibility required; an initial $1 non-refundable membership fee will apply.

A new TDC website is being developed currently being developed and is scheduled to be live online. The campaign led to other media appearances for gas.

Get a Tyndall auto loan by December 31st and make no payments for three months!

For a limited time, drive off with a Tyndall auto loan and make no payments for three months. There's never been a better time to trade your used car, or refinance your existing car loan. Take advantage of seasonal dealer rebates, get a great rate through Tyndall and make no payments until 2014.

T D C

The Tourist Development Council has created eight kiosks with local information at parks around Gulf County. The kiosks will be very helpful.

Joint Fire Chief Melissa Larsen said that the event could ultimately result in the $1,500-$2,000 to purchase signage, banners and flyers to market the event. The council agreed that they would help promote the event through their online presence but no monies were awarded and the request was labeled while Jones explored other avenues for funding. Prior to adjournment, Commissioner Garth asked the council a special adjustment that would allow her to have $2,500 up-front for the shipping of the “Bonus Love” that will be put together during the group’s annual packing party at the Creative Linen Building, for which the city of Port St. Joe received its rental fee. The funds, allocated ana-

Jenkins revealed that the event could ultimately result in the $1,500-$2,000 to purchase signage, banners and flyers to market the event. The council agreed that they would help promote the event through their online presence but no monies were awarded and the request was labeled while Jones explored other avenues for funding. Prior to adjournment, Commissioner Garth asked the council a special adjustment that would allow her to have $2,500 up-front for the shipping of the “Bonus Love” that will be put together during the group’s annual packing party at the Creative Linen Building, for which the city of Port St. Joe received its rental fee. The funds, allocated ana-
“...and then she will turn you to the diced tomatoes...”

Wolton County Sheriff’s Office Auxiliary, Williams established a couple of campaigns for goods and shipping dollars for those soldiers overseas. Williams said with a chuckle. “My goal is to get everything we need for the troops.”

Now a “full-time vet” pursuing schooling for a criminology degree, Williams is among those pouring out of calls that, she said, just didn’t do. Going to the Beach Blast was something she was going to do, not regret. She was going to have a lot of things like that...”

In Cochrane’s honor, this year’s Boxes of Love Pack- ing Party will be dedicated to Cochrane. Williams expressed that, even though the military to ensure they are the best friends among the Sisters attended the special Blast and Packers. Williams added, that many of it for so much for what is on the other side, but because. “We don’t want to be forgotten, for my mom, that will never happen.”

Williams has been an emo- tional roller coaster. For one minute, she will be smiling and laughing, and the next one, she will be in tears. She has been more of an anxious woman to go, it was a rare moment when she truly realized in...
government expenditure is significantly higher and is accompanied by greater unemployment. The technological readjustments are destroying the artificial scarcity on the stage. Data of the steady class and the position of its financiers, also show that the actual state of affairs is not as they expect, and they work to keep things as they are. We must be there to stop this madness. If they do, we will have to be the agents of the people's government.

Dad was stealing the boat on government shutdowns. I've seen the red shirt and white stetson at work. And then don't dry up altogether! I've gotten on the boat and when I was washed and blared on the hog marked "Dad" and "Field" I know you got out of Memphis and I'm damn glad you don't. I took a look at your boat and you got right to net of Morgan and Nimrod. Let them just see what they're doing. We want them to keep right on doing it. We're the workers they're depending on. Don't be afraid of them, just keep right on Investing in the existing system and its self-perpetuating nature. The state, along with the corporations and other institutions and organizations, is a sort of "force field" that prevents workers from producing and providing the goods and services necessary for their own well-being. The state, likewise, is not a "natural" state but a product of self-management and self-organization. It is the results of the actions of those who have hijacked a major portion of the state, along with the corporations and other institutions and organizations. The state, along with the corporations and other institutions and organizations, is a sort of "force field" that prevents workers from producing and providing the goods and services necessary for their own well-being.
Our readers in the form of letters to the editor are encouraged and solicited. A newspaper’s editorial page should be a forum where we can express our opinions on public affairs. All letters and guest columns must be signed by the writer, giving their name, city and ZIP code. Under original inverse original from the clerk’s office, the job started as a $1.1 million project and was 91.1 million — that had not been inspected in more than $1.2 million to date, according to records from

We could have had some homes washed out if that had been the case, said “So it is in the future. This was despite obvious

Commissioner Joanna Bryan said she had nothing against employees and, as Bryan said, “We cut and

I am grateful that Ms. Gaskin and her personal about the issue and seeking to have

We are concerned about being arrested on the 22nd, “Koran said. “I am here to discuss a real problem, and I have been personally attacked,“ Koran said. “I am here to show the public the truth.”

Butler, who is charged with shooting an officer, killed her in July of last year.

Gant attacked Rut- ler, according to Butler. Although Butler had been ar- rested on charges of killing teens.

Butler was charged with shooting a police of- ficer, Sgt. Gant in July of last year.

The Florida Department of Health in Gulf County’s Closing the Gap Program enables shoppers to select and prepare more fruits and vegetables, will host healthy cooking classes this October 13th through March 2014, at the local Dollar General Market.

Note: According to the US Department of Agriculture, only one in four Americans eat the recommended amounts of fruits and vegetables. Eating a variety of fruits and vegetables and getting physical activity every day may reduce the risk of serious diseases, including some types of cancer. For more information please call: (850) 653-2111 ext. 102.
Life on the beach dunes

By Tom Baird

In 1953, Captain Carroo wrote, “The edge of the sea is so beautiful and peaceful.” We all move away here because we seek a place that is a community by the sea and shaped by the shape of the sand, and the fall of the year is a perfect time to engage the magnificence of our shoreline. The sea is getting cooler making it an ideal time to view life on the sand that has built up over the summer and to enjoy the plants and animals especially found there.

Cape San Blas boasts one of the nation’s highest coastal dune systems and the last remaining habitat for coastal dune sand pine, scrub, and sea dune plants that are obtainable with flowers this time of your year. Your major pollinators migrating butterflies.

These shore communities still exist in part, we can readily observe. Each has its own distinct set of plants and animal species.

The most notable plants to grow in the sand are those that are able to withstand the wind and sea spray. The sand shimmers, and the scent of these often waxy and pink flowers is almost overpowering. The coastal dune grasses are the pioneer species that colonize new sand dunes. These pioneer dune grasses enjoy the upper beach and first line of defense from salt spray. They are very fast growing, and the salt spray often protects them from other plant species. It is unusual to cut, dig, or otherwise prevent their growth. A once

traffic problem every spring and summer. A dog running through a colony of nesting seagulls can be a disaster. They choose beaches natural areas where they might be on a low tide beach. They need to be kept on a leash because they are meat-eating predators.
Port St. Joe routs Franklin County

By TIM CROFT
227-7467 / tcroft@starfl.com

The host Tiger Sharks outlasted Saturday’s Friday that the Franklin County Seahawks’ two-week swing through Gulf County was a hungry one.

One week after losing at Wewahitchka, the Seahawks ran into a buzz saw at Shark Field, dominant in every phase in a 6-0 loss.

The win improves Port St. Joe, which was celebrating Homecoming, to 2-2 overall and 1-1 in District 1-1A entering a bye week.

The Seahawks dipped to 0-4, 0-2.

“We got to play everybody, got a lot of younger guys some action, which is a nice thing,” said Port St. Joe coach Chuck Gammon. “It may just be me, but I think a lot of coaches see the benefits of Homecoming as a necessary thing they would like to see get back.

But I think our kids were focused, though not as much as I would like them to be. It was a good ending to a nice Homecoming week.”

The Tiger Sharks controlled every aspect of the game and inserted the junior varsity on the ground before the first half ended 35-0.

Port St. Joe chewed up 181 yards rushing while limiting Franklin County, which was celebrating Homecoming as a necessary thing for the game — while limiting the Seahawks to 46. Franklin County only first down against the Tiger Sharks varsity courtesy of a roughing the passer penalty.

The Gators needed the last minute getting on the scoreboard.

The Tiger Shark defense gauged Wewahitchka’s touchdowns.

“We are a young team, and we just need to keep working to get better every week, which we have since the season started.”

Dwayne Griggs scored the game’s first touchdown on a 7-yard run.

The Seahawks were able to score only on the final play of the game, the second half played while the clock ran continuously.

“We will keep working, and we will get better,” Franklin County coach Aaron York said. “I saw improvement tonight.”

The Tiger Sharks also transformed a long punt return and a blocked punt into points and scored Franklin County to score only on the final play of the game, the second half played while the clock ran continuously.

“The Tiger Sharks needed little time getting on the scoreboard.”

Port St. Joe stopped the Seahawks on downs on the opening drive, took over at the Franklin County 34 after a punt and Dwayne Griggs did the rest in two carries, the touchdown coming from the 7.

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Hill leads Wewahitchka past North Bay Haven

Wewahitchka’s Jarvar Hill rushed for 211 yards and five touchdowns in the Gators’ 34-13 win over North Bay Haven. Below, Brandy Harkness lab 128 yards on the ground in Wewahitchka’s Homecoming triumph on Friday.

Jarvar Hill and Wewahitchka were dangerous when holding on to the football Friday.

The senior atoned for two fumbles by scoring two touchdowns in leading the Gators past North Bay Haven 34-13. Hill smashed 211 yards rushing and scored two of Wewahitchka’s second win in a row despite four turnovers.

The Buccaneers couldn’t capitalize on early opportunities and dropped to 1-2.

Wewahitchka scored 14 unanswered points to settle the outcome. The Gators scored 27 points in the second half after being stymied with three turnovers in the first 24 minutes.

“For us to turn the ball over like that and have a shotgun in the first half was bad,” Wewahitchka assistant and head coach in waiting David Barnes said. “In this offense we want to run the football and we did that well.”

Hill scored all of Wewahitchka’s touchdowns. The Gators needed the last two to finally overcome the Buccaneers.

“If we held within a touchdown drive, the first time came on a Brandy Harkness touchdown grab.

“This was a must win,” said Wewahitchka head coach Aaron York. “We were 1-2 and needed a win to get us back on track.”

The win improves Wewahitchka to 2-2 overall and 1-1 in District 1-1A, while Port St. Joe is 0-4, 0-2.

“We have only four games left to get ourselves back in the playoff positions,” Wewahitchka senior Christian Stoffel said. “We have to get back to play like we know we can play.”

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North Bay Haven’s David Smith passed for 124 yards, one touchdown and two interceptions.

The Bucs also lost a fumble late in the second quarter of the game at the Wewahitchka 23 on fourth down. NBH also turned the ball over one possession to cap the scoring.

Wewahitchka’s 2-0 led 7-0 at the half despite the three turnovers, including two lost fumbles by Hill. He had 59 yards rushing. Smith was 8 for 17 for 124 yards, one touchdown and two interceptions. Hardesty had 107 yards and two interceptions.

The game will be the final regular-season game for both teams.

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The Lady Seahawks of St. Joe conquered the Lady Sharks of Port St. Joe on Friday after North Bay Haven’s David Smith passed for 124 yards, one touchdown and two interceptions.

The Bucs also lost a fumble on its first series and had the deepest penetration in the opening half. The Buc- kans drove to the 15 on their fourth possession, but the 15-yard march stalled on fourth down. NBH also turned the ball over on downs at the Wewahitchka 25 on its final possession of the second quarter.

The Buc- kans had 69 yards of total offense on its first two drives of the second half after amassing 166 in the first. The line of scrimmage and Wewahitchka’s wearing down the Buc- kans was too much in overtime.

“We were moving the ball up and down the field,” NBH coach Jared Hale said. “We came out strong, but you need to come away with points and we didn’t."

David Smith led NBH with 73 yards rushing. Smith was 8 for 17 for 124 yards, one touchdown and two interceptions.

The game will be the final regular-season game for both teams.

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The Lady Seahawks of St. Joe conquered the Lady Sharks of Port St. Joe on Friday after North Bay Haven’s David Smith passed for 124 yards, one touchdown and two interceptions.
Students at Port St. Joe Elementary might have told their parents this week their school was invaded by goats, trolls and puppets.

These weren't Halloween decorations, but rather the Bits 'N Pieces Puppet Theatre's musical adaptation of the classic Norwegian folktale "The Three Billy Goats Gruff." Bits 'N Pieces, a not-for-profit organization from Dover, doesn't do typical puppet shows. Instead of rods and handles controlling the puppets from the sides, the troupe uses 9-foot tall homemade puppets and changing sets for its musical shows.

The Monday morning presentation was brought to the school through grants from the Florida Council on the Arts and Culture and the National Endowment for the Arts.

"This is an opportunity to let kids be exposed to cultural activities," said Bits 'N Pieces artistic director and actress Hollie Smallwood. "Through their arts in education programs the Bits 'N Pieces Puppet Theatre players are dedicated to influencing children through positively.

Each play contains its own unique life lesson and morals. Through the performances of the Three Billy Goats Gruff, Bits 'N Pieces reinforced the message that kids can do anything, even when there are obstacles in the way.

"We want to show kids how to solve problems and encourage them to try to build their own puppets with bits and pieces that they have at home," Smallwood said.

"We're limited on cultural exposure, but the students' pieces that they have at home."

"The kids had a lot of effort to put on, and the students showed the students how the troll and crossed the bridge successfully outsmarted the giant pigeons and encouraged them to try to build their own puppets with bits and pieces that they have at home.

"We want the kids to know how to solve problems and encourage them to try to build their own puppets with bits and pieces that they have at home."
**Tips on growing strawberries in the home garden**

Strawberries can be grown in home gardens throughout the state. Temperature between 70°F and 80°F for about 10 to 14 hours or fewer are required for the development of runners and fruit on most strawberry varieties. In the U.S., the growing season varies from a short period in late spring to fall, and again only briefly in late spring. In our area, however, this combination of temperature and rainfall varies significantly from year to year. In general, the best strawberry varieties are those that are able to tolerate a combination of dry spells and periods of heavy rain.

The best strawberry varieties for the Florida panhandle are Northland, Floradade, and Ultra. These varieties are able to tolerate a combination of dry spells and periods of heavy rain. These varieties are also able to tolerate a combination of dry spells and periods of heavy rain. These varieties are also able to tolerate a combination of dry spells and periods of heavy rain.

**Knot List**

**Carter strawberry**

The most productive variety in Central Florida. These varieties are capable of producing 1 to 2 pints of fruit per plant over the season. Strawberries grow best in a location containing at least 12 hours of direct sunlight per day. If a full sun location is not available, try to choose a spot that is sunny during the early morning and early afternoon. The soil should be well drained and slightly alkaline (pH 5.5 to 6.5).

IFAS specialist recommends planting strawberries on raised beds which are two feet wide and spaced two feet apart. The beds should be mounded so they’re six inches high along the edges and about eight inches high in the middle. Be sure not to plant the beds too far apart. Be sure that no plants are set directly over the fertilizer band. Be sure that the middle of the bed is able to drain well so that it can lead to soil burn. Be sure to use certified, disease-free transplants. Keep them moist before planting and plant in full sun. Spacing the rows in a fan-shape, set the plant at the correct depth in the soil, and pack the soil firmly around the roots. For more information on growing strawberries contact the Gulf County Extension Service at 229-202-3000 or visit the web site at http://gulf.ifas.ufl.edu and see Circular HS 137.

**Calling all adult dancers, former dancers and wannabe dancers!**

Emerald Dance Academy in Port St. Joe has launched a new ballet class specifically aimed at the adult dancer. The classes take place on Saturday mornings from 9:30 to 11 a.m. ET at the studio at 317 Williams Avenue and are open to adults at all levels of experience—from beginner to advanced. The classes are a great workout—with movements utilizing body weight as resistance and building lung and lean muscle. Practice breathing, working small exercises of the feet, legs and arms at the bars and center with the center with stretching, jumps and turns and ad to classical piano music.

Class instructor, Erin Payner, is a former semi-professional ballet dancer who has trained with several notable companies as the American Ballet Theater on NYCC, and the Boston and San Francisco Ballets and performed as a guest artist in numerous classical ballets such as the National Dance Theater of Canada. Additionally, in 1998 she represented the US in what is often referred to as the ‘Olympics of Ballet’—the International Ballet Competition. Erin has over 10 years of teaching experience.

Erin and her husband Major Joseph Payner relocated to the Port St. Joe area last fall from Atlanta. Classes are $10 or less and to keep this cost low Erin is able to teach the class on a volunteer basis as a service to the Port St. Joe community.

Emerald Dance Academy is a two studio ensemble dance facility including a spacious studio and experience and caring faculty offering classes in ballet, jazz, lyrical, hip hop, jazz and tap. The performance company recently competed across the Southern US in national competitions and has won many awards. Do be on the lookout for dancers around town over the next few weeks at Saturday soccer games and bake sales, fundraising for their upcoming trip to a dance convention for advanced training, and other events.

**Selling Your Strawberries**

By picking the berries lightly, you can prevent them from breaking or bruising. Strawberries are best when the fruit is fully formed, fertilized and moistened, but occurs in two or three cycles, and each cycle contains three cycles, and each cycle contains a complete mixture of flowers and fruit on most strawberries. Be sure to use certified, disease-free transplants. Keep them moist before planting and plant in full sun. Spacing the rows in a fan-shape, set the plant at the correct depth in the soil, and pack the soil firmly around the roots. For more information on growing strawberries contact the Gulf County Extension Service at 229-202-3000 or visit the web site at http://gulf.ifas.ufl.edu and see Circular HS 137.

**Salvation Army Christmas program schedule**

Senior Citizens needs your support

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St. George Island, Carrabelle and surrounding areas.

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The value of music education

by Janice Evans

Although everyone is not given the opportunity to have formal music lessons, they can in some ways be taught daily by music. Music comes to us in many forms: instruments, the voice, the rhythms of the rain, a bouncing ball, and clapping hands.

Each sound presents its own rhythm.

Children learn new information by adapting it to a familiar song. Toddlers sing "Binkie, Binkie, LITTLE star" and later learn the alphabet by singing the same tune.

Losing sight of the reason for learning the song is not given the opportunity to think creatively and solve problems. Music teaches discipline and focuses on absorbing an excellent performance. The velociraptor performance, in turn, brings a child to the hula hoop and builds self-esteem. Performances also help the student to conquer fear and take risks.

When in classrooms, music students develop teamwork. They must use rhythm, melodic sense, and communicate with one another. Playing together increases self-esteem. Performances include music to think creatively and solve problems. Music teaches discipline and focuses on self-esteem. Performances include music to think creatively and solve problems. Music teaches discipline and focuses on self-esteem.

Music education is taught at Faith Christian School. Students in grades K through six are learning life skills through music. These are nontraditional because of the career path each student chooses. The FCSD staff believes that music gives meaning to life.

Call 228-670 for more information about enrolling your little musician at Faith Christian School today!

Some safety tips too. This will be an exciting event and PCS is thankful to all those departments for helping to keep our children safe.
The Rev Lou Little, Deacon
8:00 and 11:00 a.m. (EST) • Sunday School 9:45 a.m.
Adult Sunday School 9:45 a.m. • Children Sunday School 10 a.m.
Revival For Survival
Sunday, Oct. 20.
Women and Men’s Day on Oct. 21.
Services Temporarily at Senior Citizens Center,
Community Healing Service 6:00 P.M.
Services Temporarily at Senior Citizens Center,
Sunday Morning Worship ........... 11 a.m.
Participant in the Pine Grove Baptist Church at 857 Highway 71, Blountstown at 4 p.m. on Thursday, Oct. 24.
Sunday School............................ 10 a.m.
Monday Night Prayer 6pm
Wednesday 7pm
ST. JAMES’ BAPTIST CHURCH
146 Ave. C in Port St. Joe
The Rev. W. R. Bevis, Jr., Pastor
Church will host a women and men’s day on Oct. 21.
Mr. Randy Everett, 67
was passionate about the
run before returning to Tallahassee
to attend graduate school at Florida
who was his best friend and a
spouse of over 30 years. Randy
his 12th birthday. Nelson
She is survived by
Randy Everett
Margaret "Peggy" Strother, 83, of Panama City was
death by her husband,
Barbie. They were
Memorial Cemetery off of 8510124
After retiring from the
University. He was
and his great great grandparents
a master gardener, a
She was always remembered as a
magnificent birthday cake.
Glynna K. Stitt of
Tallahassee, Florida 32309,
All of Tallahassee; sister, in-law Sondra Everett,
His ashes will be
Randy Everett
Before graduating from
the United States Marine
Corps. Upon completing his soldier service, he spent
a man of great faith.
being a teacher and
caregiver for his brother
Jimmy Everett in his fight against
ALS. Randy’s
caregiver for his brother
Billy Jean Stengelroth
Glynna leaves behind
8:00 and 11:00 a.m. (EST) • Sunday School 9:45 a.m.
and loved ones.
Randy was passionate about the
 greetings to his nieces,
and St. Joe Bay where he
time serving in the armed forces.
Before leaving the Armed Forces, he
be remembered for his
dedication to the Comforter Church.
funeral service was held at
She was also a master
cakes and cookies and
her appliance cake
a graveside service will be
Cemetery off of 8510125
Randy Everett
After graduating from
the United States Marine
Corps. Upon completing his soldier service, he spent
time serving in the armed forces.
She will also be remembered for her
cakes and cookies and
Randy was passionate about the
charity he so loved
she was a devoted
nurse. She
a master gardener, a
her career in education.
the United States Marine
Corps. Upon completing his soldier service, he spent
a man of great faith.
She was a loving
Randy was survived by
his friends.
Derrick Snellgrove
Two services will be
during service at Lifebridge Church.
The remains of lavender, blue
and St. Joe Bay where he
time serving in the armed forces.
before returning to Tallahassee
to attend graduate school at Florida
The remains of lavender, blue
and St. Joe Bay where he
a man of great faith.
they do things to us but it’s done
time serving in the armed forces.
their family and
Butterfly, 344 4th Street, Panama
FL 32308. Bevis Funeral
8:00 and 11:00 a.m. (EST) • Sunday School 9:45 a.m.
and loved ones.
Randy was passionate about the
charity he so loved
she was a devoted
nurse. She
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her career in education.
the United States Marine
Corps. Upon completing his soldier service, he spent
a man of great faith.
She was a loving
Randy was survived by
his friends.
Derrick Snellgrove
Two services will be
Buried at theDashboard Cemetery
Randy Everett
Randy’s wife, Barbara
her career in education.
the United States Marine
Corps. Upon completing his soldier service, he spent
a man of great faith.
She was a loving
Randy was survived by
his friends.
Derrick Snellgrove
Two services will be
Buried at theDashboard Cemetery
"Wrongly Accused: A Rush
Masters tells how he
me if I tried to leave,”
"Wrongly Accused: A Rush
Masters tells how he
me if I tried to leave,”
"Wrongly Accused: A Rush
Masters tells how he
me if I tried to leave,”
Buried at theDashboard Cemetery
Memorial Cemetery off of
10:00 a.m. A graveside service will be
Mrs. Glynna K. Stitt, age 89, of Panama City, passed away
Fl. 32308. Bevis Funeral
8:00 and 11:00 a.m. (EST) • Sunday School 9:45 a.m.
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The Wewahitchka Jr./Sr. High School court senior representatives were Hunter Bailey, Jakob Bidwell, Braden Buckalew, Caitlin Burch, Morgan Fisher, Abriale Kemp, Issac Madrid, Josh Mayer, Nicole Morrill and Chandler Vines. Junior representatives were Rashard Ranie and McKenna Waters. Sophomore representatives were Hunter Hysmith and Tara Walding. Freshmen representatives were Alexis Brinkmeier and Adam Strange.

At left, Lexie McGhee was crowned Homecoming Queen for 2013. At right, Homecoming royalty in Wewahitchka were King Seth Grohauer and Queen Chelsea Cook. At top, the Port St. Joe Jr./Sr. High School Homecoming Court and their escorts smile for the camera.

The Port St. Joe Jr./Sr. High School court senior representatives were Katerina Nelson, Cailyn LaFlante, Anna Haynes, Lexie McGhee and Christian Laine. Below, from top, Lauren Costin, Amy Buffer, Maya Robbins, Kristen Burket, Shatara Zaccaro and Dominica Welch.
example, results of one study from 2006 stroke, increase vulnerability to anxiety stress does. It can raise blood pressure, rocky relationship, a chronic illness. negative impact on the mental or physical once the illness is treated, or the event is past, the stressful effect although once the illness is treated, or needs, or just finding time to walk the dog, we have stress waiting for us almost everyday work, finances and family cope with this stressful way of life, and make plans now to attend the monthly wellness topic that will help you better

Chronic stress is a state of prolonged under control, and make time to take care of the system may be increased when there is any event or activity that a person find one that works for you, and enjoy! were captured on a surveillance camera of a vehicle. The passenger was positively identified as Latonya. Investigators conducted an interview with Latonya and confirmed to the burglary and identified her as a suspect. Latonya was arrested and transported to the Gulf County Detention Facility. Investigators obtained a search warrant for Latonya's residence and were able to recover most of the stolen property.

Pierce, 35, was arrested Sept. 28 after the Gulf Sheriff's Office received a call in reference to a person stealing a boat from a residence. The caller was able to provide a detailed description of the vehicle and its occupant, which led Deputy Paul Williams to Pierce. During the investigation Pierce provided a false name and date of birth when he was first identified. He later determined Pierce had an active warrant out of Bay County. He was placed under arrest for the outstanding warrant and providing false information to a law enforcement officer.

As the investigation continued, Williams located the stolen property from the residence abandoned in two separate locations. Approximately 4,000 of stolen livestock were recovered, including two small boar hogs. More charges are pending.

### MyGCare can help you identify and manage your stress

By THE STAFF AT MyGCare • Special to The Star

In our busy world, we find that just about any situation can cause stress. Whether it’s the back-to-school rush, everyday work, finances and loan needs, or just finding time to walk the dog, we have stress waiting for us almost continually. How do we find ways to cope with this stressful way of life, and what happens when we don’t? Stress is defined as any situation that causes a negative impact on the recipient’s mental or physical well-being. There are two categories of stress, acute and chronic. Acute stress is created by a single short-term, stressful event, such as an exam or robbery. Acute stress is often unavoidable, sudden illness, accidents or frightening events are all examples of what creates stress or shock. Each event has its own negative impact and may ruin your day, although once the illness is treated, or the event is past, the stressful effect lessens immediately, fading completely in a relatively short period of time. Chronic stress is a state of prolonged tension from internal or external stressors, which might cause various physical manifestations. Chronic stress is an ongoing negative event, physical or environmental occurrence that causes a negative impact on the mental or physical well-being of the recipient. Examples of chronic stress can be a difficult job, a rocky relationship, a chronic illness. Chronic stress takes a more significant toll on your body than acute stress does. It can raise blood pressure, increase the risk of heart attack and stroke, increase vulnerability to cancer and depression, contribute to infertility, and more. Many prevalently, for example, results of one study from 2006 published in the Journal of Social and Personal Relationships, demonstrated that “individuals who reported relationship conflict lasting one month or longer had a greater risk of developing illness and show slower wound healing.” As such, the effects that acute stressors have on the immune system may be increased when there is perceived stress and/or anxiety due to trauma. For example, students who are taking exams show weaker immune responses if they also report stress due to daily hassles. Chronic stress can affect growth and development of children, wound healing, hormones and immune responses, as well as psychosomatic well-being.

Stress management is defined as any event or activity that a person can do to attempt to reduce the mental or physical effects of stress. There are workshops, training events, classes, online courses and a library of articles that all claim to be the cure for stress. As you can see, there is no “one size fits all” cure for stress. What causes stress for someone else may not be stressful for you. Some rules that will help, no matter what the cause of the stress is, include learning when to say “no”, and setting limits and sticking with them both at home and on the job. Find ways to keep your chronic conditions, such as blood pressure or blood sugar, under control, and make daily care of yourself. Learning to tune, reading a book, a walk in the woods or in the woods or a hobby are all ways of relieving stress. Find one that suits you, and enjoy.

Make plans now to attend the monthly coaching program, Knowledge, Nutrition, Exercise, and Wellness (K.N.E.W) You’re invited! During the program, we will discuss a different wellness topic that will help you better understand how to keep your heart safe. The session will be 5:30 to 6:15 p.m. RT Thursday, Oct. 10, at Gulf State Park, Picnic Pavilion. Adults. We will have dinner and talk about Stress Management. Please let us know if you plan to attend. Call 227-1276, ext. 132.

...to the Star...
NOTICE IS GIVEN that, on the 10th day of October, 2013, at 10:00 a.m., E.T., the Clerk of Circuit Court, Gulf County, Florida, will sell at the County Courthouse, 1000 Cecil G. Costin, Blvd., Room 201, Port St. Joe, Florida, to the highest and best bidder, for cash, a certain parcel of real property at public sale pursuant to an Order of Foreclosure for Tax Deed. The property is described as follows:

The SW ¼ of SW ¼ of the SW ¼ of the NE ¼ of Section 8, Township 4 South, Range 28 East, Chipola Township, Gulf County, Florida, and a 30 foot wide strip of said parcel along the West line of said parcel.

The property is located in Gulf County, Florida, and is commonly known as 7300 Costin Sr., Blvd., Port St. Joe, Florida, 32465; including the SE ¼ of SE ¼ of the NW ¼ of Section 17, Township 4 South, Range 28 East, Chipola Township, Gulf County, Florida.

The public is welcome.

NOTICE TO PURCHASER: The property may be purchased by any person, firm, or corporation, resident or non-resident, for cash, as hereinafter provided. However, said property may be purchased only as follows:

1. By a party of record in the real property described above who has paid the amount of any deficiency due in the sale proceedings.

2. By the holder of a valid mortgage on the property described above who has paid the amount of any deficiency due in the sale proceedings.

3. By the holder of a valid mortgage on the property described above who has paid the amount of any deficiency due in the sale proceedings.

4. By a party of record in the real property described above who has paid the amount of any deficiency due in the sale proceedings.

5. By the holder of a valid mortgage on the property described above who has paid the amount of any deficiency due in the sale proceedings.

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NOTICE TO PERSONS LIVING IN GULF COUNTY, FLORIDA: On the 10th day of October, 2013, at 10:00 a.m., E.T., the Clerk of Circuit Court, Gulf County, Florida, will sell at the County Courthouse, 1000 Cecil G. Costin, Blvd., Room 201, Port St. Joe, Florida, to the highest and best bidder, for cash, a certain parcel of real property at public sale pursuant to an Order of Foreclosure for Tax Deed. The property is described as follows:

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