In this season of gift giving, the Fort Pickens Chapter of the Daughters of the American Revolution has donated a redwood bench to be located in Morgan Park on Santa Rosa Island. Chapter Regent Susan Haselton-Barr, above, noted that the bench is the first of a trio of gifts. Unwrap the rest of the story on Page 2.
This is the season of giving and the Fort Pickens Chapter of the Daughters of the American Revolution have a generous spirit. They have dedicated a memorial bench to be placed in Morgan Park as a gift to the community of Pensacola Beach. Morgan Park, located on Pensacola Beach Boulevard is a greenspace, tranquil retreat and lush oasis in the midst of crowds and traffic which surround it. It contains native plants, a meandering walkway and a heritage oak, and has been identified by the Audubon Society as a shorebird rookery. The Park is currently in the beginning stages of a complete refurbishment, so gift is well-timed.

The Daughters of the American Revolution (DAR) is a non-profit, nonpolitical volunteer women’s service organization with 185,000 members worldwide. Locally, the Fort Pickens Chapter is led by Gulf Breeze resident Susan Haselton-Barr.

“It is a rare privilege to be able to place this bench in Morgan Park to honor our past and remind our future generations of the courage and sacrifice of the people who came before them,” said Susan Haselton-Barr, regent of the Fort Pickens Chapter of the DAR. “The Daughters of the American Revolution support conservation efforts particularly in our local communities. Morgan Park is permanently dedicated as an area of preservation. Part of our stated mission is preservation and protection of our historic land, buildings and conservation nationwide.”

Haselton-Barr explains that DAR is still alive with the spirit and memory of their ancestors, in addition to focusing on the current and present needs of our community. The members of the Fort Pickens chapter have supported charities and initiatives, both locally and nationally. They participate in the Beach’s Veteran’s Day Parade and take pride in honoring the area’s veterans.

For many DAR members, there is one defining moment in their family’s story which cements the connection and drives them to volunteer. “My ancestor Florence graced the corridors and rooms of our DAR headquarters in Washington in 1923. She traveled by train to Washington, D.C. at great sacrifice to her family, selling her wedding ring to afford the transportation. Florence was driven to selflessly volunteer her time for our society,” commented Haselton-Barr. “I am humbled to lead our Fort Pickens Chapter. Serving as the regent is a labor of love. Assisting the placement of this memorial bench is a true honor.”

The custom, redwood bench arrived from a master woodworker’s shop to the Santa Rosa Island Authority office where it awaits the addition of a memorial plaque. The plaque, which reads, “In Honor of the Revolutionary War Soldiers and Patriots who served at Fort Pickens, Pensacola Beach, Florida. Marker placed by the Fort Pickens Chapter, NSDAR 2020” is being approved at the DAR headquarters in Washington, D.C. The bench will be added to the Park in early 2020. The Fort Pickens Chapter will also fund a new tree or native planting for Morgan Park in 2020. The tree, which will be chosen and planted in the spring, will create shade for the bench and serve as a habitat for the variety of wildlife that draw visitors to the Park.

Additionally, the DAR has donated Braille flag pole placard which will be affixed to one of the American Flag poles in a public area of Pensacola Beach. Providing a place to sit and enhancing the Park’s appearance are the physical aspects of the donation, but the real gift lies in the spirit of reflection, remembrance and celebration.

Haselton-Barr, who dedicates immeasurable volunteer hours to the mission of DAR, hopes that those who visit Morgan Park will take a moment to reflect on the island’s history, the local area’s impact and its place in the birth of our nation. “If we do not honor our past ancestors, their sacrifices, their passion, then segments of our history will be lost,” Haselton-Barr said. “Without these monuments, our society will forever forget these events.”

There will be an official unveiling and bench dedication ceremony hosted at Morgan Park at a later date.

### Poker Promoter Hosts Toys For Tots Tourney

Texas Hold ’Em 4444 Fun is hosting the Toys for Tots Poker Tourney, Saturday, December 14 at 1 p.m. at The Dock on Pensacola Beach.

Players should arrive with two new, unwrapped toys or a suggested donation of $20 to get in the game. Play begins at 1 p.m. with a break each hour until the final table is seated about 5 p.m. “This is going to be a great day to support Toys for Tots,” said Kim Reinninger, who chairs the Planning Committee for this event. “Everyone should come play. It’s all about the spirit of giving.”

Rookies and those who have not played poker in a while are welcome to join the game. Texas Hold ’Em 4444 Fun Promoter Saltwater Rick Uzdevenes keeps his dealers on alert, in case someone needs some help.

“The name says it all,” said Saltwater Rick. “It’s all for fun. Don’t shy away if you are a little bit rusty. This is a charity tournament.”

Anyone who would like to donate to Toys for Tots can drop off toys at the following Pensacola Beach locations prior to December 14: Cafe NOLA, Hemingway’s, Capt’n Fun, The Islander, The Break, Paddy O’Leary’s, Sandshaker, Paradise, Geronimo’s and The Dock.

For more information, contact Reinninger, 850-206-5100 or Terri McKamey, 850-281-2069.
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.

December 10, 2019

When I dream about Christmas on Pensacola Beach not one Sugar Plum fairy dances her way into my reverie. My sleeping and waking dreams are of the Sandspur Republic, a mythical kingdom of businesses and residents, which once existed at the Surf and Sand Cottages, the Beach’s very first motel. It was there that Christmas on the Island was born, thrived and presented a spectacle never seen before nor since on the beach.

Lots of plans were hatched in one of the businesses, the Sundek Saloon and Sidewalk Café. Important decisions were made, and world problems were solved as locals gathered around the weird little fireplace in the coffee shop. But, none was ever as striking as Christmas on the Island. Joy Anderson, who along with her husband Les, owned the Sundek, was determined to see that all the streets in the Republic were lined with luminaria on a special night during the Christmas season.

Small business owners in the Republic backed her up, and began to corner the market on tea candles and paper bags as early as October. The day of the big celebration, families and friends filled the paper bags with sand, placed the candles inside and at dusk began the arduous task of lighting the luminaria. Sometimes the wind blew every candle out and maybe even set the paper bags on fire. Getting hundreds of luminaria lit and glowing at one time was not an easy undertaking.

One night, Mike Mead, owner of Surf and Sail Boardsailing, walked the whole distance along his street, lighting candles. He did not realize that two little boys were quietly following him and stamping on the candles as quickly as he could light them. When he noticed them, the unfappable Mike chased the kids away and started over.

What a spectacular sight when all the luminaria were burning and lining the streets of the Republic! Once the luminaria were in place, the festival started with the arrival of Santa Claus, skimming across the Sound on his sailboard. Children all along the shore would jump into the water to greet the skinny Santa (Mike Mead) as his sailboard rushed to the sand beach. Another, chubbier Santa (Jim Rigby) then boarded the decorated convertible and proceeded to the Sundek where he talked things over with the youngsters who lined up to sit on his lap.

All of the business owners opened their doors that night and served cookies and hot chocolate. Volunteer firefighters “The Firehouse Six” donned thier red work coveralls, and sang Christmas carols. The part of the festival the kids liked the best was the “hayride,” a makeshift operation to say the least. After the old Krewe of Wrecks float was filled with hay, John Savelli, Pensacola Beach Fire Chief, would pull the “hayride” filled with delighted children with his pickup truck along the protected streets of the Sandspur Republic.

A sense of magic pervaded the air in the mythical kingdom and that magic began to spread. Soon, the luminaria stretched across the Sound on his sailboard.

Unfortunately, at least in the minds of the occupants of the Sandspur Republic, the days of the quaint old complex were numbered. The Hilton Garden Inn and Sandspur Republic.

New events have some along to celebrate Christmas in downtown Pensacola Beach. The street parade and boat parade delight spectators. But, Christmas on the Island, a wondrous gift, created by a band of merry shopkeepers in the Sandspur Republic, is just a memory.

When the wrecking ball hit the Sandspur Republic’s old, but sturdy, little structures, members of the Wooly Booger Social Club, who called the place their home shed a collective tear.

The demolition teams signaled the end of the carefree, home grown celebrations like Christmas on the Island. After the curtain fell on the final act, there was no encore. Just a sudden, abrupt ending to a well-loved little town festival.

The hayride, the luminaria, the sailboarding Santa, the hot chocolate. All gone. Never to return again. But the memories linger on.
Call your high school Lit teacher and tell her that you did not get this one right. Clearly, three titles with the accompanying authors was too much to ask the reading public. A smattering of responses contained three book titles, and then some had a title and a few authors’ names thrown wildly nifty into the mix. Sorry you were baffled. Next time, put down your turkey sandwich and beer before you start to type.

The Trivia Master was looking for the book title and author responsible for the following first lines:

1. “For many days we had been tempest-tossed.” The Swiss Family Robinson by Johann David Wyss.

2. “It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness...” A Tale of Two Cities by Charles Dickens.

3. “Three Pensacola Beach friends sat at a narrow table in the Outrigger Room...” To The Beat of an Island Drum: A Different Kind of Mardi Gras by Jane Waters Cooper.

Dan McGrath was in Jeopardy mode, sending his answer as a question, “Is it Moby Dick, Tale of Two Cities, and your Mother’s wonderful book, To The Beat of an Island Drum? God help me if I got the title wrong.”

Good call on asking for Divine Intervention, because you need it, Dan. The TM agrees, however, that Moby Dick opens with a classic first line, but it’s “Call me Ishmael.”

The Queen of Wrong Answers Joanne Brooks was polishing her crown and jumped into the quagmire of pitiful answers with this, “Oh, oh. The Tempest, William Shakespeare; A Tale of Two Cities, Charles Dickens; and The Islander, Jane Waters.”

“The Tempest” was a reasonable, wrong guess. It was written over 400 years ago. At least Queen Jo had three titles and three authors. Not correct, but what else would you expect? The Queen will be accepting congratulatory wishes, because she will remain on her throne in the Land of the Woefully Incorrect.

One of the more entertaining answers, albeit incomplete, “Hurricane Katrina, Something Woefully Incorrect.” J.D. will not win a shirt this time. The shirt gets put back on the shelf and the TM goes back to his dusty tomes.

The Trivia Master fell into a vat of questions and answers compiled in 1992. The author of the quiz will remain anonymous for now. He was a tall, dark, bearded guy who was environmentally sensitive and a homebuilder. See what you can do to answer this: What tourist attraction was located on the Santa Rosa Dunes site in the 50s and 60s?

The first person to email the correct answer to shelley@myislandtimes.com will win an Island Times trivia t-shirt. Send your email with Trivia in the subject line and be sure to include your name.

Hurry! Early deadline to answer is this one. Send your email by Friday, December 13 at noon.

Good luck!”
The Board of County Commissioners voted to convert the Bob Sikes Toll Facility to a cashless system at their December 5 Board meeting. The Toll Plaza leading onto Pensacola Beach, which currently accepts cash in lanes one and two, will be transitioned to all electronic tolling in approximately four months.

The Bob Sikes Toll Facility will be reduced to two-lanes and cars will continue traveling through the facility without stopping. Sun Pass and the Pensacola Beach Annual Pass will be in use. Other options include an E-Pass, whose sticker is available at no charge from www.cfxway.com, or drivers can download the PayTollo App. Both E-Pass and PayTollo are compatible with the SunPass system. Drivers who do not have a pass or the app will be sent an invoice in the mail via a toll-by-plate system.

There will be an extensive media campaign to educate and inform drivers of the change. During peak summer traffic tie-ups, Escambia County officials lifted the tolls and allowed cars to flow freely through the toll facility. The positive results pointed to the stop-and-go at the Toll Facility as a cause of traffic backing up onto Highway 98 in Gulf Breeze and beyond. “This will be a game changer for the Beach,” said Commissioner Robert Bender, whose district four includes Pensacola Beach. “If you are not stuck in traffic, then you will enjoy more time actually on the beach and save money on gas.”

Commissioner Bender presented statistical data that tracks cars from the traffic light at Fairpoint Drive on Highway 98 in Gulf Breeze to the traffic light at Via de Luna and Ft. Pickens Road. When cash was being accepted the transit time in peak hours ranged from 40 to 52 minutes. The transit time is reduced to less than 23 minutes when the toll facility was cashless.

Citing the data-driven solution to convert to a cashless system, Commissioner Doug Underhill supported the initiative. Commissioner Jeff Bergosh also supported the change, but added that he would like to see the toll booth go away and paid premium parking in areas of the Casino Beach lot.

Bender reminded his colleagues that the toll collections pay for the bond tied to the widening of Via de Luna, and to the $4.2 million Bob Sikes Bridge repair and rehabilitation project. In the not-so-distant future the Bob Sikes Bridge will need to be replaced, according to Bender. Commissioner Lumon May, who was not at the evening meeting, stated in the morning’s agenda review session that public input from all the stakeholders throughout the county should be gathered before taking the step to do away with cash. He reminded the Board that two years prior they made a commitment to take input prior to making this decision. He feared that those who don’t use credit cards nor have bank accounts would be kept away from the beach.

Commissioner Bender announced that there are establishments that will accept cash for payment of a toll invoice.

Nearly two dozen citizens spoke against the all-electronic tolling and requested a Town Hall meeting be set. Speakers included former SRIA Board member Fred Gant and City Council member Sherri Myers.

Myers told the Board that she admired their work and recognized that this was a difficult position to be in, however, she urged them to host a Town Hall Meeting. “Even if it does not go their way, people need to feel that they have been heard,” she said.

Beach resident Elizabeth Hewson applauded the Commission’s move to bring the toll collection method into the twenty-first century.

The Board’s 4-0 vote included approval for DRMP, Inc. to begin the design of the sign and pavement marking for an all-electronic Toll Facility. This will cost $24,615 and be paid out of the Bob Sikes Bridge Toll Fund.
Not only did we have a wonderfully loving and healing Thanksgiving with our family in Georgia, but we had a very nice “welcome home” gift from total strangers. Eager to get home, we drove straight through except for a quick stop for gas and a short walk for our dog Peanut Butter-cup. Coming into Gulf Breeze, we decided to pick up some fast food for dinner. When Bill reached the pick-up window, we were told our meals had already been paid for by the people in the car ahead of us! It was an unexpected surprise and our first time being recipients of “a random act of kindness.” We will happily pay it forward.

Queen Shugah Denise Keever has completed her reign successfully and passed the tiara. Congratulations to our Wooly Booger Social Club’s Queen Shugah Amy Emma! Queen Shugah Amy will reign over the 2020 Hurricane Season. She’s been taking care of people a long time and now she will use her skills, wisdom, prayers and all the hoo-doo voo-doo she has to keep us safe. She will also need the support of every islander. If you’re not willing to lend support, then you will be blamed for any storms that reach our beloved Island.

We are now using a Wooly Booger Roll Call sign-up sheet to prove you were in attendance at the “Kiss the Hurricane Season Goodbye Bawl.” We received over a hundred signatures so you will really need to pay special attention next year and make sure to show up for the “Keep the Hurricanes Away this Season Bawl.” It takes place at the beginning of the season, sometime around June 1. Be there or be blamed.

I am so very happy that I have nearly survived this horrific year and we are in the final month, at last. It’s been such a trying and tragic time for my family and so many of my dear friends. Not feeling the Christmas Spirit yet, no time to shop and with very little funds left after medical bills, I’ve decided I am giving “Virtual Christmas Gifts” this year. That means I will be putting a picture in an envelope of what I would have purchased given time, energy and money. Everyone gets an amazing picture gift that I don’t have to wrap and they don’t have to clean! Works for me.

Speaking of work, I turned this in ahead of deadline because I was headed to Island View in Biloxi for a show featuring Loretta Lynn’s grand daughter and a grandson of Conway Twitty! There will be an interview to share in another column.

Right now it’s time to share a recipe for a Holiday Cocktail that will hopefully make everyone happy.

So, let’s cook... or drink!

**Santa’s Magic Eggnog**

1- 1/2 quarts French Vanilla Ice Cream
1- 3/4 cups Half and Half
1 cup good Bourbon (your choice; you can also use Rum)
1/4 cup orange liqueur, such as Cointreau
Grated Cinnamon or sticks

In a blender, combine 1 quart ice cream, half and half, Bourbon, orange liqueur and orange zest. Blend until smooth.

To serve, pour into a punch bowl, scoop 1/2 quart ice cream on top. Sprinkle with Nutmeg and Cinnamon (or add a stick of cinnamon for stirring).

Enjoy, share and always be kind.

See ya in the kitchen....

Amy Emma, left, was crowned as the 2020 Wooly Booger Queen Shugah at the Kiss the Hurricane Season Goodbye Bawl, December 1 at Paradise. Her husband Tom was not sure what kind of royal title he had earned. Tom Emma’s title is Sir Dude, the royal consort.

Certified Wooly Boogers showed up at the Kiss The Hurricane Season Goodbye Bawl, December 1 at Paradise. These longtime friends and beach ladies (L to R) Kathi Lewis, Jane Peaden, Sharon Mattair and Becky Shearman were there to congratulate the new queen and toast the end of storm season.

**SOBs Gather At Flounder’s**

The annual Sisters of the Beach Christmas Brunch will be at Flounder’s Sunday, December 15 at 11 a.m. Champagne will flow and ladies will be dressed in the most festive attire at this annual Beach tradition.

There are no invitations and no real rules, except no men are allowed. The breakfast is Dutch Treat. Beware, the SOBs will sing their drinking song. It’s not for the faint of heart.
Butterfly Biology Basics

On recent trips along the beach I have encountered quite a variety of butterflies making their way to tropical hideaways as the fronts move in. Many are aware of the long migrations and the amazing effort it takes for these species to make them. But not much has been written in public media about their basic biology, about how they perceive, and survive in, this world. So, let’s do it!

Butterflies are in the Phylum Arthropoda. As the name implies, these are “jointed legged” invertebrates that make up 80 percent of the animal kingdom. One secret to their success is the chitinous exoskeleton they possess. It provides excellent protection but is much lighter than those of the mollusk, allowing them to move much faster – and even fly. Class Insecta are arthropods who possess three distinct body parts (head, thorax, and abdomen), have three pairs of jointed legs, and one pair of antennae. There are over 750,000 species making them the most successful phylum – this is the group to which butterflies belong.

As mentioned, their bodies are covered with a cuticle that varies in thickness depending on its location. The head is dominated by two large compound eyes. Each eye has numerous lenses instead of one like ours. Each lens provides the brain a beam of light which they use to decipher what they are seeing. This type of eye is very good at detecting motion. Between the two eyes are three small ocelli. These are primitive eyes that can detect light. All insects, particularly the flying ones, use them to orient themselves in space. Insects have only the one pair of antennae. Antenna are sensory and provide a lot of information to the animal as to what is going on around them.

There are three mouth parts; the mandible, maxillae, and labium. As caterpillars, the mouth parts are modified for chewing plant material. As butterflies, the maxillae fuse forming a long tube with which they suck nectar from the plants.

The thorax is the location of the three pairs of jointed walking legs. Above the legs are plates from which the wings develop. Insect wings are basically two thin sheets of cuticle, many of which have veins running through. These veins not only provide support but actually do transport blood in large insects. In primitive insect fliers, the wings work independently – but in butterflies the movement is synchronized beautifully.

They are cold blooded, and butterflies are often found early in the morning basking in the sun to warm – all the while slowly beating their wings to increase temperatures.

They do have heart… yes, they do. It is tube shaped and found along the upper portion of their body. Blood usually flows from the back of the animal towards the front. Insect blood is usually clear or green. They breathe through a series of holes along their sides called spiracles. Many of these have “doors” or “screens” to keep material out and reduce water loss in the sun.

Reproduction is interesting. There are male and females and both, of course, have their organs. Fertilization would be internal and often conducted on the wing. The male will grab the female on the thorax and insert his sperm within a tube called a spermatophore, which will lie in wait for the female’s eggs. She will pass her eggs by the sperm, fertilizing them and encasing them in a shell at the same time. She possesses a gland that produces a sticky substance used to hold the fertilized eggs to a leaf, or some other structure.

Development is with complete metamorphosis. Stage 1 is the non-winged caterpillar. Stage 2 is a non-feeding pupa stage. Many will curl their bodies and develop within a cocoon during this stage. Stage 3 is the winged adult. Their maxillae changes to a long tube used to suck nectar and is “rolled up” when not in use.

There is a lot more interesting biology about these guys. I encourage to read more about these, as well as other fascinating insects around us.
WOW WILLA
Pensacola Beach Elementary School third grader Willa Shearer made a birthday wish that came true. She asked her friends and family for dog and cat food instead of presents. Everyone had a grand time at her birthday party and the donations of pet food and cash were generous.

Donations were shared between The Joy Committee (a local dog rescue) and the Friends of the Escambia County Animal Shelter.

HOLIDAY CONCERT
Pensacola Beach Elementary School students under the direction of Music Teacher Mary Holway will present their annual Holiday Concert Friday, December 13 at 6:30 p.m. at Our Lady of the Assumption Catholic Church. The concert is open to the community, but arrive early to get a good seat. These kids are loaded with talent and have lots of fans. There is no charge to attend.

MORE GOOD DEEDS
Santa arrives at Pensacola Beach Elementary School on Wednesday, December 11 to collect gifts and toys being donated by the students to the Breakfast with Santa event. The event is for children in foster care in Escambia and Santa Rosa counties. Beach resident Pandora de Balthazar is the founder and organizer of this Christmas party which allows the area’s foster children to earn Santa Dollars by playing games at the party. They, then “shop” for presents for their foster families. Breakfast is served and Santa hands out gifts to the children.

DATES TO NOTE
Thursday, Dec. 19: Early release. Pensacola Beach Students begin their Winter Break Tuesday, Jan. 7: Students return to classes at Pensacola Beach Elementary School Saturday, Jan. 18: Krewe of Kids Sign Up and Organizational Meeting, 2 p.m. Beach Church Fellowship Hall. $10 cash to join.

WHERE TWO OR THREE ARE GATHERED

BY SHAWN YORK
PASTOR, FLOUNDER’S BEACH CHURCH

Christian Symbols
Today, some people are trying to remove any public mention of Christ at Christmas, while others seem bent on secularizing it completely. So let’s look at the meaning of some of the Christian symbols. The small Holly berries are thought to have reminded Christians of the drops of Christ blood caused by the crown of thorns He wore on Calvary. The evergreen tree speaks of the promise of never-ending life resulting from His resurrection. The Celtic cross has a circle surrounding the intersection of the vertical and horizontal axis of the cross. Some believe it originated with Saint Patrick who upon seeing a round symbol of the moon goddess drew a Christian cross over it changing a druid symbol into a new symbol for Irish Christianity. In the same way that Saint Patrick adopted a pagan circle and gave it a new meaning, other Christians adopted the evergreen wreath and gave it a new meaning. When early Christians changed the Roman winter solstice of the rebirth of the sun (Originally on December 21), to a celebration of the birth of the “Son of righteousness,” The evergreen wreath was adopted. Instead of simply being a garland, the round Christmas wreath now speaks of the never ending unity and fellowship we have with God through Jesus Christ. So when you hang a wreath on your door or over your fireplace this Christmas, remind yourself that nothing “shall be able to separate us from the love of God which is in Christ Jesus our Lord” (Romans 8:39)

Christmas is a symbol of God’s love for mankind. The birth of our Savior brings us together for many reasons. This season, I want to invite you to join me at Flounder’s Beach Church for breakfast at 8:30 and worship at 9 a.m. I hope you will make plans to visit us on Christmas Eve for a complimentary community dinner at 5 p.m. and worship with us under a heated tent on Flounder’s patio.

Merry Christmas,
Pastor Shawn York
Fa-la-la-la-aaa. And ho-ho-ho. 'Tis the season, y'all, and folks are getting ready. Even on the beach, I see evidence of the season, and it makes me smile.

From the deck, I watch as families trek down the walkover to the beach—mom, dad, a couple of kids and the baby, all dressed identically in crisp khaki and white, setting up for that iconic Christmas card photo in the dunes, sea oats swaying the background. “Seas and Greetings,” it will be captioned. The cousins in North Dakota will love it.

I am obsessed with this tradition. I send out more than 200 cards every Christmas. It all started with a simple little snapshot of toes in the sand—Ted’s on the left, mine on the right, and in between, Myles’ pudgy piggy toes when he was a baby. “Mistletoes,” it was captioned, and a family custom was born. For more than 25 years now, we have designed and produced (often with the help of my artist brother, Jem Sullivan) original, off-the-wall, family photos or illustrations to send out to friends and relatives during the holidays.

The year of Hurricane Ivan, the four of us were depicted—with a little help from Photoshop—blown sideways clinging to a palm tree. The Deepwater Horizon oil spill of 2010 inspired a family photo of the four of us, posing happily on the beach, yes, in matching khaki shorts and white polo shirts—covered in Hershey’s chocolate syrup. In 2008 we were trapped, frantic, yet festive, in a giant snow globe. Back in 1996 we were caricatured playing volleyball with a bunch of snowmen on the beach. In 2014 we were stuffed into Christmas stockings and hung by the chimney with care. In 2000 we actually stripped down to our skivvies and were photographed laying on the beach with sand covering our privates, to wish everyone a “Happy Nude Year.”

This year, the Gorder family finds themselves marooned on Santa Rosa Island of Misfit Toys with Rudolph and Hermey, the elf-dentist. Ha!

Every year, we’re sure we’ve exhausted our Holiday muse as we grope for ideas. But every year she comes through. Now, you’ll have to excuse me; I’ve got 200 stamps to lick.

Pensacola Beach Woman’s Club recognizes birthday celebrants each month. The November Birthday Girls are (L to R): Janet Miller, Helen Sprowls, Mary Ann Wolcott, Janet Penniman, Patty Lou Kattner, Cheryl Huffman, Pat Landfair. Not pictured: Gail Cook, Denise Ables, Joanne Haydon.

Pensacola Beach Woman’s Club inducted two new members during their November 21 membership meeting. At the Induction Ceremony are (L to R): Barbara Landfair, President, Jane McGrath, Membership Chair, with the new members, Debi Bock and Susan Lyman.

Little Theatre Presents Holiday Classic

There’s nothing like Christmas time in the City, and Pensacola Little Theatre is proud to present Miracle on 34th Street. PLT’s Artistic Director, Kathy Holsworth, directs this classic and heartwarming play that is sure to be a hit with the entire family this holiday season.

Shows are December 13-15 and 19-22. Tickets are available online at PensacolaLittleTheatre.com, through the Box Office at 850-432-2042, or by visiting the Little Theater Box Office on weekdays from noon until 5 p.m.
Different enough to stand out, 
Familiar enough to feel like home.

Make plans to join us this Christmas Eve for a Candlelight & Communion service at Flounder’s Beach Church. Under the comfort of a heated tent, we’ll break bread, worship the coming savior, and hear an uplifting message of joy and hope.

Our complimentary community dinner begins at 5:00PM, with worship at 6:00PM.
Soiree Supports Sea Turtles

The Navarre Beach Sea Turtle Conservation Center is hosting the Sea Turtle Soirée, Friday, December 13 at 7 p.m. at the Hilton Pensacola Beach. Proceeds from event support the Center’s mission to conserve and protect threatened and endangered sea turtles through community education and partnered research. They run a public conservation and education center, care for Sweet Pea, a non-releasable sea turtle, provide education programs and host school field trips, as well as create and implement community conservation initiatives.

The Soirée boasts a silent auction, a live four-piece jazz band, a fun selfie-booth donated by Eglin Federal Credit Union, and lots of tasty hors d’oeuvres and cocktails catered by the Hilton. Tickets for the Soiree are $75 each or $140 per couple.

Last year’s Soirée raised over $12,000 dollars with the purpose of converting an unused exterior area on the northern side of NBSTCC into an outdoor classroom and guest waiting area. Tickets and more info: https://nbstcc.myshopify.com/

Pensacola Beach Elementary School Kindergarten Class teacher Jennifer Neal hosted the fifteenth annual Thanksgiving Feast, November 20 at Our Lady’s Hunt Hall. Her students performed songs dressed in handcrafted costumes. Families and community members were treated to a catered Thanksgiving meal which included a sumptuous buffet from Kentucky Fried Chicken paired with roast turkey and desserts. Photo left: Kindergartner Macy Durrence awaits her turn to say what she is thankful for this Thanksgiving. Photo right: Kindergartner Noa Christopher, dressed in his Native American costume performs the Pow Wow song with his class.

Letters To The Editor

I wrote a note to a friend who is trying to stay away from alcohol. And, I know this time of year is a tough one for people who are in that position. I send this to your readers with love,

Lynas Randle Lajter

THREE PROMISES

I know you’re struggling and I love you. My wish is that these words give you hope. I’m going to make you three promises.

First, I promise this; over time, the hourly thought of alcohol will come and go less frequently. When it comes, no matter what is going on, no matter what, (memories, stress, shame, anger, bad day, unfairness, grief, past trauma) no matter what, you must push it aside. Grab a banana. Pray for sixty seconds. Do ten jumping jacks. But, push it aside.

Secondly, I promise this; it will pass. You will look in the mirror believing that the glamour it once held doesn’t work in your case and you will embrace that belief fully and permanently. Let those who can handle it, and for whom it creates no problem, get on with it as much as they like. And you, you embrace the self-truth and wisdom that, for you, it is a toxin that has not one single benefit. It is a craving that will diminish. When it does, you will know in your heart of hearts that your mind, body, and soul, are truly free. I’ll tell you what a dear friend told me; you only have to change is one thing; don’t drink. That’s the truth.

And, when you’re feeling great and like you’re past it all and you think one little drink won’t hurt at this point, know that that simply isn’t your truth. You’ve proven it enough times to make it so.

Make this day one of Thanks. Thanks that, from this second on, you will not be vulnerable to the dark, downward of something that you have a choice in. I believe in you. You are protected. You are a special, spiritual person. You have forces you can’t see all around you. And, each time you make the choice that you know is right, you strengthen all you are and are becoming.

I have a mantra anytime I recall a shameful memory that I say to myself, “Different person, different time.” Use it or create your own.

Finally, my third promise is that you will never regret making the choice to not drink. Everything you think, say, and do will be with a clear mind. And nothing feels better than a clear conscience.
ARIES (March 21 to April 19) There could be an unexpected change in plans for your upcoming holiday travels. But keep in mind that a little flexibility goes a long way in resolving any disappointments.

TAURUS (April 20 to May 20) A new relationship might not be responding quite as quickly as you’d hoped. Could you be expecting too much too soon? Try to ease up and let things happen at their own pace.

GEMINI (May 21 to June 20) As we approach the frenetic pace of pre-holiday planning, take time out now to reconnect with the wonderful people who share your life, especially the one who also shares your dreams.

CANCER (June 21 to July 22) A misunderstanding should be resolved before you get caught up in the flurry of holiday preparations. Set your pride aside and deal with it, regardless of who might have hurt whom first.

LEO (July 23 to August 22) Being told that a colleague might have been trying to undercut your effectiveness might or might not be true. Get all the facts before you even think about acting on this so-called information.

VIRGO (August 23 to September 22) It’s a good idea to start your holiday preparation plans early in order to avoid a time crunch if an unresolved workplace situation causes a problem. That old friend might have some welcome news.

LIBRA (September 23 to October 22) A family member’s actions continue to surprise you, but this time with positive results. Could be your wise counsel finally got through. It’s like having an early holiday gift, isn’t it?

SCORPIO (October 23 to November 21) Your reluctance to act in a current situation could be traced to your inner self advising you to take more time to study its complexities before you attempt to deal with it. Good luck.

SAGITTARIUS (November 22 to December 21) Soothing hurt feelings before they can ignite an angry outburst is the wise thing to do. And, of course, when it comes to doing the “wisdom thing,” you do it so well.

CAPRICORN (December 22 to January 19) Budget your time so that you can handle both your workplace duties and your personal holiday planning -- including travel arrangements -- without burning out on either end.

AQUARIUS (January 20 to February 18) You might find that you still need to firm up one or two of those still-outstanding decisions so that you finally can move forward as you had planned. Weigh the facts, then act.

PISCES (February 19 to March 20) You usually don’t carry grudges, but you might feel this is one time when you’re justified in doing so. But aren’t you spending too much energy holding onto it? Let it go and move on.

BORN THIS WEEK: You have a way of using your quiet strength to persuade people to follow their better instincts and do the right thing.

Seeing Stars.................

this week’s horoscopes

Sunrise and Sunset

with Safari-Su

by Susan Haselton-Barr

Jambo (Hello everybody). The Twelve Days of Christmas, also known as Twelvetide, is a festive Christian season celebrating the Nativity of Jesus. In most Western ecclesiastical traditions, Christmas Day is considered the “First Day of Christmas.”

Holiday menus generally reflect the traditional foods of the celebrant’s original culture. In almost every culture, the foods served for each holiday, and the ingredients used, reflect the very best possible items available to the family. Early American menus across the country varied greatly. In 2019 we continue in this tradition. Each family has favorite treasured recipes prepared each holiday season.

I thought you would enjoy our founding fathers holiday menu. In Mount Vernon, Virginia circa 1700s, the menu at George Washington’s Mount Vernon included: “An Onion Soup Call’d the King’s Soup, Oysters on the Half Shell, Broiled Salt Roe Herring, Boiled Rockfish, Roast Beef and Yorkshire Pudding, Mutton Chops, Roast Suckling Pig, Roast Turkey with Chestnut Stuffing, Round of Cold Boiled Beef with Horseradish Sauce, Cold Baked Virginia Ham, Lima Beans, Baked Acorn Squash, Baked Celery with Served Almonds, Hominy Pudding, Candied Sweet Potatoes, Cantaloupe Pickle, Spiced Peaches in Brandy, Spiced Cranberries, Mince-meat Pie, Apple Pie, Cherry Pie, Chess Tarts, Blancmange, Plums in Wine Jelly, Snowballs, Indian Pudding, Great Cake, Ice Cream, Plum Pudding, Fruits, Nuts, Raisins, Port, Madeira.”

I leave you with a quote from A Prayer of Thanks by Ralph Waldo Emerson:

For each new morning with its light,
For rest and shelter of the night
For health and food,
For love and friends,
For everything thy goodness sends.

Bountiful!

Drama Troupe Presents Elf

Gulf Breeze Students Bring Award Winning Performances

The award winning Gulf Breeze High Drama troupe is presenting “Elf: The Musical” for some toe-tapping family fun this Christmas! The show, under the direction of drama teacher Margie Timmons, is on the stage of the Ashmore Auditorium at Pensacola State College, Friday, Dec. 13 at 7:30 p.m. and Saturday, Dec. 14, at 2:30 p.m. and 7:30 p.m.

The cast of thirty-nine actors includes Josh Hecht as Buddy the Elf along with Ellie Burkhart, Emma Chestney, Zach Smoker, Sophia Holston, Judah Bowers, Kaela Deselms, Jack Anderson, Lydia Ent, Victoria Williams, Isabella Ellis.

Tickets are available by calling 850-484-1800 or online to lyceum.pensacolastate.edu/
December 11: Santa arrives at the Beach School to accept Christmas Party and gift donations for children in foster care, 11 a.m.

December 11: Santa Rosa Island Authority Meeting, 5 p.m. Agenda available via sia-fla.com

December 13: Pensacola Beach Elementary School Holiday Program, Our Lady Catholic Church, 6:30 p.m. Community invited.

December 14: Pensacola Beach Lifeguard Tryout, UWF, 11 a.m. Application required. Contact Deputy Chief Alexander Johnson at adjohnson@myescambia.com for details.

December 14: Toys for Tots Texas Hold ’Em 4444 Fun Poker Tourney. The Dock, 1 p.m. 2 unwrapped toys or $20 donation to enter. Prizes and good fun.

December 14: Krewe of Bananimals Christmas Potluck Party, 7 p.m. The Break. Bring $40 for annual dues, and a friend. KreweofBananimals.com

December 15: First day of winter.

December 16: Pensacola Beach Chamber Beach Raffle in the Parking lot across from Side Pavilion. Come early.

December 16: Krewe of Wrecks meeting, 5:30 Happy Hour, Meeting starts 6 p.m. Flounder’s Chowder House. Everyone is welcome to be a Wreck. Bring $40 for annual dues, and a friend. KreweofWrecks.com

December 17: Pensacola Beach Chamber Christmas Party, 5:30 p.m. at Hemingway’s. Open to Chamber members. PensacolaBeachChamber.com for membership application.


December 21: First day of winter.

December 24: Flounder’s Beach Church, 5 p.m. Community Dinner, 6 p.m. Candlelight and Communion Worship Service. All are welcome.

December 24: Pensacola Beach Community Church, Ave. 18 and Via de Luna, Candlelight and Carol Christmas Eve Service, 5:30 p.m.

December 24: Upper Room Church, above the Pensacola Beach Marina. 6 p.m. Candlelight Service. UpperRoomPensacola.com

December 31: Noon Years Eve and Beach Ball Drop, 10 a.m. to noon at Crab’s Pensacola Beach. This event will be nothing short of fun with Cotton Candy, Mocktails, Live Entertainment, Crab Races, games, and more! https://www.facebook.com/events/516957135537732/

December 31: Pensacola Beach Chamber’s New Year’s Eve Fireworks, midnight in Santa Rosa Sound

2020

January 1: Pensacola Beach Chamber presents the Polar Bear Plunge, Paradise Bar and Grill. Registration at 1. Plunge at 2 p.m. Island Times & Paradise gives prizes for the best costumes!

January 6: Let the Mardi Gras season begin!

January 10: Pensacola Beach Optimist Raffle in the Castle. More info soon.

January 11: Pensacola Beach Half Marathon. 7:30 a.m. 5K/10K at 8 a.m. https://pencaflorunners.com/pr-events/pbrhalf1052

January 11: Mystic Krewe of Nereids King Kake Party, Paradise Bar and Grill, 3 p.m. Free King Cake. Royal court announced. All are welcome.

January 12: Surfer’s Memorial, Bamboo Willie’s. All are welcome.

January 16: Pensacola Beach Chamber Beach Ball Breakfast, 7:30 a.m. and Members meeting, 8 a.m. Holiday Beach Soundside Resort. For guest passes, call 850-932-1500

January 18: Krewe of Kids Sign Up and Organizational Meeting, 2 p.m. Beach Church. Open to fifth grade and younger. $10 cash dues.

January 23: Pensacola Beach Snowbird Bash, Hosted by the Santa Rosa Island Authority at Our Lady of the Assumption Catholic Church, Ave. 10 and Via de Luna. 9 to 11 a.m.

January 25: The Krewe of Nauga Champagne Breakfast and Native Noontime Ball, 10 a.m. at The Dock. Ticket required. Pajamas or costume.

January 26: Krewe of Bananimals Chili Cook Off, noon, The Break Beach Bar.

January 31: Mystic Krewe of Nereids Moon Pie Party, 7 p.m. at Bamboo Willie’s. No cover charge. Open to the Public. Eat a moonpie, buy a raffle ticket. Dance, Drink. Meet the mermaids.

February 1: Double Bridge Run, from Pensacola to the Boardwalk.

February 1: Krewe of Kids Royal Doughnut Breakfast, 8 a.m. Beach Church. Closed event. Open to Krewe of Kids members only. (Sign up January 18)

February 8: Glow Run to benefit Catholic Charities. 7 p.m. Gulfside Pavilion. https://ccnwfl.org/pensacolabeach-gras-glow-run/

February 11: Final of the Pensacola Beach Elementary oratorical contest hosted by the Pensacola Beach Optimist Club

February 15: 40th Annual Yoshukai Winter Workout, 8 a.m. to 5 p.m. on the sand beach behind the Holiday Inn Resort. http://www.wyko.com/events/


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Q: What To Do If My Email Is Hacked?
A: Typically, the first indication that your email account has been accessed by a hacker is when your friends tell you about the unusual emails that they are receiving from your account. The first thing to do after finding out about that is to change your email account password. That will stop the hacker from accessing your account.

So the problem should be solved, right? Probably not.

When a hacker gets into an email account they have full access to the email and the email contacts in your account. They also have access to the email settings and preferences.

When I recently received an email from one of my customers, I knew that they had not sent the message. The message was titled "Urgent Gift." It did not ask for anything except for a reply. Often the return address is fake, but seeing that the return email address was actually theirs, I knew that there were more problems in their email account. We met to review the account and found out what the hacker had done.

The hacker made changes to three settings. The first was the "Reply To" setting. The hacker had inserted a new email address in that spot. My customer would never get any replies because they were being directed only to the hacker. The next change was found in the "Forward To" setting. Every email that my customer received was being forwarded to the hacker, so the hacker would be able to see every email as soon as they arrived in the account. The final change was made in the "Filters" area. A filter lets the account owner set up special instructions for handling a particular kind of email. The filter that I found said that if any email's subject line contained the words "Urgent Gift," delete the message. All of those changes were designed to keep the account owner in the dark about what the hacker was seeing.

If your email account has ever been compromised, then you should look at your online account to check your settings. For example, click on your Internet browser and type the name of your email provider's website (such as gmail.com, att.net, mchsi.com, aol.com, etc). Sign in with your email name and password to find those settings. Depending on the email service that is being used, the label on your email page might be called "Email Preferences," "Account Management," or a similar name.

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.

Well, we are closing in on another fine year of racing, cruising and camaraderie at the Pensacola Beach Yacht Club. PBYC has hosted some fabulous regattas. Members have raced all over with phenomenal results and managed to cruise the Caribbean without getting arrested or causing an international incident (that we know of).

The annual holiday party was a blast and as is tradition, the next year's board was introduced. Still at the helm of PBYC is Commodore David "DJ" Johnson. He will be supported by a swashbuckling crew to include Linda Thompson, Vice Commodore; Liz Hewson, Rear Commodore; Paul Barrett, Treasurer; Bonnie Green, Secretary and David Dunbar, Fleet Captain. Though not on the board, Betsy Shepherd will continue to do her cyber thing and be our web master in 2020.

Speaking of holidays, still stuck on what to get that someone special, including yourself? Why not get a membership to the best little yacht club on the Gulf? You don't need to own a boat to belong to PBYC, just the ability to have a good time and a love of the water. We are so fortunate in our area to have some pretty awesome sailing conditions either in the Gulf, the Sound or the Bay. PBYC has members who own sailing schools and are more than willing to teach you how to sail, as well as members who are in search of crew wanting to race.

You could say it's a wind wind situation for our members.

For more information on membership, check out the PBYC website at www.pensacolabeachyachtclub.com.

United States Marine Corps PFC Brian Friel is from San Antonio, Texas. He was the winner of the Texas Hold 'Em 4444 Fun tournament on Thanksgiving Day at the Pensacola Beach Elk's Lodge. Poker Promoter Saltwater Rick Uzdevenes and his volunteer dealers host the tournament to entertain the Marines prior to Thanksgiving dinner being served in their honor at the Lodge.
CRABS ON THE BEACH
Only restaurant on Pensacola Beach offering breath taking views of the Gulf while dining directly on the beach. Come as you are straight off the sandy beach and enjoy our indoor/outdoor bar and gulf side deck. Crabs has the largest selection of Crab on the beach, was voted Best Crab by News Journal readers. She Crab Soup, Alaskan Snow, King Crab, 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

CRABS ON THE BEACH

FLounder’s CHOWDER HOUSE
Celebrating almost 40 years of Floundering ‘neath the moon and stars. Offering fresh Seafood including Tuna, Mahi, Red Snapper, Grouper, and of course Flounder! Award winning chowder, po boys, burgers and Pensacola Beach Style baked oysters. Sample our Fresh catch including the Shrimp Boat Platter loaded with shrimp cocktail, Coconut shrimp, fried shrimp, popcorn shrimp and U-peek ems. Kids love our Pirate Ship playground located on our beach - well within view of dining parents. For late night revelers Flounder’s is host to the world’s finest beach bands. Dance all night on Flounder’s beach to the most popular bands from across the south. Open 7 days a week. Sunday Brunch.
At the Traffic Light on beautiful Pensacola Beach, 850-932-2003. www.flounderschowderhouse.com

PARADISE BAR AND GRILL

PEGLeg PETE’S
Ahoy, Matey. You’ve found a Pensacola Beach treasure. Pirates welcome. Fresh Gulf seafood served in the galley or outside on the awning covered deck. Glass front bar overlooks LaFitte Cove. All kinds of oysters. Live lobster. Gumbo. Dinner specials nightly. Sizeable sandwiches and burgers for Landlubbers. Take home a t-shirt. Look for the Jolly Rogers flying over the west end of the Island at 1010 Fort Pickens Road. We’re here everyday at 11. 932-4139. www.peglegpetes.com

STANDSHAKER 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 a.m - 3 am. 850-932-2211. Check out our calendar! www.sandshaker.com

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

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

FLIshy 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.


FLounder’s Ch owed er House
Celebrating almost 40 years of Floundering ‘neath the moon and stars. Offering fresh Seafood including Tuna, Mahi, Red Snapper, Grouper, and of course Flounder! Award winning chowder, po boys, burgers and Pensacola Beach Style baked oysters. Sample our Fresh catch including the Shrimp Boat Platter loaded with shrimp cocktail, Coconut shrimp, fried shrimp, popcorn shrimp and U-pee ems. Kids love our Pirate Ship playground located on our beach - well within view of dining parents. For late night revelers Flounder’s is host to the world’s finest beach bands. Dance all night on Flounder’s beach to the most popular bands from across the south. Open 7 days a week. Sunday Brunch.
At the Traffic Light on beautiful Pensacola Beach, 850-932-2003. www.flounderschowderhouse.com

MCGuire’s Irish PUB
One of America’s great steakhouses; proudly serving USDA Prime Steaks, seafood and Irish specialties including Irish Lamb Stew, Corned Beef and Cabbage and Shepherd’s Pie all inside a turn of the century New York Irish Saloon themed pub. McGuire’s is celebrated for its atmosphere, boasting more than one site brewery and the Sweet Molly McGuire Wine Cellar featuring the complete vertical collection of the Chateau Mouton Rothschild Artist Series. Featured on NBC’s ‘Today’ Show, highly recommended by Fodors, Frommers and AAA travel guides, Florida Trend Magazine Hall of Fame Member.
Open every day at 11, 850-433-6789, mcguireirispub.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.shaggy’s.biz

www.myislandtimes.com ......the beach’s news worldwide
The 2020 DBR Is Just Around The Corner

The Double Bridge Run (DBR) is not THAT far away and thousands of athletes will be racing on February 1, 2020. If you’re a runner or a walker, you need to register as soon as possible and ensure that you get in on the action. You also need to ramp up your training NOW as both the 15K and 5K are seriously challenging with a daunting rise (“hump”) in the middle of each bridge.

Starting in downtown Pensacola, the 15K course travels from downtown Pensacola across the recently-completed west span of the Pensacola Bay Bridge, through Gulf Breeze, then across the Bob Sikes Bridge over Santa Rosa Sound and finishes at the Pensacola Beach Boardwalk. The 5K begins at the Gulf Breeze High School stadium and then joins the 15K route to end at the same Finish Line. As usual a top field of runners and walkers from around the region and the country will be competing. A great post-race celebration experience with good food, music and refreshments is planned. More information is available at www.doublebridgerun.com.

Winter Fitness

You’re a triathlete and you want to continue to train in the winter the way that you do in the other three seasons. You can try, but it’s not very pleasant. Our beautiful open water is quite cold and requires a thick wetsuit. Riding a bicycle in the cold is uncomfortable, as well, no matter how many clothes you have on. We all bundle up and run throughout the winter, but it’s tough on the lungs and face.

The solution is to move to an indoor pool and spend more time training there. We know most people don’t love pool swimming, but it can be the best total-body workout. Additionally, it’s easy on your joints and is great for the heart and lungs.

Pools are not as buoyant as saltwater and this increases the effort required. You can vary your routine with drills, kickboards and intervals to keep it interesting. I think you’ll find the experience good for your fitness and your swimming skills.

We are fortunate to have several indoor facilities in the area. You can search online for the details on the pools at Milestone Aquatic Center, the Pensacola Athletic Center, the Salvation Army Center, the University of West Florida Aquatic Center, Pensacola State College, the downtown YMCA and at Portofino Resort.

What Will You Do?

Previously I’ve written that it’s YOUR choice regarding your exercise, your diet and your subsequent health/wellness. There are segments of the population who have had physical issues since birth or problems that have arisen during their lifetimes. There are traumatic incidents that have befallen us as well. These can be impediments and can be tough to overcome. However, for the large, overwhelming majority of us, it’s our choice.

As you’re reading this, there are about three weeks until the new year. Twenty-one days, more or less, are yours to use for your benefit. What are you going to do to prepare to be your best in 2020? Are you going to eat properly, exercise consistently and get as much sleep as possible? Or will you take the path of “well, it’s the holidays” and decide that you’ll make some improvements later on?

I propose that we all resolve to do something every single day between now and January 1 that will benefit us. Start small, start tomorrow and be consistent. It can be something as simple as walking outdoors, stretching dynamically, yoga or performing a calisthenics routine in your house. Yes, it can get quite cold outside in December. Fine, get up, go to Cordova Mall and walk around the entire interior perimeter. It’s good for people watching, product viewing and getting in your steps. Yes, it takes some time to drive there and get going, but what are you doing that’s as important as your health? As long as we’re being mindful and disciplined, let’s resolve to eat properly as well. What does that mean, Charles? Is there a special diet you recommend? Well, I have my own simple dietary plan and I encourage you to think in simple terms when choosing what you’re going to eat during this time of the year.

First, I would say eat less. The Okinawans are known for their longevity and they eat a very healthy diet. They also try to eat only to the point of being 80% full. How is that calculated? Think about it and you will know. You know when you’ve eaten too much. You know when your stomach feels uncomfortable. You know. There is nothing wrong with putting less food on your plate and there is no sin in not eating everything on your plate. Moderation, moderation, moderation.

I would also say emphasize foods that have more fiber, that have less sugar and that include mostly vegetables, grains, nuts and fruits. You can eat meat and some fish, but please not too much. You know when you’ve eaten too much. You know when you’ve eaten too much. There is nothing wrong with putting less food on your plate and there is no sin in not eating everything on your plate. Moderation, moderation, moderation.

What will you do in 2020? What will you resolve to do during the holidays? Will you resolve to eat less and eat healthier during the holidays? What will you do for exercise? What will you do for your comprehensive fitness?

The Okinawans are known for their longevity and they eat a very healthy diet. They also try to eat only to the point of being 80% full. How is that calculated? Think about it and you will know. You know when you’ve eaten too much. You know when your stomach feels uncomfortable. You know. There is nothing wrong with putting less food on your plate and there is no sin in not eating everything on your plate. Moderation, moderation, moderation.
I was watching a group of people yesterday swimming out at the beach while I was dressed in jeans, a sweater and a hoodie. I thought to myself they must be crazy; they didn’t even have wetsuits on. They were having fun though and it occurred to me the water temperatures are still in the high sixties. I sometimes forget that what I take for granted must have seemed wonderful to them. Sure enough, they were from Wisconsin. Their hometown was covered in snow and below zero temperatures. So while we are shaking in hoodies we really do live in a little piece of paradise. If you are surf fishing—fish don’t care about the temperature outside. If you are surf fishing, look for the birds swooping and I guarantee the Redfish aren’t far away.

With the colder air and water temperatures, Speckled Trout have begun to move into the deeper parts of the rivers that feed into the bays. These fish won’t bite much unless you have a very slow presentation. If the temperatures go up, these fish will move into the shallower water as the day warms up. Often as the tide starts to move Speckled Trout will begin to feed. Again slow down your presentation. It is key to catching these fish right now.

Big Bull Redfish, Spanish and King Mackerel, and Bonita can still be caught in December near the shoreline. Fish in between cold fronts and during calmer seas.

Gulf Breeze Bait and Tackle is having their annual sale right now if you’re looking for a perfect gift for your fisherman...

With Christmas only two weeks away now is the time to pick up that gift you’ve been trying to decide on.

Got a house full of family and friends? Are you feeling stressed from all the holiday busting? It’s a perfect time to grab an afternoon on the water and let all that stress fall away. Grab a kid and go fishing!
CRABS on the beach

LIVE MUSIC
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Enjoy the view of the Gulf of Mexico while sipping on one of our signature drinks and enjoying your choice of Alaskan Crab, Fried Seafood, Fresh Fish, Steaks and More!

BEST SUNDAY BRUNCH!
Crab Cakes Benedict, Crab Omelets, Rise & Shine Breakfast, Classic Brunch Entrees and Bottomless Champagne.

SPECIALS

MONDAY
Bushwackers – $2.50

TUESDAY
Margaritas – $3.00

WEDNESDAY
Crab Traps – $6.00

THURSDAY
Martinis – $3.00

SUNDAY BRUNCH
10 am to 2 pm
Bottomless Champagne $6.99
Live Entertainment at Noon featuring Pensacola Steel Band or Tim Spencer

HAPPY HOUR!
Monday thru Friday
4 to 6, 1/2 price well, house wine & house draft beer

HOURS:
Open Monday - Saturday at 11 am
Sunday at 10 am

Look for the RED ROOF at the traffic light on Pensacola Beach
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www.crabswegotem.com