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AUGUST 2016

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So, how’s that Summer Bucket List going?

If there’s one thing you can do, besides all the grilling and swimming and recreation, it’s to find inspiration.

There is so much inspiration all around us. Look at your friends and neighbors. I hope we captured some of that inspiration in these pages.

Rebecca Ross captured that in her article about Gulf Coast Kids House and Stacey Kostevicki in Pensacola. The facility puts child-protection representatives from multiple disciplines under one, welcoming roof.

As a result, children are not repeatedly re-victimized by the system intended to protect them. Families feel more supported and are more receptive to mental health treatment. Since opening in 1998, the prosecution rate for these crimes against children has gone from below 20 percent to above 90 percent.

The GCKH thrives, but not without our help. The Northeast Pensacola Sertoma Club is sponsoring the Dragonboat festival in September to raise funds. You can help. Sponsor, donate, participate!

Others inspire by not being afraid to step away from the beaten path. After graduating from Gulf Breeze High School in 2000 together, Blake Rushing and Patrick Bolster took separate paths in the service industry.

After startups in Gulf Breeze and Pensacola, they opened Union Public House in Pensacola. The rustic restaurant featured in this month’s issue opened well away from the thriving strip near downtown Pensacola.

It was a bold move, but UPH is thriving. It shows that if you put in your best effort every day, keep pushing and go the extra mile, great things can happen.

We would like to hear from you. Check out our Facebook page. Subscribe to our e-newsletter. Send us your selfies as you chalk off your bucket list. Share us your stories of inspiration.

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COVER PHOTOGRAPHY BY AISLINN KATE PHOTOGRAPHY
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FLECK SELECTED AS THE EXECUTIVE DIRECTOR OF ANDREWS RESEARCH & EDUCATION FOUNDATION

Andrews Institute for Orthopaedics & Sports Medicine has announced the selection of Steven Fleck, Ph.D., to serve as the Executive Director of Andrews Research & Education Foundation (AREF). Dr. Fleck has extensive experience in administration, research and education, and currently serves as the chair of the department of kinesiology at the University of Wisconsin-Eau Claire.

“We are very excited to have someone of Dr. Fleck’s stature here in Gulf Breeze,” said James R. Andrews, M.D., founding partner of Andrews Institute. “His expertise in administration of major scientific programs will be of great benefit to our goals of outstanding education and research here at Andrews Institute and Andrews Research & Education Foundation.”

As one of the world’s leading experts on the physiology of strength and conditioning training, Dr. Fleck co-authored several texts, all of which have been translated into several languages, including “Designing Resistance Training Programs.” Now in its fourth edition, the text is renowned as the authoritative voice for resistance training education in the strength and conditioning community.

As one of the first sports exercise physiologists ever hired by the United States Olympic Committee, Dr. Fleck headed the physical conditioning program for the USOC and served as both the program chairman for physiology and as the head of exercise physiology in his tenure with the USOC.

Dr. Fleck is the immediate past president of the National Strength and Conditioning Association (NSCA). He has been a member of NSCA since 1981, received the NSCA Lifetime Achievement Award in 2005, was honored as the NSCA Sport Scientist of the Year in 1991 and became an NSCA fellow in 2007 as part of the inaugural group of fellows.

Dr. Fleck currently serves on the editorial board of Medicine and Science in Sports and Exercise and is the associate editor of The Journal of Strength and Conditioning Research.

“With the hiring of Dr. Steven Fleck, Andrews Research & Education Foundation has garnered an extraordinary professional with broad capabilities in administration, research and education,” said William J. Kraemer, Ph.D., professor in the department of human sciences at The Ohio State University. “He has extensive experience in the academic setting from both the professor and administrative perspective.”

Dr. Fleck will be responsible for managing operations concurrent with business growth and development related to research and educational opportunities within AREF. He will be responsible for developing, implementing and managing a fundraising plan for AREF as well as its Eagle Fund program for wounded or injured members of the special operations community.

BSN PROGRAM AT PSC EARNS DUAL NATIONAL ACCREDITATION

Pensacola State College is the first in this region to earn accreditation from two national agencies for its Bachelor of Science in Nursing (RN-to-BSN) program.

The Accreditation Commission for Education in Nursing (ACEN) notified Pensacola State that the RN-to-BSN program received accreditation effective retroactive to February 2016. In May, the program received accreditation from the Commission on Collegiate Nursing Education (CCNE), retroactive to September 2015.

ACEN and CCNE are two of only three national accrediting bodies in the country recognized by the U.S. Department of Education, according to PSC Director of Nursing Dusti Sluder.

As an RN-to-BSN program, applicants must be licensed registered nurses with associate degrees to be accepted into the program. Designed to benefit those who are already working as nurses, the BSN program has flexible schedules and online classes so that students can maintain employment while earning the baccalaureate degree.

The college’s BSN program earned widespread attention last October when it was ranked third in the nation by Affordable Colleges Online for offering academic rigor, student support and affordability for online learning. To date, 83 students have graduated from the college’s RN-to-BSN program with 92 percent employed within the field or continuing in higher education.

PSC President Edward Meadows said the college sought extensive input from the surrounding medical community before developing the BSN program.

“It is gratifying to see the program grow and receive this prestigious stamp of approval from two premier agencies,” Meadows said. “I am proud of our nursing faculty and staff who worked tirelessly to achieve this goal of dual national accreditation.”

To learn more about PSC’s RN-to-BSN program, contact Dusti Sluder, Director of Nursing, 850.484.2253, or dsluder@pensacolastate.edu.
UWF ENGINEERING STUDENT, VETERAN EARNGS GOOGLE SCHOLARSHIP

Elizabeth Jones, an engineering student at the University of West Florida and a military veteran, is one of only eight students in the United States to receive the Google Student Veterans of America Scholarship of $10,000 for the 2016-17 academic year. As part of its commitment to military veterans, the global technology leader partnered with Student Veterans of America to establish the highly competitive national scholarship program.

"Elizabeth was the perfect candidate for this scholarship, and I had a strong feeling that she would be selected when I wrote a recommendation for her," said Dr. Mohamed Khabou, chair of the UWF engineering department. "She does not shy away from challenges and is willing to work hard to tackle any obstacles that come between her and her goals."

Khabou notes that Jones is a very serious, disciplined and hardworking engineering student, whose leadership skills were showcased during her service as president of the student chapter of the Institute of Electrical and Electronics Engineers – where she advanced the level and frequency of technical workshops and field trips for her peers.

A veteran of the Marine Corps, Jones calls serving in the military one of the best and most important decisions of her life.

"During my service, I learned vital skills in leadership, communication and teamwork, among others, which continue to be applicable in my personal and professional life," she said. "Being a military veteran is a part of who I am as a person, and I am both proud of and grateful for that."

Jones set herself apart through her focus on renewable power and energy sources, as well as her participation in student organizations including the UWF student branch of the IEEE, the UWF Mathematics Association and the Honor Society of Phi Kappa Phi Chapter 146.

"Being an active student and looking for ways to improve our world, from my perspective, match the values of Google and the Student Veterans of America," Jones said. "I feel as though I have been entrusted with an opportunity to become more, or better, than perhaps I might have been; I must strive to earn this scholarship by having a positive, professional impact on the world through my degree field."

For more information about the UWF engineering department, visit uwf.edu/engineering.

INTERNATIONAL TRADE TRIP TO MEXICO EXPANDS OPPORTUNITIES

Julia Montgomery, international trade specialist for the Florida Small Business Development Center at the University of West Florida, recently traveled to Mexico City as part of a trade mission sponsored by Enterprise Florida and the U.S. Commercial Service.

Montgomery was one of more than 90 participants from various Florida companies making the trip to deepen the economic relationship between the two nations. During her visit, she met with Mexican business leaders, government officials, explored trade and investment opportunities, and renewed common ties between Mexico and Florida.

"The visit confirmed my thinking that our neighbors are willing and able to partner with small businesses and provide a thriving consumer base to which Florida-based companies can supply products and services," Montgomery said. "Mexico's close proximity and strong interest in U.S. products, not to mention the presence of a trade agreement, makes it a favorable choice for exports from Florida."

Trade missions sponsored by Enterprise Florida and the U.S. Commercial Service serve to develop effective strategies and expand partnerships for accessing and doing business in a foreign country. The participating companies represented various industries, including manufacturing, information technology, building and construction, health products and services, supply chain logistics, and aerospace.

"We are making strides in assisting Florida businesses who are interested in exporting," said Kelly Massey, regional director of FSBDC at UWF. "With Julia's recent trade mission and her expertise, we can provide services like export readiness, export marketing plans, export finance considerations, export logistics, export licensing, and other programs and services available to Florida businesses."

"With Julia's assistance, more area businesses have an opportunity to successfully export their products and services."

For more information about FSBDC at UWF, visit uwf.edu/sbdc.

WSRE WINS A TELLY

WSRE, PBS for the Gulf Coast, has received bronze Telly Awards for production of two "In Your Own Backyard" episodes: "Pensacola," produced and directed by James Roy, and "Undersea Northwest Florida," produced and directed by Ted King.

Sherri Hemminghaus Weeks hosts the local "In Your Own Backyard" series, which spotlights unique points of interest within WSRE's four-county viewing area. Mike Rowan is executive producer. Field production support for both of these award-winning TV programs was provided by Kendall Faust and Joe Byers.

The Telly Award honors excellence in video and television production, recognizing distinction in creative work. Telly Awards are sought-after by advertising agencies, production companies, television stations, cable operators, interactive agencies and corporate video departments around the world.

These and other past episodes of "In Your Own Backyard" can be viewed at wsre.org/IYOB.
FAMILY PRACTITIONER BLANCHARD JOINS BAPTIST MEDICAL GROUP

Baptist Medical Group welcomes board-certified family practitioner Patrick Blanchard, M.D., ABFP, to its multispecialty physician network. Dr. Blanchard is a highly skilled family medicine physician who treats patients of all ages - providing quality care for the entire family.

Dr. Blanchard earned his medical degree and completed his residency at the University of Kansas School of Medicine in Kansas City.

As part of Baptist Medical Group Family Medicine & Walk-In Care - Navarre, Dr. Blanchard now welcomes new patients and walk-in visits at his office located at 8888 Navarre Parkway in Navarre. He will work in partnership with Mark Benton, D.O., and Roselle Swilley, MSN, ARNP-C.

To learn more about Dr. Blanchard or to schedule an appointment, visit BaptistMedicalGroup.org or call 850.437.8800

BRADLEY NAMED DEAN AT PENSACOLA STATE

Kirk Bradley has been named Dean of Baccalaureate Studies and Academic Support at Pensacola State College.

Bradley joined the Pensacola State faculty in January 2013 as the head of the Mathematics Department. In his new position, he will oversee the college’s Mathematics and Computer Science, Biological Sciences, Physical Sciences and Business departments and head of the college’s library system. He also is responsible for the bachelor degree programs, curriculum, dual enrollment and eLearning.

A native of Lake Charles, La., Bradley received his bachelor’s degree in mathematics from McNeese State University and a master’s degree in mathematical sciences from McNeese State. He earned his doctorate in curriculum and instruction from the University of Louisiana at Monroe.

Bradley and his wife, Brandy, have two daughters: Hannah, 9, and Ava, 5. The family lives in Pensacola.
WILL NORTHWEST FLORIDA SEE ANOTHER HOUSING BUBBLE?

A CLOSER LOOK AT RISING HOME PRICES

PHYLIS POOLEY, UWF CREO

Back in 2005, the National Association of Realtors produced the report “Home Price Analysis for Pensacola-Ferry Pass-Brent” in which the author found the local metropolitan housing market to be in “excellent shape” with potential for significant equity gains.

The report analyzed median mortgage servicing costs and median incomes ratio and found that for Escambia and Santa Rosa counties, “This ratio is at a very manageable level. It implies no widespread financial overstretching to purchase a home in the region. Any respectable gains in the local job market could translate into further home price gains.”

Other significant findings in the report included that price declines in the local market were unlikely and the local market would experience a 5 percent decline only under extremely unlikely scenarios of much higher mortgage rates.

Sadly, those words were not prophetic. The quarterly House Price Index generated by the Federal Reserve Bank of St. Louis is charted below and clearly shows that Pensacola shared in the pain of the housing market collapse.

The index includes all transactions in an area using both sales prices and appraisals. Between the height of the market in the fourth quarter of 2006 to its lowest point in the second quarter of 2012, house prices fell 29.4 percent in the Pensacola area.

In addition to clearly showing the run-up in prices that began in 2003, the chart also shows that the area is just now recovering to 2005 price levels. While prices have rebounded 17.5 percent from their lowest point as of the last quarter of 2015, as illustrated by the trend line, they are still below what might be expected if the bubble had not happened.

Now, just 10 years removed from the height of the housing bubble, there are whispers that another bubble is forming. Housing prices in many areas are once again rising at rates faster than average wage growth, credit conditions are loosening with Fannie Mae and Freddie Mac allowing only 3 percent down payments, and housing supplies are tightening. Are we headed for a repeat of the last disaster?

To answer this question, one first needs a definition of “housing bubble.” It’s typically defined as a deviation of the market price from the fundamental value of the house.

The current consensus amongst experts seem to be that while housing prices are climbing, they are doing so because new houses are not being built to increase the supply. Identified as a major indicator of the prior bubble, new homes were being built at a furious pace even as prices continued to climb. Under normal economic conditions, prices tend to fall when supply grows. When that does not occur, it suggests that other forces are in play to support the higher price.

While housing starts are not readily available for metro areas, a proxy for specific new home construction statistics is employment in the construction industry itself. By comparing home prices to the number of construction workers, one can see how these forces might interact. The chart shows the house price index as compared to quarterly construction employment in the Pensacola area from 2001 through the third quarter of 2015.

The data show construction employment at its height during the price bubble and lagging behind prices ever since. This fact suggests that experts may be correct in their view that conditions are still operating in a traditional fashion and a lack of housing supply is supporting home prices at present levels rather than the factors that generate bubbles. Building permit data from the U.S. Census Bureau tends to support this notion as well – at the height of the bubble in 2006 the Pensacola area saw 2,488 permits issued covering 3,126 housing units. By 2012, the number had dropped to 1,466 permits covering only 1,594 units – or half the planned construction.

The most recent data does show housing starts and construction employment on the increase. It will be interesting to watch how these trends play out in the coming months.

Article courtesy of UWF Center for Research and Economic Opportunity.

Phyllis K. Pooley serves as director of special projects with the University of West Florida Office of Economic Development and Engagement in Pensacola.
London pub, meet Southern style.

Chef Blake Rushing and mixologist Patrick Bolster took diverging paths in the restaurant and service industry after graduating from Gulf Breeze High School in 2000. But they joined forces to open Union Public House in Pensacola — off-the-beaten path in a crowded Pensacola restaurant scene.

But eight months after Union Public House held a soft-opening for New Year’s Eve, there has been no slow-down.

They thought things would quiet down, but it’s been non-stop since then.

“We just feel so blessed, that just by word-of-mouth we would grow so fast,” Bolster said. “We wanted to start slowly, but people really have started coming here and making it a staple.”

Union Public House brings the European gastro pub scene, blended with a definite Southern accent.

“We are bringing something to Pensacola that’s very different — a Gastro Pub with a Southern flair,” Rushing said. “What makes us different — there are so many great restaurants here — but we offer great food, great drinks and fantastic service in very casual atmosphere.”

Bolster worked at Flounder’s, The Fish House, The Bridge Bar and finally at 5 1/2 in Pensacola, where he honed his studied repertoire of big-city cocktails, inspired by the crafted cocktails of the 1920s.

Rushing went to the Le Cordon Bleu College of Culinary Arts in Atlanta. When he was set for his apprenticeship work in a restaurant, he couldn’t pass up the chance to work with the staff of Gordon Ramsay in Ramsay’s Savoy Grill at the famous Savoy Hotel in London. What was intended to be a three-month stint turned into three years.

“It was 17 hours a day, six days a week,” Rushing said, laughing. “You worked and slept and on your day off, you drink a beer — and sleep.”

Rushing went on to work for Ramsay’s restaurant in New York and then on to Lumiere Restaurant in Vancouver, Canada and made his way to Pensacola. He opened the award-winning Elise’s.

Think Chef Ramsay, famous for his pot-hurling, profane tirades, would be happy with what Rushing and Bolster are doing at Union Public House? Bloody (__________) right he would!

Guests at UPH marvel at the craft and spices going into the hand-crafted cocktails, such as the Orange Blossom Collins.

And the food? Wow.
Scotch eggs — English-style soft-boiled egg wrapped in breakfast sausage and breaded in bread crumbs. Instead Rushing wraps them in house-made andouille sausage— and breads them in house-made pork cracklings.

Burger — Stuffed with red-wine braised short rib— braised for hours in red wine and vegetables. He reduces the liquid and wraps it in beef — topped with cheese, bacon, fried kale and aioli.

Miso Soy Hanger Steak — in smoked tomato ragu, blue cheese and topped with fried duck egg, smashed crispy potato and arugula.

UPH House Charcuterie — House-smoked bacon, head cheese, brisket prosciutto, and andouille. House-produced mustard.

Smoked pork butt — Cured in molasses, pickled red onions and sauteed spinach, with Alabama cream corn and fried jalapeño. Topped with a molasses pork-jus.

A Gulf Coast Corndog?!?!? — yes, a corndog. Stuffed with grouper and shrimp. Makes your eyes roll into the back of your head.

A pot pie — brimming with shrimp and scallops.

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EXPIRES 09.15.16
Beachgoers might not have noticed the black-and-white birds clustered behind a cordoned-off area near The Cross on Pensacola Beach.

Then they saw Emma Bickerstaff, wearing an Audubon shirt, a pair of binoculars with a sign that read, “Ask Me About the Birds.”

Then she shows you through the powerful spotter’s scope. Huddled among the roots of sparse vegetation, small, brown fluffy skimmer chicks, still waiting to grow into their club-like bills, still waiting to soar like their parents.

Then when you see the black skimmers take flight, massive albatross-like wings, designed for effortless soaring at wave-top heights. When they hunt, the skimmers cruise inches over the surface — with their oversized lower bill skimming the surface. When it feels a fish, snap.

Nesting colonies of least terns on Santa Rosa Island and Johnson Beach in Gulf Islands National Seashore U.S. parks. Threatened species, skimmers and least terns are vulnerable to predators and their young and camouflaged eggs are easily stepped on.

Bickerstaff is there to help protect the birds and to educate the public. She shows a beach walker the young flightless birds.

“They will put eggs right on the beach — we are trying to protect them from disturbances and do outreach,” Bickerstaff said. “The scopes allow people to see the birds up close — from afar. We talk to so many locals who say they have never really seen the birds. The eggs and chicks blend right in with the sand.”

Overall, beach-nesting birds are in decline due to habitat loss, human disturbance, predation and other factors.

With Audubon staff, volunteers and partners educating the public, communities are beginning to become aware of the issues.
Facing coastal wildlife and are helping in solutions, said Bonnie Samuelsen, Project Coordinator for Coastal Bird Stewardship with Audubon FLORIDA.

Without bird-steward staff and volunteers, these colonial nesting sites have very little chance of successfully fledging chicks on busy beaches. In 2013, the Landshark Landing Bar/Restaurant had the largest successful black skimmer colony in the state nesting on their property and in their parking lot.

“They were very engaged in our efforts to help the nesting birds succeed,” Samuelsen said. “In 2014, it was on target for a repeat successful season when stray cats and possibly other predators decimated the entire colony. It was heartbreaking.”

When adult birds are disturbed and flushed off nests and away from their young, opportunistic predators like crows, gulls and ghost crabs eat eggs and chicks. Bird stewards can help minimize those disturbances by offering direct protection at nest sites and helping to educate the public.

Nesting season runs through August, and Bickerstaff and Samuelsen are the lone staff members patrolling the beach areas. The national park staff manage the nest sites Gulf Islands National Seashore.

So the group relies on volunteer power.

“Volunteers offer a few hours of their time to help protect nesting areas and educate the public make a difference in the outcome on nesting success,” Samuelsen said. “Without volunteers and bird stewards, there is often nesting failure. We need help.”

**The Public Can Help:**

- Respect the Do Not Enter posted areas
- Give posted area a wide berth
- Assure umbrellas, balls, rafts don’t go into the posted areas
  - Don’t feed the gulls
  - Keep cats indoors
  - Volunteer!

[FLBeachBirds.org](http://FLBeachBirds.org)

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**Audubon staffer Emma Bickerstaff surveys a nesting site on Pensacola Beach**

**Look to the right to see the camouflaged young.**
Fifth grade.

For those navigating the often rocky terrain of adolescence, it’s a landmark year. Neither here, nor there, but somewhere in between.

Teachers at a downtown Pensacola school are helping to guide the way — in a new way.

Episcopal Day School has been in the business of molding young minds for many years. It can trace its roots back to 1856, as an educational ministry of Old Christ Church. It has been operating as an independent parish school, preschool through eighth grade, since 1952.

But even the deepest roots can benefit from fresh soil. So in 2015, EDS launched "STRETCH," an enhanced fifth grade program. It focuses on study skills, technology, research, evaluation, theory of learning, character, and the human factor.

Laura Boyles, an EDS fifth grade teacher, explained how it works. "We integrate these skills in the teaching of the four core subjects, but also designate specific time for learning those skills, especially assisting students with organization and scheduling," she said.

Fifth grade is the ideal time to implement such changes, Boyles explained, but on a "gentle" scale.

"It is known as a ‘transitional’ year," she said. "Some places consider it part of elementary school, others middle school. In a truly student-centered approach, administrators recognize the needs of fifth grade students to be one foot in each world."

STRETCH aims to bridge that gap.

"It introduces a lot of newness, including 1:1 Chromebooks, higher academic expectations, challenging and engaging content and more personal responsibility for the students," Boyles explained. "All in a smaller, nurturing environment."

She teaches social studies and language arts, while her co-teacher focuses on math and science. The two educators look for ways to integrate the subjects so that some projects cover them all.

"In my class, it allows me to blend social studies and language arts," Boyles said. "We read novels that focus on the issues and individuals from the places we study. It’s sort of humanities-based."

This past year, she led her students in a geographic study of the African continent and themes of worldwide civil rights movements. Math and science were integrated by studying the water supply and river politics. The novella, "A Long Walk to Water," helped her students understand additional social and economic implications.

The fifth graders then put their newfound knowledge into action. Loosely modeling a project on Pensacola’s IMPACT 100, which provides grants to area nonprofits, the students researched micro lending opportunities of their own.
Through Kiva.org, an international nonprofit that promotes entrepreneurialism in developing countries, EDS fifth graders researched and debated potential loan recipients.

"A final vote determined the project for funding: a woman in El Salvador who owned a pig farm," Boyles said. "She was seeking funds to expand her business and employ more people in her village."

By the time the students reach the eighth grade, the pig farmer may have paid back their small loan in full. So the project, and the learning process, continue.

It’s all part of keeping students engaged, Boyle explained.

"They will understand their place in the world better if we share a more complete view of it, the good and the bad," she said. "When they feel respected and appreciated as maturing learners, they remain engaged in their learning process. When we keep them interested with stimulating content, they never think it’s boring."

And for Boyles, like many teachers, it’s a personal goal to keep it fresh.

The Pensacola native remembers being disappointed when her high school American history class didn’t make it to the chapter on the Vietnam War before the year ended. In the future, she believes that education will focus less on content, and more on concepts.

"You realize that we are heaping information on top of information and it would be impossible to study every important topic from August to May over the course of 12 years of a child’s life," she said. "We as educators will teach them skills of critical analysis, discernment, comparison, connection and creativity."

It will be up to the student, Boyles explained, to take those skills to the content that interests them.

"We teach them how to learn, not always what to learn," she said. Episcopal Day School’s fifth grade STRETCH program could lay the foundation for a lifelong interest in education.

Boyles, who attended EDS herself, is eager to guide her students along their particular paths.

"I help them identify their unique God-given gifts and talents, and hopefully I’m pointing them in an individualized direction," she said. "Similar to the way my teachers nudged me."

Learn more online at edsc.org.
Florida moms know: The term “Fall Semester” has nothing to do with the weather. As summer break winds down, temperatures go up — making for a balmy back-to-school transition. We’re usually packing lunches in shorts and tank tops, as any effort to look polished ends up melting off by midday. Come August and September, we’re still a long way off from the cowl necks and cardigans lining the racks. Just looking at a sweater makes you sweaty when you’re corralling a carful of kids.

Luckily, a few smart choices can make a Florida late-summer wardrobe both fresh and comfortable, minus the heat stroke. At Bluetique in Pensacola, moms can shop bold hues and prints on lightweight fabrics, along with easy, stretchy denim and chunky accessories.

**CARPOOL COMFORT**
A breezy top in a standout print like this one from Marie Oliver (Parker sleeveless top, $168) dresses up the ultra-flexible Contour 360 Full-Motion Denim jeans (Farrah Jean, High-rise Skinny, $198). They feel and move like presentable yoga pants. Perfect for multitasking.

**TO MEET THE TEACHERS**
The always-flattering shift dress is cooler in breathable linen. The collars and embroidery on these Sail to Sable shifts add interest. Both classic navy and a muted melon make them autumn-worthy.
Sail to Sable, melon sleeveless linen dress, $188
Sail to Sable, navy linen with rope trim shift, $198

All items are from Bluetique, 212 S. Alcaniz St., in downtown Pensacola. The coastal shop – owned by local Laura Belsinger who shares it with her daughter and mother – features women’s fashions, gifts, jewelry, shoes, accessories, and a selection of children’s items. Hours are Monday through Friday, 10 a.m. to 5:30 p.m. and Saturday, 10 a.m. to 5 p.m. Closed Sundays. Learn more at bluetiquepensacola.com.
WEAR WHITE RIGHT
Skinny white denim still works through August and well past Labor Day. Just trade summer’s flowy neon tanks for neutral tops with more structure. Bonus points for the pom-pom details on the Sandy top, $190, by Julie Brown NYC. It pairs perfectly with the crisp Adriango Goldschmied white jean (The Stilt jean, Cigarette Leg, $164).

TEXTURE AND VERSATILITY
Bluetique salesperson Lauren Chifton recommends the popular Cannon wedges ($135, by Charleston Shoe Co). The neutral, textured straps on these espadrilles are comfortable and pair well with jeans and dresses alike. Equally versatile and lightweight (and available in navy, tan, and grey): The Leah shoulder bag, $125, by Mary Sol. The raffia crossbody is roomy enough for essentials and features a tasseled strap.

AND SPEAKING OF TASSELS
At $22, these gold Spartina tassel earrings are an affordable style upgrade. Add more fun with Spartina’s square gem multi bangle, $44. The colors are straight from the crayon box.
Perdido Key has always been the black sheep of Florida — that weird uncle who shows up at family reunions sporting a Hawaiian shirt, a frozen cocktail and a boatload of stories.

It’s been left off a few tourism maps, dismissed by politicians and celebrities, and labeled derisively as the “Redneck Riviera” in guidebooks and magazines. Wedged against Alabama in the extreme northwest of the state, the island’s very existence has quite often been “lost” on the outside world.

Oh well, more for the rest of us.

HURRICANES AND HIDDEN PASSES

The key, as locals call their island home, is nestled amid sugar-white sand and turquoise water just a half-hour west of downtown Pensacola. The island’s name is a nod to the early Spanish explorers who first charted its coast.

In 1693, almost 150 years after Don Tristan de Luna’s first tried — and failed — to settle Pensacola, Spain dispatched Carlos de Sigüenza y Góngora to map the coastline and search for the entrance to a mysterious body of water said to lie to the west of the city.

According to legend, Sigüenza’s fleet found the passage, located near the present-day Alabama-Florida state line, only after being helped by a local Native American chief. Having found the mysterious bay, they named it and the adjacent barrier island “Perdido,” which means “lost” or “hidden.”

FLORA-BAMAS AND FLYING MULLET

The choice of name was fitting. Even today, nearly 400 years after its discovery by Europeans, Perdido Key evokes the feeling of being lost to the outside world — a laid-back coastal paradise where life is counted in sunsets, sunrises and ounces of tequila, rather than hours, minutes or seconds.

Few places convey this lifestyle as authentically as the Flora-Bama Lounge & Package. The iconic beach bar, which straddles the Florida-Alabama line, is a true piece of Americana — having been sung about by the likes of Kenny Chesney, Jimmy Buffett, Chris Young and Blake Shelton.

The bar is also steeped in tradition — with a year-long lineup of quirky events that includes the Frank Brown International Songwriters’ Festival, in November, and the Interstate Mullet Toss, in April.

SURREAL BEAUTY, SACRIFICIAL SAND

In addition to its laid-back, coastal lifestyle, eccentric traditions and plentiful seafood, the key is exceptional for its natural beauty. While other parts of the Gulf Coast have been plundered by developers, the key remains largely pristine.

Some 60 percent of the island is set aside in state and national parks, making the island one of the most secluded and lovely stretches of coastline in the region. Much of the key lies within
Gulf Islands National Seashore, where several species of rare sea turtle nest during the summer months.

Johnson Beach, which lies within the park, is a popular spot for vacationers visiting the key. The area is named in honor of Army Pvt. Rosamond Johnson, the first area resident to be killed in the Korean War. Johnson was only 17 when he was gunned down while trying to drag a fellow soldier to safety, after having already saved the lives of two others.

**AT HOME ON THE LOST KEY**

Perdido Key's natural beauty, secluded beaches and laid-back lifestyle have long made it a popular vacation spot among empty nesters wanting to be close to the amenities of the greater Pensacola Bay Area, without having to deal with the crowds. Now, many Pensacola residents are choosing to make the key their permanent home for the same reasons.

This interest, as well as outside investment, is fueling a gush of new development on the island — much of it within the 413-acre, gated community of Lost Key. The resort, nestled amid more than 300 acres of natural preserves, boasts amenities including an 18-hole golf course, a yacht club with wet and dry slip leases, a complimentary beach shuttle and a planned beach club, pool and fitness center.

More amenities are on the way. Lost Key recently began construction of the next phase of development for the resort, which is expected to be completed this year. The new neighborhood will include 28 three-story Resort Villas and 90 townhomes. The homes will offer expansive floor plans, top-notch amenities and spectacular views.

Also this year, Lost Key plans to break ground on a residents-only beach club. The gulf-front, open-air facility is planned to include private beach access, a restaurant and bar, swimming pool, locker rooms and water-side service.

*For more information about Perdido Key, head to visitpensacola.com. To learn more about Lost Key, visit lostkey.wci.communities.com.*

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*Call to set an appointment or to receive additional information!*
Lost Key Golf & Beach Club offers natural beauty, challenging play

Perdido Key course first in state to be certified as Audubon Silver Signature Sanctuary

The Pensacola Bay Area has always both attracted and repelled would-be conquerors. The earliest European explorers to visit the area had their fortunes wrecked by nature’s fury, and yet they always returned — enchanted by her beauty.

Lost Key Golf & Beach Club offers a similarly challenging and rewarding experience for area golfers. The 6,801-yard course is located on Perdido Key, just a half-hour’s drive west of downtown Pensacola.

Redesigned by the Arnold Palmer Design Group in 2006, the par-71 championship course features salt- and drought-tolerant Sea Dwarf Paspalum grass from tee to green for the optimum in playing surface and speed. Each golf hole includes five sets of tees, offering players of all skill levels a unique visual and strategic playing experience.

“The aesthetics around the golf course are sensational,” General Manager Steve Wright said.

Indeed, Lost Key is well known for its picturesque-ness. The course was the first in Florida to be certified as an Audubon International Silver Signature Sanctuary, in recognition of Lost Key’s commitment to environmental stewardship.

This sensitivity also makes for some challenging game play. Tight fairways interweave seamlessly with protected wetlands, making for a rewarding — if occasionally maddening — experience. The course features abundant water hazards, contoured greens and multiple forced carries.

Both the course’s visual beauty and its strategic challenges are on prominent display at the signature 13th hole, a short par-three with three distinct areas for pin placement.

“It’s only 150 yards from the very back tee,” Wright said, “There’s a beautiful lake, and the visual of the green with natural grasses on the left just gives it a beautiful look. A lot of people call it their favorite hole.”

With a wedge or nine iron, players have to aim slightly left or right of center, and the ball will feed both ways for right or left pin placement. Just watch out for that left bunker, Wright said.

Another players’ favorite is the fourth hole, a drivable par-four surrounded on three sides by water.

Lost Key is well known for its picturesque-ness. The course was the first in Florida to be certified as an Audubon International Silver Signature Sanctuary, in recognition of Lost Key’s commitment to environmental stewardship.

ARTICLE AND PHOTOGRAPHY PROVIDED
“You are able to enter the green from the front,” Wright said, “which gives you that opportunity for an eagle, but you also have the risk that if you go right or left, you’ll wind up in the water. That mix of risk and reward, combined with the sheer beauty of the place, make it one of my favorite holes to play.”

Wright also favors the sixth hole, a par-five with spectacular views of the natural wetlands.

“It can be reached in two,” he said. “The tee shot has to be a high fade around the fairway bunker on the right. A left shot will go over the hill into trouble. The safe way to play this hole would be to come up short of the bunker with a long iron, then use a middle iron to shoot left and long of the 150-yard marker. This leaves 100 yards for the approach shot.”

Golfers teeing up at the sixth hole might also notice some new construction going on in the area. That’s because WCI Communities, the developer behind Lost Key, is building a new neighborhood directly adjacent to the sixth hole.

The neighborhood, one of a string of projects to move forward in recent months, will include 28 four-bedroom, four-bath, townhome-style residences. The homes will boast more than 2,100 square feet of air-conditioned living area, two-car garages and covered patios.

In addition to these amenities, residents will enjoy easy access to a pool and fitness center, located directly next door, and a soon-to-be-constructed, residents-only beach club.

Wright said the homes were on sale now — with prices starting in the high $300,000’s.

“The views of the course are just phenomenal,” Wright said.
The sun is barely glancing over Bayou Texar in Pensacola as a small flotilla of paddle-boards pushes offshore. The group glides away from shore and disappears out of view toward Pensacola Bay. They might not realize it, but they are working out. Plus, it’s kinda fun.

Every Friday during the balmy months, Leah and Bill Seacrest host a Rise-and-Shine paddle at Bayview Park, and a Social Paddle on Tuesday afternoon — with a dinner to follow at New Yorker Deli.

Leah founded Seacrest Fitness Company as a way for her clients to keep moving. But she found a niche when she launched paddle-board courses at Bayview Park.

“Paddleboarding is a phenomenal activity that virtually anyone can do,” Leah said. “There’s nothing like getting outside, enjoying our surroundings and connecting with nature. Being on the water can have a positive, calming effect on your mind.”

Bill and Leah Seacrest met in Organic Chemistry class in college. They have been married 17 years. Bill, an attorney with IMS Services, conducting research, serves as the support staff for the Seacrest paddle-board operation.

Leah, an ambassador for Team YOLO Board, worked with the University of West Florida to offer paddle-boarding as part of a physical education course, Beach Sports I. It sure beats dodgeball in the PE classes of old — and this coach doesn’t entice students to sport over-the-calf tube socks. Board shorts suffice.

She worked with Play Pensacola to host paddleboarding summer camps for children. The camps sold out in 10 minutes — with a massive waiting list. She plans to expand the camps next summer.

Not a child or a college student? Don’t fret. There’s a paddle-board course waiting for you. She offers fitness classes throughout the week:

SUP Tech — Focuses on basic paddling technique.

SUP Fit — a bootcamp style class on the paddleboard. This class fuses paddling with exercises to produce a full-body workout.

SUP Flow — Combines paddling with segments of yoga and pilates.

As a certified group fitness instructor and trainer for 25 years, Leah serves as a brand ambassador for Yolo Board, Topo Athletic, Sweet Waterwear and Garden of Life and also as an athletic contributor to Boarders Magazine. Additionally, she develops content related to SUP fitness and travels as a World Paddle Association Instructor and a Stroops Master Trainer.

“Almost every muscle in the body is used at some point during paddle-boarding,” Leah said. “Because of the balance required, leg muscles work to stabilize center of gravity, while the arms, back and shoulders are used to propel the paddle-board in the water. The core, back and abdominal muscles are constantly at work to maintain balance.”

Paddle-Boarding Schedule fluctuates each month but below is a sample:

Mondays: 9:30
SUP TECH

Tuesdays/Thursdays: 10:15
SUP FIT

Wednesdays: 9:30
SUP FIT

Thursdays: 5:30 SUP FIT, 6:45 SUP FLOW

Friday: 9:30
SUP FLOW

Saturdays: 8:30
SUP FIT

Website seacrestfitnesscompany.com
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Giving Back

I

n Bayview Park, there be dragons.
Or, there will be, of a sort. Less fire-breathing and more paddle-wielding, the Third annual Pensacola Dragonboat Race and Festival is nearly here.

On Sept. 10, teams of 20 synchronized paddlers, led by a steer-person and a drummer, will race 300 meters through Bayou Texar in dragon-decked long canoes.

The day of fun will benefit a serious cause - Gulf Coast Kids’ House.
The children’s advocacy center, serving Pensacola and Escambia County, houses the professionals and resources needed for the intervention, investigation and prosecution of child abuse cases.

Stacey Kostevicki, Gulf Coast Kids’ House executive director, explained the importance of unifying the various agencies.

"It has limited the number of times children were forced to re-tell, and therefore re-live, their story of abuse, and created an opportunity for each child’s case to be seen and discussed by multiple disciplines," she said. "Gulf Coast Kids' House is a child-friendly facility. It doesn't look like a hospital or a police station."

Under one, welcoming roof, Kostevicki said, children are not repeatedly re-victimized by the system intended to protect them. Families feel more supported and are more receptive to mental health treatment.

The numbers of those in need are sobering.
In 2015, the Department of Children and Families in Escambia County received 4,800-plus cases of suspected child abuse to its central hotline. The same year, Gulf Coast Kids' House provided services for over 3,100 children victimized by abuse.

But the center’s impact has been nothing but positive.
"With Gulf Coast Kids' House, investigations are now being closed in two to three weeks versus a previous two to three month time-frame," Kostevicki said. "Since opening in 1998, the prosecution rate for these crimes against children has gone from below 20 percent to above 90 percent."

The center is looking continually to expand and improve its services.
- Initially only sexual abuse victims under the age of 12 were seen; now victims of physical and sexual abuse up to age 18 may be seen at Gulf Coast Kids’ House.
- In 2014, an additional unit of Child Protective Investigators with the Department of Children and Families moved into the center, increasing the number of children able to be seen.
- In 2015, the center began offering on-call evening and weekend services with trained advocates.

The latest improvement? A furry, four-legged volunteer called Trooper.
"We recently welcomed a comfort dog, to Gulf Coast Kids House," Kostevicki noted. "Trooper now works 40 hours a week to provide comfort to clients during medical exams and therapy. He’s brought so much joy to the staff and clients."

All of these vital services cost money. And the center runs on a tight budget.
"It's under $800,000 a year," Kostevicki revealed. "Over 70 percent of our funding comes from Escambia County residents and businesses."

Annual fundraisers such as the Dragonboat Race and Festival are important. And teams are welcomed now to sign up and start their training. The hard work will pay off in September — a good time to get involved and give back.

Additional events include the Semper Fi 5k Run, 8 a.m. Sept. 10 at Seville Square in downtown Pensacola, and the Panhandle Charitable Open, Sept. 30 and Oct. 1 at Marcus Pointe Golf Club and Stonebrook Golf Club.
For more information, call 595-5800 or visit www.gulfcoastkidshouse.org.
## Recently **SOLD** Pensacola Properties

<table>
<thead>
<tr>
<th>NEIGHBORHOOD</th>
<th>LIST PRICE</th>
<th>SOLD PRICE</th>
<th>DOM*</th>
<th>BDRMS</th>
<th>BATHS</th>
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*Properties from MLS recently sold listings *DOM=Days on Market.

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1800 Mallory Street - Pensacola — $259,000

This charming East Hill Cottage has the traditional southern porch, 3 Bedrooms, 2 Baths, Beautiful original Hardwood Floors, an open deck off the back and an Italian Gas Fireplace.
The Palafox Historic District, spanning from Chase to Zaragoza streets and Spring to Tarragona streets in downtown Pensacola, is now listed on the National Register of Historic Places thanks to the organizing efforts of University of West Florida public history alumna Cynthia Catellier.

The National Register of Historic Places, administered through the National Park Service, is the official list of historic places in the United States deemed worthy of preservation. Authorized by the National Historic Preservation Act of 1966, it is part of a national program to coordinate and support public and private efforts to identify, evaluate and protect America’s historic and archaeological resources.

“As the first multi-year European settlement in the United States, it’s important that we share our history with the public,” Pensacola Mayor Ashton Hayward said. “We are extremely proud of Cynthia Catellier and the University of West Florida for continuing to put Pensacola on the map.”

Catellier began the nomination process for the district in 2011 as a student in the UWF public history master’s program. The program focuses on the “applied side of history,” according to Patrick Moore, associate professor and program director. Students develop a skill-set tailored for professional settings outside of traditional academia, such as museums, cultural resource management, historic preservation, film and technology.

“It’s an exceptional accomplishment for somebody to take the time and cover such a broad scope of criteria – identifying places, demonstrating their value and providing evidence. The nomination process is unbelievably complex,” said Moore.

Catellier connected with Donald Kelly, the senior urban planner for the Pensacola Community Redevelopment Agency at the time, to begin her work in 2011. “I started researching local history, buildings, infrastructure and development in order to develop a submission that met the Register’s standards,” she explained. Additionally, Catellier spent weeks walking the Palafox properties, surveying the buildings and gathering information.

After receiving her degree in 2012, she continued her pursuit, collaborating with Robert Overton Jr., executive director of the UWF Historic Trust, and Desiree Estabrook, historic preservationist with the Florida Division of Historical Resources.

“Drafting the nomination was only the first step,” said Catellier, now the assistant director of institutional effectiveness at UWF. “I had to work with our state historic preservation office to convince the Florida National Review Board, then the National Park Service, that the Palafox Historic District was truly a historic place.”

The resulting 100-plus-page nomination was approved in April and appeared on the register in May.

“This is an excellent demonstration of the kind of project that public historians out of our program do, and it’s clear evidence of how valuable those skills can be in the professional world,” said Moore. “The fact that Cindie was able to do something of this caliber, and really reach the national pinnacle, is remarkable. It’s a wonderful feeling to see that happen to somebody who’s such a skilled historian.”

The Palafox Historic District includes 129 properties, and its addition brings the total of National Register properties in downtown Pensacola to nearly 600. Other areas include the Pensacola Historic District, more commonly known as Seville, and the North Hill Historic District. National Register inclusion offers a variety of benefits, including tax credits, real estate and tourism support, and grant opportunities.

Catellier believes that all historic preservation is local and essential to the human narrative. “We as Americans, we’re a variety of races and cultures and religions, but the thing that we have in common is our shared history. If we throw that away, what do we have? This is tangible evidence of our cultural and historic identity.”

For more information about the National Register of Historic Places, visit nps.gov/nr. For information about the UWF Department of History, visit uwf.edu/history.
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STARGAZING AT FORT PICKENS
FORT PICKENS (MEET AT THE BATTERY WORTH PICNIC AREA)
Join park staff and volunteers from the Escambia Amateur Astronomers Association (EAAA) for a fun night out under the stars. Get
an up close view of some celestial objects and learn more about the
night sky. Telescopes will be available for use.

AUGUST 6 & 7
SANDSTOCK
FLORA-BAMA
Down by the state line, a music bash to celebrate Woodstock,
with beachy Bama flair.

AUG. 13, 19, AND 27
TOAST AT THE TOP TOUR
PENSACOLA LIGHTHOUSE
Starts at 6:30 p.m. Couples-only tour. Each reservation is for two
and includes ambient music, sparkling non-alcoholic wine served in
keepsake champagne flutes, and light hors d'oeuvres. Tour times be-
gin roughly a half hour before sunset. Please note the exact tour start
time on your reservation.

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AUGUST 19
GALLERY NIGHT
DOWNTOWN PENSACOLA
Stroll through the charming brick walkways of Downtown Pensacola to experience an eclectic array of music, art and cuisine. Explore galleries and businesses featuring the works of dozens of local artists. Free!

AUGUST 19
CELEBRITY GHOST INVESTIGATION WITH TENNESSEE WRAITH CHASERS OF GHOST ASYLUM
PENSACOLA VICTORIAN INN
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AUGUST 25, 6 P.M.
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VETERANS MEMORIAL PARK
MEDAL OF HONOR-HUEY GUNSHIP/RVN NIGHT - Representing those who have distinguished themselves in combat from every generation and branch of the Armed Forces. Guest of Honor: Captain Rupert "Skeets" Fairfield, USMC

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A culinary innovator and a two-time champion of Food Network’s CHOPPED, James Briscione is currently busy spearheading a new way to view ingredients. His work has been showcased at SXSW and featured on lots of three-letter acronym type networks but most importantly, he writes and talks about the science of flavor, to help people make food that tastes better.”

James Briscione is the first two-time champion of Food Network’s Chopped and author of three books Just Married & Cooking (Scribner ’11), Cognitive Cooking with Chef Watson (Sourcebooks ’15) and The Great Cook (Oxmoor House ’15). Since 2008 he has operated Just Married & Cooking, LLC with his wife Brooke Parkhurst. Their company creates one-of-a-kind custom dining and educational experiences, from personalized in-home cooking lessons to large scale employee wellness events and private dining events in unique locations.

For the past decade, Chef James Briscione has been at the forefront of groundbreaking culinary events that seek to combine unexpected ingredients in new and exciting ways. Most recently James was invited to speak at TEDxWarsaw to share his work and discuss the future of food.

While in his mid-20s and a sous chef at Restaurant Daniel, James was cast in the pilot for what would become Food Network’s runaway hit series, Chopped, a competition show known for presenting its contestants with unexpected combinations of ingredients and tasking the chefs with creating cohesive dishes that are at once delicious and inspired. James became Food Network’s first-ever two-time Chopped Champion. James is currently developing a new series with Food Network that is all about inspiring guys to get into the kitchen.

In 2012, James became the Director of Culinary Education (ICE). As James was developing ICE’s Modernist Cuisine program, IBM approached the school in the hopes that they would become a partner in the “Chef Watson” project. James was the first chef to be selected for the project, as much for his creativity in the kitchen as his years of experience behind the stove in the world’s top kitchens.

From 2012 to 2014, he has worked with IBM and the “Chef Watson” team to help them understand how flavor compounds and ingredients translate from a database to the real-world kitchen; James continues that work today. In 2014 he was one of the featured speakers at the IBM/Watson “In the Age of Discovery” event, discussing his involvement and leadership in the project. The food and ideas that James has created with IBM have been featured in the New York Times, The New Yorker, NBC, BBC, NPR, Time and hundreds of outlets around the globe.
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