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VOL. 2, NO. 5 • MAY 2023

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The Mannings

Robert and Kenny Manning are dedicated to improving their community

By **KRYSTAL SHEPPARD**
Correspondent

Wakulla County has no shortage of what I like to think of as power couples, or civic minded couples who work together to enhance the lives of other people in the community everyday. One such couple is Kenny and Robert Manning. Robert grew up in Wakulla, and although they actually live on the Leon County side of the county line, the couple feels called to honor those roots. Much of their time is spent giving back to their community of friends and family here in Wakulla, as they continually work to



Robert and Kenny Manning

Turn to Page 5

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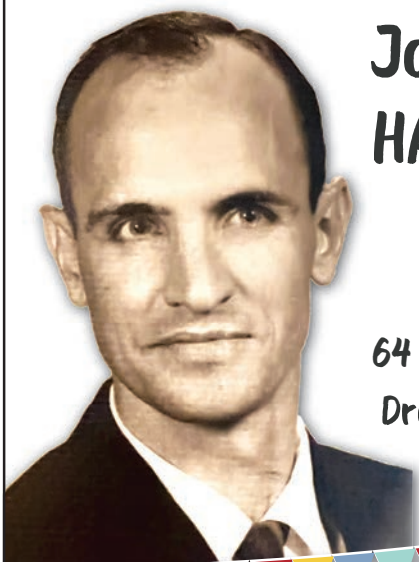
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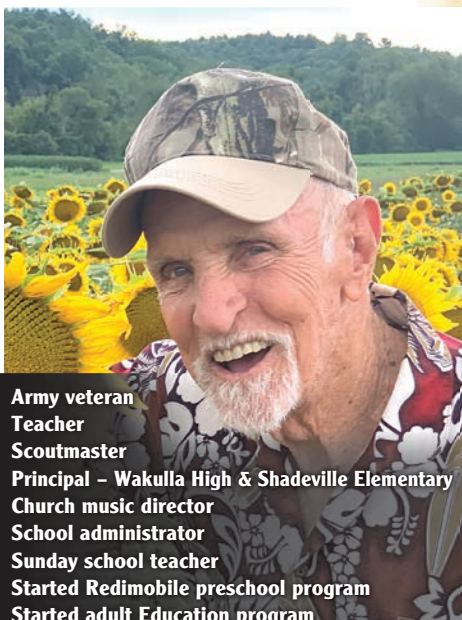
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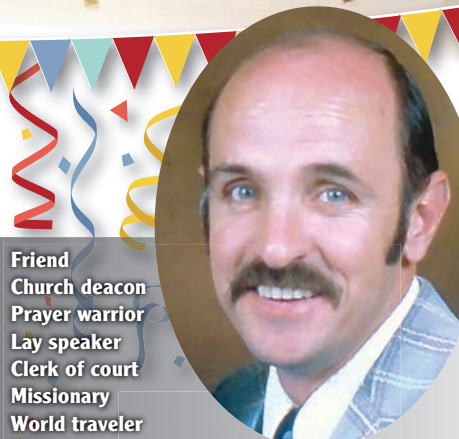
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Started adult Education program



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Missionary
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Wakulla County Tax Collector

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More than \$1 million has been raised through the sale of Florida Realtors "Support Homeownership for All" specialty license plates, which help fund affordable housing programs across Florida. The goal is to provide housing assistance to teachers, nurses and others unable to afford a home. Ninety percent of the proceeds from the sale of the "Support Homeownership for All" license plate goes to support affordable housing programs. Just 10 percent of the funds go toward marketing the plate.



Enacted: 07/01/2014.

The annual use fees are distributed to the Florida Sheriffs Association to develop and provide important training for members of local sheriff's offices as well as deputies across the state.

Accountability. Since 1893, the Florida Sheriffs Association has been the voice of Florida's sheriffs, 67 men and women united in the service of protecting Florida's citizens and visitors.



FOLLOW THE SUN.

10 commandments from a dog's point of view



By JOANN SANDERS

The spring and summer months are a very busy time for animal shelters, and Wakulla Animal Services is certainly no exception!

At the time of this writing, your local shelter is working hard to find loving adopters for 13 dogs and 11 cats who don't have a place to call home, and that number is only going to rise with the onset of summer.

The shelter has reached "Code Red" status several times in recent months, an alarming trend that is causing real worry for the staff who work so tirelessly on behalf of the animals. "Code Red" means the animals at the shelter are in danger of being euthanized at any time because either they have been there the longest with little to no interest, or they are owner-surrenders who have been left at an already overcrowded facility.

It's a scary and stressful time for a small rural shelter with very few kennels, and unless responsible pet ownership is taken seriously, the threat of euthanasia will continue to loom large.

In a recent study conducted by the National Council on Pet Population Study and Policy (NCPSP), researchers went into 12 animal shelters across the country for one year to find out why pets are surrendered to shelters.

The top 10 reasons cited were:

- Moving
- Landlord issues
- Too many animals in the household
- Cost of pet maintenance
- Owner having personal problems
- Inadequate housing or facilities
- No homes available for offspring/littermates
- Have no time for the pet
- Pet illness
- Biting

While all of these reasons might seem logical or even necessary, none are the fault of the animal being surrendered.

With rare exception, most of the animals who end up at shelters have been let down by a human in some way.

A human's role as caretaker and owner was beautifully expressed by Stan Rawlinson, the UK's leading Dog Behaviorist and Obedience Trainer, when he wrote:

The 10 Commandments from a Dog's Point of View

My life is likely to last 10 to 15 years; any separation from you will be painful for me. Remember that before you buy me.

Give me time to understand what you want from me. Don't be impatient, short-tempered, or irritable.

Place your trust in me and I will always trust you back. Respect is earned, not given as an inalienable right.

Don't be angry with me for long, and don't

lock me up as punishment. I am not capable of understanding why. I only know I have been rejected. You have your work, entertainment, and friends, but I only have you.

Talk to me sometimes. Even if I don't understand your words, I do understand your voice and your tone. You only have to look at my tail.

Be aware that however you treat me, I'll never forget it, and if it's cruel, it may affect me forever.

Please don't hit me. I can't hit back, but I can bite and scratch, and I really don't ever want to do that.

Before you scold me for being uncooperative, obstinate, or lazy, ask yourself if something might be bothering me. Perhaps I'm not getting the right food, or I've been out in the sun too long, or my heart is getting old and weak. It may be that I am just dog-tired.

Take care of me when

I get old. You too will grow old and need love, care, comfort, and attention.

Go with me on difficult journeys. Never say, "I can't bear to watch" or "Let it happen in my absence." Everything is easier for me if you are there. Remember, regardless of what you do, I will always love you.

You can help ease the pain for a pet who has been let down in the past. Drop by Wakulla

Animal Services and let one of our staff members help you make the dream of pet ownership a reality. Remember, when you adopt a homeless animal, you are saving a life!

Shelter hours are Tuesday to Friday from 10 a.m. to 5 p.m., and Saturday 10 a.m. to 2 p.m..

Joann Sanders is a volunteer for Wakulla Animal Services.

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Wakulla Senior Center update

By CHRIS RUSSELL

Nearly 5,000 Wakulla County senior citizens are at-risk of going hungry in 2023!

What an inspirational lead-in for the latest update on the happenings at the Wakulla Senior Center, right?

Factually, the opening sentence is 100% correct. Realistically, the Senior Center Staff, the Wakulla Senior Citizens Council, and a host of volunteers have done, and will continue to do, everything in our power to make sure this does not actually come to fruition.

Thus far, we have been able to ensure that every senior citizen in Wakulla County who wants a healthy and nutritious lunch is provided one each weekday.

However, due to an unprecedented reduction in the grant funding we utilize to provide meals to our seniors, we no longer have the dedicated funding needed to provide 5,000 individual lunches to local

seniors this year.

Troubling, yes. Monumental, yes. Can you help us overcome this challenge, yes – keep reading below.

The Wakulla Senior Center is developing a Senior Lunch Sponsorship Program to help us ensure that no Senior in Wakulla County goes without a hot lunch.

The concept is quite simple: on average it costs \$3 for each lunch served and lunches are served five days a week. In turn, if you'd like to sponsor a week's worth of senior lunches for an individual, you would donate \$15, a month's worth of lunches will run \$60, and for \$720, you could ensure that a senior citizen in our community receives a weekday lunch for a whole year.

The Senior Center serves close to 15,000 Senior lunches annually and to be brutally honest with you, without the support of our community, our ability to continue to do so will not be sustainable

long term.

For those wishing to Sponsor a Senior's Lunch, please contact the Wakulla Senior Center Executive Director, Ms. Sandi McDaniel at 850-888-1015; stop by the Wakulla Senior Center to make a donation; or mail your Sponsorship to Wakulla Senior Citizens Council Inc., 33 Michael Dr., Crawfordville FL 32327 (in the memo line please denote Senior Hot Lunch Sponsor).

Or, if you'd like, just go to WakullaSeniorCenter.com and utilize the donation button that is readily available on the website.

How about some good news by-gumby: The Wakulla Senior Citizens Council Board of Directors welcomed Ms. Tonya Hobby as the newest Board Member this past month.

Many folks in our community know what an asset Tonya is to our county and we are excited that she has joined the team.

Keeping the good news rally going, we are also excited to advise that our Monday Movie Day continues to be a huge hit with our seniors. If you'd like, come on by any Monday to catch a movie, eat some popcorn, and swish a soda.

As always, we encourage you to visit our website at WakullaSeniorCenter.com and to check out our Wakulla Senior and Wakulla Transportation Facebook pages to get updates on weekly happenings, scheduling, services provided, and a whole slew of other useful information.

If you'd rather give us a call, please feel free to contact us at (850) 926-7145.

Until next time, I hope you are enjoying our beautiful Spring here in Wakulla County.

For The Seniors!

Chris Russell is a Board Member of the Wakulla Senior Center.

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The Mannings

From Front Page

improve lives, spread the word of God and empower others.

Both of the Mannings have recently retired from long term careers, but when asked how they like being retired Kenny laughed and told me she has no idea yet, because for her nothing has slowed down and she remains just as busy as before. Robert said he loves being retired because as busy as they continue to be in their outreach programs, he enjoys focusing on that and not having to also get up and go to work every day.

The couple has raised a total of 13 children, and now have seven grandchildren to enjoy. Their grands consist of five boys and two girls, ranging in age from the youngest who is 5 to the oldest who is now 21. Kenny says their grandchildren are her world, and Robert joked that what started as Nana and Papa's house has evolved into Nana's House with Papa's chair in it.

Kenny, who was recently honored by the Zeta Phi Beta Sorority Crawfordville Chapter as Community Partner of the Year, is the outreach coordinator for their church, Grace and Truth Ministries. She organizes all outreach efforts in Wakulla County, and over the

years the Mannings have worked with the church to provide a variety of services to the community such as relief for those who suffered damage during hurricanes and supporting Big Bend Hospice's work with the elderly.

She is also one of the event coordinators for Operation Wakulla and Be A Hero to Our Heroes annual F.R.E.S.H. Back To School outreach event that brings businesses and members of the community together to provide everything students need to prepare them for the return to school, including free health screenings, clothes, haircuts and backpacks filled with school supplies. The Mannings said it is a group effort, and expressed their appreciation for the other people who have been instrumental in putting the event together: Cheryl Randolph, Glenda Washington, Dianne Woodard, Aaron and Joceline Hayden, Dorothy McHenry and her late husband Vince McHenry. They also said that thanks to the amazing efforts of Cam "Sunshine" and Bill Show, what began as only a handful of volunteers filling backpacks has grown to the point that they sometimes have to redirect volunteers to other efforts because they have so many who want to

help. This year's Fresh Back To School event is just around the corner, with drive-thru backpack and school supply distribution scheduled for 9 a.m. to noon on July 15 in St. Marks, July 22 in Panacea, July 29 in Sopchoppy and on Aug. 5 in Crawfordville – that event, at the community center, will include vendors, free physicals and free haircuts as well as backpacks and school supplies.

Long time members of the Wakulla County Christian Coalition, the couple has been a driving force behind planning and organizing many of the coalition's public events over the years. Some of these annual events are the celebration of Martin Luther King Jr.'s birthday in January with a prayer breakfast at Hudson Park and a commemorative ceremony at the MLK monument on the courthouse lawn; the Scholarship Gala in February; the Black History parade and festival in the park; and

the African American Reading Chain at the library. With Jeanne Jones and Bossie Hawkins being the only remaining active original members of the Christian Coalition, the recent loss of valued long time member Hugh Taylor, and the addition of some new members with fresh new ideas, the WCCC is in the process of working on some reorganization.

In partnership with Herb Donaldson of Palaver Tree Theater they have created what they call "A Seat at the Table" because, in Kenny's words, "Everyone has a right to sit at the table." The group has monthly meetings, to which they invite guest speakers from local agencies to sit at the table with members of the community for an old fashioned discussion and an opportunity to speak. The belief is that communication is key, and having a casual, open, honest and respectful dialog, like they used to do in the old days,

is the best way to see another persons point of view, encourage understanding and alleviate assumptions, even if you don't necessarily agree. Previous guest speakers have included members of the Wakulla County Sheriff's Office; as well as Supervisor of Elections Joe Morgan. Property Appraiser Ed Brimmer has been invited to join them at the table for their next regular monthly meeting. He will discuss key features of his role as property appraiser, explain how it effects the community and answer any questions. Upcoming events at Palaver Tree Theater include Emancipation Days 2023, beginning with a Wakulla Family Reunion on May 20. For more information visit the facebook page or website. www.palavertreetheater.org

The Mannings are also active members of the 2nd Infantry Regiment U.S. Colored

Troops Living History Association, whose motto is "Re-enacting the past with hope of shaping the future," working to educate others on the African-American perspective of the Civil War and the Battle of Natural Bridge through authentic and accurate living history demonstrations and battle re-enactments.

Kenny and Robert Manning believe that if you want a friend you have to make yourself friendly, and that we should all "Be a Hero to our Heroes."

The Mannings' neice, Studio 88 Dance Productions owner Lauren Holley, said of them: "My Auntie Kenny and Uncle Robert are the most caring and selfless people I know. The way they give back to the community is so admirable. They care for others and love thy neighbor just as the Bible says and we should all aspire to be more like them."

STRAIGHT FROM THE HEART

Keep the lamp at my feet,
Keep my mind stayed on thee

Guard my steps, each and everyone,
Thru you JESUS,
All things can be done!

Give to me strength,
For this flesh is so weak
I'm desperate O' God, hear my plea!
As I cry unto thee!

I forget not thy works
Thou hast wrought in me,
But let me not forget, from whence I came
By thy mighty hand! I was delivered from all my shame!
Hear my prayer O' Lord!
To be a woman, after your own heart!
And honor Thy Holy Name
Amen and Amen!

Tony Duncan
-All Glory Given to Jesus

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Sheriff's Reserve Unit is looking for volunteers



By **JARED MILLER**
Wakulla Sheriff

From the Desk of Sheriff Miller:

If you were to take a poll of the community and ask about the functions of the Wakulla County Sheriff's Office, I'm sure you would get a wide range of answers.

Most people know that Road Patrol Deputies patrol the streets answering

calls and enforcing laws, and that our Detectives spend their days investigating various crimes which have been committed.

One of the area's that is often unknown by the public is the role the WCSO Reserve Unit plays at the sheriff's office and within our community. It's safe to say that the Sheriff's Office and our role in the community would be very different without this group of dedicated individuals working here.

For those that may not know what the Reserve Unit is, it is an all-volunteer unit of the Wakulla County Sheriff's Of-

fce.

The WCSO Reserve Unit contains both volunteers who are sworn deputies as well as non-sworn SSO's or Sheriff's Safety Officers.

The WCSO Reserve Unit regularly assists with almost every function of the Sheriff's Office completely free to the citizens of Wakulla County, all the while working other jobs in their private lives.

Reserve Deputies can often be found assisting our Road Patrol Division to add extra manpower during active times, or when we have manpower shortages.

They also assist

with our Civil and Warrants Division with serving court paperwork and are in invaluable asset during major storms in our county.

However perhaps the greatest services the WCSO Reserve Unit provides to our county is the work they do with the many parades and festivals Wakulla County has.

Almost every community event held in Wakulla County with exception of a small few require either general security, traffic control or both. As much as possible these events are staffed by members of the reserve unit. This is done at no cost to

the community at large.

Almost without fail when you see a sheriff's office member at a parade or festival, they are their unpaid and volunteering their time to serve our community.

Over the course of a year, reserve members donate thousands of hours in service to our county.

This is certainly a labor of love, because as mentioned earlier most of our members have full time jobs, they work in addition to their volunteer hours.

Please know we are always on the look out for new members who wish

to serve our community through the reserve unit. I

f you have prior experience as a sworn law enforcement officer, being a Reserve Deputy allows you a way to maintain your law enforcement standards and keep your training up to date.

If you or someone you know may be interested in becoming a Reserve Deputy or volunteering as a Sheriff's Safety Officer, please contact Lt. Yarbrough at 850-745-7186 or jyarbrough@wcsso.org.

Your Sheriff,
Jared F. Miller

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Eating for better bone health



By SAMANTHA KENNEDY

can help prevent bone loss. Older adults are advised to consume at least three servings of dairy products per day, including milk, cheese, and yogurt. It is also important to choose low-fat or fat-free dairy products to reduce the risk of heart disease.

Leafy greens

Leafy greens are another great source of calcium, and they also contain other essential vitamins and minerals, such as vitamin K, which helps with bone metabolism. Some of the best leafy greens for bone health include kale, spinach, collard greens, and Bok choy. These greens can be incorporated into your diet in a variety of ways, such as adding them to salads or smoothies.

Fatty fish

Fatty fish, such as salmon, tuna, and mackerel, are excellent sources of vitamin D and omega-3 fatty acids, which can help reduce the risk of osteoporosis. Vitamin D helps the body absorb calcium, while omega-3

Dairy products

Dairy products are rich in calcium, which is essential for strong and healthy bones. Calcium is the primary mineral that makes up the bones, and getting enough of it in your diet



Dairy foods like cheese, milk, and yogurt are good sources of both calcium and vitamin D, which are two nutrients that help improve bone health.

fatty acids can reduce inflammation and promote bone growth. Older adults are advised to consume at least two servings of fatty fish per week. If you are not a fan of fish, you can also get vitamin D from fortified foods, such as milk and cereal, or by spending some time in the sun. About 10 minutes of sun exposure a day can help boost vitamin D production in the body.

Nuts and seeds

Nuts and seeds are rich in several nutrients that are essential for bone health, including calcium, magnesium, and phosphorus. Some of the best nuts and seeds for bone health include almonds, sesame seeds, chia seeds, and pumpkin seeds. These can be added to salads, oatmeal, or eaten as a snack. These seeds are also rich in fiber, which

is important for digestive health.

Fortified foods

In addition to natural sources of calcium and vitamin D, there are also many fortified foods that can help reduce the risk of osteoporosis. These include orange juice, cereal, and tofu, which are fortified with calcium and vitamin D. It is important to check the label of these products to ensure that they

contain enough of these nutrients to make a difference.

In conclusion, osteoporosis is a significant health concern for older adults, but it can be prevented by consuming a diet rich in calcium, vitamin D, and other essential nutrients. Incorporating dairy products, leafy greens, fatty fish, nuts and seeds, and fortified foods into your diet can help reduce the risk of osteoporosis and promote healthy bones. However, it is important to note that diet alone is not enough to prevent osteoporosis, and older adults should also engage in regular exercise and avoid smoking and excessive alcohol consumption. By taking these steps, older adults can improve their bone health and maintain their independence and quality of life.

For more information about nutrition and osteoporosis, please contact Samantha Kennedy at (850) 926-3931.

Samantha Kennedy is Wakulla County Extension Director.x

On the Horizon The monthly calendar of events

Monday, May 1

- The Wakulla County Commission will meet at 5 p.m. in the Commission Chambers.
- Intro to Tai Chi held at the Community Center from 9 to 10 a.m., every Monday, Wednesday, and Saturday. All ability levels are welcome; please wear comfortable clothing. For questions call Rich or Terri Bushman at 850-228-9214.
- The Wakulla Respite Program will be available for anyone with memory impairment at no cost from 9 a.m. to 3 p.m. at Lake Ellen Baptist Church every Monday.
- Hatha yoga at 9 a.m. and Restorative Yoga at 6 p.m. with Zoe, every Monday. Packages available for \$12 at New Posh on 3079 Crawfordville Hwy. Please RSVP email at newposh3079@gmail.com or text/call at (850) 528-5838.

Tuesday, May 2

- The Wakulla County Charter Review Commission will hold a public meeting at 6:30 p.m. in the St. Marks Room at the Wakulla County Community Center.
- Sopchoppy Community Dinner is held every week on Tuesday at the Towles House at 6:30 p.m.
- Yin Yoga at 10:30 a.m. and Flow Yoga at 6 p.m. with Nellie, every Tuesday.

Wednesday, May 3

- Muffins with Moms Prenatal Support Group will meet at 9 a.m., 9:30 a.m., and 10 a.m. at the Wakulla County Health Department. Contact Liz Neighbors at 850-888-6078 or elizabeth.neighbors@flhealth.gov for more information.
- A Line Dance class will be held at 1 p.m. at the Wakulla Senior Center every Wednesday.

Thursday, May 4

- NATIONAL DAY OF PRAYER.
- The VFW Auxiliary Bingo Night will be held at 7 p.m. at 475 Arran Road in Crawfordville, every Thursday. There will be concessions and raffles.
- The Rotary Club of Wakulla County holds its weekly meeting at the TCC Wakulla Center at 8:30 a.m., every Thursday.
- Hatha Yoga with Zoe at 9 a.m. and Yin Yoga with Nellie at 6 p.m., every Thursday.

Friday, May 5

- Alcoholics Anonymous meets at noon and 8 p.m. every Friday at the American Legion, 54 Ochlockonees St.

Saturday, May 6

- Panacea Farmers Market will be held in Downtown Panacea next to the Panacea

fire department from 9 a.m. to 12 noon. Local vendors will be selling homemade and homegrown items and food vendors will be there.

- Vegas Casino Night will be held at the Moose Lodge in Panacea featuring craps, roulette, blackjack and poker. Happy hour at 5 p.m. Games are from 6 to 9 p.m. Tickets are \$40. Steak dinner available for \$20. Live music from Allie Cats. For information, call 850-984-2510.

- Women's Fishing Class at Sherlock Springs, 2335 Bloxham Cutoff, from 8:30 a.m. to 4 p.m. For ages 18 and older. \$25 per person. For more information, 850-294-9949.

- Kids Fishing Derby at Woolley Park will be held from noon to 3 p.m. It's free. The first 200 kids who check-in will get a free rod and reel and a T-shirt.
- The Wakulla Caregiver Support Group will meet at the Wakulla County Public Library at 10 a.m.

Monday, May 8

- The Wakulla County Planning Commission Meeting will be held at 6 p.m. in the County Commission Chambers.
- The Sopchoppy City Commission meeting will be held at Sopchoppy City Hall at 6:30 p.m.

Thursday, May 11

- May Cake Raffle, a fundraiser for the Wakulla Senior Citizens Center, will be held on Facebook.

- The St. Marks City Commission meeting will be held at St. Marks City Hall at 6 p.m.

- The Sopchoppy Depot Committee meeting will be held at the Depot, 34 Railroad Avenue at 4:30 p.m.

Saturday, May 13

- Wakulla Night of Joy, formerly Special Needs Prom, will be held at the Lodge at Wakulla Springs from 5 to 8 p.m.

Sunday, May 14

- MOTHER'S DAY.

Monday, 15

- The Wakulla County Board of County Commissioners will meet at 5 p.m. in the Commission Chambers.
- The Wakulla County School Board meets in the school administration building at 5:45 p.m.
- The American Legion Post 114 will be meeting at the Wakulla County Public Library at 6:30 p.m.

Thursday, May 18

- The Wakulla County Cancer Support Group will meet in the Education Center of the Crawfordville United Methodist Church at 7 p.m. This group meeting is for

men and women, regardless of the type of cancer. Spouses, caregivers, and friends are welcome. For more information, call 850-926-6050.

Thursday, May 18

- Mommy and Me Art Class at the Lodge at Wakulla Springs at 6 p.m. Taught by instructor Sue Scott. Cost is \$35. For information, call 850-688-3727..

Saturday, May 20

- Wakulla County Horseman's Association show will be held at 1757 Lawhon Mill Road. All shows start at 11 a.m. and the Jackpot starts at noon. Entry Fees are \$25 for Jackpot; exhibitions are \$3; club classes are \$6 for members and \$8 for nonmembers. Membership is \$25 for single and \$40 for family.

Monday, May 22

- The Sopchoppy Lions Club meets the 4th Monday of each month at the Historic Sopchoppy High School at 6:30 p.m.

Thursday, May 25

- Graduation at Wakulla High School will be held at J.D. Jones Stadium at 8 p.m.

Saturday, May 27

- Sopchoppy Opry at the Historic Sopchoppy High School Auditorium featuring Doug Jernigan - Fiddle and Steel Show starting at 7 p.m. Individual show tickets are \$15 each.
- St. Marks Community Market, sponsored by Discover St. Marks, will be held from 9 a.m. to 1 p.m. at 815 Port Leon Drive.

Monday, May 29

- MEMORIAL DAY – Banks, government offices and many businesses will be closed.

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Being real in real life



By GREG GAST

Being real is about taking the time and making the effort to be genuine with yourself and others. It can make a big difference to your sense of self-worth and in your quality of life.

The best way to state the aim of being real is best summed up by a quote by Kierkegaard, “To be that self which one truly is.”

The questions are, “What is my goal in life?” “What am I striving for?” “What is my purpose?”

These are the questions we all ask ourselves at one time or another during our lives. Sometimes calmly and meditatively, sometimes in agonizing uncertainty or despair. They are questions which individual must ask and answer for

themselves, in their own way.

Some people believe it is to glorify God, some to enjoy, release and satisfy every sensual desire. While others regard the best way is to achieve, to gain material possessions, status, knowledge, and power.

In 1956 C.W. Morris investigated the preferred pathways of life of people in six different countries. He came up with five value dimensions that appear to be responsible for individual choices.

1. A preference for

a responsible, moral, self-restrained participation in life, appreciating and conserving what man has attained.

2. Delight in overcoming obstacles. It involves a confident initiation of change, either in resolving personal and social problems, or in overcoming obstacles in the natural world.

3. The value of a self-sufficient inner life with a rich and heightened self-awareness. Control over persons and things is rejected in favor of a deep and sympathetic insight

into self and others.

4. A values a receptivity to persons and to nature. Inspiration is seen as coming from a source outside of the self, and the person lives and develops in devoted responsiveness to this source.

5. A value that stresses sensuous enjoyment, self-enjoyment. The simple pleasures of life, an abandonment to the moment, a relaxed openness to life.

It is evident that the above is not an easy direction to move, nor one which is ever completed. It

is a continuing way of life. I offer it to you for your consideration.

Let me know what you think...

Send your questions to Real Life Counseling, 3295 Crawfordville Hwy., suite #4, Crawfordville FL 32327 in care of Gregory E. Gast, MS, LMHC, NCC. Your name will be changed and the answer to your question will appear in an upcoming issue of The Wakulla Sun.

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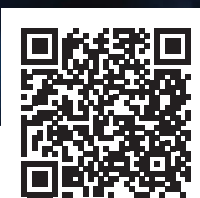


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The Summer Camp schedule is brought to you by the Wakulla County Coalition for Youth and The Wakulla Sun.

It's time to relax and have some needed downtime. Wakulla County Coalition for Youth is proud to sponsor this Summer Camps section. Recognizing that young people seek to find their place in the wider world through many ways and means, the community hopes the following Summer Camp listings hit the intended mark with many Wakulla youth.

JUNE

*LIBRARY KEY
June & July Programs

WAKULLA COUNTY PUBLIC LIBRARY TUESDAY BOOK BUNCH 10:00-11:00AM

This program is for 2 1/2 to preschool & includes stories, music & take home crafts that go with the summer theme.

TUESDAY ROYAL READERS 2:00 - 3:00PM

This program is for children in grades K-2, features stories & crafts or activities focused around the summer theme.

LEGO CLUB 1st & 3rd TUESDAY 4:00-5:30PM

Lego Club is designed to provide kids with an enjoyable activity that stimulates & develops spatial intelligence. They will build whatever leaps into their imaginations!

Book Babies Wednesday 10:00-11:00AM

An interactive summer themed story time & playgroup designed for infants, toddlers and their caregivers.

MYTHICAL READERS Wednesday 2:00-3:00PM

This program is for children in grades 3-5, features books and activities focused around a central theme.

WEDNESDAY STEAM

STEAM stands for Science, Technology, Engineering, Arts, and Math. Kids will learn through hands on fun and building. All ages

Programs are free thanks to the Friends of the Wakulla County Library

4330 Crawfordville Highway
Crawfordville, FL 32327
(850) 926-7415

www.wakullalibrary.org

Questions? Email: rsahar@mywakulla.com

Tuesday JUNE 6

Book Bunch 10:00-11:00 AM
Royal Readers 2:00-3:00 PM
LEGO Club 4:00-5:30 PM

Wednesday JUNE 7

Book Babies 10:00- 11:00 AM
Mythical Readers 2:00-3:00 PM

Friday
JUNE 9

*Therapy dogs will be here tomorrow 9 (Saturday)10AM-12PM

Tuesday June 13

Book Bunch 10:00-11:00 AM
Royal Readers 2:00-3:00 PM

Wednesday JUNE 14

Book Babies 10:00- 11:00 AM
Mythical Readers 2:00-3:00 PM

Thursday JUNE 15

STEAM 4:00-5:00PM

The Doc Magic Show 7:00 PM @ The Library

Tuesday JUNE 20

Book Bunch 10:00-11:00 AM
Royal Readers 2:00-3:00 PM
LEGO Club 4:00-5:30 PM

Bits N Pieces Puppets 7:00 PM @ The Community Center

Wednesday JUNE 21

Book Babies 10:00- 11:00 AM
Mythical Readers 2:00-3:00 PM

Tuesday JUNE 27

Book Bunch 10:00-11:00 AM
Royal Readers 2:00-3:00 PM



OUR ADVENTURES



Week 1- June 12 - 16th

Natures Home - Habitats



Week 2- June 26 - 30th

Preserving our Seas - Conservation



Week 3- July 10 - 14th

Creatures of the Blue - Marine Animals

Non -
Members:
\$200

Members:
\$190

Learn More At:

<https://gulfspecimen.org/>

The total camp would be a total of 3 weeks, every other week. Each week, the child will be able to re-register if the guardian chooses to, but the pay listed on the flyer is just for a single week.

The ages, time, and website are on the flyer.

The guardian can go to our website to find the registration form and method of payment.

Registration deadlines are as follows:

Week 1: June 8th • Week 2: June 22nd • Week 3: July 6th

Please note: most camps require reservations
Camps fill up fast!



Brought to you by the Wakulla County Coalition for Youth

Wednesday JUNE 28

Book Babies 10:00- 11:00 AM
Mythical Readers 2:00-3:00 PM

Thursday JUNE 29

STEAM 4:00-5:00PM

VACATION BIBLE SCHOOL FIRST BAPTIST CHURCH - CRAWFORDVILLE

TWIST & TURNS

JUNE 22 - JUNE 30

9am - Noon

Address- 3086 Crawfordville Highway
Phone- 850-926-7896

GULF SPECIMEN AQUATIC ADVENTURES SUMMER CAMP

<https://gulfspecimen.org/>

Members \$190 - Non-Members \$200.

Week 1- JUNE 12 - JUNE 16

NATURES HOME - HABITATS

8:30 - 4:30

Ages 6 - 10

Week 2 JUNE 26 - JUNE 30

PRESERVING OUR SEAS - CONSERVATION

8:30 - 4:30

Ages 6 - 10

WAKULLA COUNTY 4-H

UF IFAS Extension

University of Florida

Camp Location : Wakulla County Extension Office

84 Cedar Avenue, Crawfordville FL 32327

We accept youth entering first grade to eighth grade for most of the camps

4-H Camps operate Monday - Thursday 8:30 to 4:30

CAMPS are 9a.m. to 4p.m.

Early drop off at 7:30 to 8:30 a.m. - Late pick up from 4:30 to 5:30 p.m. available for additional fees.

TO REGISTER GO TO:

<http://sfyl.ifas.ufl.edu/wakulla/>

If you have any problems or questions with registration, please contact Christy Pearson 850-901-7092 email: christinepearson@ufl.edu

CRAFTY CREATION WEEK

JUNE 12 - JUNE 15

AGES: 5-13 Cost \$200. per child

A full week of arts and crafts. Activities will focus on creativity, imagination, and self expression. Crafts will be designed to improve fine motor skills and teach basic crafting techniques with various media. All artist welcome.

FUN WITH FOOD WEEK

JUNE 19 - JUNE 22

Ages: 5-13 Cost: \$200. per child

Activities will focus on basic cooking skills and nutrition. Campers 8 years and over will have the opportunity to learn grilling techniques and will be introduced to the 4-H Food Challenge contest curriculum. Family and Consumer Science agent, Samantha Kennedy will help guide the week of cooking activities. * please note that meats, fruits, spices, herbs, nuts, soy and milk will be used in these activities.

PLANTS, BEES & TREES WEEK

JUNE 26 - JUNE 29

Ages: 5-13 Cost: \$200. per child

Activities will focus on learning about plants, trees, and their importance to the environment and economy. Campers will learn about herbs, vegetables, and basic plant identification. * please note that plants, peanuts, herbs, bees, and honey will be used in activities

SPECIALTY CAMP 2023 WAKULLA

4-H TEEN LEADERSHIP CERT CAMP

JUNE 12 - JUNE 16

8:30 am - 4:30 pm

Age: 12-18 Cost: \$100 per youth

Instructors: Dr. Rachel Pienta & Samantha Kennedy in partnership

with WCSO Emergency Management

Wakulla County Extension Facility - 84 Cedar Avenue, Crawfordville

JULY

GULF SPECIMEN AQUATIC ADVENTURES SUMMER CAMP

<https://gulfspecimen.org/>

Week 3 - JULY 10 - JULY 14

CREATURES of the BLUE - MARINE ANIMALS

8:30 - 4:30

Ages 6 - 10

*See LIBRARY KEY under June

Wakulla County Public Library

Tuesday JULY 11

Book Bunch 10:00-11:00 AM

Royal Readers 2:00-3:00 PM

BJ's Party House 7:00 PM @ The Community Center

Wednesday JULY 12

Book Babies 10:00- 11:00 AM

Mythical Readers 2:00-3:00 PM

Thursday JULY 13

STEAM 4:00-5:00PM

Friday JULY 14

*Therapy dogs will be here SATURDAY 10AM-12PM

Tuesday JULY 18

Book Bunch 10:00-11:00 AM

Royal Readers 2:00-3:00 PM

LEGO Club 4:00-5:30 PM

Phil Meyer Magic 7:00 PM @ The Community Center

Wednesday JULY 19

Book Babies 10:00- 11:00 AM

Mythical Readers 2:00-3:00 PM

Tuesday JULY 25

Book Bunch 10:00-11:00 AM

Royal Readers 2:00-3:00 PM

Animal Tales 7:00 PM @ The Community Center

Wednesday JULY 26

Book Babies 10:00- 11:00 AM

Mythical Readers 2:00-3:00 PM

Thursday JULY 27

STEAM 4:00-5:00PM

Friday JULY 28

An Evening At Hogwarts 6:00-8:00PM @ The Library

WAKULLA COUNTY 4-H

UF IFAS Extension

University of Florida

Camp Location : Wakulla County Extension Office

84 Cedar Avenue, Crawfordville FL 32327

We accept youth entering first grade to eighth grade for most of the camps

4-H Camps operate Monday - Thursday 8:30 to 4:30

CAMPS are 9a.m. to 4p.m.

Early drop off at 7:30 to 8:30 a.m. - Late pick up from 4:30 to 5:30 p.m. available for additional fees.

TO REGISTER GO TO:

<http://sfyl.ifas.ufl.edu/wakulla/>

If you have any problems or questions with registration, please contact Christy Pearson 850-901-7092 email: christinepearson@ufl.edu

ANIMAL ADVENTURE WEEK

JULY 10 - JULY 13

Age: 5 - 13 Cost: \$200. per child

Activities will explore all different types of animals. Campers will learn about the classification of animals, animal habitats, migration, and wild-life ecology. Educational opportunities for all ages. Live animals present throughout the week. Please list any animal allergies.

FARM ADVENTURE WEEK

JULY 17 - JULY 20

Age: 5-13 Cost \$200. per child

Programming will center on where food comes from, livestock, and different types of farming. Activities will center around products local to Florida. Campers will be introduced to the 4-H Agricultural Judging competition curriculum. 4-H Agricultural Judging contest is held annually at North Florida Fair. Animals will be discussed as food.

TARGET SPORTS WEEK

JULY 24 - JULY 27

Age: 8 - 13 Cost : \$250 per child

Campers will be introduced to the sports of archery and air rifle. Activities will focus on learning hand and eye coordination, proper techniques and improving self-confidence.

Contact Christy Pearson, Wakulla County 4-H Program Assistance for any questions. 850-901-7092 christinepearson@ufl.edu
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4-H SPECIALTY CAMPS

KITCHEN CREATION CAMP

JULY 5-7 10 am -3 pm

Age: 10-12 Cost : \$100. per child

Wakulla Extension Office - Instructor - Samantha Kennedy

skennedy@ufl.edu - (850) 926-3931 ext. 1

Online registration will be required at 4honline.com first before making payments. <https://v2.4honline.com/#/user/sign-in>

AUGUST

WAKULLA COUNTY 4-H

UF IFAS Extension

University of Florida

Camp Location : Wakulla County Extension Office

84 Cedar Avenue, Crawfordville FL 32327

We accept youth entering first grade to eighth grade for most of the camps

4-H SPECIALTY CAMPS

SEW MUCH FUN CAMP

AUGUST 1 - 4 10am-3pm

Age: 8-12 Cost: \$75

skennedy@ufl.edu - (850) 926-3931 ext. 1

Online registration will be required at 4honline.com first before making payments. <https://v2.4honline.com/#/user/sign-in>

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CROSSWORD

- CLUES ACROSS**
1. A power of perception
 4. Slotted hinged metal plate
 8. Popular crop
 10. Siamese fighting fish
 11. Larval crabs
 12. South American mammal
 13. Occur as a result of
 15. Slavic language
 16. An electric underground railway
 17. Transporting
 18. A direction
 21. Opposite of start
 22. Mock
 23. People love and hate it (abbr.)
 24. A people of Myanmar
 25. A Queens ball player
 26. Southern Thailand indigenous person
 27. Famed actress
 28. Thin strips
 29. Bluish greens
 30. Ridiculed
 31. Having the shape of a cube
 32. Came down
 33. Indian religious god
 34. "Bewitched" actress Moorehead
 35. Leak through slowly
 36. Buzzing insects
 37. Midway between south and southeast
 38. Skin condition
 39. Earlier
 40. Right away
 41. Vomiting
 42. Go to
 43. "The Police" frontman
 44. Bullfighting maneuver
 45. Pacific island
 46. A system of algebraic notation
 47. A room used for the activities of a group
 48. The longest division of geological time
 49. Car mechanics group
 50. A barrel of liquid (abbr.)
 51. Bound to do
 52. Explosive
 53. Ridicules
 54. Adult male
 55. Military personnel
 56. French and Belgian river
 57. Found in the sea
 58. A share lost in default (abbr.)
 59. Type of medication (abbr.)
 60. City on the Rhine
 61. Animal disease
 62. They're in martinis
 63. Get away
 64. Wampum
 65. Lacking brightness

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Investments
Life Insurance
DROP Rollovers
401(k) Rollovers

Social Security Planning
Retirement Planning
Estate Planning
ROTH IRAs/IRAs
403(b)s