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> FAIRY BABY. ORG 321-356-1259



About Fairy Baby Photography

I'm Tiana, proud owner of Fairy Baby Photography. My favorite part of photography is connecting with my clients and showcasing their natural beauty. - Candid?Yes, definitely!

Life takes us through a journey of many changes, photographs help us remember the stops along the way. Whether it's the anticipation of a glowing mother-to-be, the playful energy of a toddler, or the quiet tenderness of a newborn, every session is personalized to reflect the true essence of my clients. We also offer portraits, professional headshots, and more. Visit fairybaby.org or call 321-356-1259 to learn more about our services and how we can bring your vision to life. Let Fairy Baby Photography be your storyteller, celebrating the magic of your life's most beautiful moments.

At Fairy Baby Photography, Magic is Born!

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Scan the QR Code to go to the county page.

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ocal Area Events

JANUARY

No events at the time of publication

FEBRUARY

• Bicentennial Reading Challenge -(Feb-Dec) -Tallahassee

MARCH

No events at the time of publication

<u>APRIL</u>

 Annual Chain of Parks Art Festival – Tallahassee

<u>May</u>

• No events at the time of publication

<u>JUNE</u>

No events at the time of publication

<u>JULY</u>

 Country Farmers Market at Crooked River Lighthouse - (July-Dec) -Carrabelle

Wizard Skate Party - Tallahassee

<u>AUGUST</u>

- American Vintage Markets -Tallahassee
- Art Night Out Tallahassee
- Autumn Bridal Show Bradfordville
- Cat Video Festival Tallahassee

AUGUST (CONTD)

- Full Moon Lighthouse Event -Carabelle
- Oasis Fun Festival Tallahassee
- Kaleidescope of Color Quilt Show Tallahassee
- Parrothead Phrenzy Tallahassee
- Tallahassee Beer Festival
- Tallahassee Film Festival (Aug-Sept)

SEPTEMBER

- Annual Row, Run & Ride Tallahassee
 Tallahassee
- Tallahassee AIDS Walk

OCTOBER

- Annal Holocaust Rememberance
 Dinner Tallahassee
 Tallahassee Vegan Food Festival
- Tallahassee Greek Food Festival

NOVEMBER

North Florida Fair - Tallahassee
Winterfall Event - Tallahassee

DECEMBER

The Nutcracker - Tallahassee

* Events are subject to change

www.myakkaelephantranch.org

Myakka Elephant Ranch

CONSERVATION CENTER

Our Mission

From Tusk to Tail, African to Asian, elephant conservation characterizes our primary purpose.



Intimate elephant encounters guided by professional caregivers that will enlighten, educate, and provide for an unforgettable experience.

Knowledge and understanding are the gateway to global conservation and restoration of these majestic mammals.

Our passion, dedication, & collective efforts from the public ensure the continued success in this vitally important endeavor.



inued success in this Ily important endeavor. 941-702-0220

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MYAKKA ELEPHANT RANCH

Myakka Elephant Ranch is a non profit conservation education center focused on global elephant conservation. The nonprofit was founded in 2019 by Lou Barreda after he returned from Africa and saw the need for conservation of the species. All donations aid in supporting the elephants on the ranch as well as conservation projects all over the world.

As a conservation center, we believe that education combined with personal experience is the key to finding and creating lasting efforts to preserve these beloved threatened species. Through understanding, and the sharing of knowledge and information we believe that we can make a big difference!



5

941-702-0220

Residential Services

Animal Control	850-606-5800
Clerk of Circuit Court / Comptroller	850-606-4000
County Administration	850-606-5300
County Attorney	850-606-2500
CountyCommission	850-606-5302
Developmental Suppert & Environmental Management	850-606-1300
Emergency Services	911
Emergency Management	850-606-3700
Human Services	850-606-1900
HumanResources	850-606-2400
Information Technonlgy & GIS	850-606-5502
Law Enforcement / Sheriff	850-606-3300
Library(Director)	850-606-2665
Bruce J Host / Northeast Branch	850-606-2800
Dr. B.L. Perry Jr Branch	850-606-2950
Eastside Branch	850-606-2750
Jane G. Sauls Fort Braden Branch	850-606-2900
Lake Jackson Branch	850-606-2850
Leroy Collins Leon Co Main Branch	850-606-2665
WoodvilleBranch	850-606-2925
Operations	850-606-1400
Parks & Recreation	850-606-1470
Probation	850-606-5600
Property Appraiser	
Solid Waste Management / Recycling	850-606-1800
Tax Collector	850-606-4700
UF/ IFAS Extension	850-606-5200

HURRICANE SAFETY

Тор

Five

105

If authorities issue evacuation orders, follow them promptly. Delaying evacuation can put your life and the lives of emergency responders at risk. They have the most up-to-date information on the storm and can provide guidance on the safest course of action. Remember that each hurricane is unique, so it's essential to stay informed and adapt your plans accordingly. Preparedness and early action are key to minimizing risks and ensuring the safety of yourself and your loved ones during a hurricane.

CATI-2

CAT 3-4

STAY INFORMED 2 SECURE YOUR HOME 3 FOLLOW EVACUATION ORDERS & GUIDELINES EMERGENCY SUPPLIES EVACUATION PLANNING

CAT 5 157+MPH

HURRICANE CATEGORIES

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$\mathcal L$ eon County History



Leon County, located in the Panhandle region of Florida, was established in 1824. It was initially a part of both Escambia and later Gadsden County. The county's name pays homage to Juan Ponce de León, the Spanish explorer recognized as the first European to set foot in Florida. The U.S. acquired this territory during the 19th century. In the 1830s, efforts were made to carry out the Indian Removal of the Seminole and Creek tribes, who had relocated southward to evade the expansion of European-American settlers from Georgia and Alabama. Following the forced removal of numerous Seminole individuals or their migration southward to the Everglades during the Seminole Wars, plantation owners established cotton plantations relying on enslaved labor.

By the 1850s and 1860s, Leon County had become integrated into the "cotton kingdom" of the Deep South, ranking fifth among Florida and Georgia counties in terms of cotton output from its 20 large plantations. Notably, Tallahassee, as the capital of a Confederate state, remained unoccupied by Union troops during the American Civil War, with no Union soldiers entering Leon County until the Reconstruction Era began. As of the 2020 census, the Leon County population was listed at 292,198.

Cities

Tallahassee - County Seat -201,731 **Census Designated Places** Bradfordville - 19,183 Capitola - 247 Chaires - 308

Fort Braden - 1,045 Miccosukee - 383 Woodville - 4,097

*Populations are approximate.

Leon County Communities

Bradfordville

The settlement of Bradfordville was established between 1829 and 1832, when the Bradford brothers relocated from the vicinity of Enfield in Halifax County, North Carolina, to cultivate expansive stretches of land. The Bradfords trace their lineage back to William Bradford, who served as the governor of the Plymouth Colony in Massachusetts. John Bradford, William's great-great-grandson, obtained a land grant in Halifax County, North Carolina, from King George III of Great Britain. Additionally, their mother, Sarah Cromwell Bradford, was a direct descendant of Oliver Cromwell. Situated in northern Leon County, Florida, Bradfordville is an unincorporated community and is recognized as a census-designated place (CDP), with a recorded population of 19,183 according to the 2020 census.

Fort Braden

Fort Braden is a notable historic site and a census-designated place (CDP) located in the western part of Leon County, Florida. Established on December 3, 1839, during the Second Seminole War, the military fort was constructed by 1st Lieutenant Seth B. Thornton of Company G, 2nd U.S. Dragoons, who also served as its inaugural Commanding Officer. Situated near the Ochlockonee River at an elevation of 126 feet, the fort lies just south of what was then referred to as "Pork Creek"—currently known as Polk Creek—and is located eighteen miles southwest of Tallahassee. The name Fort Braden honors Virginia Braden, who was formerly known as Virginia Ward, after marrying Dr. Joseph Braden, a distinguished resident of Tallahassee. His brother, Hector Braden, served as the director of the Union Bank in Tallahassee.

Virginia was the daughter of George T. Ward, a planter who owned Southwood Plantation and Waverly Plantation in Leon County. On July 12, 1840, an altercation with Native Americans led to the deaths of two soldiers from Company B of the 2nd Infantry, who were stationed at Fort Braden. These soldiers were en route from Fort White, Florida, back to Fort Braden when they were ambushed in Cow Creek Hammock, approximately four miles from Fort White. The fort was ultimately abandoned on June 7, 1842, marking the end of the Second Seminole War. According to the 2020 census, it was first recognized as a CDP, with a recorded population of 1,045.

Leon County Communities

Tallahassee

The capital of Florida, a U.S. state, is Tallahassee, which also serves as the county seat and the sole incorporated municipality in Leon County. In 1824, Tallahassee was designated as the capital for both Florida and the Florida Territory. This region had been inhabited by indigenous peoples for thousands of years prior to European arrival. Around the year 1200 CE, the sophisticated Mississippian culture constructed large earthwork mounds near Lake Jackson, some of which still exist today and are protected within the Lake Jackson Archaeological State Park.

The Spanish Empire established its first colonial outpost in St. Augustine. Throughout the 17th century, they set up several missions within the Apalachee territory to gather food and labor essential for their settlement, as well as to evangelize the indigenous population to Roman Catholicism. Among these, Mission San Luis de Apalachee, located in Tallahassee, has undergone partial reconstruction by the state of Florida. The name "Tallahassee" originates from the Muskogean language and is often interpreted as "old fields" or "old town." This title likely reflects the sentiments of the Creek people, who relocated from Georgia and Alabama to this area in the late 18th and early 19th centuries due to increasing European-American settlement encroaching on their lands. They encountered extensive tracts of cleared land that had previously belonged to the Apalachee tribe. Florida transitioned into an American territory in September 1821, following the terms of the Adams-Onís Treaty of 1819. As of 2022, the population was estimated at 201,731.

Woodville

Located in Leon County, Florida, Woodville is a census-designated area situated just south of Tallahassee. It falls within the Tallahassee Metropolitan Statistical Area. Notably, the Battle of Natural Bridge, which was part of the American Civil War, took place in March 1865 in the area now known as Woodville, specifically near the Natural Bridge, roughly six miles from the center of Woodville. This site features the St. Marks River, which descends into a sinkhole, known as the Natural Bridge Sink, and then continues its journey underground, resurfacing a quarter of a mile later. According to the 2020 census, Woodville's population stands at 4,097, an increase from 2,978 recorded in the 2010 census.

Health Benefits of the Outdoors

Spending time in nature offers numerous benefits for physical, mental, and emotional well-being.

Stress Reduction: Nature has a calming effect on the mind and body, helping to reduce stress levels. The peaceful surroundings,

fresh air, and natural beauty can lower cortisol levels, decrease heart rate, and promote relaxation.

Improved Mental Health: Being in nature is associated with improved mood and mental health. Studies have shown that spending time outdoors can reduce symptoms of anxiety, depression, and other mental health disorders. Nature provides a sense of tranquility and perspective, which can help alleviate negative thoughts and emotions.

Increased Physical Activity: Nature encourages physical activity, whether it's hiking, biking, walking, or simply exploring outdoor spaces. Engaging in outdoor activities promotes exercise, which is essential for maintaining physical health and fitness. Additionally, being in nature often involves exposure to sunlight, which helps the body produce vitamin D and supports overall well-being.

Enhanced Creativity & Cognitive Function: Nature stimulates creativity and cognitive function. Research suggests that spending time in natural environments can improve problem-solving skills, boost creativity, and enhance concentration and focus. Nature provides a rich sensory experience that activates different parts of the brain, fostering cognitive development and innovation.

Connection with the Environment: Spending time in nature fosters a deeper connection with the environment and promotes environmental stewardship. When people experience the beauty and wonder of nature firsthand, they are more likely to develop a sense of appreciation and respect for the natural world. This connection can lead to greater awareness of environmental issues and a desire to protect and preserve natural habitats for future generations.

Overall, being in nature offers a multitude of benefits for both physical and mental well-being, making it essential for maintaining a healthy and balanced lifestyle.



ALLIGATORS are in Florida's lakes, rivers, streams, brooks & canals. Sometimes they are found in people's swimming pools! So, watch-out: They like to eat small mammals.

10 - Leon County • Resident Guide

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Parks & Recreation

County Parks & Community Centers 850-606-1470 Apalachee Regional Park 7550 Apalachee Pkwy. | Tallahassee

Bradfordville Community Center / Dog Park 6808 Beech Ridge Trl. | Tallahassee

Brent Drvie Park 812 Brent Dr. | Tallahassee

Broadmoor Pond Park 4723 Jackson Bluff Rd. | Tallahassee

Canopy Parks Community Park 3250 Point View Dr. | Tallahassee

Daniel B. Chaires Community Park 4768 Chaires Cross Rd. | Tallahassee

Fort Braden Community Center 16387 Blountstown Hwy. | Tallahassee

Fort Braden Community Park 15100 Blountstown Hay | Tallahassee

Fred George Greenway & Park 3043 Capital Cir. NW | Tallahassee

J. Lee Vause Park 6024 Old Bainbrifge Rd. | Tallahassee

J. Lewis Hall Sr. Park 1492 J. Lewis Hall Sr. Ln. | Tallahassee J. R. Alford Greenway 2500 Redrick Rd. | Tallahassee

Jackson View Park 2585 Clara Kee Blvd. | Tallahassee

Kate Ireland Park 12271 Iamonia Landing Rd. | Tallahassee

Lake Jackson Community Center 3840 Monroe St. | Tallahassee

Man-O-War Park 6568 Man O War Trail. | Tallahassee

Martha Wellman Park 5317 W Tennessee St. | Tallahassee

Miccosukee Canopy Road Greenway 5600 Miccosukee Rd. | Tallahassee

Miccosukee Community Center 13887 Moccasin Gap Rd. | Tallahassee

Miccosukee Community Park 15011 Cromartie Rd. | Tallahassee

Orchard Pond Greenway 5861 Orchard Pond Rd. | Tallahassee

Pedrick Pond Park 5701 Mahan Dr. | Tallahassee

Pimlico Park 4811 Pimlico Dr. | Tallahassee Robinson Road Park 1819 Robinson Rd. | Tallahassee

St. Marks Headwaters Greenway 640 Baum Rd. | Tallahassee

Stoneler Road Park 5225 Stoneler Rd. | Tallahassee

Tower Road Park 5971 Tower Rd. | Tallahassee

Woodville Community Center 8000 Old Woodville Rd. | Tallahassee

County Park Preserves 850-606-1470

Anita Davis Preserve at Lake Henriette Park

3305 Springhill Rd. | Tallahassee Amenities include: Restrooms, Water Fountains & Walking Trail.

Gil Waters Preserve at Lake Munson 1306 Jackson Moody Pl. | Tallahassee Amenities include: Boat Ramp, Grill, Picnic Area, Restroom, Walking Trail & Water Fountain.

Parwez "PA" Alam Park at Okeeheepkee Preserve 1294 Fuller Rd. | Tallahassee Amenities include: Picnic Area, Playground & Walking Trail.

3 FT STATE

Area Attractions

1963 Civil Rights Protest -Jail Overflow Site 441 E Paul Russel Rd.

22nd Floor of Capitol Observatory & Gallery 400 S Monroe St. | 850-488-6161

Bear Creek Educational Forest 8125 Pat Thomas Pkwy. | Quincy | 850-627-9064

Bellvue Plantation at Tallahassee Museum 3945 Museum Dr. | Tallahassee | 850-575-8684

Camp Gordon Johnston WWII Museum 1873 Hwy. 98 W | Carrabelle | 850-697-8575

Challenger Learning Center / IMAX Theater & Planetarium 2005 Duval St. | Tallahassee | 850-645-7827

Civil Rights Heritage Walk 120 E Jefferson St. | Tallahassee

Civil Right Memorial 801 S Gasden St. | Tallahassee

Concord Schoolhouse 3954 Museum Rd. | Tallahassee

Florida A & M University 1700 Lee Hall Dr. | Tallahassee | 850-599-3000 Florida Capitol Complex 400 S Monroe St. | Tallahassee | 850-488-6177

Florida Historic Capitol Museum 400 S Monroe St. | Tallahassee | 850-487-1902

Florida State Archives 500 S Brohugh St. | Tallahassee | 850-245-6719

Florida Vietnam Veterans Memorial N Monroe St. & Apalachee Pkwy. | Tallahassee

Florida Vietnam Veterans Memorial at Lake Ella 241 Lake Ella Dr. | Tallahassee

Florida State University 600 W College Ave. | Tallahassee | 850-644-5255

Fort Gasden Historic Site Forest Rd. 129-B | East Point | 850-643-2282

Frank Lloyd Wright's Lewis Spring House 3117 Okeeheepkee Rd. | Tallahassee

Frenchtown N Macomb St. & W Virginia St. | Tallahassee | 850-513-9981 Frenchtown Heritage Hub 524 N Martin Luther King Jr. Blvd. | Tallahassee

FSU Institute on WWII and the Human Experience 113 Collegiate Loop | Tallahassee

Gaither House 212 Young St. | Tallahassee | 850-765-1945

Goodwood Museum & Gardens 1600 Miccosukee Rd. | Tallahassee | 850-877-4202

Governors Mansion 700 Adams St. | Tallahassee | 850-488-4661

Greenwood Cemetary 1601 Old Bainbridge Rd. | Tallahassee

Gulf Specimen Marine Laboratory 222 Clark Dr. | Panacea | 850-984-5297

Hernando de Soto State Archaeological Site 1022 DeSoto Park Dr. | Tallahassee | 850-922-6007

Jack Hadley Black History Museum 214 Alexander St. | Thomasville | 229-226-5029

John G. Riley House & Museum 419 E Jefferson St. | Tallahassee | 850-681-7881 Kirk Collection 1600 Red Barber Plaza | Tallahassee | 850-407-3086

Knott House Museum 301 E Park Ave. | Tallahassee | 850-922-2459

Meek- Eaton Black Archives Research Center & Museum at FAMU 445 Gamble St. | Tallahassee | 850-599-3020

Mildred & Claude Pepper Library & Museum 636 W Call St. | Tallahassee | 850-644-9217

Mission San Luis 2100 W Tennessee St. | Tallahassee | 850-245-6406

Museum of Florida History 500 S Bronough St. | Tallahassee | 850-245-6396

Old City Cemetary Martin Luther King Jr. Blvd. & Park Ave. | Tallahassee | 850-545-5842

Pebble Hill Plantation 1251 US Hwy. 319 S | Thomasville | 229-226-2344

Tallahassee Automotive Museum6800 Mahan Dr. | Tallahassee | 850-942-0137

Area Attractions

Tallahassee Helicopters 3240 Capital Circle SW | Tallahassee | 850-841-1111

Tallahassee Museum 39456 Museum Dr. | Tallahassee | 850-575-8684

Taylor House Museum of Historic Frenchtown 442 W Georgia St. | Tallahassee | 850-222-6111

The Grove Museum 902 N Monroe St. | Tallahassee | 850-363-5688 Bank Museum 219 Apalachee Pkwy. | Tallahassee | 850-561-2603

Union

Wilhelmina Jakes & Carrie Patterson Historic Marker 1601 S Martin Luther King Jr. Blvd. | Tallahassee

Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also a cheap sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.



Tallahassee water is dee • Jumpin



Swimming is a great way to get some exercise or have fun and can be done by people of all ages. It is important to keep safety on your mind while around the water. Below are some things you should know before heading out to the pool or beach.

• Do not dive into the water unless you know the water is deep enough and free of any hazards.

- Jumping from cliffs or bridges is dangerous due to shallow water, submerged rocks, trees, or other hazards.
 - Always swim with a buddy and in supervised areas, preferably ones with a lifeguard on duty.
 - Always supervise children closely. Do not read, play cards, talk on the phone, or engage in any other distracting activity while watching children in or around water.
 - Avoid drinking alcohol before or during swimming. Avoid drinking alcohol while supervising children around water.
 - Learn cardiopulmonary resuscitation (CPR).

Do not use air-filled or foam toys, such as water wings, noodles, or inner tubes, in place of life jackets.
Check the level weather conditions

• Check the local weather conditions and forecast before swimming.

7WC License Centers

You can purchase hunting and fishing licenses online <u>https://myfwc.com</u>, or call Fishing 888-347-4356, Hunting 888-486-8356 or visit one of the FWC agents available throughout the area:

Apalachee Ace Hardware 3626 Apalachee Pkwy. | Tallahassee | (850) 656-5947

Askari Ace Hardware 3802 N Monroe St. | Tallahassee | (850) 727-4301

Bass Pro Outdoor World 4059 Lagniappe Way | Tallahassee | (850) 402-6900

Dicks Sporting Goods #1099 1729 Apalachee Pkwy. | Tallahassee | (850) 309-0490

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FWC 1875 E Orange Ave. | Tallahassee | (850) 717-8768 Leon TC - Carriage Gate Plaza 1276 Metropolitan Blvd. | Tallahassee | (850) 606-4735

Leon TC - Cross Creek 2900 Apalachee Parkway | Tallahassee | (850) 606-4785

Leon TC - Sugar Creek 3840 N Monroe St. | Tallahassee | (850) 606-4756

Leon TC - South Monroe 3477 South Monroe St. | Tallahassee | (850) 606-4775

West Marine #1310 2110 Apalachee Parkway #2 | Tallahassee | (850) 402-9636



Fishing is a good way to get out and relax. It can also be a time to bond with family or friends. Fishing is healthy as well, being outside and active is good for the body and eating fish can be beneficial. There's also the excitement of never knowing what kind of fish is going to take the bait or how big it is going to be. Plus fishing helps support wild life management. Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:

Ø 1

Wear a life jacket: Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved.
 Know the weather: Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water.
 Use navigation aids: Use navigation aids like buoys and beacons to help you navigate safely.
 Maintain your boat: Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly.
 Avoid alcohol: Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents.
 Watch your speed: Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather.
 Be aware of other boats: Watch for other boats and be aware of their movements. Always assume other boaters may not see you.
 Know the rules: Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way.
 File a float plan: Always let someone know where you are going and when you plan to return. File a float

plan with a trusted person or a marina. • Take a boating safety course: Consider taking a boating safety course to improve your skills and knowledge.

By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.

Pishing Licensing

For specific zone areas, dates & details check online: https://myfwc.com, Telephone: (850) 488-4676, or scan the QR code.



Recreational Freshwater or Saltwater Fishing License Prices:

Resident Annual: \$17.00 Resident Five-Year: \$79.00 Non-Resident Annual: \$47.00 Non-Resident 3-Day: \$17.00 Non-Resident 7-Day: \$30.00 **Resident Annual Saltwater Shoreline License:** No-Cost Annual Resident Military Gold Sportsman's License: \$20.00 Annual Resident Gold Sportsman's License: \$100.00 Five-Year Resident Gold Sportsman's License: \$494.00 Annual Resident Silver Sportsman's 64+: \$13.50 Five-Year Resident Silver Sportsman's 64+: \$61.50

Resident Youth Fishing License: \$17.00 Resident Youth Gold Sportsman's License (available with completion of hunter education requirements): \$100.00

Saltwater: Annual Gold Sportsman - \$50.75, plus applicable fees 5-year Gold Sportsman - \$247.75, plus applicable fees Lifetime Sportsman: Age 0-4 - \$201.50, plus applicable fees Age 5-12 - \$351.50, plus applicable fees Ages 13-64 - \$501.50, plus applicable fees License-free Freshwater Days First consecutive Saturday & Sunday in April Second consecutive Saturday & Sun. in June **License-Free Saltwater Days** First consecutive Saturday & Sunday in June First Saturday in September Saturday following Thanksgiving

Promotional Prices, Freshwater or

Boat Ramps/ Landings

Ben Stoutamire Landing 2552 Ben Stoudamire Rd. | Tallahassee **Blount Landing** 24371 Laniers St. | Tallahassee **Bull Headly Landing** 10156 Bull Headly Rd. | Tallahassee **Cedar Hill Landing** 867 Cedar Hill Landing Rd. | Tallahassee **Coe Landing** 1208 Coe Landing. | Tallahassee **Crowder Landing** 1053 Crowder Rd. | Tallahassee **Cypress Landing** 16900 Ro Co Co Rd. | Tallahassee **Elk Horn Landing** 3997 Elkhorn Rd. | Tallahassee **Faulk Drive Landing** 1895 Faulk Dr. | Tallahassee **Fuller Road Landing** 1294 Fuller Rd. | Tallahassee **Gardener Landing** 1022 Gardener Rd. | Tallahassee **Gil Waters Preserve at Lake Munson** 1306 Jackson Moody Pl. | Tallahassee

Jackson View Boat Landing 4967 N Monroe St. | Tallahassee Lake Munson Landing 1025 Munson Landing Rd. | Tallahassee Luther Hall Landing 2997 Luther Hall Rd. | Tallahassee **Meginnis Arm Landing** 3017 Meginnis Arn Rd. | Tallahassee **Miller Landing** 2900 Miller Landing Rd. | Tallahassee **Reeves Landing** 16254 Reeves Landing | Tallahassee **Rhoden Cove Landing** 801 Rhoden Cove Rd. | Tallahassee **Sunset Landing** 4800 Jackson Cove | Tallahassee **Tower Road Landing** 6991 Tower Rd. | Tallahassee **Van Brent Landing** 1221 Iamonia Landing Rd. | Tallahassee Wainwright Landing 4135 Wainwright Rd. | Tallahassee **Williams Landing** 951 Williams Rd. | Tallahassee

Bring Peace To Their World

Adopt-A-Manatee® Help Protect them. savethemanatee.org 1-800-432-JOIN (5646)

Photo © David Schrichte



Florida is renowned for its abundance of freshwater fishing opportunities, with numerous lakes, rivers, and streams teeming with a wide variety of fish species. Here are some of the top freshwater fishing locations in Florida:

1. *Lake Okeechobee*: The largest freshwater lake in the state. Anglers can target largemouth bass, crappie, bluegill, & catfish.

2. **St. Johns River**: One of the few major rivers in the United States that flows north. It's a prime location for bass fishing, particularly in the upper stretches.

3. *Lake Tohopekaliga* (Lake Toho): The lake is famous for its trophy-sized largemouth bass. It's a popular destination for bass anglers seeking the thrill of catching big fish.

4. *The Kissimmee Chain of Lakes*: Comprising several interconnected lakes, the Kissimmee Chain offers diverse fishing experiences. Anglers can target bass, crappie, bluegill, and more in these interconnected waters.

5. *The Harris Chain of Lakes*: Consists of several lakes interconnected by canals. It's known for its bass fishing, with Lake Harris being one of the most popular spots for anglers.

6. *Rodman Reservoir*: Created by the damming of the Ocklawaha River, Rodman Reservoir is known for its trophy bass fishing. Anglers come here seeking the chance to catch monster-sized bass in a picturesque setting.

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Be smart... Take good care of your skin



The skin is an organ and helps protect against heat, sunlight, injury, and infections. This is why it is important to always protect it. Overexposure to the sun can be linked to some skin cancers. Ultraviolet rays from the sun or sunlamps can also cause eye problems, weakened immune system, age spots, wrinkles, and leathery skin.

Protect your skin

Wear proper clothing like long-sleeved shirts and pants. Also protect your head and eyes with a hat and UV-resistant sunglasses.

Remember that you can also fall victim to the sun on a cloudy day as well as in the winter.

Sunburns increase the risk of developing skin cancer. It is especially important that children don't get a sunburns.

Peak burning hours, according to the Centers for Disease Control and Prevention and the World Health Organization, are between 10 a.m. and 4 p.m.

Reflective surfaces, like water, snow, and sand can reflect sun rays and make them more intense.

You experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

Use a broad-spectrum sunscreen to cover all exposed skin. The FDA recommends using sun screens that are broad spectrum and have a sun protection factor (SPF) value of at least 15. Re-apply sunscreen throughout the day.

Protect your eyes

UV rays can penetrate the structures of your eyes and cause cell damage. According to the CDC, some sun-related vision problems cause cataracts, macular degeneration, and pte rygium.

UV index

Before going outside you can check the Environmental Protection Agency's (EPA) UV index. To see the intensity of UV rays for the day. The index measures on a scale of 1 to 11. If its low on the UV index you will require less protection and a high UV index will require a lot more protection.

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BUTTERED-UP



INGREDIENTS

2 steaks (ribeye or sirloin are good choices)

Salt and pepper

2 tablespoons unsalted butter

njoy your delicious

buttered-up steak

2 cloves garlic, minced

Fresh herbs (optional)

Simple meal with a Gourmet Feel

INSTRUCTIONS

1 Take the steaks out of the refrigerator and let them come to room temperature for about 30 minutes. This helps the steak cook more evenly.

Preheat your oven to 400°F.

3 Season the steaks generously with salt and pepper on both sides.

4 Heat a large skillet over high heat until very hot. Add the steaks and cook for about 2-3 minutes per side, until nicely browned.

5 Remove the steaks from the skillet and place them on a baking sheet.
6 In the same skillet, add the butter and

6 In the same skillet, add the butter and garlic. Cook for about 30 seconds, stirring constantly, until the garlic is fragrant.
7 Pour the garlic butter over the steaks on the baking sheet.

8 Place the baking sheet in the oven and cook for about 5-7 minutes for medium-rare doneness, or longer if you

prefer your steak more well-done. Q Remove the steaks from the oven and

let them rest for a few minutes before slicing.

10 Serve the steak with any remaining butter from the baking sheet and fresh the baking sheet and fr

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BARBECUE DO'S:

- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

BARBECUE DON'TS:

- use lighter fluid to start your grill. Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.

PREP: 35 MIN • TOTAL: 50 MIN

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Community/Home Gardens: Really good at absorbing carbon dioxide. Cuts down on pesticides/fertilizers. Also benefits mental health and provides fresh food. Composting: Decreases the amount of trash in landfills and

reduces carbon emissions.

Plant Trees: Planting trees is a classic Earth Day activity. Local Food: Buy local sustainable food.

Clean-Up Events: Organize or participate in local clean-up efforts.

Upcycle Crafts: Get creative by turning old items into new useful objects.

OMPOSTING in Your Backyere

Yard trimmings and food scraps make up nearly 15% to 30% of waste produced by the average household in USA. Composting leaves, grass clippings, and kitchen scraps, creates a nice black dirt to use around your yard. It also can reduce what goes to landfills and your use of fertilizer and water around your yard.

How to get started composting 1. Make a compost bin or you can buy one 2. Place yard waste in and mix in kitchen scraps 3. Water as needed, to keep moist 4. Mix it with a shovel or pitchfork once in a while

What to compost

What not to compost

Food scraps such as banana peels and coffee grounds are good to compost. The best results come from mixing the right materials like, nitrogen-rich (greens), carbon-rich (browns), water, and air. Get the mixture correct and you will have good quality compost.

Although a lot of stuff is compostable, you should stay away from composting things that will attract scavengers or create bad odors. Some things you should not add to your compost are pet feces, diseased plants, weeds gone to seed, ashes, dairy, oils and food with meat or bones.

How long will it take?

Most likely you will produce compost in six months to a year depending on your management methods. To make compost faster keep the correct moisture levels and turn the pile every once

in awhile.

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Using the finished compost

Compost is not a fertilizer but it can contain nutrients which improves plant growth. By using compost, you can improve the soil around your plants, flowers and throughout your yard, it also reduces your use of fertilizer and water. Another good use for your compost is to use it for your potted plants.





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Over time, you may notice streaks begin to form on your roof. Maybe these streaks don't initially bother you — they can be pretty faint at first. Even if the streaks don't make you cringe, they are a sure sign your roof needs cleaning. A lack of cleaning does not only result in darker, blacker algae streaks which reduce your home's curb appeal. It also shortens the lifespan of your roof and reduces its energy efficiency. Having your roof professionally soft washed safely removes stains that are growing.

1. CURB APPEAL

If you ever decide to sell your home, curb appeal is key. Soft washing the roof improves the curb appeal by removing stains making your roof look new again and extending the life of the roof. Buyers want a home which looks as gorgeous outside as it does inside, and a clean roof certainly has the well-maintained vibe a buyer is looking for. You'll have an easier time selling your home and you may even be able to raise your asking price with a clean roof.

2. EXTENDED LIFESPAN

Did you know that it is estimated that 70% of homeowners re-roof their home way too early? Fungi, lichen, and algae that grow into roof shingles shorten the lifespan of the roof. They feed on the limestone deposits, degrading them and making them brittle. This can cut your roof's lifespan significantly. We use our proprietary algicidal solution to gently remove Gloeocapsamagma roof stains, moss, lichen, and other organisms that thrive on your roof. Your roof was designed to last 25-50 years for asphalt shingles, regular soft washing will save you money by ensuring you get the full life of your roof.

3. ENERGY SAVINGS

Dark stained roofs aren't only unattractive, they can also be causing your electric bills to skyrocket in the summertime. Dingy roofs tend to be darker in color, meaning they attract significantly more sunlight than clean roofs. This can cause excess heat to accumulate in your attic and lead to a warmer home and higher electric bills. A roof that has been soft washed will reduce your cooling costs during those warmer summer months. it preserves and extends the lifespan of it as well. Plus, who wouldn't want all the benefits of soft washing a roof

Contact the professionals at BLUE WATER SOFT WASH today for a free estimate

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Health Benefits of Physical Activity Major Research Findings

from the Center for Disease Control and Prevention

- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
- Both aerobic and muscle-strengthening physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with chronic conditions or disabilities.
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week
 of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a
 combination of the two activities.

Guidelines for Children and Adolescents

- Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually *get much physical activity* and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

Intensity Examples

Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

 • Race walking, jogging, running

 • Race walking, jogging, running
 • Swimming laps
 • Tennis (singles)
 • Aerobic dancing
 • Bicycling 10mph or faster
 • Jumping rope
 • Heavy gardening (continuous digging or hoeing)

 • Hiking uphill or with a heavy backpack

So, You have decided to get a pet... NOW WHAT??

Commitment and Time: Owning a pet is a long-term commitment. Before bringing a pet home, consider your lifestyle and ensure you have enough time to spend with your pet. Dogs, cats, and many other animals require attention, exercise, and mental stimulation.

Choose the Right Pet for Your Lifestyle: Different pets have varying needs, temperaments, and activity levels. Research and select a pet that fits well with your lifestyle, living situation, and family dynamics. Whether you choose a dog, cat, bird, fish, or any other animal, make sure you can provide for its specific needs.

Proper Nutrition: Feed your pet a balanced and nutritious diet suitable for their species and age. Consult with a veterinarian to determine the best food options for your pet's health and well-being.

Regular Exercise: Most pets need regular physical activity to stay healthy and happy. Engage in playtime and exercise with your pet daily, as it helps prevent obesity and provides mental stimulation.

Routine Veterinary Care: Schedule regular check-ups with a veterinarian to monitor your pet's health, get necessary vaccinations, and address any concerns. Early detection of health issues can often lead to better outcomes.

Spaying/Neutering: Consider spaying or neutering your pet if you don't plan on breeding. This helps control the pet population and can have health benefits for your pet.

Training and Socialization: Properly train your pet to follow basic commands and have good manners. Socialize them with other animals and people from a young age to prevent behavioral issues later on.

Provide a Safe Environment: Ensure that your home and yard are safe for your pet. Remove hazards, keep toxic substances out of reach, and provide appropriate shelter from extreme weather conditions.

Grooming: Regular grooming is essential for most pets. Brush their fur, trim nails, and clean their ears as needed to keep them comfortable and healthy.

Identification and Microchipping: Keep identification tags with your current contact information on your pet's collar. Consider microchipping your pet as an extra measure to ensure they can be identified if lost.

Love and Attention: Pets thrive on love and attention from their owners. Spend quality time with your pet, provide affection, and build a strong bond.

Respect and Understanding: Learn to understand your pet's body language and behavior. Respect their boundaries and feelings, and avoid forcing them into uncomfortable situations.



Patience and Forgiveness: Pets, especially young ones, can be mischievous or have accidents. Be patient with them during the training process and forgive any mistakes they make along the way.

Emergency Preparedness: Have a plan in place for emergencies, including natural disasters. Know how to evacuate with your pet safely if needed.

If you have just rescued / adopted a new fur baby, please it is important to remember the 3-3-3 RULE:

3 Days:

In the first 3 days being in its new home, they will be feeling overwhelmed, scared & unsure of what is going on. They may also be uncomfortable being "themselves", and may not want to eat or drink. They may want to "shut down" or hide under a bed or in a crate, and they will test boundaries.

3 Weeks:

At this point, they may be a lot more comfortable & settling in. Learning a new routine can be overwhelming, so please be patient. By now they may have figured out the new environment & accepted that this may be their FURever home. Their personality traits will start to show, as well as any behavior issue that may be present.

3 Months:

For most fur babies, 3 months is enough time to finally be comfortable and begin to build trust and a true bond. A sense of security may be present & a set routine will help this process.

Please know that this is not the rule with every rescued or adopted pet, as some may need 6 months to a year to adjust & adapt, depending on MANY factors. Age of animal, what type of an environment did they come from?

DOG PARKS

Bradfordville Community Center & Dog Park 6808 Beech Ridge Trail Tallahassee J. Lee Vause Park / Dog Park 6024 Old Bainbridge Rd. Tallahassee

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Rip currents are powerful, narrow channels of fast-moving water that can pose a danger to swimmers and surfers. Getting caught in a rip current can be frightening, but knowing how to recognize and handle them can help you stay safe. Here's how to avoid or get out of a rip current in the ocean:

1. Stay Calm & Don't Fight the Current: If you find yourself caught in a rip current, stay calm and try not to panic. Remember that rip currents do not pull swimmers underwater; instead, they pull them away from the shore. Avoid fighting against the current by swimming directly back to shore, as this can lead to exhaustion.

3. Swim Parallel to the Shore: If you feel confident in your swimming abilities, swim parallel to the shoreline instead of trying to swim directly back to shore. Rip currents are typically narrow, so swimming parallel to the shore can help you escape the pull of the current. Once you're out of the rip current, you can then swim back to the shore at an angle.

5. Seek Assistance if Needed: If you're unable to escape the rip current on your own or if you're feeling exhausted, continue to signal for help and wait for assistance from lifeguards or other beachgoers. Don't hesitate to call for help if you need it, as prompt action can prevent a dangerous situation from escalating. 2. Float & Conserve Energy: If you're unable to swim out of the rip current, conserve your energy by floating or treading water. Signal for help by waving your arms and calling for assistance if you see lifeguards or other beachgoers nearby. Most rip currents are narrow, and you will eventually be carried out of the current and into calmer waters. nts

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4. Use Waves to Help You Escape: Wait for waves to push you towards shore and use them to assist your escape from the rip current. Time your movements with the breaking waves, and use the momentum to swim towards the shore. Be patient and persistent, and don't exhaust yourself by attempting to fight against the current.

Always swim at beaches with lifeguards present, heed warning signs, and follow any instructions or advice given by local authorities.

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