



## It's Back-to-School Time!



# Speed cameras active in school zones

Leon County and Tallahassee drivers urged to slow down or face \$100 fines.

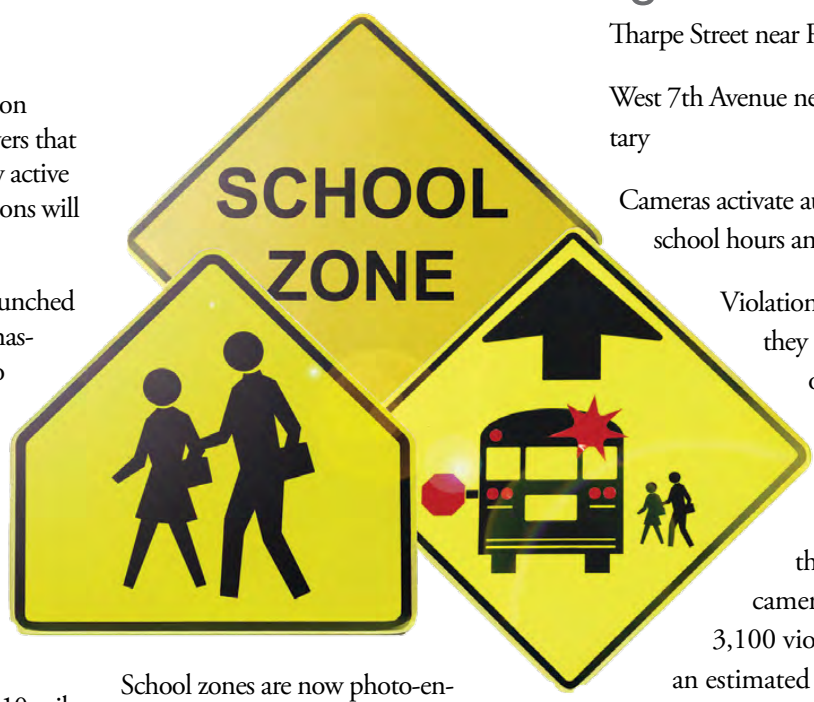
Erin Hill, Editor  
editor@bradfordvillebugle.com

As students return to class across Leon County, officials are reminding drivers that speed enforcement cameras are now active in several school zones—and violations will cost you.

The automated camera program, launched earlier this year by the City of Tallahassee and Leon County, is designed to crack down on speeding during school zone hours and improve safety for children walking or biking to school.

The cameras are operational only when school zone lights are flashing, typically during morning drop-off and afternoon pick-up times. Drivers caught going 10 miles per hour or more over the posted speed limit will receive a \$100 citation by mail.

What drivers need to know:



Tharpe Street near Raa Middle School

West 7th Avenue near Ruediger Elementary

Cameras activate automatically during school hours and deactivate afterward.

Violations are civil, meaning they don't affect your license or insurance—but the fine is still \$100.

In the first week of full enforcement this spring, just two cameras recorded more than 3,100 violations, generating an estimated \$317,900 in fines, according to city records. Officials say the program is expected to bring in as much as \$18 million annually once all 25 planned cameras are active.

Leon County alone anticipates around \$275,000 in annual revenue, with 60% staying local to support public safety and school-related programs. The remainder is distributed in accordance with state law.

Local leaders emphasize that the goal is not revenue but protecting students. A traffic study found that more than 23,000 speeding violations were occurring every day across 23 school zones in unincorporated Leon County.

Now, with the start of the 2025–26 school year, enforcement will be in full effect across all active zones. Drivers are urged to pay close attention to school zone signs and flashing lights—and to slow down well in advance.

*For more information, or to see a full list of enforcement zones as they expand, visit Talgov.com or contact the Leon County Sheriff's Office.*

# Tallahassee opens registration for fall sports

Youth and adult leagues offer a chance to stay active and build community this season.

Erin Hill, Editor  
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The City of Tallahassee is gearing up for a busy fall season filled with football games, cheer squads, softball tournaments, and volleyball matches—and registration is officially open.

Leagues are available for both youth and

adults, with options suited for beginners, advanced athletes, and everyone in between. Whether you're looking to learn the fundamentals, stay in shape, or just have fun, city officials say this is the perfect time to get involved.



Practices begin Aug. 23, and the season runs through Nov. 8.

Girls ages 6 to 17 can sign up for youth volleyball, including the instructional "Lil Aces" league for ages 6 and 7. Those sessions begin Sept. 10. Older teams begin practice Aug. 25, and league play will take place Sept. 15 through Oct. 31. The deadline to register is Aug. 13.

- Softball, including coed, men's, church, senior, and women's leagues, will run Aug. 25 through Nov. 8 at Tom Brown Park. Team registration closes Aug. 13.

Don't have a team? Adult players looking to join a league can contact program supervisor Lucas Williams at 850-891-3825 for placement options.

**Youth Sports Programs**

The City's recreational baseball league is open to players ages 11 to 19, with divisions by age. The season will run from Sept. 8 through Oct. 31, and the registration deadline is Wednesday, Aug. 13.

For younger players, advanced play baseball is available at Levy Park for ages 7 to 10. These competitive leagues require tryouts, and registration closes Friday, Aug. 8.

Youth football offers two formats: tackle football for ages 8 to 13, and flag football for ages 4 to 17. Flag football practices start Aug. 23, with the season running Sept. 20 to Nov. 8. Tackle football begins practice Sept. 2, with games running through Nov. 6. Registration for both closes Aug. 13.

Cheerleading, which aligns with football season, is open to children ages 4 to 13.

**Adult Leagues**

Adults 18 and older have a variety of fall league options, including:

- Beach volleyball at Tom Brown Park, with 4v4 leagues playing on Monday nights and 2v2 "King/Queen of the Beach" leagues on Tuesdays. Games run Sept. 15 through Nov. 4. Registration opens Aug. 1 and ends Sept. 9.
- Flag football, with three competition levels, will take place at James Messer Sports Complex starting Sept. 1. The season runs through Nov. 3, and team registration is open through Aug. 20.

**Volunteer and Employment Opportunities**

The City is also in need of volunteer coaches for youth leagues. Parents who step up to coach will have their child's registration fee waived. Coaching provides a chance to make a positive impact on kids while building confidence, teamwork, and leadership skills. Interested volunteers should contact the City's Athletics Division at 850-891-3866.

Part-time positions are also available for umpires, referees, and concession workers throughout the season. These are paid roles, and applications are open at Talgov.com/Jobs.

With more than 100 city parks, Tallahassee's recreational offerings go far beyond the field. To explore all programs, register for a league, or find volunteer opportunities, visit Talgov.com/Parks.

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# How parents can pitch in at their children's schools

Special to The Bugle  
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Giving back to one's community can take many forms. Some may give back by supporting legislature to make communities more inclusive, while others may volunteer with their local fire departments. Parents of school-aged youngsters can typically find many opportunities to give back through their children's schools.

Parents who volunteer with their children's schools often get a unique glimpse into their children's life at school. Such parents may see how their children interact with educators and classmates and gain greater insight into the school community where kids spend so much of their time. Volunteering at school also can benefit kids, who may recognize the importance of education more readily if mom and/or dad are spending their free time on campus. That recognition can lead to improved performance in the classroom.

Parent-teacher associations can be great resources for parents who want to volun-

teer with their children's schools. Each year, students graduate and move on to new schools or colleges, and that means schools are in fresh need of parent volunteers each school year. Though each school has its own unique needs, the following are some roles parent volunteers may be able to play at their children's schools:

- Tutor
- Mentor
- Organizer: Schools host many functions in a typical school year, and officials typically ask parents to pitch in so such events can be successful. For example, parents can help organize school fundraisers, dances and holiday bazaars.
- Chaperone on field trips
- Assistant coach: Many schools pay stipends to the head coaches of their athletic teams, but parents can serve as unpaid assistants or support staff during the season. For example, parents can volunteer to work as gameday staff, taking tickets at the gate or directing ticket holders where to park.

- Club official: Extracurricular clubs also can benefit from parents willing to work as volunteers. Parents can help students who want to start new clubs or serve as moderators or helpers in existing clubs.
- Speaker: Schools may host periodic career days throughout the school year to help students on the cusp of applying to college uncover potential career paths. Parents with significant professional experience in a given field can offer to speak to students on career days, sharing information about their careers and industries and answering any questions students may have.

Parents who want to give back to their communities can take an active role in their children's schools.

Volunteering in Leon County Schools

In Leon County Schools, all volunteers—including field trip chaperones—must complete the district's official volunteer

process before participating in school activities.

Here's how to get started:

- Submit a Volunteer Application: Visit [volunteers.leonschools.net](http://volunteers.leonschools.net) to complete the required online application. This must be renewed annually.
- Complete a Background Check: A Level 1 background screening is required for all school volunteers. Some roles may also require fingerprinting. Approval is necessary before you are allowed to volunteer in any capacity, including field trips.
- Wait for Approval:

After your application and background check are processed, your name must appear on the school's approved volunteer list before you can participate.

- Check in at the Front Office:

Each time you visit a campus, bring a photo ID, sign in at the front office, and wear a visitor badge while on school grounds.

Children's schools cont. on pg. 3

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# Tea With The Editor

## HERE'S TO A FRESH START

Erin Hill, Editor  
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Back-to-school season doesn't always feel like a fresh start. For some families, it's a sigh of relief. For others, it's another thing to juggle. Some kids can't wait to get back. Others are already counting the days until winter break. In my house, it's a mix of all of the above.

Still, there's something special about this time of year. Maybe it's the blank notebooks, the clean schedules, or the chance to reset. It's a time when anything feels possible—when students walk into classrooms with new goals, and teachers start fresh with energy, ideas, and high hopes.

As a Tallahassee mom and longtime local, I've come to love this season. It's a reminder that learning isn't just about grades or homework—it's about growth. It's about watching your child find the right teacher, the right friend, the right spark. It's about community coming together to give kids their best shot.

The chance to try again. The little moments like meeting your teacher, picking out a backpack, decorating your locker, getting the seat you hoped for on the bus.

Our schools are filled with people who care deeply...educators, coaches, librarians, bus drivers, volunteers, custodians. And our kids? They're bringing all their curiosity, creativity, and heart back into the classroom. That's something to feel good about.

So here's to a school year full of growth, laughter, and learning. Let's show up with encouragement, with patience, and with the belief that this year can be one of the best yet.

Last year, I was the parent with a kindergartener and a senior. It made me realize how fast time really does fly, and we can't those moments back. We only get one shot to raise our children.

Whether your student is starting kindergarten or heading into senior year, this season brings something worth celebrating. The excitement of new beginnings.



### Children's schools continued from Page 2

- Log Your Volunteer Hours:

Volunteers are encouraged to track their service using the district's time sheet, available through the school office or online.

Field Trip Chaperones:

To chaperone field trips, parents must

follow all the steps above and may be asked to sign additional authorization or waiver forms depending on the trip. Chaperones are responsible for supervising small groups of students and must adhere to all district safety guidelines during the outing.

For more information, visit [www.leon-schools.net/volunteers](http://www.leon-schools.net/volunteers) or contact your child's school office or teacher.

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# Back-to-School

## How families can get ready for a new school year

Children will soon be trading in the chimes of neighborhood ice cream trucks for the bells of school as summer vacation gives way to the start of a new academic year. August through September is prime back-to-school season, with children all across the country stocking their backpacks and shopping for new school wardrobes. There is more to getting ready for the start of school than making sure pencils are sharpened and tablets are charged. Parents and children can work together to ensure the transition back to the classroom is as seamless as possible.

### Adjust sleep and wake times

Summer vacation often means letting loose of schedules for a while, and that may translate into later-than-normal bed-times and rising a little later in the morning. Everyone in the household will have to reacquaint themselves with schedules that ensure kids get to school on time. A few weeks before the first day of school, start incrementally going to bed at an earlier time and start waking up earlier each morning. Try to plan out the increments so that by the time the last few days of summer vacation wind down, the family is on target with a waking schedule that mirrors the school schedule.

### Acclimate to being around people

Although summer vacation may involve trips that bring children in contact with other people, it may have been some time since they've spent five or more hours per day around 20 to 30 people their age. It may take a transition period to get used to being around a bunch of peers, so families can visit places where there tend to be crowds of kids, such as zoos, aquariums, parks, and trampoline centers. These can be low-pressure locations to dust off social skills.

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# Prep Is In Session

### Know the route or plan for school transportation

Students may be driven independently, ride the school bus, walk or bike, or carpool with others to and from school. Families can establish plans so that getting to and from school is not something kids need to worry about. Practice routes and timing, taking into consideration that when schools open there will be much more traffic. Parents can reassure children that there will be a learning curve, but all of the kinks generally get worked out during the first week.

### Avoid “summer slide”

Most students don’t want to think about studying, homework and testing while on summer break, but it can be beneficial to stay current on some lessons. Summer slide refers to the loss of some of the learning achieved during the previous school year over the summer break. Some experts say summer slide is overstated, but it can’t hurt for students to refresh their memories on some math, science and language arts concepts over break so



that they will be ready to hit the books when the new school year begins.

### Prep for school lunches

Children and adults can work together to map out healthy eating options for school lunch. Many school districts have lunch plans that can be purchased through an online account. Participating students simply enter a number or swipe a code at checkout. School lunches are built to be nutritionally diverse and have options that even picky eaters will like. School is right around the corner, and families should get ready for the routine and needs that go with the academic year as the first day draws closer.

### “Have a Great Day” SCHOOL YEAR CHECKLIST



#### BEFORE SCHOOL

- ☐ Brush my teeth
- ☐ Wash my face
- ☐ Brush my hair
- ☐ Get dressed
- ☐ Eat breakfast
- ☐ Remember my backpack, lunch and water bottle



#### AFTER SCHOOL

- ☐ Wash my hands
- ☐ Have a snack
- ☐ Wash my dishes
- ☐ Do my homework
- ☐ Check my chores list



#### BEFORE BED

- ☐ Choose my breakfast
- ☐ Help prepare my lunch
- ☐ Pack my backpack and remember homework
- ☐ Take a shower
- ☐ Pick out an outfit and shoes
- ☐ Brush my teeth
- ☐ Set my alarm
- ☐ Go to bed on time



#### Pro Tip for Parents:

Start easing into the school year routine a couple weeks before the first day to help kids adjust to more structured sleep times and schedules. Research shows that routines help keep kids feeling safe and secure and engaged in learning!

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Fit and Functional

Routines lead to success

Sherman Rosier  
Owner Fit & Functional, NSCA- CPT, PRS, CFT

Now that Summer is wrapping up it's time to start preparing for success through Fall and Winter. During the Summer life tends to be a little more disheveled which is especially true if you are a family with a school aged kids. Loss of routine due to school breaks or even increased travel plays into the Summer madness of staying on track with forward progress. This is also true for your wellness and fitness journey.



A break in routine, even if just for one week, can spiral into months of being off course.

Summer break may be one cause but there are many life obstacles that come up and can potentially derail you. An interruption of your fitness routine is almost guaranteed to happen, but your ability to quickly get back on course is a key determining factor between long term success or short lived momentum.

Three reason why routines are important:

First, having a routine establishes structure in your day-to-day life. Having structure can ease your mind by knowing what is to be done and when, creating organization for the week and month. Second, routines lead to habits. This builds a wellness mindset and creates a healthy lifestyle. Getting to the level of making exercise a habit makes it harder to get derailed for any length of time. When missing your workout becomes non-negotiable you know you

are at a level for long term fitness success. Third, When you have a routine you are more productive- as long as your routine is designed to help you grow and progress in the direction you wish to go. A tip: starting your day with exercise, first thing in the morning, has been noted to increase ones productivity level during the day. Working out in the A.M. may not work for everyone and that is okay, as long as you set a time that you know you can be consistent. Consistency is key!

Establishing a routine starts with setting goals for yourself. Ask yourself, "What do I want to accomplish, and what are the steps that need to be taken consistently to achieve it?" You will want to look at how you'd like your days and weeks to flow. For example: how you plan to nourish your body with healthy foods, planned family time, scheduled time for exercise, improved sleep routine, and eliminating wasted time. After determining your goals and steps, put together a list of your daily and weekly task/activities that lead to goal achievements. Then schedule out how you want your weekly routine to look. Once this is formed, do your best to stick to it, but also be flexible when needed while staying on course.

As the Summer comes to an end and life returns back to normal, look at how you can create a routine that servers you in wellness and in growth. This will not only help you but also the ones around you, be it family or workplace.

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Kickstart Parenting

School Routines: Avoid the Pain!

Brad Fantle, Tiger Rock Martial Arts of Tallahassee

mail@bradfordvillebugle.com

Parents often celebrate the idea of their kids going back to school, but in the thick of getting back into a routine, drama can ensue making what could be a fun and exciting time turn stressful. With a little preparation and pre-framing, the adjustment of going back to school can be a smooth process for both you and your child(ren).

First Day Nerves are different for each child; however, some concerns are universal. Here are some ideas and reminders for you and your family:

Elementary School Aged Children:

- Begin aadhering to an anticipated bedtime and wakeup routine several days before school starts. Routines take the guess work out “what to do” and often reduce stress when children are tired or have other things on their mind. Remember: routines are something that have to be practiced. Fun diagrams your child can draw up themselves, graphs, and stickers can be an easy way to remember what to do before bed or in the morning. It also gives them some responsibility and perceived control.
- Go to any orientations or meet-the-teacher opportunities. Elementary schools usually have an orientation which helps kids get assimilated by meeting their teachers, seeing who is in their class, and getting familiar with the classroom setting and schedule. This is a great way to “break the ice.”

Middle School Aged Children:

- Discuss a schedule, allowing your middle schooler to achieve agency. Helping your middle schooler get back into a routine is not much different than getting your elementary school kid prepared, but middle schoolers should start working toward independence. Encourage them to make a list of things they need to do before bed and in the morning.
- Redirect to provide guidance. How you get your middle schooler to accept your ideas is important. Instead of telling them what they should do, rephrase their own ideas, and ask questions. This will give your child the new independence they often crave and should be working toward. For example, “Do you think getting your clothes ready the night before will make your morning easier?” will often work

much better than “You need to get your clothes out the night before.”

- Go to orientation or schedule a tour. Orientations at this age are still beneficial, especially if your child is attending middle school for the first time. Reach out to a friend and attend orientation at the same time; it can also be a great way to get your child excited about going back to school and help to put them at ease.

High School Aged Children:

- Acknowledge the sleep difference. Remember, high schoolers are on a different circadian rhythm than the rest of us. Typical sleep hours don’t mesh with the teenage needs: bedtime before 11 pm is often a physical and mental struggle. Also, teens tend to need more sleep than they are willing to admit. According to Michael Crocetti, a Johns Hopkins pediatrician, teens need 9-9 ½ hours of sleep which is an hour more than 10 year olds!
- Plant some ideas about getting prepared ahead of time but let the teenager be in control. Don’t forget they benefit greatly from making mistakes, so although it’s difficult, allow them to “fail.” In any aftermath, be supportive and help them evaluate what went wrong, what might work better, and let them know you are proud of them for problem solving. Give them the soft place to land and recover from any errors. High school age children often feel critiqued, not supported, which can lead to mistrust between a parent and child. Their feeling criticized may not be justified, but teens are still working on how to interpret relationships, and you want to keep the doors to parent/child dialogue open allowing your relationship to flourish. Distrust, on the other hand, can make it hard for highschoolers to ask for help when they really need it.
- Be the parent/guardian. While your teenager may seem confident and independent, they still need you as the parent. They want and respect boundaries, so don’t fall into being a friend. Friendly, but not friends. This can be difficult, however, remember that they can have multitudes of friends over the course of their lifetime, but your job is unique, and your relationship is special.
- Again, go to orientation. If your child is attending high school for the first time, it is especially important to attend orientation.

Even better if they can go with a friend--in addition to their parents. Even if they request that you wait in the car!

About the author: Brad Fantle is the owner and chief instructor of Tiger Rock Martial Arts of Tallahassee, where he has empowered students of all ages to cultivate confidence, focus, and resilience since 1999. A long-time Tallahassee resident and community volunteer, Brad partners with local schools and youth organizations to promote healthy lifestyles and character development, offering complimentary summer training sessions for educators and scholarship programs for

deserving students. His decades of experience coaching young people—both on the training mat and in classroom enrichment programs—inform the practical, positive strategies toward wellness and health. For more information, contact Brad Fantle at: 850-878-3900 or bradfantle@gmail.com , www.tallytkd.com

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add a cup of soup 4  
add fried egg 2

WORLD'S BEST CORNED BEEF REUBEN 17.49  
corned beef, Irish white cheddar, 1000 island dressing, sauerkraut, dill pickles on toasted marble rye

CORNED BEEF RACHEL 17.49  
corned beef, coleslaw, Irish white cheddar, 1000 island dressing on toasted marble rye

CHEESE STEAK SANDWICH 18.29  
shaved prime rib, cheese, onions, bell peppers, mushrooms, roll

GRILLED IRISH BLT 17.49  
bacon, tomato, mayo, romaine lettuce, Irish white cheddar, bread

ENTRÉES

WORLD FAMOUS FISH AND CHIPS 26.49  
Guinness battered pacific cod, coleslaw, lemon, tartar, Irish sidewinders

SAVORY SHEPHERD'S PIE 20.99  
ground beef, carrots, onion, celery, gravy topped with smashed potatoes.

BANGERS AND MASH 20.99  
two Irish sausages, smashed potatoes with mushrooms, onions & peas in a rich demi-glaze

CORNED BEEF AND CABBAGE 24.99  
corn beef slow roasted in Guinness, sliced thin, steamed cabbage, smashed potatoes

PAN ROASTED CHICKEN 22.49  
smashed potatoes, rosemary gravy and seasonal vegetables

DESSERTS

OFF THE RAILS CHOCOLATE CAKE 9  
warm and rich with more chocolate than seems possible

GRANDMA ANN'S BREAD PUDDING 9  
an old family recipe with a rich, sweet and buttery vanilla sauce

AMERICAN FAVORITES

BOBBY SALAD 14  
bed of salad greens topped with sliced turkey, bleu cheese, sliced red onion, sliced boiled egg and bacon bits

CAESAR SALAD 14  
chicken, parmesan cheese, croutons, caesar dressing

OPEN PUB SALAD 14  
bed of salad greens topped with diced tomato, red onion, white cheddar cheese and homemade croutons

BUFFALO CHICKEN WRAP 17.99  
fried chicken, buffalo sauce, lettuce, tomato, bleu cheese dressing, spinach wrap

MEATBALL SUB 17.49  
meatballs, marinara sauce, with Irish cheddar, hoagie roll

IRISH DIP 18.29  
sliced prime rib, cheese, toasted roll, au jus dip

OFF THE RAILS BURGER 18.49  
100% certified angus beef patty, Irish cheddar cheese, bacon, lettuce, tomato on a brioche bun

O'PADDY MELT 17.99  
100% certified angus beef patty, Irish cheddar, grilled onion, 1000 island dressing on toasted marble rye

SOUP AND SANDWICH 15.99  
1/2 a Reuben, Rachel or Irish blt sandwich with a cup of lemon chicken soup or Mulligan stew

SEARED SALMON 24.99  
lemon butter caper sauce, seasonal vegetables, smashed potatoes

OFF THE RAILS RIBEYE 26.49  
marbled, thick-cut 12 oz. steak, char-grilled & topped with garlic butter, smashed potatoes, seasonal vegetables

PRIME RIB (WHEN AVAILABLE) 26.49  
horse radish sauce, baked potato, seasonal vegetables

BBQ MEATBALLS 19.49  
a generous portion of meatballs smothered in barbeque sauce on a bed of cheese grits, seasonal vegetables

COUNTRY FRIED STEAK 19.99  
sausage gravy, smashed potatoes and a side of seasonal vegetables

FRIED CATFISH 19.99  
cheese grits, cole slaw, hushpuppies, tartar sauce

TENDERS & TATERS COMBO 18.99  
bbq or honey mustard sauce. (make them buffalo for \$1 more)

SOUTHERN FRIED BANANA PUDDING PIES 9  
2 banana pudding pies, whipped cream with vanilla wafer crumble

CRISPY FRIED APPLE PIES 9  
2 fried apple pies, a scoop of vanilla ice cream and caramel drizzle

CORK FLOAT 12  
Shanky's Whip vanilla Irish whiskey, ice cream and Coke.  
ONLY FOR GUESTS 21 & OLDER

FAMILY NIGHTS MONDAYS & TUESDAYS\*\*

KIDS EAT FREE

FAMILY NIGHTS MONDAYS & TUESDAYS\*\*

\*\*CHILDREN 12 AND UNDER ONLY. PURCHASE OF AN ADULT ENTREE REQUIRED. ONE FREE CHILD MEAL FROM THE KIDS MENU PER ADULT ENTREE PURCHASED.