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South WAL Life

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The Emerald Coast is the Special Olympics Birthplace for Florida

Now Celebrating 50 years!

By LORI LEATH SMITH

Local Special Olympics Florida founder Charlie McFarland has something in common with Eunice Kennedy Shriver, Special Olympics iconic national founder. Like Eunice, Charlie believes in the spirit and souls of those who have special needs. Even though Charlie passed the “baton”, for 40 years he committed himself to helping our local athletes pursue their dreams.

Charlie remembers when it all began: In 1968, 20 students from Silver Sands School in Ft. Walton Beach attended a national special needs athletic competition established by the Kennedy Foundation. By May 1970, with still no organized sports for special needs athletes in our area, a state game was held in Ft. Walton Beach through the Foundation and 250 athletes from throughout Florida participated. Two



months later a state team of 50 Florida athletes, along with 950 additional athletes from the U.S. and Canada, traveled to the first Special Olympics competition held at Chicago’s Soldier Field, the national Special Olympics birthplace

founded in 1968. Since then, Okaloosa County has sent delegates to USA, National and World Games. “At first,” says Charlie, “all games were held at one time each year. But, later, due to the increase in the number of participants

and the desire for the athletes to compete in different sports, Special Olympics became summer and winter, and then year-round.” The first Florida

OLYMPICS
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South Walton Academy “Dreaming Big”

By RITA L. SHERWOOD

Walton County is one of the fastest growing counties in the state of Florida, and the demand for an alternative learning environment is here. Enter South Walton Academy, (SWA) the only school of its kind within a three hour drive on the Emerald Coast. And what makes this school different? Since 2016, SWA has provided individual instruction depending on the child’s needs which range from educational to therapeutic opportunities. They provide guided instruction for behavior, social skills and communication in order to maximize potential for children under the age of 18. On site licensed therapists and certified teachers work together to achieve curriculums for gifted students, special needs students, and neuro-typical students. SWA’s low

DREAMING BIG
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DREAMING BIG

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student to teacher ratio allows one-on-one instruction as well as socialization and group work in each classroom.

Currently, 50 students age 3-13 are enrolled in their academic program, and they also are working with 80 pediatric therapy children. Public programs are available and include aftercare, playgroups, a summer program and a therapy clinic. Art programs for adults and children, as well as parent trainings and a kids night out round out the extra curricular activities.

Speech, Developmental, Occupational and Behavioral Therapy are used here, as well as tutoring. Groundbreaking new therapies such as the iLS Program, Safe and Sound protocol and Integrative Relex therapy also are practiced here.

And what's the most rewarding part of being involved with



SWA? Founder Callie Middlebrook says, "Celebrating a non-verbal child speaking for the first time, or watching a student surpass their grade level." She also shares that learning, growth and development in a child starts with movement and sensory exploration. "We take this knowledge and provide targeted movement activities throughout the day for each class which improves motor skills, sensory detection and processing in order to achieve academic success."

In their third year of opera-



tion, SWA has grown more than 300 percent, so the need for a new facility is paramount. On January 1, 2020, SWA will be moving to their new campus on Mack Bayou. SWA is a private, non-profit school that collects tuition and is highly dependent

on fundraisers. Please consider donating to their "Dream Big" capital campaign at www.mightycause/story/Southwaltonacademy or by calling (850) 213-4595, emailing Southwaltonacademy@gmail.com, or visiting online at Southwaltonacademy.com, or on

Facebook and Instagram. SWA also accepts most insurance carriers, as well as private and state funded scholarships such as Gardiner, McKay, Hope, Florida Tax Credit and more.



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Dr Drew Smith, owner and physician at the Tortoise Clinic here in Santa Rosa Beach, will share his passion for Acupuncture and Herbal Medicine, Tuesday January 21, at noon at the County Annex, 70 Logan Lane in Grayton Beach. His talk will focus on what Eastern Medicine is, how it works, and how it can help us thrive. A light lunch will be available and a raffle will follow the presentation. CSSW is a nonprofit organization serving seniors 50 years and over in our community. Call 850-280-5342 for more information or message coastalseniorsofsouthwalton@gmail.com. Become a member of CSSW on Facebook at

Coastal Seniors of South Walton or on the website at www.coastalseniorsofsouthwalton.org. Coastal Seniors of South Walton, Inc. is a non-profit 501(c)(3) organization for active adults looking for dedicated, enthusiastic persons to join their Board of Directors. If you are 50 years or older, and reside in Walton County, you are invited to join CSSW and participate in monthly activities. Membership dues for 2020 are \$20.00 per person/ \$30 per couple. Contact Jim Wilson, Director

Coastal Seniors of South Walton, Inc., 404-432-6037.

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OLYMPICS

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Winter Games were hosted in Ft. Walton Beach by Eglin Air Force Base.

“In 1985, there was an athlete that wanted to participate in winter games. So, we went to Boone, N.C., and he won a gold medal in Alpine Skiing! He had never skied before, yet won the gold!” chuckled Charlie. “In the early days, we had some celebrities, such the vocal band Alabama, Reba McEntyre, Mickey Mantle and others who assisted me with funding to help Special Olympics get started here,” says Charlie. “We also have the only non-military flag in the world that has flown into space aboard the space shuttle Discovery in 1985!”

Special Olympics Walton-Okaloosa County provides year-round sports training and competition to children and adults with and without intellectual disabilities, at **no cost** to the athlete nor the unified partner. “Locally we offer 18 different sports to athletes ages 8 and up helping to develop their fine and gross motor skills, showcase their talents and help achieve physical fitness—the best of all—athletes



never age out,” says Pamela. Local athlete, Ann James, age 61, won her first Gold Medal in 1969 in S.C. and 50 years later she just won another Gold Medal at State Swim this past October. “Special Olympics is their life! With multiple teams per sport, it’s not one event, but sports, games and competitions that occur almost 365 days a year,” Pamela says. “And research shows athletes achieve better academics, gain self-esteem and life skills necessary to be productive, respected and contributing members of our community with increased public awareness of their capa-



bilities and needs.” Currently 510 athletes in Okaloosa County compete in Basketball, Bocce, Bowling, Cheerleading, Cycling, Flag Football, Golf, Gymnastics, Pickleball, Powerlifting, Soccer, Softball, Stand Up Paddle, Surfing, Swimming, Tennis and Volleyball and soon to offer Equestrian. Each sports season lasts approximately three to four months with at least eight weeks of training and three levels of competition: County, Area and State Games.

In summer of 2022, Disney World will officially host the

2022 Special Olympics USA Games at the ESPN Wide World of Sports Complex Summer of 2022. “This event will mark the largest humanitarian event in Florida’s history!” says Pamela. “Additionally, we will celebrate the 50th anniversary of Special Olympics Florida!”

Special Olympics never charges for participation regardless of demographics or economics. “We provide everything from water, uniforms, equipment, transportation, food and lodging,” says Pamela. “Locally we’re not government funded;

we depend on individual and corporate contributions and fundraising; so, every dollar matters and volunteers are vital as we have no paid staff.”

“Fifty years ago, few knew the potential hiding within people with intellectual disabilities,” says Pamela. “Today, our community can witness our athletes thriving, not only on the playing field, but also throughout the community. For more information please visit www.specialolympicsflorida.org/walton or/Okaloosa.

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Community

Guest Columnist; The Wisdom of the Founders

Spotlight on Fisher Ames and the Constitution's First Amendment



BY TIM NORRIS

When we think of the Constitution and the founding of America, the names Jefferson, Adams, Madison and perhaps Hamilton all come to mind. The name Fisher Ames, for the most part, has slipped from the pantheons of American history. Yet, without Fisher Ames there may have been a Constitution without our

Bill of Rights!

Ames correctly noted the Constitution formed the basis of our system of Government but the first 10 Amendments- our bill of Rights- preserved liberty for the individual!

Ames was a Congressman from Massachusetts where, on August 20, 1789, he proposed as the wording of the First Amendment, "Congress shall make no law establishing religion, or to prevent the free exercise thereof, or to infringe the rights of conscience." Of all the Founders Fisher Ames was the most skeptical of the American experiment. He understood the tendency of government to control individuals with ever increasing burdens. Ames wrote an article titled "Monitor," published in The New England Palladium of Boston, 1804. "We now set out with our experimental project, exactly

where Rome failed with hers. We now begin, where she ended." He was skeptical about this great American experiment in human freedom. He warned that "democracy without morals" would eventually reduce the nation to the basest of human passions, swallowing freedom: "The known propensity of a democracy is to licentiousness which the ambitious call, and the ignorant believe to be, liberty."

Does that warning sound familiar? In America today, do we confuse liberty with license.

Ames said "where is the check upon excesses?... The press supplies an endless stimulus to popular imagination and passion; the press lives upon heat and coarse drama and incessant restlessness. He doubted there were sufficient numbers of men and women of moral courage and charisma that would preserve the country from

the passions of the multitudes and the demagogues who master them. He was convinced that the people as a body could not reason and were easily swayed by clever speakers and political agents. In his words, 'few can reason, all can feel'...

Ames feared Democracy could not last, "for despotism lies at the door; when the tyranny of the majority leads to chaos, society will submit to rule by the sword....and justice and morality in America would fail.

Is America in danger today? Have we, as a country travelled so far, we've lost touch from where we came? Ames probably The ords of Fisher Ames are still echoing through the generations: "liberty depends on our education, our laws, and our habits... It is founded on morals and religion, whose authority reigns in the heart, and on the influence

these produce on public opinion before that opinion governs rulers."

Exactly 32 years to the day after America declared its Independence, Fisher Ames died at the age of 50. Fisher Ames died on the Fourth of July, 1808. Everyone knows the story of how Thomas Jefferson and John Adams both died on the Fourth of July, 1826, a half-century after the signing of the Declaration of Independence. Every Independence Day, great respect is given to the memory of Jefferson—and at least a little to Adams. But no mention is ever made of that other Founding Father who died on the Fourth of July, Fisher Ames, whose words continue to echo through the generations, reminding us to "take heed, less we fall."

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Journey Bravely; Ditch Resolutions for Life-Giving Activities



BY STEPHANIE CRAIG, LCSW

Tired of making resolutions and experiencing a sense of failure by the end of January? It's easy to make self-disciplined plans in December until January hits and you're back to eating out, skipping the gym, staying up late, procrastinating and spending energy taking care of everyone but you. What are you supposed to do when the resolutions have fallen flat and you still desire some healthy direction for the remaining 11 months?

Instead of setting idealistic, unrealistic resolutions that tend to be all or nothing oriented, consider creating a Life-Giving Activities List to provide your daily and weekly life with some flexible, commitment-oriented direction. Life-giving activities are disciplines or practices that when done consistently, move your life toward living out your values with meaning

and balance. Life-giving activities are measured over the long term of weeks and months rather than days and allow for extending yourself grace when you've missed the mark on any given day or week. They provide a barometer of sorts to check in on your level of health in various areas of life and provide a guide for making needed adjustments as you go throughout the year. While resolutions are meant to serve us, we often end up feeling enslaved to them. Life-giving activities serve your desired personal growth rather than you serving them.

5 Ways to Create and Use Your Life-Giving Activities List

Consider areas of focus and determine where growth is desired. Areas of focus to consider include physical health, emotional health, spiritual health, and relational health. Questions you might consider to help you evaluate these areas of focus include: How am I caring for my body? How is my sleep? How are my relationships? How is my stress level? In what areas of life do I want to see growth?

In your own words, choose 5-10 areas of focus that will create the main items on your Life-Giving Activity List. For example, my areas of focus include: Connect with God, Connect with Family, Eat Intuitively, Sleep Well, Have Fun, Meaningful Work, Move My

Body, Personal Development, Engage Hobbies/Creativity, Be Generous.

Choose up to 5 life-giving activity options for each area of focus that bring balance and joy to life. Choose activities you know or suspect will promote your desired growth in each area of focus. You do not need to complete all of the activities each week but instead, choose one or more activities from your list weekly to help you grow in each area of focus. On my list, under Connect with Family my activities include family table dinners, family game night, movie night, date night. Under Connect with God, my activities include prayer walks on the beach, participate in worship community, participate in small group, spiritual reading/podcasts.

Post your Life-Giving Activities List in an easily accessible location. Put the list in your phone notes and consider posting a hard copy in your home. I like posting my list on

the bathroom mirror where I see it throughout the day.

Create a consistent weekly time to use your Life-Giving Activities List for a personal growth check-in. Set aside 10 or more minutes to reflect on the prior week. Notice how many of your 5-10 areas of focus you engaged over the past week. Notice which areas you might be avoiding and consider why. Notice which activities have brought you the most joy and meaning. Notice if you felt a sense of healthy, balance or a sense of exhaustion and chaos. Consider how you will adjust your activities in the coming week. You may want to schedule your life-giving activities into your calendar so they will actually happen.

The Life-Giving Activities List is meant to be a flexible guide to provide structure and reflection. It's a great tool for noticing when life has taken a turn away from your deepest values. It provides gracious course correction oppor-

tunity without the shame of failure. When used consistently, the list can empower you to live life in health and balance. Feel free to adjust your list as needed throughout the year. When I consistently engage life-giving activities in 7-10 of my areas of focus, life feels more connected, intentional, balanced, happy, and healthy. Best wishes to you in your growth in 2020!

Visit the Resources page at journeybravely.com for a Life-Giving Activities List Worksheet.

Stephanie Craig is a Licensed Clinical Social Worker in practice for over 16 years providing counseling to those ages 11 and up for issues like stress, anxiety, depression, life transition, divorce, boundaries, managing emotions, and healthy coping. She recently moved cross country with her husband, Todd, and their three sons 14, 11, and 7 to make a home in sunny Santa Rosa Beach.

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Pickos Ski School to Host 2020 IWWF World Junior Waterski Championships in Santa Rosa Beach

Pickos Ski School, located at 105 Jump Street, Santa Rosa Beach has announced they will be the official host for the 2020 International Waterski & Wakeboard Federation (IWWF) World Junior Waterski Championships to be held on August 18- 23, 2020.

Pickos Ski School was founded by 24-time world record holder and skiing icon, Cory Pickos and his wife Rose. Cory has been running ski schools across Florida since he was 16 years old. After living in south Florida, Cory and Rose moved to the panhandle in 1992 to look at a real estate development designed for tournament waterskiing. The couple met and partnered with a local developer, who also happened to be a competitive water-skier, to create three man-made lakes specifically designed for waterskiing that same year. Since its inception, the school has transformed from a family-owned business to a world-renowned training center.

Pickos Ski School is one of the top destinations for water-skiers from all over the world. Each year, welcoming over 40 locals and 350 international water-skiers to train and compete at their state-of-the-art facility. During the school's busiest season, Cory, Adam and team can be found pulling skiers on all three lakes from sunrise to sunset having over 100 ski lessons per day.



Skiers hailing from 30 countries, including Argentina, Australia, Belgium, Brazil, Chile, Czech Republic, Denmark, England, Finland, France, Greece, Japan, Mexico, New Zealand, Norway, South Africa, Spain, and the United Arab Emirates, make the trek to the Emerald Coast to enjoy training and the pristine beaches.

The IWWF World Junior Waterski Championships are held every other year around the world. Each country has the opportunity to send their best skiers, typically a six-person

team, to the event. This will be the IWWF's 18th World Junior competition. These junior water-skiers are some of the best in the world and are looking to win a world title and continue onto the IWWF World Open Championships the following year. The skiers will be competing in several divisions, including Boys Overall, Girls Overall, Boys Slalom, Boys Jump, Boys Trick, Girls Slalom, Girls Trick and Girls Jump. Additionally, each competitor will be competing for their own individual scores that are posted on the world ranking list as well as

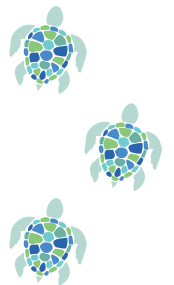


22 and will conclude with an awards ceremony. Then on Sunday, August 23, the best competitors of those final rounds will compete for the Overall Awards. The competition will officially end with a closing ceremony seated dinner.

Those competing in the IWWF World Junior Waterski Championships are exclusively towed by the award-winning Ski Nautique. To learn more about Pickos Ski School visit www.ski-pickos.com. To learn more about the 2020 IWWF World Junior Waterski Championships visit www.iwwf.sport.

course records.

The week-long competition, sponsored by Visit South Walton, will begin with check-in on Sunday-Monday, August 16-17, 2020. Tuesday and Wednesday, August 18-19, will be the official "Familiarization Days" consisting of allotted practice time for each team and distribution of all competition materials such as bibs, backpacks, and itineraries. Preliminary Rounds will begin on Thursday morning and continue throughout Friday afternoon. The final rounds of competition will be held on Saturday, August



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Faces of South Walton: Tyler White

BY TRACY AND MARK STANLEY

Meet Tyler White, Head Brewer at Grayton Beer Company, a Santa Rosa Beach success story. Tyler's training and experience bring the "craft" to such iconic local brews as "30A Beach Blonde Ale," "Salt of the Gulf," and Fish Whistle IPA." We interviewed him as he stood behind the bar at the Grayton Beer Taproom, the company's 30,000 square foot production facility in the South Walton Commerce Park.

Why did you become a brewer?

I got a degree in religious studies – the least practical degree on the planet. The Lord put me on a path where I've always been around people that don't know Him. In college I was having a lot of these conversations over a beer. So I came at beer from a social standpoint. I was pretty frustrated with how, especially in the Southeast, alcohol is such a legalistic focus. People were missing the point. I started home brewing, but it didn't register that it was something I could do for a living. Then I read the story of Arthur Guinness, a believer. He saved the city of Dublin through his brewery. He built housing for employees and paid them like six times the minimum wage. This was when Ireland was in famine. Just a phenomenal story. So I had a lightbulb moment: I can follow Jesus and brew beer for a living. That's possible.

You learned the craft in Germany?

Yes, a trade school in Munich called the Doemens Academy. Brewing in Germany is a generational trade. They take high school classes in brewing at four-



teen years old. Martin Luther's wife was a brewer. Her beer sales funded the early days of the Protestant Reformation. The oldest brewery in the world, Weihenstephan, is still functioning in Munich. It opened in 1048. If you've been doing something for over a thousand years, you're going to get the hang of it.

How did you get involved with Grayton Beer Company?

I saw a post on Probrew.com, the classified website for the industry. We moved from Munich and came straight here. I knew I wanted to see a brewery built from the ground up. Grayton had been contract-brewing. They had built the brand, but they were

testing the market before building a brewery. I moved here the day they were cutting the floor to put this drain in. It was Brad Schenkweiler as bartender, me straight out of school, and Jamey Price, the original founder of the brand.... We were like, all right, let's build a brewery.

with the [Grayton Beer] Brewpub, over 70 jobs. We've had a real economic impact. Families are able to move here and have a 365-day-a-year job. I think that's probably the most gratifying thing about it. The other thing is how philanthropic the brewery itself has been. We've



Is 30A Beach Blonde Ale your best seller?

It's about 75% of what we do and the first one we produced here. Making a lighter beer is the hardest thing, because there's nowhere to hide any flaws. The water chemistry has to be right. The ingredients have to be high quality. The fermentation has got to go perfectly. We bit off a lot when we decided to make a blonde our staple, but it made us better brewers.

How do you feel you've contributed to Walton County?

There's not that much skilled labor here outside of construction. Most everything is either entertainment, real estate or hospitality. We went in five years from three jobs to now,

found it important to give back in real ways. And our currency is normally beer. When people do events, we'll donate beer. Then Hurricane Michael happens last year. The brewery was the largest warehouse space, really, that was unaffected. So we used the space as a distribution hub.

Any final thoughts?

What's the Ben Franklin quote? "Beer is proof that God loves us and wants us to be happy."

Tracy and Mark Stanley are the hosts of a community website called The Faces of Walton County. The project aims to showcase the diverse residents of our community, one Face at a time. To nominate someone for an interview visit www.thefacesof-waltoncounty.com or call Tracy at 850-803-9822.

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Alaqua Helps Bahamas Farm

Struck by Hurricane Dorian Rebound

This past October, Alaqua Animal Refuge Founder Laurie Hood traveled to Grand Bahama Island on a mission with Animal Wellness Action (AWA) to assess three farms and their surviving animals that were almost completely demolished by Hurricane Dorian back in August of this year. The catastrophic category 5 hurricane wreaked havoc across the Abaco Islands and Grand Bahama Island with rain and wind gusts up to 220 miles per hour. Hood, the Florida State Director for AWA, and fellow members initially visited two farms that had surviving

owners and animals, but they needed assistance with supplies and rebuilding. AWA was able to provide for those needs, but it was the third farm that Hood would never forget. The entire farm, formerly a tourist destination on the east end of Grand Bahama Island, was destroyed. Sissel and George Johnson had operated Ol' Freetown Farm for 10 years and had accumulated goats, donkeys, horses, chickens, ducks, turkeys, rabbits, guineas, and peacocks. Previously, it was a lush property that also supplied fruits, vegetables, and wellness classes for the island.



George. "I pushed down the attic ceiling in a couple of rooms so I could see the animals. The cats stayed on a bed's mattress the whole time, and the dogs were swimming around. I didn't think they could swim." Months later, Virginia is still recovering from her wounds and infection, and George and Sissel are trying to piece their lives back together. They returned to the farm to remove debris, but rebuilding is not an option. "One day we will figure things out. It is very tough going through photographs and memories, but in the end very inspirational," said George. "I think what hits me so hard about this story is that this was literally Alaqua Animal Refuge in the Bahamas. This could happen to us one day, so I wanted to do something to help them," says Hood.

In an effort that comes straight from her heart and a strong desire to help this family rebound, Hood set up a fundraising page for the Johnson family and their farm. 100% of the donations will go to help them rebuild their lives. Contributions can be made at www.alaqua.org/bahamas.

Hood relayed, "In this season of doing good and helping others, I feel that this is something I can do to help them. I have also extended an invitation for the Johnson's to visit us in Florida and they have accepted. George is one the kindest souls I have ever met and it would be an honor for them to be our guests."

With no place to evacuate, George and his family decided to ride out the storm in their home. The 20-foot surge of water hit their home and the farm. Hundreds of animals drowned, as well as their long-time 41-year-old employee who tended to them. Three agonizing days later, rescue workers came when they spotted a plea

for help on the deck by the pool. Prior to the water rushing in, George had taken siding off the house and spelled out the word "help" in hopes they would be rescued (not knowing how large the waves were). George, Sissel, Virginia and the animals inside the house all survived. "We could hear the dogs crying the whole time throughout the storm," said

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Your Puppy's First Year

Important Stages to Recognize

By MELANIE BARRETT

This time last year Santa thought I needed a fifth dog... and a puppy at that! I had no idea this Hungarian Pumi would be coming to our home and to say I was surprised is an understatement! Although I train and rehabilitate dogs of all ages, I haven't had a puppy since I was in my teens.

Now, to help others who may have received a puppy for Christmas, here are some milestones and a few tips to watch for.

From birth to seven weeks puppies begin to see, hear and smell. They become aware of their environment and begin interacting with others. Around six weeks they'll become very curious and that's how they learn to lead and sometimes fol-

low. Usually around eight weeks or so, puppies go to their new homes and leave mom and littermates behind. Be mindful to puppy-proof your home so there are no dangers, such as poisonous plants or electrical wires and outlets, pools or open doors. It's a good idea to introduce your puppy to a crate and have him/her become comfortable with one. A crate should be viewed by a dog as their "safe" place; a place to relax and just chill.

After your new pup has had all his/her vaccines—your veterinarian will guide you here—and it is safe to walk outside your home, began introducing new places and experiences, but not too much at first. Puppies are all over the place when beginning to walk on a leash.

They want to grab every leaf or twig they see, and can easily trip you up. However, if you stay focused and committed, you can master the pack walk quite easily.

During these weeks your once brave puppy may become more cautious and afraid of loud sounds and sudden movements. Just remain calm because your puppy will look to you for direction. Make sure you take the pack leader role, because if you don't, your puppy will.

Avoid becoming overprotective or let him/her follow you around all day. This can lead to separation anxiety, which is one of the most difficult behaviors to address and resolve.

When you are working on potty training, prevention and patience are important. Give

your puppy plenty of opportunities to go outside. Take him/her outside any time there is a change of activity...when she wakes up from a nap, after playtime, after eating or drinking or when there is a visitor to the home.

At 3-4 months teething will be underway. Puppies can chew on anything within their reach... including that new pair of shoes. Give them appropriate chew toys or bones. Frozen chew toys

help soothe aching gums, just like a baby. You will notice some play biting/teething. Correct this or it will turn into harder biting and mouthiness as your puppy matures.

At 4-6 months your puppy will need a lot of exercise because of developing bones and

muscles; especially large breeds. When your puppy is between six and twelve months, he is full of life but still in need of guidance. Introduce them to more social experiences...think Lowe's and Petsmart. The noises, smells and sounds are good to desensitize any apprehensions your Pup may have. Just remember the time and patience you extend now will pay off with a healthy, happy and well balanced dog in the very near future!

Melanie Barrett owns and operates Emerald Coast Dog Behavior and 30A Swim Dog in Santa Rosa Beach. Please visit www. Emeraldcoastdogbehavior.com, 30adogtrainer.com, 30aswimdog.com. She can be contacted directly at melaniebarrett@mac.com or at 850-218-0476.

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Timberview Choppers Helps the Bahamas Recover from Hurricane Dorian

By RITA L. SHERWOOD

Back in September, locals Justin, a helicopter pilot and his wife Angela Johnson, an ICU nurse, who have owned helicopter tour company Timberview Choppers Inc. for the last nine years, encountered more than they expected while helping with relief efforts and dropping supplies to the far North Abaco Islands during the aftermath of Hurricane Dorian, the strongest hurricane on record to ever hit the Bahamas.

The Abaco Islands and Grand Bahama Island, the northernmost islands, were the hardest hit of the archipelago of islands when Dorian struck on September 1st as a Category 5 hurricane. For two days, the monster storm sat over the islands battering them with wind gusts over 220 mph and storm surges that topped 20 feet in some areas. The official death toll rose to 61, and more than 600 people had been reported missing.

Justin and Angela had been partnering with Medic Corps, dropping off supplies and resources to remote towns throughout the most decimated parts of the Bahamas. On this particular day they had a passenger, Vic Micolucci, a Jacksonville-based reporter. While flying over a remote area of Abaco Island, Vic pointed out a destroyed village right in the middle and asked them if there was any chance that people



could be living there. Justin said they had flown over it several times and had not seen any sign of people or movement.

However, on the next run, Angela said Justin felt an urge to fly a little closer and even land on the ground to check out Vic's suspicions. To his amazement, and very slowly, one-by-one, roughly 30-40 people, mostly Haitian immigrants, reluctantly began climbing out of an overturned bus and rubble that they were taking shelter in to run to him for help.

Shocked, Justin quickly looped in the Medic Corps team, which

had been organizing and facilitating supply pick-ups and drop-offs from Marsh Harbour's airport, as well as collecting information about different habitation areas on the islands and directing resources to areas with critical needs. After Justin and Angela found the stranded survivors, they and a Blackhawk helicopter, flown by Love and Life Foundation,

another non-profit, went back to the devastated community to take additional loads. Justin and Angela were greeted with people clapping and cheering when they delivered the supplies — boxes of food, water, baby supplies, tarps, and other critical resources.

The Johnson's encourage those who want to help to donate to Love and Life, which has plans

for continued relief and future rebuild in the Abaco Islands.

And what's next for this dynamic husband/wife duo? Justin says, "We'd definitely like to help more with disaster response. We helped in Panama City after Hurricane Michael and now in the Bahamas. We're so grateful to have a good business which affords us time to give back, whether it's locally or not." He goes on to say, "Anything you do you are rewarded in spades; people think it may cost a lot to help others but what happens is, your mindset changes from the expense to looking at the big picture, and how can we help and just get it done."

Want to help locally with Hurricane Dorian relief efforts? Harbor Docks in Destin is accepting donations and you can drop off supplies at the restaurant, or donate funds directly to an organization called Planting Peace that will purchase necessary supplies and relief aid.

Be sure to check out local business Timberview Choppers Inc., call (850) 774-0991, and ask for the 10% local discount and "See the Gulf like you've never seen it before!"

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January 2020 30A Real Estate Update



By LISA HUGHLEY

January is a phenomenal month for real estate in our area. If the current activity is any indication of what is to come for 2020, it is going to be a great year for real estate! Buyers are making plans to come in town to purchase prior to the spring/summer season and guests are making reservations! My first deal of this year is placing 70 South Watch Tower, listed at \$3,698,000.00, UNDER CONTRACT! 2020 is going to be an amazing year!

Take a look at the current activity for Detached Single Family Homes!

West End of 30A, Gulf Front

There are 12 active properties ranging \$2,098,000 to \$6,950,000. The average property is \$4,071,750 with 3132 sf and priced at \$1456.98 per sf, with 223 days on the market. There is one property pending at \$3,500,000 with 4600 sf and 466 days on the market. There have been 13 sales ranging \$1,800,000 to \$6,900,000. The average sale is \$3,642,308 at 90% of list price, with 4143 sf and selling at \$895.64 per sf, 269 days on the market.

West End of 30A, Non-Gulf Front

There are 193 active properties ranging \$317,000 to \$5,390,000. The average property is \$1,094,551 with 2698 sf and priced at \$399 per sf, 247 days on the market. There are 41 pending properties ranging \$359,900 to \$3,600,000! The average pending property is \$947,152 with 2637 sf at \$334.17 per sf, 216 days on the market. There have been 326 sales ranging \$190,000 to \$5,200,000 with the average sale being \$765,469 at 97% of list price with 2339 sf, selling at \$320.19 per sf, 133 days on the market.

Cypress Dunes

There are currently 12 active properties ranging \$519,600 to \$1,195,000. The average property is \$741,646 with 2304 sf, listed at \$322.12 per sf, 301 days on the market. There is one pending property listed at \$1,362,000 with 3636 sf and 593 days on the market. There have been 11 sales ranging \$506,900 to \$1,300,000 with the average sale being \$832,452 at 98% of list price with 2668 sf, at \$310.21 per sf, 120 days on the market.

Gulf Place (AKA Belimar) Detached Family Homes

There are currently 4 active properties ranging \$940,000 to \$2,900,000. The average property is \$1,539,975 with 4746 sf and priced at \$318.17 per sf, 272 days on the market. There are currently 2 pending properties, with the first being \$969,000 and the second being \$1,399,000.

There have been 3 sales ranging \$681,250 to \$910,000. The average sale is \$763,750 at 97% of list price with 2563 sf, and \$303.41 per sf, 233 days on the market.

Highland Park

There are 11 active properties ranging \$509,000 to \$824,900. The average list price is \$639,364 with 2281 sf, priced at \$283.61 per sf, 94 days on the market. There are 3 properties pending contract ranging \$544,000 to \$595,000. The average sale being \$562,667 with 1982 sf, at \$286.11 per sf, and 37 days on the market. There have been 33 sales ranging \$479,000 to \$780,000! The average sale is \$624,958 at 98% of list price with 2460 sf, at \$256.06 per sf, and 112 days on the market.

Lakeside at Blue Mountain Beach

There are currently 6 properties on the market ranging \$724,000 to \$849,222. The average property is \$800,802 with 2609 sf, priced at \$309.77 per sf, and 118 days on the market. There have been 17 sales ranging \$550,000 to \$829,000! The average sale is \$703,648 at 98% of list price with 2334 sf, selling at \$303.36 per sf, 82 days on the market.

Seaside Gulf Front

There are 3 active properties

ranging \$1,825,000 to \$9,995,000. The average property is priced at \$6,071,667 with 3206 sf, priced at \$2009.48 per sf and 56 days on the market. There have been 5 sales ranging \$3,750,000 to \$6,800,000, with the average sale being \$4,750,000 at 95% of list price with 2681 sf, selling at \$1775.54 per sf, and 309 days on the market.

Seaside Non-Gulf Front

There are currently 5 active properties ranging \$1,390,000 to \$4,495,000. The average property is listed at \$2,795,000 with 2940 sf and priced at \$913.22 per sf, and 362 days on the market. There have been 19 sales ranging \$750,000 to \$3,475,000! The average sale is \$1,742,737 at 94% of list price, and selling at \$942.47 per sf and 69 days on the market. Amazing numbers for non-gulf front.

Watercolor Gulf Front

There is one active property at \$3,750,000 with 2706 sf and 966 days on the market.

Watercolor Non-Gulf Front

There are currently 43 active properties listed ranging from \$1,150,000 to \$5,095,000. The average property is \$2,241,182 with 3452 sf and priced at \$643.17 per sf, and 175 days on the market. There are currently 2 pending properties; one at \$1,495,000 with 2544 sf and the other at \$1,595,000 with 3068 sf. There have been 85 sales ranging from \$840,000 to \$5,500,000. The average sale is \$1,822,954 at 95% of list price with 3256 sf, selling at \$543.10 per sf and 141 days on the market.

Seagrove

There are currently 25 properties on the market ranging \$780,000 to \$8,900,000. The average property is \$1,889,632 with 2672 sf and priced at \$768.68 per sf, and 215 days on the market.

There are 2 pending properties, one at \$1,350,000 with 2016 sf and the other at \$2,225,000 with 4590 sf and 124 days on the market.

Watersound Beach, Gulf Front

There are 2 active properties, one at \$5,695,000 with 5738 sf and the other priced at \$6,449,000 with 4433 sf.



Watersound Beach, Non-Gulf Front

There are 32 active properties ranging \$1,089,000 to \$4,900,000. The average listing is \$3,055,109 with 3906 sf, priced at \$771.93 per sf, 229 days on the market. There are 5 pending properties ranging from \$960,000 to \$4,999,000. The average pending is \$2,840,600 with 3741 sf, priced at \$724.31 per sf, and 571 days on the market. There have been 34 sales ranging \$815,000 to \$4,625,000! The average sale is \$2,617,206, selling at 95% of list price with 3743 sf, selling at \$688.93 per sf, and 191 days on the market.

Alys Beach, Gulf Front

There is one property available at \$1,500,000 with 3631 sf and 130 days on the market

Alys Beach, Non-Gulf Front

There are currently 15 active properties ranging \$2,095,000 to \$6,295,000 with the average property being \$3,865,198 with 3588 sf, priced at \$1,069.30 per sf, and 244 days on the market.

There are 6 properties pending ranging from \$2,775,000 to \$4,644,875. The average pending property is \$3,554,879 with 3382 sf, priced at \$1,059.18 per sf and 71 days on the market. There have been 20 sales ranging \$1,662,500 to \$5,750,000! The average sale is \$3,324,122 at 97% of list price with 3351 sf and selling at \$993.97 per sf and 115 days on the market.

Seacrest Beach

There are currently 30 properties available ranging \$549,000 to \$1,629,000. The average property is \$869,277 with 2346 sf, priced at \$372.84 per sf, and 175 days on the market.

There are 7 pending properties

ranging \$699,900 to \$1,595,000 with the average pending property being \$ 987,986 with 2537b sf, and priced at \$389.76 per sf, and 144 days on the market. There have been 44 sales ranging from \$625,000 to \$1,400,000. The average sale is \$855,341 at 96% of list price with 2450 sf, and selling at \$349.82 per sf, and 189 days on the market.

Rosemary Beach, Non-Gulf Front

There are currently 35 active properties ranging \$1,399,000 to \$8,780,000! The average property is \$3,296,913 with 3284 sf, and priced at \$1000.03 per sf and 267 days on the market.

There are 6 pending properties ranging \$1,570,000 to \$3,200,000. The average pending property is \$2,377,500 with 3058 sf, priced at \$790.95 per sf, and 133 days on the market.

There have been 30 sales ranging \$850,000 to \$8,200,000. The average sale is \$2,162,250, selling at 94% of list price, with 2719 sf, selling at \$785.54 per sf, and 158 days on the market.

If you are contemplating selling your property, now is a good time to place it out on the market, prior to the tourist season, when it is easier to show and the buyers have time to make it their own. If you or someone you know is interested in selling, give me a call. I would love to have the opportunity to talk with you!

Thank you!

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Solve for the Last Mile and the Whole World Changes



By MAURICE STOUSE

Branch Manager and Financial Advisor

Sitting in the office of Santa Rosa Beach architect Jeff Margaretten, you might happen to hear a few thoughts on how things could change in various parts of the economy when solving for the last mile. The term came in to use some time ago as it spoke to what the last thing was to get done, to physically do it, when making things happen that have a lasting effect in the economy: The last mile of cable to connect a community to cable tv or perhaps the internet. The last mile of train track or the last mile of road as other examples. It is commonly a far and expensive reach.

Jeff often thinks about how certain "last miles" could change the world or perhaps sectors of the world. Take electric cars for example. Recharging stations are far from ubiquitous and recharging an electric vehicle takes a lot more time than filling the car with a tank of gas. He wonders, for example, if diners while out to eat could simply plug in their cars, which are in the parking lot while they eat. Once they are done for the evening, their car has been charged and it was with little effort. It was done in their leisure time. Solve for that, as in this example, and the whole world changes. You can think of a lot more examples in technology, with 5G, in health care, with cancer. Or perhaps with fitness and weight loss.

What is the implication for investors? Think about electricity generation and where that comes from. Think about the need for cleaner burning fuels and renewable sources. The most common today is natural gas (currently seen as cheaper, cleaner and abundant). Wind and solar are two more. As a matter of fact, electric utilities are continuing to consume less coal and replacing that in direct proportion with natural gas, wind and solar.

The energy sector in the stock market would be an area that investors might want to investigate if they see the possibilities of the whole world changing. Investors should take note that the energy sector just turned in the lagging performance of all 11 sectors of the market over the past five years. Some investors might see this as an area to avoid because of the relative under-performance. Others might take a contrarian approach and see it as undervalued (cheaper) relative to the possibilities within the sector. To see if this might work for part of your investing strategy, do further research or visit with a financial advisor to learn more about it all.

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management and Raymond James and he resides in Grayton Beach. He has been in financial services for over 32 years. His main office is located at The First, First Florida Bank, 2000 98 Palms Blvd, Destin, FL 32451. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymond-james.com.

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plan does not assure a profit and does not protect against loss in declining markets. The payment of dividends is not guaranteed. Companies may reduce or eliminate the payment of dividends at any given time. Investing always involves risks and you may incur a profit or a loss. No investment strategy can guarantee success.

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Community

Caring and Sharing set to host 11th Annual Spring Fashion Show at The Vue on 30a

Caring and Sharing of South Walton is excited to share details for its 11th Annual Spring Fashion Show and Luncheon, "Paris in Spring." This year, the event will be held on Saturday, February 29, at the Vue on 30a. Tickets are \$45 and can be purchased at the Caring and Sharing Thrift Store.

During the event, guests will enjoy a fashion show, lunch, a silent auction, DJ, photo booth, and boutique set up with items that have been collected from the Caring and Sharing Thrift Store.

"Our staff and volunteers work hard all year to ensure we have some great items to share and sell at the Fashion Show," said Cindy Gervais, Sorting Room Manager at Caring and Sharing.

A cast of 15 to 20 models, who are volunteers and supporters of the organization, will walk down the runway dressed head to toe in outfits made up of items that have been donated to the Caring and Sharing thrift

store. After the event, all clothing and accessories will be available for purchase.

"This is our main, signature event and it continues to grow each year," said Kim Hope, Director of Caring and Sharing. "We love seeing our volunteers and supporters come out and enjoy the items that are donated to the thrift store by our generous community. This year we are looking forward to bringing in more sponsors to support the event. We are serving close to 1,000 individuals a month and will use the funds raised to continue providing support to our neighbors in Walton County."

All proceeds from the 11th Annual Fashion Show will help Caring and Sharing of South Walton continue to provide food, utility, prescription, and basic need assistance to residents of South Walton County.

Tickets can be purchased at the Caring and Sharing Thrift Store located at 112 Lynn Drive in Santa Rosa Beach. Sponsorship opportunities are available,



please email caringsharingsowal@gmail.com for additional information.

Caring and Sharing of South

Walton, Caring & Sharing of South Walton provides food and assistance to local residents with the support of churches, civic

groups, individuals, and businesses. Caring & Sharing of South Walton also operates a Thrift Store. Sales in the Thrift Store cover operating expenses and generate funds to help clients with food, prescriptions and utilities. Items for sale in the Thrift Store include clothing, housewares, bedding, furniture, electronics and books.

The Thrift Store and Furniture Warehouse are open 6 days and are staffed by many volunteers who work to display, sort, sell and assist with the store operation. In addition to year-long assistance, Caring & Sharing also has special projects for Back-to-School, Thanksgiving, Christmas including Angel Tree gifts for children.

For more information visit www.caringandsharingsowal.org

Democratic Women's Club Next Meeting January 21st

Please join the Democratic Women's Club for their next meeting, which will be a very special one! The club will be honoring our veterans by inviting them to dine with us and be the judges at our third annual Chili Cook Off. Our meeting will also feature greetings from Navy veteran Phil Ehr, who is

running for the Democratic nomination for Congress in our District.

The event will be held on Tuesday, January 21 from 1pm to 2:30pm, and held at the Coastal Library meeting room, just off 331 in Santa Rosa Beach. RSVP (just need to know how much chili to produce and

do feel free to bring your own entree or accompaniment.)

For more information, please contact Sue Bowden, President, Democratic Women's Club of Walton County at susanbowden4321@yahoo.com. This event is free to all! And be sure to invite any veterans you know to come!

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School Hours: Mon-Fri 8:30am to 2:20pm

Fore Her Announces Details for their 6th Annual Tea Fore Her

Local nonprofit, Fore Her, is excited to announce their 6th Annual Tea Fore Her presented by Platinum Pink Sponsor, Emerald Coast Hospice, on Sunday, February 9 at Vue on 30A starting at 1:00pm. Guests will enjoy tea and lunch with a gorgeous view and great company while raising funds for breast cancer patients along the Emerald Coast.

Gather your friends and join local nonprofit, Fore Her, for this signature fundraiser. During the event there will be a silent auction, photo booth, a complimentary glass of champagne, and more. Big hats are encouraged for a chance to win the "Best Hat" prize. For the first time, guests will enjoy complimentary valet at the event sponsored by Pizza by the Sea. Tickets are now available for purchase online at ForeHer.org for \$50/person and \$45 for breast cancer survivors.



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Children 12 and under \$35. Guests will check-in with Registration Table Sponsor, Shoreline Title, upon arrival.

Fore Her has expanded in to a far-reaching support organization for breast cancer patients, using three signature events (Tea Fore Her, The Fore Her Golf Outing, and the Pink Walk) to raise funds and financially assist

local individuals diagnosed with breast cancer and undergoing treatment. Funds raised are used to pay for mortgage/rent or utilities or helping with auto repairs for patients to get to treatments.

"I was diagnosed with breast cancer and had a double mastectomy in January 2019," shares Pam Knapp, recent Fore Her recipient. "Then in April 2019,

I fell and fractured my spine. I was off work for six weeks in a back brace, only to find out the fracture was not healing. More testing found two tumors on my spine. After back surgery, another six weeks off of work, and medicals bills escalating, a friend told me about Fore Her. They generously helped me get caught up on my bills. Without them I would still be buried financially. I am very grateful for their financial and emotional support."

Fore Her is here to offer resources, hope, compassion and education for all who are affected by breast cancer. And you can

help!

"When I speak with all of our applicants, I'm not sure who is more emotional, me or them," Ginny Richerson, Fore Her board member, said. "Each and every one of these ladies are so grateful to talk to a fellow survivor. The money we raise at this event helps us provide the additional encouragement they need to continue to have hope."

Find additional information about volunteering, available resources, and more at ForeHer.org. For sponsorship opportunities, email info@thehivecreativeconsulting.com.

Not Your Grandma's Attic

Ten years in the making and now Ava's Attic is a consignment shop and so much more. Now with over 13,000 square feet of great consignment items – furniture, home décor, prints, original art, rugs and more. Ava's also carries consignment clothing, designer purses, shoes, and jewelry- a little bit of everything! For the past five years, Ava's has carried their own line of chalk-based paint, offering custom painting for your own pieces. Ava's Attic employs three full time painters to transform your furniture on the show room floor to a coastal look and they will also transform personal pieces to your desired style.

The show room is filled with different styles of furniture. Antiques and custom painted pieces as well as a splash of modern makes the shopping experience interesting and fun. You never know what The Attic has in store for you. There is always a




Ava's Furniture
Consign & Design

painter in the store to talk to you about trends and new ideas if you're thinking about a project at home. Paint, glaze, crackle, come and check Ava's Furniture in Miramar Beach – there is nothing else like it! Courtney and Susan will be looking for you!

Ava's Furniture is located on Hwy. 98, 12889 Emerald Coast Parkway, Miramar Plaza, Miramar Beach. Call 850-424-6767 Mon-Sat 10am-5pm.



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Community

Habitat for Humanity to Celebrate Groundbreaking of New ReStore Location

Habitat for Humanity of Walton County ReStore is excited to announce the official Groundbreaking Ceremony of their future home on February 5 at 9:00am. Help them raise the roof on this new location at 2260 US Hwy 98 W on the Northside of 98 between Publix and Veteran's Parkway and support the local Habitat mission of building homes so everyone has a decent place to live. Guests are invited to attend a celebratory brunch that will immediately follow at Grayton Beer Brewpub at 10 a.m. Habitat ReStores are independently owned reuse stores operated by local Habitat for Humanity organizations that accept donations and sell home improvement items to the public at a fraction of the retail price. The donation centers sell new and gently used furniture, appliances, home goods, building materials and more. The profits from the sales go directly to the funding of the local Habitat for Humanity. Currently, the Walton County ReStore is located in a leased building of approximately 2,500 sq. ft. and simply does not provide adequate space to house the current level of op-

eration and provides no room for growth. The situation has grown to the point that ReStore employees are currently having to turn away donations for lack of space to house them.

"I am excited for what this new ReStore will not only mean for our organization but our area," says Teresa Imdieke, Ex-

ecutive Director of Habitat for Humanity of Walton County. "We have long outgrown our current facility and look forward to serving more families and our community in our new facility." To address the lack of space, the new 18,500 sq. ft. ReStore will provide the much needed room to grow. Habitat will be able to consolidate the donation center, warehouse and retail de-

partments, administration and construction center all in one location. Donations that currently sit out in the elements will be housed in the 12,000 sq. ft. warehouse, therefore reducing loss, and providing the opportunity to expand their inventory and greatly increase Habitat's ability to resale, reuse and recycle dona-

gral part in the realization of the dream of home ownership. It is humbling every time you see a family get the keys to their home or the faces of the kids when they see their own bedroom for the first time," says J.L. Franklin, Project Coordinator for the new ReStore. "Simply put, more space, more donations,

Habitat for Humanity is part of a global, nonprofit housing organization operated on Christian principles that seeks to put God's love into action by building homes, communities, and hope. Habitat for Humanity is dedicated to eliminating substandard housing locally, statewide, and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. Habitat for Humanity was founded on the conviction that every man, woman, and child should have a simple, durable place to live in dignity and safety, and that decent shelter in decent communities should be a matter of conscience and action for all.

Habitat ReStore is the place Walton County area homeowners get quality construction materials and household items at bargain prices. Your contributions to Habitat ReStore means materials are kept in use instead of thrown into the landfill. Donate materials, and household items to ReStore and avoid hauling costs, plus receive a tax deduction.



more customers, more revenue, more profit, more houses built and more families with their dream of a home fulfilled." For more information about the ReStore Groundbreaking please visit www.Facebook.com:RestoreGroundBreakingCeremonyandBrunch If you plan to attend the Groundbreaking Celebration, please RSVP to JL@walton-countyhabitat.org



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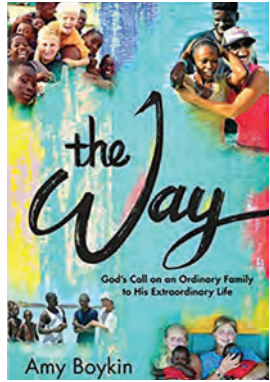
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Local Authors Bookshelf

The Way; God's call on an Ordinary Family to His Extraordinary Life

by local author Amy Boykin

Imagine having a life that looks abundant to the outside



world. An amazing husband, four healthy wonderful kids, two successful businesses, adoring friends, and a great community and church. To the world it looked like Amy Boykin, a Texas native turned local, had it all and she did. But still there was an emptiness inside of her. Even with all the accomplishments in her and her family's lives, something was missing. So, she did the one thing she knew would bring her answers—she prayed. And

God answered. He said, "Move your family to the Bahamas." Everyone thought this family of six was crazy, but by faith alone they heeded God's call. Trading a life of affluence and comfort for a fishing rod and Bible, Amy and her family learned to discern God's Voice and apply His Word to their daily life.

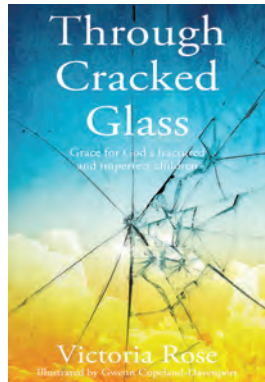
What would it be like to have that kind of faith and unfailing trust in life, in God? Where could it lead? The Boykin's story would have seemed impossible if it was told before it happened. Empowered with God's salvation message, the Boykins bring the transformational power of the Gospel to Haitian refugees with remarkable results. Six years later an entire community, countless U.S. mission teams and local Bahamians are touched and changed, culminating in the building of a Haitian church that is thriving today. The Way reveals through miracle after miracle that man's impossible truly is God's possible.

Available on Amazon.

Through Cracked Glass

by local author Victoria Ostrosky

We wonder why life seems so hard. We struggle, longing for



someone to tell us everything's going to be ok. We want someone to love us just as we are right where we are. We need purpose and direction. Through Cracked Glass: Grace for God's fractured and imperfect children, does just that. Yes, life is hard. Yes, lessons are difficult. Yes, relationships are exhausting, but God longs to give us grace upon grace. He longs to smooth those rough places in our journey by using His other fractured and imperfect children to find you in your mess and gently lead you to safety. God uses

the community of the broken to bring healing and courage to the weary traveler. Her book is a life journey of lessons learned while traversing valleys and climbing mountains, both literally and figuratively. From humble beginnings in a blue-collar conservative family, through two divorces, a son's incarceration, and her mother's sickness, Victoria takes you with her as she charts her progress, sometimes moving forward, sometimes falling behind, but never giving up. Victoria is a contributing writer to Lynn Haven Ledger/Gulf Coast Gazette, Destin Life/SoWal Life, GO! Christian Magazine and others. You can also read her blog at astoryinthewind.com. Feel free to contact her at victoriaweaves77@gmail.com.

Available at Barnes & Noble Destin

The Gospel Made Simple

by local author Cherie Anderson

Cherie Anderson is an ordained minister and local author who just released her first book called The Gospel Made Simple. Cherie is passionate about inspiring and equipping Chris-

tians to be effective witnesses for Jesus Christ. Her desire for her readers is to learn how they can open up a spiritual conversation in a non-confrontational way and dispel many misconceptions that keep many silent. She preaches and teaches evangelism workshops in churches and conducts mission trips abroad. She has



also released a worship and the word CD where she takes the listeners on a journey of understanding who Jesus is and why he came. Contact Cherie at getfreeinjesus@gmail.com or visit www.stwministries.org.

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Sinfonia Gulf Coast Annual Fundraiser

Crescendo!, February 14-16

Sinfonia Gulf Coast, our region's only fully professional symphony orchestra, is pleased to announce the full line up for its annual fundraiser Crescendo! A Cultural and Culinary extravaganza, slated for February 14-16, 2020. On Friday, Feb. 14 at 6 p.m. Crescendo! will begin with a series of carefully curated vintner dinners hosted in elegant homes and venues throughout the Emerald Coast, which pair the talents of local and regional "celebrity" chefs with some of the country's most acclaimed vineyards for a delicious evening of food and wine.

Participating vintners include: Bouchaine Vineyards, Tournesol, Rombauer, Theorem, and On Q. Culinary maestros include top



chefs from the Gulf Coast region and beyond including: Luis Pous of Asia de Cuba, Orion Cordóves of the Savory Restaurant Group, and Ryan McNay & Richard McCord of MARROW, plus more. Vintner Dinner tickets are \$295 per person and include all food, wine and gratuities. This year's main event is themed, "La Vie en

Rosé [Life in Pink]" and is set for Sunday, Feb. 16 at 11:30 a.m. at the Hilton Sandestin Beach Golf Resort & Spa in Miramar Beach. This energy-infused event experience will celebrate the cultural and culinary arts by showcasing world-class vintners, expert spirit purveyors, amazing auction items, and an "electrifying" performance by



award-winning musical guest Vi-oletric. Enjoy reserved table seating, hors d'oeuvres, a full, seated lunch, live and silent auctions, and an all-inclusive afternoon of incredible fun. Tickets to Crescendo! 2020 are \$150 per person and include all food, wine, reserved table seating, performance and valet parking. Tables of 10 may be reserved by calling (850) 460-8800. Sponsorship opportunities are still available.

Proceeds from Crescendo! will benefit Sinfonia and its music edu-

cation programs, which include: musicians/guest artists in schools, free orchestra concerts, bus transportation for students, Sinfonia Youth Orchestra program, Arts in Medicine initiative with Sacred Heart Hospital and LINK UP concerts for third through fifth graders in partnership with Carnegie Hall.

For more information on how you can join Sinfonia's team of volunteers, contact Beth Clavier at (850) 460-8800 and bclavier@sinfoniagulfcoast.org.

Tickets for Crescendo! 2020 are now on sale. For more information or to purchase tickets for Sinfonia Gulf Coast's Crescendo events, visit www.sinfoniagulfcoast.org or call (850) 460-8800.

Emerald Coast Theatre Company Storyteller Series on Stage This Winter

Performances are Thursdays, Jan. 9, 16, 30 and Feb. 6 at 7 p.m.

Emerald Coast Theatre Company's StoryTeller series returns in January with four offerings on Thursday evenings at 7 p.m. January and February. The 2020 lineup that includes "An Evening with Gileah Taylor: A Life Lived in Song" (Jan. 9); "Winston Churchill: Through the Storm" performed by Bruce Collier (Jan. 16); "Resurrecting van Gogh," written and performed by Jason Hedden (Jan. 30); and "Dinner with Booker T" featuring Broadway actor Darryl Reuben Hall

(Feb. 6). All series events will be staged at ECTC's performance space located at 560 Grand Boulevard (upstairs) in Grand Boulevard at Sandestin, located in Miramar Beach, Florida.

The series begins on January 9 with "Gileah Taylor: A Life Lived in Song." Gileah Taylor is a local singer-songwriter and recording artist who has written and released seven albums since her teen years. Gileah will be telling the stories behind selected songs from each era of her

life. Back by popular demand, Bruce Collier will return to ECTC's stage on January 16 to perform his acclaimed one-man show "Winston Churchill: Through the Storm." Travel back to July of 1945 after Nazi Germany has surrendered and Adolf Hitler is dead. British Prime Minister Winston Churchill reminisces about his personal and public life, the war, and the possible future. Moving back and forth from past to present, Churchill recalls his worst

and finest hours.

Actor/playwright/comedian/professor Jason Hedden performs his original work "Resurrecting van Gogh" on January 30. This play is based on the life, work and writings of Andy Martin, a medical student and oncology patient at Tulane University, who conducted groundbreaking research on sinonasal undifferentiated carcinoma (SNUC), an extremely rare form of cancer that eventually took his life. The majority of the performance text comes from Andy Martin's private journals. The production includes a live performance, short documentary and a Q&A about the creation of the work. ECTC's StoryTeller Series con-

cludes on February 6 with "Dinner with Booker T," written and performed by Broadway artist Darryl Reuben Hall. On the 16th of October 1901, Booker T. Washington became the first Negro to dine at the White House. Through song and dance, multiple characters are portrayed in this solo show in which Mr. Washington recalls the joys and racial aftermath of this infamous dinner.

Tickets are \$30 per event with senior, military, and student discounts available. A subscription to all four is just \$99. Purchase tickets online at www.emeraldcoasttheatre.org/on-stage or call (850) 684-0323.

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Anne Hunter Gallery Hosts Jeremy Dennis "Escape to Create" Exhibit

This January

The General Public is invited to join Anne Hunter Galleries in welcoming Escape to Create artist, Jeremy Dennis. The exhibition will run through January 31st. Mr. Dennis is a contemporary fine art photographer and tribal member of the Shinnecock Indian Nation in Southampton, NY. His stunning visual narratives examine indigenous identity, assimilation and traditional storytelling. Among his many honors and awards, Dennis was one of only ten national recipients of the 2016 Dreamstarter Grant from Running Strong for Our American Indian Youth for his series On This Site. His Escape To Create residency will advance his next researched series called Rise. He offers a digital portrait and collage workshop based on storytelling traditions.



medium of photography, and my specific method of creating photorealistic, yet supernatural, images is to transform these stories from myths and legends on a page to depictions of actual experience in a photo. Using photography's power to mirror reality, the stories subscribe to the modern standard of perceptual spiritual belief. The themes, aesthetics, morals, and stories of each image attempt to give Native American culture a contemporary agency to discuss the taboos of post-colonialism and universal global themes.

For more information please visit: www.jeremynative.com and www.escape2create.org.

About Anne Hunter Galleries

Anne Hunter moved to Santa Rosa Beach, Florida, in 2004, and opened cafes and art galleries in the new urbanist commu-



nities of Alys Beach, Watercolor, Rosemary Beach and Seaside. In 2010, she moved part-time to SoHo, New York City, to scout emerging artists while becoming a freelance writer. Her art gallery, Anne Hunter Galleries is located at 25 Central Square in Seaside and is dedicated to preserving the primitive, contemporary and modern art of the new urbanism. For more information, contact: Anne Hunter | 214.641.1048 | anne@annehuntergalleries.com | www.annehuntergalleries.com



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Intentions versus Resolutions



BY MELANIE STEWART

There's something so refreshing and exciting about January and the start of a new year; a blank slate, a chance to renew

our commitments to what's working in our lives, and a chance to let go of what's not. And now it's February — which means the motivation of January may have worn off, and you might be re-evaluating what you plan on accomplishing this year. Maybe you're like the majority and you've already broken one or more of your resolutions. Don't be dismayed.

Rather than setting resolutions to "be better", and then feeling bad if you break them, setting intentions can open up a new way of thinking and even increase your chances of success by allowing for a wider range of actions. For example:

the resolution to lose weight could become the intention to be healthier, which includes unlimited choices from getting more sunlight, to eating less junk food. With that in mind, here are some New Years Intentions I highly recommend:

Dump all processed food from your diet. Degenerative, chronic diseases came with our modern processed food diets and will go if you stop feeding them the sugars, grains, and starches that they need to do their damage. Instead, consider making your own salad dressings, soups, salads, etc.

Eat whole foods. A 100-calorie packaged snack is not the same as a 100-calorie apple because the fiber present in the apple slows the rate at which sugar enters the bloodstream. This helps to prevent a blood sugar spike, and subsequent fall, which can help reduce food cravings.

Eat organic whenever you can.

Eat a low insulin producing diet. Insulin is a hormone, the key hormone in both weight issues and chronic health is-

sues. Humans do not have the ability to eat sugars, grains and starches on a regular basis and stay healthy. Why? Because we have existed and evolved on diets of little to no sugar/grains or starches and we developed this amazing genome of ours eating a high fat, moderate protein, with filler fibrous veggies with virtually no carbs. Only red blood cells require glucose, and less than a teaspoon per day. Our body can literally make that much glucose in its sleep, without eating a single carb.

Stop looking at weight as a calorie issue. There is nothing fun about counting calories and the whole "calories in vs. calories out" theory has been debunked. Not all calories are created equally and counting calories will not help you lose weight if you're consuming the wrong kind of calories. For example, proteins are more satiating than starches and require more energy to metabolize. The net result is you feel less hungry while burning more calories. Not that we're counting!

Include Healthy fats. Our

evolutionary diet provided ketones for energy from fat, the preferred energy source for your heart, kidneys, brain, muscles and other tissues. Further, healthy fats have the least effect on insulin which helps maintain balanced blood sugar levels while providing usable energy to the body.

Make exercise a priority. There is nothing less healthy than sitting all day at work and then sitting away your free time in front of the television, computer or even reading a book. I enjoy all of those things as well, but not at the expense of moving my body!

Manage your stress. Grounding on the beach, yoga, deep breathing exercises, adequate rest, social support, singing and meditation are all scientifically proven to enhance your health and, best of all, they're FREE!

Melanie Stewart has written 2 books for children (Yum Tum, Good Food is Fun! and Yum Tum, We Get it Done!) and one for adults (Yum Tum For Everyone!) all available on Amazon or at: <https://www.yumtumnutrition.com/> All content is commentary or opinion and is protected under Free Speech laws. It's not meant to give individual medical advice or to make any health claims on the prevention or curing of diseases.

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Walk an Hour in Their Shoes

BY EMILY ROSE PROCTOR,
DIRECTOR OF OUTREACH

Caring and Sharing of South Walton

Maybe you're like me and have been fortunate enough to have always had a roof over your head and enough money in the bank to be able to pay your utility bill AND your rent AND be able to afford your prescription. Or maybe you've been helping others so long that you've forgotten what it's like to be on the other side of that assistance. Or maybe you already know what's it is like to try to survive in this area for less than \$15 an hour... without sufficient affordable housing ...without the option of public transportation when your car breaks down... but you long for a way to work together with others for change.

Whatever your relationship to poverty, I encourage you to consider joining Caring and Sharing of South Walton for the Cost of Poverty Experience (COPE) on January 25, 2020, from 8:30 a.m. to noon at the South Walton



Boys and Girls Club (427 Greenway Trail, Santa Rosa Beach).

The Cost of Poverty Experience is a poverty simulation role playing game that offers up to 80 participants (ages 10+) a glimpse into the lives of low-income individuals and families living in our community. By being assigned particular family roles and interacting with community agencies, participants get a taste of the obstacles that are faced, the decisions that have to be made, and the consequences for those struggling to make ends meet.



Afterwards we will reflect together on the experience and what we can do to help under-resourced families in our area. The event is open to the public for a suggested donation of paper goods/ plasticware or a cash or check donation to "Caring and Sharing of South Walton-COT".

There are also opportunities for those connected with local service providers, churches or nonprofits to volunteer to help run the simulation. It's a great way, on the weekend after MLK Day (and the 30A Songwriter's festival!), to honor the Rev. Dr. Martin Luther King, Jr.'s legacy of fighting poverty.

Last year approximately one hundred people attended, including quite a few from local youth groups. One unanticipated impact was shared with me later by Brian Lowe, the Executive Director of the Children's Volunteer Health Network. According to Lowe, after experiencing first-hand in the simulation the transportation challenges that many of their CVHN clients face, he and his board decided to go completely mobile with their services, selling their administrative office and dental clinic in order to better provide services by going directly to their clients 100% of the time. To register as either a participant or volunteer (space is limited, so please do!) visit: <https://www.awfmc.org/eventdetail/13010623>. Child-care is available upon request.

As a side note, I am so grateful to announce that the ministry of SoWal Community Chaplain, Inc, will continue as part of my new position as Director of Outreach at Caring and Sharing of South Walton! The resources that can be found on www.sowalchaplain.org will be moving to <https://caringandsharingsowal.org/>, but you can continue to reach me at 850-783-0237 and emilyproctor.cot@gmail.com.



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Ascension Sacred Heart named one of the Nation's 50 Top Cardiovascular Hospital

Pensacola, Fla. (December 12, 2019) – Ascension Sacred Heart Pensacola has been named as one of the nation's 50 Top Cardiovascular Hospitals by IBM Watson Health™.

The recognition is based on IBM Watson Health's annual study that spotlights the top-performing cardiovascular hospitals in the U.S., based on a balanced, objective scorecard of publicly-available clinical and operational data.

This is the third time in the past five years Ascension Sacred Heart's Pensacola hospital has been recognized with this honor.

"This award is a well-deserved recognition of the expertise and quality of care provided by our cardiovascular specialists -- both the physicians and all of the hospital staff who care for

our cardiac patients," said Tom VanOsdol, president and CEO of Ascension Florida. "The study determined that our Pensacola hospital is able to deliver

of care as those treated in the award-winning facilities:

- More than 11,000 additional lives could be saved;
- More than 2,800 additional

vascular Hospitals study are identifying opportunities to deliver healthcare value to patients, communities, and payers," said Ekta Punwani, MHA, 100 Top

dergo coronary bypass surgery or non-surgical procedures to treat narrowing of the coronary arteries.

- Complication rates for patients who had heart bypass surgeries and interventional procedures
- Readmission rates within 30 days of hospital treatment
- Average length of hospital stay for cardiac patients
- Average cost per case

The study analyzed the two most recent years of federal Medicare data collected on cardiology patients. The researchers found that winning hospitals delivered significantly higher inpatient survival rates with fewer complications. The study included 989 U.S. hospitals with cardiovascular service lines.

For more information, visit www.100tophospitals.com.



Ascension Sacred Heart

better outcomes for patients while operating more efficiently and at a lower cost."

Based on the results of this year's study, IBM Watson estimated that if all Medicare inpatients received the same level

heart patients could be complication-free; and

- Over \$1.5 billion could be saved.

"By finding ways to continuously improve and innovate, the winners of our 50 Top Cardio-

Hospitals® program leader at IBM Watson Health. "The top performing hospitals demonstrated better clinical care and were more efficient than their peers at delivering this care."

Some of the measures used in the study included:

- Inpatient mortality rates for patients who have heart attacks or heart failure, or who un-




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The Real Dope on Medical Marijuana



BY DR. RICHARD CHERN, M.D.

We never stop learning. Many of the things once considered good or

healthy are now considered bad or dangerous. And there are just as many we considered bad and dangerous that are now considered good and healthy.

Some people still argue the effectiveness of seat belts. The FDA has removed over 75 different drugs from the market that were previously FDA approved as beneficial. The psychoactive part of mushrooms, psilocybin, is now

showing benefits in depression and addiction. The “best diet” has changed so many times in the last 20 years that even I’m not certain what I should or shouldn’t be eating anymore. Well, I know which list the Gummy Bears and Oreo’s are on.

As the future comes, I believe the scientific discoveries of what good and bad truly is will occur faster than our society’s ability to accept these realizations. I am already seeing it happen. As a physician I have seen massive changes in medicine but many of the best advances in medicine are still not accepted by much of the medical community.

Medical Marijuana is a topic that challenges not only the medi-

cal community but also our social norms and beliefs. Marijuana has been considered bad for so long that to suddenly accept it as beneficial to an entire community is very difficult. I remember “Just say no!” and “This is your brain on drugs” as well as the decades of anti-marijuana commercials. Are we now supposed to change our entire social view on this “evil” substance?

I think the answer is yes. I grew up as a very straight-laced kid and had a difficult time with the thought of “Medical” marijuana. At the beginning I believed it was a pathway to achieve legalized recreational use and it had no place in medicine. So when Florida began the process of allowing

medical marijuana I immediately began researching the topic.

After extensive research I began to accept that medical uses for marijuana did exist. And, since becoming a state approved prescriber over a year ago, I have learned first hand that MEDICAL MARIJUANA DOES PROVIDE A MEDICAL BENEFIT that often no other known medication can!

Unfortunately, much of society still sees marijuana as “Evil” which keeps many from considering it as possible treatment. I have seen improvements in depression, anxiety, Parkinson’s, neurologic disorders, insomnia, severe pain, and even addiction.

If you have been told you might

benefit from marijuana, THC or CBD but have reservations about using it, I challenge you to look inside yourself to think about where your reservations come from. Many times our reservations to new treatments are from bad information we were fed many years ago. It was not that long ago that smoking cigarettes was considered healthy while wine and chocolate were considered bad.

Dr Richard Chern, MD prescribes medical marijuana to qualified individuals. He also provides Hormone Therapy, Thyroid Optimization, Peptide Therapy, and Opiate Dependency Treatment in Miramar Beach and Pensacola. Call today for an appointment 850-837-1271.

South Walton Mosquito Control 2020 Update

BY CAMI ADAMS

It’s a bug’s life at South Walton County Mosquito Control District (SWCMCD), and as your new entomologist, my job is to research and identify the pesky mosquitoes that love to plague us. Pest management is an important part of our thriving community, as control of these critters means more time to spend outside enjoying our sugar sand beaches. However, prior to 1964, there was no mosquito control program in this region. In those days, South Walton was little more than a swamp. People and supplies arrived by ferry across the Choctawatchee Bay, and when it rained, flooding limited transportation around town to boats. The land made farming difficult, and bugs were so bad that cattle could be seen



in the Gulf with nothing but their noses sticking out of the water. The early 1960s brought paved roads and the beginnings of tourism, but insects such as biting flies, noseums, and mosquitoes made residing in the area difficult. Seeing a need for action, the Lions Club and one of its members, Vernon Bishop, petitioned residents to create a mosquito district to combat these pests, and on May 26, 1964 the South Walton County Mosquito Control District was born. Today, Vernon Bishop is accredited as the Father of mosquito control in our area, and our district is dedicated to him and his service to our community.

South Walton, of course, looks much different today than it did in the 1950s. Development

continues to grow, and tourism increases, but the need for mosquito control has become no less important. While swampland and marshes are being replaced with commercial and residential development, mosquito control has shifted to include the needs of an urban landscape as well. Mosquitoes breed in many environments, from ditches to buckets to drains, and much of pest management involves proactively finding these breeding sites and controlling the immature mosquitoes, or lar-

vae, before they hatch. This past October marked our bi-annual treatment of storm drains within SoWal, totaling 8,636 drains. Although this is the highest number we have treated to date, this number continues to increase as development persists. With these growing needs, SWCMCD continues to work diligently so that residents and visitors alike may continue to enjoy our beautiful life here in South Walton.

SWCMCD’s Entomologist, Cami Adams, may be reached

at 850-267-2112 or lab@swcmcd.org. Florida has a very broad public records law. Email communication, including your email address, any attachments and other email contents, may be subject to disclosure to the public and media. If you do not want the content of your email or your email address released in response to a public records request, do not send electronic mail to this entity. Instead contact this office by phone or in writing.

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Ask Doctor Marty

Memory Loss and Alzheimer's



By MARTY KERNION, PH.D

QUESTION: I am having a terrible time with my memory and can't seem to focus. Alzheimer's disease runs in my family and I'm concerned. What can I do?

ANSWER: There are lots of things you can do from a natural viewpoint that can help you with mental focus and memory. Many people use the term Alzheimer's when they actually mean demen-

tia. Alzheimer's is one type of dementia. So ask yourself these questions...

Do you use artificial sweeteners? Yes, eliminating artificial sweeteners has helped many people with memory problems.

How much exercise are you getting? Even a simple exercise like brisk walking can bring circulation to the brain, which can help memory and mood, level out blood sugar, and give you more energy and mental focus. Mental exercise, like crossword puzzles can exercise the brain also.

Do you have any issues with blood sugar or hormone imbalance? Blood sugar and hormone imbalances can affect brain function and give you fuzzy brain. Yes, that's a medical term. Well...maybe not.

How much water do you drink? The brain must be hydrated to function. Take the



number of pounds that you weigh, divide that in half, and that's the number of ounces of water or herbal tea you need in a day.

Do you eat a diet rich in B vitamins? B vitamins can lower homocysteine which can increase the risk of dementia.

Are you under prolonged stress? Stress can alter the way your brain works. There is compelling research that concludes that stress is often a trigger for

Alzheimer's.

Do you get seven to eight hours of deep sleep daily? The brain needs rest to recuperate and recharge.

Do you have allergies? Common triggers like gluten and casein (in milk products) can cause brain malfunction.

Do you experience social isolation or depression? These factors can increase the risk for loss of memory and mental focus.

The Alzheimer's Associa-

tion advises us that one in eight Americans over 65 suffers from Alzheimer's. Based on current trends, by the year 2050, that number may increase to one in four Americans. We are all wise to do whatever we can to prevent this horrible disease by taking a natural approach to brain health.

Marty Kernion, Ph.D. is not a medical doctor. She has a doctorate in naturopathy. Naturopathy uses natural, gentle ways to bring our bodies back into balance so that they have the God-given ability to heal themselves. She is a retired professor of herbal medicine and nutrition and has written 39 college level courses in natural approaches to health. She has published two books on natural health. She can be reached on askdoctormarty@cox.net for scheduling a class or consultation, or for sending in your questions for this column.

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Biscuit



BY SEAN DIETRICH

CRACKER BARREL—I am eating breakfast with a cute date. My date is a baby. A fat baby. She is my niece, Lucy. I love fat babies. They do something to me. They make me feel like the world is warm and squishy. When I hold Lucy, I feel nothing but squish. It's as though the entire world is one big wonderful bouncy castle with all the cynical people standing outside, and all the happy people jumping inside, playing tag, laughing, and eating popsicles. Maybe it's Lucy's fat little thighs. You should see them. They are Virginia hams. I could just eat her. And her cheeks. They are big and round, and when you kiss them you taste baby. Babies have a taste and smell. Their skin is so new that it gives off a fresh scent. It's the same idea as new vehicles with new-car smell. This year, my wife and I bought a van that we use for traveling to my speaking engagements. It's not

a new van, mind you. In fact it's not even a pretty van. It looks like the kind of utility van that Lab-Corp medical professionals drive when collecting urine samples from reputable places of business.

But it is the newest car I have ever had, and it still has new-car smell. Sometimes I just sit in our van and breathe in and out until I get a headache. Still, new-car smell is not half as nice as new-baby smell. Babies smell like flowers, and lavender, and cheese grits, and cookies, and biscuits. Here in Cracker Barrel, I am watching Lucy demolish a biscuit with her bare hands. She is wearing a pink ribbon around her head and a floral-print onesie. She is a non-stop eating machine. All she does is eat. She finishes the biscuit, then starts eating strawberries, yogurt, four strips of bacon, eight sausage links, a supreme pizza with Canadian bacon and extra peppers, and two live goats. That's how I know that Lucy and I are soulmates. I was a fat baby. My mother said I would eat anything put before me. Even liver. My father loved liver and onions. So did I. Sometimes we would eat liver and onions together, contest-style. And even when I was a kid, I could outdo my father. He'd start falling apart after two livers. I could down four or five and still have room for pound cake.



I still love liver and onions, but it's very difficult to find in restaurants these days. I guess modern Americans don't like to eat the internal organs of animals. But I like them all. Hog livers, chicken livers, beef livers, you name it. The only place I can find liver these days is at a little joint named Annie Pearl's, outside Dothan, Alabama. The liver is top notch. Tell them Sean sent you. When Lucy eats, I can't help but admire her because I remember when she was a newborn with meningitis. It was frightening. Doctors weren't giving us a lot of hope.

My wife and I spent New Year's Eve at the hospital with my sister in ICU. When the clock struck midnight, my wife was holding Lucy against her chest. Meanwhile, I was back at our pet-friendly hotel, taking our dogs out to pee. And I'll never forget that holiday. I looked up at the sky. The brand new year was only seconds old. There were fireworks, people cheering in the distance. And I was talking to the sky. "Please," I was saying. "Let Lucy live."

A lot of other people were saying the same thing. And a few days later, Lucy pulled through.

Her skinny body went from tiny to large and in charge. When I hold her fat little feet, or smell her new-baby smell, I think about that. I am not only grateful that she is healthy, but that she is part of our little family. I feel the same way about Lucy as I once felt about Lucy's mother, my kid sister. It was difficult watching my baby sister turn into a woman. It stung a little bit, I don't know why. Our father died when my sister was so young, so I was all that was left. During childhood, my sister needed someone who had answers. So I pretended to have all the answers, even though I was about as intelligent as ditch water. I enjoyed being her answer man. And when she didn't need me anymore, it was bittersweet. I gave my sister away at her wedding. It was a simple courthouse wedding. My father should have been there to do it, but he was not alive. So I did it. It was hard to hold myself together that day. I've always been a little bit of a cry baby, but big days make it worse. My sister has made a life for herself. A good one, too. It has a lot of love in it. And it has many biscuits. I watch her healthy, fat baby destroy the biscuit. I smile. Lucy smiles back at me. I know that this is as close to heaven as a man can get without being dead. There is just one thing missing. It's too bad Cracker Barrel doesn't serve liver.

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A Platitude on Ethics, Part 1: Is it Time to Change Jobs?



By Kirk McCauley

Today, more than ever perhaps, we crave leaders who demonstrate high standards of personal conduct and integrity. The preponderance of information we see, read, and hear seems to argue a reality that is

otherwise: Violations of ethical standards. Investigations. Whistleblower testimony.

The desire for moral and trustworthy leadership is a yearning throughout society: in our organizations, in our government, in our schools, in our homes. It is a subject that to me is serious as well as personal.

Several years ago I was completing requirements for Life and Career Coach training. One of the topics I was required to write on was ethics in the coaching industry. I came across that paper recently while doing some continuing education training finding it to be as fresh now as it was then.

Here's my story. In 2015 I was the Human Resources Director for a large public organization in the Midwest. Al-

though our institution did not have a formal function of Chief Ethics Officer, I more or less also acted in that capacity. Earlier that year a new administration had been elected to lead the organization. As is often the case when a power shift occurs, this team arrived with fresh ideas and a commitment to correct the "errors" of previous governance.

Without digressing into too much detail, the new leadership team presented an agenda for creating job assignments and titles, some for those who played key roles in the election campaign. As part of my job responsibilities as HR Director, by organizational charter I was required to classify positions in accordance to internal and external compensatory equity. In

one instance I responded with a recommendation that was not favorable to the desires of the Administration although some alternative remedies for achieving a similar result existed and were shared. Rather than pursue these ideas, a policy was put forward and passed which left little doubt was intended to retaliate against my recommendation. This action not only placed me in an uncomfortable position of ethical compromise, but launched a period of feeling targeted and jeopardized.

Through the Grace of God and a devotion to upholding a standard of behavior attempting to respect honor and principle I survived a difficult couple of years until such time that I was in a position to move to Florida and launch my coaching practice fulltime. Although it was valuable educationally, it was aggravating and stressful. Through it, however, I gained an even stronger appreciation for the courage of those who "blow the whistle," and possess and cling to their moral compass.

We live in a libelous time. The tendency can be to seek what benefits one or a few personally vs. what best serves the good of the whole. Self-preservation is paramount; the risk of accountability in many cases feared. Yet in spite of all these draws and pulls to forsake integ-

riety, the leaders who stand above the rest are those who embrace a core set of ethical practices.

The passion for virtue reminded me of a piece from a 2002 article written by former college football coach Bill Curry entitled "It's All in the Correct Response." In it Coach Curry shares a hypothetical (perhaps) conversation between a head coach and his assistant.

The assistant pulls you aside and asks,

"Did you say we were going to follow every single rule?"

"Yes, every one."

To which he says, "What if we get fired?"

And the answer is, "Then we'll get another job."

Next: "A Platitude on Ethics, Part 2: Should I Really Get Another Job?"

A graduate of the University of North Texas, Kirk McCauley is a Certified Professional Coach as well as a Professional in Human Resources (PHR) and SHRM-CP Certified. He also is a Production Assistant for both college football and basketball for ESPN and leads group cycling classes as a Certified Spinning instructor. Contact kirk@theseedsowercoach.com, theseedsowercoach.com, or call 314-677-8779.



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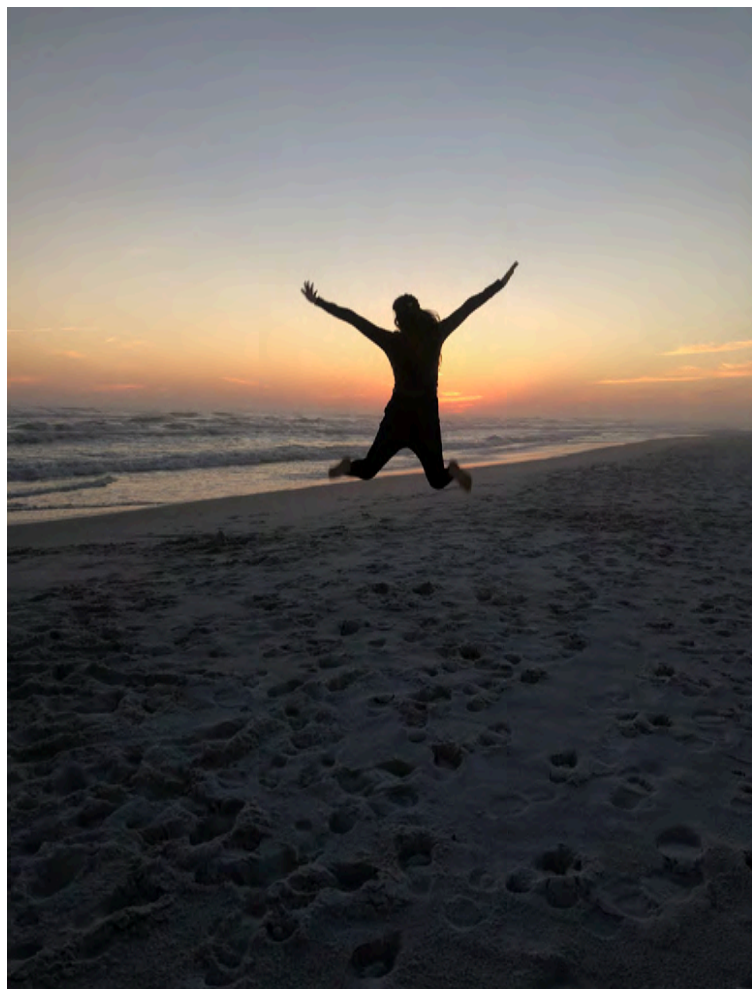
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The Lotus Life; Happy New Year!

BY LAUREN CATANESE

The new year always brings about change. Change is a way of life. It is the ultimate passage from what you were to what you can be. Knowing that deep down we all have an inherent mission, a divine destiny programmed into us for the greater good of all mankind. What's your destiny? Your mission? You are more aware of what it is than you realize. It might get covered up because we feel it's too small, or too insignificant or that it's simply not enough. But why not give it a go? Why not try and see what experience we gain, what memories we make and what lessons we learn?

Life is not about being stationary, still and conforming. Life is about chance, opportunity, and risks. Failing and falling just to get up and finally succeed. Life is what you make it. It's always a choice. So with this grand choice that you are empowered to make every day, every second, every moment of your life...what will you choose? Will you choose the norm, status quo, or what everyone else around you does? Or will you venture into your own heart, listen to your own guidance, and dare to shine your gifts and your purpose with the world? It's a



new year and if you are reading this then you are already lucky. You have been given a great gift called life. Make a choice now to live today better than you did yesterday. Reach within yourself and discover the amazing

person you are and expose what you love. Be who you are authentically created to be. That is a mission in itself. And when we set out on a journey of self-discovery the world opens up and we align with the universe and

everything is possible. Happy Manifesting!

A meditation for manifesting:

Find a quiet space that you will be uninterrupted for the next few minutes. Close your eyes. Inhale....exhale. Keep going. Deep inhales filling up your entire belly...and then exhale it out. Soften your eyes, your mouth, your face....soften your entire body from your head to your toes. Let go. Come into a space that feels connected and aligned. A space that you feel safe. Breathe into your heart. Feel it expand with every inhale and feel it grow wider on the exhales. Imagine that you are standing in front of yourself from sometime in the future. Where are you? What are you wearing? What are you doing? Who is with you? See every aspect about yourself. How are you acting? What are you saying? See a vision of yourself... living the life that you want to live. And with that image in your mind's eye, begin to notice how you are feeling. What emotions are coming up for you? Do you feel happy, peaceful, abundant, safe, healthy, loved, free or empowered? Whatever feelings are coming up allow them to fill your entire being. Allow the feelings to take over and completely embrace you in this moment.

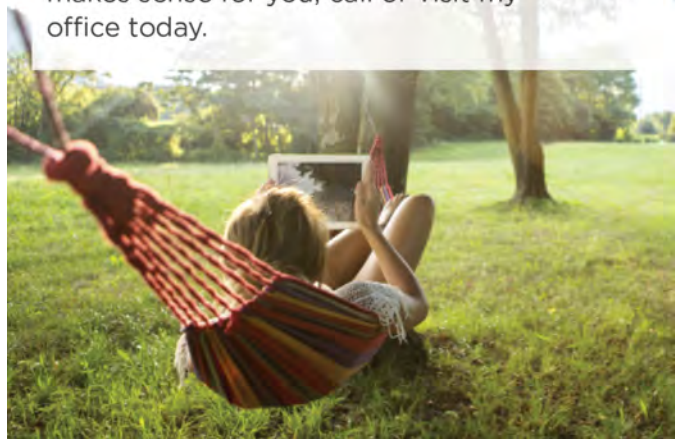
Allow these feelings to become present for you. Breathe them in. Now go back into this space as often as you can throughout the day. You are conditioning your manifestation muscles. What we feel on the inside is what we will attract. So by bringing the emotions and how you want to feel into the present and feeling them then you will bring to you that which will bring about the very emotion that you are emitting. Life is a series of emotions that we give and receive so feel your way to your happy place. Follow your bliss.

Fun Happenings this month!!! The Annual 30A Songwriters Festival in January is one of my all-time favorite events. If you haven't been yet get your tickets and info at www.30asongwritersfestival.com

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Musing

A Pastor's Ponderings



BY REV. PETE HYDE

The old car rolled to slow stop at a bleak and abandoned intersection literally in the “middle of nowhere.” The driver looked down at his quickly scribbled instructions. Had he come four miles or five? Perhaps it was only three because he was paying more attention to the talk show on the radio than keeping track of the miles. Only a couple of things were certain. He was going north out of town and he needed to turn west and travel five miles to get to his destination. But, he had lost count of how far he had gone. What now? There were not street signs on dirt and gravel section-line roads – only rows of wooden, barbed-wire fence posts heading in paral-

lel rows in all four directions all the way to the horizon. A white-faced steer looks up from his lazy grazing like an old man looking up from his paper as he sits on the park bench and watches the tourists try to find their way through town. The old steer almost seemed to smile through his cud-chewing as the car sat at the cross-roads containing a confused, lost driver. Almost in desperation, the driver uttered a half-hearted prayer, “O Lord, which way am I supposed to go?” not really expecting an answer. The old steer just snorted and returned to his grazing.

We have all sat at lost, deserted, empty cross-roads having lost count of the miles we have traveled and not sure where to turn. We might have even scribbled a few notes to help us on our way, but even those have become more of a hindrance than a help. We sit lost and alone gazing to the horizon in all directions seeking just one point of familiarity – one thing that would give a clue of where we were and where were we were supposed to go.

We have all uttered that prayer: “O, Lord which way am I supposed to go?” It might have been more of a statement made

in anger and frustration. We may have not meant it as a prayer at all and uttered it as a rhetorical question. We may have not really been expecting an answer in any form. But, depending on the situation, the question may have been a true pleading with God to give us an answer and guide us in a decision at a critical cross-road of our life. We may have been at the point of throwing up our hands in desperation and anger at God or anyone who even looked the least bit like they cared and exclaimed at the top of our voice with our fist shaking in the air:

O LORD, WHICH WAY AM I SUPPOSED TO GO? You gave Moses a burning bush. You called Peter to step out of the boat and walk on water. You calmed a storm more than once. You fed the five thousand. You carried Jonah to Niniveh. You gave a clear message to the

prophets. You told the disciples what was going to happen in Jerusalem. You say you know the number of hairs on my head. You say you know when even a sparrow falls from the sky. Lord, I am sitting here at a cross-road not knowing which way to turn. Couldn't you just tell me, show me, guide me? Why did you make this so difficult? You did it for others, why can't you just do it for me?”

The worn, tattered bible on the front seat rustles in wind. The noise distracts his ponderings and pleadings. He glances down at the open page. “Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young

men will tumble and fall; but those who hope in the Lord will renew their strength. They will mount up on wings like eagles' they will run and not grow weary. They will walk and not faint.” (Isaiah 40: 28-31)

He quickly wipes a tear running down his cheek as an old battered pick-up pulls up next to him. “You lost?” “Boy am I lost!” was the reply. “Who you lookin' for?” “I'm headed to the Haines'.”

“One more mile north, then west five. House is on the north side. White pick-up parked in the drive. Jack will be glad to see you!” The old, white-face steer picks up his head and almost smiles again, turns and ambles his way to a new spot in the pasture.

Rev. J. Pete Hyde, Senior Pastor
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The Three "Rs"

BY RICK MOORE

Reading, writing and arithmetic are commonly referred to as the "Three Rs." This phrase first appeared in "The Ladies Magazine" in 1818. It seems like someone at that magazine was really hooked on phonics. Obviously, only one of these words actually begins with the letter R. While reading, writing and arithmetic are very important, there are three "Rs" which can be even more life changing. They are: (or as they would say in 1818) They R: Restoration, Resolution and Revolution.

Restoration Hardware is one of my favorite stores. Even though their products are new, many of them look like antiques which have been refurbished. Much like young people purchasing new jeans with holes in them or shirts made of materials which look faded, there is something cool about identifying with the past. But true restoration takes time. Whether stripping and old piece of furniture, refurbishing a '57 Chevy, or restoring our relationships, it takes time. Have you ever tried to restore a botched relationship? It's not easy. Maybe it's impossible. Maybe you could do it, but it wouldn't be worth the time, energy and resources. In today's "throw away society" many people miss huge oppor-

tunities by walking away from what is damaged. Can something be restored and become even better than it was originally? That may depend on the definition of better, but the answer is yes. A restored marriage can be better than ever before. A relationship between a parent and a child can be better than ever before.

What comes to my mind when I hear the word resolution may be different than most because I spend much of my time evaluating technology. High-definition, 4-K, dots per inch, and megapixels all describe the amount of "resolution" a monitor, printer or camera has. It is a matter of degree. The same is true for making a New Year's Resolution. Losing weight, working out and being a nicer person are all matters of degree. Even if you made the same resolution last year, you can go deeper this year. Think of a corkscrew. Each time it goes around it goes deeper. Some people who read the bible all the way through each year speak of going deeper in their understanding each time

they read it. They see things they didn't notice before. We can go deeper in our understanding of nutrition or how to obtain better sleep. Perhaps we do not need more new resolutions as much as we need to be more resolved.

Most of us think of war when we hear the word revolution. Similar to the word revolve, it means to experience a complete turnaround. When a person goes from zero exercise to exercising every day, they are experiencing a revolution in their life. When one goes from eating several sweets a day to zero sweets, that is called a revolution. Some problems in life can not be sufficiently dealt with by incremental change. Maybe

your challenges require an all out war, a revolution, a complete turnaround from whatever is holding you back.

While walking near a commercial dock, I came upon a boat

that appeared to be in desperate need of repair. I do not know any details about the vessel. It may be a casualty of a hurricane. It may have leaks. The engine may not work. Perhaps there was a fire. It definitely has rust. It's possible the cost to repair it may be more than it's worth. But this one thing I do know; it didn't completely sink! As long as that boat is not on the bottom of the ocean, there is hope. The same can be said of your life. Whether you need a restoration, a resolution or a revolution to get back to where you want to be in life, today can be a new start. The possibilities are endless. "R" you ready?



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 Dining

Beach & Brew on 30A to Host Healthy-Living January Event to Benefit Food For Thought

South Walton's newest taproom, Beach & Brew on 30A, will host its third community event titled "Sip, Stretch & Savor" on Saturday, January 11, 2020 featuring a Cour Yoga class and brunch by Raw & Juicy. To kick off the new year, Beach & Brew is bringing together local community partners for a healthy, rejuvenating morning event. Beginning at 11 a.m., join Courtney Connell, owner of Cour Yoga, for a relaxing one-hour and 15-minute yoga session followed by a complimentary beverage of choice from Beach & Brew along with an acai bowl brunch courtesy of Raw & Juicy. The cost to attend is \$20 and guests are asked to bring their own yoga mat and towel. A portion of the proceeds raised from the event will ben-



efit Food For Thought Outreach Inc., a 501(c)(3) not-for-profit organization based in Santa Rosa Beach, Fla. that provides backpacks filled with healthy, easy to prepare food for students who are dependent on free or reduced school meals. Event goers

are asked to bring any non-perishable food items to donate to Food For Thought on the day of the event. Space is extremely limited. Please email jessica@proffittpr.com to reserve a spot. To learn more about this event, visit the taproom's Facebook page: Beach & Brew on 30A.

Beach & Brew on 30A opened its doors on June 1, 2019 in Peddler's Pavilion located at 10343 East County Hwy. 30A, Unit 110. Owned by Seagrove Beach residents Lisa and George Shultz, Beach & Brew on 30A features 30 taps divided into 27 beers, two wines, and a root beer. The beers come from various local breweries including Idyll Hounds Brewing Com-

pany, Grayton Beer Company, and Destin Brewery. In addition to the local brews they serve on a daily basis, the team at Beach & Brew on 30A serves wine by the glass or bottle, frozen margaritas, frosé, and plenty of branded merchandise including t-shirts, hats, and stickers. Happy hour

is from 4-6 p.m. every day and features \$1 off pints of beer and \$1.50 off eight-ounce glasses of wine. For more information about the taproom and future events, please visit www.beachandbrew30a.com or follow Beach & Brew on 30A on Facebook and Instagram.



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Healthy Living Recipe of the Month; Zucchini Chili Cornbread Casserole

BY BARBARA DAY, M.S., R.D.

This casserole is a family favorite. I always use black beans because I prefer black beans and they are higher in dietary fiber and other nutrients compared to other beans like kidney beans. If there are leftovers, the good news is that it's excellent warmed up!

Per Serving: 370 calories, 17 grams protein, 5 grams of fat, 68 grams of CHO, 21 grams of fiber, 887 mg sodium.

Preparation Time: 10 minutes
Cook Time: 5 minutes
Bake Time: 30 minutes

Serves: 6

Ingredients

- 1 tbsp oil
- 1 pound zucchini, chopped (about 4 cups)
- 1 red or green bell pepper, cut into 1-inch pieces
- 1 rib celery, thinly sliced
- 1 clove garlic, minced or 1/8 tsp minced garlic
- 2 cans (15- oz each) black beans

or kidney beans, rinsed and drained

1 can (28 oz) crushed tomatoes, undrained

1/4 cup Frank's® RedHot® Original Cayenne Pepper Sauce

1 tbsp chili powder

1 package (6 oz) cornbread mix or ingredients to make homemade cornbread

Instructions

Preheat oven to 400 degrees. Heat 1 tbsp oil in skillet over medium heat. Add zucchini, pepper, celery and garlic. Cook and stir 5 minutes or until tender. Stir in beans, tomatoes, hot sauce and chili powder. Heat to boiling, stirring often. Prepare cornbread mix according to package directions. Pour ingredients into a large glass baking dish. Spoon batter on top of chili mixture, spreading to 1/2 inch from edges. Bake until 30 minutes or until cornbread is golden brown and mixture is bubbly.



Shopping List

- 1 pound zucchini
- 1 red or green bell pepper, celery
- 1 clove garlic
- 2 cans (15- oz each) kidney beans or black beans
- 1 can (28 oz) crushed tomatoes
- Frank's® RedHot® Original Cayenne Pepper Sauce
- chili powder
- 1 package (6 oz) cornbread mix

Homemade Cornbread Topping

- 1 1/4 cups all-purpose flour
- 3/4 cup cornmeal
- 1/4 cup sugar
- 2 tsp baking powder
- 1/2 teaspoon salt (optional)
- 1 cup skim milk
- 1/4 cup vegetable oil
- 2 egg whites or 1 egg, beaten

Instructions

Heat oven to 375 degrees. Combine dry cornbread ingre-

dients. Stir in milk, oil and egg, mixing just until dry ingredients are moistened. Stir chopped green pepper into chili mixture. Pour chili mixture into an ungreased 8-inch (2-quart) baking dish. Sprinkle with cheese. Smooth cornbread ingredients evenly over cheese. Bake for 30 to 40 minutes until golden brown.

Barbara Day, M.S., R.D., is a registered dietitian with a Master's Degree in clinical nutrition. The former publisher of Kentuckiana HealthFitness Magazine, Kentuckiana Healthy Woman magazine and radio show host of Health News You Can Use, Barbara has over 45 years of experience in promoting healthy lifestyles to consumers. Barbara worked as Sports Performance Nutrition Consultant to the Navy SEALs (8 years) and the University of Louisville Athletic Department (10 years). Barbara is a power walker, cyclist, hiker, a mother and grandmother to 13 grandchildren.

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 Music

30A Songwriter Radio Artist Spotlight: Logan Pilcher



By JOSETTE RHODES

Every so often an artist comes along with that little something special. As you hear their song, you find yourself listening a bit deeper; you feel your head tilt as you pause to catch every tone and word. A hush will move through the audience as the attention of the crowd is captured by an uncommon talent. Allow me to introduce to you, a young man who embodies that something special, Logan Pilcher.

Logan Pilcher is an indie folk artist whose writing style was birthed at open mics across the panhandle. His lyrics tell a story

of unapologetic love in the face of doubt and adversity. With each composition highlighting a unique reservation, combated with reckless hope.

During the summer of 2016 Logan made it a mission to find his sound. He says, “30a Songwriter Radio was a safe place to cultivate my talent and create my own unique style. That summer I found my voice. I’m so thankful I had a spot like 30A Songwriter Radio Music & Coffee Cafe to be myself. I think every artist needs this sort of support to become the true creative they are meant to be.”

I remember the first time we heard Logan Pilcher perform at our Tuesday night Open Mic. As he took the stage he said he hasn’t really been playing in front of an audience and he is just kinda trying out some songs he wrote. As his first song came to an end the audience erupted



in applause and comments such as... “if this is just him trying out a song”... and... “there is no

way he doesn’t play professionally”... to... “I’d pay to hear this kid play”... were heard through-

out his performance.

Logan Pilcher has been releasing and touring consistently since 2017. His recent album is split into two parts. “Good Fortune Vol. I” is out now. “Good Fortune Vol. II” will be released early 2020. Pilcher states, “Most of these songs were written while I was living in Santa Rosa Beach. 30A Songwriter Radio’s Music & Coffee has pretty much heard every version along the writing process. The open mic is my testing ground.”

Logan Pilcher will be returning to Music & Coffee on Friday, January 17 to play his new record “Good Fortune Vol. I.” Local songwriter Daniel Pratt will be joining him as they perform their original music. An intimate performance with one of today’s most talented up and coming artists. *Limited seating. Tickets are available at 30A Songwriter Radio and Eventbright.

30A Songwriter’s Fest If You Go...

This year’s 11th Anniversary 30A Songwriter’s Festival lineup brings together more than 195 songwriters, over 250 performances at more than 25 local venues from large outdoor stages to small intimate cafés! Popular ones include 723 Whiskey Bravo featuring casual, coastal cuisine, creative cocktails and amazing open-air rooftop seating; AJ’s Grayton Beach serving lunch and dinner every day, fea-

turing local seafood, fresh sushi and oak-fire-grilled steaks and a build-your-own Bloody Mary Bar on Saturday and Sunday; the Beach & Brew featuring a 30-tap Perlick tap system alongside an air-cooled line to provide the coldest craft beer; Bud & Alley’s Waterfront Restaurant and Rooftop Bar in Seaside; Caliza serving contemporary American cuisine in a relaxed, al fresco setting overlooking Caliza’s stun-

ning pool at Alys Beach; Central Square Records, 30A’s cool, independent record store overlooking downtown Seaside; and Grand Boulevard’s large amphitheater in Miramar Beach.

Headliners

Headliners at Grand Boulevard on Sat., Jan. 18 include iconic artists John Prine, Indigo Girls and Tanya Tucker. On Sun., Jan. 19, the legend-

ary Brian Wilson, Don McLean and Herman’s Hermits starring Peter Noone will perform on the Grand Boulevard stage. (See more info on songwriters and performers at MyDestinLife.com, December 2019 issue.)

To Purchase Tickets

Weekend passes are \$330. Weekend Pass + VIP Access at the Grand Boulevard Headline Stage includes VIP seating at Grand Boulevard, access to the VIP lounge at Grand Boulevard, complimentary food and beverages throughout Saturday and Sunday shows at Grand Boulevard, VIP restrooms—\$725. You can review and purchase the ticket package for your tastes, daily, weekend and VIP: 30A Songwriter’s Festival Tickets

Begin Your Experience

For a complete lineup of additional new and returning artists, including some of the local flavor of bands and artists, such as Chris Alvarado, Kyle LaMonica, Boukou Groove and Donnie Sundal, visit 30aSongwritersFestival.com. You can listen to artists by checking out the 30A Songwriters Festival Spotify page (Spotify.com/30aFestival). And you can download the 30A Songwriters Festival smartphone app at 30asongwritersfestival.com that provides up-to-the-second festival schedule and venue information. There’s always last-minute schedule updates and surprise lineup additions closer to the event dates and during the festival.

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 LATEST ISSUE

Studio 237 Music School; Magical Musical Moments for 2020

By LISA CYR

When congratulating our youngest son, Luke, on his 26th birthday, I mentioned to him a song entitled “Clair de Lune” (moonlight) by Claude Debussy which he performed on piano at around age 12. I recall him performing it beautifully. His response was:

“I remember I took up learning to play piano because I loved watching you play from your books. I thought that was very magical. I specifically remember that song “She’ll be Coming Around the Mountain. I must’ve been like 3 years old.”

Little did I know that moment would carry him through college, composition, performance and completing a bachelor’s degree in music from FSU- Shaping his personality, character, creativity, and drive for adventure. His study of music became like food for living.

A love for music happens at a young age. At the time, I didn’t realize how much of a lasting impression I was making inside of Luke. Piano was fun and something I naturally wanted to share. I tried to choose songs that the children related to (not always the classics).

I suppose magical moments happen all the time when experiencing music. Holiday music tends to evoke nostalgic memories of times with family, friends, and “the season”. It changes a simple living room into a winter wonderland of cozy blankets and hot chocolate. Fond memories of simpler times. Specific periods of time such as the 60’s with the advent of the Beatles’ songs bring a smile to one’s face, rose colored glasses, and rainbows. What carefree



fun their music gives us! Then came the rock of the 70’s. Oh yeah! “Schools out for Summer!”, “Bohemian Rhapsody”, “Stairway to Heaven” and, of course... “Sweet Home Alabama.” Each decade’s styles seemed to evolve into new magically creative tunes. It’s just end-

less. So here we are entering 2020. A new decade of young musicians. What might that bring to us now? Soon we will see collections of music entitled “Songs of the 2020’s”! I hope that the next generation of young musicians will use their musical study

of past styles to bring inspiration, positivity, and happiness into our future. Teaching music isn’t just about learning classics (like “Claire de Lune”) but learning the mechanical technique of how the song develops. Debussy heard layers of sound that morphed from one chord to

the next with the use of single note changes. Sort of like you are floating. He definitely made an “innovative impression” on people by breaking away from the predictable melodies of the early 1800’s. So keep your ears open, listen for the changes in popular music. Seek ways to affirm and support your friends and family as they study, learn, create, and develop the music of 2020! It’s going to be a fun ride. Oh! and listen to “Claire de Lune” on your phone, YouTube, Spotify, etc....or even on “vinyl”. It will take you away. Happy New Year!

Studio 237 Music of Santa Rosa Beach, FL, teaches music lessons (violin, cello, guitar, ukulele, voice, piano, drums, and more) to students of all ages. For more information call Ray or Lisa Cyr at 850-231-3199. Visit our website www.Studio237Music.com or email at Studio237Dawson@gmail.com.

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Radiant Barrier, Alien Technology?



ENERGY TIPS by Emerald Coast Energy Solutions

I have been in the home improvement industry for over 17 years and have heard just about all the sales gimmicks and cheeky techniques used by sales people to wow customers. One slightly stretched story I heard about radiant barrier is that radiant barrier was developed by NASA from alien technology! If only radiant barrier was so glamorous. Actually, in 1925 two German businessmen filed patents on reflective surfaces for use as building insulation. This became the launching pad for reflective insulation. NASA did help to improve this technology and adopted it for the Apollo program. This metalized film was used to protect spacecraft, equipment and astronauts from the extreme heat of space. Even the student hous-

ing at MIT (Massachusetts Institute of Technology), Princeton, and Frank Sinatra's residence in Palm Springs have used radiant barriers to become more energy efficient. In 1996, Radiant barrier was even inducted into the Space Technology Hall of Fame, now that's pretty cool.

So why use radiant barrier? When the Sun's rays strikes a roof, heating the roofing material (shingles, tiles or roofing sheets) it causes the underside of the roof surface and the roof framing to heat up causing radiate heat to flow downwards through the roof space towards the attic floor, heating up the entire attic. When a radiant barrier is installed on the rafters in the attic, much of the heat radiated from the hot roof is reflected back toward the roof allowing for a cooler attic.

Why is that important? Many of our attics will reach into the 150° F to 160° F range this sum-

mer, lately in fall too, heating up insulation, ductwork and many times our stored belongings. Anyone who has stored candles in the attic knows what I mean. This extreme heat makes our current insulation and air conditioners work harder to keep our homes cool costing us money and comfort. Properly installed radiant barrier on the roof rafters will reflect 97% of the radiant heat reducing the attic temperature during this extreme heat by 40° to 50° degrees allowing your insulation, ductwork and HVAC systems to perform better saving you money and increasing your comfort.

One common misconception regarding radiant barrier is that the heat reflecting off the radiant barrier back to the roof has the potential to increase the roof temperature and possibly damage the roofing material voiding warranties. Performance testing by Florida Solar Energy Center showed

that the increase in roof materials temperature, at the hottest time of day, was no more than 2° to 5° degrees. RIMA (Reflective Insulation Manufacturer Association) wrote a technical paper on the subject which included statements collected from large roofing manufacturers, and none said that radiant barrier would in any way affect the warranty or lessen the life of the roof.

To improve on this technology, we sandwiched a piece of high density insulation between two pieces of radiant barrier allowing our radiant barrier to help fight against not only radiant heat, but conduction and convection heat as well. My son recently did a science fair project on the performance of different types of radiant barrier, the results, our multilayer radiant bar-

rier out performed both silver and copper single layer radiant barriers. If you would like to learn more or see a demonstration on how radiant barriers works, contact us at 850-588-2870 or visit us at www.trusteces.com.

Chris Balzer is Founder and President of Emerald Coast Energy Solutions which is a Smile Provider Company. We provide smiles to our customers after installing our high energy efficient products, increasing comfort and lowering energy bills. For more information on how to save this summer and become energy efficient schedule an inspection by calling (850) 588-2870, visit www.trusteces.com or email wecare@trusteces.com and Beat the Heat.

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What's in your Personal Insurance Portfolio?



BY VICTORIA OSTROSKY

Bob retired to his man cave to relax and deal with some pressing paperwork. His boys were still home from school for the Christmas holiday playing with their new toys, and his wife Tonya was out returning some

anything?" Jack asked.

As Jack reviewed each policy, he explained what the coverages were, and advised on any changes. "This review will allow us to analyze your current coverages and limits," said Jack. "In the event of a claim, if you don't have the right product to match the risk, the carrier could deny it. I'll rewrite this one for you and I'll also check with the carrier to see if they offer higher Loss of Rents coverage. Right now, you have 10% of Coverage A, which is standard, but after Hurricane Michael, we discovered some customers really needed more since the rebuilding is taking an extended length of time with the widespread destruction."

The Auto policy coverages

today. I like to review all my customer's policy portfolios at least annually. Renovations, changes in occupancy, purchases of autos, watercraft, jewelry or collectibles, as well as births and adoptions can impact your coverages. Those scenarios could have made a significant difference in a

claim outcome. Of course, you're welcome to stop by and bring me coffee anytime," Jack said as he shook Bob's hand.

Insurance Zone, owned by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa

Beach (30A) and Inlet Beach. Visit their Video Library on www.ins-zone.com and watch several informative videos on 'Homeowners, Condo and Umbrella Liability', or call 850.424.6979. Victoria Ostrosky, author of this article is an Agent/CSR with IZ.



Joe and Lea

gifts and spending quality time with friends.

With a few days off work, he wanted to get caught up on, in particular, his insurance policies. A friend of his had filed a claim a few months before and had run into some problems, so Bob wanted to sit down with his agent and go over everything to make sure he had the coverages he needed.

He dialed his agent's office number to leave a voicemail. Imagine his surprise when Jack answered! "Hey, Jack! I hope you had a Merry Christmas! What are you doing in your office?"

"I was calling to make an appointment to sit down with you to review my policies."

"Stop by today if you have the time. I'll be happy to review everything with you."

Bob walked in with two coffees and handed one to Jack.

"Thank you, Bob. Ok, I've pulled your policies and printed a copy for us to work on this morning. I have your primary home, two rental condos, two autos, and an umbrella policy. Am I missing

were fine, but Jack reminded Bob that next year when Jeremy turns 15 and obtained his learner's permit, they'd need to add him to the auto policy, although not as a rated driver. "It won't change your premium. It basically puts the carrier on notice that you now have a young driver still learning. Once Jeremy gets his driver's license, he'll be changed to a rated driver, and that's when the premium will increase. We'll take a look at your coverages again at that time to see what savings we might be able to find without sacrificing any quality, and check with other auto carriers and compare prices."

This past year, Bob's income had increased, and his investment portfolio had grown, so Jack recommended increasing the Umbrella policy another million so his assets would be well covered.

"Wow, I didn't realize how much went into writing insurance policies," Bob said as he sat back. His mind was still spinning a little.

"I'm glad you stopped in

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Lee Campbell

Business

What's on - 30A TV

Video Business Cards Fast Becoming a Necessity

BY PAUL VIZZARD

Business cards are important. They contain contact information, logos for branding, and probably a few words on what you do. As we enter a new decade, technology now enhances your presence in ways never seen before. Predictions are that as high as 90% of the internet traffic in the coming years will be video. Nowadays, a video introduction can save you time, and project a personal connection with customers and followers. This has led to the advent of the video business card. Your video business card, when compiled correctly, creates a memorable and visual way that will make it hard for the viewer to forget. Should you replace your paper calling card? Of course not, but you should supplement it with a short video alternative. A video business card can help you stand out from competitors, capture leads to increase conversions and improve your website's ranking in search results. And let's face it, even a metallic-finish, 4-color, 32 pt business card can't showcase your personality and personal branding like a video can.

So, what steps can you take to put one together ?



The obvious, and most important, additions to your video business card are the basics. Start with an introduction of you and your company. Include your contact information. This could be your phone number, email address, and website – however you want people to get in touch with you. If you have a brick and mortar location, add your address. But then, get personal. Mention how you got started in your business, maybe recall the "spark" of an idea which became real-



ity. People are drawn to the story behind the store, product or service. I discovered three amazing stories recently, when filming for

other projects. One of which, is Katie Kahn of Kahn's furniture in Miramar Beach. Katie told us on camera about her son who has Asperger syndrome. Finding difficulty in communicating, one day Katie was refurbishing some furniture, and her son joined in, and all of a sudden was communicating, becoming vocal. One year and a bit later, Katie's store continues to grow, a testament to an amazing back story of how it all began. You can see her story at 30a.tv

To finish up on video business cards, one of the biggest benefits is the ability to add a dynamic call-to-action. Your call-to-action could prompt the viewer to fill out a contact form, sign-up for a newsletter, follow you on Twitter or visit another page on your website. Then be sure to add it to your website, and social media. More than 4 billion video views occur each day on Facebook. Put your video business card front and center on your business' facebook page by setting it as your page's featured video.

My biggest advice, if taking on video business cards as a project, is to be yourself. Leave the acting to actors, this is about you, your business, and your story. The camera will know if you are putting on a "front" and let's face it, you wouldn't do that in front of clients would you? And finally, relax and have fun!

If you have an idea for a video business card or want to know more about them, please contact us on our site at 30a.TV or email 30atelevision@gmail.com

30A TV broadcasts eight live channels of original programming, including Outdoors, Real Estate, Celebrity Interviews, music videos, and comedy. Available via iTunes, Android, ROKU - Amazon Fire Stick, and at www.30a.tv

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2nd Homeowner / VRBO Resource Directory / Business Directory

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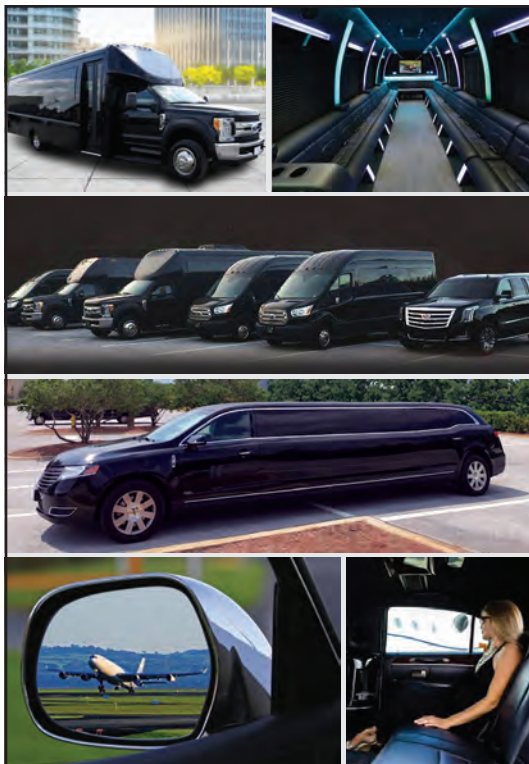


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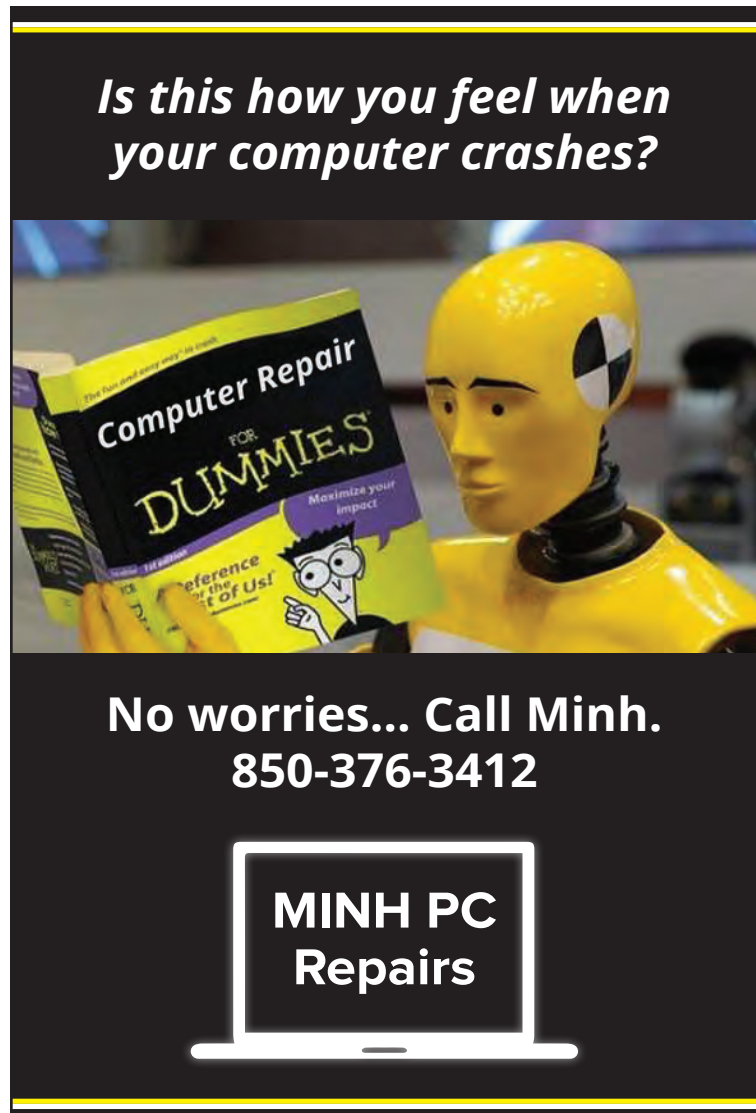


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Competition, was a 2016 Gilmore Young Artist, was awarded first prize winner of the 2015 CAG Victor Elmaleh Competition, and was bronze medalist of the 2015 Hamamatsu International Piano Competition. The repertoire includes Shostakovich's "Festive Overture," "Symphony no. 1, Op. 10 in F minor," and Rachmaninoff's "Concerto for Piano no. 2, Op. 18, C minor." Tickets range from \$29.50 to \$55 per person and special pricing on student and active-duty military tickets are also available. For tickets call 850-460-8800.



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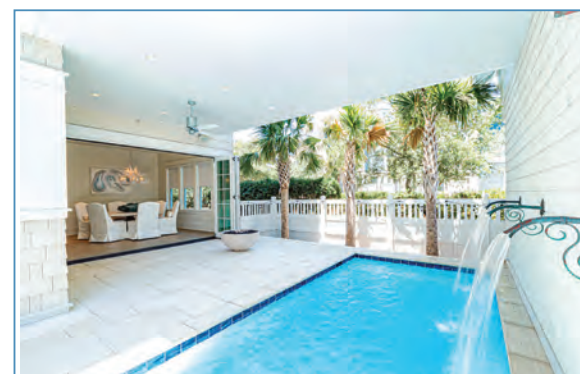
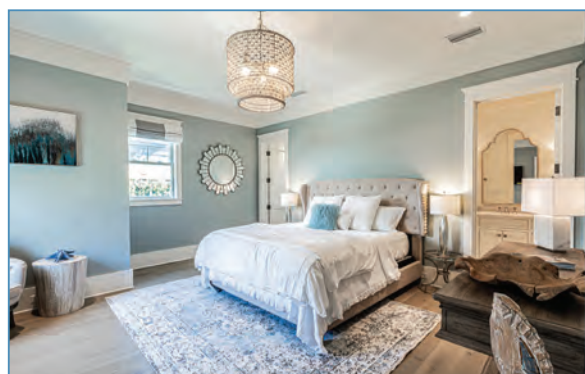
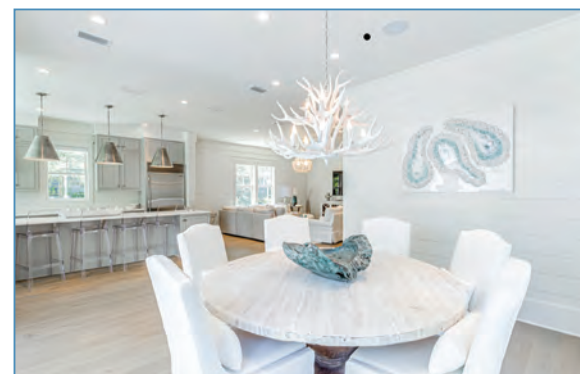
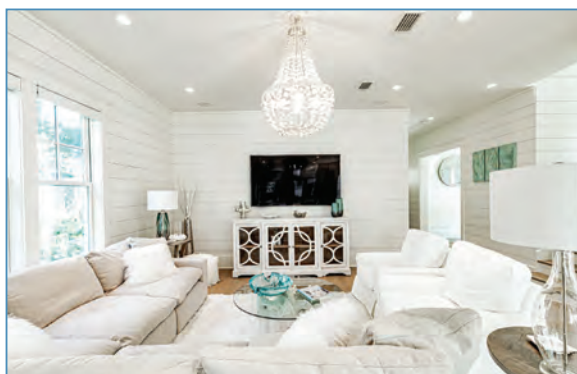
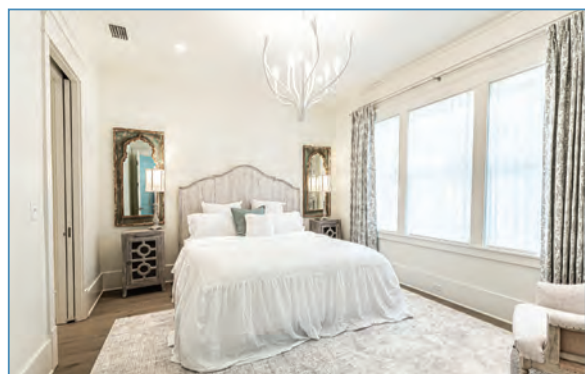
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