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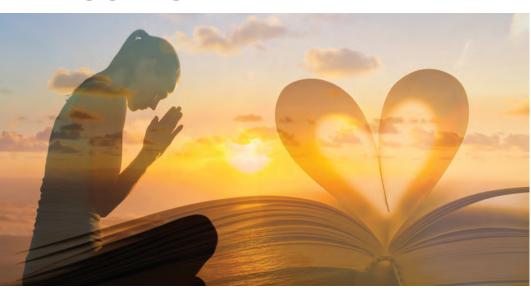
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Saving Grace: A New Hope for **Struggling Women**

Nightmares are not always only in the realm of the unconscious. They are often manifested through abuse and addiction. It is overwhelmingly common for people to find themselves going from a bad situation to a worse situation when drugs and other abuses become involved. Those struggling are often left to "figure it out" by family and friends, and, many times, "figuring it out" results in deeper addiction, more abuse and sometimes suicide. Abandonment is a common theme for these people, and even those who are able to pull themselves out of the depths into a state of recovery are soon forgotten and left to once again "figure it out." In spite of this, there are some whose love for other people has driven them to create a better future for those struggling in addiction. Dawn Siegal is one of these people.

Dawn knows firsthand the immense effort it takes to recover from a drug addiction.



She was held in the grips of addiction for many years. This gives Dawn a unique viewpoint on others who are struggling in the same arena. Her overcomer's spirit has gifted her with a passion for helping other women gain complete freedom as well. Dawn feels that one of the best ways she can do this is through opening a women's home, Saving Grace, for those who have just begun their journey into recovery.

Saving Grace Women's Home will be a place for those who desire to develop a new life free from the devastation of any kind of addiction or abuse. Its purpose is to provide an effective and comprehensive Christian faith-based solution to life-controlling problems.

When asked where her inspiration for Saving Grace has come from, Dawn wholeheartedly believes it

was her own struggles with addiction and those who helped rescue her. "I know what it did for me, and what it will do for others," she commented.

What will the women's home look like? Dawn wants to begin with a smaller program, housing between 10 and 15 women at any given time. It will be a 12-month faith-based

> SAVING GRACE continued on page 2

Walton Tax Collector Announces Office Changes **Due to** Covid-19

Due to the recent increase in COVID-19 cases, beginning Monday July 27, 2020, a facial mask will be required to enter all lobby areas of the Walton County Tax Collector Offices in DeFuniak Springs, Freeport and Santa Rosa Beach. We are limiting services to Walton County residents only during this time. We are also allowing only the number of Customers inside the office necessary to complete their transaction, unless the customer needs assistance (i.e. parent with a juvenile, customer caregiver, etc.)

We encourage customers to utilize other options to complete their transactions which include our Customer

TAX COLLECTOR

continued on page 2





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SAVING GRACE

continued from page 1

program. Staff will live in the home as well, in hopes that the women will always feel like they have a support system around them. The women can expect to adhere to a fixed schedule, which will include time for prayer, teaching, and engaging in various creative outlets. These women will have multiple opportunities to fundraise for both their future and the future of other women in bad situations. After the 12month program, these women will have the chance to begin their life anew, choosing to sign up for an internship program with the women's home where they can engage in helping other women succeed with a better life as well, or venturing out on their own and creating a new life from there.

Going forward, Dawn said that she would like to see Saving Grace expand far beyond just Northwest Florida. Next steps would include a center in South Florida, then expanding into other states. When asked how far Dawn could see this going, she commented, "I would love to see it worldwide." The amount of lives that could be changed through a worldwide program like this would be too many count.

The thing that Dawn finds most rewarding about creating the women's home is the amount of transformation that will take place in each woman's life. So many of these women have been broken and beat down since childhood, and the difference that can be made by even one person who truly loves them is enormous. There is something incredible that happens when people realize that there is another way, and that they deserve to be happy.

Saving Grace will focus primarily on women who have

been abuse victims, have been recently incarcerated, and struggle with drug addiction. They are expected to begin the program with the first round of women in early 2021. Saving Grace partners with another program for men, Project Hope Restoration. Right now, the thing that is needed most is funding. They will be holding an annual banquet in conjunction with Project Hope on Nov. 1, 2020, where they hope to raise enough funds to get everything prepared to open the home, including staffing costs.

Dawn believes that the best thing the community could do to

help people in this situation is to simply become aware of it. Often, people who are not struggling with addiction and abuse have an unintentional unawareness of those who are. However, gaining that cognizance and reaching out to those who feel trapped is the first step to a changed life. There's always hope that a loved one can be well and productive, whether it's their first time or their hundredth. Change is always possible, and Saving Grace is proving it.

You can help! Visit Saving Grace at www.facebook.com/ gracewomenshomeFL or call (850) 865-7939.

TAX COLLECTOR

continued from page 1

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Our Lobby areas remain open at this time to the citizens of Walton County and we will continue to closely monitor the Coronavirus (COVID-19) through the Center for Disease Control (CDC), Local Health Department, Board of County Commissioners and any State of



Florida Mandates that may be put into effect from the Governor's Office.

We are doing all that we can to protect both our customers and our employees during these uncertain times. It is our goal to continue to deliver the highest quality of service possible to the people of Walton County. Thank you for understanding as we face this situation together.

The Office of Tax Collector is an independent, constitutional office providing state and local services. Walton County Tax Collector Rhonda Skipper and staff work to deliver the highest quality of service with people who CARE.

In 2019, the office was recognized by Florida Trend Magazine as one of the "Top 100 Best Companies to Work for in Florida."

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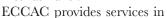
Northwest Florida Ballet (NFB) Open for Community School Class Registration

for NFB's Community School classes which begin on August 3. In-studio classes as well as some virtual classes via Zoom are being offered. Various styles of dance are available for

Registration is now open adults and children of all skill levels. NFB will follow CDC recommendations to ensure a healthy and safe environment for our dancers, faculty and staff. Visit nfballet.org.

ECCAC Announces 2020/2021 **Board of Directors**

The Emerald Coast Children's Advocacy Center (ECCAC) has a new 2020/2021 board of directors and officers: The Walton County Sherriff Office's (WCSO)Major Audie Rowell is President; Janet Parker is Vice President; and Alan Wood is Treasurer. Other members include immediate past president, Bill Fletcher, along with Tammy Pierce, Eric Aden, Todd Bierbaum, Shaun Eubanks, Velia Lala, Renee Pellegrino, Artie Rodriguez, Tom Saffel, Michael Thompson, Annie Stutts and Demetrius Fuller.





a child-friendly environment to help identify, treat and support children in abusive situations, as well as helping to prevent child abuse through education

and prevention programs. With a Center in Okaloosa County and the Pierce Family Center in Walton County, they house representatives from the Florida Department of Children and Families, Child Protection Team, State Attorney's Office, local law enforcement, licensed mental health counselors, and ECCAC's staff and volunteers. In ECCAC's 20-year history, over 15,000 children have received more than 170,000 services at no cost. Visit www.eccac.org or call 850-833-9237. If abuse is suspected, call the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.

COASTAL SENIORS — OF SOUTH WALTON

Home Exercises For Homebodies Zoom with Select PT of Santa Rosa Beach

ways to stay active while social distancing, or just trying to beat the heat, moving your fitness routine indoors is looking like an excellent option for this summer. Join us via videoconference as Barbara Sheffield, PT, Center Manager of Select Physical Therapy in Santa Rosa Beach, offers some simple exercises you can do at home to help improve balance, build strength, and prevent future falls.

August 18,2020 11-11:30 AM Turtle Talk Tuesday - South Walton Turtle Watch

Join this video conference presentation by Joe Gulak and members of the South Walton Turtle Watch (SWTW). Joe will lead this short session, with questions and answers at the end. This will be a discussion of the everyday activity on our beaches and the work of the SWTW. It will be followed in future sessions with a photo collection of our daily business on the beach. So, what is all the fuss about sea turtles? We will learn why sea turtles are important to ocean ecosystems and,

Whether you are looking for thus also, to the human population.

Giving Back to the Community

In cooperation with The Area Agency on Aging, the Coastal Seniors of South Walton (CSSW) is providing care packages for homebound senior citizens during the current pandemic. The packages will include a mix of items, including hand soap, medical masks, helpful tips and phone numbers. If you are 50 years or older, and reside in Walton County, Florida, we invite you to join CSSW in order to participate in our activities. Membership dues for 2020 are 20.00 per person/\$30 per couple.

Become a member of CSSW on Facebook at Coastal Seniors of South Walton, or via email at coastalseniorsofsouthwalton@ gmail.com, or on the website at www.coastalseniorsofsouth walton.org. Coastal Seniors of South Walton, Inc. is a nonprofit 501©(3) organization for active adults and we're looking for dedicated, enthusiastic persons to join our Board of Directors.

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August 2020

Community Kidd Family Struggle Strikes a Nerve in South Walton

There are many thousands of people who own plots of land that have been in their families for generations. Naturally, these individuals and families are often very attached to their property, and feel violated if it is trespassed. The Kidds of Inlet Beach are one family dealing with this situation, and they have now taken the battle for their rights public. Cappy Kidd and his family are fighting to keep their land available for private use, as a developer who owns a lot nearby seeks to encroach upon their land for the purpose of building a driveway to the nearest beach access.

Walton County has a myriad of different "phantom" right-ofways, which can be converted into tangible passages at any time. The catch is that these roads can only be used for public benefit or for utility access. The law that provides for a right-ofway does not make provision for any individual to create a roadway through another person's property for private usage.

The battle the Kidd family is now facing began last February when a certain developer made the decision to bulldoze a 20 foot wide path through 300 feet of the Kidd's property, making a driveway leading to Orange Street in Inlet Beach. Since then, the developer has been actively pursuing creating a driveway through multiple properties, owned by forty individual owners who all vehemently oppose his plan.

Similar to many people in the area, the developer has the option to have the county put in a curb cut entrance and exit to the property directly off Highway 98. This is by far the simplest entryway onto the lot. The developer currently has access to his property through the main highway,



The developer's lot in yellow. The wooded lots belong to the Kidd Family. The red line is the disputed cut-in. The red arrow points to the developer's 80 feet of frontage on US Hwy. 98. The developer's lot in yellow.



February 2019

yet is continuing to pursue what he believes is his right to take land from others in the area.

Cappy Kidd, as well as the other owners in the area, plan to present a proposal to the county on August 27th, 2020 which will ask the county to abandon all usage of the phantom roadway except for underground utilities. The collection of property owners involved in this dispute hope to help the community's leaders take a clear look at Walton

County's future. If these property owners' land can be encroached upon so easily, who is to say that other individual's rights could not be violated as well?

Cappy and his family ask for the community's continued support in their battle to keep private property private. For more information, you can visit their website at www.workinginconcert. org/KiddFamilyInletBeach.

Surprise cut across the Kidd's land, documented by Code Enforcement, February 2019

The developer's lot in yellow. The wooded lots belong to the Kidd Family. The red line is where he made the unauthorized cut. The red arrow points to the developer's 80 feet of frontage on US Highway 98.



BEACH HOUSE TILE Inspired Design

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Florida Panhandle Rated #1 for Vacation Rental Investments

The stunning Northwest Florida Gulf Coast is no stranger to national rankings, often being included in best beach lists rated under many different criteria. A new recognition is now added to the list, as #1 out of the Top 20 U.S. vacation-rental investment spots for 2020. The report was released by rental management site Rented Inc. and Weiss Analytics this July.

The ranking has been re-

two-bath single family home rental is used as a base and then compared with top vacation rental areas based on the parameters of homeownership, shortterm revenue potential, cost to acquire, annual appreciation and projected changes in asset value.

In light of the coronavirus pandemic, the companies noticed an increase in value for areas that were a short drive from large metro areas. The Florida points ahead of the second-place destination, South Jersey Shore, N.J. See the complete rankings HERE.

Adding to the appeal of the Florida Panhandle is the wide variety of destinations available from sleepy coastal towns of the Forgotten Coast to the actionof Florida, we serve customers in communities from Gulf Breeze to St. George Island. See featured properties below, and then search our site to find your perfect match.

FEATURED PROPERTY Grayton Beach - 177 Grayton Trails Road · 5 Bed, 4.5 Bath · ship and privacy nestled within coveted Grayton Beach, consistently ranked among the nation's best beaches. Designed by Geoff Chick and built in 2018, this 5BR/4.5 BA home rests on almost 3/4 of an acre along an ancillary of Western Lake with a private dock, a large



ported annually since 2015 with Rented Inc. and Weiss Analytics using property data based on highest return on investment to create the list. A three-bedroom,

AVAILABLE

Panhandle has long been a favorite destination for city dwellers in Texas, Alabama, Georgia, Louisiana and Tennessee. The region scored a 98.7 index, over 5 packed shores of Panama City Beach to the boutique master planned communities of the 30A Beaches. At Berkshire Hathaway HomeServices Beach Properties



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52 SCOUT LANE 7 BD | 8 BA | 4,200 SF | LISTED AT \$3,350,000



INLET BEACH 390 WALTON ROSE LANE 5 BD | 7 BA | 4,313 SF | PENDING AT \$3,395,000



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BERKSHIRE HATHAWAY HomeServices Beach Properties of Florida



S E A G R O V E 155 S HERITAGE DUNES LANE 5 BD | 5 BA | 4,250 SF | LISTED AT \$3,700,000



WATERCOLOR 21 MISTFLOWER 5 BD | 6 BA | 3,341 SF | PENDING AT \$1,898,000

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The second secon

The "Upper Room" Salon Opens in Santa Rosa Beach

Here in South Walton the signs of growth are everywhere. Wherever you turn there are new homes, various shopping centers and restaurants seemingly popping up on every corner. Now, our quaint little town is welcoming a full service salon, owned and operated by Shanna and Todd Scali.

The dream for the Upper Room Salon began when Shanna was working as a hair stylist at Super Cuts just before the pandemic struck. When COVID-19 arrived, Shanna and her family were greatly affected, just as many others were. Super Cuts, along with many other businesses were forced to shut down. Before all of this, though, Shanna had dreamed of opening her own salon. When the time finally came for Super Cuts to discuss reopening policies, Shanna was struck in her heart to pursue her dream. She and Todd commented that it was a very "spur of the moment" decision for them. Within just two months, they had se-



cured their location on Lynn Drive in Santa Rosa Beach, purchased the necessary equipment, and "unofficially" opened the Upper Room Salon on June 26th.

Shanna did not pursue a career in cosmetology at first, but when life circumstances interfered she began to feel a pull towards it. "I was married for ten years, and I was a stay at home mom, but as our children grew I sensed it was time to go back into the workforce," she said. The idea of becoming a hair stylist flashed in her mind, and she decided at that moment to attend cosmetology school. As she completed her schooling, Shanna fell in love with styling hair. "Doing hair was my purpose," she commented.

Shanna's passion is to serve other people in any way she can, and her faith has played a very big role in that. In fact, her inspiration for the Upper Room Salon comes from the biblical story of Jesus washing his disciples' feet in the Upper Room. For the Upper Room Salon, it's about more than just an income. Their heart is to give as they've been given to, and this is evident in Shanna and Todd's attitude towards life, as well as the success they've already achieved.

Some of the services Upper Room Salon currently provides include basic haircuts (\$20), hair colorings (\$69 - \$100), and pedicures (\$45). Eventually, they will become a full service salon, providing make-up, and skin and hair treatments. However, Shanna thinks that this will have to wait until after the pandemic ends. Shanna and Todd have plans for a "Grand Opening" in the near future when social distancing measures are relaxed, where they hope to invite the community to a large and festive celebration!

Moving forward, Shanna and Todd would like to eventually see Upper Room Salon turned into a franchise, with locations along the Emerald Coast. Their hope is to provide more than just a salon, but also a gathering place where people of similar faith can meet for worship, small groups, and general fellowship. It's about "service on the outside as well as the inside," Todd said. The Upper Room Salon is currently open Tuesday - Friday from 9:00 am to 5:00 pm, and Saturday from 9:00 am to 3:00 pm. Feel free to walk right in, as appointments are not required. They are in a prime location just off of US Highway 98, next to Caring and Sharing. Be sure to check them out for your next cut or color!





Faces of Walton County; Spotlight on Tim Haney

and put together an amazing

menu. We did such a great job

that our menu was used in the

vour bucket list? "I don't really

have a long bucket list. I would

love to go back to the mountains

of Colorado. Marriage is on my

What are a few things on

next semester's course."

list for the future."

By Mark Stanley and Tracy Steely

Tim Haney is a true Walton County native. He was born in Ft. Walton Beach because there was no hospital in the Santa Rosa Beach area, which is where his family lived. The only elementary school in his time was Bay Elementary, which went through the 6th grade. He graduated from Freeport High School. Tim's grandmother went to Bay Elementary as well.

Tim's family tree has deep roots in Walton County. His grandmother was born and raised here. Her father was Chat Holley. Yes, the one that the street north of Highway 98 was named for. Unfortunately, Tim never had the chance to meet Chat Holley, but heard many stories about him while growing up. His grandmother was married to a Marler. The Marlers are well known throughout Destin. His mom's father was Albert Butler, who was related to Van R. Butler, for whom the elementary school was named. The Butlers also owned the Butler General Store in Grayton Beach. Back in the day, this was

the village's only store and Saturday night dance hall. It later became the famous Red Bar.

Tim has always been creative and loves using his talents. Several years ago, he worked with friends who owned a screenprinting shop in Santa Rosa Beach. He learned the trade and business over the six years he was there. Later Tim went into business with a few other friends and ended up splitting the company and Tim took the screen-printing part of the business. He owns Fresh Prints of South Walton in Freeport.

We asked Tim a few questions to get to know him a little better...

What do you like to do in your free time? "I have started going to the gym lately. I am trying to get healthy and make a few positive changes in my life."

If you could choose one place to travel, where would it be? "Greece! (said emphatically) I am not sure why I am infatuated with Greece, but I love it. I was in culinary school for a while. I had a class called Cuisines of the World. My friend Cody and I chose Greece as our country The Faces Of

Walton County FL

Where do you see yourself in 5 years? "I don't see things much different than how they are now. I thought I wanted to move away from the area when I was younger. I did leave for a while but was called back home. This is the place that people dream of coming to retire; their ending place. Since I am already here...I will be staying."

What is so different now? "The area has grown so much! We only had one lane and a drawbridge from Freeport to SRB. The only grocery store was the Winn Dixie in Miramar Beach. South Walton didn't have any grocery stores. Back then everything was just called Santa Rosa Beach, now we have Grayton Beach, Rosemary Beach, etc."

What advice would you give to people? "I am a Gary Vaynerchuk fan right now. He really preaches gratitude. Be thankful for everything. Quality vs quantity. Be grateful that you woke up this morning. Everyone experiences bad things; it is how you come out of them. The way you respond is what determines your end result."

Tracy Steely 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.thefacesofwaltoncounty.com or call Tracy at 850-803-9822.

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South Walton Mosquito Control



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DEFEND - apply a repellent with active ingredient such as Deet.

DRAIN - drain containers which hold water or throw them away.

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Pet Care

Don't Forget the Canine's During Covid

By Heather Bennett

A dog is a man's (or woman's) best friend. They are there for us in good times and the bad, loving us unconditionally. We take care of them the best we can as if they are our own children. But what happens when your hours are cut at work, or even worse, vou are let go from vour job and you can no longer afford to take care of your best friend? What happens when you have to choose between feeding your companion and feeding your family?

During the last few months many people had to make this tough decision as they faced

being furloughed, laid-off, or had their business close permanently due to Covid. These are the times when we could use a canine companion to be there for us most, but many people found they could not be there for their pet, and shelters began to fill up in Walton and surrounding counties as people had to make the tough choice to say goodbye to their four legged friend.

When Steve Kotowske, owner of What's Up Dog, heard that the shelters were starting to fill, he knew he had to do something to help keep more dogs out of shelters and at home with their families. "The therapeutic value



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of a pet dog is huge especially when people are struggling. People like to cuddle up with their dog," said Steve. "Our dogs do so much just as pets." To help alleviate this tough choice people were facing, Steve bought a palate of NutriSource Choice, to donate to those who needed assistance.

"We wanted to do it on the honor system, and we definitely wanted to make sure people could get it, and that we give them good food, which keeps the dog from becoming ill, which adds more bills and more stress," stated Steve. "We wanted to have quality food so they would have good nutrition.'

What's Up Dog offered instore and curbside pick up, and occasional delivery when possible. "It was nice to give someone a fist bump and tell them, you're going to be okay," Steve said. "People need to hear that it's going to be okay, and we're going to get through this. That was the message we started telling people. You're going to get through this."

Steve bought the first 50 bags in April. While the economy is now slowly getting back on its feet, many people are still struggling and some are still out of work. By the time this story comes out, Steve will have a second palate of food to donate, another 50 bags. Because Steve



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had some people come from north Walton and as far out as Panama City Beach, he will also have gas cards to give to those worried about not having the gas money to travel. Steve is also working on partnering with local businesses to have more pickup locations throughout the area.

Covid has not only affected our pets, but has also affected service dogs and the people who need them. In addition to owning What's Up Dog, Steve is also the founder and executive director of Pawsitive Love Foundation, a program that provides service dogs to veterans who experience PTSD. They are a non-profit organization here in Santa Rosa Beach that relies on funding, which has been put on hold due to Covid. While he is continuing to care for, and train service dogs, Steve is unable to meet with those veterans in need of a service dog to give them exposure training.

Please contact Steve at What's Up Dog if you know of a family who is in need of dog food, or if you are interested in making a donation to purchase more dog food.

You can find out more about What's Up Dog at www.bestobedience.com and Pawsitive Love Foundation at www.pawsitivelovefoundation.org.

(*) Community

South Walton Mosquito Control Update; Aquatic Midges

By CAMI ADAMS

The hot summer months are here and with them comes another pest. Between the months of April and November, Florida residents may encounter high populations of aquatic midges, also known as "blind mosquitoes". Homeowners venturing outside may unexpectedly find them resting in the thousands on the sides of their houses, patios, and vegetation/ landscaping. "Blind mosquitoes" prefer cool, shady places to rest during the day and gravitate to the lights around residencies and businesses at night. When they emerge in large numbers, they can stain paint finishes and have been known to fly inside homes and rest on interior walls. Yet, for as annually as they appear, these pests are frequently misunderstood by the public.

Oftentimes, aquatic midges are mistaken for mosquitoes, likely due to their moniker. Unlike their blood-sucking counterparts, however, aquatic midges do not bite, feed on blood, or carry diseases. In fact, the adults that love to annoy us only emerge to reproduce and do not eat for the three – seven days that they are alive. During this time, females



lay egg masses on the surfaces of ponds, lakes, or rivers where they sink and hatch two -seven days later. Larvae emerge to feed on organic matter suspended in the water and on the water body floor, molting as they grow. The final molting stage before the pupal stage creates larvae pink to red in color that are commonly used by many fishermen as bait called "bloodworms." Adults emerge from pupae, completing the life cycle in approximately two weeks.

Control of aquatic midges is challenging and costly because larvae thrive on the floor of whatever water body they occupy. The entire water column must be treated to ensure the product reaches the larvae. While this is possible for small lakes and ponds, it is ineffective in most scenarios. Additionally, treatment must be applied at eight-ten times the normal application rate used

the normal application rate used for mosquito larvae. With largescale control not a viable option, residents must find other means to keep these nuisances at bay. If the midges are coming from a residentially-owned water source, native fish can be added to reduce larval populations. Additionally, native vegetation can also be planted along the water's edge to help remove excess nutrients and minimize food sources for the midges. Keeping yard waste and grass clippings away from the water and creating a ten-foot unfertilized no-maintenance zone prevents excess nutrients from entering the water.

If aquatic control is not feasible for residents, there are still options to limit the number of these nuisances. Because midges are attracted to light, limiting light sources around the home will deter them from congregating. This is achieved best by converting outdoor lighting to motion-activated lighting. Electronic zappers and residential light traps can also be purchased to control populations locally by luring blind mosquitoes away from homes and towards the light source. Finally, residents should repair screens in doors and windows and reduce outdoor activity at dawn and dusk to limit encountering these pests.

Just like mosquitoes, aquatic midges can never be eliminated, but they don't have to ruin your summer. For any questions or concerns, please contact Hallie Oalde at publicrelations@swcmcd.org or call the district at (850)267-2112.



Our Ad & Editorial Deadline is the 20th of each month for the following month's issue.





STUBBSORTHO.COM







Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha K.



Community

Guest Columnist; Reconsidering the Wisdom of our Founders



By Tim Norris

Two of our great Founding Fathers, George Washington- our nation's first President, and John Adams, our second President, both mentioned Religion and Morality as "Indispensable Supports" to our constitution. They believed freedom was dependent on each individual citizen "constraining themselves" or society would break down and our freedoms would be taken away by the government. Washington, in his 1796 farewell address, said: "Of all the dispositions and habits, which lead to political prosperity, Religion and Morality are indispensable supports. In vain would that man claim the tribute of Patriotism, who should labor to subvert these great pillars of human happiness, these firmest props of the duties of Men and Citizens."

Have you been watching the news lately? You must be wondering "what is happening to our country?"

Perhaps we should take another look at the wisdom of our founders?

Morality is defined as beliefs pertaining to the differences between right and wrong or good and bad behavior. Laws are the rules a country or community mandates its citizens follow in order to regulate society. Religion is a structure of faith and worship. It's a belief system based on faith in a supernatural power.

America was indeed founded by bible-believing Christians and based on Christian principles. When they founded this country, the Founding Fathers envisioned a government that would promote and encourage Christianity.

All but two of the first 108 universities founded in America were Christian. This includes the first, Harvard, where the student handbook listed this as Rule #1: "Let every student be plainly instructed and earnestly pressed to consider well, the main end of his life and studies is to know God and Jesus Christ, which is eternal life, John 17:3; and therefore to lay Jesus Christ as the only foundation for our children to follow the moral principles of the Ten Commandments."

In 1777, the Continental Congress voted to spend \$300,000 to purchase bibles which were to be distributed throughout the 13 colonies! And in 1782, the United States Congress declared, "The Congress of the United States recommends and approves the Holy Bible for use in all schools."

So, let us take a look at Founder John Adams. He was an American statesman, attorney, diplomat, writer, and Founding Father who served as the second president of the United States, from 1797 to 1801. Before his presidency, he was a leader of the American Revolution that achieved independence from Great Britain.

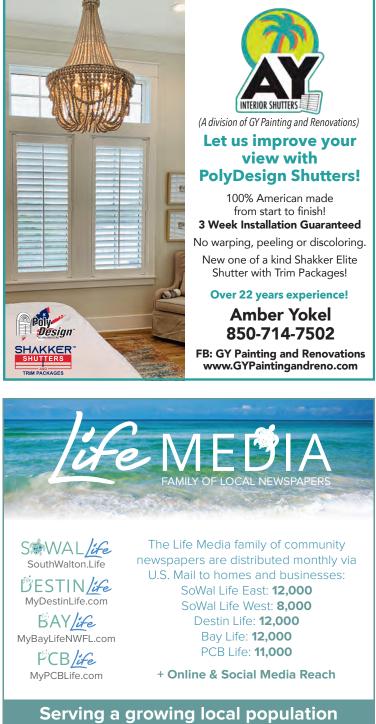
John Adams was the son of a deacon, and his personality was shaped by religion since his infancy. Adams developed a deep reverence for God and a simple admiration for those good and holy Puritans who came before him. He was the first to suggest a novel idea: "let man be ruled by a written constitution". This advance in philosophy had a profound impact; whereupon the law was seen as an infringement of civil liberties, a written constitution was a constraint against government. To Adams, the battle for independence was the battle for the triumph of human liberty and progress over tyrannies of every kind. His idea of freedom was deeply rooted in the American idea of responsibility and selfcontrol. He said: "The general principles upon which the fathers achieved independence were the general principles of Christianity... I will avow that I then believed, and now believe, that those general principles of Christianity are as eternal and immutable as the existence and attributes of God; and that those principals of liberty are as unalterable as human nature. Religion and virtue are the only foundations...of republicanism and of all free governments."

This change in opinion began



the great America experiment with constitutional liberty and self-government. Adams again stated: "We have no government armed with the power of contending with human passions unbridled by morality and religion... Our constitution was made only for a moral and religious people, It is wholly inadequate for the government of another. The only foundation of a free constitution is pure virtue, and if this cannot be inspired into our people in a greater measure than they have it now, they may change their rulers, and the forms of government, but they will not obtain a lasting liberty - They will only exchange Tyrants and Tyrannies.

Today, as we witness more and more chaos in American society, we should ask ourselves what type of government do we want to live by and reconsider the wisdom of our founders.



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August 2020 30A Real Estate Update



Every day is different in the world of real estate, and that is one of the reasons I absolutely love what I do.

A DAY IN THE LIFE..

You never know what you will run into while showing farm & ranch property; wild goats, pigs or rattlesnakes. I was unaware that rattlesnakes actually travel in pairs until listing a 300 acre+ ranch adjacent to Tommy Lee Jones's property north of Austin, Tx. I learned a few great lessons listing that property: (1) rattlesnakes travel in pairs, (2) what an armadillo hole looks like and (3) never drive your jeep across pencil cactus...all tires will be flat within 24 hours.

Marie, an agent who has been on my team for 12 years, is such a trooper. She will always carry a pair of gloves, a trash bag and Lysol spray in her car just in case she may need to pick up something disgusting (again) prior to showing a buyer through a vacant property! Great reason to arrive early!

When I have a closing, I do a walk-through the morning of closing... just in case the entire interior is under water.

Always take a property video for your buyers and sellers of the property you just placed under contract..just in case the buyer, post-closing, truly believes the seller has taken all of the nonexistent blinds throughout the home, or you find that the seller has removed the \$2000 ice maker and replaced it with a 1970's trash compactor.

30A REAL ESTATE UPDATE Detached Single Family Homes

Rosemary Beach

Gulf Front: There are two active properties. One property

at \$3,295,000 with 1680 sf and priced at \$1958.53 per sf and the other at \$10,200,000 with 5208 sf and priced at \$1961.31 per sf. There is one pending at \$5,500,000 with 3673 sf and 1800 days on the market. There have been 2 sales ranging \$3,150,000 to \$4,300,000. The average sale is \$3,725,000 with 2665 sf and selling at 95% of list price, and at \$1390.39 per sf with 1170 days on the market.

Non-Gulf Front: There are currently 39 active properties ranging \$1,150,000 to \$8,100,000. The average property is \$3,632,462 with 3434 sf and 237 days on the market. There are 11 pending properties ranging \$1,650,000 to \$3,890,000 with the average pending at \$2,507,091 with 3149 sf and 102 days on the market. There have been 40 sales ranging \$1,250,000 to \$4,000,000 with the average sale being \$2,186,812 with 3026 sf, and selling at 94% of list price at \$732.61 per sf with 210 days on the market.

Seacrest Beach

Non-Gulf Front: There are currently 16 active properties ranging \$689,000 to \$1,595,000. The average listing is \$962,719 with 2454 sf and priced at \$394.64 per sf with 120 days on the market. There are currently 12 pending properties ranging \$699,000 to \$1,250,000 with the average pending sale being \$868,267 with 2313 sf and 230 days on the market. There have been 56 sales ranging \$525,000 to \$1,820,000. The average sale is \$882,545 with 2473 sf, selling at 97% of list price at \$358.89 per sf and 155 days on the market.

Alys Beach

Gulf Front: There has been 1 sale at \$10,000,000 with 3631 sf.

Non-Gulf Front: There are 11 active properties ranging \$3,100,000 to \$6,395,000, with the average listing being \$4,506,500 with 3669 sf, priced at \$1270.38 per sf with 76 days on the market. There are currently 17 pending sales ranging from \$2,095,000 to \$4,980,000 with the average pending sale being \$3,469,035 with 3308 sf, with 109 days on the market. There have been 41 sales ranging \$1,800,000 to \$6,200,000

with the average sale being \$3,615,283 with 3389 sf, selling at 98% of list price at \$1,053.85 per sf and 90 days on the market.

Watersound Beach

Gulf Front: There is one active property at \$5,445,000 with 5738 sf and 549 days on the market. There is 1 pending sale at \$6,695,000 with 4853 sf and 19 days on the market. There has been 1 sale at \$5,495,000 with 4433 sf and 289 days on the market.

Non-Gulf Front: There are 18 active properties ranging \$1,950,000 to \$4,695,000 with the average listing being \$3,148,717 with 3957 sf, priced at \$799.24 per sf with 320 days on the market. There are 12 pending sales ranging \$1,050,000 to \$4,450,000 with the average pending being \$2,545,250 with 3451 sf and 155 days on the market. There have been 43 sales ranging \$815,000 to \$4,750,000 with the average sale being \$2,393,458 with 3535 sf, selling at 94% of list price at \$662.73 per sf and 273 days on the market.

Seagrove

Gulf Front: There is one property available at \$14,995,000 with 9051 sf and 93 days on the market.

Non-Gulf Front: There are 28 active properties ranging \$549,999 to \$4,664,000 with the average listing at \$2,009,644 with 3239 sf, priced at \$623.55 per sf and 194 days on the market. There are 25 pending properties ranging \$349,000 to \$3,190,000 with the average property being \$849,752 with 2262 sf and 132 days on the market. There have been 121 sales ranging \$330,000 to \$5,800,000 with the average being \$1,034,740 with 2527 sf, selling at 97% of list price, and \$414.79 per sf, with 149 days on the market.

Seaside

Gulf Front: There are currently 4 active properties ranging \$1,830,000 to \$9,995,000 with the average property \$5,504,750 with 2597 sf, priced at \$2,324.43 per sf and 74 days on the market. There is 1 pending property at \$1,690,000 with 872 sf, and 117 days on the market. There have been 7 sales ranging \$1,700,000



to \$6,250,000 with the average sale being \$3,607,143 with 2020 sf, selling at 95% of list price at \$1,960.97 per sf and 297 days on the market.

Non-Gulf Front: There are currently 6 active properties ranging \$1,580,000 to \$3,500,000 with the average sale being \$2,594,667 with 2880 sf, priced at \$982.45 per sf with 86 days on the market. There are 6 pending sales ranging \$825,000 to \$2,350,000 with the average pending property at \$1,530,500 with 2058 sf, and 84 days on the market. There have been 10 sales ranging \$750,000 to \$4,191,655 with the average sale being \$2,263,216 with 2388 sf, selling at 94% of list price, \$988.82 per sf with 187 days on the market.

Watercolor

Gulf Front: There have been 3 properties sold ranging \$2,919,555 to \$3,999,900 with the average sale being \$3,339,818 with 2537 sf, selling at 86% of list price at \$1,322.06 per sf and 496 days on the market.

Non-Gulf Front: There are 26 active properties ranging \$1,245,000 to \$4,250,000 with the average listing at \$2,612,612 with 3585 sf, priced at \$716.63 per sf with 115 days on the market. There are currently 25 pending sales ranging \$1,199,500 to \$3,600,000 with the average pending sale at \$2,238,900 with 3609 sf and 137 days on the market. There have been 95 sales ranging \$840,000 to \$5,500,000 with the average sale at \$1,973,135 with 3325 sf, selling at 96% of list price at \$575.61 per sf with 131 days on the market.

Blue Mountain Beach

Gulf Front: There is 1 active property at \$3,975,000 with 4267 sf and 257 days on the market. There has been 1 sale at 43,700,000 with 1967 sf and

167 days on the market.

Non-Gulf Front: There are currently 3 active properties on the market ranging \$1,345,000 to \$4,790,000. The average listing is \$2,645,000 with 4680 sf, priced at \$530.25 per sf and 643 days on the market. There is one pending property at \$999,000 with 2647 sf and 69 days on the market. There have been 8 sales ranging \$860,000 to \$2,900,000 with the average sale being \$1,608,750 with 2794 sf, selling at an average of 97% of list price, \$608.43 per sf with 97 days on the market.

Gulf Place

There are currently 2 properties available ranging \$850,000 to \$1,175,000 with the average property at \$1,012,500 with 3072 sf, priced at \$327.62 per sf and 107 days on the market. There are 2 pending sales ranging \$1,195,000 to \$1,199,000 with 3664 sf and 228 days on the market. There have been 6 sales ranging \$700,000 to \$1,275,000 with the average sale being \$957,167 with 3150 sf, selling at 96% of list price, at \$308.01 per sf and 377 days on the market.

If you have questions, or if I can help you with any of your real estate needs, please contact me.

Lisa Hughley

Broker, Owner Classic Luxury Real Estate FL & GA Classic Luxury Vacation Rentals 850-660-1962 Office 678-923-5152 Cell

All information regarding sales and availability is reliable but not guaranteed and gathered through the MLS system.





By Maurice Stouse, Branch Manager and Financial Advisor

Today many Americans are having their faith and confidence in their health and wealth challenged as never before. While the pandemic continues to bring unexpected events into our lives, it is also seen as important that we stay informed and utilize helpful hints when it comes to our wealth along with the focus on our health.

What are some things you should know right now? The recently passed Coronavirus Aid, Relief and Economic Security -CARES - Act of 2020, a fiscal stimulus bill of over \$2 trillion dollars has several provisions many Americans might want to be aware of.

Cash or liquidity needs:

Do you have adequate access to cash for short term needs, unexpected financial needs, or emergencies? Most experts suggest a minimum of six months of expenses to be stored away and readily available. What if you don't have that or don't want to exhaust it? Investment firms might offer securities-based lines of credit (SBLOC) against stocks that you own. Or, you might qualify for penalty free distributions from your retirement accounts. There are also new provisions available to increase the amount that can be borrowed from a qualified retirement plan. Retirement savers can also pause or reduce their current contributions to their retirement plans. Lastly, Home Equity Lines of Credit (HELOC) might give you access

to equity in your home. **Required Minimum Dis tributions for Retirees:** With stock market volatility throughout this year, Americans who normally have Required Minimum Distributions (RMDs) from their retirement plans can

Staying Financially Informed through the Pandemic

waive those for 2020. The benefit is that if they are facing losses to their retirement portfolios they are not having to sell in to that. Many people don't want to exhaust principal that perhaps could or is recovering and have it work to produce needed income or returns in the future. Also, RMDs used to be required at age 70.5. That was pushed to 72 (for those born on or after July 1, 1949) as a result of the Secure Act, which was passed in 2019.

Tax Loss Harvesting: Many investors have looked at their portfolios mid year and examined those to see if they have losses (in taxable vs retirement accounts) that they could "realize" through selling those positions. Those losses might be able to be used to offset gains not only this year but in future years as well. Many consider this a form of tax efficient investing as potentially reduces taxes that would be owed and hence a better overall return on an investment. And, dependent upon circumstances, losses on financial investments like stocks or bonds can also be applied against other types of gains, like real estate for example.

Roth Conversions: As was explored last month, many investors might have the opportunity to convert existing IRA assets (including Rollover IRA assets) in to a ROTH IRA and hence have those assets grow tax free (with the restrictions that apply with certain time limits). Retirees who waive their RMD for 2020 might want to consider converting that amount to a ROTH IRA.

Update your plans: Many consider now to be a good time to revisit financial and estate plans. It is a good opportunity to review portfolios for rebalancing or if risk tolerance has changed. Estate planning – particularly a review of how assets are titled might be timely as well. When leaving assets to their heirs, investors would want to ensure they have beneficiaries or perhaps trusts and wills in place.

Charitable Giving: The CARES Act has given some added flexibility to charitable giving and might give donors a deduction (\$300 in cash as an

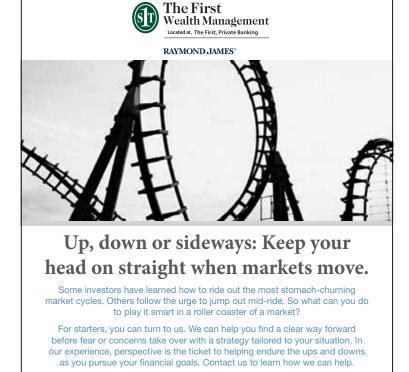
example) even if they do not itemize. Also, retirees might be able to give their RMDs up to \$100,000 to charity and not have that dollar amount excluded from their taxable income. This is a reminder for that rule which was already in place.

Staying informed and making changes and updates as needed are steps Americans can take today during these unusual times. Do your own research and contact a financial, tax or estate planning advisor to assist you as needed.

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 33 years. His main office is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd, Destin, FL 32541. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City, Pensacola, Tallahassee, and Moultrie, GA. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice. stouse@raymondjames.com.Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management First Florida Bank, and The First, A National Banking Association are not registered broker/dealers and are independent of Raymond James Financial Services. Views expressed are the current opinion of the author, not necessarily those of R7FS or Raymond 7ames, and are subject to change without notice. Information provided is general in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.

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Maurice Stouse

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Community

The Seaside Institute August Update

The Seaside Institute'sTM Symposium Series presents Transforming Communities

through New Urbanism Pt II: Preparing for a Resilient Future Virtual Symposium to be

held September 10-11, 2020 Seaside Institute remains dedicated to offering program-

ming to further the New Urbanism discussion. As we face everything from Floods to Hurricanes, Pandemics to Wildfires, our communities are affected by all. What can we do in advance to protect our homes, families and businesses, our communication streams and the economic stability of our communities? What are the responsibilities of the government and each individual citizen? How we work together is vital to ensure that any setback is minor and easily recoverable.

Seaside Institute's Sympo-

Urbanism Pt II: Preparing for a Resilient Future will bring together notable speakers from around the country to explore the concepts, factors, challenges and solutions in transforming communities in advance of a natural disaster to mitigate devastating results. In a global economy our communities are more closely linked than ever. Registered attendees will have opportunities to learn and

sium Transforming Com-

munities through New

their regions. Notable speakers include Kay Goss, Former Associate Director of FEMA who will discuss the role of Emergency Management along with Daniel Kaniewski, also a Former Associate Director of FEMA; Urban Planner Joe Minicozzi focuses on imagining new ways

create practical applications in

SEASIDE **INSTITUTE**^{**}

to think about and visualize land use, urban design and economics; Economist Stan Veuger will share timely insights on the design of the federal economic response to the Covid-19 crisis, to name a few of our esteemed presenters.

Learn more and register for Seaside Institute's virtual symposium Transforming Communities at www.seasideinstitute.org/new-events,

The Seaside Institute continues to explore the topics that matter to you and apply nationally.

On the Horizon for 2020-2021

2020 Symposium Transforming Communities Through New Urbanism Pt II: Planning for a Resilient Future - September 10-11, 2020. Registration Now **Open!**

Aging with Grace

The 2021 Seaside Prize -Spring 2021

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Join us on our journey to help people create great communities. For more information or tickets, please go to our website at seasideinstitutte.org.

The Seaside Institute is a 501 (c)3 non-profit. Our mission is to help people create great communities. Through education, innovation, the arts and engaging our community, we are working to improve the quality of life for families and individuals within Seaside, as well as nationally and globally, while at the same time creating an innovative design that not only enhances the beauty of our environment but, preserves it as well. If you are interested in helping the Institute fulfill its mission contact us at: information@seasideinstitute. org, or call us at 850.231.2421.

Become a Member:

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For further information on our benefits visit our website at www.seasideinstitute. org or contact Kady Spann at 850.231.2421 or development@ seasideinstitute.org

Donate:

We work with our mission and the greater good in mind. We don't sell a product you can take home, we depend on your generous support of our mission. You can make a donation directly to the Institute, Sponsor or choose to attend a paid event.

Volunteer:

As a small organization, we use volunteers to augment our staff, help us at events and work together in engaging the community in the mission of the Seaside Institute. All skill levels are needed and we are happy to train our new volunteers.

Advocate:

Advocating for a mission is one of the easiest things one can do in support of an organization, especially when you are passionate about the mission. If you have a passion for education, a strong sense of community and want to improve the quality of life for friends, family, co-workers, and acquaintances, working with the Seaside Institute is a terrific and convenient platform.

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(*) Community

Local Authors Announce New Releases

Every Day Jesus,

BY DAVE HOLLAND

This is a 40-Day devotional/ Bible study inviting you to join Luke as he unveils the pathway to experiencing the living Christ. The book demonstrates how to follow Jesus by walking through the Gospel of Luke verse by verse.

Every Day Jesus is fire for the soul. It introduces Jesus without bias or theological bent. Luke shows us Jesus, the man above all men, the ideal human, the Son of God – the pathway to victory over sickness, poverty, obstacles and the trials of life.

People ask themselves who Jesus really is, "Why is everybody trying to draw me into their brand of Christianity? What could He possibly do for me? How has this simple Man impacted history so profoundly while stirring such controversy?" This book answers those questions. If you want to know the Jesus who restores people's lives with His unassuming presence and powerful words, this devotional is for you. These bare scriptures, accompanied by insightful stories and applications, help you catch the breath of the Spirit, and refresh your soul.

Follow Luke around as he uncovers more of the life of Jesus each day. Don't get stuck in the muck and mire of life, walk with Jesus as your friend and not just a distant deity. The book ushers you into the Lord's inner circle of disciples.

Luke is the only Gentile author of a Bible book. As an educated man steeped in Greco-Roman culture, Luke is similar to us. It is the most culturally relevant gospel to us who live in Western civilization. Luke speaks to the discipleship needs of emerging spirituality by simply showing the life and lessons of Christ. Contemporary Christians need this same Jesus. The average reader can finish a daily devotion in less than 15 minutes.

Every Day Jesus explains Luke Chapters 1-5 paragraph by paragraph – experience by experience. The second book, Extraordinary Jesus, picks up the next phase of Christ's ministry in Luke 5-9 and constitutes book 2 in Daily Jesus Series.

Have you ever wondered what it would be like to walk with Jesus in Israel? Are you troubled by the



division and turmoil that seems to follow churches and denominations? Are you sick of theological strife? This book will lead you to the surprising discovery that Jesus is not divisive. Yes, He will demand your whole heart, but He will not make you critical or unloving. This Jesus is incredible!

Absorb the scriptures daily, walk with Jesus through the stories and commentary provided, and respond by praying according to that day's reading. You will experience Jesus by following Him on the roads of Palestine and responding to the events of His life. This practice is the essence of Christianity and the fuel that will cause you to burn with pure passion. Come walk with Jesus Every Day through the pages of *Every Day Jesus* by local author, Dave Holland!

Enjoy Today, Own Tomorrow: Discover the Power to Live the Life You Love

BY LAINE LAWSON CRAFT

Do you long to be whole, healed and full of life? What would it look like if your situation was turned upside down and inside out with God's undeniable power? An expert at being hurt and wounded by life, local author Laine Lawson Craft knows firsthand from her own trials, tests and tragedies how to find healing.

She wrote Enjoy Today Own Tomorrow: Discover the Power to Live the Life You Love because we all know that we don't get through this life without being hurt. However, far too many of us are not enjoying life because of broken hearts and shattered dreams. So, she's spent years gathering stories from real women that have gone from hurt to healed. "Together we will learn how they walked out of hurt into healing and how you can too," says Laine. "You will be encouraged that hope is available, healing is possible and the power you need is waiting to help.

Enjoy Today, Own Tomorrow will show you how to start winning in life by spending literally seconds each day discovering God's power. As you reconnect, realign and reactivate, you'll discover the power to walk confidently into tomorrow and live your dreams!

Laine is a funny and inspiring author, television host, speaker, and entrepreneur. She founded WHOAwomen and owned and published WHOAwomen magazine. She has authored two books, Feeling God's Presence Today, a 365-day daily devotion-



al, and Start Again from Scratch: A No-Fail Recipe to Revive Your Marriage.

Laine has been the mouthpiece of sharing intimate and compelling stories from women who are overcomers of abuse, addictions, failed relationships, betrayal and more. She has personally experienced supernatural healing, restoration of her own marriage, miraculous touches of God, and has witnessed thousands of life transformations through the power of God.

She and her husband, Steve, have been married for more than 33 years and have three adult children.

Available nationwide August 17, 2020, *Enjoy Today, Own Tomorrow* can be preordered on Amazon. For more information, visit lainelawsoncraft.com.

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Community Jeri Michie, Candidate for Walton County School Board



Jeri Michie, a longtime resident of Walton County, is running for the position of Walton County School Board. Jeri is an educator with 34 years of experience in all levels of public and private education including elementary, middle, and high schools. She understands schools through her diverse experiences as a classroom math teacher, assistant principal and principal. Jeri has also supported teachers and students as a curriculum coach and school improvement Specialist at the State Department of Education.

Jeri learned at a young age her purpose in life is to teach and serve. "My father was a

Navy veteran and a member of the National Guard and a model of hard work and service. My mom volunteered as a Girl Scout leader and Sunday School teacher." At an early age, the value of service and helping others was modeled and instilled in her.

Jeri has worn many hats in her community and throughout her career. She's a collegiate athlete, playing at Georgia Southern University, certified school bus driver, special education advocate and past Teacher of the Year. Today, Jeri spends time with her family and grandchildren as well as attending and teaching classes at Destiny Worship Center, leading a Walton Women's club as President, and captain of her NWFTA Ladies tennis team. She volunteers extensively in support of students and teachers as a high school athletics coach and with the Fellowship of Christian Athletes as an elementary school sponsor.

When asked what drives her to seek the School Board position, Jeri said, "Several things. First, I have a lot of experience and want to use it to serve our



community. Second, I am a team builder, it's my nature to want to bring people together to plan and problem solve. And third, I'm highly motivated. Motivated by my faith, which has taught me to use my talents and experience and also by my children and grandchildren. After you become a mother and grandmother, you're driven to



make the world a better place." Jeri sees several areas of focus.

First, she believes the school board must ramp up plans for growth. Walton County is among the top five fastest-growing counties in the United States, and this puts a strain on schools and administration. This need is pressing in communities like Freeport where aging facilities are being pushed by unprecedented growth.

Second, Jeri believes in the importance of rewarding teachers. "While I'm thankful for the \$500 million bill Governor De-

Santis recently signed for moving teacher salaries in Florida from 26th to 5th, we mustn't stop there." Competitive salaries are necessary in order to recruit and retain talented teachers. Having an effective trained teacher in every classroom the first day of school is a priority.

Thirdly, Jeri believes that recent events such as COVID-19, highlight the emerging need to support students' mental and emotional health. Guidance counselors in schools have the opportunity to meet these needs but are often overloaded by other assigned responsibilities. Jeri will work to reduce the ratio of students to counselors and decrease the dependence on counselors for administrative work. Visit her website at votejeriforwalton.com to learn more.

Jeri Michie's greatest passion is simple – to live her life serving. She feels one way to do this is to serve on the school board. Early voting begins August 8th-15th and election day is August 18th. Jeri looks forward to putting her experience to work to serve our students, parents and citizens.

Every Student in Walton County deserves a world-class education! RI MICHIE - No one is more gualified to serve!

"Every Walton County student deserves an inspired, passionate, and highly trained classroom teacher. I was blessed as a young elementary school student to have a teacher who inspired me to dedicate my life to teaching. As a math teacher, assistant principal, principal, and school improvement specialist, I worked to improve the joy of learning for students. Working together, we can continue to

inspire our teachers and principals to be their best for our students, our future citizens."

-Jeri Michie, Candidate for Walton County School Board



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Experience

- Educator with 34 years experience in elementary school, middle school, and high school
- Math teacher, assistant principal and principal for public and private schools
- Pre-K through 12th grade teaching experience
- Administrator at Okapilco Elementary, Butler Elementary, Emerald Coast Middle School, and Gateway Academy
- School Improvement Specialist at the State Department of Education Certified School Bus Driver

- Education
- Educational Specialist, Educational Administration Valdosta State University
- Masters of Education, Educational Administration Valdosta State University
- Bachelor of Science, Elementary Education Georgia Southern University



the Year Presenter, Educational

Honors and

Activities

- **Technology Conference** Professional Association of Educators
- Outstanding District Member Award
- Jim Hall Humanitarian Award for work with Special Education programs
- Junior Woman's Club Family of the Year

Community Activities

- Volunteer Soccer, Tennis, and Baseball coach
- American Cancer Society Chairman
- Church Children's Director
- Member of Destiny Worship Center

Family

· Married for 40 years to Scott Michie, former principal with 42 years teaching/administrative experience, two sons, Brian and Bradley, married to Josie and Ashley and four beautiful grandchildren

Community

Maison30A Celebrates One Year Anniversary

was just one short year ago that Maison30a located at 16810 Panama City Beach Parkway

It is hard to believe that it my experience from the past materials and a neutral palette. two decades in the design industry to the area. "Maison 30A is a home and garden store

What truly sets us apart from any other furniture store in the area is our ability to custom build furniture, which we design to our client's individual and exacting specifications." Maison 30A also offers



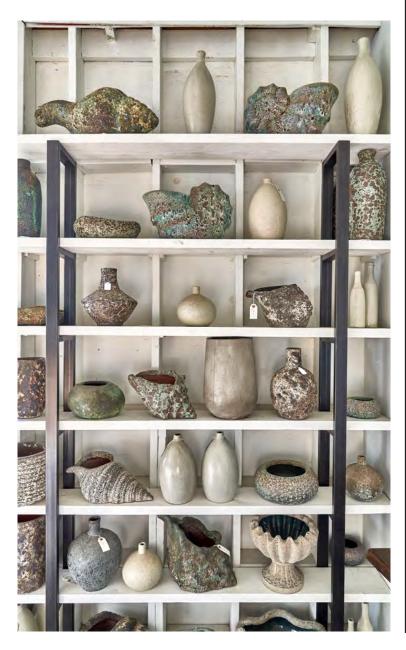


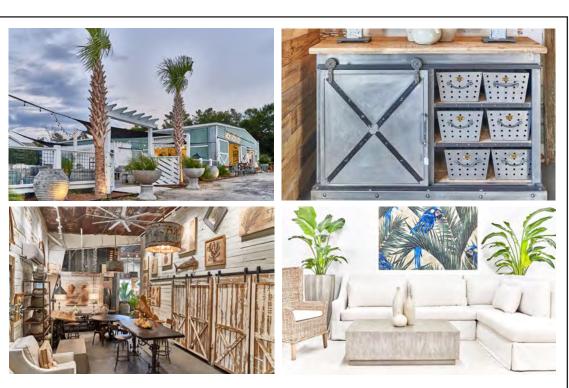
shoppers a unique range of modern concrete furniture and organic form teak root furniture suitable for both indoors and out. With over twenty year's experience in the design industry, Bailey is more excited than ever about the store concept of Maison30a and looks forward to many years to come providing the perfect pieces for his clients' homes.

Maison 30A is open Tuesday – Saturday 10:00am to 6:00pm or by appointment. For more information, visit www.maison30a.com or call (850) 775-1227.

(Hwy 98 & 79) opened its doors. Commenting on the Store's anniversary, store founder Chris Bailey stated; "My career has been a whirlwind journey taking me all over the world, to finally land me here, on the world's most beautiful beaches. I am delighted to have brought

like no other in the area", Bailey explained, "In addition to our custom-made furniture line, we have a great collection of modern Coastal Chic furniture and art. We also offer a large selection of pots, planters and fountains in all shapes and sizes, with a focus on natural







MAISON30 HOME + GARDEN

beach house chic furniture, art, decor, lighting and large collection of pots, planters and fountains

Open Tuesday - Saturday 10am - 6pm 16810 City Beach Parkway, Panama City Beach FL 32413 | (850) 775-1227 maison30a.com | @maison30a | @industrialchicloft Check out other company specializing in industrial design furniture | industrial-chic.com

Community American Pride Landscape Award Winners Announced by the Green Thumb Garden Club

The Green Thumb Garden Club's mission for over six decades has been the on-going beautification of Walton County. The Club encourages the community to enhance their surroundings and recognizes these efforts through the annual American Pride Landscape Awards.

The APLA competition promotes gardening excellence and recognizes local residents and businesses for their hard work. Landscapes are judged using the Standards for Evaluating Landscape Design as set forth by the National Council of States Garden Clubs, Inc. The GTGC has participated in the APL awards since 1988; however, this year presented an unusual challenge to judge the properties using





COVID-19 pandemic safety protocol. The dedicated ladies of the GTGC prevailed despite the challenges.

Judges in 2020 were Karen Kirk-Williams, Okaloosa Master Gardener Assoc volunteer and landscape design instructor at Northwest Florida State Col-







lege, as well as Velda Dougherty, OCMGA volunteer, and Kathy Edge, co-chairs of the event. The number of judges was reduced this year to respect the property owners during the pandemic. The 2020 Walton County APLA winners, by category, are

Do It Yourself--Margie Bach/Santa Rosa Beach; Commercial—Alys Beach; ard Andrews/Freeport; Large–Jackie & George Law/Miramar Beach. They will be honored guests at the Club's next luncheon meeting and receive their awards. Kathy Edge will share an educational presentation that will highlight their properties and discuss the elements of a successful landscape design.

The Green Thumb Garden Club is a 501(c) (3) non-profit organization and a member of the Florida Federation of Garden Clubs and

the National Garden Club Deep South Region. For membership inquiries, contact Jan Shuttleworth at jan.shuttleworth@cox. net. For additional information, please contact Kathleen Edge, edge.kathy@gmail.com or Lisa Ermini, President, gtgclisaermini@gmail.com.

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SUNDAY WORSHIP SCHEDULE:

8:00 am: Holy Eucharist Rite I 9:00 am: Children's and Adult Christian Formation 10:30 am: Holy Eucharist, Rite II w/Sanctuary Choir

WEEKDAY WORSHIP SCHEDULE:

The DAILY OFFICE: Scripture readings, collects, and prayers from the *Book of Common Prayer*

Monday – Friday Morning Prayer: 9:00-9:30am Evening Prayer: 4:30-5:00pm

CELEBRATE THE SAINTS! A casual Holy Eucharist & Healing service commemorating the saints of the Church. *Wednesdays* 12:00-12:45am

CENTERING PRAYER and Contemplative Christianity Discussion *Thursdays* Centering Prayer: 10:30-10:50am Discussion Group: 11:00-12:00 (in Hughes Library)



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Community

Environmental Stewardship Begins at Northwest Florida State College

Northwest Florida State College (NWFSC) has earned a reputation for educational excellence and community involvement. Our mission is to improve lives by providing a high-quality, globally competitive education that is a catalyst for cultural, civic and economic development throughout the region. Ingrained in the culture of NWFSC are six values that serve as a driving force for everything we do:

Integrity: Fostering an environment of transparency, fairness, honesty and accountability where students and employees embrace the highest ethical standards.

Diversity & Inclusion: Creating a safe and inclusive community with policies, practices, programs and services that create opportunities for everyone to succeed.

Excellence: Ensuring an exceptional learning environment through high-quality instruction, state-of-the-art facilities, cutting-edge technologies, dedicated support services and access to

various learning and researchbased teaching methods that meet the needs of all students.

Stewardship: Embracing practices that demonstrate fiscal, social and environmental responsibility.

Innovation: Fostering a culture that promotes creative and proactive solutions that are responsive to the needs of our students, employees and community.

Prosperity and Wellness: Prioritizing personal, professional and academic enrichment by promoting physical, mental and emotional wellness in an enjoyable environment

Environmental stewardship has been an early focus and became more prevalent in the late 1990s when representatives from the Florida Department of Environmental Protection (FDEP); other state, federal and local government agencies; environmental organizations; and members of the business community sparked a partnership for sustainable development and ecosystem management that is now called the Choctawhatchee Basin Alliance of Northwest Florida State College (CBA). CBA's mission is to promote swimmable, fish-

NORTHWEST

Florida

STATE COLLEGE

able waterways in our community through monitoring, education, restoration and research.

In 2013, NWFSC took environmental stewardship a step further by partnering with

Cenergistic to implement a campus-wide sustainability program. The program primarily focused on human-factors in energy consumption, but also installed motion sensor technology, central temperature controls, etc. Due to this program, and thanks to the outstanding support and cooperation of our faculty and staff, the College has benefited from a 63% reduction in energy consumption, resulting in a savings of more than \$4.7 million in energy costs through 2019. This significant reduction in energy use had the effect of eliminating carbon production equal to over 74 million miles of automobile travel.

> In addition, as a result of the successes realized through our partnership with Cenergistic, the College entered into a performance-based contract with Johnson Controls

in 2018. This contract enabled NWFSC to replace (on all campuses): all water fixtures with lowflow technology; all lighting with LED fixtures; the entire central energy plant; numerous ancient air handlers (50-year-old); over eight miles of underground hot/ cold water piping; and other various smaller energy conservation projects.

Most recently in 2019, we broke ground on the Kay Litke Culinary Arts Greenhouse at Northwest Florida State College. The NWFSC Greenhouse Project will provide educational and hydro-cultural opportunities for our students interested in learning about alternative farming techniques. Our culinary program has elected to add sustainable greenhouse operations to our curriculum to better understand these techniques and fully prepare students for the workplace. Through these programs, we will also be able to cultivate and distribute vegetables for area high school culinary programs for recruitment enhancement and local food banks for community service. For more information, please contact Chef Layne Eggars at eggarsl@nwfsc.edu.

Your future begins here at Northwest Florida State College. The fall term begins August 19 and enrollment is underway. We encourage you to visit www. nwfsc.edu to learn more about our programs, or call 850-502-2895 to speak to one of our Student Success Navigators.



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🌸 Arts

World Class Entertainment Coming to 30A

BY DANIELLE BAZYLAK

Imagine having moved to NYC and finally getting your big break. Years of auditions, voice lessons, dance auditions have finally paid off. You are cast in your first Broadway show. Your dream has finally come true. Your contract starts... April 2020. That's right. Because of Covid-19, your contract is cancelled. You're back to where you started. You're moving back in with your parents. No paycheck. No auditions. Broadway is closed. Nashville is closed. Las Vegas is closed. Theater is closed.

This is the reality for so many performers, artists and comedians not just on Broadway, but across the country right now. But on 30A, there's a place where artists will be able to perform in a safe, socially distanced location.

The Old Florida Fish House recently hired Christopher Fettig as the Director of Entertainment to organize a live dinner show based entertainment series to begin soon, as 30A moves out of its busy summer season.

Fettig attended the prestigious

Cincinnati Conservatory of Music, and has extensive experience producing and directing theatrical shows. He was a ship entertainment director for Car-

nival Cruise Lines, a member of a headline act for Princess Cruises and has worked with multiple theme parks and Disney. He is networking with former colleagues from his many years of performing and producing to organize a star studded lineup.

These stars will perform classy dinner shows at various

locations on the Fish House's expansive property overlooking beautiful Eastern Lake. Visitors can expect to see names like:

* Alton White who not only played Mufasa for over 4,000 performances of THE LION KING on Broadway, but also performed as Coalhouse Walker Jr. in RAGTIME, MISS SAI-GON and THE COLOR PUR-PLE among others. * Famous juggler and comedian **Michael Goudeau** who performed in over 15,000 shows in Las Vegas including 19 years with Master Magician Lance writing "The Christmas Song," will sing, tell stories and play the piano.

* Nashville Band "**Open Road**" featuring members of



Burton. He holds the record with the Guinness Book of World Records for Most Bites Taken out of Apples while Juggling. He's also an Emmy award winning writer and producer for Penn & Teller's Series on Showtime.

* Comedian **Clayburn Cox** from Birmingham, Alabama with a clean family friendly show. * **Steve March-Torme**, son of Mel Torme, famous for the band Poco and Hank William Jr's band.

* A family band reminiscent of a modern-day Partridge Family, "**Rockland Road**" from Nashville. This six family member band plays 23 instruments between them and they sing soaring six part harmonies. Dad is Paul Martin who has played with Marty Stuart and was also "Exile." Mom, Jamie, is the daughter of the lead singer of the Oak Ridge Boys.

Plans are also in the works for other Broadway performers and an Oktoberfest dinner show... and this is just the beginning! The Fish House will also continue to host other musical performers, including Forrest Williams, True Soul, Drew Tillman, Max Mc-Cann and Will Thompson.

Dinner shows will be special ticketed events and ticket sales will be limited to follow social distancing regulations. Watch for updates on SoWal.com, 30A.com and The Old Florida Fish House social media pages. Tickets will be available soon on Eventbrite. com.

Come out to support the Arts while enjoying a delicious meal and beautiful views as The Old Florida Fish House brings Nashville, Las Vegas and Broadway to 30A.

*Danielle Bazylak is a former news anchor for WSEE, the CBS affiliate in Erie, PA. She recently moved to Santa Rosa Beach with her husband and two boys.

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Coastal Library Art in Public Places Hosts Bonnie Loman During August

Bonnie Loman describes herself as a self-taught artist and that life is not about finding yourself, but creating yourself, and she is indeed creative.

Bonnie loves vibrant and lively colors and incorporates them in her art. Her mixed media compositions combine the theme of the beautiful area of South Walton, and then she often adds a personal touch with her Mom's jewelry collection. Each piece is unique.

Bonita Doerfler Loman (Bonnie) was born and grew up in a suburb of Pittsburgh, in the small borough of Blawnox. Her first exposure to art was from her Babka (Grandmother in Polish) who was involved in all aspects of crafting. During Bonnie's school years she was in her element in any art room. At a young age she entered several art competitions and received an honorable mention for her elephant spoon sculpture. She also attended Tole painting classes in her early years that aided in her



painting abilities.

Her work for the Veterans Canteen Service took her away from Pittsburgh. During her career, she took several local art classes, but her job took priority over her desire to be a successful artist.

After 37 years and retirement, Bonnie and her husband John moved to South Walton and found a home in February 2011. They got settled and Bonnie unpacked her craft supplies and found her niche in life. She works in mixed media, oils, watercolors and some acrylics . One of Bonnie's oil paintings "Poppy Quintet" was shown in the Top of the Class Competition in 2014. Since she moved to the area she has taken two of Tom Lynch's watercolor classes, and has taken watercolor classes with Carol Dickson at the CAA. She has also taken oil painting classes with Dorothy Starbuck, and acrylic paintclasses ing with Betty Pinkston.

Bonnie - is finally d where she n wants to y be, living - at the most



beautiful beaches in the world, creating art and hoping to be discovered. To Contact Bonnie, call 412-759-7707 or Email:

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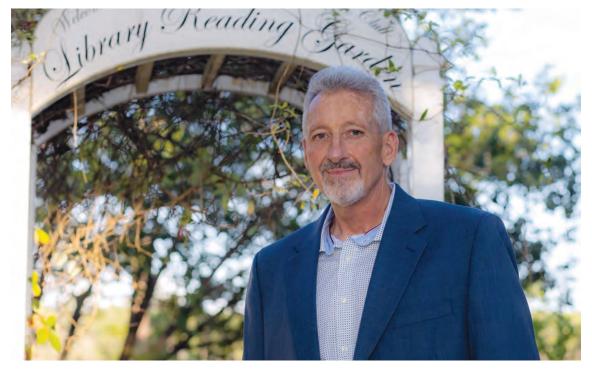
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Community Mike Barker for Board of County Commissioner

By Mike Barker

I am Mike Barker and I want to be your District 3 County Commissioner. Let me tell you a little about myself, and why I want to be your Commissioner. I am a native and lifelong resident of Walton County. I have dedicated most of my adult life to serving Walton County in various capacities soon after I graduated from Walton High School in 1979. At the age of twenty I served as a volunteer Police Officer for the DeFuniak Springs Police while managing our family business. I later served as a Deputy Sheriff for a number of years and was chosen by the Board of County Commissioners as the first full time Emergency Management Director for Walton County. During that time I installed the first 911 system in Walton County. I was elected chairman of numerous regional emergency management committees, representing multiple counties to state and federal agencies and guided the county through numerous disasters such as hurricanes, tornados, fires, floods, train derailments and other man-made incidents.

I also wrote and managed numerous grants for the county including historical preservation, parks and recreation, boat ramps and improvements, 911 communications, emergency medical and fire department equipment, road, bridge and beach renourishment. I was in charge of code and environmental enforcement, writing and managing multiple county, state and federal budgets, fire coordination, writing policies and procedures, and ordinances with the assistance of the county attorney. After leaving employment with the county, I owned and operated a business in South Walton County for a number of years in Blue Mountain Beach and was an active Realtor and property manager in South Walton. I sold the business in 2003 but continued in real estate. During that time I worked part time with the DeFuniak Springs Police serving as a Lieutenant until I was asked in 2009 to once again to be the Emergency Management and 911 Director for Walton County working for the Walton County Sheriff's Office. I have been a city Police Lieutenant, County Public Safety Director, Deputy Sheriff, Deputy



Sheriff Lieutenant and Deputy Sheriff Captain and retired with the rank of Major. I currently serve on Walton County Planning Commission, and reside in District 3 with my Wife of almost ten years.

Why do I want to be your County Commissioner? I have never sat on the sidelines. I have numerous leadership roles and accomplishments in Walton County. Just because something could not be accomplished in the past, should not be an impediment to a fresh start with new ideas and or research. The phrase, "it can't be done" does not stop me from trying. I believe

citizens should be heard, and disrespect in public or private should never happen. The old saying, "if you can't handle the heat, stay out of the kitchen" applies to being a public official. I will not be bullied with political antics, and I don't think citizens should be either. I have worked under pressure and under fire and I am still here and Walton County is still my home. I believe county employees should be treated fair and equal. I will work alongside county public works and the planning department to ensure that county procedures can be understood by county staff and the public. I will work to ensure a good work environment and work ethic. I believe county codes should be followed and enforced. I will stand up for what is right, work with and for you, and apply common sense when making decisions. I have been tested under fire and under pressure. I want to help guide Walton County into our future, in a way that makes sense for all of us. Vote for Mike Barker County Commissioner District 3 on August 18th. You have a choice.

The Author is a republican candidate for the Walton County Board of County Commissioners.



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(*) Community

Candidate for Walton County Commissioner, District 1

Republican Lisa Johnson knows something about hard work.

Growing up in a blue collar family, at an early age she began to work and eventually would work her way through college at the University of Memphis, acquiring a degree in Business.

At that jump off point, Lisa would go on to work for such Fortune 500 companies as PepsiCo, Johnson & Johnson, and eventually retiring early from Pfizer. At each juncture, she would start at the bottom and advance to management and marketing positions. Lisa acquired her strong work ethic from her father, influencing her in the areas of serving and giving back to the community.

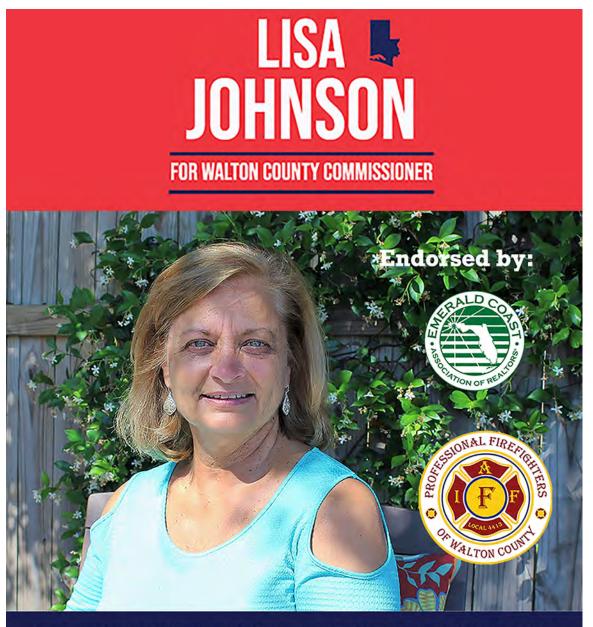
Lisa has been vacationing in Walton County since she was a little girl and carried on that tradition with her son Drew, who is now 26. It's been almost 7 years since Lisa moved here permanently. She immediately got involved with the Republican Executive Committee, Walton Republican Women Federated, and is the district rep for the panhandle for Florida Federated Republican Women.

But Lisa's love of service doesn't stop there. She volunteers for many nonprofits in the area, is on the Kiwanis Club BOD, a board member for Walton Academy, Emerald Coast Seniors BOD, a Beach Ambassador, and substitutes in the Walton County school system. In her spare time, you can find Lisa traveling to Honduras doing mission work at Clinica Esperanza.

A lifelong conservative and accomplished business woman, Lisa is ready to serve this county as your next County Commissioner. Working in the corporate sector has given her the problem solving experience to take on our infrastructure problems, beginning with water and sewer along the 331 and highway 90 corridors. She believes that to sustain our growth, we must improve roads and infrastructure. This will help to create an atmosphere that attracts new businesses and higher paying jobs so we are not so dependent on tourism.

She will serve the interests of every resident, every day, working to reverse the negative effects of this pandemic and get our small businesses stronger than they were before.

Please vote for Lisa Johnson, County Commissioner District 1, by absentee, early voting August 8-15, or on election day August 18.



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PROTECT OUR ENVIRONMENT BY MANAGING THE WATER QUALITY IN THE BAY AND COASTAL DUNE LAKES.

Wellness Ask Dr. Marty; Mixing The Natural with "Not-so-Natural?

QUESTION: I'd like to start taking natural remedies such as vitamins, minerals and herbs, but I'm taking several prescriptions. Should I be concerned about mixing the natural with the not-sonatural?

ANSWER: Yes.

That was my shortest answer ever, wasn't it? It's nice to have definitive yeses and no's in life, but



that doesn't always happen. My clients and students are very accustomed to hearing, "It depends."

Some medications actually cause a shortage or imbalance of nutrients in the body. Some examples include the following:

Medications for cholesterol can often cause a deficiency of coQ10, vitamin E, vitamin D, folic acid and vitamin A. The coQ10 deficiency, for example,

can often cause a stroke, heart arrhythmias, high blood pressure, congestive heart failure, and serious muscle pain and weakness. One in four Americans over the age of 60 takes a prescription for high cholesterol. Thankfully, more and more physicians are recommending coQ10 when they prescribe cholesterol meds.

Prescriptions for blood sugar imbalances and diabetes can also cause a deficiency of coQ10, vitamin B12 and folic acid. A

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shortage of B12 can result in irreversible dementia, extreme fatigue, confusion, memory loss, moodiness and depression.

Birth control pills can cause deficiencies of folic acid, vitamin B12, vitamin B2, vitamin B6, vitamin C, tryptophan, tyrosine, magnesium and zinc. Folic acid shortages can cause headaches, insomnia, birth defects, anemia, fatigue, nausea, anorexia, cervical dysplasia and birth defects.

Blood pressure/heart meds can result in deficiencies of zinc and coQ10. Poor night vision, mental disturbances, extreme fatigue, frequent infections and impaired testicular function are all signs of a zinc deficiency. Yes, we all know what that means.

The list above by no means covers everything for each medication, but it can give you an idea how extensive side effects can be with common prescriptions. So, when deficiencies occur as a side effect of medications, it would be wise to use a natural supplement as insurance.

I am often asked what interactions exist with certain medications and natural supplements. The number one rule when you are taking prescriptions is to call your pharmacist and determine what precautions should be taken when you are considering supplements. Generally speaking, however, interaction is not as accurate as the term "overkill." If that sounded a little like a melodramatic pun, it really isn't either.

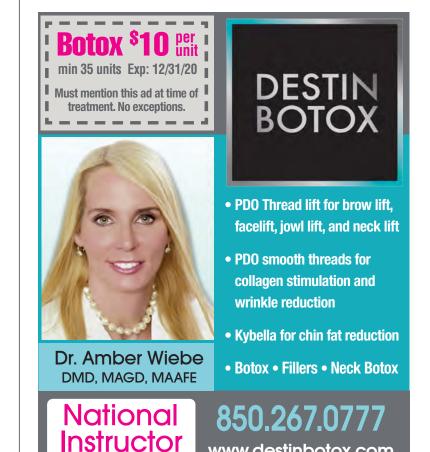
Taking a prescription to dilate your blood vessels or to lower blood pressure and also taking an herbal remedy that does the same thing can result in a serious problem. Herbs can be very powerful and must be treated with respect. Herbs for blood pressure, for example, tend to normalize blood pressure rather than lower blood pressure. But if you also take a prescription to lower blood pressure, you could bring your blood pressure to a dangerously low level.

WITHOUT EXCEPTION, SEEK THE ADVICE OF YOUR PHARMACIST. He or she can advise you of foods that interact with your meds as well as any supplements. An experienced herbalist and pharmacist can be very powerful members of your optimal health team.

Hot Tip: Carefully read information included with your prescriptions.

Stay well.

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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Climbing Out of the 2020 Quicksand

Wellness



BY STEPHENIE CRAIG

There's no way around it. 2020 has been a difficult year. Anxiety is a consistent companion. Even previously fun things like planning a vacation now require intentional thought and consideration. News, social media, conversations with friends, and every day decisions invite stress. We are walking through unprecedented circumstances with a lack of clear, reliable information for wise decision making resulting in uncertainty, insecurity, fear, and emotional exhaustion. The layers of pandemic, election year, financial strain, racial tension/ reform, decisions about schooling, along with normal stressors have layered to the point of overwhelm.

Unfortunately, when overwhelmed, scared and insecure, humans often find a false sense of comfort and certainty in blaming, shaming, judging and dehumanizing those with different views. We begin seeing strangers, friends and family with different beliefs as "other" or "less." We unintentionally lose sight of grace and kindness while sliding into a sea of self-righteousness, judgement and hate. And despite popular belief, research tells us that shaming others creates more shame and bad behavior, not transformative change.

So, how do you keep moving forward in positivity and purpose in the midst of the current cultural quicksand?

7 Ways to Keep a Positive, Purposeful Mindset in 2020

Get curious about your **anxiety.** What are the sources of anxiety? Are there certain activities, relationships, thought patterns that are creating or feeding anxiety? Consider whether you might need some additional life boundaries that could reduce anxiety (ie. limits on news, social media consumption, relationships).

Sort what you can control from what you can't. Examples of things you can't control: the pandemic, election year, anyone else's behavior, others wearing masks. Examples of things you can control: your daily health practices, your right to vote, how you treat your neighbor, your exposure to news coverage, your choices about masks and schooling. Focus on using your self-control and determination for what you can control and try letting go of what you can't control.

Practice gratitude. Even in difficult times, there are good things happening. Find 5 things each day that bring you joy and acknowledge aloud your thankfulness for them.

Watch for shame. Are you shaming yourself for failures or your difficulty navigating the complexities of 2020? Are you telling yourself something is wrong with you, because you don't feel your feet on solid ground at the moment? We are all struggling. No one has this figured out. When you create a shameful internal dialogue with yourself, you are more likely to



shame others. Are you shaming others who hold different opinions/beliefs either in person or on social media? Remember, shaming and dehumanizing others compounds problems instead of alleviating them.

Cultivate grace and kindness. When possible, give yourself and others the benefit of the doubt. Assume the best of others? intentions and allow space for others to think and make decisions different from you. When you or others mess up, try offering compassion, grace, and kindness recognizing that we are all muddling through many complicated circumstances and decisions. Encourage others rather than tearing down.

Humanize others. Remember that every person is a beloved human with a story, history, heart, and reasons for their behavior. You aren't required to agree with everyone, but treating others with dignity and respect for their humanity promotes a world where both you and others experience a sense of being loved and valued.

Step into meaningful action. While some things in life currently feel like they are happening to you. You have the daily opportunity to continue to take meaningful action in your life. Do you want to get more active? Take a walk today. Do you

need more social connection? Call an old friend. Do you want to pursue social justice? Educate yourself and join a like-minded activist group.

As we all continue to stumble and learn our way through 2020, remember that we must each take the internal journey of reflection and healing in order to make the outward journey toward health, positivity and purpose in our relationships with others and the world around us. If you find yourself wanting additional coaching and counseling support along your journey, connect with us at Journeybravely. com.



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Wellness

Tai Chi – Is Good For You!

BY SHEILA MOHAMMED, MD, PhD

Many people would love to do interesting exercise while learning beneficial physical skills. I would advise looking into Tai Chi. This is a slow moving martial art that anyone can do. The slow steady movements stimulate muscle building, and balance. This is helpful to prevent falls. It helps build bone density to prevent fractures. Tai Chi helps people to remain independent longer allowing them to drive, shop, and take care of personal needs. It relaxes the muscles and the mind allowing happy thoughts to fill the day. It does not take long to do. Half

can also be done sitting on a chair.

Deep breathing exercises are part of Tai Chi. It oxygenates the body and gets rid of waste, thus promoting feeling better. You will have more energy. According to Lao Tsu, energy flows in a figure eight pattern when it is balanced. Tai Chi will facilitate this process. There is also stretching. When there is discomfort in joints due to arthritis, Tai Chi makes it feel better. Back pain is helped. Many people take pills for blood pressure and really don't like it. Blood pressure goes down naturally with Tai Chi. It also is great

hour a day is all you need. It for weight loss which is good for blood pressure, diabetes, and cholesterol, to name a few.

> This slow movement sends more blood flow in the brain making thinking and concentration better. It slows down Alzheimer's and memory loss. Tai Chi helps with sleep and anxiety. Overall, there will be a healthier you, looking better, feeling better, and enjoying life with the utmost independence.

> In case you are wondering what else it is good for; well all those rusty ninjas out there will be able kick A_ _ if you find yourself in troubling situations. Tai Chi is called the grand ultimate fist, and it is the oldest martial art known since around 4,000 years ago. There is no age limit.

Come and join my affordable Tai Chi class at the Deepwater Martial Arts School in Pen-

sacola. I have been practicing Tai Chi for a long time. As an orthopedic medicine specialist, I will adapt the movements to accommodate your needs. Call Dr. Sheila at 850-281-8186 for further information.

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Wellness

Reconsidering the Meaning of FDA Approved?

By Dr. Richard Chern, MD

Thinking FDA approved means safe and non-FDA approved means unsafe is absolutely untrue. Did you know that over 20% of medications prescribed in the United States are non-FDA approved. So, if your doctor does not support a treatment for the simple reason that "it is non-FDA approved", they either have little understanding of the treatment or little understanding of the FDA approval process.

Last week a physician told me hormones were unsafe because they are non-FDA approved. It's upsetting to know that some physician's still don't understand the FDA approval process and don't realize they likely write non-FDA approved prescriptions every day.

Here are few non-FDA prescriptions that you may recognize and some you will probably not. Many of these non-FDA approved prescriptions are considered the standard-of-care in medicine. Gabapentin for nerve pain, high dose amoxicillin for ear infections, antidepressant use longer than 12 weeks, birth control pills for irregular periods, acne, or endometriosis, Seroquel for insomnia, Diflucan in pregnancy, Bactrim for sinus infections, Clomid for male infertility, Mag Sulfate for preterm labor and preeclampsia, Cytotec to induce labor, steroids for premature babies lungs, and Botox was not approved for use in the forehead until 2017.

You may not recognize all of these drugs but every physician should. They should also recognize that these are commonly prescribed even though they are non-FDA approved.

Getting FDA approval costs about 20 million dollars. Once approved, drug companies need to make that money back and more. There

already generic or already avail-

able to physicians to prescribe for

also causes countless deaths.

Beta-blockers help prevent heart

attacks but weren't approved

for almost 15 years after trials

showed benefit. It's believed

thousands of people died need-

lessly because of the delay in

FDA approval. Additionally,

hundreds of FDA approved

drugs have been pulled from the

market because it was later dis-

covered they could be harmful or

even cause death. Zantac is only

avoid treatment because it is not

FDA approved, you should ask

them if every medication they

prescribe is FDA approved. I am

are 100% natural and 100%

bio-identical. That means these

are the same hormones your

The hormones I prescribe

confident they have no idea.

So, if your doctor tells you to

the latest on that list.

Waiting for FDA approval

some other use.

is no incentive to get FDA approval for а d r u g t h a t

is

last 30, 40, 50 years or more. The decrease in these hormones is likely the cause in much of our aging and disease. Doesn't it make sense that replacing them will stop or reverse this process? Millions of patients across the

body has been making for the United States receive our hormones and these patients see an increase in bone density, decreases in cholesterol, decreases in blood pressure, improvement in mood, sex drive, skin, hair and an overall improvement in health and vitality.

Dr. Richard Chern has been providing hormone therapy for over 20 years and specializes in bio-identical hormones and thyroid optimization. Call 850-837-1271 today for an appointment.



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Musing

By LAUREN CATANESE

What is it you do just for you? An action, experience, a state of being that no matter what is going on in your life, no matter how much pain you feel, struggles you are dealing with, whether you feel alone or surrounded by people, no matter how hard life may be at any moment in time, you can do this one thing every time and it always brings you back to peace. What is your anchor? The one thing that always reconnects to yourself, your spirit, God- your highest self. It opens up your heart that wants to close so badly because it feels

unsafe, until you do this "thing" and you cannot help but to shine, feel free, expanded and glorified in the power that you are a beacon of light, here to create, to live, embrace; to Love. Your anchor is what helps you to replenish your essence so you can continue to walk and move through life on your iourney.

The question is not, "What would







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you do if you had no fear?" but "What would you do even if you could fail?" Your anchor is something you have to do because your soul cries out for you. You wouldn't be you without doing it, and if you lost all the people you love, all your money, all your material possessions that we attach to, all the labels we give to ourselves and define ourselves by, if all that was, this is the one thing you know you can still do and it would bring you peace and the feeling of love, even for just

a fleeting moment. We all need to know, cultivate, and embrace our "anchor" so we can go to it on a daily basis to keep bringing us back.

You might already know what this is for you, as you have been reading this it might have popped in your mind, "oh mine is this." If you are thinking that you don't know what yours is, I am pretty certain you do. It just might have been some time since you did it last. So think about moments in your life, where you felt completely supported and aligned with the universe. A moment where you felt more love and peace and freedom. Something you do for you. If you still don't know, then let the adventure begin. Find it, feel it and don't stop the searching until you do. We all have a "something" that is inherently within us, effortlessly since we were born to help us on our journey. Find your anchor and pursue it every day!

I sure am grateful for mine.

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Musings



BY SEAN DIETRICH

It's late. And I wasn't going to write this, but I have to. Not only for me, but for the good of our children, and our children's children. No matter how hard it is to address. I'm talking, of course, about the highly controversial issue of homemade ice cream.

Ice cream wasn't always under scrutiny like it is today. It used to be okay to eat ice cream. But then, suddenly it wasn't okay, and lots of companies started coming out with healthy frozen yogurt.

A few years later, news reports claimed frozen yogurt was just as bad as ice cream. So they came out with "sugar-free" frozen yogurt, made with "aspartame." And the world as we knew it fell apart.

Aspartame is actually a lot of fun to say. It seems like a dirty word, but isn't. You can use it in social settings and it's acceptable.

EXAMPLE: "Have you seen traffic today? It's a real pain in the aspartame."

So Americans were eating sugar-free yogurt sludge by the gallon, hoping to live to be one hundred, and doing step aerobics. Life was all right again.

Companies started going bonkers and making bizarre frozen yogurt flavors like Blackberry-Garbanzo Bean, and Coffee-Bubble Gum, and Toenail.

Then, reports came out with new information claiming aspartame was deadly.

One report stated: "Aspartame turns your bodily fluids into formaldehyde, side effects include: Numbness, tingling, and profound interest in Jazzercise."

All of a sudden, journalists were telling mankind to stay away from anything that even remotely looked like sugar-free frozen yogurt, and for mankind to eat quinoa instead.

Which is probably why a few months ago, I found two fiftypound bags of red quinoa in our pantry. It wasn't long before we were eating what looked like chicken feed for every meal until sometimes-especially if we sat in one place for too longgrade-A eggs would start appearing beneath our haunches.

But mankind can only go so long without ice cream. So one night, my wife announced that we were having a frozen surprise for dessert. But it wasn't the real thing.

"What's this?" I asked.

"It's frozen coconut milk." I took a lick. It was sweet, but not in a good way. It tasted like whatever I had just licked was Homemade

"Why does it taste funny?" I asked.

"It's called stevia. It's a plantbased sweetener." "Stevia?"

She showed me the bottle. When she unscrewed the childproof lid, white dust filled the air and got into my nasal passages and mouth.

Ever since that day, I have had this persistent taste in my throat that reminds me of the flavored

It was all I needed to hear. I agreed to go peacefully. They put me in a little buttless gown and Doctor Bob placed me in the front seat of a miniature Plymouth Belvedere with pedals.

I pedaled myself to the operating room, laughing with Doctor Bob. Just a couple of guys on our way to major surgery, that's what we were.

When I reached the operating room, something was wrong. I



laughing gas Doctor Bob used when I had a tonsillectomy in first grade.

Speaking of Doctor Bob, do you know how that old man convinced me to agree to a tonsillectomy?

Doctor Bob said: "Sean, the best part about getting your tonsils out is that you get to eat ICE CREAM ALL DAY LONG."

A boy will do almost anything for ice cream.

saw four men dressed like butchers, wearing masks, holding sharp instruments.

So I turned my Plymouth around and I got my little aspartame out of there.

But Doctor Bob caught me. By then, I was kicking and screaming for my mother. I was making promises to never play with Granny's cigarette lighter again, or try to paint the cat, or use the word beginning with the

nineteenth letter of the alphabet.

They held me down, placed a rubber mask over my face, and drugged me with scented laughing gas.

And that's what stevia tastes like.

So I don't want stevia, or quinoa, or frozen yogurt, or laboratory rats, or Plymouth Belvederes. I want America to go back to a time when ice cream was good, and good people ate it.

I would also like for people to get along. And for dogs to get adopted. And for good music to make its way into the ears of children. For this virus to hurry up and disappear.

And for lonely people to find love. For porches to be built on the fronts of houses instead of the backs. For neighbors to wave at each other.

And most of all, I hope the man who wrote me a hateful email this morning knows that I don't hold it against him. Because everyone has a bad day. I get it. Especially during times like these. Sometimes, people just need to let off steam.

But if anyone were to ask me, which they didn't, I think this world needs more homemade ice cream.

And less aspartame.





family.

Musings Let Me Tell Ya!—Looking Back on a Life Well-Lived

BY KIRK MCCARLEY

Feebly clutching the fingers of two of his daughters his time to go was imminent. Breathing his last, after 93 years he passed into eternity.

What is our physical form in heaven? Do we appear in the image of last remembrance or as a younger man or woman, maybe a child?

Before entering assisted living a year or so ago he occupied the same dwelling for more than 50 years. There was a garden in the back. He experimented with varieties of tomato bushes, forever seeking a permanent solution to eradicating pesky nematodes.

Years ago he retired from his professional career, beginning a public service journey as a school bus driver. His passengers required significant attention: all compromised either physically, mentally, or both. He wondered how much of a difference he made for those incapable of comprehension. Though the kids did not know their parents did.

His church began a prayer ini-

tiative whereby at least one parishioner was present in the sanctuary at all times so that there was continuous prayer, 24-7. Volunteers were asked to participate. He selected a time disagreeable to most: 2 am on Sunday morning! For 20 years he arose from deep slumber, drove 15 minutes to the church, knelt and prayed for an hour, came home, and returned to bed.

Might he be observed at heaven's gates in the dental smock he wore for many years as a Children's Dentist? He was great with kids: kind, patient, always teasing





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in a thick Tennessee drawl. He was a throwback to slower times, less rushed and quick to share a joke or story. Often the tale began with, "let me tell ya…"

He's prominent in photo albums with his wife and their four kids. A highlighted remembrance was the picture of a delighted groom on that Christmas Eve in 1953 when he wed his bride. What a happy memory of that day they shared until her untimely death 47 years later.

His days were chivalrous, with rules better understood, lines more distinctly drawn. As newlyweds his wife worked while he attended dental school. A flirtatious supervisor caused her discomfort. Her husband methodically confronted that by identifying the address of the supervisor, procuring a roll of pennies, knocking on the door, and chasing the alarmed offender down through his neighborhood. Ten days later his wife remarked, "her supervisor must have taken ill as he hadn't been in the office for some time.'

A proud graduate of the Virginia Military Institute he served in the United States Navy. The day he received his undergraduate degree was a memorable photo imprinted in the minds of those he welcomed to his home.

He was a feisty member of the Lawrenceburg High School football squad, a strapping gridiron warrior clad in leather helmet and high-topped cleats. His dad ran a grocery store.

As the seventh of 10 children he entered the world in 1927 much the same way he left it: helpless, dependent, oblivious. So, when the time comes to be reunited with Charles Held what version will greet us—baby, child, teenager, young adult, husband, dentist, father, school bus driver, senior citizen?

Charlie was my wife's father. He epitomized the Fruits of the Spirit: love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness, and self-control. He was one of the best men I have ever known and without question the most moral. He was relaxed and easy to be around. His wit was quick; he took it as well as he dished it out. He was a great father-in-law.

The day will come when I, too, will meet my Maker. I fully expect that the early entourage of those I see again will be a 50-something looking year old man welcoming me with, "let me tell ya…"

A graduate of the University of North Texas, Kirk McCarley 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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🔅 Musings



By Rev. Pete Hyde

As I ease out of this role as Senior Pastor, not only of Community Church, but out of the pastoral ministry that has been my life for more than three decades, I find myself reflecting on those years and becoming a little nostalgic. Hope these memories aren't boring you.

After Dad retired in 1970 to Rogers, Arkansas, our family began attending Central United Methodist Church in Rogers, after many years of being unchurched. Central was and still is an old downtown church that is now on the historic register. Stained glass windows surround the curved, rich, dark, wooden pews with carved ends on a sloped floor. The light of

the message of the windows spills into the still creaky balcony. Organ pipes stand stately behind the choir. The domed ceiling reflects light to every corner of the sanctuary. Many lives have been touched by God's Spirit in that place. I was a junior in high school when we moved there and gave my life to Christ and received my call to ministry in that historic church. It would take many years for me to take up that call. Our youth group would always sit in the balcony. Rev. Bill Connell would keep a close watch on us from the stage and pulpit with good Though Rogers reason. and northwest Arkansas is now a sprawling metropolis of nearly 100,000, in 1970 Rogers' population was only about 5000 and Bentonville was about 2500. Sam Walton's second store was still open in a strip shopping center on the main street in Rogers

and his original store was still on

the church, Wonder Bread had

a facility that produced loaves

of bread. There were many a

Sunday morning about half-

way through the 11 am service

(the only service), if the wind

was just right, the smell of fresh

baked bread would waft its way

Three or four blocks from

the square in Bentonville.

through the entire downtown and into the sanctuary. There is nothing like the smell of fresh baked bread! When we stepped out of worship on a cool fall day, the smell of fresh baking bread was an additional blessing. The old factory is gone now along with many of those landmarks that change with progress and growth. Every time I smell of fresh baked bread I am reminded of those days. The other memory that comes to mind is my father baking fresh bread on Sundays. Hours of preparation and waiting for the dough to rise more than once, then the baking, oh the baking!! Oh, to be able to bask in the smell of fresh baking bread more often.

Iesus addressed this very longing when he declared to the crowd that he was the Bread of Life. He offered spiritual bread that would cause us to never be hungry for God again. Our quest to fill our wants and desires which are often dictated by society, peer pressure and wanting to keep up with our neighbors, drives us to an eternal hunger and thirst for more, mostly material things. This in turn shifts our attention away from God who brought the true bread from heaven to each of us to satisfy that inner longing for a relationship with our creator.

The next time you smell fresh bread baking, or remember grandma and grandpa or Mom or dad making fresh bread in the kitchen, remember that Bread of Life who is with us each and every step of our journey, no matter how pleasant or tough the journey might be. His Spirit surrounds and fills every corner of our lives like the smell of fresh bread fills every corner of every room, every corner of the house, and as in the old days in Rogers, Arkansas every corner of the church and the community. Remember the BREAD OF LIFE during these difficult times and be thankful.

Rev. J. Pete Hyde, Senior Pastor Santa Rosa Beach Community Church 850-267-2599 srbcc.com





The Moment

Musings

By Rick Moore

A boxer sends his opponent to the canvas, and the referee counts down from ten. As soon as he reaches zero, the fight is over and the referee raises a hand of the winner high into the air, proclaiming the new heavyweight champion of the world! A NASA scientist with great enthusiasm begins counting down the seconds before a rocket takes astronauts into space. "Three, two, one...solid rocket booster ignition and liftoff!" We tend to get excited when we hear an announcer countdown a running back's sprint to the end zone. "He's at the forty, the thirty, the twenty, the ten, the five, touchdown!" There is something special about these moments.

While we celebrate great moments of achievement, these are not the most important moments of life. The moments which matter most happen when a

person makes up his mind to do what it takes, pay what it costs, and sacrifice what is needed to reach a great achievement. The boxers, astronauts and football stars who become our heroes are often viewed as overnight successes. But one thing they all have in common is a defining moment they dedicated themselves to their craft. We all long for moments of great achievement, but few are willing to put in the preparation needed to reach such lofty goals. The famous martial artist Bruce Lee once said "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." Michael Jordan said "I practice as if I am playing the game, so when the moment comes in the game it's not new to me." Coach Nick Saban said "It's not enough to do something until you get it right. You should



continue doing it until you can't get it wrong." The harder you work the luckier you will get.

Not all great moments are witnessed by the masses. Perhaps nothing can come close to the feeling a mother has after giving birth to her new born child, un-

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less of course you happen to be the grandparent of that child. Some great moments happen when the flowers you planted in the backyard finally begin to bloom. Other great moments happen when a student brings home a report card with straight As. One of my greatest achievements as a youngster was the day I learned to ski on water. There were many trips to the lake, boat rides filled with ridicule from my older brothers, and even entire vacations I had to endure the nickname submarine, because I would hold on to the rope long after my skis were off as the boat drug me underwater. But when the day came that I finally rode the surface of the water on two planks of wood, the pain of my past failures quickly vanished.

Sometimes we become tired along the way to our great achievement. We lose our passion and drive to be the best. In the Ernest Hemingway classic story of "Old Man and the Sea" there is a special moment when the aged fisherman Santiago becomes tired of being "unlucky." Having gone 84 days without catching a fish, some who used to look up to him suddenly wanted nothing to do with him. He became determined to change his luck, no matter how far out to sea he must go. This was the moment that mattered most, not the moment he caught a huge fish.

Your greatest moment is not when you hear people cheer and congratulate you. Your greatest moment is when you make up your mind to do what it takes to reach your goal. Even preachers who rely heavily on prayer will tell you faith without works is dead. We reap what we sow. It is true that the meaning of life is more about the journey than the destination. But the markers we leave along the way will serve as encouragement to those who follow behind us or warnings to those who consider quitting. It's up to you. Just think, your greatest moment can happen any moment you want it to.

Rick Moore is Communications Pastor for Destiny Worship Center in Miramar Beach.



🐞 Musings

What Ever Happened To: Respect



By Myrna Conrad

We all want to be shown respect.

Do you remember when people used to say "Yes Sir/ Yes Ma'am" or "No Sir/No Ma'am"? Do you remember when people got up and gave an older person their seat if there were no more seats available, opened doors for people, or took care of other's property? Do you remember when parents were respected by their children, teachers were respected by their students, employers were respected by their employees, government officials were respected by those who elected them and even by those who did not vote for them. They may not have agreed with those in authority over them, but they respected their position of authority.

In today's world all you need to do is walk out your door and interact in public to see and experience disrespect. Drivers cut off and disrespect other drivers. Someone honks their horn at you for not driving to their specifications or for being slower than they are comfortable with. Someone pulls into that parking place that you have been waiting for with your blinker on. People cut in line, are rude to waiters and waitresses, try on clothes and leave them on the floor in dressing rooms, throw their trash out their car windows. In fact, we don't even have to leave our house to experience a culture of disrespect. Just turn on your television, watch sports, watch reality television (my favorite one to watch is American Ninja Warrior because they show such great respect for each other, even though they are competing), or watch cable news. Not only do you see so many news stories about disrespect for people, for law enforcement, for our President and other political figures, but many on some of the news shows also disrespect each other by always talking over each other. There is disrespect in our schools, at the workplace, in our churches and in our homes and if we don't show respect for those that God put in authority over us, we will likely fail to show respect toward God.

So, what is respect and how and when did we slide down the slippery road of disrespect? Respect is due regard for the feelings, wishes, rights, or traditions of others. It also means to show esteem, honor, and appreciation for those in authority. Respect is one of the most fundamental values of society because it allows people to live in order and harmony. We don't have to agree with someone to show them respect.

There has always been a measure of disrespect in society, however, it seems to have grown exponentially over the last two decades.

Respect starts in the home.

When husbands and wives respect each other, children see and learn respect. Children need discipline and direction, but it needs to be done with respect. Children need to be taught to respect those in authority over them and their parents need to demonstrate respect for those in authority over them. Parent's need to look at and have some control over what children watch and hear. There is so much disrespect on television, in some music, and in some reading materials. What we choose and allow to go into our minds affects our attitudes and eventually flows out of our mouths and filters into our behavior around others, often with devastating consequences.

Do you want more harmony in your home, workplace, school, church, and community? Then start demonstrating and teaching respect. How do you do that? Here are a few strategies:

Be Aware:

Make the conscious decision to be aware of how you treat those around you. Often your actions or reactions perpetuate the same actions in those you come in contact with.

Observe the actions of those around you and when given the opportunity, respond with kindness and grace.

Be Intentional:

Make a conscious effort to show more respect. When you find yourself being disrespectful, apologize.

As said before, respect starts at home. When you see your children being disrespectful, point it out to them and discuss a better way to handle the situation. There should be consequences for disrespect. However, children react to positive feedback. Praise them when you see them showing respect to others. We all respond positively to praise.

You can also use what you and your children witness around you as teaching moments. If you observe disrespect take some time to discuss what you saw and a better alternative.

Respect must start with you!



Dining

30A Eats.com Recipe of the Month;

Vietnamese Shrimp and Pork Summer Rolls

Summer rolls are one of the most popular Vietnamese dishes you can find in the United States (other than pho), and for good reason. In the hotter seasons especially, there's something irresistible about their cool freshness. Thai basil, mint, cilantro, pork, and shrimp make up this version. The shrimp is poached with lemongrass to add some extra flavor, but is optional.

Once you've prepped all of your filling ingredients, it's just a matter of assembling the spring rolls. The rice paper is dipped in warm water, but it is important to only dip until the paper starts to become pliable. Let the rice paper soak for about 10 to 15 seconds, until it still has structure but can still be bent, before laying it on the rolling platform.

When serving these immediately, plan to cover the finished rolls with a slightly damp kitchen towel. If you want to store them for a longer period, stack layers of rolls, separated with plastic wrap, on a plate, cover the whole plate with plastic wrap, and keep

refrigerated.

Ingredients

- 1/2 pound pork (loin, shoulder, and/or belly)
- 1 teaspoon sugar (optional)
- 1 pinch salt
- 1/2 pound shrimp, peeled and deveined
- 2 stalks lemongrass, crushed (optional)
- 4 ounces rice vermicelli
- 1 package (12 ounces) 8 1/2inch rice paper wrappers
- 6 leaves lettuce, iceberg or romaine, torn in half
- 1 cup carrots cut into matchsticks
- 1 cup cucumbers cut into matchsticks
- 1 handful Fresh mint
- 1 handful Fresh Thai basil
- 1 handful Fresh cilantro
- 1 handful Garlic chives

Directions

Cook the pork: In a medium pot, add pork, sugar, and a pinch of salt. Add enough water so that the pork is submerged. Bring water to a boil and then lower heat to medium. Boil for 30 minutes, until the pork floats and a chopstick inserted into the meat does not run pink. Let cool, then remove the meat and slice it into very thin slices. Reserve some of the broth to make dipping sauce (see below).

Cook the shrimp: Add a pinch of salt and the lemongrass to a large pot filled with water. Add the shrimp and return the water to a boil, then reduce heat to low and simmer until shrimp is no longer translucent, about 1 to 2 minutes. Turn off the heat and let the shrimp and poaching liquid cool together to room temperature.

Fill a large shallow plate with warm water. Dip one sheet of rice paper into the warm water and let it soak until it starts to become bendable but still has a structure, 10 to 15 seconds. Transfer to your rolling surface. At the bottom third of the rice paper, lay down a torn leaf of lettuce. Top with cucumber and carrot. Top with slices of pork and arrange some vermicelli over top. Top with torn herbs and garlic chives. Place 3 or 4 shrimp halves across the center of the rice paper. Begin rolling, tucking the sides in as you roll. Transfer roll to a platter and repeat until you've used up all of the ingredients.

30A Щ EATS



Photo: David the Foodie, enhanced by 30A Eats

Cook the vermicelli according to directions on the package. I added vermicelli to boiling water and cooked for 4 to 5 minutes, until soft but al dente. Rinse in cold water to stop the cooking and drain thoroughly.

Sriracha Dipping Sauce

Ingredients

2 Tbsp Sriracha chile sauce

- 1 Tbsp rice vinegar
- 1 Tbsp vegetable oil
- 1 clove minced garlic
- 1 tsp grated fresh ginger
- 1 Tbsp brown sugar

Directions

In a small bowl, combine all ingredients to blend thoroughly. Serve and enjoy. Store leftovers in the refrigerator for up to 5 days.





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🔅 Dining

Capt. Charles Morgan & Harbor Docks in Destin are Gulf To Table Certified

By SUSAN BENTON

Most restaurants peppered along the Gulf Coast claim to serve fresh local seafood, but when you utter the name Harbor Docks, the claim becomes fact. Owned and operated since 1979 by Charles Morgan, a former private boat captain turned successful restaurant entrepreneur, Harbor Docks Seafood emerged with humble beginnings as a place for commercial fishermen to enjoy ice-cold beer and oysters after a hard day's work.

Charles Morgan figured out early on that removing the middleman from the sale of the fish meant better accessibility to the fish and lower prices, a winning combination for expanding his Destin harbor front seafood shack on the property that his father, a prominent civil rights attorney and activist, had purchased on a whim. We moved to Atlanta when I was in third grade and vacationed and fished in Destin. When my father came into a little money, he bought the property. I graduated from the University of Alabama and knew my passion was on the water, so I made the move", said Morgan.

After only one year in business, Morgan decided to enlarge his shanty by adding a main dining room followed by Harbor Docks Seafood Market located in the under belly of the res-





taurant. "I went to a bank that would not give me a loan. I tried a second local bank and was given a check on the spot. We built everything ourselves, and created a market so that the fish could come straight off the dock into the cutting room, well before the city was incorporated", said Morgan.

The wholesale market supplies wild caught fish to Harbor Docks and Morgan's other family of restaurants — Camille's at Crystal Beach in Destin (named after his mother), The Local Market and La Paz in Destin, Dharma Blue in Pensacola, Chuck's in Tuscaloosa, Mobile and Birmingham (named in honor of his father), along with Five Bar in Birmingham, Tuscaloosa, Knoxville, Mobile, Chattanooga, Athens.

Fishing in the Gulf of Mexico is certainly not easy and subject to an array of constantly changing rules created and enforced by multiple state and federal agencies. From the species, sizes and numbers of fish that can be caught, to permitting required for just commercial fishing, Morgan said" We keep track of permits, the cost of fuel, ice, bait, and tackle too. Fishing is also subject to closures, the weather, and the fish not biting. It's complicated and difficult. It blows my mind to see intelligent people, and those that only want

to eat organic, not wanting to pay the price for fresh seafood. If it's cheap, it's not fresh, and more than likely mislabeled, imported, or farm raised in a pond somewhere. The seafood we sell, in my opinion, is not expensive enough! It is the last source of wild protein that we've got", said Morgan.

For more information about Harbor Docks Seafood & Cocktails, and to see Morgan's Local Knowledge videos, visit harbordocks.com or call (850) 837-9221. PS: They also serve a killer breakfast starting at 7 a.m.! Please also follow American Lunch serving free food to the public from 11am to 1pm daily, seven days a week during Covid-19, no questions asked.







Music

30A Songwriter Radio Artist Spotlight: Kevin Carson

By Josette Rhodes

One of the things I love most about 30A Songwriter Radio's Music & Coffee Shop is when different musical artists wander in and we get to learn about their journeys. One of those many artists is K e v i nCarson. "Living On 30A", Kevin's first new CD in 11 years, is out! Originally from Memphis Kevin now resides in Santa Rosa Beach. The title song to Carson's new CD is all about the beach life of 30A. Having written hundreds of songs, "Living On 30A" is his fifth original CD. His 2001 Release "Jump In" as the duo "Carson & Pool" you might remember as it took his band around the world! "I'm hoping 'Living On 30A' becomes the beach anthem of the summer! It would be nice to have a song being played worldwide on the radio, but it's also rewarding when five or six people ask you to play one of your originals, he said. "People appreciating your music is really what it's all about for a songwriter and performer. I feel like I've been one of the lucky ones. I've been able to travel the world and make a living



doing what I love. Through the years I've also been able to share the stage with some incredible musicians, including

> Hootie & The –Blowfish, Darius Rucker, solo Wille Nelson and Edwin rathe McCain, and others!" Plus,

These days you can find Carson doing solo acoustic gigs on a beach somewhere. "It's so different playing solo gigs on an acoustic guitar rather than bass in a big band. Plus, I'm not dealing with any drug addicts, girlfriends or any other egotistical maniac's drama."

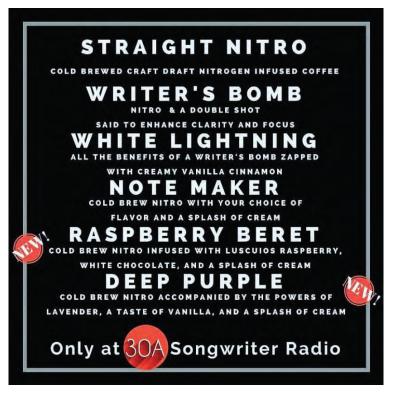
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Motivational Buttons

By LISA Cyr

It's funny how "Mom" jeans have come back into style. I thought those days were gone, never to return. Those big bottomed, high waisted, baggy jeans caused ladies to look three sizes larger and accentuated our worst attributes. How did marketers motivate us women to not only purchase a pair but love them?

Being able to discover a stu-

people, subjects. And then listen. A treasure chest is fun. As an example, one of my students loves small polished stones, so I purchased a bag of them. At the end of the lesson he asks, "Do I deserve a stone?" In reply, I ask him, "Do you think you behaved well enough to get one?" Sometimes, he says "no" and sometimes, I disagree and let him choose one. If motivated by sharing, let them pick another one to give to a friend or family is motivational. For some, being able to perform before an audience is a purposeful driving force. I prepare my students to be ready to perform before they desire to. Even if they choose not to play, at least they are ready. For quieter students, I encourage smaller sharing with family or friends. Memorization of a popular song like "Happy Birthday" is a great start.

Cross pollination learning

energizes the brain. Such as, if a student does well in math, I show them the math side of the notes they are playing. If stories, we add a storyline to the melody. If patterns, we locate a number or letter pattern. Connecting current knowledge with new information will tickle their brains.

So, put on those Mom or Dad jeans and accentuate positive motivation. With a smile and deep breath, eliminate negative thoughts or feelings. You will tap into the lighter side of learning.

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dent's motivational buttons is a powerful teaching tool and creates a lighter learning atmosphere. With the rise of the Covid-19 virus situation, some parents will be homeschooling or supervising online learning with their children. Below are a few ways of how to push a person's motivational buttons:

Words of affirmation make a positive difference. Truthful compliments are very meaningful. Bing Crosby sang, "You've got to accentuate the positive, eliminate the negative, latch onto the affirmative, and don't mess with Mr. In-Between." Excitement and positivity are contagious.

For many, rewards and gifts are important. Discover their interests. Ask basic questions such as favorite colors, activities, member.

Charting one's achievement is helpful. Simply placing a colorful shiny star around the border of a page of music for each performed task will inspire them as they see their progress from week to week. The more bling the better! I let the student choose their sticker and place it on the page. Or use a sticker chart, to record daily progress.

High fives can make someone's day special! After a student performs a difficult section (even if they stumble through it), I might give them a high five along with the words "Good job!" or "I am proud of you." Everyone needs to hear that from time to time.

Displaying one's achievements in a public performance

Our Ad & Editorial Deadline is the 20th of each month for the following month's issue.



🔅 Music

Mitch Malloy:

Rocking His Way from Nashville to Northwest Florida... and Beyond



By WILL ESTELL

If there's one primary similarity that seems to exist between creative types and those drawn to the coastal lifestyle, it's perhaps the immense freedom brought on by doing what you want and doing it where you want to be. Finding a way to do either is a monumental accomplishment within itself. However, building a life that includes both following your passion, and living in paradise is, for many, literally the stuff dreams are made of.

One such newly minted Destin resident is veteran singer/ writer/producer, and Great White frontman, Mitch Malloy. I recently sat down with Mitch to gain a little more insight on the long-time rocker turned local.

Tell me a little about your musical journey and how it began.

I was born in Dickinson, North Dakota, where I began singing in school plays and church, at about six years old. I was the youngest of six children, and just immediately had a passion for music. I began playing guitar at about twelve, went to music school in Seattle, and then hit the road to Nashville to chase the dream.

You've had quite the diverse musical career, having done everything from your early solo albums that charted multiple Top 20 Hits, to being offered the lead singer gig with Van Halen when Sammy Hagar left, to building a name in Nashville as a talented music producer. What's your favorite part of the business and why?

I really like most aspects equally. I love to perform live. I love to write, and I really like that magic of taking something from raw vocals and music to a completed song and then album. That's what producing is really about, and what drew me to working alongside so many talented artists when I was in Nashville at my studio. I get chills just thinking about that part, the magic, that moment when it all comes together. How did the current position as Great White's lead singer come to be, and what's that like after years of solo projects?

I had a friend who knew some guys in the band, and one day he and I were talking and he just mentioned, "Hey, I think Great White could really use you, they're looking for a new singer." It just all worked out. It's been great, and it also allows me to pursue my solo projects, like the new single about to drop, that we recently shot the video for at various locations around Destin.

I know you've lived in Destin full time for just over a year now. How did that come to be, and what led you to these beautiful beaches?

It's a funny story. Some years ago, I was on a tour with Eddie Money, and the guys in management told me I had a weekend off, and asked if I wanted to stay in Alabama with them after the last concert that week. I was like, "No way, why would I want to stay in Alabama for the weekend? I want to fly home." I'm really a homebody. So, I get off the plane the night before the show, take a shuttle to the hotel



and don't really know where I am. The next morning, I wake in the room, pull back the curtains and see this beautiful white sand and emerald water. I didn't even know sand looked like that anywhere. I told them I'd changed my mind and wanted to stay the weekend [laughing]. Then I met my wife, Faith, and she had been coming to the Florida Gulf for years since she was a kid. We just started coming often, and one day about two years ago, we just decided it was time to get out of Nashville and live in a place we really love. We couldn't be happier, I don't ever want to leave.

What's your favorite aspect about living where we do and being part of the coastal culture and lifestyle?

You know, it's beautiful and the area's great, but it's also like you and I have talked about. The people are just so friendly, and real and accommodating. Everyone seems so nice here. It's like a melting pot of happy people.

Any parting words for our readers?

Come out and see a show! I really want to play more shows along the Gulf Coast, like my recent Club L.A. acoustic show in Destin, along with doing our larger Great White shows around the country.

Will Estell is a multi-published writer turned editor with over 150 published articles, and over 20 years in publishing. He's been instrumental in bringing nine magazine titles from concept to fruition, as well as serving as editor and publisher on others. Originally from the backwoods of North Mississippi, then rural Alabama, he now makes his home in Destin where he serves as Editor-In-Chief of The 30A Company's nationally sold Beach Happy magazine. When he's not working, he enjoys spending time with his three children, watching live music, creating, and spending time on the sand and water with friends.

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Lee Campbell

Business Spotlight on Stephanie Phillips of Resort Real Estate Group

Stephanie Phillips, a local real estate professional, has been operating in the field of real estate for over twenty years. She has a passion for helping people, and has dedicated her life to assisting families and individuals in finding the perfect home. In September of 2019, Stephanie encountered some challenges that led her to take a leap of faith and open her own brokerage, Resort Real Estate Group.

In the past ten months Resort Real Estate Group has flourished. They are currently ranked number four in the Sandestin Resort for sales. Their goal is to become number one, and there is no doubt that their continuous perseverance, and hard work will lead them to whatever they desire. Resort Real Estate Group, services the entire Emerald Coast, from Navarre through Panama City

Stephanie is a local. She spent her childhood in Panama City and eventually settled in the Destin area. She became acquainted with the Miramar Beach/Destin area when she and her family made frequent trips to Pensacola and Mobile visiting family. When traveling, they would often drive down Scenic 98, and Stephanie always enjoyed experiencing the beauty and atmosphere Destin offered as an escape from the bigger city environment so common to her daily life.

Stephanie's journey into real estate began with a summer job she held as a personal assistant to another agent. She was in the market to buy a new home, and felt like the job would be a great opportunity to explore houses in the area. Originally, she was pursuing a career as a teacher, but that summer she learned that she had a natural inclination towards real estate. The rest is history, as Stephanie began her career as



a real estate agent, and has never looked back!

When asked who her most memorable client has been, Stephanie's first clients came to mind. A young military family, living in Japan at the time, needed to move back to the United States, but could not come back to explore houses on their own. In the end, Stephanie ended up picking and purchasing their home, and as a result, the family was able to return safely to the United States and to the perfect home. This experience gave Stephanie the confidence she needed to propel herself forward and eventually lead her to her dream of opening her own brokerage.

What makes Resort Real Estate Group different? Stephanie feels that their commitment to be and do their very best is what truly sets them apart. Her vision is to offer more than just real estate services. The company is there to help clients with whatever they need, from providing information on the best local restaurants to assisting them in buying or selling property.

"Real estate is about relationships." Stephanie commented.

The brokerage is full service, working with both buyers and sellers, and focusing on everything from vacation homes, investment opportunities, and primary homes. This flexibility has allowed them the opportunity to work with a diverse group of clients, and use challenges to grow and become an even better company

Stephanie believes in always being in a state of growth, and it's clear that this attitude is one

of the things that has given her the motivation to move forward.

When asked what has been the driving force to her success, Stephanie said that it was "The ability to do what is important to me. I don't fixate on the bad. I think about how I can make a positive impact in everything I do." Having her own company has given her both security and flexibility in her schedule, two extremely important factors to her, as she is active in several organizations and is passionate about serving her community.

Ultimately, the choices made in the past are what create the future, and it is obvious that Stephanie Phillips has used this truth to create the best current circumstances for herself and her community. Resort Real Estate Group, looks forward to continuing to provide excellent service for the Emerald Coast, and hopes to improve as many lives as possible along the way.



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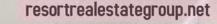


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BY CHRIS BALZER

Do you remember the childhood game Duck Duck Goose? Do you know Duct Duct Goose? Of course not, it's made up. Ductwork is system or network of ducts which bring cool air to the different rooms and living areas of our homes. When an HVAC company installs the air ducts in a home, the contractors are working with separate pieces. While the workers strive to connect each piece as tightly and securely as possible, leaks and gaps in the ducts might still occur. This can happen in new homes and older homes. When these gaps and holes occur the conditioned air

Duct Duct Goose?

ENERGY TIPS by Emerald Coast Energy Solutions

we pay for and our HVAC system which worked so hard to produce, leaks out into our attics. A typical home can experience close to 20% of conditioned air loss from leaking ducts. If the leaks are big enough, even more loss can occur costing you money and comfort. Another problem we come across is when there was work done in the attic. Maybe you had a security system installed or needed cable ran into a room which wasn't wired. Many of these things need a technician to go in the attic, navigate in a hot, hard to walk around, dark area while performing these services. Ductwork tends to run in the same places these wires need to run and sometimes ductwork is used as railing or support by the technician so they don't end up putting their foot thru the ceiling. Putting pressure on ductwork can cause holes and cracked seams. These are less common, but do

happen and unfortunately are unseen because they happen in the attic. More common is that over time, our seams, connectors, tape and vent boxes fail over time due to the harsh environment they are in. Failing tape is most often. The duct tape, which was used becomes brittle and can no longer keep a tight seal. Good news is that repairing these leaks is a simple one. Inspection of ductwork and boxes can easily detect these leaks. Foil tape and mastic (which is a type of paste applied to seams which foil tape can't seal) is used to reseal these leaks keeping the conditioned air flowing for years to come. We tend to forget how important these systems really are and how important it is to maintain them. It is always a great idea to schedule an inspection and improve the efficiency one of our largest investments, our homes.

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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🐲 Business

Personal Auto Ridesharing and Food Delivery: Are You Covered?



By Victoria Ostrosky

San Francisco was an amazing city! The cool, moist fog that rolled in from the Bay during the night was soon burned off by the sun, and the winding and hilly streets had been a welcome change from Rebecca's normal day in her small town back in the Florida Panhandle.

As a 10-year local of San Francisco, her friend Laura had encouraged Rebecca to utilize Uber during her stay, and it was quite the new experience. The driver who picked her up was prompt and friendly, and his car was clean. Rebecca, being a curious person, asked James, her Uber driver, how ride-sharing worked.

"Well," answered James,

"Uber had to run a background check on me, and my car had to meet certain requirements too. And then I had to get insurance."

Rebecca kept thinking about how interesting it all was and wondered now, three years later, if her auto policy would cover her if she decided to be an Uber driver or provide food delivery during COVID-19. There were many opportunities to make some extra money right now.

So, she called her friend and agent, Audrey.

"Hey, Audrey, I have a question for you," said Rebecca.

Audrey smiled, knowing that whenever Rebecca called it was going to be an interesting conversation. "OK, shoot! What's on your mind today?"

"You know all about Uber, right? And what about food delivery like Grubhub, DoorDash and GoPuff?" Rebecca asked.

"Yes, I do," answered Audrey. "And I bet you're wondering whether your auto policy would cover you, right?"

"Ha, ha! You know me pretty well, don't you?" laughed Rebecca. Audrey explained that there were basically two types of in-

were basically two types of insurance policies needed for ride-



sharing such as Uber or Lyft. When you come on board with Uber, one of the requirements is that you obtain insurance with them with high liability limits and high deductibles. But that policy only covers you while you have a paying passenger in your car.

You will also need a ridesharing endorsement on your personal auto policy for those times that you don't have a paying passenger in your car. On a similar subject, when it comes to food and medicine delivery, some auto carriers are currently making allowances during the pandemic, extending or modifying policy terms to give coverage for temporary delivery use. This may affect your premium, but the key is to let your agent know so you have the correct risk reflected on your policy in the event of a claim.

When it comes to your personal auto policy, we recommend carrying Bodily Injury limits of no less than 100/300, since this is your asset protector, with matching Uninsured/ Underinsured Motorist limits, stacked. PIP (Personal Injury Protection) is mandated by Florida statute. Medical Payments are optional but recommended as well since it covers not just you, but passengers in your car. If you want physical damage coverage on your vehicle, you'll need Comprehensive and Collision. Carriers offer other options such as rental, road-side assistance, diminishing deductibles and credits to lower your premium.

Audrey ended the conversation with some sage advice. She mentioned that sometimes people try to 'skate' on insurance and might think they don't have to tell their personal auto insurance agent that they are now ride-sharing or delivering food or medicine. Not informing their agent, and not having the correct coverage can result in a denied claim, or worse.

"It's always best to play by the rules when it comes to insurance," cautioned Audrey.



Insurance Zone, owned by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Niceville, Freeport, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on www.ins-zone. com and watch several informative videos including Auto Insurance Made Easy,' or call 850.424.6979. Victoria Ostrosky, author of this article, is a Personal Lines and Life Agent/ CSR with IZ.



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Specialty Roofers Inc. Helps Homeowners Prepare for Hurricane Season

Hurricane season is officially upon us. While we all hope for an uneventful season, it is important to prepare for the worst. According to weatherchannel. com, "The NOAA outlook calls for 13 to 19 named storms, six to 10 hurricanes and three to six major hurricanes – one that is Category 3 or higher (115-plusmph winds)." Specialty Roofers Inc. is here to help you prepare your home for hurricane season with these tips.

1. Schedule an Evaluation

Northwest Florida is at risk for a major storm every Hurricane Season. As you prepare your home and make plans for your family, it's important to have your roof evaluated as well. Having a knowledgeable contractor on your roof before hurricane season will ensure you have time to address any issues that may be made worse by a hurricane and perform any necessary repairs. It is also recommended to have vour roof re-evaluated after hurricane season. Your roofing contractor will look at the following areas of your roof:

- Membrane Checking for rips, punctures, holes or signs of aging.
- Flashings Ensuring flashings are correctly attached and sealed.
- Mounted Equipment Looking to see if penetrations are properly sealed and the equip-

ment is securely attached.

• Gutters/Downspouts – Making sure gutters, drains, and downspouts are properly attached and flowing to the correct location.

2. Trim Nearby Trees

Strong winds can destroy large buildings and throw boats across town. Even tropical depressions can cause limbs or entire trees to fall down, damaging your roof. Take a walk around your property and identify dead, broken or oversized trees and branches that may damage your building during a storm.

3. Continue Regular Maintenance

A maintenance program is a great way to be proactive with your roofing system. Having a roofing contractor keep up the maintenance of your roof is one of the best ways to ensure your roof is ready to stand up to any incoming storms. Regular maintenance can catch preliminary roof issues before they get worse, saving you money in the long run.

4. Clear Gutters and Drains

It is essential to clean and clear your gutters before a storm in order for your gutters to properly function and handle the water that comes off your roof during a storm. If your gutters are clogged, the backed-up water



will sit on your roof, increasing the probability of water entering your building or home.

5. Keep Up to Date with Insur-

ance and Warranties

When a hurricane passes through your area, the aftermath is often chaotic. Save time getting your roof repaired by gathering documentation ahead of the storm and keeping it in a safe and easily accessible place.

Suggested documents to keep with you:

- Any applicable warranties
- Insurance documentation
 Before photos
- Before photos

• Contact information for contractors, insurance agents and other key contacts

When hurricane season comes, protecting people is the most important. With a well thought-out and implemented preparation plan, you don't have to think twice about your roof during a hurricane. Contact Specialty Roofers at 850-974-ROOF to evaluate and help prepare your roof for the upcoming hurricane season.



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Business

Young Professionals of Walton County to Host Second Virtual Fireside Chat

"Still GRIT-ing Through A Pandemic" with Birmingham's Laura Quick and Hatton Smith will also be discussing the shift

The Young Professionals of Walton County (YPWC) will host their second virtual fireside chat on Thursday, July 30, hosted by Laura Quick of Good Grit Magazine. Beginning at 5:30 p.m. via Zoom, Quick will be interviewing Hatton Smith, a young entrepreneur who founded his own rum company in Birmingham, Campesino Rum.

Sponsored by Good Grit Magazine, Gulf Power, and Campesino Rum, the virtual event will give insight into Smith's

and creating his own brand. He will also be discussing the shift in business caused by the global pandemic. The first 20 people to register for the virtual event will receive a complimentary bottle of Campesino Rum and a copy of the Campesino Magazine, each available for pick up at the Walton Area Chamber of Commerce located at 63 South Centre Trail, Santa Rosa Beach.

Smith pioneered the drink after living in the jungle illegally running a rum still. After living with two Campesino brothers and adapting the authentic rural,



countryman lifestyle, Smith knew he wanted to create a rum that poured the spirit of the jungle right into the bottle. He says the people that like to drink his rum are travelers, seekers, explorers, adventurers; those who can see beyond borders, walls, and the fine print to see what is truly there.

Juju Milam will also speak for a portion of the time on behalf of presenting sponsor, Gulf Power. Milam will discuss the company's new Solar Project in North Walton County. Their goal is to make Northwest Florida a leader in clean, solar energy by keeping costs down for their customers while maintaining the original beauty of the region.

Additional event sponsors include Clutch Media Works, Epic Photo Co., and Proffitt PR. This event is free and open to members and non-members. Those interested in attending, please register online at www.ypwaltoncounty.com/Events.

About the Young Professionals of Walton County

Founded in 2009 under the name «YP @ The Beach» and having undergone a revamp in 2017, the Young Professionals of Walton County (YPWC) is an organization created by the Walton Area Chamber of Commerce whose mission is to bridge social, geographical, political and economic boundaries across Northwest Florida's Gulf Coast, while providing a venue for ambitious individuals to network and enhance their professional development skills.

YPWC will host networking, professional development and team building events the second Thursday of every month.

To learn more about these events and Young Professionals of Walton County, visit http:// bit.ly/YPWaltonCounty or connect on Facebook.

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