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### **The Power of Selflove**

BY HEATHER BENNETT EYE

Many of us, at some point, find ourselves on a journey to better our lives. For local South Walton artist, writer, content creator and founder of evolfleS, Maurice Hunter, his brand of Self Love has been a journey of discovery and is a message of empowerment.

Maurice found his passion and purpose for Self Love years ago while writing a letter to his then two-year-old daughter. "I wanted to give her something that was directly from me that she can carry for the rest of her life that helps her potentially deal with any possible self esteem challenges she may encounter throughout her upbringing and in life in general," said Maurice. "My goal was to make it about self empowerment and self value and as I was writing, this recurring theme of 'you being responsible for everything that you're experiencing' kept appearing, and 'the love that you're looking for and the value that you're looking for outside of you is always within you,' and it was a matter of recognizing



that, that would allow you to experience it. It started to look like Selflove to me. That's how I interpreted it."

The more Maurice wrote,

the more he discovered love within himself. He took a deep dive into love, fear, psychology and emotions. His primary focus became the relationship people have with their thoughts and emotions, which became the basis for what Self

> **SELFLOVE** continued on page 3



# Easter on the Coast

By Rick Moore

Jimmy was meticulous with every detail. He used a magnifying glass to make sure every part was glued together perfectly. He spent months building his miniature sailboat. To him, it was much more than a toy. The boat was a working replica of a schooner, complete with two masts, sails, and a rudder. It represented everything Jimmy had ever learned from building models. Other toy boats were made for bathtubs and swimming pools. His was made to sail in the waters of the Emerald Coast. The shape of the vessel resembled the great racing yachts of the early 1900s. The bottom of the hull was painted with a white waterproof seal-

> EASTER continued on page 8





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#### SELFLOVE

continued from page 1

Love means to him. "The highest quality relationship we have with ourselves is based on being in a power position in relation to the thoughts we believe and the emotions we feel, and how to relate to thoughts and emotions in a way that gives you an experience of empowerment and not feeling like you're a victim and have no choice," stated Maurice. His passion and purpose is to develop, practice and creatively share this information on a global scale.

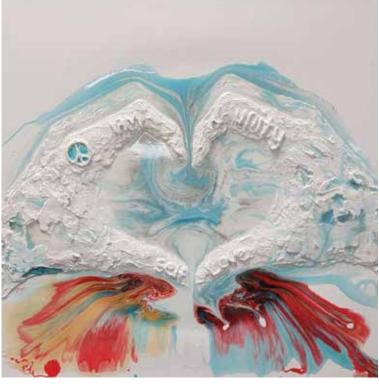
You'll find some information on social media, but Maurice prefers to connect with people and bring people together inperson. He's participated in events, workshops, and retreats and enjoys networking. Currently, he is holding weekly discussion groups. "I started creating these discussion groups where we have conversations about these ideas in a group format where we either listen to a clip initially or we present a topic (such as 'Art of Thinking'), and then talk about it in an open exploratory format," said Maurice. "I personally enjoy sharing and hearing perspectives, and getting to know people on a more intimate level." He has found that there are a lot of likeminded people in South Walton, but they don't always get to connect. "My goal is to bring all those people together," stated Maurice. "I get joy in providing space for people to be able to do that." To share this intimate practice on a larger scale, he is working on making conscious



conversation cards for people to be able to start their own deeper conversations with others wherever they go.

"I'm not looking to inspire people to love themselves. I don't intend to tell people what to do. My intention is to creatively expose people to ideas that serve as reminders of their internal power," said Maurice." I respect people's power to choose what they want to do with their lives. Whether your choices support your well-being or not, it's not for me to judge. If you don't like it, you can change it. You have the option and power to do so. You also have the option and power not to. Either way, you're always powerful and you always have a choice."

Maurice is also looking to collaborate with more creative



locals who have an interest in personal development and making a positive impact. He currently has art on display at Yoga Bar 30a and Myst Yoga. His pieces often incorporate a heart and feature rose quartz (the stone of Self Love) and an inspirational message on the back.

If you'd like to see more of his art, you can check out his Instagram @artofevolfles.

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To contact Maurice for events, discussion groups, Selflove t-shirts collaboration, or art, please email him at artistoflyf@aol.com. If you would like to learn more about Selflove, he's always open to a discussion. You can also check out his book, *Another Day in Selflove* by Maurice Hunter and Jim Clark on Amazon.com.





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Psalm 18:28 "It is you who lights a lamp for me. The Lord, my God, lights up my darkness."

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#### The Community

## **April 2023 WCSD Superintendent's Update**



Superintendent A. Russell Hughes

The end of a successful school year is coming into view! Stu-

dents, teachers, and employees have returned from Spring Break rejuvenated and motivated! Spring is the season our students begin to show what they have learned. Parents, as these days approach, we encourage you to help your child perform their best on State and District assessments by sending them to school well-rested and nourished with a healthy breakfast.

The last semester of the year is always full of activities, field

trips, concerts, awards, and recognition nights. April begins celebrations and exhibitions of hard work and a spirit of excellence in our Music and Arts Programs. Freeport High School will host their Spring Concert on April 4, 2023. Walton Middle School and Walton High School Spring choral concerts will be held on April 27, 2023, at Walton High School. The Music in Pictures Award Ceremony at Freeport High School will occur in May this year. Please check your school newsletter or web page for times and venues.

Walton County's Academic Team will travel to Orlando to compete in the 2023 Commissioner's Academic Challenge, April 20-23. Last year, they placed first in their division! We wish them well for their 2023 competition!

On Tuesday, April 4, 2023, at the Walton County School Board meeting, The St. Joe Community Foundation recognized Walton County's "extraordinary students who exhibit leadership with a strong sense of community and



service" by awarding several "No Ordinary JOE Scholarship awards. Congratulations to each of you!

Walton County School Board members traveled to Tallahassee to attend the 36th Annual Day in the Legislature. From March 15 – 17, 2023, school board members Bill Eddins, Jason Catalano, Kim Kirby, Tammie Smith, Jeri Michie, and Superintendent A. Russell Hughes spent time advocating for the Walton County School District interacting with state officials to ensure WCSD has a voice in planning and strategizing at the state level. Association's Day in the Legislature provides a platform for Florida school board members to collaborate, learn, and workshop to communicate with legislators effectively. Additionally, the Florida School Board Association allows school board members to interact personally with state legislators to advocate for their school district.

During this session of FSBA, Superintendent Hughes and board members were given time with Senator Jay Trumbull and Representative Shane Abbott to discuss the incredible growth and enhancement happening in the Walton County School District.

Parents, please keep open lines of communication with your student's teachers to keep abreast of grades as the year ends. Also, look for mid-term reports, which will go out on Tuesday, April 25, 2023. Thank you for your continued support of the Walton County School District!

The Florida School Board

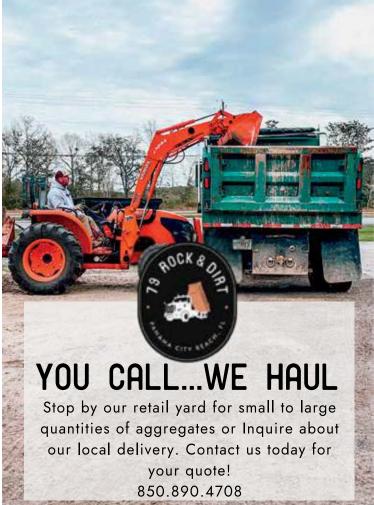






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#### COMPETITIVE PRICES - LOCALLY OWNED



#### ( Community

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## **April 2023 Coastal Seniors Update**

### FRIDAYS WITH FRIENDS – April 14<sup>th</sup> and 28<sup>th</sup> 10 AM - Noon

Each "Fridays with Friends" program will be open from 10 AM until noon. Coastal Seniors will welcome members, who are 50 years and older, to our office to participate in activities, such as: card games, board games, ping pong, bingo, art classes, exercise classes, etc. If you are interested in any of these activities, please let us know so that our volunteers can prepare.

#### GAME DAY AT SOMERBY ON WEDNESDAYS APRIL 5TH, 12TH, 19TH and 26th

From 2:00-4:00 p.m. Somerby of Santa Rosa Beach is located at 164 W. Hewett Rd., Santa Rosa Beach. Melissa Bailey, CSSW member will host game day. Melissa teaches and plays many games such as Hand & Foot, 5 Crowns, Euchre, Mexican Train Dominoes, and more. Refresh your skills or learn a new game. Local seniors and Walton County snowbirds are welcome! Call/text Sonia at 850-280-5342 or email coastalseniorsofsouthwalton@gmail.com w/questions.

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Blake at 90 Ponce De Leon St. in

Peterson will teach CSSW mem-

bers Beginner Watercolor Paint-

ing on Tuesdays in April (4th,

11<sup>th</sup>, 18th and 25th) 9am-Noon.

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850-280-5342, or by sending an

email to: coastalseniorsofsouth-

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vided. Make sure to wear com-

AM – 1:30 PM. 155 Dugas Way,

at the end of each class.

Freeport, FL

ART CLASSES - Karen

#### PICKLEBALL - Beginner Pickleball 101 at Walton Sports Complex courts

April 12<sup>th</sup> and 26<sup>th</sup> at 6:00 pm. Registration required. Email Sandra Gulak at sowalpickleball@gmail.com for more information and to register. Open to Walton County residents only. Also, please join us at the Boys and Girls Club (located behind the Coastal Branch Library) for indoor pickleball on Tuesdays, Wednesdays and Thursdays from 9:30 am - 12:30 pm through April 28. Please join the SoWal Pickleball Association on Facebook for more information and weekly updates and check the CSSW calendar at www.coastalseniorsofsouthwalton.org.

Seniors 50 years of age and up residing in or visiting Walton County are invited to join CSSW. Membership is \$20 for individuals, \$30 for family, and \$50 for businesses (your business will be listed on our home webpage and our Facebook page). Become a member via email at coastalseniorsofsouthwalton@gmail.com, or at www.coastalseniorsofsouthwalton.org. Also, follow us on FB at Coastal Seniors of South Walton. Coastal Seniors of South Walton, Inc. is a non-profit 501© (3) organization for active adults and we're looking for dedicated, enthusiastic persons to join our Board of Directors. Media Contact: Jim Wilson, Director, T: 404-432-6037. Email: jim\_wilson@bellsouth.net







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## The Seaside School Foundation Celebrates a Successful 21st Annual Seaside School Half Marathon

On a breathtakingly beautiful February day in Seaside, Florida, thousands of runners gathered on February 19th, 2023 to participate in the 21st Annual Seaside School Half Marathon & 5K. This triumphant event not only brought together racers from all over the country, but also created an incredible opportunity to support The Seaside School Inc. The Seaside School Foundation proudly reports that more than \$600,000 was raised to benefit The Seaside School, Inc., through the Seaside School Race Weekend efforts. 100% of the funds raised from Race Weekend benefit the Seaside School Foundation, which supports the ongoing operational needs, endowment, and capital projects for the Seaside Neighborhood School and Seacoast Collegiate High School. The Seaside School Inc., one of the first and now oldest operating public charter school in Florida and recently ranked #1 combination public charter school in Florida, is a tuition-free, public charter school serving students across Walton County in grades 5 through 12.

"The money raised during Race Weekend is crucial for the operation and success of our school," said Patrick McCarthy, President of the Seaside School Foundation. "The students that we serve in 5th through 12th grades rely heavily on this annual fundraising event, and without the race and the support of the community, we would not be able to provide our students with the unique learning experience they receive at our school."

The charity race weekend kicked off on Friday, February 17th with an evening under the stars at the annual race preparty, Taste of the Race, hosted by Tom Glavine, Major League Baseball Hall of Famer and former Atlanta Braves' pitcher and the Corchis Family, owners of Amici 30A Italian Kitchen and



Amigo's 30A Mexican Kitchen restaurants. Nearly 700 partygoers attended the Seaside party and 18 local chefs competed for top culinary awards. The Shrimp Shack, Team Dawson Group, won the coveted Chef's Choice Award. The People's Choice Award went to Jackacudas, Chef Orion Cordoves, and Judge's Choice was awarded to Chunk Gulley, Chef Tyler.

The celebration continued on Race Day as half marathon male champion Derek Bovard, 37, Freeport, FL, sprinted his way into first place, finishing the half marathon in 1:15:46.19. The women's half marathon winner, Katie Sherron, 41, of Tallahassee, FL, finished strong with a time of 1:19:24.6. Drew Beroset, 10, of Pensacola, FL, won the male division of the 5K race with a time of 17:01.72 and Caroline Couch, 15, Tallahassee, FL, was the women's 5K winner with a time of 19:23.56.

The 2023 finish line after-party in Seaside featured live music by The Seaside School Performance Band, complimentary beer by Grayton Beer Company, and post-race food

catered by Great Southern Cafe. This fun atmosphere pulled in thousands of family members and friends of runners to celebrate their achievements.

"Our community of runners, supporters, volunteers, students and staff look forward to Race Weekend every year, and we are so grateful to be part of such a philanthropic community," said Teresa Horton, Executive Director of the Seaside Schools Foundation. "The participants of Race Weekend also provide a welcome boost to our local restaurants, boutiques, and accommodations during what's typically a slower time of year. Race Weekend truly benefits our entire community."

For more information on the Seaside School and Race Weekend, visit SeasideSchools.net.



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## **April is National Child Abuse Prevention Month**

"Every year we try to create awareness of April being National Child Abuse Prevention month and the services that ECCAC can offer to child victims. It is imperative that everyone does their part to help protect children. Prevention is the best protection against child abuse."

#### Julie Porterfield, ECCAC CEO

With National Child Abuse Prevention Month in April, it brings to light the fact that many do not realize the peril



our children can experience and have to deal with right here in Northwest Florida. There are approximately 1,100 cases of child sexual and physical abuse reported annually in Okaloosa and Walton Counties, **an average of three a day**. Despite those big numbers, **nearly 2/3 of the actual needs to help child victims go unmet due to lack of reporting to authorities**. It is estimated that for every one child ECCAC helps, there are two children out there who are not helped.

Enter the Emerald Coast Children's Advocacy Center (ECCAC), a multi-disciplinary team with all support services and personnel under one roof. They provide services 24/7 in a child-friendly environment to abused and neglected children and their families. ECCAC is one organization with two locations. The Children's Advocacy Center in Niceville serves Okaloosa County and the Pierce Family Children's Advocacy Center in DeFuniak Springs serves Walton County.

Julie Porterfield, ECCAC CEO said, "Please join our ini-

tiative to paint the town blue! For the month of April our Centers are selling a yard sign and t-shirt for \$30 for the set. It will help to raise child abuse awareness by placing the sign in your yard, window, home, or business, and wearing the t-shirt as a signal of hope for the kids in our community. There is no excuse for child abuse."

You can learn more and order on-line at www.eccac.org, or email info@eccac.org.

### Community Yard Sale to Support St. Rita Mission Trip to Mexico City April 28th

A community yard sale, hosted by a group of Saint Rita parishioners, daily from 8am to 1pm on Friday, April 28 to Sunday, April 30 will take place to raise support for a mission trip to Mexico City, Mexico this summer. While in Mexico, the group will work with the nonprofit, Hope of the Poor.

The sale will be held indoors at the St, Rita Catholic church's Family Life Center, located at 22 Saint Rita Lane, Santa Rosa Beach. Parishioner Aaron Cantu of Santa Rosa Beach, the organizer for this year's trip, will lead 13 volunteers from June 20-25,

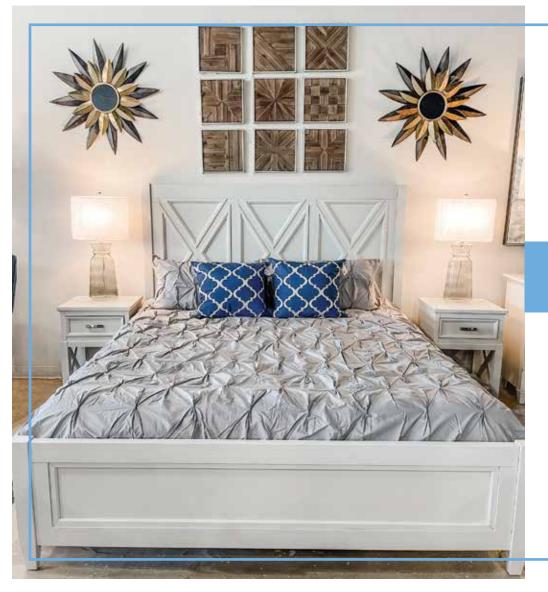
2023. "Last year I was blessed with the opportunity to go on a mission to Mexico City supporting Hope of the Poor," shares Cantu. Hope of the Poor is a non-profit organization committed to serving the destitute and hopeless, including street kids and the homeless. "Since then, I have felt the Lord's call to lead a new mission team. Our efforts will be focused on those living at the city's dump, families imprisoned to prostitution, and the in-



stitutionalized elderly."

Other volunteers include Brittani Bedison of Destin, Giselle Hernandez Vergara of Freeport, Juan-Pablo Pastrana with his teen son and daughter, Juan-Pablo Pastrana II and Katelyna Patrana, of Santa Rosa Beach. Cantu is also bringing his teen daughter, Samantha again on this year's trip. "The goal is for our team to serve Jesus by serving the poor. In a world and time of such great division,

should not more and more of us see the other as infinitely valuable and made only to be loved?" asks Cantu. Anyone can support the cause with donated goods and shopping the sale. Donated items in clean and good condition are needed and can be accepted at the church's Family Life Center building from 1 to 4pm on Sunday, April 23 and 9am to 3pm on Thursday, April 27. Computers, mattresses, cribs, car seats, and adult clothing/shoes cannot be accepted. Monetary donations can also be made at https://gofund.me/a61e2940.



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"EXPECT SOMETHING DIFFERENT"

#### The community

Page 8

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### How Does Gluten Affect Your Dog?

By Steve Kotowske,

Weive all heard about the mysteries of gluten allergies over the last decade. It seems there are more and more people with gluten sensitivities and allergies than

ever before. There are now special menu designations at our favorite restaurants that are "Gluten-Free" and disclaimers on nearly every menu.

Did you know your dog can be sensitive to gluten as well? It can cause a myriad of issues that can easily be cleared up with a change in dietary routine. For instance, Itchy skin, Irritable bowel syndrome are just a few of the problems that are presented in dogs.

They are often generalized by veterinarians as a «food sensitivity." Often, as a remedy, people are instructed to change proteins, but that is rarely the root cause of the issue.

Gluten is being discovered to be the larger offender. It may be due to the genetic modification of the grains being used. Wheat, Rye, Barley, and Brewer's Yeast are commonly found in dog foods and treats. When you recognize your dog's body (from teeth to intestine) was not designed for grain consumption in large amounts, it begins to make



sense.

A deeper look at gluten will open another door into an even more mysterious issue called «leaky gut.» This is where the intestines become permeable and toxins leak into your dogs bloodstream. This creates an immune response in the system that sends things spiraling. Stomach issues, skin issues, joint pain, and even behavioral issues can arise.

Brain fog is reported by humans with gluten sensitivity and leaky gut, so we must consider that this could be an issue for dogs that are unable to convey to us how they are feeling. So remember, If your dog isn't feeling well - it is feeling compromised.



Just as we humans tend to get irritable when we don't feel 100%, the same applies to your dog! So, let's get them healthy by fixing the problem.

So, how do we fix it? Leaky gut is best resolved by cutting out gluten and all dairy, including eggs. Eggs are a great protein source for dogs, but not while they are having secondary issues. Find a clean diet, free of glutenous grains - there are some great gluten-free grains to use instead.

EASTER

ant. Jimmy signed the stern with a fine tip brush making sure all knew who the beautiful sailboat belonged to.

The big day came to test the model boat on the water. Jimmy tied a line to the bow just in case it was carried away by the waves. He definitely didn't want to lose it. The boat held up just great. The waterproofing of the hull worked to perfection. Each time Jimmy took his toy schooner out into the waves, he allowed it to go further and further out, sometimes reaching over 200 yards from the shore. Every once in a while he would allow children on the beach to hold the line, but that was only when the boat was close by.

On one occasion, Jimmy allowed the schooner to go so far from shore it was almost out of sight. A fisherman was casting his reel and got his line crossed with the line Jimmy used to secure the toy schooner. The fisherman did

not want to take the time to untangle the lines, so he cut both of them in order to save his fishing tackle. By the time Jimmy realized what had happened, the toy vessel was totally out of sight. He swam as fast as he could to try and retrieve the boat, but the waves were so high he couldn't see it. The schooner was gone. He waited for hours on the beach hoping the tide would bring his boat in. He took a flashlight out in the evening, walking up and down the shore, but his boat was not to be found. For weeks, he searched along the coast asking if anyone had seen his boat. He feared it was on the bottom of the gulf never to be seen again.

Months later, on Easter Sunday, as Jimmy was walking home from church, he passed by the town square and noticed something in a store window. He couldn't believe his eyes. He ran into the store shouting, "You found it! You found my boat!" The store manager tried to calm Jimmy down. Jimmy picked up his boat and said "I'm

so glad you found it, thank you so much!" The manger said, "I don't know what you are talking about, but that model you are holding in your hands costs three hundred dollars." Jimmy said, "But it's mine; I made it." Jimmy even showed the manager where he had painted his name on the stern. The manager said he was sorry, but if Jimmy wanted to take it home he was going to have to pay for it. Jimmy knew that wasn't fair, but he loved that boat so much he paid the price. That boat was made by Jimmy, and the price was paid by Jimmy.

Jimmy's story is often told the week of Easter to explain why God gave His only begotten son to die for us. Like Jimmy's schooner, God made us. Like Jimmy's schooner, we became lost. Like Jimmy's schooner, God bought us back, paying the ultimate price. God loves us so much He made us, and then He paid for us. Happy Easter!

Rick Moore is Communication Pastor at Destiny Worship Center.

continued from page 3



## **Introducing Gigi's Pet Concierge**

Introducing Gigi>s Pet Concierge now serving the Santa Rosa Beach area providing exclusive, dedicated 24- hour in home pet and house sitting services for your travel needs from 4 to 30 days!

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that are not candidates for boarding, pets used to a full time human presence, multiple pets, dogs with high exercise needs, seniors, disabled, medication needs, and we even care for puppies and kittens in training! GiGi>s does not take other clients while caring for your family pets, and leaves home for periods of only 2-4 hours around the pets schedule! Great local references available or see our facebook page!

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Gigi>s Pet Concierge, (901) 827-2429, Facebook.com/gigispetconcierge, gigi@gigispetconcierge.com. Find out why Gigi has tails wagging!

### WHAT'S UP DOG

continued on page 9

Among those are millet, sorghum, quinoa, and rice.

We must also remember that gluten sensitivity or leaky gut syndrome doesn>t start overnight, so be sure to allow the dietary changes to have some time to work with your dog's system. Once you begin a gluten free diet, do not rapidly change to find one your dog «likes.» Instead, allow for them to reduce food consumption while their system adjusts and heals. Processing foods takes a lot of the body>s energy. When your dog isn>t eating as much, it might be telling you it is directing energy to healing rather than eating. Listen to them! Enticing them to eat may be counterproductive. Dogs can, and should fast, just like humans, for optimal performance. So don't be concerned if your dog is eating less for a while. Adding a high-quality probiotic can also aid in the process as well.

A food sensitivity test for dogs can also assist in finding the best fit for feeding your furry friend. I have found that changing the diet for two weeks before doing a sensitivity test will give a more accurate reading. This is because the system is not as inflamed and rejecting everything. Also, you don't even need a veterinarian to do this test, you can pick it up at one of our stores. If you administer the test at home, we can help by reviewing the results with you to find the best food for your individual dog. We also offer a private nutrition consultation from beginning to end to help keep your dog at a healthy weight and, we can monitor body type for you, if you are trying to reach specific goals. So, Lets get your dog feeling better, together!

Steve Kotowske is Senior Trainer of What's Up Dog in Santa Rosa Beach and MIramar Beach,offering Professional Dog Grooming, Dog Training, Boarding, and Doggie Daycare. "What's up Dog" is the area's largest independent pet retailer with a focus on holistic food products.







#### 🙍 Community



By MAURICE STOUSE, FINANCIAL Advisor and Branch Manager

Should investing be about fear or should it be about optimism? And which is the greater motivator of behavior and action? We have often heard that perception without any confirmation indeed becomes reality. Investors are bombarded almost



wanted. Investors can become overly worried when one talking head after another speaks about capitulation and that things will go from bad to worse. We think it fair to point out that often the talking head may be the type of professional investor, a hedge fund manager for example, that often can profit in up and down markets and that it is the very volatility they speak to that creates opportunity (with extraordinary risk) for them.

We believe that the individual investor should focus on the greater picture, the entire game, not just a particular slice of it. We look at the long-term returns and see that stocks are one of the higher returning investments, over time. Over time.

Diversification is critical as well. Bonds can play a part in diversifying a portfolio or perhaps

generating income. It is challenging for many to find a timing strategy that outperforms a well thought out buy, hold and adjust as needed strategy.

Many in the media speak of anything but optimism. Some might easily draw the conclusion that it is over and that it is reconciliation time with the financial history of this nation. We don't understand how you can explain away that there is an entire generation (much greater in size) that is following the baby boomers. They are growing their careers, their family, and their lives and consuming. That might help explain why despite 9 straight interest rate hikes that there is still a housing shortage. And there is a worker shortage. Demand is growing or is resilient. Affluence and standard of living have never been greater. Innovation and competitiveness continue to fuel the engine for America and the world.

If a more optimistic, longterm view makes sense, we think investors can build toward and achieve their goals.

As investors contemplate their needs and objectives, we add that we believe that a portfolio should be diversified by security selection as well as asset class and that time frame, risk tolerance, tax status and ultimate objective should be the guiding light in a well-balanced portfolio.

There are special risks associated with investing with bonds such as interest rate risk, market risk, call risk, prepayment risk, credit risk, reinvestment risk, and unique tax consequences. Investments in municipal securities may not be appropriate for all investors, particularly those who do not stand to benefit from the tax status of the investment. Municipal bond interest is not subject to federal income tax but may be subject to AMT, state or local taxes. U.S. government bonds and Treasuries are guaranteed by the U.S. government and, if held to maturity, offer a fixed rate of return and guaranteed principal value. CDs are insured by the FDIC and offer a fixed rate of return, whereas the return and principal value of investment securities fluctuate with changes in market conditions. An investment in a money market fund is neither insured nor guaranteed

by the FDIC or any other government agency. Although the fund seeks to preserve the value of your investment at \$1.00 per share, it is possible to lose money by investing in the fund. A fixed annuity is a long-term, tax-deferred insurance contract designed for retirement. Fixed annuities have limitations. If you decide to take your money out early, you may face fees called surrender charges. Plus, if you're not yet 591/2, you may also have to pay an additional 10% tax penalty on top of ordinary income taxes. You should also know that a fixed annuity contains guarantees and protections that are subject to the issuing insurance company's ability to pay for them. The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. stock market. Inclusion of this index is for illustrative purposes only. Keep in mind that individuals cannot invest directly in any index, and index performance does not include transactions costs or other fees, which will affect actual investment performance. Investing involves risk and you may incur a profit or loss regardless of strategy selected. Diversification and asset allocation does not ensure a profit or protect against a loss. Holding investments for the long term does not ensure a profitable outcome.

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management/ Raymond James. Main office located at The First Bank, 2000 98 Palms Blvd, Destin, FL 32451. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice. stouse@raymondjames.com.

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#### 2nd – Asset Protection in Florida

With Scot Copeland, Attorney, Emmanuel, Sheppard and Condon



When: Tuesday April 25th at 2 p.m. AND at 6 p.m.

Where: The First Wealth Management, located at The First Bank, 2000 98 Palms Blvd, Suite 300, Destin, FL

#### Please RSVP to Lesley Brown at 850.654.8122 or lesley.brown@raymondjames.com

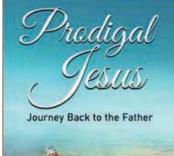
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### **Book Review" Jesus a Prodigal Son?**

Jesus a prodigal Son? We think of the prodigal son from Christ's famous story in Luke 15 as someone who selfishly took his share of his father's inheritance before the man was even dead. Then he took that wealth and wasted it on drunken parties and prostitutes. How could we compare Jesus to him?

Dave Holland, award-winning author and minister, just released his new book, Prodigal Jesus: Journey Back to the Father, on March 20th, making this very comparison. He writes: "Look how Christ resembles





grounded in the Word of God. His stories and applications make the book practical for modern life. Concluding each devotion with a brief prayer, the reader faces their day with fresh faith.

We can purchase this new book at Amazon.com or on the website DaveHolland.Org. Contact pastor Dave at davidvholland54@gmail.com, or on his Facebook page, Dave Holland, author. He is available to speak at churches and conferences.

Dave Holland lives to help people become more like Jesus. His life's mission is to love God and love people. He has been serving God for over 50 years and finds that Jesus is the sole foundation of Christian living. He's pastored churches for 38 years and learned that the church and Jesus are not the same. He and his wife Jonie have retired in Destin, Florida.

Dave studied the gospel of Luke for over twelve years while writing the Daily Jesus Series. Christmas Jesus is the first installment, followed by Every Day Jesus, covering the first four chapters of Luke. Extraordinary Jesus looks at Luke 5-9 and Prodigal Jesus brings us through chapter 15 of Luke.

Dave and his wife, Jonie have retired in Destin, Florida.



the prodigal son. Surrounded by indescribable glory in a massive home called heaven, Jesus departs, taking his inheritance of grace and mercy with him. The Son left his wealthy Father seeking a faraway place where depravity ruled."

Christ spent his time with sinners such as drunkards, prostitutes, and tax collectors. Crucified a criminal, he bore the sins of the human race and carried them into the depths of the grave and hell itself. Jesus then turned toward home, where his Father longed for his return. Finally, Christ laid his blood on the altar, asking forgiveness for all who have sinned.

Ultimately, Prodigal Son Jesus became what he would be—the son who came home to his Father's house. The Son of God displayed the great love he has for us by his presence with us. Christ came to our faraway country and lived under the influence of our evil domain to lead us back to the Father.

Pastor Dave shares forty daily Bible Study-devotions to inspire his readers. Based on the Gospel of Luke, his book is squarely







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### **Modus Captured Clothing Opens in Grayton Beach**

Well-known photographer and South Walton's 2021 artist of the year, Chandler Williams has expanded his footprint in his Graton Beach shop by opening Modus Captured Clothing, a men's store focused on custom apparel and curated goods from all over the globe.

Williams has been developing his concept over the past few years. With touches of Williams' unique photography, as well a surf, travel & lifestyle vibe, the store is truly an expansion of the local brand we know as Modus Photo or Modus. For those who value quality, culture, and personal style, Captured Clothing is a unique shopping experience.

Williams' unique process of printing, stitching and hand sewing his designs is a must see, in person kind of experience. His custom style compliments some of the basic men's essentials. With a focus on artisan

driven leather goods and a quintessential 'Grayton' atmosphere, it reminds you to get out and travel a little more!

Chandler has dedicated the entire upstairs to customize the retail experience! In an interview, he mentioned reading surfer mag and seeing photographer Aaron Changs' photos printed on shirts as inspiration for his own designs. Williams began printing his own images on shirts back in 2010. Now, fourteen years later, Modus Captured Clothing is born. "We are not a shirt printing company," Chandler said. "But we will offer select services to other artists who are looking to create wearable art."

As an additional part of the experience, customers will be able to sip and shop.



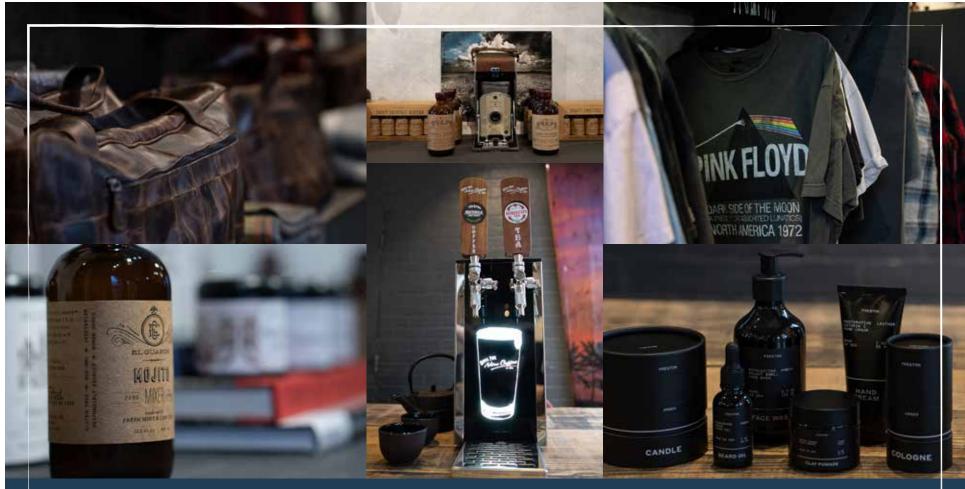


Captured Clothing will be serving nitro cold brew teas and coffees as well as offering the occasional complimentary espresso!

"Don't worry," Chandler says. "Yes, the gallery is still here but we have moved it across the courtyard in the same complex. A huge thank you for all the local support as we are celebrating the 10th year of the Modus Landscape Art Gallery this year."

Grayton Beach is one of the easiest and most convenient beaches and shopping experiences for locals and visitors. The public parking lot and shuttle system has made getting to the beach and the other shops of Grayton extremely accommodating.

Be sure to stop by and experience Modus Captured Clothing located in Grayton Beach at 37 Logan Lane, suite 3.





Custom Apparel and Curated Goods from all over the Globe. 37 Logan Ln Suite 3, Santa Rosa Beach, FL 32459 | 850.461.9098 | @moduscaptured

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### $\star \star \star \star \star$

"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 daughters comfort. ~ Micha K.

## Footprints Gifts: Celebrating 40 years as the "Best Little Shop on the Beach!"

March 1983 marks the humble beginning of Footprints Gifts. A transformed gas station was reimagined into an apartment complex and then eventually converted into a retail store by Janet Reeves for the "Footprints Gift Shop." This Miramar Beach "Mom and Pop" gift store is a genuine success story! The name came about by a complete family agreement to the Biblical



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reference in Psalm 77:19, that says, "Your path led through the sea, your way through the mighty waters, though your footprints were not seen."

Janet fulfilled her childhood dream of opening a one-of-akind retail store that developed into reality when her father-inlaw's one-bedroom apartment became available. She jumped on the opportunity! Life prepared Janet in her early years to launch this now local treasure. She worked at a local movie theatre and was honored with the title "youngest Confection Manager" at Sears department store! Fast forward to today, Footprints Gifts retails some of the best



crafters in the area and is one of the top souvenir destinations in Sandestin/Miramar Beach.

This retail haven of all things "beachy" began with t-shirts, beach supplies, keepsakes, and inflated beach toys (supplied by the former gas station air pump). It evolved into an exclusive representation of local artisan

products such as colorful bird sculptures, Sandy Pickle(ball), art prints, and magnets. In addition, including beach style home décor and gift items, or sea turtles, you can find mancave tiki motifs, golf items, outdoor furniture, shells, and more! This magical treasure chest has created a loyal following from tourists to interior decorators and locals who crave these unusual selections.

Shop staff, Cheryl and Donna provide big smiles and enthusiastic service to all those who enter this retail retreat! In 2013, Donna's husband Eric, described the store merchandise: "This looks like the inside of my wife's mind!" Subsequently, Donna inquired about employment and continues to flourish in this expression of her mind!

You are invited to join in Footprints 40th year in business celebration! A word to the wise...don't forget to bring your pocketbook!

9818 US-98, Miramar Beach, Hours: 9:30 am - 5 pm, Monday - Saturday. Closed Sundays.

Telephone: (850) 837-6711 www.footprintsmiramarbeach. com.



### **BOAT LIFTS/SLIPS** Now available in Freeport!

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#### The community

## **Celebrated Winemakers from Around the Globe**

Converge on South Walton for the Ultimate Wine Weekend, April 28-29

Destin Charity Wine Auction Foundation (DCWAF) is pleased to announce Paul Hobbs as the Honorary Vintner and Scotty Schwartz as the Honorary Chef for the 18th Annual Destin Charity Wine Auction presented by the Jumonville Family, hosted April 28-29 in Grand Boulevard.

The sold-out 18th annual auction weekend will kick off on Friday, April 28 with 11 patron dinners, hosted in some of the most stunning homes and restaurants along the Emerald Coast, and is followed by a reserve wine tasting and live auction on Saturday afternoon. Paul Hobbs will be headlining a dinner hosted by Ben and Tiffany Edwards with Jeanne Dailey and Jay Nettles in Burnt Pine with Chef David Bancroft supporting Ascension Sacred Heart Emerald Coast. Chef Scotty Schwartz will be headlining a dinner hosted by George and Stephanie Brannon, Jr., Jeff and Cindy Garrard, and Robért and Shelly Hinojosa with Somnium and Fayard Wines supporting Westonwood Ranch. The weekend will conclude the next day with a reserve tasting and high energy live auction. This year's auction will feature over 150 silent, super



Scott Scwartz

and cellar lots available for virtual bidding and 47 impressive live lots comprised of rare wine, luxury travel experiences, and much more.

"I am honored and humbled to be the 2023 Honorary Vintner, and I hope this year will prove to be another record-breaking auction," said Paul Hobbs, "It is a great inspiration to witness the collective efforts of so many people coming together to help improve the lives of children in need."

Executive chef at the Surf Club in Wrightsville Beach, NC and owner of El Jefe in Jacksonville, FL, Scotty Schwartz has been participating in the Destin Charity Wine Auction weekend for many years; headlining patron dinners, generously donated auction lots, and assisted in the



Paul Hobbs

silent.

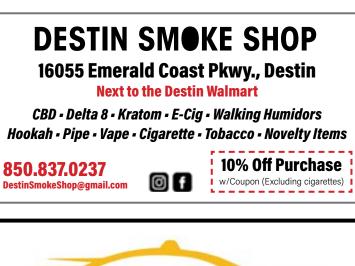
recruitment of other talented chefs throughout the Southeast.

"We are thrilled to honor Paul Hobbs and Chef Scotty Schwartz at this year's auction," said Destin Charity Wine Auc-

tion Foundation President Karah Fridley-Young. "Both have provided immeasurable support to DCWAF over the years and have made a positive impact to our ability to help children in need in Northwest Florida."

Currently ranked fifth on the list of «Top Charity Wine Auctions in the U.S.» by Wine Spectator Magazine, the Destin Charity Wine Auction connects wine enthusiasts with preeminent winemakers and chefs to help children in need in Northwest Florida.

Destin Charity Wine Auction Foundation connects wine enthusiasts to raise money to benefit children in need in Northwest Florida. Founded in 2005, Destin Charity Wine Auction Foundation (DCWAF) has donated more than \$28 million to Northwest Florida charities by hosting world class wine and culinary events. These funds have impacted the lives of over 100,000 youth, including those afflicted by health issues and abuse. DCWAF has been recognized as one of the nation's 'Top Charity Wine Auction in the U.S.' by Wine Spectator Magazine for the last 11 years. Learn more at http://www. DCWAF.org.







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## **Pairing and Sharing Wine Dinner to Benefit Caring and Sharing of South Walton**

This inaugural event is scheduled for May 4th at Rosemary Beach Town Hall

Sip, savor and share a glass take place on May 4, 6pm at tered, paired with select wines among friends at the inaugural Pairing and Sharing wine dinner to benefit Caring & Sharing of South Walton. This event will

Rosemary Beach Town Hall in Rosemary Beach, Florida. Guests will enjoy a three-

course dinner from Swiftly Ca-

from Dry Farm Wines and live music. Dry Farms Wine Founder Todd White's favorite wine from his personal collection, the 2020



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Lee Campbell





Cobelli Schiava, will be featured at the dinner. The evening will kick off with a cocktail hour at 6pm in the courtyard at Rosemary Beach Town Hall, amidst the backdrop of the Gulf of Mexico.

"I started giving the wine that I sourced, to my friends and family and they couldn't get enough of it," says Dry Farms Wine founder Todd White. "So it was only natural to start a company that curated pure Natural Wines and then ship them directly to people who care about the way their wine is made, what they put in their bodies, and how their wine tastes. Six years later, our family business, Dry Farm Wines, continues to discover the world's best and rarest wines and ship them right to the customer."

"The generosity of our donors and patrons of this event will allow us to continue meeting the growing needs of our community," said Carly Barnes,

Executive Director of Caring & Sharing.

"We are currently serving over 500 local families each month. This year our main focus is growing our Case Management and Counseling Staff. Successful events such as this one allow us to strengthen our team and do more in-depth work with those that we serve in Walton County."

If interested in tickets to Pairing and Sharing, guests may "uncork their generosity" and reserve today at https://pairingandsharing.eventbrite.com. Tickets are \$250 per guest and \$3,000 for a table.

Pairing and Sharing is graciously brought to you by Grand Cru Sponsors, Rosemary Beach Realty & Cottage Rental Company, Swiftly Catered and Dry Farm Wines. A special thanks to our other generous sponsors and donors Mark and Karen Gergel Foundation, Centennial Bank, Wellness Mama, John Roberts Law, H&M Events & Rentals and 1920 & Co. Those interested in sponsorships can visit the Caring & Sharing website www.caringandsharingsowal.org or contact info@caringandsharingsowal.org.





## Is it Time to Sell Your South Walton Home?

#### BY JOHN MARTIN

Here are 4 key factors to consider:

First, Are you using and enjoying the property as planned? Some properties may not produce the cash flow you anticipated or have your plans changed?

Second, Exchange for another property - there may be another property locally or in

another market that is a better fit for your current needs. There are also some opportunities to utilize 1031 tax free exchange, Under Section 1031 of the United States Internal Revenue Code, you may be able to defer capital gains and related federal income tax liability on the exchange of certain types of property. Please consult your tax advisor to see if you would



#### qualify.

Third, You need to move. Sometimes life circumstances bring on the need to sell your property. When this occurs, interview and hire the best marketing agent that will sell your home at the highest price and see that it closes with a very smooth process.

Finally, Profit taking - has the value of your home reached the point where it makes sense to take a profit and move on to a better property to exchange into?

The team at the John Martin Group has over 10 years of experience marketing and selling luxury homes in Walton County. John and his team have an impeccable reputation for outstanding results and customer service. John consistently receives rave reviews from clients. If you are considering selling, contact John Martin at 850-714-3731 or john@johnmartin30a. com and he would love to meet you and discuss your goals.

### **Green Thumb Garden Club:** Spring Floral Design Workshop Slated for April 19

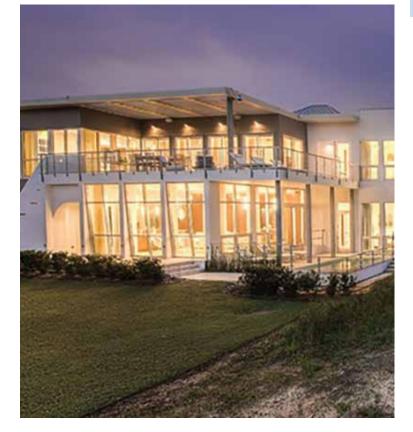
Club members are in for a very special demonstration from a Walton County floral designer at its April meeting. After the demonstration, participants will have an opportunity to create a spring flower arrangement. GTGC will provide fresh flowers and a container. Attendees are requested to

enhance their unique arrangement.

The April 19, 2023, meeting is at Westwinds Conference Center in Miramar Beach, Florida Check-in begins at 9:30 am and lunch is included in the \$25.00 fee for each member.

Green Thumb Garden

Green Thumb Garden bring clippers and greenery to Club always welcomes new members. Please visit the Green Thumb Garden Club website to learn about our charitable mission, how to join and details on meetings, activities, and events. The website address is greenthumbgardenclubinc.org or send an email to greenthumbgardenclubinc@ gmail.com.







by celebrity Chef Hugh Acheson.

Voted Best Restaurant in Walton County by Emerald Coast Magazine, send your taste buds on a culinary adventure at Ovide. Led by James Beard award-winning Chef Hugh Acheson, indulge in delectable dishes inspired by the Gulf Coast. Reservations accepted (844) 422-2923.

Located at Hotel Effie Sandestin

## **April 2023 Family Friendly Events in South Walton**

#### Saturday, April 15th

#### Outdoor Adventure Film Night

On Saturday, April 15th, the Watersound Origins community will host an Outdoor Adventure Film Night at Village Commons featuring "Ground Swell: The Other Side of Fear" is an indepth look at the 2021-22 big wave season. Beginning at 7PM, this event is free and open to the public. Attendees are invited to bring low back chairs or blankets. Coolers are permitted. Pets are not permitted. Event is suggested for those ages 10 and up. Ground Swell: The Other Side of Fear... The logical thing, the same thing, is to stay on land...

But they paddle out. Why do these big wave surfers risk their lives to ride these mountainsized waves? The answer is overcoming fear. "Ground Swell: The Other Side of Fear" is an in-depth look at the 2021-22 big wave season. These surfers push past their fear and find out what is on the other side as they tackle monstrous waves in locations from Nazare in Portugal, Jaws and Pipeline in Hawaii and Mavericks in Northern California. Free and open to the public. Follow Watersound on Facebook on social media. Watersound Origins Village Commons Lawn, 530 Pathways Dr. Inlet Beach.



#### Monday, April 17

#### **Topsail Hill Preserve State** Park: Guided Plant Stroll

9:00 am to 11:00 am - Join Topsail Hill Preserve State Park and Master Gardener Bill Kuenstler on the third Monday each month from 9:00a.m. - 11:00a.m. for a Guided Plant Stroll. The stroll begins at Tram Stop #2

. This program is free with regular park admission. Park programs are made possible by Friends of Topsail Hill Preserve State Park. For more information about the Friends of Topsail Hill Preserve State Park, please visit: www.topsailparkfriends.org or email friendsofthsp@gmail. com. Topsail Hill Preserve State Park, located on the west side of Scenic 30A in South Walton, offers a wide variety of natural resources including 3.2 miles of secluded, white sand beaches with majestic dunes over 25 feet tall. Three rare coastal dune lakes provide excellent freshwater fishing. 7525 W County Hwy 30A, Santa Rosa Beach.

#### The REP Theatre: The Adventures of Hansel and Gretel

6:00 pm - The Seaside REP Theatre presents The Adventures of Hansel and Gretel at the Seaside Amphitheater. Presented by the Seaside Merchants, this compli-

mentary event will entertain the entire family. Another favorite fairy tale brought to life by The REP Theatre. A group of traveling actors creates much onstage merriment by presenting their own fast-paced and funny version of the classic children's story, Hansel and Gretel. Join these two legendary siblings on an epic adventure through the woods in this boldly reimagined twist on the classic storybook tale. Seaside Amphitheater, Central Square, Santa Rosa Beach. Visit www.lovetherep. com.

#### Wednesday, April 19

#### Seabreeze Jazz Festival

Smooth jazz, white sands, and fun set for April 19-23, 2023 in Panama City Beach. The Ultimate Weekend of Smooth Jazz. Tickets and lineup for the 24th Seabreeze Jazz Festival: seabreezejazzfestival.com. Named a "Top 10 Jazz Festival in the USA' by JazzIZ Magazine and recently nominated as "Best Jazz Festival" at the Oasis Smooth Jazz Awards, the Seabreeze Jazz Festival combines the top national smooth jazz artists with a full weekend of fun, sun, great beaches, and good times - all on the west end of Panama City Beach. Presented by Visit Panama City Beach.

See the website for a complete list of rules and additional restrictions. Seabreezejazzfestival. Aaron com. Bessant Park at Pier Park, 500 W Park Dr, Panama City Beach.

#### Saturday, April 22

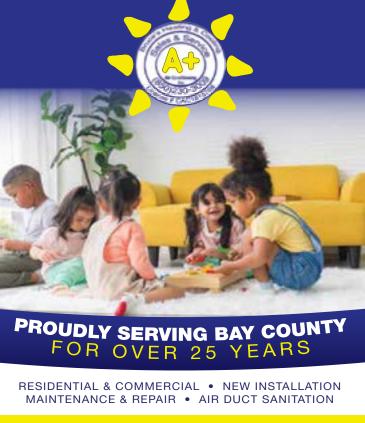
#### Earth Day Town Hall at Padgett Park

Join fellow South Walton earthlovers for an Earth Day Town Hall on Saturday April 22nd from 12 - 3PM in Padgett Park off JD Miller Road in Santa Rosa Beach. Hear presentations, enjoy demos and displays from the Choctawhatchee Bay Estuary Coalition, and get tours of Walton County's only Community Garden with Satsuma planting by Trees on the Coast. The event is free to attend and family-friendly. Saturday, April 22, 12:00 pm to 3:00 pm. Presentations Include: Billy McKee, Solid Waste Director for Walton County On Recycling: What's Now and What's Next, Point Washington Forest Service on keeping the forests healthy, UF/ IAFS Master Gardeners on Florida Friendly Landscapes. Get involved in preserving the beauty of Walton County! Follow Earth Day Town Hall for updates and additional details. Padgett Park, 810 J D Miller

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#### () Community

Road, Santa Rosa Beach. www. treesonthecoast.com.

#### MKAF Concerts in The Village: Postmodern Jukebox

7:00 pm - The Concerts in the Village series returns to the Mattie Kelly Cultural Arts Village in Destin, Florida. Music-lovers can enjoy a night under the stars featuring local and national acts. Gates open at 6PM with concerts beginning at 7PM. To purchase tickets visit MKAF.org. Attendees are encouraged to bring a lawn chair, picnic, wine, or purchase food and beverages on-site prepared by featured restaurants and food trucks. MKAF Concerts in the Village Doors open at 6 PM - Show starts at 7 PM - Postmodern Jukebox.

#### Tuesday, April 25

#### Huck & Lilly @ Seaside Amphitheater

6:00 pm - Huck & Lilly will perform LIVE in the Seaside Amphitheater Tuesdays and Thursdays at 6:00PM. Bring a chair or blanket, snacks and drinks, and enjoy the show. Free and open to all ages. Singer/ songwriters Ken Johnson and Andi Zack-Johnson as Huck and Lilly specialize in music for kids and the grown ups who love them! Seaside Amphitheater, 25 Central Square, Seaside.

#### Saturday, April 29

#### Paddle for Peace at Grayton Beach

9:00 am to 5:00 pm - Join local charity Gulf Therapy for the 3rd Annual Paddle For Peace on Saturday, April 29th in Grayton Beach. Paddle For Peace welcomes all community members with the focus on love and peace. Follow Paddle For Peace on Facebook for event updates. Pre-registration is encouraged as boards sell out fast. Register at www.gulftherapy.org/paddleforpeace. Be sure to drop off your board early then park at the county lot, 1427 County Highway 283 S, Santa Rosa Beach. The Grayton Beach shuttles will start earlier for paddlers this day and have all hands on deck. Paddle For Peace schedule: 9AM - 9:30AM - Arrive with your Board, 9:30 AM - Opening Ceremony 10:00AM - Intentional Paddle 11 AM - 5:00 PM - Live Music on the Dock. Grayton Beach Dune Access East of the Boardwalk Border-



#### ing Western Lake. Sinfonia Gulf Coast: Beethoven V. Coldplay

7:30 pm - Join Sinfonia Gulf Coast for Beethoven V. Coldplay: A Merging of Musical Giants on Saturday, April 29th at 7:30 PM at the Destin-Fort Walton Beach Convention Center in Fort Walton Beach, FL. Purchase tickets at: sinfoniagulfcoast.org/ web/events.asp Beethoven V. Coldplay transforms the Eroica into an oratorio, weaving the melodies and lyrics of Coldplay into the original Beethoven,

pairing them together based on content and context. It is the alternate Eroica Beethoven may have created had he known the music of Coldplay at the time. Many of Coldplay's most wellknown songs are interpolated, including Yellow, Viva La Vida, Clocks and The Scientist. Destin- Fort Walton Beach Convention Center, 1250 Miracle Strip Pkwy SE, Fort Walton Beach. For more information on Sinfonia Gulf Coast and tickets for Season 2022-2023, visit SinfoniaGulfCoast.org.

#### Thursday, May 4

#### Camp Helen State Park Ranger-Guided Nature Hike

10:00 am to 11:00 am - Camp Helen State Park invites you to go beyond your park visit, joining Park Ranger staff for a nature hike held each first Thursday of the month at 10AM on Camp Helen's user-friendly trail system. Learn about the park's flora and fauna and the larger ecosystem of the Florida Panhandle. The hike is great for all experience levels and requires moderate endurance. Guided Nature Hike - First Thursday of Each Month 10AM - 11AM

The Oak Canopy and North trails have a combination of paved, sand and packed-earth terrain. Wear comfortable clothing and shoes, and bring a water bottle, sunscreen and bug repellent, as well as your adventurous spirit. Camp Helen State Park is located at 23937 Panama City Beach Parkway, just west of the Phillips Inlet Bridge on the Bay County and Walton County line. Camp Helen State Park, 23937 Panama City Beach Parkway, Panama City Beach.





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### The community







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Tour designer-decorated models in-person or online New Homes from the \$500s to the \$800s

g and may not represent the lowest priced nomes in the co is and will vary from the actual plans and homes as built. Cl NatureWalkWatersound.com



### **Turtle Nesting Season Underway** Nesting season arrives on our coasts for sea turtles and waterbirds

Nesting season has started for both sea turtles and waterbirds in the Sunshine State. The Florida Fish and Wildlife Conservation Commission (FWC) reminds people they can help protect vulnerable nesting sea turtles and waterbirds this spring and summer while visiting Florida's coastal habitats.

Because our state's shorelines are critical for sea turtle and waterbird nesting, beachgoers can have a big impact on their nesting success. To help nesting sea turtles and waterbirds, give them space, minimize disturbances, and keep beaches clean and dark.

Obstacles on the beach can prevent sea turtles from nesting as they crawl across the sand to lay their eggs. Trash, holes in the sand and other obstacles can also prevent sea turtle hatchlings from reaching the water once they emerge from their nests. Food scraps attract predators, such as raccoons and crows, that prey on sea turtle hatchlings,

shorebird eggs and chicks. Litter on beaches can entangle sea turtles, birds and other wildlife. Beachgoers can help our native wildlife by stashing all trash, filling in human-made holes in the sand, and removing boats, beach toys and furniture from the beach before sunset. Fishing line can be deadly to sea turtles, waterbirds and other wildlife, so be sure to dispose of it properly. To find a monofilament recycling station near you, visit mrrp.MyFWC. com.

lighting Any can misdirect and

their hatchlings, leading them



disturb nesting sea turtles and away from the ocean and toward potential danger. Beach-

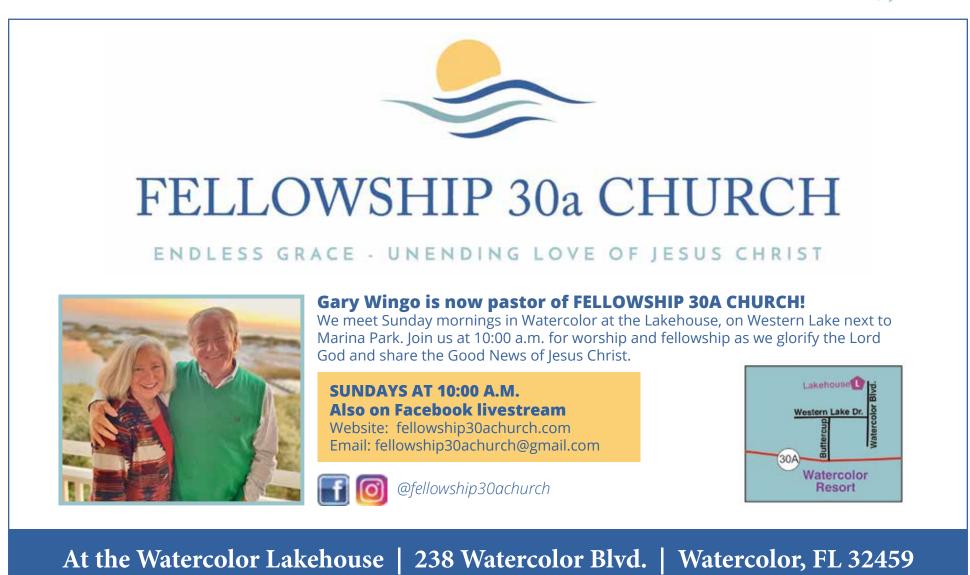
goers should use natural starlight to see on the beach at night and avoid using flashlights or cellphones. Anyone living along or visiting Florida beaches can do their part by putting porch, parking or deck lights out and closing curtains after dark to avoid harming nesting and hatchling sea turtles on the beach. If lighting could still be visible from the beach, be sure it is long, low and shielded.

Getting too close (50 feet or less) to nesting sea turtles can cause them to leave the beach before they com-

plete nesting. Remember - it is illegal to harm or disturb nesting sea turtles and their nests, eggs and hatchlings. Shorebirds, seabirds and wading birds also need plenty of space to prevent them from flushing from their breeding sites, leaving vulnerable eggs and chicks exposed to the elements and predators. Egg temperatures can increase to lethal levels after just a few minutes of direct sun exposure. Shorebirds and seabirds nest in shallow scrapes in the sand and their eggs and chicks are well-camouflaged, making them vulnerable to being stepped on unless people look out for them and avoid walking though flocks of birds.

In general, it is best to keep at least 300 feet from nesting birds and to avoid walking through flocks of birds or entering posted areas. Pet owners can also help by keeping dogs at home or on a short leash and away from wildlife on pet-friendly beaches.





#### The community

## Part 1: Pre Owned Sports Cars Under \$50,000 That Make Great Daily Drivers

#### BY WILL ESTELL

If you consider yourself an automobile connoisseur of any depth, it's almost certain you could probably guess the cars that would make up a list of this title, simply based on common knowledge of what is and isn't a real sportscar and what does and doesn't make economic sense for the average person to daily drive.

You wouldn't, for example, populate a sports car list such as this with the likes of modernday Camaros, Mustangs, BMW 4 series coupes or Audi A5 Cabriolets—though all of those are great vehicles in their own right, and some I've even owned and appreciate. However, those all fall into the GT (Grand Touring) category, and even with brute power and only two doors, they aren't really sports cars.

At the other end of the spectrum, as much as I can appreciate the more exotic makes, you can't include anything made by Ferrari, Lamborghini, McLaren, Lotus or a host of other makes on this list. Mostly because even as true sports cars they can't be had for the \$50,000 ceiling here, and even if they could I couldn't—with good conscious— suggest anyone try to daily drive anything that has \$25,000, 15,000- mile service requirements or (insert used \$30,000 Maserati's here) has a high probability of developing a new problem on the roundtrip to Fresh Market or Starbucks.

In Part 1, we take a look at three tried and true sports cars that are both priced accordingly and have a reliability record that leads to the makings of a great daily driver that won't break the bank or live at the shop.

Chevrolet Corvette

Since its introduction in 1953, the Corvette has been known as America's sequential sportscar. For the purpose of this list we'll talk about the C7 iteration of the Corvette, which ran from 2014 to 2019, first rolling off the Bowling Green assembly line in September of 2013. The C7 (for



7th generation) boasts a sports car chassis, a drivetrain that provides supercar performance, and offers a standard of reliability that allows for it to be driven daily, with very basic routine maintenance.

The C7 came standard with a 6.2-liter V8 and either a 7-speed manual, or 6 (2014) then 8-speed automatic transmission. At just 3,347 lbs., the C7 has a great power to weight ratio that trumps many way more expensive, and less reli-

able, sports cars, while still being relatively easy to find for under our \$50,000 limit here—usually with relatively low miles too, as many original owners didn't buy them as their only car.

Porsche Boxster and Cayman Those who know sports cars are well aware of what you get with most any of the sportier ventures from Porsche. Sure, they're not a bargain to buy new, and the maintenance cost can be quite extravagant for some of the more problematic years. However, a Boxster or Cayman handles like a dream, drives like a sports car should, and, if you buy the right car, can give years of dependable daily service.

Having owned several vintage Porsches from 70's and 80's Targa's to four 914's, to a 924S and 944S, I'm more of a fan of the classic, air-cooled cars. However, for this list we're going to be going a little newer-and more affordable-than those classic 911's and 914's. I believe the third generation (981) of the Boxster/Cayman twins (the Boxster a drop top, the Cayman a fixed roof), gives the most bang for the buck for everyday driving in a Porsche that can be had under our \$50,000 price range.

The 981 version was available new from 2012-2016 and features the then newly improved 2.7 liter flat 6, with your choice of the 6-speed manual, or Porsche's 7-speed PDK automatic. The hotter S variant

#### SPORTS CARS continued on page 23



Page 23

## **Democratic Women of Walton County Hosts Conference on Human Trafficking May 16th**

Florida is behind only Texas and California when it comes to human trafficking. Although most people think of sex trafficking when they hear the term human trafficking, forced labor also falls under this category. To learn about human trafficking in Walton County and what law enforcement is doing to counter it, the Democratic Women's Club of Walton County has invited Lt. Khaliqa Wheatley, of the Walton County Sheriff's Office, to speak to the group on Tuesday, May 16, 2023 at the Coastal Branch Library. She will focus on breaking down the misconceptions, defining what human trafficking is, and what it looks like.

Lieutenant Wheatley is a 14-year law enforcement professional who is currently assigned to Human Resources as the Mental Health and Wellness Coordinator. Lieutenant Wheatley holds a bachelor's

degree in criminology from the University of La Verne and a master's degree in criminal justice administration from Columbia Southern University.

She is a member of the Crisis Negotiations Unit, Child Abduction Response Team (CART), National Organization of Black Law Enforcement Executives, American Society of Evidence-Based Policing, Board Member for the Emerald Coast Children's Advocacy Center, United Way Emerald Coast's 40 Under 40 Emerging Leaders 2021, and most recently, Scarlett Magazine's Woman of The Year - Law Enforcement Officer (2022 and 2023).

Lieutenant Wheatley has received several hundreds of hours of training and gained her experience from holding various assignments to include major crimes investigations, patrol, human trafficking unit, honor guard, training unit,

#### **SPORTS CARS**

continued from page 21

carries a 3.4-liter powerplant. There were other hot editions, too, including a GTS derivative, but those are likely to still be outside our price ceiling given here.

The 981 cars brought new 911 derived styling, a 40% more rigid chassis, and the same great handling and precision that we've all come to expect from mid-engine engineering and weight distribution. These cars are relatively dependable and can rack up past 150,000 miles easily when maintained correctly. There is a downside though, as most any in-depth engine repair (more than oil changes, basically) that any Boxster or Cayman could ever need, requires actually dropping the engine from the bottom side in order

to access for repairs. This means you want to buy a really good, mechanically sound car that's been driven and maintained.

Come back next month for Part 2 as we look at five more great sports cars under \$50,000 to drive daily.

Will Estell is a writer, media entrepreneur, occasional actor, and coastal real estate professional with over 600 published magazine features in an array of genres. Over the past 25 years Will has been instrumental in founding 12 new magazines from concept to fruition, while also serving as editor for numerous others. Originally from the backwoods of rural Mississippi, Will is a father of three who splits his time between Destin and Navarre, along with his wife, ABC 3 news anchor, Laura Hussey Estell. Will is a regular contributor to Life Media's publications, and in his free time likes to play with cars—real ones.

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vice/narcotics investigations, District Attorney representation, continuous improvement between policing in Southern California and Florida.

Lieutenant Wheatley is consulted regarding all human trafficking cases at the Walton County Sheriff's Office to review and provide support to the

primary investigators.

The meeting will last from 12:30 to 2:30 pm. Join Lt. Wheatley and the group for pizza.



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### 🏇 Arts

## Spring and Summer at ECTC

By Anna Fisher, Associate Artistic and Education Director

Spring is here and summer is right around the corner at Emerald Coast Theatre Company (ECTC). I've already started humming along to all of my favorite Sound of Music songs in preparation for our May 5th-14th production. The hardest part for me is not humming along during the show! The excitement from our young cast members is palpable, not just for this production but for all of our upcoming summer camps as well. We're excited too because that means a whole lot of energetic students dancing, singing, acting, and bringing life to our space. We love providing a place where students can participate in creative, team-based activities that don't involve a screen. There are so many great skills that these kids build while having fun- like teamwork, literacy, confidence, communication, and voice and movement.

Our summer camps start at age 5 (rising Kindergarteners) and go through 12th grade. We offer week-long mini player camps throughout the summer for our youngest students to act, dance, sing, and create art while learning how to put on a production. Our elementary aged children have their choice of singing and dancing in our week-long Camp Showtime camps, or show their spots in our two-week musical theatre camp 101 Dalmatians. We also offer the one week, non-musical



camp for our elementary aged students Alice in Wonderland at three different locations including ECTC, Defuniak Springs, and Gulf Coast State College in Panama City.

Our teens have a variety of choices as well with our oneweek Cabaret Comedy camp, Playwriting camp, and Film camp. We also offer a twoweek, non-musical production camp Puffs, a hilarious Harry Potter-esque play. We round out our summer with a fantastic three-week musical theatre intensive offering for the teens— Grease! Students sharpen their skills while working on a super fun musical that culminates in a fantastic full-length production. Whether you have a student or friend in the show, or you were just "born to hand jive baby," this show is a fun way to end the summer.

If that isn't enough theatre for you, our Broadway on the Boulevard summer spectacular is featured every Thursday night at 8:00pm in Grand Boulevard starting May 25th. You can also stay tuned for summer pop up shows in our air-conditioned space at 560 Grand Boulevard, upstairs. There's something for everyone at Emerald Coast Theatre Company this summer so be sure to check out our website and sign up for our newsletter at www.emeraldcoasttheatre. org. See you at the theatre!

jewelry, baskets, leatherwork,

and more. Traditional Native

American frv bread and other

delicious festival food add to

the fun. Visit the silent auction

and raffles at the main tent. Pur-

chase the annual festival T-shirt.

featuring the butterfly, this year's

musicians and dancers are part

of the festival lineup, includ-

ing Nation of Change Native

American Dancers, Gareth and

award-winning Shelley Morning

Song. Don't miss the special per-

formance by Michael D'Maria.

A torchlight ceremony takes

place Saturday at 6 p.m., fea-

turing the Thunderbird Honor Guard and Poarch Creek Indian Traditional Dancers. Visit www. musicalechoes.org for the com-

Musical Echoes Flute Fes-

tival Inc. is a nonprofit 501c3 charitable organization run by a group of dedicated volunteers. The festival relies on funding

through sponsorships and donations. To contribute, go to www.

For more information, call (850) 685-4428 or email Tisha

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musicalechoes.org.

at tmaraj@gmail.com.



## Native American Flute, Art and Cultural Festival

totem.

Musical Echoes Flute Festival returns to the FWB Landing, 139 Brooks St., Friday, April 21-Sunday, April 23. The festival opens at 9 a.m. each day. Join us as we once again celebrate Native American culture, art, and music. Admission is free! This is a non-alcoholic event for the entire family.

The festival features solo performers and full bands, with live music from the stage. Dancers offer colorful, rhythmic traditional dances and share the meaning of each dance. Flutemakers will collaborate with you to find your perfect flute and provide a few tips on playing as well. Visit art and craft vendors as they share their custom

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## **Coppélia, A Ballet in Three Acts**

Director: Rachel Prescott | Assistant Director: Shaye Smith

"Just as Giselle is ballet's great tragedy, so Coppélia is its great comedy." - George Balanchine on the importance of Coppélia

Our story takes place in a small village of Galicia, a province of Austria-Hungary, with today's map finding Galicia in western Ukraine and southeastern Poland. The "color" of the region can be seen in the brilliant colors, heavy embroidery and elaborate trimmings of the costumes. It can also be heard in the rich nationalistic melodies and complex folk dances of the composer. This was the first use of the Hungarian czardas to be performed in a ballet, which is a very complex national dance; both the czardas and mazurka dances in Coppélia were the culmination of the region's folk dances.

At the age of 33, Delibes was commissioned by the Paris Opera to write his two, large-scale ballets, Coppélia and Sylvia. Coppélia is based on a story by E. T. A. Hoffmann – the same tale that sparked Offenbach's brilliant "Doll Act" in his opera, The Tales of Hoffmann.

Premiering on May 25, 1870, at the Theatre Imperial de l'Opera in Paris, this story is a delightful tale of fantasy with a happily-everafter ending for Swanhilda, a young village girl who becomes fascinated by the eccentric Dr. Coppelius and his unresponsive "daughter," Coppélia.

Studio6twenty5's productions of Coppélia feature more than 50 students in our Children's Program, ages 2-8. Our Adult/Open Program dancers are also featured throughout the ballet.

Tickets can be purchased online at studio6twenty5.com.

#### Act I

#### A village Square in Galicia

The curtain rises on the village and a lovely young girl,



Coppélia, is seen sitting on a balcony reading a book as Swanilda enters. Swanilda looks up at the girl, tries to attract her attention, but receives no reply.

The villagers are preparing for the Harvest Festival. The official party, led by the Town Bürgermeister. The celebration is momentarily interrupted by Dr. Coppelius, whose mysterious "daughter" causes a quarrel of confusion. The villagers disperse to await the Harvest Festival the following morning, where the Hours of the Day are to be celebrated. Meanwhile, Swanilda and her friends sneak away to investigate the strange house of Dr. Coppélius.

#### Act II Inside Dr. Coppelius' house and workshop that evening

The curtain rises on the dimly-lit interior of Dr. Coppélius' shop — a room full of life-like, life-size dolls. One

of Swanilda's Friends pokes her head behind a curtain to discover Coppélia. Another friend finds Japanese Dolls, another finds French Dolls and an Arabian Doll, while other friends find Spanish and Scottish Dolls, all of whom dance until its clockwork runs down. The amazed young intruders then wind up all the dolls again, who dance as the friends watch, enchanted. Suddenly, a furious Dr. Coppélius enters and all of the culprits flee, except for Swanilda and one of her friends, who runs into the alcove where Coppélia is kept. Coppelius is fooled by Swanilda and thinks his mechanical doll has come to life. When Swanhilda reveals she has changed places with the doll, Dr. Coppelius is left broken-hearted.

#### Act III Outside the church - the next morning

The day of the celebration has arrived. The gathered villagers begin to celebrate the Harvest Festival. Dr. Coppélius storms in, accusing Swanhilda of destroying his life's work. Realizing the justness of his claim, she offers him money, but instead the Bürgermeister gives Dr. Coppélius a bag of gold and sends him off. The Harvest Festival continues as the villagers celebrate the hours of the day. The townspeople dance into the night.



#### Wellness



By Stephenie Craig, Journey Bravely

## Regret Avoidance vs. Living and Learning

I was a high school senior deciding between college in my home town or five hours away. I meticulously weighed the pros and cons and spun up scenarios of different directions my life might take if I didn't choose the exact right university. The back and forth had a deadline and I eventually decided to leave my home town. Five years later, I was 1 year into a job, married, and moving forward in life when it hit me...it didn't really matter which school I chose. Either

way, I would have chosen the same career path, likely married the same person (since he was a childhood friend), and my life would have been good. Some things would have been different, but it all would have turned out okay.

Do you ever find yourself immobilized in decision making because you fear regret? Maybe you feel that every decision needs to be made perfectly in order for your life to progress well. Fear of regret can make it hard to choose a school, take a job, commit to a relationship, make a move, or plan a trip. Worrying that every decision might be the wrong decision can keep you from enjoying your life and creates a stuck feeling of anxiety.

What if there was a way to flip the script in your head about every decision being a chance for failure and regret? What if every decision is an opportunity to live and learn, to grow and become wiser?

I talk with hundreds of humans each year about various life decisions. Over time, I have observed and embraced the reality that most decisions don't have one right path. Most decisions have some flexibility and you could choose one of various options and still experience a positive outcome. Of course there are poor, unwise decisions and we all want to avoid those. But outside of that, most decisions aren't permanent, can be adjusted if needed, and produce growth and learning. It's possible to define a life well lived as one characterized by growth and learning rather than by a list of specific accomplishments. So, how do you shift from a regret avoidance approach to a living and learning approach to life?

#### 5 Ways to Shift from Regret

Avoidance to Living and Learning 1. Identify the decision at hand and notice any fear of regret thoughts surfacing in your mind and body. Name the fear of regret to yourself and gently release the thought rather than obsessing about worst case scenarios.

**2. Brainstorm decision options.** Notice that most of the time, multiple healthy decision options exist. Narrow your brainstorm down to the top 2 or 3 decision options that seem wise and in line with your values.

**3. Remember your decision history.** Remind yourself of times when decisions have been flexible and could be adjusted over time. Remind yourself of times when decisions have produced growth and learning that resulted in positive change in your life. Remind yourself of times when even decisions you

would make differently now taught you something important you might not otherwise have learned. Try journaling using the above reminders as prompts.

4. Watch for life's lessons. As you make decisions, watch for opportunities to learn, to pivot, to embrace a new skill or character quality. When something doesn't go like you planned, reach for the learning, notice the discomfort, then be open to growing. Our greatest times of personal growth tend to result from unexpected and hard circumstances.

5. Embrace the resulting freedom from letting go of fear of regret. Lean into the joy of knowing the vast majority of your decisions are able to shape you into a more mature and whole person if you don't resist the process. Try creating an internal message like, "I'm going to make a wise decision based on the information I currently have. I will make adjustments as needed. I will embrace all the growth and learning from the decision I'm making and choose not to regret it." It's okay if regret emerges from time to time. Gently dismiss it and move forward with your new approach.

As you seek to release fear of regret and incorporate joyful living and learning into your journey, you can connect with us at journeybravely.com.



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## Semaglutide - Weight Loss Magic



By Dr. Richard Chern, M.D.

If you haven't heard already there is a new weight loss medication available at a reasonable cost. semaglutide is a GLP-1 receptor agonist which means it activates the GLP-1 receptor. Still confused? It doesn't matter. It has several important actions in the body.

Semaglutide ultimately helps your body lose weight by improving the regulation of sugar levels and insulin levels in the body. If this sounds like a medication for diabetes instead of weight loss then you would be correct. This class of medications was developed to improve diabetes. Astonishingly, in studies, many of my patients lost significant weight. In fact, up to 30% of their body weight. And, much of the weight stayed off after stopping the medication.

This medication also slows the stomach. Food stays in the stomach longer so you feel full longer. And your stomach gets full faster so you eat less. These medications help people lose significant weight and you lose weight without feeling hungry!

Sounds like magic, right?

I have been seeing patients for over 30 years. I have seen so many weight loss drugs come on and go. This is the first time I have ever been excited to tell people about a weight loss medication.

So how is it possible this medication is available? Well, this medication was initially Ozempic. The FDA allows a new



medication to have a patent, or monopoly, on the medication for many years. They say this gives the company enough time to recoup their cost of development. This medication was being sold for over \$1500/month and was only available to patients with diabetes.

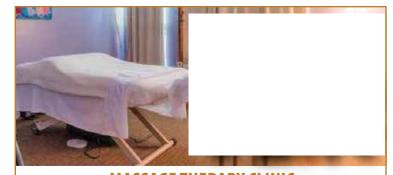
Fortunately for us the drug company had no idea that the medication was going to be so popular and they essentially could not keep up with demand. They ran out of medication! So how is the medication available? The two ways branded medication can be manufactured by other companies is if the medication's patent has expired OR if the medication is no longer available from the manufacturer. So as soon as the company ran out, the other companies jumped in and started production of the generic equivalent semaglutide. It's possible this price break might end once the drug company gets production online but we just don't know.

If you're interested in losing

significant amounts of weight and keeping it off, without feeling hungry you should give us a call at 850-837-1271. We still have appointments open.

Dr Richard Chern MD and Sue Griffin ARNP specialize in hormone therapy for both men and women and have been seeing patients in Miramar Beach for 10 years. Dr Chern also teaches hormone therapy to physicians across the county. Give them a call today at 850-837-1271 for your appointment.





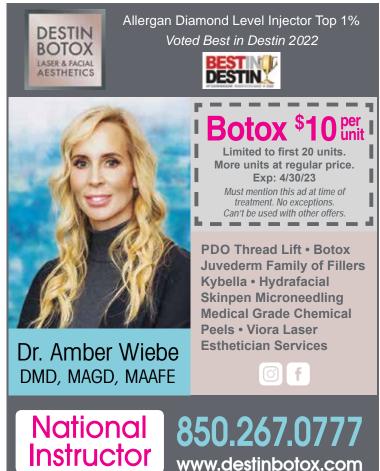
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### **Wellness**

## **Ascension Sacred Heart Foundation Emerald Ball Raises \$172K for New Medical Equipment to Improve Patient Care**

New CT machine now installed children and adults. at Ascension Sacred Heart Emerald Coast

The Ascension Sacred Heart Foundation announced today that the Emerald Ball raised approximately \$172,000 benefiting Ascension Sacred Heart Emerald Coast's acquisition of a state-of-the-art CT scanner for

The Foundation held the Emerald Ball at the Hilton Sandestin Beach Golf Resort & Spa on Saturday, February 4, where guests enjoyed a curated dinner with filet and grouper, dancing to Mr. Big and the Rhythm Sisters, Epic Photo Booth, a wine and bourbon pull. The black-tie

event was presented by Howard Group, Grand Boulevard Sandestin Town Center and Silver Sands Premium Outlets. There were 275 guests including community members, physicians and supporters of the hospital in attendance.

'For the last few years, our focus has been to raise funds for leading imaging technology for individuals and families who turn to us in their time of need," said Adrienne Maygarden, President of the Ascension Sacred Heart Foundation. "We are excited and grateful that the new CT Scanner is now installed at Ascension Sacred Heart Emerald Coast."

The scanner is considered one of the industry's fastest and most versatile scanning modes, allowing an entire adult chest, abdomen and pelvis study to be conducted in approximately one second, meaning patients don't need to hold their breath.



This technology will be ideal for patients who have difficulty remaining very still during a scan. It represents a notable leap forward in CT technology, and exemplifies the hospital's commitment to excellence.

the Ascension Sacred Heart Foundation or upcoming events, visit GiveSacredHeart.org, call (850) 278-3702 or contact Lisa Wainwright at Lisa.Wainwright@ascension.org.

For more information about



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#### () Wellness

## **Preventing and Dealing with Gout**



#### By Kay Leaman, Health Architect, HealthyDay HealthyLife

Gout is a painful form of arthritis that occurs when high levels of uric acid in the blood form crystals and accumulate in and around the joint. However, gout can still occur without high UA levels. The onset of gout is sudden with severe joint pain, redness (feels like the joint is on fire) and is tender to the touch. It often occurs at the base of the big toe, but can affect other joints as well. It is a type of arthritis which creates inflammation in the affected area. Men are more prone than women to have gout. The chances for women increase after menopause. Areas affected are the joints, bursae (sac between bones in joints), tendon sheaths and kidneys.

Gout arthritis increases bone fracture risk notably due to low vitamin D levels but also oxidative stress and inflammatory cytokines induced by hyperuricemia. Inflammatory cytokines and oxidative stress can increase bone resorption and decrease bone formation increasing the risk of osteoporosis and bone fractures.

Uric acid is produced when purines (a naturally occurring chemical in the body and some foods) are broken down during digestion. UA normally passes through the kidneys and exits through urine without issue. Higher levels due to excess production of UA or failure to eliminate properly triggers the condition.

#### Risk Factors:

- Family history
- Age and sex
- Diet
- Obesity (UA levels higher primarily due to lowered elimination)
- Medical Conditions: HBP, diabetes, metabolic syndrome, heart disease, kidney disease, kidney stones, heart attacks, congestive heart failure, psoriasis
- Any disease that increases UA levels
- Certain medications: Diuretics (helps body to eliminate fluid), low-dose aspirin, Cyclosporine (immunosuppressant), niacin-B vitamin (if taken in large amounts).

A healthy diet (fruit, veggies, whole grains) can help alleviate or prevent this painful disease. Cherries have been shown to reduce symptoms. Foods to avoid due to their sugar content or purine levels are:

- Steak and organ meats
- Sweetbreads and other sugary food and sodas
- Seafood such as anchovies, shellfish, sardines and tuna are higher in purine than other types but the health benefits of

of fish may outweigh the risks • Alcohol and beer (avoid during gout attacks), wine doesn't appear to increase risk

High quality supplements can play a positive role in treating gout. They can also improve metabolism, reduce inflammation, improve kidney function and filtration, and may help keep UA levels normal. Certain antioxidants also help to reduce inflammation as well as reduce frequency and severity of attack.

Vitamin D: High levels of UA inhibit vitamin D production. D deficiencies are common with gout.

VISIT SOUTHWALTON.LIFE TO READ THE LATEST ISSUE Grape Seed extract with Vitamin C: Best supplement Dr. Ladd has seen to reduce symptoms of gout. Patients had great success reducing pain and recurrence of gout flare ups. Doses varied with patients.

Joint support with curcumin

(turmeric extract) mixed with vitamin C and several other important supporting ingredients creates a synergistic safe anti-inflammatory response that reduces pain effectively, while at the same time helps heal the tissues. If you feel you may be at risk

it may be time to take steps toward a healthier lifestyle. As we used to say in the olden days,"'An ounce of prevention is worth a pound of cure."

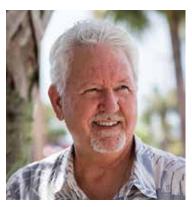
Here's to Health.

succeed.hdhl@gmail.com



### Musing 🕅

## A Pastor's Ponderings: Easter Brings Hope, Joy



#### By PASTOR DAVID HOLLAND

On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered into the hands of sinful men, be crucified and on the third day be raised again." Then they remembered his words.

When they came back from the tomb, they told all these things to the Eleven and to all the others. It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. But they did not believe the women, because their words seemed to them like nonsense. Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened. Luke 24:1-12

Where's Jesus?

Depression hung on them like a bitter aftertaste. Jesus is dead. Their feet dragged with disappointment and disillusionment. Jesus is dead. Duty called for them at the tomb to anoint His body. Jesus is dead.

Luke 24:1-12 unfolds like a short four-act play as the writer unveils the greatest event in history. The first act shows us a group of dejected women dragging themselves dutifully to the rock cave, supposedly housing the dead remains of Christ. Someone had to embalm Him, so these faithful women summoned the courage and ingredients to prepare Him for the grave. I'm guessing they were numb with grief, putting one foot in front of the other to do what had to be done.

The women discovered Christ's body was gone – they surely felt shock and perhaps anger. Imagine going into the mortuary to say goodbye to your dead grandfather before the funeral. You open the casket to look at him one more time, and the casket is empty. I doubt that resurrection would be the first thing coming to mind.

As the scene unfolds, light suddenly erupts in the tomb and two men clothed with lighting flash into the cave. Trust me when I tell you they didn't beam down from a spaceship. God the Holy Spirit raised Jesus from the dead and He left two angelic witnesses to clues these poor humans in. The angels said in Luke 24:5, "Why do you look for the living among the dead? He is not here; he has risen!"

Really? Yes, really. "Just like He said back in Galilee, 'The Son of Man must be delivered into the hands of sinful men, be crucified and on the third day be raised again."" {Luke 9:22) All who believe this statement are saved from judgment and destined for heaven, according to I Corinthians 15:1-4. Believe and receive all God has for you.

The angels followed with a question that still haunts us, "Why do you look for the living among the dead?" We fill our minds with the daily news cycle, sports, entertainment and hobbies, yet we do not find life in them. He is risen! Look up, He is risen. He is here with you now. He is risen in His supernatural body. God incarnate is present-just a whispered prayer away.

The women raced to tell the disciples the greatest news in history and they responded with a "you girls are crazy" attitude. Disappointment makes people cynical, unbelieving, and apathetic. Except for Peter. He jumped up and ran to the tomb to see for himself. Why Peter? He was feeling the most guilty after denying the Lord three times during His trials.

The empty tomb baffled Peter, who walked away wondering what this could all mean. There are those who ponder the meaning of their lives. Jesus isn't there in the pondering. He is risen.

The Bible says in Romans

10:9-10 (NIV) "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved."

Please pray, "Lord Jesus. I believe you died for me. I believe you were buried and rose from the dead. Save me from my sins, though they are blood red. Wash away regret, guilt and remorse from my soul and show me how to really live." You are born again because He is risen.

All of heaven rejoices each time a person prays like this and Christ rushes into your heart. Where's Jesus? He is with you, He is in you, He is risen indeed.

Pastor Dave just released his new devotional-Bible study based on the Gospel of Luke titled "Prodigal Jesus" You can get a copy of this book from his website, DaveHolland.org, or at Amazon.com. Pastor Dave is available to preach and teach in churches and conferences. Contact him at DavidvHolland54@gmail.com. Dave Holland pastored churches for 38 years before retiring in Destin.



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#### 🕷 Musing

### **Road to Redemption: Jon Lyons – Adventures with Jesus**

By Victoria Ostrosky

like a baby, Jon felt

himself on a mis-

sion trip to Nicara-

gua. That country

hasn't let it go. He

and his wife Fantasia

They now meet with

pastors each month

as Bibles, podcasts,

a precious six-year-

life.

old girl named Wendy took hold

of this finger and won his heart

over. "God used her to change

my life." A home was built, then

clean water supplied. Jon began

helping the Nicaraguans realize

their God-sized dreams come to

owner of Live 30A Real Estate, a

Today, Jon is the broker/

changed life.

Remember that scene in The Hobbit where Bilbo Baggins, confused and upset with twelve dwarves who showed up on his doorstep, ate his food, messed up his house and invited him to be their 'burglar' on a quest to take back their homeland and treasure? And Gandalf telling Bilbo that something new would do him good? Bilbo ends up running out his door the next morning in pursuit of the dwarves and Gandalf who had left without him, shouting joyfully - "I'm going on an adventure!" When Jon Lyons talks about his relationship with Jesus, he has the same joyful expression. He says that God is always calling us to another adventure. "God invites us every day to show up with opportunities to say 'yes'."

Jon grew up in a Christian home and attended church in a small town. As a teenager, he drifted away from his Christian roots, began partying and having inappropriate relationships. For years, he was torn about how he was living. When he was about 21, he found himself sitting in the back row of a church. The preacher opened the Bible and began talking about Jesus and Jon's heart came alive. "God was gently calling me back. He didn't leave me or forsake me."

Jon's journey back to Jesus took some time. One night, God asked him to step into a deeper



relationship. Sobbing the beginnings of a On one of Jon's adventures, he found grabbed his heart and have gotten involved with youth organizations and churches. about a dozen youth supplying resources and information such and more. One time,

> 'purpose driven' real estate company that donates 25% of the company's profits to Give 30A a 501(c)3 where they identify gospel-centered organizations in Nicaragua and "scheme to help bring their dreams to fruition.<sup>3</sup> You can visit their website at: give30A.org.

God showed Jon how to use

#### his current skills in real estate to fund the non-profit. "God wants us to use our skills for good; to use our gifts for other people."

Dallas Jenkins, creator of The Chosen TV series, tells the story of a text he received in the middle of the night when he was at his lowest, that changed how he saw his part in God's calling. The text said that God didn't expect us to feed the five thousand. He just wants us to bring our loaves and fishes so that He can do the multiplying. As Dallas's wife Amanda says, "God does impossible math." When we are faithful to give what we have, God multiplies it as He sees fit. That's all He's asking of us. Our

trust and faithfulness.

Almost every person, at some point in their lives, desires to make a difference in the world. Some of us God calls to do big things, but most of us are called to do small things with the loaves and fishes we have in our basket.

What adventure will God call you to next? Be ready with your loaves and fishes and a 'yes' on your lips, then watch Him do His impossible math.

You can hear Jon's entire story and listen to many other incredible interviews on the weekly Road to Redemption radio show and podcast at www.rtrdestiny. com.



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Sean of the South

#### 🛞 Musing



#### By Sean Dietrich

It was our place. That's what it was. I grew up in a little fishing village, nestled in the Florida Panhandle.

This was long before the tattoo parlors, before the T-shirt shops, before Whole Foods and Bass Pro.

Today our little town is not even a shadow of its former glory. On any given month, Destin is inundated with 8 million tourists wearing thong bikinis. And those are just the men.

But once upon a time, we had Pepito's. It was your quintessential Mexican dive restaurant. It was clean. The staff was friendly. They had ugly orange walls. The joint was always packed.

They served good food. The chips were always hot. The salsa was fresh from an actual tin can. They had ice-cold Tecate.

You could order a "King Burrito," and you wouldn't be hungry again for the next three or four presidential administrations.

My first kiss happened outside Pepito's. It was late. Her name was Teresa. She had red hair and she smelled like Head and Shoulders.

Do people name their kids Teresa anymore?

As a young man, all my friends went to Pepito's because it was where you went. We spent entire evenings in those booths, discussing who we were going to grow up to become.

For a few bucks, you could fill your belly on queso dip that would turn your bowels into stone. If you had enough cash left over, you could take in a movie across the street.

Years later, I worked at the restaurant next door to Pepito's. We served cheap sirloins. I was a line cook. I worked in a dank kitchen until 1AM every weeknight, doing dishes.

They were long nights. Pepito's shared our same dumpster. So, whenever I took out the trash, there were always a few Latino guys out there smoking cigarettes, speaking in rapid-fire Español, drinking longneck Pacificos.

I learned to speak Spanish in that alley. I had no idea they were teaching me dirty words.

Before I married, I would take my future-wife to Pepito's. On weekends, they had a mariachi trio. Three portly men played vihuelas, guitaelas and violínos, strolling between tables. If you didn't put money into their guitar soundholes, they would play louder.

One night, I requested the trio play "Besame Mucho" for my fiance. They actually let me sing a song with them. My musical performance was so impressive, all the people in the restaurant sprang to their feet and rushed for the exits.

After we married, my wife and I lived in a cheap apartment behind Waffle House. It was a horrible place. I got fleas. Twice. We



were flat broke, so eating out was a luxury. Whenever we treated ourselves, we went to Pepito's.

But then, that was a long time ago. Somehow I grew up. And so did our fishing village.

One by one, the mom-andpop shops disappeared and became real estate offices or vape outlets. The post-war block houses were demolished so that homes shaped like the Sears Towers could be built in their places. They tore down the fishing rodeo docks and built Six Flags over Avarice.

But Pepito's was a mainstay. You could always count on Pepito's. You could walk inside, order an immobilizingly cold beer, eat lukewarm guacamole, and play the memory game with old friends.

"Remember when we used to...?" "Remember when we were kids...?" "Whatever happened to what's-her-name...?"

For a few bucks, you could eat mediocre Mexican that tasted the same as it did a lifetime ago. And you could remember things.

Such as the night, long ago, when you brought your widowed mother here and broke the news that you were getting married.

#### SEAN OF THE SOUTH

continued on next page



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## The Paradoxical Efficiency of the Voice Mailbox



#### BY KIRK MCCARLEY.

"The voice mailbox is full and cannot accept any more messages. Good-bye."

How does that response from someone else's phone make you feel? Admittedly for me there are several initial reactions: denial, unworthiness, and rejection are a few that come to mind. After a moment of reframing comes acceptance and a smile or chuckle to go along with, "well, that's just the way they are." No big deal. Or is it?

What is yours or my level of availability? Are you so focused on the punch list of life and work that any interruption to your schedule and expectations represent a severe jolt to the psyche? Conversely, are you so accessible that check marks are a rarity on your calendar? Further might you notice that requests for valued work assignments have diminished in frequency? Or that invitations for social events have waned? Have you maybe thought you overheard, "you can't always count on Susan?" Where is the ideal balance?

First, is yours an "inviting" spirit? Do you present yourself as warm and approachable or more distant and standoffish, not necessarily broken down along the lines of intro- or extraversion. If you've had similar experiences as me it's likely that your circles have included those of a quiet ilk. Yet about them they may have possessed a certain indefinable something that permeated kindness and invitation. On the other hand, there can be some that are loud and boisterous, the veritable life of the party. When it comes to a true depth of relationship, however, critical pieces are missing.

And the opposite of these examples can and do apply as well. Second, are you busy? Sure, we all are. But what does that

say to others? Don't bother me, acknowledge me and what I contribute, or "I'm feeling some guilt because I'm really not that busy." Might "busy" be an overused term and an excuse? What about some alternatives: active, engaged, occupied, are a few that come to mind? Different terms, meaning relatively the same thing, and more "inviting."

Third, what is your etiquette? Is there a rhythm? Is there some consistency so that others understand what to expect?

As an example, there are some who are almost immediately responsive to communication. For instance, how promptly do you answer phone calls, text messages, or emails. I've witnessed some who will respond in a matter of minutes, if not seconds. For others, it could be a couple of hours or by the end of a day. Those prone to more thorough mental processing may acknowledge the next day after a time of "marination." There is not a right, wrong, or best formula. What matters is that there is in fact a timely reply and one that measures up to expectation.

Fourth, are you what you

claim to be? I was in correspondence with, I hate to admit, a representative of one of my professional associations. She had passed along some information and closed the email with "let me know if you have further questions." I did in fact want to clarify a couple of things, so I emailed back a couple of days after the response. By the next week, having still not heard anything, I emailed again requesting a follow up.

That was several weeks ago and still not an answer. The email did not include phone contact information, insinuating to me that their original invitation for me to touch base was not genuine. Not only did that make me feel unwelcomed as a member of my group, but also embarrassed that that exchange might be representative of the profession to others.

Finally, are you fair to yourself? Are your self-expectations for being responsive exceeding your capabilities? Are your efforts encroaching upon personal time? Or are there opportunities for efficiency improvement to work smarter and not more?

In closing, respond timely to your family, friends, clients, and business associates, and for goodness sakes keep your voice mailboxes clear!

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.

Family, Locally and

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#### **SEAN OF THE** SOUTH

continued from page 32

She cried. And so did you.

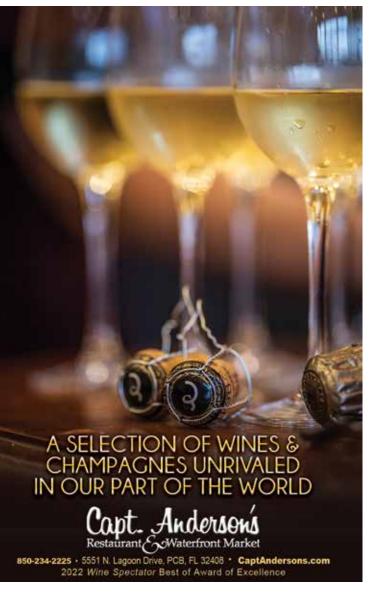
Or the night your best friend brought you here and told you he was leaving for Afghanistan in the morning.

Today, they're vacating Pepito's. The property was owned by investors in Canada. But the good ole days are gone. It's been purchased. The new investors want to build a Publix. Tourists got to have their groceries.

Even so, I'll always remember the balmy evenings from the summers of my Florida youth. I'll remember the dim-lit booths of an average Mexican-American eatery, where the promise of my entire future hung in the air.

I'll forever remember how young we were. How smooth our faces looked. And how good it felt when, in that corner booth, a young woman once took my hand and said, "Yes, I'll be your wife."

You can tear down Pepito's. But keep your hands off my memories.





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## Musing **52-Year-Old Wes Herndon Makes Second Attempt at** Making it in Music

30 Years After Giving Up

from the music industry to pursue a "normal" career, Wes Herndon

After taking a 30-year hiatus is back and ready to give a career in music another attempt. At 52 years old, Wes Hern-



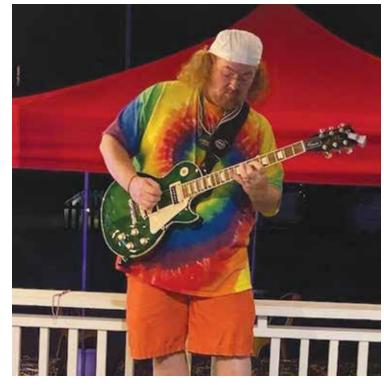
www.30acookiesandicecream.com

don has a wealth of life experience to draw from, and his years away from the music industry has only strengthened his passion for playing guitar and songwriting. With a renewed sense of purpose and a fresh perspective... thanks in part to the pandemic shutdowns, Wes is eager to share his new music with fans around the world.

Despite stepping away from the industry for a period of time, Wes has continued to write and perform occasionally, perfecting his sound and style. With a lifetime of ups and downs and a few laughs to draw from, his music is both raw and relatable, which resonates with fans of all ages.

As he embarks on this new chapter of his career, Wes is both anxious and excited to connect with people and share musical moments with the world.

He remarks, "Taking a second chance at music while being a





'responsible' adult is somewhat daunting, but if I'm being hon-

est, I really can't help it. It's in my soul, and I have to get it out. I have been truly humbled and thankful that what I'm creating is being received as well as it has."

His newest release, "Nothing For Me" will be available for streaming on March 23rd, 2023.

You can learn more about Wes, his story, and where to find his music and live shows via his website at https://wesherndonofficial.com/





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#### () Community

## Tip a Glass at the 36th Annual Sandestin Wine Festival

Thursday, April 13th – Sunday, April 16th | Friday 5-8 p.m. and Saturday 1-4 p.m. | The Village of Baytowne Wharf

Grab your friends and get ready to uncork some wine and fun in the sun in April at The Sandestin Wine Festival! Celebrating 36 years of being the best, the Sandestin Wine Festival is one of the most established and continuously running coastal wine festivals in the region as evidenced by its continued success; thousands know there's no substitute for this coveted fourday event that takes place in the charming setting of The Village of Baytowne Wharf at Sandestin.

Regarded as one of the top wine festivals in the country, voted "Best Event" by Visit South Walton and known as the "Kentucky Derby of Wine Festivals," the festival offers wine afficionados a wide range of experiences!

The main events, the Grand Wine Tastings, Friday, April 14th, 5-8 p.m., and Saturday, April 15th, 1-4 p.m., showcase more than 500 domestic and international wines throughout the weekend. You'll enjoy the opportunity to talk to vineyard owners and wine makers about their favorite appellations in all varieties, styles and price ranges, and perhaps try something new. Treat yourself, family and friends to a gourmet experience courtesy of some of the best chefs on the Emerald Coast from your favorite local restaurants who pair delectable bite-sized appetizers with their current glass selections-the Savor South Walton experience! A festival favorite, the Bubbly & Boozy tent, returns to the Grand Sandestin Lawn, featuring bubbles and specialty liquors. Local and regional music also set the vibe for fun days of discovery.

All ranges of knowledge are encouraged to attend – wine novices to aficionados alike. Festival goers can learn more about wines and through tasting wines from a comprehensive selection from all major producing countries in all varieties, styles and price ranges. Guests are invited to find a favorite or several. Ticket holders also receive a beautiful Riedel glass etched to commemorate each year's event for their tastings.

Wine novices are able to learn more about wines and sample from a comprehensive selection in all varieties, styles



and price ranges. Wine aficionados enjoy meeting winemakers, asking detailed questions and acquiring hard to get selections. Everyone gets to enjoy the live music, interactive experiences at the Culinary tents, and shops and dining of the Village of Baytowne Wharf.

Featured event sponsored by Spa Lilianna at Hotel Effie—**Seas The Day:** Rejuvenate your body and mind with a special beachside yoga session complemented by the peaceful waves of the gulf and followed by mimosas to get in the spirit for a day of discovery at the Grand Tasting.

So, come on and join wine novices and connoisseurs to witness an event that has aged to perfection— just like a fine wine. Benefitting the Fisher House of the Emerald Coast and Sandestin Foundation for Kids, purchase your tickets at sandestinwinefestival.com.

Rain or Shine, we will have wine!

### So Much Fun in Spring at Baytowne Wharf!

#### April Wednesday Night Concerts - Tribute Series Wednesdays, April 5-26, 7-9 p.m.

This concert series features both local and regional talent from a variety of genres. Concerts are held on the Events Plaza Stage each Wednesday. April 5: Satisfaction/The

- International Rolling Stones Tribute Show
- April 12: The Eagles Project April 19: Captain Fantastic-
- Elton John Tribute Show April 26: Departure- Tribute to Journey
  - FREE to attend.



#### Easter Explosion! Saturday, April 8, Noon-3 p.m.

Bounce on over to a day filled with face-painting, arts and crafts and more. And, don't forget to get your picture taken with the Easter Bunny! Free to attend!

#### Bubbly Baytowne Thursday, April 20, 5-7 p.m.

Join The Village of Baytowne Wharf for an evening full of free champagne and shopping during Bubbly Baytowne. Sip and Shop through the village streets and stop in various retail merchants as you enjoy a selection of premium champagnes.

\* This event is free and for 21 and up only. The village will be open to the public during this event.

#### The Farmers Market at Baytowne Wharf

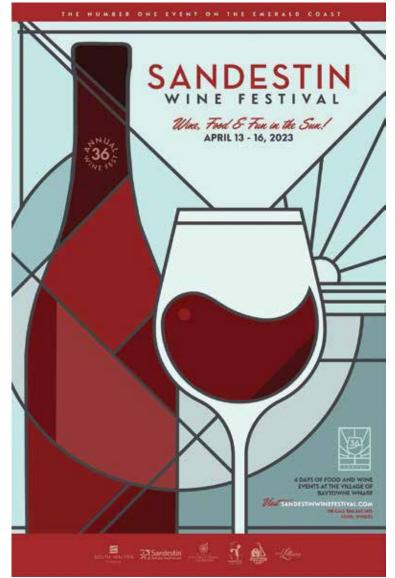
Come shop with local farmers, bakers, local fresh seafood and gourmet, beef, local honey, fresh pressed juices and much more all year long, Saturdays and Sundays, 10 a.m.-2 p.m.

#### SAVE THE DATE! Tequila & Taco Fest Friday, May 12, 6-9 p.m. Sat., May 13 | 1-4 p.m. Sun., May 14 | 11 a.m.-2 p.m. Tequila and Tacos Anyone?



This May, the Village of Baytowne Wharf will come alive with local restaurants and food trucks competing for the Best Taco on The Emerald Coast with a first-place prize of \$2,500 – and you will have a say in the People's Choice Award! Sample many types of Tequilas and Margaritas from Blancos, Resposados, Anjieos and even Mezcals while indulging in some of the area's best tacos. For tickets: www.efestevents.com

Don't forget to tune in to **Beach TV** to watch all that's going on in The Village of Bay-towne Wharf LIVE—each day all year long!



### Dining

## 11th Annual Destin Rotary Cajun Crawfish Bash

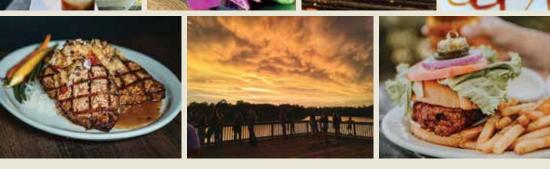
The Rotary Club of Destin will host its Annual Cajun Crawfish Bash Charity Fundraiser at The Towne Centre at Seascape with co-host, Mezcal Mexican Grill on Friday, May 19 from 5:30 until 9 p.m.

This fundraiser is designed to help further education and help

eradicate hunger by supporting the Destin Rotary Club Scholarship Fund and local nonprofit organizations such as Food For Thought, Harvest House, Boys & Girls Club of the Emerald Coast, Food For Thought, Harvest House and Mattie Kelly Arts Foundation. Since 1979, The Rotary Club of Destin has served our community through charitable, educational and humanitarian projects.

The Rotary Club of Destin is known for serving up the best Cajun crawfish, libations and live music. Back by popular demand is Fais Do-Do Band





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performing its unique genre of zydeco music. Integrating a blend of R&B, soul, brass band, reggae, hip hop, ska, rock and Afro-Caribbean, attendees are guaranteed to be dancing! You can also enter an incredible raffle drawing and/or participate in a silent auction for themed packages from beach activities, bourbon baskets, concert tickets, golfing, restaurants, a grilling package including a Kamado Joe grill, and vacation stays - all to help fund the growing needs of the club's charitable causes and making a difference in our community.

Suitable for families of all ages and open to the public, Destin Rotary volunteers will dish up fresh crawfish from Louisiana with the traditional potatoes, sausage and corn on the cob. For kids and those who don't crave crawfish, there will also be grilled hamburgers, hot dogs and chicken available. A Kid's Zone will be onsite with activities for children.

Tickets are \$40 per person for a large flat of crawfish and fixings, \$50 for All-You-Can-Eat crawfish and fixings, and \$15 for children or a non-crawfish meal; kids age three and under are free. Each ticket includes one free drink (beer, margarita, soda or water). Tickets can be purchased online at eventbrite.com, Lori@LifeMediaGrp.com, Rotary Club of Destin Facebook page or from any Destin Rotarian.

The Towne Centre at Sea-



scape is located at 80 Seascape Drive, Miramar Beach (one mile west of Silver Sands Premium Outlets).

Would you like to become a sponsor? Sponsor benefits include reserved seating, dedicated food servers (no waiting in the food line!) and free drink tickets. Email dmoniz@handfirm.com if interested.

The Rotary Club of Destin represents more than 60 business women and men who are committed to "Service Above Self" and whose mission is to positively change lives through service...across the street and around the world with emphasis on eradicating hunger and supporting education in our community and internationally. The Rotary Club of Destin meets every Tuesday at 7:15 a.m. at Regatta Bay Golf & Country Club. The Rotary Club of Destin "Sunset Club" meets on Wednesdays at 5:30 at 790 Restaurant.



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# 30AEats.com Recipe of the Month: Red Rice

Cast-iron pots and pans have a long-standing tradition in American cookery, and Lodge Cast Iron has stood the test of time. I completed a project with this great company for The Lodge Cast Iron Cookbook-Cooking form Coast to Coast, that includes two of my recipes.

Chef Steven Satterfield made this recipe for Red Rice using Carolina Gold, an heirloom variety of long-grain rice that is hand-harvested by its producer Anson Mills. Sautéing the rice in fat for a good five minutes helps to infuse flavor into the individual grains. Lastly, no peeking while the rice is cooking the covered cast-iron pot is key to the development of the crust on the bottom."

You can order Carolina Gold Rice from Anson Mills here, or give this dish a whirl using your favorite paella rice.

### **Red Rice**

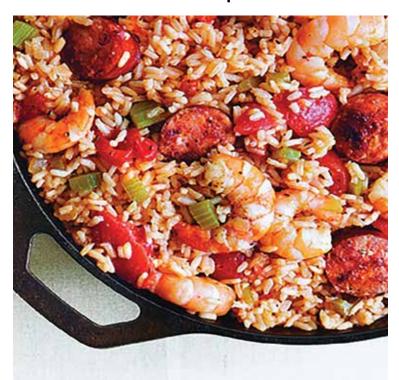
featured in The Lodge Cast Iron Cookbook

## Serves: 6

## Ingredients:

- 4 tablespoons bacon drippings
- 5 tablespoons butter
- small yellow onion, diced
   cup diced celery (inner leaves included)
- 2 garlic cloves, minced
- 2 tablespoons plus 1 teaspoon
- 2 tablespoons plus 1 teaspoon

Delicious



• • • *· /* 

- kosher salt (or more to taste) 2 cups canned organic whole
- plum tomatoes (undrained
- and chopped)
- 2 cups chicken stock
- 2 tablespoons pepper vinegar or cider vinegar (if you use cider vinegar, add a pinch of red pepper flakes)
- 1 1/4 teaspoons freshly ground black pepper
- 3/4 teaspoon dried thyme
- 2 bay leaves
- 2 dried chiles de arbol, chopped

- (or a pinch of red pepper flakes)
- 2 cups long-grain rice, such as Carolina Gold
- 3/4 pound andouille or chorizo sausage, grilled and sliced 1/2-inch thick
- 1 1/2 pounds shrimp (peeled, deveined, and cut into bitesized pieces)

### Instructions:

In a medium saucepan over medium heat, melt 2 table-



spoons bacon drippings and 2 tablespoons butter. Add the onion, celery, garlic, and 1 tablespoon salt. Cook, stirring often, until the onion and garlic are tender. Add the tomatoes, chicken stock, vinegar, 1 tablespoon salt, and 1 teaspoon black pepper, along with the thyme, bay leaves, and chiles. Simmer 15 to 20 minutes, tasting for seasoning.

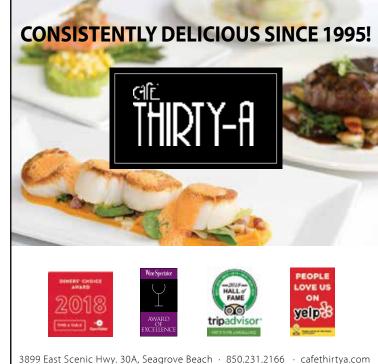
In a large cast-iron skillet over medium heat, add remaining 2 tablespoons bacon drippings and 2 tablespoons butter and cook until foamy. Add the rice and cook, stirring frequently, until it is opaque (about 5 minutes). This step is very important to the final flavor of the dish, so don't skimp on the time — but also don't let the rice burn.

Add 4 cups of the tomato mixture to the rice. Stir and cover. Set a timer and cook the rice for 25 minutes over very low heat. Do not lift the lid. After 25 minutes, turn off the heat and let the rice stand for 5 more minutes. Again, do not lift the lid. While the rice cooks, add the sausage to the remaining tomato mixture in the pan. Cover and keep warm over very low heat.

While the rice stands, in a medium sauté pan over medium-high heat, melt the remaining 1 tablespoon butter until foamy. Add the shrimp, stirring just until cooked through. Add the remaining 1 teaspoon salt and 1/4 teaspoon black pepper. Combine the shrimp to the sausage and tomato mixture. Stir well.

Pour the shrimp and sausage mixture over the rice. Remove and discard bay leaves. Without breaking the grains, gently fluff the rice. Serve immediately.





## 850-231-0600 www.MiCasita30A.com

## 🔅 Music

# **April Live Music Events in South Walton**

## Friday, April 14, 21, 28, 2023

Russ Whitten @ Old Florida Fish House Russ Whitten LIVE from 5 -9PM at Old Florida Fish House. Throughout the week, catch artists playing inside the coveted bar and lounge as well as in the large outdoor dining space situated among the palm and oak trees under the twinkling lights next to Eastern Lake. Friday's at Old Florida Fish House, 5 - 9PM | Russ Whitten, 8 - 11PM | Dueling Pianos. Boasting incredible views of Eastern Lake, Old Florida Fish House is focused on providing a memorable dining experience. Open lunch & dinner, Fish House serves up traditional Old Florida fresh seafood and a sushi experience like no other. www.oldfloridafishhouse. com. 33 Herons Watch Way Seagrove Beach.

Jamah Terry @ FOOW Friday, April 14, 21, 28,

### 6:00 pm to 9:00 pm

Enjoy live music every Friday and Sunday at FOOW - Fish Out of Water in WaterColor, FL. The Gulf front restaurant is located on the second floor at WaterColor Inn and Resort at 34 Goldenrod Circle. Follow FOOW on Facebook to find out who's playing, restaurant + drinks specials, events and more. As one of the 30A area's only large family-style restaurants and bars overlooking the Gulf of Mexico, Fish Out of Water embodies the spirit of the WaterColor community: coastal, fun, and unpretentious, with impeccable service and cuisine. Foow30a.com

## Saturday, April 15

**The Red Bar Jazz Band** 5:30 pm to 9:00 pm, South Walton visitors and locals love the Red Bar, a jumpin' little joint off of Scenic 30A in the cozy laid back beach town of Grayton Beach FL - and The Red Bar

Jazz Band is a fixture! The Red Band plays almost nightly. The party gets cranked up a notch after the dinner crowd thins creating a more funky atmosphere. Follow The Red Bar on Facebook to see what's happening today! And visit the website at TheRedBar.com with many photos of the funky spot we all love. 70 Hotz Avenue, Grayton Beach.

## Sunday, April 16

Surfing the Sun @ AJ's Grayton Beach 6:00 pm, AJ's is the place to be to celebrate all things Sunday Funday in Grayton Beach! Come for brunch, stay for the music and dancing. Every Sunday from 11AM - 3PM, AJ's brunch is not to be missed. Complete your meal with a mimosa or go all in with their famous Build Your Own Bloody Mary bar. Sunday, April 16th Live Music: 12PM | Will & Linda, 6PM | Surfing the Sun. AJ's is known for great food and good times. With live music and an eclectic atmosphere, this hot spot in Grayton is a beloved spot for families, music lovers, locals and visitors. Learn more: ajs grayton.com. 63 Defuniak St. Santa Rosa Beach, (850) 231-4102.

### Thursday, April 20 Moon Crush at Seascape Resort

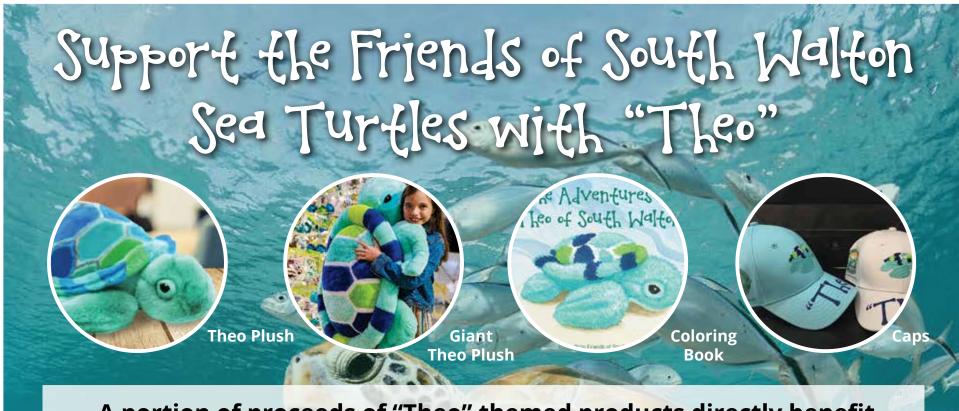
5:00 pm to 10:00 pm - Moon Crush will be held at Seascape Resort in Miramar Beach, Florida April 20 – April 23 under The Pink full moon. JJ Grey & Mofro, The Avett Brothers, Jason Isbell and the 400 Unit, and The Black Crowes are among the acts on the lineup for the 2023 event. Learn more about Moon Crush, the lineup, your safety, and the experience at www.mooncrush.live.

## Baytowne Wednesday Night Concert Series

7:00 pm to 9:00 pm - Wel-

come to The Village of Baytowne Wharf where live music concerts take place in the Baytowne Events Plaza every Wednesday night from 7-9pm. Various local and regional artists perform throughout the year - see the lineup. Bring your lawn chairs and blankets. Free and open to the public. April 2023 - 7PM - 9PM - April 19: Captain Fantastic- Elton John Tribute Show, April 26: Departure - Tribute to Journey, May 3: Jarred McConnell and The High Aces, May 10: Dion Jones & The Neon Tears, May 17: Shenanigans, May 24: Casey Kearney, May 31: Horseshoe Kitty. The Village of Baytowne Wharf, Sandestin Golf & Beach Resort, 9300 Emerald Coast Parkway, Miramar Beach. Visit www.Sandestin.com for more information.





## A portion of proceeds of "Theo" themed products directly benefit The Friends of South Walton Sea Turtles! Available at:



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**RETAIL THERAPY** 10745 Emerald Coast Pkwy. Miramar Beach | (850) 460-7970 **Studio 237 Music Lessons:** 

Listening to music while working out is an ideal boredom breaker, but did you know it can also boost your athletic performance and make your hardearned hours in the gym even more effective? Let's look at a few of the benefits of music during exercise and how to build a motivational workout playlist to suit your session.

# The Benefits of Music with Exercise

More Optimism: The largest (and possibly most rewarding) benefit of listening to music during exercise is that it promotes a positive attitude. In February 2020, a team of researchers published an article in Psychological Bulletin which reviewed different studies on music and exercise. They found that people who listened to music while exercising felt more positive no matter how intense the workout or their experience level.

Push Harder: Listening to your playlist of workout motivation music has also been shown to reduce what gym-goers call "RPE" or "rate of perceived exertion" and discomfort. This is a scale from 1-10 which rates how difficult you found the exercise, and how many more repetitions you have left in yourself at the end. A study found that listening to your preferred music genre created improvements in maximum strength, endurance, and a reduced RPE rating. Exercise feels easier with music!

**In the Mood to Groove:** The more rhythmic and groovy the



music, the more we want to move, nod our heads, tap our feet, or break out into dance. A study in Brain Cognition found that "high groove" music activates the "motor system", or the area of our brain which makes us move. Workout music is like nature's motivation to get moving, combined with some motivational "eye of the tiger" style lyrics and you're unstoppable!

## Designing Your Perfect Workout Playlist

You might think that the ideal workout music is something hard-hitting and fast-paced, like a thumping EDM bassline or some gritty rock tunes, but there are many other factors we can consider when constructing our perfect playlist.

**Find the right pace:** Have you tried matching the tempo of your workout songs to the tempo of your movement? One study found that the ideal tempo (speed) for cycling is between 124 and 140 beats per minute, whereas, the ideal tempo for running on a treadmill is a narrower range of 123 to 131 bpm. These ranges are the easiest to move your feet in time to the beat or maintain energy during strength training. You can use tools like songbpm.com to help find your

#### best tempos.

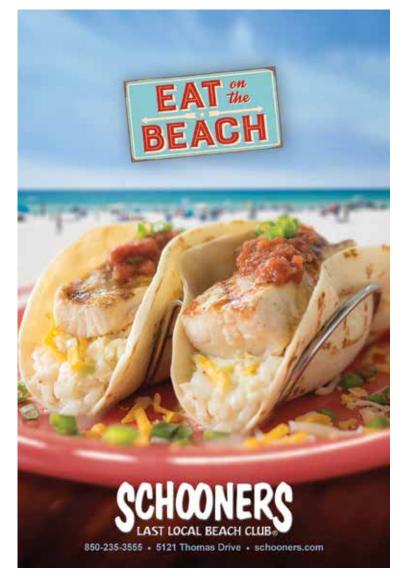
Music isn't just for high-intensity workouts either - a slower tempo can suit lighter or slower workouts such as walking, yoga, or pilates, in creating music which will synchronize to your breath and energy.

**Create a musical journey:** It's a good idea to start and end your workout with some calmer music to ease you in. SoulCycle instructor Parker Radcliffe likes to build his playlists with the first song to "establish strength", second song to "get the oxygen moving through the body" and reach full intensity by the third song.

## Is Workout Music for You?

With music or without, exercise is very important for our overall health. By using music, we can get more of what we need out of our exercise experience, whether it's some motivation, a steady beat to run to, or just something to make the experience even more enjoyable.

Studio 237 Music Lessons teachers are ready to help you discover, develop, and demonstrate music. Call Ray or Lisa Cyr at 850.231.3199, visit the website www.Studio237Music. com, gmail Studio237Music@ gmail.com.





## Community

# Tickets On Sale Now For 2nd Annual Metamorphosis Fundraiser Benefiting Point Washington Medical Clinic

Join us Friday, April 14th from 6:30-9:30 p.m. in Alys Beach

The Point Washington Medical Clinic will celebrate their 6th birthday and transformation from a pop-up clinic to a stand alone facility! "Metamorphosis" will take place Friday, April 14 from 6:30 - 9:30 p.m. on the Kelly Green in the Alys Beach community. Bring your own chair, but don't forget your dancing shoes. There will be a cash bar and food trucks on site with delicious offerings available for purchase. Tickets are on sale now at: thepwmc.org/metamorphosis..

\$50/person in advance and \$60/person at the door (if available). Funds raised will be used towards the clinic's planned stand alone facility.

Funds raised will be used towards the clinic's new stand alone facility planned to open in Fall 2023. The 4,750 square foot building includes space for six examination rooms, a conference area, teaching kitchen, meeting room, dental suite with a separate entrance/exit, dispensary, and inviting lobby with an educational library.

New services and programming planned will include preventative education, primary

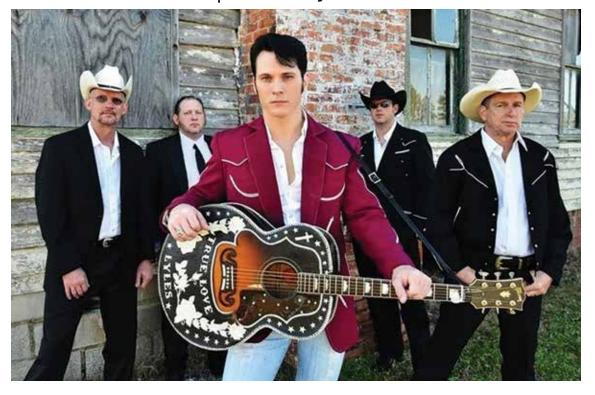


care, dental care and more. This will transform the clinic into a "one-stop shop" for comprehensive patient care, continuing the mission of providing quality primary care, while expanding to include specialty services, dentistry and wellness education.

The event will be outdoor and socially distanced. As we do in the clinic, our team and volunteers will follow all medically approved best practices to protect the health and safety of everyone in attendance.

Follow Point Washington Medical Clinic on Facebook for updates, events and volunteer opportunities. www.facebook.com/ thepwmc.

The event is presented by Anthea Le Jardin with additional support from The Alys Founda-



tion, Fishers Flowers & Events, Indigo Watercolor and Dahler & Co. at Scenic Sotheby's International Realty.

A cash bar will be available as well as delicious options from area food trucks including Taco 30A, Holi on Wheels and Copper Grille. Metamorphosis sponsorships are still available, please contact brittany@thepwmc.org for more information.

The Modern Eldorados were formed in 1996 as a vehicle for singer/songwriter Gretsch Lyles and songwriting partner Chris Reid's original brand of classic country music. Raised in a family of musicians, Lyles was heavily influenced by his grandparent's generation of country greats. Growing up in rural Baldwin County, Alabama he began singing and playing guitar by the age of six and wrote his first song at sixteen. From a very early age he felt the calling to follow in the footsteps of his heroes Marty Robbins, Hank Williams and Johnny Cash. In both sound and style, Gretsch Lyles is the embodiment of his musical influences.

## The Friends of the Coastal Branch Library Awarded Grant

The Friends of the Coastal Branch Library are happy to announce they were awarded a grant from Walmart in the amount of \$1500. It was presented to us by Store Manager, Chuck Hamilton, at the Santa Rosa Beach Walmart Reopening ceremony February 24th as part of their Community Grant Program. The money is being used to benefit the Children's Summer Reading Program and other children's activities offered at the Library.

Friends of the Coastal Branch Library help fund multiple programs for Children such as: Back to School Children's Reading Program, Children's Easter Program, Wings Mural Program and participate in the Flutterby Event. We promote various interactive programs at the Library that enhance community learning for children.

We also sponsor a variety of Adult programs including events featuring local authors and speakers. The Library has multiple ongoing adult programs including yoga, meditation, knitting, art, book club and many more. Each month we promote Art in Public Places featuring artists who display their exceptional talents within the Library.

Teenage programs for middle and high school students are available including art, chess, legos, along with special activities such as an escape house and



a father/daughter dance.

Donations of slightly used books are always accepted and help fund our many Library programs throughout the year! You can drop them off anytime and they are greatly appreciated.

The Friends of the Coastal Branch Library is a charitable 501(c)(3) and raises funds exclusively for the purpose of supporting projects and programs of the

Coastal Branch Library. We are located on Greenway Trail (off Highway 331) in Santa Rosa Beach.

Please consider becoming a Member of the Friends of the Library. Your donation is tax deductible and only \$20.00 for an individual and \$35 for family per year. We are always looking for suggestions and ideas on ways to see our Library best serve our community. Your input is encouraged!

For more information please contact Cheryl Mease, President, Friends of the Coastal Branch Library: 239-691-8104 or internationalcheryl@gmail.com. We hope to see you at the Library soon!

# **Carolina Coastal Interiors Opens in Santa Rosa Beach**

Carolina Coastal Interiors (CCI), a centerpiece of High Point, North Carolina - "The Furniture Capital of the World," has opened a new branch store in Santa Rosa Beach. Located next door to VKI Steakhouse along Highway 98 west in the The Landings Shopping Plaza, CCI is owned and operated by Jay Hughes and Kenny Stevens, life-long friends from High Point. Both Jay and Kenny's families have been in the furniture business for generations and have built a well-deserved reputation for excellence and integrity.

"We are a furniture and flooring store dedicated to bringing the best quality products and prices to Santa Rosa Beach," Jay said. "We offer a great selection of furniture and home decor all curated with coastal inspiration in mind."

In addition, their multi-location business gives the company a bulk buying price advantage. As a matter of fact, "just give us a chance, we can guarantee our customers the best deal on the Emerald Coast." The company is especially proud to display the distinctive "Made in the USA label" on everything in the store, including a large assortment of LVP (Luxury Vinyl Plank).

If you're in the market for flooring or furniture come out to Carolina Coastal and take advantage of their bulk factory direct buying during their grand opening celebration all February long! There's plenty of parking in front of the store, so come out and see for yourself what "made in the USA" still means. "We make delivery and install for a single home and all commercial projects at the best prices possible."

Carolina Coastal Interiors is located at The Landings, 4552 U.S. Hwy 98 W., Santa Rosa Beach. You may contact them by calling or texting Jay at 615.440.0825 or Kenny at 336.688.0960. The store is open Tuesday through Saturday from 9 a.m. to 5 p.m. The email address is CarolinaCoastalINT@ gmail.com.







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Residential retail furniture & flooring store focusing on upholstery such as sofas, sectionals, chairs, dining room, bedroom, occasional & outdoor furniture as well as LVP (luxury vinyl plank) flooring.

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Follow us on Facebook: Carolina Coastal Interiors.

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We offer a selection of home items that are curated with coastal inspiration in mind.

## Business **Stay Cool By Ruling Your Attic**



BY CHRIS BALZER, ECES

# **ENERGY TIPS** by Emerald Coast Energy Solutions

Pop quiz: Which state has the highest summer relative humidity? Was it Hawaii? Florida? Louisiana? The answer: None of those! Alaska ranked No. 1 last year in relative humidity.

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Don't be upset. Florida followed closely behind and ranked second. I'm proud to be living in a state which always ranks high on rising temperatures and humidity compared to other states, GO FLORIDA! There is great research, data and comparisons generated by NOAA and other agencies illustrating climate change. The fact is, just step outside and you know it's warm. Most describe our weather as hot, balmy, sticky and even unbearable. I like to describe our weather as tropical or sun-filled. With that said, I enjoy the feeling of cool bought air (air conditioning), ice in my drink and the Gulf when it's not the temperature of warm bath water.

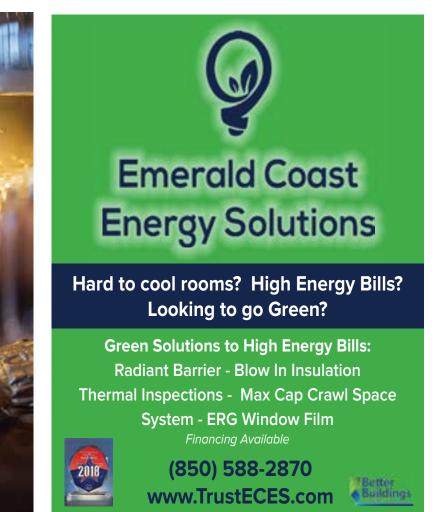
So how can we keep more of our bought air in our homes? The majority of wasted conditioned air leaks through our attics. Attics are the No. 1 source of air loss, so what can we do? It's simple – rule your attic. First, check the amount of insulation



you have in the attic. If you see joists, wood supports, running down the attic floor, you need insulation. If you measure the thickness of insulation and it is less than 11.5 inches, you need insulation.

Adding insulation not only increases your comfort, it also puts less wear and tear on your HVAC equipment, saving you money. Another way energy is lost through the attic is leaking conditioned air into the attic by unsealed penetrations. These consist of electrical wiring, ceiling fans, bathroom vents and light switches, just to name a few.

Plumbing located in your attic also requires air sealing around vent pipes. Toilets and drains require proper venting. Vent pipes supply fresh air to each plumbing fixture in the house, which helps the system move water



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through the drainage pipes each time a toilet is flushed or a sink is drained. Plumbing air vents also prevent sewer gasses from entering the home and allow wastewater gas and odor to escape. These areas normally have the most concerns because the required diameter of these holes varies and they are usually drilled to the largest size to save time during construction, but cost you money when not sealed.

Air sealing around light fixtures and recessed lights also will have a positive impact on air loss and comfort.

Most attics are engineered to circulate air by soffit vents and ridge vents, not by using improperly sealed electrical and plumbing attic penetrations. Leaking ductwork is also ranked high on the energy list. By the time your cool air reaches vents to cool rooms, cracked or unsealed ductwork will suck in hot attic air and dust to those rooms, wasting your money and causing your HVAC to work harder.

If you experience hard-tocool rooms, high heating and cooling bills or know you have low insulation and opportunities to become more energy efficient, Rule Your Attic. If you decide to do these projects yourself, take precautions; wear safety glasses, proper clothes and gloves, stay hydrated, take breaks and have a buddy to help. If you decide to hire a professional to assess and suggest solutions, get estimates in writing, ask to air seal and what they air seal and how much insulation will be added. And start Ruling Your Attic.

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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# Local Business Owners: **Don't Hand Your Keys to Criminals**

The frightening fact is that most small companies that suffer a serious cyber-attack don't survive. In fact, according to the US National Cyber Security Alliance, 60% of small businesses that suffer a cyber-attack go out of business within 6 months. The cost of recovery and the damage to their reputation is just too great.

If a criminal knew where you lived, and could easily steal your house keys, it wouldn't take much for them to walk into your home and start helping themselves to your valuables.

But imagine if you kept your keys in a safe that could only be accessed with an ever-changing security code. And the only way to get that code is through a secure phone app that needs your fingerprint or face to prove that it's really you.

Guess what...you've now used Multi-Factor Authentication, also known as MFA, which adds layers of security to keep your valuables safe.

You'll recognize the MFA

process if you use online banking. It's become the standard way to make it harder for criminals to access important data, like your financial or personal medical information.

use simple usernames and passwords in the office. It's the tech equivalent of writing your address on your key ring and then leaving it on the coffee shop

valuable data. Too many still for how to implement this on your own. Just contact us via our website, at snhtech.com, and we'll send it to you. If companies are not using us for their I.T. services and cybersecu-

SNH TECHNOLOGIES

Most of us also now use MFA to log into many of our personal online accounts and social media apps. It's simple enough to implement across all your business devices and we can have your business protected in no time. So, it's surprising how little security local businesses are using to keep their data safe. That data often includes customers' private personal information. If that fell into the wrong hands, the consequences could be disastrous.

But shockingly, there are still countless businesses in Northwest Florida that don't use simple MFA tools to protect their table while you go to the bathroom. To a watchful criminal, you may as well have just left the front door open.

Cyber-attacks are only getting more and more sophisticated, and small business owners could be risking everything if they don't make the simple step up to MFA.

For most companies, Multi-Factor Authentication isn't difficult to implement. But the security benefits are huge that's why we recommend that all businesses should upgrade to MFA right away.

At SNH Technologies, we even put together a free guide rity needs, at least we can give them the tools to try and protect themselves.

SNH Technologies provides a full range of expert IT support and advice. The company specializes in supporting businesses along the Emerald Coast and acts as a 1-stop shop for any business IT needs.

Russell Hale has been a leader in the IT industry for over 20 years and has worked with major corporations throughout his career. Mr. Hale opened SNH Technologies to serve the local community as he saw a crucial need for IT support for local businesses. His expertise and customer service is unmatched. Reach out to Russell and his team at SNH Technologies for any of your IT needs.





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It's Golf Cart Season! Make Sure You Have

the Correct Coverage for Yours

## 🔅 Business



By JOE CAPERS

With Spring Break and Summer around the corner, a lot of us locals (and our guests) will be out in our golf carts. You might even want to purchase one. Just remember, as there are different kinds of golf carts, which you'll discover when you go to the dealership and start looking at them, there's also different types of insurance coverage depending on your vehicle.

Let's shed some light on the differences, coverages and when you need what.

To begin with, there are two main 'uses' for golf carts/LSVs. Either personal or business/commercial. When your golf cart or LSV is used by you and your direct family members only, that's considered personal use. If you have a rental condo, for instance, and include a golf cart for your renter's use, that makes it business/commercial.

So, you're wondering, what's the big deal? Let's start with personal use and the two types - golf carts and LSVs. Golf carts are usually electric and have a maximum speed of about 15 mph and are designed to be used on your property or within the community your home is located, and back and forth to the golf course. They aren't tagged or registered for driving on the street like your car. Some home or condo policies might include minimal golf cart coverage with an endorsement, but this won't give you everything you need and is not recommended. A separate golf cart policy would give you the best coverage.

Next, there are LSVs, or low speed vehicles. These are a type of golf cart with a maximum speed of around 25 mph and are manufactured with safety features such as rear-view mirrors, seat belts, brake lights, and turn signals, among other features. When tagged and registered, they are allowed on public roads with posted speeds of a maximum 35 mph.

There are differences in both coverage and premium. Essential golf cart coverages for any Personal Insurance Program should include: Liability to Others (Bodily Injury and Property Damage), Medical Payments, Guest Limits Liability, Uninsured Motorist Limits, and, if you need coverage to protect for damage to your cart, Comprehensive and Collision. BUT, once it's tagged and registered for street use, you will also need PIP (personal injury protection) coverage Florida requires of every vehicle on the road. This one coverage, in insurance speak, changes the product from golf cart coverage to LSV coverage and must be written on an auto policy platform. LSVs are more expensive to insure (with the mandatory PIP coverage) than golf carts, since LSVs are allowed on the road with cars, trucks and semis which increases the risk/exposure substantially.

As an example, your chances of being involved in a severe accident in your complex is much lower than if you were driving your golf cart on a public road. A Mercedes colliding with a golf cart going 35 mph would probably cause more damage than two golf carts bumping heads.

When you allow your renter to use your golf cart, you now need different coverage. If you have a personal use golf cart policy, it will not protect you or your renters if they cause Liability to Others from their negligence. This is where a policy designed for rental exposure is necessary. Because your renter is using your golf cart, this falls under the purview of a commercial product. So, you need a type of Commercial General Liability insurance. This insurance is designed to give you, typically, \$1 million in liability coverage and some physical damage (Inland Marine) coverage for the golf cart. Keep in mind, this product may not have the same coverages as a properly structured personal use golf cart policy as described above. And this policy does not provide the PIP coverage that would be required if the cart is tagged and registered with the state. And it is

nearly impossible to find an auto carrier that will write a policy with PIP if it falls under a rental situation.

Here in Okaloosa and Walton counties, as well as Bay and Escambia counties, we have many beachfront, gated and golf course communities with a plethora of golf carts being used every day.

Talk to your agent to ensure you have the correct coverage for your use as there are many different scenarios that will determine the right coverage for your golf cart.

Insurance Zone, founded by Joe and Lea Capers, is now Abora Insurance Group. Voted Top in the Market for 10 years in a row, Abora is a full-service commercial and personal lines insurance agency serving Destin, Miramar Beach, Fort Walton Beach, Niceville, Freeport, Santa Rosa Beach (30A) and Inlet Beach. Abora can find solutions from a wide variety of the best insurance carriers in the market for Home, Auto and Life insurance on your terms. Call (850) 424.6979 or visit Getabora.com.





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## **COASTAL CABINETS**

12889 Emerald Coast Pkwy. Miramar Beach, FL 32550 CoastalCabinetsandCounters.com 850-424-3940

## EMERAL COAST KENNEL, INC.

190 Shannon Lane Santa Rosa Beach, FL 850-267-1679 - eckennel.com

## Lawncare & Landscaping

BLUE GREEN LANDSCAPE Plant Nursery Store and Landscaping Serice. 6844 County Hwy. 30A, Santa Rosa Beach (850) 660-1934

## Locksmith's

RESORTS LOCKSMITHS SERVICES 4942 US Hwy 98 W, Suite 16 Santa Rosa Beach 850-660-6901 www.resortlocksmithservices.com



6904 County Rd 30A Santa Rosa Beach 850- 499-5058 www.30Asuites.com

### Massage Therapists FOR THE HEALTH OF IT

2217 W County Hwy. 30A Blue Mountain Beach 850-267-0558 shopforthehealthofit.com

CARING TOUCH JANET HARDY, MYOFASCIAL RELEASE 2217 W County Hwy. 30A

2217 W County Hwy. 30A 140 Wild Blueberry Way, Santa Rosa Beach, FL 850-231-9131

## www.caringtouchtherapy.net

Music Instruction

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### **Painting Contractors GY PAINTING & RENOVATION** Painting, Home Renovations, Custom Interior Shutters 850-714-7502 gypaintingandreno.com

**DIRECTORY** continued





## Santa Rosa Beach 850-267-0900 www.bel-macRoofing.com

## Roofing

• Repairs & Maintenance

Roof Coating & Restoration



## **Pets Supplies** WHAT'S UP DOG Pet supplies, Dog Care & Training. 9970 US-98, Miramar

Beach - (850) 420-2894 **Pools & Spas** 

**TAMTECH POOLS & SPA** 185 N Holidav Rd Miramar Beach - 850-650-3747 www.tamtechpools.net

**Pressure Washing** POMPANO PRESSURE WASHING Miramar Beach 850-849-4499

**Property Management TROPICAL SANDS REALTY** US Military Member Owned

3754 West County Hwy. 30 A Santa Rosa Beach 850-278-6994 www.tropicalsandsrealty.com

## **Real Estate**

**DESTIN PROPERTY EXPERT** Danny Magagliano Grayton Beach 850-830-4747 DestinPropertExpert.com

### **ENGEL VOLKERS** Bobby Johnson and the Bobby J. Team

850-865-7798 LocalRealEstate.com you will feel my commitment in every step." 850-376-7635 exclusivenancy@aol.com

## Roofing

**BEL-MAC ROOFING** Serving all of South Walton & Beyond 850-267-0900 bel-macroofing.com

## **Tile and Grout Cleaning** THE GROUTSMITH

Cleaning, color restoration, repair, shower repairs, granite cleaning, repair & sealing. call 850-367-3100 **Tree Service** 

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## **Website Design**

DESIGNWORKS Graphic Design Studio 850-376-6255 kim.designworks@gmail.com

### **Window Treatments CARROW WINDOW FILMS**

A premier provider of world-class Window Films 850-974-2264



# LOCAL COUPONS

## AVA'S FURNITURE & DESIGN 10% OFF ONE ITEM ONLY

Offer expires 4/30/23 Miramar Plaza, 12889 Emerald Coast Pkwy Miramar Beach, 850-424-6767

## CAVA & CAKES BUY 3 CUPCAKES RECEIVE THE 4TH FREE!

Offer expires 4/30/23 56 Spires Lane(Gulf Place) #15A Santa Rosa Beach 850-931-2253

## CARING & SHARING OF SOUTH WALTON THRIFT STORE TAKE 20% OFF YOUR PURCHASE

Offer expires 4/30/23 112 Lynn Drive, Santa Rosa Beach, Fl 32459 caringandsharingsowal.org

# **OTTO'S CAR WASH**

## **WASH CLUB MEMBERSHIP** THE ULTIMATE WASH PACKAGE \$54.98/MONTH

THE SUPREME WASH PACKAGE \$43.98/MONTH THE EXPRESS WASH PACKAGE \$29.98/MONTH

Offer expires 4/30/23 34709 Emerald Coast Pkwy., Destin 850-974-9994

## TIMBERVIEW HELICOPTERS 10% LOCALS DISCOUNT

Offer expires 4/30/23 850-774-0991 www.DestinHelicopters.com

## EMERALD COAST ENERGY SOLUTIONS WINTER SPECIAL!

**NO INTEREST IF PAID IN FULL IN 12 MONTHS\*** \*Subject to credit approval. Minimum purchase required. Interest is billed during the promotional period, but all

interest is waived if the purchase amount is paid in full before the expiration of the promotional period. Serving The Emerald Coast (850) 588-287Q

THAI ELEPHANT RESTAURANT BRING IN THIS COUPON FOR 10% OFF!

Offer expires 4/30/23 3906 U.S. 98 #5-6, Santa Rosa Beach 850-660-6711

# FOR THE HEALTH OF IT 10% OFF

## SMOOTHIES AND JUICES WITH THIS COUPON

Offer expires 4/30/23 2217 West County Hwy. 30A Santa Rosa Beach, 850-267-0558

# **OVERHEAD DOOR**

## \$100 OFF A NEW WI-FI DOOR OPERATOR AND FREE DECORATIVE DOOR HARDWARE

WITH EACH DOOR PURCHASE. (NO OTHER DISCOUNTS APPLY.) FINANCING AS LOW AS \$79/MO. W.A.C.

> Offer expires 4/30/23 850-502-8615 destinoverheaddoor.com

# RIDEIT

## GET \$200 IN ACCESSORIES WITH E-BIKE PURCHASE

Offer expires 4/30/23 2166 W County Hwy 30A, Suite B, Santa Rosa Beach, FL | 850-366-2524 | rideitfl.com MARBLE SLAB & COOKIE COMPANY \$2 OFF ANY 16-INCH COOKIE CAKE OR LARGER, OR 10% OFF PURCHASE

Offer expires 4/30/23 12805 US Hwy. 98 # R102, Inlet Beach 850-909-0405

S

AIRESERV \$50 OFF DUCT CLEANING

Let us get the dirt you can't see!

Offer expires 4/30/23 850-678-9522 www.aireservec.com

## **ÅRCHITECTURAL ELEMENTS** & RESOURCES 15% OFF

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Offer expires 4/30/23 181 Lynn Drive, Santa Rosa Beach 850-622-0246

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(No other discounts given.)

Offer expires 4/30/23 On Eastern Lake and 30A, 33 Heron's Watch Way Santa Rosa Beach 850-865-2550

# **ECCO MOTORS**

## **\$300 OFF** PURCHASE OF A NEW CART

WHEN YOU MENTION THIS AD

Offer expires 4/30/23 36058 Emerald Coast Pkwy. Destin 850-837-2600



JOHN MARTIN GROUP 30A REAL ESTATE

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## WHAT OTHERS ARE SAYING

"John is a great realtor and person! He is honest and a joy to work with! We have used John for both buying and selling property and the transactions have always been seamless. Thank you John!"

- K. Stephanian

"We have worked with John on 2 properties and have only great things to say about him. He knows the area so well that he was able to lead us to our dream home! We would highly recommend using him to any of our friends or family!"



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- P. Tatum