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# **Artist Clint Eagar Signs Global Deal** With Oscar-Winning Film Flow

Local Designer to Create Visual Art and Merchandising for Groundbreaking Animated Feature

Eagar, Clint the internationally acclaimed artist and designer known for his emotionally charged, visually intricate works, recently inked a global licensing deal with FLOW, the Oscar and Golden Globe-winning animated film, a work which pushes at the boundaries of independent cinema.

The new partnership gives Eagar, a Walton-county based artist, creative control to produce original artwork and a creative line of consumer products and gifts based on the characters, themes, and aesthetic of FLOW. The collaboration will result in a worldwide collection of FLOW-inspired fine art, décor, and lifestyle merchandise, set to reach international markets by the end of 2025.

"This is more than a licensing deal," said Eagar. "It's a shared vision of how visual storytelling can move across mediums, connect with people



emotionally, and leave a lasting impact."

Created in Latvia, "FLOW" is a dialogue-free animated journey unfolds through a

feature that follows a grey cat separated from its family by a devastating flood. The cat's

beautifully rendered, wordless narrative that explores themes of survival, resilience, hope, and unlikely friendship with a cast of expressive animal companions. "FLOW" won the Academy Award for Best Animated Feature, outpacing other contenders, and was described as "a silent masterpiece that radiates humanity in a world without humans."

Clint Eagar is no stranger to global design. A creative force with over 30 years of experience, Eagar has developed licensed products for top brands under the license including Disney (The Lion King, Pocahontas), and Fiestaware. His ability to blend artistry with mass appeal makes him uniquely suited for this new chapter of "FLOW".

Over the course of his career, his work has spanned fine art, home décor, and consumer design-one of the reasons

> **CLINT EAGAR** continued on page 4



Walton County Tourism **Offers Complimentary** Day-Use Admission to Topsail Hill Preserve and Grayton Beach State Parks

Walton County locals and visitors can once again enjoy complimentary day-use entry to Grayton Beach State Park and Topsail Hill Preserve State Park from Memorial Day weekend through Labor Day. Walton County Tourism is covering day-use fees to highlight the amenities and variety of eco-tourism experiences available in South Walton. This year marks the 11th year of admission coverage for Topsail Hill Preserve State Park and the 9th for Grayton Beach State Park.

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# **Community**

# Panhandle Wildlife Rescue Opens New Wildlife **Rehabilitation Hospital**

### **Facility Aims to Protect Florida's Native Species** with Critical Rescue and **Rehab Services**

Panhandle Wildlife Rescue (PWR) is proud to announce the grand opening of its new, fullscale wildlife rehabilitation center and hospital in Freeport, FL. PWR is a vital part of the Florida Panhandle, providing life-saving care and rehabilitation to native wildlife species across 11 counties including Walton and Bay.

The new facility will allow PWR to expand its mission of rescuing, rehabilitating, and releasing sick, injured, and orphaned wildlife, admitting between 1,000 and 2,000 patients annually. With a focus on medical care, orphan rearing, and intensive rehabilitation, PWR gives Florida's wild animals a second chance at survival in one of the fastest-developing and ecologically rich regions in the country.

"The opening of this facility, thanks to a transformative donation from Ryan Jumonville and Family, marks a major step forward in our commitment to the wildlife of the Emerald Coast," said Shelby Robinson, founder and executive director of Panhandle Wildlife Rescue.

The Florida Panhandle is home to the most biodiverse terrestrial ecosystem in the contiguous United States. From the upland pine forests to the pelagic

depths of the Gulf, PWR treats hundreds of species every year, striving to mitigate the growing impact of human development on native wildlife.

One of their current patients is a handsome bald eagle rescued from the side of a highway in Bay County, likely clipped by a car while feeding. Wildlife Harbor (WH), who help with many calls in Bay County, rescued him late one night. He was stabilized at WH overnight, then transferred to PWR the following morning for a thorough medical examination that revealed he had multiple metacarpal fractures on his left wing. These types of fractures are often difficult to stabilize because of birds' hollow bones, and are also often injured during recovery due to their distal location. After PWR staff ran radiographs and bloodwork to check for the possibility of lead poisoning, PWR veterinarian, Dr. Phil Blumer, opted to surgically place a pin in the largest affected bone, a procedure that took just under an hour. Since the surgery, the eagle has been having daily physical therapy, laser treatment, and has been kept in an enclosure that prevents excessive movement. During his last doctor's visit, he has shown great signs of progress but still exhibits a limited range of motion and will require weeks more of physical therapy before he can be placed in a flight cage for conditioning. Wildlife

rehabilitation takes teamwork, from the public to specialists with advanced equipment, to other organizations, and volunteers. PWR is currently fundraising to finish their 100-foot flight cage,

for recovery, orphaned raptors often require longer care plans that come with life lessons and an enormous appetite. PWR currently has five owl and six hawk fledglings in care. In these cases





**Chief Medical Officer,** Phil Blumer, DMV with Lucky the Eagle

not only for this patient, but also for the hundreds of other raptors that come through their doors each year.

Sometimes, injured adult patients are not the most difficult intakes, like the eagle above. Although injuries come with intense treatment plans, surgical procedures, and long timelines they always try to encourage renesting if it's a safe option but sometimes mom or the baby is injured, the nests are over a body of water, predators are stalking the young on the ground, they are sick or injured so mom kicked them out of the nest, or finders just don't want them renested back on their property. Although PWR successfully re-nests around 70% of downed raptor nestlings and fledglings, it still leaves their clinic full with the remaining 30%. Raptor moms are very attentive and protective, and when mom is present, nearly 100% of renestings are successful, even if they aren't returned to the native nest. These cases are often difficult to navigate, as they must take into consideration many variables to determine when these patients truly need human intervention. Several of their patients had siblings who were predated upon, fell into artificial bodies of water and nearly drowned, were left in the middle of a highway with no nest in sight, or their mom had no interest in caring for them once returned. If these patients are unable to be renested, they are often in PWR's care for 4-6 months, where they are taught how to selffeed, how to fly, how to hunt live prey, and everything in between (while ensuring they retain a healthy fear of humans). PWR's techniques vary among species, so each patient will have the greatest success of sustaining itself when eventually released back into the wild. They get bloodwork done to track health throughout their stay, and weekly medical checkups to monitor progress. PWR encourages the public to take a photo and pin the location of a young raptor so they can send staff to canvass the area. It's so important to return them to the family unit if at all possible. Then, even when they can successfully fly and hunt prey, and it's time to let them return to freedom, there are external factors no one can control, such as secondary rodenticide poisoning. Each time a hand-raised raptor is released, the team worries they'll come back through their doors after eating a poisoned rodent. Secondary rodenticide toxicity comprises about 25% of admitted adult raptor species, and it's preventable! Most don't think of the effects up the food chain when poisoning rats and mice in their home, but it causes death and suffering in the local raptor population, and in many instances, the effects can't



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# n Community

be reversed. So, before you think about using rodenticides, please consider a friendlier option for native wildlife. PWR is also trying to fundraise for additional raptor mews for patients like these, since their caseload is so high this year. If you'd like to donate or sponsor an enclosure, please reach out to PWR.

### Some things to know about Panhandle Wildlife Rescue:

PWR works very closely with Wildlife Harbour in Panama City Beach. Combined, PWR consists of three humans serving the same region and quantity of patients that was once serviced by eight employees, so compassion and kindness go a long way, especially during baby season when they receive 100 or more calls per day. Wildlife Harbour founder, Cindy Levine, has been working with PWR staff for over three years and her dedication to Florida's wildlife is incredible. Cindy's willingness to go on rescues in Bay County while concurrently running her own rehabilitation center allows for patients to get into care quicker than waiting for PWR staff to respond on some occasions.

PWR needs volunteers! They



can use help with rescue, nursery, release, medical, etc. IF anyone is looking for an opportunity to work hands-on with wildlife, please reach out to jim@panhandlewildliferescue.org

### Meet our staff:

Shelby Robinson is CEO, with 15 years of experience in wildlife rehabilitation around the country. Shelby started working with wildlife during graduate school in Seattle and hasn't stopped since. She has directed two larger facilities previously, then founded PWR with co-founders Jim Johnson and Raven Smith in March of 2024. Jim Johnson (co-founder)



has been working with Shelby for five years and has mastered being the best raptor dad, hand-raising hundreds of orphaned raptors during his tenure. Jim is the lead rescue technician and has driven thousands of miles to offer rescue services to wildlife in need, spanning 14 different counties. Raven Smith is a nursery specialist, giving unmatched care and love to orphaned native wildlife. Her compassion and care are second to none, and it is thanks to her that PWR exists today.

Although nearly 80% of forwarded calls come from Florida Fish and Wildlife Conservation

Commission, PWR is completely funded by supporter donations and currently receives no state, local, or federal funding. The workload is tremendous, and they are on call 24/7/365. With the addition of the new facility and 10 acres, it gives us them opportunity to assist more patients in need, but also increase their resources, making it possible to provide the best care possible. They are fundraising to build more enclosures so they can increase their intakes and buy formulas, food, medical supplies, and support their rescue team's efforts. To date, PWR has assisted over 200 different species of patients, ranging from huge alligator snapping turtles to red-tailed hawks, to tiny pinky squirrels and all rabies vector species. We accept all native Florida wildlife and work to help the public find resources for exotic pets and fowl. They also (WH, too) respond to any requested services for containing rabies vector species.

Big shout out to Emergency Veterinary Clinic in Niceville and Destin as they assist with patient intakes and allow the PWR team the use of their digital radiograph machine while they work to obtain funding for their own medical clinic, so if anyone is interested in donating towards those efforts, it would be so greatly appreciated.

Finally, PWR's "Respect the Locals" campaign highlights the increasing frequency of human/ wildlife interactions in the region. Through education and citizen science initiatives, the campaign empowers residents and visitors to coexist more peacefully with native Florida species. "Nothing feeds the soul more than watching a once-broken creature return to the wild," says Raven Smith, head of PWR development.

Their 24-hour hotline is (850) 889-1104, and the address for the actual facility is 5951 Highway 20 in Freeport, but they also have an alternate facility for intakes, which is 256 Miley Road in Freeport.

As a 501(c)(3) nonprofit organization, Panhandle Wildlife Rescue receives no federal, state, or local funding. All operations, including rescues, surgeries, critical care, and a 24/7 wildlife rescue hotline, are funded entirely by community donations. For more information, to donate, or to get involved, visit www.panhandlewildliferescue.com.



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# Sommunity

# ADMISSION

Page 4

continued from page 1

"Our state parks are hidden gems in Walton County, and being able to showcase their majesty through this program is tremendous," said Matt Algarin, tourism director for Walton County. "We encourage our visitors and residents to explore our state parks and experience our community in a new way."

Free entry is available during regular hours, typically 8 a.m. to sunset. This year's program started on Memorial Day weekend and runs through Labor Day, Monday, Sept. 1.

For more information on

Topsail Hill Preserve State Park visit: https://www. visitsouthwalton.com/listing/ topsail-hill-preserve-state-park

For more information on Grayton Beach State Park visit:

https://www.visitsouthwalton .com/listing/grayton-beachstate-park



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# 

### **CLINT EAGAR** continued from page 1

he's such a good fit for translating this deeply emotional film into a physical world of merchandise. Eagar's own artwork, particularly his *Futurescape* series—which debuted at the Aqua Art Miami Show—is a perfect aesthetic match for *FLOW*'s silent storytelling and emotional arcs. His futuristic, human-animal hybrids, bold compositions, and richly symbolic textures complement the tone and visuals of the film.

Through this licensing collaboration, Clint Eagar will create a curated collection of original artworks and contribute to the design of select gift and home décor items inspired by the film's powerful visual storytelling. His work will celebrate *FLOW*'s signature emotional depth, bringing the spirit of the film into beautifully crafted, globally resonant designs.

"The magic of *FLOW* is how it speaks directly to the heart without a single word," said Eagar. "Translating that kind of emotional storytelling into visual art and design is an incredible creative opportunity."

The collaboration between *FLOW* and Clint Eagar signals an evolution in how animated films can extend their emotional resonance beyond the screen. Rather than producing traditional art-

work, Eagar is introducing mixed media techniques that mirror the film's visual atmosphere—layering texture, light, and form to recreate the immersive, cinematic quality of *FLOW* in physical space.

By fusing his fine art background with innovative materials and formats, Eagar aims to make the spirit of the film tangible and enduring, offering fans a way to experience the story long after the credits roll.

"This isn't just about merchandise—it's about preserving the emotional experience of the film," said a licensing executive close to the project. "Clint's vision brings a tactile, lasting quality that connects art collectors, fans, and new audiences in a fresh and meaningful way."

As both a fine artist and an experienced product designer, Clint Eagar's entry into the FLOW universe represents the kind of creative synergy that's special in this industry. This deal may be the first of its kind for the Latvian studio behind FLOW, but it signals the beginning of a much bigger movement: storytelling that doesn't just live on screen, but in our homes, hearts, and everyday spaces. From gallery walls to global shelves, Eagar is bringing the soul of FLOW to lifeone brushstroke, one character, and one story at a time.

# **Coastal Seniors Update for June**

**Chair Yoga Classes**– Tuesdays, June 3, 17, and July 1, 15 at 9:45 a.m. at the Blake, 90 Ponce De Leon St. in Miramar Beach. RSVP by calling (850)-650-5000.

**Exercise Classes** – Angela Gibson will lead classes every Tuesday and Thursday at 10 a.m. at 70 Logan Lane in Grayton Beach. Cost is \$5 per session for CSSW members and \$10 for non-members. Registration is required as space is limited. To be added to the email sign up list, call (850) 280-5342 or email coastalseniorsofsouthwalton@ gmail.com

Art Classes –Watercolor Painting Class – Karen Peterson will teach classes on Fridays, June 6, 13, 27, and July 11, 25, from 8:45 a.m. to noon. Classes are held at 70 Logan Lane in Grayton Beach. Cost is \$15 for CSSW members and \$30 for non-members. Registration required as space is limited. To be added to the email sign up list, call (850) 280-5342 or email coastalseniorsofsouthwalton@gmail.com. All supplies are included.

**Pickleball** - Beginner Pickleball 101 at Walton Sports Complex courts at 6 p.m. on June 18. This beginner class is open to Wal-



ton County residents only. (18+) Registration is required. Register at www.waltonrec.com. Email Sandy Gulak at sowalpickleball@ gmail.com for more information. Class is free and equipment is provided or use your own. Play at Boys and Girls Club will resume COASTAL SENIORS

after Labor Day 2025. Please join the SolWal 30A Pickleball Association on Facebook for more information and weekly updates

> and check the CSSW calendar at www.coastalseniorsofsouthwalton.org.

Water Aerobics - at Watersound Fountains, 65 Origins Pkwy, Inlet Beach. June and July classes will be held on Mondays and

Wednesdays at 9 and 10:15 a.m. Cost is \$5 for CSSW members and \$10 for non-members. A pool noodle and water dumbbells are used for class. Please bring a towel, sunglasses, and sunscreen. Registration is required as space is limited. To be added to the email sign up list, call (850) 280-5342 or email: coastalseniorsofsouthwalton@gmail.com

**Monthly Meeting** - Friday, June 20, from 11 a.m. - 1 p.m. at 70 Logan Lane, Grayton Beach. Lunch will be a cookout/ potluck. Guest speaker to be determined. R.S.V.P. by replying to the Sign Up email. To be added to the email sign-up list, call (850) 280-5342 or email coastalseniorsofsouthwalton@gmail.com.

**Technology Class** - Coastal Seniors is sponsoring this class to be held at The Coastal Branch Library meeting room on Wednesday, June 25, from 1:30-2:30 p.m. Learn Basic Computer Functions, how to safely browse the Internet, the Dos/ Don'ts of Social Media, using Email, and how to protect yourself from Scammers. The class is free, but bring your own device. Devices can include a phone, laptop, or tablet. Registration is required. To be added to the email sign up list or for more information, call 850-280-5342 or email coastalseniorsofsouthwalton@gmail.com

Seniors 50 years of age and up residing in or visiting Walton County are invited to join CSSW. Membership is \$30 for individuals, \$40 for families, and \$100 for businesses (your business will be listed on our home webpage and our Facebook page). You can become a member via email at coastalseniorsofsouthwalton@ gmail.com, or on the website at www.coastalseniorsofsouthwalton.org. Also, follow us on Facebook at Coastal Seniors of South Walton. Coastal Seniors of South Walton, Inc. is a non-profit 501© (3) organization for active adults. Media Contact: Melinda Finney, Director, Coastal Seniors of South Walton, Inc. T: 615-477-3417 Email mkfinney24@gmail. com

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# The community

# Leadership Walton Applications Are Now Open

The Walton Area Chamber of Commerce is now accepting applications for the 2025–2026 Leadership Walton Class, a dynamic program designed to empower emerging and established leaders through professional development, community engagement, and lasting connections.

What sets Leadership Walton apart from other programs in the area is that participants not only receive a nationally recognized Dale Carnegie Certification, but they are also paired with a dedicated mentor who guides them throughout the 9-month journey. This powerful blend of hands-on support and professional training offers a truly unique experience not found in other local leadership programs.

Leadership Walton is more than just a class; it's a transformational experience. Participants gain confidence, sharpen leadership skills, and expand their professional networks while developing a deeper understanding of the unique challenges and opportunities throughout Walton County.

Whether you're looking to grow personally or your business wants to invest in future leaders, Leadership Walton is

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> Saturday, September 27<sup>th</sup> Harvest Moon Social Club in Point Washington

October 16<sup>th</sup> - 19<sup>th</sup> Harvest Wine & Food Festival in Water Color

Saturday, November 1<sup>st</sup> Rosemary Beach Uncorked<sup>™</sup> in Rosemary Beach

Thursday, November 27<sup>th</sup> Thanksgiving 30a 10K Day Race in Rosemary Beach

a powerful tool for long-term success. The program cultivates future-ready leaders who are passionate about making a meaningful impact where they live and work.

Applications are open now, don't miss your opportunity to be part of a program that shapes leaders, strengthens businesses, and builds a better Walton County for all.

Learn more and apply today: www.waltonareachamber.com/leadership-walton.For questions or additional information, please contact Gabby at Gabrielle@waltonareachamber.com

# It's Turtle Time!



### BY HEATHER BENNETT EYE

It's that special time of year again on the Emerald Coast. Sea turtle nesting season has officially begun! So what does that mean? From now until Halloween, our beaches become a vital nesting ground for several species of sea turtles, many of which are threatened or endangered. Whether you're a local or just visiting, your actions can make a big difference during this critical period, and this means keeping the beaches clean, dark and flat.

Each summer, female sea turtles return to our shores, often the very beach where they were born, to lay their eggs. In Walton County, nesting typically occurs in the dry sand above the high tide line, closer to the dunes. The South Walton Turtle Watch volunteers survey the beaches daily, looking for turtle tracks to identify and mark nests, protecting them from accidental damage by people, pets, or vehicles. They monitor the nests throughout the incubation period.

After about 50 to 60 days, hatchlings begin to emerge, usually under the cover of darkness. These tiny turtles instinctively look for the brightest horizon, which under natural conditions is the reflection of the moonlight on the ocean. From there, they begin their treacherous journey to the water, dodging predators and battling the surf.

To give these hatchlings the best possible chance of survival, we encourage everyone to help keep our beaches clean, dark, and flat:

**Clean:** Remove all trash, leftover food, beach toys, and especially beach furniture at the end of each day. Items left behind can become barriers or traps for hatchlings trying to reach the water.

**Dark:** Turn off any artificial lights that face the beach at night. Bright lights from homes, businesses, and flashlights can disorient hatchlings, leading them away from the ocean. If lighting is necessary, use turtle-safe options like red or amber LED bulbs.

**Flat:** Before leaving the beach, fill in all holes and knock down sandcastles. Deep holes and uneven sand can trap baby turtles or redirect them off course.

Please make sure to respect nest markers and avoid walking through dune areas. If you see a hatchling struggling, don't touch it. Instead, contact the South Walton Turtle Watch Hotline at (850) 865-4503, the Florida Fish and Wildlife Conservation Commission at (888) 404-3922 or the Walton County Sheriff's Office at (850) 892-8111.

Sea turtles have been making this journey for millions of years, but their survival now depends more than ever on human awareness and cooperation. By keeping our beaches clean, dark, and flat, you're playing a vital role in protecting one of nature's most awe-inspiring creatures. Please help educate others. Many people aren't aware of how simple actions like turning off a porch light can save dozens of lives. Let's work together to ensure these incredible animals have a safe start to life. The sea turtles are counting on us!

# Animals at the Beach in Walton County

### By Helen Petre

The beach is a hard place to live. It is constantly bombarded by wind and waves. There is no place to hide except in the sand because there are no plants and there is little to eat. Yet, organisms are successful at living there. Coquina and sand fleas, or mole crabs, are common in the swash zone on Walton County beaches, as shown in the Florida Fish and Wildlife photo. Coquina are clams, and a significant food source for sandpipers and plovers. Sand fleas are crustaceans, like crabs and lobsters. They do not bite. They eat decaying matter and are excellent bait for pompano. Coquina and mole crabs are indicators of healthy beaches.



Florida Fish and Wildlife photo of Donax variables (coquina) and Emerita talpoida (sand fleas).

Ghost crabs (Ocypode quadrata) dig burrows four feet deep in order to reach the water table and keep their gills wet. Their white color blends in with the white quartz sand, and they are amazingly fast. Ghost crabs come out at night to eat dead things the tide has washed in. They also eat sea turtle eggs. They would drown in the surf.



Virginia Institute of Marine Science. Ghost crab.





### Pinfish. Wikipedia.

Pinfish, (Lagodon rhomboides) are the most common bait fish caught in seines or dip nets in sea grass beds along the coast. E.O. Wilson lost the vision in his right eye at the age of seven when a pinfish he caught jumped up and hit him in the eve.

Blue crabs turn red when cooked. Besides humans, crabs are food for sharks, rays, and large fish. They eat small fish, like pinfish, and other crus-



Blue crab (Callinectes sapidus) is a native swimming crab, unlike the ghost crab, which lives on the sand and would drown in the surf.

taceans, like mole crabs, and clams, like coquina. They even eat detritus, plants, and animal waste.

All these animals can be easily seen on the beach or in the surf.

The beach is a great place to visit, but to many animals, it is home. Helen Petre is a retired



Female crab with wide apron like the dome of the United States Capitol.

USDA biologist and college biology professor. She spends her time volunteering, teaching, and writing science articles to share her interests with future generations.



Male crab with skinny, pointy apron, like the Washington Monument.

Helen Petre is a retired USDA biologist and college biology professor. She spends her time volunteering, teaching, and writing science articles to share her interests with future generations.







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# M Community

# "Fashion Show for a Cause" Raises Nearly \$2,000 for Make-A-Wish<sup>®</sup> Central and Northern Florida

Members of Watersound Fountains, an independent living community in Inlet Beach, harnessed their zest for life and passion for helping others to good use this month. The community hosted a "Fashion Show for a Cause," a fundraising event to support Make-A-Wish® Central and Northern Florida, that featured members of the community as the models.

The May 16 event raised \$1,975 for Make-A-Wish® Central and Northern Florida that will be used to grant lifechanging wishes for children with critical illnesses.

"We're so grateful for the support of our community in helping to raise funds and awareness for Make-A-Wish," said Kathleen Hampton, director of development for Make-A-Wish Northwest Region of Florida.



"The funds raised translate into life-changing experiences for the children and their families. From magical trips to Disney World to unforgettable private parties, meeting beloved celebrities, and embarking on incredible family journeys, these wishes will create memories that last a lifetime."

Local Wish Alumni, 8-year old Vyla Ward and her family attended the fashion show and shared their story with attendees. Vyla was diagnosed with a rare type of kidney cancer when she was four years old. Make-A-Wish granted her wish of visiting Disney World, staying at the Grand Floridian and undergoing a magical transformation into a princess at Bibbidi Bobbidi Boutique.

"When Vyla was hospitalized, she would ask her doctors when she was going to go to Disney,"



said Vyla's mother, Kirsten Ward. "I remember going to Disney for the first time after her treatment and it was so special because we didn't know we would be able to go again. When we walked through the gates, I cried."

Currently, more than 40 children in the Florida panhandle are waiting for their wishes to be granted by Make-A-Wish. Six of them live in Walton and Okaloosa counties.

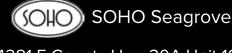
"We're so grateful to play a part in granting the wishes of

these children," said Melissa Adams, executive director of Watersound Fountains. "Make-A-Wish is a wonderful organization that makes a direct impact on the lives of children in our community. I'm confident this will be the first of many events we plan together with the dedicated and caring staff at Make-A-Wish Central and Northern Florida."

During the fashion show, members of the community aged 62 and better modeled clothes from local retail stores Dillard's and J. McLaughlin. The seniors hit the runway with pizazz and engaged attendees in the event. After the runway show, attendees were able to vote on their favorite looks.

The Simpson Group: Christie's International Real Estate Emerald Coast, and other local businesses sponsored the event. For more information contact Kathleen Hampton, Director of Development, NW Region of Florida, Make-A-Wish Central & Northern Florida, (407) 622-4673, ext. 201, khampton@cnfl. wish.org.





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# **Business Spotlight:** Phoenix Restoration

Travis Kring has come a long way on his inspiring 4-year journey marked by faith, dedication, and an unshakable commitment to serving God and others. Just one year ago, he was recruited from the real estate world and joined Phoenix Restoration and Catastrophe. In that short time, by the grace of God, Travis and his team, led by Bobby Cates, have generated \$1.2 million in revenue. But beyond the numbers, this

season has been about building meaningful, spiritual, and professional relationships that continue to grow and bear fruit. Travis, Bobby, and the Phoenix team bring a passion for people and excellence into every home and project.

From his days on the court as a basketball player to his time coaching and mentoring players, Travis has always carried a strong sense of leadership and heart. That same spirit now fuels his

work with Phoenix Restoration, where he's become known across the Florida Panhandle for reliability, integrity, and genuine care for the community. His journey has been nothing short of incredible, transforming lives through service, bringing comfort in crisis, and building a reputation that speaks louder than words.

We truly believe that the Phoenix Restoration team is just scratching the surface of what's to come. The growth, the con-

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# **Community**

# Food For Thought Outreach Receives \$58,398 Grant

# from The St. Joe Community Foundation's "Read to Feed" Program

Food For Thought Outreach, a local 501(c)3 organization that works to bridge the meal gap in the lives of food-insecure children in Walton and Okaloosa counties, is pleased to announce they have received a \$58,398 grant from The St. Joe Community Foundation's "Read

munity Foundation's "Read to Feed" program.

The Foundation's Read to Feed initiative grants \$0.25 to Food For Thought Outreach for each Accelerated Reader ("AR") test with a score of 80% and above completed by Walton County School District elementary students. In the 2024-2025 school year, Walton County elementary students successfully scored above 80% on 233,592 AR tests to set \$58,398 as the Foundation's contribution to Food For Thought Outreach. This surpassed the 2023-2024 school year of 220,445 AR tests, which provided \$55,111.50 to the organization. Since program inception in the 2022-2023 school year, the Read to Feed initiative has raised over \$167,000 to support the mission of Food For Thought Outreach.

"This is just epic," said Cathy Hall, coordinator of instruc-



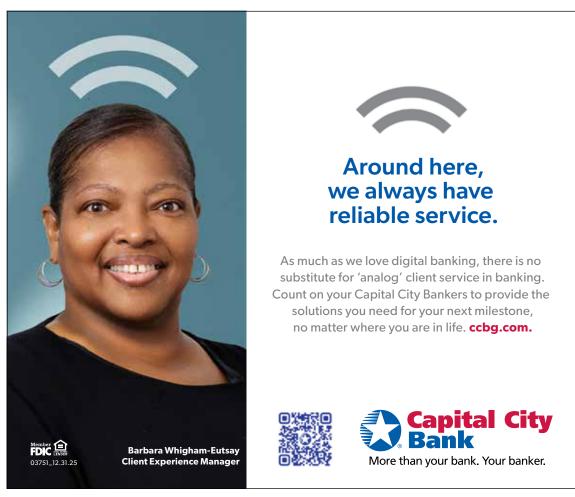
tional support/ESOL for Walton County School District. "Last year at the school board meeting, we were challenged to beat our Read to Feed 2024 total of \$55,111.50, which was an amazing accomplishment, and we did it by raising \$3,286.50 additional dollars for a total of \$58,398 for Read to Feed. We are so proud of our students who achieved 233,592 total AR points!"

"The St. Joe Community Foundation is proud to continue this collaboration with the Walton County School District and Food For Thought Outreach to support the Read to Feed Program," said April Wilkes, executive director of St. Joe Community Foundation. "Not only does it provide an incentive and encouragement for youth to enhance their literacy skills, but it also gives them a glimpse of what it means to serve others through Food For Thought Outreach's mission."

The funds raised through the Read to Feed program will be used to further Food For Thought Outreach's goal to bridge the meal gap and empower students to get the most out of their education. Currently, over 3,600 children

are enrolled in their year-round programs and all funds raised from the program will go towards those programs and help even more kids throughout the year.

We are so happy to see how this initiative continues to drive reading results across the Walton County School District," said Tiffanie Nelson, founder and CEO of Food For Thought Outreach. "Our mission at Food For Thought Outreach is to remove the negative impacts of hunger and empower children to get the most out of their education. Read to Feed is the perfect embodiment of our mission. During the 2024-25 school year, Food For Thought Outreach provided weekly services to over 3,600 food-insecure children in Walton and Okaloosa Counties. Grant funds like these from the St. Joe Community Foundation provide critical funding for our programs."



# Keep Walton County Beautiful Beach Cleanup Event Rescheduled Due to Inclement Weather

Keep Walton County Beautiful, a local affiliate of Keep America Beautiful, dedicated to preserving the county's natural environment, has rescheduled their beach cleanup event due to inclement weather. Originally scheduled for May 10, the new cleanup event will be held on Saturday, July 5.

More details, including locations and theme, will be forthcoming.

About Keep Walton County Beautiful: Keep Walton County Beautiful, an affiliate of Keep America Beautiful, helps preserve the natural resources that make Walton County special through education, beautification, litter prevention, waste reduction and recycling programs. Keep Walton County Beautiful is funded by the Walton County Tourism Department. Please visit keepwaltoncountybeautiful.org/ about-us/ and follow us on Instagram, Twitter/X and Facebook to learn more.

# Impact100 Global Conference 2025 Calls for Community Support

The 2025 Impact100 Global Conference will take place October 26-28 at the stunning Hilton Sandestin Beach Golf Resort and Spa. Hosted by Impact100 Global in collaboration with five local chapters—Impact100 NWF, Mobile, Pensacola Bay Area, Baldwin County, and Gulf Coast—this biennial event celebrates collective giving and powerfully reflects the strength and unity of the Impact100 community.

Impact100 is a global movement of local philanthropists who unite to find and fund local nonprofits addressing their community's most pressing problems. The model is simple but powerful: At least 100 women come together and donate \$1,000 each, pooling their resources to fund grants of \$100,000 or more that will support nonprofits in their local community.

Since its founding in 2001, Impact100 has expanded to more than 75 chapters across four countries, delivering nearly \$160 million in grants, with continued growth each year. In 2024 alone, the five host chapters awarded \$2.3 million in high-impact grants to local nonprofits along the Gulf Coast.

This year's conference theme, "Tides of Impact100: Renew, Recharge, and Rise," sets the tone for three days of insight, inspiration, and impact. Attendees will enjoy engaging sessions led by dynamic speakers, including two-time Olympic gold medalist Ruthie Bolton, retired Major General Jeanne Leavitt, and Impact100 Founder Wendy Steele. The conference offers inspirational programming, hands-on leadership development, and meaningful connection opportunities- all designed to amplify the power of collective philanthropy. More than 250 changemakers are expected to attend, traveling from across the United States and as far away as Australia.

"Attendees from Impact100 communities around the globe will come together at the Impact100 Global Conference eager to learn, connect, and be inspired," says Wendy Steele, Founder of Impact100. "The beautiful Sandestin setting will be a draw not only for those nearby, but also for those traveling from the far corners of our philanthropic movement."

To ensure the success of this landmark event, Impact100 Global is seeking sponsors from the local community and beyond. Sponsorship opportunities are available at various levels, offering businesses and individuals the chance to gain exceptional visibility among a global network of philanthropists while aligning with a mission that empowers women to transform lives and communities.

This inspiring event is open to the public. Registration is now open and discounted room rates are available for attendees until September 26th, 2025. For more information on sponsorship opportunities or to register for the conference, please visit www.impact100global.com.

The Community

# **Rise of the "Bro-tique":** Redefining Men's Retail Experience in South Walton

The world of men's fashion has witnessed a significant transformation in recent years, and with it, a new term has emerged to describe a unique breed of stores: the "Brotique." Combining the words "bro" and "boutique," this catchy nickname perfectly encapsulates the essence of a new era in men's retail. These establishments are not merely stores; they are immersive spaces that cater to the modern man's evolving needs, preferences, and sense of style.

Gone are the days when men's shopping was limited to a few basic options. The emergence of the "brotique" concept marks a departure from the traditional and paves the way for an elevated and personalized shopping experience. These stores have become synonymous with a fresh take on men's fashion, grooming, and lifestyle, providing a haven where men can explore their individuality without compromise. So, what sets Captured Clothing apart from conventional men's stores? It starts with the ambiance. Step into this brotique, and you'll find yourself in an atmosphere carefully crafted to radiate style, sophistication and masculine energy. The decor, lighting, and overall aesthetic are designed to create an inviting space that appeals to the sensibilities, making you right at home.

The selection of merchandise in Captured is equally distinctive. Curated with experience for the latest trends and timeless classics, offering a range of high-quality clothing, accessories, grooming products, and lifestyle essentials. Every item is handpicked to reflect the desires and aspirations of the discerning gentleman, ensuring that he can find everything he needs to express his unique style and personality.

Perhaps one of the most appealing aspects of the "brotique" phenomenon is the personalized attention provided to customers.

Unlike their mass-market





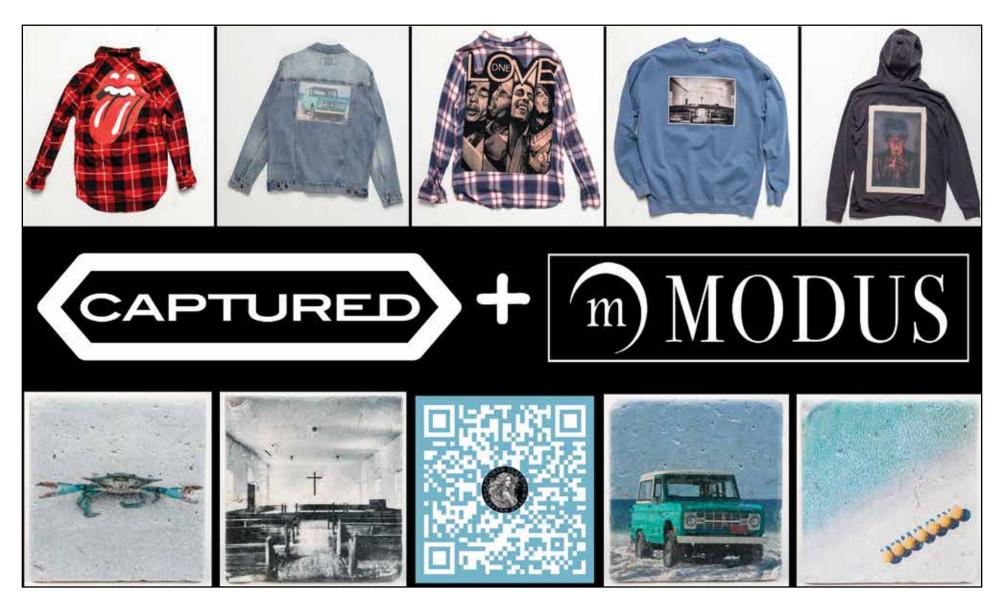
counterparts, these stores prioritize individualized service, with knowledgeable staff members who are passionate about being able to help customers. The "brotique" is more than just a place to buy clothes or grooming products; it has become a destination for men seeking inspiration, community, and a sense of belonging. Many of these stores host events, workshops, and collaborations, creating a platform for men to connect, network, and share their experiences and interests. As the popularity of the "brotique" continues to rise, it has become a game-changer in the retail industry. Its success can be attributed to its ability to adapt to the changing demands and expectations of the modern man. individualized service, and a vibrant community atmosphere.

Here at Captured Clothing we are excited and proud to embrace this new era of mens retail and known as 30A's Brotique!

Stay tuned for father son workshops, the launch of the on-line store and much more!

Captured Clothing has custom apparel and curated goods from all over the globe.

37 Logan Ln Suite 3, Santa Rosa Beach, FL 32459 | (850) 461-9098 | moduscaptured



# The community

# FPL Announces Planned Upgrades for Walton County to Continue Building A Stronger, Smarter Grid

The company's smart grid technology prevented more than 800,000 outages during active 2024 hurricane season

We're upgrading your neighborhood! In 2025, FPL plans to make the following upgrades in Walton County as part of its ongoing commitment to reduce outages and restore power faster following major storms: 68 miles of power lines will undergo inspection or vegetation trimming, addressing one of the leading causes of power outages.

5,292 power poles in Walton County will be inspected, strengthening or replacing those that no longer meet FPL's industry-leading standards.

Five intelligent devices will be installed as part of smart grid

technology upgrades on main, neighborhood and underground power lines. These automated smart switches help identify outages and reroute power to prevent more widespread interruptions.

Across Northwest Florida: FPL continuously pioneers new technology and strengthens the energy grid to improve reliability for its customers and avoid outages during good weather and bad, including:

• 32% fewer wooden transmission structures in Northwest Florida as part of FPL's efforts to harden the grid with steel and concrete structures.

• 90 miles of neighborhood power lines placed underground in Northwest Florida.

• 9,100 smart grid devices installed in Northwest Florida to improve outage detection and response.

State-of-the-art technology is being used to detect, maintain, and limit the impact of trees and debris that come into contact with FPL equipment.

A word from Bernard Johnson, senior external affairs manager for FPL: Our dedicated team is committed to providing customers in Walton County with safe and reliable electric service, all while keeping bills as low as possible. Although no energy grid is storm-proof, these upgrades have improved service reliability by more than 63% since 2018 in Northwest Florida, enhancing reliability day-to-day and during hurricanes and severe weather for our customers.

For perspective: An annual report filed March 1 with the Florida Public Service Commission details how FPL delivered the best service reliability in company history last year. This includes the company's lowest average number of minutes an FPL customer experienced an outage, surpassing the previous company-best performance set in 2023.





100 Years of Golf!

Eagle Springs Golf Course and Recreational Center is a 190 acre site located in DeFuniak Springs. The Club currently offers an 18-hole Golf Course, Public Swimming Pool and Clubhouse. Future expansion will include fishing docks, walking trails, basketball courts, tennis courts and much more. Eagle Springs Golf Course is available to host your tournaments and the Clubhouse is available for rent for parties, birthdays and weddings.

All Junior Golfers (15 and Under) play golf FREE.

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www.eaglespringsgolf.com

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# n Community



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# **Community**

# **Introducing Clint Gharib and Tim Pashley of Oxford Retirement Advisors**

Oxford Retirement Advisors, a leading financial advisory firm focusing on retirement planning and asset management, is pleased to announce the opening of their newest office in Santa Rosa Beach. This follows the acquisition of PFS Capital Management, with offices in New Jersey and Florida. Known for their client-centric approach and impressive track record of success, PFS Capital Management brings a wealth of experience in financial planning and estate management

"We are thrilled to welcome PFS Capital Management to the Oxford Retirement Advisors family," said Clint Gharib, Founder of Oxford Retirement Advisors. "Their deep knowledge of financial planning and unwavering commitment to putting clients' best interests first perfectly align with our mission. This acquisition significantly strengthens our ability to serve clients, enhances our presence in both the Northeast and Florida, and increases our planning capabilities across the board."

Clint Gharib is an Accredited versity — Go Hoosiers! — with Investment Fiduciary - AIF® and independent financial advisor with more than 36 years of experience advising both clients and other financial representatives across the United States. The AIF® designation is put out by Fi360.(Fi360.com) and all AIF® certified advisors are required to complete annual training as well as adhere to a strict Code of Ethics.

Clint is the founder and a senior member of Oxford Retirement Advisors. His life was forever changed when he was able to stay in college from gains made in the stock market, and he has had a passion for using the markets to accomplish dreams ever since. Mitigating risk has been and remains Clint's obsession.

A recipient of numerous awards as an advisor, Clint is an entrepreneur to the core and has appeared in or been quoted in media outlets such as Dow Jones Newswire, WSJ.com, Forbes, CNBC and AJC.com. Clint graduated from Indiana Unitwo Bachelor of Arts degrees in 1989. He has passed the Series 65 (Investment Advisor Registration), Series 7 (General Securities Registration), Series 24 (General Securities Principal) and Series 53 (Municipal Securities Principal) securities exams. He also has his Certified Financial Education (CFEd®) certification as well as life insurance licenses in many states across the United States. Clint says, that "Even after living here for the past 9 years, my wife and I continue to say to each other that we can't believe we live here almost every time we sit on the beach." We're living our dream here at the beach."

Timothy Pashley, CFA® and his New Jersey based team joined Oxford in October, 2024. Serving clients in both New Jersey and Florida, Tim is an independent advisor with more than 36 years of experience. Tim is a 1985 graduate of Taylor University with a B.S. degree in Accounting. He has passed the Series 65 (Investment Advisor Registration), Series 7 (General Securities Registration), Series 24 ( General Securities Principal) and is a CFA® charterholder - which was awarded in 2000. In addition, he has life insurance licenses in multiple states across the United States.

This strategic partnership increases Oxford Retirement Advisors' service capabilities and adds valuable experience in income and estate planning, tax strategies, and investment management. Together, they provide comprehensive solutions for clients nationwide. "The team at PFS Capital Management is excited to join Oxford Retirement Advisors. We have been independent for over 30 years. By joining forces with this terrific team we can provide unparalleled financial planning and investment management services providing our clients with even more experience and resources," said Tim Pashley, Founder of PFS Capital Management.

This acquisition marks a significant milestone in Oxford Retirement Advisors' continued growth and being well-positioned to meet the evolving needs of clients across the nation. For more information, please call, email or visit us online: www.OxfordRA. com.

Clint D. Gharib, AIF<sup>®</sup>, CFEd<sup>®</sup> Investment Advisor 404-479-8341 cgharib@oxfordra.com

Timothy Pashley, CFA® Investment Advisor 800-650-3191 / 609-390-9050 tpashley@oxfordra.com

6925 Hwy 98 East, Suite 300-A,D, Santa Rosa Beach, FL 32459 1455 Lincoln Parkway, Suite 325, Atlanta, GA 30346 1314 Route 9, P.O. Box 170, Ocean View, NJ 08230

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Clint Gharib

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While integrous is the adjective of integrity, Oxford Retirement Advisors was created to be the action of integrity helping you preserve your wealth and pursue your goals.

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# **Tim Pashley**

6925 Hwy 98 East, Suite 300-A.-D

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🏇 Community

# Hurricane Season Is Here—Are You Prepared? Essential Tips for Homeowners

issues now can prevent major

Use Stainless Steel

Apply Sealant. Use poly-

Screws. Attach soffit material

securely to the fascia and chan-

urethane sealant over the screws

and allow it to dry for 72 hours.

This extra step helps protect your

home from wind and water dam-

Why Choose a Fortified

in Storm Protection

**Roof? The Gold Standard** 

nels using stainless steel screws.

damage during a storm.

**5. Secure Soffits** 

age.

As hurricane season approaches, it's more important than ever to ensure your family and home are ready for whatever Mother Nature may bring. Storms can be unpredictable, but with the right preparation and knowledge, you can minimize risks and protect what matters most. Here's a comprehensive guide to help you get started.

# 1. Plan Ahead: Your Family's Safety Comes First

**Create an Emergency Plan.** Start by sitting down with your family to discuss what to do in case of a hurricane. Make sure everyone knows the emergency contacts, including fire, police, family, neighbors, friends, tree services, utility companies, and your insurance agent.

**Develop a Communication Strategy.** Choose someone outside the danger zone as your central contact. Use text messages during the storm, as they often work even when calls don't. If all else fails, communicate through social media.

**Decide on Meeting Locations.** Pick safe spots both inside and outside your neighborhood where you can meet if you get separated or if an evacuation order is issued.

**Prepare an Emergency Supply Kit.** Stock up on essentials like water, non-perishable food, medications, flashlights, batteries, and first aid supplies. Plan for at least three days' worth of supplies.

**Practice Your Plan.** Run through your emergency plan with your family so everyone knows what to do and where to go.

# 2. Stay Informed: Knowledge Is Power

Set Up Multiple Alert Systems. Don't rely on just one source for weather updates. Purchase a NOAA weather radio (preferably with a hand crank), enable wireless emergency alerts on your cell phone, and follow reliable weather apps or websites.

Monitor Updates Regularly Keep an eye on forecasts from the National Hurricane Center and your local National Weather Service office. Follow them on social media for real-time updates.

Know Your Location Fa-



miliarize yourself with your county and location on a map. This will help you understand evacuation routes and local warnings.

# 3. Review Insurance and Document Belongings

**Check Your Insurance Coverage.** Review your homeowner's insurance policy to understand what is and isn't covered. Keep your insurance agent's contact information in your phone and in a safe, accessible place offsite.

**Create a Home Inventory.** Use your cell phone to video each room of your house, including the contents of cabinets and closets. Make a detailed list of your belongings and store the video and list in the cloud for safekeeping.

Why It Matters. A thorough home inventory can speed up the claims process and ensure you receive fair compensation if your home is damaged.

### 4. Inspect and Repair Your Roof

**Hire a Licensed Professional.** Have your roof inspected by a trusted and licensed roofing company. They will check for damaged or loose shingles, tiles, or panels, as well as issues with vents, skylights, and chimneys.

**Look for Warning Signs.** Pay attention to curling, loose, missing, or torn shingles; cracked or unattached tiles; dents, loose screws, or rust on metal panels; and leaks around vents, skylights, and chimneys.

Address Problems Promptly. Repairing minor of Fortified Roofing—a system designed to meet the strictest standards for wind and storm resistance. Fortified roofs are built with enhanced fortunes such as evaluat

to be the area's only provider

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enhanced features such as sealed roof decks, ring-shank nails, and impact-resistant shingles, providing superior protection during hurricanes and severe weather.

# The Science Behind Fortified Roofs: Proven Results

Recent research highlights the effectiveness of Fortified con-

HURRICANE continued on page 16

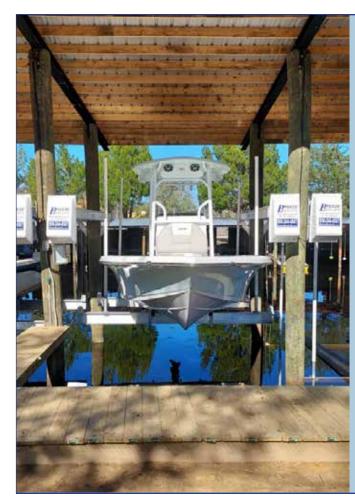


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# **Community**

# **Exciting Changes at Eagle Springs Golf Course**

By PAUL WILLMS

The Eagle Springs Golf Course, still basking in the glow of its 100th anniversary, is teeing up fresh surprises for players. Out on the driving range, three weathered vintage boats now sit as quirky new targets, their faded hulls glinting in

the Florida sun. Players like Jan Richards, Tom Bauer, and David Delahoussaye can't get enough of them, relishing the sharp clank of a well-struck ball against metal-a sound that echoes across the range like a golfer's victory chime. "It's like hitting a bullseye," Jan shared with a grin. The trio, however,





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Nov. 28 - Dec. 31



dreams of a few tweaks: yardage signs on the boats to dial in their shots and four ball washers-two up front, two in the back-to keep their gear spotless after those muddy range sessions.

Over at Hole 11, the green is getting a dramatic facelift. A sturdy retaining wall now braces an expanded layout, with fresh fill shaping a bolder challenge. Lake Stage Stand, named in the recent 5 Lake Naming Contest, looms larger than ever, its glassy surface daring golfers to carry their shots over the historic waterway once traveled by stagecoaches. The contest itself was a highlight of the centennial, with Director Shane Supple proudly receiving a plaque to mark the milestone, honoring names like Lake Harbeson and Lake PAR that root the course in Walton County's storied past.

# HURRICANE

### continued from page 15 struction:

A groundbreaking study by the Center for Risk and Insurance Research (CRIR) at the University of Alabama examined over 40,000 properties affected by Hurricane Sally. The findings are clear: homes built to the IBHS FORTIFIED standard were 70% less likely to have an insurance claim compared to traditional construction.

Peer-reviewed and real-world tested, the study confirmed that FORTIFIED homes suffered significantly less damage and required fewer insurance claims. When a claim was filed on a FORTIFIED home, the average damage was 22% less severe than on a standard home.

The financial impact is equally impressive. The report estimates that if every affected home had been built to the FORTIFIED Roof standard. total damage would have been reduced by more than \$147 million-saving homeowners \$42 million and insurers \$105.6 mil-

### Hole 11, a Wind Telephone has been installed, its simple wooden booth and rotary phone a quiet tribute to the father-golf connection. First seen at the Father's Day 2024 Pinehurst US Open, this symbolic feature lets players whisper messages to loved ones lost, carried away on the breeze-a fitting nod to the deep ties many share with this game. "It's a beautiful way to remember my dad," one golfer shared, his voice soft as he hung up the receiver.

Looking ahead, Superintendent Grounds Keeper Jonathan Patron is already eyeing the next big project: the Nest pitch and putt, set to break ground in October. With its rolling fairways, shimmering lakes, and a century of stories, Eagle Springs continues to be a golfer's haven where history and innovation swing in perfect harmony.

Adding a heartfelt touch near

Even more compelling: Homes with a FORTIFIED Roof designation outperformed homes roofed to building codes with very similar requirements by nearly 40%. This demonstrates the importance of the program's rigorous documentation and review process, ensuring that every Fortified Roof meets the highest standards.

lion in losses.

# Take Action Today: Protect Your Home and Family

Don't wait until the storm is on the horizon. By planning ahead, staying informed, and investing in a Fortified Roof from RoofPro Roofing, you can enjoy peace of mind knowing your home is built to withstand even the toughest storms. Ready to protect your home? Contact RoofPro Roofing today for a free estimate and learn more about Fortified Roofing solutions!

Your family's safety and your home's resilience are worth it.

# Spend a Special Day with Dad

Fatherhood often reveals its strength in quiet, everyday moments, from teaching us how to ride a bike, weekend ball games, late-night homework help, father-daughter dances, and silent support during life's tough moments. It's in these acts that dads, grandfathers, and father figures anchor our lives and help shape who we become. Father's Day is more than a celebration, it's a moment to reflect with gratitude on the countless ways they've shown up for us. This Father's Day, celebrate not just what they've done, but the enduring strength, kindness, and presence they bring into our lives every day.

There are plenty of ways along the Emerald Coast to show your gratitude. Hit the water on a Paddleboard or Kayak from Adventure 30A, Grayton Beach Kayak and Paddleboard or Topsail Outfitters. If you're looking to cast a line, book a fishing charter with 30A Inshore Charters, Bayflats Fishing Charters, Southern Renegade Charters, Grayton Girl Fishing Charters, One Shot Charters or Ambush Fishing Charters. If you prefer to stay on land, book a tee time at Santa Rosa Golf and Beach Club, Baytowne Golf Club, Raven Golf Club, The Links Golf Club, Origins Golf Club or Camp Creek Golf Course.

If you feel like hitting the court, make a reservation at Bayside Pickleball Club. Seascape Golf, Beach and Tennis Resort also offers Tennis and Pickleball. Cheers dad with a local brew from Idyll Hounds or Grayton Beer Company or relax with a cigar from Shore Thing Cigars.

Several local venues are offering unique ways to celebrate Father's Day this year. Gather Kitchen + Bar will host a special "Dads Day" event from 1 to 3 p.m., where families can enjoy hands-on cooking and cocktail crafting, with mocktails available for kids. The event is \$30



for adults and \$15 for children, and RSVPs can be sent to WCI-SocialEvents@stjoe.com. Later in the day, Fish Out of Water will feature a Prime Rib Special from 4 to 10 p.m., available on a first-come, first-served basis. For a memorable evening, consider the Father's Day Solaris Dinner Cruise, departing from

Baytowne Marina at 5:45 p.m. The three-hour cruise includes a chef-prepared dinner, live music, and sunset views. Tickets are \$89.50 for adults, \$48 for kids, and \$25 for infants. Reservations can be made at SunQuest-Cruises.com or by calling (850) 650-2519.

Whether it's sharing a meal, enjoying a fun experience, or simply spending quality time together, these moments create lasting memories and show appreciation for everything they do. However you choose to celebrate, it's a way to say the "Thank You" we often think but rarely speak.

and flexibility.

# All About Colonel Bogey

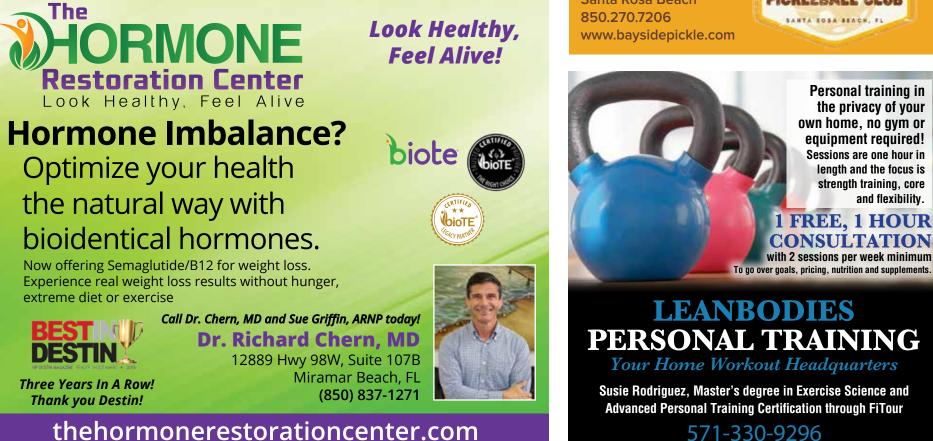
### BY PAUL WILLMS

The term "bogey" in golf has an interesting origin tied to British military culture. In the late 19th century, "Colonel Bogey" emerged as an imaginary "standard opponent" for golfers, representing a benchmark score of one over par on a hole. This concept was popularized by British serviceman J. Ricketts, who in 1914 published the marching tune "Colonel Bogey." The tune is said to have been inspired by a military officer who preferred whistling a descending minor third—heard at the start of each melodic line-over shouting "Fore!" during golf games.

Later, English composer Malcolm Arnold expanded the tune's legacy with "The River Kwai March," composed for David Lean's 1957 film \*The Bridge on the River Kwai\*, set during World War II. This countermarch added a cinematic dimension to the original melody. The tune also made a cultural nod in the short-lived series \*Jesse Stone\* (starring Tom Selleck), where the character watches the film repeatedly and humorously connects it to a scene where a Japanese prison camp commander urges starving prisoners to "be happy in your work," a phrase Jesse echoes to a motel cleaning lady.

Thus, "Colonel Bogey" bridges golfing tradition and military music, evolving from a whistled golf call to a globally recognized march.





# Wellness



# IRMAA and the 800 Racket

By Christian Regalado

If you're like some folks I talk with, you've been expecting your Medicare Part B premium this year to be \$185, but are surprised to see yours is more. This, my friend, is IRMAA. What's that? IRMAA, the "Income Related Monthly Adjustment Amount" is an additional charge added to your monthly Medicare Part B and (potentially) Part D premiums if your modified adjusted gross income (MAGI) exceeds certain limits.

When you begin benefits, any additional premium costs you may owe are based on the



# **Non-Surgical**

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MAGI from your tax return beginning two years prior to the year you start Medicare. And then it's adjusted annually, so if your income goes down, IRMAA does too. Depending on one's MAGI, monthly premiums paid for Medicare Parts B and D can rise. For Part B, premiums begin rising at \$106,000 for individuals and \$212,000 for joint income tax filers. Part D premiums are affected at higher levels. And for the highest income earners, Part B premiums may be \$628.90 per month and \$85.80 per month for Part D this year.

If your income has decreased and you wish to contest your IRMAA charges, you can do so on IRS form SSA-44 which allows for reconsideration based on life changing events.

On another note, I've heard from several clients about receiving multiple calls a day at times from solicitors talking about changes in Medicare that offer more benefits. I usually get at least one call a day from these telemarketers myself. They start by asking if you have Medicare Part A and Part B. If you say yes, they will advise you that you may qualify for a Medicare Plan with more benefits, and they can connect you to a licensed broker to find out. This is slick; Medicare doesn't allow brokers to make unsolicited calls-you have to give them permission to talk to you! So don't give them your personal information; they also sell it to other telemarketers. Just hang up!

We're outside of the Annual Enrollment Period, so you can't change your Advantage plan right now, anyway, without a qualifying event such as a residency move or a medical change that makes you eligible for a Chronic Condition or Complete Care plan. Not all insurance companies offer these plans. To qualify, you must have one of the following conditions: Cardiovascular Disorders, Chronic Heart Failure or Diabetes. For more information and to see if you are eligible to enroll now, give me a call and not an 800 number.

Of course I'm biased, but these telemarketing business models that make commissions by convincing 800 number callers to switch out of their perfectly suitable Advantage plan and/or collect their personal information in order to sell it to other telemarketing companies just rub me the wrong way. As someone who's been doing this for a while now, I can tell you it isn't uncommon for someone to call and inquire about potentially switching plans, only to find out they're better off sticking with the plan they've already got.

Medicare consultations are offered at no cost. It's much better to find a local broker who can educate you about all your options, and who will still be available to you after your enrollment. If you think you may qualify for a Complete Care plan or have any questions, give me a call. Remember my services are free to you and I am always happy to help a neighbor. Reach out anytime! Email Christian@evergreenhealthins. com or call (850) 687-7606.



# **Wellness**

# **Glow From Within:** How Food Impacts Our Skin Health

BY BRIDGET SULLIVAN, PA-C COASTAL SKIN SURGERY AND DERMATOLOGY, PCB

What we put into our bodies can have a profound impact on our skin's appearance and overall well-being. This article will explore the connection between nutrition and our skin. If you're struggling with skin ailments such as acne, rosacea, or eczema, the food you are eating could be contributing to the issue. In addition to using proper face washes and serums, you might want to consider reevaluating your kitchen pantry. The food that we eat can have an impact on our skin health and appearance. A study published in the Journal

of American Academy of Dermatology found that "increasing your dietary intake of fruits and vegetables for just six weeks resulted in a noticeable improvement of skin tone, brightness, and overall attractiveness." Another study published in The Journal

of Investigative Dermatology reported "regular consumption of Omega-3-fatty acids was linked to a reduction in skin inflammation and improved the skin barrier function." This highlights the impact that a healthy diet rich in nutrients can have on enhancing



the appearance and health of the skin.

Foods that are beneficial to our skin health and wellness include, but are not limited to:

• Carrots and sweet potatoes– Vitamin A–helps regulate skin cell turnover and repair • Citrus fruits and bell peppers–Vitamin C–promotes collagen production and fights oxidative stress

• Salmon and sardines-Vitamin D-supports your immune system and fights inflammation

• Sunflower seeds, spinach and broccoli– Vitamin E–protects against free radicals and supports skin barrier function

Lentils and seafood (tuna and shrimp)–Zinc and Selenium– help maintain skin integrity and reduce inflammation

• Avocados—antioxidants

and the healthy fat content aid in keeping skin moisturized

• Proteins in lean meats are beneficial for building collagen and elastin production

Lastly, we can't forget about hydration. Proper hydration and adequate water intake are crucial for maintaining a healthy body and healthy skin.

When it comes to your skin health, proper nutrition is key. While nutrition and diet can play a huge role in skin health, they are not the sole factors. Other factors include things like genetics, lifestyle habits, skin care routine, and environmental factors. Healthy skin leads to beautiful skin!

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# Events

# SOUTH WALTON EVENTS

# The REP Rumpelstiltskin in Seaside Mondays

The Seaside REP Theatre presents Rumpelstiltskin Mondays at 6 p.m. through Aug. 4 at the Seaside Amphitheater. This complimentary event will entertain the entire family. Step into the magical storybook world of Rumpelstiltskin where young Biddy, a humble peasant girl, must spin straw into gold. This captivating twist on a beloved classic is packed with adventure and humor. Visit LoveTheRep. com.

# The REP Snow White in Rosemary Beach

The Seaside REP Theatre presents Snow White, kids' theatre every Wednesday at St. Augustine Green in Rosemary Beach at 6:30 p.m. through August 6. This enchanting version of the classic Brothers Grimm fairytale features a heartwarming story, unforgettable characters, and many laughs, making it a delightful experience for the entire family! Visit LoveTheRep. com.



# Huck & Lilly @ Seaside Amphitheater Tuesdays and Thursdays

Huck & Lilly will perform live in the Seaside Amphitheater Tuesdays and Thursdays at 5 p.m. 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!

# Wild Sea Turtle Wednesdays

Join South Walton Turtle Watch on Wednesday mornings for Wild Sea Turtle Wednesday at The Big Chill 30A from 9-11 a.m. Learn about sea turtles and take the Jr. Ocean Ranger pledge to help keep our beaches clean, dark and flat for nesting sea turtles and baby hatchlings. The event is free and open to the public. Visit the fundraising table to paint, adopt a hatchling or purchase merch.

# Grand Boulevard Lawn Games

Bring the entire family out to Grand Boulevard to enjoy some fun! Summer Lawn Games will take over Grand Park from 5-8:30 p.m. nightly through August 9. Grab some food and drinks from one of the many restaurants in Grand Boulevard before you settle in to a fun round of corn hole, giant lawn chess, checkers and more.

# Family Fun at The Village of Baytowne Wharf

Baytowne is for family fun this summer! Events include Scallywag Sundays 7-9 p.m., Movie Mondays at 8 p.m., Boomin' Tuesdays with a DJ Dance Party followed by fireworks 7:15-9:15 p.m., Thursdaze Lights Show 9 p.m., and a Wednesday Night Concert Series 7-9 p.m.

# ECTC: Comedy on the Boulevard June 13

Emerald Coast Theatre Company invites you to Comedy on the Boulevard on Friday, June 13 at 7 p.m. Come for an uproarious night of laughs. This hysterical event will be hosted by Jason Hedden and staged on the Cabaret Stage in ECTC's main space located on the second floor of 560 Grand Boulevard. Learn more and purchase tickets at www.emeraldcoasttheatre. org.

# Hurricane Preparedness Town Hall South Walton June 16

Join the Walton County Emergency Management team for a Hurricane Preparedness Town Hall - South Walton for an eye-opening evening focused on keeping you, your family, and your business safe before, during, and after a disaster. The event takes place from 6-8 p.m. at the South Walton Annex BCC Boardroom, 31 Coastal Centre Blvd, Santa Rosa Beach, FL 32459.

# Topsail Hill Preserve State Park Guided Plant Walk June 16

Join Topsail Hill Preserve



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# Events

# SOUTH WALTON EVENTS



State Park and Master Gardener Bill Kuenstler on the third Monday each month from 9-11 a.m for a Guided Plant Stroll. The stroll begins at Tram Stop #2. This program is free with regular park admission.

# **Emerald Coast Blue** Marlin Classic June 19-21

Timed to coincide with the peak of the Gulf Coast's blue marlin season, and located at the South's number-one ranked resort destination, the Emerald Coast Blue Marlin Classic at

Sandestin Golf & Beach Resort sets the new precedent for world-class sportfishing tournaments. This annual event offers something for everyone. The spectacular nighttime weigh-ins are held at the Baytowne Marina at Sandestin and are open to the public. For registration, dockage, rules and schedule of events, visit fishecbc.com.

# **Grayton Beach Wine** Walk June 19

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The Grayton Beach Wine Walk is held every third Thursday from 5-7 p.m. beginning at Shacks Art. Stroll around to 6 unique merchants and indulge in a variety of wines and hors d'oeuvres. Then head back to Shacks deck for dessert, more wine and Live Music. The Dancing Raffle starts at 7 p.m. Win great gifts from artists, merchants, and awesome local spots around 30A. \$25 per person. Attendees are encouraged to purchase tickets at Shacks the day of or prior to the event.

ing contest, and hot dog eating contest. Come back at night to enjoy the Sinfonia Gulf Coast Pops Concert at 7 p.m. followed by a spectacular fireworks show over the Gulf at 8:30 p.m.

# **Rosemary Beach 4th** of July Bike Parade & Celebration

**Seaside Independence** 

**Day Celebration July 4** 

Seaside's Independence Day Celebration & Fireworks Spec-

tacular will take place July 4th

in the Seaside Amphitheater.

A favorite among locals and

visitors alike, the day is filled

with patriotic spirit, music, and

fun! The Block Party begins at

9 a.m. featuring family fun, a

REP performance, ECTC Mu-

sical performance, bike decorat-

The Rosemary Beach July 4th Celebration features fun for the whole family! The morning festivities begin at 7:30 a.m. with the annual Breakfast & Bike Decorating Contest in North Barrett Square followed by the Bike Parade & Block Party. Enjoy sweet treats from Kona

Ice as well as face painting, airbrush tattoos, balloons, colored hair spray and more!

# Red, White & Baytowne July 4

Join The Village of Baytowne Wharf this 4th of July for the spectacular Red, White, and Baytowne celebration! Enjoy LIVE music on the Events Plaza Stage from 7-9:15 p.m. from Tanner Gray Band, followed by a fireworks display that will light up the night sky at 9:15 p.m. The Village of Baytowne Wharf will also host kids' activities including kids' crafts, face painting, and balloon sculpting.

### **Farmer's Markets**

- Grand Blvd. Saturdays 9 a.m. - 1 p.m.
- Seaside Saturdays and Tuesdays 9 a.m. - 1 p.m.
- Peddlers Pavilion Sundays 9 a.m. - 1 p.m.
- Rosemary Beach Sundays 9 a.m. - 1 p.m.
- Grayton Locals Market Thursdays 10 a.m. - 2 p.m.



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# Wellness



### By Dr. Karen DeVore

If there's one thing I wish more people understood about their health, it's this: you cannot out-supplement or out-caffeinate your way through poor sleep. Sleep is not a luxury or a badge of productivity to skip-it's foundational to healing, balance and long-term wellness. At the Tortoise Clinic, where we approach health through both integrative and holistic lenses, sleep is often the thread that ties it all together.

We live in a culture that applauds hustle, thrives on stimulation and often views rest as a weakness. Yet, as a practitioner, I've seen time and again that when sleep suffers, everything else starts to unravel-hormones become imbalanced, digestion slows, inflammation increases,

### cravings intensify and mental The Integrative Approach to clarity disappears.

### Why Sleep Is Your Body's **Reset Button**

During sleep, your body performs its most critical behindthe-scenes work. Cells repair. Muscles recover. Hormones reset. The brain processes and detoxifies. In fact, deep sleep is when your body releases growth hormone, which helps repair tissues and regulate metabolism. Your liver is busy detoxing. Your immune system recalibrates. And your nervous system has a rare moment to truly rest.

When sleep is disrupted or insufficient, the effects can be wideranging and sneaky. You might wake up exhausted despite getting "enough" hours. You might feel wired at night and sluggish in the morning. You might have trouble losing weight, staying focused, or regulating mood. And here's the kicker: traditional labs may show everything as "normal."

That's where a holistic approach makes all the difference.

# The Underrated Power of Sleep

# Sleep

In integrative medicine, we don't just ask how many hours are you sleeping? We ask:

• How do you feel when you wake up?

• Do you have trouble falling asleep—or staying asleep?

• Do you feel wired at night and wide awake at 2 a.m.?

• Are you struggling with anxiety, hormone shifts or night sweats?

• Are you using screens late at night? Eating late? Skipping morning sunlight?

We look at the entire picture-nervous system function, cortisol rhythms, melatonin production, hormone balance, stress exposure, nutrition, lifestyle and more.

What many people don't realize is that sleep disturbances are often not about the sleep itselfthey're symptoms of deeper imbalances. At the Tortoise Clinic, we blend Western diagnostics and Eastern wisdom to get to the root. That might include looking at adrenal fatigue, estrogen/progesterone shifts, thyroid dysfunction, or gut inflammation-all of which can disrupt your rest.

### **Beyond the Sleep Aids**

It's tempting to reach for sleep aids or melatonin when nights get restless. And while they can offer short-term relief, they rarely address the why.

We prefer to ask: What is your body trying to tell you?

Sometimes it's a stress response that needs rewiring. Other times it's low progesterone, blood sugar instability or even chronic inflammation. Instead of masking those signals, our job is to decode them-and guide your body back into balance.

That might mean incorporating acupuncture to calm the nervous system, adaptogenic herbs to support stress resilience, magnesium to relax tight muscles or simple lifestyle shifts like screenfree evenings and earlier meals.

### Introducing: The Sleep Assessment

To better understand the sleep patterns and hormonal rhythms of our patients, I'm thrilled to share that we've launched a new,

non-invasive sleep assessment at the Tortoise Clinic. This easy, athome saliva test measures your melatonin and cortisol levels at key times throughout the night, along with progesterone, giving us a clearer picture of what's happening behind the scenes.

Unlike standard tests that offer a snapshot in time, this assessment helps us understand how your sleep hormones fluctuate overnight, guiding more precise and personalized care-without the need for blood draws or guesswork.

If you're tired of feeling tired—or if sleep has quietly slipped out of your routine and left chaos in its place-know this: rest is not a weakness. It's your body's greatest tool for repair.

And you deserve more than temporary fixes. You deserve answers, insight and support that meets you where you are.

At the Tortoise Clinic, we believe healing happens one steady, intentional step at a time-and sometimes, the first step is simply learning how to rest.



# Wellness

# **Book Review:**

Becoming Supernatural: How Common People are Doing the Uncommon



**R**EVIEWED BY MICHAEL MCMANUS, LCSW

"Becoming Supernatural: How Common People Are Doing the Uncommon" by Joe Dispenza is a captivating blend of science, spirituality, and personal development that invites readers to explore their potential for transformation. In this book, Dispenza presents a compelling case for how individuals can harness the power of their minds to create extraordinary changes in their lives.

The book is structured into two main parts: the science behind the phenomena and practical applications. Dispenza delves into the latest research in quantum physics, neuroscience, and epigenetics, illustrating how thoughts and emotions can influence our reality. He articulates complex concepts in an accessible manner, making it easy for readers to grasp the implications of his findings.

One of the most engaging aspects of "Becoming Supernatural" is the myriad of real-life stories from individuals who have experienced significant healing and transformation through the principles Dispenza teaches. These testimonials serve as powerful motivators, demonstrating that the techniques he describes can lead to tangible results.

Dispenza emphasizes the importance of meditation and visualization as tools for personal change. He provides step-by-step guidance on various meditation practices, encouraging readers to delve into their subconscious and reprogram their beliefs and habits. This hands-on approach empowers readers to take charge of their lives and cultivate a deeper sense of self-awareness.

However, some readers may find that Dispenza's reliance on anecdotal evidence and spiritual

concepts can come across as unscientific. Skeptics might question the validity of some claims, particularly those related to miraculous healings. Nevertheless, for those open to exploring the connection between mind and matter, the book offers a wealth of insights and practical strategies.

In summary, "Becoming Supernatural" is a thoughtprovoking read that challenges conventional beliefs and encourages readers to embrace their potential for change. Joe Dispenza's blend of scientific research and practical advice makes this book a valuable resource for anyone interested in personal growth, healing, and the power of the mind. Whether you're a seasoned practitioner of meditation or a curious newcomer, this book is likely to inspire you to unlock your own supernatural abilities. While I don't agree with everything in this book, I believe there's enough thoughtprovoking content to make it worth *reading*.

Michael McManus MSW LCSW has been a practicing psychotherapist for several decades in the Florida panhandle. He and his wife Angela have raised their 4 children here in Santa Rosa Beach, and in their spare time and enjoy Yoga, hiking, biking cooking and exploring. Michael can be reached by phone or by text at 1(850) 837-0123 or on his website: psychotherapy30A.com.



BY DR. JESSICA CLARK, BOARD-CERTIFIED DERMATOLO-GIST BEACH DERMATOLOGY SKIN Wellness Clinic

As the temperatures rise and we spend more time outdoors, summer brings a unique set of challenges for our skin. While sunshine, beach days, and fresh produce are hallmarks of the season, they can also contribute to a variety of skin issues-some of which may surprise you.

# 1. Sunburn and **UV Damage**

Sunburn is the most immediate and visible sign of UV damage. Even a single sunburn increases your risk of developing skin cancer, including melanoma. UV radiation not only causes redness and pain but also accelerates premature aging, including wrinkles, dark spots, and loss of elasticity.

# **Tips:**

**Michael McManus LCSW** 

Use a broad-spectrum sunscreen with SPF 30 or higher. Dr. Clark recommends products with zinc

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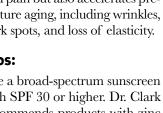
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**Summer Skin Concerns:** 

What You Need to Know—From a Board-Certified

Reapply every 90 minutes, or after swimming or sweating. Wear sun-protective clothing, hats, and sunglasses. Seek shade between 10 a.m. and 4 p.m. when the sun is strongest.

### 2. Heat Rash (Miliaria)

Also known as "prickly heat," heat rash occurs when sweat ducts become blocked, trapping perspiration under the skin. It commonly appears as tiny red bumps and causes itching or a stinging sensation.

### **Tips:**

Stay cool and avoid excessive sweating.

Wear lightweight, breathable fabrics like cotton.

Shower after sweating and keep your skin dry.

# 3. Acne Flare-Ups

Summer humidity and increased sweating can lead to clogged pores, especially in individuals prone to acne. Sunscreen-if not chosen carefully-can also exacerbate breakouts.

# **Tips:**

- Use non-comedogenic (won't clog pores) sunscreens and skincare products.
- Wash your face twice a day, especially after sweating.
- Consider using salicylic acid or retinoid products if breakouts worsen. Many people require prescriptions if over-the-counter products are not effective.
- Over-the-counter facial cleansing wipes can be helpful for

# SKIN

continued on page 35

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**Your Whole-Hearted Yes** 

# Wellness



By Stephenie Craig

Are you overscheduled? Perhaps you're rushing, exhausted and regretting your full calendar. Maybe commitments are positive like kid activities, time with friends, volunteer work, a celebration. However, when those events become the reality of your week and month, you want more time to just be with people, to be with yourself, to slow down and be present in the moment.

Saying too many yeses is tempting with many options and cultural encouragement to be involved or be left behind. Saying yes feels good and comes from a genuine place, but excessive yeses create feelings of regret and resentment regarding your time. Excessive yeses are a result of poor boundaries, guilt, fear of disappointing others, fear of being judged by others, obligation, proving your worth, fear of missing out, trying to earn approval, and attempting to keep yourself and others from experiencing uncomfortable feelings.

While saying no is healthy, it can be scary and hard. Saying no can upset people, result in missing out and creates uncomfortable feelings. However, learning to say no opens the pathway to your whole-hearted yes. Your whole-hearted yeses are commitments in alignment with your deep values and purpose. You can find your whole-hearted

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yeses by imagining you are at your life's end reflecting back on how you spent your time. What yeses feel worthwhile? What yeses might you regret? Will you feel good about doing 10 things with exhaustion and obligation? Will you feel better about doing three things with presence, connection and meaning?

Saying no and embracing your whole-hearted yeses allows you to release overwhelming stress. Your no's allow you to embrace simple joys and be present in your life. Saying no creates space to notice the vibrant color of the sky, the squirrel in the yard, the unfiltered laugh of a child, the snuggle of a pet, the flirty smile of your significant other. Your no's create space to appreciate rest, creativity, nature, unrushed conversation and your spiritual life. No makes way for the beauty of your deep and profound yes. So, how do you begin the journey to your whole-hearted yes?

### Five Ways to Find Your Whole-Hearted Yes

**1. Evaluate your schedule.** Look at your week/month. Notice how you feel. Are you exhausted? Do you have a sense of dread about commitments? Are you wishing for quality time for things that matter most to you? If yes, acknowledge it's time for a change.

**2. Begin cutting longterm commitments.** Think through how many commit-

ments you'd like to have on any week/weekend to feel balanced. Discuss with your family. Determine which current commitments are keepers based on your values and desired number of healthy commitments. Decide which commitments go. Perhaps each child has a limit on extracurricular activities. Maybe you don't renew your membership on a board or social group. Maybe you volunteer for one very important cause instead of five moderately important causes. This won't be easy and you will likely find sacrifice is required to create more margin.

**3. Start saying no to short-term commitments.** If you have decided you want no more than two weeknight commitments and two weekend commitments, once you've used up your whole-hearted yeses, no is the answer to other opportunities. Or swap one opportunity for another so you are holding your boundary on commitments.

4. Process your uncomfortable feelings. You might feel guilt, fear of missing out, fear of upsetting others. These feelings are normal and you can feel them and remember your whole-hearted yes to fewer high priority commitments is worth much more in the world than your exhausted, resentful halfhearted, over-committed yes. Also, remember you are the only person who can set boundaries for yourself in the pursuit of joy and purpose.

5. Unapologetically communicate your wholehearted yeses and your healthy noes to others. People who don't respect your healthy noes are not respecting

Continued on next page



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# Musing

# Page 25

# Sean of the South



By SEAN DIETRICH

The radio was on. WSM 650 AM. It was a summer night. The crickets were out. The garage door was open.

Daddy was changing the oil. He was lying beneath the Ford. I was sitting there, watching him work. Because that's what kids did before TikTok.

The garage was peppered with posters of fighter jets, and model airplanes. My father was obsessed with planes. All kinds. He wanted to be a fighter pilot as a boy. But he was deaf in his left ear. So he became an ironworker.

His voice came from beneath the car. "Be a pal and get me another one from the fridge?"

He wasn't talking about Coca-Cola. He wanted another bottle of Weekend Lubricant. I didn't have far to walk. The fridge was beside his workbench. Our family's beer fridge was always kept in the garage because we were Baptist.

I fetched another bottle. I handed it to my old man, who slid from beneath the car on one of those slider things with the wheels.

He was still wearing work clothes. Denim. Boots. He was still covered in soot from a day

### WHOLE-HEARTED

continued from previous page

your boundaries. You have no reason to be ashamed of wanting to give whole-hearted yeses. People in your life can learn to hear, "Thank you so much for the invitation. I appreciate your thoughtfulness. I won't be able to join the event due to other commitments."

Embracing your no and your whole-hearted yes can feel difficult at first. However, over time, it brings joy and flourishing to your life and relationships. Connect with us for counseling and coaching support along your journey at Journeybravely.com.

of welding column splices. It was Saturday. He had worked overtime, but still somehow had energy enough to cut the grass, paint the shed, and change the oil after work. Just how he was.

"Turn up the radio, Opie," he said.

He called me that because I had red hair. Although the truth was, I was pretty chubby and looked nothing like Ron Howard. In fact, I looked more like I had eaten Opie Taylor.

The radio was playing the Grand Ole Opry. The garage swelled with the sounds of steel guitars and twin fiddles.

My father discovered that I was a musical child from a young age. I was 4 when he marched me into the music minister's office and said, "My boy can sing. I want you to learn him to do it good." Daddy paid \$9 per week for voice lessons. That was a lot back then. The first song I learned was "Swing Low Sweet Chariot."

"Do you have regrets?" I asked my father.

"Huh?" came the voice beneath the four-wheeled piece of Dearborn Steel.

"Where'd you hear that word?'

Shrug.

**Mirrors** 

Service

He slid from beneath the car. He stared at me. "You mean do I

wish I'd done anything different? Of course I do. Everyone has regrets." "Like what?"

He was still lying on his back. Socket wrench resting on his chest. "Why do you ask?"

Another shrug.

"Well," he said, "I wish I'd gone to college. That's Number One. Wish I'd made something



of myself. Wish I didn't walk on iron beams all day. Lotta men die doing what I do."

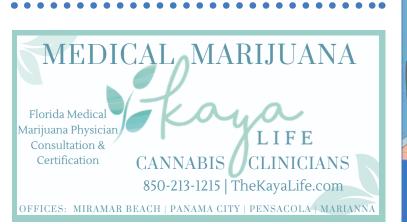
would've taken flying lessons. I always wanted to fly. But when they told me I'd never be a Navy pilot, on account of my dead ear, I cried for a whole year. I hated myself. Hated this gimp body God gave me. But I shouldn't have given up. Shoulda taken flying lessons. But I didn't. I re-

"For flying lessons?" Nod.

looked into the faroff. "I don't know. Maybe."

filled our garage. "But it doesn't matter, because you know what I've learned?"





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### "What?"

"When you were born, I learned that the most important thing I would ever do was be a daddy. I didn't care about me no more. I only cared about you. Cared about watching you succeed."

"Me?"

"Yessir. You shoulda seen yourself. You were pitiful. You came out of your mama helpless and nekkid. You didn't even have a name. So I gave you mine.

"And when I held you that

first time, I promised myself that anything I ever did, from that day on, would all be for you. That was my job. To look after you. Not to be a pilot. Not to be rich. Even after I die, so help me, I'll be looking out for you however I can. Because you're mine. And I'm your'n."

I am a middle-aged man now, older than my father was in my memory. But tomorrow night I will be performing at the Grand Ole Opry. And I wonder if he isn't the reason why.



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"What else?" He thought. "Oh, I wish I

gret that."

"Is it too late?"

He sighed and took a sip. He

The music of Loretta Lynn

Page 26

# **The Christian Capitalist Podcast:** Discussions of Hard Work and Generous Giving

# BY RICH SANDERS

The Christian Capitalist: The Gospel of Hard Work and Generous Giving offers a clear vision to people who work hard in all levels of the American economy: the more we make, the more we give. Founded on the concepts of the book, this movement is mobilizing Christians across the country to embrace business success and

radical generosity as acts of worship.

The Christian Capitalist Podcast is based on discussions with people who embrace these concepts and encourage others to do the same. In the coming months, we will feature guests on the podcast from the Emerald Coast with inspiring stories of hard work and generous giving to the poor and

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Christian Capitalists, "Locals Get It" refers both to readers and listeners hearing the message from our podcast guests and the poor and needy receiving the blessings that these hard-working people share with our community!

At its core, The Christian Capitalist movement is not about prosperity for its own sake, but about

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needy in our community. With thanking God for the blessings we receive by sharing them with our poor and needy neighbors. It teaches that we are created in God's image to work-diligently, ethically, and joyfully.

> The message is particularly urgent today. Christianity is in decline in America, especially among younger generations, while interest in socialism has grown. At the same time, many wealthy Christians feel conflicted by the Bible's warnings about riches. The Christian Capitalist addresses these tensions head-on, offering a theology of wealth that is neither indulgent nor ashamed. Instead, it offers a call to action: work hard and give generously to the poor and needy in Jesus' name!

> The Christian Capitalist Podcast amplifies voices living out this ethic in the real world-business, family. and community leaders who demonstrate that success and generosity are not mutually exclusive. From a realtor who provides holiday gifts to families in shelters, to business owners mentoring others in faithful entrepreneurship, these stories reveal the transformative power of using wealth for good.

> Importantly, guests of The Christian Capitalist Podcast don't promote a prosperity gospel, which promises wealth in exchange for faith. Instead, it promotes a "gospel of hard work and generous giving," rooted in Scripture and modeled after Jesus'

commandment to love our neighbors.

As Paul wrote to Timothy two thousand years ago, the wealthy are not to be arrogant or trust in riches, "but to do good, to be rich in good works, generous, and ready to share" (1Tim. 6:18).

That's the heart of The Christian Capitalist: a renewed Christian ethic of work and giving that brings glory to God and good to others. In a world in need of both economic wisdom and spiritual revival, this message is timely, transformative, and profoundly needed.

The Christian Capitalist Podcast is available through links on the website at christiancapitalist. life.

Rich Sanders is a pastor, small business owner, retired healthcare attorney and adjunct professor at Emory University, and former intelligence officer in the U.S. Navy, He and his wife, Rebekah, met at church in 1996, have been blessed with three children (James, William and Caroline) and live in Destin with their large golden retriever, Cowboy.

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# 🐞 Musing

# **Pickpocketed and Detoured by God**



### BY KIRK MCCARLEY

If I hurry, I may be able to catch an earlier flight home. I dropped off the rental car at Charlotte Airport and scampered to the terminal. As we approached the ticketing agent, I reached into my wallet to retrieve my driver's license only to discover no wallet, thus no license. Darn it, I left it in the rental car.

I was furious at allowing myself to have misplaced the valued possession and proceeded to unleash self-directed aggravation and fury.

Back I jogged to the rental car customer service desk to see if a wallet had been retrieved as I recalled right where I had left it. National Car Rental had already dispatched my vehicle for service and cleaning, an impressive turnaround. After a few moments my missing possessions were located and in about ten minutes returned to me, everything intact except for some cash that seemed to have affixed itself to some sticky fingers in transit.

The missing dinero is another story, however.

Why such a reaction to begin with, though?

It had not been much more than a month earlier that I left that same wallet in a grocery shopping cart. The friendly and professional staff at my local Publix took my phone number and, after I returned home, called me not much less than half an hour later to report that they had a find.

In both instances, there was little reason to have been so frenetic. So why? It was inexcusable.

"Hurry sickness," "time urgency," or whatever you choose to call it, isn't an actual medical or mental health condition. Is it brought about by a case of wanting to make the "most" of any moment? Are there issues of self-worth, of legitimizing oneself to demonstrate value to yourself or others? How often do we hear others or even ourselves respond, "busy," when asked how we are?

Which of these acts and actions strikes a chord?

Speeding, both in your car and through your meals, conversations, or the grocery store?

Frequently performing time calculations in your head to see whether you can fit in another task?

Feeling irritable when you face delays?

Endlessly running through your "To Do" list in your head to make sure you haven't forgotten anything?

Do stress, anxiety, and worry creep in? Are there other effects, such as difficulty sleeping, headaches, or stomach upset? If we don't slow down, might we misplace our wallet, or bring about something worse?

What to do? First, schedule time for yourself. With that, physical exercise such as a 30-minute walk can be of benefit. As you walk, focus on your breathing. Disconnect the temptation to multitask by talking on the phone or texting. After the walk, slow down the inclination to respond immediately to every one of those emails. Assess the items of highest priority and address them first, one at a time. Apportion quality time to family and loved ones; listen well. Allow adequate time to unwind at the end of the day and ease into adequate sleep.

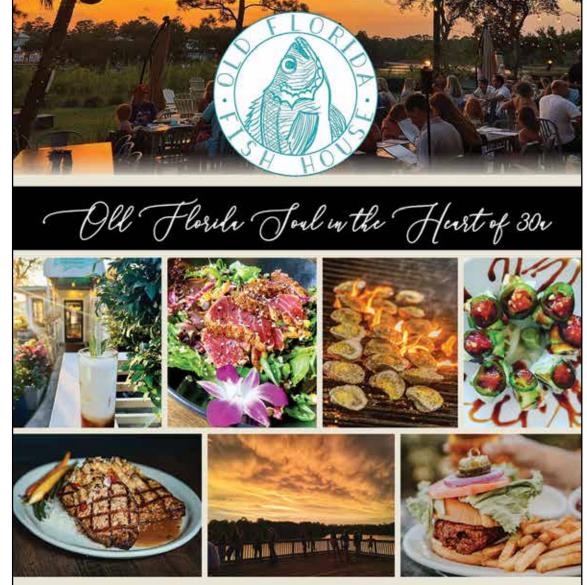
The good news is that my wallet was recovered at both Publix and the Charlotte Airport. In Charlotte, my regularly scheduled flight was not for another five hours. I could choose to camp out at my gate, working, but was instead called to something of greater substance. In my many trips through Charlotte, I've often passed by the entrance to the Billy Graham Library and had been curious to check it out. Here was my opportunity to visit the boyhood home of one of the great faith leaders of the 20th century. My wife and I hired an Uber to transport us to spend a delightful and inspirational couple of hours after making our way through the "foot of the cross" configuration at the entryway. At the end, one of the volunteer workers prayed over us and our family.

That day, God had gotten

my wallet and taken me exactly where He wanted me to be. The message I sensed to me: "Slow down, son, now do I have your attention?"

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 is also a Production Assistant for both college football and basketball for ESPN and leads group cycling classes as a Certified Spinning instructor. Contact kirk@theseedsowercoach.com, theseedsowercoach.com, or call (314) 677-8779.





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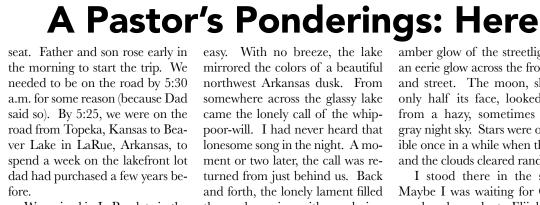
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# 🔅 Musing



### BY REV. PETE HYDE

It was the summer of 1968. The base model 1963 Chrysler Newport (the only options were automatic transmission and power steering) was loaded to overflowing. A 14-foot john boat was strapped to the roof rack. A nine-horsepower Sears outboard was loaded into the trunk. Camping, fishing gear and supplies for a week filled every other inch of the car, including the middle of the front bench



We arrived in LaRue late in the afternoon. The boat and motor were unloaded at the water's edge. A suitable campsite was found and set up. Dinner was prepared on a Coleman stove. We wandered down to the lake to see if the fish were biting. There was a spring about ten yards out from the shore that had been covered when the lake filled. A worm on a hook cast in the general area would bring a catch of a hand-sized perch on every try.

As the sun set, we had caught enough perch. It was almost too

easy. With no breeze, the lake mirrored the colors of a beautiful northwest Arkansas dusk. From somewhere across the glassy lake came the lonely call of the whippoor-will. I had never heard that lonesome song in the night. A moment or two later, the call was returned from just behind us. Back and forth, the lonely lament filled the cool evening with a calming song of God's creation. It was a moment I will never forget, and each evening I would listen to the song of the whip-poor-will until my eyes closed for the night.

Last night, before bedtime, I stepped out onto the back porch. The air was sauna-thick with humidity. Warm lights came from the homes around the neighborhood. A dog down the street vapped at something. It was nighttime, quiet except for the sound of an occasional car running down 30A, speeding, of course. The amber glow of the streetlight cast an eerie glow across the front yard and street. The moon, showing only half its face, looked down from a hazy, sometimes cloudy gray night sky. Stars were only visible once in a while when the haze and the clouds cleared randomly.

I stood there in the silence. Maybe I was waiting for God to speak as he spoke to Elijah in the silence. Then, from back in the dark woods across the road in Topsail State Park, the lonely call of a whip-poor-will shot through the stillness of the night. "Whipo-will... whip-o-will... whip-owill." The solitary call in the night reminded me of that first time I heard a whip-poor-will call in the night. My dad has been gone forty years now, but whenever I hear the call of the whip-poor-will, I have a feeling he is still with me.

As I stood quietly on the porch last night reflecting on the struggles of my life, I believe the whip-poorwill call was also a reminder that God is with me in the struggle and in the victory. In the darkest night of the soul, in the stillness of the lonely feelings of despondency... whip-o-will... whip-o-will... I am with you... I am with you... I am with you.

When Elijah finally quit running from the struggles of life and sat in desperation under the broom tree in the desert calling out to God to take his life, God sent angels with food and drink and rest to renew his body and spirit for the task ahead. Whip-o-will. . . whipo-will... whip-o-will. I am with you... I am with you... I am with vou.

God is with you and me every day. Stop, look, listen this week. God is here.

Rev. Pete Hyde serves as chaplain with the South Walton Fire District

# **A Slow Pass**

### By Rick Moore

I decided to skip my usual drive on Highway 98 and take Scenic Gulf Drive instead. The speed limit was twenty miles an hour. With the car windows down, slowly cruising along the beautiful shores of the Emerald Coast, I noticed several people parasailing. I longed to be up there, high above the waves, riding the air currents without a care in the world. But this moment of peace was interrupted when my phone rang. After checking the caller ID, I made the rare decision to let the call go to voicemail. That one simple choice changed the entire outlook of everything that happened for the

rest of the day-in a very positive way. It was my moment of solitude. Having moments of solitude doesn't mean you're lonely; it means you're enjoying being alone. Taking time to be alone may be exactly what you need to relieve anxiety.

Earlier that day, I had encountered a situation that brought on extreme anxiety. I became nervous and started to stutter. Stuck between a rock and a hard place, and given very little time to resolve a difficult matter, it felt like the weight of the world was on my shoulders. Being pressured to move quickly can lead to panic attacks. We all experience anxiety. It's often driven by a strong desire to succeed or to impress others. If this happens to you, pause and take a deep breath. Stop and think. Be where your feet are. Take a moment to regain your composure. Quit magnifying the causes of your stress, and let go of your problems. When the immediate crisis is over, find time to decompress. Those of us who live near the coast are so blessed to be able to visit the beach and listen to the waves. Neurologists say listening to waves positively influences our nervous system. Ocean waves follow a rhythmic pattern of 12 cycles per minute, mirroring the breathing pattern of a relaxed person. This is why sitting on the beach is such a great place to chill.

Some anxiety comes from external sources we can't control, while other anxiety comes from internal sources we can control. Don't take

yourself so seriously. Forget about others' perceptions of you. More importantly, forget about your own perception of you. Forget how well you did-or didn't-perform. Forget your failures. Forget the pressure to keep up with the neighbors. Instead, incorporate healthy habits and get plenty of rest.

Another way to relieve stress and anxiety is to spend quality time with others. Shortly after we purchased annual passes for a theme park in Orlando, my wife unexpectedly had to have a major procedure on her hip. We debated whether she was well enough to make the trip. The decision was made to rent a wheelchair inside the parks. Friends we were going with encouraged us to get a Fast Pass, which allowed us to experience more rides in a

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shorter time. A Fast Pass is nice, but my question was: where can we get a "Slow Pass?" There are times when the thrill of riding every rollercoaster in the park is fun, but the truth is, there are also times I just like to slow down. Fortunately, we found a good mix-skipping the long lines without feeling pressured to race off to the next ride. I enjoyed the new attractions, but my favorite time in the park was sitting on a bench, just talking with friends. Treat yourself today to a "Slow Pass." It's free—and it leads to a better you. Your family will be glad you did, your co-workers will be glad you did, and most of all, you will be glad you did.

Rick Moore is Communication Pastor at Destiny Worship Center



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# Arts & Music

# Sinfonia Youth Orchestra Celebrates Seniors and Expands Awards at 2025 Spring Concert

Sinfonia Gulf Coast's Sinfonia Youth Orchestra (SYO) capped off its 2024–2025 season with an uplifting and memorable Spring Concert entitled "Out of This World" on Sunday, May 4, at Destin High School. The free concert series featured nearly 100 student musicians performing intergalactic-inspired music across two concerts showcasing all levels of the SYO music education programs.

Kalle Guerrero, a homeschool student and French horn player, was named the 2025 recipient of the Grace Fulcher Memorial Scholarship, awarded annually to a Sinfonia Youth Orchestra senior who demonstrates exceptional leadership and service. Guerrero's involvement spans a wide range of impactful activities, including founding a homeschool co-op, mentoring peers, and supporting individuals with disabilities—all while excelling musically.

Two additional scholarships were introduced this year, each carrying a \$500 award. Ava McCallister, a violinist from South Walton High School,



was selected by teaching staff to receive the Exemplary Character Scholarship, which honors a student who consistently demonstrates integrity, compassion, and resilience. The inaugural Talented Musician Scholarship went to Zaki Beckler, a tuba player from Gulf Breeze High School, in recognition of his musical excellence and creativity throughout his time in the program.

The 2025 Sinfonia Youth Orchestra graduating class includes nine talented student musicians from across the region: Zaki Beckler (tuba, Gulf Breeze High School), Sheamus Drummond (percussion, Destin High School), Sage Floyd (violin/oboe, homeschool), Kalle Guerrero (French horn, homeschool), Sunny Kelley (clarinet,



Destin High School), Tyler Lewis (trumpet, Crestview High School), Dalton Lester (bassoon, Baker High School), Ava McCallister (violin, South Walton High School), and Elisha Whiddon (trumpet, Baker High School).

"These students are not only talented musicians—they're future leaders, educators, and creators," said Sinfonia Youth Orchestra music director Margaret Gordon. "Their contributions have helped shape our ensemble and their impact will be felt long after they graduate."

"Education is the cornerstone of Sinfonia Gulf Coast's mission," added Demetrius Fuller, Sinfonia Gulf Coast music & artistic director. "Honoring our seniors and awarding scholarships reflects our commitment to shaping not only great musicians



but great citizens."

Since it was established in 2007, Sinfonia Gulf Coast has served more than 220,000 children in Okaloosa and Walton Counties. SYO programs include the Symphonic Orchestra, for intermediate to advanced (All-State level) middle and high school student musicians who play strings, winds, brass, and percussion; Sinfonietta Strings, open to beginning string students; and Intermediate Strings, open to intermediate string players. SYO will open auditions for 2025-2026 in June.

For information on how to audition for the Sinfonia Youth Orchestra or to support its education initiatives, contact Margaret Gordon at mgordon@ sinfoniagulfcoast.org or call (850) 460-8800.



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# **Upbeat Ideas for Music Learning this Summer**

Summer break offers students a well-deserved rest from the demands of school, but for music students, it can also mean a loss of progress without consistent practice and instruction. Retaining musical skills over the summer requires thoughtful engagement, consistency, and creativity. Here are effective ways to help students maintain and even enhance their musical abilities during the summer months.

# 1. Establish a Flexible Practice Routine

While daily practice is ideal, it's important to keep it manageable and fun during the summer. A flexible schedule, perhaps 15 to 30 minutes, 3 days a week, can prevent skill regression without overwhelming the student. Encourage students to pick their own practice times and mix in pieces they enjoy. This approach builds autonomy and keeps their love for music alive.

# 2. Set Short-Term Goals

Setting small, achievable goals can give students a sense of direction. These might include learning a new song, mastering a tricky passage, or improving note reading. Short-term goals make summer practice feel purposeful and rewarding. Parents and teachers can help students outline these goals at the beginning of the break.

# 3. Explore New Music and Styles

Summer is a great time for musical exploration. The "Parents" website has great ideas to have music fun with your children: www.parents. com/preschool-music-activities-2764608. Students can be encouraged to learn songs from different genres or cultures, or to try writing their own songs. Or pull out that vintage record player and play some old LPs on it that you find at the thrift or online store.

# 4. Use Technology and Apps

There are numerous fun and interactive music apps and online tools designed to reinforce learning. From rhythm games to ear-training exercises, these tools can supplement regular practice and improve core skills. Websites such as www.classicsforkids. com/music-games, www.pb-



skids.org/games/music, www. insidetheorchestra.org/musicalgames/#strings, and www.kids. carnegiehall.org/quizzes provide engaging interactive music games.

# 5. Participate in summer music events

Attending a music camp or live performance can be a transformative experience. Many of the local restaurants and family venues have live music daily during the summer with fun, memorable songs. Children glean lots of musical creativity by watching professional performers up close. These experiences can motivate students and encourage them when they return to lessons with renewed energy, creativity, and perspective.

# 6. Perform Informally

Encouraging students to perform for family, friends, or at community events can keep them engaged. These low-pressure performances help develop confidence and give students a reason to keep practicing. Recording performances and sharing them can also serve as both a motivational tool and a keepsake of their progress.

# 7. Involve Family and Friends

Support from family can make a big difference. Parents don't need to be musicians themselves, they can show interest by asking questions, listening to practice sessions, or helping set up a practice schedule. Peer practice or jam sessions with friends can also keep the experience social and enjoyable. Or try writing a song together.

Maintaining musical progress over the summer doesn't have to require intense discipline. By keeping practice enjoyable and integrating music into daily life, students can return to their regular lessons refreshed and possibly more advanced than when they left. With the right approach, summer break can be a bridge to greater musical growth.

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Page 32

# **South Walton Live Music Scene**

# Old Florida Fish House Weekdays

For over a decade, Old Florida Fish House has proudly featured local live music. Catch artists playing inside the coveted bar and lounge area as well as in the large outdoor dining space situated among the palm and oak trees under the twinkling lights next to Eastern Lake. Visit www.oldfloridafishhouse.com.

# FOOW Live Music Fridays and Sunday Brunch

Enjoy live music on Friday nights, and Saturdays and Sundays for Brunch featuring bottomless mimosas at FOOW - Fish Out of Water. The Gulf front restaurant invites you to delicious dining paired with live music. Visit foow30a.com.

June Brunch live music sched-

- ule 11 a.m. to 2 p.m.:
  - 14: Zack Mannino
  - 15: Ray Hitchell
  - 21: Brett Stafford Smith
  - 22: Matt McCarthy 28: Brett Stafford Smith
  - 20: Dreu Stanord Smith
  - 29: Luke Pinegar

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brate all things Sunday Funday in Grayton Beach! Come for brunch starting at 11 a.m., and stay for the music and dancing. Have a mimosa or go all in with their famous Build Your Own Bloody Mary bar. Sunday afternoon essentials include crawfish and cold beers starting at noon. Enjoy live music with the Christon Birge Duo 12-4 p.m., the Pickled Pickers at 5 p.m., and and new band TBA at 8 p.m. Check ajsgrayton. com for other live music throughout the week.

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# Sounds of the Summer! LIVE! at Grand Boulevard Thursdays

Mix, mingle, and enjoy live musical selections performed by the talented company actors at Emerald Coast Theatre Company's Sounds of the Summer! LIVE! every Thursday night through July 3rd, at 7:30 p.m. Meet the local and regional actors that grace the ECTC stage outdoors by the fountain in Grand Park. Don't miss this unforgettable limited engagement performance. This event is free and open to the public. First come, first serve seating is available, however, we recommend you bring a chair to enjoy the event.

# Baytowne Wednesday Night Concert Series

Live music concerts take place in the Baytowne Events Plaza every Wednesday night from 7-9 p.m. Various local and regional artists perform throughout the year - see the lineup. Bring your lawn chairs and blankets. Free and open to the public.

June 11th: Sevenply

June 18th: Jarred McConnell and The High Aces

June 25th: The Funky Lamp-

shades

July 2nd: Modern Eldorados

# **Shunk Gulley**

Shunk Gulley is a premier location on 30A for live music, bringing in artists from around the Gulf coast and beyond. Whether you just want to relax to indie guitar players or upbeat party songs, the talented musicians know the vibe of the area. Visit www.shunkgulley.com.

# **Red Fish Taco**

Live music is a central component of Red Fish Taco's festive atmosphere. Rock out to local and visiting musicians in their outdoor covered Garden Room. Catch Brett Stafford Smith every Monday in June and Casey Kearney every Tuesday. Check redfishtaco. com for other featured musicians every day of the week.

# The Bay

Come out to The Bay with family and friends every Wednesday night starting at 5 p.m. for dinner, cold drinks and a bonfire with various musicians on the beach of the Choctawhatchee Bay. It's a midweek tradition in South Walton. Sunday Pickin' @ The Bay features The Sand Ole' Opry with Mike Whitty & Friends on stage from 4-8 p.m. Mike brings in new musicians to play every week.

Wednesday night schedule: June 18: Molly Thomas and the Rare Birds

June 25: Stormfolk

continued on page 35





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# **Gulf Coast Prepared:** Readying Your Property for Extreme Heat & Storms

### By Todd Morris

I've lived and worked along Florida's Gulf Coast long enough to know how quickly things can change. One minute, the sun's out and the beach is calling—and the next, you're pulling out storm prep checklists and securing the shutters. The good news? A little maintenance ahead of time can save you a whole lot of trouble later.

As someone who's been part of this community for years—living here, working here and walking through plenty of job sites—I've seen how a little planning goes a long way. Folks who keep up with maintenance usually come through storms and long summers with fewer problems and a lot less stress. So, if you're like me—someone who'd rather be fixing things before they break here's what you should know.

The Quiet Culprit — Heat and Salt Air: Living and working this close to the coast has its perks, but the salt air and summer heat can quietly wear things down. Salt particles in the air settle on your windows and frames, especially anything metal. Over time, they eat away at the finish and start corroding anything they touch—including your window seals. Once those seals go, you're looking at foggy glass, less insulation and more strain on your air conditioning.

The heat doesn't help either. Hot days followed by cooler nights cause your windows to expand and contract constantly. That stress makes seals crack and eventually fail. Once moisture starts getting between the panes, you've got a problem that's only going to get worse.

Cleaning your windows regularly gets rid of the salt before it can do any real damage. And when your windows are clean and working like they should, your home stays cooler, your energy bills stay lower and you avoid costly replacements down the line.

**Recognizing Warning Signs: Protecting Against Damage:** Take a slow walk around your home or business and really look at each window. Run your hand along the edges. If anything feels soft, warped or drafty—make a note of it. A little attention now could save you a big repair bill later.

Foggy windows, sticky frames or signs of water leaks? Don't ignore them. Are you seeing cloudiness between the panes? That's not dirt—it's usually a broken seal. These are early signs your window seals might be compromised. Rust on hinges or latches? That means salt and moisture are doing damage. Mildew or mold around the corners? Water might already be getting in.

Even small things—like a rise in your energy bill—can point to problems with your seals or insulation. If you don't address them,





these issues can let water seep into your walls and framing, leading to rot, mold and major structural problems.

The sooner you catch these issues, the better. Keith Window Company is a great go-to for that kind of work.

Storm Readiness: Windows, Doors and Shutters:

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Once you've checked for warning signs, a solid storm plan starts with a hands-on look at your windows and shutters. Check your window seals by looking for cracks in the caulking or feeling for any air leaks around the edges—especially on windy days.

When it comes to shutters, don't wait for a storm to see if they work. Open and close them a couple times each season to make sure the tracks are clear and everything locks in place like it should. Spray a little lubricant if they're sticking.

And don't overlook your yard. Make sure large tree limbs are trimmed back away from your home. Branches that hang near windows or doors can snap off in high winds and do serious damage.

Hurricane season's no joke. If windows are dirty, trapped grit and salt can scratch the glass when shutters go up—like sandpaper in high winds. A proper cleaning before storm prep helps avoid that.

While you're at it, give your doors, screens and storm shutters a once-over. I recommend calling Higgins Home Repair or Seaview Glass & Mirror if you need screen or patio door work. For new windows, City Glass or G&S Glass are solid choices.

Also—don't leave outdoor furniture or signs unsecured. It doesn't take much wind to turn something small into a big problem. And check the weatherstripping and caulking on your windows and doors. If it's peeling or cracked, water's going to find a way in.

And here's the bigger picture: fixing these issues now doesn't just save you money—it strengthens your home or business before the next big storm. Solid seals, dry walls and windows that work like they should all add up to a structure that's ready to handle whatever weather rolls in.

**Community Strength** — **Your Local Experts:** We've got a strong community here on the Gulf Coast. At Fish Window Cleaning, we take pride in teaming up with other local pros to help you stay ready, safe and in control—no matter what the season brings.

If window care is on your list this season, we're always here to help. Fish Window Cleaning works across the Gulf Coast and can take one more task off your plate—so you can focus on enjoying all the good parts of coastal living, with fewer surprises.



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### Page 34

# Business



### By JULIE A. MARTIN

As we do every year, Bay Life is bringing readers up-to-date guidance on preparing for hurricane season—this time with the help of local expert Abora Insurance. With this year's storms predicted to be more frequent and intense and Hurricane Season beginning June 1, making sure your homeowner's and flood insurance policies are in order is more critical now than ever.

Here are the essential coverages every Florida homeowner should review now:

### Hurricane & Wind Coverage

Most Florida policies (HO3, DP3, HO6, HO4) include hurricane, named storm or wind/ hail coverage under a separate deductible. Ideally, your wind coverage should be included in

# Storm-Ready Starts with Coverage: What You Need to Know Before Hurricane Season

your main home policy to avoid gaps. If your insurer doesn't offer wind in your area, you'll need a stand-alone wind policy—and must ensure coverage details match to avoid surprises.

Tip: "Hurricane" coverage typically offers the best protection, applying your larger deductible only to named hurricanes. Smaller deductibles would apply to other wind-related damage.

### Coverage A (Dwelling Limit)

Make sure your home is insured for today's rebuild costs not what it cost years ago. Data shows nearly 2 in 3 homes are underinsured. If disaster strikes, inadequate coverage could leave you paying thousands out of pocket.

# Loss of Use (or Loss of Rents)

This coverage pays for temporary housing if your home is unlivable. For landlords, Loss of Rents ensures continued income during repairs. Not all rental policies include this—check with your agent. Remember, there needs to be direct physical damage to trigger this coverage. Some rental policies don't in-



clude Loss of Rents so you will want to read your policy or call your insurance agent so you know for sure.

### Law or Ordinance Coverage

Florida's building codes change often, especially after major storms. If your home needs to be rebuilt to new code, this coverage helps cover the added cost. Most carriers, if they have it available, offer either 10%, 25% or 50% coverage. This percentage is tied to your Dwelling Limit. If you have extensive hurricane damage, like we saw with Hurricane Michael, there may be new building codes you must adhere to in order to rebuild. The additional Law or Ordinance cover-



age is crucial to your protection, since your policy is designed to rebuild your home as it was before the damage, with similar materials and quality, and not with more costly materials that could now be required by more stringent construction codes that may have come into play. After storms like Hurricane Michael, this protection proved essential.

### **Flood Insurance**

Standard homeowners insurance does not cover flood damage—and floodwaters can result from both hurricanes and regular rain events. While some carriers offer limited flood endorsements, most homeowners need a separate flood policy. Although there are a few carriers who will add flood coverage as an endorsement to a home policy, it is infrequent.

### You have two main options:

• NFIP (National Flood Insurance Program): For most insureds, your flood policy will be a separate policy written through the NFIP (National Flood Insurance Program), and, unless your lender requires the policy, or you're closing on a new purchase, there is a standard 30day waiting period through the NFIP before your flood policy will become effective.

• Private Flood Insurance: Growing in availability, often with broader coverage and less waiting, Private flood insurance is an alternative. Many of the private markets in in the country, and especially in Florida, offer broader coverages than the NFIP and these should be considered as an alternative to maximize your protection.

Call (850) 424-6979 or visit www.getabora.com to review your policy before the next storm blows in.

Stay ready. Stay protected. We're here each year to help you do just that.

Abora Insurance has served Destin, Niceville, Fort Walton Beach, Miramar Beach, Freeport, Santa Rosa Beach (30A) and Inlet Beach for over a decade. They work with top-rated carriers to tailor coverage for home, auto and life insurance.



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# 🐲 Business

# **SKIN**

continued from page 23 teenagers who play sports and cannot rinse off quickly.

# 4. Melasma and Hyperpigmentation

Sun exposure can trigger melasma-brown patches commonly appearing on the face and worsen existing dark spots, especially in individuals with darker skin tones.

# Tips:

In addition to sunscreen, use wide-brimmed hats and sunglasses.

Consider using a topical antioxidant like vitamin C to help prevent pigmentation.

Be careful with hormonal therapy. Oral birth control pills, hormone replacement therapy, and topical hormones can significantly exacerbate melasma.

Consult a dermatologist for tailored treatments, such as prescription creams, chemical peels, microneedling, and laser.

# 5. Phytophotodermatitis: The "Margarita Burn"

Phytophotodermatitis is a lesser-known but increasingly

# LIVE MUSIC

continued from page 32

### Watersound Sounds Like **Summer Series Thursdays**

The Watersound community invites you to Sounds Like Summer, a series on Thursday nights through August 14, featuring live music, theater, outdoor movies and more under the shade of The Pavilion at Watersound Town Center. Featuring ample parking, a covered pavilion, and ceiling fans, all familyfriendly events are free and open to the public.

### 2025 Sounds Like Summer Schedule

June 12th: 30A Songwriters Showcase – Abe Partridge Band June 19th: Neighborhood Fun

Run with Fleet Feet

June 26th: 30A Songwriters Showcase – Ruthie Foster

July 10th: The REP Children's Play - The Complete History of America

July 17th: 30A Songwriters Showcase – Gurufish

- July 24th: Kids Fair & Music July 31st: The REP Children's
- Play Rumpelstiltskin August 7th: 30A Songwriters

Showcase - Livingston Taylor August 14th: Neighborhood Fun

Run with Fleet Feet Learn more: www.joe.com/watersound-town-center.

common summer skin reaction caused by a combination of plant chemicals and sun exposure. Common culprits include

lime, lemon, celery, parsley, and figs. When these plant-based photosensitizers come into contact with your skin and are then exposed to sunlight, a toxic reaction occurs, leading to blistering, redness, and hyperpigmentation.

It's often dubbed the "margarita burn" because squeezing limes into drinks while outdoors is a frequent trigger.

### Signs and Symptoms:

- Redness and burning sensation within 24 hours of sun exposure.
- Blistering that resembles a chemical burn.
- Irregular dark brown or gray patches that can last for weeks or months.

### Tips:

Rinse your skin thoroughly after handling citrus fruits or other photosensitizing plants. · Avoid sun exposure immediately afterward.

• If you develop a rash or blisters, apply cool compresses and topical corticosteroids. Seek medical attention if severe.

# 6. Bug Bites and Contact Dermatitis

Mosquitoes, ticks, and stinging insects are more prevalent in summer. Additionally, outdoor activities increase the risk of coming into contact with irritants like poison ivy or oak.

### Tips:

- Use insect repellent containing DEET or picaridin. Picaridin seems to be more effective in the panhandle.
- Wear long sleeves and pants when hiking or camping.
- Learn to recognize poisonous plants and avoid them.
- Treat bites and rashes with antihistamines or corticosteroid creams.

• "The bug bite thing" actually helps the intense swelling and inflammation from a yellow fly bite. Google it;)

Puracyn is a spray you can buy on Amazon that is good to cool off bug bites before applying a steroid cream.

Your dermatologist can give you a steroid shot or prescribe oral prednisone if you experience a severe reaction.

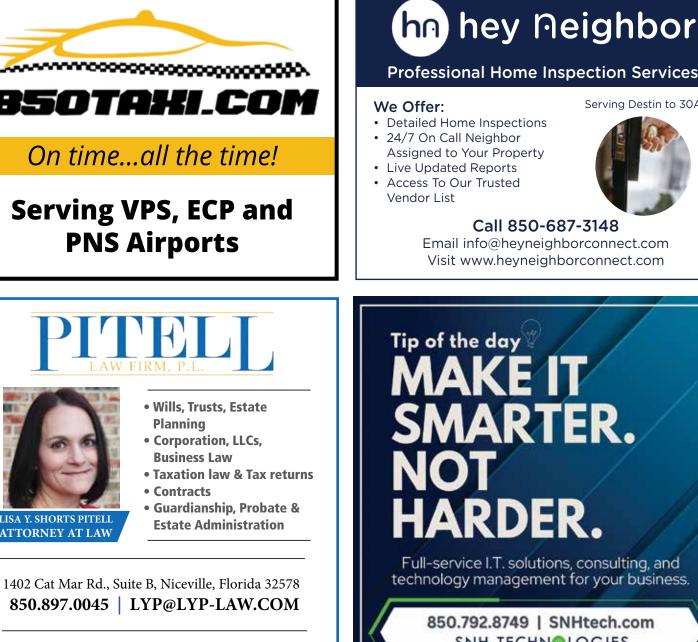
# **Final Thoughts**

While summer offers countless opportunities to enjoy the outdoors, it's essential to stay proactive about skin protection. If you experience any persistent or unusual skin symptoms, consult your dermatologist for personalized guidance.

We would love to personally invite you to Beach Dermatology Skin Wellness Clinic's Grand Opening on Thursday, June 12, from 4:30-6:30 p.m. Please join us for the ribbon cutting on the ground floor of the Cadence

Bank building with the Panama City Beach Chamber!! We are so excited to celebrate with our community and will have amazing raffles and discounts on products and procedure packages! Local artist and photographer John Burns will have his beautiful artwork on display throughout the office. We are also having a Galderma Dysport and Restylane Day on Friday, June 20, from 9 a.m. to noon. Galderma's Ashley Lloyd will be available to answer all of your questions in a casual setting about Dysport, Restylane, and Sculptra products. This is the perfect day to ask questions or schedule your cosmetic treatments with Dr. Clark or our aesthetician, Lisa, before summer gets into full swing!!

Follow us at @dermadoctor79 on Instagram or @beachdermatology on Facebook to stay up to date on specials and good skin care tips!



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Page 35

# 🐞 Arts & Music

# 2025 ECTC Summer Theatre Camps

# Mini Player Camps (Ages 5-7)

For rising kindergarteners, half-day camps run Monday -Friday from 9 a.m. to 12 p.m. Each week features a different theme inspired by popular musicals and films. Tuition \$250 which includes a \$30 non-refundable registration fee.

June 2-6Disney DreamsJune 9-13Snow White

June 16-20 Seussical June 23-27 Moana June 30-July 4 Encanto July 7-11 Trolls

### Camp Broadway: Disney Dreams (Grades 2-5)

9 a.m. to 3 p.m. Focus on acting, singing and dancing to popular Broadway Disney show tunes. Simple choreography, theatre games and screenings of classic musicals. Tuition \$325. June 2-6, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach Snow White and the Seven Dwarves - Non-Musical (Grades 2-5)

A one-act straight play where young performers learn stage directions and theatrical language while bringing a classic story to life. 9 a.m. to 3 p.m., with a final performance on the last Friday.

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Tuition \$375. June 9-13, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

### Seussical the Musical (Grades 2-5)

A two-week musical theatre camp featuring characters from Dr. Seuss's beloved stories. Engage in group singing and choreography, culminating in ticketed performances. 9 a.m. to 3 p.m., Monday - Friday. Tuition \$375. June 16-27, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

# Camp Broadway: Rock and Pop! (Grades 2-5)

Act, sing and dance to popular rock and pop songs by artists like Taylor Swift and Ariana Grande. The program includes theatre games and improvisation exercises. 9 a.m. to 3 p.m., Monday - Friday, \$375. June 30-July 4, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

### Acting for Film: Harry Potter Edition (Grades 5-12)

Learn the essentials of acting for the camera using scenes and materials from the Harry Potter series. 9 a.m. to 3 p.m., Monday – Friday. Concludes with a final showcase. \$375. July 7-11, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

### Camp Broadway: The Best of Broadway (Grades 6-12)

Explore songs and scenes from popular Broadway shows like "Hamilton" and "Wicked" with focus on singing, dancing and acting, ending with a showcase performance. 9 a.m. to 3:30 p.m., Monday - Friday, \$375. June 2-6, 9 a.m. - 3:30 p.m., ECTC at Grand Boulevard, Miramar Beach

### Too Many Detectives at the Murder Mansion - Non-Musical (Grados 6-12)

(Grades 6-12)

A two-week straight play camp. Develop comedic timing and ensemble work through a murder mystery storyline. 9 a.m. to 3:30 p.m., Monday – Friday. Final performances last Friday & Saturday. \$675. June 16-27, 9 a.m. - 3:30 p.m., ECTC at Grand Boulevard, Miramar Beach

# Beetlejuice JR! Musical Theatre Intensive (Grades 6-12)

A three-week intensive camp. Work on acting, voice, and dance through the production of "Beetlejuice JR!" 9 a.m. to 3 p.m., Monday – Friday. \$1,125. July 14-August 1, 9 a.m. - 3 p.m., ECTC At Grand Boulevard, Miramar Beach. \*Final Performances: Friday, August 1, 7 p.m. and Sat., Aug. 2, 7 p.m.

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# WHAT OTHERS ARE SAYING

"John Martin is hands down THE BEST realtor that I have experienced! If you are looking to buy or sell a property on 30A...he is your guy! John was able to educate my wife and I on all of the areas throughout 30A. But more importantly he possesses the rare quality that you will find in many sales agents...HE LISTENS!" - Client

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