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Postal Customer Local

CrossCountry 3

Helping Veterans Rediscover Purpose Through Service

"The transformative effects of building resiliency are life changing." — Bruce Duty

In our community, military service is woven into the fabric of everyday life. From active-duty personnel at Eglin Air Force Base and Hurlburt Field to the thousands of veterans who call the Emerald Coast home, many have dedicated their lives to serving others. Yet, when military service ends, some find themselves searching for a renewed sense of purpose, identity and hope.

That need inspired the creation of CrossCountry3, a nonprofit organization dedicated to helping veterans rediscover purpose by empowering them to serve others in the fight against human trafficking.

At its heart, CrossCountry3 exists because many veterans possess unique skills, leadership abilities and a deep desire to continue making a difference. After years of serving their country, some veterans struggle to find a renewed



sense of purpose once military service ends. The organization believes every veteran has tremendous value and untapped potential that can continue to positively impact society.

CrossCountry3 was created to help bridge that gap. Rather than focusing solely on the challenges veterans face, the organization emphasizes opportunities for transformational growth. By connect-

ing veterans with meaningful missions that combat human trafficking, CrossCountry3 provides a pathway for them to use their strengths, experiences and commitment to service in ways that directly benefit vulnerable individuals and communities.

A key part of CrossCountry3's impact is the leadership and community engagement of its founder, Bruce Duty.

Based locally, the organization serves a region with one of the nation's largest concentrations of military personnel, veterans and military families, including those connected to

Eglin Air Force Base, Hurlburt Field and the 7th Special Forces Group (Airborne).

CROSSCOUNTRY3
continued on page 3



America 250: Art Exhibit Opens at ECP

Northwest Florida Beaches International Airport (ECP) has partnered with the Cultural Arts Alliance of Walton County and the Bay Arts Alliance on an art display celebrating America's 250th Anniversary and Florida's unique role in our Nation's history, culture, and future.

Inspired by the Florida Department of Transportation's America 250 Florida Campaign, this exhibit will showcase original artwork reflecting the spirit of the Free State of Florida and commemorating

AMERICA 250
continued on page 2



The Bobby J Team

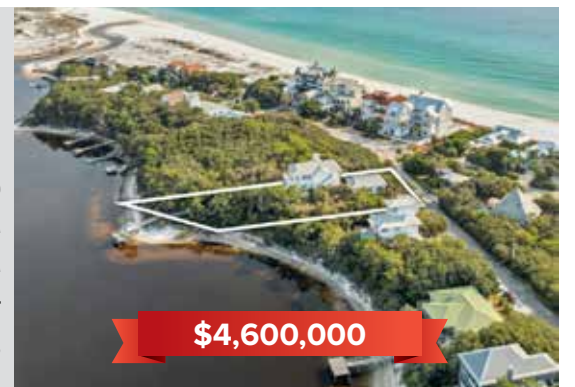


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Community

AMERICA 250

continued from cover

the Semiquincentennial of the United States.

The 250th Anniversary of the United States marks a historic opportunity to celebrate the Nation's founding while recognizing Florida's profound influence on America's past, present, and future. This Exhibit will showcase themes of freedom, heritage, innovation, community, natural beauty, and the unique identity of Florida through the eyes and creative works of local artists.

Airport Executive Director Parker McClellan stated, "We wanted to do something locally to complement the Florida Department of Transportation's America 250 Florida campaign. Partnering with the Cultural Arts Alliance of Walton County and the Bay County Arts Alliance, the display highlights Florida's unique attributes and contributions to America's 250th anniversary from the creative lens of our local arts community."

Jennifer Steele, President and

CEO of the Cultural Arts Alliance of Walton County, commented, "We are excited to partner with the Airport and the Bay Arts Alliance to facilitate an artistic display, from local artists, depicting the uniqueness of Florida through the years while supporting this important milestone for our country."



Jayson Kretzer, Director of the Bay Arts Alliance, added, "This is a great opportunity to partner on behalf of local artists and have their work on display for both residents and visitors traveling through our region from around the country this summer."

The America 250: Celebrating Florida exhibit will be on display



from July 1 through August 28 and is located post-security in the Art Escape area, on the second floor of the terminal near gates 8 and 9.

The exhibit includes work from the following local artists: Katie Clark, Linda Kernick, Michele Lockwood, Katherine Duda, Francisco Adaro, Kim Salesses, Ashley Troutman, Craig Domko, Joy Cawiezell, Amber DeCicco, Sandra Warp, Pamela GaVette, Susan Julio, Michele Tabor Kimbrough, Lee



Hensley, Jenna Varney, Dorothy Starbuck, Sarah Page, Melissa Mercer Brown, and Roy Zenner.

To view all the work on exhibit and learn more about the

contributing artists, visit <https://www.culturalartsalliance.com/category/airport>.

Proven Choice. Proven Leader.

Why Rhonda Skipper Endorses Brian McBroom for Walton County Tax Collector



Dear Friends,

I invite you to join me in voting for **Brian McBroom** as our next Walton County Tax Collector on August 18, 2026. Brian has my full support, and I hope you'll vote for him too.

I have worked with Brian for 21 years and have seen what an outstanding leader and colleague he is. Respected by his team, the community, and others in the tax collection field, Brian's dedication and loyalty to Walton County are unmatched.

As Chief Tax Collector, Brian consistently goes above and beyond to deliver exceptional customer service to our residents, continually seeking ways to improve how we serve the public. His servant leadership and problem-solving skills have made the office a positive and unified place.

Brian shows integrity, honesty, faith, family values, and strong morals in everything he does. These are qualities that matter in an elected official. He is a humble, community-minded professional who always puts the community and team first.

Brian has the exact character, integrity, and hands-on experience needed to lead our County's office seamlessly into the future. I hope you'll join me in voting for him as our next Tax Collector!

With my blessings,
Rhonda Skipper

P.S. Please visit Brian's website to learn more: www.VoteMcBroom.com

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CROSSCOUNTRY3

continued from cover

Through years of relationship-building within the military and veteran community, Duty has helped create a mission that reflects the values of service, sacrifice and freedom deeply rooted throughout the Florida Panhandle. By fostering partnerships and encouraging veterans to engage in the fight against human trafficking, CrossCountry3 offers veterans a pathway to continue making a meaningful difference while helping protect some of society’s most vulnerable individuals.

The organization’s approach is built upon three core values: faith, family and freedom. Whether through workshops, retreats or individual training, CrossCountry3 remains committed to helping veterans build resilience and discover renewed purpose.

Resilience training teaches veterans the importance of a positive self-identity, living with purpose and embracing a horizon of hope through serving the brokenhearted and vulnerable.

Faith serves as the foundation for hope and personal growth. CrossCountry3 encourages vet-



erans to discover a deeper sense of purpose and meaning, helping them understand their lives and experiences continue to have significant value.

Family represents the importance of relationships, connection and community. Veterans often miss the camaraderie and brotherhood they experienced during military service. Cross-Country3 fosters a supportive environment where veterans can build meaningful connections, strengthen families and encour-

age one another. Freedom is both a principle and a mission. Veterans have dedicated portions of their lives protecting freedom, and Cross-Country3 extends that commitment by fighting human trafficking, one of the greatest assaults on human freedom. By engaging veterans in efforts that help protect and advocate for victims, the organization creates opportunities for continued service that align with the values many veterans have upheld

throughout their lives. Ultimately, CrossCountry3 exists because veterans deserve more than gratitude for their service — they deserve opportunities to continue living lives of significance and impact. By providing identity, meaning and hope through a mission-centered approach, the organization helps veterans write a new chapter of service.

In doing so, CrossCountry3 demonstrates that purpose does not end when military service concludes. Instead, it can evolve into a powerful force for good — helping veterans, families and victims of human trafficking move toward a future defined by hope, freedom and human dignity.

At CrossCountry3, building resilience in the face of adversity and experiencing restoration physically, mentally and spiritually remain at the core of the mission.

For more information, visit crosscountry3.com.

Bruce Duty, Maj. (Ret.), U.S. Army, is the founder and president of CrossCountry3. A retired Army chaplain with more than 22 years of active-duty military service, Duty served with the 3rd Infantry Division, 2nd

Infantry Division and 10th Mountain Division, including two combat deployments to Iraq.

Prior to becoming an Army chaplain, Duty served nearly nine years as an enlisted service member before earning both a Bachelor of Arts and Master of Divinity degree. He also served as a pastor in Missouri and Florida before answering the call to military chaplaincy during the Iraq War surge in 2007.

Throughout his military career, Duty received numerous honors, including the Bronze Star Medal, Meritorious Service Medal, Meritorious Unit Commendation, Iraqi Campaign Medal and additional military awards and decorations. He is also certified in Master Resilience Training, Pathfinder Resilience Training, ASIST Suicide Intervention Training, Strong Bonds Family Training and several military medical and leadership programs.

Today, Duty uses both his military and civilian experience to help individuals and organizations build resilience, overcome adversity and pursue restoration physically, mentally and spiritually. He remains passionate about faith, family, freedom and helping others discover hope and purpose through service. Duty resides in Niceville.



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Coastal Seniors Update for July

New Office Hours for Coastal Seniors - Monday - Friday 9 a.m. - 1 p.m.

COASTAL SENIORS

OF SOUTH WALTON

South Walton Game Group - Melissa Bailey will host a game group every Monday in July from 8 a.m. to 10 a.m. at Padgett Park. Learn this fun, exciting game called Euchre. For more information or to sign up at email southwaltongamegroup@gmail.com

Exercise Classes - Angela Gibson will lead classes every Tuesday and Thursday at 10:00 a.m. at Padgett Park. Cost is \$5 per class for CSSW members and \$10 for non-members. Weights and bands are used for classes. Sign up on Sign Up Genius email. To be added to sign up list, email coastalseniorsofsouthwalton@gmail.com

Core Class - Angela Gibson will lead a 30 minute core class every Tuesday and Thursday at 9:15 a.m. at Padgett Park. A yoga mat and Pilates ring are used for this class. Cost is \$5 per class for CSSW members and \$10 for non-members. For information or screening, email coastalseniorsofsouthwalton@gmail.com

Watercolor Painting Class - Karen Peterson will teach beginners watercolor painting on Fridays, July 10, 24, and 31 from 8:45 a.m. - 12 noon at Padgett Park. All supplies will be provided. Cost is \$20 for members and \$40 for non-members. Sign up on Sign Up Genius email. To be added to Sign up email, email coastalseniorsofsouthwalton@gmail.com

Northwest Florida Health Council - will provide FREE health screenings on July 16 from 9 a.m. to 11:30 a.m. at Padgett Park.

Pickleball - Beginner Pickleball 101 at Walton Sports Complex Courts on July 1st and 22nd at 6:00 p.m. This beginner class is open to Walton County residents only. (Ages 18 and up) Registration is required. Register through Parks and Rec Website at secure.rec1.com. Email Sandy

Gulak at sowlpickleball@gmail.com for more information. Class is FREE and equipment is provided or you may use your own. Open play at Boys and Girls Club has ended for the summer but will resume after Labor Day. Please join the SoWal 30A Pickleball Association on Facebook for more information and weekly updates and check the CSSW calendar at www.coastalseniorsofsouthwalton.org.

Monthly Meeting - Monthly meeting will be Friday July 17 from 11a.m. - 1 p.m. at Padgett Park. Guest speaker will be Michelle Chellew, PT, DPT of Michelle Chellew Physical Therapy, LLC. She will discuss the issues of pelvic health. A light lunch will be served. Sign up on Sign Up Genius email. To be added to Sign Up Genius, email coastalseniorsofsouthwalton@gmail.com to be added.

Mahjong - Mary Swift will host a Mahjong group every Monday at 1 p.m. at Padgett Park. For more information contact Mary Swift at 210-722-7939 or on Facebook join The Emerald Coast Social Club-a Mahjong Group.

Water Aerobics - Two Classes will be held each Monday and Wednesday in July at 9 and 10:15 a.m. at Watersound Fountains pool located at 65 Origins Pkwy, Inlet Beach. Cost is \$5 for members and \$10 for non-members. A pool noodle and a set of water bells are used for class. Sign up on Sign Up Genius email. To be added to Sign Up Genius, email coastalseniorsofsouthwalton@gmail.com

Dementia Caregivers Support Group - Karen League will lead this support group for caregivers to provide a safe place to share experiences,

provide practical information and mutual support. The meetings are the first Friday of each month from 12:30 - 2 p.m. at the Coastal Branch Library meeting room located at 437 Greenway Trail. For more information, contact Karen League at (706) 491-0812.

Seniors 50 years of age and up residing in or visiting Walton County are invited to join CSSW. Membership is \$30 for individuals, \$50 for family, 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(c)(3) organization for active adults.



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Don't Be a Hurdle, Save a Turtle

Keep the Beaches Clean, Dark and Flat

By Heather Bennett Eye

Long before the beaches were our escape and playground, before we built homes near the dunes, before we built sandcastles, dug holes and left beach chairs and umbrellas behind overnight, beaches were, and still are, nesting grounds for sea turtles. Not for decades. Not for hundreds of years. Not for thousands of years. Scientists have proven that turtles have been nesting along the Gulf beaches for millions of years.

Sea turtle nesting season on the Emerald Coast is May 1 through October 31. During this time, local wildlife authorities and conservation organizations, like South Walton Turtle Watch and Friends of South Walton Sea Turtles, urge beachgoers to keep the beaches clean, dark and flat. When we fail to do this, there can be detrimental consequences for nesting sea turtles.

In June, a Kemp's ridley, the rarest sea turtle, washed ashore on Blue Mountain Beach, entangled in a beach chair. Deceased. Sea

turtles face a gauntlet of survival challenges: predators, storms, climate change, boats, poaching, fishing gear, coastal development and pollution. Of all these hurdles she had to overcome, her life was ended by a beach chair, which was something that could have been prevented.

This tragic event followed a false crawl made by a disoriented loggerhead earlier in the month. While false crawls happen, South Walton Turtle Watch's observation of the tracks led the group to believe this was due to arti-

ficial lighting and obstacles on the beach. She had been stuck in a hole for some time before returning to the Gulf.

Please remember that it's critical to all marine life that we pick up our trash and any other trash we find, and remove it from the

beach. At the end of the day, we need to remove all beach furniture and toys. We also need to remove obstacles by knocking down sandcastles and filling in holes. If you have a property near the beach, please turn off your lights at night or use amber or red lights. If your property is a rental, please educate your renters on these best practices. It's up to us to keep the beach clean, dark, and flat.

The sea turtles that nest on our beaches are protected under the U.S. Endangered Species Act. The Kemp's ridley is the rarest and most endangered sea turtle species in the world, with only around 2,000 to 3,000 nesting females remaining today.

While we choose to use the beaches for our own recreation and enjoyment, we need to remember that we are guests. We are stewards of a land they've chosen to lay their eggs on, and the sea they call home. It's our duty to protect these vulnerable creatures and ensure their species continues and thrives.



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Donna Johns:

A Commissioner Who Chose Service Over Spotlight

In an era when politics often rewards the loudest voices, Donna Johns has taken a different path.

She doesn't measure success by headlines or social media arguments. She measures it by projects completed, constituents helped, and decisions made with the long-term interests of Walton County in mind.

A lifelong believer in service, Donna first took an oath to defend the Constitution while serving in the United States Air Force. Years later, she took another oath as Walton County Commissioner for District 4. Though the uniforms changed, the commitment remained the same: serve with integrity, protect the public trust, and put people before politics.

Since taking office in 2022, Donna has approached county government as a student first. She completed extensive training through the Florida Association of Counties, earning certifications in county government, ethics, planning, budgeting, infrastructure, emergency management, and leadership. She believes good decisions begin with understanding the issues—not simply reacting to them.

That preparation has shaped her approach on the Board.

She has consistently supported investments that improve quality of life across Walton County: new parks and playgrounds, ADA-accessible recreational facilities, enhanced lighting, public safety improvements, and community spaces that families can enjoy for generations. While elected to represent District 4, she has repeatedly voted to support worthwhile projects throughout the county because she believes every community deserves to thrive.

Donna has also shown she is willing to cast difficult votes when she believes they are in the county's best interest. She has opposed developments she

believed were incompatible with Walton County's character, supported measures to protect residents from inappropriate growth, and has never hesitated to vote "no" when she believed a proposal threatened the quality of life residents cherish.

Her philosophy is simple: growth should be responsible, government should be accountable, and every tax dollar should

on public service.

She believes leadership is not about creating the world she wants. It is about helping create a better future for everyone.

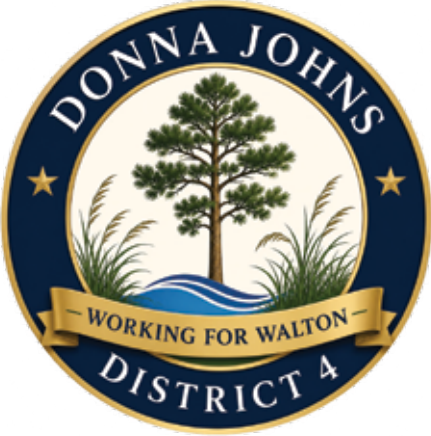
That means listening before speaking.

Learning before deciding.
Working before taking credit.

In a political climate often defined by division, Donna Johns has chosen a quieter path—one rooted in preparation, integrity, and service.

For her, public office has never been about holding a title.

It has always been about honoring the trust placed in her by the people of Walton County.



As your District 4 County Commissioner, I voted:

✗ NO to Blackstone	✓ YES to E-Bike Regulations
✗ NO to 30A Surf Club	✓ YES to Neighborhood Plans
✗ NO to High Density Townhomes	✓ YES to an Olympic Pool in DFS
✗ NO to Data Centers	✓ YES to Citizen Workshops
✗ NO to Monster Homes	✓ YES to more Lifeguards
✗ NO to Ghost Chairs	✓ YES to Senior Centers
	✓ YES to LSV Pull Over Pads
✓ YES to more Green Space	✓ YES to Stormwater Improvements
✓ YES to more Ballfields	✓ YES to Protecting Wetlands
✓ YES to more Public Beach	✓ YES to Coastal Dune Lake protections

The decisions made at the County level impact your quality of life, your economy, your environment, and your future. I believe those decisions should be made by someone who is prepared, informed, and committed to continuous learning.

Vote
AUGUST 18
to **KEEP ME**
WORKING for you

I am ready to continue serving Walton County with the knowledge, experience, and dedication this position requires.

You deserve nothing less.



Donna Johns

WALTON COUNTY COMMISSIONER



If We Want Authenticity, We Have to Initiate It

Walk into almost any major retailer right now and you'll see the same pattern: racks packed tight, new collections already replacing last month's inventory, markdown signs quietly preparing for the next cycle. The system depends on constant turnover. More product. Faster releases. Shorter relevance.

That model works in cities built on trend velocity. It doesn't feel right on 30A.

This coastline moves differently. The light changes daily, but the landscape remains. The dunes don't reinvent themselves every month, and Western Lake doesn't rebrand each season. There's a steadiness here — a quiet consistency — and it makes you question why everything else has to move so quickly.

Fast fashion has conditioned us to expect constant novelty. Weekly drops. Micro-trends. Clothing produced in such large quantities that disposal is factored into the business model. When something fades, stretches, or falls out of style, replacing it feels easier than keeping it.

But speed carries a cost.

Not only environmentally, but culturally. It shifts how we value what we wear. When garments

are built to be temporary, our attachment to them becomes temporary too.

There's a difference between buying something because it's inexpensive and buying something because it feels right. One fills space. The other earns it.

Along 30A, where lifestyle is deeply tied to place, that distinction matters.

At Captured Clothing 30A, we've tried to avoid the fast-fashion, mass-produced approach as much as we can. Not because it sounds good in marketing language, but because it doesn't align with how we want to operate. Producing in limited runs forces discipline. When quantities are smaller, decisions carry more weight. Fabric selection matters. Construction matters. Fit matters. You consider whether a piece will still feel relevant next season — not just next week.

It also requires accepting that when something sells out, it may stay sold out.

That isn't about scarcity as a tactic. It's about restraint as a principle. It keeps creativity honest and prevents excess from quietly stacking up in back rooms and landfills. It allows space for



evolution instead of overproduction.

Spring on the coast reinforces that philosophy. The season isn't about excess — it's about refinement. A well-constructed layer for cool mornings. A sweatshirt that holds its shape after exposure to salt air and sun. Colors that feel drawn from the shoreline rather than pulled from a corporate forecast.



Quality reveals itself over time. Stitching that doesn't twist. Fabric that softens instead of thinning. Structure that endures beyond a single season.

Well-made clothing doesn't demand attention. It earns loyalty.

Sustainability is often presented through bold claims and certifications, but sometimes it's simpler than that. Sometimes it's choosing to produce less. Resisting the urge to overstock. Being comfortable selling through instead of marking down. Designing pieces meant to be worn repeatedly, not photographed once and forgotten.

In a community that depends

on the health of its environment, restraint isn't abstract. Our dunes, our rare coastal lakes, and our shoreline exist because someone chose preservation over expansion. Because someone understood that more isn't always better.

Clothing can follow the same philosophy.

As both a retailer and a photographer, I'm drawn to what endures. The same stretch of water looks different every day, but it never loses its identity. That thinking shapes our Modus Made pieces — smaller releases, thoughtful construction, and designs intended to outlive a single season.

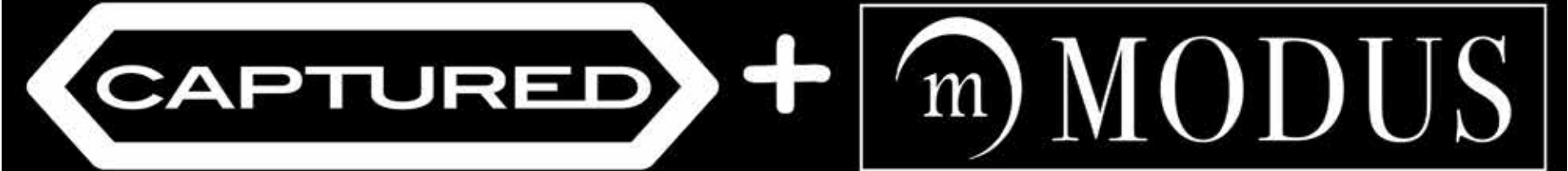
Authenticity doesn't happen by accident. It requires intention. It requires the willingness to produce differently, even when speed would be easier.

If we want authenticity — in our communities, in our businesses, in what we wear — we have to initiate it.

We have to choose better over more. Quality over quantity. Longevity over immediacy.

The Gulf doesn't compete. It endures.

What we create, and what we choose to wear, can do the same.



Keeping Homes Looking Their Best During the Busy Summer Season



BY KYLE SPARKS,
OVATION PAINTING

Living near the Gulf is one of the best parts of calling the Emerald Coast home. The views, breezes, and sunshine are hard to beat—but they can also be tough on a home’s exterior.

Salt in the air and intense sun exposure gradually wear down paint over time. Exterior surfaces that face the afternoon sun often experience fading and chalking sooner than other areas of the home.

Paint acts as a protective shield, helping prevent moisture from penetrating siding and wood trim. Maintaining that protective layer helps extend the life of exterior materials and keeps homes looking sharp year round.

For rental properties, curb appeal also plays a major role in guest impressions. When visitors pull up to a clean, well-maintained home, it immediately sets the tone for their stay.

Kyle’s Tip:

“The west-facing side of a house usually takes the most beating from the sun. If one side of a home needs repainting sooner than the others, that’s usu-

ally the reason.” Observing how your home holds up through the summer can help guide future maintenance and improvements. Ready to give your home the loving protection it deserves? Reach out to Ovation Painting and

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Monarchs and Milkweed

BY HELEN PETRE

Lots of living things are in our Monarchs (*Danaus plexippus*) are everyone's favorite butterfly and for good reason. There are a lot of them, they are easy to identify, and they have this amazing migration that everyone knows about. Besides flying hundreds of miles and only eating milkweed, monarchs are having a hard time, even though everyone loves them and tries to help them. Therein might lie the problem. We humans do not always understand how to help nonhumans.

People try to catch monarchs and raise them. This sounds fun, but it is not fun for the monarch. Just like you do not want to be put in a cage and have organisms watch while you go through your life stages, monarchs do not particularly enjoy it either. Humans also tend to think they should go to the store and buy milkweed. That sounds like a good idea, but stores are businesses that make money. They sell anything you will buy. Stores sell non-native and invasive plants, and for the most part, are not aware that

they are doing this.

Migration



Tropical milkweed. J. Garg. Florida Wildflower Foundation.

Historically, monarchs east of the Rocky Mountains migrate through the panhandle on their way to winter in Mexico, but some deviate from that path and winter in south Florida. Can you blame them? Humans do that too. Are they staying for the nice weather? Maybe.

Some people think that monarchs are staying because we Floridians buy tropical milkweed (*Asclepias curassavica*), a nonnative milkweed that blooms all year.

Tropical milkweed is sold at stores and is treated with insecticides in the greenhouses where it is grown. Monarchs are insects.

Insecticide kills insects. This is not good.

OE (*Ophryocystis electroscirra*)

Tropical milkweed increases the incidence of a monarch protozoan parasite we call OE. Adults carry this parasite, leaving some infected spores on milkweed plants as they feed and lay eggs. If monarchs migrate, they move on. If they stay, and they are infected, they stay infected, and so do all the other butterflies and newly hatched offspring that visit the plant.

OE was originally discovered in Florida around 1960. Spores of the protozoa are on the infected monarch's scales, especially on the abdomen. When the monarch feeds, or lays eggs, the spores get stuck onto the milkweed. The next monarch that lands to lay eggs becomes infected. Often the offspring that hatch and eat, ingest the spores. Thus, infected monarchs cannot migrate, or fly, or mate, and will die.

Xerces

I recently started a monarch project with FWC and Xerces. I



Monarch infected with OE. Wikipedia



Purple thistle, Kerry Woods, NC State Ext.

have learned a lot, and I am having tons of fun. We catch monarchs, use tape to collect scales from the monarch abdomen, and look at them under a microscope to identify OE. OE is not good for Florida monarchs, and there is more of it here than I would like to admit.

Nectar Plants

Monarchs need milkweed, but it is the caterpillars that eat the milkweed. Native milkweeds are hard to find in stores. In order to help monarchs, it is much more effective to buy, transplant, or just let grow, some native nectar plants. Adult butterflies need energy for their trip, and they get this in the form of sugar, or nectar, from flowers.

For our Xerces project, we look for milkweed, but to find adults, we look for thistles (*Cirsium horridulum*). Thistles are spiny, but they are native, and provide excellent food for bees, butterflies, and birds. Thistles are the favorite nectar source for monarchs.

To help monarchs, plant nectar plants: *Liatris* species, *Bidens* species, asters, frost-

weed, goldenrod, and mist-flower. Plant native plants that have evolved over thousands of years with monarchs. Native plants do not need fertilizer, pesticides, or even water. Just buy, or plant, native nectar plants, like the ones you see growing in fields, and recently burned areas.

Is it just because we are buying tropical milkweed that monarchs are infected with OE? Probably not. None the less, it is never a good idea to buy non-native plants and expect native results.

Native milkweed

Butterfly weed (*Asclepias tuberosa*) is a common, orange, native milkweed that blooms in fall. In the beach dunes, pink



Asclepias tuberosa, Wikipedia

MONARCHS

continued on page 23

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The Top 5 Things Your Doctor Wishes They Could Tell You (Without Hurting Your Feelings)

By DR. KAREN DeVORE

If you’ve ever sat across from a healthcare provider and wondered what they were really thinking, I can assure you it’s not judgment. Most of us chose this profession because we genuinely want to help people live healthier, happier lives.

That said, there are a few things many doctors wish we could say more directly. Not because we’re frustrated, but because these truths have the power to change your health more than any prescription, supplement, or procedure ever could.



Here are five things your doctor would probably tell you if they knew it wouldn’t hurt your feelings.

1. Your body is talking to you. Stop waiting until it’s screaming.

Many people ignore symptoms for months or even years. Fatigue becomes “normal.” Weight gain is blamed on age. Brain fog gets brushed aside. Digestive issues become part of daily life.

The problem is that most chronic health issues don’t appear overnight. They often start as whispers before they become alarms.

When your energy changes, your sleep deteriorates, your mood shifts, or your body starts functioning differently, pay attention. These are not inconveniences to ignore. They are valuable pieces of information. The earlier you investigate a problem, the easier it often is to address.

2. You can’t out-supplement a lifestyle that isn’t working.

I say this as someone who believes supplements can be incredibly helpful when used ap-

propriately. But no supplement can consistently overcome poor sleep, chronic stress, a sedentary lifestyle, excessive alcohol consumption, or a diet built primarily around convenience foods.

Many people are searching for the one thing that will fix everything. The reality is that health is usually built through hundreds of small decisions repeated over time. The basics are not exciting, but they work. Sleep. Movement. Nutrition. Stress management. Meaningful relationships. Consistency. Those habits may not come in a bottle, but they are

often the most powerful medicine available.

3. Stress is affecting your health more than you realize.

When patients come to me with fatigue, digestive issues, weight struggles, hormone imbalances, headaches, anxiety, or chronic pain, stress is often somewhere in the picture.

We’ve become so accustomed to being busy, overwhelmed, and constantly connected that many people no longer recognize what chronic stress feels like. They simply assume it’s normal. Your body, however, keeps score.

Stress influences inflammation, blood sugar regulation, hormone production, immune function, sleep quality, and even how quickly you age. Managing stress is not selfish. It is a fundamental part of maintaining your health.

4. Aging is inevitable. Feeling terrible is not.

One of the most common statements I hear is, “I guess I’m just getting older.”

While aging does bring changes, we often blame age for things that deserve a closer

look. Low energy, poor sleep, decreased strength, brain fog, loss of motivation, weight gain, and declining vitality are not things you simply have to accept.

Many of these concerns may be related to nutrition, hormones, inflammation, stress, metabolic

health, or other factors that can often be improved. The goal isn’t to look 25 forever. The goal is to feel your best at every age.

5. Nobody cares more about your health than you do.

This may be the hardest truth on the list. Your doctor can guide you. We can educate you. We can order tests, recommend treatments, and help create a plan.

TORTOISE
continued on page 27

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Investing: The Sum of its Parts

By Clint Gharib, AIF®, CFED®

As America celebrates its 250th Independence Day, I've found myself reflecting on the many factors that contributed to our nation's success. Most people would agree that America's story is not simply the result of any one person or event.

Rather, it is the combination of many strengths working together over time—freedom, faith, innovation, perseverance, entrepreneurship, and hope. Investing often works much the same way. One of the biggest misconceptions investors have is that successful investing is just about finding great companies. Certainly, identifying strong businesses is important. But portfolio management is about far more than collecting a list of investments that look attractive individually. The reality is that a portfolio is often greater than—or sometimes less than—the sum of its parts. I often compare portfolio construc-



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Clint Gharib



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tion to preparing a meal. Great ingredients matter, but great ingredients alone do not guarantee a great result. The combination matters. The proportions matter. A perfectly fresh pineapple may be a wonderful ingredient, but that doesn't necessarily mean it belongs in a pot of beef stew. The same principle applies to investing. A company can be an excellent business and still be a poor fit for a particular portfolio. Two companies may appear different on the surface yet be driven by many of the same economic forces. Owning both may increase risk without providing meaningful diversification. This is why successful portfolio management involves more than evaluating individual investments. It requires understanding how investments interact with one another and how they contribute to the overall objectives of the portfolio. That challenge becomes even more important during periods of rapid change. Today, much of the investment world is focused on artificial intelligence. Headlines often focus on today's winners, but investors should also ask where value is likely to be created tomorrow. Rather than simply chasing what has already worked, I believe investors should focus on the businesses helping build, connect, power, secure, manage, and benefit from the broader AI ecosystem. In many ways, the greatest opportunities may not be found in predicting who discovers the gold, but in identifying those providing the picks, shovels, and infrastructure that make the gold rush possible. As we celebrate our nation's 250th birthday, it is worth remembering that progress rarely follows a straight path. Yet through faith, perseverance, innovation, and optimism, America has repeat-

edly adapted and moved forward. Investing is often similar. Sometimes success is not simply about finding the best ingredients. It is about understanding how the entire recipe comes together. If you would like to learn more about how emerging technologies such as artificial intelligence may impact your investments—or discuss how a thoughtfully constructed portfolio can help navigate an increasingly complex world—I invite you to contact Oxford Retirement Advisors. **Happy 250th Birthday, America.** *Image created using AI-assisted digital artwork directed by Clint Gharib. Opinions expressed are that of the author and are not endorsed by the named broker/dealer or its affiliates. All information herein has been prepared solely for informational purposes and should not be considered legal or tax advice. It is not an offer to buy, sell, or a solicitation of an offer to buy or sell any security or instrument to participate in any particular trading strategy and is not intended to provide, & should not be relied on for, tax, legal or accounting advice. You should consult your own tax professional regarding your specific situation. Past performance does not guarantee future results. Certain statements contained within are forward-looking statements including, but not limited to, statements that are predictions of future events, trends, plans or objectives. Undue reliance should not be placed on such statements because, by their nature, they are subject to known and unknown risks and uncertainties. Oxford Retirement Advisors is an independent firm with Securities and Advisory services offered through Madison Avenue Securities, LLC ("MAS"), member FINRA/SIPC and a Registered Investment Advisor. Oxford Retirement Advisors and MAS are not affiliated entities*

Green Thumb Garden Club Hosts Special Recruitment Event

By KATHLEEN EDGE, PUBLICITY
& WEBSITE CHAIR

Sixty members and guests en-joGreen Thumb Garden Club welcomes new members every month and this year has been no exception. Member programs will begin in September, and the Club is having a membership recruitment event, "Hawaii on the Emerald Coast" to kick off the new meeting year.

Please join GTGC on Wednesday, August 19, 2026, at the Westwinds Conference Center to learn about the mission, programs, how members support the community and to join the Club. Enjoy the camaraderie of longtime friends and meet new ones.

This guaranteed-to-be-fun event from 4 to 7 p.m. Attendees are encouraged to wear Hawaiian luau attire. There will be light bites and refreshments as well as a gift for anyone who joins Green Thumb Garden Club that day.

There is no charge

for "Hawaii on the Emerald Coast," however, registration is required and is limited to residents at least 21 years old.

As the number of attendees is limited due to venue restrictions, current GTGC members and their guests will have priority. Non-members can register via email at greenthumbgardenclubinc@gmail.com with name, address and telephone number

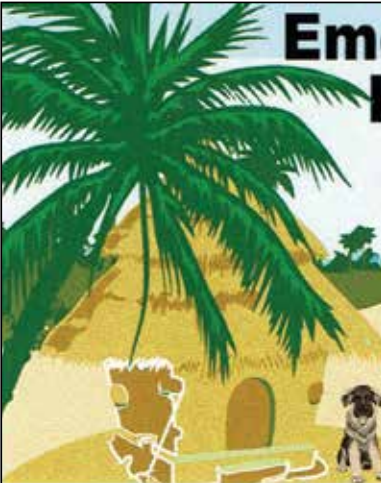


by August 9, 2026. You will receive an invitation via email if space is available. Walk-ins are not permitted. Questions or additional information can also be answered via the above email address.

If you are sincerely interested in joining a Club with generous, dedicated and fun-loving members, please register for "Hawaii on the Emerald Coast".

Learn more about the Club by visiting the website at [www.greenthumb-](http://www.greenthumbgardenclubinc.org)

gardenclubinc.org.
The Green Thumb Garden Club, Inc., located in Walton County, Florida, is a tax-exempt, 501(c)(3) non-profit organization. Its mission is to stimulate interest in the beautification of Walton County, furthering the education of its members and the public in botany, community beautification, conservation of natural resources, environmental awareness, floral design, gardening, horticulture, and nature studies and instill in our youth the love of gardening and respect for the environment. Please note: Programs are subject to change.



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The Walton Area Chamber of Commerce Announces Search for Industry Leaders and Area Professionals to Speak at The Next BIG Thing Annual Conference

The Walton Area Chamber of Commerce calls for speakers today through August 10 for The Next BIG Thing Annual Conference, presented by Ascension Sacred Heart Emerald Coast and Eglin Federal Credit Union on October 26th at the Hilton Sandestin Beach Golf Resort and Spa. Specifically, the Chamber seeks area professionals who are leaders in their field, entrepreneurs, women in business and women in empowerment. These speakers should bring actionable insights from their field, challenge the way we think and lead and share ideas that feel new, relevant and worth talking about.

This is a targeted opportunity for area professionals at the top of their game to empower attendees both professionally and personally; nurture emerging and existing entrepreneurs; and inspire the next generation of leaders while sharing ideas, knowledge and strategies with a captive audience. Selected speak-



ers will share their expertise on topics aligned with the conference's three distinctive growth tracks: Leadership Development, Entrepreneurship, and Women in Business.

"Speaking at The Next BIG Thing last year was one of the highlights of my year," says Joelle Moray. "The energy, not just in the breakout room, but throughout the entire event was palpable and exciting! This left me want-



ing to connect with the businesses even more."

Every year, The Next Big Thing draws over 250 attendees who are entrepreneurs, community visionaries, and business movers and shakers all wishing to expand their professional and personal growth in the span of one high-energy day. Guests will have the opportunity to choose from a diverse lineup of TED Talk-style breakout sessions, seminars, workshops and hear from three nationally known keynote speakers. The experience also includes a welcome reception with coffee, mimosas, and breakfast bites, lunch, a closing cocktail hour, and exciting extras like raffle prizes and complimentary headshots.

Prospective speakers are invited to submit their applications by Midnight on August 10 at The Next Big Thing 2026 Speaker Call Applications are reviewed and scored by a selection committee.

Early bird tickets to The Next BIG Thing are on sale now through September 1st at \$150 for Chamber Members and \$200 for non-members available at The Next BIG Thing - Walton Area Chamber of Commerce. Vendor Booths and sponsorships for The Next BIG Thing are also now available: Local businesses and individuals interested in sponsorships should contact Gabrielle Hamilton at (850) 892-3191 or Gabrielle@WaltonAreaChamber.com.

The Walton Area Chamber would like to thank Ascension Sacred Heart (Presenting Sponsor), Eglin Federal Credit Union (Presenting Sponsor), The Hilton Sandestin Beach Golf Resort & Spa (Event Venue Sponsor), Centennial Bank (Breakfast Bites), NBI Properties and Emerald Coast Hospice Care (Cocktail Hour Sponsors) without whom The Next Big Thing would not be possible.



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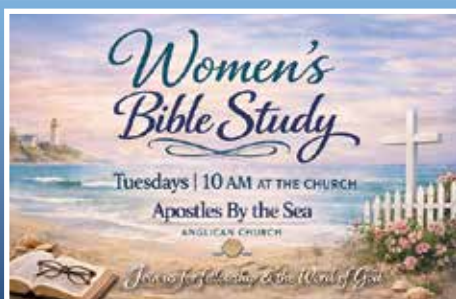
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Take it Outside: Finding the Right Outdoor Furniture

Outdoor living along Florida’s Scenic Highway 30A demands outdoor furniture that balances vibrant style with extreme durability. Outdoor spaces serve as true extensions of the home. However, the region’s intense sun, heavy humidity, salt air, and sudden rainstorms will quickly destroy low-quality materials. To survive the Gulf Coast climate, material selection is your most critical decision.

Southern-based company, Summer Classics, has engineered its outdoor collections to withstand high UV exposure, humidity and relentless salt spray. They offer many options in material and style that will fit your style. Their proprietary N-Dura UV Resin Wicker will not peel or fade under intense Gulf Coast sunlight, unlike some of the less expensive brands. Inexpensive plastic wicker becomes brittle, leading to cracking and unraveling within a season or two. Stainless Steel, brass and powder-coated aluminum are best to look for when wanting metal designs.

Teak is another great option for our harsh climate. Summer Classics as well as Three Birds

Teak use only premium plantation grown Marine grade teak. Teak’s high oil content prevents it from shrinking or splintering under intense heat. Marine-grade stainless steel hardware is used to resist

saltwater pitting and rusting. Teak furniture tends to be heavier than other types of furniture, making it a great option if the strong afternoon breeze and severe coastal storms are a concern. When left exposed to the coastal elements, the natural honey-golden hue of the teak will gradually oxidize over a few months, shifting into a classic, silvery-gray patina.

Another quality product is Envirowood. It is a high-density polyethylene that is completely non-porous and salt-inert, meaning it cannot absorb moisture or rot. Seaside Casual has mastered this furniture line, using marine-grade stainless steel fasteners or painted hardware. The Envirowood is infused with UV-stabi-



lized pigments. Because the color is consistent throughout the entire piece rather than just painted on the surface, the furniture resists fading, peeling, and "chalking" under direct sunlight. It also handles thermal expansion cleanly without warping or cracking.

If your outdoor living space is fully exposed to the elements or sits directly on the beach where salt spray is constant, sticking to the powder-coated aluminum, marine-grade polymer, N-Dura resin wicker collections, Teak, or Envirowood will yield the longest lifespan with the lowest maintenance. Always insist on premium outdoor textiles like Sunbrella for cushions and umbrellas. These fabrics resist UV fading, mold,

and mildew while staying easy to clean. Selecting the right furnishings and materials ensures your patio, deck, or pool surround re-

mains a beautiful oasis for years. Stop by Clay Garden and Gift to see these furniture lines and our Outdoor Living Cottage.

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Community

Pairing and Sharing Wine Dinner Returns to Benefit Caring & Sharing of South Walton August 27

Sip, savor, and support your community at the Pairing and Sharing Wine Dinner, benefiting Caring & Sharing of South Walton. This year's event will take place on Thursday, August 27 at 6:00 PM at Rosemary Beach Town Hall, offering guests an elegant evening of food, wine, and philanthropy in the heart of Rosemary Beach.

Guests will enjoy a multi-course dinner prepared by Swiftly Catered, known for creating thoughtful, elevated dining experiences with a focus on fresh ingredients and beautiful presentation. Each course will be expertly paired with exceptional wines from Jessup Cellars, a Napa Valley winery celebrated for its hand-crafted wines, rich character, and memorable tasting experiences.

The annual Pairing and Sharing Wine Dinner brings together community members, donors, and supporters for an intimate evening benefiting Caring & Sharing's programs, which provide food, financial assistance, mental health counseling, and case management to Walton

County neighbors in crisis.

"The generosity of our donors and patrons allows us to continue meeting the increasing needs of our community," says Carly Barnes, Executive Director of Caring & Sharing of South Walton. "We're now serving an average of 850 local families each month, and events like Pairing and Sharing help us sustain our programs and continue providing Walton County

must be purchased in advance. To learn more about the event, purchase tickets, or inquire about sponsorship opportunities, please visit www.caringandsharingsowal.org/events or email carly@caringandsharingsowal.org.

Caring & Sharing of South Walton provides crisis relief to neighbors in need through food, financial assistance, mental health counseling, and case management. Founded in 1994, the organization now supports more than 850 local families each month. Proceeds from the Caring & Sharing Thrift Store help fund essential services. Store inventory includes clothing, housewares, furniture, electronics, books, and more—with every purchase helping a neighbor in need. For more information, visit www.caringandsharingsowal.org.



families in crisis with necessary support."

Pairing and Sharing 2026 is made possible by the generous support of our sponsors: The Mark & Karen Gergel Foundation, Rosemary Beach, Jessup Cellars, Swiftly Catered, H&M event rentals, and Bouquet at Clay.

Tickets are \$250 per guest or \$2,000 for a reserved table and



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Northwest Florida Beaches International Airport Introduces New “Flybrary” For Travelers

Take a book, leave a book, and enjoy reading while traveling

Northwest Florida Beaches International Airport (ECP) is partnering with the Northwest Regional Library System to give travelers a new way to enjoy their journey with the launch of the ECP FlyBrary, a free, community-driven library located inside the Terminal.



Designed to make travel even more enjoyable and engaging, the FlyBrary invites passengers to “Take a Book. Leave a Book. Enjoy the Journey.” Travelers can pick up a book for their flight, leave one behind for others, or simply relax and read while waiting at the gate. “We are always looking for ways to enhance the passenger experience at ECP,” said Parker W. McClellan, Executive Director of ECP. “The FlyBrary is



intended to promote literacy, reduce flight anxiety, and help create a positive and unique travel experience for travelers. The FlyBrary operates on an easy, honor-based system:

- Guests can choose a book to take along on their travels
- Share a book for another passenger to discover
- Or enjoy reading in the terminal and return the book when finished

“We are thrilled to partner with ECP to share the joy of reading with travelers from across the world,” said Robin Shader, Library Director, Northwest Regional Library System. “We hope travelers of all ages will find their new favorite book and engage with the FlyBrary to help others take part in the excitement of reading.”

In addition to physical books, audiobooks, and magazines, travelers with a Northwest Regional Library System card can access thousands of e-books, through the Libby app. For more information on ECP’s FlyBrary, please visit <https://www.ifybeaches.com/airport-info/facilities-services>.

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Community

South Walton Fire District Welcomes New Therapy K9

By MACKENZIE MCCLINTOCK,
SWFD PUBLIC INFORMATION
OFFICER

The newest addition to South Walton Fire District has four legs, a wagging tail, and an important role all her own. In partnership with the K9s For Warriors Station Dog Program, SWFD is proud to introduce Molly as the District’s official therapy K9 dedicated to supporting responder mental health and wellness.

Specially trained to provide comfort and emotional support, Molly will work alongside the District’s Peer Support Team, helping to relieve stress after significant or traumatic calls, boost morale within fire stations, and strengthen community connections.

“Our responders spend a lot of time taking care of others, but Molly’s role is to take care of us,” said SWFD District Chief and K9 Handler John Adams. “In our short time with her so far, you can feel how she changes the atmosphere in a room and how well people respond to her.”

Molly is a medium-sized mixed breed, approximately one

and a half years old. She is fond of belly rubs and enjoys time around people, especially children.

She is just one of 90 dogs placed nationwide through the K9s For Warriors Station Dog Program. The program pairs trained therapy dogs with first responder agencies to support the mental health and wellness of those who routinely face high-stress and traumatic situations in the line of duty.

These dogs are provided to agencies at little to no cost, with K9s For Warriors covering the initial K9 supplies, as well as the training through an American Kennel Club therapy dog program.

“Her impact has been immediate,” Adams said. “She’s already supported our personnel and neighboring departments in multiple critical incidents. Whether it’s through peer support or her interactions with the public, she’s quickly becoming an equal and beloved part of our team.”

In Molly’s first months of work as a Station Dog, she has been part of more than 10 criti-

cal incident debriefs, District events, and community appearances. Her comforting presence for responders is also reflected through her developing role in the community, where she is a conversation starter. Not just for the District to share its mission and desire to be involved, but to also educate taxpayers on responder mental health and wellness.

“This is the start of even better and more thorough discussions about what comes with a career in the fire service,” Adams said. “The community doesn’t always know what kind of toll the job takes on our men and women, but they do appreciate being educated about what we experience. Truly, when you think about what her impact will be, it’s an endless list of possibilities. She is going to help so many people, not just within the walls of our fire stations. It’s a privilege for us to be part of that.”

To learn more about K9s For Warriors and its Station Dog Program, visit k9sforwarriors.org.





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Think Blacksmiths Disappeared? Think Again.

Local Craftsmen are Keeping a Centuries-old Tradition Alive Through Fire, Steel and Fellowship

By LORI LEATH MILLER

Blacksmithing may have been popularized in recent years by television shows such as *Forged in Fire* and *Men at Arms*, but in our state, the tradition has been thriving for more than four decades thanks to the Florida Artist Blacksmith Association (FABA).

Founded in 1984, FABA has spent the last 41 years teaching the craft, preserving its history and helping establish historical blacksmith shops throughout the state. Its mission is simple: To teach – To preserve. “Blacksmithing has experienced a renaissance in recent years, but this isn’t new to us,” said David Sandlin of the Far West Panhandle Blacksmiths chapter. “FABA has been teaching the craft and preserving the traditions of blacksmithing in Florida for more than four decades.”

Today, FABA includes eight chapters across the state, each hosting monthly meetings where blacksmiths of all skill levels gather to share techniques, ideas and stories while working hot iron at the forge.

For local residents, that opportunity is available through the Far West Panhandle Blacksmiths chapter, headquartered at Traditions Workshop, 418 Green Acres Road in Fort Walton Beach. Meetings regularly feature demonstrations, hands-on projects and open forge time, allowing participants to learn

new skills or work on personal projects alongside experienced smiths. “Our mission is to teach and preserve the noble art of blacksmithing,” Sandlin said. “We enjoy the open exchange of ideas as we smite hot iron on the anvil.”

First-time visitors are always welcome at no charge. After that, annual family memberships are just \$30 and provide access to FABA events across Florida, discounts on the organization’s annual conference and a digital subscription to *The Clincker Breaker*, FABA’s monthly newsletter featuring blacksmithing news, projects and events from around the state.

One of the highlights of each year is the statewide convention in Gainesville, where blacksmiths gather for three days of demonstrations, classes and fellowship. This year’s event, FABA CON 41, is scheduled for Oct. 16-18 at the Best Western Gateway Grand in Gainesville.

Beyond teaching traditional skills, FABA members actively seek opportunities to introduce the public to blacksmithing through demonstrations at museums, libraries, festivals and community events. “FABA is always looking for opportunities to put the noble craft of the blacksmith before the public eye,” Sandlin said. “Museums, libraries and community venues have proven to be great places to meet people and gen-



erate interest in our craft.” The organization also welcomes recommendations from groups interested in hosting a demonstration or “hammer-in” event.

Upcoming Far West Panhandle Blacksmiths Events

July 25 John Butler Family Farm, 4112 Bell Lane, Pace | 9 a.m.-4 p.m.

The focus shifts to the annual gift-exchange project, “Something That Twists or Turns.” Demonstrations will include forging a corkscrew under the shade of the pecan trees. Lunch provided; donations appreciated.

Aug. 22 Traditions Workshop | 9 a.m.-4 p.m.

Members pursuing Journeyman certification will work toward completing required

standards in preparation for recognition at the October state conference.

Sept. 12 Traditions Workshop | 9 a.m.-4 p.m.

This special out-of-cycle meeting will focus on completing both the chapter competition project and individual gift-exchange projects before the conference season begins.

Oct. 10 Traditions Workshop | 9 a.m.-4 p.m.

Members will prepare equipment and pack the trailer in advance of FABA CON 41 in Gainesville.

Oct. 16-18 FABA CON 41 | Best Western Gateway Grand, Gainesville

The statewide convention features three days of demonstrations, classes and educational opportunities for blacksmiths of all experience levels.

Oct. 31 Traditions Workshop | 9 a.m.-4 p.m.

Members will share techniques, ideas and discoveries gathered at the conference while resetting equipment for upcoming competitions.

Nov. 7 Timber Creek Distillery, 6451 Lake Ella Road, Crestview | 9 a.m.-4 p.m.

The annual chapter competition returns with a mystery challenge announced closer to the event. Participants will have five hours to create a forged project using either their own steel or material from the chapter’s scrap supply. The day traditionally includes pizza from Timber Creek’s stone oven, fellowship and plenty of friendly competition.

Winter Schedule:

No December meeting is planned due to holiday activities and Renaissance fair commitments.

For safety, all participants and visitors under the forge tent are required to wear safety glasses and sturdy closed-toe shoes or boots. Long pants and long-sleeve shirts made from cotton or other natural fibers are strongly recommended.

For more information about membership, events or hosting a demonstration, visit www.blacksmithing.org or contact David Sandlin at david@traditionsworkshop.com or (850) 974-1548.

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Emerald Coast Theatre Company Presents “The Great Seaside Treasure Hunt” at SEASIDE®’S Ampitheatre

This summer, families are invited to uncover the secrets, stories, and history of one of America’s most beloved beach towns as Emerald Coast Theatre Company (ECTC) in collaboration with SEASIDE® proudly presents The Great Seaside Treasure Hunt. This original, family-friendly summer production takes audiences on an interactive adventure in the heart of Seaside every Monday at 6 p.m. through August 3 at the Seaside Amphitheater. All performances are free and open to the public.

Written by ECTC founders Anna and Nathanael Fisher, The Great Seaside Treasure Hunt combines live theatre, local history, and plenty of fun as audiences follow clues and meet colorful characters with Southern charm while discovering what makes Seaside the #1 Best Family Beach Vacation Destination in the Nation, according to U.S. News & World Report.

The cast consists of Maxwell Jenns-Binetti as Tex, as a cartoonishly fast cattle dog from Dallas; Teresa Lombardi as Dolly, a charming Labradoodle from Nashville with an extraordinary nose and a habit of breaking into song; Karly Johnson as Peaches, a confident English Bulldog from Atlanta who believes she's always in charge; and Lucca Bucalo as Bud, Seaside's earnest dachshund ambassador and self-appointed tour guide.



Performances are directed by Trenton Bainbridge, with set design by Rebeca Lake, costumes by Taylor Walker, and props by Ora Wolfgram. This production invites audiences of all ages to join the hunt while learning about the people, places, and stories that helped shape Seaside into the iconic community it is today.

“The Great Seaside Treasure Hunt is a wonderful way for families to experience live theatre together while learning about the unique history and charm of Seaside,” said Nathanael Fisher, Producing Artistic Director of ECTC. “We’re excited to

expand our great partnership with SEASIDE® and continue to tell stories and create experiences that entertain, educate, and inspire our community.”

"This production represents the very best of what collaboration can accomplish," says Seaside Community Development



that is both entertaining and educational, giving children and families an opportunity to experience the story of Seaside and the principles of New Urbanism through the imagination and wonder of live theater."

Join ECTC at the Seaside Amphitheater for an evening of storytelling, music, and laughter. Whether you're a local resident or visiting the Emerald Coast, The Great Seaside Treasure Hunt offers a one-of-a-kind adventure through the history, landmarks, and legends that have made Seaside one of America's most treasured beach communities.

Emerald Coast Theatre Company is a 501(c)(3) nonprofit professional theatre founded in 2012 by Nathanael Fisher, MFA, and Anna Fisher, MA. Located in Miramar Beach, Florida, ECTC's mission is to enrich and entertain the Emerald Coast community through professional productions, engaging educational programs, and a steadfast commitment to the arts. Educational outreach includes after-school and homeschool programs, touring and staged productions, summer camps, workshops, and classes that inspire creativity and connection for students of all ages



Corporation General Manager Kevin Boyle. "Together with Emerald Coast Theatre Company, we set out to create something



emerald coast theatre company

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Presenting the 33rd SEASIDE Prize™ Celebration

SEASIDE Institute™ Honors Janette Sadik-Khan as the 2027 Seaside Prize Recipient

The SEASIDE Institute™ is thrilled to announce the recipient of the prestigious 2027 SEASIDE Prize™. The prize, which is awarded annually, celebrates individuals who have made significant contributions to the fields of architecture, urban planning, and community development.

On this prestigious occasion of the Seaside Prize, the Seaside Institute is honored to bestow this recognition upon: Janette Sadik-Khan. The celebration will take place the weekend of February 5 through February 7, 2027, with a variety of events and symposia focused on multi-modal transportation, street art, and urban transformation. The weekend is presented by Seaside Institute Executive Team, Board of Fellows, Board of Governors, Sponsor Partners, and Community Partners. Signature experiences will take place in Seaside, Florida with additional tours in Seaside's neighboring New Urbanism communities Rosemary Beach, and Alys Beach.

Janette Sadik-Khan is one of the world's foremost authorities

on transportation and urban transformation. She served as New York City's transportation commissioner from 2007 to 2013 under Mayor Michael Bloomberg, overseeing historic changes to the city's streets – pedestrianizing Broadway in Times Square, building nearly 400 miles of bike lanes, launching Citi Bike, the world's largest bike share system outside of Asia, and creating seven rapid bus lines and more than 60 plazas citywide.

A founding principal with Bloomberg Associates, she works with mayors around the world to reimagine and redesign their cities. She chairs the National Association of Transportation Officials (NACTO) and Global Designing Cities Initiative, implementing new people-focused street design standards, which have been adopted in more than 150 cities across the United States and around the world. She holds a B.A. in Political Science from Occidental College, and a



J.D. from Columbia University School of Law.
Janette Sadik-Khan is the author of the book, Street

Fight, Handbook for an Urban Revolution. A practical guide to showing how New York City's streets have been transformed into safer spaces for pedestrians and cyclists through innovative urban design and strategic space relocation techniques. It is an empowering road map for city leaders, planners, and engineers to inspire rethinking, reinvigorating, and redesigning our cities. She is featured in the 2025 documentary film Changing Lanes, directed by Ben Wolf, the 73-minute film explores the grassroots struggle to redesign McGuinnes Boulevard in Greenpoint, Brooklyn, into safer, street-level space following a hit-and-run. The documentary features Sadik-Kahn alongside musician David Byrne, as they discuss the impact of the street transformations on communities and the future of urban mobility.

Sadik-Khan's earlier awards include the Jane Jacobs Medal for New Ideas and Activism; the Edmund N. Bacon Memo-

rial Award; the Rachel Carson Award; the George S. Lewis Award; the Smart Solution Spotlight Award; the Lawrence M. Orton Award; and the Design Patron Award.

The Seaside Prize is a testament to the tremendous impact Janette Sadik-Khan has had on the built environment. Her work inspires architects, planners, urban planners, urban designers, developers, traffic engineers, and community leaders to think about safer and more efficient pedestrian outcomes.

Janette Sadik-Khan will be presented the award at the awards ceremony on Saturday, February 6, 2027, by Seaside, Florida, founder Robert and Daryl Davis. The ceremony will be hosted at The Chapel at Seaside, and it promises to be an evening of celebration, reflection, and inspiration.

For more information about the Seaside Prize and the Seaside Institute, please visit our website at SeasideInstitute.org. Registration opens for the 2027 Seaside Prize on October 1, 2026.



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Wellness in Your Home

By MARTA ROSE-THORPE,
WWW.ASUPERIORMECHANICAL.COM

One of the fastest-growing wellness trends, growing at a rate of nearly 24% per year, is a thought-provoking sector known as Wellness Real Estate. It represents a cultural and economic shift, where homes are no longer seen as just shelters but as infrastructure meant to actively enhance health span, mental well-being, and longevity. It is a design and development trend that integrates neuroscience and architecture. It features ergonomic spaces for movement and mindfulness: dedicated spaces for cold plunges, saunas, daily fitness and yoga, mental relaxation, and meditation.

Wellness Real Estate creates environments in the home that support brain health, reduce stress, improve mental clarity, and promote overall well-being.

Here are eight elements:

1. Circadian Lighting Mimics the natural progress of sunlight. Think: cooler, brighter lights in the morning to boost energy, and warmer, dimmer lighting in the evening that supports better sleep.

2. Aromatic Design Approaches fragrance as environmental neuroscience to elevate mood, cognitive function, and health. This built-in diffusion system of essential oils is integrated directly into the HVAC system. Think eucalyptus in the home gym; lavender in the bedroom.

3. Acoustic Insulation Reduces sensory overload and mental fatigue through sound-masking and noise-dampening

architectural materials.

4. Biophilic Design Incorporates aromatic plants and herbs directly into the architecture, which allows for natural, plant-based fragrances and helps with air purification.

5. Low VOC Paint (Volatile Organic Compound) Emits fewer hazardous airborne chemicals and odors ~ especially important for the bedrooms of family members with allergies.

6. EMF Home Shielding Electro Magnetic Fields affect our nervous system regulation, leading to bad sleep. Modify your living environment with shielding fabrics and conductive paint to reduce EMF from outside sources like cell towers.

7. Indoor Air Quality (IAQ) Indoor air is estimated to be 2x to 5x more polluted than outdoor air. Toxic microparticles include VOCs from paints, cleaning supplies and air fresheners, but there are also biological pollutants such as mold, mildew, pet dander and pollen. Combustion pollutants like carbon monoxide (CO) and secondhand smoke can also be problematic, as can Radon, a naturally occurring radioactive gas that can build up in homes.

Most AC companies use the standard, high-efficient Merve 13 filter that captures 98% of airborne, fine microparticles, but for truly clean air in the home, an Air Scrubber is essential. These advanced, whole-home air purification systems

are installed directly into the central air ductwork and utilize activated carbon filters to capture 99.98% of airborne contaminants.

8. Water Purification and Water Softening Who doesn't want to drink pure water that tastes and smells good? Reverse osmosis uses a semi-permeable membrane to remove harmful contaminants from drinking water. Whole-home water softening treatments remove hard chemicals from the water – namely calcium and magnesium – and scale build-up in the pipes – to preserve the home's entire plumbing system and ap-

comes from the Upper Floridian Aquifer. In Bay County, the water comes through the Aquifer into Deer Point Lake. Through environmental runoff and treatment processes, local water contains elements including Chlorine, Copper, Aluminum, Barium, Radium, Nitrate, Blue-Green Algae, and Cyanobacteria, which, if ingested, can affect our liver and nervous system. When we do a Water As-



essment in a home or business, we are looking for not more than one part per million (PPM) of any of these common toxins. **"Wellness in the Home"** embraces a variety of facets, including carefully designed architecture, distinct materials utilized in the home construction process, and placing special systems in the home to optimize Clean Air and Pure Water – the very essence of our bodily health and mental well-being. For more information on increasing wellness in your home, feel free to call me at (850) 814-3822.



pliances like sinks, dishwasher, and washing machine. Soft water also feels silkier on the skin, is better for your hair, and requires less soap, shampoo and laundry detergent to achieve the same lather.

What's in Our Local Water?

Our primary source of water for the entire Florida Panhandle

MONARCHS

continued from page 10

swamp milkweed (*A. incarnata*) blooms in summer. Everyone loves monarchs, and it is easier than you think to help them. Do nothing. Let nature plant native plants, and monarchs will come. Enjoy your native plants without pesticides, herbicides, mowing, and fertilizers, and enjoy your native pollinators.

Helen Petre is a retired biologist. If you have any questions or suggestions for articles, please email: petrehelen@gmail.com.



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HAPPENINGS AROUND THE BEACH JULY 2026

Farmers Markets

Grand Blvd. Saturdays 9 a.m.-1 p.m.
Grayton Locals Market Thursdays 10 a.m.-2 p.m. at Hibiscus Guest House
Seaside Amphitheater Saturdays and Tuesdays 9 a.m.-1 p.m.
Peddlers Pavilion Sundays

9 a.m.-1 p.m.
Rosemary Beach at North Barrett Square Sundays 9 a.m.-1 p.m.
Greenway Station 30A Wednesdays 9 a.m.-1 p.m.
The Big Chill 30A Thursdays 9 a.m.-1 p.m.

Village of Baytowne Wharf Family Fun
Sallywag Sundays: Watch as featured pirate Captain Davy takes you on an adventure with two magic shows on stage at 7 and 8 p.m. Movie Mondays: A free to attend event, grab a lawn

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chair or blanket and cozy up on the Events Plaza Lawn for a featured film on the big screen at 8 p.m. Boomin' Tuesdays: Baytowne lights up the night with fireworks over the lagoon at 9:15 p.m. Before the show, enjoy a dance party starting at 7:15 p.m. with DJ Mike Whitty in the Events Plaza. Thursdaze Lights Show: Experience a unique aerial display that blends technology and coastal charm at Thursdays 9 p.m.

ECTC Children's Theater at Seaside Mondays

Step into a world of magic, mischief, and moonlit romance as Emerald Coast Theatre Company presents A Midsummer Night's Dream in a family-friendly adaptation at the SEASIDE Amphitheater. Beginning at 6 p.m. Mondays through August 3, bring a blanket and enjoy dinner from any of Seaside's delicious eateries. This

joyful retelling of Shakespeare's beloved comedy brings love, laughter, and live theatre to Central Square. It's an enchanting experience for audiences of all ages.

Huck & Lilly @ Seaside Amphitheatre Tuesdays and Thursdays

Huck & Lilly will perform LIVE in the Seaside Amphitheater Tuesdays and Thursdays from 5-5:45 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 at The Big Chill 30A

It's all about turtles every Wednesday from 9-11 a.m. at The Big Chill 30A! Join the South Walton Turtle Watch

HAPPENINGS AROUND THE BEACH JULY 2026

to learn about wild sea turtles and how to help protect them. Talks will begin promptly at 9 & 10 and last about 10 minutes. Children attending will receive a complimentary string backpack filled with goodies while supplies last! You can paint a wooden sea turtle to take home or get a new South Walton Turtle Watch bracelet from the merchandise table supporting local conservation efforts.



Guided Plant Tour at Topsail State Park July 20

Join Topsail Hill Preserve State Park and Master Gardener Bill Kuenstler on the third Monday of 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.

Grit and Grace: Holding our Own

Walton County's original folk production, Grit and Grace returns with a heartfelt celebration of local history, heritage, and community spirit. Rooted in the real stories of Walton County, Holding Our Own weaves together music, storytelling, and community-made magic to honor the people, traditions, and shared experiences that shaped our home. Tickets: <https://www.zeffy.com/en-US/ticketing/grit-and-grace-2026-production-of-holding-our-own>. Show locations are: A Simple Faith Church: July 14 at 6 p.m.; Florida Chautauqua Theater: July 18 at 6 p.m. and July 19 at 2 p.m.

Paper Bear Screening at Seaside July 24

The Paper Bear invites the community on a heartfelt journey into the forests and coastal wilds of Northwest Florida at 7:30 p.m. Blending live-action storytelling with hand-drawn an-



imation, the film follows a father and son as they venture into the woods to document real Florida black bears, sharing campfire stories, local history, and the magic of the natural world along the way. Visit thepaperbear.org.

Pensacola Beach Airshow: U.S. Navy Blue Angels July 18

Timed to coincide with the peaCasino Beach is the show center offering the best views and where all the big maneuvers will be performed. Flight demonstrations and civilian aerobatic performances begin at approximately 10:30 a.m., with the Blue Angels overhead at 2 p.m. The show highlights Pensacola hometown heroes — the Blue Angels — the U. S. Navy's flight demonstration squadron stationed at Forrest Sherman Field aboard Naval Air Station Pensacola. The Blues hold several practice sessions along the beach in the days leading up to the big event on show day.

Hemingway Day at The Pearl Hotel July 21

Inspired by the life and travels of the legendary Ernest Hemingway, this all-day celebration invites you to savor a diverse selection of menu items representing destinations around the world. Reservations Recommended. Each dish will be expertly paired with its own unique wine or spirit, creating a sensory experience that mirrors the rich tapestry of Hemingway's life. For those seeking a more personalized journey, the regular à la carte menu will also be available.

Biophilia Center Creature Feature July 25

Join the E.O. Wilson Biophilia Center from 5 to 7 p.m. for a Creature Feature, an exciting opportunity to explore wildlife and practice Biophilia.



This event is free to attend, donations are always appreciated. Bring blankets, pillows, and wear comfy clothes for a showing in the indoor theater. Concessions such as pizza and popcorn will be available for purchase.

Biophilia Center Summerfest Aug. 1

Join the center at Summerfest from 9 a.m. to 2 p.m. for family-friendly fun! This is a nonprofit fundraiser packed with something for everyone! Enjoy animal chats, food trucks, a bounce house, games, raffles and the Reptile Room. Don't forget a towel and a spare change of clothes for water activities! It's the perfect way to celebrate summer while connecting with nature and wildlife.

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



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Donna Johns:

A Commissioner Who Chose Service Over Spotlight

In an era when politics often rewards the loudest voices, Donna Johns has taken a different path.

She doesn't measure success by headlines or social media arguments. She measures it by projects completed, constituents helped, and decisions made with the long-term interests of Walton County in mind.

A lifelong believer in service, Donna first took an oath to defend the Constitution while serving in the United States Air Force. Years later, she took another oath as Walton County Commissioner for District 4. Though the uniforms changed, the commitment remained the same: serve with integrity, protect the public trust, and put people before politics.

Since taking office in 2022, Donna has approached county government as a student first. She completed extensive training through the Florida Association of Counties, earning certifications in county government, ethics, planning, budgeting, infrastructure, emergency management, and leadership. She believes good decisions begin with understanding the issues—not simply reacting to them.

Her philosophy is simple: growth should be responsible, government should be accountable, and every tax dollar should be treated with respect.

Constituents often find Donna at community meetings, ribbon cuttings, workshops, neighborhood discussions, or simply listening. She understands that being a county commissioner is

growth, and has never hesitated to vote “no” when she believed a proposal threatened the quality of life residents cherish.

Constituents often find Donna at community meetings, ribbon cuttings, workshops, neighborhood discussions, or simply listening. She understands that being a county commissioner is

I've invested countless hours in professional development through the Florida Association of Counties, completing:

- Certified County Commissioner Program
- Advanced County Commissioner Program - Levels I, II & III
- County Government Education Program
- Legacy Leadership Program

Through these programs, I've gained valuable knowledge in areas such as:

- Land Use & Development
- Planning & Zoning
- Infrastructure
- Grant Management
- Governmental Operations
- Ethics & Accountability
- Stormwater Management
- Florida Law

The decisions made at the County level impact your quality of life, your economy, your environment, and your future. I believe those decisions should be made by someone who is prepared, informed, and committed to continuous learning.

I am ready to continue serving Walton County with the knowledge, experience, and dedication this position requires.

You deserve nothing less.

Vote

AUGUST 18

to KEEP ME WORKING for you



Donna Johns

WALTON COUNTY COMMISSIONER





far more than attending board meetings. It means studying complex issues, meeting with county staff, responding to residents, balancing competing interests, and making decisions that will shape the county long after today's headlines are forgotten.

That preparation has shaped her approach on the Board.

Perhaps what best defines Donna Johns is not a single vote or project, but her perspective on public service.

She believes leadership is not about creating the world she wants. It is about helping create a better future for everyone.

That means listening before speaking.

Learning before deciding. Working before taking credit.

In a political climate often defined by division, Donna Johns has chosen a quieter path—one rooted in preparation, integrity, and service.

For her, public office has never been about holding a title.

It has always been about honoring the trust placed in her by the people of Walton County.



BY CHRISTIAN REGALADO

I've been wanting to write this article for a while now because there isn't a lot of discussion going on with retirees about the Medicare High Deductible G plan. With the rising costs and shrinking benefits offered with Medicare Advantage PPOs, this plan is worth exploring. More and more carriers are trying to push people into HMO plans because they cost insurers less, but I rarely recommend HMO plans in our area due to their limited network, need for referrals, and delays and risks that may come with prior authorization. This is why many locals choose a

Medicare High Deductible G Plan vs. Advantage PPO

Supplement plan G or N if it fits their budget, or an Advantage PPO plan.

Many Medicare Advantage PPOs across the country have been consistently raising costs and trimming benefits due to recent changes enforced by CMS. Specialist copays are climbing. Dental, vision, and hearing allowances that once felt generous are now more limited. Some carriers in certain areas have been cancelling their PPOs altogether. So far, we still have decent options here, but the benefits are waning.

Our retiree population is smaller and more spread out than a city market, which means insurers have less leverage to build deep, competitive networks here. Advantage plans route members toward our one hospital in Miramar Beach, or facilities in Fort Walton Beach and Destin.



ships, dental, hearing, or eye-wear coverage. Depending on your situation, Medicare Advantage PPO or even an HMO may be your best choice. However, it is important to understand all of your options so that you can make the best decision.

But if you need a specialist who isn't on staff locally, or you split time between 30A and a home up north, the PPO's flexibility gets tested fast.

PPOs are sold on freedom. See more doctors, in or out of network, the brochures promise. Technically, that's accurate,

but many retirees discover the catch only when they need it most. Out-of-network care here often triggers higher coinsurance. Imaging, hospital admissions, and specialty referrals may require prior authorization before a procedure can even be scheduled. Specialist copays can run \$50-\$100 per visit, and add up quickly for anyone managing more than one condition.

High-Deductible Plan G is a lower premium Medicare Supplement, not an Advantage plan, and that distinction is exactly why it's an option worth considering for those considering a lower cost plan. Most premium costs are well under \$100 per month, but vary based on the carrier.

For 2026, the HD-G total deductible is \$2,950. Think of that as your max out of pocket. There's a \$283 upfront deductible required before any coverage begins. Once that's met, you pay 20% coinsurance (Medicare pays the other 80%) until you reach the full \$2,950. After that, the plan pays 100% of covered Medicare Part A and Part B expenses, excluding premiums, for the rest of the year. Compare that to a PPO, where a difficult health year could mean a higher out-of-pocket maximum and fewer care options. With HD-G, you have a much lower worst-case number, but the main selling point is the extensive network with no referrals or prior authorizations.

The catch is that the HD-G plan only supplements Medicare parts A and B. This means you will still need to choose a stand-alone Prescription Drug Plan just like any other supplement plan. There are also no extra perks like silver-sneakers gym member-

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TORTOISE

continued from page 11

But we cannot make choices for you.

The patients who experience the greatest transformations are not necessarily the ones with the most resources or the perfect genetics. They are the ones who become active participants in their own health. They ask questions. They stay curious. They follow through. They view their health as an investment rather than an expense.

Your healthcare team can walk beside you, but ultimately, you are the most important member of the team.

At the end of the day, these truths are not meant to make anyone feel guilty. They're meant to be empowering. Your body is remarkably resilient. It is constantly adapting, healing, and responding to the choices you make each day. Small improvements, practiced consistently, can create extraordinary changes over time.

And if there's one thing I hope every patient understands, it's this: it's never too late to start listening to your body and giving it the care it deserves.

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Additions and Explanations

BY KAY LEAMAN, HEALTH ARCHITECT, CERTIFIED NUTRITION & SKIN ADVISOR

I was cleaning up the side of my fridge the other day, where I keep healthy things I need to remember. My June article discussed reading food labels. What I forgot to add are the labels on produce.

Four-digit codes that begin with a 3 or 4 = Conventionally grown

Five-digit codes that begin with 9 = Organic

Five-digit codes that begin with 8 = Genetically modified

The first two codes are what they say. Genetically modified produce tends to be a gray area since producers do not have to tell us how the produce was modified. Take corn, for example. Did you know that they found a way to insert insect-resistant chemicals into corn seeds, thereby making the corn insect resistant? Those kernels may

taste good, but what might those chemicals be doing to us? There are many other ways produce is being genetically modified, so by avoiding these, we can put a checkmark next to making another healthier choice.

Next, let's revisit cholesterol as it pertains to heart disease. There is a doctor and research that have shown that the statistics for mortality and morbidity alone prove that cholesterol-lowering drugs (statins) fail to significantly lower the death rate from cardiovascular disease. Risk factors for heart disease include:

Age, low HDL cholesterol, low free testosterone (for men), smoking, HBP, elevated C-reactive protein, homocysteine > 7.0, oxidized LDL, diabetes, genetics, obesity, inactivity, chronic periodontal disease, stress, arterial calcifications and nutritional deficiencies.

Notice that it is not the level of LDL cholesterol, but the level of oxidized LDL. This is why it is so important to pay for the tests that doctors never run (listed in the February article). It is also notable that diet, exercise and nutritional supplementation play important roles in test results and overall health.

Another note of importance is that, when researching information, be sure to note the parameters of the study being done.

Now on to plastics. Plastic is everywhere, especially in our kitchens: food containers, beverage bottles, dishes, glasses, etc. One thing to remember is to never microwave food in plastic. I have glass containers for leftovers, but I never use the plastic lid to cover the container when reheating. I use my food-safe silicone pad.

All plastic containers have a triangle on the bottom with a number in it. Here is the breakdown:

Green:

#2 – Laundry detergent bottles, milk jugs, folding chairs and tables: No known health concerns.

#4 – Juice and milk cartons (as the waterproof inner and outer layer), grocery bags: No known health concerns.

#5 – Yogurt and margarine tubs, plastic cups and baby bottles, kitchenware, microwavable plastic containers and lids: Microwavable/dishwasher safe does NOT mean it's a healthy practice. It only means it will not



warp when heated. Hand-washing is recommended.

Yellow:

#1 – Cosmetics, household cleaners, water, juice, soft drinks, salad dressings, oil, peanut butter: Studies have found antimony (a toxic chemical) leaching from water bottles exposed to heat (Note: They are shipped in cases on pallets in trucks.). PETE plastic is only intended for one-time use. Reusing plastic water bottles, etc., can cause chemicals to leach into the liquid.

#7 – Electrical wiring, CD/DVD cases, baby bottles, 3- and 5-gallon reusable bottles: BPA found in these products has been

found to be an endocrine disruptor. Look for green numbers as an alternative.

Red:

#3 – Shower curtains, cling wrap (avoid using, or place a paper towel between food and plastic), pool toys, inflatable structures, clothing, vinyl IV bags used in neonatal intensive care: PVC is toxic and releases gases into the air. Let your cars off-gas before driving. Choose baby toys and pool and bath toys that are PVC-, phthalate- and BPA-free.

#6 – Disposable cutlery, egg cartons, foam cups and to-go foam packaging from restaurants: Long-term exposure to small quantities of styrene can cause neurotoxic, hematological, cytogenic and carcinogenic effects. It is classified as a possible human carcinogen by the EPA. Transfer your restaurant leftovers to a safe container as quickly as possible. Avoid foam egg cartons. (A study showed that, after three hours, chemicals from the egg carton had leached through the eggshell into the eggs.)

If enough consumers stop buying certain products, it can signal the industry that we demand safer products. I think I'm going to start educating the restaurants we frequent about the dangers of their take-home products as well as their foam cups.

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Chasing the “Weeeeeee!”



By STEPHENIE CRAIG

When do you last remember experiencing such fun and glee that your face hurt from smiling and your body was overwhelmed with joy? Remember being a kid pushed super high on the swing, or getting a delicious, cold popsicle from the ice cream truck, or riding a bike fast with the wind in your face? Little children who have not yet been taught to be measured and self-conscious say, “Weeeeeee!” when they have deeply joyful experiences. “Weeeeeee!” is another way to say “I love life,” “This is amazing,” “I was made to live in this moment.”

Somewhere along the way of growing up and adulthood, you can begin to lose both the pursuit and the childlike fascination with joy. You can lose the “Weeeeeee!” in life and days can run into weeks, tending to responsibilities and forgetting that life was also made for joy, regardless of your age. Loss of joy and over-focusing on the hard, uncomfortable experiences in life can leave you feeling emotionally numb, depressed, exhausted, lacking purpose, and generally grumpy. Adult life is

best lived in a state of balance between taking care of business and consistent, intentional pursuit of “Weeeeeee!” moments.

You might view joy as an extra, something unnecessary, a low priority in life. However, it’s hard to stay motivated and emotionally checked in if life is primarily full of bills, stress, obligations, annoying people, exhausting experiences, and unengaging tasks. Your body was designed to also experience a sense of passion, fun, purpose, creativity, light-heartedness, laughter, connection and feeling lit up from the inside out.

So, you know you need more joy and “Weeeeeee!” moments in life, but how can you make it happen?

6 Ways to Chase the “Weeeeeee!” Moments

1. Remember and learn from earlier versions of yourself. Think about what used to spark joy and light you up as a kid. Maybe it was singing, dancing, art, reading, bike riding, rides at the fair, catching bugs, fishing, running fast, splashing, rolling in the grass, playing with your pet, building. Remember times of laughing, silliness, and being unself-conscious, and notice what you were doing at the time.

2. Notice your bodily sensations. Think about where you felt the joy and the “Weeeeeee!” in your body in childhood. Maybe your face hurt from laughing, your chest felt warm and full, your limbs felt light and floaty, you felt energetic.

3. Connect the past with the present. Try noticing when

your body feels the joy sensations now. Maybe being in the ocean, riding in a boat, riding your bike, seeing dolphins, being in nature, creative pursuits or some other current experience gives you a “Weeeeeee!” feeling if you pay closer attention.

4. Return to past experiences of joy. Try bringing childhood joyful activities into your adult life. Write a story, pick up painting, make a fun cake, read a book you have loved, make a handmade card, roll down a hill with your kids, catch a big fish, watch the squirrels, build Lego, tie-dye a shirt, ride a roller coaster.

5. Track your joy. Try keeping a list in your phone notes of “Weeeeeee!” activities. Then try planning intentional time in your calendar each week for those activities. Start with once a week for 15-30 minutes and work your way up to more amounts of time that work into your life.

6. Reflect. Over time, reflect on how life feels different as you look for and intentionally incorporate more “Weeeeeee!” moments into your life. Use reminders in your phone and on post-it notes for a few months to keep you on track with your practice of joy until it becomes a habit.

If you are a person who experienced a difficult childhood, it may be hard to find historical



times of joy to guide you. That’s okay. You aren’t alone. You can start noticing now what makes you want to say, “Weeeeeee!” and intentionally pursue those activities while you cultivate a practice of joy for the first time. Have fun as you chase the “Weeeeeee!” in your day-to-day life.

Connect with us at Journeybravely.com.



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Wellness

When Life Changes, Marital Core Values Help Couples Thrive



BY JAMIE C. WILLIAMSON, PhD

Summertime often is a season of transition, change, and shifting priorities for couples. Many couples must adapt to their kids' next phase of school, prepare for an empty nest, or adjust to retirement. They start new jobs, relocate, or downsize.

We call these kinds of transitions Inflection Points: critical turning points where the current relationship direction or nature of the connection shifts signifi-

cantly. During these moments, marital core values can help guide how partners respond to change.

Inflection Points affect a couple's momentum and signal a need for new behaviors, clearer communication, renewed commitment, or a realignment of values. The extent to which couples prepare for and adapt during the Inflection Point determines if they move toward deeper trust, commitment, and growth—or toward distance, conflict, and possible separation.

Fortunately, couples can learn to identify approaching inflection points and use their core values to prepare for and address underlying issues before they become destructive or terminal.

Types of Inflection Points

Inflection Points may be categorized as resulting from a couple's own decisions, natural life

changes, or external forces.

Decision-Driven: Decide to combine finance, have children, change careers, relocate.

Life Transitions: Children aging, parents aging, retirement, growing old together, death.

Externally Related: Job loss, job promotions, market shifts, hurricane damage.

Response Determines Relational Impact

An Inflection Point's impact may be positive or negative. When couples manage the inflection point by adapting well, focusing on solutions, becoming resourceful, and overcoming the major hurdle together, the relational impact is positive. They can boost their intimacy and trust in each other, and their excitement about their future together.

However, when couples manage the inflection point by adapting poorly, focusing on blame rather than solutions, and becoming undependable, disrespectful, or contemptuous, the relational impact is negative. Their intimacy and trust decline, and they lose faith in each other and their future together.

Anticipation and Advance Preparation Matter

Decision-Driven and Life



Transition Inflection Points are easier to anticipate than those caused by external forces. Yet couples often focus on the "what" of a decision without considering the "why," creating unintended consequences that become unanticipated Inflection Points.

Consider a common example: A happy couple combines finances to affirm their marital partnership, but never agrees on core values for spending, saving, and building financial stability. Each continues spending according to individual priorities. Soon they face unsustainable debt, and must sacrifice vacations, new cars, and future savings—and begin fighting about money.

Suddenly, they have an unanticipated Inflection Point for which they are not prepared. And there is no one to blame but themselves (or each other). This new disappointing reality can be either a positive catalyst

for growth or the beginning of a decline.

It also could have been prevented.

Martial Core Values Guide Preparation

Had this couple done the foundational work to outline their core financial values, they could have anticipated the problems that come with combining finances, established spending guidelines and savings goals, and enjoyed the boost in intimacy, commitment, and satisfaction that comes from working toward a common goal.

But it is not too late for them... or any other couple anticipating an Inflection Point.

To effectively prepare for inevitable changes, couples should establish Core Values for their relationships, focusing especially on the areas where they need to anticipate and prepare for change. Establishing Core Values moves the couple past discussions of "what" they want to do in their marriage into the "why" they want to do it.

There are common values categories you and your partner can use to identify your Core Values: (1) **Stability and Security** (financial and personal health); (2) **Connection and**

CORE VALUES

continued on page 33

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The Comfort of Chaos

Why We Return to What We Know, and How to Break Free



By MICHAEL McMANUS,
LCSW, PSYCHOTHERAPIST,
SANTA ROSA BEACH, FLORID

The Blueprint We Never Asked For

One of the most striking patterns I see in my work as a therapist is this: people who genuinely want love, peace, and stability often find themselves recreating the opposite. They end up in relationships defined by conflict, emotional volatility, or chronic distance, and many of them cannot explain why. The answer, more often than not, leads straight back to childhood.

Long before we can put words to what we feel or need, our nervous systems are quietly record-

ing everything around us. The emotional climate of our early home, whether it was warm and predictable, cold and withdrawn, or charged with conflict, becomes the template our brains use to define what feels normal. Neurologically speaking, familiarity registers as safety. Even when the familiar is painful.

This is not weakness. It is wiring. The developing brain calibrates itself to survive whatever environment it is born into. A child raised in a home where love was unpredictable learns to stay hypervigilant, always scanning for signs of danger or approval. A child raised amid constant conflict learns to associate intensity with connection. When that child grows into an adult and encounters calm, consistent love, it can feel unsettling or even hollow. The quiet does not register as love because quiet was never what love looked like.

The Drive to Replay

Psychologists have long observed what is known as repetition compulsion, the unconscious tendency to reenact

unresolved emotional experiences, often in hopes of finally achieving a different outcome. There are also parts of ourselves we have never fully examined that drive our behavior from beneath conscious awareness. The clinical reality is consistent: we are drawn toward what echoes our earliest experiences of love, even when those experiences were painful.

I've sat with clients who married the emotional equivalent of a dismissive parent, and with partners who chose chaos repeatedly because stillness felt like abandonment. These were not careless or self-destructive people. They were following an internal GPS that had been programmed in childhood, one that needed to be updated through awareness, patience, and new relational experiences.

The Attachment Connection

Attachment theory, developed by John Bowlby and expanded by Mary Ainsworth, gives us further language for this pattern. Our early experiences with caregivers cre-

ate internal working models, unconscious beliefs about whether we are worthy of love and whether others can be trusted to provide it. Someone with an anxious attachment style may find themselves chasing the unavailable partner. An avoidant style may push closeness away once it arrives. A disorganized attachment, often rooted in early trauma, can produce the push-pull dynamic so many people recognize but cannot seem to escape.

Breaking the Pattern

The first step is awareness without shame. Recognizing that you have been following an unconscious script is not a character flaw. It is the beginning of real change. In therapy, we look at the origins of these patterns with curiosity rather than judgment, tracing present-day struggles back to where they began.

From there, the work involves building what I think of as a tolerance for the unfamiliar good. Learning to sit with healthy love, consistent safety, or simple peace long enough for the nervous system to accept it as real. This takes time and repetition. It also takes a therapeutic relationship built on genuine warmth, honest reflection, and the belief that change is possible.

The patterns formed in childhood do not have to define the rest of your life. Awareness opens the door. Courage walks you through it. And on the other side is something that may feel strange at first, but that a part of you has been reaching toward all along.

Michael McManus, LCSW is a psychotherapist in private practice in Santa Rosa Beach, Florida. He can be reached for an appointment through his website at psychotherapy30a.com or by phone or text at (850) 837-0123.

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Wellness

Tick Bites: Prevention, Removal, and Seeking Treatment

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

Have you seen a tick recently? Now that the summer is here, people are spending more time outdoors and as a result, it is not uncommon to have a tick encounter. Understanding how to reduce your chances of getting a tick bite and what to do if one occurs can help reduce the risk of tick-borne illnesses.

What Are Ticks?

There are many different types of ticks. Ticks are small, blood-feeding parasites related to spiders and mites. They are commonly found in wooded areas, tall grass, and weeds. Ticks attach to humans and animals to feed on blood and may transmit disease-causing bacteria, viruses, or parasites during the process.

Several tick species are found throughout the United States, including the Lone Star tick, American dog tick, Gulf Coast tick, and Blacklegged (deer) tick. While not every tick carries disease, some can transmit infections such as ehrlichiosis, Rocky Mountain spotted fever, Lyme disease, and other tick-borne illnesses.

According to the CDC, tick bites are on the rise in 2026.

Therefore, I want to share the following information recommended by the Cleveland Clinic, the Center for Disease Control, and Science Insights on preventing tick bites, what to do after a tick has bitten you, and when to seek treatment.

Preventing Tick Bites

The best defense against tick-borne disease is preventing tick bites before they occur. Below are some things you can do to avoid ticks while outdoors in tick-prone areas:

- Wear long-sleeved shirts tucked into long pants.
- Tuck pant legs into socks when walking through tall grass or wooded areas.
- Use insect repellents containing Deet.
- Walk on established paths to avoid wooded areas and tall vegetation.
- Following outdoor activity, perform a full-body tick check, including your scalp.
- It also helps to shower, which can remove ticks that are not yet firmly attached.

Cleveland Clinic (2026, March). <https://health.clevelandclinic.org/how-you-can-protect-yourself-against-ticks-and-lyme-disease>

What to Do After a Tick Bite

According to the CDC, if a tick is attached to your skin,



remove it as soon as possible, using fine-tipped tweezers to grasp the tick close to the skin's surface. Pull upward with steady, even pressure. Don't twist the tweezers as this may result in the body of the tick breaking from the attached head, mouth part of the tick. If this occurs, you can use the tweezers to remove the head/mouth part. Do not use petroleum jelly, heat, or nail polish to attempt to remove or kill the tick.

After removal:

- Wash the bite area with soap and water.
- Clean the area with alcohol if available.
- Wash your hands thoroughly with soap and water or hand sanitizer.

- Fever or chills
- Headache
- Fatigue
- Muscle or joint aches
- Enlarging rash
- Swollen lymph nodes
- Flu-like symptoms

Lyme disease is an infection associated with certain forms of ticks. The risk of transmission increases with the length of time the tick is attached. Therefore, removing the tick early is very important. When caught early, Lyme disease is easily curable with a round of antibiotics. If treatment is delayed, Lyme disease can be serious and affect multiple parts of your body. If you have any questions about a rash or tick bites that won't go away, do not delay treatment.

Continue to watch for any of the above symptoms for several weeks after being bitten. <https://scienceinsights.org/what-to-watch-for-after-a-tick-bite-a-timeline> (2026, March)

• Monitor for symptoms over the following days and weeks.

Center for Disease Control and Prevention (2026, June). <https://www.cdc.gov/ticks/index/html>

When to Seek Medical Attention

Medical evaluation is recommended if the tick was attached for more than twenty-four hours. Medical attention is also necessary if symptoms develop after a tick bite. A small red bump is common at the site of the bite. However, symptoms to watch out for include:

Enjoy the Outdoors Safely

Ticks are a natural part of the environment, but simple preventive measures can significantly reduce the risk of bites and tick-borne disease. By taking precautions while in areas where ticks are prone to live, using repellents, performing regular tick checks, and seeking prompt medical attention when symptoms occur, individuals and families can safely enjoy outdoor activities throughout the year.



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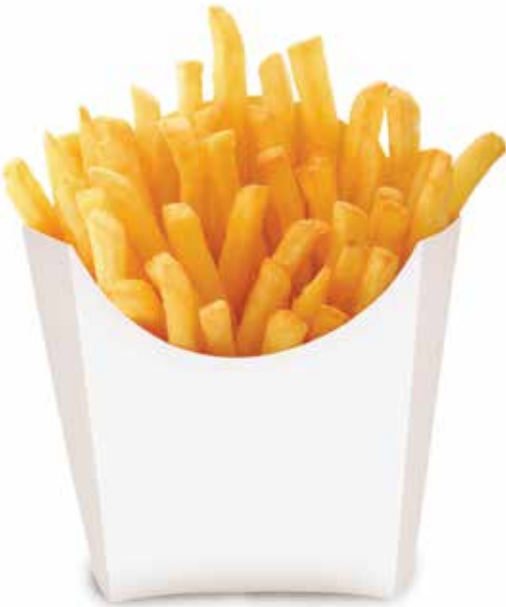


By Rick Moore

It wasn't really a diet. We weren't trying to lose weight. It was more or less a plan to stop gaining weight. Because we were on the road for hours each day, both my wife and I would purchase several of our meals from fast-food chains. Our plan was to stop eating french fries for a month to see if it would make a difference. A week into the self-imposed plan, my wife called and asked me to pick up dinner from a drive-thru on the way home. Driving past one of my favorite hamburger joints, I couldn't help but notice a huge banner which read, "Buy 1 Combo And Get The 2nd Free!" I did a u-

turn and pulled into the drive-thru. Suddenly remembering we weren't supposed to be eating fries, I did the math and realized we would still be better off to order the combos and throw away the fries. After receiving the meals, I pulled over to the dumpster behind the restaurant and ditched the french fries.

As we are sitting at the kitchen table eating, my wife looks at the receipt taped to the side of the bag from the restaurant and saw where I had received two orders of fries. She became irate. "I can't believe you ate two orders of fries in the car on the way home!" I promised I didn't and began explaining how the cost of the two combos was cheaper, and that I had thrown away the fries in the dumpster. She wasn't buying it. She said she knew me too well and there was no way in the world I would throw away



two orders of fries. Then, out of no where, she came up with a new label she tried to put on me, a label I'd never heard before. She said, "I knew you would go fast-fooding on me." I didn't even know "fast-fooding" was a thing. Now I'm upset. I jump in the car and do the only reasonable thing left to do. I drive back to the restaurant dumpster.

No, this isn't a Seinfeld sketch.

I leaned over the dumpster, stretching as far as possible, but the french fries were still inches away out of reach. I grabbed a long stick and tried to pull them towards me, but that didn't work either. Taking a picture of them as proof would have been a reasonable thing to do, but that could never be as good as securing the evidence. So, I jumped into the dumpster and picked up the two containers of french fries. After gently setting them on the ledge of the dumpster making

sure they would not tip over, I began realizing getting into the dumpster was easier than getting out. It is at that moment a bunch of young people pulled into the drive through. With their windows down and cell phones out taking pictures and videos, I heard one of the teenagers say, "I've never seen someone

dumpster diving at a restaurant before."

To this day, I'm still not sure my wife believes I didn't eat the fries. In her defense, I was known to sneak around and eat candy bars when I shouldn't. We want to be trusted, and we want to trust others. My father used to say trust isn't given, it is earned. No matter if you agree with that or not, that was the rule in the home I grew up in. If I snuck out in the middle of the night and was caught, I would be grounded and not allowed to drive the car for a week. The punishment of being grounded was bad, but what really hurt the most was to hear my father say, "I can't trust you." One of the highest honors a person can receive is to be told they are trustworthy. Trust is the fragile cornerstone of all human connection. Go earn it.

Rick Moore is Communication Pastor at Destiny Worship Center

CORE VALUES

continued from page 30

Legacy (family and community); **(3) Growth and Experience** (intellectual curiosity, spiritual devotion, adventure); and **(4) Relationship Style** (intimate best friends, playfulness, autonomy).

Each of you can write down what is most important to you in these categories. Then you can compare your lists, identify your shared values, and discuss how

you can support each other's individual values.

Once you commit to your Marital Core Values, you will be well prepared to anticipate and respond to Decision-Driven and Life Transition Inflection Points. And, you will have the foundation you need to guide your response to the externally imposed changes that will come your way.

Let me know if I can help.

Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Member of the Gottman Referral Network, with a Certificate in the Science of Wellbeing and Happiness from the Harvard School of Medicine. She is an owner and partner at Amity Mediation Workshop, a mediation practice specializing in "friendly divorce" mediation and psycho-educational couples counseling. Dr. Jamie speaks frequently on relationship topics and authors the blog "Work it Out". You can find her online at amitymediationworkshop.com.

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Becoming Multidimensional



By Kirk McCarley

A while back, I was assigned to help produce a sporting event. One of the people I worked closely with lamented his frustration in not receiving additional projects and confessed his disappointment. Highly professional, he is more than technically proficient at what he does. What I observed, however, was a person so solely fixated on the one task that he was blind to contributing more broadly. I could tell he struggled to relate to others.

It was apparent to me that this was holding him back from what he wanted.

We gravitate towards those who are well-rounded, both

personally and professionally. Those who are singularly focused on one topic area, be it work, politics, social media, children, religion, music, or sports, inevitably have trouble relating to others with more varied interests.

If you think you may be in that rut, then how do you become more well-rounded?

An article from Indeed provided some suggestions.

1. Be comfortable promoting yourself. Humbly, I would add. First, identify your strengths. If you don't know, ask a trusted family member or friend what they see. Then, develop some stories about how your talents benefited someone, focusing more on what the person achieved with your assistance than on what you may have done. Those who learn and then know your story will be able to draw their own inferences.

2. Develop People Skills. How good are you at asking open-ended questions of others? Most of us enjoy talking about ourselves. Distinguish

yourself by asking thought-provoking questions. Be curious and genuinely interested.

3. Evaluate yourself. Reflect upon your meetings with others. What seemed to connect? Where might you have felt "brushed off?" Did you do more of the talking or listening (aim to listen at least 60% of the time)? Did you maintain good eye contact and affirm the other person?

4. Learn continually. Read: on a variety of topics. Watch: be aware of what is occurring in your community and beyond. Listen: gain a sense of what reactions, responses, and moods are.

5. Improve communication skills. Develop a comfortable rhythm and cadence that you find comfortable and that doesn't move "faster than your brain." Most people, I find, need to slow down their verbal delivery. How well do you inflect, pause, or hesitate to build interest or dramatic effect?

6. Explore new experiences. Travel broadens our experiences significantly. What

about finding a place in a book club or Bible Study?

7. Find Focus in Your Life. What is your elevator pitch, your response to the question, either personally or professionally, that is a reply to the query, "tell me about yourself." Is it multi-faceted, involving a wide array of subjects? If you were to be another person hearing your story, would it be tantalizing? How can your story be tweaked to stimulate interest yet maintain factual accuracy?

8. Practice listening skills. We have two ears and one mouth. Are you utilizing these tools proportionately? When you are listening to someone in conversation, how well are you able to repeat back to them what they've just said? To what extent are you fully listening or instead preparing what it is that you wish to say next?

9. Be more active. Exercise and physical activity will engage motor neurons. Plus, you'll look better. If you attend a gym, there is also going to be a social aspect that allows for connection with others. Same with

walking and often running.

A coaching colleague recently shared, "The smartest person in the room is the one who is learning from everyone else, not the one trying to show everyone else how smart they are. We learn very little by repeating our accomplishments, proving our intelligence, or reminding people how important we are. Instead, we learn when we listen, stay curious, and remain open to perspectives beyond our own. People are seldom impressed by our arrogance. They are impressed by our humility, kindness, curiosity, and genuine interest in them."

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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Sean of the South: Baseball



By SEAN DIETRICH

I remember going to a ball game with my old man. I remember the smells. Stale beer, human sweat, and the odor of unnaturally pink hot dogs that turned your bowels into stone.

I remember before the game, things got very quiet. All 30-odd thousand people rose. The throngs of stadium chairs creaking sounded like the world was splitting.

Everyone’s dad put down his non-evangelical beverage, SLOWLY, careful not to spill. Thousands of American grandpas removed lit cigars and balanced them, with surgical-like care, onto armrests.

The anthem was played.

Back in those days, the anthem was handled differently than it is today. Back then, guest artists did not take the mound, wearing asymmetric haircuts and crotch-revealing trousers. Neither did singers demonstrate 10 minutes of vocal gymnastics until their anthem performance resembled a febrile seizure.

No. Back then the organ

played. And everybody sang.

We used to be a nation of singers. Remember that? Singing was just normal for us. Our childhood classrooms had upright console pianos, and our teachers knew how to play them. Mrs. Moore would bang out “My Country ‘Tis of Thee” before each class. Mrs. Smith played “This Land is Your Land” every Friday after the Pledge.

Well, that was a long time ago.

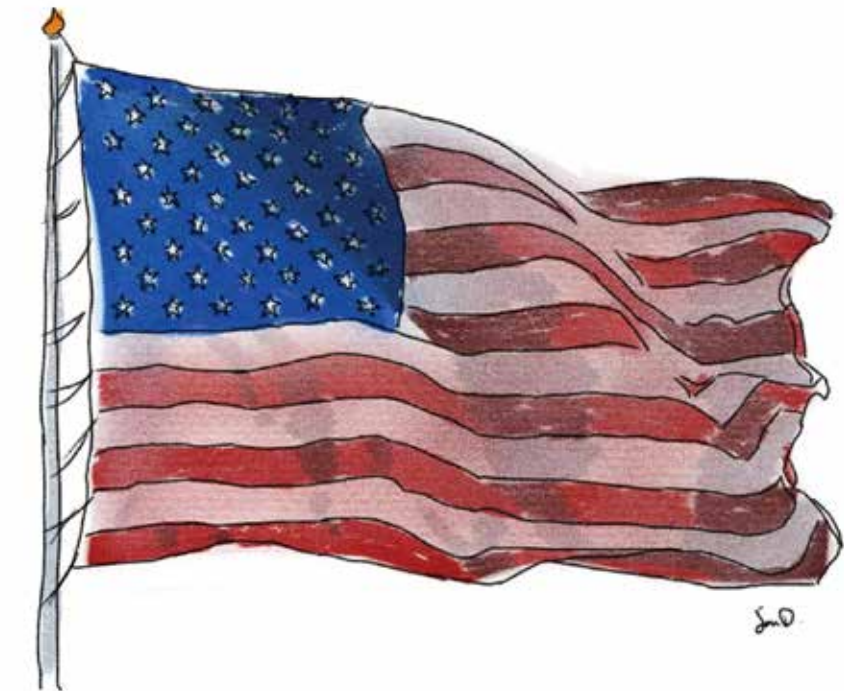
Recently, I attended a modern baseball game. It was a very different experience. My wife and I ordered \$34 nachos from a kiosk, and the cashier asked whether I wanted to leave a 25-percent tip. Beers were \$18 apiece.

During the game, a huge LED timer runs between pitches so TV producers can fit in more commercials on broadcasts. The bases are now bigger; the distance between bases is now shorter. They’re changing our game.

But none of that bothered me. Not really. A Major League park is what it is. Get over it. At a ball game, you get what you get, and you don’t pitch a fit.

What I was most interested in, truthfully, was the anthem. I was curious about it. I wondered: Do people still sing together the way they did 40 years ago?

After all, our world is nothing like it was. Our current world, for example, is almost devoid of classroom pianos. In 1938, the New York Times reported that



5.8 million pianos were sold in America each year. Whereas last year, we barely sold 30,000.

So anyway, the moment of truth arrived. The announcer asked everyone to rise for the anthem.

People stood. Chairs creaked. Dads placed beers beneath seats. People who were vaping expelled a final blast and hid their devices from security.

Everyone looked at the flag. The music began.

And...

Everyone knew the words. Everyone sang. The stadium sounded like it was going to crum-

ble beneath the volume of mass singing.

The boy next to me held his hat over his heart, singing so loudly the vein in his head

showed. The old man beside the boy was singing even louder.

But when the song finished, the people were not. In fact, the crowd was only just getting warmed up. They kept cheering. For whole minutes, they cheered.

Fists pumped into the air. People were hugging. A flag waved on the megatron screen. The sound of unified voices was engulfing. Fighter jets flew overhead. Fireworks. People were amazingly, wholeheartedly, demonstratively together. Even if only for a few seconds in time.

And in that beautiful moment of oneness, that moment of palpable joy, do you know something?

Nobody seemed to care about Cracker Barrel’s sign.



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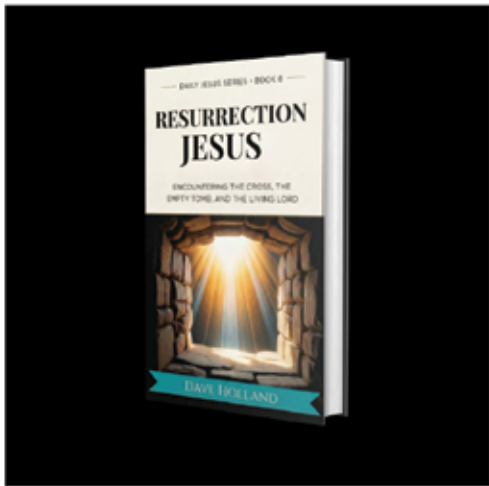
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Christian Capitalist: Breanna Becker - Serving Those Who Served

By Rich Sanders



Breanna Becker, a Christian Capitalist and entrepreneur, owns a marketing company with an innovate approach to help all kinds of businesses with their marketing and development needs. Recently, Breanna has shifted the focus of her work to assisting non-profits that have military or faith-based initiatives.

Just like so many of our neighbors, Breanna moved to the Emerald Coast after she fell in love with it visiting her mother, who lives in Sandestin. Once the combination of the entrepreneurial spirit and sugar-white sand took hold of her heart, she sold her house and left her executive position with a national restaurant group in Texas and moved here three years ago!

An active member of the Destiny Worship Center, Breanna embodies the ethic of the Christian Capitalist: the more we make, the more we give. She puts her neighbors in need at the center of her day, every day.

Her company, Ignite Collective Agency, started off working with businesses of all types in our community. Over the last year, however, her work has evolved from traditional marketing and business development into something much more mission-driven. Ignite has intentionally shifted its focus toward serving non-profit organizations, particularly those

supporting veterans, military families, faith-based initiatives, and efforts to combat human trafficking.

Breanna was drawn to this work for a simple reason: her clients' purpose matters to her! After years in corporate leadership and business development, she realized that her greatest passion is helping organizations with meaningful missions expand their reach, strengthen their systems, and connect with the people who believe in their cause. Whether it's supporting veteran wellness programs, faith-centered community initiatives, or organizations restoring hope to vulnerable populations, her goal is to



help good people do more good. Breanna notes that: "the core of my work is about building relationships, creating sustainable growth, and helping mission-driven leaders amplify their impact. When strong systems, authentic storytelling, and servant leadership come together, organizations can spend less time struggling for resources and more time changing lives!"

About this time last year, Breanna called me with an urgent request that exemplifies her spirit of service. A church from Houston was visiting the Emerald Coast with dozens of men, women and children. When their bus driver abandoned them for the return trip to Texas, they sought refuge near Destiny. Breanna rallied her friends and family to provide food, drinks and comfort for these fine people

while they waited ten hours in the heat for their backup bus driver to arrive!

Breanna recently appeared on the Christian Capitalist podcast, and you can listen to the entire episode on SOWAL Life's website. We are excited to share inspirational stories of hard work

and generous giving to the poor and needy in the name of Jesus Christ, like Breanna Becker!

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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A Pastor's Ponderings: Priorities



By Rev. Pete Hyde

It is already in the 80s outside and the humidity is higher than the temperature. I sit at the table in the breakfast room enjoying the first cup of coffee of the morning. Neil Diamond sings “Cracklin Rose” on Alexa. Just outside the breakfast room window, a rose bush has burst into bloom with six new red roses stretching their delicate, velvety petals toward the sky. Each one is perfectly formed and pointed toward their creator as if raising their hands in praise and thanks-

giving to God. A tangle of jasmine has taken over the flower bed. An azalea bush is showing its new growth as a promise of a full bloom of pink flowers to come in the spring. The willow tree hangs its branches like a light green curtain. The sun is peeking in and out of the clouds of a Florida morning. I pause for a moment to just relax. “If I Could put Time in a Bottle” by Jim Croce plays on the radio, followed by the “Sounds of Silence” by Simon and Garfunkel. “And the people bowed and prayed to the neon god they made.”

Most of us grew up, lived, and continue to live out the mantra of “work hard and you can be a success.” We set for ourselves unrealistic goals and objectives that became the priorities of our lives. They often took precedence over the really important things in life, like our spouses, children and grandchildren. These work/success priorities

also took precedence over our relationship to God and our call to serve Him. Even after retirement, many have filled their lives so full of activities that God and family have many times not been given a chance to reenter the priority list. The words of the song have come true. “And the people bowed and prayed to the neon god they made.”

As a gift to my son on his graduation from law school and to my daughter on her wedding day, I gave each one a leather-bound journal in which I reflected on and recorded memories and thoughts of their growing up years. One of the reflections I shared in each journal was my regret for spending so much time “working” and the priority “work” had taken in my life as they were growing up. I’m not saying we didn’t share special, God-given times, but I truly believe there could have been many more of those special times.

Neil Diamond now sings the ballad “Morningside.” The old man dies and no one notices. “They simply turn away.” But they find an old oak table “built with nails and pride” and on the underside they find these words “for my children.” The words become his epitaph – “for my children.”

We cannot live with “what if” any more. “If is for daydreams,” as Roger Whitaker sings. We can, however, move from “what if” to “what can I do to make things different?” Regrets will weigh us down like the branches of the willow tree outside the window. Our striving to make a new day and look forward instead of back will raise our heads towards heavens like the blooms of the roses as they stretch toward God with all their might. In doing so, they bring beauty and light and inspiration to all who would notice and learn. Anne Murray sings, “And I think to

myself, what a wonderful world.” “Come to me all who labor and are heavy laden and I will give you rest.”

“Those who wait upon the Lord shall renew their strength. They will mount up with wings like eagles; they will run and not be weary, they will walk and not faint.”

Let’s take some time to reflect on the labors and priorities of our lives. Take a moment to tell your spouse you love them. Touch base with your kids and grandkids today. Most of all lift your eyes toward heaven like the roses and thank God for the blessings and gifts His creation, love and mercy.

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



Victoria Crystal and Sue Bowden, who are members of the WCDWC and the Ladies of Distinction in Walton County had a soul-heightening experience as they gave gifts to mothers in the Chautauqua Nursing Home in Defuniak Springs.



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Meet Andrea Campoblanco: Executive Chef at Watersound Fountains

I'm currently the Executive Chef at Watersound Fountains, a resort-style senior living community. I moved to Florida two years ago after spending eight years in the Hudson Valley (New York), where I worked in several fine dining restaurants focused on seasonal, farm-to-table cuisine. During that time, I also worked at local farmers markets and in an orchard, experiences that gave me a deep appreciation for fresh ingredients, seasonality, and the relationship between chefs, farmers, and the local community.

Before moving to New York, I lived in Utah for a year and a half after arriving in the United States on a J-1 visa to work at Deer Valley resort. That experience is where my culinary career truly began and where I discovered my passion for hospitality.

I'm originally from Peru, and my culture continues to be one of my biggest inspirations in the kitchen. I have a deep passion for Peruvian cuisine and love find-



ing ways to incorporate those flavors into my cooking while honoring the local ingredients around me.

My cooking style is inspired by seasonality, local products, and the connection between food, culture, and community. Through my food, like the recipe to follow, I hope to give people the opportunity to experience a little bit of Peruvian gastronomy in a thoughtful and memorable way.

Lomo Saltado

Serves 4

Lomo saltado is a popular Peruvian stir-fry dish featuring marinated strips of steak, onions, tomatoes, and French fries, all cooked in a hot pan with a savory sauce. It is typically served with rice on the side.

Ingredients

- 700 g (1½ lb.) beef tenderloin, cut into thick strips
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 tbsp neutral oil (grapeseed or avocado oil)

Sauce

- 3 tbsp soy sauce
- 1 tbsp red wine vinegar or white vinegar
- 1 tsp oyster sauce
- 2 tbsp beef stock
- 1 tsp aji Amarillo paste (best way to make aji Amarillo is with frozen aji Amarillo)

Vegetables

- 1 large red onion, cut into thick wedges
- 2 Roma tomatoes, cut into large wedges
- 1 fresh aji Amarillo (or 1 jalapeño), thinly sliced
- 2 scallions, cut into 2-inch pieces (optional)
- A handful of fresh cilantro

Fries

- 3 large russet potatoes
- Neutral frying oil
- Salt

Rice

- 2 cups cooked long-grain white rice

Preparing the Fries

Use the double-fry method. Cut the potatoes into thick batons. Soak them in cold water for 30 minutes. Drain and dry thoroughly. Fry at 300°F for 5–6 minutes. Let them cool completely (Put them in the freezer)



Fry again at 375°F until deep golden and crispy.

Season immediately with salt.

Preparing the Beef

Pat the beef completely dry. Season with kosher salt and freshly ground black pepper. In a separate bowl, whisk together all of the sauce ingredients.

Heat a wok or heavy carbon-steel skillet until it is just beginning to smoke. Add the oil.

Sear the beef for 45–60 seconds per side. Do not overcrowd the pan or it will steam the meat. Remove the beef immediately and set aside.

Stir-Frying

Using the same blazing-hot pan, add the red onions and stir-fry for about 45 seconds, aji Amarillo and tomatoes. Toss for only 20–30 seconds. The vegetables should remain crisp.

Return the beef to the pan. Pour in the prepared sauce. Toss everything together for 15–20 seconds, just until the sauce

lightly coats the beef and vegetables. Fold most of the fries into the stir-fry at the very end so they absorb some of the sauce while maintaining their crispness. Reserve a few fries for plating. Finish with freshly chopped cilantro.

Tips:

Beef tenderloin delivers the most tender texture. Cook the beef in small batches to maintain maximum heat and achieve the characteristic smoky flavor known as wok hei.

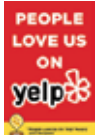
Avoid overcooking the tomatoes; they should stay bright, juicy, and hold their shape.

The onions should remain slightly crisp.

A traditional Peruvian Lomo Saltado should deliver rich umami from the soy sauce, reflecting its Chinese-Peruvian heritage.

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Wine & Song at NEAT Tuesdays

Join NEAT in Alys Beach for Wine & Song every Tuesday from 5-7 p.m. Enjoy 4 wines for \$30 per person or choose a bottle from the Uncorked wine list and enjoy it with your small plate and shareables from open to close. Wines will be posted every Tuesday on Facebook & Instagram.

Baytowne Wednesday Night Concert Series

Join The Village of Baytowne Wharf as they host the Wednesday Night Concert Series, a free weekly tradition on the Events Plaza Stage from 7-9 p.m. featuring local & regional talent from all kinds of genres. Bring your lawn chairs, blankets & your crew for some great tunes!

July 15th: The Aces Band
July 22nd: Casey Kearney Band
July 29th: Shenanigans
August 5th: Boukou Groove
August 12th: Sevenply

Here Comes the Sun Summer Concert Series at Rosemary Beach Wednesdays

Wednesdays in Rosemary Beach mean music, family and fun. Here Comes the Summer Summer Concert Series takes over the St. Augustine Green on Wednesdays through August 5, from 7-8:30 p.m. Bring your blankets and chairs to enjoy a free night of music under the stars.

July 15: Scratch 2020
July 22: Killer Robot Army
July 29: Run Katie Run
August 5: Will Thompson Band: Tribute to Tom Petter & Journey

Sounds Like Summer: 30A Songwriters Showcase Thursdays

The Watersound community invites you to join them for Sounds Like Summer Thursdays through August 13, featuring live music, theater, children's activities and more under the shade of The Pavilion at Watersound Town Center. With ample park-



ing, a covered pavilion, and even ceiling fans, all events are free and open to the public.

July 16th: Christmas in July
July 23rd: 30A Songwriters Showcase – Cat Ridgeway Band
July 30th: Children's Play – Pirate Who Learns to Say Please
August 6th: Neighborhood Fun Run

August 13th: 30A Songwriters Showcase – Mindy Smith

HarborWalk Coastal Country Concert Fridays

Coastal Country Fridays are back at HarborWalk Village in Destin and they are bringing the heat! Every Friday night through July 31, Harborwalk Village's Main Stage comes alive with

high-energy live country music, waterfront views and the kind of Friday night energy that makes the Emerald Coast the best place to be all season long. Free to attend. On-Site Parking fee, good for same day returns.

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, throughout the week. Saturday Brunch with live music 10 a.m.-2 p.m. Duel-

ing pianos Thursday through Saturday at 7:30 p.m. Visit www.foow30a.com for more info.

oldfloridafishhouse.com for more info.

FOOW Live Music Fridays and Sunday Brunch

Enjoy live music on Friday nights, as well as 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.

AJ's Grayton Brunch, Crawfish and Live Music

AJ's is the place to be to celebrate all things Sunday Funday in Grayton Beach! Recharge your weekend at Brunch with Bottomless Mimosas 11 a.m.-3 p.m. The talented Christon Birge Duo plays live music at noon. Then enjoy The Pickled Pickers 5-8 p.m. Check ajsgreyton.com for live music throughout the week.



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From Seacrest Beach to the White House:

Lulu's Story Changes America

By LORI LEATH MILLER

Two years ago, our community witnessed something that few who were there will ever forget. On June 7, 2024, what began as a beautiful summer afternoon

at Seacrest Beach turned into one of the most extraordinary stories of courage, faith and humanity our area has ever experienced. (See July 2024 issue of MyDestin-Life.com for original article: <https://destin.lifemediagrp.com/the-miracle-at-seacrest-beach-america-responds/>)

A shark attacked 15-year-old Lulu Gribbin as she swam in the Gulf. Within moments, complete strangers rushed into the water. A beach attendant, vacationing families, physicians, nurses, an EMT, a former lifeguard and countless others worked together



has become an advocate, sharing her story across the country and encouraging lawmakers to improve beach safety. In addition to helping inspire Lulu's Law at both the state and federal levels, she and her family established the Lulu Strong Foundation, which works to improve the accessibility, performance and affordability of advanced prosthetics, virtual reality therapy and other life-changing technologies for individuals with limb differences.

to save her life before South Walton Fire District crews, Walton County Sheriff's deputies and emergency medical personnel arrived.

When we first shared Rick Karle's powerful story, "The Miracle at Seacrest Beach: America Responds," we weren't simply reporting on a tragedy. We were celebrating the remarkable people God placed on that beach that day. As one physician later reflected, "When we come together, great things can happen."

Now, that miracle has led to something even bigger.

Recently, President Donald Trump signed Lulu's Law, federal legislation that will allow shark attacks to become eligible for Wireless Emergency Alerts—the same emergency notification system used for Amber Alerts and severe weather. The goal is simple: if a confirmed shark attack occurs, emergency officials can quickly notify people nearby before another family unknowingly enters the water.

The legislation, sponsored by U.S. Alabama Sen. Katie Britt, is named for Lulu, who was one of three people bitten during a string of shark attacks along the Florida Panhandle that day. Lulu lost her left hand and part of her right leg in the attack and has spent the time since advocating for better safety measures to help protect others.

The idea grew from a heart-breaking reality. About 90 minutes before Lulu was attacked off Seacrest Beach, another swimmer had been bitten just a few miles away. Had beachgoers throughout the area known about that first attack, Lulu's family has often said, the outcome might have been very different.

Today, Lulu has become much more than a survivor. She

has become an advocate, sharing her story across the country and encouraging lawmakers to improve beach safety.

In addition to helping inspire Lulu's Law at both the state and federal levels, she and her family established the Lulu Strong Foundation, which works to improve the accessibility, performance and affordability of advanced prosthetics, virtual reality therapy and other life-changing technologies for individuals with limb differences.

Her resilience has drawn national attention. In 2025, Southern Living named Lulu its "Southerner of the Year," recognizing not only her advocacy efforts, but also the remarkable way she has embraced life after the attack. Today, she is an accomplished adaptive golfer and water skier who continues to inspire others while still enjoying life as a teenager.

While Florida has not created its own statewide shark alert system, the new federal law directs the Federal Communications Commission to establish rules allowing state and local emergency officials to use Wireless Emergency Alerts after confirmed shark attacks.

For those of us along the Emerald Coast, this legislation is deeply personal. We remember the helicopters overhead. We remember praying for Lulu and the other victims. We remember the countless heroes who stepped forward without hesitation. And we remember a frightened teenage girl who whispered just one sentence after surgery: "I made it."

Today, because of her courage and determination, Lulu's story is helping protect beachgoers not only here on the Emerald Coast, but across America's coastlines.

Publisher's Note: We believed then that God was working through ordinary people to save Lulu's life. Today, her story continues to save lives in a different way—by changing how America responds when every second counts.

PHOTO:
Lulu Strong (Instagram)



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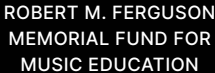
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Summer Occupancy Is Peaking.

Is Your Community Ready?



BY DON CARTER, SECURE VISION

Summer is here, and across the Emerald Coast, communities are seeing what they wait all year for: full parking lots, packed

devices, gaming systems, smart watches, and connected home technology. Multiply that across hundreds of units, and a network that performed well in February can quickly be tested in July.

When connectivity issues occur, residents rarely see them as technical problems. They see interrupted streaming, dropped video calls, buffering televisions, and unreliable Wi-Fi around the pool or clubhouse. The result is frustration, complaints, and in some cases, negative reviews that impact the overall perception of the community.

The strongest-performing communities don't wait for complaints to identify issues. They

- Aging equipment that may no longer support modern device demands
 - Network design that separates resident, guest, and operational traffic
 - Visibility into performance issues before residents experience them
- Internet service has evolved from a convenience into a critical utility. Residents and guests

expect the same reliable connectivity they experience at home, regardless of whether they are visiting for a week or living in the community year-round.

Communities that invest in reliable connectivity create a better resident experience, reduce support issues, and position themselves for long-term success.

As occupancy reaches its highest levels of the year, now is the

ideal time to evaluate whether your community's network is performing as expected and identify opportunities for improvement before small issues become larger problems.

Secure Vision works with associations throughout the to design, implement, and support connectivity solutions built for modern demand.



pools, busy amenity spaces, and high occupancy.

For HOA boards and property managers, however, peak season brings a different challenge. Every arriving resident and vacation guest brings multiple connected devices, creating a dramatic increase in demand on a community's internet infrastructure.

A typical vacationing family may arrive with smartphones, tablets, laptops, streaming

take a proactive approach by evaluating network performance before occupancy reaches its peak.

- Key areas boards should consider include:**
- Available bandwidth during peak occupancy periods
 - Wi-Fi coverage in amenity areas such as pools, fitness centers, clubhouses, and outdoor gathering spaces



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SS United States Nears Final Voyage

After more than 50 years of retirement and several unsuccessful attempts at restoration, America’s fastest ocean liner is preparing for one final record-breaking voyage—not across the Atlantic, but beneath the Gulf waters off Destin-Fort Walton Beach.

The historic SS United States is one step closer to beginning that next chapter. Okaloosa County officials recently announced that environmental remediation of the legendary vessel is complete. The ship remains docked in Mobile, Alabama, awaiting final approvals from the U.S. Army Corps of Engineers and the Environmental Protection Agency before deployment as the world’s largest artificial reef.

For many local residents, the announcement marks another milestone in a project they have followed closely since Okaloosa County purchased the ship in 2024. What began as an ambitious vision to preserve an American icon has become one of the most unique environmental and tourism projects in the nation.

Launched in 1952, the SS United States carried four U.S. presidents, Hollywood celebrities, military personnel and countless travelers during her years at sea. More than seven decades later, she still holds the trans-Atlantic speed record, a title no passenger ship has ever surpassed.

Rather than allowing the vessel to be scrapped, Okaloosa County chose a different path.

The Okaloosa County Board of County Commissioners approved the purchase on Oct. 1, 2024. After nearly 30 years docked in Philadelphia, the ship departed on Feb. 19, 2025, arriving in Mobile on March 3, 2025, where extensive environmental remediation began.



That work was completed in May 2026, bringing the project significantly closer to deployment.

The approximately \$13 million effort is funded through tourism development revenues and partner contributions. Funding covers the ship’s purchase, towing, environmental preparation, deployment and support for a future land-based museum dedicated to preserving its history.

Partners include Visit Pensacola, the Coastal Conservation Association, Yamaha Rightwaters, the Fish & Wildlife Foundation of Florida, Force Blue, NAUI Worldwide, the Explorers Club and Diver’s Alert Network. Scientists from Woods Hole Oceanographic Institution will conduct long-term research documenting how an entirely new reef ecosystem develops on the vessel from day one.

Once deployed, the SS United States will become the crown jewel of one of the nation’s most successful artificial reef programs. Since the 1970s, Okaloosa County has deployed 48 large vessels and developed nearly 600 artificial reefs in Gulf waters.

County officials expect the ship to generate significant tourism benefits as divers from around the world travel to experience the historic vessel. The project is also expected to sup-

port local hotels, restaurants, charter operators, retailers and other businesses throughout the region.

Equally important are the environmental benefits. Prepared under strict federal and state standards, the vessel will create vital habitat for marine life, including grouper, snapper, tuna, mahi-mahi, marlin, sea turtles and countless other species that support a healthy Gulf ecosystem.

For those concerned about preserving history, county leaders emphasize that the project does exactly that. Rather than disappearing into a scrapyard, the SS United States will continue telling her story beneath the Gulf as a thriving artificial reef while a future museum shares her remarkable legacy with visitors from around the world.

For a ship that once connected continents, her final

voyage will connect history, conservation and tourism in a way few projects ever have. Soon, the world’s fastest ocean liner will begin her slowest journey—settling beneath the Gulf and becoming home to thousands of marine creatures while inspiring future generations of divers, anglers, scientists and visitors.

For updates on the project, visit destinfwb.com/explore/eco-tourism/ssus.



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Patriots Point Aims to Create a Lasting Tribute for America 250

By LORI LEATH MILLER

As communities across the nation celebrate America's 250th anniversary throughout the year, a project taking shape in West Bay is inviting local families, veterans, businesses and community supporters to become part of a permanent tribute to our nation's history.

Known as Patriots Point, the initiative is the nonprofit arm of The Corner PCB, a community-focused development in Panama City Beach that seeks to create a gathering place centered on faith, patriotism, history and civic engagement. At the heart of the project will stand a towering American flag surrounded by a commemorative plaza designed to honor the nation's founding, military service and enduring ideals.

What began as a local passion project led by Steven Franco, owner of Rodos Realty, and his daughter, Bebe Franco, is quickly evolving into something much larger. Franco and a team of longtime Beachworx members, Rodos Realty colleagues and respected community leaders—including decorated military veterans Gary Redden and Bill Blanken,

real estate partner Greg Ganske, and service providers Jeff Margaretten, Aerial Payne and Dillon Turner—have collaborated on community-focused initiatives for years. Together, they believe Patriots Point has the potential to become a regional destination and a meaningful part of the nation's America 250 celebration. "Patriots Point started as a local project, but the more we developed the vision, the more we realized it represents something much larger," Franco said. "Northwest Florida has one of the strongest military connections anywhere in the country. We want this to be a place where residents and visitors alike can reflect on the freedoms we enjoy and the people who have helped protect them."

That military connection is one reason Franco, Redden and the others believe the project is uniquely positioned to resonate with residents throughout Northwest Florida. In close proximities to West Bay are military installations including Tyndall Air Force Base, Eglin Air Force Base, Hurlburt Field, Naval Air Station Pensacola, Duke Field, Naval Air Station Whiting Field, Naval Support



Activity Panama City and additionally Corry Station (Center for Information Warfare Training), the U.S. Coast Guard Station Panama City and Fort Novosel (formerly known as Fort Rucker) nearby in Alabama. Generations of Air Force, Army, Navy, Marine Corps and Coast Guard personnel have trained and served throughout the region, making the area one of the nation's most significant military corridors.

As America approaches its semiquincentennial, Patriots Point seeks to create a place where local families, veterans, business owners and community leaders can leave their mark and ensure their stories become part of a larger American story.

One of the most distinctive features of the project is a 1,776-square-foot commemorative walkway that will surround the flag plaza, symbolically honoring the year America declared its independence. The walkway will be constructed using custom engraved brick pavers purchased by supporters.

Each engraved paver can feature a family name, business, veteran tribute, memorial dedication or personal message. The pavers will become a permanent part of Patriots Point, creating a lasting connection between community members and the landmark itself. Project plans call for up to 5,000 engraved pavers, allowing individuals to honor loved ones, celebrate family legacies, recognize military service or showcase local businesses that support the effort. Supporters can also purchase duplicate engraved pavers as keepsakes.

The vision extends well beyond the paver program, however. Design plans reveal a thoughtfully crafted public space featuring elements that symbolize key aspects of American history and government. Monument columns will represent significant eras of American history, while additional features will honor the nation's military branches, the 50 states and the three branches of government.

For Redden, the project is ultimately about creating something that future generations can experience and appreciate. "As America approaches its 250th anniversary, we have a unique opportunity to create something lasting," Redden said. "Every brick tells a story.

It might honor a veteran, recognize a family or celebrate a local business, but together they become part of a larger story about our community and our country."

At a time when communities throughout the country are reflecting on what it means to be American, Patriots Point seeks to create a place where the stories of local residents can be shared and remembered for generations to come. Whether through a family name engraved in brick, a tribute to a veteran or support from local businesses, Franco's team hopes Northwest Florida residents will come together to build a lasting legacy that reflects the patriotism, service and community spirit that have long defined the region. More than a monument, Patriots Point is envisioned as a place where future generations can gather, reflect and remember the people whose service, sacrifice and love of country helped shape the community they call home.

For more information or to purchase an engraved paver, visit thecorneratpatriotspoint.org or scan the QR code.



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