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Clint Eagar wins Safari Club International's Artist of the Year

BY RITA L. SHERWOOD

South Walton's own Clint Eagar has won Artist of the Year for Safari Club International with his work entitled "Mountain Ram." Raised in South Africa around Kruger National Park, Clint has been around big game for most of his childhood and has deep roots and a love for animals in Africa as well as North America. Clint says, "I've been working on a genre so my work has a purpose, and I've finally achieved it. I want my work to be more than just a pretty picture." He goes on to say, "Of course I want my paintings to have magnificent light and depth, but also have meaningful inner beauty, and a message behind them of planetary conservation; how can we help these animals, to love and protect them?" This deeper passion that Clint embodies is tied back to his childhood and his experiences and connections with large game animals.



"Mountain Ram" will be published in Safari Club International's magazine, as well as auctioned off in a live auction at their next convention in Reno, Nevada, February 5th-8th, 2020. Also, 135 giclee prints of "Mountain Ram" will also be distributed

and displayed in Safari Club International charter offices around the world. A portion of the funds raised will support animal conservation, a topic that Clint is passionate about.

Another organization that Clint and his wife Effie sup-

port is White Oak Conservation, one of the world's premier wildlife conservation facilities, just north of Jacksonville, Florida. White Oak breeds rare game and endan-

CLINT EAGAR
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Update from Mosquito Control District

South Walton County Mosquito Control District (SWCMCD) has experienced many changes in 2019 which enhance its presence and commitment to the community. Director Harley Sampson, Jr. noted, "While the district has always been in the public's eye, the staff is committed to better serving residents and visitors by participating in many of the area's activities." During June's Mosquito Control Awareness Week, several employees manned educational displays; and in July, technicians Rich Clark and Mike Yawn participated in Grayton Beach's 4th of July Parade, proudly displaying the district's Buffalo Turbine and Pedego Bike. With the addition of a Public Relations Specialist, residents should expect to see SWCMCD more frequently at local area events.

"SWCMCD prides itself in encouraging employees to improve themselves," said Director Sampson; and

MOSQUITO CONTROL
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Celebrate their Fourth Anniversary

The lack of active programs for the growing 50+ population in South Walton was the driver for the formation of the Coastal Seniors of South Walton in 2015. Four years later, the need for these active programs continues to increase as the South Walton senior population continues to grow every day.

Celebrating their fourth anniversary, CSSW is growing tremendously. Coastal Seniors is now an incorporated 501(c)(3) non-profit

organization with 130+ members and seven people on their board of directors. Thanks to District 5 Commissioner Tony Anderson, an office, meeting space and a resource library is located at 70 Logan Lane in Santa Rosa Beach, where every third Tuesdays, monthly presentations include lunch. Presentations in 2019 have included healthy eating in the New Year, protecting skin for life, horticulture, meet Sheriff Michael Adkinson, and sea turtle conserva-

tion. February's presentation was a food and wine pairing luncheon at Cantina Laredo, and a member appreciation event is scheduled in October at Eden Gardens.

Recently-added new activities include art classes, basket weaving, local community walking tours, pottery and pickleball. The art and basket weaving classes are supported by the Cultural Arts Alliance of Walton County; the pottery classes are instructed by Debby Orr of Santa Rosa Pottery; pick-

leball is scheduled in conjunction with the Boys and Girls Club of the Emerald Coast; and a monthly movie is shown at the South Walton Coastal Branch Library. The CSSW is very grateful for the support from these organizations.

Active senior programs encourage older adults to avoid isolation by using their skills, developing their potential and continuing their involvement in the community. The CSSW Board of Directors continues to research locations in

South Walton which can accommodate daily indoor and outdoor activities.

Persons 50+ who reside in Walton County are eligible to join this dynamic group. 2019 annual membership dues are \$15 per person or \$25 per couple. Non-profit organizations and businesses can join for \$35 and \$50, respectively, and receive advertising on the CSSW website. Join at www.coastal-seniorsofsouthwalton.org, and like us on Facebook.

MOSQUITO CONTROL

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in order to keep up-to-date with emerging issues, staff members attend a variety of educational workshops and conferences throughout the year. District employees attended Public Health and Core training in July at the UF/IFAS extension office in Defuniak Springs, and four new employees proudly hold a Public Health Applicator's License. While continuing education units are required to maintain these licenses, the district also holds regular in-service training

that covers safety and personal development. Currently the district is going through the book, *The Energy Bus* by Jon Gordon, to learn rules for fueling all areas of life with positive energy.

Earlier this summer, Sampson was promoted to Director, and one of the district's first hires was Entomologist, Cami Adams. In July and August, Mike Yawn was promoted to Operations Manager and Hallie Oalde was promoted to Public Relations Specialist. Most recently, the district hired Cheryl

Leitgeb as the new Administrative Assistant. Cheryl brings years of administrative and customer service experience and will be a great addition to an already stellar team.

With a busy summer coming to an end, the district looks forward to seeing what fall has in store. SWCMCD is committed to suppressing both pestiferous and disease-carrying mosquitoes; however, everyone plays an important part by implementing the 5 D's of Protection:

Drain - empty all containers in

the yard.

Dress - wear light-colored, long, loose clothing

Defend - choose good repellent such as DEET.

Dusk and Dawn - avoid outdoor activity during these times.

Even though cooler tempera-

tures are on the way, SWCMCD remains vigilant and will be active this fall trapping mosquitoes, treating storm drains, and monitoring mosquito-breeding habitats. Any questions or if anyone would like an inspection, please call 850-267-2112.



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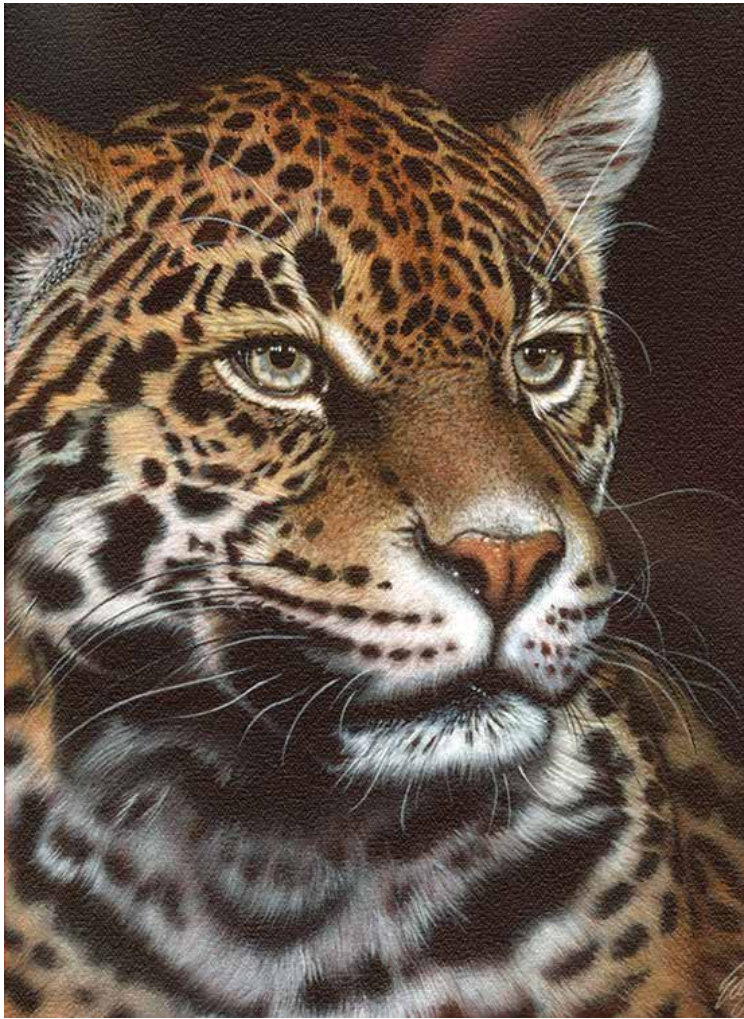
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CLINT EAGAR

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gered animals on more than 17,000 acres. Clint also sells his art here and a portion of the proceeds goes to support White Oak.

He's also no stranger to fame, as he won accolades as a 23 year old artist back in the 1980s with his abstract works, so much in fact, that they're even displayed at the Hong Kong International Airport, traded among private investors, and even most recently featured in Sony Entertainment's new TV show Black Monday.

And when he's not engaged in his best and most meaningful work, Clint is passionate about vintage car racing, lifetime surfing, and is even an advanced licensed scuba diver.

South Walton residents have a great opportunity to view these spectacular works of art right here in the Clint Eagar Design Studio, 36 Uptown Grayton Circle in Grayton Beach or online at www.clinteagardesign.com,



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 Community

Walton County School District Superintendent's Update



Superintendent A. Russell Hughes

October signals the end of the first grading period, and students are continuing to move forward academically as all

continue to build a culture of high achievement and character throughout Walton County School District. Superintendent A. Russell Hughes is proud to announce that five schools have been selected as "Schools of Excellence," by the Florida Department of Education. Congratulations to Van R. Butler Elementary, Emerald Coast Middle School, Seaside Neighborhood School, South Walton High School, and Freeport High School.

The end of the first nine weeks is October 11th, 2019. Parents are encouraged to communicate with their children to make sure they have completed

all of the expectations for this first quarter, and to be on the lookout for report card distribution on October 17th, 2019. A student holiday/teacher workday is on October 14th to give teachers the opportunity to finalize all grade reporting and continue planning for the second nine weeks.

The Walton County Fair will take place from October 7-12th, 2019, and Walton County Schools will be strongly represented with participation in livestock and agriculture competitions, a student visual art competition and display, and various musical performances on October 8th and 9th. Come to the fair and visit individual school booths, as well as the WCSD booth in the main entrance hall. There will be fun and entertainment for all!

October is National Bul-


lying Prevention Month, and schools will be focusing on bullying awareness and prevention strategies throughout the month. October 7th will be #BlueUp Day across the district, in recognition of World Day of Bullying Prevention. Superintendent Hughes is committed to a strong stand against bullying, and is implementing strategies and trainings for administrators and educators to safeguard the physical and emotional well-being of each child in the district.

One of his emphases for this year is to develop a solid community of curriculum, culture and character in all of the schools. In that manner, he has established a plan for each school varsity sports team in the district to participate in community service projects throughout the year. He states, "I believe in giving back, and being visible. I

don't ever want our students to forget how integral the act of serving others is when it comes to humankind and citizenship. We want to give back to those who have done so much to support and encourage us."

October is also National Dropout Prevention Month. WCSD is continually implementing strategies to improve opportunities for all students to fully develop the academic, social, work, and healthy life skills needed to graduate from high school and lead productive lives. The career and technical education programs provide education and information that helps students gain the knowledge and skills they need to choose and pursue a career path. It is one of the district's highest priorities to prepare students as productive and responsible citizens.

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Education, Politics, and Religion at the Founding of America



BY TIM NORRIS

For the Founders of our country, education was of a paramount concern, uniquely Christian and most definitely bible-based. For instance, in Puritan New England, one of the very first laws passed was called “The Old Deluder Act, so called because it was intended to defeat Satan, the Old Deluder, who had used illiteracy in the Old World to keep people from reading the word of God. The New England Primer was used to teach colonial children to read and included the Lord’s Prayer, the Apostles Creed, and the text of many

hymns and prayers.

We can also see the importance of education in the rules of many of our first colleges. For instance, in The Laws and Statues of Harvard College in 1643 we read: “ Let every student be plainly instructed and earnestly pressed to consider well the end of his life and studies is to know God and Jesus Christ which is eternal life (John 17:3). Yale College listed two requirements in its 1745 Charter: “All scholars shall live religious, godly, and blameless lives according to the rules of God’s word, diligently reading the Holy Scriptures, the fountain of light and truth and constantly attend upon all the duties of religion, both in public and secret. The Reverend John Witherspoon was the only active minister who signed the Declaration of Independence; Witherspoon was best described as the man who shaped the men who shaped America.

In many schools, particularly in the late 19th and early 20th centuries the McGuffey Readers were the main text book. The

Readers, unlike their predecessor the New England Primer, mirrored this non denominational Protestantism through a veiled Christianity as opposed to a direct use of the King James Bible in efforts to educate young people. The McGuffey Reader invoked a more non denominational, less orthodox religious tone.

A significant shift for those advocating the centrality of religion to public schools came in the early mid 20th century. As has always been the case, public schools serving as microcosms of society reflected not only the dominant values and ethics of society but also serve as an important economic and intellectual purpose. So as the needs for society changes so do the public schools. In the middle of the 20th century it was commonplace for the school day to begin with a religious prayer or invocation. Beginning in 1962 cases made their way through the courts and in every instance the court found such prayers violated the Establishment Clause.

Since the 1940’s when the 14th Amendment was applied to the 1st Amendment, public schools have been limited in what counts as permissible in relation to religion and public schooling. “ The Federal Guidelines for Religious expression in Schools ”, sums it up, these guidelines developed by a wide ranging panel first commissioned during the Clinton administration and the reauthorization under George W. Bush, emphasized that restrictions on religious expression are limited to school personnel while in their official capacity. Students have free range to express their religious beliefs in public schools , short of harassment, so although some have claimed that God has been removed from the public schools, legal records tells us that it has been only limited to the school officials, Not students!

Under the Equal Access Act (1984) student initiated religious groups are still permitted in the public schools. However, teachers cannot create or lead these groups, though they are allowed to monitor them. In our diverse

and interdependent society, understanding and respecting the religious values (or the choice not to believe) of other’s is important. In the United States, this places an obligation on the public schools to rethink its role in helping young citizens understand the history and contributions of religion in society. The relationship between religion and public education is one that has been tied to politics; religious and secular. Recognizing the direct connection between religious illiteracy and religious intolerance one can hope that the role of religion and public schools can come closer to fulfilling their obligation in producing a more moral, ethical and righteous society.

Tim Norris, a long-time Panama City resident is past Chairman of the Walton County Republican Party and is the current Republican Party of Florida’s State Committeeman for Walton County. *Tim Resides in Santa Rosa Beach with his wife Nancy. The couple have 3 daughters, Calli, Hannah and Piper.*

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 Community

Around the Globe with Rockwell Tharp Ladies Boutique:

Covering 7 Countries, 15 Cities, 23 days, 37,290 miles (a lap and a half around the world) and of course, some mild jet lag, Rockwell Tharp is back and ready to deliver new fashion to The Emerald Coast! While their flagship store is showcased in the heart of Sandestin, expanding Rockwell Tharp, still reaches to the far ends of the world.

In September, owners and designers, Kristi Rockwell and Cameron Tharp received a very special invitation by the Italian Government to be one of 3 delegates to represent the United States at Milan Fashion Week in Milan, Italy. "It was an honor, a privilege and a blessing to be transported into the center of where so much of the fashion in the world begins, while also proudly representing the United States," said co-owner, Cameron Tharp.

Before Rockwell Tharp embarked on the journey to Italy, as they do 2-3 times a year, they hit the plane running-first stop, Tokyo! And then on to some of their design factories in Thailand and Vietnam, where they spent 18 hour days working tirelessly on some brand new collections that they are now ready to unveil to the Gulf Coast!

"Our goal is to provide our Ladies here on the coast exclusive designs that are fun and classy. Our inner motivation stems from the desire to create very special items for Ladies that they will not find everywhere else. We love unique and are inspired by cultures and trends from around the world," excitedly explained, owner and designer, Kristi Rockwell.

Rockwell Tharp's trip was packed with many adventures, as always. "There is never a dull trip. We meet the most interesting people and wonderful businesses," said Tharp. "One particularly interesting adventure this year, was when we showed up to the airport and asked if we were Rockwell Tharp?-we said yes, we are. **And the Ladies informed us that they had switched our flight details and we would be flying on the Royal VIP Flight with the Prime Minister,** his wife, his Chief of Staff, Cabinet, Foreign Ministers, secret service, security detail and press corp,

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All new Rockwell Tharp Apparel and Boots



Owner, Kristi Rockwell insisting that we sometimes should stop and smell the roses!



The A/C was free but we did buy some items from her!



All new Rockwell Tharp exclusive boots, apparel and one of a kind stingray handbags.



Photo Left: Kristi Rockwell working late at night cutting and patterning one of the new designs.

Photo Right: Kristi and Cameron taking it in before one of the runway shows.

continued Tharp. We were certainly amazed and a bit shocked, honestly. It was quite an experience that encompassed boarding and deplaning from the front of the aircraft down the stairs layered with an ornate red carpet," said Cameron. "We're just two normal down to earth people trying to do cool things- we





Rockwell Tharp apparel coupled with Manchester crocodile leather boots with fringe.



All new Rockwell Tharp exclusive boots, apparel and one of a kind stingray handbag.

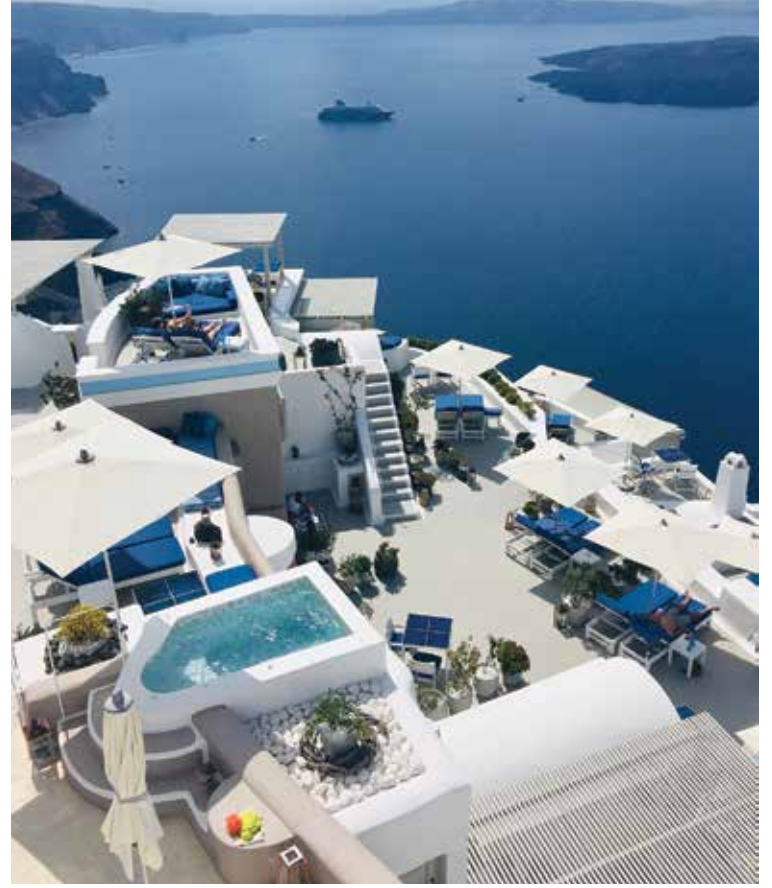


Photo shoot and rejuvenation in Santorini, Greece.



Owner, Cameron Tharp deplaning the Royal VIP Flight with Prime Minister but we still had to carry our own bags!

continued from page 6

were kind of at a loss for words,” joked Cameron

Their design trip concluded with a fun intimate photo shoot in Santorini, Greece before launching off from short stints in London and Paris for the trip back home. “We have found a few magical places around the world that inspire and reju-

venate us. Santorini is one of them. We were reminded that God is big and he is control of everything we do. **Without our faith in God and our beautiful customers, we would not be where we are today and we know it,”** agreed Rockwell and Tharp, with strong conviction.

“We work hard, we are passionate, we care and we love

sharing fashion, faith and life with others,” said Cameron. We love bringing back styles and trends for our Ladies that are about to be very popular in the United States.” **Although, Rockwell Tharp is very well known around the country for their boots, shoes and handbags, they are very excited to announce this year that they are officially launching Rockwell Tharp Apparel to complement their beautiful boots.** This project has quietly been in the works for over a year and it has finally come to fruition. They are ready. And the store in Sandestin will be the very first location to see, try on and purchase these items.

“We are proud to call Sandestin our home and we are extremely excited to have this be the first place to introduce the new apparel lines,” said Cameron. **This is quite special for Sandestin. The boutique located in the center of The Village of Baytowne Wharf, inside of Sandestin Golf and Beach Resort is the only store in which you can see the whole collection in one single place.** All are welcome here. Come by and experience Rockwell Tharp.

2 Cor 5:7



Rockwell Tharp dresses and limited edition boots. 4-6 pairs were made in each boot.



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Community

Sacred Heart Guild to Host Ninth Annual Emerald Coast Duck Regatta October 19th

Mark your calendars for this year's ninth annual Emerald Coast Duck Regatta on Saturday, October 19th at the Village of Baytowne Wharf at Sandestin Golf and Beach Resort benefiting Sacred Heart Hospital.

This event features fun activities for the whole family beginning at 10 a.m., including Abakadoodle face painters, a scavenger hunt, a Hula-Hoop contest, a duck dance and access to the Baytowne carousel for children ages 12 and under from 10:30 a.m. to 12:30 p.m. The duck race will begin at 1:00 p.m.

During the Duck Regatta approximately 3,000 individually numbered rubber duckies will race across the Lagoon at the Village of Baytowne Wharf. Prizes will be awarded to the owners of the first ducks to cross the finish line, including a \$5,000 first place prize!



Ducks are available for adoption at the Sacred Heart Hospital Gift Shop in Miramar Beach, online at www.emeraldcoastduckregatta.com, or at Baytowne Wharf the day of the event. Make a donation of \$10 or more to the Sacred Heart

Hospital on the Emerald Coast Guild to adopt a duck. Purchase one duck for \$10, three for \$27, six for \$50 or 12 ducks for \$100.

Proceeds from this year's Duck Regatta will benefit the Sacred Heart Rehabilitation Center and the expansion of services to include oncology rehabilitation for children and



occupational, and speech therapists, and a rehabilitation trainer who all work together to create an individualized treatment plan that meets the needs of the patient. Therapists can help manage lymphedema, fatigue, peripheral neuropathy, and weakness, which are common debilitating symptoms of oncology treatments.

The Emerald Coast Duck Regatta is generously supported by many organizations in the community, including event sponsors, gift-in-kind sponsors

and other sponsors. A full list of the sponsors and information about how to support this exciting event are available at www.emeraldcoastduckregatta.com. The Sacred Heart rehabilitation team is composed of physical,

and other sponsors. A full list of the sponsors and information about how to support this exciting event are available at www.emeraldcoastduckregatta.com.



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The Witches Support CVHN on Halloween with their 16th Annual Witch Ride

The Witches of South Walton are hosting the 16th Annual Witch Ride presented by Pizza by the Sea, on Wednesday, October 31st to support the mission of local nonprofit, the Children's Volunteer Health Network, (CVHN).

"When our founders started



the ride in 2004, it was just three of them. It's hard to believe that we have grown to around 350 riders and many more followers," said Stephen Brinker of the Witches of South Walton. "Our little ride has inspired others around the U.S. to start up rides of their own. We raised more than \$15,000 for CVHN. The rides elsewhere raise money for their own charities. It's great to see something as simple as riding a bike can help so many in need."

Participants can bring their own bike or rent one from one of the bike rental partners. All should be at the Gulf Place Amphitheater by 6 a.m. the morning of the ride.

The Witches will be leaving the Gulf Place Amphitheater at 7 a.m. sharp, heading west along 30A for about 1.5 miles before looping back for the gathering brunch shortly after 8 a.m. Ticketed riders can expect to enjoy a leisurely morning bike ride followed by brunch, which includes delicious food and beverages, the opportunity to win incredible raffle and

silent auction items, and compete in the Best Dress, Most Witchy Cackle & Best Broom (bike) decor competitions.

The event is limited to the first 350 people who register. Advanced registration is open for a fee of \$50. A t-shirt and early raffle tickets are also available for purchase. If the limit for brunch is reached before the event, Day-of registration may be available for the ride only.

"We have participants come in town from all over the country, and every year, riders rave about how much fun this event is," said Carol Stafford, a ride founder. "Nothing gets you in the spirit of Halloween like dressing as a witch and riding your bike down Highway 30A. We get lots of honks and give lots of cackles!"

To purchase your ride ticket visit www.WitchRide.com or to learn more about the Witches and our events, visit www.WitchesOf-SouthWalton.com, Facebook, or Instagram.

CHILDREN'S VOLUNTEER HEALTH NETWORK, INC.

(CVHN) is a faith-based 501(c)(3) nonprofit organization, established in 2005 in response to Walton and Okaloosa Counties' large population of low-income families unable to access high-quality health services due to the unavailability or inadequacy of insurance. The mission of CVHN is to improve the health and well-being of children in need. CVHN offers free access to dental and vision care to stu-

dents eligible for Medicaid or currently enrolled in free or reduced lunch programs. The mobile dental clinic travels to local elementary schools and other charity partners to provide preventive dental services. CVHN also partners with Optikk 30A to provide students in need with a professional eye exam and a pair of prescription glasses.

For more information, please call 850-322-6200 or visit www.cvhkids.org.

cvhkids.org.

The Witches of South Walton is a Florida nonprofit organization founded by Carol Stafford and Lee Thompson dedicated to raise money for the Children's Volunteer Health Network. The inaugural ride was held Oct. 31, 2004 with three friends turning their routine exercise into a fun and festive ride down highway 30a.

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 Pet Care

"Barktober" Is Here, and Dog-Harmony Has the Month Packed with Events

*Rock and Wag with Cadillac Willy, 5-8 p.m. Oct. 9, Dog-Harmony headquarters, 237 Market St., Santa Rosa Beach, off Walton County Road 393 North.

Cadillac Willy, a Destin-based classic rock band, will jam out for this event, which includes a silent auction, family games and light bites. Tickets available on Dog-Harmony's website, are \$25 each and include two drinks. The event is limited to 75 people.

*Cars & Cubanos, 11-2 p.m. Oct. 19, Beachworx (cq) parking lot, 34990 Emerald Coast Pkwy,

Destin (across from Destin Commons).

Ogle gorgeous rides shown off by Emerald Coast Exotic Cars and Sunset Vettes of Northwest Florida. Cubano sandwiches by Café Rico, and all-natural dog treats made by Dog-Harmony will be for sale. A Lumi Pod photo booth will be there to capture the fun. Admission is free.

*Barktoberfest, 5-7 p.m., Oct. 24, Grand Park in Grand Boulevard at Sandestin, 495 Grand Blvd., Miramar Beach.

Dress in your fetching Howl-



o-ween best for this annual doggie social that includes canine trick-or-treat, light bites, drinks and chance drawings. Judging

for best "Pet & Parent Matching Costume" begins at 6:30 p.m. Prizes will be awarded for first and second place in two dog

weight categories: 35 pounds or more, and less than 35 pounds. Admission is free.

Dog-Harmony is a nonprofit 501(c)3 dedicated to reducing the shelter dog population through ongoing humane education, force-free training, and low-cost spay/neuter and microchipping services. All money raised will support the Santa Rosa Beach-based nonprofit's pups and programs. For more information, please contact Nancy Brown, 850-376-4190, hello@dog-harmony.org

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Two Events — One Epic Weekend

Alaqua Refuge's Benefit "For the Love of Animals"

Alaqua Animal Refuge presents Animoré, to be held Friday and Saturday, October 18 and 19, 2019 on the grounds of Alaqua's future home along Highway 20 in Freeport, Florida. Animoré is the first annual festival in celebration of and for the love of animals. The combination of two words, Animoré symbolizes "animals" and "amore," which means love in Italian.

Alaqua's 6th Annual 100 Point and Cult Wine Dinner will be held Friday evening, October 18 beginning at 5 pm. This exclusive evening is a one-of-a-kind experience for a limited collec-



tion of patrons, as guests will be the first to dine in a most unique, surprise setting at Alaqua's future home.

The elegant affair begins with a cocktail reception and an intimate musical performance, followed by an exquisite 5-course dinner prepared by Chef Brendan Davey, with each course perfectly paired with distinctive and stellar wines, procured especially for this dinner.

The animoré Inaugural Barn Jam takes place on Saturday, October 19 at 4 pm, and will feature roots-rocking, multi-instrumentalist Eric Lindell as the headliner, who has collaborated and shared stages with John Fogerty and Jackson Browne, and is a founding member of Dragon Smoke with Ivan Neville. In addition, Nashville songwriters Billy Dawson, Aaron Barker, and Jon Nite will also perform. Together, these award-winning songwriters and performers have written hits for George Strait, Tim McGraw,

ALAQUA
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The Panhandle Animal Welfare Society (PAWS) Needs Your Help!

Cats to watch. Cats to cuddle. Cat merchandise. Cat yoga. Cat parties. All things cat! The Panhandle Animal Welfare Society is very excited about being offered a retail location at the Santa Rosa Mall in Mary Esther; to show off their adorable, up-for-adoption kittens and cats, and also provide feline-themed shopping and fun. Thousands of cats are dumped at PAWS' doors every year. To some potential suitors for these lovable creatures, the shelter – In cages and cramped rooms, cat personalities – sassy to sweet – just don't shine through.

At the new store, yet to be named, kittens and cats will freely roam and play in a sectioned-off area. In another section, there will be cat-related items for sale – from special treats and crafts, to jewelry and novelty items. Tables and chairs will dot the store for patrons to be entertained while they work on their computers, sip on a drink, or just pet and hang out with feline friends. Judging by similar venues across the country, by highlighting adoptable cats and kittens, potential adoptions will skyrocket! That's the goal of PAWS. Further, the



community will gain an educationally humane, unique and worthy locale. The store would be self-sustaining through retail

sales, and cat-themed activities, such as cat yoga, cat painting and birthday parties. Help is needed, though, to get it off the ground.



Through fundraisers, grants and donations, For more information or to volunteer to help, please contact PAWS volunteer Lorraine Whetstone at (760) 560-7825, lorrainelynnwhetstone@

gmail.com, or PAWS Executive Director Dee Thompson at (850) 217-1515, deethompson@embarqmail.com.

ALAQUA

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Keith Urban, Miranda Lambert, Kenny Chesney, Lee Brice, Luke Bryan, and many more. Rounding out the lineup are local favorites The Pickled Pickers and Luke Langford Band. The Barn Jam will include a wide variety of food trucks, beverages, and auction.

The animoré weekend benefit was born out of an idea from Alaquá's Founder Laurie Hood to create a community event combining music with excellent food and wine in support of animal welfare. For hundreds of years, music has enhanced our souls and holds a special spiritual power for engaging our senses. Interactions with animals also have powerful effects on the human spirit and body.

As such, one of our goals for our future home and its unique environment is to be an inspiration for creating a kinder, more empathetic, and healthier society by healing animals and people.

We believe that this inaugural animoré festival does just that – bringing people together through music and engagement to help heal and give animals in Alaquá's care second chances at life, hap-

piness, and most of all, love.

Tickets are currently on sale for all events. For more information, sponsorship opportunities, or to purchase tickets, visit www.animore.org

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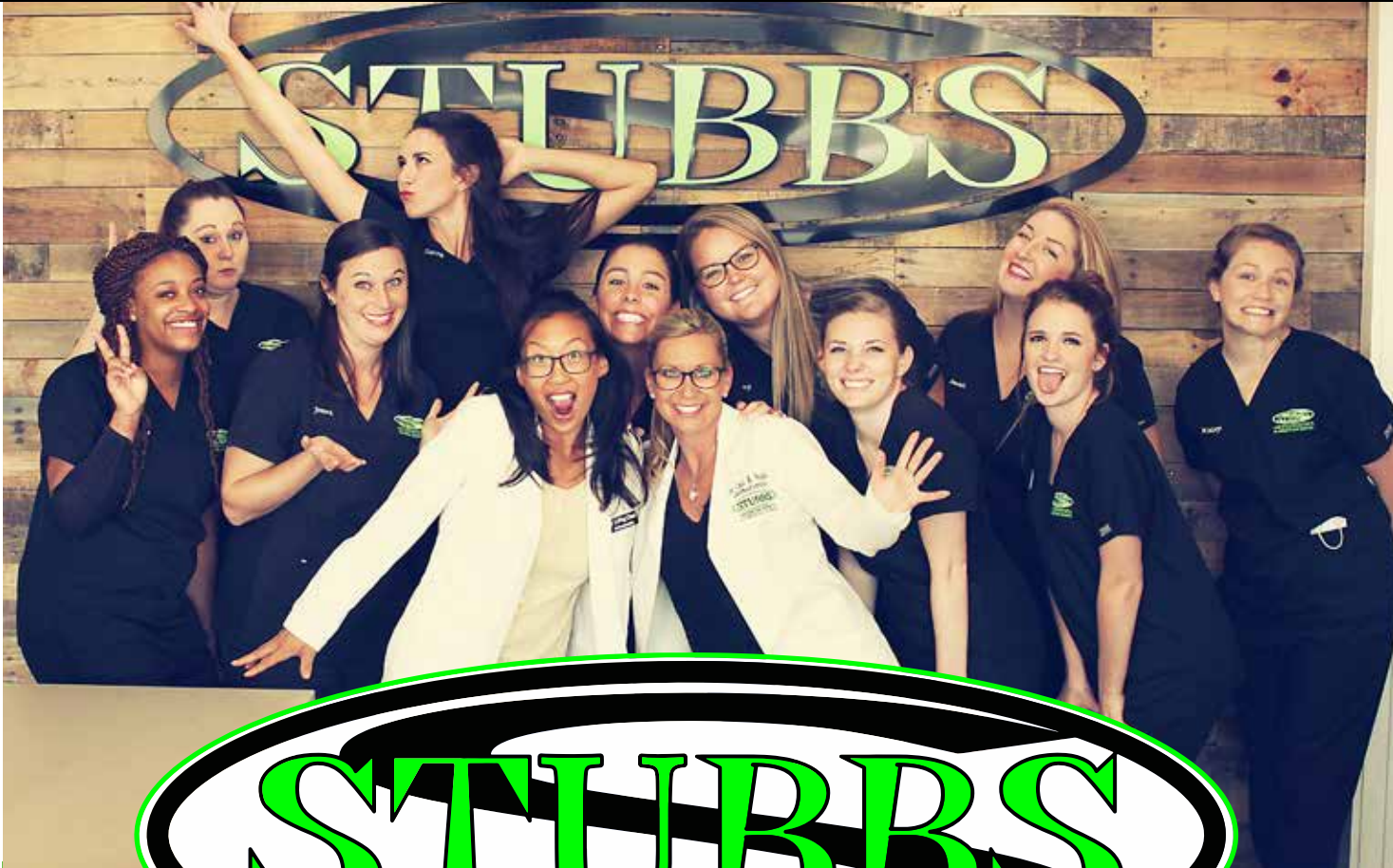
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Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha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



Community Bible Study Prayer Group in Miramar Beach

Along with a Study of Phillipians

Community Bible Study (CBS) is an international, inter-denominational organization committed to helping people grow in their relationship with Jesus Christ by exploring the Bible. CBS classes are structured, in-depth studies of the Bible, God's revealed Word. Classes are comprised of people from many different churches who gather for in-depth Bible study because it complements their local church and helps them grow spiritually. Class members belong to and actively support their local church; many are servants and leaders in their congregations. CBS concentrates on the essentials of the Christian faith, not on denominational differences. Through love and respect for one another, Christians can hold differing views on matters that are not essential to salvation. The goal of CBS is to build unity in the church in the midst of Christian diversity. Everyone



is welcome and made to feel comfortable in their class regardless of background, education, church involvement, ethnicity or economic status.

Meetings are on Tuesdays, from 7:00 pm till 8:30pm at Destiny Worship Center, 122 Poinciana Blvd., in Miramar Beach. Each person will receive a study guide and the topic will be the book of Phillipians. Men and women in and around South Walton and Destin are invited to come and please, bring a friend!

For more information, please contact Rod Cameron, 501-804-5900, RodinDestin@gmail.com or Pam Cameron, 501-690-8521, PamCameron16@gmail.com.

Christ the King to Host 5th Annual Concert Series

Christ the King Episcopal Church kicks off its 5th concert season in October, with Conductor Dr. David Ott presenting a series of four concerts through February of 2020.

"There is no finer place to experience the joys of classical music up close and personal than in the acoustical perfection of Christ the King," Ott said. "We are proud to host these free events for the community."

Sunday, October 27th, 2019 - Moller-Fratricello Guitar Duo

The stunning Moller-Fratricelli Guitar Duo with this dynamic twosome won first prize in the Concert Arts Competition Foundation of America in 2010. This led to a world-wide tour that brought rave reviews. Moller and Fraticello come from global back-

grounds, and have been hailed as "the unique fusion of Swedish perfection and the Argentinian passion."

Sunday, December 1st, 2019 - Handel's "Messiah"

Handel's most famous work, "Messiah" premiered in Dublin, Ireland to a widely enthusiastic audience in 1742. A year later, King George rose to his feet at the singing of "Hallelujah." Soloists, chorus and orchestra will come together under the direction of Dr. David Ott on the first day of Advent. Don't miss this special holiday favorite.

Sunday, February 2nd, 2020 - David Ott and Friends

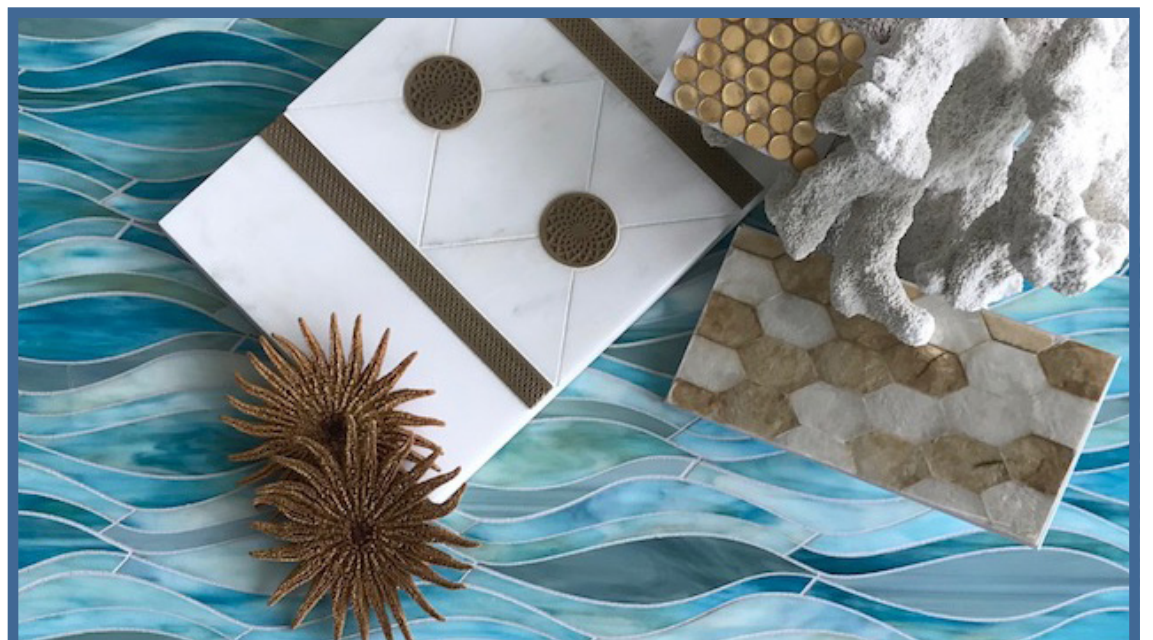
Enjoy an afternoon of chamber music featuring the best musicians in Northwest Florida.

Sunday, February 16th, 2020 - Beethoven's 4th Symphony

Beethoven's 4th Symphony is a work of boundless energy and excitement with surges and restless underpinnings that mark this demanding piece of work. This concert will draw an audience that will fill the sanctuary.

Attendees are urged to arrive early. Doors will open at 2:30 p.m., and concerts will begin at 3 p.m. All concerts at Christ the King are free of charge and open to the public, thanks to the generous support from patrons and church offerings.

Christ the King Episcopal Church is located at 480 North County Highway 393 in Santa Rosa Beach. For more information, call 850-267-3332.



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Q. I got a letter that states that I am being automatically enrolled into a prescription drug plan by Medicare. I don't want to lose my retirement health plan, what should I do?

- Cindy

A. Very good question. The letter you received means that you have qualified for Low Income Subsidy (LIS). Once you qualify for LIS, Medicare will automatically assign you to a prescription drug plan. In most cases, qualification for LIS means that you will not have to pay a premium for your drug plan and most of the copays will be paid. This should not affect your health plan, as the drug plan only covers your prescriptions. However, it is always best to visit with your retirement plan administrator to verify. The most important thing for you to do right now is to check the plan formulary to ensure that all of your prescriptions are covered. When you are automatically enrolled, this step isn't always done thoroughly by Medicare. If the prescriptions you are taking are not on the plan formulary, then they will not be covered by the plan. This means that you would have to pay for them yourself, out-of-pocket. Feel free to reach out to us for a personal consultation. We will analyze your specific circumstance and ensure that you have the best plan for your prescription needs.

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November 2019 30A Real Estate Update



BY LISA HUGHLEY

Dear 30A Neighbors,

It is amazing that this year has flown by and the holiday season is just around the corner! It seems that we have quite a few buyers interested in purchasing this holiday season! Now is the perfect time for those buyers to purchase that Spring and Summer getaway prior to the 2020 season, put their decorating touch on the property and ready it for either family or guests.

I am including some varied neighborhoods in this issue due to an immense amount of activity.

West End of 30A

Gulf Place at Santa Rosa Beach: There are 5 active properties ranging \$995,000 to \$2,900,000. The average being \$1,534,200 with 4472 sf and \$344.24 psf with 450 days on the market. There is one pending property at \$712,750 with 1956 sf. There have been 2 sales ranging \$681,200 to \$910,000. The average sale being \$795,625 at 96% of list price, 2866 sf and 276.18 psf with 280 days on the market.

Cypress Breeze: There are currently 5 active properties ranging \$585,000 to \$1,950,000. The average property is \$929,780 with 3519 sf and \$255.40 psf with 163 days on the market. There are 2 pending sales, one listed at \$685,000 with 2748 sf and the other at \$740,000 with 3285 sf. There have been 12 sales ranging \$424,000 to \$835,000. The

average sale is \$623,325 at 95% of list price with 2855 sf, at \$221.07 psf with 128 days on the market.

Scenic Hwy 30A Gulf Front Detached Single Family Homes: There are two gulf front homes available, one at \$2,098,000 with 1512 sf and the other is \$2,300,000 with 1549 sf with an average of 310 days on the market.

Scenic Hwy 30A, Not Gulf Front: The active properties range \$410,000 to \$5,200,000. The average property is \$1,565,120 with 2964 sf and \$502.81 psf. The sales range \$585,000 to \$4,900,000 with the average being \$1,801,000 at 92% of list price with 3665 sf and \$519.39 psf and 379 days on the market.

Highland Parks: There are currently 10 active properties ranging \$479,000 to \$675,000. The average property available is \$568,250. with 2061 sf, at \$278.29 per sf, on the market. There are 3 homes pending currently: ranging \$479K to \$780,000 with the average property being \$677,967 with 2757 sf, and \$245.21 psf with 37 days on the market. There have been 30 sales, with the prices ranging from \$507,000 to \$780,000 with the average sale being \$628,740. at 98% of list price with 2467 sf and at \$257.29 psf with 112 days on the market.

Redfish Village: There is currently 1 property available listed at \$599,000 with 1485 sf and priced at \$403.37 psf and 430 days on the market. There have been 6 sales ranging \$380,000 to \$525,000.

Sanctuary at Redfish: There are currently 5 properties available ranging \$535,000 to \$798,605. The average price being \$664,621 with 2285 sf and \$314.03 psf and 301 days on the market. There is one pending property listed at \$7909,650 with 2009 sf and 421 days on the market. There have been 5 sales ranging from \$530,000 to \$775,000. The average sale is \$640,000, selling at 95% of list price with 2116 sf, and priced at



\$305.55 psf and 386 days on the market.

The Retreat: There are 3 active properties. One priced at \$3,950,000 with 4598 sf, another priced at \$2,949,000 with 4518 sf and \$2,498,000 with 3541 sf

Lakeside at Blue Mountain Beach: There are currently 6 active properties ranging \$724,000 to \$839,000 with the average property being \$794,875 with 2644 sf, at \$303.47 psf and 95 days on the market. There are currently 3 pending priced \$599,000 to \$819,000 with the average pending being \$704,233 with 2170 sf and \$326.95 psf with 51 days on the market. There have been 18 sales with the prices ranging from \$550,000 to \$829,000. The average sale is \$696,138 with 2332 sf at \$299.83 psf and 90 days on the market.

East Side of 30A

Watercolor: There are 52 active properties ranging \$699,000 to \$4,995,000 with the average property being \$2,285,938 with 3281 sf and priced at \$708.74 psf with 208 days on the market. There are currently 9 pending properties ranging \$1,340,000 to \$3,095,000 with the average property being \$1,972,000 with 3304 sf and 258 days on the market. There have been 88 sales ranging \$635,000 to \$5,150,000 with the average sale being \$1,684,253 at 96% of list price with 3032 sf and 4545.93 psf with 155 days on the market.

Seaside Waterfront: There

are currently 2 active properties at \$1,825,000 with 784 sf and the other at \$6,395,000 with 3500 sf and priced at \$2,327,81 psf. There is one pending sale at \$4,475,000 with 2952 sf and there have been 4 sales between \$3,750,000 and \$6,800,000 with the average sale being \$4,912,000 at 95% of list price with 2613 sf and \$1,872.21 psf with 86 days on the market.

Seaside Non-Waterfront: There are currently 15 active properties ranging \$590,000 to \$4,895,000 with the average property being \$1,819,733 with 2007 sf, and \$940.22 psf with 217 days on the market. There are 2 pending properties at \$1,639,000 with 1806 sf and \$2,399,500 with 3904 sf. There have been 21 sales ranging \$685,000 to \$3,475,000 with the average being \$1,641,214 at 95% of list price with 1904 sf and \$888.67 psf with 85 days on the market.

Alys Beach: Single Family Homes: There are currently 14 active properties ranging \$2,295,000 to \$6,495,000 with the average being \$4,082,553 with 3559 sf and priced at \$1135.39 psf with 271 days on the market. There are currently 5 pending properties ranging \$2,775,000 to \$4,644,875 with the average being \$3,558,105 with 3370 sf and \$1,065.23 psf and 86 days on the market. There have been 19 sales ranging \$1,662,500 to \$5,080,000 with the average sale being \$3,140,129 at 97% of list price with 3248 sf and \$972.27 psf with 135 days on the market.

Seacrest: There are currently 44 active properties ranging \$549,000 to \$2,497,000 with the average being \$964,291 with 2490 sf and \$383.53 psf. There are 6 pending properties ranging \$818,000 to \$1,199,000 with the average being \$987,667 with 2646 sf and \$371.76 psf and 113 days on the market. There have been 45 sales ranging \$450,000 to \$1,599,000 with the average sale being \$848,044 at 97% of list price with 2415 sf at \$351.91 psf with 209 days on the market.

Rosemary Beach: There are currently 36 active properties ranging \$1,595,000 to \$8,780,000 with the average being \$3,268,497 with 3445 sf and priced at \$951.51 psf with 234 days on the market. There are 6 pending properties ranging \$1,740,000 to \$3,454,000 with the average being \$2,445,250 with 3076 sf. There have been 30 sales between \$850,000 to \$8,200,000 with the average price being \$2,388,750 at 94% of list price with 2913 sf at \$795.71 psf and 159 days on the market.

Inlet Beach: There are currently 10 active properties ranging \$869,000 to \$3,699,000 with the average property being \$2,012,690 with 3268 sf at \$627.55 psf and 389 days on the market. There have been 19 sales ranging \$253,000 to \$3,700,000 with the average being \$1,119,116 at 94% of list price with 2415 sf at \$432.24 psf and 175 days on the market

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

Thank you! Lisa Hughley, Broker-Owner, Classic Luxury Real Estate FL & GA. Classic Luxury Vacation Rentals, 678-923-5152.

VISIT SOUTHWALTON.LIFE TO READ OUR LATEST ISSUE



Exploring Uses for Your Required Minimum Distribution

Part I: The Qualified Longevity Annuity Contract



BY MAURICE STOUSE,
BRANCH MANAGER AND
FINANCIAL ADVISOR

As we approach the end of the year, many of you will be needing to take your Required Minimum Distribution (RMD) from your retirement accounts. That must be done by Thursday, Dec. 31, 2019. You work with your plan provider or financial institution where your retirement plan or IRA is held and complete a distribution, because it is required by the IRS. You can do so by completing a form or through providing instructions to your financial institution.

The RMD typically 1) begins at age 70½ (or April 1st in the year following the year you turn 70½) and 2) takes into account the plan balance from Dec. 31 of the previous year and 3) utilizes the IRS tables for mortality – how long you are expected to live. The number or factor for mortality usually is the divisor into the balance which then determines the amount that must come out. That amount - with some exceptions- is taxable income.

This article further explores utilizing some of your assets in your retirement plan to address concerns you might have regarding finances later in life. One of these that is often heard about is not running out of income. This in part might be addressed through utilizing the Qualified Longevity Annuity Contract (QLAC) with your RMD. It is a way for you to 1) provide for future lifetime income while 2) lowering the taxable amount of your RMD.

Here is how it works: You have the option of moving 25% or \$130,000 from your retirement account (whichever is less) one

time during your retirement into a QLAC. That movement is not taxable, and it also lowers the retirement account balance hence making future payments smaller and the tax owed potentially less on future distributions. Simultaneously the distribution is moved into the QLAC in the form of a deferred income annuity. That is a vehicle that offers fixed income payments. Current rules specify that the annuity must begin making lifetime payments to you no later than age 85. A deferred income annuity can offer fixed payments for life – cannot be outlived while potentially also offering survivor benefits. Many might consider this arrangement as an addendum to your income plan or a personal pension plan as it is individualized for you.

To determine if this is a strategy that might work for you, please see your tax advisor and financial advisor to learn more.

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

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


Holding stocks for the long term does not insure a profitable outcome. Diversification and asset allocation do not ensure a profit or protect against a loss. Every type of investment, including mutual funds, involves risk. Risk refers to the possibility that you will lose money (both principal and any earnings) or fail to make money on an investment. Changing market conditions can create fluctuations


in the value of a mutual fund investment. In addition, there are fees and expenses associated with investing in mutual funds that do not usually occur when purchasing individual securities directly. An investment in a money market mutual fund is not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency. Although it seeks to preserve the value of your investment at \$1.00 per share, it is possible to lose money by investing in the Fund. A fixed annuity is a long-term, tax-deferred insurance contract designed for retirement. It allows you to create a fixed stream of income through a process called annuitization and provides a fixed rate of return based on the

terms of the contract. Fixed annuities have limitations. If you decide to take your money out early, you may face fees called surrender charges. Plus, if you're not yet 59½, you may also have to pay an additional 10% tax penalty on top of ordinary income taxes. You should also know that a fixed annuity contains guarantees and protections that are subject to the issuing insurance company's ability to pay for them. Investing in the energy sector involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors.



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Up, down or sideways: Keep your head on straight when markets move.


Some investors have learned how to ride out the most stomach-churning market cycles. Others follow the urge to jump out mid-ride. So what can you do to play it smart in a roller coaster of a market?

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Amy Parrish
Financial Advisor

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Community

WCHIP Prepares for Healthy Walton Summit on November 13th

By EMILY ROSE PROCTOR, SO-WAL COMMUNITY CHAPLAIN

On September 18th, more than 35 community representatives of health-related service providers in Walton County heard the preliminary findings of the Walton Community Health Improvement Partnership's (WCHIP) Community Health Needs Assessment which conducted surveys and interviews with key partners in the spring of 2019 and voted on new priorities for the next three-year cycle. The updated needs assessment will be presented at the Healthy Walton



Summit on November 13th at Santa Rosa Beach Community Church from 10 a.m. – 3 p.m. Between 50 and 75 representatives



to 20.3% in the state of Florida. Another was that in 2018/19, the school system identified 468 homeless students (including those students doubled up in housing with extended family or friends). In addition, the number of homeless individuals recorded in the annual Walton County Point-in-Time Homeless count jumped from 99 in 2017 to 173 in 2018. Inadequate mental health care and a lack of affordable housing were cited as the two biggest causes of homelessness among those surveyed. As the population continues to grow in Walton County (by some measures, it's currently the 5th fastest growing county in the U.S.), it will become increasingly important that the community comes together to address these issues, to continue to be a safe and appealing place for both residents and visitors alike.

A benefit to being part of the Walton Community Health Improvement Partnership is the chance to hear from partner organizations about upcoming events and priorities. For Caring and Sharing of South Walton, registrations for the Angel Tree program are beginning and a save-the-date notice was given for the January 25th "Cost of Poverty Experience." Also, the

November 18th "Day of Impact" of 90Works in Fort Walton Beach is upcoming, where services like legal aid and other services will be open to the general public. Hope Medical Clinic is exploring adding telehealth mental health services for its clients in Destin and Freeport, and PanCare is working to get telehealth urgent care made available to all of Walton County schools. The UF/IFAS extension office in Walton County is collecting peanut butter (with donations being matched) for local food pantries as part of the Peanut Butter Challenge, from October 1st -November 27th. There is still funding available through the Early Learning Coalition for families struggling to afford childcare, and Walton County has become the first county in the Panhandle to become part of the Age Friendly Communities Network, thanks to the hard work of WCHIP and the Walton Okaloosa Council on Aging.

It's great to see so many people coming together for the good of the community, which meets every other month on Wednesday mornings at the Department of Health in DeFuniak Springs or South Walton. To RSVP for the Healthy Walton Summit (by October 31st) or for more information about WCHIP, contact Ryan Mims by phone at 850-401-6341 or email at WCHIP@flhealth.gov.

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of service providers and community stakeholders from Walton County will come together to develop a plan to address the top identified priorities. This event is free and open to the public. At the September WCHIP meeting, the group overwhelmingly agreed that housing, mental health, substance abuse, access to healthy foods, and preventable injuries and diseases were the most important issues the community was facing.

Some of the findings in the needs assessment that stood out:

30.9% of children in Walton County live in poverty, compared

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October at Topsail Hill Preserve State Park

The month of October rolls in with the “Rollin’ Through the Decades” Vintage RV show and astronomy program “Topsail Under the Stars” at Topsail Hill Preserve State Park. Visitors will be able to stroll through the campground and tour close to one hundred campers from decades such as the 1950s, 1960s and 1970s.

This is also the time of year that the Florida Black Bears are preparing for the winter. Due to the warmer climate, they don’t hibernate like their northern bear relatives. They do however sleep for periods of time for a denning period which aren’t as long or filled with as deep of sleep as their northern bear relatives. Of course, by prepare for this denning period, we mean exploring for more food to eat and store up body fat to help them while they’re sleeping. To do this they are increasing their diet intake from 5,000 to 20,000 calories a day. That is a lot of food. This means they are a lot more active and possibly even more

visible. So, if you’re planning a hike on any of the beautiful trails throughout the park it is important that you be “bear-wise” as you’re sharing the woods with them. There are several signs throughout the park with more information about bears to help you be “bear-wise.” However, as large as the preserve area is you still are bound to be out hiking all day without seeing them at all.

Because the range of a female Florida Black Bear is 15,000 acres and a male Florida Black Bear is 60,000 acres it is important to know how to also be “Bear-Wise” at your own home. There are things you can do this time of year which will help these beautiful creatures stay focused on finding natural foods for their winter preparations. Especially since they have a keen sense of smell. Take in any bird feeders before sunset. Don’t leave out

any pet food or water bowls. Putting out your trash just before time for it to be picked up helps as well versus putting it out the night before. If you have a barbecue, make sure to completely clean your grill afterwards.

October also brings the start of the Topsail After Dark series. This series is a unique opportunity for people to experience the park in a new way, nocturnally. It is being kicked off with a monthly campfire program on the fourth Friday of the month. This month the campfire will be on October 25th 6:30-7:30p.m. Participants must make sure to arrive at the park before the gates close at sunset. Stay tuned for more program offerings.

Learning opportunities are abound as well. All the regular favorites continue like Breakfast with a Ranger, Plant Stroll, Art in the Park and the #SundayFun-

day weekly ranger program. The Topsail Talks series presentation will allow visitors to visually explore the beauty of the artificial reefs in the Florida Panhandle.

As we always say there is something for everyone at Topsail Hill Preserve State Park

whether you want to camp, hike, bike, swim or snorkel in the Gulf of Mexico, paddle, learn or volunteer. So, we look forward to seeing you in the park soon!

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Community

Scenic Walton Announces 'Beauty is Good for Business' Symposium

A Scenic Symposium will be held on October 24th and 25th at the Hyatt Place Sandestin at Grand Boulevard to discuss how and why "Beauty is Good for Business."

Louisiana Lieutenant Governor Billy Nungesser will welcome attendees during the October 24th evening reception. Attendees will experience a day of educational content and networking opportunities on October 25th. The symposium is co-hosted by Scenic Walton and Scenic America, local and national non-profit organizations that work to improve public spaces and promote high standards of development.

"Think about your favorite part of town. Why do you like it? Chances are it's because the roadway medians are landscaped and the businesses and parking are attractive and well-maintained," Leigh Moore, president of Scenic Walton, said. "You probably don't even realize why the 'nice' parts of town feel that way until you begin to become aware that



perhaps there are great facilities for pedestrians and cyclists, the utilities are underground, and the signage is tasteful and subtle. Walton County is made up of beautiful communities, and we

are excited to help make them even more enjoyable for our locals and tourists."

Topics discussed by industry experts during the symposium will include:

- Scenic byways and highways: roads to prosperity
- Moving overhead utilities underground
- Placemaking

- Billboards, signage and lighting
- Benefits to businesses that implement scenic principles

Go to www.Scenic.org to learn more and to register. The cost to register for the symposium is \$75. Hyatt Place Sandestin at Grand Boulevard is offering a discounted group room rate for attendees who wish to stay overnight. For more information about Scenic Walton, please

go to www.ScenicWalton.org. Community individuals and businesses are invited to become members by calling 850-588-1877, sending an email to info@scenicwalton.org, or by visiting the website. Membership dues are tax-deductible and are used to support programs and operating costs. Regardless of the level of contribution, community participation is essential to the organization's ability to continue to make a significant positive impact in Walton County.

About Scenic Walton Scenic Walton is a 501(c)3 non-profit organization whose purpose is to preserve and protect the scenic nature and beauty along the roadways of Walton County while maximizing safety and minimizing the environmental impact of development. The organization strives to educate citizens and to promote increased property values, a robust business climate, and beautiful surroundings. Its primary focuses are landscaping medians, reducing litter, placing utilities underground, promoting safe and interconnected pedestrian and cyclist facilities, and advocating for excellent design standards for development.



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Volunteers Walk to Fight Suicide

Local participants across the Emerald Coast join the movement of over a quarter of a million people. Suicide is the tenth leading cause of death in the United States, yet suicide is preventable. Supporters throughout Destin, Fort Walton Beach, Niceville, and nearby communities will be participating in the 7th Annual Emerald Coast Out of the Darkness Community Walk hosted by the American Foundation for Suicide Prevention Florida Panhandle Chapter at 10:00 a.m., October 19th at John Beasley Park on Okaloosa Island. This fundraising walk supports the American Foundation for Suicide Prevention's local and national education and advocacy programs and its bold goal to reduce the annual rate of suicide 20 percent by 2025.



attention to this issue and keep other families from experiencing a suicide loss. Our ultimate goal is to save lives and bring hope to those affected by suicide," said Jessica Roberts, Florida Panhandle Chapter Board Chairperson.

Interested in becoming a sponsor? Please email fpanhandle@afsp.org.

The event is free and open to the public. Interested participants, walkers, and donors can visit AFSP.org/EmeraldCoast to register for the upcoming walk and to learn more.

"Suicide touches one in five American families. We hope that by walking we will draw

Democratic Women's Club "Focus on Women" Program Oct 15

The Democratic Women's Club of Walton County will present a program about women's health issues on Tuesday, October 15 at 6:00 PM in the Walton County Coastal Branch Library, 437 Greenway Trail, Santa Rosa Beach. The public is invited to attend. Speakers will include Shirley Guillory, Women's Health Care Nurse Practitioner of the Walton County Health Department; Dr. Carolyn Zonia, Emergency Physician; and Phyllis Gilbert, an ovarian cancer survivor.

Too often, serious health issues go undetected until later stages because symptoms can be different for women than for men and can be mistaken for non-threatening conditions. The program will focus specifically on issues affecting women's health including breast cancer and the gynecologic cancers, with valuable information for all women about how to listen to their own bodies and determine when to seek medical attention.

A primary goal of the DWC is public service: providing information of general interest to the community and sponsoring

projects that benefit the needy. You don't have to be a Democrat or a woman to attend—everyone is welcome!



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The 3 Julia's Inducted for "Best Comedy Viewers Choice" Awards

The long running Television series called The 3 Julia's – starring 30a TV's founder Paul Vizard, Redd, and acclaimed actress Teance Blackburn, has been previously nominated five times for

the Viewers Choice Awards. The category is the "Best Comedy Viewers Choice" of The Taste Awards, and shares company with Food Network Alex Guarnaschelli, Restaurant Impossible,

and Best Thing I Ever Ate. Conceived as a parody tribute to cooking legend Julia Child, the show — now in its 10th year with more than 30 episodes of comedic educational segments



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THE 3 JULIAS ON 30A TV



on cocktails, appetizers, and dinner, celebrates Julia Child and her culinary art. The 3 Julias can be seen on 30a Television, www.30a.tv.

"I am stunned," said Paul. "We have been nominated quite a few times, but to be inducted into the Hall of Fame alongside Alex Guarnaschelli, a world class chef, is a big shock, and compliment. A huge thank you to the Taste Awards Academy."

Paul (Julia), Redd (Brooklyn Julia), and Teance (Southern Julia), will walk the red carpet at the awards show in California, where the Taste Awards Hall of Fame building, when completed, will be located. Teance Blackburn said, "This is by far the tastiest recognition I've received thus far, and it's an honor to be along-side such talented people."

Taste Hall of Fame inductees are selected based on either receiving numerous Taste Awards and finalist nominations over the years, or making a significant impact in the world of taste and broadcast entertainment.

The annual awards have in-

cluded appearances by stars, celebrities, producers and executives from networks and platforms such as the Food Network, the Style Network, Bravo, the Cooking Channel, TLC, Discovery, Lifetime, E! Entertainment Television, PBS, APT, and Create.

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Lee Campbell

Local Football Team Discovers "Cool" Has a Whole New Meaning

When Mosely High School Student Athlete, Jordan Whitely, learned electric Cryotherapy technology was available in the Panhandle, he and his mom made the drive from Panama City to Destin to check it out. What they discovered was much more than Cryotherapy; rather a full-scale center offering the same advanced recovery and performance technologies enjoyed by professional athletes.

As an all-star linebacker and a member of the National USA Football Team, Jordan is laser focused on taking care of his body to stay at peak performance. After a head-to-head hit on the field, Jordan visited CRYO850. "We did localized Cryotherapy on the back of my neck and shoulder and on my head to mitigate any injury to my brain," he said. "I also did Whole Body Cryotherapy to relieve the soreness from Friday's game." Jordan signed up for a discounted Student Membership allowing him access to the center for recovery seven days a week.

Jordan's Dad, Rick Whitely, loved the concept and wanted to give the rest of the team the opportunity to see the center and learn more about recovery options. "I called and asked if they could handle hosting the entire team and they took it to a whole new level," said Rick. "They created an educational event on recovery for these boys at a very affordable price."

The boys were able to experience the full line up of services offered at the center as well as work with local experts for individual attention. Massage Therapist, Richard Slusher, worked one-on-one with every player and athletic trainer; Heather Hill, performed an on-site Stretch Lab teaching pre- and post-game stretching techniques. "The boys put down their cell phones, listened and participated," said Heather. "It was awesome to see them trying new stretches and communicating with each other in the process."

The players were able to experience an array of new recovery methods and also take home new skills and ideas on how to take care of themselves. The afternoon ended with ca-



**Videos of the visit and Whitely's speech on the CRYO850 Performance and Recovery Instagram and Facebook pages.*



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Furniture South in "Beyond the Top 100" by Furniture Today

For the third year in a row, Furniture South is included in Beyond the Top 100, a compilation of furniture stores that are significant players in their respective markets based on total sales in 2018 by Furniture Today. Furniture Today is the weekly business newspaper for the U.S. furniture industry, providing news and research for furniture and bedding retail stores, mass merchants, distributors, executives and suppliers.

"It is quite a surprise and honor that we were selected again. We are proud to be on such a prestigious list with other furniture companies around the country. I am thankful for the teamwork and energy of our entire staff for our rapid growth in the South Walton market," said owner, Frank Kovach.

Furniture South was founded in 2012 by Frank and Julie Kovach. They have a staff of 14 people, including four interior design associates, and display 80 different furniture lines in a 10,000 square foot showroom.

Furniture Today compiles reports, surveys and whitepapers

exclusively for the furniture and home furnishings industries, and is the leader in business news for the home furnishings market. Signature reports include Top 100 Furniture Stores, Beyond the Top 100, Consumer Buying Trends and the Upholstery and Case-Goods Style Survey, and can be found at www.furniture-today.com.

This survey does not rank companies, nor is it a continuation of the Top 100 U.S. Furniture Stores. Furniture Today chooses not to include some companies due to lack of verification of sales figures. Furniture Today compiled this report by surveying retailers, researching business newspaper archives and speaking with furniture industry insiders. Information was gathered, compiled and analyzed by the PBM Strategic Insights team.

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and has installed the interiors of thousands of homes and condos including rental properties, commercial suites, banks, and hotels on the Emerald Coast. Furniture South is now offering free financing through





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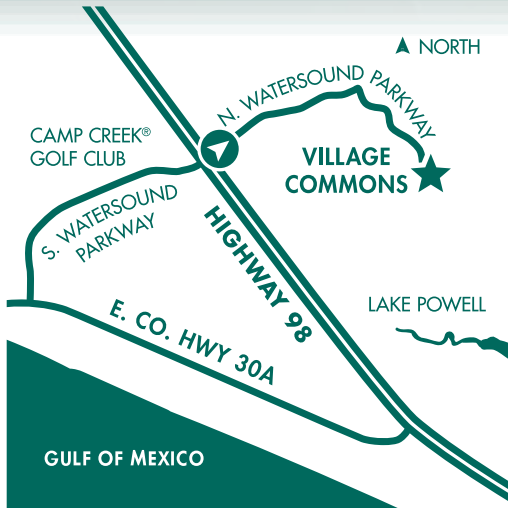
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 Community

Good News Church has News!

By J.S. GREEN

Good News United Methodist Church in Santa Rosa Beach is in an exciting season! Pastor Bradley Goode and his church staff are working to meet needs of our area by providing a wonderful worship experience, a welcoming community, and targeted missions opportunities. Like our coastal town, this church is growing. Good News launched a third Sunday morning service in late September. The traditional service is at 8:15 a.m., and now there are two contemporary services at 9:30 and 11:00 a.m. Wednesday night activities resumed in September, with dinner from 5:15 – 6:00 p.m., followed by new adult bible studies, youth group and children’s activities. The church not only delivers the good news of Christ to residents on Sunday mornings and Wednesday evenings, but it is a center for our community to actively see God

at work in peoples’ lives.

Who doesn’t love living in Santa Rosa Beach? It inspires, and many people make sacrifices to move here; ask any local resident. When the going gets tough, we have a picturesque environment that a walk on the beach and ocean breeze can calm. From turquoise waters, white sand, and color-bursting sunsets, it’s a beautiful life. However, with our gorgeous town, and the slow coastal rhythm, this serenity doesn’t solve all our problems. Good News is a place that has created space for local residents to come rest, learn, and build a better life.

Good News believes in building our lives on a firm foundation: Pursuing God, Building Community, and Living Generously. This is Good News Church’s new logo, revised mission statement, and it comes from Jesus’ words: are we going to build our house on sand or on a firm foundation? As Pas-

tor Brad says, “We want to be a church full of people who are making the decision to not build a life on the sand, but on the reality of Jesus.” You can visit the church’s new website at www.goodnewschurch.life and learn

more.

The people make Good News amazing and are of every age. From senior adults, to babies in the nursery, with children, youth, and young families in between, people gather together and make Good News great. The children’s ministry, a newly launched program for 5th and 6th graders, is called Rt. 56 and offers fun engagement

Good News just hired a new staff member to lead the youth group, grades 7 – 12. Good News believes that investing in our future generations is essential.

Serving locals is at the heart

of Good News Church. Hurricane relief efforts are actively going on through their partnership with United Methodist Committee on Relief (UMCOR), who is working with over 300 families to move them back into their homes. Teams serve almost weekly, and there is a workday planned in Marianna - October 19. If you want to help, please visit the church’s website to register. Good News also works with many local partners, such as the UM Children’s home, Food for Thought, Path of Grace, Lighthouse Family Retreats, FCA, Caring & Sharing, Days for Girls, Habitat for Humanity, Songs in the Night, Communities of Transformation, and others. Good News, as a local church, leads their Supplied Back to School ministry, a Wheelchair Ramp Ministry, among others. Each April 30th and August 30th, Good News celebrates #30ADay – a day on which the church prays over every street in our community and serves locals. We live at the beach, but how do we live? Come build that firm foundation at Good News United Methodist Church. 4747 US-98, Santa Rosa Beach, 850-622-9191

Special thanks to Pastor Brad providing information for this article.



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The Market Shops 5th Annual Bloody Mary Festival November 2nd, 2019

On Saturday, November 2nd, The Market Shops will host its 5th Annual Bloody Mary Festival benefiting Habitat for Humanity - Walton County. The annual event will feature unlimited tastes of South Walton's most creative and innovative bloody marys made with Cathead Vodka and served by the finest restaurants and bars on the Emerald Coast.

For a \$40 donation, guests are invited from 11 a.m. to 2 p.m. to enjoy up to 20 of South Walton's most coveted bloody marys. Restaurants competing for the 2019 Best Bloody Mary in South Walton include Another Broken Egg Cafe, Bijoux Restaurant + Spirits, Blue Mabel, Camille's at Crystal Beach, Emeril's Coastal Italian, Grits & Grind, Half Shell Oyster House, The Henderson Beach Resort & Spa, Jackacuda's Seafood & Sushi, Jim N' Nicks Bar-B-Q, Lulu's Destin, Mama Clemenza's, Rockin' Tacos, Ruth's Chris Steak House, Shades Bar and Grill, Signature Catering of 30A, Slick Lips Seafood & Oyster House, Sunset Bay Cafe, and The Surf Hut. A panel of select food critics and local celebrities will judge each bloody mary to select the winners for the most delicious and most creative. There will also be a highly cov-

eted People's Choice Award.

There will also be plenty of food from various restaurants in The Market Shops, including Ben & Jerrys, Bijoux Restaurants + Spirits, Hebert's Specialty Meats, Maple Street Biscuit Company, and Pizza by the Sea, as well as juice shots by Clean Juice. Local craft brews will be served by Grayton Beer Company, and champagne available from the Bubbly Bar of Courtyard by Marriott Sandestin and Residence Inn by Marriott Sandestin. Also, attendees will be able to cool off with newly added "boozy" pop-sicles provided by Swell Pops. A lounge area with additional seating and cornhole games will be set up on the main lawn, along with SEC football streaming on the big screen.

While sipping bloody marys, guests can enjoy a hydration station by Berkshire Hathaway HomeServices PenFed Realty, a commemorative photo booth by Epic Photo Company, music by DJ Dad, a cigar bar by Shore Thing Cigars, and exclusive shopping opportunities from The Market Shops merchants. Headlining the event will be a live performance from Dread Clampitt on the main stage.

Parking will be available at

The Market Shops on the day of the festival but is expected to fill up fast. There will be additional parking available at The Beach House located in Sandestin Golf and Beach Resort and a complimentary shuttle, provided by Emerald Coast Luxury Transportation, and will travel to and from the festival from 10:30 a.m. until 3 p.m.

Tickets are currently on sale through 850Tix for the pre-sale price of \$40 or can be purchased the day of the event at the door for \$50. To learn more about The Market Shops Bloody Mary Festival and to buy tickets, visit www.themarketshops.com.

To volunteer for Habitat for Humanity on the day of the event, please email volunteer@waltoncountyhabitat.org.

"We are so grateful to be named as the beneficiary for The Market Shops Annual Bloody Mary Festival once again," said Teresa Imdieke, Executive Director of Habitat for Humanity - Walton County. "The proceeds raised will help us operate on a day-to-day basis and build homes for those who need it most. We are dedicated to achieving our mission to provide everyone in Walton County with safe and stable places to live."

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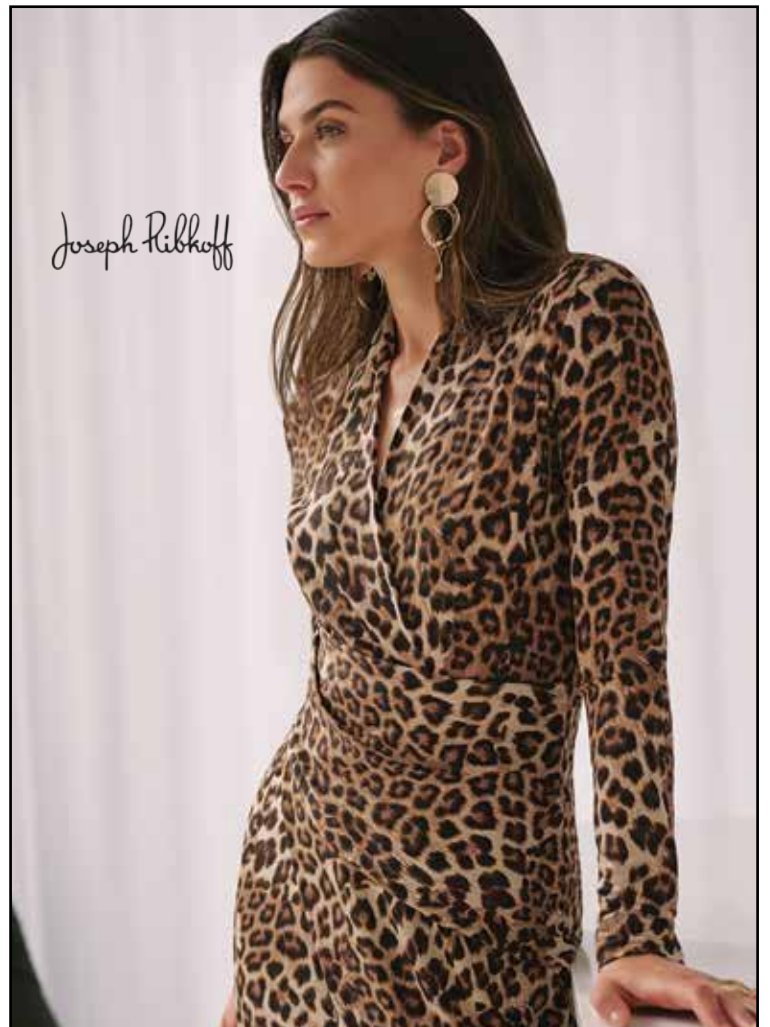
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Wellness

Eat Your Veggies!



BY MELANIE STEWART

Last month, it was about encouraging healthy eating for children. One of the most common complaints is an aversion to

vegetables. Given that this food group is indisputably important, the first recommendation is to introduce vegetables early and often. Even if the baby seems to react negatively, consistency is key. If kids are a little older, the advice still stands: Modeling and consistency. And, of course, one can get a little creative with cooking methods and recipes.

The first and easiest cooking technique is to simply wash, chop and eat. Fresh raw vegetables are LIVE foods that are enzyme active and alkalizing to the systems. As a rule, a minimum of 50% of your daily food intake should be healthy, fresh, LIVE foods. Including fresh raw vegetables will

not only help reach that goal, it will also help with acid/alkaline balance and fiber needs - all the while providing an amazing array of nutrients. To encourage children, set out cut veggies at a time you know they are truly hungry. Everything tastes better when hungry! Allowing them to dip veggies in salad dressing or even peanut butter might also encourage them to indulge.

Although most vegetables can be eaten raw, there are some that require cooking to neutralize certain elements. For example, eggplant and potatoes contain a compound called solanine, which inhibits the absorption of calcium and can cause neurological and gastrointestinal disorders. Some green beans, lima beans, and kidney beans require cooking to neutralize compounds that cannot only block the absorption of important nutrients, they can be toxic enough to make you ill. Most greens and cruciferous vegetables can be eaten raw however; some cruciferous vegetables contain goitrogenic substances that can block the production of the thyroid hormone. If one has

a disorder of the thyroid, it may be beneficial to cook these vegetables more often than not.

A common misconception is that cooking will destroy vital minerals and vitamins but this is not the case when done properly. In fact, for some vegetables heating can increase digestibility by breaking down the cellulose wall, providing easier access to the nutrients while destroying or neutralizing the anti-nutrients. Heat based cooking techniques including roasting, stir-frying, or grilling should be done quickly when using high temperatures to preserve nutrient content and prevent the formation of acrylamide, which is potentially carcinogenic. Most vegetables are best served al dente, rather than cooked soft, highlighting the flavor and enhancing the nutrient content.

NOTE: Microwave cooking creates irradiated foods that have molecules found NOWHERE in nature. I do NOT recommend cooking vegetables in the microwave, especially NOT in any type of plastic bag or container.

One favorite way to prepare

vegetables is super easy and sure to please even the most finicky palate. ROASTED (BAKED): Simply cut vegetables so that they are a similar size, toss in oil, put on a cookie sheet or place in a shallow roasting pan and season. Slow roasting at 325 degrees will dehydrate vegetables while sweetening their flavor. This method is good for root vegetables like potatoes and beets. Medium temperature baking at 350 degrees will cook the vegetables evenly and round out their flavors, while high temperature baking at 400 degrees or higher will caramelize the vegetables but leave them juicy and al dente. Simple seasoning with sea salt and ground pepper works well for almost every vegetable, highlighting their natural and unique flavors.

The cruciferous vegetables like broccoli, asparagus, Brussels sprouts and cauliflower are particularly good roasted. If one has never been a fan of these vegetables before, try them this way seasoned with nothing more than salt and pepper. Root vegetables like potatoes, onions, carrots, beets and garlic are also terrific roasted. Simply toss in oil and season with salt and pepper. Fifteen minutes before they are ready add some fresh chopped rosemary to really give good flavor.

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Medicare Annual Enrollment Season is Here!

BY BOB MCMILLIAN

The Medicare Annual Enrollment Period (AEP) season is October 15th through December 7th each year. It is a time that Medicare beneficiaries can add, change, or drop their Medicare Advantage or Medicare Part D prescription drug plan. Medicare Advantage plans replace original Medicare Parts A & B with Medicare Part C.

Lives can change every year and one might need a new plan because of health issues, doctors, and hospitals; prescriptions may have changed if they are generic or brand names. Also, plans often change or new plans are added because competition is always driving

health care plan improvements.

Original Medicare has deductibles and copays with no limits, and Medicare Advantage Plans put caps on out of pocket costs and often has policies with no premiums. Most Medicare Advantage Plans include prescription drugs; however, there are plans that do not include drug plans that Veterans find appealing, with \$0 premiums that still allows them to use VA hospitals and doctors.

Medicare Advantage Plans or Part C Plans are HMOs and PPOs administered by insurance companies. HMOs normally have lower out of pocket costs, but everything is run through the primary care doctor and must stay within their

network of doctors and hospitals. A PPO allows one to go to any doctor within the network without referrals from their primary care physician and must pay an extra fee to see a physician who is outside of the network.

Which plan is most suitable? Not all plans have the same doctors, hospitals, drug formularies, deductibles and copays. If doctors, hospitals and prescriptions drugs are important, one must find the best plan that meets needs and keeps costs down. An independent agent can help instead of a captive agent who represents only one company and its plans. A good independent agent would gather important information about who

are the important doctors, hospitals and prescription drugs, and match them to the best plan. That plan might not be what is best for a neighbor, relative or friend.

Medicare Advantage Plans often include benefits not covered by original Medicare Parts A & B, like transportation, acupuncture, chiropractic, dental, vision, and fitness membership. It is important to review one's current plan each year to see if it's still the right fit. Simply stated, review and compare.

Personally, due to my needs, I am going to change plans during the AEP. I was happy with my plan, but am changing to another plan that has the same doctors,

hospitals, and additional benefits, and will cost me \$0 compared to my old plan of \$42 per month, which is a \$504 savings for the year. But, everyone is different and every plan is different.

Bob McMillan, a Medicare Specialist is a 7th generation Floridian who has an MBA in Finance from UWF; taught finance for Troy University, and has traveled the country examining insurance companies. He does this because he wants to add value to people's lives and has seen firsthand how the right plans have saved and enriched lives. For more information contact Bob McMillan at 850-716-0037, bobmmn1950@gmail.com, or www.robertmcmillaninsurance.com

Estrogen In Men Is Dangerous... When It's Too Low!!!

BY DR. RICHARD CHERN, M.D.



Are there any men out there who are tired, irritable, have trouble sleeping, headaches, brain fog, dry cracked skin, depression, anxiety, high cholesterol or high triglycerides? These are just some problems associated with low Estrogen levels. As I've discussed previously, testosterone breaks down into estrogen and this estrogen helps to relieve these symptoms and much more. Additionally, Estrogen protects against heart attacks, strokes and some cancers!

I'm sure you've seen stories about the ripped body builder who drops dead at forty from a

heart attack! Do you know why this happens? These guys block their testosterone from converting into estrogen so their testosterone levels can stay abnormally high. They do not die from the elevated testosterone, they die from the low Estrogen! Estrogen works so well to prevent heart attacks that when these younger guys block it for years they quickly build up plaques in their heart and drop dead.

So what does that have to do with us non-body builders who don't block their estrogen? Well, low Estrogen is nearly as bad as no estrogen. As we age our testosterone drops. Low testosterone means low Estrogen. Low estrogen

means big problems!

You don't hear about women dying from strokes and heart attacks at fifty years old. Just the men. Why? Low Estrogen!

So what do we do at The Hormone Restoration Center? Well, we don't put estrogen in men! We add testosterone which helps with testosterone symptoms and estrogen symptoms because the testosterone will slowly convert into estrogen and then the heart is happy, the brain is happy and we're happy.

Now remember, it's normal for our testosterone and estrogen to fall over time so when your doc-

tor says your labs are normal that does not mean they are optimal!

At The Hormone Restoration Center, we optimize your your hormones so you can have optimal health!

Did you know your risk for Alzheimer's goes up if your testosterone is BELOW 900? Are you going to be happy with a "NORMAL" level of 550? I'm not! Did you know your risk of aggressive prostate cancer goes up when your testosterone is BELOW 840? Are you going to be happy with a "NORMAL" level of 400? I'm not! Did you know that all causes of mortality (that means

dead!) goes up with testosterone levels below 600? Are you going to be happy with a testosterone of 375? I'm not! Ask your doctor if a testosterone level of 375 is normal. Ask what an optimal level for health is? They probably won't have an answer.

Of course women need estrogen too and maybe we can discuss that next month. But if your husband is tired, irritable, can't sleep, can't find his wallet, his keys or his reading glasses then you better get him to The Hormone Restoration Center and let us fix him up. Call us today for an appointment. 850-837-1271.

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Wellness

Myofascial Release for Pain and Tendinopathy Topic of Sacred Heart Seminar Oct. 25

Ascension Sacred Heart Rehabilitation will hold an informational seminar on using Myofascial Release techniques for pain reduction and improved mobility on Friday, Oct. 25 from 11 a.m. to 12 p.m. at Sacred Heart Rehabilitation at The Market Shops located at 9375 Emerald Coast Pkwy. West - Unit 1, Miramar Beach, FL 32550.

Physical Therapist, Robin Glinka and Stephanie Borst, Doctor of Physical Therapy,

will speak on the use of Myofascial Release therapy to relieve symptoms of pain, decreased motion, and decreased strength. Attendees will learn the benefits of myofascial release from skilled therapists, along with self-management techniques which will be demonstrated and shared to assist with managing pain and improve flexibility at home.

Myofascial Release is an alternative medicine therapy useful for treating skeletal muscle

immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation, and decreasing tension throughout the body.

“The use of Myofascial Release therapy allows us to look at each patient as an individual,” said Borst. Our one-on-one therapy sessions are hands-on treatments during which our highly trained therapists can utilize a variety of myofascial release techniques to treat each person’s



unique pain and symptoms.”

The Sacred Heart Rehabilitation Center provides a wide spectrum of specialized rehabilitative care and education for patients that have conditions affecting their overall balance and mobility. A multidis-

ciplinary team of physical therapy experts work together to strengthen and preserve mobility, while educating the patient and preventing future injuries.

To register for this free community-education seminar, please call (850) 278-3600.

Parkinson’s Disease Caregiver Support Group Meets Oct. 8

Caregivers of persons suffering from Parkinson’s disease are invited to the support group meeting hosted by Somerby Senior Living and Sacred Heart Hospital on the

Emerald Coast on Tuesday, Oct. 8 from 9:30 to 10:30 a.m. at Somerby Senior Living at 164 West Hewett Rd., Santa Rosa Beach.

Benefits of joining the

Parkinson’s caregiver support group include an enhanced sense of community, the ability to share common experiences, the gain of support from others in similar situations and the

joy of giving and receiving encouragement.

The support group is led by the caring and knowledgeable staff of Somerby Senior Living and Sacred Heart Rehabilitation. The Rehab Center at Sacred Heart provides treatment and hope for patients with Parkinson’s through various therapy programs such as LSVT

BIG® and LSVT LOUD® by a certified physical therapist and speech-language pathologist.

The group meets the second Tuesday of each month, and refreshments are provided. For more information please call (850) 660-6037 or the Sacred Heart Rehabilitation Center at (850) 278-3770.

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Why Throw a Pill or a Shot at Your Pain When You Can Do Pilates?

BY SUSAN AUTHENEMENT

Pilates is for everyone! In the 20 years I've been teaching, I have trained everyone from grandparents wanting to play with grandkids, moms wanting their pre baby body back to famous professional athletes.

Pilates can be done as the only form of exercise or mixed to complement new trends such as Orange Theory. Even doing Pilates once a week makes a huge difference in strength and flexibility.

One thing that makes Pilates so special is all the muscles are conditioned uniformly. So, you lengthen them as you strengthen. A good Pilates session will feel as though you had a chiropractic adjustment and a massage at the same time; the muscles feel energized and activated. And Pilates is hands down the best exercise available to strengthen the core which will help with back pain and to help keep your spine and muscles flexible.

All Pilates is not created equal. Make sure when you choose Pilates to look for a studio that focuses on Joseph Pilates' original teachings. Many hybrid watered down versions are popping up nationwide. You will pay a bit more for a smaller, pure Pilates-based studio, but the benefits far



outweigh the extra charge. You'll receive hands-on attention that might be unavailable in a larger class and you'll better avoid injury.

I think Joseph Pilates said it best when he said:

In 10 sessions you feel a difference, in 20 you see difference and in 30 you have a new body!

~ Susan A. Dunnam, Co-Owner Destin Pilates and Aerial

Destin Pilates Testimonial:

Originally, I would not give Pilates a shot, because it seemed like something that was just for the ladies. As I got older and learned more about my body and how to maintain it, Pilates made even more sense. I still avoided it. I would go through times where I

would go to the gym, start a workout program and would always tell myself that none of it would do any good if I didn't get a good stretch in at least twice a week. I never seemed to be able to find the time to get that done. I walked around always feeling like I needed to go to the chiropractor or get a massage or get on the foam roller or on a lacrosse ball; but none of those remedies would give me long term relief.

I finally decided to give Pilates a try after a few months of waking up in the middle of the night with pain in the front of my hips. This was new to me. I've had trouble with my hamstrings, upper and lower back and could get temporary relief through the above men-

tioned tools, but I had no idea how to really take care of my hips. It was waking me up at night. And being a chef who works late nights and gets up early to take the kids to school, having my sleep messed with does not work for me at all.

So, I gave Pilates a try. I'd say it took only two classes before my hips were giving me no pain at all. But not only that, it fixed my posture (like most people, I look at my computer and phone too much). I was getting all of the relief I got from massage, chiropractor, etc. except this was increasing my muscle strength through resistance, so I could maintain my body's natural alignment.

After 10 classes, (just when I thought I must be mastering all of the moves, ha ha) Susan started to ramp up the intensity. I would leave the class soaked through like I had just finished an intense workout at Crossfit. One thing that I really like is that you can make the resistance as hard as you want to. You truly get out what you put into

it. I noticed that I was engaging my core muscles in daily movements, keeping my back safe from strain. It really just became a natural thing after doing the repetitions on the reformer.

After 20 classes (where I currently am), I have started to see the difference. I feel taller, my muscles feel longer, my hamstrings are getting stronger and I have more energy. I have been motivated to start a healthy eating plan and have lost 15 pounds so far. I know I am on a great track to maintain good health in my future.

As the moves get a little more complicated, I am glad to have Susan's expertise. She knows when to back off of an exercise or to recommend a stretch if something feels "off." Some sessions can almost seem like a rehabilitation if I have some pains that need to be worked on. But each week those little pains are getting fewer and fewer, and that's why I wish I would've started Pilates long ago.

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Real Estate

Quality Affordable Housing in Walton County

Nearly everyone now knows Walton County is one of the fastest growing counties in the United States. For years now Walton County has had one of the lowest unemployment rates in Florida. It also enjoys the influx of over 4 million annual visitors flocking to its white sandy beaches. Anywhere one goes today in Walton county there are signs seeking workers. With plenty of high-paying jobs, loads of visitors and all of this annual growth, this has created one huge problem, no affordable housing.

The average rent for a standard 3 bedroom home is now more than \$2,000/month from Freeport and South Walton. The average cost of a new 3 bed/2 bath home is more than \$400,000 in this same area. Add to this one last driving factor of a Hurricane stricken Bay County right next door and now there's a HUGE demand for "Quality Affordable Housing". Whether renting or buying, the challenge is the same. There are one-bedroom apartments, although rare, renting for \$1500+



month. In Freeport, there are currently less than 7 available rental units on the market with the demand needing 30+ per month.

The main limiting factor for Walton County's continued growth is both infrastructure and affordable housing. With this in mind there are several projects in Freeport now that are addressing this need. One of them is the revitalized 40+ acre multi-family community the Verandas in Freeport.

Just off of Hwy 331 near schools, the Verandas subdivision has answered this need for affordable housing, but is also offering the quality. A beautiful pool with amenities and large community yards across the street from Freeport Elementary School are a few of the many features of this beautiful subdivision.

The Townhomes are very affordable and start at \$174,900. All units are 3 bedroom, 2.5 baths

with standard features included at no additional charge: stainless steel kitchen appliances, quartz countertops in the kitchens and bathrooms, Rheem high-efficiency heating and cooling systems, crown molding, window coverings, LVP upscale flooring, front and back covered porches, and many others. There are also affordable rentals in this complex that start at \$1500/month for a 3 bed/2.5 bath unit.

Buyers will find the taxes ex-

tremely low at an average of \$61/month. Insurance for most units is less than \$65/month. Estimated monthly costs of electricity and water/sewer are under \$150/month. The homeowners monthly cost is \$75/month and includes all landscape and yard maintenance, pool and amenity maintenance, HOA administrative costs and subdivision upkeep.

The model just opened in September, and more than 74 units have already sold. There are 3 floor plans, one unit includes a full garage. Prices range from \$174,900 to \$209,900. So with the average rent for a 3 bed/2.5 bath home in Freeport \$1650+/month; an average mortgage payment (with a 20% down payment) would be less than \$950/month. Including HOA dues, insurance and taxes, the average cost of ownership would save a buyer \$400+/month and they would OWN their home. The Verandas has 3 local lenders that offer very easy home-buying packages for all those interested.

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Auburn's Man



BY SEAN DIETRICH

In honor of college football season, I want to tell you about the biggest SEC football fan I know.

He lives in Monroeville, Alabama, which is your quintessential all-American town. Walk the square and take a trip backward on the timeline. Drive around town. You'll see barbecue joints, a Piggly Wiggly, a Sonic, a world-famous courthouse.

And you might see Kenny.

Kenny is late-forties. He lives in the upstairs bedroom of his parents' house. A little about him: Kenny likes dogs, people, food, singing, sports, and hugging anyone within a six-foot radius.

Kenny has Down syndrome. There is a touch of gray on his temples. His face has smile-lines. And, if Kenny were to ever do-

nate blood, doctors would discover that he bleeds orange and blue.

He is an Auburn University fanatic.

"I'm Auburn's BIGGEST FAN!" he says.

There's no doubt. He gives me the dime tour of his bedroom—a shrine to the Tigers.

There are seventeen thousand orange ballcaps adorning his walls. Bo Jackson autographs, Gus Malzahn posters, stuffed tigers, eagle figurines, and Shug Jordan coffee mugs.

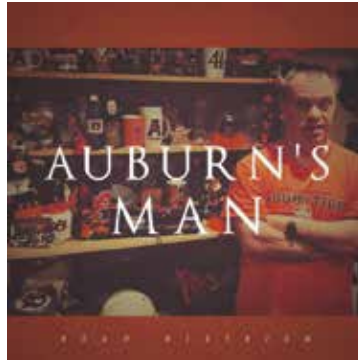
During the tour, Kenny breaks into spontaneous song:

"WAR EAGLE! Fearless and true, 'Fight on, you orange and blue...'"

He finishes his performance by hugging me. Kenny gives good hugs.

In the corner is an Auburn Christmas tree, weighted with orange ornaments—he keeps it up year round. Auburn bedspreads, throw rugs, drapes, pillows, light-switch covers.

"When we first had Kenny," says his father. "Doctors told us



our baby had issues. Told us we'd better let him go and institutionalize him."

Kenny's father informed the doctor they would do no such thing. Instead, the family built their world around the new baby. They loved him.

"Raising him was the big blessing of our life," says Kenny's father. "We were never alone, that's part of life in a small town. You're never alone. This community raised Kenny with us."

Kenny spent twenty years finishing school. His teachers supported him. His peers adored him. Ask around, everybody and their mother's cousin's aunt loves

Kenny.

After Kenny finished high school, he took a job at McDonald's. He worked as a custodian and greeter for twenty-three years. This is where he became famous. There aren't many people in town who don't know him. That's twenty-three years of grins, Auburn chants, broom-pushing, laughing, and spontaneous hugs.

He retired a few years ago.

"Yeah, I know Kenny," says one local man. "Who doesn't? He's a fixture in our town. Used'a walk into McDonald's and he'd greet you and give you a big 'War eagle!' Sometimes he'd be the only hug I got all day."

Before my tour ends, Kenny digs through a shoebox. The box is filled with Auburn pins and buttons. He gives me a parting gift—a tiger-shaped lapel pin.

We hug again. And again. And one last time for good measure.

Then, I remove my hat. I ask if Kenny will sign the bill of my ballcap, which bears the autographs of a few baseball greats,

and some others I've met.

Kenny's happy to oblige. He grabs a pen. In over-sized letters he writes: K-E-N-N-Y over the name of a well-known short stop.

"My autograph's worth a LOT of money than his," Kenny remarks. "I guarantee you."

He admires his handiwork and grins. Then, he sings in a quiet voice:

"War Eagle, fearless and true," "Fight on, you orange and blue, "Go! Go! Go!" "On to vict'ry, strike up the band. "Give 'em hell, give 'em hell..."

Then, we hug. This time it's a long hug.

Kenny whispers into my ear. "We're friends now. You can write about me in your book or whatever."

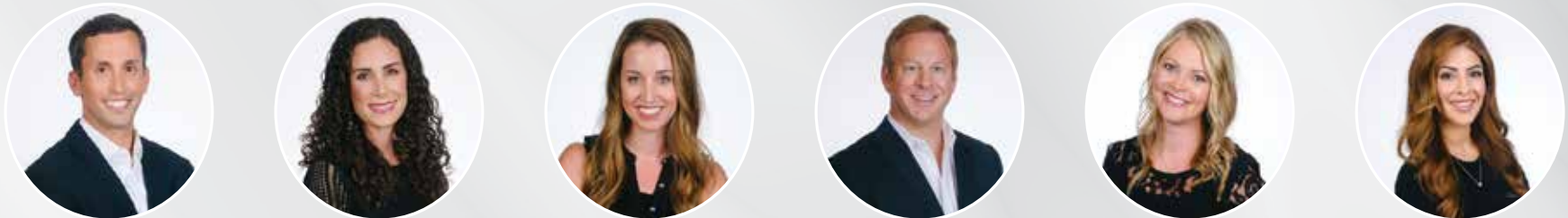
We shake on it.

"Don't forget," he says. "War eagle. Everyday."

I won't forget, Kenny.



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Musing

The Quest for Good Advice

By KIRK MCCARLEY

Thumbing through a magazine, one came across the article, "What's the best advice you've ever received?" Some of the publication's regular readers weighed in:

We don't have to agree on anything to be kind to one another.

other.

Don't act like the destination is more important than the journey. If you can't enjoy the way there, you aren't properly preparing yourself for the goal.

A boss told me: "When you come discuss problems with me, you also should bring me solu-

tions, options, or recommendations to choose from."

You can't get it if you don't ask.

Don't have a huge expensive wedding. Save up that money and put it toward a home purchase.

Conversely, in that same



entrusted with primary upbringing, and likely tried to borrow from what seemed to their best work. At school there was a favorite teacher who probably taught lessons that transcended what might be gleaned from a textbook. In earliest work environments as one made mistakes, there was often a boss or co-worker who effectively set it straight.

Trust instincts. Everyone knows the "tough" kids in the neighborhood. Later as teens, when driving around with the windows down on a mild evening, one learned the places to avoid. In transactional business, one gets a feeling in the gut when he comes across the proverbial "snake oil" salesman.

Rotarian Herbert J. Taylor created The Four-Way Test. It is an ethical guide for rotarians to use for their personal and professional relationships and is often cited at the commencement of club meetings. The test asks the following questions:

Of the things one thinks, says or does:

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

Many years before Mr. Taylor, the Apostle Paul, in speaking to the church in Galatia, presented that the fruit of the Spirit of God is love, joy, peace, kindness, goodness, faithfulness, gentleness, and self-control.

Look to these characteristics when considering the legitimacy of the advice giver or weighing their advice. To date, there's no better yardstick than these tenets from the 5th Chapter of Galatians.

piece, was a reminder that not all advice is good:

My grandpa once told me not to use my blinker when driving because "it's no one's business where you're going."

No flashlight on your phone? Take a photo of the sun, and use it in the dark.

Mom said to always say what's on your mind. That advice is why I was called into HR today.

My friend's dad told her, "If you're doing something that you'll regret in the morning, just sleep until the afternoon."

How does one discern the caliber of the advice received? Does it measure up against the character or reputation of those offering the recommendation? Is it a quantitative process whereby statistically "nine out of the ten or so times it's turned out ok?" Does one watch what family, friends, or trusted neighbors think, say or do? How influential are the opinions of media or prominent public figures? What concerns does one have of "what people may think" based on acceptance or rejection of the advice?

Where to start?

A good place to begin is with one's personal values. Many derive them from their faith beliefs. One remembers watching their parents, or whomever was



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A Book Review: A Journey of Faith

BY LAUREN CATANESE

"For with man it is impossible, but with God all things are possible." Matthew 19:26



Imagine having a life that looks abundant to the outside world. An amazing husband, four healthy, wonderful kids, two successful businesses, adoring friends, a great community and church. To the world it looked like Amy Boykin, a Texas native, now a local, had it all and she did. But even with all the accomplishments, she was longing for more. She had no idea what to do. So, she did the one thing she knew would bring her answers, she prayed, and God answered. He said, "Move your family to the Bahamas."

Moving to the Bahamas was not something Amy and her husband Michael, had ever thought they would do. But, it was all they kept hearing from God. And it wasn't, move to a nice resort community in Nassau or Grand Bahama but rather to a small, remote island about 3 miles wide off Eleuthera. It didn't happen overnight; in fact, it took 2 years. And once they arrived on the island it was far from paradise. They were unsure why they were there and what they were meant to be doing. They didn't have work visas. Their extended families back home were not supportive of their decision. And with four small children, it was not a good time to be spending their savings. Again, in a state of vulnerability, they prayed. And God answered, "If you need food, then fish." And this is how the epic story goes, one that Amy shares in her first autobiography, *The Way: God's call on an Ordinary Family to His Extraordinary Life*. It was a journey of pure faith.

God placed a calling in her heart. And when she and her family took that giant leap of faith, they never looked back. The call was to simply do whatever God said. They would pray daily to get answers to any of their questions. As their new life unfolded, they discovered new friends, Haitian

refugees, who were also in need of food.

"Motivated by love and generosity, what first began as just sharing fish with the least of these in our community, eventually grew into creating a church that has now tripled in size over the past three years," Amy shares. But it wasn't easy. The Boykins prevailed against many difficulties that surpassed just needing food. Rejections, strange illnesses and persecution were just some of the battles. It would have been easy

to go back to their normal life, but they stayed on. Why? Because God asked them to.

What would it be like to have that kind of faith in God? Why do we love to be inspired? Is it because we all have the same desire to live fulfilled? We all want to utilize the gifts He bestows on us, to live for more and be hungry for lives that takes us past the very depths of our own vulnerabilities. But at the same time, it fills us with more love than we ever thought possible. It's a burning necessity instilled in our

essence, just waiting to be used. It is our calling.

The Boykin's story seemed impossible. How many times do we come to those impasse moments in our own lives? But she persevered and didn't stop. She had faith.

Faith, it's a big commitment. It takes courage and will test every part of you. Through prayer, all that is against you becomes pow-

erless. Amy is a beacon of light. Sometimes we just need a match to light our flame. Let her story be the one that helps ignite your soul on its faith journey. You were created in greatness, and we're all waiting to read your story next.

The Way: God's call on an Ordinary Family to His Extraordinary Life by Amy Boykin is available on Amazon.

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Musing

A Pastor's Ponderings



By Rev. Pete Hyde

He turned out of the subdivision onto the crowded, school-traffic-clogged main road. He turned east on the highway and

headed to the church. Time to pick up from Sunday busyness and start the week. Lines of cars in both directions signaled the beginning of another work week for the nameless, faceless hundreds going about their business as usual. The yellow sphere of the sun hung high above the towering forest of pines, baking them in unusual summer heat in the middle of September. Another week of unseasonably hot and dry weather is in store; he is ready for fall or maybe just ready for a change.

The gravelly voice of balladeer Neil Diamond was playing on a CD in the car. It was an old song, not one of his many hits

of the 70s and 80s, titled "Glory Road." The ballad is about a hobo with all his earthly belongings in a sack on his back, headed somewhere where dreams would come true and life would be better. "Friend do you know the Glory Road? Friend have you seen the Glory Road? Friend I have found the Glory Road!" The lines of the song roll through his mind over and over. Oh, to just point the car to the horizon with no agendas whatsoever and have little responsibilities. Oh, yes, the Glory Road. But alas, utopia does not exist.

Hasn't everyone searched for the "Glory Road" at one time or another? Seeking that place where dreams would come true and life would be better, when all have it pretty good and are blessed beyond measure? Hasn't everyone searched for the Glory Road and wished, dreamed and prayed they could journey on

it? Hasn't everyone searched with a bit of wanderlust in their hearts for a better place, a better time, a better situation?

One wonders about all those who are led by the headlights and followed by rows of taillights. Aren't they all searching for the Glory Road? Perhaps the vision of a place where dreams come true and life is better has been pushed aside because their self-made obligations and routines burden them with self-imposed realities that no longer allow for such dreams and wishes. "Friend have you seen the Glory Road? Friend have you seen the Glory Road?"

The Bible opens to Psalm 40. "I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet upon a rock and gave me a firm place to stand. He put a new song in my

mouth, a hymn of praise to our God. Many, Lord my God, are the wonders you have done, the things you planned for me. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare." (V1-3, 5; NIV)

Another verse comes to mind: "For I know the plans I have for you," declares the Lord, "Plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the Lord." (Jeremiah 29: 11-14a)

"Friends, it's time to find the Glory Road."

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



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One Word

BY RICK MOORE

As a child he had a severe speech impediment. In elementary school, classmates used to call him "Elmer" after the cartoon character Elmer Fudd who stuttered every time he opened his mouth. So many people did so, other classmates began to think Elmer was his real name. In the third grade, his mom took him to a speech class. Unfortunately, in those days at that particular school, the speech class was a holding room for students with discipline problems, so it had very little to do with speech. Mom took him out of that class, but not before he was labeled with even more nicknames than before. The following years were spent with a mixture of both progress and disaster. There are good memories like being able to do well at a school talent show in front of hundreds of people. But there are also bad memories, like the time he froze when giving a presentation in history class and the students erupted into laughter.

Many famous people have overcome stuttering and have gone on to enjoy successful careers. From King George VI to Samuel L. Jackson, many people have overcome their handicaps. Yet, many more with speech im-



pediments never reach their full potential. Although there is more attention given to the subject of bullying today than decades ago, being bullied for the way one speaks is still very much a crisis. School classrooms are filled with bullies ready to mock and ridicule those who do not speak like the rest. Just having a strong accent from another part of the country can bring mockery from peers. But in such cases, the origin of why a person speaks differently is generally understood. It's not as easy to understand why a person stutters.

There are three types of stuttering: developmental stuttering, neurogenic stuttering and psychogenic stuttering. Developmental stuttering usually happens between the ages of two and five. This is when a child's

speech and language development lags behind. Neurogenic stuttering happens when there are signal problems between the brain, nerves and muscles involved in speech. Psychogenic stuttering usually happens after an emotional trauma. It can also be due to issues with thinking or reasoning. If a person's brain is racing much quicker than words are being spoken, stuttering often occurs. Complications of stuttering can include limited participation in activities, low self-esteem, poor school performance and social problems.

Here are some solutions to consider with a child struggling with stuttering. Try to provide a relaxed environment. Encourage the child to talk about fun and easy topics. Try not to react in a negative way, and instead, praise

the child for correct speech. Don't interrupt while he or she is speaking. Speak slowly, as this may help them to speak slowly. Pay attention when they speak. Wait for the child to say words or sentences without saying them for him or her. Talk openly about the stuttering if the child brings up the subject. And most importantly, seek medical and profes-

sional help.

While attending a youth camp at the age of fifteen, a counselor instructed all of the boys to take a rock large enough to write on and put it in their pocket. They walked to a stream and stood in a line at the water's edge. The counselor gave everyone a black marker, and they were instructed to write one word on the rock. Whichever word they chose was to represent something they wanted removed from their lives. He thought about writing the word "stuttering," but instead wrote the word "fear." No counselor had ever directly said that fear was the root of his stuttering problem, yet somehow, instinctively, he knew it was. Something happened inside when he threw that rock into the water. It's not to say there were never any struggles with speech issues again, but the fear was now gone.

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Dining

Harvest Wine & Food Festival October 24-26

BY SUSAN BENTON

It's my favorite time of year at the beach, October! That means cooler temps (still waiting), smaller crowds, and lots of festivities!

Following their most successful auction to date, Destin Charity Wine Auction Foundation (DCWAF) has grand plans for the return of Harvest Wine & Food Festival to South Walton October 24-26 at WaterColor!

A three-day affair, Harvest Wine & Food Festival has been recognized as one of the premier fall festivals in the southeast. Patrons are provided the opportunity to sip and savor over 250 world-class wines paired with the best in regional Gulf Coast cuisine, all while enjoying the beautiful beach town of WaterColor. Special lodging packages are at the WaterColor Inn.

Currently ranked number four "Top Charity Wine Auction in the US" by Wine Spectator Magazine, Destin Charity Wine Auction Foundation (DCWAF) is one of the nation's premier fundraising organizations, raising money for 16 Northwest Florida children's charities that assist at-risk youth in the local community by tackling a variety of issues including homelessness, food insecurity, mental health, education, medical care, and much more. In



April, DCWAF raised a stunning \$3.6 million for its benefiting charities.

On Friday, October 25, the Al Fresco Reserve Tasting held on WaterColor's Marina Park will offer festival-goers a selection of library wines that feature rare vintages not easily accessible in the marketplace. An array of perfectly paired culinary selections prepared by the nation's most celebrated chefs and live music set to a breathtaking star-filled sky will make for a memorable and elegant evening.

The Grand Tasting, held from 1 to 4 pm Saturday, October 26 in Cerulean Park is the main event and is designed to high-

light harvest season at the beach. Large seafood, barbeque, and provisional stations manned by celebrity chefs from throughout the southeast and complimented by the best restaurants along the Emerald Coast are combined with tasting stations featuring over 250 wines from around the world. Craft beer and spirit tents and an exclusive VIP experience will also be available. Amongst a litany of impressive culinary talent, DCWAF is excited to announce the return of Atlanta-based barbecue gurus Johnathan and Justin Fox of Fox Bros. Bar-B-Q.

"Destin Charity Wine Auction Foundation is well known

culinary delights," Russell said. "Along with the expected line up of wines, spirits, and craft beers, festival attendees will be able to taste their way through every staple of coastal cuisine ranging from freshly caught seafood to farm fresh vegetables and cheeses all the way to traditional smoked barbeque prepared by our friends the Fox Brothers. Last year our festival occurred just 17 days after Hurricane Michael made landfall. While the decision to proceed was difficult, we knew we had a duty to support our benefiting charities in their time of need. Jonathan and Justin understood that. They were generous enough to donate their entire talent fee back to those impacted by the storm, and we're honored to have them back again this October."

It wouldn't be a DCWAF event without the opportunity to bid high and bid often. A silent auction featuring a variety of rare wines, staycations and unique experiences will open Friday, October 25 and will run through Sunday, October 27 at noon. The opportunity to purchase merchandise on-site will also be available throughout the duration of the festival. For more information or to purchase tickets, please visit <http://www.dcwaf.org>



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Recipe of the Month; Blackened Redfish

When you've caught your "catch" at the Destin Fishing Rodeo this month, try this recipe for the most scrumptious meal!

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METHOD

In a small bowl, combine the



30A  **EATS**

fillets in the butter so that both sides are well coated. Sprinkle the spice mix evenly on both sides of the fish, patting it in, then add some more and pat again.

When the skillet is heated, place the fish inside without crowding and pour about 1 teaspoon of melted butter on each

filet. Cook until the bottom looks charred, about 2 minutes. Turn the fish over and again pour a little more of butter on top; cook until done, about 2 minutes more. Serve immediately with the melted butter. Serve with Smoked Gouda Grits and a salad!

Blackened Redfish

- 1 tablespoon paprika
- 2 1/2 teaspoons salt
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 1/2 teaspoon cayenne pepper
- 1 teaspoon dried oregano leaves
- 1 1/2 cups unsalted butter, melted
- 6 freshly-caught Redfish Filets, 8 to 10 ounces and about 1/2-inch

spices. Mix well. Set aside. Place a large cast-iron skillet over high heat on our outdoor grill or fish cooker until very hot, about 10 minutes. If you do this in the house – open all the windows, turn on the fans and let the fire department know you're just cooking dinner!

Meanwhile, pour 2 tablespoons of melted butter in small serving dishes; set aside and keep warm. Pour the remaining butter into a shallow bowl. Dip fish



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Music

30A Songwriter Radio Artist Spotlight: Cameron Slade Mitchell



By JASMINE CARROLL

With so many outstanding musicians in our quaint little town, one may start to believe there is something in the water that cultivates creativity in its locals. Cameron Slade Mitchell is certainly one of those locals.

While there is likely magic in our gulf waters, musical talent doesn't come without years of

practice. Cameron's love for music was first awoken while he attended newly opened Butler Elementary school and studied music under Mary Hout. He went on to join the school band as a drummer while attending Seaside Middle School in 2001, under the instruction of Sue Nicholson. By then music had a firm grip and Cameron continued on to Advanced Band and Jazz programs at Seaside Middle School. When high school came



He was able to land a gig here and there with a few bands. Chronic Jester was one he could be found keeping a beat with most often. As musicians often do, he began trying his hand at other instruments. Cameron says "Somewhere in there, as the story goes, I was tinkering with a guitar, and it was snatched away by the owner of the guitar and I was told, "No. You play drums, not guitar. Stick to drums." So, although slightly little rooted in spite, I began to learn guitar and began to

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along, he dove head first into band and stayed there throughout his high school career. This is where the fun started. His parents bought him his first drum kit, which you'll still see him playing to this day.

As high school goes he met more and more musicians and began dabbling in rock. Bruce

Asburn, who recently passed, was a huge influence in Cameron taking the jump from orchestral drums to the more informal, (and arguably more fun) drum kit. He also played on and off with locals Christian Mayes and Scott Shovea. This musical friendship has stood the test of time. 14 years since first playing together and Cameron, Christian and Scott are still playing music together. After high school, Cameron continued to play drums.

really enjoy it."

When the planets align and Cameron doesn't have a gig on a Tuesday night, you can find him at 30a Songwriter Radio performing originals and rock favorites with a guitar in hand. It is open mics like out at the 30A Songwriter Cafe and others like the Funky Blues Shack that lead him to make connections with many more local musicians, landing him in various projects with Nick Turner. The combination of years of formal training, undying passion and his charming personality, Cameron is in high demand. Right now he can be found playing with MEZ, Lucky Strike Retros, Rust and Gold, RoshamBeatles and QWERTY. Cameron Slade Mitchell is definitely one to keep an eye on.



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Studio 237 Music School: Heart Strings

By LISA CYR

“I often think in music. I live my daydreams in music.” -Albert Einstein

Albert Einstein loved to play violin. In the same way that each person is unique, each musical instrument has a unique attractiveness. Love at first sight becomes love at first sound. Like a relationship, one must spend concentrated time with their instrument developing a friendship and working out problems. The time spent together seem like minutes, your instrument takes you away from all the cares of life, and becomes an extension of your innermost thoughts and feelings. And then you are in love.

Have you ever heard your inner self whisper, “I can see myself playing guitar.” or “I just love to hear the sound of the violin or string instruments?” That’s because the sound of certain instruments pulls at your heartstrings.

“The piano is able to communicate the subtlest universal truths by means of wood, metal, and vibrating air.” -Kenneth Miller

“I was 4 years old, when my parents moved into a home overlooking a lake in Massachusetts. Left behind was an old piano in the basement. The moment I pushed down on each key, I was drawn to the instrument. I joyfully realized that the combination of tones created an infinite possibility of creative sound, expression, and compositions. It was love at first sound and a love affair that has never ended.” -Lisa Cyr

“I love the guitar for its harmony; it is my constant companion in all my travels.” -Niccolo Paganini

There is nothing quite like watching a masterful guitarist perform from his/her heart. They have spent a large portion of their life pouring over their guitar. When they play together, their music touches your soul and you observe in awe the manifestation of miraculous melodies, chord progressions, and voicing. That is the moment when you shed a tear. Tears of happiness, sadness, and revelation which are often

life changing.

“Sing again, with your dear voice revealing a tone of some world far from ours, where music and moonlight and feeling are

performed at weddings, graduations, reunions, proms, dedications, marriage proposals, first dance etc. The singer literally breathes life into their song which

when I was 14 years old. I was sick in bed with my window open and in great despair. All of a sudden, I heard the sounds of music. I rushed down the stairs, and into the street. I was compelled to find where the sounds were coming from. It was a parade! I was walking along side the drum line. A drum corp director approached me and said “We need another drummer, can you help us?” That moment charted the course of my life as a professional drummer. All across the USA, I have had the opportunity to help people dance to my drum beat. For me, percussion instruments are the heartbeat of life.” – Raymond Cyr



one.” – Percy Bysshe Shelley

The voice is by far the most intimate and unique of all instruments because it resides within the person. The combination of words, tone, and notes evoke great emotion and memorable moments in time. We all have those favorite songs that were

is probably why music is breathtaking. Everyone is born with a voice! Next time you are alone in your car, free yourself up by bursting your thoughts into song!

“Rhythm and harmony find their way into the inward places of the soul.” -Plato

“My musical journey began

Let our Studio 237 Music teachers help you get started learning to play an instrument. We are located in Santa Rosa Beach, FL. Read about and view our teachers online at www.Studio237Music.com. To schedule a visit or lessons Call Ray or Lisa Cyr at 850-231-3199. Email: Studio237Music@gmail.com.



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Music

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The Village of Baytowne Wharf is thrilled to be bringing back Tribute Weekend this fall Friday November 8th- Sunday November 10th! Rock out the weekend and enjoy live music from great tribute bands. Grab your blankets and lawn chairs and meet us on the events plaza lawn for a jam-packed weekend of incredible talent. Friday from 6-8pm we are rocking out with The Shadow of the King. Prepare to be entertained and up on your feet dancing and singing along to this world-famous Elvis Tribute featuring Ron Adams. On Saturday from 7-9pm join us for the Ultimate Aerosmith Tribute—Pandora's Box! Experience the authentic sound of this band along with their powerful onstage energy. Finishing out the weekend, on Sunday from 2-4pm we have your favorite Beatles songs performed live by one of the top concert series draws in Northwest Florida, Not Quite Fab! We cannot wait to see you there!

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of Sandestin! Located along the shores of the Choctawhatchee Bay in Northwest Florida, The Village of Baytowne Wharf features an array of boutiques, eateries, galleries and nightlife -- not to mention a jam-packed schedule of outdoor festivals and special events for the entire family. This spectacular setting, all within the gates of Sandestin Golf and Beach Resort, is the

perfect spot to spend a vibrant afternoon, evening, week, vacation, or you can be one of the lucky few who frequently experiences Baytowne Wharf through home ownership.

Beerfest October 11 & 12

Time to roll out the barrel and discover unique suds and ales! The Village of Baytowne Wharf at Sandestin presents the 12th Annual Baytowne Wharf



Beer Fest on Oct. 11 & 12, 2019. American specialty beers from around the nation will be available for participants to sample and savor. The main event on Sat., Oct. 12 will feature more than 200 domestic and international craft beers available for sampling. Brewery representatives will be available at the event, offering an opportunity to learn about the different types of lagers and ales from a variety of styles. Live music will be also featured during the festival. The Village

provides the perfect backdrop for fun-in-the sun and strolling the charming streets while enjoying live music and a wide range of beer. It makes for a very memorable experience for tourists and locals. The Baytowne Beer Festival is a pitcher perfect reason for a getaway or "staycation" with special discounted accommodation packages. Sandestin makes it easy with great offers! Use code Beer19 for accommodation and ticket discounts on www.baytownebeerfestival.com.

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Representing Emerald Coast homeowners and future homeowners, Kristina Hasser brings her 17 years of experience in sales and the hospitality industry to LAH Real Estate at the Beach. Prior to joining the LAH Real Estate team, she was, and continues to be, an advocate for local culture and arts. As your real estate agent, Kristina will be an advocate for you.

Originally from Beaumont, TX, Kristina moved to the stunning beaches of South Walton at the age of 10. As a 25 year resident, she has witnessed first hand the tremendous change and growth that has transformed the area into one of the Emerald Coast's most sought after vacation destinations.

Kristina is very involved in our local community. Her husband, Jimmy Hasser, is the co-owner of Local Catch Bar and Grill which is a local's favorite when it comes to fresh seafood and casual dining on 30A. Together they are raising 3 children, and she regularly volunteers at her children's school.

"Detail-oriented client dedication coupled with over \$400 million in company wide sales last year made joining the LAH Real Estate team a no brainer" she says. In addition, state of the art technology, team collaboration, and a superior marketing department that LAH Real Estate provides for all their agents also helped influence her employment decision. Although she has only been a real estate agent for less than a year, her extensive knowledge of the local market and her determination to inform her clients with the best market data has already paid off when assisting the investment buyers that she is already working with. "We love having Kristina on our team." says Charley Criswell. "She brings so much positivity to our office and is already off to a fast start in a very promising real estate career."



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Business

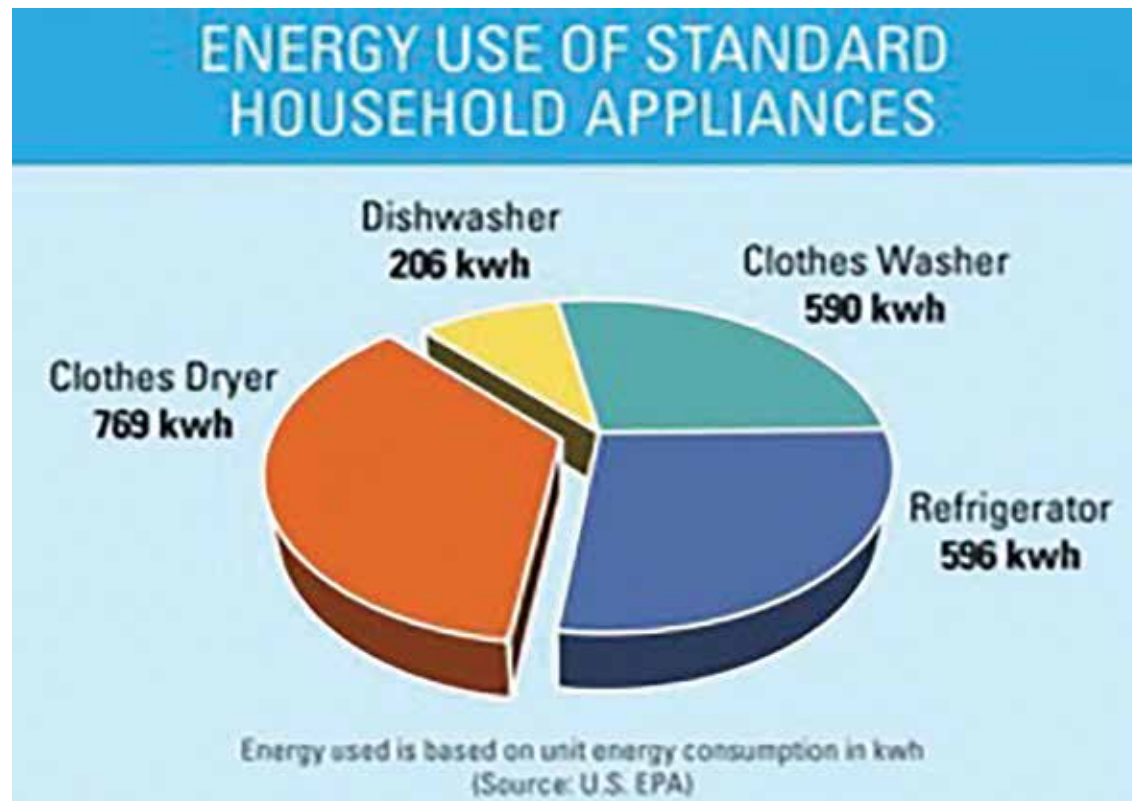
To Do or Not to Do

BY CHRIS BALZAR

I once heard that the definition of maturity is deciding to do things you don't want to do because they need to get done. If that's true, then most of us are super mature. We all have our own lists of things we don't want to do but need to get done. Vacuuming comes to mind, that's why robotic vacuums have become so popular. I wish they would invent a robotic shower and toilet cleaner. Folding laundry falls into many of our lists. We taught our three children how to sort, fold and put away their own laundry; we called it a life skill. Laundry is no one's favorite either, however, we wash and dry several loads each week. Washers and dryers are among the costliest appliances to operate so it's worth taking steps to reduce energy use while using them.

Here's how your washer and dryer compare to two other high energy users in your home, and some things you can do to save in the laundry room to reduce wear and tear on clothes.

Wash with cold water.



Using cold water instead of hot can cut a load's energy use by more than half. Many detergents clean just as well in cold as they do in warm or hot water. So save the hot water for your shower.

Wash full loads.

Your washer will use about the same amount of energy no matter the size of the load, so fill it up.

Dry right-sized loads for your machine.

If the dryer is too full, it will

take longer for the clothes to dry. Loads that are too small can also take longer to dry, plus you spend more per item when drying only a few things.

Use dryer balls.

Wool or rubber dryer balls will help separate your clothes and get more air to them, cutting the drying time. The wool balls are said to absorb some moisture, further cutting drying time.

Switch loads while the dryer is warm.

This will allow you to use the remaining heat inside of the dryer for the next cycle.

Clean the lint filter on the dryer.

The dryer will run more efficiently and safely. If you use dryer sheets, scrub the filter once a month with a toothbrush to remove film buildup that can reduce air circulation.

Use the high-speed or extended spin cycle in the washer.

This will remove as much moisture as possible before drying, reducing your drying time and the wear on your clothes from the high heat of the dryer.

Use lower heat settings in the dryer.

Even if the drying cycle is longer, you'll use less energy and be less likely to over-dry your clothes.

Dry towels and heavier cottons separately from lighter-weight clothes.

You'll spend less time drying the lighter-weight clothes.

Check with your utility company about time of use rates. Utility companies offer reduced kWh rates everyday during off peak times, almost by half. Check with your utility company when off peak hours are and use high demand appliances during those times, saving you money.

Chris Balzar is Founder and President of Emerald Coast Energy Solutions and resides in the Santa Rosa Beach area with his wife and three children. For more information on how to save and become more energy efficient call (850) 588-2870, visit www.trustece.com or email wecare@trustece.com and beat the heat.

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Meet Local Pro: Billy Drennan, White Dog Insurance

BY: RITA L. SHERWOOD

23 years and counting in the health care insurance industry, spanning three generations as a family business, Billy Drennan and his wife, Angelea grew up in insurance and know no other industry. That's a good thing, especially when it comes to trying to navigate the often confusing, very complicated maze of Medicare. Billy says, "We work well together," adding, "She organizes



nars and free question and answer sessions designed to help inform everyone about what options exist.

There's no charge for any of this, as the insurance carriers pay White Dog Insurance directly, and if not, at least the customer walks away better informed.

"The main focus a lot of times with Medicare plans is the prescription coverage needed," Billy says. "Most people don't need

coverage to go to the hospital on a monthly basis, but just about everyone has a prescription filled every month. If you get that part right with Medicare, then everything else usually falls into place."

White Dog Insurance's mascot is the Drennans' white German Shepard, Shiloh, a symbol of loyalty and protection. When not educating the masses about Medicare, Billy likes to work on classic cars and go camping

as a family with his wife, whom he met in 10th grade, and his 11-year-old son. He also happens to be a field artillery major in the Army National Guard.

Be sure to check out White Dog Insurance located in Santa Rosa Beach, and visit them online at whitedoginsurance.com or info@whitedoginsurance.com for all of your Medicare insurance questions and needs.



my controlled chaos."

When asked what their motto is for White Dog Insurance, Billy says it's "Simplifying Medicare since 1995." Their mission is to ensure that everyone on Medicare makes an informed decision because what they don't know can hurt them. Billy says, "Medicare is their health insurance for the rest of their life, so it's impor-

tant to get it right."

Nice advice, for everyone will be on Medicare once they turn age 65, whether they are retired or not. In fact, three months before age 65, all will receive a big book on Medicare, and then no other information. That's where White Dog Insurance comes in, holding free educational semi-

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Business

Meet our Local Pro: BlueGreen Landscape Development

By RITA L. SHERWOOD

Andrea Mandel and her family have owned property here since the 1950s. A proud Auburn alumni with a degree in education, Andrea says, "I have been blessed to grow up on the beach." Her family has all moved back to the local area and she says, "Our roots continue to run very deep and strong in the community." She and her husband, Harry, a

Marine Corps Veteran, opened BlueGreen Landscape Development in 2009, and BlueGreen boutique garden and gift shop in 2015. Harry has been in the area for 20 years, and started working in the landscape industry in 2000. Andrea says, "We proudly fly our American flags outside our boutique garden nursery and gift shop. We are a small family owned business in corporate

America, so please shop local!"

BlueGreen Landscape provides personalized service to residential and commercial clients assisting in the design and installation of outdoor spaces. With attention to detail, their staff is knowledgeable about the techniques and plants that work best in the area. Services include: outdoor living design, irrigation, landscape lighting, tractor

service, drainage work, pavers and retaining walls, and indoor/outdoor home décor. Free consultations are available in Santa Rosa Beach and the surrounding areas. For home and garden décor, check out the boutique garden and gift shop that has unique and affordable plants, planters, jewelry, and art from local artists.

When not working with their

two sons, Hayes (16), and Hudson (13), the Mandels enjoy family time mostly at the baseball fields watching them play. Between school baseball and travel baseball, they keep pretty busy, but love every second of it.

Be sure to check out BlueGreen Landscape Development at 6844 County Road 30A, Santa Rosa Beach, or call 850-660-1934.

Zones of Opportunity are All Over the Panhandle

By ASHLEY VANNOY

Keeping a close watch on permits and the economic development efforts of a literal army of professionals we have across

the panhandle, it is easy to identify prospective businesses both large and small that are coming to our area. An actual feasibility study is being performed

by a consultant from our own Okaloosa County Economic Alliance to measure the need and probability for success for a business incubator. Incubators are facilities that provide startups with services and education to help them launch quickly into the space they are competing in. Techrepublic.com states, "Incubators "incubate" disruptive ideas with the hope of building out a business model and company. Incubators are often more focused on innovation. Startups that are accepted into incubator programs relocate to our area to work with other companies in

the incubator. Within the incubator, a company will refine its idea, build out its business plan, work on product-market fit, identify intellectual property issues, and network in the startup ecosystem."

My role as small business lender is to assist these companies any way I can with examples of business plans, SBA financing, or even just a referral of a local CPA or grant program. An incubator can truly benefit our area organically in this way, so stay tuned to this publication for the results of the study.



Tax benefits that accompany Qualified Opportunity Zones create a powerful incentive to allocate capital into economically distressed areas, and in some cases, allow investors to defer taxes on realized gains and even reduce tax liability. Opportunity Zones were created as part of the 2017 Tax Cuts and Jobs Act with the intention to attract investment capital into these areas. Local investors are taking advantage of the zone just north of Lake Defuniak that is resulting in leasing space to businesses that have revitalized the whole downtown area. Fort Walton Beach has one that is centrally located as well just waiting for real estate holding companies to infuse capital into.

Ashley Vannoy has been a real estate lender for 15 years in Destin. For more information about incubators, Opportunity Zones, or real estate related questions, please call Ashley Vannoy at 850-533-7389.

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 Offer expires 10/31/19
 Located in 30Avenue, 12805 Hwy 98E Suite N101
 Inlet Beach, 850-909-0099

HUMBLEMAN MEN'S STUDIO
\$5 OFF HAIRCUT
 Offer expires 10/31/19
 76 Arbor Lane, Grayton Beach
 850-842-8423



PRICED TO SELL! \$3,800,000!



Watersound Beach - 70 S. Watch Tower Lane 6 Bedrooms - 6.5 Baths - 4900 SF

This property is located in the prestigious neighborhood of Watersound Beach, bordering the Beach Walk! This gorgeous smart home has never been on a rental program and has been lovingly maintained. The dining room wall slides back to reveal the In-ground Pool with fountains, Hot Tub, and Built in Fire Pit! The main floor is open and spacious, perfect for entertaining. The kitchen is outfitted with the only the best in appliances, including a Wolf Range and 2 Dishwashers, gorgeous honed marble, and a large center island. The master suite has its own floor, with a morning bar, Icemaker and more! Imagine taking the elevator to the third level and sliding onto a lounge chair to relax and watch the sunset over the water with your expansive gulf view from the watch tower. A second master is located on the main, and the property comes completely furnished with a game room/bunk room and a media room.



Call Lisa for a private showing.

850-660-1962

Exclusively Marketed By:

Lisa Hugley, Classic Luxury Real Estate

