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# South WAL Life

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## South Walton Academy is Growing Again! And Adding Programs For All Ages and Abilities

South Walton Academy (SWA), a local private school and pediatric therapy center started out 4 years ago with just 26 students, and has since upgraded to a larger building, which allowed them to add over 88 students and clients.

“People often think of us as a daycare or school for special needs, but that is not the case, we have so many options for everyone,” says SWA Academy Founder and President Calley Middlebrooks.

Middlebrooks, a Developmental Therapist, and mother to three, has a son diagnosed with Autism at age 4 while one of her daughters was developing at an advanced rate. Through her experiences at work in the community and at home, Calley recognized the need for a school where children could move at their own pace and receive the therapy they need all in one place- a game-changer for most families coping with ASD and other related learning disabilities.

As a private school, SWA has classes for pre-k through



Calley and Children

12th grade, specializing in academics and child development. In addition to classroom instruction, students in need can receive Speech and Language Therapy, Occupational Therapy, Applied Behavior Analysis

(ABA), Individual Verbal and Behavior Therapy, Tutoring and Psychological Counseling. SWA serves a range of students from gifted to those who receive specialized services. They also offer after school activities,

childcare, and summer programs.

Announcing their biggest addition to date, coming fall 2021, SWA proudly announces their new 12,000 sq. foot gymnasium which will be open to the public. The indoor play space will be filled with equipment for all ages including items purchased with a grant from St Joe Foundation. “Because of their generous donation, not only will we have a fun space for all ages, but we will also be able to open new programs and classrooms, making room for our current waiting list, while adding additional programs including music, art, birthday parties, and more.”

With growth comes job opportunities. The school is adding team members and now hiring. SWA is looking to add Speech Language Pathologists, Speech Language Pathology Assistants, Occupational Therapists, Physical Therapists, Physical Therapy Assistants,

**ACADEMY**  
*continued on page 3*

## South Walton’s Volunteer Beach Ambassadors Gearing up for 2021 Season

By RITA L. SHERWOOD

It’s all about the sea turtles! Are you a Walton county resident for at least three months? Do you love our local beaches? Do you have some free time during March through October? Why not join the Volunteer Beach Ambassadors?

What started as a group of 30 volunteers back in 2016 has now grown to 214 volunteers for 2020. Volunteer Beach Ambassadors Director Laurie Reichenbach says, “I am very proud of the growth of our team. We have so many dedicated volunteers working hard on our beaches to improve the environmental impact on the beach and educate those who come to visit each year, they are a big asset to Walton County.”

This group of volunteers greets our locals and visitors along our beach, scenic bike paths and throughout our community. They also are members of the Friends of South

**AMBASSADORS**  
*continued on page 3*



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## ACADEMY

*continued from page 1*

Lead Teachers, Assistant Teachers, and Behavioral Therapists. For a full list of job openings and to apply please visit [www.southwaltonacademy.com](http://www.southwaltonacademy.com)

SWA continues to look to the community for support and will host several upcoming fundraising events. Tee Up For Autism will take place on April 10th and Color the Coast for Autism Fun Run and 5K will take place on May 8th.

South Walton Academy is raising awareness for individuals on the Autism Spectrum one swing at a time. The school is hosting their 2nd Annual 2021 Tee Up for Autism Golf Tournament on April 10, at 9:00 am at The Links Sandestin Golf and Beach Club with registration at 8:00 am. Teams and individuals



alike are in for a fun day of golf, food, entertainment, and prizes. Breakfast will be provided by Blue Mountain Baker and lunch will be provided by Back Beach BBQ with beverages by Amavida Coffee Roasters and Idyll Hounds. Proceeds will benefit

South Walton Academy.

SWA's goal is to help every child be successful and with that some children need accommodations. Proceeds from the golf tournament will be used to fund the new programs and classrooms.

"As a parent, I am always look-

ing for ways to educate others about Autism to make the world a safer place for my child and others on the Autism Spectrum," says Middlebrooks. "We can all learn from each other to help others succeed, and by doing this together we can make the world

a better place, where all are included."

For more information and/or to make a donation to support the school, please call (850) 213-4595, find SWA on Facebook, or visit their website [www.southwaltonacademy.com](http://www.southwaltonacademy.com).



## AMBASSADORS

*continued from page 1*

Walton Sea Turtles, a non-profit organization, through awareness and education works toward sea turtle conservancy.

While greeting everyone visiting our beaches, their main job is to educate them on beach etiquette and beach activities ordinances, specifically those codes that directly impact the preservation and safety of our nesting sea turtles. They also pick up trash,

fill in holes in the sand, and flatten any sand castles/art at the end of the day. They achieve what we've all heard preached #Cleandarkflat by doing all of these tasks.

There is no requirement on where or when to volunteer. You pick your favorite beach, time and day, and they will schedule you. Students under 18 may also join, but must be accompanied by a parent who also volunteers. Community service hours are logged for each student.

Recruiting is taking place now for 2021. Upon completing a training session, and joining the friends of South Walton Sea Turtles (\$5 fee, but free for volunteers), you will be provided with a professional collared shirt, nametag and blue whistle.

The Volunteer Beach Ambassadors would like to grow to 300

plus members this year and will be training once or twice per month through August. Those interested should follow Friends of South Walton Sea Turtles on Facebook to see dates and times of training sessions, and email Laurie, the director to get on an email invite list.

Private training sessions are also available for groups of 10 or more for local HOA, church and business groups, etc. Contact Laurie Reichenbach, Director of Volunteer Beach Ambassadors at 214-505-6273, or [Lauriereichenbach@gmail.com](mailto:Lauriereichenbach@gmail.com).



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 Community

# March 2021 WCSD Superintendent of Schools Update



**Superintendent A. Russell Hughes**

Ranking of 18th...up from 29th! Mr. Hughes says he is “proud of the work teachers are doing to ensure students receive rigorous instruction and the tenacity of students who meet instructional expectations.”

At the beginning of each new year, educators and support professionals recognize a teacher leader and an educational support professional who best exemplifies E.P.I.C. (Excellence-Professionalism-Innovation-Collaboration) instruction and teamwork. The selected individuals will represent the Walton County School District as Teacher of the Year (T.O.Y.) and Educational Support Professional of the Year (E.S.P.) in State competition. District winners for 2020-21 are: T.O.Y., Ms. Leslie Coone, third-grade teacher at Mossy Head School, and E.S.P., Ms. Tanya Durham support staff of Dune Lakes El-

ementary. Congratulations to both ladies!

Walton High School students participated in the first virtual Solo and Ensemble event on February 5, 2021. This event, hosted by the Florida Vocal Association (F.V.A.), brought together 12 schools and 123 students to showcase their musical skills virtually. EVERY ONE of the Walton High School Singers who participated in the virtual District 1 Solo and Ensemble competition EARNED THE TOP RATING OF SUPERIOR! Congratulations, Walton High Chorus!

Preparing the whole child for a life of success is an integral part of every student’s learning journey. Whether a child’s life path includes higher education, artistic creativity, or industrial employment Walton County School District seeks to meet each child’s career aspirations. The month of February is nationally recognized as Career and Technical Education Month by the Association for Career and Technical Education (A.C.T.E.). This time of recognition of C.T.E. provides educational institutions an opportunity to celebrate the value, achievements, and accomplishments of C.T.E. programs across the country. Career and Technical programs in school districts and state colleges prepare the future of Florida’s workforce. Walton

County School District C.T.E. courses allow students to receive certifications in fields of interest. This month, a group of Freeport Middle School 8th grade students taking Digital Information Technology courses passed the Certified Internet Web (CIW) Internet Business Associate (I.B.A.) exam, profitable for careers in Business, Management & Administration Information Technology. South Walton High School C.T.E. students in the Medical & Health Science Institute practiced nursing skills while those in the Culinary Institute practiced safe food preparation. Career programs allow students to enter the workforce with marketable skills immediately after graduation.

WCSD is excited to announce the South Walton High School’s boys’ and girls’ soccer teams won their Quarter Regional Finals competitions. The wins mean both teams are advancing to the Regional finals matching up against Jacksonville Bolles School. Congratulations to our young men and women on this accomplishment!

Preparing for your child’s future is a huge task, and WCSD is committed to helping you meet the educational goals you have set for them. Every young person’s educational journey begins when they have registered for Kindergarten, and this opportunity is

approaching. WCSD Kindergarten Registration begins March 1 – March 12, 8:00 a.m. – 2:30 p.m. at all Walton County Elementary Schools. Any child who will be five (5) on or before September 1, 2021, is eligible. Parents interested in enrolling Pre-K children may register their child at the school of choice beginning March 22 through April 1, 2021. For more information and documentation requirements, visit the Walton County School District Website.

February was Black History Month, and Walton County School District saluted the many influential African American contributors to our United States History by posting their accomplishments on our webpage. As a bonus, our District’s diversity was celebrated with short biographies of District African American educators. Visit [www.walton.k12.fl.us](http://www.walton.k12.fl.us) to view these highlights.

March 11, 2021 is the end of the third nine weeks grading period. The District looks forward to enjoying Spring Break beginning March 15-19, 2021. Report Cards go home Thursday, March 25, 2021, after students have returned from the break. Remember to speak with your child’s teacher(s) often. Teachers are available by email and phone messaging. Continue to be vigilant; stay safe over the break!



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# Coastal Seniors March 2021 Update

## COASTAL SENIORS

### OF SOUTH WALTON

**COME ONE, COME ALL MEET AND GREET** - Wednesday, Mar 17 – 9:00 AM – 10:00 AM – Meet CSSW members as they welcome new senior members and share their interests for this new year. Volunteers will assemble “COVID Senior Packages” and brainstorm ways to provide help for our members in need. Beverages and snacks will be available.

**GET MORE OUT OF YOUR PUBLIC LIBRARY** – Thursday, March 18 – 11:00 AM – 12:00 PM – Librarian Linda Thompson of the Walton County Coastal Branch Library will explain what’s new at the library and how you can get the most out of your library in a quick and easy workshop on the many different Library Services that are available for public use. This will include how to use the Libby App for reading and listening to books online, as well as give a look at new databases and online learning courses available on the Library’s website. This will be held at the Coastal Branch Library, 437 Greenway Trail, Santa Rosa Beach. This workshop is limited to the first 18 who reserve a spot. Call Nancy at CSSW at 850-280-5342 or send

an email to Nancy at coastalseniorsofsouthwalton@gmail.com. A light lunch will be served following the presentation.

**DISCOUNT ON YOGA CLASSES IN MARCH** - A special \$10 rate at Yoga Elements for classes in March for CSSW members. CSSW members can go to www.YogaElements108.com for class descriptions. In order to get the special CSSW March discount contact Dawn or Janet and pay at the studio before class. They offer a lot of gentle classes like yoga for healthy aging. All classes will be held outdoors.

**GIVING BACK TO THE COMMUNITY** Care packages for seniors are being provided by Coastal Seniors of South Walton, Inc. at the Walton County Coastal Branch Library. The library is located at 437 Greenway Trail, Santa Rosa Beach, Florida. These care packages contain COVID prevention items such as: masks, hand sanitizer, and information about community resources. Coastal Seniors of South Walton is also working with the Sheriff’s Department to provide care packages for seniors when the deputies make well-

ness checks. Care packages have also been provided to the John Horton Senior Center located at 194 North County Road 393 in Santa Rosa Beach, Florida. The care packages for seniors are made possible by funds provided by a CARES grant for COVID related items for seniors in our community

**COASTAL SENIORS BOOK CLUB - VIRTUAL VIA ZOOM** (see our website calendar for a link to meeting on the day of the meeting) -The second Wednesday of each month – March 10th from 3:00 PM – 4:00 PM.

Join the Coastal Seniors of South Walton (CSSW) to discuss books you’ve enjoyed by participating in an online book club once a month. You choose your own book – there will be no assigned books for all to read. Each participant will have up to 5 minutes to share the book they read and their thoughts about it. Should members want to exchange books they can drop one

they’ve read at our offices at 70 Logan Lane in Grayton Beach and pick up another there to read.

Seniors 50 years of age and up residing in or visiting Walton County are invited to join CSSW. Membership is \$20 for individuals, \$30 for family, and \$50 for businesses. You can become a member on Facebook at Coastal

Seniors of South Walton, or via email at coastalseniorsofsouthwalton@gmail.com, or on the website at www.coastalseniorsofsouthwalton.org. Coastal Seniors of South Walton, Inc. is a non-profit 501©(3) organization for active adults and we’re looking for dedicated, enthusiastic persons to join our Board of Directors.

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Community

# South Walton Chess Club Seeks New Members!

The game of chess dates to early 7th century India and Persia soon thereafter. The game, which is won largely by strategy rather than luck, has fascinated many scholars, philosophers, and warriors alike. Today, the game is mostly played for fun, allowing

people the opportunity to meet with new minds they would not ordinarily connect with.

Today, chess clubs can be found all around America. Oftentimes they are created as part of a school function or a community outreach. South Wal-



cifically attributes its success to remaining open and inclusive to all ages and types of people; in an atmosphere where everyone is welcome it's near impossible to not have some fun!

Moving forward, South Walton's chess club would like to continue to increase its membership and provide a safe and fun space for people to grow and learn. The club is always growing and changing, even if the game is staying the same.

So, join the chess club as it meets at the Coastal Branch Library on Greenway Trail in Santa Rosa Beach from 3:30 - 5:30 PM every Monday. You are encouraged to bring your own chess board if you have one, but if not one will be provided for you. Be sure to ask the librarian to direct you to the back room upon arrival. Next time you're in the mood to try something new, check out South Walton's chess club, and discover a world you didn't know existed!

For more information you can contact Anthony Spears at (270) 331-6640 or via email at anthonyfspears@gmail.com.

ton maintains a local chess club which takes place every Monday from 3:30PM to 5:30PM at the Coastal Branch Library.

South Walton's chess club, led by Anthony Spears and William Wallace, provides lessons, allows challenges, and teaches the mind to strategize. However, the primary goal of the chess club is to simply provide a local area where people of all ages can get together and have fun. Anthony himself got started with the

chess club when he noticed that there weren't any in the area, and wanted to provide a different kind of fun than what is most often found in our coastal beach community.

Chess clubs are a great way to exercise the mind, and meet all kinds of interesting people. And with practice, people often discover an inner confidence and ability to strategize they didn't know they had.

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# Be a Better Consumer with the Better Business Bureau serving Northwest Florida

By HEATHER BENNETT

The Better Business Bureau is one of the nation's oldest non-profit organizations. They provide consumers with business profiles, consumer reviews, consumer information, scam alerts and reviews on charities. They are here to make sure as consumers we make wiser decisions about where we spend our money.

I spoke with Tammy Ward, the Communications Director of our local Better Business Bureau serving Northwest Florida. They cover local businesses and consumer information across 14 counties in the panhandle. I am here to tell you how they can help us make wiser consumer decisions here at home.

If you are looking for a service or product and not sure what company to turn to, you can find a list of BBB accredited businesses on their website. You can look through the list of categories for services, or you can use the search bar to look up a specific business you have in mind, and narrow it down by location.

BBB accredited businesses have gone through a vetting process, which includes making sure their licenses are up to date. They provide information on the business, a list of customer reviews and customer complaints, so you can make an educated guess on which business is best to use. If you are a business owner and you are looking to get your BBB accreditation, you can apply after your business has been open and operating for 6 months.

"I try to make myself available

to those outlying counties because our office is in Pensacola," Tammy said. "For our accredited businesses, or businesses that wish to be accredited, they want to know that somebody is local to help them. We try to be as flexible as possible."

The BBB is also a useful resource to find out what scams are active in our area. Since 2015, their Scam Tracker ([www.bbb.org/ScamTracker](http://www.bbb.org/ScamTracker)) has been a place for consumers to research scams and report them. The website allows you to search by scam type, money lost, and geographically. If you've been a victim of a scam, visit the site and report everything you can remember. Although they are not able to retrieve any money lost to you, they use the information to warn others and have helped law enforcement with investigations.

Some of the more active scams going on right now are employment scams, fake check scams, IRS scams, mover scams, social media and trial offers, grandparent scams, online purchases, and Covid-19 related scams.

One of the Covid-19 scams we need to be aware of is a fake vaccine appointment. Vaccines are free. If someone is asking you to pay or providing you with a "free gift with postage and handling" type of offer, it is fake. "A lot of times they are looking for personal information," stated Tammy. "If you get a call that you can set up an appointment, they'll ask for your Medicare number or ask you to verify everything with your social security number."

Scammers are also using your

information when you post a picture of your vaccine card on social media. "We're cautioning people not to do that," said Tammy. "If you post the card, you're posting personal information." She also said that scammers are using the

pictures of the cards to recreate and sell them.

In a time when most of us are trying to save money, we also need to be aware of where we are putting it. The Better Business Bureau serving Northwest Florida

can help us be educated consumers who make wiser decisions on who gets it. For more information, please check out their website at [www.bbb.org/local-bbb/bbb-of-northwest-florida](http://www.bbb.org/local-bbb/bbb-of-northwest-florida).



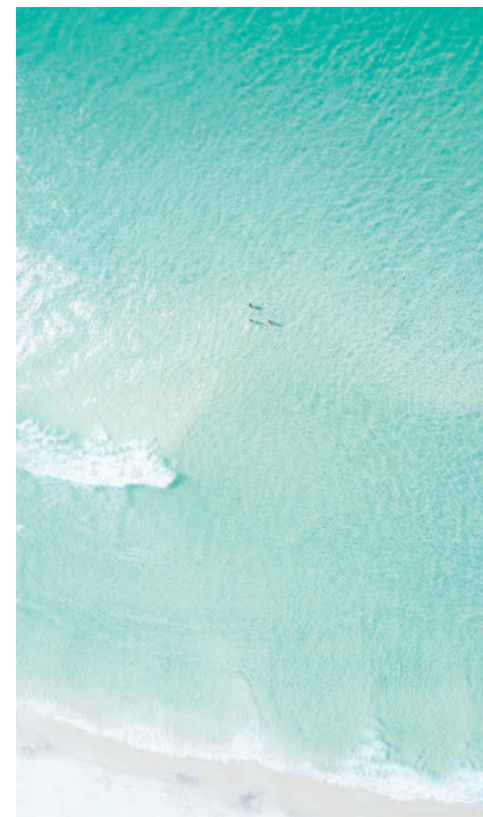
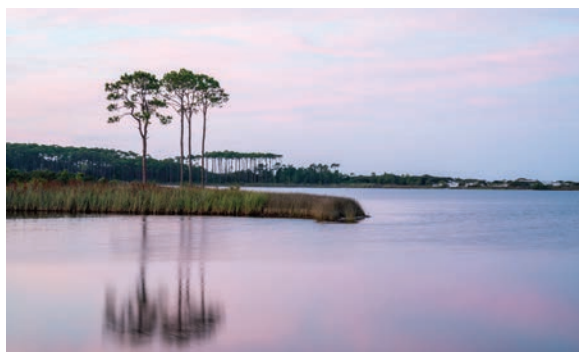


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ARTIST OF THE YEAR**

## CHANDLER WILLIAMS

Visit South Walton would like to congratulate Chandler Williams, our 2021 South Walton Artist of the Year.

Williams, who is the owner of Modus Photography, is a Walton County native and has been sharing his passion for photography with visitors and locals for decades. He specializes in artistic landscape photography and teaches interactive workshops at his Grayton Beach studio.



Learn more at [VisitSouthWalton.com/artist-of-the-year](http://VisitSouthWalton.com/artist-of-the-year)  
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 Community

# The Importance of the Walk

BY MELANIE BARRETT

“I have a big yard, so I don’t need to walk my dog.”

“My dog likes to play fetch so I throw the ball for a while and that’s how he gets his exercise.”

This is what I hear from a lot of dog owners—not just my clients. There is so much more to the dog walk than just taking them out to go potty. The pack walk between you and your dog(s) is the most natural thing you can do with your dog. It can empower you as their leader and make you relevant in their eyes. When that is the case, your dog will look to you for direction. Being a leader and protector is critical to having a healthy

bond with your dog. Walks are a healthy way to bond with your dog and therefore boost your bond as a leader-follower team.

Many unwanted behaviors can be solved on the pack walk. With practice, patience and commitment to the process, you can stop leash aggression, pulling, jumping and biting the leash, to name a few behavior problems.

While out walking, your dog will most likely meet other dogs. This is a great opportunity to help your dog learn acceptable ways of socially interacting with new dogs. It can help build confidence in your dog being around other dogs. Walking your dog around other dogs, people and

environments is a win-win situation. Before I had a pack of five dogs, the three I had were no fun to walk. I think they thought they were sled dogs because they were pulling so badly. After I trained with Cesar the Dog Whisperer for the first time in 2016, I learned specific walking rules that actually changed the way I walked my dogs.

Now my pack and any other dogs that may be in my care, have pleasant walks. There is no pulling, no barking at other dogs, no lunging, etc. If your dog has a lot of energy or gets bored easily, certain problems can arise. When people tell me their dog is chewing on furniture or excessively barking or chewing on shoes and clothes, I know the dog is not getting enough exercise. The walk is a good opportunity to drain the brain. Studies have shown that dogs walked regularly are better behaved and less destructive than dogs who aren’t.

Set a schedule to walk your dog every day. A 30 minute walk is great if you can allow for this time. Make this a family affair. Bring your children or spouse



along for the pack walk. This gives everyone the chance to get some good exercise. Allow yourself to be flexible. If you miss a day walking, catch up the next day. Remember—the walk begins before you even leave the house. Dogs may not be excited before leaving the house. The owner always walks out—and back in—before the dog. Always. This establishes us as the pack leader.

Happy walking!

Melanie Barrett is the owner of Emerald Coast Dog Behavior. Follow her on Instagram at 30aSwimDog

A structured group pack walk is set for Saturday, March 13, at 10 a.m. The cost is \$25 and will last 30 minutes. No aggressive dogs. For more information, contact Melanie at melaniebarrett@mac.com, or 850-218-0476.

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# Free Federal Income Tax Preparation Available in Walton County

Free Federal income tax preparation is being offered in three Walton County locations in 2020 for low to middle-income families and individuals, with special attention to senior citizens. This service is sponsored by the AARP Foundation and the IRS.

According to Joe Perry, Tax-Aide District Coordinator, "There are no age restrictions, AARP membership is not required, and the service is ab-

solutely free. Secure electronic filing is offered, which results in faster refunds, and clients still receive a paper copy of their return."

The AARP Tax-Aide program is strictly volunteer based. All volunteers attend classroom tax preparation training and must pass a test provided by the IRS, which provides reference materials and the tax preparation software.

Tax-Aide begins on February 3, 2020 and continues through April 15 at the South Walton, Freeport and DeFuniak Springs libraries. Taxpayers need to bring last year's tax return, Social Security cards for the taxpayer(s) and all dependents, picture IDs, and all tax documents received. Bring checking or savings account information if you want to direct deposit any refund(s) or direct debit any amounts due. If

applicable bring Identity Protection PIN (IP PIN) for each individual. Taxpayers who wish to itemize deductions must bring appropriate documents.

Find a more detailed list at [www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html](http://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html).

Shut-ins and people in a nursing home who need a counselor to come to them can leave a message at any of the sites and will

be contacted. Individuals seeking Tax-Aide service must contact one of the locations for an appointment:

Walton County Coastal Branch Library, 437 Greenway Trail, Santa Rosa Beach  
 Monday -- 12:30 - 6 PM  
 Tuesday -- 9:30 - 12:30  
 Call 850-267-2809

# Defuniak Springs Hosts Sprint Triathlon May 15th

Historic DeFuniak Springs, Florida is the site of a Sprint Triathlon this May 15, 2021. The event is hosted by Forward DeFuniak, Inc., a 501c3 organization focused on the progress and preservation of DeFuniak Springs. Details and registration information can be found at [dfs-triathlon.com](http://dfs-triathlon.com).

Contestants and spectators will enjoy the swim in the per-

fectly round, crystal-clear lake in the center of town. The bicycle portion is in the rolling timber and farmland east from town into the Eucheanna Valley. Finally, the running course is set within the historic district that contains many formal and informal architectural styles from the Chautauqua era (circa 1900).

Following the triathlon, the City of DeFuniak Springs will

host "Lake Fest," an annual water festival with events and vendors centered around Lake DeFuniak. Within walking distance, the city's historic "Main Street" has excellent restaurants and retail spaces. A Farmer's Market will be in full swing. For those wishing to learn more about the city, a self-guided walking tour of the Chautauqua Campus, which begins at the Visitor's Center, is

available.

Business sponsors, to date, are Triangle Chevrolet and Buick, Consolidated Ace Hardware, Soiree, and TechPlanet. If you

or your business would like to support this event, contact Suzanne Kallenbach, Sponsorship Chairman, at [forwarddefuniak@gmail.com](mailto:forwarddefuniak@gmail.com).

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 Community

# Religion and the American Revolution



BY TIM NORRIS

For most Americans of the time, the Revolutionary War was a struggle for freedom and an independent nation. For members of the church it represented a conflict between loyalty to an emerging United States and an oath to the King of England. Religion played a major role in the American Revolution by offering a moral justification for opposing the British, assuring to the average American that the revolution was justified in the sight of God.

Ministers served the American cause in many capacities during the Revolution: as mili-

tary chaplains, as penmen for committees of correspondence, and as members of state legislatures, constitutional conventions and the national Congress. Some even took up arms, leading Continental troops in battle. Support from the pulpit was crucial, especially in the early years of the Revolution, and, many battle flags of the American Revolution carried religious inscriptions.

The Revolution split some denominations, notably the Church of England, whose ministers were bound by oath to support the King, and the Quakers, who were traditionally pacifists. Religious practice suffered in certain places because of the absence of ministers and the destruction of churches, but in other areas, religion flourished.

Thomas Jefferson's belief in the unquestionable relationship between good government and religious freedom is reflected in article three of the Northwest Ordinance, where he writes: "Religion, morality and knowledge being necessary to good government and the happiness of mankind, schools and the means of education shall forever



be encouraged."

Noah Webster's dictionaries, spellers, and grammars shaped the education of America in the 18th century and his legacy lives on today. As author of the first American dictionary and a son of the American Revolution, Webster sought to give the new country a different kind of

freedom -- a culture of its own. Webster considered his most important project his revision of the King James Bible. He wanted to make it accessible to every American. He believed God played an important part in the education of the people and in the preservation of the American experiment. His advice on how to

choose the nation's leaders was when you become entitled to exercise the right of voting for public officers, let it be impressed on your mind that God commands you to choose for rulers, just men who will rule in the fear of God. The preservation of a republican government depends on the faithful discharge of this duty; if the citizens neglect their duty, and place unprincipled men in office, the government will soon be corrupted.

Overall the Revolutionary War had a lasting impact on the state of religion in America. Anglican ministers who had stayed in the colonies began to construct an independent American church. From this the Protestant Episcopal Church of the United States was eventually established. Methodists were also compelled to form the all American Methodist Episcopal Church. In the years following the American Revolution religious freedom truly began to flourish and after years of division the religions of the United States were finally united under one banner, that of being truly "American."



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# Are Electric Vehicles in Your Investing Future?



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

So much is being written and said about electric vehicles. The new administration, investors, environmentalists, car enthusiasts and just about anyone has heard about them of has an opinion on them. What then is the current and future state of electric vehicles from cars to buses, to tractor trailers and even school buses? And what will be the impact on the various forms of energy consumption?

Electric vehicles (EVs) are not new. According to the U.S. Department of Energy, the first electric cars were introduced well over 100 years ago. Early on the likes of Thomas Edison and Henry Ford collaborated on ideas for electric cars as far back as 1914. Ironically, it was Henry Ford's mass production of gasoline powered vehicles that led to the decline of EVs at the time. Gas powered vehicles proved to be less costly to produce, less costly to run and were more powerful and would go greater distances than EVs. The Energy Department went on to say that the early attraction of EVs was due to their being quieter, cleaner—however they were best suited for short distances. They were also two and half times more costly. It was not until Americans became more mobile that the demand for gas powered vehicles took on added growth. What then are the considerations for investors?

First, break down the components of EVs: There are electric passenger cars, light duty vehicles, and growing development of public transportation buses, school buses and freight vehicles like 18 wheelers. Investors see opportunities in the design, manufacture of all of these through the various companies in America and abroad. There is growing interest in

public transportation buses and school buses, since they travel shorter distances on a given day and require less recharging of their batteries. This would also include the suppliers to these firms which include engines, batteries and drive trains. Interested investors can invest directly through these companies in the form of common stock or through several funds (mainly exchange traded funds).

Raymond James recently released its annual report on electric vehicle adoption. It includes a review of the EV industry as well as the potential impact it will have on the fossil fuel industry. That impact remains to be seen and, as of this writing energy stocks have rallied significantly from their 2020 lows. Reasons for this have been pointed out: 1) the economy is seen emerging from the effects of the pandemic, 2) inflation and the history of outperformance that energy stocks have typically enjoyed in times of price inflation 3) energy companies are investing at a rapid pace in to green or renewable energy.

The growth of EVs is going to have an impact on world oil consumption according to the Raymond James report. Today, electric vehicles sales make up 1% in the USA but are substantially higher in China (7%) and Europe (3%). In fact, the USA is a distant third to China and Europe in EV sales EVs on the roads. How significant might that impact be? According to Raymond James, it is having an impact today of approximately .6% of the world's daily oil demand, expressed in millions of barrels per day (BPD).

The world currently consumes about 100 million BPD which is up from about 90 million BPD ten years ago. Expressed in numbers, about 576,000 barrels per day less are being used by autos since those are electric. By 2025 that is expected to have an impact of 1.95 million BPD or about 2% of today's consumption. Where might this be in 2030? The EV leaders profess that it will be substantial. It really depends upon the growth of the EV market. Market share of sales ended 2020 at 6.9% of vehicle sales in December and 4% for the year worldwide. That is a year over year increase of 41%.



It also depends upon recharging infrastructure and battery life as well.

What are considerations for investors who have an interest in investing in EVs? First, do your research or work with an advisor to learn about and discover potential opportunities. When analyzing and looking at investment, consider both value and growth. A value investor might look at legacy bus or semi manufacturers and determine if they hold value because of potential users within their current markets. Also, what about batteries? There are a host of equities and ETFs that offer opportunities. As always this involves risk and a personal analysis of the amount of risk and the amount of money you might want to risk.


*Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management and Raymond James and resides in Grayton Beach. He has been in financial services for over 33 years. His main office is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd, Destin, FL 32541, with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City, Pensacola, Tallahassee and Moultrie, GA. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com. Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are*

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Community

# History of Florida Mosquito Control: Part I

Sometimes it is easy to forget that the common mockingbird and not the mosquito is Florida's state bird, especially when more than 80 mosquito species occur throughout the state. From Spring to Fall (and year-round in some counties), mosquito control districts battle with these bloodsuckers so that outdoor activities can be nuisance-free. But Florida has been at war with mosquitoes long before the state became a top worldwide tourist destination.

In 1513 when the Spaniards came to Florida, they landed at what is known today as Ponce de Leon Inlet and promptly named it "Barro de Mosquitoes" for the torment the pests brought them. Over the years, many inlets, swamps, and lagoons would bear similar names. The land lying between the St. Johns River and the coastal lagoons north of Cape Canaveral was known as "The Mosquito Country" or "The Mosquitoes" in the 18th century, and Mosquito Country

became Mosquito County in 1824. Today it is known as Orange County. When Congress was debating Florida's statehood in 1845, the land was described as the "land of swamps, of quagmires, of frogs and alligators and mosquitoes." Many thought the state could never be developed.

Development did come to Florida in the form of settlements mostly along the panhandle, as the peninsular portion was too swampy for habitation. Mosquitoes made settlement

life difficult, however. Summers brought swarms and sicknesses that halted commerce, and

and disease had been made, it would not be until World War I before organized control efforts were started. While there were numerous malarial control projects between then and 1941 when the Bureau of Malaria Control was created, it was the establishment of districts in 1925 dedicated to mosquito control and the subsequent digging of 1,500 miles of drainage ditches that led to a marked decrease in mosquito breeding.



disease ran rampant through people who could not afford to flee northward before the hordes of insects. Propensity for illness earned Jacksonville, St. Augustine, Tallahassee, and Pensacola the title the "malaria belt", and yellow fever epidemics raged in 1877, 1887, and 1888, affecting thousands and prompting the creation of the State Board of Health in 1889.

The cycle of man, mosquito, and malady continued without recourse until a landmark discovery was made by Ronald Ross in 1897 that proved the role of Anopheles mosquitoes in malarial transmission, followed closely in 1901 by the discovery of yellow fever transmission via Aedes aegypti mosquitoes. Though the connection between mosquito

control was recognized after a dengue fever epidemic hit Miami in 1922, and the Florida Anti-Mosquito Association (now Florida Mosquito Control Association) was born to coordinate state efforts. Control endeavors shifted to local organized mosquito control through the creation of districts in 1925, beginning with Indian River Co. and followed closely by St. Lucie Co. the following year. Today, there are over 50 control districts throughout the state dedicated to protecting the public from pestiferous and disease-bearing mosquitoes.

For any questions or concerns, please contact the district at [publicinformation@swcmcd.org](mailto:publicinformation@swcmcd.org) or call (850) 267-2112.

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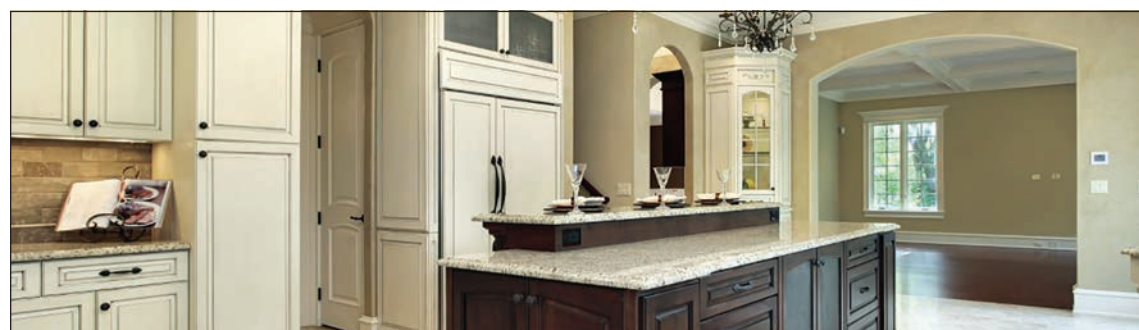
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# Celebrate the 34th Annual Sandestin Wine Festival!

Thursday, April 15th - Sunday, April 18th | Friday 5-8 p.m. and Saturday 1-4 p.m. | The Village of Baytowne Wharf

Uncork some fun in the sun this spring at The Sandestin Wine Festival! In its 34th year, the Sandestin Wine Festival is one of the most established and continuously running coastal wine festivals in the region as evidenced by its continued success; thousands know there's no substitute for this coveted four-day event that takes place in the charming setting of The Village of Baytowne Wharf at Sandestin.

Regarded as one of the top wine festivals in the country and known as the "Kentucky Derby of Wine Festivals," the festival offers wine aficionados a wide range of experiences!

The main events, the Grand Wine Tastings, showcase more than 500 domestic and international wines throughout the weekend. You'll enjoy the opportunity to talk to vineyard owners and wine makers about their favorite appellations in all varieties, styles and price ranges, and perhaps try something new. Treat yourself, family and friends to a gourmet experience courtesy of some of the best chefs on the Emerald Coast from your favorite local restaurants who pair delectable bite-sized appetizers with their current glass selections—the Savor South Walton experience! A new festival favorite, the Bub-



bly & Boozy tent, returns to the Grand Sandestin Lawn, featuring bubbles and specialty liquors. Local and regional music also set the vibe for fun days of discovery.

Join wine novices and connoisseurs to witness an event that has aged to perfection—just like a fine wine— one-of-a-kind seminars, wine dinners, grand wine tastings and popular culinary experiences. Benefitting the Fisher House of the Emerald Coast and Sandestin Foundation for Kids, purchase your tickets at sandestinwinefestival.com.

### More Outdoor Spring Fun at the Village of Baytowne Wharf

#### Wednesday Night Concert Series

**March 10th - 31st, 7-9 p.m.**

Sit back and relax, and enjoy live entertainment as this series features both local and regional talent from a variety of genres on the Events Plaza Stage.

#### Live Music Schedule

March 10: Boukou Groove

March 17: Shenanigans

\*As part of our St. Paddy's Day Delight Event

March 24: Forrest Williams Band

March 31: Will Thompson Band

#### St. Paddy's Day Delight- Paint the Village Green

**March 17th, 6-9 p.m.**

Celebrate the Luck of the Irish featuring Carpenter Academy of Irish Dance and live music from Shenanigans!

#### Bubbly Baytowne

**March 18th, 5-7 p.m.**

Join us for an evening full of FREE champagne and sip and shop through the Village streets!

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

#### Vettes at the Village

**March 20th, 10 a.m.-4 p.m.**

Area corvette clubs bring "America's Sports Car" to the Events Plaza, and these automotive icons will be shined to the max as they zoom into the Village streets. Be a part of the show and vote for your favorite style and model. To register please visit playgroundcorvetteclub.com/events.

#### Sunday Cinema

**March 21st: Onward,**

**7:15 p.m.**

**March 28th: Trolls World Tour, 7:15 p.m.**

Grab a lawn chair or blanket and cozy up on the Events Plaza Lawn for a featured film.

#### Monday Hydroflight Shows

**March 22nd - April 5th, 6:30 p.m. & 8:30 p.m.**

Enjoy shows from fly-board extraordinaire Ben Merrell over the Village lagoon as he soars to the sky and makes waves.

#### Boomin' Tuesdays

**March 23rd - April 6th, 6:30 p.m.-8:30 p.m.**

Enjoy singing and dancing with D.J. Mike Whitty in the Events Plaza. Then watch as we light up the night sky with a breathtaking fireworks show over the Lagoon at 8:30 p.m!

#### Magical Thursday

**March 25th - April 8th, 7-9 p.m.**

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 Community

# Faces of Walton; In Memory of George Walton

BY TRACY STEELYAND AND  
MARK STANLEY

Very little is written of the man who gave his name to our county. In the case of the Walton family, fame seems to have skipped a generation. George Walton, Jr. was born about 1789 in Augusta, Georgia, the only son of The George Walton – wounded Revolutionary War colonel, twice a member of the Continental Congress, twice Governor of Georgia, United States senator, Chief Justice of Georgia, and signer of the Declaration of Independence. If that weren't enough of a hard act to follow, George, Jr.'s only daughter, Octavia, became even more famous than her grandfather. More on her in a moment.

The younger George was educated at Princeton University and afterwards returned to Georgia to practice law. In 1812 he began the first of several terms as a representative in the Georgia General Assembly. His wife, Sally Minge Walker, was from a socially prominent Georgia family. They had two children together, Octavia Celestia Valentine, born in 1810, and Robert Watkins, born the following year.

Details of his life over the following decade are obscure, but it is said that he became a prominent lawyer in Augusta. He must have served in some military capacity during the War of 1812, because letters to him after this period are addressed to "Colonel Walton." His reputation made its way to the ear of Secretary of State John Quincy Adams, who appointed him as secretary of the newly acquired Territory of West Florida in 1821.

Pensacola in the early summer of that year was not a welcoming place. "All the houses look in ruins, old as time," reported Rachel Jackson, wife of the newly arrived military governor, Andrew Jackson. "Many squares of the town appear grown over with the thickest shrubs.... All look neglected." It was to this place that Walton brought his family to begin serving as Jackson's right-hand man.

Andrew Jackson was not an easy man to work for. One of the first duties Jackson assigned Wal-

*The Faces Of*  
Walton County FL



ton was to execute a search warrant to retrieve official documents held by the outgoing Spanish governor, Don Jose Maria Callava, in defiance of Jackson's orders to produce them. Jackson was said to

have been livid at Callava's recalcitrance. A Spanish officer present when Callava refused to produce the goods said that Jackson was "possessed of the furies...his mouth foaming." Walton and four other men were ordered to search Callava's house for the papers. Later that day, August 23, 1821, Walton reported that he and the rest of his posse had "proceeded to the dwelling of Colonel Callava, and, having opened a box containing papers, found the documents...and, after taking them out, again closed the said box, placing a seal upon the same. We

now deliver into your Excellency's possession the papers and documents above enumerated."

With this and other demonstrations of loyalty to Jackson, Walton had assured his future, at least for the time being. Only eighty days after raising the American flag over Government House, Andrew Jackson left Florida for the last time in December 1821. He was looking forward to retiring from public life for good. The territory of West Florida was entrusted to 32-year-old George Walton, now its acting governor.

Walton would serve in that capacity until William Pope Duval arrived the following year. East and West Florida were combined into one territory under Duval, and Walton resumed his title as territorial secretary once Duval established himself as Florida's first civilian governor. He continued in that post until his resignation in 1826, often serving stretches of time as acting governor when Duval was away.

In 1835 the family abandoned Florida for the port city of Mobile, where Walton served two terms as mayor. Walton's gifted daughter,

Octavia, married Dr. Henry Strachey Le Vert, an "eminent physician and scholar" in Mobile. Known throughout the country afterwards as Madame Le Vert, Octavia regularly corresponded with the likes of statesmen Henry Clay and John C. Calhoun, and with literary figures, including Edgar Allen Poe. In the 1850s she toured Europe and was presented to Queen Victoria and Pope Pius IX. A memoir of her experiences, *Souvenirs of Travel*, became an international best seller.

George Walton's life would take a more tragic turn. In 1849 his promising son, Major Robert Walton, died at age 38. In the same year he separated from his wife and moved alone to Petersburg, Virginia. He died there in 1863 and is buried in an unmarked grave.

*Tracy Steely and Mark Stanley are the hosts of a community website called The Faces of Walton County. The project aims to showcase the diverse residents of our community, one Face at a time. To nominate someone for an interview visit [www.thefacesofwaltoncounty.com](http://www.thefacesofwaltoncounty.com) or call Tracy at 850-803-9822.*

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# Feeding the Gulf Coast Continues Serving Free Meals for Children, 18 and Younger

Feeding the Gulf Coast is partnering with local community organizations to offer free meals to children, ages 18 and younger, through a nutrition program supported by the United States Department of Agriculture (USDA).

“We know that parents do not always have the resources to provide healthy meals for their kids,” said Eugenie Sellier, Child Nutrition Programs Director at Feeding the Gulf Coast. “We are partnering with sites locally to provide meals for kids on a daily basis. Our goal is to ensure that all children have access to nutritious food.”

Over 55,880 children are food-insecure in our panhandle service area. The far-reaching impacts of COVID-19 have created an increased struggle for families who are trying to balance a new normal while children deal with the complexities of school, some virtually, others in person or a mixture of the two.

COVID-19 presented a crisis of increased demand, declines in donations of food, and disruptions to the charitable food assistance system’s operating model, creating an economic crisis unlike anything since the Great Depression. We continue



to see elevated need now, and for some, the recovery will take years. 1 In 5 of our neighbors here along the Gulf Coast may struggle with hunger this year, which includes 1 in 3 children.

The food bank’s child nutrition programs have a significant impact on children and families across the Central Gulf Coast. Last year, Feeding the Gulf Coast served over 1,330,500 meals and snacks to over 17,000 children across the Central Gulf

Coast at area churches, schools, parks and community centers. Additionally, Feeding the Gulf Coast was able to address the increased need by distributing over 31.6 million meals in 2020. The food bank continues to work hard to address food insecurity in our community.

“We know that the hardships faced by many in the area have only grown as COVID-19

continues to present problems in 2021,” says Michael Ledger, President & CEO of Feeding the Gulf Coast. “The food bank is thankful for our many pantry partners and Child Nutrition site partners who have linked arms with us as we work to meet the needs of communities. We are truly grateful for many volunteers and supporters who have helped us remain dedicated

to our mission.”


The “Find Help” feature available at [www.feedingthegulfcoast.org](http://www.feedingthegulfcoast.org) is the best source of information for families and individuals seeking assistance. Individuals can also call (888) 704-FOOD. Parents can also text ‘FOOD’ to 877-877 for child meal sites near them. For more information.



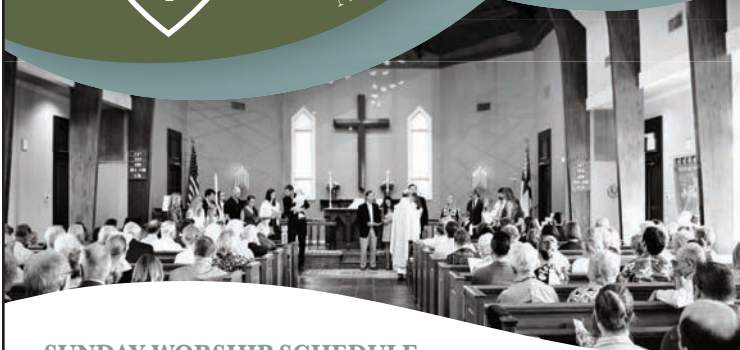

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Artist's Rendering



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# The Underwater Museum of Art is Growing Again!

People have always been fascinated by the ocean in general, and even more so by the Emerald Coast. The gorgeous, shimmering waters draw in visitors from all over the world. In addition to its beauty, the mystery of the ocean has captivated humanity for as long as can be remembered. Countless sea-faring adventures have been told through the years, and infinitely more will continue to be told. The ocean has fulfilled a longing in humans, and quite likely always will. As long as there are mysteries to behold and adventures to be had, people will be exploring the sea!

About a mile off the shore of Grayton Beach lies an entire world that many people, locals and tourists alike, are unfamiliar with. The Underwater Museum of Art sits as an unexpected treasure at a depth of 58 feet. It is giving people all over North America the chance to experience life from a different perspective.

Each year, a selection of sculptural works, which are drawn from artists all over the world, is installed in the underwater garden. Each art piece is carefully observed before a final selection



is made. Once the selection is made it goes through the process of "deployment" where it is carefully unloaded from a ship and added to the underwater museum.

The UMA provides an opportunity to experience the beauty of a variety of sculptures, while at the same time furnishing a much needed home for marine life, as well as an easy way to study life-forms in the area. The sculptures, once in place, quickly become marine life habitats, growing coral and serving as safe havens for animals in need.

The purpose of the Underwater Museum of Art is to create art that becomes a marine habitat, and expands fishery populations. Through this the museum provides enhanced creative, cultural, economic, and educational opportunities for residents, students, and visitors in South Walton.

These deployments are typically paid for by the organization's annual "Under the Sea Fundraiser," however due to the Covid-19 pandemic the Cultural Arts Alliance of Walton County (CAA) was unable to host it. Instead, this year the fundraiser

went virtual, and is still accepting donations towards the next deployment. Any amount is welcome, from \$5 to \$500. Two sculpture sponsorships are also available.

The UMA currently has a total of twenty-five sculptures, each one providing a safe haven for marine life to both live and be observed. Visitors who would like to view the museum can do so by boat, with the exact location of the museum being found on the UMA's website: [www.umafll.org](http://www.umafll.org). For an up close and personal view, however, the museum asks that visitors be certified divers and comfortable in open waters. Dive30A provides expeditions to the UMA multiple times throughout the year. All of the expeditions leave from Grayton Beach State Park. For more information, contact Dive30A at (850) 460-1442.

Make an impact today through your donation and visit to the Underwater Museum of Art! For general information about the museum contact Jennifer Steele at (850) 622-5970 or via email at [jennifer@culturalartsalliance.com](mailto:jennifer@culturalartsalliance.com).



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Havana  
B E A C H

# Emerald Coast Theatre Company Volunteers Cook up First Ever Theatre-Themed Cookbook

What's cooking at Emerald Coast Theatre Company (ECTC)?

"Recipes in the Limelight: An Emerald Coast Theatre Company Production."

ECTC veteran board member, Sherry Londe of Miramar Beach, and ECTC volunteer Karlene Gentile of Mary Esther, collaborated on the development and publication of "Recipes in the Limelight," a tasty new first-time creative cookbook.

"When the pandemic shut everything down in March 2020, Sherry Londe found herself wanting to "mix things up a bit in the kitchen." She had tossed the idea around about an ECTC cookbook the summer before and Gentile had mentioned that if she ever really wanted to create one, she was in.

"It became a COVID-19 project for us both," says Londe. "Karlene's experience as a printing company owner along with

her creative culinary skills were a perfect fit to realize my dreamy idea to fundraise for Emerald Coast Theatre Company."

"This incredibly creative project was clearly a labor of love and it shows," says ECTC co-founder and producing artistic director Nathanael Fisher. "This beautiful and fun-to-read cookbook is a treat for those who love the culinary arts, plus every purchase supports the performing arts. What a win win!"

The 312-page ring-bound cookbook features more than 282 recipes by 167 contributors (professional chefs, ECTC fans and art-loving Emerald Coast locals) divided into nine theater-themed categories such as Auditions (cocktails and mini bites), Overture (appetizers), Act I (soups and salads) and so on.

Artist Juan Francisco Adaro, 2015 South Walton Artist of the Year and owner of Adaro Art Gallery located in The Hub along Scenic Highway 30A in

WaterSound, Fla., "set the stage" for "Limelight" by contributing whimsical, colorful illustrations (seen on the cover and throughout the cookbook). A contemporary painter, born in Buenos Aires, Argentina, Adaro is known for his large abstract and life size portraits that utilize recycled materials and natural textures.

The theatrical cookbook also includes timely photographs of ECTC professionals, as well as students from the theater's Youth Educational performance productions.

A limited edition of "Recipes

in the Limelight" are being published. They are priced at \$25 each. Reservations for pre-orders are now available by emailing Sherry Londe at slonde@cox.net or calling (850) 684-0323. Contact will be made and funds exchanged through a future facilitated pick-up at ECTC's performance space located at 560 Grand Boulevard in Grand Boulevard at Sandestin in Miramar Beach.

Due to generous underwriting, 100 percent of proceeds from the sale of "Recipes in the Limelight" will benefit ECTC

and its education outreach programs.

ECTC was founded in 2012 as a 501(c)(3) theater by Nathanael and Anna Fisher. It operates year-round with a two-fold mission to provide both educational and professional offerings to the Northwest Florida community.

To make a tax-deductible donation, volunteer or learn more about Emerald Coast Theatre Company, find them on Facebook, call (850) 684-0323 and visit www.emeraldcoasttheatre.org.



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# How Is Your Blood Pressure?



By KAY LEAMAN,  
HEALTHYDAY HEALTHYLIFE

If we don't have high blood pressure (HBP), we probably know someone who does. Many people accept the fact that, be-

cause HBP runs in the family, they will either be diagnosed with it or weren't surprised when they were.

It has been said that heredity loads the gun, but it's our lifestyle that pulls the trigger. This isn't to say that we won't ever be diagnosed with HBP, but it does mean that taking care of ourselves can lessen the impact this common disease has on our health.

What is HBP? It is the pressure of the blood in the circulatory system, often measured for diagnosis since it is closely related to the force and rate of the heartbeat + the diameter + elasticity of the arterial walls. The

Systolic (1st) number indicates how much pressure your blood is exerting against the arterial walls when the heart beats. The Diastolic (2nd) number indicates how much pressure your blood is exerting against the arterial walls while the heart is resting between beats.

More attention is given to the Systolic pressure as a major risk factor for those over age 50. This number rises due to an increasing stiffness of the large arteries, long term buildup of plaque and an increased incidence of cardiac and vascular disease. The blood pressure is determined by the amount of blood pumped by the heart and the diameter of arteries.

WebMd states that the exact causes are unknown, but things that can play a role are: smoking, excess weight, lack of physical activity, salt, alcohol (daily), stress, age or genetics. The primary causes appear to be lifestyle, the environment and how the body ages.

Regulating blood pressure is a complex interplay of many factors stemming from the brain,

heart, arteries and kidneys. There are also micronutrients that act on arterial smooth muscles, heart brain and kidneys.

Calcium and magnesium play a role in muscle contractions and relaxation. If the smooth muscle is relaxed the arteries will open, reducing resistance and normalizing blood pressure. This is just one simple factor.

Here are 13 lifestyle choices that can help maintain a healthy blood pressure (My belief is, if I lead a healthy lifestyle and am diagnosed with HBP at 80 instead of 52, I've beaten the odds. Both of my parents had HBP from their 60s on. I'm in my 60s now and still have a healthy blood pressure. So, the choices I've made are paying off.):

1. Lose weight.
2. Exercise regularly.
3. Choose healthy foods (read food labels, cut back on sugar).
4. Reduce sodium intake.
5. Limit alcohol.
6. Quit smoking.

7. Cut back on caffeine.
8. Reduce stress (change expectations, focus on issues you can control, take time to relax and do activities you enjoy, practice gratitude).
9. Monitor your blood pressure.
10. Get support from family and friends.
11. Take a high-grade quality supplement.
12. Get quality sleep.
13. Bonus: Eating two ounces of dark chocolate (65%+) a day can lower BP by 10%, practicing Tai Chi has been found to lower BP, and garlic has also been shown to lower BP.

Enjoy the smells and sights of spring as it sneaks up on us. Contact me at HealthyDay HealthyLife at [succeed@healthyday-healthylife.com](mailto:succeed@healthyday-healthylife.com).



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# How To Know When It's Time For Change



BY TODD CRAIG

Do you ever find yourself unhappy, sensing you need to make a change, but confused about whether that change is going to help you toward the life you really want?

Often, feeling stuck is about fear of the unknown and false stories you tell yourself about what you are and are not capable of. In most circumstances, you have choices and the potential for change. The challenge is often getting the clarity you need to engage your choices and motivation to see the change happen.

## 10 Questions to Help You Gain Clarity About Change:

### Is this pain short term or long term?

Any decision to change comes with pain and grief. If you're considering change, your current situation likely has pain points. Both the decision to stay and the decision to change may result in pain. Ask, "Would I rather endure short-term, acute pain for a differ-

ent future or long-term chronic pain of my current reality?"

### Am I living a life of courage or fear?

The decision to grind things out in your current situation may require courage, but so can the decision to change. Fear can warn you when you are about to make a dangerous decision, but it can also be the emotion that indicates it's time for a change. Ask, "What would I do if I wasn't afraid?" and "What's the courageous thing to do?"

### Am I fulfilled?

Being fulfilled is satisfaction with the ongoing development of your skills/character and using them to make a contribution in the world. Ask, "In what ways are my current circumstances contributing to or a barrier to my growth?" and, "In what ways are my current circumstances allowing me or preventing me from making my world a better place?"

### Am I living in alignment with my values?

The answer to this question can provide blinding clarity about when it is time to make a change. Take time to clarify your values. Coaching can help with this. Ask, "Am I becoming, or have I become someone I don't like?"

### Am I living into my potential?

You have far more to contribute to the world than what you do in your job. How are your current

circumstances contributing to you being the best spouse, parent, friend, employee, boss, and member of society you can be? How are you growing in these areas?

### Am I healthy?

Ask these four questions about your emotional, relational, spiritual and vocational health: what's right, what's wrong, what's confused and what's missing. Not only is this tool helpful for determining health, but will nearly always reveal new insights about your current situation and your desires for your future.

### Am I able to live in the present?

If you are spending significant time longing for the past or dreaming of a different future, it may be time to make a change. Longing for the past is an indication that you aren't finding fulfillment in your present circumstance. Dreaming of a different future is a hopeful indication of restlessness nudging you to take action.

### Am I settling?

When people ask you, "How are you doing?" is your answer always, "fine"? You have one life. Your life is too precious for fine. What would have to change so the next time someone asks, "How are you doing?" you can respond, "Life is great!"?

### Do I have evidence my current circumstances will get better if I don't make a

### change?

If you are restless and considering change, its likely because you are discontent in your current circumstances and have already made efforts to improve them. If you are hoping things will get better without making a change, what evidence do you have for that hope?

### What are my next steps?

Remember, change doesn't have to be monumental to make a significant difference. Change may come in the form of a new location, vocation, end of a relationship, starting and stopping behaviors, but it can also come in the form of a new attitude, perspective or mindset.

As you're seeking clarity

about change in your life, Journey Bravely currently has coaching sessions available to help you along your journey. Connect with us at [Journeybravely.com](http://Journeybravely.com).

*Todd Craig is a Life and Leadership Coach whose passion is to see others discover and thrive in the life they were meant to live. With over 20 years of having clarifying conversations and guiding people through life change, Todd has coached others to identify places of feeling stuck and overwhelmed in work and life and provide effective, strategic tools and questions to help them move life forward both at home and work. Todd offers coaching in both professional and personal capacities toward identifying, developing and living your goals, desires and dreams.*

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# Considerations for Those Already Using Hormones

By DR. RICHARD CHERN, M.D.

Women often ask us to optimize their creams or sublingual hormones another physician put them on. Men ask us to get their testosterone shots dosed correctly. Unfortunately, it's not possible to get consistent therapeutic levels of hormones using these methods. Secondly, most research indicates these methods

are the most dangerous and raise your risk of strokes, heart attacks, blood clots and possibly even your cancer risk. Lastly, they provide little to no health benefits.

When we discuss hormone pellet therapy a few concerns usually arise. What if the dose is wrong? BioTE has dosed well over a million patients and we are the oldest and largest hormone clinic in the region. Secondly, we

don't dabble in hormones, this is our specialty. We do hormones and do them well. Because this is our area of expertise we keep up with the latest research. We have knowledge of the latest studies many times before they are even published.

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dosage that is personalized to you. We look at your levels both before and after treatment and adjust as necessary based on which symptoms have resolved and which remain.

There are two goals when optimizing hormones. The first goal is to resolve symptoms caused by low hormone levels due to natural aging. The second goal is to reduce cancer risk, promote heart health, increase bone density, reduce pain, protect the brain and overall just decrease disease and increase health. I think many patients do not consider this second goal because I will hear, well I don't have hot flashes.

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pairing your mind and body.

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*Dr Richard Chern, MD and his providers typically spend 30 to 60 minutes with new patients educating them on the benefits of hormone therapy and reviewing each lab to make patients feel 100% comfortable. They are accepting new patients. Change your life and call 850-837-1271 for an appointment and turn your life around.*

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# Metabolism at Its Best



BY LISA TURPIN,  
HEALTH AND WELLNESS COACH

Boosting your metabolism is important to losing weight. Genetics, age, and gender play a huge role, but there's not much you can do about how old you are and whether you are male or female. There are, however, some ways you can increase your metabolism and help your body burn as many calories as capable. We are all very unique, so where our base starting point is will be different for everyone. But no matter who you are, if you follow these simple suggestions you will have better success on your weight loss journey. Your body is always burning calories, even when you are sleeping. This is called your basal, base or resting metabolism. It's very hard to know for sure what your resting metabolic rate is, but there are some techniques you can use to raise your metabolism and therefore burn calories more efficiently.

**Build Muscle:** Every pound of muscle burns about six calories a day just to sustain itself, whereas each pound of fat burns only two calories a day...at rest. This is your resting metabolic rate—the amount of energy it takes your body to function at rest. This pertains to muscles, organs, blood flow, breathing, etc. Anything we can do to raise our resting metabolic rate will help us utilize calories with less effort. As an added bonus, during a strength training session, muscles are activated all over your body raising your average daily metabolic rate for that day.

**HIIT (High Intensity Interval Training):** This is a form of cardiovascular or aerobic exercise. There is a plethora of studies showing the benefit of metabolism from any form of aerobic activity, but the recent studies on HIIT workouts shows your body elevates into a fat burning machine for some up to 48 hours or more after. Even a low energy cardio session can keep your motor

revved up for two hours past your session.

**Eat clean:** Stay away from fad diets that restrict your calories to below 1200 for women and 1800 for men. You might lose during the diet, but you are wrecking your metabolism. If your body begins to slow down to conserve energy because you aren't bringing in enough, you will be battling quicker weight gain in the future. It's better to snack healthy just a little and eat less at each meal. Your body can only process so many calories at any one time. So, if you put too much in (like a big meal), your body will have no choice but to use what it can and then store the rest. Spread those calories out throughout all your meals and snacks and there won't be any left to store as fat. Plus you will absorb more of the vitamins and minerals from what you eat. What you put into your body is the most important part of a healthy lifestyle and can make all the difference in your weight loss efforts.

**Hydrate:** Water is crucial for weight loss. Your body uses water to process calories. Even mild dehydration may slow down your metabolism. In one study, according to WebMD, adults who drank eight or more glasses of water a day burned more calories than those who drank four. Some good tricks are to drink an 8oz. glass of water before each meal as well as one every hour. You can also

snack on fresh fruits and vegetables which contain natural water as opposed to chips or pretzels. Water is super important if you are increasing your fiber intake to help with weight loss. Increasing fiber without increasing water intake will have an adverse effect and could leave you feeling bloated and gassy.

**Green Tea:** Research shows that drinking two to four cups of either green tea or oolong tea can rev up your metabolism for a couple of hours. Either tea may push your body to burn 17% more calories during moderately intense exercise, says WebMD.

Caffeine and spicy foods can also raise your metabolism, but use these in moderation.

The bottom line is there are factors we can control when it comes to optimizing our metabolism. Around age 40, our metabolism begins to slow on its own. So, if you want to keep your machine running optimally, then follow the suggestions above and keep your metabolism running efficiently as possible. If you have any questions feel free to write or call me. If you are looking for training, I have openings and train small groups as well as one on one sessions. Remember to be active and stay active!

*Lisa Turpin is a degreed and certified health and fitness lifestyle coach who has devoted her life to motivating and strengthening the bodies and minds of others. With over 20 years' experience as*

*a group exercise leader and an independent personal trainer in the Destin area, she is diverse and extensively trained in classical and modern Pilates, lifestyle management, personal training, group*

*exercise and post-rehabilitation. Try some workouts, more ideas and recipes on Facebook: Lisa Turpin-Be Active Health & Fitness (@LisaTurpinFitness) or text at 850.974.2005.*

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<sup>1</sup>O'Sullivan, et al (2019). Puvvada, K. C., & Simon, J. Z. (2017).  
<sup>2</sup>Compared to industry-leading Oticon Opn S™.

Musings

# The Lotus Life; Wherever You are... Be!

BY LAUREN CATANESE

Have you taken a pause in your life recently? A good one; whatever moment you find yourself in you shift your focus from what your mind is thinking and pay attention to your senses. Looking around, what do you see, hear, smell, feel? And really take it in. It's a grounding experience! Not with you in this moment. Not in your control,

power, awareness, it's only what is right in front you that matters. So find yourself in this space, this new seat of perspective; and then soften. Breathe and soak it in. What brings you peace? What are you grateful for? What makes you smile? What fills your heart with love? With life's distractions from social media to responsibilities, moments of just being are fleeting. So whenever you can,



Three ways to connect... Find a peaceful place, one that makes you happy. Get comfortable. Close your eyes. Let your body lightly shake off any tensions. Breathe. Stay here. Keep breathing. Follow your breath that's it.

We are blessed to live near the beautiful beach we do. Take a walk, barefoot in the sand for at least 20 minutes. This is called "grounding" where the electrical charges from the earth have many positive effects on our bodies.

Check in with yourself. Finding a place where you won't be distracted or interrupted. Closing your eyes if that helps or grabbing a journal and pen. And being asking yourself questions. "What does my body want me to know right now?" "How am I feeling?" "What do I want for myself today?" "What's one thing I can do today to show myself I love me?" "What is one thing I can do towards my dreams?" "What am I grateful for?" "What do I need most right now and what can I do to get it?" Ask these questions and you will get answers. Follow the soft spoken voice, that's your intuitive voice. And keep the conversation going. You know more about yourself and what you need than you realize.

when you can remember to, take the time to be where you are. Soaking in the moment. Feeling it in its entirety. Being present and giving whomever you with your full presence. Not fragments of you that are talking but really focused on something else. Truly connect to the moment you are in. This deepens your existence.

This brings width and depth. This adds a sweetness to your journey. Life becomes more and more about cherishing each moment however small it may be, and it changes the pace, adds meaning. So wherever you are, really be there. And don't forget to say thanks to the creator for making it so.



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# Springtime



BY SEAN DIETRICH

Major League Baseball spring training started today. I sat on my porch, listening to a radio. And I was cheering. I mean genuinely cheering.

The Atlanta Braves play the Tampa Bay Rays. The national anthem was played. The umpire used his time-ravaged voice to shout, “Play ball!” I couldn’t help but get excited because it’s been a long year. Too long.

I closed my eyes and visualized the players trotting onto the grass of LECOM Park, greeted by their fans. I could almost see the Dads drinking beer, kids eating nachos, and teenagers taking selfies.

In the theater of my mind the game played beautifully. I could even visualize the occasional kid leaning over the balcony to catch a foul ball—which is one of the great moments of boyhood.

I almost caught a foul-tip once in Fulton County Stadium as a boy. I’ll never forget it. The ball came soaring into the stands and I knew this was my moment. Time slowed down. The eyes of 52,000 were upon me. I stood beneath the ball. I waved everyone else away.

“I got it!” I shouted. “Gimme room! I got it!”

This was going to be the biggest day of my life. I extended my Mickey Mantle model glove into the air—a mitt my father bought from a yard sale for \$1. The ball came down, down, down... “Hey!” I thought, “I’m actually going to catch it!”

But it was not to be.

The ball bounced off the webbing of my glove and landed in the lap of a kid behind me. I heard the lucky bum scream with delight. “I caught it!”

I saw the kid leap. I heard people cheer. The crowd hoisted the kid onto their shoulders for a spontaneous ticker tape parade

and the mayor gave him the key to the city.

I still have nightmares about that kid.

Baseball’s spell over me is something I can’t explain. After all, baseball is not real life. The game doesn’t have anything to do with my mortgage, my work, or my family. And yet I treat baseball like it ranks somewhere just beneath national security.

Why do I care so much about the statistics of clean-up hitters whose performances have no bearing on my immediate future unless, of course, it’s a pennant race?

The answer is: I don’t know. Believe me, if I knew how to free myself from loving this game, I would. Lord knows the game brings nothing but misery and heartburn to those who love it.

There is no pain like watching your team lose to the Cardinals 13-1 in the National League Championship. It feels like a funeral, but with cheaper beer.

I ought to be more concerned about important things during a trying era like ours. Instead I spend time and money keeping up with multimillion-dollar team franchises. Yes! Baseball costs actual money to follow!

It’s not cheap to be a fan these days. Used to, in olden times all you needed was a radio and a cooler. But today to watch a game you need a digital subscription, a smart TV, 12,981 account usernames and passwords, a streaming service, two major credit cards, liquid fast internet, three forms of legal identification, the blood of a wild boar, etc.

Even so, I don’t care. The game is still being played. And in the midst of a pandemic that has destroyed normal life for everyone, the game inflames me with joy.

Baseball is a link to our heritage. People have been playing baseball on U.S. soil since colonist farmers in knee breeches still spoke with British accents. Early Americans used sacks of wheat for bases and iron skillet lids for home plate. In all likelihood, George Washington probably had a batting average.

My best baseball memory, however, happened last year.

Every afternoon last summer, during the throes of a pandemic, four or five neighbor children would play ball in our dirt road,

pausing every inning to allow oncoming cars to pass. They used old pillows for bases and a cooler lid for home plate.

Most often the kids would have a meager audience consisting of middle-aged parents and neighbors who all cradled koozies. We in the crowd would shout phrases like, “Good hustle!” and we’d slow-clap between each batter to prove that we were male.

Sometimes the kids even allowed a few of us neighborhood guys to play with them. Doctors say the cartilage of my knee will never grow back.

Anyway, one night someone hit a foul ball and someone’s 4-year-old brother was nearby shouting, “I got it!” The little white dot sailed above the child who held his hands out and positioned himself beneath the ball.

The baseball came straight down and plunked the boy on the face. The kid fell lifeless to the ground. He was limp. A crowd of panicked adults rushed around him, whereupon the kid leapt to his feet, teeth missing, blood leaking from his chin, smiling



and shouting, “I CAUGHT IT, MOM!”

And I’ll never forget when the kid’s mother looked at me, expressionless, and said, “This is why women live longer than men.”

So, I realize there are more important things going on in

the world right now. And I know there are bigger issues than baseball to worry about. But it’s been a grueling year filled with squabbling, screaming, rioting, grumbling, coughing, cussing, and crying.

Gosh, it feels nice to cheer for a change.



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**Musings**



BY KIRK MCCARLEY

A certain billionaire set out to perform a social experiment. Resigning himself several days beforehand to a state of being unkempt and dirty, he clad himself in a worn out jacket, threadbare jeans, shoes held together by duct tape, and seated his body against a downtown building in a large city. Hundreds passed him by on that cold dreary day, most oblivious to his presence. A couple of people

did pause to drop some quarters or a dollar into his cup, yet did so with a seeming air of loathsome arrogance.

After a couple of hours, one young man engaged the “beggar.” “I myself have no money, revealing an empty wallet, however I do have an extra sandwich I’m willing to share. You see, I’ve already walked ten miles this morning to get to work. My wife is at home with our children and they depend on me to provide income for our own living expenses. Without my job, our family would also find ourselves on these streets. In fact, we were for a time, just six months ago. I know where you’re at.”

Upon hearing this story, the beggar took pity not only on the man’s plight, but his generosity even given his own meager cir-

cumstances. In short order, he whipped out his checkbook, asked the man his name, proceeded to reveal his own true identity, and wrote a check...for \$1,000,000!

How often do we “pass” around others? The invisible or lonely people, if you will? The Eleanor Rigby’s and the Father McKenzie’s of our lives? Those deemed not worthy of acknowledgement?

The Zulu tribe resides in one of the four original provinces of South Africa. Whereas our common greeting to others may be “hi” or “hello,” theirs is a unique word all to itself. “Sawubona.” Sawubona takes greeting to an entirely different level. It literally means, “I see you, you are important to me and I value you.” It’s a way to make the other person vis-

ible and accept them as they are with their virtues, nuances, and flaws. The response to this greeting is “Shiboka,” which means “I exist for you.”

Sawubona gained greater attention some years ago with the release of a business book by Peter Senge, “The Fifth Discipline: The Art and Practice of the Learning Organization.” In that book Senge wrote of the Zulus and the magnificent way they interacted with one another, seeing it as a model for not only professional, but personal behavior.

One of the joys derived from working with my life coaching clients is the opportunity to develop an “affirmation statement.” An affirmation statement promotes a formative process with the individual towards their desired

future outcomes, addressing goals and desires in such areas as relationships, career, finances, health, recreational, and spiritual connection. Although the affirmation statement often comes as a surprise to clients its purpose penetrates deeper. As a homework assignment the individual is asked to record the words in their own voice and play back the recording each evening before bedtime. Although just a reiteration of what the client has basically already shared in their own words, it becomes a powerful tool towards visualizing hoped for goals and dreams as a current reality.

More importantly it communicates encouragement and value to that person, reminding them of their precious visibility in the eyes of others.

Sawubona symbolizes the importance of directing our attention to another person. It exists to remind us to understand others without prejudice and to leave grudges behind. The term reminds us to be aware of other people’s needs and to give importance to each and every person.

Who of us could not use some more Sawubona.

A graduate of the University of North Texas, Kirk McCarley is a Certified Professional Coach as well as a Professional in Human Resources (PHR) and SHRM-CP Certified. He also is a Production Assistant for both college football and basketball for ESPN and leads group cycling classes as a Certified Spinning instructor. Contact [kirk@theseedsowercoach.com](mailto:kirk@theseedsowercoach.com), [theseedsowercoach.com](http://theseedsowercoach.com), or call 314-677-8779.

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# A Pastor's Ponderings: Tension and Prejudice?



By Dave Holland

*“As the time approached for him to be taken up to heaven, Jesus resolutely set out for Jerusalem. And he sent messengers on ahead, who went into a Samaritan village to get things ready for him; but the people there did not welcome him, because he was heading for Jerusalem. When the disciples James and John saw this, they asked, ‘Lord, do you want us to call fire down from heaven to destroy them?’ But Jesus turned and rebuked them, and they*

*went to another village.” Luke 9:51-56, NIV*

Jesus saw the disciples returning, chests puffed out and faces swollen with anger. Self-righteous indignation drove their steps. Turns out, the Samaritans were not receptive to Christ and they didn't want Jesus to spend the night in their area. Rejection always stings.

Christ and His disciples left the clamoring crowds in their native region Galilee. The Lord performed many miracles and fed the multitudes there. His popularity caused people to push and shove to be near Jesus. Now, He “resolutely” turns south toward those who oppose Him—the religious centers in Judea and Jerusalem. The transition in Christ's life would prove deadly.

On the way to the Holy City, the disciples encounter the obstinate Samaritans. This rejection was a warm-up for Jerusalem

and the unfolding of God's plan.

Samaritans were the descendants of the 10 Hebrew tribes who broke away from what we know as Judaism. They set up their own kingdom and religion. Over the years they intermarried with pagan peoples who diluted their faith further. As Jesus passes through, they are not interested in Him or his brand of religion.

The disciples, sent ahead to prepare accommodations, were denied service in Samaria. Practically, this meant that they would go without dinner and walk many more miles through the night before leaving Samaria. Stung by the Samaritan's racial and religious prejudice, the disciples want Jesus to call down fire from heaven to destroy them all. They are on the road with Christ, but not yet on the same page.

Jesus rebukes the disciple's angry response and moves on.

This passage shouts the ques-

tion, “How do you react when treated badly?” The disciples demand vengeance, but Christ pivots away. This rejection was preparation for the cross ahead. It was an opportunity to love the unlovable, and the disciples failed.

Every Christian will travel the road to the cross. This path leads to self-denial. Jesus said that every disciple must pick up their cross and follow Him. Along the way, we will experience rejection. Will we react with anger like the disciples, or will we simply turn and follow Christ?

God loves the rejectors and the angry disciples. Author Brennan Manning wrote, “God has a single relentless stance toward us: He loves us. He is the only God man has ever heard of who loves sinners.” Romans 5:8 affirms, “...while we were yet sinners, Christ died for us.” All of us.

Rejection challenges our char-

acter. So, the question now becomes, “Will you choose to love people who reject or mistreat you?”

Jesus continues His mission, trudging through the night toward Jerusalem. The disciples follow, quiet as sheep.

How will you act in response to rejection? How will you respond to the bad behavior of others? Prejudice, racial tension, selfishness, rejection and all the unjust events of life are the proving grounds of love. This is the road to the cross. No cross, no crown.

*Dave Holland pastored churches for 38 years before retiring in Destin. He recently released his new devotional-Bible study based on the Gospel of Luke titled “Extraordinary Jesus: Ignite Your Season of Miracles.” You can get a copy of this book from his website, DaveHolland.org, or at Amazon.com. Pastor Dave is available to preach and teach in churches and conferences.*

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Musings

# Shared Dreams



By Rick Moore

My wife says she saw it in a dream. We had only been married a few months. It was the first, and one of the few times she has ever shared one of her dreams with me. She was in a pet shop the day before looking at several dogs, but could not decide which one was the right one. The next night she had a vivid dream of one of those puppies jumping into her arms and licking her

face. That morning, she woke me up with great excitement in her voice. "It's him! It's him! I just had a dream about one of the puppies I saw in the pet store." She went back to the pet shop and there he was...Alex the English Cocker Spaniel. Alex became part of our family.

Having grown up around some people who were a bit mystical, I am skeptical when hearing others talk about their visions. But my wife convinced me this was the dog she saw in her dream, and I had the privilege of sharing in that dream. Alex was the best dog anyone could ever have, except for when it thundered and he tore up our kitchen floor. Even our dreams that come true can come with challenges.

While some people will share in your dreams and celebrate

them with you, other people may actually oppose your dreams. We can not control external challenges, but we can control the struggle within.



Every garden begins with a dream. Dorothy Day once said, "We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt, that peace and abundance may manifest for all."

We dream of what our careers

can become. We dream of what our family can be. We dream of achieving great things. But is it possible to find just as much fulfillment by sharing in someone else's dreams? My mother used to have a recurring dream that she was a swimmer in the Olympics. The only problem is, my mom never learned to swim. Yet, mom taught all four of her children how to swim. It isn't always healthy for parents to live vicariously through their children. But when mom would watch her children swim, she had a feeling that part of her dream had come true.

Years ago, my pastor started a program called Backpack 2 School. Each year we have the opportunity to bless children and families in our region to start the school year with a backpack, school supplies, a new pair of shoes, and a haircut. This was not my dream. It was my pastor's dream. But every time I participate by sponsoring a student, it feels great sharing in his dream.

My father-in-law loved sponsoring children at St. Jude Children's Hospital. You would think the children whose pictures were stuck by magnets on his refrig-

erator door were relatives. As his son-in-law, I certainly never had my picture on his refrigerator. It was the founder Danny Thomas who dreamed of creating a great medical facility like St. Junes. But my father-in-law shared in that dream by sponsoring children.

There is another, very humbling way to share in someone's dream. That is by being a recipient of someone else's help. My son was born with a club foot and had already experienced several surgeries before going to Shriners Hospital for Children. Thinking back to all of the love and care shown to my son still brings tears to my eyes. Thanks to the countless people who gave selflessly, the doctors and the nurses, many prayers, and everyone who shared in the vision of Shriners, today my son can walk!

Growing older, I try to think less of my dreams in life and more on what can be done to help others fulfill their dreams. Just because we can't help everybody, doesn't mean we can't help somebody. What can you do today to help make someone else's dream come true?

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




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# Captain Anderson's; A Visit worth the Trip

Earlier this year, renowned seafood restaurant, Captain Anderson's, whose legendary wine cellar is home to some of the world's most prized wines, hosted an exclusive wine dinner featuring four iconic wines from the Vineyard Brands portfolio: Champagne Salon 2008, a Blanc de Blancs produced from 100% Chardonnay grapes grown in Grand Cru Le Mesnil-sur-Oger vineyards. This rare and singular champagne is made only in the best vintages. The red wines at the dinner included Petrus 2017, a highly sought-after Bordeaux wine from Pomerol, and Château de Beaucastel Hommage à Jacques Perrin, Châteauneuf-du-Pape, 2016, produced by esteemed winemaking family, the Perrin. Famille Perrin, specialists of the Southern Rhône terroirs, produces Château de Beaucastel on a historical land which they have occupied since 1909 where each of the 13 approved grape varieties of Châteauneuf-du-Pape are planted. Today, the family's

5th generation is at the helm, and with the Hommage à Jacques Perrin wine, they pay tribute to Jacques Perrin, a family member who introduced organic winemaking to the estate in the 1950s.

For something sweet, guests enjoyed Château Climens, a 1er Cru Classé wine whose history dates back to the 16th century. Made entirely from Semillon, this sweet, noble wine is graceful, weightless, and balanced. Known as the "Lord of Barsac", Château Climens converted to 100% biodynamic and organic methods under the guidance of owner Bérénice Lurton.

These four wines, rare gems from France, made for a spectacular evening at Captain Anderson's which guests will remember for years to come. Vineyard Brands, a U.S. wine importer and employee-owned company representing more than 80 of the finest wine brands from around the world, was proud to bring a few of its rarest jewels to the South Walton area.

Through partnerships with top chefs and renowned restaurants across the country, Vineyard Brands pairs its impressive wines



with delicious, varied cuisines. From high-end Burgundy to the latest additions to the portfolio,

including Miguel Torres Chile, Domaines Comte de Malet Roquefort, and Bass Phillip, Vine-

yards Brands has offerings from all of the key wine regions in the world, and works exclusively with family-owned wineries who are committed to quality, family, and sustainable business practices.

Capt. Anderson's restaurant is one of those rare family restaurants that not only survives but strengthens through the years. Founded in 1967 by Jimmy and Johnny Patronis, Capt. A's has been named among America's Top 50 restaurants, received multiple Southern Living "Best Seafood Restaurant" awards, and Wine Spectator's "Best of Award of Excellence." Capt. Anderson's was awarded Florida Trend's Golden Spoon Award 15 times before being inducted into the Restaurant Hall of Fame, the highest honor they can bestow upon a restaurant.

Here on the Gulf Coast, it has become a time honored tradition to "Dine Early and Watch the Fleet Unload" at Capt. Anderson's! Capt. Anderson's is located on Grand Lagoon, less than 20 miles from South Walton, in Panama City Beach. [www.captandersons.com](http://www.captandersons.com).

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# Fatboys: Premium Burgers & Wings the Way YOU Like Them!

If you're looking for juicy beef burgers and tasty bird using only the freshest ingredients available, you'll want to get into Destin's newest hangout on the Harbor — Fatboys.

Now open, Fatboys starts with 100% premium beef, the freshest-sourced ingredients, and custom built it just the way you like it! "We're really good at burgers and wings," said Harshil Patel, Fatboys owner. All burgers are custom made of 100 percent premium beef, each patty a quarter-pound! And you can order up to 12 patties on a burger! And, by the way, if you finish off all 12, you receive a free hat or T-shirt!

The menu is focused on the offerings Fatboys does best. "Nothing is frozen; all ingredients are completely fresh—no frozen wings or frozen meat patties. We make your burgers and wings to order," says Bernadette Gray, Fatboys Destin manager. "We even wait until fries are ordered to drop and serve! So, you know you're getting the absolute, up-to-the-minute, hot burger, fries or wings!"

Popular menu items include the "Original Fatboy," with lettuce, tomato, onion, pickle, Fatboys sauce and a brioche bun; the "Roadhouse," topped with pulled pork, BBQ sauce, onion straws, Fatboys sauce, cheddar and a brioche bun; The Fatboy Club Sandwich with grilled or crispy chicken, lettuce, bacon, honey Dijon, Fatboys sauce, Swiss cheese and Texas toast; and the "I Love Bacon," served up with six pieces of bacon, lettuce, tomato, mayo, two slices of American cheese, Fatboys sauce and a brioche bun.

Fatboys, which is named after the motorcycle, also has other sandwiches such as a Fatboy Philly as well as a meatless beast for the vegetarian with a black bean veggie patty, or gluten-free buns and fun kids' offering combos with hamburgers, chicken bites or grilled cheese sandwiches.

And, wow, the wings are served with a variety of sauces from garlic parmesan, barbecue, sweet orange teriyaki, buffalo to Fatboys Fire!

Side items include local fa-

vorites such as Cheese or Chili Cheese Nachos, Jalapeno Bites, Onions Straws, Fresh Fried Pickles, Plain or Salted Pretzel Bites or a Side Salad.

This is the second location for Fatboys says Harshil. "Our first location is in Enterprise, Ala., (opened in 2018). We wanted to open one in this area, so began looking and found this great spot!"

"Daily specials, lunch specials and Happy Hour specials include 10% off for all military, veterans, EMS, firefighters, police and local residents," says Bernadette. Monday is 1/2 price wings all day; Tuesday is "buy one get one 1/2 off" burgers and sandwiches; and on Wednesday's kids eat FREE with adult purchase.

The Monday through Friday specials include a Fatboy cheeseburger, fries and salad for \$9.99 or a 6-piece wing meal with carrots and celery or salad and drink for \$9.99 from 10 a.m. - 3 p.m. Monday through Friday Happy Hour is 3-6 p.m. where all draft beer is 50% off!



**FATBOYS**  
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"bike night" on Thursdays for the local biker community. Stay tuned!

Fatboys is open 10 a.m. to 10 p.m. daily and until 11 p.m. Friday and Saturday and has an outside patio on the backside of the restaurant that is pet friendly.

Visit the website at [ilovefatboys.com](http://ilovefatboys.com) to look at the menu, to order ahead or for more information.

"We're continually thinking of ways to cater to locals," says Bernadette, "because they're the ones that will keep us in business. So, we're looking to help sponsor sports teams or work with local charities. We want to be involved in the community as much as possible." She says Fatboys is even considering a



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Check out our menu at [ilovefatboys.com](http://ilovefatboys.com)

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# Breakfast Pizza with Galileo Salame



BY SUSAN BENTON

This Breakfast Pizza is a fantastic recipe for a Holiday morning! You can use one large or two small pre-made pizza crusts and double, triple, etc. the recipe as needed. It's super easy, so you won't miss out on your holiday fun, and clean up is a breeze!

Being a longtime Floridian, I like shopping at Publix, a Florida based grocery store, as they procure and support Florida based goods, but also are great at sourcing gourmet foods, like the slow cured Galileo salame that I used in this recipe.

The chef inspired herbs and spices, as well as the old world techniques used in curing, deliver the highest quality product, and just taste great.

Publix has been amazing at meeting all of my holiday needs, so plan to grab the printed shop-

per upon entering the store, or online if having your groceries delivered by Instacart.

## SALAME BREAKFAST PIZZA

- 1 large or two small store bought pre made pizza shells
- 2 tbsp good olive oil for pizza + 1 for onion saute
- 2 cloves of garlic minced
- 8-10 slices Galileo Salame
- 1/4 onion sliced thin
- 1.5 cups shredded mozzarella
- 1/2 cup freshly grated Parmesan
- 5 large eggs
- 1/4 teaspoon red pepper flakes
- Sea salt and freshly ground black pepper



## PREPARATION

Preheat oven to 450 degrees  
In a medium skillet on low to medium heat, add 1 tbsp. olive oil and saute garlic and onion until tender or caramelized

Rub pizza with 2 tbsp of olive oil

Sprinkle red pepper flakes on pizza base

Salt and pepper pizza base

Add Parmesan to pizza base

Layer with mozzarella cheese

Layer Galileo brand salame

Crack 5 eggs directly onto the pizza

Place into the oven for 15 minutes or until eggs are set

Top with fresh arugula and serve immediately

Note: My mother began making Breakfast Pizza in the 1970's. You can add salsa as a base, scramble the eggs, and come up with your own variation as well.

SoWal life is direct mailed (US Postal Service) to every home and business in Santa Rosa Beach and Inlet Beach). If, for some reason, you are not receiving the paper, please contact your postmaster. You may also pick up a copy at the following locations: Publix Supermarkets, Gulfwinds Paddle and Surf, Gulf Place - near Sunrise Coffee, The HUB, Seagrove Glass.

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 Music

# 30A Songwriter Radio Artist Spotlight: **Katarina Marshall**



Katarina recalls always loving music. She first experienced her passion for playing instruments in elementary school on percussion. By middle school she had discov-

ered a love of the woodwinds. During High School Katarina played in the highly competitive Niceville High School Eagle Pride Band. Followed by a seat on the Northwest Florida State College Jazz Band.

Miss Marshall has also played in the National Jen Jazz Conference in New Orleans, a conference that brings together jazz beginners and experts for a once-in-a-lifetime experience. Part music festival, part network-

ing, part education and all inspiration. This annual conference hosts thousands of people from around the globe.

Katarina shares that as saxophone became a part of her life, it allowed her to grow into other genres. She received classical training in her early years of school but moved towards Jazz and improvisational music within recent years of playing. This has allowed her to be more adaptive to other genres such as Blues,



Rock, Jazz, Ska, and contemporary music.

You will find Katarina Marshall participating at the 11th annual Pensacola Jazz Competition on March 15th of this year at Seville Quarter. During her off time you can find Katarina playing with the local band Loyal Customers as well as fine dining establishments up and down the

Emerald Coast. She records in a few local studios on the panhandle and plays independently with fellow musicians, friends, and the Jazz society of Pensacola.

Katarina is available for bookings for private parties, weddings, and track recording. You can reach Miss Marshall at (352) - 278 - 6171



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# Studio 237 Music School; Heart Strings

By LISA CTR

**"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 seems 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.

**"I know that the most joy in my life has come to me from my violin." - Albert Einstein.** When a person draws the bow over the strings of a violin, something magical happens. The instrument becomes your voice singing to you. You can feel the vibrations of the melody as you move to the music. It's like a miracle in the making. And you smile.

**"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 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 performed at

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

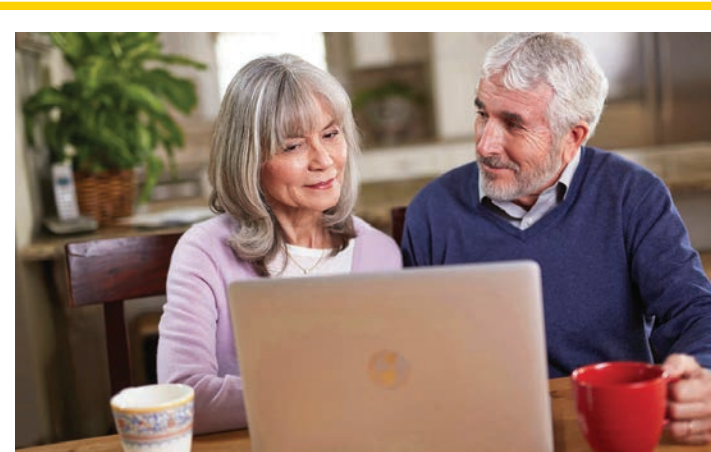
**"Rhythm and harmony find their way into the inward places of the soul." -Plato**

"My musical

journey began 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 alongside 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

**"He plays his song for one reason. It's simply what he loves. The musician."-Chick Corea**

*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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**Business**

# The Year Was 1797

## ENERGY TIPS

by Emerald Coast Energy Solutions



BY CHRIS BALZER, ECES

If we could go back in time to 1797, we would witness John Adams become the 2nd U.S. President, the first ship of the U.S. Navy, the frigate USS United States being commissioned and the first washing machine being invented. Yes, the first washing machine, a simple tub and ridged board was used to wash clothes. Now, fast forward 224 years and some of you

knew who our 2nd President was and some of you knew the date of our first commissioned Navy ship. I'm going out on a limb and guessing no one knew when the first washing machine was invented, but we all use one today and it has become an appliance used as often as several days a week or several times a month. So, what do washers and dryers have to do with energy savings? Washers and dryers are among the costliest appliances to operate, so it's worth taking steps to reduce energy use while using them.

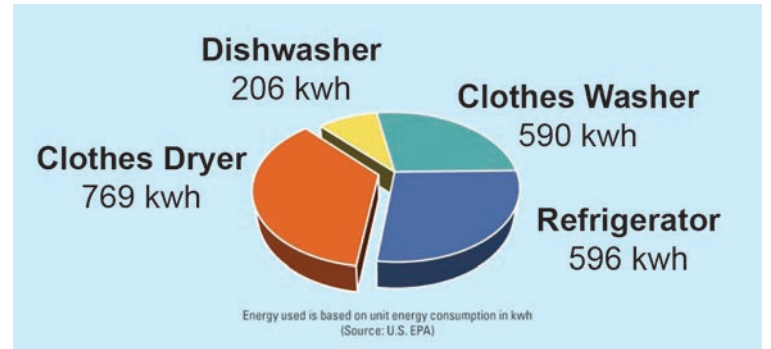
Here are some things you

can do to save in the laundry room and 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 in half. Many detergents clean just as well in cold as they do in warm or hot. 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 running the dryer to only dry a few things.

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

**Switch loads while the dryer is warm.** This allows 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 on time of use rates. Utility companies offer reduced kWh rates everyday called off peak times, almost by half. Check with your utility company when off peak hours are and use high demand appliances—washers and dryers, pool pumps, dishwashers and sprinkler pumps—during those times, saving you money.

*Chris Balzer is founder and president of Emerald Coast Energy Solutions, a Smile Provider Company. ECES provides smiles to its customers after installing high energy efficient products, increasing comfort and lowering energy bills. For more information on how to save this summer and become energy efficient, schedule an inspection by calling (850) 588-2870, visit www.trusteces.com or email wecare@trusteces.com and Beat the Heat!*

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# Your Roof Age and Insurance Challenges!



BY VICTORIA OSTROSKY

“This can’t be right!” Mark exclaimed. “Please tell me this is a joke.”

“I wish I had better news for you,” replied Anne. “The insurance market has gone through some significant changes over the past 12 months.”

“But I don’t understand. This house isn’t that old and it’s in great condition. Why would the premium be this high? Isn’t there another carrier you can try?”

Anne sighed. She had been doing that a lot lately. She didn’t like giving unpleasant news to her customers. Finding the best rates and coverages was her thing.

“Maybe I can shed light on why rates have gone up so much,” Anne said.

Anne put on her instructor hat and shared with Mark the factors driving premiums up and what he could do about it. People all across the country dream of living in Florida, the Sunshine State. But as those who actually live here know, hurricanes are a bit of a pain. Hurricanes Irma and Michael in particular, then Sally last year,

caused severe and catastrophic damage to large swaths of the state, which translated to many millions paid out in claims.

Whenever large disasters occur, carriers compile new data and make decisions on changes to underwriting guidelines going forward so they can remain solvent and profitable. The reinsurance companies do the same. Even the estimated \$50 billion in storm damage across Texas will impact insurance rates in our state.

One thing carriers discovered was that roofs, shingle, tile, and metal, didn’t hold up as well as was calculated and anticipated. Based on the new data, almost every carrier revised their underwriting guidelines regarding roof age. Shingle roofs older than 10 years, and tile roofs and metal roofs older than 15 years are now ineligible for coverage on new business for the majority of admitted carriers.

Wind mitigation inspection report findings can often help offset some of the hikes by getting credits for recognized characteristics when they’re available. For homes built in March 2002 and later, admitted carriers automatically apply several credits, but for older homes, or homes with newer roofs, a wind mitigation inspection report can often make a premium more affordable.

Wind mits (as they’re referred to in the industry), look at six separate items regarding your roof.

- Roof covering and age with roof permit for verification
- Roof deck attachment – how close is the nail spacing and length of nails

- Roof to wall attachment – hurricane clips, toenails, straps or bolts
- Roof geometry – is the shape hip, gable, flat or combination
- Secondary water resistance – yes or no to barrier installed before the roof material
- Hurricane opening protection – does it have shutters, impact glass or coverings and if so, what kind

Ideally, you would have all six credits. That would mean your roof is 2002 or newer (FBC credit), the closest nail spacing/length of nails, hurricane clips, hip roof style, secondary water resistance, and hurricane opening protection.

The house Mark had gotten a quote for was built in 1999 and still had the original tile roof. The inspector sent Anne a copy of the wind mit, and once

she was able to apply two credits, the premium dropped down considerably, although it was still high compared to what it would have been a year ago.

Realtors’ offices ask Anne to speak to their agents on occasion about the insurance industry, so she took notes for her upcoming talk to mention these same scenarios. She hoped to encourage her Realtor friends to educate their sellers and buyers so that the selling and buying process would go more smoothly. Making a new roof part of a purchase agreement negotiation could help seal the deal from an insurance standpoint.

If your home’s roof is older and you’re thinking of selling, you may want to get some estimates for roof replacement. If you’re a buyer, keep in mind that the roof age will be a large factor in calculating your insurance premium.



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

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Dining

# Time with Wine: Dancing Hares Vineyard

At Kwiker Liquor, we know that the key to having a great selection of fine wines is knowing a great selection of Vintners and Winemakers. And we take pride in cultivating these relations to bring the very best to our customers in the Panhandle. This month we called on our friends

from Mad Hatter wines to share their story with us:

In the year 2000, five acres of Bordeaux varietals were planted on rocky, porous soils at the base of Howell Mountain, called Dancing Hares. Now known as AMULET ESTATE but with a more distinct focus on a portfo-

lio of single vineyard Cabernet Sauvignon, they still show an appreciation for the past as they continue to honor the traditions of Dancing Hares and produce a wine of elegance and grace, aged for nearly two years in new and neutral French Oak barrels.



With less than 1000 cases produced, the 2016 growing season was a nearly perfect growing season thanks to optimal weather conditions throughout the Napa Valley. Winemaker Shawn Johnson, together with consulting Winemaker Philippe Melka, blended this vintage of Dancing Hares from primarily Cabernet Sauvignon with a small amount of Petit Verdot and Merlot.

Lisa Perrotti-Brown of *The Wine Advocate* awarded this wine 95+ points and offered the following tasting notes: "The deep garnet-purple colored 2016 Dancing Hares Proprietary Red is boldly scented of crème de cassis, mocha, plum preserves and dried lavender with touches of black olives, spice box, Sichuan pepper and cigar box. Full-bodied with bags of black fruits and exotic spices on offer in the mouth, it has a firm yet velvety frame and just enough freshness, finishing very long."

The 2016 Dancing Hares is yet another jewel in the crown of this unique, distinctive and historic piece of land in St. Helena. It's the result of the collaboration between so many notable individuals and a reflection of the land, made more beautiful through the art of winemaking.

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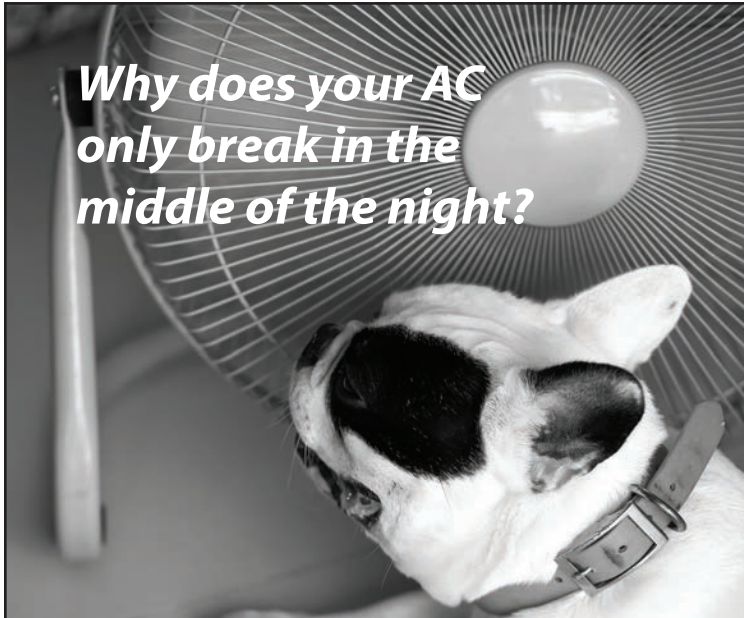
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