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Local Hero Geoff Speyrer Flips for Vets

BY LORI LEATH SMITH

While incarcerated, local resident and Army veteran Geoff Speyrer never dreamed he'd one day be a champion of bringing hope and awareness to veteran suicide. But now he is!

Sadly, 22 veterans and active-duty members per day take their lives thinking there is no hope.

But Geoff has set out to change this, showing that there IS help and hope, by raising money for Healing Paws for Warriors through his physical endurance—no small feat for a man who sustained injuries from being near explosives while serving in the military.

The medical care he received adversely affected his health, which resulted in a life-long injury due to lower leg trauma and surgery.

He was told his chances of running again were reduced and he began to experience the challenges of Post-Traumatic Stress (PTSD) and Traumatic Brain Injury (TBI). After leaving the military and becoming a fugitive, Geoff



PHOTOS COURTESY OF HEALING PAWS FOR WARRIORS

spent the next 13 years in and out of incarceration and treatment facilities. However, Geoff says it was during these darkest years that he turned his life around instead of becoming a statistic and taking his own life. Geoff found health and wellness as a tool to overcome this adversity.

And run again, he did! Geoff races to give back to his community after battling the addiction, PTSD and suicidal thoughts. He uses his strength and endurance to help other

veterans facing the same challenges through Healing Paws for Warriors, a local veteran-founded nonprofit that provides trained service dogs at no cost to veterans who are faced with post-traumatic stress, traumatic brain injury or military sexual trauma.

For the second year in a row, Geoff completed a grueling 24-hour physical challenge and ran 26.2 miles, biked 100 miles and raised approximately \$12,000 for vets in one day! The event is called SET 22—

the SET stands for strength, endurance and training and the 22 refers to the number of veterans who take their lives every day.

Beginning at midnight Friday, May 21, at Harbor Tavern in Destin, Geoff and fellow cyclist friends made four loops by bike around Destin and Scenic Hwy. 98 for a total of 100 miles! Then at noon on Saturday, he and several

HERO

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Food For Thought Gets "Fresh For Summer"

On average, a student enrolled in the free and reduced meal program at school will miss access to 110 meals over the summer. Food For Thought Outreach is here to help bridge that meal gap.

The first week of June, Food For Thought started their tenth year of summer services and provide a total of 25 curbside food distributions across five locations in Okaloosa and Walton counties serving over 600 families. Each family will receive 30-50 food items.

Their theme this summer is "Fresh for Summer," as they commit to provide even more fresh food items within their bags of food including fresh fruit and vegetables, bread, cheese sticks, and Kraft™ Lunchables.

"The number one request from the families we serve is for fresh items - fresh produce, refrigerated items, and more," says Tiffanie Nelson, Founder & CEO of Food For Thought Outreach. "This past year, we were able to acquire more refrigeration and

FOOD FOR THOUGHT

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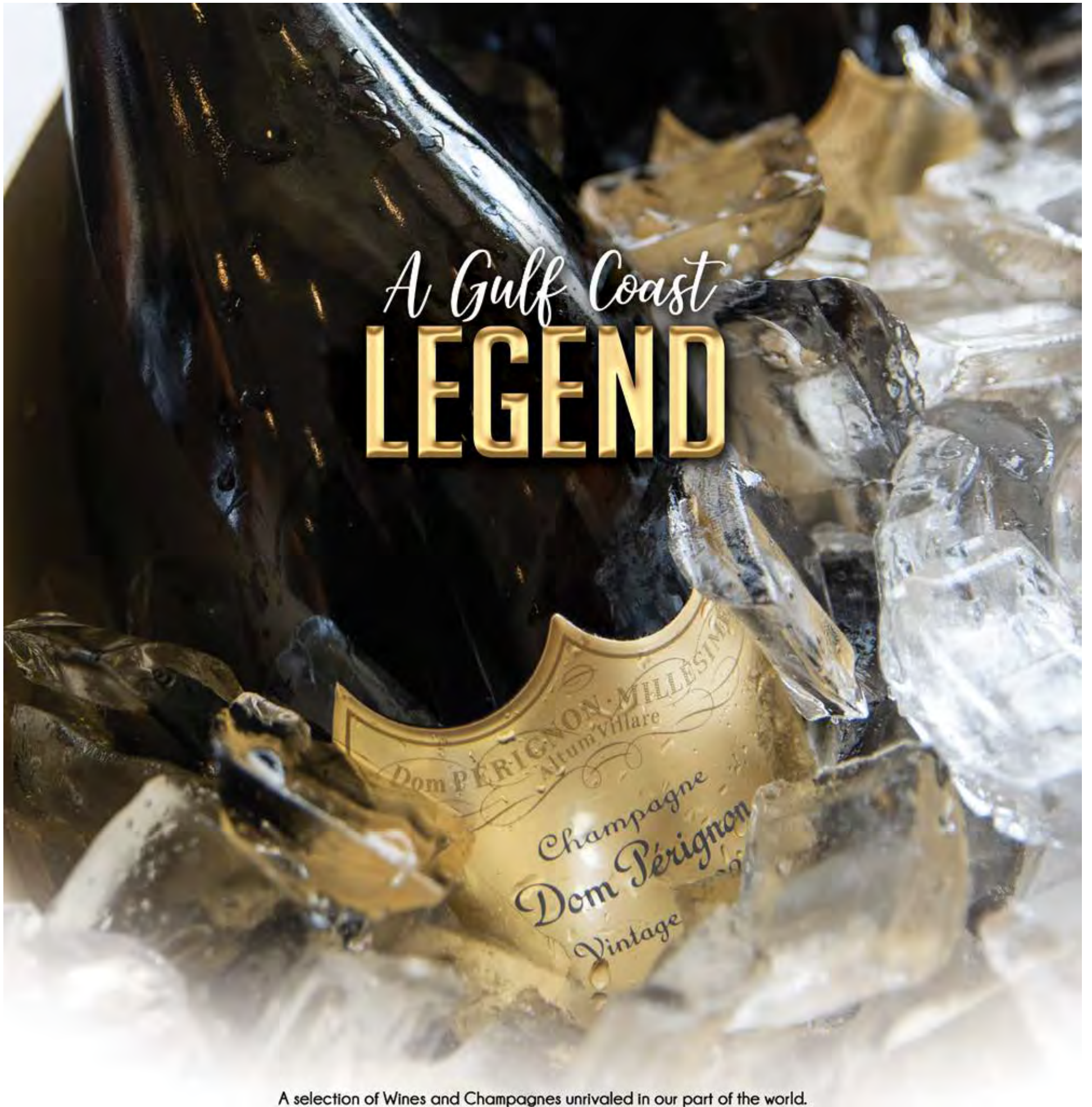


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HERO

continued from page 1

other runners made one more loop around Destin by foot, racking up a 26.2-mile marathon. And last, but certainly not least, at approximately 9 p.m., Geoff flipped a 200-lb. tractor tire around the Destin Elementary School track for one mile, where he was joined again by 25 to 30 people who cheered him on in the dark. He finished the challenge at roughly 10:45 p.m. Saturday, May 22. “As the tire

continued to flip with each turn of a “thud,” bystanders were reminded that he is an American soldier who sacrificed and proudly served his country,” says Sheila Hale, Healing Paws for Warriors co-founder/deputy director. “Today he served his community by providing awareness to end veteran suicide, encouraging veterans to push through as there are resources for help.” ALL of these amazing feats were accomplished in a 24-hour period!

You might ask why Geoff

would go through this grueling ordeal. “I know what it feels like to have no hope. It’s all about giving back HOPE to these men and women who suffer,” he says.

Geoff says his friends are what kept him going. “I have some of the most diverse, amazing, supportive people as friends!” Many flew in and ran with him from all over even as far as New York, New Jersey and Missouri. “I got zero sleep prior to the event taking off and it was all worth it. I truly wouldn’t have it any other way,” says Geoff. “I stayed mind-

ful and present throughout the entire stay. I never wore headphones to get out of pain or get in the zone. I simply just talked to my friends. I’m so grateful for all of you!”

“We couldn’t have done it without community support from businesses such as Okaloosa Gas,” says Sheila. “We had over 15 businesses alone to help support the event shirt which got us started and then held the fundraiser on Facebook.”

“Geoff is representative of Don’t Give Up! He has a huge

heart, and wants to give back to his local community,” Shelia says. “He chose Healing Paws for Warriors to support a veteran K9 team and to help veterans themselves. “If I can do this no matter how bad life can be, you can do it, too,” says Geoff. “He is the example of a great American soldier,” Sheila says.

To learn more about Healing Paws for Warriors, visit www.healingpawsforwarriors.org or email info@healingpawsforwarriors.org.

FOOD FOR THOUGHT

continued from page 1

equipment through generous donors and grants so we have the infrastructure to meet these needs. Through the pandemic, it’s been difficult to get all the shelf-stable items we need, but we’ve had success in ordering fresh items.”

The organization has set themselves a high goal of raising \$20,000 to support these needs.

“We purchase 90% of our food items, the vast majority of items are not donated,” adds Nelson. “So this is a big investment in our services, in the community. Our community has always stepped up to help their neighbors, and we have been thrilled with the support so far.”

Ten local businesses have signed on as location sponsors including Beach Baby Crib Rentals, Clean Juice Quarters 4 Kids, Community Bank, The Dish and The Spoon Traveling Chef, Indigo Watercolor, Odd Pelican Beer Company, Pish Posh Pa-



tchouli’s, Restaurant Paradis, SpineLife Chiropractic, and Taylor Allen Properties.

You can help Food For Thought fight childhood food insecurity and hunger by donating \$40 to support one curbside food distribution for one family in need.

Supporters have multiple ways to donate. Visit fftl.org to donate, text FFTFRESH to 44321,

or stop by one of their pantry locations to drop off a check. Food items are also accepted. Items like individual cereal cups, fruit cups and applesauce, shelf stable milk and juice boxes, pop top chicken, soups, and other individual snack

items. A full list can be found on their website. If you or someone you know is in need of support from Food For Thought, you can get information about food services by emailing support@fftl.org, or calling 850-714-1960.

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Community

July 2021 WCSD Superintendent of Schools Update



By A. RUSSELL HUGHES,
SUPERINTENDENT OF WALTON
COUNTY SCHOOL DISTRICT

Walton County School District looks forward to a new school year, returning to familiar learning environments and enjoyment of extracurricular

activities. If you were in town for the summer months, you might have noticed the EPIC Van in your neighborhood. The EPIC Van made learning stops providing students with fun activities, educational games, and physical movement. District teachers gave their summertime to offer this weekly enrichment program. If your student hasn't been a part of this EPIC opportunity, check the district web page for times and dates the van will be in your area.

Classroom educators and District personnel have been busy participating in common professional development preparing for students' return. These continuing education



ing bold, innovative approaches to improve the academic performance of students in Florida's education system. The Walton County Farm Bureau was Walton County's nominee for this prestigious award.

Bureau programs support Agri-technology/STEM programs in our schools by providing space for rural and urban communities to connect. Agrotechnology encompasses the study of environmental resource conservation and management, plant growth and reproduction, animal systems, and livestock management, along with mechanics and business, placing emphasis on applications to agriculture, food, and natural resource systems. Consistent with this, Walton County Farm Bureau Federation has granted over \$60,000 in the last few years to improve the Walton County Agri-business programs with equipment, livestock, crop and livestock supplies, hydroponic systems, and real estate. Thank you, Mr. Johnson!

With schools out for the summer, Walton County School District is excited to announce our Summer Feeding Program. Children 18 and under can pick up free meals from designated locations from June 2-July 22, 2021. Be sure to visit our district website for more information regarding the summer feeding program, back-to-school "sneak peeks," and school registration opportunities. Have a safe and happy summer!

professional development sessions focus on reviewing state curriculum guidelines, gathering instructional tools, updating instructional strategies, and preparing instructional materials. Walton County School District is proud of its work during the unexpected and unprecedented pandemic season. How fitting to find our educational world returning to normalcy when we celebrate our nation's independence. Education for all is part of the fundamental principles upon which our founding fathers established this nation. Walton County continues this legacy by preparing every child for a life of success. Community partners, parents, and student advocates help us to create this thriving atmosphere.

Walton County County Su-

perintendent A. Russell Hughes and the Walton County School Board recognized one of these community partners at the July 6, 2021 school board meeting. Mr. Joe Johnson, president of the Walton County Farm Bureau Federation, was awarded one of the ten finalists in the 2021 Commissioner's Business Recognition Award competition. Florida's Commissioner of Education, Richard Corcoran, and the Florida Education Foundation sponsor this award yearly based on the nominations of Florida area school districts. The goal of the Commissioner's Business Recognition Award competition is to recognize Florida's business leaders and partners that have shown the most commitment in bringing positive change and implement-



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Coastal Seniors July 2021 Update

Member Appreciation BBQ Luncheon - July 20th

On July 20th from 11 a.m. - 12:30 p.m. we are going to have a BBQ luncheon. Please RSVP by July 15th via coastalseniorsofsouthwalton@gmail.com or (850) 280-5342. This is for paid members attending so we can plan the food. Please park in the big lot on the east side of Hwy. 283. We may offer to valet park if some folks have issues crossing Hwy. 283.

Fridays with Friends - July 23rd

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

You can contact us by calling 850-280-5342, or by sending an

email to: coastalseniorsofsouthwalton@gmail.com.

Coastal Seniors Book Club

The Book Club meets the second Wednesday of each month at 4 p.m. Virtual via Zoom (see our website calendar for a link to meeting on the day of the meeting). 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 five 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.

Little Free Library

Coastal Seniors of South Walton, Inc. has received a Little Free Library which is located at our office at 70 Lo-

gan Lane, Santa Rosa Beach, Florida 32459. It is outside our front door and allows seniors to access books and puzzles whenever they are able to come by our office location. We were able to purchase the Little Free Library with funds made available through the CARES grant which we received.



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(c)(3) organization for active adults and we're looking for dedicated, enthusiastic persons to join our Board of Directors.

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Community

2021 World Junior Waterski Championships in Santa Rosa Beach this August

Pickos Ski School, located at 105 Jump Street, announced in December 2019 that they will be the official host for the 2020 International Waterski & Wakeboard Federation (IWWF) World Junior Waterski Championships. Due to COVID-19, the original competition date has been rescheduled to August 22-29, 2021.

The IWWF World Junior Waterski Championships are held every other year around the world in various locations including Spain, Peru, and Chile. Due to the worldwide pandemic, the 2020 competition was postponed until it was deemed safe for participants to travel and be around one another. Each country has the

opportunity to send their best skiers, typically a six-person team, to the event. Twenty-one countries are slated to attend this year's competition including Ukraine, Czech Republic, Morocco, and Hong Kong. This will be the IWWF's 18th World Junior competition. These junior waterskiers are some of the best in the world and are looking to win a world title and continue onto the IWWF World Open Championships the following year. The skiers will be competing in several divisions, including Boys Overall, Girls Overall, Boys Slalom, Boys Jump, Boys Trick, Girls Slalom, Girls Trick and Girls



Jump. Additionally, each competitor will be competing for their own individual scores that are posted on the world ranking list as well as course records.

The week-long competition,

sponsored by Visit South Walton, will begin with check-in on Friday, August 20th. Friday and Saturday, August 20-21, will be the official "Familiarization Days" consisting of allotted practice time for each team and distribution of all competition materials such as bibs, backpacks, and itineraries. The final rounds of competition will be held on Wednesday, August 25 for the Under-17 division while the final rounds for the Un-

der-21 division will be held on Sunday, August 29 and will conclude with an awards ceremony. The public is welcomed to attend all of the competition days throughout the week held at

Pickos Ski School. To see the full schedule, visit www.iwwf.sport/u17u21worlds/.

Those competing in the IWWF World Junior Waterski Championships are exclusively towed by the award-winning Ski Nautique. There are multiple sponsorship opportunities available at all levels. Those interested in sponsoring the week-long event, please email caitmccginty@gmail.com.

To learn more about the 2021 IWWF World Junior Waterski Championships visit www.iwwf.sport.

Pickos Ski School was founded by 24-time world record holder and skiing icon, Cory Pickos and his wife Rose. Cory has been running ski schools across Florida since he was 16 years old. Cory and Rose moved to the panhandle in 1992. The couple met and partnered with a local developer to create three man-made lakes specifically designed for waterskiing. Since its inception, the school has transformed from a family-owned business to a world-renowned training center.

Pickos Ski School is one of the top destinations for water-skiers from all over the world. Each year, welcoming over 40 locals and 350 international water-skiers to train and compete at their state-of-the-art facility. During the school's busiest season, Cory, Adam and team can be found pulling skiers on all three lakes from sunrise to sunset having over 100 ski lessons per day. To learn more about Pickos Ski School visit www.skipickos.com.



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Local Resident Shares Passion for Beach Safety!

BY RITA L. SHERWOOD

Calling all locals!! We need your help!! How many times have you been at the beach and you've seen a visitor, whether it's a parent or a child, go in the water on a double red flag? The reality is, despite the colorful flags being flown at the beach, not everyone really knows the meaning. How many lives could be saved if we just educated them a little bit better?

Renee Weslowski, a Cleveland, Ohio native, is trying to do just that through her colorful wristbands from Beach Flags U.S.A. Renee's passion is to make learning about beach flags colors and their meanings fun, while also keeping everyone safe while enjoying the beach.

Beach hazards can encompass everything from large waves to strong currents, rip tides, and even marine animals like sharks. These beach hazards can be more dangerous than we think. Renee created these colorful wristbands through the States Lifesaving Association in collaboration with the International Lifesaving Federation. Her hope is that every visitor receives a colorful wristband according to the flags flown at the beach. Put it on, adults and kids alike, then they know what to do according to the color.

Renee has been beating the pavement and trying to get the wristbands placed in every rental house, condo, and hotel room here in our area. Do you own a second home or a condo here?



Yellow flag is MEDIUM HAZARD. A yellow flag means that the surf conditions are moderate and rip currents are present. A yellow flag is a sign to exercise caution.

For a nominal fee, you can do your part to educate kids and adults alike. The kids can even take the wristband home as a souvenir. The goal here is to empower parents to educate their kids, families, and friends.

Green flag is LOW HAZARD. A green flag means that hazardous conditions are lower than normal, although the Gulf can be unpredictable. You can think of a green flag as all clear, and it's safe.

Purple flag is MARINE LIFE IS PRESENT. Stingrays, jellyfish, sea snakes, and other types of marine animals are present.

Renee says, "The most rewarding part of this passion project of mine is giving back to our local community. Just think if these wristbands saved even one person from drowning, it'd be worth it!" Considering the four million tourists who will travel to our three counties this summer, I bet it'd save more people than that!

And what do the different colors of flags and wristbands mean?

Red over Red /or Two Red flags is CLOSED. It indicates extremely dangerous conditions such as high surf, strong rip tide currents, sharks, excessive jellyfish etc. YOU CAN NOT enter the water, and if you do, you are subject to a \$500 fine.

Red flag is HIGH HAZARD. Again, it indicates extremely dangerous conditions such as high surf, strong rip tide currents, etc. YOU CAN NOT enter the water.

Renee is no stranger to giving back, as this widowed mom of three boys (now young men) used to be a hairdresser who worked with the American

Cancer Society (ACS) helping women who lost their hair. She had a certified wig bank and would help women cut and style their wigs for a program called "Look Good Feel Better" with the ACS.

To find out more about her passion project, the beach safety wristbands, contact Renee at BeachFlagsUSA@gmail.com or call 850-499-5563 or 216-336-0236.

And if you need any painting done, Renee and her fiancé also own All Around Painting 30A LLC, and they can be reached at 850-278-6405, or check them out on Facebook.



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 Community

Locally-Owned Islanders Coastal Outfitters Partners with CBA for Healthy Local Waterways

The Choctawhatchee watershed and its abundant waterways inspire a water-based lifestyle that is the heart of the local culture and economy. Islanders Coastal Outfitters and Choctawhatchee Basin Alliance (CBA)--hometown organizations focused on local waters—recognize this and have joined together in the “1% for the Planet” network to help take care of our corner of the planet. In 2002, the founders of outdoor lifestyle brand Patagonia and nonprofit Blue Ribbon Flies created the model for 1%

for the Planet, where businesses give 1% of sales back to the environment by partnering with nonprofits. 1% for the Planet now represents a global network of businesses, individuals, and nonprofit organizations tackling the planet’s most pressing environmental issues. A new member of 1% for the Planet, Islanders Coastal Outfitters was established in 1980 and has since flourished as a well-known local beach and outdoors shop. Catering to “the beach and watermen culture,” Islanders pledged 1% of sales



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to help support CBA’s efforts to promote healthy local waterways. Founder John Hambleton explains:

“Our leadership team at Islanders bought into partnering with the CBA as a worthwhile and impactful way to give back to our community. We believe with the growth of our area we have to work to maintain - and ideally to restore -these core quality of life resources that we should not take for granted: our bay, our bayous and our beaches. This will be a challenge but we like challenges and we want to pass on to future generations healthy waterways so they too can fish and swim and surf as our generation has enjoyed.”

CBA’s mission is to sustain swimmable, fishable, livable

waterways through education, restoration, monitoring and research. CBA provides education and experiences that empower people to do their parts to take care of our community and our environment. CBA’s 1% for the Planet partnership with Islanders Coastal Outfitters centers on CBA’s stewardship programs located in the Fort Walton Beach and Okaloosa Island communities. The first project of the partnership will combine CBA’s K-12 environmental education and oyster shell recycling programs to source materials for a living shoreline at Liza Jackson Park.

“We are so excited about this partnership with Islanders,” says CBA Director Alison McDowell. “It’s a perfect example

of the type of personal responsibility and environmental stewardship CBA hopes to inspire and facilitate. We look forward to working with our friends at Islanders to restore and conserve local waterways.”

To learn more please visit: basinalliance.org, onepercentfortheplanet.org or islander-soutfitter.com.



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Seaside Introduces Krier Plaza

BY KERRI PARKER

We are drawn to a Cinderella story. A story telling the sudden lift from obscurity to a new place of honor. When two old sharecropper cottages were salvaged from looming demolition and moved to the most prominent address of Seaside beachfront in 1982, the lift became an historic milestone for our beloved town. Soon thereafter the circular plaza in front of the cottages was outlined by colorful Adirondack chairs and deemed “Cinderella Circle,” honoring their story.

The Cinderella Cottages remained for several decades, enjoying a prosperous life as some of the most memorable restaurants of Seaside. One cottage remains as the historic version of Bud & Alley’s, while the other has been moved, placing it prominently in Central Square next to another transplant, Great Southern. The persistent little cottage will soon have a new life as “The Great Southern Chicken Shack.”

The next phase in our Cinderella story originally began in 1990. In that year, The Seaside Statement was published and made an official record. There had never been a public record of Seaside’s philosophy nor the intentions of development. It was an unprecedented



Cinderella Cottages

document not only as an official statement, but because the document, written by the developer, formally limited his own development for the greater good of the town and its people.

Among other instructions, the statement formally acknowledged that the developer of Seaside limited development height on the Central Beachfront to 22 feet, except for the sites now occupied by Seaside Kids and the Pizza Bar. Those sites are coded to extend the horseshoe of four-story buildings around Central Square across 30A to enclose the low-slung Central Beach buildings. The Seaside Statement decreed that views of the Gulf would be preserved for residents of the 4 story buildings around the horseshoe of Central Square.

Now under construction, Cinderella Circle will be transformed into The Krier Plaza, opening the view to the Gulf of Mexico from Scenic Highway 30A. It will ultimately provide an appropriately majestic plaza, south of the Krier Tower. The Krier Tower will be on the site from which the Post Office was recently moved.

The Seaside Statement of 1990, declared “This statement is written not just for today, but for the generations for which will follow us. We want our vision to persevere. We want to make promises upon which others can rely.”

A vision and a promise; Seaside will always be evolving. The new Krier Plaza will open late Summer 2021.



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BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

While the economy rebounds and fears of inflation abound, we continue to watch those indicators we believe will help us and our clients make well informed decisions as to the direction and allocation of their investments. We do not try to predict markets, but rather strive to be ready vs. trying to be right. With that in mind here are some key data that we track daily as we monitor and help our clients manage their portfolios:

Earnings: These are some of the strongest earnings U.S. companies have seen in almost 40 years. To put that in contrast, in 2019 the earnings of the S&P 500 was \$162. In 2020, during the middle of the pandemic, that shrank to \$142. Look at 2021: Current run rates are \$200. Fi-

delity Investments, in a recent investment professional webinar shared those S&P earnings for 2021 might even hit \$225.

Stock prices are mostly based upon earnings. This might help explain the return of the market year to date and over the past year.

Free Cash Flow: That is money that a company has left after paying its bills, debts, its dividends, and other things. Free Cash Flow for many sectors (Energy in particular) is reaching significant highs.

Market Corrections: Corrections occur in the stock market, the bond market, the real estate market, and the commodity markets. We are aware and want our clients to be reminded that this can always be a possibility. One such risk is on the rise: Should the Fed wish to start tightening by decreasing its monthly asset purchases of over \$120 billion dollars. That is what has been called tapering and, in the past, the markets have experienced the so called “taper tantrum” where most asset classes experienced a sell off when the Fed makes shifts like this.

Inflation: Like many advi-

sors, we watch these number closely. We have some specifics to share with you beyond the stated CPI and PPI numbers. CPI, the Consumer Price Index, was reported this past Thursday for the month of May. It showed the year over year inflation rate at 5%. PPI (the Producers Price Index) was reported this past week and came in at 6.60% - May 2020 to May 2021. Both numbers show inflation potentially running at twice of what is known as “The Expected Inflation Rate.” That rate is the rate at which most institutional investors expect as the actual long-term rate of inflation. That number is available daily. However, it needs to be computed by looking at two factors: a) the U.S. Treasury 10-year note yield and b) the U.S. Treasury 10-Year Inflation Protected Notes Spread. The difference between the two is the expected inflation rate. That is the result of the pricing that the market puts on those Treasuries based upon what they think the inflation figure really is.

Note: The Federal Reserve more closely watches the movement in an index called the Personal Consumption Expenditures (PCE) index according to Fidelity Institutional, in its June 2021 report on Fixed Income. The PCE is published by the U.S. Department of Commerce. That next reading will be June 25. For now, that number is 3.1% for April which increased substantially from March when it stood at 1.9%.

At this writing, the 10-year U.S. Treasury was yielding 1.45% and the U.S. Treasury 10-Year TIP Spread was -.985%. So, the difference between the two is 2.435%. That is the rate the markets expect the true rate of inflation to be. That is obviously off the stated rate of the CPI and even the PCE. Why might this be so?

Many economists, investors and the Federal Reserve think the current CPI and perhaps the PCE are transitory in nature – the result of the economy rebounding from the lows realized just one year ago in the middle of the pandemic. They also point out that the CPI numbers are distorted by just a few things: Used cars, airline prices, gasoline and food. Add to that the numerous gaps in supply as a lot of manufacturing capacity had been re-

duced or shuttered during the pandemic.

“2.35%. That is the rate the markets expect the true rate of inflation to be.”

As a result, the markets have shrugged off the potentially ominous CPI numbers believing that the real inflation picture is the expected rate. The market is signaling that there are not too many dollars chasing too few goods which is the classic definition of inflation. We are in a different spot from this. We think that monetary inflation – the growth of the money supply as having much greater impact than temporary supply gaps.

There are several things to consider: 1) The Federal Reserve’s balance sheet sits at \$7.95 trillion dollars. That is up from \$4.16 trillion dollars at the start of the pandemic. The balance sheet was \$2.2 trillion dollars in November of 2008 during the Great Recession. Just two months before that it was at \$925 billion dollars. In other words, the Fed’s balance sheet has almost doubled in the past year and is up tenfold since just prior to the Great Recession. The balance sheet is simply the amount of money the Federal Reserve has injected into the financial system by way of buying bonds on the open market. When they buy bonds, they use newly produced U.S. dollars to buy those, thus increasing the supply of money. That means a tremendous amount of liquidity. It is liquidity that supports and raises the prices of assets be they stocks, bonds, real estate, or the cost of borrowing and so on. 2) Federal deficit spending. We are approaching a record deficit of \$4 trillion dollars. The U.S. government has added to supporting the economy by way of its own spending on stimulus and other programs. That means even more money into the system. 3) Labor shortages – as the economy continues to emerge and grow the number of job openings has caught up with the number of unemployed workers yet employers across the country from restaurants to construction cannot hire the labor to meet the increase in demand. 4) according to Fidelity Institutional, liquid savings are now at \$4 trillion dollars, up substantially. Also, the U.S. savings rate is over 14.1% according to Tradingeconomics.

com and it remains high (it was less than 10% at the start of the pandemic). You might see that as a lot of money on the sidelines, which is waiting to be spent on dining out, traveling, vacations, leisure and other things as the economy reopens.

Liquidity is the opposite of constrained credit. During the Great Depression, and what brought about the Great Recession can in part be blamed on the lack of liquidity and the lack of credit. That makes demand go off the proverbial cliff, prices deflate, and a recession or depression ensues. Many market pundits think once the supply imbalances are worked through that we will return to continued deflation. Their reasoning is not because of a lack of credit or liquidity but rather due to technology and a shrinking population. They think this time it is different. We do not agree.

The demand for housing has been unprecedented. This is more a result of the liquidity that is out there versus demand, in our opinion. If the Fed balance sheet had not doubled or the deficit spending not occurring, housing and other asset prices would not be supported at current levels. We think the only thing that will cause the housing market to cool, or even slowdown will be the reduction in Federal Reserve monetary injections.

So, what are the takeaways for clients? First, to review strategies and allocations and look to see if you have the diversification, you need or want should you be of the same belief that monetary inflation will indeed impact the expected inflation rate. There are several strategies to consider where inflation resilient or inflation resistant investment are concerned. Equity (stock) investments in Energy, Financials, Materials, Industrials, Commodities and Real Estate. Investments into small and medium sized companies (or funds that invest into those) is advisable as well. Investing in emerging and developed foreign stocks (or funds) for a portion of your allocation as well.

Second, review fixed income holdings. For those that have investment grade corporate or long-term maturities? You may consider adding short term inflation protected bonds, like TIPS to your portfolio.

Continued on page 16



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Family Friendly Events in South Walton This Summer!

Seaside Lyceum Cinema Classics Sunday nights, 8 p.m. Lyceum Lawn, Seaside

Grab a blanket and come out to the Seaside Lyceum Lawn on Sunday night for Lyceum Cinema Classics, a classic movie on the lawn under the stars. Free and open to the public.

Movies include: July 18 - High Noon, July 25 - Field of Dreams, August 1 - Steel Magnolias, August 8 - Ghostbusters.

The Tales of King Arthur Each Monday through August 16th, 6:30 p.m. at the Seaside Amphitheater

Step into the magical kingdom of Camelot as The REP actors take audiences on a wild ride in this fast-paced and funny adventure for audiences of all ages. Join King Arthur, Merlin, Guinevere, and all the rest of

the Knights of the Round Table as they embark on a series of daring quests fraught with peril that are sure to be the ultimate test of their honor and bravery. This complimentary event will royally entertain the entire family.

Seaside Amphitheater, 25 Central Square, Santa Rosa Beach. www.lovetheprep.com.

Adventures in Alys Tuesdays, Wednesdays, & Thursdays through August 5th, 10 a.m. at the Alys Beach Amphitheatre.

The REP Theatre returns to Alys Beach this summer with the exciting storytelling experience, Adventures in Alys! Discover this engaging and entertaining event on Tuesdays and Thursdays at 10 a.m. as REP actors perform a masterfully improvised story based on audi-

ence suggestions. On Wednesdays at 10 a.m., Alys Beach will fill with laughter as the Alys Improv Hour takes audiences on an unscripted and hilarious ride with interactive improv games that the whole family will enjoy. Adventures in Alys is a complimentary event located at the Alys Amphitheatre, Somerset Street, Alys Beach.

The Village of Baytowne Wharf Summer Series Hydroflight Monday

Mondays, through August 2nd, 6:30 & 8:30 p.m.

Enjoy shows from fly-board extraordinaire Ben Merrell over the lagoon! Watch as he soars to the sky and makes waves at Baytowne Wharf.

Boomin' Tuesday

Tuesdays through August 3rd, 7:15-9:15 p.m.

Turn your eyes on the sky and watch as we light up the night with a breathtaking fireworks show over the Lagoon at 9:15pm. PLUS now enjoy a DJ Dance Party with DJ Mike Whitty in the Events Plaza at 7:15 p.m.!

Magical Thursday

Thursdays through August 5th, 7-9 p.m.

Join the Village of Baytowne



for magic, music, and mayhem! Watch as our featured pirate Captain Davy takes you on an adventure with two magic shows on stage! 7:00pm & 8:00pm Show Times!

The Village of Baytowne Wharf, 9300 Baytowne Wharf Blvd., Miramar Beach.

ECTC Summer POP Series: Back to Broadway

Saturdays in July, 7 p.m.

The Emerald Coast Theatre Company is searing some sizzle into summer 2021 with a hot new live entertainment series. Summer Pop is a series of four different fun-filled fundraising entertainment events — ranging from alternative pop/rock, comedy, Broadway, Rat Pack-era tunes and even a little opera. The series will run on Fridays and Saturdays at 7 p.m. throughout July. Purchase tickets online at www.emeraldcoasttheatre.org 560 Grand Blvd., Suite 200, Miramar Beach.

Camp Helen State Park Movies & S'mores Series Thursday, July 22, 5 p.m.

The Friends of Camp Helen State Park & Camp Helen park staff, invite the whole family to the annual Movies & S'mores series, for an evening filled with movies, food and fun. Held at the parks' Recreation Hall, this event is free and open to the public. Seating will be provided. Onward - with a special treasure hunt/guided tour throughout the park. Camp Helen State Park is located at 23937 Panama City Beach Parkway, just west of the Phillips Inlet Bridge on the Bay County and Walton County line.

RUN/SUP Free Community Run

Wednesday, July 28, 7 a.m.

RUN/SUP invites you to join them for a free community run. Hit the street, trails and beach with the Run/Sup run club on Wednesday. Meet at the RUN/SUP Retail Store in Seagrove Beach at 7 a.m. Wednesday Run - 4 mile run through Seaside & Watercolor

The RUN/SUP Retail Store is located in The Shops of Seagrove Beach, right behind Cowgirl Kitchen. Get a taste of what's in store at www.runsup.com.

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Patriotism Alive and Well!

A local July 4th tradition continues. Just days before our community celebrated the anniversary of our nation's independence, Silvia Madriaga, a Real Estate Agent at Vacasa Real Estate and her band of Flaggers hit the streets placing over 800 flags in front of homes in Okaloosa and Walton Counties. Each year for 20 years, Silvia has placed her flags with note cards saying "Happy Birthday

America!" in front of mailboxes in neighborhoods throughout the area. Homeowners have come to expect this and even keep the keepsakes year after year to add them to the display. Flags line the streets and bring a sense of community to the area. Madriaga said, "We go walking with stacks of flags in our arms. We get cheers and waves from passers by. We look forward to putting the flags out and

people look forward to seeing them. The flags instill a sense of patriotism around town! It's a little hot out but worth the work." It's heartwarming to know that Patriotism is alive and well in our area! "We enjoy it every year!" Flaggers this year included: Marcelo Madriaga, Bix Blazer, Antoine Ascanio, Dave Denison and Silvia Madriaga.



What's on 30A TV? 30A Misfits

30A TV came across a fast growing youtube channel recently called "30A Misfits" which is an eclectic fun take on the sights and sounds of the 30A (and beyond) area. The brainchild of David and Erica Fillingim, big dreams and a low budget was the mindset they ran with when they started the 30A Misfits YouTube Channel. They wanted to create a show that emphasizes the people, beauty, and businesses of 30A through the eyes of lo-

cal transplants. One day they bought a camera and some editing equipment and got started. Grabbing the 30A Television philosophy to a tee, this program is now set for expansion into the syndication it deserves. Slated for their own channels in Amazon and Roku, syndication inquiries have already come in from a London, UK based streaming television provider called Pzaz TV "The response and feedback has been overwhelming," said



David Fillingim, "we wanted to create videos that are fun to watch, but also of interest to visitors and locals alike, and also include all the family. Based on the feedback, we have touched

on some key areas that may not have had attention paid previously." Each segment is around 25 minutes, long form as we call it. Episode one takes place in Gulf Place, showcasing a vegan lunch, iced coffee, and a walk down to see the beach. Episode two explored Seagrove Beach visiting seven locations, Kahve & Cream, Eastern Lake, Clay Nursery,

lunch at Mi Casita, Cassine Trail, dessert at Hokulia, and ended at the beach access where a very special life-changing event took place. 30A Misfits episodes are available to view at www.30a.tv. 30A TV broadcasts 11 live channels of original programming, including 30A, Outdoors, Real Estate, Celebrity Interviews, music videos, and comedy. Available via itunes, Android, ROKU - Amazon Firestick, Smart TV's and at www.30a.tv.



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 Community

Green Thumb Garden Club Supports Habitat ReStore 'Raise the Roof' Campaign

The grand opening of the new Walton County Habitat for Humanity ReStore is planned for September 2021 according to J.L. Franklin, Designer & Volunteer Coordinator. The new, larger ReStore is located on north U.S. Highway 98, just east of the current location. Teresa Imdieke, Executive Director, said "Our current ReStore services thousands of families in our area. Our new facility will allow us to expand our reach and the increased profits will help us build more houses for hard working families."

The Green Thumb Garden Club's mission for over six decades has been the on-going beautification of Walton County. The Club continued to focus on its mission by providing the plants, including crape myrtles, irises, and hibiscus, plus the volunteers to install the plants, in four areas at the new ReStore.

The GTGC presented a plaque to Habitat for Humanity reading "We dedicate these gardens to ReStore life and all with Habitat the earth." GTGC is pleased to be part of this project and is confident the new Hab-

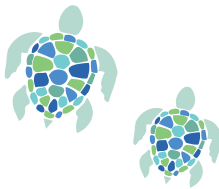


itat ReStore will benefit from the landscaping for many years to come.

The Green Thumb Garden Club, Inc. is a 501(c)(3) non-profit corporation and a member of the Florida Federation of Garden Clubs and the National Garden Club Deep South Region. New members are welcome into the Green Thumb Garden Club.

For membership inquiries, please contact Jan Shuttleworth

at jan.shuttleworth@cox.net. For additional information, please contact Kathleen Edge, edge.kathy@gmail.com or Lisa Ermini, President, gtgclisaermini@gmail.com.



Walton County Master Gardener Volunteers 'Sprucing up' Eden Gardens State Park



Pictured left to right: Pat Fletcher, Len Ross, Jean Smith and Marianne Burbach.

The Walton County Master Gardener Volunteers and others have been busy over the last few weeks at Eden Gardens State Park. They have been air layering the historic camellias on the grounds. Air layering is a type of propagation which captures the plant's DNA to produce an identical plant. The newly rooted stems will be harvested in October and potted up for sale at the Annual Camellia Festival at the park next February. The proceeds will be used for improvements for visitors at the park through the Friends of Eden, a citizens support group.

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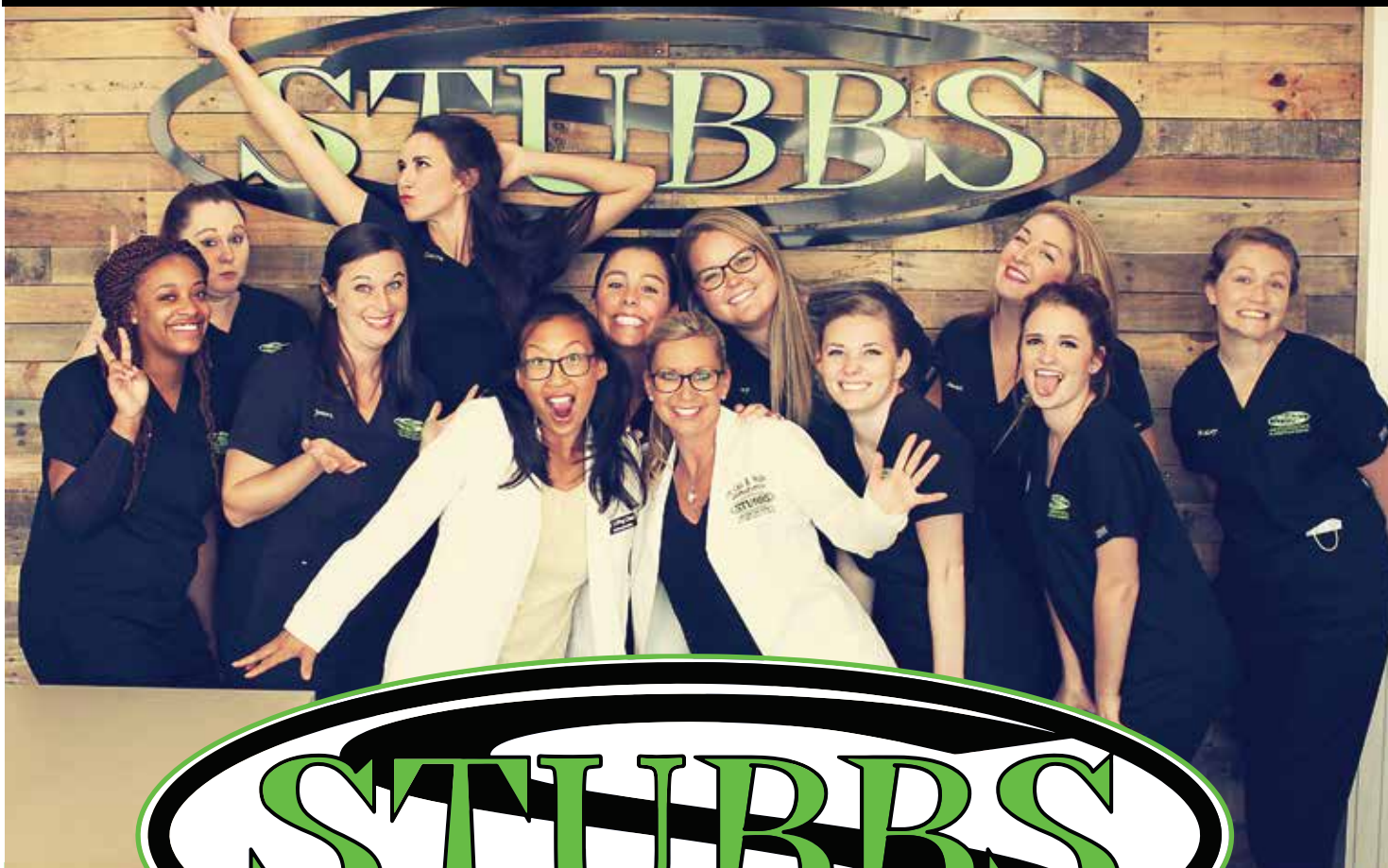
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 Community

Veteran & First Responder Appreciation Lunch on July 20

It's time again for the community to come together and give recognition and thanks to our area's first responders and veterans. A Superior Air Conditioning Company will hold its quarterly Veteran and First Responder Appreciation Lunches again at Texas Roadhouse in Pier Park North on Tuesday, July 20, 2021, from 11:30 AM to 1:00 PM. The whole community is invited to welcome our first responders and veterans, bring a giveaway or door prize to donate, and help us spread the word!

Register to Win a Free HVAC System: Go to ASuperiorAC.com and register to win a free HVAC system. One first responder and one veteran per quarter will be chosen to win. The giveaway is open to all who have served in the Army, Navy, Air Force, Marines, Coast Guard, and all first responders including EMT/Medics, Police, Sheriffs and Fire Fighters.

The event includes a delicious hot lunch by Paul and



Helen Schreiner of Texas Roadhouse, a brief welcome by the sponsors and supporters, and the AC giveaway. Our event is generously sponsored by Texas Roadhouse, Beachy Beach Real Estate, Panama City Toyota, Servpro, Meeks Construction, Edward Jones, Janssen Siracusa,

The Arc of the Bay, Military Media, The News Herald, Emerald Coast Hospice and Coastal Animal Removal. For more information on attending, sponsoring, and raffle donations, please contact Pat Carraway at (850) 508-2265.

KEY NUMBERS

continued from page 10

Third, consider the real rate of return on your investments. That is the return you are getting less a) the expected inflation rate and b) the nominal (stated) inflation rate. As an example, if you have a bond paying 3%, its real return would be .565% after the expected rate of inflation or -2% with the nominal or stated rate of inflation. The same can be said for stocks, or growth investments and real estate. Look at your return and subtract out both inflation rates and make any needed adjustments accordingly.

When managing your investments and financial affairs we encourage investors to review and think about what changes they need or want and then to make those over time, not necessarily overnight. At The First Wealth Management and Raymond James, our focus is on actively monitoring and over actively managing our clients' investments. We appreciate the old saying that at first you concentrate to build wealth and then you diversify to preserve it.

The First Wealth Management is located at First Florida Bank, a division of the First, A National

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Investing within specific sectors, or in small and mid-size companies, involves unique, additional risks. Those risks include limited diversification, regulatory risks, limited liquidity, and lack of operating history.

There is an inverse relationship between interest rate movements and fixed income prices. Generally, when interest rates rise, fixed income prices fall and when interest rates fall, fixed income prices rise.

Investors should carefully consider the investment objectives, risks, charges, and expenses of mutual funds before investing. The prospectus and summary prospectus contains this and other information about mutual funds. The prospectus and summary prospectus is available from your financial advisor and should be read carefully before investing.



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Gulf Fest 2021, An All-Day Music Festival!

Moss Entertainment and Cheyne Productions presents Gulf Fest 2021, taking place at Shoreline in Destin (the old Nighttown location) on Saturday,



July 31st 2021. This all-day music festival will feature over 10 local Emerald Coast artists.

This first-time music festival will be setting the tone for Gulf Fest to become an annual staple of the Gulf Coast. This year, in addition to this 10 a.m.-10 p.m. (CST) music festival, Gulf Fest will be featuring a family friendly, FREE admission, Community Fair the same day that will feature local food trucks, vendors and DJs.

General Admission Tickets include passes for the all-day music festival beginning at \$50 each. VIP tickets begin at \$150 which include prime seating plus, free merchandise and access to VIP Area. Tickets can be purchased at <https://www.gulffest.info/tickets>.

The goal of Gulf Fest is to breathe life back into the cultural arts that were hit hard by the shutdowns of Covid-19. In addition to the local artists who

will be performing, a percentage of the net profits from Gulf Fest will go towards local nonprofits who partner with Convoy of Hope, as well as local schools' cultural arts programs (i.e. dance teams, bands, etc.).

Find additional information at www.gulffest.info or on Facebook at <https://www.facebook.com/gulffestflorida>.

Latitude Margaritaville Opens



A planned two-story Latitude Bar & Chill restaurant will overlook amazing views of the Intracoastal Waterway.

Latitude Margaritaville Watersound on Northwest Florida's gorgeous Emerald Coast has officially opened for sales. It is the third location of the incredibly popular, award-winning Latitude Margaritaville communities for those 55 and better who are growing older...but not up. Planned to be the largest to date of the laid-back lifestyle communities, the initial phase of Latitude Margaritaville Watersound is anticipated to include approximately 3,500 homes.

In May, more than 1,000 people, and special guest Jimmy Buffett, participated in a streamed virtual drawing event for the first release of homesites. Those who didn't get a chance to purchase a home in the first phase will be notified of the next homesite release, tentatively slated for this summer.

For more information on Latitude Margaritaville and to sign up to receive regular development updates, visit www.LatitudeMargaritaville.com. Follow Latitude Margaritaville on Facebook at www.facebook.com/LatitudeMargaritaville and on Twitter at @LatitudeMville.

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Meet the Maestro!

The Northwest Florida Symphony Orchestra (NFSO), housed at the Mattie Kelly Arts Center in Niceville, has a new conductor. After 18 months of meticulous searching, Todd Craven has been named NFSO Music Director and Conductor right in time for the orchestra's 35th season.

Craven hails from Flint, Mich., where he attended the Flint Institute of Music and then went on to the University of Michigan. As for his musical career, Craven has held the position of Assistant Conductor of both the Buffalo Philharmonic and the Florida Grand Opera and was the Co-Founder and Music Director of the Orlando Contemporary Chamber Orchestra. He has also led many orchestras across the country as guest conductor, most recently at the Toledo Symphony Orchestra in Toledo, Ohio.



If you could pick only one style of music to listen to for the rest of your life what would it be?

My musical tastes are pretty eclectic, actually. I love to relax to jazz and some popular music. My passion lies in classical orchestral music. I never tire of listening to the music of the great American composers Copland, Barber and Bernstein or that of the European Masters Beethoven, Brahms, Mahler and Tchaikovsky.

What influential experience(s) made you decide to pursue a career as a conductor?

I began my professional career as Principal Trumpet of the Sarasota Orchestra. When I participated in my first conducting masterclass almost a decade ago, I was profoundly affected by the realization of how the conductor can influence and shape the sound of an ensemble.

Do you play any instruments? If so which ones and do you have a favorite?

Obviously, I'm still drawn to the sound of the trumpet, but I have developed a knowledge and love for every instrument of the orchestra.

What is your favorite musical experience that you have had in your life thus far?

I have been fortunate to have had many wonderful musical experiences as both a player and conductor. More recently, I had the opportunity to conduct the Buffalo Philharmonic in a multi-media work called Ellis Island: A Dream of America by composer Peter Boyer. This concert also incorporated stories of local immigrants who found their way to the U.S. from war-torn countries under very difficult circumstances.

The NFSO's 35th season begins Sept. 18, 2021, with a concert entitled Festive Celebration. For more information on the upcoming season visit www.mattiekellyartscenter.org.

ting to know the people and becoming a real part of the community.

What do you hope to bring to the orchestra that will be new and different from years past?

The first step for me is to program and lead outstanding concerts for the orchestra's 35th anniversary season. Beyond that, I imagine introducing projects that engage with the community on a deeper level. This will entail the musicians of the NFSO performing in different venues. I also look forward to introducing some new community and educational initiatives.

What do you most look forward to in this area of Florida?

I look forward to being near the water again. Also, my wife and I are looking forward to get-

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Cultural Arts Alliance Announces Foster Gallery Summer Rotation

The Cultural Arts Alliance of Walton County (CAA) is proud to announce the local artists recently chosen to exhibit their original work in The Foster Gallery's Summer Rotation, which runs June 28th through October 17th, 2021 in its Grand Boulevard Town Center location. The selected rotation artists are Melody Bogle, Gayle Campbell, Andrea Chipser, Donnelle Clark, Kim Cleveland, Kim Eifrid, Betsy Latham, Robyn Martins, Mindy McLendon, Jessica Mincy, Mary Redmann, Andrea Scurto, Sherri Springer

and Jenna Varney. The gallery is also pleased to feature ceramics by Skip Deems as well as hand-crafted jewelry from local artisans Hardwear Merry and The Salty Sparrow.

The CAA is also excited to announce those artists selected for the CAA Member Juried Special Exhibition including Charlotte Arnold, Stephanie Bloyd, Donnelle Clark, Kim Cleveland, Katherine Duda, Ian Fagan, Michael Fagan, Russell R. Ferris, Deborah Flavin, Pamela GaVette, Estelle Grengs, Yhali Iian, Capri Jones,

Jason Lindblad, Susan Lucas, Debra Makar, Robyn Martins, Mindy McLendon, Jennifer Michaels, Elizabeth Miles, Paula Mims, Melanie Moore, Linda Moriarity, William Polley, Sherri Springer, Dorothy Starbuck and Joan Vienot.

The special exhibition will be featured in The Foster Gallery's Inner Gallery from July 13th - September 9th, 2021. Upon the installation of artwork, award winning pieces will be selected by Leigh P. Westman, Professor of Fine Art at Northwest Florida State College who also

served as the exhibition juror. Cash awards will be given for Best in Show (\$500), two Awards of Merit (\$250), People's Choice (\$100), and Honorable Mention (\$75).

All rotation and special exhibition artists are members of the Cultural Arts Alliance. All works exhibited in the gallery are for sale, and many works are also available for viewing and purchase on the CAA website at CulturalArtsAlliance.com/foster-gallery. Curbside pick-up is available. The Grand Boulevard location is at 495 Grand



Boulevard, Suite J104, next to Chico's and across from Tommy Bahama.

The gallery is open daily from 12 p.m. until 7 p.m. For more information, call 850.837.3037 or visit CulturalArtsAlliance.com.

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Wellness

A Mindful Approach to Life Stress



By **STEPHENIE CRAIG,**
JOURNEY BRAVELY

Have you ever had those times when life did not turn out like you expected? The Summer was supposed to be low stress, slower pace and relaxing. Instead, it's very busy, kids

are nursing injuries, parenting is stressful and you're exhausted. Maybe you thought you were getting to some finish line in life, only to be met by another curve and several more miles to go when you're already beyond tired. The house isn't ready on time, an unexpected job change happens, your health is struggling or a relationship gets complicated. Shifting expectations to live life on life's terms can feel disappointing and stressful. So, how are you supposed to accept your current reality while also remembering to be joyfully present in the current moment?

7 Steps for a Mindful Approach to Life Stress:



Notice your stress. Listen to what your body is telling you. Notice tension, headaches, stomachaches, irritability. No-

Name your stress. After noticing your state of stress, slow down, breathe and make an effort to determine the origin of

unhealthy coping skills like substance abuse, over-spending, avoiding. Your body and behavior will let you know you're stressed if you pay attention. "I'm having a migraine which usually indicates stress for me."

your stress. "I think I'm stressed, because I was expecting to work at my current job for years and I'm suddenly transitioning unexpectedly."

Validate yourself. Say to yourself, "It's normal and okay to feel stress about this. Most people would be stressed about this. I'm not crazy or dramatic."

Sort what you can control from what you can't. Notice and try to have an accepting attitude toward what is outside your control. Notice action steps that are within your control and take meaningful action on those steps. "I cannot control the house not being finished on time. I can control next steps about where I will live until the house is finished. Today I will make three phone calls."

Seek gratitude. While being honest about your feelings of stress or frustration, also notice things in your life that are good. "I'm thankful for caring friends. I'm thankful for my home. I'm thankful for family. I'm thankful for my favorite hobby." Gratitude provides perspective and balance to difficult situations and emotions.

Engage in self-care and fun. Take time to do things that are healthy and comforting for yourself. Take a walk, talk to a friend, pray, journal, spend time in nature, play an intense sport, punch a punching bag, listen to a podcast, read a book, take care of an animal, watch a funny show, create art, float on a raft, dance, color.

Remind yourself that walking through hard things often creates growth and strength. Once you've navigated hard things, you carry the experience into future hard situations and know you can persevere because you have before.

You only get one life. It's easy to slide into consistent frustration and irritability when life inevitably fails to cooperate with your agenda. Try slowing down and taking time to intentionally navigate life's disappointments while also squeezing the positive out of each day and each situation where you can find or create it. As you navigate your life journey, remember to connect with Journey Bravely at journeybravely.com for additional support.

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¹O'Sullivan, et al (2019). Puvvada, K. C., & Simon, J. Z. (2017).
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How Old is Hormone Therapy?



BY DR. RICHARD CHERN, M.D.
Hormone therapy can be traced back over 2000 years when the Chinese isolated pituitary and sex hormones for medicinal purposes. The hormones had not been identified, but the benefits were already known. Of course, many discoveries have occurred since then and today we are not only treating symptoms but also using hormones to improve our overall health.

toms associated with hormone imbalances to help identify those at higher risk. Symptoms can include fatigue, depression, weight gain, decreased libido, joint pain, poor memory, mood swings, low stamina and sexual dysfunction.

If you have ANY of the above symptoms, you should complete a symptom checklist and get tested. These symptoms are an indication that you may need treatment.

After identifying an imbalance, physicians and non-physicians may use pills, creams, supplements, tonics and much more.

At The Hormone Restoration Center we use what we consider to be the best of the best. We use bioidentical BioTE hormones which means the hormones are identical to what our body produces. That way the key fits the lock exactly as it should

The BioTE method uses hormone optimization created from hundreds of studies using hundreds of thousands of patients

profiles, reduce triglycerides and increase HDL cholesterol which can have positive benefits on the cardiovascular system. Therapeutic testosterone levels can also protect the body from diabetes, prostate cancer and all-cause mortality.

Hormone replacement therapy

by pellet implantation has been used with success in the United States, Europe and Australia since 1938, and has been found to be superior to other methods of hormone delivery.

All the practitioners at The Hormone Restoration Center are BioTE certified and have had ex-

tensive clinical and didactic training specific to the treatment of hormonal imbalances. This is to ensure the highest safety, efficacy and results for our patients. More than 96% of patients are satisfied with treatment when using BioTE.



Health problems associated with hormonal imbalances can go on for years, often undetected by both patients and their physicians. Increased risk of cardiovascular disease, Alzheimer's, metabolic syndrome, diabetes and osteoporosis are only some of the problems associated with hormonal imbalances. And, like high cholesterol, you can't "feel" any of these to know you have a problem. Instead, you must get tested.

To make things more difficult, the symptoms of andropause, menopause and hypothyroidism are often so slow to occur that we discard them as part of the aging process. Fortunately, at The Hormone Restoration Center, we know what most of these symptoms are and can screen for them to see if there is a potential hormonal imbalance.

There are a number of symp-

worldwide to successfully optimize the hormone levels of women and men once their body's production is no longer sufficient. Surprisingly, our bodies can stop producing sufficient hormones in our early thirties or before.

As shown in different studies, Hormone replacement therapy has been shown to reduce fatigue, improve sleep, improve libido in women and sexual performance in men, decrease muscle loss, reduce body fat, and reduce irritability, anxiety and depression. Also, the symptoms of osteoarthritis and rheumatoid arthritis are significantly reduced.

Long term, men and women will have a reduced incidence of Alzheimer's disease, heart disease, and osteoporosis. Also, multiple studies show a long-term reduction in breast cancer. Testosterone and estradiol also improve lipid

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Charity Golf Classic to Benefit Ascension Sacred Heart Emerald Coast

Registration has begun for the 2021 Charity Golf Classic, which will be held Friday, Oct. 1, at Burnt Pine Golf Club in Sandestin. The presenting sponsor this year is Silver Sands Premium Outlets: A Howard Group and Simon Center.

Co-chairs of this year's event are Bill Tate and Cory Fosdyck. Proceeds from the tournament will be used to purchase a state-of-the-art CT scanner for the care of both pediatric and adult patients at Ascension Sacred Heart Emerald Coast in Miramar Beach. The scanner is considered one of the industry's fastest and most versatile scan-

ning modes, allowing an entire adult chest, abdomen and pelvis study to be conducted in approximately one second so patients don't need to hold their breath.

"With the advanced CT system, we can continue to provide our adult and pediatric patients with the fastest, high-quality imaging while ensuring we are providing a comfortable, patient-centered experience," said Henry Stovall, regional president, Ascension Sacred Heart. "With a CT-imaging system that can be adapted to comfortably scan children or adults, we would again expand on our ca-



pabilities to serve the children of the Emerald Coast area. With vital support from donors, we have made great progress in our pediatrics care in the past year by launching a new 10-bed

Neonatal Intensive Care Unit and enhancing our Emergency Department's services for children."

Check-in time will be 8 a.m.; shotgun start will be 10 a.m. Cost for a four-person team is \$2,000 or \$500 per player, which includes breakfast, lunch, on-course snacks and refreshments, and a goodie bag for each player. Beer and drinks will be provided by Kombi Keg 30A. Awards will be presented to the top three teams. A silent auction is planned, as well as live music following the tournament.

Since 2002, the Charity Golf Classic has raised more than

\$3 million for various expansion efforts, at Ascension Sacred Heart Emerald Coast, including the Olson Women's Diagnostic Center, the Family Birth Place, the Judy & Steve Turner Heart and Vascular Center, Cancer Center, the Emergency Department and the Comprehensive Spine Program.

Sponsorships are available. For more information, please contact Lisa Wainwright, development specialist, Ascension Sacred Heart Foundation, at 850-598-0895 or lisa.wainwright@ascension.org.

Hospital, Library and United Way Collaborate to Create Food Pantry

Ascension Sacred Heart Emerald Coast has partnered with United Way of the Emerald Coast and the Walton County Public Library System to support a "Little Food Pantry" created at the Freeport Public Library. The pantry is available for people in the community who need extra support with food.

"We recognize that there are people in Walton County who struggle with food insecurity. We want to help," stated Linsey Hall, a nurse and lead care coordinator for the MyGulfCare program at the Ascension Sacred Heart hospital.

Following approval from City of Freeport officials, three vol-

unteers from Publix in Freeport installed the food pantry in front of the Freeport Public Library. The idea is that people in the local community will "take what they need and give what they can."

The food pantry is stocked with non-perishable food items and hygiene products. United



From left to right. Brian Lundblom and Jesse Senn from Publix, Melissa Beadle, care management coordinator at Ascension Sacred Heart Emerald Coast, Freeport Library Director Caitlin Cerise, and Linsey Hall, care coordinator for Ascension Sacred Heart and MyGulfCare.

Way Emerald Coast will provide items for the first three fills. Then, Ascension Sacred Heart will be working with the Freeport Public Library to maintain the pantry. Hospital staff has already donated \$250 to restock pantry supplies.

"We are hoping that the Walton County community will join us in efforts to keep it stocked," Hall said.

Caitie Cerise, library director for the Walton County Public Library System, added, "The Walton County Public Library System is thrilled to be supporting this project to meet a need in Freeport. This community has such a giving spirit, and we are

excited to see how this pantry promotes a healthy and thriving Freeport."

Children from the library's Summer Reading Program were excited to participate in placing their hands on the project. "The handprints on the pantry represent the "helping hands" of the people of Freeport who are working together for a stronger, healthier community," said Cerise.

For more information about the program or to make a donation, contact the Population Health Department at Ascension Sacred Heart Emerald Coast at 850-278-3546.

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ounces needed per day. So, if you weigh 150 pounds, you need 75 ounces daily. If you drink diuretics, like non-herbal tea, coffee or soft drinks, add those quantities to your requirements to compensate. If you perspire, add that amount of water to your requirements. Herbal tea and a small amount of fruit juice count the same as water. Ramp up gradually to where you want to be. Walking can be great for many areas of your health, but you don't walk five miles on the first day of your exercise program. That sets you up for failure. The same applies to drinking more water.



of thirst. Think about that! Stay well.

Marty Kernion, Ph.D. is not a medical doctor. She has a doctorate in naturopathy. Naturopathy uses natural, gentle ways to bring our bodies back into balance so that they have the God-given ability to heal themselves. She is a

retired professor of herbal medicine and nutrition and has written 39 college level courses in natural approaches to health. She has published two books on natural health. She can be reached on askdoctormarty@cox.net for scheduling a class or consultation, or for sending in your questions for this column.

Question:

How can I drink as much water as you recommend without spending the day in the bathroom?

Answer:

I wish I had a nickel for every time... Imagine you want to rehydrate a raisin. So, you pour a glass of water over it. It is still just a wet, shriveled up raisin at the end of the day? Drip a little water on a raisin every five minutes for four hours. It will be a plump, juicy, raisin. The same is true with our bodies which are 2/3 water. When our organs are dehydrated, they can't absorb the water they need, unless they are given that water a little at a time. Chugging a glass of water puts stress on our kidneys and bladder, and won't rehydrate our cells, where it is really needed.

So how much water do you need? Take your weight and divide it in half for the number of

Now for the real eye-opener. When your organs don't have enough fluid, nerves cannot relay messages, nutrients can't be transported to each cell, cellular waste and toxins can't be washed away, and chemical reactions for every function in the body cannot happen.

Do you have:

- Adult-onset diabetes? (Dehydrated cells can resist insulin.)
- Arthritis? Gout? Back pain? (Acids accumulate in the body.)
- High blood pressure? (Decreased blood volume requires harder pumping to circulate blood.)
- Kidney stones? (The residue that forms stones can accumulate.)

• Weight gain? (What we think is hunger is often thirst.)

• Irregular heart rhythm? (A dehydrated heart has valves that don't close properly, creating leaks.)

I am not saying that if you start drinking enough water, you will be rid of all maladies that might plague you. Many people, however, feel considerably better with even small increases in water intake and over time have eliminated or reduced major symptoms. But, you can substantially lower your risk of taking on these problems, as well as many others, with ideal water intake.

Hot Tip #1: Good, clean water from a glass container is much easier to drink than water that doesn't taste good.

Hot Tip #2: You get a bonus this month. Until you get used to drinking more water, put a small amount of fruit juice in your water to make it more festive. Once you get rehydrated, you will actually like water better. One of the first signs of dehydration is lack

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Musing

Happiness is a Choice

By LAUREN CATANESE

Happiness is a choice. We say we are happy when things

go our way; we get the job we wanted, our kids behave, our relationships are healthy. When

life is pleasing to us it is easy to say we are happy. But how long does that last? Only as long until the kids start to scream, work stresses us out, or we get into an argument with someone we love. Hello unhappiness. It's a vicious cycle really. We flip flop between happiness and unhappiness, staying caught in the moments that make us sad or unhappy. We get stuck in these spaces. And happiness eludes us. Happiness becomes something that is conditional upon what events we experience in our lives. But what if it didn't have to be this way. What if we could train ourselves to be happy no matter what happened in our lives? Think of it. If you were happy no matter what circumstances or situations you went through, if you could find a way to just be happy, then life opens up. You could live without worrying, without analyzing and dramatizing. Happiness can be a choice and we can make the commitment to choose happiness every moment of the day no matter what. This does not mean that you ignore your feelings or become numb to the experiences in life. We never know how much time we have here on earth. Each day is a gift. Things are going to happen. We all are going to have events occur that



having that conversation you have become the witness to your own emotions in your life. This is a conscious step forward!

Stay open. It's easy to want to clam up, run away or hide from your pain or uncomfortable feelings. When you close up you are blocking off your supply of light and love. So even when your mind wants you to lock it up, keep your heart open.

Allow yourself to feel your feelings. Let them come up. When I first heard this it didn't always make sense to me, but by practicing, when it does happen I better understand what it means. In this space, just notice the thoughts that are coming up. Notice in your body where you are feeling it and just be aware of what's going on. But don't listen to it. Don't act on it. Don't judge it. Just let it come and do its thing. Trust me, it will pass.

Let it go. Let those feelings go, because you have made the commitment that no matter what happens in life you are going to be happy. Feelings come and go. But, instead of holding on to the pain you feel, let the feelings pass through you, not get stuck. Just by simply feeling them, and letting them go.

So choose happiness, SoWal, and have a great summer!

cause us to feel everything other than happiness. It is going to happen. So make the commitment now, that no matter what, you can get through it and you can be happy all the while why you do. Here are some tips on how to choose happiness the next time you begin to feel uncomfortable or distraught:

Be conscious that you are feeling something other than happiness. The moment you recognise yourself

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Destin



BY SEAN DIETRICH

DESTIN, Fla.—I'm in a traffic jam. Standstill. Cars are backed up to the horizon. I am stuck among them, trapped on Highway 98, suffocating within a cloud of blue exhaust and unspeakable misery.

We are moving at 0.002 miles per hour. I look out my window and see a gopher turtle crawling past my truck.

Our town has been having bad traffic lately, ever since the city began highway construction shortly after the Civil War. There are a million-and-one orange construction barrels located on our roadways. And these barrels keep multiplying.

At night when everyone sleeps I'm convinced these barrels all get together and have wild parties and reproduce lots of little baby construction barrels.

The powers that be told residents these highway "upgrades" would be finished a few years ago, but things keep getting pushed back. Currently the Florida Department of Transportation does not expect current upgrades to be finished until the installation of the next pope.

Thousands of years from now, when Florida's coastline is underwater, archaeologists will find millions of petrified automobiles still stuck in Destin gridlock, miles beneath the Gulf, awaiting the completion of upgrades.

Most of the vehicles in today's congestion belong to summer tourists. Such as the flock of Range Rovers Autographs ahead of me with Georgia plates. A few of these motorists strike me as the uppity type because they occasionally glance at my rusted, ugly Ford and wince.

Something also tells me they aren't crazy about my bumper sticker, which reads: "You mess with me and you mess with the whole trailer park."

It's hard to believe our town used to be a sleepy village, complete with captivating trailer parks. But there was indeed a time when Destin had about 7,500 full-time residents, and one small grocery store that played Hank Snow on the radio.

Today, the summer population here swells to somewhere between 40,000 and 60,000. And I firmly believe that most of these visitors bring their own construction barrels with them.

Truth be told, I don't recognize our city anymore. Don't get me wrong, I'm not complaining, but it's difficult watching this place get torn down only to be painstakingly rebuilt into a Wayne Newton stage set.

In olden days this town had one stoplight, four feral cats, and a few old guys on a porch counting cars. Everyone's kids looked like Opie Taylor, and October's annual Fishing Rodeo was the apex of civilized life.

The only traffic jams occurred whenever someone's chicken crossed Highway 98. The Shell station still did repairs. And every mom in town still shared casserole dishes with each other.

At church, during covered-dish suppers, I'd hear stories



from the elderly men who still remembered ancient Destin. They'd talk about when William Marler built the first post office facing Calhoun Avenue in '34.

"Built the whole dang thing himself," they'd say. "Every cabinet and joist from scratch."

Or they'd tell you about the legendary four fishermen in '29 who used nothing but hand shovels to dig out East Pass.

"Didn't use no 'quipment a'tall. Nothin' but their backs."

I was married in a little church on Matthew Boulevard, a place with a leaky roof and a busted Hammond organ. But it's only a memory now. Today the old church is dwarfed by surrounding multiplex high-rise condominiums with parking garages, poolside bar service, and a nightly Jimmy Buffet impersonator.

But I still miss the old chapel. I miss Easter Sunday mornings when the crowded sanctuary would transform itself into a

fire marshal's worst nightmare. There were so many church visitors that when we sang "Up From the Grave He Arose," the light fixtures rattled.

Then everyone would leave church and head to the in-laws' house for Sunday dinner whereupon we'd eat carbohydrates until our pancreases gave out.

Those days are long gone.

And I suppose that's just how life goes. I realize nothing stays the same. You cannot stand in the way of progress, and you can't stifle "upgrades." Otherwise, you'll be living in the past, recalling an era when people still slowed down at yellow lights instead of speeding up.

No, if you don't embrace the steamroller of modernism you'll forever be stuck daydreaming about that little cinderblock house on 1st Street where your mother once lived, and her little tomato garden, and the pleasant glow that followed Sunday dinner.

And the next thing you know

you'll be alone in a dark room singing "Precious Memories" to your longneck bottle.

Such things are not healthy. You don't want to be one of those nostalgic fools who is always talking about how great life was before cell phones, back when we still had Sadie Hawkins dances, hand-battered fried chicken, out-of-town gospel quartets, games of horseshoes, and homemade ice cream.

You can't just sit around and constantly reminisce about dirt roads, cars with chrome bumpers, AM radios, shelling peas, summer romances, neighborhood fish fries, or the way the sand dunes once looked, all covered in sea oats.

So I've decided I'm going to roll with the times. I am going to embrace all the changes life throws at me. No matter how this little town keeps altering itself, I promise myself that I'm going to be happy about it all and keep living in the present.

And I will do this just as soon as this highway construction finishes.



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Musings



BY KIRK MCCARLEY

How often do you think back on how you got to where you are? What are the little, seemingly minute things that got you there?

The Winter Dance Party was a 24 event tour that began in Milwaukee. Venues were scheduled haphazardly with

Little Things and Interconnection

travel to small Midwestern cities mostly by tour bus. Buses then were notorious for unreliability, further exacerbated by often harshly cold conditions as those presented in the winter around the northern tier of states.

Performers were some of the top stars from the then emerging genre of rock and roll music: new artists such as Ritchie Valens, J.P. Richardson, and Dion DiMucci. Embarking on a solo career after terminating his relationship with the Crickets was Buddy Holly. Session musicians were hired for the tour including bass player Waylon Jennings.

Following a stop in Green Bay (yes Aaron Rogers, that Green Bay) tour promoters

sought to fill an open date with an unscheduled stop in Clear Lake, IA before moving on to Moorhead, MN for the next night's show.

A little thing.

After playing the concert on February 2, 1959 and as the musicians prepared to load the bus for the 365 mile journey north, an opportunity presented itself. Holly had hired a charter plane to fly him and his musicians to Minnesota. A little thing.

The equipment, a v-tailed Beechcraft 35 Bonanza, would accommodate the pilot and three passengers. Richardson, AKA The Big Bopper, was encountering flu-like symptoms and asked Jennings for his seat on the plane. Fellow Texan Holly jested to Jennings, "well, I hope your old bus freezes up," to which the reply was "well, I hope your old plane crashes." A little thing.

Valens waged a coin toss with session guitarist Tommy Alsup for the last seat on the plane, a proposition to which Valens prevailed.

In the wee hours of the fol-

lowing morning, the plane embarked, only to minutes later plummet and crash at a severe angle just to the north of the Mason City, IA airport. There were no survivors.

In spite of the tragedy, the show did go on the next evening in Moorhead. An unknown 15 year old artist from nearby North Dakota was brought in to fill Holly's slot because he was familiar with his lyrics. Throughout the remainder of that year and throughout the early part of the 1960's Bobby Vee went on to become a teen idol and prolific recording artist. A little thing.

Twelve years following the tragedy, a musician and songwriter moved as a young teenager by the event and its aftermath in the music industry penned the words and a tune to reflect on a day that still resonated with him. It was a time when the "music died." In 2001, Don McLean's "American Pie" was voted #5 among the top 365 songs of the 20th century as determined by the Recording Industry Association of America.

Interconnectedness.

I am certain that as you reflect back you think of your own seemingly little things that have had a significant impact in your life. For me I can think of several, some long ago, as well as other encounters more recent.

Life's most significant intersections are often subtle, occurring when least expected. Even from the most disappointing and even tragic circumstances, good can come. Boredom and ambivalence may well be that moment in time when something big is about to occur. Savor encounters. Be aware of intersections. Witness interconnections. Celebrate little things.

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@thesedsovercoach.com, thesedsovercoach.com, or call 314-677-8779.



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BY PASTOR DAVE HOLLAND

“Be dressed ready for service and keep your lamps burning, like men waiting for their master to return.” ~Luke 12:35.

Bursting through the clouds, the King of Kings will pierce the eastern sky, racing from east to west like a blaze of lightning. 1 Thessalonians 4:15-17, NIV, describes the scene, “For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air.”

A Pastor’s Ponderings: Fireworks Like You’ve Never Seen Before

Jesus is coming, and He’s coming for you and me!

“Listen, I tell you a mystery: We will not all sleep, but we will all be changed— 52 in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed.” (1 Cor 15:51-52, NIV).

Jesus is coming, and He’s coming for you and me!

4th of July fireworks are amazing, but pale compared to the coming of Jesus. As a young Christian in 1971, I was zealous in my faith, and the coming of Christ was on the edge of every thought. I had been up late Saturday night and my church had an Easter sunrise service at 5:30 in the morning. Exhausted, I drug myself to the early morning resurrection celebration. I sat diligently through the pastor’s dry remarks and followed that with the church breakfast, Sunday School and the normal worship service. At noon the preacher finally said the longed-

for words, “Let’s bow our heads for our closing benediction.”

Finally, I thought. I leaned forward and placed my head in my hands, propped on my knees, closed my eyes, and breathed a sigh of relief. When I lifted my head, everyone in that enormous church was gone.

“Oh no,” My heart screamed, “I’ve missed it, the Lord came and left me.” Then I looked at my watch, and it was 2:30 in the afternoon. I had slept soundly for over two hours. Relieved, but well rested, I went home. Later, my friends said I must have had a good time in prayer that morning.

“Oh yes,” I replied, leaving the illusion of my spirituality intact.

Christ warned us in Luke 12:35-48 concerning His imminent return to gather His flock. He arrests the attention of His disciples with three strong warnings. First, watch for His coming to be ready for His sudden ar-

rival. The Early Church fathers took this teaching to heart, and they would not cross the road without looking to the eastern sky to see if Jesus was coming.

Second, believers are to wait expectantly for the Lord’s return. The church has waited for over 2,000 years, and I fear the cutting edge of our faith is dull. Christ tells us we must be ready and waiting, because we do not know the hour of His return (Luke 12:40). It is a test of patience.

It was Corazon Aquino, former Philippine President and Christian believer, who embodied the essence of patience when she said, “Faith is not simply a patience that passively suffers until the storm is past. Rather, it is a spirit that bears things—with resignations, yes, but above all, with blazing, serene hope.” It is this fiery hope burning in the heart of the Christian that sustains our witness while we long for Christ’s return.

Finally, Christ commends those believers He finds working until He comes as “faithful and wise managers.” (verses 42-44). The Lord enjoins us to work while it is day—to do the work of the Kingdom while time remains—to keep our lamps shining as lights in the darkness until every lost person finds their way home to the Father. Live in anticipation of Christ’s return. Scan the skies until Christ blazes into view. Don’t get caught sleeping—even in church. Jesus is coming, and He’s coming for you and me.

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. Contact him at DavidHolland54@gmail.com.

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Get Your Hopes Up!



By RICK MOORE

Has anyone ever told you “Don’t get your hopes up?” The person saying this may mean well, but is it good advice? If you are a very positive person, others may try to counter your optimism by introducing a reality check. Some people see difficulty in every opportunity. Others see opportunity in every difficulty. Whether you consider yourself religious or not, hope is an invisible virtue which most acknowledge exists. You may not be able to adequately describe what it is, but you can tell

when it is present, and when it is not.

Often, we limit ourselves with doubt. “If I ask her out on a date she will probably say no.” “There is no way I could ever go back and get my degree.” “No one will ever give me another chance.” These are words of doubt that try to strangle our hope. Unrealistic expectations and over confidence can be bad, but doubt can be deadly.

Years ago, I went on a mission trip with 20 others to Mexico. After arriving at the airport and clearing customs with our luggage, we gathered everyone’s passports for safekeeping. They were all placed in my backpack along with thousands of US dollars, traveler’s checks, and local currency to give the missionary for a medical clinic.

I had reserved a hotel room with a safe in it. The problem was, someone before me had closed the safe, and there was no way to open and reset it. Our team was about to leave for dinner. I didn’t know whether to take the backpack filled with all the valuables with us, or



if I should find a secret place to stash it. Someone from our team offered to let me hide it in their room.

As we were leaving the hotel on the way to dinner, I told the manager that the safe was closed and asked him to have it opened, or to give me another room that had a safe in it. He said that was the only room that had a safe and he didn’t have any way to open it. I pleaded with him to come up with a solution. He told me he would try, but ended by say-

ing, “Don’t get your hopes up.”

After we returned from dinner, the manager of the hotel met us at the entrance waving his hands saying, “What did you do, what did you do to the safe.” I insisted we hadn’t done anything. As we walked down the hallway to my room, we saw where the wall had been knocked out, making a new entrance into the closet. Someone had stolen the safe that was recessed into the wall.

The manager went to the

front desk to call the authorities. I went to the room of one of our team members where I had hidden the backpack. When we all met back at my room, I explained to the manager that nothing of ours had been stolen. Then, without thinking, these words came out of my mouth...” It’s a good thing I kept my hopes up.” Moments later, the owner of the hotel showed up and gave me the keys to the executive suite at no extra charge. It even had a safe in it that worked.

Our choices come from our voices. We can listen to the voice of hope or the voice of hopelessness. If we have a bias towards positivity, good things seem to happen. If we have a bias towards negativity, bad things seem to happen. No one can steal your hope, but you can lose it. Treat hope like a great treasure. Protect it, and it will protect you.

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



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Patriot Boat Parade Coming To Destin for a World-Record Attempt

Load up your boats, make history and join Boaters for America 1st as it hosts a Patriot Boat Parade on Sunday, Sept. 5, 2021, in an attempt to break the world record for largest boat parade. Powered by Right Side Broadcasting Network (RSBN), staging will begin from 9:15-9:45 at the west side of Brooks Bridge in Fort Walton Beach and end at the Destin Bridge. An electronic counter will be positioned under Brooks Bridge to count each boat registered. The American Spirit and other boats will lead the way again and thousands are expected to join.

“We’re an independent event,” says co-organizer of the event Anne Ziegenhorn, “and we’ve hired a professional audit team to verify and certify our parade.”

As some readers might remember, last September, an attempt was made to break the Guinness Book of World Records with a Sept. 5, 2020, boat parade. “We feel we broke the record,” says Anne, “with 1,528 officially registered, and over 2,000 showing up. But Guinness didn’t recognize it.” (Malaysia currently holds the official Guinness record for Largest Boat Parade with 1,180 boats.)

Chandra and David Rich initiated the Patriots United Trump Flotilla World Record attempt last year and this year based on

the ‘I’m a Florida Trump Girl’ Facebook group page. Chandra approached Anne, an admin of ‘I’m a Florida Trump Girl’ to co-organize the event. Anne pulled in The American Spirit Party Boat and the rest is moving like wildfire!

Anne says last year’s attempt was to counteract all the negative press. “We wanted Trump to know there’s a lot more people out there supporting him than the media is letting on. Obviously, we wanted to break the record, too, but mainly that.” Chandra says when others saw the parade on the bridge and in the water, it renewed their spirit. It was so opposite of what was being aired on the MSM.

Anne and friend Deidre Cannon are ‘I’m a Florida Trump Girl’ admins who have been planning the boat record attempt since shutdown in March 2020. “So, this year we’re going for it again,” says Chandra, “but, it won’t involve Guinness.”

The cost per vessel is \$22 to register and funds raised through the event will benefit two non-profits: TITS Committee 501c3: The Implant Truth Survivors Non-Profit Charity, of which Anne is a co-founder, and Road Dogg Rescue. “Once registration, accountants and other incidentals are paid for, anything above that will go to the non-profits,” says Anne.

“Last year, we had people



from all over the country participating with at least 13 states represented,” says Chandra, “from Alabama, Alaska, even Canada!”

With several sponsors already lining up, Gas MONKEY Propane and Right Side Broadcasting have stepped up as primary sponsors and hosts. Others include, the American

Spirit Party Boat, About Face: A Therapeutic Skin Care Center, Dock & Deck Techs, James O’Donoghue of Nautilus Civil Technologies, Fubar and The Island Hotel by RL.

Anne invites like-minded boaters who like to have fun to join and invite friends, locals and others from other states to come together in unity. “Through this

year’s Flotilla, we want Trump to know we want him back and that he has our full support.”

Registration is open until Sept. 4, 2021 at runsignup.com. Please visit patriotsboatparade.com for all the details and last-minute changes. Additional updates and race information can be found at Patriots United Trump Flotilla FB Group.

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Dining

It's Time to Get Wicked!

BY BRITTANY KIRKE

On April 20, 2012, Bill Buskell opened The Wicked Wheel Bar and Grill. Since then, it has become a renowned hotspot for fried chicken: it's been voted "Best Fried Chicken" in Bay County seven years in a row! Nine years later, Wicked Wheel continues to draw in their patrons with the deliciously varied flavors that come out of their kitchen.

There's nothing better than when you bite into that first piece of tender chicken: the crunch of the breading sparks an actual fireworks show in your mouth. Jared Knetzer, the marketing coordinator at the Wicked Wheel, tells us they use "fresh American farm-raised chickens with no steroids or antibiotics," giving it a more well-rounded taste. The chicken is then brined before they batter it with their own hand-crafted signature blend of spices and flour. They use a cottonseed oil blend to fry the batter which "enhances the flavors and is also better for you than most traditional frying oils."



Among the mouthwatering appetizer options that they offer, the Buffalo Chicken Dip is one for the books. The perfect amount of buffalo sauce to chicken ratio set on a crunchy tortilla chip hits your tongue with a creamy punch. If for whatever unthinkable reason you're not in the mood for a chicken dish (I'm channeling their smoked wings with the Alabama white sauce), they offer a number of other options including salads, fish and shrimp, burgers, and barbeque.

One of their most popular chicken entrees is the Wicked Chicken Sandwich. Made with premium chicken breast and deep-fried, it's topped with



American cheese, homemade coleslaw, wicked sauce, and pickles. The coleslaw adds a wonderful sweetness and unique extra crunch to the sandwich—every bite leaves you wanting another.

To wash it all down, look to their signature drinks! They have their own take on a Bloody Mary called "The Wicked Mary." Fan favorites include the Gasoline Tea and their brand-new Bootlegger, which is strawberry lemonade mixed with

vodka and 100 proof moonshine. They also offer craft beer on tap or you can order your personal favorite by the bottle.

When you first walk in, you'll notice the motorcycles and automobile parts decorating the restaurant. Buskell acquired these from friends/family and acquaintances. If you look close enough, you'll notice that a few of the motorcycles have faux license plates with the last names of their previous owners. Knetzer says that what

makes them so unique is "the atmosphere and the experience. Where else on the beach can you sit on a motorcycle at the bar, or dine at a table next to a 1923 Ford T-Bucket?" Be sure to check out their gift shop before you leave!

A message from the team at Wicked Wheel:

"Not only do we love seeing the loyalty of the community that visits us year-round, but we love seeing the generous hearts of all our neighbors in the area. The Wicked Wheel loves to give back to our community and help support local non-profit organizations, so when we hold events at The Barn to benefit these organizations, it is so awesome to see the amount of people that turn out to these to help us give back and support those who need it most. Thank you!"

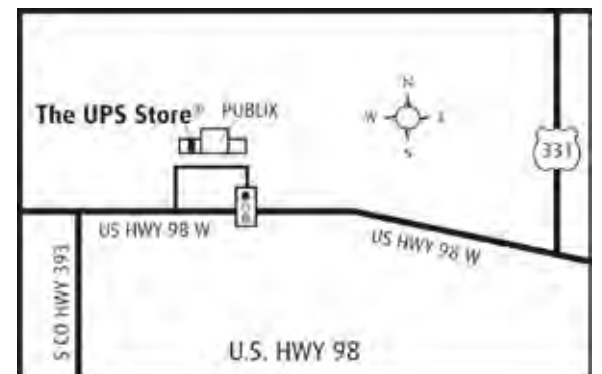
Check out the wonderfully Wicked Wheel at 10025 Hutchinson Blvd, Panama City Beach, FL. Also check out their website thewickedwheel.com for more info on the menu, specials, and events!

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Recipe: Susan's Famous Chicken Enchilada Suizas

BY SUSAN BENTON,
30AEATS.COM

Enchiladas Suizas translates from Spanish to English as "Swiss Enchiladas" and is believed to be a nod to the Swiss immigrants to Mexico years ago who established dairy farms there.

This recipe was introduced to me by my sister, Ginger, while I was on a vacation that I took to visit her in Colorado with my mother, long before marriage and babies entered the picture.

I was captivated by the flavors, and once home started making the dish myself when entertaining, tweaking a few ingredients.

I now make this recipe several times a year, and always at Christmas, as the red and green peppers make the dish so colorful, as does the addition of the green salsa.

My children, now grown and married, also love to make the Chicken Enchilada Suizas and enjoy sharing our family recipe with their friends.

This is the perfect dish to take a family grieving, or celebrating a new birth, as it freezes well too!

Tip: I don't boil the chicken. I purchase original rotisserie chicken and use the white meat only. For the full recipe you will need two chickens. For 1/2 recipe you will need one.

Ingredients

- 6 skinless, boneless chicken breast halves or 2 original rotisserie chickens white meat only
- 2 tablespoons butter
- 1 cup chopped onion
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 cups shredded Cheddar cheese



- 1 (4 ounce) can diced green chile peppers
- 1 cup green salsa (like Herdez Salsa Verde)
- 1 cup chopped fresh cilantro
- 4 teaspoons ground cumin
- salt and ground black pepper to taste
- 12 (7 inch) flour tortillas (can use gluten free) or substitute seeded, scorched and peeled poblano peppers
- 10 ounces shredded Monterey Jack cheese
- 1 cup whipping cream
- 1/2 cup chicken broth

Preparation

Bring a pot of lightly salted water to a rapid boil over medium-high heat. Add the chicken to the boiling water; cover. Cook 15 to 20 minutes; drain and set aside. OR purchase two original rotisserie chickens and chop white meat only then set aside.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10x15 baking dish.

Melt the butter in a skillet over medium heat. Cook the onion, green bell pepper, and red bell pepper in the melted butter until just soft, 5 to 8 min-

utes; transfer to a large bowl. Add the chicken, Cheddar cheese, green chile peppers, salsa, cilantro, cumin, and chipotle peppers to the bowl. Season with salt and pepper; mix.

Place about 1/3 cup of the chicken mixture along the edge of a tortilla; roll tightly into a tube. Place the enchilada, seam-side down, into the prepared baking dish. Repeat until all the chicken mixture is used.

Sprinkle Monterey Jack cheese over the enchiladas. Whisk together the whipping cream and chicken broth in a small bowl; pour over the enchiladas. Cover the dish with aluminum foil. (Poblano Peppers may be used in place of tortilla shells).

Bake in preheated oven 30 minutes. Remove foil and continue baking until cheese is completely melted, about 10 minutes. Poblano peppers cook



45 minutes covered and 10 uncovered.

Note: If using poblano peppers, only use 1/2 cream/chicken broth mixture to top for the full recipe, or 1/4 for half the recipe. The tortillas soak up the liquid mixture when cooking, but the peppers emit their own juices making it more runny with the peppers.

Photo Credit: HungryBlueBird.com

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Beat Nook Café Opening July 19th

By JOSETTE RHODES

I am thrilled to announce the opening of the Beat Nook Café! Open Monday - Saturday 8 a.m. - 7 p.m. **Beatnik:** A member of the Beat Generation. A person who avoids or rejects conventional dress, behavior, etc. **Nook:** any secluded or obscure corner. A small recess. **Café:** A small unpretentious restaurant.

As I mentioned in last month's column, the most important thing to me about selling the Music & Coffee Cafe was finding that perfect someone that would take what we had created and bring it to the next level. That's not an easy task and not just anyone would be able to make it happen. But God is great and the universe aligned, bringing us the beautiful and amazing Monica Madden!

I will never forget the moment this new journey began. Monica was bringing her empty coffee cup to me at the counter as she quietly inquired about the sale of the store. I commented that though there has been quite a bit of interest I have still not



Monica Madden, new owner

found the person that is meant to take it over. It was then that I heard what I instantly knew to be the answer to my prayers. In her soft voice Monica looked at me and simply said, "I'll buy it."

My heart did a little flip as I asked if she was serious. Her answer, "Yes, if you would trust me with your baby." Trust her? Of course I would! What an honor to have those words spoken to



me by such a beautiful soul! It was in that moment that I knew my beloved coffee shop was officially adopted and onto bigger and better things.

Those of you who were local when Hurricane Katrina hit New Orleans will remember what it was like for the families that came to our area fleeing the devastation. I remember. I worked at South Walton High School during that time and I will never forget those days. So many students were registering. We had students sitting on the floors and window ledges of the classrooms. Classes were formed in every available space. So many children had lost everything. Their belongings, their homes, their pets, and for some, even their family mem-

bers. It was heartbreaking. Yet through such dark days there are always those souls that shine just a little bit brighter casting a glow of hope and calmness to those around them. It was that glow that first made me notice Monica in a sea of students.

Monica and her Mom lost everything to that cruel storm. Their home was completely destroyed. Monica and her family had visited the area throughout her childhood and it felt right to them to head to a place that was familiar. And even though they had lost everything, if asked Monica would always say she was one of the lucky ones. Eventually they were able to find a house to call their own and they have lived there ever since.

There are many instances throughout the years that have revealed to me the heart and the character of this fine young woman. And it is my honor to pass the baton to such capable hands.

And talk about capable hands! Monica has wanted to open her own coffee shop since

she was 11 years old. She has worked at Starbucks and has managed one of the more popular eateries on 30A. Oh, and did I mention she loves to Bake Homemade Sweet Treats?!

Monica will be expanding the old menu with her own recipes while keeping all the favorites. She says "I'm excited about this new adventure! I can't wait to open the doors back up for the regulars that you had as well as any newcomers that stumble upon the shop."

Once things are flowing smoothly you can expect Poetry Night and 30A Songwriter Radio hosted music nights to be back. And... dare I even say it... Monica will be introducing the Beat Nook Café Karaoke Night!

Please join me in welcoming Monica Madden as South Walton's newest business owner! And I will see you on the 19th at the best little coffee shop in town. All Beatniks welcome.



Distillery 98 Hosts Summer Concert Series to Benefit The Ohana Institute

On Saturdays in July, Distillery 98 is hosting a Summer Concert Series presented by Step One Automotive Group featuring an array of local and national bands, including Daniel Pratt, Dion Jones and The Neon Tears, and the Raelyn Nelson Band, with proceeds benefiting The Ohana Institute.

The community is invited to the local distillery, located at 835 Serenoa Road, for live music, cocktails, beer, wine, and delectable local bites from the My Ohana food truck.

The series kicked off on Saturday, July 10 with Daniel Pratt and Logan Pilcher from Atlanta. Pratt's style of music features catchy melodies and haunting lyrics while his songwriting showcases a strong focus on God, the heart, soul, and journey of life. Pilcher's style of music is evocative of the early works of Tom Petty and Leonard Cohen, with an earthy, lay-

ered tone. Along with Pilcher, Pratt debuted a new single during the concert event.

On **Saturday, July 17, Dion Jones and The Neon Tears** will perform beginning at 6 p.m. Guests will delight in cocktails, beer, wine, and food from Taco30A. The six-piece band, based along the Emerald Coast, draws influences from southern rock'n'roll, Appalachian Hill country, Muscle Shoals R&B, and New Orleans soul music. They will also be debuting a new single at the event.

Tickets are on sale for the July 17 concert for \$20 in advance and \$30 at the door. VIP tickets are also on sale for both events for \$30 in advance and \$40 at the door. VIP tickets include access to a VIP premium bar, complimentary beer and wine, and premium seating. Distillery 98 will also be creating new craft cocktails dedicated to each of the artists that will be

available for purchase during the concerts.

The final concert of the series will be held on **Saturday, July 24** featuring the **Raelyn Nelson Band from Nashville** at 6 p.m. Founder and lead singer, Raelyn Nelson, granddaughter of Willie Nelson, has been singing since she can remember, according to their website. Having been raised on a steady diet of traditional country and gospel music, a gift from her grandpa in the form of a guitar during her teenage years was the inspiration she needed to begin writing her own country and folk songs. Her band has shared the stage with various diverse musical acts including country superstar Tim McGraw, indie rock icon Drivin' n Cryin', and jam band supergroup Hard Working Americans.

General Admission ticket

continued on next page

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Studio 237 Music Lessons: Types of Music Students



BY LISA CYR

Every so often, I see a social media post about a quiz to discover one's personality, IQ, best diet plan, makeup, hair color etc.... It's fun learning about oneself. Usually, there is a profile name type and corresponding letter abbreviation. If there was a quiz you took to discover your music student type, then, the names might go like this:

The Serious Dedicated Student (SDS) is the type to

practice 30 to 60 minutes (or more) five days a week, progressing 2 to 3 levels in one year. They love the classics (various genres) and are focused on playing every note correctly and increasing to a faster tempo. Their ability to read music grows quickly since they hunger to complete their songs with a spirit of excellence. Expression, accurate tempo, and emotion is an intricate part of play which fuels their cycle of study. SDS's become strong performers, competitors, teachers, politicians, doctors, and musicians.

The Sacrificial Offering Student (SOS) is seeking to please their parents. They communicate their boundaries right away by saying, "I am only here because my _____ is making me." or "This is just a hobby for me" or "We inherited my great aunt's piano, so....." I usually smile and say, "Well, let's make the best of this situation and pick out some fun



songs." Music appreciation is top priority and technique is second. The war of practice happens at home of which the student usually wins the prize to not practice. We choose one song to learn well and get ready for recital.

The Overcoming Student (OS) is studying music to overcome issues such as: a learning disability, hand coordination, memory, focus, following directions, shyness, bad school grades, confidence, etc.... Depending on their practice and consistent lesson attendance, an

OS can develop excellent musicianship. The great reward is when their grades or functioning increases too!

The Recreational Student (RS) desires to simply have fun while learning to play. They love the process of learning and receive great reward and satisfaction from being able to play new songs and to experience improvement. Not always a recital performer but more of a music enthusiast seeking a life skill. A practice routine is usually three to four days a week. As great communicators, they let you know when things are getting a little too tough or when they want more. RS's often become excellent players who may transform into a SDS.

The Music Appreciation Student (MAS) is a combination of the RS and SOS. This student refuses to practice yet loves music. Their parents are perfectly fine with it. So, we have the "happy/sad" lesson.

The student totally forever enjoys playing at the same level without progress. Internal conflict happens when their desire for a more involved song arises and yet their ability is not developed. Once we return to their "safety level zone," all becomes well. With no parental expectations, this is a stress-free relaxed stagnant situation.

So, here we are with the typical four quadrant student type. You are either a SDS, SOS, OS, or RS. Plus, there are lots of Variety Internal Profiles (VIP) type combinations like the MAS. As far as music study goes, I like to think that we are all VIPs (very important persons).

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CONCERT

continued from previous page

holders will enjoy local fare from food truck, Sports to Geaux. General admission tickets are on sale for \$30 in advance and \$40 at the door. VIP tickets are also on sale for \$180 and include complimentary food from Poppy's Wood Fire Pizza, Dune Laker bottle service, wine and champagne, plus premium seating at a special VIP table. VIP tables are on sale for \$1,000 and include complimentary food, bottle service, wine and champagne, valet, photo booth, and premium seating for up to six guests.

A portion of all sales made



will benefit the Ohana Institute, a non-profit, private, exploratory and innovative school serving

middle and high school students. The school operates year-round on a flexible calendar that emphasizes project-based learning and combines both theoretical and real-world experiences for students through an engaging and broad array of subjects.

All tickets are available for purchase at bit.ly/D98TICKETS. Sponsorship opportunities are also available. Those interested can email jessica@proffittpr.com.

For more information on each concert,

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 Business


BY CHRIS BALZER, ECES

Pop quiz: Which state had the highest relative humidity in 2020? Was it Hawaii? Florida? Louisiana? The answer is none of those—Alaska ranked number one last year in relative humidity. Don't be upset—Florida followed closely behind and ranked second. I'm proud to be living in a state which always ranks high on rising temperatures and humidity compared to other states—GO FLORIDA! There is great research, data and comparisons generated by

NOAA and other agencies illustrating climate change; the fact is, just step outside and you know it's warm. Most describe our weather as HOT, BALMY, STICKY and even unbearable. I like to describe our weather as tropical or sun filled. With that said, I enjoy the feeling of cool bought air (air conditioning), ice in my drink and the Gulf when it's not the temperature of warm bath water.

So how can we keep more of our bought air in our homes? The majority of wasted conditioned air is leaking through our

attics. Attics are the number one source of air loss; So what can we do? It's simple—rule your attic. First, check the amount of insulation you currently have in the attic. If you see joists, wood supports running down the attic floor, you need insulation. If you measure the thickness of insulation and it is less than 11.5," you need insulation. Adding insulation not only increases your comfort, but also puts less wear and tear on your HVAC equipment, saving you money.

Another way energy is lost through the attic is leaking conditioned air into the attic by unsealed penetrations. These consist of electrical wiring, ceiling fans, bathroom vents and light switches, just to name a few. Plumbing located in your attic also requires air sealing around vent pipes. Toilets and drains require proper venting. Vent pipes supply fresh air to each plumbing fixture in the house, which helps the system move water through the drainage pipes each time a toilet is flushed or a sink is drained. Plumbing air vents also prevent sewer gases from entering the home and allow wastewater gas and odor to escape. These areas normally have the

Rule Your Attic

ENERGY TIPS

by Emerald Coast Energy Solutions



most concerns, because the required diameter of these holes varies and is usually drilled to the largest size to save time during construction, but costing you money when not sealed. Air sealing around light fixtures and recessed lighting also will have a positive impact on air loss and comfort. Most attics are engineered to circulate air by soffit vents and ridge vents, not by using improperly sealed electrical and plumbing attic penetrations. Leaking ductwork is also ranked high on the energy list. By the time your cool air reaches vents to cool rooms, cracked or unsealed ductwork will suck in hot attic air and dust to those rooms, wasting you money and causing your HVAC to work harder. If you experience hard to cool rooms, high heating and cooling bills or know you have low insulation and opportunities to become more energy ef-

ficient, Rule Your Attic. If you decide to do these projects yourself, take precautions; wear safety glasses, proper clothes, gloves, stay hydrated, take breaks and have a buddy to help. If you decide to hire a professional to assess and suggest solutions, get estimates in writing, ask to air seal and what they air seal and how much insulation will be added—then start Ruling Your Attic.

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



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My Rental Property Insurance Program: Coverage Checklist

By JOE CAPERS

Our beautiful areas of NW Florida are popular destination for vacation home renters. And we must be alert to the fact that standard homeowners and condo insurance policies are designed to cover only owner-occupied or secondarily occupied properties with no rental exposure. The intention is not to cover a home that is rented out to guests. Many insurance companies will not even knowingly provide a policy for short term rental insurance in Florida. So, beware when placing coverage for your rental exposure.

You might be under the impression that Homeowners Insurance and landlord/tenant (rental property) insurance are the same. There are similarities. The Homeowner form is usually broader and is used if the occupancy is primary or a secondary residence. The Dwelling Fire form is more limited and is usually required when the home has rental exposure. Regardless of the form, you want the correct amount of coverage to rebuild the primary dwelling and other structures on the property, along with hurricane and wind protection. Insurance industry statistics shows that two out of three homes are underinsured. Other essential areas of coverage include replacement cost on the contents, loss of rents, loss assessments, liability, rebuild to code (Ordinance or Law), increased mold and much more.

You might also think there's no difference in coverage or carriers depending on whether you rent your place out annually, for a week or for a few nights. But there you'd be wrong.

"What will be the shortest length of time you'll offer your place for rent?" The answer to this question is crucial in making sure you have the correct policy. Some carriers allow only annual leases, some a minimum of one-week rental and a few

others allow less than seven nights. You might be wondering why it's all that important. In the world of insurance, all information should be as accurate as possible, so a carrier won't have a ready excuse to deny a claim.

For short-term rentals, since they come fully furnished, make sure you have enough contents coverage to replace the furniture, dishes, linens, accessories, electronics, decorations, etc. in the event of a loss. Replacement cost is always recommended over actual cash value, since actual cash value depreciates the items for age and wear and tear.

There's also the added liability exposure with rentals which tends to be most costly as well. If your weekend getaway renter trips over a rug, falls down the stairs and breaks his leg, you need to be ready for a possible lawsuit. Most rental property policies offer liability coverage options between \$300,000 and \$500,000. Depending on the amount of assets you need to protect, it might be beneficial to purchase a separate Excess Liability policy with coverage limits starting at \$1 million or more for your rental property. If the property is titled to you individually and you have a personal Umbrella policy in place, you might be able to add your rental property to that policy. One caveat – if your rental property is titled in an LLC, partnership or other entity instead of your personal name, you'll probably be unable to add it to your personal Umbrella. Excess liability policies are an affordable way to obtain extra asset protection.

And, of course, you don't want to forget about flood insurance. It's as important to have a flood policy on your primary residence as it is on your rental properties, and one should consider purchasing limits to the full replacement cost of the dwelling and contents.

When it comes to short-term rental insurance, always speak with an insurance professional, and make sure you have the coverages you need to make your rental experience a successful one. It is imperative that you select a good carrier that offers short term Renters insurance



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Time with Wine: Sexual Chocolate

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. 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 Sexual Chocolate to share their story with us.

From Brandon Allen:

I grew up in Central California and started making wine in my backyard when I was 19. I was a freshman at Cal Poly in San Luis Obispo and knew

nothing about wine. My parents didn't even drink wine when I was a kid so I literally had no exposure. As far as I knew, wine was this very pretentious, elitist thing that I would never be a part of. At the time I wasn't thinking I would become a winemaker, I just thought I would get some



free booze and impress girls, so I set out to make my first barrel. We just started walking into wineries in Edna Valley and asking to talk to the winemaker. The winemakers were the exact opposite of what my preconceived idea of a winemaker was. They were just really laid back and very open with their experience and knowledge. Also, they didn't card us! We ended up making our first barrel that year out of mostly re-pressed pomas. The wine was terrible, but the entire experience changed my life.

I progressively started making more and more wine each year. By the time I got out of school in 2008, I was making about four barrels a year and the job market wasn't great because of the recession. I had a little bit of money saved up from unspent student loans and bartending tips, so I started the company in 2008 with 93 cases of sexual chocolate which we ended up selling in a couple of weeks. Fast forward 13 years later and I make five different wines and sell in 40 states across the country; we are able to grow the company at a rate that doesn't compromise the quality of what we put out.

Sexual Chocolate is still my most popular wine. It's a California red blend of Zinfandel, Syrah, and Malbec. I get the fruit from all over California: Napa, Sonoma, Lodi, and Santa Barbara. I ferment everything separately and blend shortly before bottling so the blend chang-



es slightly each vintage. I try hard to keep the profile as consistent as possible. As far as the name goes, if you've ever seen Eddie Murphy's 1988 cult classic "Coming to America," you'd know he has a terrible cover band in the film called Sexual Chocolate. I always loved that movie as a kid - I basically thought of myself and my buddies as a terrible cover band of an actual winery, so we started calling the wine Sexual Chocolate as a joke and the name stuck. I've been making it ever since.

With the largest selection of fine wines on the beach, Kwiker Liquor is proud to carry Sexual Chocolate!



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