



OCTOBER 2021  
VOL. 6. NO. 5

# SOWAL Life

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## The 26th Annual Festival of the Arts Serves Our Community

Saturday, October 30th | 9 a.m. - 5 p.m. • Sunday, October 31st | 10 a.m. - 4 p.m.

BY LORI SMITH

Mattie May Kelly (1912-1992), a member of one of Destin's pioneer families, wanted to leave a legacy. So, a handful of visionaries established a new non-profit in 1995 in her honor, the Mattie Kelly Arts Foundation (MKAF), to provide resources for the promotion of the Arts in Okaloosa and Walton Counties through cultural events and educational opportunities. Mattie Kelly had bequeathed a 52-acre parcel of property reserved for the future development of a cultural and educational facility for the residents and visitors of the community which now features the Cultural Arts Village on a portion of the land. Annual Concerts in the Village are held here as well as the upcoming 26th Annual Festival of the Arts, the largest juried fine art festival in our area!



This year's Festival of Arts poster winner is Estelle Grengs, a self-taught artist that molds a unique and whimsical folk-art style that embraces her experiences growing up in New England as well as her adventures as an Air Force spouse. Visit [estellegrengsart.com](http://estellegrengsart.com) or her new gallery located in Freeport.

Known as one of Northwest Florida's premier fine arts shows and one of the most anticipated cultural events of the year, the MKAF Festival of the Arts is happening Oct. 30-31 at the Cultural Arts Village in Destin. "The festival is a celebration of the wonder of arts and culture," says Deb Nissley, MKAF Director of Operations and Festival Producer. "We will feature new surprises this year including free entrance to all festival-goers! I encourage everyone to stop by to enjoy beautiful art, live music and great food!"

During the festival, more than 100 artists convene each year from throughout the U.S., who offer up their original artwork in the form of oil, watercolor, acrylic and glass paintings; photography, sculpture, pottery, wood, pa-

**ARTS FEST**  
*continued on page 3*

## October is Domestic Violence Awareness Month

Emerald Coast Children's Advocacy Center (ECCAC) will be recognizing National Domestic Violence Awareness throughout the month of October. Domestic violence is abuse that happens between people that live in the same household. It encompasses a number of different abuses such as physical abuse, sexual abuse and emotional abuse. Domestic violence can happen between family members in a household, but the most commonly reported domestic violence is intimate partner violence. Unfortunately, many people are affected by this, including children. SCAN (Stop Child Abuse Now), a national organization, reports that every year at least 3.3 million children in the United States will witness domestic violence.

Jasie Landeros heads up the prevention department as ECCAC's

**DOMESTIC VIOLENCE**  
*continued on page 3*



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## ARTS FEST

*continued from page 1*

per, fiber, mosaics, mixed media, jewelry designs and more. They compete for \$10,000 in cash prizes in 29 award categories, including the coveted “Best in Show” and “People’s Choice Award” which is selected by festival fans. The festival will also feature a Collaborative Art Exhibit, which showcases select artwork of more than 60 community adult and student artists.

Hosting the annual festival is one of the most significant ways

MKAF is able to continue its commitment to provide inclusive arts education programs for children and adults of diverse abilities and backgrounds. These include an array of high-quality visual and performing arts programs such as Arts for All Abilities, Arts Empower and Warrior Arts. Arts for All Abilities is a program committed to helping people with disabilities learn a variety of art programs. Arts Empower, led by accomplished artists, serves K-12 students, at-risk youth, and children and

adults with special needs. Warrior Arts seeks to offer therapeutic art classes for veterans/active duty military in order to heal both visible and invisible injuries. Warrior Arts’ signature program is the Zentangle, an open-ended drawing activity that increases focus and creativity, while alleviating stress and anxiety. MKAF’s outreach program has been recognized by The Florida Department of Education with the Award of Distinction.

MKAF also offers a comprehensive model of artist resi-

dences, hands-on workshops and public education events featuring music, theatre and the visual arts. Programs are offered free of charge to participants made possible by grants, private and corporate gifts; and supported by MKAF event fundraising. For signature events, a portion of profits from Concerts in the Village and Festival of the Arts help to fund these community outreach initiatives.

Now in its 26th year, MKAF bridges the gap to those who either lack access to the arts or

could uniquely benefit from the experience. Since 1995, these outreach programs have inspired more than 337,800 children and adults in over 75 schools and partner agencies in Okaloosa and Walton counties.

For more information, visit [MKAF.org](http://MKAF.org) or call (850) 650-2226.

To read more about Mattie Kelly, her family and her living legacy, see February 2020 Destin Life at [MyDestinLife.com](http://MyDestinLife.com).

## DOMESTIC VIOLENCE

*continued from page 1*

Outreach Program Manager. She said, “Though oftentimes domestic abuse occurs between adults, the effects of this can certainly be felt and seen through children. And, as always, if you see something, say something.”

Children who are exposed to violence in the home are 15 times more likely to be physically and/or sexually assaulted than the

national average. It is also a fact that children who witness domestic violence or intimate partner violence are at a greater risk of “repeating the cycle” when they are adults, whether it is by entering abusive relationships or by becoming the abuser. Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.

ECCAC is in its 21st year of operation with centers in Niceville and DeFuniak Springs. They have provided over 150,000



services at no cost to more than 14,000 children experiencing abuse, abandonment or neglect to include mental health therapy, crisis intervention, referrals to other community providers, interviews and medicals.

For additional data on domestic abuse and further information, visit [www.eccac.org](http://www.eccac.org), or contact Jasie Landeros at [Jasie@eccac.org](mailto:Jasie@eccac.org), 850-833-9237, Ext. 267. If abuse is suspected, call the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.

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*“It is you who lights a lamp for me. The Lord, my God, lights up my darkness.”*

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Community

# Walton County School District Remains an "A" During International Pandemic



Superintendent A. Russell Hughes

The Florida Department of Education announced the release of the 2020-2021 data that calculates school grades, district grades, and school improvement ratings. Florida has issued school grades to its schools since 1999. School grades are calculated

based on proficiency and learning gains in core subject areas, such as reading and math, as well as additional components, including graduation rate and college and career acceleration.

Walton County, as a district, once again scored an "A" rating, which it has been now since 2018. This is the first time since grading began that this has occurred in three (3) consecutive grading periods. According to the state's data release, Walton ranks #5 of 67 districts in district school grade calculation. The district improved by two (2) rankings from the 2018-2019 school year.

Superintendent A. Russell Hughes was elated upon hearing about the improvements in the district. He stated, "This

'A' means so much because of the opt-in." For the 2020-2021 school year, districts and individual schools chose whether to opt-in in relation to receiving a district or school grade. Some schools throughout the state were unable to opt-in because at least 90% of

students were not tested on state exams. Superintendent Hughes continued, "To know that we not only held school, but did so at the highest levels with these results with 98% of our students testing, I could not be prouder of our students, employees, and stakeholders! An 'A' in the middle of an international pandemic says so much about your Walton County School District's commitment to 'Hanging On & Gaining On', just like we planned during unprecedented times."

Much like the district, two (2) Walton County schools opted in for school grade calculation, as well. West DeFuniak Elementary increased from a "B" to an "A", and although Maude Saunders Elementary remained a "C",

the school had the most growth of ANY school in the district, from 42 points to 53 points (54 points are needed for a "B", so the school missed a "B" by just one point). Additional schools maintained their school grade, but increased their points, such as Mossy Head School, which moved from 62 to 70 points, remaining an "A".

From either their opt-in school grade or their decision to maintain their 2018-2019 school grade, the following are school grade results for Walton County. Ten (10) schools were designated as an "A": Mossy Head School, West DeFuniak Elementary, Dune Lakes Elementary, Van R. Butler Elementary, Emerald Coast Middle, Freeport Middle, Walton Middle, Freeport High, South Walton High School, and Walton High. Two (2) schools are designated as a "B": Freeport Elementary and Paxton School, and one (1) school, Maude Saunders Elementary, is designated as a "C". Walton Initiative for Success in Education (WISE) received a school rating of "Main-

taining" with an increase in learning gain calculation.

This is a reflection of extraordinary work done in classrooms during an international pandemic where administrators, teachers, and students had to navigate COVID protocols, to include fourteen 14- day quarantines at a minimum. There were scores of teachers and more than one thousand students that experienced interruptions of attendance. This further speaks to the exceptional work our teachers did with brand-new instructional practices of asynchronous and synchronous learning, ILDA, and virtual instruction – just to name a few – to foster these kinds of results is nothing less than incredible.

For more information on the Walton County School District, please visit <https://www.walton.k12.fl.us/>. The reports and guides to school grade calculations can be found at <https://www.fldoe.org/accountability/accountability-reporting/school-grades/>.



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# October 2021 Coastal Seniors Update

## Looking to Volunteer? United Way Shows You How - Tuesday, October 19 - 11AM - 12:30PM

Join the Coastal Seniors and United Way Emerald Coast to learn about the AmeriCorps Seniors Retired and Senior Volunteer Program (RSVP). RSVP taps into the unique skills and experiences of seniors and retirees to address a wide range of community challenges through meaningful service opportunities. A light lunch will be served. Persons age 55 and better are invited to learn more about becoming a member of RSVP as United Way Emerald Coast launches this impactful program in Walton and Okaloosa counties. For more information message coastalseniorsofsouthwalton@gmail.com, call 850-280-5342, or visit the website at www.coastalseniorsofsouthwalton.org.

## COASTAL SENIORS OF SOUTH WALTON

### Fridays With Friends - October 15th and 29th from 10 AM - Noon

Each "Fridays with Friends" program will be open from 10 AM 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.

### Coastal Seniors Book Club -

The second Wednesday of each month - October 13th from 4:00 PM - 5:00 PM. Join

the Coastal Seniors of South Walton (CSSW) at The Bay restaurant on Hwy. 331 South to discuss books you've enjoyed by participating in an online book club once a month.

You choose your own book - there will be no assigned books for all to read. Each participant will have up to 5 minutes to share the book they read and their thoughts about it.

Should members want to exchange books they can drop one they've read at our offices at 70 Logan Lane in Grayton Beach and pick up another there to read.

### Pickleball Court Groundbreaking

Ground-breaking for the four new South Walton Pickleball courts was held Monday, September 20 at the Walton County Sports Complex. Expected completion is early 2022. The Walton County Sports Complex is located directly north of Dunes Lakes Elementary School at 6435 US Hwy 98 (east of US 331 and west of Inlet Beach).

### Little Free Library

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

## Don't Miss Out On Our Next Issue!

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Community

# Caring & Sharing of South Walton to hold Fall Fashion Show at Monet Monet

Caring & Sharing of South Walton is excited to share details for its first ever Fall Fashion Show and Luncheon. This year's event will be held on Sunday, Oct. 17 at Monet Monet in Grayton Beach from 12:30p.m. to 3:00p.m..

"We look forward to this event every year. It is a great opportunity for us to showcase the amazing items that can be found in the Caring & Sharing Boutique," said Amariles Rosado, Director of Operations at Caring & Sharing. "Our staff and volunteers love putting together looks for our models and showing them off for attendees of the Fashion Show."

During the event, guests will enjoy a fashion show, lunch,



## Fall Fashion Show & LUNCHEON

OCTOBER 17th at 12:30pm | MONET MONET

Silent Auction | Fashion Show | Onsite Boutique

silent auction, DJ and photo booth. Volunteers and supporters of the organization will walk the runway modeling outfits made up entirely of items donated from the Caring & Sharing Boutique. These items will be for sale after the Fashion Show in the pop-up boutique

curated specifically for the Fashion Show and pulled directly from the Thrift Store. "Funds raised at this event will help us continue providing our neighbors in need with food, financial support, mental health counseling, case management, and access to other community resources," said Carly Barnes, Executive Director of Caring & Sharing of South Walton. "As we continue to increase our client services, support from our community is needed now more than ever."

Tickets are \$45 and can be

purchased at the Caring and Sharing Thrift Store located at 112 Lynn Drive in Santa Rosa Beach. The Fashion Show and lunch will take place outdoors in the beautiful gardens of Monet Monet. Guests are encouraged to park in the shared lot off Highway 283 and a shuttle will transport you to the show from there. All proceeds from the Fall Fashion Show benefit Caring & Sharing of South Walton. The organization wants to thank Darrell & Angela Turner, Counts Real Estate Group for sponsor-

ing the Boutique, Humana for sponsoring the Photo Booth, and Angie Nelson, Susan and Mark Mahaffey, and Clay Garden and Gifts for being supporting sponsors. Event florals will be created and generously donated by the Seagrove Garden Club. Sponsorship opportunities are still available, please email carly@caringandsharingsowal.org for additional information.

Caring and Sharing of South Walton provides food and financial assistance to Walton County residents through the support of our community. Founded in 1994, the organization serves more than 400 local families each month. Caring & Sharing of South Walton also operates a Thrift Store. Sales in the Thrift Store help cover operating expenses and generate funds to help those we serve with food, prescriptions, utilities, mental health counseling, and case management. Items for sale in the Thrift Store include clothing, housewares, bedding, furniture, electronics and books. For more information about Caring & Sharing of South Walton visit www.caringandsharingsowal.org.



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## Green Thumb Garden Club Holiday Bazaar Set for November 13th

Please join the Green Thumb Garden Club (GTGC) for a festive Holiday Bazaar—Where Every Day is a Celebration Saturday, November 13, 2021, 10:00 am -3:00 pm at Cantina Laredo, 585 Grand Boulevard in Miramar Beach.

The event will showcase unique, creative décor for the upcoming season and beyond. The event is an exclusive opportunity to purchase beautiful, one-of-a-kind treasures, handcrafted by the talented GTGC members. GTGC is fortunate that many of our members are trained

floral designers, master gardeners and flower show judges. Among the exceptional items available for purchase will be an autographed, certified Darius Rucker guitar. Attendees can purchase raffle tickets to win great prizes provided by members and local businesses. The event is open to the public and admission is free.

Net proceeds will support the Club's Walton County charities



primarily the Mercer Scholarship as well as Habitat for Humanity of Walton County, E.O Wilson Biophilia Center, John Horton Senior Center, and other organizations.

The Green Thumb Garden Club is also announcing its first

website at [www.greenthumb-gardenclubinc.org](http://www.greenthumb-gardenclubinc.org). The website contains detailed information about the Club including how to join in its charitable mission and fun activities. For additional information, email [greenthumb-gardenclubinc@gmail.com](mailto:greenthumb-gardenclubinc@gmail.com).

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

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## Renowned Dog Behaviorist Coming to Walton County

Emerald Coast Dog Behavior is proud to announce that Oregon Tails, a renowned dog behaviorist from Portland, Oregon, will be traveling to northwest Florida in mid to late January to host a three day/half day workshop at Emerald Coast Dog Psychology Center in Defuniak Springs. Dog trainers and owners are invited to participate in this workshop.

Oregon Tail will announce the workshop on Oct. 17 on their website—[ortails.com](http://ortails.com)—and their Instagram account: Oregon Tails. The cost of the workshop is \$350 to observe for the three days, or \$800 to participate with

a dog for the three days.

Cole Asher and Jonathan Czinder.

“From the beginning, the core of Oregon Tails goal was to enjoy, and to help others enjoy to the fullest extent. What Oregon Tails is today is the product of our time spent devoting our lives to learning how to communicate in such a way that each dog we interact with feels supported, heard, felt and enjoyed.” Asher said.

The Oregon Tails Jentle Method is a series of exercises using beadwork, movement, energy and praise to help dogs and

handlers find more balance and mental and physical well-being, created by Czinder.

Only 10 participant spots will be available.



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# International Coastal Cleanup Another Great Success!

Visit South Walton, in partnership with Friends of South Walton Sea Turtles Volunteer Beach Ambassador Team, hosted the 2021 International Coastal Cleanup on Saturday, September 18th from 9:00

– 11:00 am. A host team of 33 Volunteer Beach Ambassadors and Neighborhood Captains covered 7 sites across South Walton.

Although weather had been tumultuous the week leading up to

the event, there was only a small amount of rain across South Walton that morning as fair skies spread across much of the southern county. All told, there was a good number of citizens came out to participate in this

world wide global event as ICC hosted 247 adults and 115 students for a total of 362 participants. At an average of 2 hours per person, Walton County citizens donated approximately 724 hours of their time to clean up our beautiful beaches.

This year the VBA Team put additional preparatory time into learning how to use the Clean Swell App and helped others sign up onsite for data collection. While the paper data forms were plentiful and well used, their totals do not reflect our total debris collection, as Ocean Conservancy will not have that data assessed from the Clean Swell App for a while. But based on the data cards, Walton County citizenry did a fine job. Listed below are the numbers for the Top Ten Items collected from our beaches:

- #1 Cigarette Butts 4,028
- #2 Small Plastic Pieces/ Particles 2,655

- #3 Plastic Bottle Caps 562
- #4 Food Wrappers (candy, chips, etc) 515
- #5 Foam Pieces 465
- #6 Straws/Stirrers 432
- #7 Other Plastic/Foam Packaging 215
- #8 Metal Bottle Caps 166
- #9 Fireworks 155
- #10 Relative Tie between Construction Materials 130 and Cigar Tips 126

Visit South Walton and The Friends of South Walton Sea Turtles would like to thank all of the site captains and their host team for a job well done, the citizens that gave of their time and effort to volunteer to cleanup South Walton Beaches, and Christy Gibson, Manager of the Visit South Walton Visitor Center, and her team for providing the Octopus themed ICC t-shirts to all of our volunteers. It was another GREAT International Coastal Cleanup for South Walton.



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 Community

# September and October Have Historically Been the Most Volatile for the Stock Market



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

We often get the question or the comment regarding a market correction or worse, a bear market. We also take note that, historically, many corrections have been made in September and October. Why that is so is the subject of speculation. Most folks are focused on now vs. the past of course and with the market having rallied for over a year now and multiples at historical highs, people are beginning to wonder.

While market corrections can happen at any time, we would even suggest that by the end of the day this article is being

written, a correction could take place. Investors, understandably so, want to know if a market sell-off is about to happen. The problem, at least in our experience, is that they don't ring a bell at the top, signaling people to get out and they don't ring a bell at the bottom signaling for people to get back in.

We feel investors should pay close attention to key drivers in asset valuations:

First, The Federal Reserve balance sheet. It has more than doubled in the past year and a half and is up tenfold since 2008. The current amount is \$8.357 trillion as of September 8th (see [federalreserve.gov/monetary-policy](https://www.federalreserve.gov/monetary-policy)).

The Fed's balance sheet is made up on the asset side of Treasuries and mortgage type securities that it has purchased on the open market. The more The Fed buys, the more money or monetary stimulus, is released into the U.S. financial system. Where does The Fed get the funds for those purchases? Typically, it is through creating or



“printing” more money. There are several factors that drive asset prices, and we feel that in this environment, the key driver is the growth of the balance sheet. So, as investors' worry grows over market corrections, keeping an eye on the balance sheet is a good indication of the amount of liquidity that exists in the financial system. The greater the liquidity, the greater the support for asset prices. If liquidity is withdrawn (through tapering as an example) that, in theory, means less stimulus and potentially less liquidity. That might mean asset prices could become more volatile.

Second is the yields on the benchmark U.S. Treasury as another significant factor that drives markets and or adds to or lessens volatility. We suggest that our clients pay most attention to the yield on the 10-year U.S. Treasury bond. Why? That is what most professional investors and market followers focus on. The yield right now is approximately 1.35%. Note the yield on the S&P 500 is very close to that. So, if the yield climbs significantly, we think (from what we have researched and concluded) to approximately double the yield of the S&P 500, that in and of itself would be a trigger or drag on stock prices.

Third, we continue to be wary of bonds and the implications yields can have on them and potentially the stock market. Should clients desire to invest in

that area, we express caution as we feel that climbing yields (because of inflation, an increase in the supply of Treasuries for sale as examples) would continue to put pressure on investment grade bond prices. Inflation's most recent reading is 5.3% year over year (it was 5.4% when reported last month). We would suggest investors consider high yield bonds or floating rate bonds in an economic environment such as this. While those carry greater quality risk, they might fare better than their investment grade counterparts.

Finally, and always, at The First Wealth Management, we encourage our clients to 1) concentrate to accumulate and then diversify to preserve 2) to monitor and make changes to their strategies over time vs overnight 3) consider the impacts that taxes can have on their savings and investments.

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## Your usual?

Familiarity bias means sticking with what you know – but there may be a lot that you don't. Familiarity might be playing a role in some of your decisions.

## Think Before You Act

To help you keep familiarity from overly influencing your financial plan:

- Don't confuse awareness with understanding or expertise. Rely on objective research.
- Take the time to consider your motivations for selecting certain investments or strategies.
- Don't rule out an investment or financial strategy because it's foreign to you.

Call us to schedule a meeting anytime to receive the objective insight you need to make important decisions surrounding your wealth.



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Financial Advisor

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# Children in Crisis Committed to Changing Lives!

All over the United States, children are caught in terrible situations. Sometimes it's an abusive home. Sometimes it's neglect. Sometimes it's abandonment. Whatever the reason, parents aren't always there for their kids, and when the unfortunate event happens that a child is pulled from an unsafe situation there is not always another place for the child to go. Further, when siblings are removed from their home they are often separated, leading to significantly more trauma.

Children in Crisis looks to make a difference in the lives of children who are removed from their homes in Northwest Florida. It began as a dream for a group of individuals who saw the effect that foster care typically leaves on young psyches. Stripped from the things that bring them comfort, many children would rather remain in the unsafe situation due to familiarity with it. More often than not, these children already feel hopeless, and once they're removed from their parents the hopelessness continues as they bounce from home to home and are separated from their sisters and brothers.

Children in Crisis saw the situation as an opportunity to make a difference in the lives of



children in foster care.

Their goal is to provide safe, stable homes for children who have been abused, neglected, and abandoned within our local community, as well as to keep siblings together throughout the process. The organization provides multiple types of housing for children of any age, even into young adulthood. The Children's Neighborhood functions as an emergency shelter for children removed from an unsafe environment. Beyond that, Children in Crisis maintains a total of five family foster homes, each housing six to eight children, and each containing two adults functioning as parents. In addition, Children in

Crisis provides an Opportunity Home which contains a total of eight studio apartments designed for young adults who have aged out of foster care, but aren't prepared for life ahead quite yet.

The children placed with the organization come from the Florida Department of Children and Families foster program, and are placed by the Families First Network. They are currently the only shelter which provides a home for foster children as well as an emergency shelter for children in immediate need. Currently, the Children's Neighborhood has the capacity to serve seventy-four foster children at any given time, and



usually assists a total of one hundred throughout the year.

Each year, Children in Crisis holds an annual charity drive, with this year, their fourteenth annual, the event was hosted by Tommy Bahama and took place on October 11th at the Kelly Plantation Golf Club. Yet, there's still time to participate

and support this incredible organization!

For further information about Children in Crisis visit them at 1000 Luke's Way in Fort Walton Beach or online at [www.childrenincrisisfl.org](http://www.childrenincrisisfl.org). They can also be contacted at (850) 864-4242 or via email at [info@childrenincrisisfl.org](mailto:info@childrenincrisisfl.org).



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# Local Church Launches Recovery Support Group "Most Excellent Way"

Nearly 1 in 10 Americans age 12 or older struggle with substance abuse, involving alcohol or illicit drugs. When you look around our community, it's unfortunately not difficult to wrap your mind around that statistic. Addiction is a bondage that destroys lives, families, and communities and there are many organizations working daily to make a difference in the lives of those affected across the Florida panhandle.

In recognition of National Recovery Month, Chapel at the Beach is excited to announce the launch of a weekly support group in South Walton County



for those who are or have struggled with addiction. The first meeting was held Tuesday, September 21. The support group is called The Most Excellent Way and will provide meetings for men and women along 30A on Tuesday evenings. All meetings are based on Biblical teaching and are learning environments

for people who are or have struggled with addiction. Anyone who is affected by addictive behavior is welcome and encouraged to attend. Most Excellent Way is a setting where people will find the love and support they need

in order to effectively battle addiction with the power of God's love.

The Most Excellent Way Support Groups meet Tuesday evenings, 6 pm, Seagrove Baptist Church, 4915 E County Hwy

30A, Santa Rosa Beach. Separate Men & Ladies meetings, coffee and water provided. Please contact Parker Cape, for more information (850) 249-5475 or email Parker@chapelatthebeach.org.

## In Honor of Domestic Violence Awareness Month Democrat Women's Club Support Shelter House, Inc.

October is the month to raise awareness of the problem of intimate partner violence, known as Domestic Violence Awareness Month. In the United States, one in three women and one in four men have experienced physical violence by an intimate partner. The incidence of domestic violence is on the rise with the additional burdens brought on families by the Pandemic. The most dangerous time for a woman escaping a domestic violence situation is at the time that she physically leaves, meaning that many times these women must escape along with their children only having the clothes on their backs. There is an organization that tries to help these families with a safe place to stay and support to begin the healing process, and that is Shelter House, Inc. the only state-certified domestic and sexual violence center serving victims of Okaloosa and Walton counties. As part of our Community Service Projects, the Democratic Women's Club of Walton County collected donations from members in June in order to provide needed cleaning supplies, feminine hygiene products, and kids snacks to support these families. In addition to a confidential shelter, Shelter Place offers many ser-



**Pictured are (left to right): Ashley Smith, DWC Legislative Liaison and Susan Livingston, DWC Vice President, with some of the supplies collected and delivered to Shelter Place, Inc.**

vices for their clients, including court advocacy, peer counseling, support groups, primary prevention, transitional housing, economic empowerment workshops, 24-hour domestic violence hotline, 24-hour sexual assault helpline, child therapy services and supportive services for family members of sexual violence victims. All services are free and confidential. Help is available 24/7. For assistance if you are experiencing Domestic Violence call: 850-863-4777 or 1-800-44ABUSE (22873). The Sexual Assault Helpline number is: 850-226-2027

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Community

# Seaside School Inc. Expanding on Northwest Florida State College South Walton Campus

## Five Acres for New Facilities to Serve Local High School and College Students

On Monday, September 27th, 2021, Seaside School, Inc., and Northwest Florida State College (NWFSC) committed to expand their existing partnership to construct new facilities for high school and college students at the college's South Walton campus.

"The Seaside School, Inc. is grateful to Northwest Florida State College for their continued collaboration towards expansion, and for sharing our vision and objective of ensuring high school students receive an education of the highest quality in Walton County," said Nick Vlahos, Chairman of the Board of Directors for The Seaside School, Inc. "Together we can support the next generation and ensure their pathway to becoming extraordinary leaders."

This partnership agreement creates a permanent home for Seacoast Collegiate High School at the Northwest Florida State College South Walton campus and develops a high school dual enrollment center serving students in Walton County and the surrounding areas. The new facility will also include an "accelerator" which will offer training,

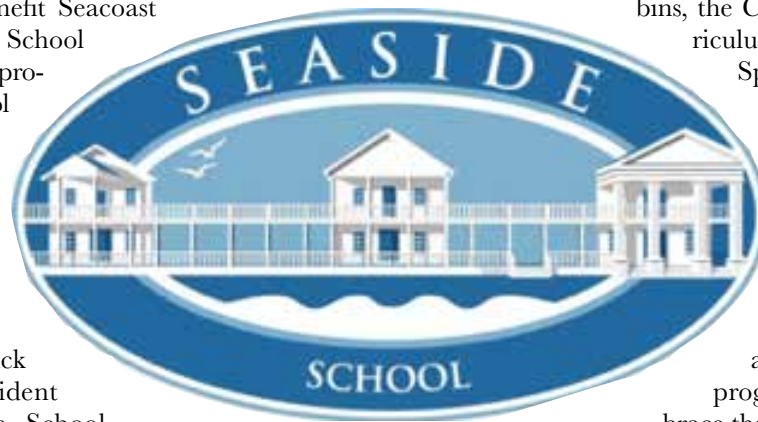
mentoring, and collaboration to new area businesses and entrepreneurs.

"This agreement is just the first step in creating a vibrant epicenter for dual enrollment education and higher learning that will not only benefit Seacoast Collegiate High School students, but will provide all high school students in Walton County a better opportunity to access a college education and fulfill their educational goals," said Patrick McCarthy, President of The Seaside School Foundation, Inc.

NWFSC is providing 5 acres of land on which The Seaside School, Inc. will construct a new educational facility. The agreement proposes a 3.5-year timeline to open the new building.

"Our College's commitment to provide expansive educational and training opportunities for the citizens of Northwest Florida is evidenced once again in this strong partnership with Seacoast

Collegiate High School. We believe dual enrollment opportunities are the key to advancing educational attainment in our region and in Florida," said Dr. Devin Stephenson, President of North-



west Florida State College.

The new educational facility will house both Seacoast Collegiate High School classrooms and NWFSC classrooms as well as shared lab space and the "accelerator" for workforce development, essential workforce skills for K-20, business development, continuing education, and other workforce preparedness opportunities. The vision for the space

includes green spaces to unite the campus and allow for athletic competition.

"Our partnership with Northwest Florida State College is another way we can live the mission of Seaside School," said Joy Robbins, the Community, Curriculum, and Culture Specialist at The Seaside School, Inc. "Learning beyond the classroom walls is foundational to our culture. Creating a campus and programs that embrace the entrepreneurial spirit of Walton County residents will make our school culture more impactful."

"This opportunity to partner with NWFSC will open many possibilities for Seacoast students

as well as other high school students in the area through dual enrollment," said Dr. O'Prey, Head of Schools for The Seaside School, Inc. "This expansion and a permanent home for Seacoast has been many years in the making. We are grateful for this forward looking adventure with Dr. Stephenson and his team."

Located on both the South Walton campus of Northwest Florida State College and the Niceville campus of Northwest Florida State College, The Seaside School, Inc.'s Seacoast Collegiate High School currently serves 196 students in 9th through 12th grades, offering students the ability to graduate high school with an associate college degree. The Seaside School, Inc. is a public charter school in the Walton County School District and most recently ranked as the #3 combination school in the state.

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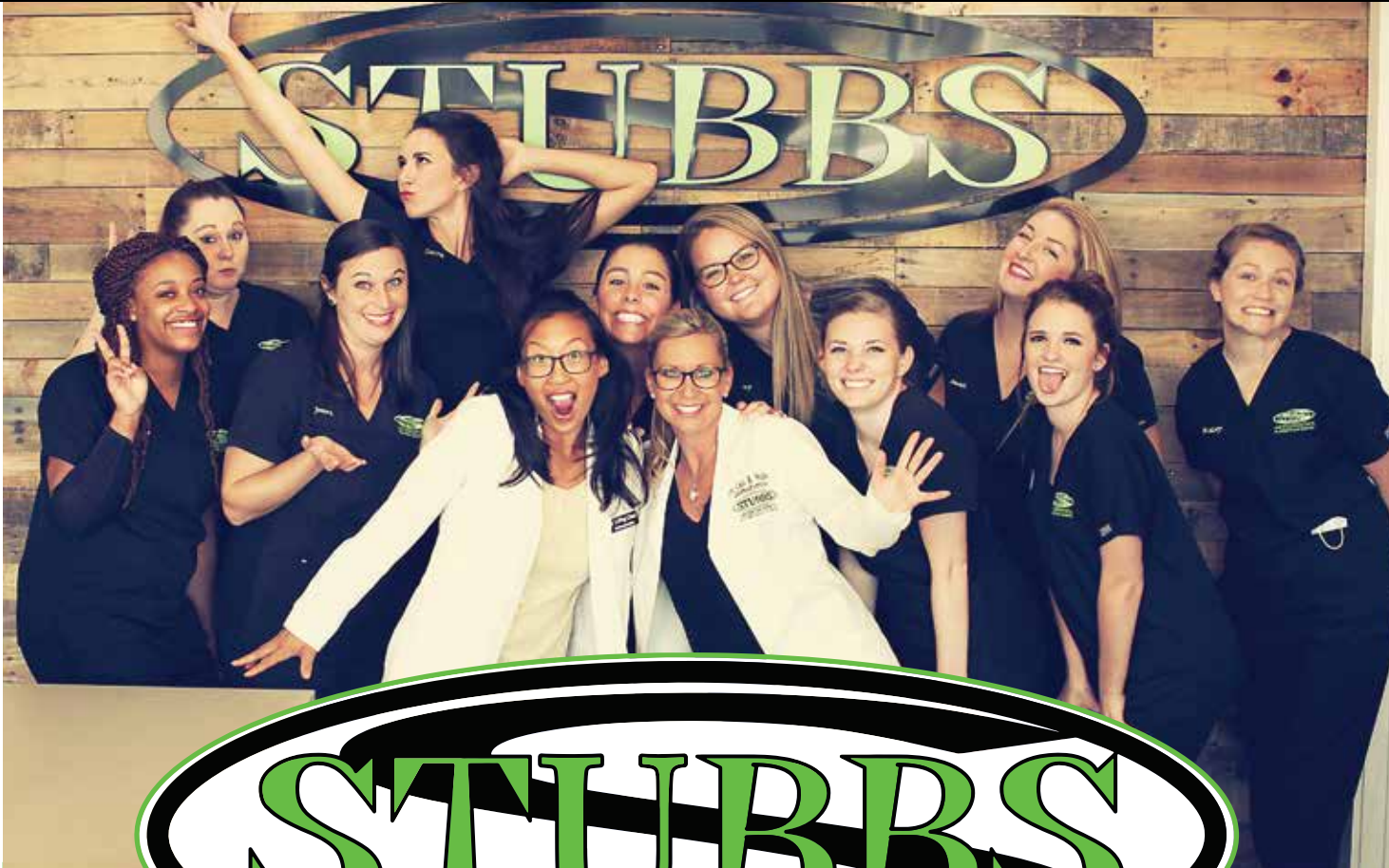
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Community

# Coastal Branch Library Hosts Art in Public Places for the month of October



The Coastal Branch Library in Santa Rosa Beach will host the artwork Susan Alfieri during the month of October, 2021. Susan has never lost that beautiful soft accent of her homeland Australia. Susan and her late husband, Donal, a New Yorker, came for summer vacations to

this area of Florida for the first time in the early 1970's. They built "The Last Resort" a rental property and their primary residence, "Billabong," in 2004. Susan graduated from National Art School and Sydney University, attended every art-related class conceivable. While study-

ing art during the day, Susan studied modern dance with Margaret Barr of Sydney Dance Drama. She finds that in our art world today, association with fellow artists and workshop opportunities are motivation enough but not always taken advantage of! When asked to describe her

style and preferred medium, her response, rediscovering art for art's sake. Susan rejoices in discovering surprise results with the Vis-à-vis black wet erase pen. Currently sort of stuck in black and white, she threatens to rediscover color! Her favorite subjects to paint are trees and

reflections. Susan's husband referred to them as her 'tortured trees.' The Coastal Branch Library is located at 437 Greenway Trail, Santa Rosa Beach. Open Monday - Saturday 10am-5pm. Call 850-267-2809 for more information.

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# It's Almost Time for Eggs On the Beach!

The Emerald Coast's official Big Green Egg EggFest cooking competition, Eggs on the Beach, returns to Seascapes Resort in Miramar Beach, Oct. 16, benefiting The Fisher House of the Emerald Coast and Food for Thought. Presented by Bay Breeze Patio, the family-friendly event will be held from 10 a.m. to 1:30 p.m. at the Seascapes Towne Centre and will celebrate the delicious results of cooking on the Big Green Egg while benefitting two local charities—the Fisher House of the Emerald Coast and Food for Thought. Cook teams will be smoking, grilling and baking their favorite dishes on the Big Green Egg while tasters sample the delicious bites and vote for their favorites.

The annual cooking competition will feature a mix of cook teams, ranging from backyard grillers to local restaurants to non-profit organizations, presenting a variety of dishes from meats and seafood to veggies and desserts cooked on the Big

Green Egg.

In addition to tasting delicious bites, tasters will have the opportunity to sample Knob Creek Rye Whiskey craft cocktails and seasonal beers from local and regional breweries. Returning beer sponsor, Abita Brewery, will be providing samples of its new seasonal brew, 35th Anniversary, for attendees 21 and older.

"After canceling the 2020 event, we're coming back better than ever," says Bay Breeze Patio co-owner and event co-founder Wayne Paul. "The best part is that Eggs on the Beach will once again support non-profits that serve our community's needs." Providing a home away from home for military families during medical treatment. Fisher House of the Emerald Coast fights food insecurity among area students.

In addition, these two charity partners along with other non-profit organizations will have cook teams in the 2021 event and compete for taster votes

to earn cash donations toward their cause. Participating non-profit teams include Food for Thought, Fisher House of the Emerald Coast, Emerald Coast Boys and Girls Club, Sinfonia Youth Orchestra, South Walton Academy, Rotary Club of Destin, Walton County Skate Society, The Combat Diver Foundation, Healing Paws for Warriors, and the Blue Angels Foundation.

The cooking competition will be enhanced with live music, and drawings for a chance to win a Mini- Max Big Green Egg as well as products and gift certificates from area businesses. Beer, wine, cocktails, water and sodas will also be available for purchase at the Tiki Bar.

For those who have thought of owning a Big Green Egg, Demo Eggs, which are used during the competition, are available for pre-sale at a discounted price. Demo Eggs are available in Large or XLarge and come with a nest (metal stand), rubber mat and plate setter along



with a limited lifetime warranty. Demo Eggs will be available for pick-up between 4 – 5 p.m. on October 16.

The community is invited to taste the amazing results of cooking on the Big Green Egg while supporting area non-prof-

its. Two cook team spots remain for any grillers who want to share their talents and compete for prizes. Taster tickets are on sale now (\$40 in advance; \$50 day of). Learn more and sign up at [www.EggsOnTheBeach.com](http://www.EggsOnTheBeach.com).

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Community

# Republican Shane Abbott Announces Bid for Florida House

Shane Abbott announced today his campaign for Florida State Representative, District 5. The seat, which encompasses portions of Bay, Holmes, Jackson, Walton, and Washington counties, is currently held by Representative Brad Drake, who is term-limited.



leader to work for Northwest Florida. Now more than ever, we

need leaders who will fight for the conservative principles our country was founded on, and I'm ready for the fight."

Shane grew up in DeFuniak Springs and graduated from Pensacola Junior College and the University of Florida, where he received a Bachelor's degree in Pharmacy. After completing his education, Shane returned home to DeFuniak Springs, where he worked at a local independent pharmacy for seven years before he and a business partner opened their own pharmacy, The Prescription Place, in 2006 and second location in 2015. Shane and his family also own and operate

the Firestone Tire Service Center in DeFuniak Springs.

In addition to being a successful business owner and committed family man, Shane is actively involved in his community. He has served on the Northwest Florida State College Board of Trustees since 2016 and is currently the vice-chair. He's the Vice-President of SPAR (Small Business Pharmacies Aligned for Reform), a statewide group of neighborhood pharmacists focused on preserving patient access to affordable prescription drugs, and he is a member of the Institutional Advisory Committee for Emerald Coast Technical

College. Shane is a board member of the Emerald Coast Fellowship of Christian Athletes and a member of Gideons. Shane and his family attend Destiny Worship Center in Freeport.

Shane married his wife Holly of 25 years in 1995, and they have four children; Dre-22, Tanner-20, Tinsley-17, and Nate-9. Above all, Shane views his role as husband and father as the most important.

When Shane isn't busy running his business, he's an avid outdoorsman. He's a proud member of the NRA and concealed weapons permit holder.

## Walton County Republicans Host Voter Registration Drive October 15th

The executive committee of the Walton County Republican Party has announced a Voter registration event will be held

in the parking lot of Destiny Worship Center at 122 Poinciana Blvd. in Miramar Beach Friday, October 15th from

10am-5PM. "This will give all unregistered voters an opportunity to register and to give registered voters an opportunity to

change their registration if they wish', said party Secretary Robert Windham.

Anyone not already reg-

istered or wishing to change their registration may do so at this event.



**SUNDAY WORSHIP SCHEDULE:**  
 8:00am: Holy Eucharist Rite I with Instrumental Hymns  
 10:30am: Holy Eucharist Rite II with Sanctuary Choir  
*Children's activities during the 10:30am service in the educational building for children up to 5th grade. Nursery opens at 10:15am.*

**WEEKDAY WORSHIP SCHEDULE:**  
 The DAILY OFFICE: Scripture readings, collects, and prayers from the Book of Common Prayer  
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 Morning Prayer: 9am | Evening Prayer: 4:15pm (No evening prayer on Fridays)

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Lee Campbell

# Travel with Pam: Choosing the Right Cruiseline



BY PAMELA DONAR,

Choosing the right cruise ship can be a daunting task with so many choices available. In this article, I hope to provide options from the Solo Traveler to the Young at Heart.

**Active Cruises** - If you're looking for an adventure at sea, you might consider Royal Caribbean or Norwegian Cruise Lines. Their mega ships have loads of activities like climbing walls, ice skating rinks, and Broadway style shows.

Carnival is one of the most famous and affordable lines for many cruisers. They tend to attract families and groups and are known for their lively deck parties and fruity umbrella drinks!

If exploring is important to you, then consider an Expedition Cruise which are smaller ships that provide education on the

destination offering tours based on your fitness level or preferences. They focus on the beauty, conservation, and challenges for each destination. Lindblad, UnCruise, Ponant, and Celebrity offer a range of expedition cruises. Lindblad, UnCruise, Ponant, and Celebrity offer a range of expedition cruises.

**Relaxing Cruises** - If your idea of a vacation is a slower pace then consider a Princess Cruise. They typically have a good mix of an older and younger crowd. They offer 5 star flexible dining options and their ships have a traditional feel.

For relaxed luxury, consider Celebrity which was the first cruise ship to feature an outdoor space with real grass. Can you picture yourself enjoying a picnic or movie under the stars while cruising?

**Luxury Liners** - If you're looking for first class, personalized service with exotic itineraries, fine wines, and gourmet cuisine then experience Crystal, Silversea, Viking, and Regent-Seas which provides a one of a kind escape.

**Families** - Disney Cruise Lines offers a plethora of family friendly entertainment for ages 9-99. You can enjoy a cocktail at the lounge or a dip in the adults-only pool while your kids are at



the club house meeting their favorite Disney characters.

**Solo Travelers** - There are so many options for the Single cruiser. Due to increased demand, cruise lines like Norwegian, Royal Caribbean, and Holland America offer solo cabins at reduced rates.

Virgin Voyages is an adult only cruise line and caters to singles, hip and trendy clients.

In general, many cruise ships offer activities for solo cruis-

ers which allow you to mix and mingle so you can travel alone without being lonely.

**Florida Cruise Ports** - Living in Florida, we are blessed to have several departure ports in our backyard. Miami, Fort Lauderdale, Orlando, Tampa, Jacksonville, and West Palm Beach all offer year round sailings.

**Is it Safe to Travel?** - My advice for anyone considering travel, is to check the cruise lines rules and safety measures and al-

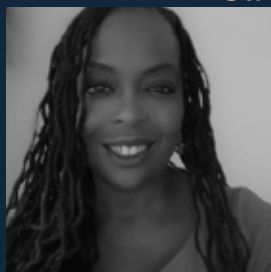
ways take personal comfort levels and health conditions into consideration. While travel protocols are a little complicated right now, they won't stop you from planning and enjoying the Cruise of your dreams.

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Arts

# Emerald Coast Theatre Co Launches Storyteller Series

Some of the earliest evidence of stories date as far back as 30,000 years ago to cave drawings that depict animals, humans, and other objects. The point is, we humans love stories. Emerald Coast Theatre Company (ECTC) launches its 2021-2022 StoryTeller series with four original plays by local actors and playwrights.

Local actress/playwright/director Shirley Simpson returns to ECTC's stage Tuesday, Oct. 5

at 7:30 p.m. to kick off the series with her one-woman play, Shirley Valentine — one of her original "leading lady" plays. She also has written Gracie Allen, Erma Bombeck, Minnie Pearl and Katharine Hepburn, which she presented last year as part of the StoryTeller series.

"As you get older there are fewer roles available to you, and since I wanted to keep performing I thought, maybe I should work on a one-woman show.

But I knew the research and time it would take, so I wanted to do women whose lives were worth knowing about, women of influence," Simpson said. In Simpson's play, Shirley Valentine is wondering what has happened to her youth and feeling stagnant and in a rut, she finds herself regularly alone and talking to the wall while preparing an evening meal of 'chips and egg' for her emotionally distant husband. When her best friend offers to pay for a trip-for-two to Greece, she packs her bags, leaves a note on the cupboard door in the kitchen, and heads for a fortnight of rest and relaxation. In Greece, with just a little effort on her part, she rediscovers everything she had been missing about her existence in England. But will she return?

Simpson has appeared as Hannah in the musical The Spitfire Grill at New Stage Theatre in Jackson, Miss. Also at New Stage, she played Grace in Grace & Glorie, the title role of Shirley Valentine, Kendall Kingsley in Impossible Marriage, and Vada Love in The Exact Center of the Universe. At The LSU Colonnade Theatre in Baton Rouge, she played Shirley Valentine, and directed and played the role of Elaine in Neil Simon's Last of the Red Hot Lovers. Other stage roles in Baton Rouge include Maggie in Tribute, Fonsia Dorsey in The Gin



speeches on communication, leadership, and creativity, as well as presenting programs of comedy and drama, for civic, professional, and church organizations.

Tickets range from \$20 to \$30 per person. Purchase tickets online at [www.emeraldcoasttheatre.org](http://www.emeraldcoasttheatre.org).

The series continues January 11 with Bruce Collier's The Fall of April; February 8 features Alan Tuttle's Give 'em Hell Harry!; and March 1 Shirley Simpson returns with her play, Katharine Hepburn.

ECTC is implementing a Safety Protocol Plan to ensure patrons can enjoy all offerings in a safe environment. For the latest updates, visit [emeraldcoasttheatre.org](http://emeraldcoasttheatre.org).



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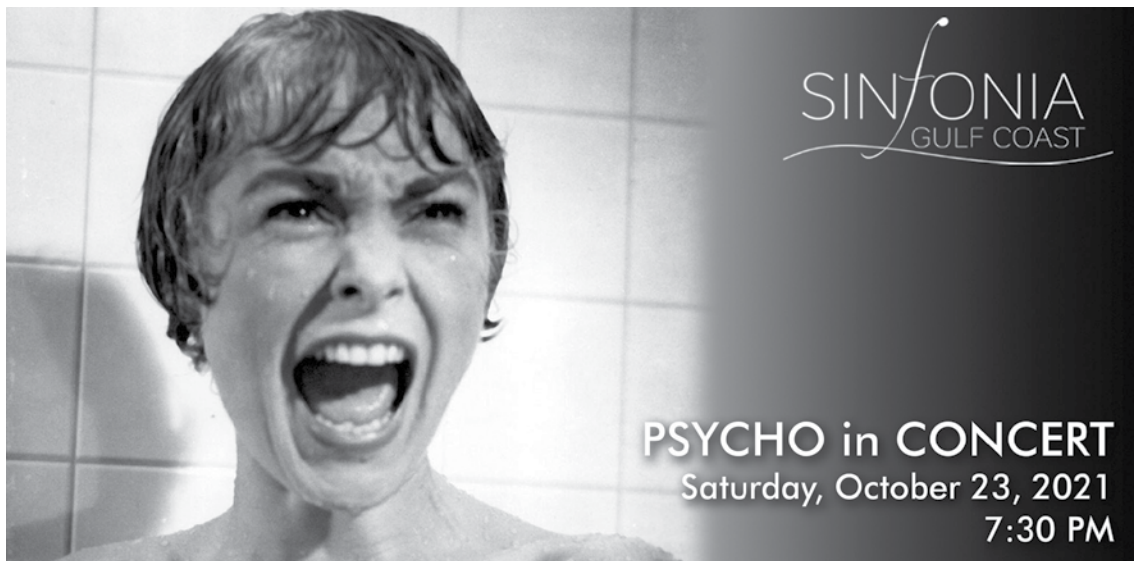
Voting takes place at [perfectinsouthwalton.com](http://perfectinsouthwalton.com)

# Psycho: Film in Concert featuring Sinfonia Gulf Coast October 23rd

Feel the suspense as Sinfonia Gulf Coast plays Bernard Herrmann's spine-tingling score to Hitchcock's classic thriller "Psycho" with the original screenplay projected above the orchestra. This al fresco performance on Saturday, October 23 at the Mattie Kelly Art Foundation's Cultural Arts Village in Destin will feature reserved table seating as well as general lawn seating where guests are

encouraged to bring their own chairs and blankets. Bar and food items will be available for purchase on site or guests may bring their own. Tickets are \$20 - \$45 per person. Mattie Kelly Cultural Arts Village, 4323 Commons Drive, Destin.

For more information on Sinfonia Gulf Coast, visit SinfoniaGulfCoast.org, call (850) 460-8800 or e-mail info@sinfoniagulfcoast.org.



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Wellness



BY STEPHENIE CRAIG, JOURNEY BRAVELLY

You wake up, the sun is shining, the water is beautiful, you're feeling good about work, you love the people in your life, your favorite song is playing, things are going your way, you're in

the zone. Suddenly you're blindsided when someone lets you down, an unexpected expense occurs, someone gets ill, you experience the consequences of a poor decision you made, and the world is not cooperating with your life agenda. When life veers off the desired course, one of two things usually happens. Either you get stuck and say, "Why me, why is the world always against me?" You focus on the disappointment, think something is wrong with you, blame others, believe you're powerless, and hopelessness sets in. Or, over time you bounce back and say, "Hard things happen to everyone and with help, I can en-

dure hard things and grow." So, what makes the difference between getting stuck and bouncing back? How do you cultivate more resilient bounciness in your soul?

10 Practices for Cultivating Resilience and a Bouncier Life

**Accept suffering as a normal part of life.** While life would be tidier if good things happened to good people and bad things happened to bad people, this isn't our lived reality. Life eventually brings suffering to all in various ways. Enjoy when life is going your way and expect that sometimes it will get hard, you will make mistakes and there will be pain, not because anyone is out to get you, but because you're imperfectly human.

**Embrace spirituality.** Connection to God and others reminds you that you aren't alone and frames a sense of meaning and community when life gets difficult. Spiritual practice also has strong connections with experiencing a sense of love, meaning and hope in both light and dark times.

**Ask for help.** Vulnerably admitting your struggle and asking for support reveals to you that people you care about truly



see you and value you for you, not for having it all together. Being seen and supported in this way creates deeper, more trusting relationships over time.

**Reject the shame story.** Making mistakes, struggling with baggage or having life hardship does not mean something is wrong with you. It simply means you're human and humans are messy. Remind yourself that everyone you know, including the ones who seem so polished, struggle.

**Embrace uncomfortable feelings as normal and temporary.** You are wired to have uncomfortable feelings like sadness, fear, humiliation and rejection when life gets hard. These feelings are red flags inviting you to pay attention to what is happening inside and around you. All feelings are temporary. Though in the midst of hard feelings, you fear you'll never feel better again, you will get to the other side. Remind yourself you've never had a feeling that lasted forever.

**Reach for healthy coping skills.** Everyone has big feelings. You are not your feelings. Coping and calming skills like mindfulness give you some distance between your feelings and your sense of self. You can feel rejected without being a reject. The rejection can just be a feeling you're experiencing to help you pay attention to a relationship or an interaction. It doesn't have to define you.

**Embrace your agency.** Believe and remind yourself

that you have the ability to make decisions, seek help, connect spiritually and take meaningful action in a positive direction in your life. You aren't powerless and you don't have to live believing you're a victim to others or your circumstances without hope.

**Sort responsibility and control.** Notice what is out of your control, accept it and stop wasting your energy trying to control it. Notice what is within your healthy self-control, accept it and take healthy responsibility where you need to change direction.

**Remember your history of enduring hard things.** Keep a list of hard times you've survived, what you learned and how you experienced growth. Return to your list as an encouraging reminder that with connection and support, you can do hard things again.

**Embrace the lessons life brings.** Try to avoid blaming others and resisting life's lessons. They are inevitable and most often bring wisdom. Accept the lesson with an open heart and incorporate the wisdom into daily life and relationships.

Be kind to yourself and others remembering that judgement creates feeling stuck not resilience. As you graciously evaluate your life bounce, remember there is no arrival in life, only ongoing journey and growth. As you need support along your journey, connect with us at journeybravelly.com.



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# Breast Cancer Awareness and Hormone Therapy



BY DR. RICHARD CHERN, M.D.

The Women's Health Initiative Study (WHI) was started with the goal to prove that synthetic hormones worked as well as bio-identical hormones. Unfortunately, the results of this study were announced in a way that scared most women

and physicians into stopping hormones of any kind with the belief that all hormones cause cancer, strokes and heart attacks.

Unfortunately, this is not the case at all. The WHI study actually shows a reduction in cancer, strokes and heart attacks with the use of bio-identical hormones. The study showed an increase in cancer, strokes and heart attacks with the use of synthetic hormones. Of course, the news only reported on the frightening side of the study and told the world that hormones are bad. This led most women to getting off of their hormones with the idea that no hormones means no cancer. This could not be further from the truth.

Women who do not receive

bio-identical hormone replacement after menopause have over a 16% risk of getting breast cancer. So, no hormones means more cancer. In fact, breast cancer, strokes and heart attacks are the top three killers of post-menopausal women. Why? Because of a lack of testosterone and estrogen are associated with increases in cancer as well as many other disease processes.

Women in the WHI study who received bio-identical estrogen replacement reduced their cancer risk to 6%. That's a 10% reduction in breast cancer. In addition, a recent study of women who received bio-identical testosterone therapy showed more than a 50% reduction in their breast cancer risk.

There is no doubt that bio-

identical hormone replacement therapy reduces the risk of cancer as well as many other diseases. If your doctor says otherwise, then he or she has not been keeping up with the times. In fact, the breast cancer study I am referring to was presented at the 2021 North American Menopause Society meeting in Washington, D.C., just this last month.

If you want to do everything you can to feel better and live longer after menopause (or even before menopause), then you should come see us today. We are able to get the proper full

panel of labs and review them with you. Remember, normal labs are not necessarily optimal for your health. So, just because your doctor says everything is normal does not mean you are not at increased risk for cancer and disease.

*Dr. Richard Chern, MD not only provides hormone therapy to men and women, but also teaches hormone therapy to doctors throughout the country. Dr. Richard Chern, M.D. is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call 850-837-1271 for an appointment.*



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Wellness

# You and the Power of your Subconscious Awareness



By YLENE FORWOOD,

Have you been hypnotized

before? How was that experience for you? I hope that it was a pleasant one. Contrary to so many myths and misconceptions, Hypnosis in a clinical setting is widely used and is evidenced based to help with many personal issues. Some of the more common issues are with behavioral change, reducing stress, breaking unpleasant habits, overcoming fear, improving sports performance, getting rid of test anxiety and many more.

My goal is to help ease your mind to the idea of Hypnosis by empowering you with facts and knowledge; and then introduce you to the wonders that it can do to help remove any form of suffering.

But first, did you know that Hypnosis does NOT put you to sleep?! YES, you heard me right. During Hypnosis... you HEAR every word spoken to you. During hypnosis, you are in a deeply relaxed, altered (Trance-like)

state of mind that feels very natural and with no drugs involved. It's the same feeling when you first wake up in the morning or when you're feeling sleepy at bedtime. One very useful application of Hypnosis is that it allows us to focus more inwardly so that we can get more in touch with our feelings and emotions. But I can promise you that you are NEVER under the power of the hypnotist - whether on stage or in a clinical setting for which I am here to speak about and refer to. You are FULLY in control during hypnosis, and you will have a full memory of the entire session. Therefore, if given the chance.... hypnosis is a very powerful tool to open our subconscious awareness. Hypnosis is used to communicate with our deep inner mind to help eliminate any old programming and old limiting beliefs that no longer serve us. Let me cite an example. A person with a chronic smoking habit knows smoking is detrimental to his or her health. If you currently have a smoke habit.... you know exactly what I am talking about here. Yet you find it difficult, if not impossible, to quit. And people who seek to quit their smoking habit are oftentimes unsuccessful. That is because our Subconscious Mind

holds the key for change. And for change to take place we must understand that our subconscious mind is our habitual and "feeling" mind. Therefore, it's imperative to address a stressful event or a traumatic experience that can reignite the desire to light up the next cigarette. It's a vicious cycle that requires looking into the emotions that drive the behavior in the first place.

To sum it up, it is important to know that our subconscious mind has a lot of information that our conscious mind doesn't have access to. Hypnosis happens to be a powerful tool to access this information. A good UNDERSTANDING and then PROCESSING of any problem at the subconscious level of awareness is key in solving many issues due to old programming, old negative beliefs and all other self-defeating behaviors that we have learned as a child. In Hypnosis - we can make the connections or find the missing links to reasons why we are holding on to our old habits that no longer serve us that we want to eliminate.

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# Natural Health with Dr. Bart; Brain Fog?

BY DR. BART PRECOURT D.C.

If you're reading this article there is a good chance that you have experienced what you might describe as "brain fog". Symptoms usually include forgetting names, unable to find words, forgetfulness and occasional light headed or even dizzy spells.

This symptom is often overlooked by many health care professionals and is leading to many other health issues. Another way to describe brain fog is to call it "tired brain". When our brain gets tired all of our bodily systems become vulnerable to breakdown. Two in particular are your endocrine system aka your hormones. And your digestive system aka gut health.

For many of my patients and maybe even you in the back of your mind you may be wondering if these symptoms are the beginning signs of more serious conditions like Alzheimers or dementia. Typically they are not. Although any undue stress on our brains for extended periods of time left untreated can increase brain dysfunction and lead to more problems.

The 3 most common causes of brain fog are the following.

Poor sleep. For our brains to work properly we must rest and

recover. Poor sleep has become a major health issue in our country. Many of the sleep remedies being used are not helping get to the root of the problem. Sleep meds and alcohol give us false sleep. You inhibit or completely miss out on your R.E.M. sleep. This is when you restore your short-term memory. Although alcohol is often used by people to fall asleep easier it inhibits short term memory.

Stress. Our lifestyles generally are busier than ever. Multi-tasking with kids, family, work and play time have our schedules full from the moment we wake until we lie down at night. The challenge here is that we become deficient in the basic nutrients that our brains and bodies need to sustain this pace.

Brain toxicity. Unfortunately, this is most likely partially or primarily at the root of it for most of us. This includes overall systemic inflammation, mold, heavy metals, industrial toxins including GMO's, household products and the list goes on. Many of these toxins we are all exposed to on a daily basis with little or no recognition. It is the cumulative



effect over years that is causing this brain toxicity.

What can you do?

For starters do not ignore this symptom. If for no other reason brain fog is one of the fastest ways to increase the effects of aging. If your brain is tired or you are experiencing brain fog your entire body is being affected. Your skin, hormones, gut and energy will all be compromised. So, I recommend you see a Doctor who is familiar with how to help diagnose and treat these symptoms naturally. Too often I see these symptoms being treated as adult ADD/ADHD and treated with drugs like Ad-

derall. This may give the sense of a cure yet usually drives the problem even deeper.

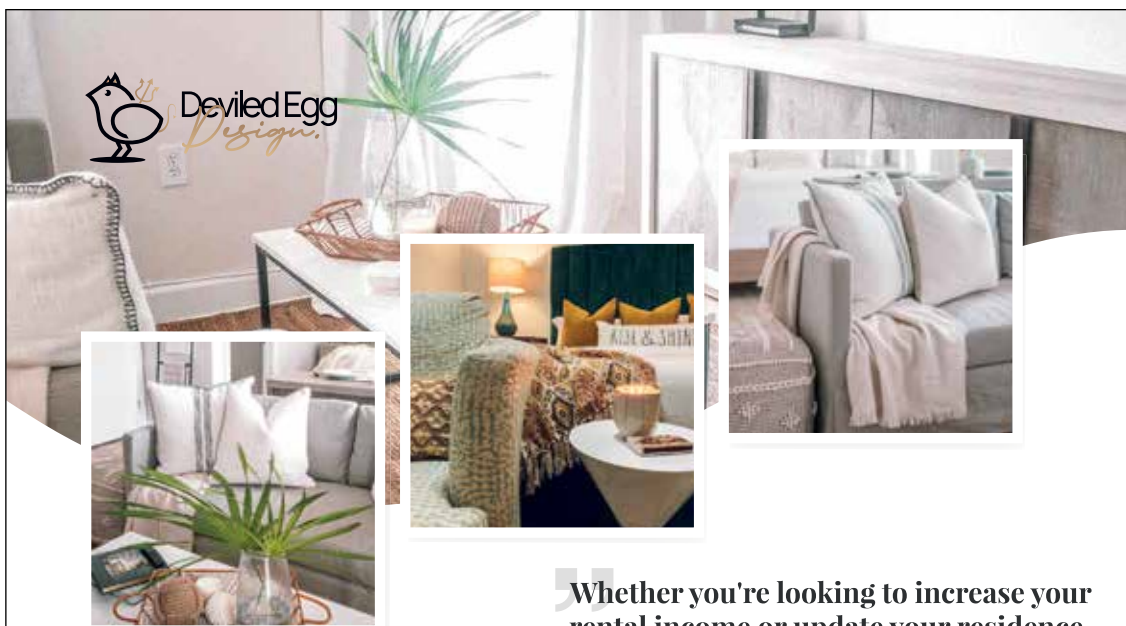
Prioritize getting a good night's sleep. Early to bed and early to rise, put down your phone and shut off your t.v. These stimulate your brain and inhibit the release of melatonin, a crucial sleep hormone that only releases when your brain is at rest. Avoid sugar and alcohol before bed. Adding some additional magnesium before bed will often help you stay asleep better. My

favorite source is Magnesium Lactate from Standard Process, 3 capsules before bed.

Managing stress may be a bigger topic than I have room to write about in this article yet addressing your hormone balance and most specifically your adrenal glands to help you manage stress will be very helpful. If you tend toward anxiousness a great herbal supplement is Kava Forte from Standard Process.

Having a clear mind, strong body and free spirit is the essence of being a SuperHuman. Visit a health care professional that is experienced in helping these conditions and get YOU back!

A healthcare practitioner since 1997, Dr. Bart Precourt is a Doctor of Chiropractic, an acupuncturist and a nutritional consultant. For more than 20 years, he has helped people achieve healthy, sustainable lifestyles. To learn more, please visit [www.bartprecourt.com](http://www.bartprecourt.com). He currently practices at Balance Health studio, [www.balance30a.com](http://www.balance30a.com).



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Musings

# The Lotus Life: Change

BY LAUREN CATANESE,

“You know a dream is like a river, ever changing as it flows. And a dreamer’s just a vessel that must follow where it goes, trying to learn from what’s behind you and never knowing what’s in store, makes each day a constant battle just to stay between the shores.” -Garth Brooks

Everywhere around and inside of us experiences change, constantly. As physical beings our bodies are creating new cells each day. Our bodies want optimal performance and ability and are moving us towards that, whether we are aware of it

or not. The earth is in constant change from summer to fall, fall to winter, winter to spring. Our lives are moving, even if we can still the moments, we are in constant forward motion. From our bodies to our spirits, to the earth we live in, change is a way of life. Nothing stays the same or cannot live without this flow. We can try to resist it or force it into another direction that we feel it ought to go. But ultimately our bodies sub consciously already know the way, our spirit’s do too. We are in motion towards our highest selves.

We are beings of change. Accepting our lives and how they change around us, and how we



it’s impossible. Even though we might stand in one place, movement surrounds us externally and internally. The only thing stopping the flow is the thoughts you think. So instead of trying to grab a hold of the things you think you need, go with the flow, allow change to happen and see where it takes you. You might be surprised that you end up exactly where you were meant to be.

change within is beautiful to be a witness too. Gently observing how far we have come, and grown and journeyed, is an eye-opening experience. It helps to pat our own backs and be proud of our evolution however slow or fast it comes. Like riding in a boat, going with the flow, and allowing our paths to lighten up

right before our eyes. Fear can cause resistance. Feeling like a creature of habit and being comfortably numb with our choices and trying to live in that stagnant energy, will only ‘seemingly’ hold you back.

Seemingly because, we might think we have grounded our feet and are not moving, but

Be a vessel, journeying towards your dreams. Allow life to move you in new ways. Releasing the notion in your mind that it’s all in your control, and letting life show you a world that’s been patiently waiting for you to just flow. Change is a blessing. Bless you!



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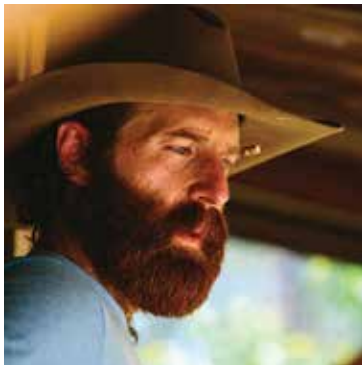
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# Angel Stories



BY SEAN DIETRICH

**JOHN**—My angel story takes place when my wife was dying, and I watched everything go downhill in a matter of months. And every night, I would hear a voice tell me “You can get through this, John.”

On the night she died, I heard that voice again. And this time it was my wife’s voice saying, “John, I’m okay. Don’t quit believing.”

**LYNN**—When I was a young woman someone tried to attack me during a home invasion, but the man was never able to touch me. I screamed for help and something prevented the man’s hands from physically touching me, like he was paralyzed. I know it was an angel that saved me.

**BARBARA**—A few weeks after my husband’s death, in a fitful sleep state, I heard my husband’s words spoken gently: “Honey, remember Psalm 30:11.” Then the voice went away.

The first thing the next morning, I looked up the verse. I found these words:

“Thou has turned for me my mourning into dancing; thou has put off my sackcloth, and girded me with gladness.”

**KATHY**—It was 1977 and we had traveled from Alabama to North Dakota for my grandparents’ 50th anniversary. I had twin girls—a daughter, a son, and another son on the way.

On the day we were loading the car, after the reunion, my sister asked one of the twins (Angie) to tell us about a dream she had.

Angie said, “Angels from heaven came down and brought me to heaven and I saw Jesus.”

I worried about it all the way home and for quite a while after that. But the memory of my daughter’s dream eventually faded.

Flash forward to 1978, the girls were almost 7 years old. It was a sunny day, unseasonably warm, and the girls went to play outside with friends.

Suddenly, I had an overwhelm-

ing need to look out the window. It was as though the world was standing still. The children were just standing, not moving. And there, in the street, lay my daughter, Angie. I rushed to call 911 but in my heart I knew.

She had chased a ball across the street. An accident happened. She had a closed-head injury. I had been given a great gift of nearly 7 years with my “Angel” Angie.

**SALETA**—I was a hospice social worker, traveling to visit a patient. I had one hand on the wheel, watching the road and getting ready to merge onto a major overpass.

Suddenly, I heard a voice, so clearly, as if it were sitting next to me.

“Both hands on the wheel,” the voice said.

I was confused, but I put both hands on the wheel tightly.

A large van with a metal ladder on top came flying up from behind me and cut me off at the overpass exit. As they passed me, doing well over 80, the ladder flew off and landed in front of me. I was able to avoid it with inches to spare because I was somehow prepared. I’ve never forgotten that day.

**KRISTEN**—My sister was 8 in 1979 when she was diagnosed with a spinal cord tumor. After several unsuccessful surgeries my parents were told there’s nothing that could be done. My sister’s body began wilting away as she lost her ability to walk and use her arms.

She was 11 when a friend gave my dad a “Reader’s Digest” issue about a pediatric neurosurgeon doing experimental procedures for terminally ill children.

After a call to New York City, Dr. Fred Epstein invited my sis for a consultation. We live in rural North Carolina, and it was quite the undertaking to travel that far, but this was our only hope.

Dr. Epstein agreed to try the procedure but, of course, laid out all the possible opportunities for what could go wrong. My family flew home to make the decision and my parents had very differing opinions.

But as soon as my mom stepped off the plane in Charlotte, something, an angel, began tugging on her. It was constant, relentless tugging, an invisible being working overtime on her. Mom had this feeling that we should do the surgery.



Three days later, Mom convinced everyone that the surgery should happen. Mom didn’t tell anyone for years about the angel. But it was the angel’s tug that gave us an extra 30 years with my “Sissy.” She was the 60th patient to try this experimental procedure, and it worked. And now my “Sissy” is an angel herself.

**LEANNE**—I had been visiting my mom as she had made the decision to not continue cancer treatments. I had been with her for two weeks and we spent hours talking about life, family, and faith. That was how we connected—long talks over the kitchen table, or on the phone across two thousand miles. We talked daily.

During one of our last conversations, we were talking about faith. I asked her, “So, Mom, when the time comes, and you are in heaven, please give me some kind of a sign to let me know that you’re there.”

In her own spunky way, she said, “Okay, honey, I’ll trip you.”

The following Sunday, as I was walking to my room, I had a misstep and went into a full frontal fall. I remember thinking, “Oh, how embarrassing.”

Thankfully, I caught myself before I hit the ground. But the moment I walked into my room, my phone rang, and my dad said through tears, “Mom’s gone, honey.”

When I realized the timing of the moment of my trip, I called my dad to tell him about it. To this day, we talk about “the trip,” and we are both so grateful to God for letting us know that she made it home.

**LISA**—One day when my twins were napping, I was out mowing. I noticed a yellow jacket nest in the ground. So I got some wasp spray and proceeded to spray it.

Then, a neighbor I had never seen before was standing in the backyard next door and telling me to get away from the dangerous nest and run inside the house.

When my husband got home I told him about the wasp nest and

about the neighbor who told me to get away.

My husband just looked at me and told me that no one lived in that house next door.

Then, when my husband went out to kill the nest and dig it up, we realized the nest was layers deep with thousands of wasps.

**BRAD**—Sean, I have an angel story. We were newlyweds. My mother-in-law was my wife’s best friend. They talked every day.

My mother-in-law taught high-school English and had a brain aneurysm in class. We rushed from Birmingham to Tupelo to

the hospital to see her.

We stopped for gas where my wife went into the store and we accidentally locked ourselves out of the car. Frantic, I prayed for help.

Next, a bearded guy in a Led Zeppelin T-shirt asked if we needed help. He jimmied the door open. And when we turned to thank him, he was gone. We made it to the hospital and my mother-in-law squeezed my wife’s hand before she passed.

I’m like you, sometimes a skeptic, but I know what I saw with my own eyes that day.

**ME**—Don’t quit believing.



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Musings

# Nuggets of Wisdom



BY KIRK MCCARLEY,

As a Career and Life Coach often metaphorical references emerge that can more effectively illustrate thoughts and ideas to clients. Given my participation

and involvement in athletics, often parallels emanate from personal experience, thinking back to athletic coaches I have either played for or observed. Years later their lessons are still practical in not only sports, but life, work, and relationships.

“Focus on getting a base hit; the home runs will come.”

Baseball heroes in my little league days were the sluggers: Hank Aaron and Willie Mays are two who come to mind.

The coaches of that day antithetically preached base hits. “The home runs will come, make solid contact first.”

Tony Gwynn was an all-star 15 times in his 20 year career.

He led the National League in hits seven times. His career batting average was an unprecedented .338. Yet, he averaged just under seven home runs per season throughout his career. Aaron and Mays would sometimes hit that many in a couple of weeks. The tireless Gwynn was the epitome of fundamental excellence and effectiveness.

How many times does a manager encourage her sales force to “not worry about hitting home runs, just make solid contact,” meaning work your leads, provide outstanding follow up, and don’t overpromise. In parenting, a simple lunch with your adolescent daughter may well mean more than tickets to Taylor Swift. The thoughtful gesture of a handwritten thank you note to a member of your staff who went above and beyond has immeasurable value.

“Lots will come; few will stay.”

The head basketball coach my freshman year in high school was a legend. A notorious taskmaster, he demanded excellence, even during the most mundane fundamental drills. Often during practices he would share philosophical commentary, pertinent not only on the basketball court but as time has affirmed in life as well.

One exercise designed to develop quickness and enhance reactions consisted of players aligning in rows and responding as commands were barked, “stand, squat, sit down, backs,

bellies, pushups, etc.,” in rapid fire order.

Often, while on our backs we were required to lift our feet six inches off the ground, the much-feared leg lifts, the purpose being to strengthen core muscles. Legs lifted 30, then 40 or more seconds as abdominals tightened and began screaming in pain, he waded through our



configuration.

“Lots will come, few will stay,” he bellowed. Though memories of the juvenile pain of those days of drills many years ago have faded, the pertinence of those six words to life still resonate. What about difficult times in our marriages and relationships? Perhaps there is a challenging boss or co-worker. To this day, those words are still an encouragement to fight on, when I would rather quit.

“Make them play our game.” In basketball, years ago before “shot clocks,” it was not uncommon for teams to “let the air out of the ball.” Figuratively that meant slowing the pace of the game through relying on pin-

point passing, only attempting a shot when chances of conversion were extremely high. This approach was often deployed by an inferior opponent as an equalizer to a higher-powered adversary.

Establishing cadence and rhythm have applications in the business world. I coach interviewing clients to slow down the pace of their speaking, finding comfort with pause and even silence to find a groove. As potential buyers of products or services, we sometimes encounter salespeople who want us to “buy right there and then.” The deal that is “only going to be available at this price for the next 24 hours,” could be a lure best worth reconsidering.

What does getting on base, stick to it-ness, and setting a pace mean to you? What adages from a coach, teacher, parent, mentor have influenced you?

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





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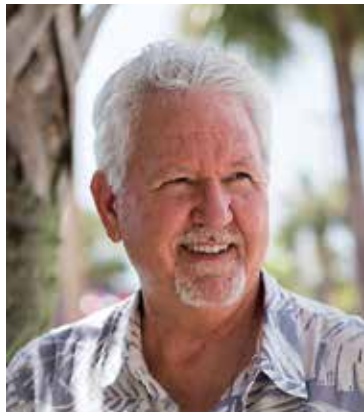
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# A Pastor's Ponderings: **Light My Fire**



BY PASTOR DAVE HOLLAND

*"I have come to bring fire on the earth." Luke 12:49*

Jimmy Morrison and the Doors sang in the 60s, "Come on, baby, light my fire, Come on, baby, light my fire. Try to set the night on fire, yeah," but they had no idea what they were talking about. Only Jesus can set your soul on fire.

In the late '90s, I had just

finished an exhausting building project at the church I pastored in Massachusetts. While I preached, I felt like I was sucking water out of a muddy well. I was dry bones on the inside.

I heard about a revival going on in Toronto, Canada, loosely referred to as "The Blessing." So, my prayer group of burned-out pastors and I drove 10 hours to check it out.

We arrived at the Airport Vineyard Church in time for worship led by a young man in shorts, a tee-shirt and a ball cap. I inwardly protested—I drove six hundred miles for this? They take worship so casually.

The preacher gave a brief message and prayed. He said "Amen," and the worship team began to play music softly. As if on cue, everyone started stacking the thousands of chairs to the sides of the room. Bewildered, we followed their example, won-



dering what would happen next. Lines formed, and prayer teams emerged to pray for each person. Unsure of what to do, I knelt on the steps of the stage and prayed.

The worship team, led by the young man in the ball cap, sang, "I have made You too small in my eyes, O Lord, forgive me, forgive me; and I have believed in a lie, that you were unable to help me. But now, O Lord, I see my

wrong, heal my heart and show Yourself strong; And in my eyes and with my song, O Lord be magnified."

The young man I formerly disdained now sang with the voice of God speaking to my heart. The Lord tenderly reminded me, "Wake up to the God who loves you more than you can imagine. He is restoring you in your innermost being."

Jesus relit the fire in my soul.

The Lord wants to ignite a fire in our hearts, and this fire burns up the impurities, inciting thanksgiving toward God. The flame of our witness will burn bright.

Those who want more of God's fullness must examine themselves. If God stepped into our home or church and looked at our lives, what would He see? Is there anything we need to adjust, remove or restore? Have we lost our first love for Him? The

King stands before us now, longing for us to catch fresh fire from heaven.

Pray with me, "Oh Lord, heal my heart and show Yourself strong. Forgive me. You are bigger, greater, and more gracious than I imagined. I believe You will restore me and rekindle passion within me. Help me catch the fresh fire of Your Spirit. In the name of the Father I pray, amen."

*This is Day 23 from a 40-day devotional based on the Gospel of Luke Dave is currently writing. It is the third book in the Daily Jesus Series. You can get copies of his books from his website, [DaveHolland.org](http://DaveHolland.org) or at [Amazon.com](http://Amazon.com). Dave Holland pastored churches for 38 years before retiring in Destin. Pastor Dave is available to preach and teach in churches and conferences. Contact him at [DavidHolland54@gmail.com](mailto:DavidHolland54@gmail.com).*

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Musings

# Self-respect



BY RICK MOORE

Growing up, I craved respect from others. When playing truth or dare, I usually chose dare.

If I dared to jump off a cliff, I didn't ask how high the cliff was nor how deep the water was; I jumped. The motive was for others to respect the fact that I wasn't afraid to do anything. This daredevil attitude led me to performing as an escape artist in front of hundreds. Although much recognition came from these stunts, there was still a void in my life. It is hard to understand the difference between recognition and respect.

My brother Mike approached life in a totally different way. When he was just months away from becoming an Eagle Scout, Mike went on a hiking trip where he encountered a commander who wanted to make sure ev-



eryone knew who was in charge. When the commander told Mike to get on all fours, pick up a stick with his mouth, and act like a dog, Mike said no. Saying no cost him his Eagle Scout status. Our mom was crushed at the time. However, Mike had gained something more important than having a status symbol. He had gained self-respect.

A few years later, Mike went to visit the university of his choice. His friends had committed to live in a fraternity house. When Mike heard of the initiation process (some would consider it hazing) he would have to go through to join, he said no way. It wasn't because Mike was scared or because he didn't want to be a team player. It was because he had a different viewpoint. Mike didn't want to throw away his dignity just to be accepted.

If I were in Mike's shoes, I would have gladly got on all fours, acted like a dog, and picked up the stick with my mouth. I would have withstood any initiation a fraternity would have put me through. By nature, I am a people pleaser and a team player to the max. But self-respect can come from what we DO NOT do, as well as what we do. It often comes from establishing boundaries. What you say no to can be just as important as what you say yes to.

So, where do we find self-respect? Hint: look at the first four letters. It doesn't come from my bank account, my family, or my peers. It doesn't come from my looks, my pedigree or the car I drive. It comes from within. Taking days off, going on vacation, and learning to relax are often pathways to discovering self-

respect. We all discover self-respect in different ways. But discover it we must. Reserve some time without concern of what your boss thinks, what your friends think, or what your family thinks. Turn on the "Do Not Disturb" notification on your text as well as an "Out of Office Reply" for all emails. If others misread your search for self-respect as selfishness, that's their issue, not yours.

The Golden Rule in life is to love others as you love yourself. We must love ourselves first. Discovering self-respect is one of the most unselfish things you can do. Making yourself better makes everyone around you better. Once we have discovered a healthy self-respect, showing respect to others becomes much easier.

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

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# Whatever Happened To Trust?



BY MYRNA CONRAD

There are so many discrepancies in our world today that it is hard to know who or what to trust. Trust is a “firm belief in the reliability, truth, ability or strength of someone or something.”

I do believe that it is harder to trust today than it was a few decades ago, even a few years ago. There is now so much more information available, at our fingertips. We are bombarded with thoughts, ideas and advertisements for the latest and greatest thing. There is such a plethora of new and changing information that it is hard to know what

is legitimate and what is bogus, especially when some of the information seems to contradict other information. The speed with which things change also make it hard to know what to do and who to trust.

Who do you trust to educate your children? I remember when we could send our children to school trusting that teachers were instructing them in the basics of reading, math, science, language and legitimate history (not history that has been rewritten). Now, in many schools, rather than being taught core curriculum, children are being taught more about how they should think and feel on social issues, which should be the responsibility of the parent(s), not teachers.

Due to social media, even friendships are different today than they used to be. Trust is established by spending face-to-face time with someone. Today, people have friends that they only communicate with via social media. Instead of working out disagreements, people can just “unfriend” you with a keystroke. Trust is also broken when people



post pictures or information on social media that is hurtful or just plain mean. It is harder to know who to trust with your friendship when friends are so provisional and transient.

Of even more importance, who can you trust with your heart? If you haven’t met that perfect mate in high school or college, where do you go to meet and date someone trustworthy today? Many people are using dating sites to meet people. But how do you know if a person is who they say they are and how do you determine who is safe and trustworthy without spending face to face time with that person? Many other people have been hurt and betrayed in a relationship, finding it hard to learn

to trust others and even themselves. Trusting your heart to someone is hard, because it can be so easily broken. However, the alternative is a very guarded and unhappy life.

What about religion and the question of who we can trust with our eternal destiny? There are so many different religions, teachings and denominations. There are even disagreements within each of these religions and denominations. Each of us should search for truth when it comes to this most important question of where to place our trust. I have found that the one person I can trust beyond all other is the one who was willing to die for me, Jesus. I can trust Him because of His teaching, His works, His promises which were all kept, to include that He would die and conquer death by His resurrection on the third day. I can and have placed my trust in Him, which has changed my life forever.

It is important that we know how to discern truth and know who and what can be trusted. It is also important to be someone

who can be trusted. Here are a few strategies:

### Be Aware:

Think about those who can be trusted in your life.

Be aware of people’s willingness to trust you.

Realize that integrity and character take a lifetime to build, but only a moment to lose.

### Be Intentional:

Be careful to research what you hear to see if the source is reliable and trustworthy.

Take time to develop relationships. In order to have great friendships, you must be a great friend.

If you have been hurt in the past, don’t let this stop you from opening your heart to trust again.

Make every effort to be someone that can be trusted.

None of us are perfect. We all make mistakes. But, it is so important to live a life of honesty and integrity. We want to find people that we can trust, but we also want to be a person who can be trusted.

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 Dining

# Skipper's Seafood Market

Clustered among a few other small businesses one of the best seafood markets in the area sits in the heart of Miramar Beach. Skipper's Seafood Market was established in 1990 by Skipper Harris. Over the years, Skipper worked tirelessly to create the successful shop we see today.

Three years after opening, Skipper hired a young man by the name of Chet Walker. During his time of employment with Skipper's, Chet grew fond of the environment surrounding the seafood market. As the years progressed, Chet couldn't shake the feeling that he was supposed to be in the seafood market, and finally decided to open his own seafood market in Destin. As Chet was making plans, however, he got a call from Skipper.

As things turned out, Skipper was ill, and needed someone to take over the seafood market. Chet jumped on the opportunity, and has been operating the business ever since.

Skipper's Seafood Market has turned into an incredible little shop, full of the freshest seafood in the area. All of their seafood is wild-caught, and packaged



to maintain freshness. Some of the most popular items include steamed shrimp with corn and potatoes, steamed crab legs, tuna dip, and their famous key lime pies.

Skipper's is well known for their excellent customer service, and commitment to helping their customers pick out the perfect meal every time. In addition to Skipper's dedicated customer service, they can hardly be outdone in their standards for both cleanliness and freshness. Harvesting seafood can be a messy business,

but Chet has set a higher standard for his business. When asked about factors to the market's success Chet commented that one of the biggest factors is "how clean we keep the place and fresh we keep the seafood."

Skipper's has been largely blessed in suffering very little during the past year with all that's happened with the pandemic hitting the area. In fact, Skipper's has continued to experience an enormous amount of success due to their continued diligence in always giving the best service

with the best attitude in spite of hard circumstances.

In addition to all the other great things that Skipper's contributes to the community, Chet also started the A.S.H. Florida Foundation, which stands for Aware Save Help Florida. The foundation actively assists those who are homeless or in recovery from addiction.

Moving forward, Chet commented that he would love to open multiple Skipper's locations all across the South. Presently, the one in Miramar Beach is the

only location, but Chet has huge dreams for the coming future. With all the success this small market has already experienced, it's nearly impossible to think that they wouldn't be just as successful in other areas!

Skipper's is located at 130 Scenic Gulf Drive #2 in Miramar Beach. They can also be contacted at (850) 654-2611. Be sure to pay them a visit, and check out some of the freshest seafood in town!



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# Catch The Health Benefits Eating Gulf of Mexico Fish

BY LISA LEATH TURPIN, BS.  
FITNESS & WELLNESS COACH

In light of the Destin Fishing Rodeo season, here's great news for our area about the health benefits of our Gulf fish! So, we've all read or heard that fish is healthy for you. But cold water fish such as salmon make the healthy headlines. It's primarily because of their scientifically known Omega-3 fatty acid profile. But good news for us Gulf Coast residents... warm water fish in the Gulf of Mexico has high Omega-3s also. Omega-3 and Omega-6 fatty acids are essential to good health. Essential means that our bodies don't produce it so therefore, we must get it through our diet. They are essential for normal growth and development of every aspect of human health. These fatty acids are similar in structure, but their functions are very different.

Americans typically consume up to 20 times more Omega-6 than they do Omega-3. This causes an imbalance in our bodies which are linked to a long list of diseases including atherosclerosis, rheumatoid arthritis, asthma, colitis, Crohn's disease, type-2 diabetes, heart disease, various cancers, Alzheimer's, Lupus, allergies and multiple

sclerosis. Medical research has found that a diet must include NO MORE than FOUR times as much Omega-6 as Omega-3 for optimal health. Eating Gulf fish will help raise your intake of Omega-3 fatty acids to help with the balance between not only Omega-6, but also total fats in the body consumed by the average American. This is why it's important to eat foods high in Omega-3.

Dr. Julia S. Lytle, Ph.D & Dr. Thomas F. Lytle, Professors Emeritus, Department of Coastal Sciences, states in a brochure; Marine fish oils are the primary source of Omega-3 fatty acids while the plant oils corn, soy, peanut, cotton, sunflower and safflower are the major sources of Omega-6. All marine fish, whether caught in warm water or cold water, contain Omega-3 fatty acids. Fatty fish such as salmon, sardines, mackerel and young tunas are rich in Omega-3s, but they are also higher in total fats than leaner fish such as flounder, redfish, snapper and tilefish. Recent research indicates that most Gulf fish contain less than 5% total fat, and their fat is enriched in Omega-3s. Dr. Julia says, "Since warm water fish are lean, you can eat larger por-



tions to increase your intake of Omega-3 and still keep total fat calories moderated." I'd like to note though, be careful in its preparation if you are watching total fat calories. Fat is nine calories per gram, while protein and carbohydrates BOTH are four calories per gram. If you add creamy (fatty) rich sauces, extra oil, or breading while cooking, you could double the amount of calories for that portion of fish.

Achieving the right balance of Omega-3 and Omega-6 helps with the following:

- boost immune system
- reduce cancer risk
- slow aging
- reduce risk of macular degeneration
- lower triglycerides

Make a healthy change by

eating MORE: Gulf fish at least twice weekly, dark green leafy vegetables, add flaxseeds and walnuts to salads; LESS: processed foods, avoid deep-fried foods, REDUCE TOTAL FATS. Use olive and canola oils for salads and cooking.

This information came from a study done by the professors above through The University of Southern Mississippi, Dept. of Coastal Sciences. The basis for their conclusion was through analysis of almost 50 species of Gulf fishes.

Regardless of season, age, size or sexual maturation, Gulf fish are valuable sources of Omega-3 and they have charted the fatty acid, cholesterol and total fat in 44 species.

Visit [usm.edu/gcrl/omega-3](http://usm.edu/gcrl/omega-3) to see the comprehensive list. To contact Lisa, email [lisa.turpin@icloud.com](mailto:lisa.turpin@icloud.com).



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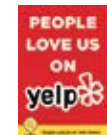
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Music

# The Market Shops Announces Participating Restaurants for Sixth Annual Bloody Mary Festival

## Proceeds from the October 23, 2021 event to benefit Habitat for Humanity - Walton County

The Market Shops is pleased to announce the lineup of participating restaurants for the Sixth Annual Bloody Mary Festival, which will be held on Saturday, October 23 from 11 a.m. – 2 p.m. at the

shopping center.

Local establishments, including Alys Beach, Bijoux Restaurant + Spirits, Bitterroot, Camille's at Crystal Beach, Cannery Lane Cantina, Emeril's Coastal, The Henderson, Jackacuda's Seafood and Sushi, La Crema Tapas & Chocolate, Local Catch, Old Florida Fish House, Ovide, Signature Catering of 30A, Stinky's Fish Camp, The Beach House, The Chef's Table Catering, The Grove, The Henderson, and The Perfect Pig, will create their own spin on the classic bloody mary, made with Distillery 98's Dune Laker Vodka. Each participating restaurant will have their own 10x10 tent, allowing for social distancing in an open-air setting and access to The Market Shops merchants, providing convenience and enjoyment for vendors and tasters.

A panel of select food critics and local celebrities will judge each bloody mary to select the winners for the most delicious and most creative. There will also be a highly coveted first-, second-, and



third-place People's Choice Award that is selected by each guest in attendance whose votes will be tallied by Hill Coleman, CPA.

For a \$40 donation to attend, guests are invited from 11 a.m. to 2 p.m. to enjoy all 18 variations of bloody marys served in specialty cups provided by Compass Builders of Florida and Frillseekers Gifts. In addition to the bloody marys, there will also be plenty of food from the various restaurants located directly in The Market Shops, including Ben & Jerrys, Bijoux Restaurants + Spirits, Clean Juice, Jon Smith Subs, Maple Street Biscuit Company, Parlor Doughnuts and Pizza by the Sea. Idyll Hounds will be serving craft brews while the Bubbly Bar will

be serving champagne, provided by Hey Mama Wines and sponsored by Courtyard by Marriott Sandestin at Grand Boulevard, Residence Inn by Marriott Sandestin at Grand Boulevard, and the Hyatt Place by Marriott Sandestin at Grand Boulevard. Guests will be able to cool off with alcohol-infused popsicles provided by Swell Pops and a hydration station by Berkshire Hathaway HomeServices PenFed Realty. A lounge area with additional seating and cornhole games provided by Vacayzen will be set up on the main lawn, along with SEC football streaming on the big screen courtesy of Insurance Zone.

While sipping bloody marys, guests can enjoy a commemorative photo booth by Epic Photo Co. courtesy of Legendary Marine, music by DJ Dad, a cigar bar by Shore Thing Cigars, and exclusive shopping opportunities from The Market Shops merchants. Headlining the event will be a live performance from Dread Clampitt on the main stage brought to you by Carter & Company CPA, LLC.

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

For guests traveling from out of town, there are special room rates available through the festival's official lodging sponsors including the Courtyard by Marriott Sandestin at Grand Boulevard, The Residence Inn by Marriott Sandestin at Grand Boulevard, and The Hyatt Place Sandestin. To book your room, visit [www.themarketshops.com](http://www.themarketshops.com) to learn more.

Tickets are currently on sale through 850Tix for the pre-sale price of \$40 or can be purchased the day of the event at the door for \$60. To learn more about The Market Shops Bloody Mary Festival and to buy tickets, visit [www.themarketshops.com](http://www.themarketshops.com). If you would like to volunteer for Habitat for Humanity on the day of the event, please email [volunteer@walton-countyhabitat.org](mailto:volunteer@walton-countyhabitat.org).

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# Studio 237 Music Lessons: Songwriting with Kids

BY SCOTT GILMORE

In this time of “tech overload”, it is essential to embrace the idea of building something from scratch that is uniquely our own. As a small child, in our modified garage, I remember watching my father building hydroplane racing boats starting from plans drawn on a drafting table. He created championship calibre boats for himself and other racers. The smell of glue, mahogany and sawdust still evoke cherished memories of my father and the excitement of that time. For the last 6 years I have been a music instructor at Studio 237, Santa Rosa Beach. Although I am primarily a Classical / Pop Guitarist, I have been allowed to expand my teaching responsibilities to include Baritone and standard Ukulele, Piano and Theory. However, the area that has been the most rewarding and inspiring for me has been as a “Songwriting Facilitator”. When first inspired to collaborate in songwriting, I had no blueprint in place. My mentor at the time was renowned Stone Carver Mary Lou Waterfield. Utilizing her Masters in Clinical Art Therapy (FSU M.A.T. ED.) Mary taught me techniques cultivated from working with children who had survived trauma and other issues. She demonstrated the importance of asking questions and developing



listening skills. I want to share with you some basic ground rules that guide the process: 1) No violence (real or video games related) or adult themes allowed! Encourage students to consider their audience. 2) Emphasis on Song Ownership. The song belongs to the child. My job is to ask questions. Not surprisingly, most songs end up being about dogs and other pets, unicorns and dragons and princesses. The songs can be silly, sad or serious, or a tribute. But it’s always their choice! 3) Encourage the Child to write about what they know, such as songs about going to the

beach, trips into space or riding a horse for the first time- all make wonderful themes. For example one of my students performed a song that she wrote at her beloved Grandmother’s memorial service. 4) What is the music for the song? Fast, medium or slow? Which chords and chord progressions will be used? This phase can be a rich “teachable” moment. 5) Realize that songwriting is done outside of chronological time. Until the song is finished we are free to move everything around. If painted into a corner, we can go back and change the song so that we

won’t be. It is even OK to start completely over! 6) Because we are often writing during a limited class time, no writer’s block is allowed. “Green-light” thinking rules. My position as a facilitator is to see the child as a creative genius and to expect greatness. 7) Wait for a “Great” first line.

Everything that happens after that is a response. 8) Train like an athlete. Writing lyrics that work can be about how the word sounds, rhymes or conveys a more complex idea in a more concise way. Use new words as a “teachable moment”. Discovering new words can be a BIG part of the adventure. 9) Organize and Document. “Rarely throw anything away.” 10) Encourage Performances. A song is only completed when shared with others. It is a celebration of ownership for the young songwriter. Songwriting with kids requires more “out of class time,” organizing and editing lyrics and music. Nothing I have ever done professionally has been as rewarding as “Songwriting with Kids. Helping another to write a song is like building a boat together that everyone can take a ride on.

Scott Gilmore has been teaching classical, acoustical and electric guitar, bass guitar and all four sizes of ukulele at Studio 237 Music Lessons in Santa Rosa Beach. For more information, please call 850-231-3199.

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Business

# Five FPRA NW Florida Coast Members Receive 40 Under 40 Honors

On Thursday September 9, 2021, five members of the Northwest Florida Coast Chapter of the Florida Public Relations Association (FPRA) were selected for the Inaugural Class of the United Way Emerald Coast Emerging Leaders 40 under 40 Awards pre-

sented by Step One Automotive Group. This recognition highlights Okaloosa and Walton counties' top young leaders who excel in the areas of leadership, community involvement, and professional accomplishment. The five NWFL Coast Chap-



mately selected, out of nearly 150 nominations, by an anonymous review committee of the United Way Emerald Coast. Awardees were celebrated at a reception September 24th after receiving complimentary head shots and will be featured in the October issue of VIP Magazine.

**UPCOMING** – October Luncheon

The Northwest Florida Coast Chapter of FPRA invites all local professionals to attend the next professional development luncheon on Tuesday, October 19th. The event will be held at Hotel Effie in Miramar Beach from 11:30 a.m. – 1:00 p.m. and will feature FPRA State President and Communications Manager for Cox Communications Southeast Region, Devon Chestnut, APR, CPRC. She will discuss “Upping Your Presentation Game: Creating an Engaging and Effective Message” – a luncheon you won’t want to miss!

The cost to attend is \$15 for members or students and \$25 for non-members. For more information on October’s luncheon follow FPRA Northwest Florida Coast Chapter on Facebook. Pre-registration is encouraged. Prices will increase \$5 on the day of the event and seating will be limited. We ask that all guests wear pink to this luncheon as we honor Breast Cancer Awareness Month. Learn more at [www.nwcoastfpra.org](http://www.nwcoastfpra.org).

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ters recipients are:

Jenni Brunson, Okaloosa Gas District, President

Emily Friedlander, Fort Walton Beach Medical Center

Leslie Moland, APR, CPRC, White-Wilson Medical Center

Bobby Parker, Corcoran Revierie, President Elect

Shaye Smith, Center for Sales Strategy/Lead G2/Up Your Culture, Immediate Past President

“This professional accomplishment for these five members of the Northwest Florida Coast Chapter of FPRA speaks to the stellar level of leadership we have

within our local chapter. These individuals aspire to make a positive impact not only in our association, but also within our local community,” said Jenni Brunson, President, NWFL Coast Chapter. “I am personally honored to stand with all the award recipients and am incredibly proud to recognize the Northwest Coast Chapter’s Immediate Past President, Current President, and President Elect were all selected as honorees. The future is bright for the Champagne Chapter!”

Recipients of the inaugural 40 Under 40 award honor were ulti-

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# Multiple Grant and Scholarship Opportunities Available at Northwest Florida State College

Northwest Florida State College (NWFSC) is lowering the barrier to higher education by offering multiple grant and scholarship opportunities for the Fall Term. It's not too late to apply!

NWFSC has been awarded grant funds under the American Rescue Plan (ARP). It is our goal

required books, uniforms and equipment are provided through the scholarship award. Scholarships are funded through the Department of Labor and are intended to place workers into the workforce that possess the skills and certifications needed to be successful in the following programs:

assist them with skills such as Resumé Building, How to Create a Resumé, Cover Letter or other professional documents. The Employment counselor may also provide up to 12 months of

support during the post training period.

To learn more about JC Scholars, visit our webpage [www.nwfsc.edu/job-corps-scholars](http://www.nwfsc.edu/job-corps-scholars). Interested students

are encouraged to contact the NWFSC Job Corps Scholar Program at 850-729-4900 or [jcscholars@nwfsc.edu](mailto:jcscholars@nwfsc.edu).



to reach as many students as possible. Funding will be awarded per semester (Fall and Spring) and will be on a first-come, first-served basis until all funds have been awarded. Grants range from \$300 - \$1,200. Eligible students must be in a degree-seeking program and enrolled in a minimum of six credits. Students who file a Free Application for Federal Student Aid at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) will be eligible for larger amounts. Visit [www.nwfsc.edu/financialaid](http://www.nwfsc.edu/financialaid) to apply for your share of free money to attend NWFSC in the Fall. Remaining Fall term start dates are October 13.

“At NWFSC, we pride ourselves on our efforts to keep tuition and fees as affordable as possible,” said President Dr. Devin Stephenson. “Our mission remains resolute, to improve lives in Northwest Florida, and we will do that one student, one opportunity, and one possibility at a time.”

Full-tuition scholarship opportunities are currently available through the Job Corps Scholars Program. This program targets individuals between the ages of 16 and 24 years old who are seeking specialized training in high-demand technical training programs. Students who qualify may receive up to 12 months of training (including tuition and fees) at no cost. All

Certificate Programs that are covered:

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- Firefighter/EMT Combined (CCP) and Emergency Medical Technician (CCC)\*
- CNC Machinist/Fabricator (CCC) and Engineering Technology Support Specialist (CCC)
- Food and Beverage Operations (CCC)
- Correctional Officer (BASIC, CCP) and Law Enforcement Academy (BASIC, CCP)\*
- Welding Technology (CCP)\*

Programs followed by the \* indicate Selective Admissions Programs which require an additional application step with that department. Acceptance into the JC Scholars Program is contingent on the students' acceptance into the Selective Admissions Program.

In addition to tuition and fees, Supportive Services such as transportation or child care assistance may be available. Supportive Services are provided on an individual needs basis. Students will have the support of a Personal Counselor throughout their entire training period and will then transition to an Employment Counselor who will



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## Does Your Home Sweat?



By CHRIS BALZER, ECES

When I conduct insulation inspections in attics, I normally come out with sweat on my forehead and sometimes, depending on the inspection and time of year, I am completely drenched. This is normal and we all sweat to keep our bodies cool. When our home sweats, that's normally an indication of a problem. Receiving calls from concerned homeowners about sweating vents and equipment is common

### ENERGY TIPS

by Emerald Coast Energy Solutions

at ECES. There can be many factors which cause condensation in the home; ultimately it is the dew point in the home and our attics. Dew point defines the point at which air will become saturated and condense. Simply, the air can't hold any more moisture and creates dew. So, why do I have moisture on my vents? Ductwork is a system or network of ducts which bring cool air to the different rooms and living areas of our homes. When heating and cooling companies install the air ducts in a home, the contractors are working with many separate pieces. While the workers strive to connect each piece as tightly and securely as

possible, leaks and gaps in the ducts might still occur. This can happen in new and older homes. When these gaps and leaks occur, the conditioned air leaks out into our attics. A typical home can experience close to 20% of conditioned air loss from leaking ducts. If the leaks are big enough, even more loss can occur costing you money and comfort. One common problem when ducts and vents are not sealed properly is condensation or sweating. These tiny drops build up around and on the vents causing issues, like mold.

Another problem we come across is cracked seals and loose boots. Maybe you had a security

system installed or needed cable ran into a room which wasn't wired. Most of the time you need a technician to go in the attic and navigate in a hot, hard to walk around, dark area while performing these services. Ductwork tends to run in the same places these wires need to be ran and sometimes ductwork is used as railing or support by the technician so they don't end up putting their foot through the ceiling. Putting pressure on ductwork can cause loose boots around vents and cracked seams. These are less common, but do happen and unfortunately are unseen because they happen in the attic. More common is that over time, our seams, connectors, tape and vent boxes fail over time due to the harsh environment they are in. Failing tape is most common. The duct tape, which was used, becomes brittle and can no longer keep a tight seal. Good news is that repairing these leaks is a

simple one. Foil tape, expandable foam and mastic (which are a type of paste applied to seams when foil tape can't seal) is used to reseal these leaks keeping the conditioned air flowing for years to come. We tend to forget how important these systems really are and how important it is to maintain them. It is always a great idea to schedule an inspection and improve the efficiency of our largest investment, our homes.

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 fall and become energy efficient, schedule an inspection by calling (850) 588-2870, visit [www.trusteces.com](http://www.trusteces.com) or email [wecare@trusteces.com](mailto:wecare@trusteces.com) and Beat the Heat!

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# Every Month is Life Insurance Awareness Month



BY JOE CAPERS,  
INSURANCE ZONE

Although the life insurance industry has adopted the campaign that September is life insurance month, it is my belief that every month is Life Insurance Awareness Month.

Recent market research done by LIMRA (Life Insurance and Market Research Association) shows that 36% of Americans plan to purchase life insurance this year. When it comes to Millennials, 48% say they plan to buy coverage. This is especially important since their research also shows that 42% of households would face financial hardship within six months should a wage earner die unexpectedly — 25% would suffer financially within a month.

For many, life insurance is not a pleasant discussion and we like to avoid the topic as no one likes to discuss or think about death. But, we also know how important life insurance is, because our loved ones will still have to

deal with income replacement, funeral and general expenses, mortgages, college and so much more.

The two most popular life insurance products are Term Life and Permanent Life. Your goal and budget will determine which policy will best fit your needs. Both of these forms of protection pay an income tax-free death benefit. Term life covers you for a limited period and permanent life provides life-long coverage.

**Term Life** is the most affordable and is for a set period of time – 10, 20, or 30 years typically, and does not accrue cash value. This is a great tool for someone on a limited budget and who needs a certain amount of coverage for a specific number of years. It also allows for the highest amount of death benefit with the least amount of premiums and most term policies can be converted to permanent life without providing evidence of medical condition.

**Permanent Life** comes in the form of Whole Life or Universal Life, and both offer varying degrees of flexibility through the life of the policy. Whole life insurance premiums remain the same over the life of the policy and the death benefit and cash value is guaranteed as long as you pay the premiums. Universal Life provides the same features as whole life with added flexibility to adapt to changes in your personal situation or changes in the financial

marketplace. With this type of product you can adjust the premium payment, death benefits and the insurance company's investment portfolio, and some companies will allow adding a long term care rider to help prepare for potential long term care expenses.

Now there are other types of universal life insurance policies that provide Long Term Care coverage along with a death benefit. These fixed premium products pay for services that fit your needs based on the plan of care provided by your licensed health care practitioner. The services are paid for either your home or a facility when you are no longer able to perform 2 out of 5 of the ADLs (activities of daily living) such as bathing, dressing, toileting, transferring and eating.

There are also some life policies (term and permanent) that

can provide for the security and longevity of a business. Business Life products can help keep a family business in the family, protect a key employee or fund a buy/sell agreement.

Term and permanent life insurance plans are important components of your overall financial planning. A well-structured Life Insurance Program often contains both term and permanent life insurance and no matter what kind of life insurance policy you purchase, your beneficiary will be the person or persons who will receive the death benefit.

Life insurance can do some amazing things for people. It can keep your families in their homes, pay off debts and loans, provide a stream of income, and assure a child's education. It can also protect your business by keeping a family business in the family, protect a key employee

so the business can continue while you search for and train a replacement, or fund a buy/sell agreement.



*Insurance Zone, founded by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on [www.ins-zone.com](http://www.ins-zone.com) and watch our 3 informative videos on Life Insurance 'How much Do You Need, Term vs Permanent and Protection from Financial Hardship', or call 850.424.6979.*

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# Emerald Coast Classic Has Evolved Into Premier Event

BY MIKE MAHON

In the spring of 2012 Maury Hanks, founder and president of Global Sports, received a phone call from Steve Forbes, the highly successful men's basketball coach at Northwest Florida State College. Forbes had known about Hanks' reputation for hosting college basketball tournaments and thought Northwest Florida State would be a great site for a potential future tournament.

"Steve (Forbes) and I have been friends for more than 25 years," said Hanks. "Steve raved about The Arena and what a great facility it would be for both participating teams and fans."

From that telephone conversation until today the Emerald Coast Classic has developed into what national publication Bleacher Report calls the third strongest preseason college basketball tournament in the nation this season.

Through the combined efforts of Hanks and Global Sports and administrators from Northwest Florida State Col-

lege, this annual event held every Thanksgiving weekend has turned into one of the premier sporting events in the area, attracting top college basketball teams from the best conferences in the nation: The Atlantic Coast Conference, Big East, Big Ten, Big 12 as well as the Southeastern Conference and the Pac-12 Conference.

A quick look back into history only serves as further testimony with past champs including Virginia which had several starters from its 2016 champion team lead the Cavaliers to the 2019 Final Four title; as well as Florida State (2019), Cincinnati (2018), TCU (2017), Iowa State (2015) and Ole Miss (2014). The annual economic impact to the community is estimated at \$1.7 million.

The tournament will come full circle this Thanksgiving weekend Nov. 26-27 with Forbes returning as the second-

year head coach at Wake Forest. "Northwest Florida State is a very special place to me and my family. I can't think of a better place to spend Thanksgiving with our team and our fans than Niceville and Destin while playing in such a prestigious event."

The semifinal round games on Nov. 26 will feature LSU playing Penn State at 6 p.m. Central Time, followed by Oregon State facing Wake Forest at 8:30 p.m. Central Time.



The championship game on Nov. 27 will tip off at 6 p.m. at The Arena at Northwest Florida State College with the third-place game set for 3 p.m.

The 2019 Emerald Coast Classic sold out within 48 hours after tickets went on sale as local fan favorite Florida State appeared along with Purdue, Tennessee and VCU. All four teams competed in the 2019 NCAA

Tournament with Tennessee and Florida State advancing to the Sweet 16 while Purdue advanced to the Elite Eight.

"This is a first-class national level event unparalleled in quality as far as the teams it brings in and the competition level," said Dan Shugart, longtime sports director at WEAR TV. "I think it's obviously the premier collegiate sporting event around."

The eight-team tournament has gained a reputation as one

of the best in the NCAA showcasing top talent that annually attracts several NBA scouts. The tournament also draws national media exposure to the Emerald Coast with CBS Sports Network televising both the semifinal and championship rounds. "The showing by these teams (LSU, Oregon State, Wake Forest, Penn State) last year has generated a lot of enthusiasm for our tournament from local area fans," said Hanks.

For further information including ticket information, visit [www.emeraldcoastclassic.com](http://www.emeraldcoastclassic.com).

Emerald Coast Classic History

- 2019 — Florida State, champion; Purdue, runner-up
- 2018 — Cincinnati, champion; Mississippi, runner-up
- 2017 — TCU, champion; St. Bonaventure, runner-up
- 2016 — Virginia, champion; Providence, runner-up
- 2015 — Iowa State, champion; Illinois, runner-up
- 2014 — Mississippi, champion; Cincinnati, runner-up



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