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SOWAL Life

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Guest Editorial; Choose Light in the Midst of Darkness

BY HEATHER BENNETT

It's difficult not to feel a little anxious or antsy these days, especially when we are unsure of what each day will bring. Orders to stay home, to wear masks, to adhere to a nightly curfew change weekly. To loosely quote John Lennon, "these are strange days indeed".

There's an overwhelming financial concern for most on top of an already overwhelming emotional concern for the health and safety of those we love and ourselves, and while these times seem dark, it's important to hold on to the light. Through the stories of fear, heartbreak and loss, there are many stories of hope, love and humanity, coming together to help one another.

Restaurants are serving free lunches for children who rely on school meals. They have altered the way they do business by using their wait staff as delivery staff, collecting tips for employees that were



furloughed, and offering free meals for first responders and healthcare workers.

Businesses are trying to keep as many employees as possible, finding ways for them to work from home and stay connected. What once was deemed an impossibility, employers are finding that many people can successfully operate remotely, improving their work-life balance.

On a busy day we might stop and waive to our neighbor before we continue with our self-indulgence, focusing on our next task at hand. Neighbors are now taking the time to check in on each other, and find out how they are doing, even offering to run errands for those that can't leave their home. Some neighborhoods have come up with a color-coding system they display in

their windows, to let each other know if they are okay, or if they need help. One Attorney reported a record number of divorce proceedings being *cancelled*. It seems many couples forced to spend time together quarantined, are rekindling the romance that brought them together in the first place!

GUEST EDITORIAL
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Sheriff's Office Responds to Gov's Executive Order Announcing Phase 1 Reopening

The Walton County Sheriff's office responded to Governor Ron Desantis' "Phase 1: Safe, Smart, Step by step" executive order 20-111 and 20-112.

"Monday, May 4th represents a first step, small, safe and measured, but important for Florida residents to know there's light at the end of the tunnel," Governor Desantis said at his press conference announcing his plan for the opening of Florida in phase 1. "Data and facts will be used each step

PHASE 1
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Beauty for Ashes...

Editor's Note: Having been raised in a part of the country that doesn't experience forest fires like the one which erupted in South Walton just before press time last week, I was at a complete loss to write anything meaningful other than the basic facts which we all know by now. And then, I read a FB post from a woman that just experienced the most incredible loss. Her words will have much more meaning than mine.

"God answered my prayers...I know that might seem odd to some people, but let me explain: When our Wednesday afternoon, suddenly & without notice, went from prepping for a family movie night to a Sheriff deputy telling us we had to evacuate our home immediately because a fire was out of control & already coming into our neighborhood, my immediate prayer was not for my house or our things, but for my family & my neighbors...the people, not the things! When we were driving through the smoke & flames, I prayed for my babies, all 4 of them by name, for my husband, & I asked God to keep us all safe & deliver us out of this

fire that came out of nowhere.... and He did! All 6 of us are fine... not a single singe on any of us! When we ran out to get in the car, the smoke was so thick & wind was blowing embers everywhere...they looked almost like leaves, but not a single one touched us, not one! That, my friends, is God answering my prayers! Beauty for Ashes.

Fire is destructive & consumes all it comes in contact with... trust me, it is way more powerful when you see it up close & personal! Yes, the fire consumed our belongings....it stole my most beloved treasures.... the gown I brought my babies home from the hospital in, my wedding dress & veil I was saving for my daughters, little love notes Grayton used to leave under my pillow when he was little, Riley Kate's books she herself has spent hours writing & illustrating with her precious little hands, Brantley's Mother's Day Card he made me when he was 3 that said I was the best Mom because I liked football, & Sophia's precious artwork from this past school year her teachers just



brought to us a couple of days ago....these are the things I treasured most, but not more than the people who were the reason those items were so precious to me! Yes the fire totally consumed them all, but God didn't let it so much as singe a single spot on

any one of us! Beauty for Ashes.

Yesterday when we went to see the house or what was left of it, I frantically tried to salvage something...just one thing, anything, to take with us, something symbolic at least, but I found nothing! I was covered in ashes from head to toe...the ashes that were leftover from our home & belongings burning...empty handed, sobbing, & feeling defeated! I just wanted something for my kids, something tangible that would trigger that normalcy, that comfort of your own home feeling for them, but I couldn't find anything...I felt like a failure! As I was slowly walking down the street, away from the place we had called home feeling emptiness in both my hands & my heart, I saw something out of the corner of my eye! I thought I saw a picture of my babies! I looked down & it was a picture of my babies, laying on the edge of the retention pond covered in ashes, but still, it was them! I immediately dropped to my knees, grabbed it, & began wiping off the glass! There they were...it took me a minute to process it, but it really was them...pictures of them...pictures of us...our pictures!

I want you all to know that those pictures were purposely & lovingly removed, all from different rooms in our house by firefighters...some were from the hallway, the den, the guest bathroom, & the wall by our bedroom door...they ran into our burning home into different

rooms to grab what they knew meant the most...family pictures! Take a minute to let that sink in....I don't know their names but I am on a mission to find them because in my moment of despair, they gave me HOPE! I must hug their neck & thank them for what they did! I cannot even mention these pictures without sobbing uncontrollably, & I can never put into words what seeing those pictures did for my soul! Please understand that when the fires started on our street the firemen were not even near our house yet as they were battling the blaze trying to stop it at so many different points, and about 5 minutes after we evacuated, our house caught fire! Some amazingly brave, kind-hearted firefighters ran into our burning home, knowing it would not survive the fire to save something...something they knew was precious....pictures! Beauty for Ashes....those firefighters are our beauty!

So many of you have said fire destroys, but what comes after the fire & the ashes?...the beauty! We have already seen so much beauty for our ashes! Thank you for being that beauty for us!

Beauty for Ashes....Isaiah 61:3 "To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the LORD has planted for his own glory."

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GUEST EDITORIAL

continued from page 1

Many parents are getting to spend quality time with their children due to schools closing and extracurricular activities cancelled. Instead of getting a quick bite on the go between taking kids to soccer practice and dance class, families are sitting around the dinner table together enjoying a home cooked meal.

Teachers and school districts are working hard to put lessons online and provide access and materials to children who might not have the internet or a computer. They are coordinating zoom calls and parades to stay connected to their students and let the kids know how much they are missed.

Positive messages like “We are in This Together,” “Stay Home, Be Strong,” “Stay Positive, Stay Kind,” “This too Shall Pass,” and “Thank You Healthcare Workers” are popping up on yard signs, reader boards, store fronts and drawn on sidewalks. People are taking the time to let others know they are not alone.

I have come across many stories of people coming together and helping one another in the community. This is the light we need to hold on to, and I hope people are inspired to carry

that light. Every day we have a choice. We can choose positivity. We can focus on our blessings and the things for which we are grateful. We can be a light for someone else. We can choose to choose to make positive changes, reach out and be a beacon of hope for others.

I am just as lost someday as the next person. We all want to have financial stability, to know our family and friends are safe, to know we are safe. But in the midst of darkness and uncertainty we can be the light! We can choose to choose to make positive changes, asking ourselves: what do we want to learn from this and what can we take with us when we get back to normal?



PHASE 1

continued from page 1



Walton County Sheriff Michael Adkinson, Jr.

of the way, but we are intent on moving forward consistent with public health and safety.”

On Friday, May 1st, Walton

County Beaches were opened and regular beach activities are now permitted with appropriate physical distancing. Vending and fire permits are not still allowed.

Vacation rentals remain closed until further notice. Vacation Rentals are defined as a house, condominium, cooperative or dwelling unit rented for periods of less than 30 days, advertised as a rental, and regulated by DBPR (Department of Business and Professional Regulations), excluding hotels, motels, inns, resorts, non-transient public lodging establishments or time share projects.

In his weekly “Facebook Live” presentation, Sheriff Michael A. Adkinson, Jr. made clear the prohibition against short-term rentals would be enforced. “It is unfair and unlawful for a few to flaunt the law at the expense of the vast majority of law-abiding property owners. We will investigate and we will prosecute when we can,” he said.

Effective May 4th, restaurants and retail stores are allowed open and can operate at 25% indoor capacity. Outdoor seating is permissible while practicing appropriate physical distancing. Appropriate distancing requires maintaining a minimum of 6 feet between parties, only seating parties of 10 or fewer people and keeping bar counters closed to seating.

Gyms, bars and theaters remain closed pending further order from Governor Desantis.

Effective May 11th, Gov. DeSantis said barber shops, hair salons and nail salons can open with “enhanced safety protocols.” Pharmacists are now allowed to administer COVID-19 tests. State Parks reopened Monday May 4th with physical distancing.

Visiting senior living facilities is not permitted.

With some limitations, most medical elective procedures previously restricted may resume services, including surgical centers, dental, orthodontics, endodontic and other health care practitioners office visits.

The Sheriff could not give a firm time frame as to when life can begin to go back to normal. “My understanding is there will be a gradual re-opening as we reach certain milestones. Our area could see additional lifting of restrictions in one to two weeks” if Covid-19 infection rate remains under control. (one can hope!).

Walton Tax Collector Rhonda Skipper Announces Lobby Openings May 18th

The Walton County Tax Collector’s office is excited to announce the re-opening of our DeFuniak Springs and South Walton locations on Monday, May 18th, 2020. The following are some of the protocols that have been put in place to ensure the safety of our staff and our customers. At this time the Tax Collector’s office is the only office open to the public in the courthouse. The first hour of each day is reserved for senior citizens age 65 and over, those with special needs and individuals with disabilities. Only individuals conducting transactions will be admitted to lobby areas. Customers will be triaged prior to entering our lobbies to include taking of temperatures. We respectfully ask that you do not come into the office if you have a temperature or are ill. Please let us help you in the comfort of your home by continuing to utilize our online office at www.waltontaxcollector.com or by calling our Customer Call Center at 850.892.8121.

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 Community



Superintendent A. Russell Hughes

May 2020 WCSD Superintendent's Update

most difficult challenges of our time. As we navigate through these uncertainties, it is important for you to know that all of us here in Walton County School District stand with you as a community, and we are here to support and encourage our children, families and stakeholders. Our school administrations, teachers and staff are working diligently and tirelessly to ensure that our students are continuing to move forward, with no breaks, setbacks or loss of learning. We are so proud of

our Heroes at Home, our parents and caregivers, who have accepted the challenge of monitoring their students during the At-Home Learning process with grace and tenacity.

To keep the lines of communication open for questions that develop as we move forward, we have developed a new way for parents and students to reach us during school campus closures. Parents and students can text a question to 850-204-9667. Our staff will receive the text immediately

and be able to get back with our stakeholder's questions and/or concerns. In addition to texting, you can always visit the Walton County School District website and submit a written question via email and/or call our district office at 850-892-1100. We encourage you to contact us any time you have a question or concern.

When we speak of heroes, we must recognize our behind the scenes heroes who are preparing and packaging food, driving buses to distribute both food and educational materials, our school principals and office personnel who are answering parent phone calls and providing Wi-Fi in our parking lots for those without connectivity at home, all the tiers of leadership at the district level, our community and all the stakeholders of Walton County School District. This is a massive collaborative effort, and it cannot happen without these school and community heroes!

The safety, health and well-being of our students and staff continues to be our top priority. A major focus for us currently is the feeding of our children. With the help of our state agencies and local partners in education we have provided over 105,000 meals to the children of Walton County. We will continue our once-a-week Food and paper learning packet distribution each *Wednesday*, beginning on May 6, through the end of the month. Please note the change in day of the week from Tuesday (April) to Wednesday (May). Specific dates are May 6, 13, 20 and 27, from 9:00 am until 1:00 pm. Our 5 primary distribution sites will remain the same: Paxton School; Mossy Head School; West DeFuniak Elementary; Walton Middle School; and Freeport High School. We will continue delivering meals and paper instructional packets via our 70 bus stops on the same Wednesday dates in May, with no changes in bus routes.

As we move forward toward the close of the 2019-2020 academic school year, our At-Home-Learning Instructional Continuity Plan continues in full EPIC

fashion. Due to technical issues that may occur during the At-Home-Learning process, our two district Digital Learning Specialists have been tasked with responding to inquiries from our stakeholders. Since the first day of At-Home-Learning, our Digital Learning Specialists have assisted teachers, parents, students, administrators, district personnel, and vendors with software and hardware items related to digital curriculum. This effort has resulted in over **985** (as of 4/22) support related responses to stakeholders. ClassLink (our single sign on platform) has been launched over **50,000 times per week by users!** Top 5 Apps are Edgenuity Compass (K-5), Edmentum Study Island (3-8), Edgenuity Courses (9-12), Khan Academy (3-12) and Google Classroom.

Schools and Curriculum & Instruction staff (Math and Literacy Coaches) continue to update and distribute paper packet materials. 22% of our students in grades Prek-12 are utilizing At-Home-Learning paper-based curriculum.

Over 1200 devices have been distributed to families, and 100 iPads have been provided to students for continued ESE services. We are working to provide options for students in grades 6-12 to take their CTE industry certifications and Advanced Placement exams at home. Students may contact their teachers for more information.

Important Dates for the End of the 4th 9 Weeks - 2019-2020 School Year:

Grading Period ends Thursday, May 28, 2020

Paper Packets are due by May 15, 2020

Online Assignments Due by May 22, 2020

Grades Posted by Teacher – Friday May 29, 2020 (by 3:00 pm)

Report Card Distributions by Mail – Monday, June 8, 2020

Library books, Textbooks, and Laptop/Device Drop Off Window: Monday May 18 – Friday, May 22; Specific dates to be determine by each school

Personal Belongs Pick-Up - Monday May 18 – Friday, May



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One Small Act of Kindness Can Change A Nation

BY SUE GAMBLA

When a Massachusetts photographer decided she wanted to capture this unsettling time of quarantine and social distancing, she and a few other local photographers came up with a grand idea called The Front Steps Project (FSP) or #thefrontstepsproject.

FSP is a volunteer photo session that allows families to give back to their favorite local charity with a love donation while spending just a few minutes

being as creative as they like on their front porch or steps with their loved ones, and of course, their furry friends.

Generating smiles and laughter in the midst of a troubling time is the goal of The Front Steps Project. 200 plus photographers from all over the nation have raised in excess of \$225,000 for local non profit organization, bringing big smiles to local organizations, This is indeed #somegoodnews!

Locally, participating families

have donated to Destiny Worship Center, Alaqua Animal Rescue, Food For Thought and many other wonderful charities, helping many in their time of need.

If you or your family would like to participate in the Front Steps Project you can contact Sue Gambla of Ciao Bella ArTe to capture your incredible smiles and to have a memory that's truly beautiful. There is beauty everywhere, just depends on what you are looking at. Find Sue on Facebook @CiaoBellaArTe.



#thefrontstepsproject

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 Community

Faces of Walton County; Introducing Amber Clark

BY MARK STANLEY AND TRACY STEELY

Amber Clark has deep roots in Walton County. Her great-grandmother was the first postmaster on the “Star Route” in South Walton, and one of her family homes was the Santa Rosa Beach library at one point. She lives in Santa Rosa Beach on a bayou with her dogs, plants, and partner.

Tell us about your career and what you love most about it. “I teach English, literature, and creative writing at Gulf Coast State College. I am also the director of the honors program. As someone who got a great education at a local community college and then transferred successfully to elite schools, I’ve always believed that education is the great leveler. Teaching in the community/state college arena brings me great joy in that regard. I love seeing those “a-ha”

moments on students’ faces when they have an epiphany in class that actually changes their lives.

What led you to your current career? “My plan was to work in NYC in book publishing. Then 9-11 happened and the bottom fell out of that industry. I went back to grad school with the desire to focus on writing and editing, to advocate for writers and writing, and decide what next. Being a teacher was never my articulated dream, but it is definitely a calling I could not ignore. People told me “You’d be a great teacher” so many times I lost count. Then I ran into my old English teacher from Freeport High School, who was also teaching at the local college. She jokingly urged me to hurry up so she could retire. That planted the seed. I’ve never looked back.

How long have you lived in Walton County? “Off and

on my entire life. I was a hostess at The Cattle Company (which used to be in “Cano Square”) as a teenager, and I have worked ever since. I spent over a decade working at The Red Bar while I finished college and graduate school. Before I began teaching I worked for Turnberry Associates as we built Destin Commons.”

What is your favorite thing about our community? “How we pull together in times of crisis - from hurricanes to pandemics. All the barriers between people (class, politics, etc.) slip away in the darkest times. I hope as the community grows we maintain that element.”

Who is the most interesting person you’ve met in Walton County? “John ‘Jabo’ Starks was not only the resident drummer at the Red Bar and for numerous musicians like Bobby ‘Blue’ Bland and James Brown, but he was a dear friend whom I interviewed weekly for nearly 9 months. His life was riveting, and his biography truly captured the zeitgeist of the 20th century, through the Jim Crow South, Civil Rights, and Dr. King’s assassination to the Rumble in the Jungle and the rich arts and music scene that evolved throughout his life. Unfortunately, he recently passed away, but we were all made better by knowing him.”

If you could choose anyone to have lunch with, who would it be? “Writers Margaret Atwood or George Saunders - I’d take them to The Red Bar on a Sunday in the late



The Faces Of.
Walton County FL

90’s. Then to a sunset bonfire and low country boil in Blue Mountain Beach.”

What is on your bucket list? “To take a long slow Kerala boat tour through India.”

Where do you see yourself in 5 to 10 years? “I would love to build an artists & writers retreat/residency in Walton County with a functioning co-op as well.”

Finally, what advice do you have? “1. Show up. 2. Do what you do with intention. 3. Speak your truth. 4. Do not get attached to the results. My varia-

tion on the Four Agreements. If something in my life is not working, it’s because I am not practicing one or more of these ideas. Also, a working motto: Work is love made visible - Kahlil Gibran”

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



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In Troubling Times; Look for the Helpers

By HOPE MCCORMICK, AMERICORPS VISTA VOLUNTEER AND EMILY PROCTOR, DIRECTOR OF OUTREACH AT CARING AND SHARING OF SOUTH WALTON

During the COVID-19 crisis, South Walton residents are giving proof to a famous quote by Fred Rogers: “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’” One of the silver linings of the current pandemic is how it has inspired local people to offer their services to support the community. Mimi Gavigan and friend Natalie Sharkey in Point Washington are working together to make masks. “We decided to start a few weeks ago,” Gavigan explains. “I knew I should make some for my family, because we probably wouldn’t be able to find any. Then I reached out to neighbors and also used the Facebook page ‘Sewing for a Cause Bay/Walton’ to find more people in need of masks.”

The Facebook group keeps a spreadsheet of all the requests for masks. It includes a variety of manufacturers, bases, businesses, and agencies. Gavigan has made about 45 masks for neighbors. And she and Sharkey just made 60 for Tyndall Air Force Base and 50 for the Panama City Police Department.

Gavigan’s daughter, Jamie, is also part of the project. The 15-year-old South Walton High School freshman delivers masks on her bike, leaving them in mailboxes. “It feels good that I am doing my part to help people during this time. [And] riding my bike gives me a reason to get away from the house and have some alone time.”

Wendy Lindemann of Santa Rosa Beach is part of a group of seven women from Hope on the Beach Church who are collaborating to make masks. “Some donate fabric, some shop for other materials we need, and some cut out the pieces and put together a little kit to hand off to those doing the sewing,” Lindeman said when she heard

about the need through her church, she remembered a second hand sewing machine she’d bought a year ago. She had yet to use it. “I got it out of the closet and did some repairs, and now I’m going at it. I’m not an expert and not very fast, but I’m happy to help the elderly. I’ve made about four dozen total myself. Her sewing group has made hundreds all together. They donate them to nursing homes and hospitals.

By chance, she found others in need in Freeport. “I was in another community making a delivery, and some people sitting outside complimented my mask, and we got to talking about the need in that community, so I am making some for them too.” She added, “you can learn to make them online. And make sure you don’t microwave them, because they can catch fire.”

Masks aren’t the only need during this stressful time. Blue Mabel Smokehouse and Provisions in Blue Mountain Beach is delivering free community dinners once a week to first responders and unemployed restaurant workers in the Santa Rosa Beach area.

“Weekly Chef Steven Sandy would come up with a different meal such as chicken pot pie, brisket sandwiches, etc., everything is made from scratch,” says Dawn Moliterno, director of operations for Cowgirl Hospitality Group (CHG). All businesses in the CHG are working together to provide the service. They are Cowgirl Kitchen Restaurant and Bar, Cowgirl Kitchen Market, Feed and Supply Shop, CK Southern Belle catering, Blue Mabel, and 30a Coastal Life Real Estate. “It was difficult to see so many of our hospitality workforce and first responders going through this challenging time. We are in the business of service and that means serving our own when the need arises,” Moliterno said. “Cowgirl Hospitality Group wanted to bring a little happiness and reprieve when there was such much uncertainty and negative



news all around us.”

If you would like to be included, email bluemabel30A@gmail.com or call Michael McIntosh at 850-744-0040.

Point Washington Medical Clinic is doing a big portion of the COVID-19 testing in South Walton. The service is free, but they could use donations. The clinic is offering the tests 11 a.m.-5 p.m. Mondays, 7:30 a.m.-1:30 p.m. Wednesdays, and 10 a.m.-2 p.m. Fridays in April. Call 850-213-1133 for more information.

Matt Naville, a Caring and Sharing Board Member, has been working with Community Church to provide shower access to locals who are experiencing homelessness. This service can be accessed by contacting Caring and Sharing of South Walton at 850-267-2866.

In the midst of so much need, it’s encouraging to hear the stories of those who are finding creative ways to help. We hope these stories inspire you to make a difference or, when you’re feeling discouraged, help you remember to look for the helpers!



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 Pet Care

Alaqua Animal Refuge Rescues Animals

From Grim Environments
Even though the world has changed, animals are still being abused and are in dire need of help.

Recently, Alaqua Animal Refuge assisted in the rescue and removal of animals that were living in a horrific environment in Geneva, Alabama. The scene was described as “hell on earth” as animals were left to fend for themselves after their terminally ill owner was taken to the hospital. The animals, consisting of dogs and puppies, had been without food or water for over a week. Making matters worse, Geneva County, located in rural South Alabama, does not have

an animal control agency or nearby shelter available to assist with these types of situations.

Upon arrival, Alaqua found that two dogs were already deceased, and the ones confined inside the home and in surrounding yards were in a very bad, almost indescribable, condition. “I have worked a lot of these cases, but this was probably the worst I have ever seen. From young puppies to several very old dogs, most had visible cuts, scars, skin and eye issues.

But they are being rehabilitated and will be put up for adoption when medically cleared. Alaqua was also joined by three additional rescue



to animals after depriving them of basic, necessary care and treatment. Alaqua is currently providing for their care and treating their medical needs, including the provision of intensive care for nine puppies that were just delivered Sunday. When medically released, all of the animals will be up for adoption.

“Unfortunately, these cases are a common occurrence in the Southeastern U.S. as there are so many counties without resources to help people and animals in these situations,” says Alaqua founder Laurie Hood.

While Alaqua is currently closed to the public, the organization is still functioning with a skeleton staff to ensure the animals at the refuge are being cared for. “Our team has really pulled together during this crisis to continue our mission to provide shelter, safety, and second chances to animals in our care,” says Laurie.

The adoption process has moved to curbside service, complete with documents and meetings done virtually, and adopters do not have to get out of their car when they pick up their new pets. Animals that are up for adoption can be found on the Refuge’s website at www.Alaqua.org.

In the past few weeks, Alaqua has been faced with pleas for help from so many people that have lost their jobs and are not able to feed or provide medical care to their pets. “I know we are living in a challenging, almost surreal, time right now and we are happy to do whatever we can help to others,” said Hood. “Our funding has been shortened because the Refuge is essentially closed for visitors, volunteers, and we had to cancel two fundraisers that were essential to day-to-day operations. But our mission is to help animals in a time of need. I can’t forget that.”

Alaqua hopes to reopen to visitors and volunteers as soon as it is deemed for safe for all. Any donation during this time can help bridge the organization’s funding gap until they can get back to normal. Just \$25 can buy food for a dog or cat per month. A micro-gift of \$5 or \$10 can also help with food or cost of a vaccine. Donations to the Refuge can be made here: <http://bit.ly/AlaquaDonate>

organizations, including the Wiregrass Animal Group, The Lucky Puppy Rescue, and two officers arranged by The Humane Society of the United States. The sheriff’s department was also called and was on the scene as the animals were removed from the home.

The dogs are all currently at Alaqua, and are being evaluated and treated for their medical conditions. The good news is that despite their previous grim living conditions, all of them have a promising chance of surviving and thriving. Aptly named after her sweet nature, one of the dogs, Miss Martha, is

already flourishing at Alaqua and snuggled in her bed for the first time after being given a second chance at life and happiness, and most of all love.

Another case involved Alaqua Animal Refuge assisting the Calhoun County Sheriff’s Office (Florida) by helping rescue and take in 15 dogs that were in poor condition. The following day, the numbers increased to 24 dogs, as a very pregnant dog delivered nine puppies. The animals consisted of dogs and puppies that were extremely infected with a skin disease causing severe itching and hair loss. The owner is now being charged with cruelty

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Children's Volunteer Health Network Receives \$35,000 Grant from Helping Hands Foundation

Children's Volunteer Health Network (CVHN) recently accepted a grant totaling \$35,000 from the Helping Hands Foundation of the All In Credit Union. These funds will go towards a second mobile dental unit to focus on restorative dental care in the Okaloosa and Walton Counties. "The children served in our preventive program are in great need of restorative care. Many of these families do not have the resources to establish a dental home. We recently visited a school and conducted exams and x-rays on 170 students. There was total of 306 teeth with decay. 70 of those teeth were permanent." Said Denise Lisciotti, CVHN's Mobile Dental Program Manager. "With a restorative program, we would be able to restore these teeth to prevent premature tooth loss and infection. So many children have toothaches, which interfere with their learning at school. Infection in the mouth can also lead to serious health issues and visits to the emergency room. What a blessing it would be to these students and parents to be able to receive comprehensive dental care."



This grant will allow CVHN to purchase a second mobile dental unit to focus on providing restorative dental care to children in need throughout

Okaloosa and Walton Counties. The restorative program will complement the existing mobile preventative program that travels to elementary schools in both counties.

Bobby Michael, All In Credit Union President/CEO, commented, "When developing this project, one of our objectives was to provide funds to organizations whose dreams exceed their existing capital. CVHN offers a service, unlike other non-profit organizations we have seen. We are pleased to assist in their cause."

The restorative mobile unit will consist of a dentist, dental assistant, and registered dental hygienist. The difference is, the mobile restorative program

would offer services such as fillings, extractions, and root canals as compared to the preventative program that provides free dental exams, x-rays, assessments, cleanings, sealants, and oral health education.

"There is a culture of giving that permeates this organization. The work CVHN does for the Walton and Okaloosa County areas stood out to the team reviewing the grant applications," said Lisa Hales, All In's Senior Vice President of Member Experience, who is also the Board Chair of the Helping Hands Foundation. "We are honored to be able to assist CVHN with their next mobile dental unit. As we like to

say, 'We Give Back' is more than a hashtag at All In."

CVHN is a faith-based focused on providing children in need the opportunity to flourish through the delivery of mobile dental services, mental health support, and basic vision assessment and treatments. The dental program currently serves more than 1,000 students per school year and the number served continues to grow. Over the next three years, CVHN will expand the dental and vision programs to provide greater access to children.

Plans include the offering of restorative dental care to complement the preventative dental care program and the expansion of their vision program to reach more of the area's students. CVHN is also introducing a new initiative focused on the behavioral and mental health of children in need who are facing serious levels of increased stress, anxiety, and depression. For more information, please contact Brian Lowe at 850-622-3200 x102 or brian@cvhnkids.org.

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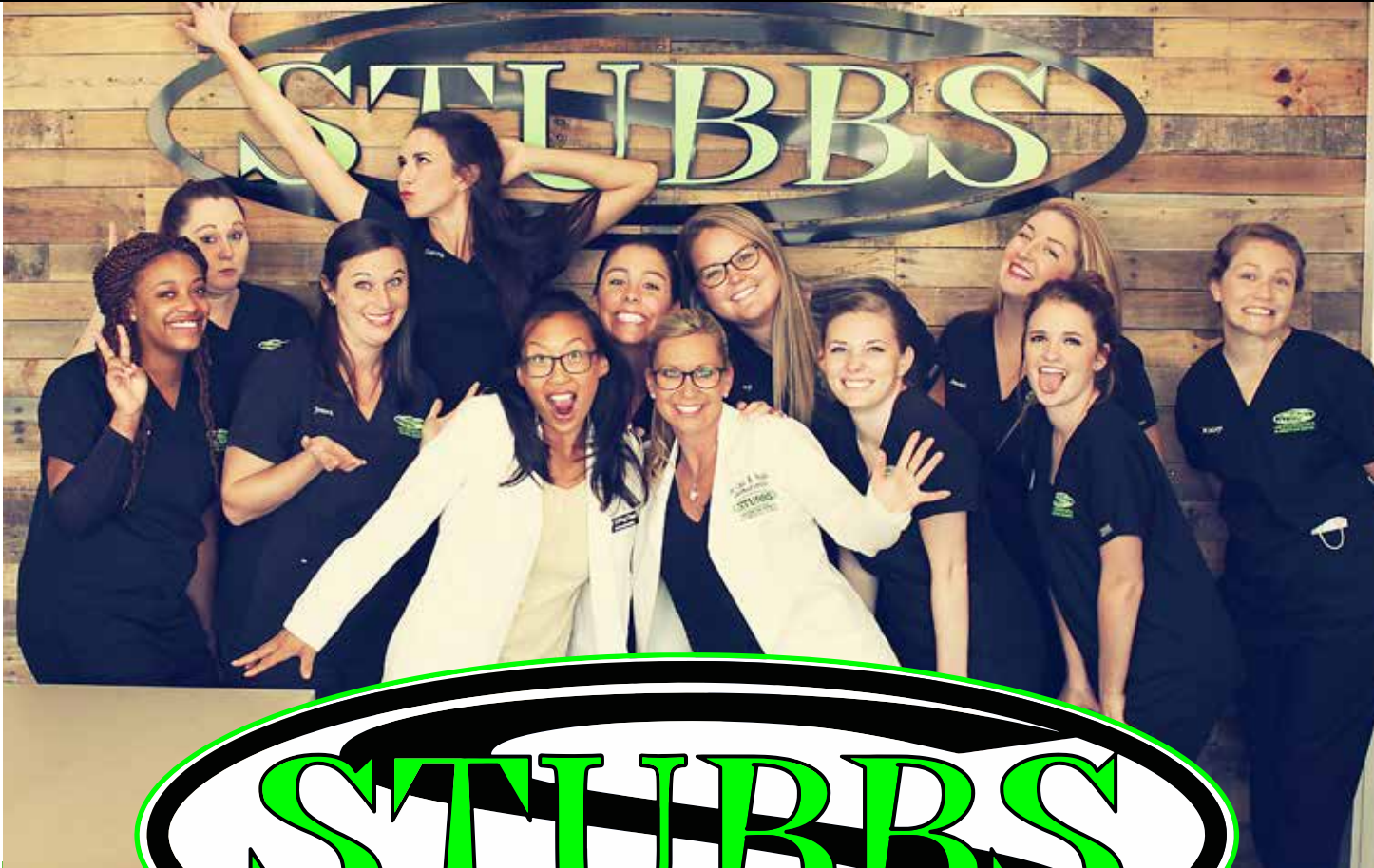
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Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha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

Local Companies Pay it Forward with Acts of Kindness



the owners of Hartell's, Jamie and Michael Sobel, delivered their Krispy Krunchy Chicken straight from the restaurant to the hospital.

"We feel like it's an honor and privilege to help others," said Cameron Tharp. Rockwell Tharp is a faith-based company, and plans to keep giving in any

way they can, hoping they inspire acts of kindness in others.

Kristi and Cameron live inside Sandestin Golf and Beach Resort and have a standing invitation to their neighbors in the community to reach out if they need help getting groceries, picking up medication or other errands. "If you don't want to get out, we'll do it for you," said Cameron. "We're saying, we're here for you if you need it, confidentially and without hesitation."

Kristi Rockwell and Cameron Tharp of Rockwell Tharp Ladies Boutique

BY HEATHER BENNETT

With all that is going on in the world today, and the ever-depressing news, Kristi Rockwell and Cameron Tharp of Rockwell Tharp Ladies Boutique wanted to bring some positivity to the community, and we are sharing their story to bring a smile to your faces and hopefully inspire you to carry out other acts of kindness.

Since Rockwell Tharp had to temporarily shut its doors at The Village of Baytowne Wharf in Sandestin during the safer-at-home order, Kristi and Cameron wanted to use their down time to do good for others. They paired up with the owners of Hartell's and The Village of Baytowne Wharf to bring hot lunch and Easter bags filled with candies, eggs, spiritual and inspirational

notes to the doctors and nurses in ICU and Med-Surg at Sacred Heart Hospital in Miramar Beach.

"Our company decided we didn't want to just sit back and watch things happen. We wanted to be proactive. We wanted to do something for others," said Kristi Rockwell. "We were honored that Hartell's and The Village of Baytowne agreed to come on board and join us," agreed Kristi and Cameron.

They were able to deliver 25 lunches and Easter bags on Good Friday to the day shift, with some also made for the evening shift. Kristi and Leighann Elliot, the event planner at The Village of Baytowne, filled the bags with Easter eggs of candy, cards and notes that contained positive affirmations and scripture, and

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 Community

May 2020 30A Real Estate Update



BY LISA HUGHLEY

Dear 30A Neighbors,

The Spring of 2020 is one that will never be forgotten.. from the coronavirus virus to the fire. The one thing I know for certain is that we are a strong community that will come back better than before. I look forward to the day we can shake hands or give a hug without a second thought.

This morning I went for a walk on the beach with my family. I treasured the experience. The fact is normally, I pass the beach every morning to work, and every evening going home and love the fact that we live in such a beautiful area. Today was different. I savored every minute on the beach watching my family enjoy the white sand and emerald green water. The past few months we have made dinner at home, spent quality time with our families, and have been forced to slow down. Although I am ready to get back to our new normal, I will carry a few good things forward. For those who have been affected by the fire, my heart goes out to you. If you need a long term rental, please let me know. I will do my best to help find a property to match your needs.

Single Family Homes

Rosemary Beach

Gulf Front: There are currently 4 active properties ranging from \$3,495,000 to \$10,200,000. The average prop-

erty is \$5,998,000 with 3340 sf, priced at \$1812.56 per sf and 1133 days on the market. There has been one sale at \$3,150,000 with 2530 sf, \$1245.06 per sf and 805 days on the market.

Non-Gulf Front: There are currently 41 active properties ranging from \$1,399,000 to \$8,400,000. The average property is \$3,283,657 with 3399 sf and \$970.11 per sf and 276 days on the market. There are 2 pending properties priced at \$1,999,000 with 2900 sf and \$2,899,000 with 4052 sf. There have been 31 sales ranging from \$1,175,000 to \$4,220,000. The average sale is \$2,044,274 with 2848 sf, selling at 94% of list price, at \$728.74 per sf and 189 days on the market.

Alys Beach

Gulf Front: There is one active property priced at \$10,000,000 with 3631 sf and 37 ft of waterfront.

Non Gulf Front: There are 16 active properties ranging from \$2,075,000 to \$5,495,000. The average property is \$3,657,317 with 3402 sf, priced at \$1,068.58 per sf and 215 days on the market. There are currently 8 pending properties ranging from \$2,775,000 to \$4,138,000. The average pending is \$3,570,599 with 3698 sf. There have been 30 sales ranging \$1,662,500 to \$6,200,000. The average sale is \$3,676,237 with 3415 sf, selling at 97% of list price, at \$1,070.01 per sf and 95 days on the market.

Watersound Beach

Gulf Front: There are currently 3 active properties ranging from \$5,445,000 to \$6,250,000. The average price is \$5,898,333 with 4979 sf, at \$1,204.69 per sf, and 245 days on the market.

Non Gulf Front: There are currently 33 active properties ranging from \$960,000 to \$5,200,000. The average property is \$3,024,576 with 3881 sf, \$770.87 per sf, and 259 days on the market. There are currently 6 pending properties ranging from \$1,995,000 to \$4,545,000. The average pending property is

\$3,059,833 with 3882 sf, priced at \$776.65 per sf and 274 days on the market. There have been 29 sales ranging from \$815,000 to \$4,400,000. The average sale is \$2,535,921 with 3699 sf, selling at 95% of list price at \$674.54 per sf, and 288 days on the market.

Seagrove

Gulf Front: There are 2 active properties at \$7,995,000 with 6654 sf with 53' of waterfront and \$16,250,000 with 9051 sf with 90' of waterfront. There has been one sale at \$8,995,000 with 4446 sf and 70' of waterfront.

Non Gulf Front: There are currently 20 active properties ranging from \$595,000 to \$4,664,000. The average property is \$1,734,800 with 2747 sf, priced at \$787.29 per sf and 247 days on the market. There are 2 pending properties at \$799,000 with 1104 sf and \$879,000 with 1410 sf. There have been 24 sales ranging from \$625,000 to \$4,295,000. The average sale is \$1,834,350 with 3006 sf, selling at 94% of list price at \$613.93 per sf with 147 days on the market.

Seaside

Gulf Front: There are six properties available ranging from \$1,750,000 to \$9,995,000. The average property is \$4,445,833 with 2280 sf, and priced at \$209 per sf and 101 days on the market. There have been 6 sales ranging \$1,750,000 to \$6,800,000. The average sale is \$4,250,000 with 2365 sf, selling at 95% of list price, at \$1851.64 per sf, and 280 days on the market.

Non Gulf Front: There are 9 active properties ranging from \$1,595,000 to \$3,750,000. The average property is \$2,347,778 with 2635 sf, priced at \$882.64 per sf and 162 days on the market. There have been 14 sales ranging \$750,000 to \$4,191,655. The average sale is \$1,943,832 with 2221 sf, selling at 94% of list price, and \$913.50 per sf, and 143 days on the market.

Watercolor

Gulf Front: There is one pending sale at \$3,895,000 with 2200 sf, and 431 days on the market. There has been one sale at \$2,919,555 with 2706 sf, and 1058 days on the market.

Non Gulf Front: There are 56 active properties ranging from \$964,000 to \$5,095,000. The average property is \$2,433,359 with 3575 sf at \$671 per sf and 133 days on the market. There are three pending sales ranging from \$1,649,900 to \$2,259,000. The average pending is \$1,935,633 with 3278 sf, at \$588.95 per sf and 155 days on the market. There have been 88 sales ranging from \$840,000 to \$5,500,000. The average sale is \$1,878,595 with 3249 sf, selling at 96% of list price, at \$560.72 per sf and 132 days on the market.

Grayton Beach

Gulf Front: There are currently two active properties at \$3,850,000 with 1683 sf and \$6,200,000 with 4694 sf. There has been one sale at \$5,700,000 with 6043 sf with 217 days on the market.

Non Gulf Front: There are currently 17 active properties ranging from \$749,000 to \$3,250,000. The average property is \$1,703,706 with 2460 sf, priced at 776.46 per sf and 349 days on the market. There is one pending property at \$2,990,000 with 4800 sf. There have been 10 sales ranging from \$580,000 to \$1,665,000. The average sale is \$1,147,450 with 2075 sf, selling at 93% of list price, at \$581.19 per sf, and 222 days on the market.

Blue Mountain Beach

Gulf Front: There is one property available listed at

\$4,125,000 with 4267 sf, There has been one sale at \$3,700,000 with 1967 sf.

Non Gulf Front: There are five active properties ranging from \$1,270,000 to \$2,995,000. The average property is \$1,712,000 with 2961 sf, priced at \$715.23 per sf and 113 days on the market. There are two pending properties at \$1,495,000 with 3429 sf and \$2,795,000 with 4700 sf. There have been six sales ranging from \$630,000 to \$5,200,000. The average sale is \$1,752,500 with 2220 sf, selling at 96% of list price at \$722.11 per sf and 131 days on the market.

Gulf Place

Non Gulf Front: There are three active properties ranging from \$875,000 to \$1,195,000. The average listing is \$1,081,667 with 2949 sf, priced at \$377.22 per sf and 147 days on the market. There is 1 pending property at \$893,000 with 3435 sf and 122 days on the market. There have been 5 sales ranging from \$700,000 to \$1,275,000. The average sale is \$970,000 with 3093 sf, selling at 95% of list price at \$317.62 per sf and 428 days on the market.

If you have questions, or if I can help you with any of your real estate needs, please contact me.

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By MAURICE STOUSE,
BRANCH MANAGER AND
FINANCIAL ADVISOR

Investors have come through quite a lot over the past two months. Terms such as “un-

precedented” or quotes such as “never seen anything like this before” and “this is different” are heard and seen everywhere. So, what might investors be thinking or doing, next?

Fear is widely seen as the most significant motivator of behavior. Fear is what often motivates people to action or to inertia. You can see it in career choices, how time is spent, even how hard someone works. Most of us see working for the things (including investments) that we have. If you look back over history, you can find countless

examples of financial success where the focus was more on getting things like your investments to work FOR you instead of you working for them.

So, what then to do next for investors? Think about this as an opportunity to put focus into the power of planning. That can be planning for your wealth accumulation and growing your assets, or it can be planning to have income when you are no longer working (having your investments work FOR you).

Retirement planning has never been more of the responsibility

What To Do Next?



of the individual than it is now. The average 401k balance is typically seen as not nearly enough to replace income. The advent of the 401k meant the burden of retirement income in most cases shifted from the employer to the employee.

Focusing on three basic parts of your finances could be a significant step for you to take. The first part is a Balance Sheet. An ongoing, working document of all your assets minus your liabilities and coming up with your net worth. Your personal Balance Sheet can help you focus on where you are while you are also thinking about where you want or need to be.

The second part is your ongoing Income Statement. This is a weekly or monthly accounting for what is coming in and what is going out. Focusing on your Income Statement can allow you to become an even better consumer and a greater saver. If you have a monthly surplus, that can make its way to your balance sheet in the form of a growing asset and net worth.

The last part would be a Retirement Income Statement. By maintaining one of these, you'll be able to estimate expenses and income needed or desired for your retirement. The simple rule of thumb is to try and set aside an ending retirement savings or investment balance of 25 times of desired annual income in retirement. And you can use any of a variety of financial calculators today to figure out how much you would need to set aside and at what rate of return to get to the needed goal.

And finally, have you fully addressed medical expenses in retirement? Are you contributing to an HSA (Health Savings Account)?

Many people think we have just gone through what is known as an economic reset. Investors can now reassess and determine through the power of planning, to control their ultimate outcome.

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management and Raymond James and he resides in Grayton Beach. He has been in financial services for over 33 years. His main office is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd, Destin, FL 32451. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City, Pensacola, and Tallahassee. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymond-james.com. Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management First Florida Bank, and The First, A National Banking Association are not registered broker/dealers and are independent of Raymond James Financial Services. Views expressed are the current opinion of the author, not necessarily those of RJFS or Raymond James, and are subject to change without notice. Information provided is general in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.



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Maurice Stouse
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Community



United Way Emerald Coast and their community partners have been working diligently to provide COVID19 relief funds to assist those in need. Since their phase one grants were issued, community partners were able to provide: 183,000 lbs of food, 3,920 adults served, 55 children served, 139 prescriptions filled, 9 families remained in stable housing, 5 families avoided utility disconnection, 1,360 volunteer hours coordinated.

Photo Banner Project Undertaken for Each Graduating Senior at South Walton High High School!

Unfortunately, due to the COVID-19 pandemic, high school graduations for students across the country and the globe have been cancelled, including the graduation ceremonies for seniors right here in Santa Rosa Beach at South Walton High. In a gesture of kindness and caring, Matt Christopher, father of graduating senior, Chelsey, decided he would undertake having photo banners printed for every one of the school's 178 graduating students. Christopher has been in touch with the Florida DOT to seek permission to display the 2' x 3' photo banners on stands lining the north and south bound side road areas of Highway 331.

"I have access to the students' yearbook photos and it is my desire to try and get these photo banners completed as soon as possible so our students can feel like they have had a 'graduation' day," commented Christopher. "We are almost half-way to our



Walton High School senior Zane Hamilton celebrates victory at a school football game. (Photo by Matt Christopher)

\$2,000 gofundme.com goal and I feel confident we will reach it thanks to the support of parents and the community. There will also be an official drive-by 'graduation' for the South Walton High students on May 21, with a drive through the sports stadium at the school. I certainly

want to have the photo banner signs in place at that time." To contribute in any amount, visit gofundme.com and search South Walton High on the home page. For further information, contact Matt Christopher at 813-924-6457 or email him at maximpactphotos@gmail.com.



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Earth Day

By E. JENNIFER ESSES, M.D.,
FACOG



I have to admit before this year, I really didn't give "Earth Day" too much thought. Sure, I love the beach, the outdoors and nature as much as anyone who lives in our area. And I want to continue to enjoy all the beauty our Emerald Coast has to offer. However, true introspection of how all of creation is intimately connected has taken on new meaning in the past few months. This year is very different. All would agree 2020 has seen unprecedented events world-wide. Corona virus has changed our daily lives in ways that most of us have never experienced. What is interesting, however, is not only how this pandemic is affecting human behaviors, but also the effect it has had globally on the environment. It isn't uncommon at all for natural disasters to affect human behavior. After Hurricane Michael, our entire community experienced significant ripple effects to the economy and livelihood. Lives were uprooted in a moment, and neighboring communities responded with compassion. The difference between what we are seeing with Corona virus and other natural disasters, is that all the changes we are making now are voluntary. Rather than

humans changing their behavior because of nature, it has been reversed. Humans changing their behavior has directly impacted the Earth. And guess what? That is truly what Earth day is all about. Let me provide some specific examples.

The nitrogen dioxide emissions and production of greenhouse gasses over China have dropped over 25% since the Coronavirus pandemic began significantly reducing air pollution. This can also be seen in the smog over Los Angeles and all of Northern California. Historical data from the EPA suggests that this may be the longest stretch of clean air there since 1980. Beirut Lebanon, a city known for high levels of pollution, has also shown much clearer skies and improved air quality. Similarly, it is said that inhabitants in

India can see Mt. Everest and the peaks of the Himalayan mountains which haven't been visible for thirty years due to pollution.

Families are spending more quality time together. Churches and individuals have stretched themselves to think outside the traditional confines of four walls to help others. Prioritizing rest is important; in fact God commanded it. Exodus 20:6, "Remember the Sabbath by keeping it holy. Six days you shall labor and do all your work. But the seventh day is Sabbath to the Lord your God."

And truthfully, humans and the land are far more productive when allowed periods of rest. Farmers know this; you must allow your fields a fallow year to be more productive. The health of the Earth and our own lives are directly connected both phys-

ically and spiritually. The Corona virus has revealed that to us.

Dr. E. Jennifer Esses, OB/GYN, has been in private practice in Okaloosa/Walton Counties since 2001. She has delivered well over 3,000 babies in her career. Prior to private practice, she served active duty in the U.S.

Air Force stationed at Eglin AFB as the Eglin OB/GYN Flight Commander. She is currently affiliated with Sacred Heart Hospital on the Emerald Coast and delivers at 'The Family Birth Place.' You can read her blog, "Running on Faith," at <http://runningonfaith-beachstork.blogspot.com>.

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 Community

GulfWind Paddle and Surf of Santa Rosa Beach Welcomes its New Kid in Town

By DEE CRUCE

May 6th, 2020 was truly a glorious day to be out and about in SOWAL. The weather was sunny and perfect. The humidity was as low as it gets here and the temp was a delicious 73 degrees for the high. I also had the pleasure of meeting the new owner of South Walton's beloved GulfWind Paddle and Surf, (GWPS), Dan Heldt. Not local to this area originally, he and his wife, Becky, moved here from Indiana several years ago to take in our spectacular views long into their golden years. Becky's family visited the Emerald Coast every summer while she was a child and fell in love with our hometown years and years ago. Dan and Becky have been married 36 years now and have been coming here every single year since they got together. Last November they decided to purchase GWPS from everyone's favorite local, Steve Ortnier.

Since taking the helm, Dan and Becky have really grown the



too because I know I bought from an honest and local vendor who's passionate about boarding and I get a 5-year warranty for my board!!! What a deal.

When I asked Dan what he and his family love most about this special place, he didn't hesitate to tell me how wonderful the people are here, how beautiful it is and how good the food is at *Grayton Seafood Co.* He loves launching his board from *Ed Walline* and *Grayton Beach* parks and I think I've turned him on to my absolute favorite place on Earth, *Eden State Park.*

Feeling pretty good about myself and my conversation with Dan, I decided to head home before he got really busy and process our discussion. As I was driving home, I took time to view the charred landscape around the



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shop. Not only can you find the world's best paddle boards there and numerous Yeti cooler products, but they now have skimboards, surf boards, a great selection of kayaks, bodyboards and, my favorite- the inflatable *Red Paddle Co.* board. I'm comfortable saying this may be the best board shop in the county...if not the country. Let me elaborate... Most boards you find on the market come with a 1-year warranty. Not at Gulf Wind. Dan's boards, in most cases, come with a 5-year warranty. Boarding is Dan's passion and it really shows when you come in and talk with him. Heck, I came in just to talk to him and left with an inflatable board that I can't wait to take with me to Montana this summer and a ukulele!!! That's right, a few of Steve's ukuleles are still available for a limited time. I feel really good about this purchase

Mussett Bayou fire area. GWPS is quite close to the sad epicenter. Having lived here for more than 30 years, I realized I took much for granted. We are so lucky to call this place home. Life here is a true blessing

As we press through this unprecedented and difficult time, I hope we can all take some time to reconnect with nature and recharge our minds, hearts and our spirits. I can't think of a better place and nicer people to visit Dan and Becky Heldt at GulfWind Paddle. What better way for anyone to reconnect with nature through surfing, canoeing, kayaking or paddleboarding. So, come on down and visit Dan and Becky any day Monday – Saturday, from 10-6 PM. To follow GWPS online please visit, www.paddleboards30a.com; or on Instagram @ [Gulfwind30A](https://www.instagram.com/Gulfwind30A) or on Facebook @ [Gulfwindpaddleandsurf](https://www.facebook.com/Gulfwindpaddleandsurf).

Emerald Coast Theatre Company Invents New Ways to Stay Engaged!

In show business, the show must go on. Leave it to Emerald Coast Theatre Company (ECTC) creative minds to give that notion a healthy twist. Though they are following CDC guidelines and have closed their physical doors at their performance space in Grand Boulevard in Miramar Beach, due to the COVID-19 crisis, ECTC has continued to remain engaged with its theater patrons (especially its young thespians) by offering innovative ways that the show can go on ... online, that is.

“Over the past two weeks our children’s classes of Disney’s 101 Dalmatians, Disney’s High School Musical 2, and the Film and Theatre Intensive have continued rehearsing and working on their skills all while safely social distancing at home,” said ECTC co-founder and producing artistic director Nathanael Fisher.

The online classes were so successful, ECTC expanded to three additional “dramatic” opportunities for theater lovers during the month of April, ECTC conducted a Virtual, online talent show from April 10-25 where quarantined contestants could off their crazy, fun or wacky talent show to their online judges, with prizes awarded for each category. Categories included Group & Family, Business, Seniors, Pre-K-Grade 5 and grades 6-12.

A panel of judges will select Best Overall and Most Creative from winning finalists and the public will vote for the People’s Choice Award.



ECTC Education Program Schedule Update

In addition, “Camp Shine” provided advanced training in all aspects of theatre from April 14 through May 14th. And Camp “The Show must go on” provided A weekly online class where students rehearsed, received coaching from ETCT staff and performed in an online musical. “One amazing aspect of the final online performance was the interaction with the student’s family and friends watching their show live or a recording later,” said Fisher.

ECTC’s production of “Treasure Island” slated for May 14-17 was cancelled to make room in the schedule for the Educational Program Shows. The tentative new performance schedule for the ECTC’s Education program is as follows: Florida Chautauqua Theatre: “Disney’s 101 Dalmatians,” May 8, 7 p.m. “Disney’s High School Musical 2,” May 9, 7 p.m. ECTC at Grand Boulevard: “Disney’s 101 Dalmatians”, Grade 3-5, May 15 & 16, 7 p.m., Grade 2-3/Little Rascals,

May 16, 2 p.m., “Disney’s High School Musical 2,” May 29 and 30, 7 p.m.; May 30, 2 p.m.

Tentatively, all ECTC educational classes will resume the week of May 5.

The current Spring Break Camp students will be invited to join Camp Shine at Home, Disney’s 101 Dalmatians, Disney’s High School Musical 2, and the Film and Theatre Intensive have all moved to online classes and rehearsals using Zoom. Our teaching artists are working with students on a regular basis. Major sponsors for this season are Grand Boulevard at Sandestin and Howard Hospitality. Professional Season sponsors include Ocean Reef Vacation Rentals & Real Estate, St. Joe Community Foundation, ResortQuest by

Wyndham Vacation Rentals, Silver Sands Premium Outlets, and Vin’tij Food & Wine. Theatre for Young Audiences is made possible with support from The Cultural Arts Alliance of Walton County and others. For more information on sponsoring ECTC, call Nathanael Fisher at (850) 684-0323 or visit emeraldcoasttheatre.org/sponsorship. To register and for more details on all ECTC programs, visit emeraldcoasttheatre.org. To make a tax-deductible donation, volunteer or learn more about Emerald Coast Theatre Company, find them on Facebook, call (850) 684-0323 and visit www.emeraldcoasttheatre.org.



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Ascension Sacred Heart Begins Plasma Therapy for the Coronavirus

Ascension Sacred Heart has initiated the use of a treatment for COVID-19 that takes plasma from people who have recovered from the viral infection and infuses the

antibody-rich plasma into very sick patients who are fighting the virus. The treatment, also called convalescent plasma, has shown significant potential for patients. Plasma is a part of

blood that includes antibodies that help fight infection. Taking antibodies from people who had COVID-19 and transferring them into critically ill patients is a way of boosting the immune



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Ascension Sacred Heart

system so it will attack the virus.

The treatment was recently approved for emergency use in certain hospitalized COVID-19 patients by the Food and Drug Administration. Both Ascension Sacred Heart Pensacola and Ascension Sacred Heart Emerald Coast are offering the treatment as part of a national research study.

"I'm really excited about the potential of plasma therapy to save lives. This approach essentially uses other people's 'troops' to fight the virus" said Dr. Peter Jennings, chief medical officer of Ascension Sacred Heart. "The use of plasma from recovered patients is not a new therapy. It was commonly used in the early 1900s to combat illnesses such as mumps, rubella and chickenpox before vaccines were developed."

Ascension Sacred Heart is working with OneBlood to identify recovered patients and

increase the number of plasma donors. To give convalescent plasma, donors must meet the standard required screening criteria for blood donation in addition to the following criteria from the U.S. Food and Drug Administration:

- Tested positive for COVID-19 in the past, and
- Been symptom free for at least 14 days and have a current negative test result for COVID-19 from an FDA approved test, or
- Been free of symptoms for at least 28 days before donation

"We need to work together in the community to build up a bank of plasma," Jennings said. "If you've had COVID-19, consider donating plasma to help treat the most severely ill patients."

Those who would like to donate and believe they may be eligible should go to OneBlood's website, OneBlood.org/plasma.

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Coping through Coronavirus



BY STEPHANIE CRAIG

A few short weeks ago, I woke up, took a beach walk, got the kids off to school, went to work to counsel people in person, and stopped on the way to a baseball game to pick up a few things from the store including toilet paper and lunchmeat. This week, I woke up, the beach is closed, the kids are doing school at home, all counseling sessions are online, no baseball games, and walking the empty toilet paper and lunchmeat aisles at the store sparks anxiety. Most things that felt normal and gave daily structure to life a few weeks ago are now completely different.

Experiencing so much change at one time in the daily infrastructure of our lives is disorienting and overwhelming. You aren't alone if you're experiencing brain fog, forgetfulness, exhaustion, depression, irritability, fear, anxiety, anger and grief. It is overwhelming to the brain to have so many life anchors cut loose simultaneously. Your brain has shifted from doing everyday tasks automatically to having to intentionally think through things that were simple a few weeks ago. Any room your brain had to give to higher level thinking about your goals, dreams, relationships, and life satisfaction has been overrun by crisis mode focused on basic needs and survival.

The good news in the midst of our current difficulty is your brain is created to change and adapt. Your brain will embrace a new version of normalcy after about 3-4 weeks if you engage in some repetitive daily practices that help you feel normal even in the midst of very abnormal circumstances.

5 Ways to Stay Mentally Healthy During Coronavirus:

Be intentional about your sleep, nutrition, exercise, social connection, spiritual support, and medication regimen. Make intentional, reasonable efforts to take care of yourself in these areas while also being mindful to lower your expectations of yourself and others.

Adopt five daily practices to keep you grounded in a sense of purpose and connection to others. Personalize your five practices to what helps you feel normal, hopeful, and a sense of accomplishment each day. My five daily practices include: laying eyes on the ocean, walking outdoors, listening to hopeful/spiritual podcast or sermon, send an encouraging message to a friend/family member and naming 10 gratitude items. Make a meaningful effort to engage your five practices daily, giving grace to yourself when you aren't able to make it happen.

Connect socially. Whether by phone, text, Facetime, Facebook, Zoom, Marco Polo or talking to your neighbors from across the yard, find a way to communicate with others. Talking with others reminds us that we aren't alone in the current struggle and serves as mutual encouragement that we can survive the challenges we are facing. Don't hesitate to share struggles with a trusted friend.

Engage in Self-Care. Find time each week to do something that feels calming and soul nurturing. Take a bath, read a book, watch your favorite show, call a friend, get outdoors, hold your pet, etc. Your brain and body need a break from your higher stress level.

Limit News Consumption. While we need to be wise and informed, there is wisdom in determining an amount of trustworthy news that feels informative and helpful for the day vs. falling into a black hole of fear mongering and confusion.

As we are navigating this new, socially distant, stressful world together, don't hesitate to seek extra mental health support. Many therapists are accepting new clients and providing online counseling sessions to accommodate increased mental health needs in the community including Journey Bravely.

Stephanie Craig is a Licensed Clinical Social Worker in practice for over 16 years providing counseling to those ages 11 and up for issues like stress, anxiety, depression, life transition, divorce, boundaries, managing emotions, and healthy coping. She recently moved cross country with her husband, Todd, and their three sons 14, 11, and 7 to make a home in our area. She loves to support individuals, families, and the community in being emotionally, physically, and spiritually well. Connect with Stephanie at her private practice, Journey Bravely, at journeybravely.com, stepheniecraig@journeybravely.com or (918) 221-9987.

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Be Your Own Health Warrior



BY MELANIE STEWART,
YUM TUM NUTRITION

Life in the age of Covid19 can have us feeling fearful and unsure of how to protect ourselves. Would you believe me if I told you that a virus is not a living thing? It has no nucleus, no respiratory or digestive system, and does not multiply on its own. At best, it teeters on the boundaries of what is considered life. And yet, we are held hostage.

Human viruses are created within our cells and are little more than a strand of DNA or RNA covered by a protein coating that works as a solvent

in response to toxicity. They are cell-specific, meaning they do not cross travel from one organ to the next. That's why you don't find Hepatitis in the kidneys, for example, as it is liver specific. One thing is for sure; viruses are very much a part of life on Earth and the human experience.

Covid19 is called a novel virus, not previously seen in humans. However, it certainly is very present in all of our lives and I think begs the question: Why doesn't everyone get it? Could it be because not everyone is in the same state of toxicity and not all immune systems are functioning equally?

"Bernard was right; the pathogen is nothing; the terrain is everything"
— Louis Pasteur

When the immune system is weakened by poor food and lifestyle choices, stress (including fear), by pre-existing and/or other co-morbid conditions, it can become dysfunctional and that's when we get into trouble. According to a 2016 Health

and Retirement study, 38% of people between the ages of 50 and 59 had a least one of four serious diseases (diabetes, cancer, heart disease or obesity). According to the CDC, 21% of people between the ages of 45 and 64 had at least two chronic diseases. In the most recent study of 5,700 cases of COVID-19 in N.Y., 94.3% of them had one or more of these health problems.

Presently, doctors are telling us that the highest mortality with Covid19 occurs in patients who are diabetic, pre-diabetic, hypertensive, have heart disease and/or are obese or morbidly obese. What do these health conditions all have in common? They all involve **INSULIN RESISTANCE**. Insulin Resistance is also known as Metabolic Syndrome and is inversely related to Vitamin D; when one is up the other is down.

Vitamin D is what mediates the systems that the COVID-19 virus attaches to and uses to get into the cells to start the infection. Once there,

depending on the person's health factors, the cascade and decline can take off. I do recommend supplementing with vitamin D. In addition, you can implement the following:

Eat real/whole LIVE foods that consist of non-starchy vegetables, whole fruits, nuts, seeds, lean and clean sources of protein and healthy fats.

AVOID immune lowering/insulin raising DEAD foods including high sugar junk foods, fast foods, processed and packaged convenience foods, and all man made oils (margarine and vegetable, soy, corn, safflower or sunflower oils) due to the inflammatory response they create and how long they stay in your system.

Drink half your body weight in ounces of water to not only keep you hydrated, but also to detoxify, energize and keep you healthy.

Breathe Deeply to enhance blood circulation.

Walk barefooted on fresh dewy grass or wet sand

to increase the flow of oxygen to the brain, reduce stress and pain, provide feelings of well-being, improve sleep and resolve chronic inflammation.

Meditate: Sit or lie down in a comfortable position, keeping your spine straight. Close your eyes and breathe.

Singing is surprisingly beneficial to your health. Studies show that singing boosts immunity, elevates endorphins, improves circulation and lowers stress by reducing cortisol and releasing stored muscle tension.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

2nd Timothy 1:7

Melanie Stewart has written two books for children (Yum Tum, Good Food is Fun! and Yum Tum, We Get it Done!) and one for adults (Yum Tum For Everyone!) all available on Amazon or at: <https://www.yumtumnutrition.com/>. All content is commentary or opinion and is protected under Free Speech laws. It's not meant to give individual medical advice or to make any health claims on the prevention or curing of diseases.

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Ask Dr. Marty: Stir Crazy



tions on an even keel. Minimize sugar and caffeine. Going “cold turkey” on either one of those items during this time is probably a serious mistake. Get in the car and joy ride. Just seeing a change in scenery can brighten your day. And who has better scenery than we do? We are so blessed.

Sit in the yard at least 20 minutes a day. Fresh air and not watching the news will give you a much-needed change of pace. You’ll also get vitamin D from the sunshine and the bright sunshine will boost your mood. There will be points deducted for bringing your electronic devices out there with you. And yes, there are brownie-point police checking that!

I know of a couple who brought their lawn chairs to the front yard of their grandchildren’s home to watch them play and ride their bikes, and have conversations with the kids. They maintained a more-than-safe distance. This works well with children who are old enough to understand why their grandparents aren’t hugging them or playing with them.

Get some exercise. Get out and walk or ride your bike. As long as you are at a safe distance from others, exercise to the best



Stay well.

Marty Kernion, Ph.D. is not a medical doctor. She has a doctorate in naturopathy. Naturopathy uses natural, gentle ways to bring our bodies back into balance so that they have the God-given ability to heal themselves. She is a retired professor of herbal medicine and nutrition and has written 39 college level courses in natural approaches to health. She has published two books on natural health. She can be reached at askdoctormarty@cox.net for scheduling a class or consultation, or for sending in your questions for this column.

QUESTION:

I have been cooped up in my house for so long because of our “new normal” during the pandemic. I limit my trips outside the house to a bare minimum. Only for really urgent trips for food or medicine. But I’m getting a little stir crazy. Do you have any suggestions?

ANSWER:

I have heard of some great stories from really creative people on how to maintain social distancing, but still maintain connections with the people they love and with the outside world. Here are some of the ideas:

Eat well and drink lots of healthy liquids, like water and herbal teas, to keep your emo-

of your ability. Exercise will give you more energy, generate feel-good hormones (like endorphins), and give you some fresh air. Break out the cobwebs in your brain.

Read a good, inspiring, uplifting book. Anything to get you away from the constant barrage of negative media.

Don’t wait for someone to call you. Call your friends and relatives. Just like you, they could use a distraction and need a good laugh.

Do something thoughtful for someone who can’t do for themselves. Brighten someone’s day by making a big pot of soup or stew and sharing it with your neighbors or someone you know

who can’t get out. Of course, be wise to social-distance when you deliver. Who would have thought social-distance would become a verb?

These are just a few ways of coping. Use your unique creativity to miraculously change a stressful situation into a positive experience for you and the people you care about. Let’s take advantage of this time we have to do something we’ll be glad we did.



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Musing

The Lotus Life: Like the River Flows

BY LAUREN CATANESE

When the world seemingly comes to a halt. When tragedy strikes and we find ourselves on our knees. When the events and experiences that we find ourselves in, bring with them a feeling that time has stopped; we are blocked, complacent, at a standstill. To think that movement is gone and dead, is to forget about the world we live in. Life never ceases to exist. Life does not stop. Life is continually moving. Even now it's easy to think otherwise, so recognize that life is still moving forward and so are we. We may not be moving on in the same way or doing the same things, but we are always creating. Nature, even our own bodies create new cells every second, life always moves all beings forward. So instead of being blocked into thinking you are stuck because you cannot do or are not doing the same things you were maybe a month ago, move into something else, see what it is you are meant to be doing. We are creative beings born to use our talents and light

to fulfill our God-given talents. There is something in you right now that you can be doing to keep moving forward, something that will be beneficial for you and those around you. There is a reason you have this time and space. And it might be there to just help you relax and let go, or there might be something else you are meant to do.

Here are 3 tips to seeing what is inside of you burning to be created...to keep you moving forward in life. You already are moving forward, even if it seems you are swimming backwards. Circumstances will always present themselves, instead of letting them block where you go, be like a river and flow.

Create a morning ritual- Use the golden hours of the morning to put intention into your day & life. Make a commitment to begin each new day with

purpose, faith and even a small step forward. Waking up and saying thank you before your feet touch the floor. Writing in a gratitude journal, praying, meditating, light stretching or movements, reading a vision you wrote about things you want in your life, visualizations, these are some ideas you can use to create your own morning practice.

Focus in on what you want- When you close your eyes and visualize a life you would love to live, what does it look like?

Who is with you, what are you wearing, where are you? What kind of conversations do you hear, what do you see yourself doing, how does it feel? Now hold that thought and write it down on paper. Choose affirmative words, like I am. After you write it down, read over it and ask, "what is one thing I can do today towards this plan?" You will get an answer. Take the action you felt guided to take, and after that, ask again.

Notice the little miracles around you- Keep believing in

the bigger picture to life and all it holds. When it's harder to feel faith and hope, look around you. In nature, your own family, inside of you there are miracles waiting to burst out. From breathing to the sunshine, to having a breakthrough moment with your child as he learns something new. To people healing and uniting and coming together in love. Feeling so connected to people we only just met. Notice them, and they will multiply.



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BY SEAN DIETRICH

To Whom it May Concern

Kate, who made you work last Fourth of July because she is about as much fun as getting slapped with a spatula.

Also, to the woman who wrote to me yesterday whose daughter is a nurse, treating people with COVID-19 in New York. Even though her daughter is young and healthy, she puts herself on the front lines every day.

This is written to hospital custodial workers who clean every inch of every surface. Even the ceilings. To the cafeteria workers. The greeters. The security guards. Maintenance men. Triage. ICU. X-ray techs.

To the guy who drives our local UPS delivery truck. That guy is my hero. Every day he's making deliveries around town. It makes me wonder how many hundreds of millions of gazillions of people are working every day, packaging boxes, loading trucks, driving forklifts, fulfilling online orders, and organizing the complex microcosmic symphony of daily deliveries.

While I'm at it, this is also for my mail lady who is always on time. Even on weekends.

To janitors. To anyone who mans a mop and a pushbroom. To people who keep public places disinfected even though the world is anything but disinfected right now.

To grocery store employees, who wear face masks for nine hours per day. Who deal with

the General Public. We, the public, who aren't exactly sunny customers right now, if you catch my drift.

To the cashiers. To the bag boys. To grocery delivery services. To the guys in the loading department, wearing back braces.

To anyone who has to scrub themselves down with rubbing alcohol before taking a simple lunch break.

To the man who still operates his Massey Ferguson tractor on a 480-acre farm in Alabama, Florida, Georgia, or Mississippi. To men who till the plains of Nebraska, Kansas, Oklahoma, Indiana, Texas, and Illinois.

The farmers of Louisiana, Tennessee, the Carolinas, and every other wonderous state I didn't mention. Even South Dakota—although, technically, I am not sure anyone actually lives there.

I write to those who raise beef, pigs, cotton, wheat, corn, alfalfa, carrots, iceberg lettuce, and—even though I could go the rest of my life without eating another godforsaken stick of the stuff—celery.

To poultry farmers in Ohio. Dairy farmers in Wisconsin. To anyone who makes it possible for me to eat a tomato.

To all South Dakotans who

resent the cheap joke I just made about them.

To the guy who scrubs the public buses with bleach after every use. To the Marines, the Army, the Navy, the Air Force, the National Guard, the Coast Guard, the Civil Service, and their spouses.

To Tyler, a 9-year-old who colors pictures and sends them to random nursing homes with the enclosed words: "Thinking of you!" He's sent 400 pictures so far.

To school teachers. Men and women who deserve a break, but are taking none. Many of whom wake up early each morning to sit in front of a cheap, school-district-issue, unflattering webcam that could make even Sophia Loren look like a walking corpse.

To childcare workers. To road crews. To out-of-work factory workers.

To emergency workers, who know that the world doesn't stop for viruses. John Q. Public still has toaster-oven fires that need a fire department. Dads still injure themselves on table saws and call EMTs. Children still break their arms when climbing trees and need ER docs.

To police departments, nationwide, who make sure that anyone with criminal intentions,

who tries to take advantage of others during this unusual time, will not succeed.

To those who perform church services via the internet. To the tireless church ladies who still bake hot casseroles and deliver them to elderly shut-ins, and have been doing this long before "coronavirus" was a household term.

To my friends who have been sending emails and text messages reminding me to get out of bed and put on real pants.

To anyone who has been video-phoning loved ones just to let them know they love them. To my mother who checks on me and reminds me that she's praying for me.

To artists. Engineers. Struggling musicians. To foster parents. To those in nursing homes. To the underprivileged kids whose only meals were the ones they got at school.

To the lady on the sidewalk, walking her dog, wearing her surgical mask. Who, when she passed me this morning, said, "Gosh, I wish I could thank the whole world for coming together and helping their fellow man, don't you?"

Yes, I do.

Thank you. From the bottom of my heart. And may God bless you.

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Musings

Rest, Recover, Reinvigorate



BY KIRK MCCARLEY

Ivy Jane demonstrated a noticeable limp in her right rear leg.

Ivy is our six year old, active, certified rescue hound. Drawing the short end of the straw with my wife, I was dispatched with Ivy to an appointment with the Vet. Upon arrival, as is the case with many places of business now, every precaution was taken to minimize close human interaction. A Vet Tech greeted us, escorted Ivy into the offices and 15 minutes later the Veterinarian returned with

Ivy to meet me in the parking lot. The prognosis was either a pulled muscle or strained ACL. Three weeks rest and an anti-inflammatory was prescribed.

In baseball parlance that was once called being relegated to the 21 day disabled or injured list, the DL.

I think many of us feel a sense of the DL these days. While most people are relatively healthy, for the better good of the whole, we have all been "shelved" to a degree. We abide by stay at home orders. Those already accustomed to telework continue to do so. Others, not so used to working remotely, have been swiftly indoctrinated.

Another spectrum finds millions that have been furloughed, laid off, or terminated from employment. Beyond the current isolation is a sense of loss, grief, and uncertainty about livelihoods now and going forward, not to mention financial strain.

Many, not so healthy to begin with or residing in assisted living centers, now find themselves apart from personal relationships

and family while quarantined. All of us yearn for a return to a normalcy we knew just months ago, but also experience hesitancy to reintegrate too quickly.

Though the athlete on the DL relishes the chance to get back in



the game, the time spent waiting has value. Reflection plays a role. What can I learn from this period of convalescence? How can I minimize my risk of injury going forward? How might video study be of value? What would be the benefit of a different approach to building strength?

How might your time on this DL of life right now be constructive? Have you caught

up on some sleep and rest? Have your expenses diminished by not having to fuel up as much? Is your dwelling the cleanest it's ever been? Who have you called, texted, or connected with that you would have not otherwise

crossed paths with for a while? Is it just my imagination or does the air seem a little fresher and bird chirps a bit sweeter?

Personally, this season has been a time of curiosity, of trying to discern what The

Divine Creator is attempting to impress. My questions are not too unlike that of the ballplayer on the injured list. What needs to be learned at this time? What adjustments might be considered in approach? Like a rocket that fires up thrusters to escape the gravitational pull of orbit, how can I power up with knowledge, precision, and speed to launch towards a different, yet exciting

tomorrow when the time comes?

The days we are in are going to pass. Until then, we wait. While we wait, we self examine. Maybe you really don't care for what you do or had been doing. Now is a time to dream, and dream big. What is it you want to do and what needs to happen for you to move towards it?

One of my contemporaries is taking piano lessons. Another Spanish. Many ambitiously tackle home improvement projects. Some reach out to those in need, separated from loved ones, and shut ins and provide a special ray of light.

Like Ivy, enjoy this rest. Heal and prepare to come off the DL.

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

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A Pastor's Ponderings



The night was crystal clear when they crawled into the tent and slipped into sleeping bags for the night. The camp fire had burned down to a mound of glowing red embers. The last of a marshmallow sizzled on a rock next to the fire. Graham crackers and chocolate bar wrappers were now ghostly, ashen forms in the fire pit. They took one last look at the night sky to see the lights of the heavens beyond number. The

milky way stretched from one corner of the sky to another. A shooting star scooted across the sky as a "good night" salutation. They awoke to an eerily quiet, cold morning. They dressed and opened the tent. The area was cloaked in thick, gray fog. Visibility was only a few yards. Moisture had covered the landscape with an even coating of silvery dew. The fire now lay in a heap of ashes, but warmth of the coals underneath could be felt on the palm of a handset close to the fire. The marshmallow had dried to a hard pile of baked sugar on the rock next to the fire. A few sticks of kindling had the fire blazing while the smoke added its fragrant statement to the foggy morning. Bacon and eggs were on the menu for breakfast. (There is nothing like the smell of bacon cooking on an open fire.) Dishes were left in a pile next to the fire that had again turned to a bed of red, shimmering coals.

Now it was time for a hike to get the blood circulating. They

started off down a familiar path. They had camped here many times. After a good walk, they decided it was time to turn back. In the shroud of fog they had missed an important landmark on the trail and had become disoriented. They knew the general direction they went but the specific location of the camp now eluded them. They wandered for the better part of an hour and were getting a little worried. Nothing was familiar. They sat on a fallen tree trunk beside the trail for what seemed like a long time. A streak of sunlight finally broke through the thick, gray blanket. Within half an hour, the fog had retreated to the advance of warm, spring sunshine. The area began to look familiar again. As they stood and looked around surveying their situation, they looked down the hill and not more than 50 yards away was the campsite. They had been so close, yet so far away.

On this journey called life, we

can get caught up in the thick blanket of fog everyday routines and the busyness of life. These things can reduce our visibility of what is really important and we can truly lose our way. It is not until we stop and let the light of the Lord break through, that we find we were really not that far off track, but had just lost our sense of direction. We are given the assurance that God is with us over and over in God's Word. Let us lift our heads from the fog of life and look to the light of His Word to light our paths and keep us and guide us on His path.

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Musing

Plan B

BY RICK MOORE

Years ago, in downtown Mobile, Alabama, the City Council debated whether or not to allow people to continue feeding the squirrels in parks such as Bienville Square. This had been a tradition for old and young alike for over a half a century. But concerns over human safety, overpopulation of squirrels, and the fact the city could never get the grass to grow in the park became an issue. The proposal before the city leaders was to fine anyone feeding the squirrels \$500.00. Fortunately for the squirrels and those who adored them, the city came up with a Plan B. They decided to use signs and other means of education to inform the public of their concerns. It was a compromise that stopped many people and the squirrels from “going nuts.”

Plan B is a compromise that we are all faced with at one time

or another. With the recent shake up of the U.S. economy, many people find themselves having to go to a Plan B just to survive. Even though a person’s formal education and their passion may be in a specific field, market changes can force one to choose a different occupation. It may just be for a season, and then again, it may be a change that leads you to your greatest achievements.

Of course, there are some things we should never compromise such as our faith and our family. For some priorities in life there should be no Plan B. According to historians, Hernan Cortez, on his way to conquer the Aztec Empire in the year 1519, landed his ships in Veracruz, Mexico. Concerned that many of his men wanted to return to the safety and security of their home instead of risk possible failure, he ordered the destruction of the ships, making it impossible to go back. This is



where the expression “burn the ships” comes from. It means to get rid of any Plan B. For those of us who have come from a past full of vices, additions, and a long list of failures, we should never consider going back. We have to “burn the ships” that may lead us

back to a life of destruction.

Everyone should plan their work and then work their plan. But plans don’t always work out. I ministered with a pastor years ago who had to make a major change in the middle of a building program. I’ll never forget his words to the congregation. He said, “I reserve the right to know more today than I did yesterday.” We all learn as we journey through life’s ups and downs.

While in high school I had a wonderful Youth Pastor, but he did change his mind often, and he would cancel events frequently. If we had a car wash planned to raise money for missions, most of us would call in the morning just to make sure it was still going to take place. Often it didn’t. Later, when I became the Youth Leader, I decided whether it was raining or not, we were still going to have the car wash. But one morning there was such an enormous storm with severe lightning that I had no choice but to cancel the car wash. Knowing

we had not met our pledge for the missions fund, we came up with a Plan B. The next morning, as members drove into the church parking lot, there was a large container with the words “Give to Missions” and a series of signs which read: “If God washed your car with the heavy rain yesterday, be sure to pay up today.” We met our goal.

None of us should spend the rest of life worrying about what could have been. There’s no need in crying over spilled milk. Times are tough. We all have to be willing to adapt. The quicker we move to our next phase in life, the quicker the sting of the last phase dissipates. Who knows, soon we may all find ourselves blessed with an overflow of abundance far beyond what we’ve ever had. When that happens, remember to share with others, and be sure to save a little something for the squirrels.

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

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From Meat-Eater to Plant-Eater

By CHRIS ELLIS

A plant-based diet can transform your life, but this transformation is more complex than a good vegan recipe; it's about real life. It's about making promises to yourself and doing the work. I am a 56-year-old mom and wife. I am a real person who has done this. I have broken down the process as I see it into three parts. I.) The Decision, II.) The Transition, III.) The Lifestyle.

I. The Decision

How does one make The Decision to stop eating animal products? It may be a sudden, all-or-nothing decision or a gradual one. It may be precipitated by a disease such as cancer or heart disease. Regardless, people are making this decision every day. For my husband, Danny and I, the decision was made out of desperation. Danny, genetically disposed to heart disease, had a heart attack at 49. Following

the heart attack, he took his medicine, exercised as usual, and ate his cheeseburgers. Why not? The doctors said he was doing great. And then things changed. He could barely mow the grass without getting winded. Something was wrong, but a litany of tests showed nothing. Back up 3 months... We had visited family and they had told us about plant-based eating and how it could even reverse heart disease. We were polite but this wasn't for us. But now, at our wits end, we thought: what do we have to lose? That day we stopped eating meat. After just one week of this new eating, we felt remarkable. We had more energy than ever. We exercised more and felt clear-headed all day. My husband's breathing problems subsided. There was something to this!

II. The Transition

So, you've made The Decision. You've watched the documentaries. You feel good. But you're becoming a junk food vegan because the only quick vegan thing you can find is potato chips! See, here's the issue. Change is hard. I have been cooking for over 30 years. All my life, a meal meant three things - the starch, the vegetable, and the meat. I had no clue how to cook without eggs, cheese, and meat. The Transition is about understanding that you don't need meat to give you protein,

you don't need milk for your calcium and that plant-based eating can be delicious. I relearned to cook. I replace eggs in recipes and make delicious vegan cream sauces. Our days of rice and beans for dinner every night are gone.

We're eating fluffy, protein-rich pancakes made with garbanzo flour and lasagna made with tofu cashew ricotta.

III. The Lifestyle

So, you've made The Decision, you've survived The Transition and now you are just living. What does that look like for a vegan? For the longest time, my husband and I wouldn't even say the word 'vegan' because of the connotation. Living a vegan lifestyle can be challenging, but here's what is also happening... remember how I said that after 7 days of eating plant-based we noticed a remarkable difference?

Well, after a year, the difference is even more pronounced. It just keeps getting better. My husband ran a 1/2 marathon in under 2 hours this Spring and wasn't even winded. If you embark on this journey and think it's going to be easy you are wrong. Your commitment will be tested often. Is it worth it? In my opinion it absolutely is. Do the hard work, keep the promise to yourself and live your best life. This is a Lifestyle.

This article was edited for publication. The complete version can be found on Chris' website: ellisearthlyeats.com

Chris Ellis and her husband, Danny, moved to the Florida Panhandle from Orlando in 2016 and currently live on the Choctawhatchee Bay in Freeport. Chris is an Engineer at Eglin AFB and Danny is a Vice President for FirstService Residential. In her free time, Chris loves to cook and share vegan recipes. You can find great recipes on her website: EllisEarthlyEats.com, on Instagram: [Ellis.Earthly.Eats](https://www.instagram.com/Ellis.Earthly.Eats) or on Facebook.

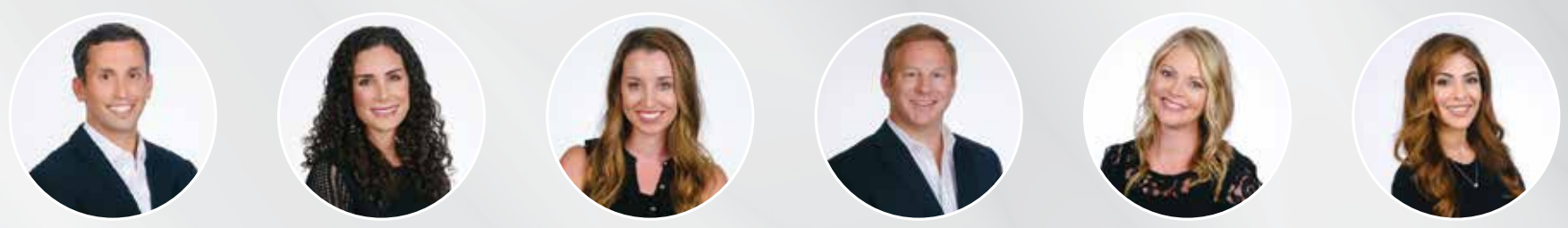


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30 A Songwriter Radio: Trying to Make Sense



BY JOSETTE RHODES, 30A SONGWRITER RADIO

I am having a hard time deciding what to write this month. There are so many talented musicians to choose to feature. But my heart is just not in that space today. There are a multitude of fantastic CD's to review. But it just doesn't seem like enough. The world is heavy. Time no longer belongs to us. So much has happened in such a short span. Globally. Locally. And then our town burns. Thirty Three Homes violently erased from existence. Thirty Three Families suddenly adrift in the world. It is a lot to process. It seems almost too much. And if we look at everything that is happening with our eyes filled with fear it may just be. But I will not- I can not accept that. I refuse to be blinded to the incredible beauty that surrounds each of us. I choose to look through my eyes with Love. Love is not a filter. Love does not blind us to the reality before us.

One of my favorite stories is one Mr. Rogers told. He spoke of a time when he was young and saw scary things on television and his mother would say to him... "Look for the Helpers. You will always find people who are helping." Fred Rogers was born in 1928. He lived through some of the hardest times the United States has seen. But he always looked through the pain, for life on the other side.

One does not have to look far in South Walton to find helpers. They are everywhere. From sewing masks to delivering groceries to our neighbors- they are there. The stories are endless. And once again, the Mussett Bayou Fire has brought out the best in our community. I was up that night, afraid, staring through the smoke at the flames like so many others, praying the wind would stop, fearing for my home and the homes of others. I felt lost and helpless. And then I saw the helpers. The bravest men and women I have ever seen. They ran into danger to make sure we were all safe. They did not stop to think- they just went. Running from door to door with the flames at their heels making sure not a single person was left in danger. And then they stayed. They stayed and they fought. And they



won. Not one soul was lost

The stories of the helpers that day are countless. I have read through what seems like 100 posts on Facebook of people recounting their experiences, and while they are wrought with tragedy, the beauty and the gratitude shines bright. From the family pictures lovingly stacked next to a pond by a stranger to the helpers armed with garden hoses, defending their neighbors homes,



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the helpers were there.

As I sit here trying to make sense all that is happening, my mind keeps coming back to one thought: we are living in history. The kind of history that is taught about in schools. The kind of history that can change the course of the world. The kind of history that generations of our families will speak of. Let us be worthy

of that. Let us bring pride to our families. When the children ask what did Great, Great, Great Grandma and Great, Great, Great Grandpa do? Let the answer be: they never gave up and they loved.



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Look Ahead

BY LISA CYR

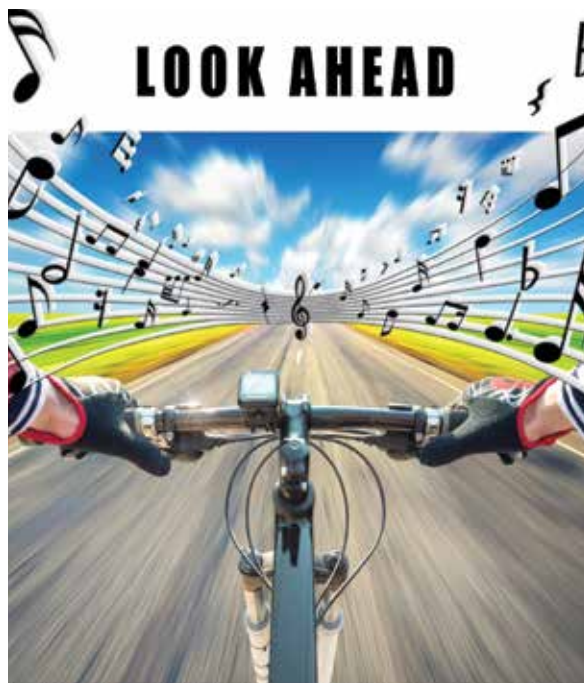
Here I am again, on the back porch enjoying my hedge of clumping bamboo. The ongoing joke for the last three years has been, "I'm watching the bamboo forest grow today." It started out with a vision to create a unique privacy hedge. The plants were small with just a few stems, now they are eight feet tall, bushy, and give me that "Chi" feeling. I looked forward in anticipation to the moment I am now experiencing. Ahhh.

As a piano music teacher, one of the skills I teach my students is to look ahead in the music. A form of prepared anticipation. Like riding a bike, looking back at a missed note causes a distraction from the notes you are currently playing, and will certainly affect your performance.

It's not easy to look ahead. If we focus on small chunks of notes

at a time, the music will not flow properly. We must aspire to move forward, to look ahead, and not get stuck in the same six note muddy rut. It reminds me of the first four words of Jingle Bells played over, and over, again.

Each practice day, you add several new bars of music. Within a week, the song is complete. You see the "big picture" and your mind is free to be several steps ahead of where you are currently playing, enjoying each and every moment in anticipation of a beautiful ending. Then suddenly, you are there. Are you there?



Aspire 4 Music Summer Programs are here! At Studio 237 Music Lessons. And continuing

throughout the extended summer! Private one on one instruction. Many are taking the opportunity to master their musical instrument or learning another at a weekly discounted rate. Daily, one-hour lessons for 5 days in a row. Each day building ability for the next. Some students will continue with their one on one private instruction throughout the summer. Call 850-231-3199. The following are the programs we are offering:

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of the music on a drum set or single drum. Marching band students will learn how to drum and march in step, playing snare drum, quads, or rudimental bass drum.

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Students get the feel of a typical piano lesson process while learning piano basics. Includes lesson book.

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Studio 237 Music teaches music lessons to students of all ages. Call 850-231-3199 for more information or to schedule a studio visit. Read about our teachers at our website: www.Studio237Music.com or send us an email at Studio237Dawson@gmail.com



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Centering Prayer: 10:30-10:50am

Discussion Group: 11:00-12:00 (in Hughes Library)

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Business

What's on 30A TV ? ; Georgia Hollywood Review

30A has always had a strong Georgia connection, and in particular, Atlanta. Our resident makeup of Atlanta homeowners, and second homeowners, has increased dramatically in recent years. One long time connection has been Miles Neiman and the 30A Review Magazine. "We tell the human interest stories that make 30-A entrepreneurs, developers and artists tick, making the magazine appealing to both tourists and locals alike," he said. Miles recently launched the Georgia Hollywood Review TV channel in Atlanta. Georgia Hollywood Review TV celebrates and tells the stories of the film and entertainment industry in Georgia and beyond. They profile the talent both above and below the line, as well as

highlight red carpet events. Watch the engaging and entertaining interviews and learn more about the Stars of Georgia and the World. The channel has not stopped filming during COVID-9 restrictions, making use of video conferencing to conduct interviews. 30A TV development wing- 30A. Media just launched the Georgia Hollywood Channel on ROKU, and is looking forward to the 30A Hollywood Review TV launch this summer 2020. ROKU now reaches 44% of all streaming TV devices in the marketplace. 30A TV further developed their 24-7 live channel available at [www.30a-tv.com/30a/georgia-](http://www.30a-tv.com/30a/georgia-hollywood-review-tv/)



hollywood-review-tv/ and will be instrumental in the 30A Hollywood Review TV channel.

30A TV broadcasts eight live

channels of original programming, including 30A, Outdoors, Real Estate, Celebrity Interviews, music videos, and comedy.

Available via iTunes, Android, ROKU - Amazon Firestick, and at www.30a.tv

Destin Charity Wine Auction Foundation Donates \$21,600 to children in need through COVID-19 Relief Fund

During a time of great uncertainty, Destin Charity Wine Auction Foundation (DCWAF) launched the COVID-19 Relief Community Children's Fund in an effort to assist those organizations within its network of Northwest

Florida children's charities who were experiencing additional strain on their resources due to the pandemic. The relief fund, which launched April 6, raised over \$20,000 and will be distributed to three organizations in the form of grants to assist in

their sustainability. The three are: Opportunity Place: \$1,800, Food for Thought: \$9,900, Youth Village: \$9,900.

Grants from the COVID-19 Relief Community Children's Fund are separate from the annual funding that each charity

receives from DCWAF. "We are grateful to our supporters who have generously donated funds to help our charity partners as they work to assist those most impacted by the COVID-19 pandemic. We look forward to doing much more when we are able to once again join together to raise our paddles high in late August," DCWAF President John Russell said.

DCWAF is one of the nation's premier fundraising organizations, donating more than \$21 million to children in need in Northwest Florida since its inception in 2005. Its largest annual fundraiser, the Destin Charity Wine Auction, was originally scheduled for April 24-25 in Grand Boulevard. Due to the pandemic, the event has been rescheduled for August 21-22. The Destin Charity Wine Auction is currently ranked #5

on the list of "Top Charity Wine Auctions in the U.S." by Wine Spectator Magazine.

The 15th Annual Destin Charity Wine Auction, originally scheduled for April 24-25, has been rescheduled for August 21-22, 2020 in Grand Boulevard. Patron packages are available at dcwaf.org/tickets.

Destin Charity Wine Auction Foundation connects wine enthusiasts to raise money to benefit children in need in Northwest Florida. These funds have impacted the lives of over 100,000 youth, including those afflicted by health issues and abuse. Currently ranked number five, DCWAF has been recognized as one of the nation's 'Top 10 Charity Wine Auction in the U.S.' by Wine Spectator Magazine for the last eight years. Learn more www.DCWAF.org.

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THANK YOU to our incredible Walton County Sheriff's Dept, Michael J. Adkinson, Jr., the Walton County Fire Rescue, South Walton Fire District, Florida Forest Service, Walton County Emergency Management and ALL others who came to our rescue during the Musset Bayou Fire. What a fantastic job they all did keeping us all safe. Although our store was surrounded by fire, the building did not burn! Prayers and love to our neighbors who lost homes.
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Tips to Reduce Household Energy Use

ENERGY TIPS

by Emerald Coast Energy Solutions

BY CHRIS BALZAR, ECES

In my household, energy consumption has increased with the stay-at-home order and e-learning with my children. We are streaming more, using devices more. We are using and occupying living spaces more, cooking more, washing hands more, using major appliances more. We can't avoid more, so below are some tips to save more:

Living & Family Room

Lower the brightness on all TV screens. This saves energy and is good for your eyes.

If your electronic devices have energy-saving features use them. Remember, just because devices are not plugged in, they still need to be charged. Using energy-saving features allows the battery to last longer.

When streaming content, choose the smallest device that makes sense for the number of

people watching. Avoid streaming on game consoles, which use 10 times more power than streaming through a tablet or laptop.

Always be sure to turn off lights, fans and electronics when you leave the room.

Bathroom

Check the temperature on your water heater and set it to 120 degrees. The DOE estimates that a heater set at 140 degrees, which is typically the manufacturer setting, can waste up to \$60 annually.

Use the exhaust fan when showering and leave on for 10 minutes to remove hot humid air.

Check faucets for leaks.

Laundry Room

Use cold water in your clothes washer. Most newer washers are designed for cold water.

Throw a few dryer balls into the dryer with your load to reduce drying time.

If your dryer has an auto dry option (moisture sensing), use that option instead of timed dry.

Clean the lint trap between

loads—this improves air circulation and increases the efficiency of the dryer.

Kitchen

Dust off the top of your refrigerator and coils to keep it running efficiently and cool.

Cover liquids and wrap foods stored in the refrigerator. Uncovered foods release moisture and make the compressor work harder.

Don't open the oven door while food is cooking. You can lose up to 50 degrees in temperature and waste energy.

Run the dishwasher only when you have enough dirty dishes accumulated for a full load.

Use small appliances such as toaster ovens, electric pressure cookers, microwave ovens or convection ovens for small meals rather than your large stove or oven. They will save energy and can save on cooling costs, because they generate less heat.

General Household

Set the air conditioning

thermostat on the highest comfortable setting. (We recommend 78-80 degrees, and no higher than 84.) Raising the temperature just two degrees can reduce cooling costs by as much as five percent.

If your home has two units (upstairs and downstairs), raise the temperature on the thermostat to 84 degrees in the area not occupied.

Upgrade your lighting to ENERGY STAR certified LED bulbs, which use 70-90% less energy than standard bulbs.

Change or clean air conditioner

filters monthly. Dirty filters can increase operating costs by 20 percent. *Chris Balzar is founder and president of Emerald Coast Energy Solutions which is a Smile Provider Company. We provide smiles to our customers after installing our high energy efficient products, increasing comfort and lowering energy bills. For more information on how to save this summer and become energy efficient, schedule an inspection by calling (850) 588-2870, visit www.trusteces.com or email wecare@trusteces.com and Beat the Heat.*

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Business

Is Your Insurance Ready for Hurricane Season?



By VICTORIA OSTROSKY

Our local retail shops and restaurants are cautiously re-opening, with limitations. Our beaches are once again being enjoyed by residents and vacationers while (hopefully)

adhering to social distancing. We are moving forward, closely monitoring the ongoing pandemic threat and hoping to slowly put it behind us.

Andrea caught the headline in her Facebook feed. “Great!” she exclaimed to no one in particular. “Now hurricane season is beginning again.” Yes, June 1st marks the beginning of hurricane season. So, it is time to make sure you’re ready for the next round of tropical depressions, storms and hurricanes that visit the Gulf Coast every year.

Andrea called her agent for some insight. “Good morning, Andrea!” said Jack. “Have you

been staying healthy during this pandemic?”

“Thankfully, yes,” she replied. “Hey, I just saw a reminder that hurricane season starts on June 1st. Do I have what I need, you know, just in case?” This was Jack’s third call already that day, so he was prepared for her questions.

“When it comes to homeowner’s and flood insurance and hurricanes,” he told her, “there are a few things that should be on your radar. If you have these coverages in place, you’ll be better equipped to ride out whatever storm blows through.” Then he went on to explain a few things to her.

First on the list is hurricane/wind coverage. Most home policies (HO3, DP3, HO6, HO4) in Florida include either hurricane, named storm, or wind/hail under a separate deductible. This is preferred since coordination and consistency of coverages is important. Some carriers don’t write wind coverage close to the water. So, a stand-alone wind-only policy would be needed. If this is the case, extra care must be taken to avoid any coverage inconsistencies. In a previous article last year, we addressed the differences in hurricane, named storm, and wind/hail coverage. But suffice it to say, when it comes to wind coverage, the best option is hurricane. Under this coverage scenario, the larger deductible in the policy, usually a percentage of the Dwelling Limit, applies to declared hurricane activity, while the smaller deductible in the policy would apply to other wind losses and all other perils in the policy. There are several deductible options available that can have a large impact on what would be your out-of-pocket responsibility if you file a claim.

Make sure you know you have sufficient Dwelling Limit (Coverage A) coverage to rebuild your home in the event of a loss. Local and national data indicates that nearly 2 out of 3 homes and structures are underinsured.

Another important coverage is Loss of Use that pays for you to live somewhere else while repairs are being done to your temporarily unlivable home. This goes for rental properties with Loss of Rents coverage as well. Remember, there needs to be direct physical damage to trigger this coverage. Some rental policies don’t include Loss of Rents so you will want to read your policy or call your insurance agent so you know for sure.

Another often misunderstood coverage not offered with each carrier, but always recommended, is Law or Ordinance coverage. Most carriers, if they have it available, offer either 10%, 25%, or 50% coverage. This percentage is tied to your Dwelling Limit. If you have extensive hurricane damage, like we saw with Hurricane Michael, there may be new building codes you must adhere to in order to rebuild. The additional Law or



Ordinance coverage is crucial to your protection, since your policy is designed to rebuild your home as it was before the damage, with similar materials and quality, and not with more costly materials that could now be required by more stringent construction codes that may have come into play.

Another vital policy to have, especially during hurricane season, is flood insurance. Flood and water damage from a wind event are not necessarily the same thing. This coverage is so vital that we will again devote our next month’s article to this topic. Although there are a few carriers who will add flood coverage as an endorsement to a home policy, it is infrequent. For most insureds, your flood policy will be a separate policy written through the NFIP (National Flood Insurance Program), and, unless your lender requires the policy, or you’re closing on a new purchase, there is a standard 30-day waiting period through the NFIP before your flood policy will become effective. Private flood insurance is an alternative. Many of the private markets in the country, and especially in Florida, offer broader coverages than the NFIP and these should be considered as an alternative to maximize your protection.

“I hope this helped ease your concerns a little, Andrea,” said Jack.

“Thanks! This does make me feel better. I think I understand it more now. Whew, what a year!” she said.

“You got that right!”

Insurance Zone, owned 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 and watch several informative videos on ‘Homeowners, Condo Unit Owners and Flood’, or call 850.424.6979. Victoria Ostrosky, author of this article is an Agent/CSR with IZ.

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Looking at The Law: Give Your Family the Gift of Clarity



BY GREG D. CROSSLIN

Estate Planning isn't just about what happens to your assets after you have passed. It is also about protecting yourself and your loved ones now! This includes having a plan for making critical decisions in the event you are unable to make them yourself. This can be from a critical medical condition, a terminal condition or other incapacity. As with all aspects of your Estate Plan, the time is now- to act while you are able to do so. Unfortunately, if an illness or injury render you unconscious or otherwise incapacitated, it is then too late to begin this process.

If you don't have a plan that expresses your wishes, your family may have to make medical decisions on your behalf or petition the Court for guidance,

even going as far as having to get a Guardianship created and a Guardian appointed for you. Either way, there is absolutely no guarantee that the decisions made by a Court or a Guardian or even family members will be made the way you want to have them made, or by the person that you would have selected doing the choosing for you.

To ensure that your wishes are carried out and to ensure your family is spared the burden of guessing or worse, arguing about what you would have

likelihood a Durable Power of Attorney.

All of these documents are known by many names in different places which sometimes lead to confusion. Regardless of the terminology, these documents serve critical purposes:

1. They guide your healthcare providers in the event you become terminally ill or permanently unconscious;
2. They allow you to appoint someone you trust to make medical decisions on your behalf; and
3. They provide someone to make other decisions on your behalf with regard to your property and finances in the event you are incapacitated.

It is extremely important to put your plan into action. No matter how carefully you plan your day-to-day activities, no matter how careful you are, or what you do, Living Wills, Healthcare Directives, Durable Powers of Attorney, and Powers of Attorney are effective only if your documents are readily

accessible, healthcare providers honor them and financial institutions or others dealing with your agent recognize them as being proper.

Especially in these times,

it is important to have these documents prepared to meet the statutory requirements of Florida law. Your family deserves it!

Greg D. Crosslin is the Principal

Attorney at the Law Office of Greg D. Crosslin, 3999 Commons Drive West, Suite D, in Destin. Call 850-650-7378 or visit www.destinlegal.com for more information.

Looking at



The Law

decided under unknowable circumstances, we suggest you put these wishes in writing. This means at a minimum, having a Living Will and a Healthcare Power of Attorney, and in all



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Business

Local Business Highlight: SimpleHR Offers Solutions

Managing an organization is a full-time commitment and a business owner's top priority. The day to day can become easily consumed by administrative responsibilities, vast amounts of paperwork, government compliance and detailed accounting. Unless your business specializes in these areas, that does not leave much time for the heart of your business model.

For the past 18 years, locally owned and operated, SimpleHR has made it their mission to relieve these complicated burdens. They focus on human resource needs so their clients can focus on building their businesses. As a Professional Employer Organization (PEO), SimpleHR provides employee management solutions and administrative relief for small to mid-sized business owners.

What is the secret to their success, particularly during such



unprecedented times? If you ask SimpleHR President, Bill Lindsley, putting people first and establishing a strong corporate culture has built a strong and lasting foundation, "SimpleHR is blessed with an outstanding team of professionals. We are thankful for their remarkable efforts during such an unparalleled time in our history. We are equally thankful for the loyalty of our clients that entrust our expertise to help navigate life's celebrations, as well as difficulties. And for the last 18 years, we have been grateful to call this amazing community home. Working collectively, our team, clients, and community

have overcome past adversity, will successfully manage today's challenges, and look forward to facing the future together."

What can a client expect from a relationship with this community partner? A dedicated account representative who is based locally and a team of certified experts available day or night, providing quality services that meet the initial and ongoing needs and expectations of their clients. The team at SimpleHR breaks it down in three manageable categories.

Simple Payroll

SimpleHR provides accurate, reliable payroll services. A team

of experts has the knowledge of all applicable laws that govern compensation. They effectively administer your payroll, report payroll taxes, and deliver timely paychecks to your employees.

Simple Benefits

SimpleHR meets the specific needs of a small to medium-sized business. A team of benefits experts provide comprehensive, low-cost benefit packages tailored to an organization. By offering a broad range of choices, SimpleHR ensures employees receive the best benefits at the most cost-effective prices.

Simple Protection

SimpleHR helps protect your business. Staying compliant with federal and state regulations can be daunting. Human resource and risk management specialists ensure that you and your employees are protected.

While COVID-19 has presented many businesses with a number of challenges, SimpleHR has responded with critical resources and information including hosting free webinars to local chambers of commerce and launching a dedicated website where business owners can find a plethora of tools and resources via quick links.

SimpleHR is not only considered an essential business, it is vital to all businesses, essential or otherwise. For more information and for access to a list of resources and to sign up for the newsletter, please visit SimpleHR.com/Newsletter. You can also follow SimpleHR on Facebook, LinkedIn, and Twitter. SimpleHR is a licensed Florida Professional Employer Organization (PEO), license number #EL374.

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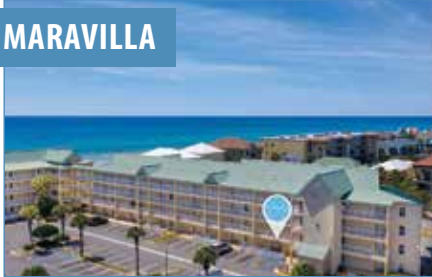
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WATERSOUND BEACH, 70 S. Watch Tower, 4895 SF, Elevator, Close to the Beach, \$3,575,000!

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DRIFTWOOD ESTATES, 543 Driftwood Estates, 6587 SF, Bay Front with Double Lot, \$4,150,000!

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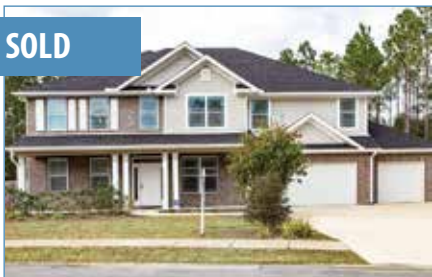
5300 Tivoli Drive, Miramar Beach, Tivoli By the Sea III, 3 Bedroom, 3 Baths \$550,000!

SOLD



144 Spires Lane # 315, Gulf Place Caribbean 2 Bedroom, 2 Baths, Gulf View! \$480,000

SOLD



Hammock Bay, 145 Symphony Way, 5 Bedroom, 3.5 Baths, 3781 SF, 3 Car Garage, \$422,500!

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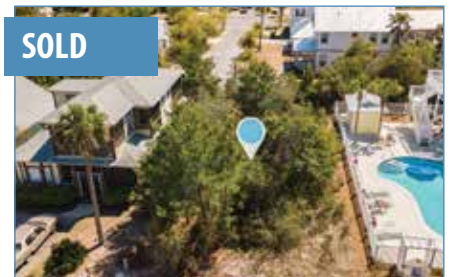
109 Flamingo Drive, 3 Bedroom, 2 Baths, Emerald Walk on 30A, \$ 360,000!

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SOLD



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