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Postal Customer Local

Keeping Military Families Together During Times of Medical Need

By Michelle Ruschman

Publisher's Note: Our area is blessed with several military installations, serving thousands of military personnel and possessing a significant deployment commitment. Consequently, our family and friends in the military are continuously placed in harm's way. Fortunately, we have Fisher House, which provides a home away from home with no fee, where our military and their families from throughout the U.S. receive caring, unconditional support.

Fisher House of the Emerald Coast is a tangible "thank you" for those who have served in the military. Located on Eglin Air Force Base, across the street from the hospital and VA Clinic, this nearly 11,000 square foot five-star facility includes 12 private suites, a large common kitchen and areas where guests can rest and renew. Any time a military member or family member is being treated at any local medical facility, they are eligible to use the Fisher House.

The idea of Fisher House



ily would stay during this time ficult time. This thought never the Fishers have donated more

Pauline Trost, the wife of Ad- partnership. Pauline brought miral Trost, saw an injured the need for housing to her combat veteran return home husband, and he reached out and wondered where the fam- to Zachary and Elizabeth Fisher who were builders, phiof crisis. She knew high-priced lanthropists and patriots. They hotels would only add a finan- caught the vision immediately cial burden to an already dif- and went to work. Since then,

first started in the 1970s when left her and it led to a critical than \$20 million in the building of homes that receive families of hospitalized military personnel, free of charge. Today, the number of homes has grown to 92 throughout the U.S. Fisher House of the

FISHER HOUSE

continued on page 3

Free Federal Income Tax Preparation Available in South Walton County

Free Federal income tax preparation is being offered in South Walton County for low to middle-income families and individuals, with special attention to senior citizens. Tax Preparation service will be available from Feb. 15 to April 14, 2022 at the Walton County Coastal Branch Library in Santa Rosa Beach.

Taxpayers must make appointments on-line at tinyurl. com/44kf76rx or by calling (850) 404-9125.

The site will be open Tuesdays, Wednesdays and Thursdays.

Tax Aide is also offered in DeFuniak Springs at the Life Enrichment Center, (850) 892-8746, Thursday, 10 pm to 1 pm by appointment only.

This service is sponsored by the AARP Foundation and the IRS. There are no age restrictions, AARP membership is not required, and the service is absolutely free. Taxpayers



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FISHER HOUSE

continued from page 1

Emerald Coast, our area's own, was built in 2010 and was number 48.

In 2019, Fisher House of the Emerald Coast hosted more than 1,100 guests and provided 2,900 bed nights, saving military families over \$290,000 in lodg-

It is the goal of Mia Hughes, our local Fisher House's Executive Director, for Fisher House of the Emerald Coast to be a home away from home when our military members need it the most. "If it's the birth of a baby and grandma doesn't live here but wants to come, she can stav at Fisher House. We've also had babies that were delivered, but mom got ill and couldn't

be around the baby," Mia says. "They've stayed at our house so they could be close. On the other end of the spectrum, we've also had guests who were dealing with end-of-life situations and were in their last stages. During the pandemic, however, because it's a military installation, they restricted some of the access. Life-ending scenarios were given higher priority."

"Many of our guests will only stay a few days, but our record is 13 months," Mia continued. "One family had a member going through oncology treatments and they were able to stay here. Before that, a guest of 11 months was blinded during the battle in Afghanistan, and he used our home for therapy. Fisher House was built to help lighten their load."

Fisher House of the Emerald Coast serves every branch of the military from Pensacola to Panama City. So, guests will not be more than an hour from the therapies and services they

Fundraising efforts are continual; monies raised provide much needed funding to the house to support the operation and the maintenance of the home, and to provide the families with any necessary items needed during their stay. Are you interested in partnering with Fisher House? Mark your calendar to attend the Fisher House gala on October 27th with guest speaker Joey Jones, Fox News Contributor and former marine who lost both his legs in combat.

There are additional unique ways you can help as well. "We've had corporate teams come for one week in the spring and fall to help clean the house," says Mia. "They do it for team building and we're always so grateful for the extra help. It's their way of giving back."

"We also have a young guy who lives in Birmingham, and his mom, who was a volunteer, passed away in 2016. On the anniversary of her passing, he comes to the Fisher House and makes her recipe for Cornish Hens for those there at the time. It's his memorial tribute to his mom and he does it every year he can," she says.

Fisher House accepts meal donations, enough for eight to 12 people, on Tuesdays,

Community

Wednesdays and Thursdays. Because Covid protocols are still in place, the food needs to come from local restaurants. Although the fridge is always fully stocked, these needed donations bridge the gap. If guests have specific dietary needs or desires, the staff does their best to accommodate them as well to make the stay easier. As Mia says, "We love making people happy and want this to feel like home.'

If you'd like to learn more, go to fisherhouseemeraldcoast.org or you can reach Mia Hughes directly at Director@fisherhouseemeraldcoast.org or 850-259-

ArtsQuest Fine Arts Festival Returns to Mother's Day Weekend

val returns to Mother's Day merchandise sales, Imagi-Weekend, May 7 - 8, 2022, in Grand Boulevard Town gate greeters, bar-backs and Center and the Cultural Arts Alliance of Walton County invites you to get involved.

Calling All Smiling Faces

Join CAA in celebrating 34 years of ArtsQuest! Volunteers are needed May 6 - 8. Volunteer activities include event set-up and

ArtsQuest Fine Arts Festi- break-down, artist load-in, Nation (kids' art activities), more. While a lot of adults are needed for ArtsQuest, the event is also a great opportunity for high school and middle school students to earn those needed volunteer hours. Sign up to volunteer at www.culturalartsalliance.

INCOME TAX

continued from page 1

must bring their 2020 tax return, Social Security cards for taxpayer(s) and all dependents, picture IDs, and all tax documents received, including information on stimulus payments

and advance child tax credit received. Bring checking or savings account information if direct deposit of refunds or direct debit of amounts due is desired. If applicable, bring Identity Protection PIN (IP PIN) for each individual. Taxpayers who wish

to itemize deductions must bring appropriate information. Note that complicated tax returns involving rental properties, inventories, depreciation, etc. cannot be prepared.



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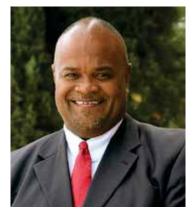


Psalm 18:28

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



WCSC March 2022 Superintendents Update



Superintendent A. Russell Hughes

Walton County School District continues to work toward number one ranking in the state, and District programs mimic this desire for excellence throughout the county. On January 27, 2000, the Teacher of the Year (TOY), Lance Climer, and Educational Support Personnel (ESP) Saronda Lewis were announced. Lance teaches AP US

History at South Walton High School, and Saronda serves as the food services manager at Dune Lakes Elementary. Both employees were selected by their school teams for their outstanding work and service. Congratulations to you both and thank you for serving and supporting our schools!

Congratulations also to the Paxton Bobcats basketball team earning an opportunity to compete in the final four state championships on March 2, 2022. Qualifying for the competition was a huge accomplishment, but this exceptional group of boys WON their game! This win allows the team to hit the court again on Friday evening, March 4, to bring the trophy home to Paxton. The school district is cheering for you and wishes you the best of luck. GO BOBCATS!!!

Congratulations to Freeport High School's Sydni Free for winning the weightlifting state championship. She earned gold in snatch and picked up a bronze in traditional combo lifts. This win is the first state weightlifting title in school history! What an incredible achievement for Sydni and her coach, Owen Cole

Our District seeks to be EPIC in all its endeavors, and the 4wRd thinking, movement, and action of our hard-working school board make this easy. In February, Walton County School Board members participated in two full days of meetings, sitting with state lawmakers having conversations, making sure our state representatives are abreast of the needs of the students of Walton County. Thank you to Superintendent Hughes and the Walton County School Board for making the voices of the citizens of Walton County heard!

Our transportation department announced the opening of

a new facility in Freeport, Florida. The District built the new facility considering the county's south end growth. The new building allows buses to be fueled, serviced, and inspected in a convenient barn without traveling to the DeFuniak Springs barn. Congratulations to the transportation department!

The end of the third (3rd) nine weeks and early dismissal will be on March 17, 2022. Spring weather and sunny days approach and Spring Break begins the week of March 21-25, 2022. Spring Break is an opportunity for students and teachers to enjoy a time of relaxation and rejuvenation in the spring sun. Superintendent Hughes reminds students to be safe, responsible, have fun while on break, and return ready to continue our work toward number one!

February was Black History Month, and Walton School District celebrated by showcasing our African American Educational Support Personnel across the District. Walton County School District ESPs work each day tirelessly to support the educational efforts of teachers and students. We hope you took the time to read about the extraordinary work these employees contribute.

Summer VPK registration begins March 1-12. Your child must be four (4) years old by September 1, 2022, to be eligible for VPK 2022-23 school year. In addition, your child should not be previously enrolled in a VPK program or have attended kindergarten.

Kindergarten registration will begin Monday, March 7, through Friday, March 18, 8:00 a.m. to 2:30 p.m. at all Walton County elementary schools. Registration is open to any child who will be five (5) on or before September 1, 2022. Please visit the Walton County School District web page for more information about either of these registration periods. visit https://www.walton.k12.fl.us/?a=Files.Serve&File_id=A435303C-FB92-49A1-98C1-17AED0919BD0



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March 2022 Coastal Seniors Update

FRIDAYS WITH FRIENDS – March 11th and 25th from 10 AM - Noon

Each "Fridays with Friends" program will be open from 10 AM until noon. Coastal Seniors will welcome members, who are 50 years and older, to our office to participate in activities, such as: card games, board games, ping pong, bingo, art classes, exercise classes, etc. If you are interested in any of these activities, please let us know so that our volunteers can prepare. You can contact us by calling 850-280-5342, or by sending an email to: coastalseniorsofsouthwalton@gmail.com.

TOUR OF THE SCULPTURES IN ROSEMARY BEACH – March 15th from 10 AM – 11:30 AM

Join us for a walking tour of the third season of this exhibit. The theme for the exhibition this year is Caring About Tomorrow: Exploring Environmental Interdependence Through Public Art.

Each one of the fourteen sculptures selected for the Exhibition addresses the theme in various ways. The array of originality in the sculptures ensures that viewers will find those that touch their sensibilities around this subject.

COASTAL SENIORS

OF SOUTH WALTON

Some are quite provocative, while others more formally or subtly address environmental threats to the future of all living things, including humankind. Taken as a whole, the Exhibition offers wisdom and inspiration for the creation of a more sustainable world for generations to come. RSVP required by March 10th so we can get a lunch count. Call or email us to register -coastalseniorsofsouthwalton@gmail.com or 850-280-5342. If canceled due to inclement weather we will still have lunch at our offices at Logan

PICKLEBALL ATTHE BOYS AND GIRLS CLUB – Tuesdays and Thursdays 9:30 AM -12:30 PM through April 28th

Come join in the fun! Sandy and Joe will help anyone just learning or wanting to learn how to play. Weather permitting, the new public pickleball courts are scheduled to open on March 10th at 11:30 a.m. at the Walton County sports complex behind

Dune Lakes Elementary School. Please join the SoWal Pickleball Association on Facebook for more information and weekly updates.

COASTAL SENIORS BOOK CLUB

The second Wednesday of each month - March 9th from 3:30 PM - 5:00 PM. Join the Coastal Seniors of South Walton (CSSW) at The Bay restaurant on Hwy. 331 South to discuss books you've enjoyed by participating in an online book club once a month. You choose your own book - there will be no assigned books for all to read. Each participant will have up to 5 minutes to share the book they read and their thoughts about it. Should members want to exchange books they can drop one they've read at our offices at 70 Logan Lane in Grayton Beach and pick up another there to read.

LITTLE FREE LIBRARY

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

Rosa Beach, Florida 32459. It is outside our front door and allows seniors to access books and puzzles whenever they are able to come by our office location.

Seniors 50 years of age and up residing in or visiting Walton County are invited to join CSSW. Membership is \$20 for individuals, \$30 for family, and \$50 for businesses. You can become a member on Facebook at Coastal Seniors of South Walton, or via email at coastalseniorsofsouth-walton@gmail.com, or on the website at www.coastalseniorsofsouthwalton.org.



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Democratic Women's Club of Walton County Hosts two Women Veterans

March is Women's History Month, and you are invited to join the Democratic Women's Club of Walton County to hear from two women Veterans who will speak to us about their service. The event will be held Tuesday, March 29, 11:30 am-1:30 pm at the Sunset Bay Cafe in Sandestin.

Kayla Buck is a veteran of

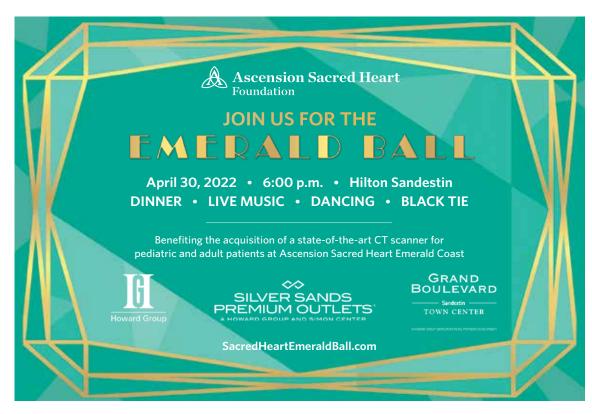
the U. S. Air Force and the Air Force Reserves who served in Germany, Kuwait and Iraq, and also stateside, continuing her education, and then attending Air Force Intelligence operations school. She served in the Air Force Reserves from 2000-2012, and worked as a contractor with the Air Force, in Iraq and at Hurlburt Field AFB.

Julie Jones is a veteran of the U.S. Navy who served one six-month deployment in the Mediterranean Sea and three six-month Persian Gulf deployments, as well as serving in several locations stateside. She attended Intelligence Specialist School, at the Navy and Marine Corps Intelligence Training Command. (NMITC)

She served in the Navy from 1988-2008, and also worked as a contractor at Langley AFB, Hurlburt Field AFB, and Al Udeid Air Base, Qatar.

Both women married, continued their education and managed to have children in spite of impressive and challenging careers and deployments across our country and the world.

The DWC of Walton County has a goal of attempting to understand and support the needs of our Veterans, Active Duty Military, and Reserve personnel in Walton County. To attend this luncheon at the Sunset Bay Cafe in the Sandestin Resort, please visit www.waltoncountydwc.org and register. The fee of 26 dollars includes lunch, dessert, a non-alcoholic drink, tax and tip. Donations of art supplies for the Joanne Birge Center, a rehabilitation center for addicted mothers in Defuniak Springs, will be gratefully accepted.





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ArtsQuest Returns to Mother's Day Weekend

ArtsQuest Fine Arts Festival returns to Mother's Day Weekend, May 7 - 8, 2022, in Grand Boulevard Town Center and the Cultural Arts Alliance of Walton County invites you to get involved.

Purchase a Program Ad

Advertise your business and show your support for the arts in the official ArtsQuest Fine Arts Festival program! Copies will be printed and inserted into SoWal Life, Destin Life, Bay Life and more. Secure your spot today by contacting Courtney Malone.

Show Your Support as An Event Sponsor

ArtsQuest Fine Arts Festival is the ideal opportunity to align your business with the thriving arts and culture scene in Walton county. There are a variety of opportunities for you to support this community-wide initiative. Discounts available for multi-year commitments. For more information, contact Gabby Callaway.

Calling All Smiling Faces

Join CAA in celebrating 34 years of ArtsQuest! Volunteers are needed May 6 - 8. Volunteer activities include event set-up and break-down, artist load-in, merchandise sales, ImagiNation (kids' art activities), gate greeters, bar-backs and more. While a lot of adults are needed for ArtsQuest, the event is also a great opportunity for high school and middle school students to earn those needed volunteer hours. Sign up to volunteer at www.culturalartsalliance.com.



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Amvets Set Ride To Fight Autism

By Kenneth Books

There is no cure for Autism Spectrum Disorder. And the expenses for families with a member who has autism are steep. The Centers for Disease Control estimates that, in addition to medical costs, intensive behavioral interventions for children with autism cost \$40,000 to \$60,000 per child per year.

Amvets Post 78 of Valparaiso is there to help.

On April 2, the veteran's organization will sponsor the third annual Amvets 4 Autism All Wheels Poker Run, to benefit the Autism Spectrum on the Emerald Coast.

This is the third such event the Amvets have held, according to Geno Teichert, a member of the board of trustees. And its growth has been phenomenal.

"Last year, we had at least 75 entrants," Teichert said. "We have a bunch. A lot of people go to the stops and don't make it back to the post."

The poker run will feature five stops. Leaving at 10:30 a.m. from the Amvets post, riders will stop at Nick's Seafood in Freeport, Amvets Post 178 in DeFuniak Springs, Amvets Post 35 in Crestview and return to the local post about 3:30 p.m., where they'll

receive a meal and enjoy live entertainment. The cost is \$25 per rider and \$15 per passenger. The first 100 registrants receive a free T-shirt. Registration kicks off at 9 a.m. and coffee and donuts will be available.

"It's over by 5 or 6, Teichert said. "It's a long day, but we do it for the kids. We just want a bunch of riders. The more the better, the more money it makes."

The first year of the event garnered about \$4,000. Last year, it brought in about \$9,000.

Numerous valuable door prizes will be awarded, such as a \$500 gift certificate for Jamie's Gun Shop. "We're getting sponsors," Teichert said. "A lot of grocery stores give us gift certificates."

Autism is a neurodevelopmental disorder characterized by difficulties with social interaction and communication, and by restricted and repetitive behavior.

People with autism might repeat certain behaviors and might not want change in their daily activities. Many people with ASD also have different ways of learning, paying attention, or reacting to things. Signs of ASD begin during early childhood and typically last throughout a person's life.





The Centers for Disease Control and Prevention (CDC) estimates that one in 68 children in the U.S. have autism. The prevalence is 1 in 42 for boys and 1 in 189 for girls. These rates yield a gender ratio of about five boys for every girl.





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March is National Nutrition Month

The Emerald Coast Chil- comes to food are more likely to dren's Advocacy Center (ECCAC) undertakes a prevention/awareness program each month related to the health and well-being of children and teens. March is National Nutrition Month.

It is considered neglectful to withhold access to food from a child, or to deny the right food that they may need in order to thrive. Neglecting a child by withholding or denying food can impact a child's physical and emotional health, as well as their neurological responses and behaviors. Children who experience childhood neglect when it

struggle with an eating disorder later in their life.

Unfortunately, the term food insecurity has become common place these days. Due to the complications of the COVID-19, last year more than 11 million children in America lived in "food insecure" homes, a number which is projected to increase to 18 million this year.

In Florida alone, over a million children are facing food insecurity. Each year, the Feeding Florida network provides food to Floridians who are facing the challenges of hunger. If you, or someone you know, is struggling



to provide food options for your family, please visit feedingflorida.org to find a list of all active food banks in Florida. Locally, in Okaloosa and Walton Counties, the non-profit, Food For Thought, makes a major difference helping to fight hunger for area children and families.

More information can be found on their website, fftfl.org.

"ECCAC would like to help parents and grandparents learn more about making informed food choices and developing healthy eating with physical activity habits," commented Nautica Caswell, who heads up the

prevention department as ECCAC's Community Outreach Program Manager. "They can visit eatright.org to find out how to prepare healthy plates for children."

With centers in Niceville and De-Funiak Springs, ECCAC has provided over 170,000 services at no cost to more than 15,000 children experiencing abuse, abandonment or neglect to include mental health therapy, crisis intervention, referrals to other commu-

nity providers, interviews and medicals.

For further information, visit eccac.org, or email or call Nautica Caswell at Nautica@eccac. org, 850-833-9237, Ext. 267. If abuse is suspected, call the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.



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Boys & Girls Clubs Announces 2022 Youth Winners

Since 1947, the Youth of the Year program has been the Boys & Girls Clubs of America's premier recognition program, providing the highest honor any teen member can receive. The addition of the Junior Youth of the Year extends these opportunities to youth ages 10-13 years old. The Youth of the Year (YOY) embodies the values of leadership, character, and service; academic excellence; and living a healthy lifestyle.

Each year, thousands of Club teens participate in local, state, and regional Youth of the Year events. Six teens advance to the National Youth of the Year, where one outstanding young person is named National Youth of the Year. This national teen spokesperson is a role model, leader, and advocate for the millions of youth served by Clubs each year and all of America's young people.

"Youth of the Year winners embody the values of leadership and service and have proven academic excellence. This group of remarkable young people makes the lives of all those around them better by their kindness, leadership, service, and encouragement to others. Together, we congratulate each of them for all of their hard work and dedication to the Clubs and our community," said



Shervin Rassa, CEO of the Boys and Girls Clubs of the Emerald Coast

Junior Youth of the Year Winners:

Joey S. (Fort Walton Beach Youth)

Tania C. (Jacobe Turner Teen Center)

Alyssa C. (Kenwood Club) Esabella F. (Destin Club) Stella J. (South Walton Club) Evalynn H. (DeFuniak Springs Club)

Emma A. (Riverside Club) Nashyree R. (Pensacola - Englewood Club)

Connor B. (Montclair Club) Allana G. (Dixon Club)

Youth of the Year Winners:

Amia J. (Jacobe Turner Teen Center)

Dar M. (South Walton Club) Joseph S. (DeFuniak Springs Club)

Kalea S (Pensacola - Englewood

Visit www.emeraldcoastbgc.org/ for more information.





































Thoughts for Investors So Far This Year



By Maurice Stouse, Financial Advisor and Branch Manager

As bond yields have risen for most of this new year (The bellweather 10-year U.S. Treasury is at 1.92% as of this writing), and that has had an impact on equity and bond markets. For equities, the NASDAQ, S&P and Dow are all negative YTD with the NASDAQ the most affected. The NASDAQ represents over 3500 stocks while the Dow represents 30 stocks, and the S&P represents 500 stocks. It is significant to take note that S&P 500 makes up over 70% of the value of all U.S. traded stocks.

Why have the markets seen negative performance for most of this year? Take note that

certain "sectors" – the eleven subsets of the market are not all equally weighted. The S&P 500 has 28% of its value in technology (TEC) stocks yet only about 3% in Energy Stocks. The TEC sector is down over 9% so far this year, while the ENE sector is up over 23%. If there is almost 10 times the value of TEC stocks vs. ENE stocks, it might make sense to see that that is what has driven a lot of the volatility and performance. Most of the household name TEC stocks are negative for the vear. The main reason that TEC stocks have been more volatile is that when bond yields rise, investors (large institutional investors) historically have sold lower dividend stocks and rotated to higher dividend or so-called value stocks (TEC representing so-called growth stocks).

So, when you see money coming out of one sector and wonder where it may be going or rotating to, the above is one significant, and recent example. That may be leaving individual (as opposed to institutional) investors wondering what to do now. It is important to note that diversification, patience along with staying informed and aware have served investors well. The Wall Street Journal recently had an article that quoted the legendary value investor Benjamin Graham. Graham was quoted to have said, "I don't know, (after many years of experience) what the market is going to do, but I do know what investors are likely to do." In other words. We tend to see that as investors being reactive vs. being proactive. A proactive strategy to us is one where goals, time lines and risk tolerance are well known and thought through and then a strategy is adapted and followed over time. Human nature and instinct are motivated by survival and, hence, investors might give up hope at the worst possible time. And timing is a key. When markets move, they move swiftly up or down. It is next to impossible to know when those movements are going to happen. Have a look at this excerpt from Raymond James' Weekly Headings on January 28th. It highlights the significance of time in the market vs. timing the market. The numbers are based upon the annualized rate of return of the S&P 500 over the past 20 years, which was approximately 5033 trading days:

- Average return for staying invested over the past 20 years: 7.3%
- Missed the best 5 days and your return would have averaged 4.9%
- Missed the best 10 days and your return would have averaged 3.2%
- Missed the best 15 days and vour return would have averaged 1.8%
- Missed the best 20 days and your return would have averaged .6%
- On the other hand, what if you'd "known" which days to be "out" of the market:
- Missed the worst 20 days and your return would have averaged 15.2%
- Missed the worst 15 days and your return would have averaged 13.7%
- Missed the worst 10 days and your return would have averaged 12.1%
- Missed the worst 5 days and your return would have averaged 10.1%

The challenge is, who knows when those days will be? As the legendary Peter Lynch once said: "They don't ring a bell at the top and they don't ring a bell at the bottom." Again, market rallies and sell offs happen if a noticeably brief period making it almost impossible to predict.

We also encourage our clients to think about emerging trends which might be worth considering in their long-term strategy. We will start with semiconductors or computer chips. We have seen and heard a lot about the disruption that chip supply shortages have brought about. Chip production capability, advanced chips, have crimped revenues of many firms and contributed significantly to inflation. We note that advanced chip design is mainly in the U.S. and yet the advanced chips are manufactured overseas (Taiwan is the leader). Take note of the foundries (chip manufacturing plants) that are under construction or being planned in the U.S. Two of note are the multibillion-dollar facility that Taiwan Semiconductor is building in Arizona and the recently announced multi-billion-dollar facility to be built in Ohio by Intel. These are just two examples, but nonetheless, a trend we think is important. The U.S. sees the economic and strategic need to have these foundries in the U.S. vs. overseas.

The same can be said for battery production (for electric vehicles - EVs). The U.S. is a world leader in possessing the natural resources that go into these batteries, yet is the world's laggard when it comes to refining the minerals and manufacturing the batteries. That, too, is changing as seen in the focus of the U.S. government and the commensurate activity in building the production capability.

How impactful could this be? Look at liquified natural gas (LNG). The U.S. now leads the world in the export of this high in demand, cleaner burning fuel. It is used to create electric at power plants and to heat homes and power natural gas fueled vehicles. Many years ago, the multi-billion-dollar investment in the infrastructure that was needed, started to take shape. Many wondered why so much money was going in to liquification and export facilities as the world demand was not seen. Fast forward to today and you can see China's demand

has grown 50% which adds to the already resilient demand from Taiwan, South Korea and Japan. And now the U.S. has come to the aid of western Europe as countless ships are making their way there now loaded with LNG. The result has added to the earnings of ENE companies which are experiencing record revenues and hence cash flow and profitability.

Wrapping it all up we see that while the markets remain more unstable than they have been in the recent past, investors can continue to position their investments to participate in the evergrowing areas of opportunities represented in the world today and tomorrow.

The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd., Destin, FL 32541 with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8122.

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

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

For starters, you can turn to us. We can help you find a clear way forward before fear or concerns take over with a strategy tailored to your situation. In our experience, perspective is the ticket to helping endure the ups and downs as you pursue your financial goals. Contact us to learn how we can help.



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Community

Our Hometown Hero

Julie Porterfield Wants To End Child Abuse

By Kenneth Books

Julie Porterfield loves children. Because of that, when she was offered the chance to be Chief Executive Officer of the planned Children's Advocacy Center 23 years ago, she jumped at the opportunity.

"I worked at the state attorney's office," she said. "I started as a receptionist and went to night school to get my bachelor's and master's degrees," studying legal administration and public administration.

It was there that she got the chance to build the CAC.

"It came out of the state attorney's office," she said. The impetus was a severe child abuse case.

The goal was to put all services helping abused children under one roof.

"I started researching grants and organizing," Julie said. "After a year, I was asked to be executive director. It seemed like a good fit. I absolutely love kids."



The CAC officially opened in October 2000 with Julie at the helm. "We started with three employees," she said. "Now we have 23." In addition, the center has a regular roster of volunteers. But the children it serves could use more. "The center is always in need of volunteers," Julie said.

"There are lots of opportunities."

A second facility, called the Pierce Family Children's Advocacy Center, opened in De-Funiak Springs in spring 2017.

The CAC has a budget of about \$2 million, Julie said, up from its original budget of about \$180,000. The money comes from grants, state funding and 60 percent from the community. "We live in a very kind, generous community," she said.

The need is great. Each year, the CAC helps between 700 and 800 children. But, Julie said, that's probably just the tip of the iceberg.

"We only see reported cases of abuse," she said. "I think there's about two thirds more out there."

In 2017, Julie said, the CAC added prevention efforts to its repertoire. A program called Child Safety Matters was begun in local schools, educating about 10,000 youngsters in 2021 from

kindergarten through 12th grade. This has led to more disclosures from children about their circumstances. "They didn't know who to tell," Julie said.

"We focus on the more egregious cases," Julie said, such as sexual abuse and physical abuse. "There are a lot of online predators," she said. "With social media, it's just rampant." And the incidence of crimes against children rose during the pandemic, as schools were no longer open.

Some cases stand out due to their gruesome nature.

"Probably the worst was a girl with 90 percent of her body battered, burned and abused," Julie said. "There was a lot of evil in that case. There was no rational

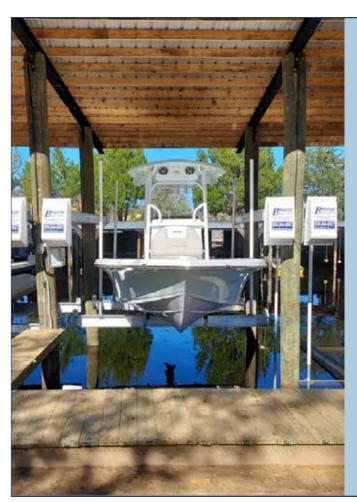
reason." The perpetrators, two women who were not the girl's caretakers, received 20 and 15 years in prison, respectively, sentences Julie believes were too lenient. But the good news is, the girl was adopted and is a successful adult today.

"For me, I'm doing God's work," Julie said. "What has kept me here is you see a lot of good. If something bad is going to happen to kids, we're here."

But, she adds, "It would be great to hang a 'Closed for Business' sign. Our mission is to end child abuse."

To learn more about the Children's Advocacy Center, including its ongoing need for volunteers, check the website at ECCAC.org.





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John Farrow Has Construction In His Blood

By Kenneth Books

John Farrow was born to be a contractor.

He said he became interested in construction "probably about the time I was 4 and started playing with Legos and building blocks. In summers in high school, I'd actually go work on construction sites." He also put himself through school by working construction.

"I decided I love this, this is what I want to do and I went for my contractor's license," he said.







Today, John is owner of Farrow Commercial Construction, handling residential, commercial and fire and disaster recovery.

Founded and headquartered in Sonoma County, Calif., John has opened an office on the Emerald Coast.

"We'd been coming to Destin for 20 years," the San Francisco native said. "We have family here. We love the governor of Florida, we love the area and we love the people."

John, 55, and his wife, J.K, have lived in Destin for about five years. But they soon will become landed gentry as they're in escrow and are about to close on a ranch in Laurel Hill. There, they can enjoy Florida, Okaloosa County and their horses. They have a daughter, Montana, 24, and two sons, Peyton, 21, and Clayton, 19. John said Montana will soon join the firm

as project manager.

"I've had the personal benefit of working with folks here and I believe the way I do construction will be a huge benefit to the folks here in Florida," John said. "We think we can make a difference and one of my slogans is that I like to do things differently."

That penchant for innovation has come in handy in several Farrow Commercial Construction jobs.

The most challenging commercial job took place at the Magnolia Hotel in downtown

"That was difficult," he said, "as far as staging, getting vehicles in and out and working on a hotel, adding 56 rooms, as well as working through the winter months with very limited parking to store and stage equipment and supplies." Meanwhile, the hotel was occupied, so John and

his workers went floor by floor.

A residential project that stands out took place on the West Coast. "A gentleman wanted all concrete walls 20 feet tall, an entire slab concrete home," John said. "Every aspect had to be completely balanced and measured. I guess he thought

Armageddon was coming."

Farrow's company also handles disaster recovery. For example, a corporate office in downtown San Francisco had a huge water release on the 12th floor on the Friday before Labor Day, which flooded the entire building, including a Walgreens that

was the building's anchor.

"We mobilized 160 men from all over the country, including equipment – large dryer units, drywall folks, carpet folks, painters, and restocking all the supplies at Walgreens. By Tuesday, everything opened up and everyone was back in business."

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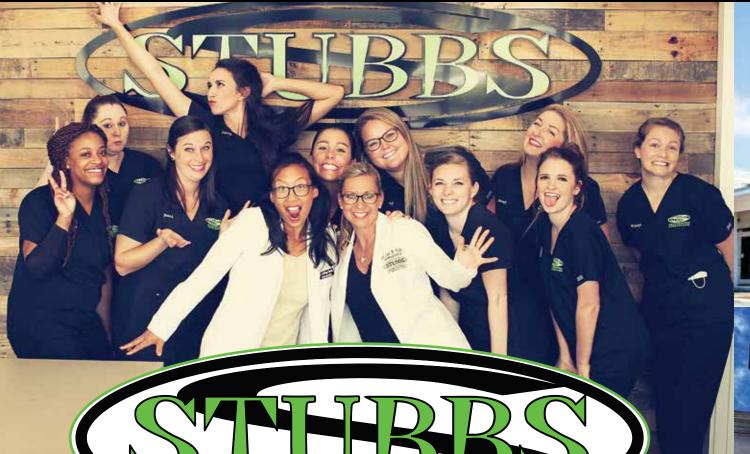


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Community



PHOTO ABOVE: Dorothy Voigtlander, a nurse at Ascension Sacred Heart Emerald Coast, grabs a bucket of repurposed flowers to share with co-workers at the hospital in Santa Rosa Beach on Thursday from a flower display created by the Seagrove Garden Club dubbed Flower Wave. (Photo by Seagrove **Garden Club)**

PHIOTO BELOW: A Flower Wave created by members of the Seagrove Garden Club appeared Thursday outside the front door of Ascension Sacred Heart Emerald Coast. Combining donated flowers and a repurposed beach cruiser, the display featured free flowers to brighten the day of the hospital's hard-working doctors, nurses and staff. The wave disappeared quickly as staffers and passersby enjoyed taking flowers from the display. Repurposing flowers from local weddings is a weekly activity for garden club members and this corporate flower donation created by Forget Me Knot Florals gave club members another way to repurpose blooms. For more information about the SEagrove Garden Club please contact Eileen O'Grady (281-979-4783).



PHOTO ABOVE: Seagrove Garden Club members, Carolyn Dzelzkalns, foreground; Jean Knittel and Juls Greybar, create a Flower Wave Thursday with donated flowers from a corporate event in front of **Ascension Sacred Heart Emerald** Coast in Santa Rosa Beach. The Flower Wave used repurposed flowers and beach cruisers to thank doctors, nurses and staff at the hospital for their hard work during the pandemic. Like a wave, the display appeared and disappeared quickly as passersby were urged to take the flowers to enjoy. (Photo by Seagrove Garden Club)









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The Emerald Coast Is Set to Host the **March Southern Charm Flower Show**



Judges Council of the Florida Federation of Garden Clubs invites the community to visit

The District 1 Chapter & the upcoming Southern Charm Flower Show. The judged Show, forecast to be one of the largest in the state, is Tuesday March Wednesday March 23, 2022 (9am to 4 pm) at St. Sylvester Catholic Church, Gulf Breeze, Florida. Admission is free.

Members of the nine garden clubs in Escambia, Okaloosa, Santa Rosa and Walton counties will delight the public with stunning arrangements and exhibits in horticulture, design, education, and botanical arts & photography. The Youth Division will feature miniature gardens and floral designs. The judging guidelines adhere to those established by the National Garden Clubs, Inc.

The partner for the event is presenting sponsor, Stephanie Phillips, owner/broker of Resort Real Estate Group. Ms. Phillips is a long-time member of the Green Thumb Garden Club in Walton County and very active in the non-profit organizations supported by the Club. The Green Thumb Garden Club welcomes new members. Their

22, 2022 (3 pm to 8 pm) and website www.greenthumbgardenclubinc.org contains detailed information about how to join the Club, support its charitable mission and details on meetings, activities, and events. For additional information, please visit the website or email greenthumbgardenclubinc@gmail.com.











Five Home Décor Trends for 2022

By John Martin,

Whether you own a home or looking to buy or sell one, here are the latest Good To Know articles for when you're ready to take the next step in finding your Forever Home.

The way Americans use their homes has changed since the

advent of the pandemic and has encouraged interior design trends for 2022. These ideas are so smart, they're likely to stick around even after the pandemic is over.

Smart furniture – According to Puffy.com, (www.puffy.com/blogs/bedroom/top-home-de-

cor-trends-2022-10-interior-design-styles-set-to-rise) the smart furniture industry is on track to reach \$244 million by 2024. Televisions can double as artwork when turned off, couches, beds, and chairs offer charging ports, but most exciting are coffee tables that come with refrigerator drawers so you never have to leave the game to grab a cold one.

Muted but colorful décor – Color palettes for 2022, such as those suggested by Benjamin Moore, (www.benjaminmoore. com/en-us/color-overview/color-palettes/color-of-the-year-2022) are calling for blue, green and yellow colors on the paler side, far from the dark and moody jewel, spice and deep ocean shades of recent years.

Vintage accents – Whenever life seems chaotic, homeowners become nostalgic for simpler times. Housebeautiful.



com (https://www.housebeautiful.com/design-inspiration/g38281142/design-trends-2022) explains that vintage furniture and accessories feature craftsmanship, materials and a flair for individuality that can't be duplicated today. Large floral patterns are great to pair with stripes or abstract fabrics.

Multifunctional room design - Working from home makes,

homeowners want more space, but Brick.com (https://brick.com/top-10-trends-2022-home-design-and-10-we-wont-miss) says that space should be more flexible. The room where you put your desk may also have an integrated workout area.

Curved furniture – Room design, furniture and accessories will feature elements that feel like a soft comforting cuddle, says 2modern.com. (www.2modern.com/blogs/modern-how-to/curved-furniture-trend). Rounded edges are a welcome change from the geometric look of modern furniture.

For more information, contact John Martin, your 30A Real Estate Specialist providing superior service with homes, condos and land in South Walton County FL. John can be reached at 850-714-3731 or John@JohnMartin30a.com.

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Lee Campbell

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Travel with Pam; Vacationing in San Jose del Cabo



By Pamela Donar

In June of 2021 I decided to travel to Los Cabos, which is comprised of the towns San Jose del Cabo and Cabo San Lucas on the southern tip of Mexico's Baja California peninsula. It's known for its sandy beaches and colonial buildings. The San José missionary church, rebuilt in 1940, faces Plaza Mijares in the heart of the historic district.

It takes approximately eight hours to travel from our area but it's definitely worth the time if you're looking for superb live entertainment, great food and art.

San Jose del Cabo is a smaller town with a relaxed vibe and charm. Here you will find cobble stoned streets, art galleries, resorts, and world class golfing. If you decide to stay at a tourist resort along the shore there are several, but don't miss the opportunity to take a cab to town and get away from resort life for the day.

I stayed at the Casa Natalia Boutique Hotel in the heart of the town center and spent two days discovering this hidden gem before I finished my vacation in the larger, better known town of Cabo San Lucas.

In San Jose del Cabo if you walk downtown you will run into the Mission church which was built in 1730. Take plenty of photos or a walking tour to learn about its history. Next wander around the plaza and all the little shops that surround the perimeter. In the town center you'll find both locals and tourists on park benches, both watching or spending time with their family or friends.

I really enjoyed the art galleries all around town, for which the area has a well deserved reputation. Most galleries are small but I had the opportunity to speak with many of the artists and curators. It wasn't surprising to see \$20,000 pieces in the middle of a cobblestone street encouraging you to come inside. If you are a true art fan, make sure you're there on a Thursday night so you can experience the San Jose del Cabo art walk which is sponsored by 12 local







galleries. All the shop owners are gracious and friendly and there is no pressure to buy. The experience will remind you of a small fair or carnival.

As far as dining you can find everything from cheap eats to first class fare. My top choice was AGAVE kitchen which I randomly came across while walking. The food and ambiance is outstanding! You can sit on the rooftop dining area and watch the sun set.

Finally if you love farm to table experiences, plan a trip to Flora Farms which is slightly north of San Jose del Cabo in the foothills of the Sierra de la Laguna Mountains. I would suggest hiring a driver in advance to take you there and back. Flora Farms enchants from every angle. It's a 25 acre farm to table restaurant with artisanal shops, cooking classes, a farmers market, bar and restaurant. This is no ordinary experience as Flora Farms has been named one of the world's 10 best farm to table dining experiences.

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Love + Grow Clothing Co Opens First Showroom and Warehouse Facility on Serenoa Road



Love + Grow Clothing Co will celebrate the grand opening of their first showroom, located at 457 Serenoa Road, Unit 10, on Saturday, March 19, 2022 from 10 a.m.- 2 p.m. with a portion of sales made benefitting Children in Crisis.

Love + Grow was created in 2017 by Lindsey Smith after she had her first child, a baby girl named Evelyn. As a new mom, Smith looked for a career where she could utilize her passion for design and creativity, while staying at home to take care of her new baby. Smith had a vision to build an empowering and encouraging company that would help other moms by designing stylish clothes for both them and

their daughters. From this dream, Love + Grow was born and sold primarily online, featuring weekly drops of new arrivals designed with colorful patterns, ruffles, and bows for kids ages 6 months to 12 years. Love + Grow sells an array of kid's swimwear, matching sets, dresses, sweatshirts, tops, t-shirts, blankets, footwear, and accessories.

From starting the company in her family home, to creating a distribution and fulfillment center in a co-op space to meet the market demand, Love + Grow has increased in size year after year since its inception. After welcoming her son, Aiden, in 2018, Smith added boy's clothing to Love + Grow's permanent line. The company also grew to national distribution, thus prompting Smith and her family to relocate to the Emerald Coast in order to find more space for their family and the business. Smith's husband, Nick, grew up in Freeport so the family was always familiar with the area and everything it had to offer. In 2022, Love + Grow moved into an 1,800-square foot warehouse, located at 457 Serenoa Road, Unit 10, that will serve as a design and fulfillment center in addition to housing the company's first retail space where locals and tourists can come shop the latest styles in person.

"We invite everyone to come shop and see our latest styles," Lindsey Smith said. "We want our customers to feel the fabrics and see the vibrant patterns in person."

The community is invited to attend the official launch party of the new retail and warehouse space on Saturday, March 19 from 10 a.m. – 2 p.m. Love + Grow will gift \$100 gift cards every hour throughout the afternoon, while guests sip custom cocktails created by Distillery 98 and Hey Mama Wines. Swell Pops will be serving sweet treats while Mingle's whimsical balloon décor adorns the store's entrance. After the launch, the retail store will be open Tuesday - Friday from 10 a.m. - 4p.m.

"Our tagline 'Designed with Love, Made for Memories' was created as our company's mission with the hope our designs will be worn year after year to make special memories throughout your

children's lives," Lindsey Smith said. "We strive to continue to create designs that are comfortable for the kids, look fabulous, and build a supportive community of moms."





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Our Local Pro: Stan Hall Makes Car Buying Fun!

Usually, the car buying experience is ranked right up there with getting a tooth pulled; necessary but filled with trepidation and anxiety. But Stan Hall takes pride in emphasizing two qualities every time a customer walks in or contacts the dealership looking for a car. "First, is the Golden Rule- treat people the way you want to be treated, and second, make car buying fun," he said. And he is serious! After nearly 54 years in the car business, Stan knows the ins and outs of the business pretty well, and what becomes evident pretty quick, he's more interested in a customer's happiness than he is in making a sale.

Stan presents as a Christ-centered man who will go out of his way to anticipate and fulfill his customer's needs. "To me, the Golden Rule in the car business is to concentrate on the customer's needs and God will take care of the rest," he said.

Emerald Coast Motor Cars operates as a car buying "concierge" service. Customers specify the kind of car they want, then Stan and his team track it down and bring it right to their doorstep. "No haggling, no deception, just great service and honest pricing."

A quick look on the ECMotorcars.com website and the testimonies and reviews are glowing. There are pages of positive testimonies confirming the success of Stan's concierge business model.

A key component to the overall success and growth of ECMC is the addition of Devon Kiss, a young 36 year-old from Tennessee who is quickly adapting to the car business, and he especially enjoys the Stan Hall concierge model. "Devon displays the same qualities of an honest car man in this new generation," Stan Says. "And his background as a computer programmer, website designer, helps the company locate the best car for our customers by searching and negotiating coast to coast. Devon is learning the car business faster than anyone I have ever known."

Stan and his wife, Bunny, moved to the Destin Area from Georgia 25 years ago. and while Stan takes pride in his business accomplishments, surviving cancer ranks even higher. In 2012, Stan beat throat cancer



and is now nine years free of that terrible disease. The experience left him with a renewed faith in the Lord Who greatly helped his healing process.

Stan and his team try to be very active in their community. A few of the organizations they support are: Sinfonia Gulf Coast, Mattie Kelly Arts Foundation, Destin United Methodist Church and the Destin Chamber of Commerce.

Stan is also extremely proud of Bunny, "the most important and inspiring person in my life." Bunny has 35 Years of experience as an interior designer, and recently opened her own business, "The Perfect Plan Destin, LLC." You can reach Bunny at 850-830-3995 or bunny@perfectplandestin.com.

So, the next time you're in the market for a new car, give Stan Hall a call. I think you'll be refreshingly surprised.



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Walton County Sheriff Michael Adkinson Endorses Shane Abbott for State House

Nationally renowned Sheriff backs local businessman for State House.

Miachel Adkinson has officially endorsed Shane Abbott in his campaign for the Florida House of Representatives. "Shane Abbott understands the importance of law and order, and I trust him to work hand in hand with law enforcement to ensure our Northwest Florida communities remain a safe place to call home." said Adkin-

son. "He has my full support in his campaign for the Florida House." nor DeSantis to the Criminal Justice and Standards Training Commission. Adkinson, his

Michael Adkinson has served as the Walton County Sheriff since 2008 and has previously served as the DeFuniak Springs Chief of Police. Sheriff Adkinson has served as the President of the Florida Sheriff's Association, represented Florida as a member of the Presidential Commission on Law Enforcement under President Trump, and was appointed by Governor DeSantis to the Criminal Justice and Standards Training Commission. Adkinson, his wife, and their two daughters reside in DeFuniak Springs where they attend the First Baptist Church of DeFuniak.

"I am so thankful to have the support of a leader like Sheriff Adkinson," said Abbott. "He has proudly served Walton County for over ten years and our communities are better off for it. I look forward to working with the Sheriff to ensure our lawmakers always prioritize public safety.

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

in 2006 and second location in 2015. Shane and his family also own and operate the Firestone Tire Service Center in DeFuniak Springs.

Shane married his wife Holley in 1995, and they have four children: Dre-22, Tanner-21, Tinsley-18, and Nate-10. Above all, Shane views his role as husband and father as the most important.



It's Almost Time for Gala & Golf Weekend 2022!

The Emerald Coast Children's Advocacy Center (ECCAC) is hosting its annual Gala & Golf Weekend presented by Jim & Tammy Pierce, March 12 -13. The Gala features a cocktail hour starting at 5 p.m., with dinner served at 6 p.m. on Saturday, March 12, at the Hilton Sandestin Beach Golf Re-

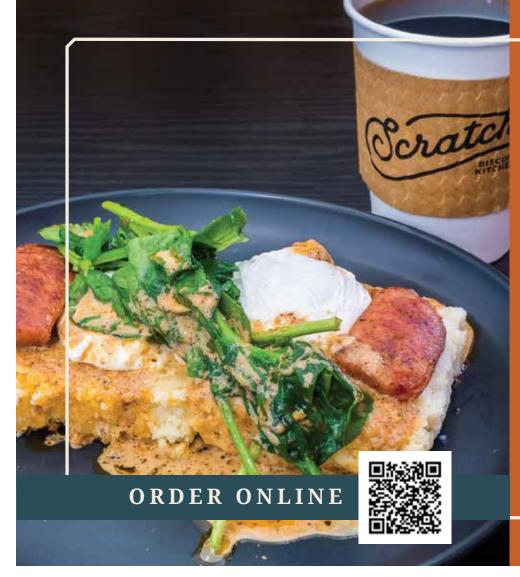
sort & Spa. Guests, in coastal chic attire, will enjoy dinner and live entertainment by popular local musicians, The Will Thompson Band, as well as live and silent auctions. The Gala is an energetic, yet important ECCAC fundraiser to benefit children by providing services at no cost to help identify, treat and

support child victims in abusive situations.

The Golf Tournament, also to benefit ECCAC, will take place on Sunday, March 13, at Kelly Plantation Golf Club with registration and a cook-out style meal from 10:30 to 11:45 a.m. for a tournament shotgun start at 12 p.m. Tournament cost is

\$400, which includes two tickets to the Gala. Gala tickets only are \$250 per couple. Please make reservations on-line at https://cbo.io/eccac/tickets. Sponsorships are still available. Contact Mary Fomby at 850-833-9237, Ext. 283, or email her at Mary@eccac.org.







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All benefits are not available on all plans. Florida Blue is a PPO plan with a Medicare contract. Florida Blue Medicare is an HMO plan with a Medicare contract. Enrollment in Florida Blue or Florida Blue Medicare depends on contract renewal. Health coverage is offered by Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue. HMO coverage is offered by Florida Blue Medicare, Inc., DBA Florida Blue Medicare. These companies are affiliates of Blue Cross and Blue Shield of Florida, Inc., and Independent Licensees of the Blue Cross and Blue Shield Association. Eddie Torres is an authorized, independent agent for Florida Blue and Florida Blue Medicare. Out-of network/non-contracted providers are under no obligation to treat Florida Blue Medicare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information visit floridablue.com/ndnotice. © 2022 Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue. All rights reserved.

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Family Friendly Things to Do in South Walton This Spring!



Emerald Coast Cruzin' Saturday, March 12, 8:00 am to 6:00 pm

Aaron Bessant Park Amphitheater, Panama CityBeach The bi-annual Emerald Coast Cruzin' car show at Aaron Bessant Park is back this spring, March 9-12. Car enthusiasts of all ages are welcome to check out the thousands of hot rods, customs, muscle cars, trucks, and classics on display. Activities at Emerald Coast Cruizin' include cruise-ins, concerts, parties, vendors, food, parades, and celebrity appearances. While your family weaves through dozens of rows of iconic vehicles, keep your ears alert for cash and swag giveaways. Collectors and enthusiasts drive home a vintage vehicle if they prevail in the frantic bidding at a live auction. Visitors won't want to miss out on the numerous live bands, meet and greets, and presentation shows. Aaron Bessant Park is located in Pier Park, 600 Pier Park, Panama City Beach.

Scratch Biscuit Kitchen Brunch & Live Music Saturday, March 12, 19 & 26 10:00 am to 1:00 pm

Scratch Biscuit Kitchen, located in WaterColor Town Center, invites you to enjoy brunch featuring live music every Saturday from 10AM - 1PM. It's hard to compete with biscuits, brunch and beats near the beach! March Lineup: 3/12 - Mike Whitty, 3/19 - Joey Shaling, 3/26 -Tanner Gray.Scratch Biscuit Kitchen, 1777 E County Highway 30A, Santa Rosa Beach.

Rosemary Beach **Spring Concert Series** Mondays, March 14th

April 18th | 6:00 PM

The Spring Concert Series returns on Monday nights beginning at 6PM held on St. Augustine Green in Rosemary Beach! Bring your chairs and blankets and enjoy the night filled with great music. Each week is a different show so catch as many as

Yoga in the Backyard of Love @ Hibiscus Coffee & Guesthouse Tuesday's,

March 15, 22 &29 - 7:30 am Hibiscus Coffee & Guesthouse is hosting Yoga in the Backyard of Love every Tuesday starting at 7:30AM. Mollie & Mallory lead this donation-based flow that is open to the public. Enjoy breakfast, tea, coffee, smoothies, and



more for purchase from the cafe after class. Hibiscus Cafe, 85 Defuniak StGrayton Beach.

Movie Night at Alys Beach **Amphitheater**

Wednesdays, March 16 thru April 13 - 7:30 pm

Alys Beach Central Park Movie Night returns to Alys Beach this spring! Bring blankets and low back chairs to enjoy films under the stars at the Alys Beach Amphitheatre on Wednesday nights at 7:30 p.m. All outdoor movies are free and open to the

public. March 16 | Tom & Jerry, March 23 | The Parent Trap, March 30 | Baby Boss: Family Business, April 6 | Beethoven, April 13 | Beauty and the Beast. Alys Beach Central Park, 100 Penny Lane, Alys Beach.

Boomin' Tuesday at The Village of Baytowne Wharf

Tuesdays, March 22nd - April 5th 6:30 pm to 8:30 pm

The Village of Baytowne Wharf is hosting a Boomin' Tuesday extravaganza every week.





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Enjoy singing and dancing with DJ Mike Whitty in the Events Plaza from 6:30 - 8:30PM. Then watch as they light up the night sky with a breathtaking fireworks show over the Lagoon at 8:30pm! Music: 6:30 - 8:30PM | Fireworks: 8:30PM. The Village of Baytowne Wharf is the heart and soul of Sandestin Golf and Beach Resort and the gathering place for locals and visitors alike. Learn more at www.baytowne-wharf.com.

The Adventures of Little Red Riding Hood at Rosemary Beach Wednesday nights, March 16 thru April 20, 6:00 pm

The cast of the Seaside REP Theatre perform The Adventures of Little Red Riding Hood at North Barrett Square in Rosemary Beach on Wednesday nights at 6PM, March 16 thru April 20. The REP's outdoor theater brings magic and laughter to the stage. Bring a chair or blanket, snacks and drinks, and enjoy a complimentary event proudly presented by The Merchants of Rosemary Beach. A group of traveling actors creates

much onstage merriment by presenting their own version of the classic children's story, Little Red Riding Hood. Join Little Red as she goes on an epic adventure through the woods to bring her grandmother a basket of goodies. This fast-paced and funny show is sure to delight the entire family with happily ever after laughter.



Westonwood Ranch Pro Rodeo & Charity Fundraiser Friday, March 25, 6:00 pm

Freeport Regional Sports Complex, Hammock Bay Calling all bulls, broncs, cowboys and cowgirls!!! The Professional Cowboy Association's biggest superstars will perform feats of athleticism during the 2022 Westonwood Ranch Professional Rodeo on March 25 & 26. Enjoy food vendors, children's bounce houses and so much more. All proceeds from this event benefit Westonwood Ranch.When: March 25 & 26. Gates open at 6PM with 7:30PM performances nightly. Admission: \$20.00 Adults I \$10.00 children (18 and younger). Family Pass Available: 2 Adults & 2 Children - \$50.00 (Save \$10) Nightly featured Cowboy Events: Bareback Riding, Tie Down Roping, Saddle Bronc Riding, Steer Wrestling, Breakaway Roping, Ladies Barrel racing, Team Roping, Bull Riding. To purchase tickets and learn more, visit www.westonwood.org.

Seaside Farmers Market Seaside Farmers Market takes place in the Seaside Amphitheater rain or shine! Market hours are Saturdays from 9AM - 1PM and Tuesdays from 9AM - 1PM (June until Labor Day). Airstream Row is just next to the market as well as many shops, restaurants and places to sit and watch the town go by. The Seaside Farmers Market consists of local growers and crafts people who offer food and other products that are healthy and environmentally conscious at the year-round market located in Seaside. It is a producer's market focused on food, produce, cooking demonstrations, specialty items, artisan cheeses and breads, novice and professional gardeners, seed exchanges, education related to growing and preparing food and the celebration of eating and sharing great ingredients. Follow Seaside Farmers Market on Facebook for weekly updates on vendors and foods coming to the market.



Emerald Coast Theatre Company: Old MacDonald Friday, April 1 & 2, 15 & 16, 9:00 am

Emerald Coast Theatre Company's Professional Theatre for Young & Very Young Audiences showcases professional actors performing productions on ECTC's Main Stage especially selected for young audience members. "Old MacDonald" Theatre for the Very Young: Interactive Theatre (ages 6 months to 5 years-old) An original piece created by our very own P.J. Padgett in collaboration with the ECE Jr. Company players, Old MacDonald brings his farm to life with sheep, dogs, lions, and

maybe even a platypus! Come experience the joy and wonder of life on the farm with all of your favorite children's songs like "B I N G O" and "You are My Sunshine." Complete with an animal orchestra, this interactive children's show combines movement, touchable props, and music that will have you singing "E I E I O" all the way home. For tickets and additional info, visit www.emeraldcoasttheatre. org or follow along on ECTC Facebook.









Registration Opens for Emerald Coast Theatre Co. **Summer Education Programs**

Ready for a dramatic summer? Emerald Coast Theatre Company (ECTC) announces the 2022 Summer on Stage theater education programs.

ECTC continues its popular Educational Theatre Pro**gram** with creative and engaging offerings designed especially for young thespians from kindergarten to high school. All programs are offered at Emerald Coast Theatre Company's (ECTC) performance space located at 560 Grand Boulevard in Grand Boulevard Town Center in Miramar

Mini Player Camp (Ages 5-7, rising Kindergarteners)

Designed specifically for our youngest players, our Mini Player camps focus on activities that allow students to explore acting, singing, and movement in an energetic, nurturing environment



that fosters creativity and collaboration. Monday-Friday, 9 a.m.-12 p.m. with a final performance on the last day of camp. Tuition

May 31-June 3 – Winne the Pooh June 6-10 – Disney Dreams June 13-17 -

Adventures in Candyland June 20-24 – Dr. Seuss July 11-15 – Pirates and Mermaids July 18-22 – Frozen Dreams

Winnie the Pooh (Grades 2-5)

Welcome to Christopher



*Extended drop off/pick up from 8 a.m.-4 p.m. available

Robin's "100-acre wood," home of all your favorite childhood friends: Piglet, Rabbit, Eeyore, Owl, Kanga, Roo and of course that hunny loving bear, Pooh. Balloons, Heffalumps and Donkey-tails take the stage and everyone celebrates at a woodsy party. Happy Birthday to all of us and three cheers for the wonderful Winnie-the-Pooh.

Monday-Friday with final performance on the last Friday of camp at 2 p.m. Tuition \$250.

May 31-June 3 *9 a.m. -3 p.m.

Broadway Today: Teen Cabaret Moulin Rouge, Hamilton, Six (Grades 6-12)

Musical theater actors improve their craft through training in acting, voice, and movement/ dance. This week-long workshop will have master classes in all three skills: activating songs through the use of acting techniques, study of vocal techniques that enhance singing, choreography and movement for the stage. This fun, high-energy workshop will culminate in a fantastic cabaret performance for friends and family. Monday-Friday with a final performance on the last day of camp. Tuition \$195. May 31-June 3, 9 a.m. - 3:30 p.m.

Camp Showtime: Broadway Disney (Grades 2-6)

Let the rhythm get you! Come act, sing, and dance your heart out to popular Broadway Disney show tunes as we learn simple choreography to some of the most popular musical numbers. We'll also play theatre games and screen some classic musicals on film. Parents will be wowed with a performance on the last day of camp. Monday-Friday with a final performance on the last day of camp. Tuition \$19

June 6-10 *9 a.m. - 3 p.m. *Extended drop off/pick up from 8 a.m.-4 p.m. available.

The Play That Goes Wrong (Grades 7-12)

Monday-Friday for two weeks

(skipping Saturday and Sunday) with final performances on the last Thursday and Friday of camp at 2 p.m. Tuition \$495. June 6-17 *9 a.m.-3:30 p.m.

The Jungle Book Kids (Grades 2-5)

June 20-July 1 *9 a.m.-3 p.m. *Final Performance: ECTC Friday July 1 at 2 p.m.

*Extended drop off/pick up from 8 a.m.-4 p.m. available.

Teen Improv Camp Grades 6-12)

Monday-Friday with a final performance on the last day of camp. Tuition \$195. June 20-24, 9 a.m.-3:30 p.m.

Techies Rule (Grades 6-12)

Monday-Friday. Tuition \$225. June 6-10, 10 a.m.-4 p.m.

Film Camp (Grades 5-12)

Students learn to write, direct, and act during the process of creating a one-minute film. This is a fun, fast-paced class for any aspiring filmmakers out there—or anyone who loves a good movie! The week ends with an Oscarsstyle ceremony and screening of everyone's masterpieces. M-F; Tuition \$250 July 4-8 *9 a.m.-3 p.m. *Extended drop off/ pick up from 8 a.m.-4 p.m. avail-

"Newsies: The Musical"/Musical Theatre Intensive (Grades 6-12)

Monday-Friday; Tuition \$945. July 11-29 *9 a.m.-3 p.m. *Final Performances: Friday July 29 at 7:30 p.m.; Saturday July 30 at 2:30 p.m. and 7:30 p.m. Sunday July 31 at 2:30 p.m. *Extended drop off/pick up from 8 a.m.-4 p.m. available. A \$30 non-refundable registration fee applies to each class. Multi-class discount, sibling discounts and payment plans are available.

To register for ECTC 2022 Summer on Stage Theatre Education camps, please visit www. emeraldcoasttheatre.org.





Arts

Coastal Branch Library Hosts the Artwork of Joseph Cantin This April



Joseph Cantin is a local 30A artist well-known and loved in the community. His love for painting came early in life. Bob Ross' television show, "The Joy of Painting" was a strong influence. Soon thereafter he found himself outside with a brush in hand projecting nature around him onto his canvas. He has

painted wildlife and landscapes that have found homes in all 50 states.

Music is also a form of art that he highly appreciates and practices. You may find Joseph at the beach almost any day with an easel, brush and canvas or his guitar. "Friend" him at Sunscapesart@facebook.com to find

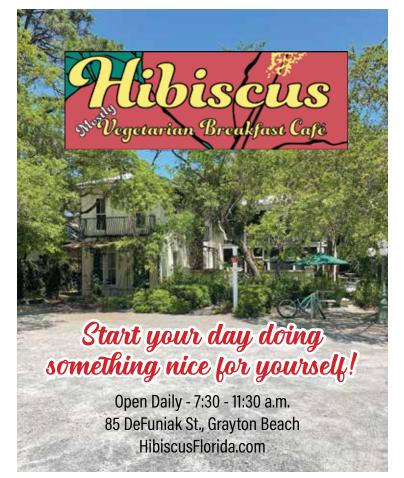




out where he'll be next!

His artwork exudes his love for painting. Friends of Coastal Branch Library is very excited to host Joseph Cantin art display at the Coastal Branch Library for the month of April and possibly throughout the summer.

437 Greenway Trail, Santa Rosa Beach, (850) 267-2809.





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Wellness



By Todd Craig

I don't remember most of my dreams, but I'll never forget this one. In the dream, I am in the third-row seat of a car traveling down a straight highway. I am content with my situation until I am suddenly aware that the car is on cruise control, and I am supposed to be in the driver's seat! The rest of the dream is my struggle from the third row, over the second row of seats, and the center console to the driver's seat. In the several months I had the dream. I am not sure I ever made it to the driver's seat.

I had this recurring dream during a season of my life when I was living on autopilot. During this season, life felt more like something that was happening to me than a gift I got to live. I think all of us have had seasons, or days, when we've felt like this. Maybe there are areas of your life right now that feel exactly like this.

We weren't given life to be a passive passenger in the back seat. In nearly all areas of life,

Journey Bravely: You Are Ridiculously in Charge

including our relationships, our vocation, our health, our attitudes and our personal growth, we often have far more power than we think. The reality is, we are ridiculously in charge of the lives we've been given.

5 Ways to be ridiculously in charge of your life:

Let go of the need to be in control. If the last three years have taught us anything, it is that there are things outside our control. But even when we are not in control of everything happening in life, we are in charge of how we respond, our attitude and the actions we take in response to difficult people, circumstances and setbacks. Trying to control things outside of our control distracts us from the choices we can make. One of the great ironies of life is that we try to control what we can't control and play victim to things we are in charge of.

Be in charge: Make a list of things outside of your control and another list of things you can control. Be intentional throughout the day of focusing your energy on things you can control.

Acknowledge learned

helplessness. There are many different reasons why we begin to feel helpless. Sometimes, it's because we are trying to control things outside of our control. So, we begin to assume we have no agency in other areas of life. Sometimes, this happens when we see what others have that we don't (if I had their resources..., if I were as lucky..., if I were given the same opportunities..., if the world weren't against me..., if I had more time...). This view of life may let us off the hook for responsibility, but it will rob our lives of meaning. Being ridiculously in charge means shifting from focusing energy on what is not possible to how you will find a way and taking the next step.

Be in charge: In what areas of life have you learned helplessness? What one small step can you take forward?

Treat the past as a teacher not a master. The past becomes a master when we as-

sume it is a predictor of the future. You do not have to be imprisoned by mistakes or failures in your past, and you do not have to repeat them. Allow those experiences to teach you, not de-

fine you. Today is a new day, a new chapter. What story do you want to tell?

Be in charge: If you were to write the next chapter of your story, what would you title it?

Approach life as a possibility to be lived rather than a problem to be solved. The easiest way to get stuck in life is to focus on all the problems in life that need to be solved. When we do this, we start living life as a list of "should:" I should lose weight, I should read more, I should be a better spouse/parent, etc. Life soon becomes an obligation. When we shift our focus from the problem to the possibility, "should" becomes "can:" I can lose weight, I can read more, I can be a better spouse/parent. This approach to life is an empowering invitation to live the life we want to

Be in charge: What are your dreams? What do you want

to be true?

Be intentional about yes and no. Being ridiculously in charge means we recognize the everyday choices we make are helping us move towards our desired outcome or they are not. This is true of both the active choices we make as well as the passive choices. And, because we are limited beings, every time we say "yes" to something we are saying "no" to something else.

Be in charge: Once you identify what you want to be true in your life, make a list of things you need to start and a list of things you need to end.

If you would like to connect with us, you can find us at journeybravely.com.

From childhood, Todd's great passion has been to see others discover and thrive in the life they were meant to live. With over 20 years of having clarifying conversations and guiding people through life change, Todd has coached others using effective, strategic tools and questions to help them move life forward both at home and work. Todd, and his wife, Stephenie, offer coaching through Journey Bravely (journeybravely.com) in both professional and personal capacities toward identifying, developing and living your goals, desires and dreams.







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Breast Cancer



By Dr. Richard Chern, MD

Breast cancer is the leading cause of cancer in women and the second leading cause of death from cancer in women. Metastatic breast cancer tends to invade the bone causing intense pain and invades the brain causing dementia and memory loss. It is not a pleasant way to finish your days. Breast cancer survivors will tell you that the return

of breast cancer is something that weighs on their mind anytime something seems different. A catch in your back, a weird cough, or any number of minor issues can trigger that fear that the cancer might be returning. In addition, cancer treatments are invasive, painful and life altering. Prevention is really the key to survival.

But what is the likelihood of a woman getting breast cancer? When you look at all women, the risk seems relatively low. The rate of breast cancer in women is about 2.6%, but this number is deceptive because this is the risk for all women. What is my risk of breast cancer? This is the question women really want to know the answer to. There are many factors involved, but advancing age is a major factor and the risk of breast cancer with advancing

age can be as high as 16%.

The Women's Health Initiative was a study started in 1991 and stopped in 2005. It originally reported that giving estrogen to postmenopausal women increased their risk of breast cancer. Unfortunately, this report was not entirely accurate. What this study showed was that women who received synthetic estrogen (estrins) have a higher incidence of breast cancer while women who received bio-identical estrogen (estradiol) actually had a lower risk of breast cancer. This change has been published, but was not reported with the fervor of the original reports. As well, not only did these women have a lower risk of breast cancer, but also a lower risk of strokes and heart attacks as well.

A recent study was published in 2019 which looked at breast

cancer risk in women who received testosterone pellet therapy. Yes, testosterone. Women have an idea that they don't need testosterone, but this is not true. In fact, women make testosterone in the ovaries and much of this testosterone gets converted to estrogen. So, women make more testosterone than estrogen. Anyway, the women in this study were followed for over 10 years. It turns out that the incidence of breast cancer in the women who received testosterone therapy was 40% lower than the women who did not receive testosterone.

So, now you see that both bioidentical estrogen and bio-identical testosterone reduce the risk of breast cancer. This doesn't even touch on the benefits to bone density, heart health, prevention of depression and anxiety, increases in libido and the many other proven benefits of both estrogen and testosterone therapy.

If you are concerned about your health and wellness, please come see us.

Dr. Richard Chern, MD not only provides hormone therapy to men and women, but also teaches hormone therapy to doctors across the country. In addition, he treats many of the doctors in the area, is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country right here in Miramar Beach. Call today for an appointment at 850-837-1271.

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Wellness

It's All About Sugar



By Kay Leaman.

We eat it to celebrate, comfort

our souls and give as gifts. Enjoying special moments is a good thing. But even if you're an occasional sweet eater, you might be eating much more than you think. Sugar is more addictive than cocaine and causes inflammation which is the root cause of most diseases.

Sugar is in almost everything we eat: fruits, vegetables, breads, dairy (lactose), sweets, boxed, canned and frozen foods and the list goes on. Did you know that manufacturers add sugar to 74% of all packaged foods? There are currently 61 names for sugar not counting artificial sweeteners. Regarding the latter, these have been associated with headaches, depression, fatigue, memory loss, gastrointestinal problems, etc.

Both sugar and inflammation can rob our cells of the required nutrients they need to function at their optimal levels. And since sugar has no nutritional value, it has to 'borrow' nutrients to digest it. It depletes the body of vitamins C and E and is particularly draining to the B vitamin complex. It also leeches minerals such as calcium and magnesium from your bones and teeth.

Added to this list are refined carbohydrates such as pasta and breads. The body turns these into sugar for energy. However, the body doesn't recognize these as 'real foods' and processes them differently than it would a whole grain bread or gluten free pasta.

Natural sugars from fruit and veggies are a body's friend. Take time to read ingredient labels and begin choosing the labels that have no added sugars. Watch out for 'low fat' or 'sugar free' items. 'Low fat' decreases flavor; so, sugar is added as a flavoring and many 'sugar free'

items means artificial sweeteners might be added which wreak havoc on our bodies.

Take care of your body and cherish your health. Every step you take makes a difference. Shoot me an email with "Sugar List" in the Subject if you would like a list of names.

Kay Leaman, HealthyDay HealthyLife, succeed.hdhl@gmail.com



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What to Check Before the End of **Open Enrollment for Medicare**



Eddie Torres. FLORIDA HEALTH CONNECTOR

The end is near! Not in the mortal sense, but rather, the end of the Open Enrollment Period for predominantly Medicare Advantage plan members in 2022. We will leave the mortality proclamation to the crazy guy wearing the sandwich board roaming various city streets around the

Keep in mind, if you are "aging-in" this year, you have

a whole different set of deadlines and circumstances (see last month's article). This article will cover what you should be checking up on before the March 31st deadline rolls around and locks you in until the next Annual Enrollment Period (October 15 -December 7).

So, what should you do to make sure this year's coverage selection treats you well and is something you will be happy with until next year? First, you will have hopefully had some time to try out your new coverage. Whether that be a visit to the doctor of your choice or a trip to the pharmacy, you likely have had a chance to use your current coverage. If you are one of those folks that needs neither, bully for you! However, even you should still take this time to conduct further research into whether the doctors, hospitals and pharmacies you favor are included in your network at a reasonable cost. If you find some changes would be required of your intended selections, you have until March 31st to do something about that.

One point of note: If you have already made a change during this Open Enrollment Period, you have used your last bite at the apple for the year. Changes made during this period are final and cannot be changed. If you have yet to use this last chance opportunity then, you still have that one chance avail-

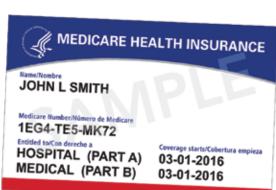
Second, have you reviewed the functionality of your plan? What I mean is, are you able to easily use your new insurance card and have the providers accept it without a hassle? Do you find it difficult to know why your neighbor with a PPO has a much easier time finding an innetwork doctor or facility (especially when traveling) than you have with an HMO? Has your doctor or medical group suddenly stopped accepting your

and here is the kicker statement, "You MAY be eligible to receive." Talk about slick!

The fact of the matter is, the

proof is in the pudding. Nobody but you can get you what you need. Do the work. Do the research. Call people local and knowledgeable to get the details that matter to you. Once you make that final call for the Open Enrollment Period, you can sit back and relax in the comfort of knowing you did the very best for you. Happy 2022!

Eddie J. Torres L.U.T.C.F. has been a qualified, licensed agent with Florida Health Connector for over 10 years providing Medicare products though out the state and is based in Santa Rosa Beach. He has been a resident for over 20 years and in the insurance industry for over 40 years. He can be reached at 850-830-6151



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Trey Gowdy: Beyond a Reasonable Doubt

By Doug Stauffer

Northwest Florida State College President Devin Stephenson is a visionary with purposeful determination. His caliber of speakers for the "President's Speaker Series" reflects his keen leadership and focus. I consider Dr. Stephenson to be a persuasive communicator in his own right.

Most people have heard the cliché that "You get what you pay for." Frequently, a true statement indeed, unless someone else foots the bill and invites you to come. This speaker series is FREE to the public, and Trey Gowdy packed the Mattie Kelly Arts Center with an eager, enthusiastic crowd.

When someone mentions Trey Gowdy, people tend to have opinions of him at opposite ends of an ever-widening spectrum. They generally admire him greatly or vociferously criticize him. Unfortunately, this is the political climate of twenty-first-century America. No matter, Trey poured out his heart, humbly baring his soul to a spellbound audience.

Trey started his message with amusing quips and stories that ingratiated him to his audience, but his innate passion showed as things turned serious. The audience sat on the edge of their seats, wondering what was coming next. Trey revealed himself as someone not ready to yank America's life support from its socket. Instead, he believes that America needs to rediscover who we are, where we are going, and how to get where we need to be.

Granted, we are a politically divided country with red and blue sides more willing to shout things out than attempt to understand what drives the passions of the other side. Trey pointed out that every day carries the sense of it being like election day. So few people are forging relationships outside their sphere of fellow cheerleaders. He urged his audience to display an uncommon form of grace to bring us closer together.

Trey frequently transitioned to talk about his family and good friend and co-author, Senator Tim Scott. They developed



PHOTO BY CHRIS MCKAY

a close bond as they spent many eating opportunities together at the Capitol Hill Club. Trey told the audience of Senator Scott's upbringing with his grandfather, who picked cotton and never learned to read. Yet, his grandfather believed in the power of knowledge and the magic of education, and he thought these things would make a difference in his grandson's future. His grandfather raised a grandson who became a U.S. Senator and author of a New York Times #1 Best Seller.

Trey mentioned meeting his wife through a church youth group and traveling and the importance of faith, sometimes shaken by his life experiences. His early career included prosecuting the worst criminals and how these interactions took their toll mentally, spiritually and physically. Like many politicians, Trey Gowdy left his hometown of Spartanburg, South Carolina, for our country's capital to make a difference.

If you watch his famous social media sound bites, he comes across as a skilled prosecutor interrogating political adversaries. In person, he also comes across as genuine and caring.

After one hour of clearly articulating his thought-provoking speech, the last question pinpointed how this master of persuasion had moved many juries to agree with him beyond a reasonable doubt. He was asked why he was advocating compromise, although he never alluded to compromising with whom you disagree. Absent a court reporter to retrace his words; interrogator Gowdy kicked into overdrive to reiterate that he promoted dialogue—persuasion over argument. He encouraged

M PROXIMITY MILLS

sincere communication with empathy, not a win-at-any-costs methodology.

Trey never alluded to compromising one's beliefs. Instead, he pleaded for people to search for common ground. He encouraged practicing the art of persuasion rather than using insults as a means of self-validation. His appeal: we all should make an effort to listen to the "other side." Insults make others determined not to give up any ground, and the mentality of crushing your opposition has eroded our society's fabric.

Trey encouraged talking responsibly and ending the bitter feuding and fussing with neither side desiring to listen and learn from the other. His point was to be fair-minded yet encourage people to think for themselves.

Upcoming Event: Dr. Stephenson has invited Charles Payne to be the next speaker in the President's Speaker Series on April 8, 2022. Come hear the Fox Business Network financial journalist and host of Fox's Making Money. Mark your calendars and I'll see you there.



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Gopher Tortoise Day is April 10!

Since its founding six years ago, Gopher Tortoise Day has been celebrated annually to raise awareness for Florida's only native tortoise. April 10 is approaching quickly, and now is the time to begin prepping festivities for this yearly event.

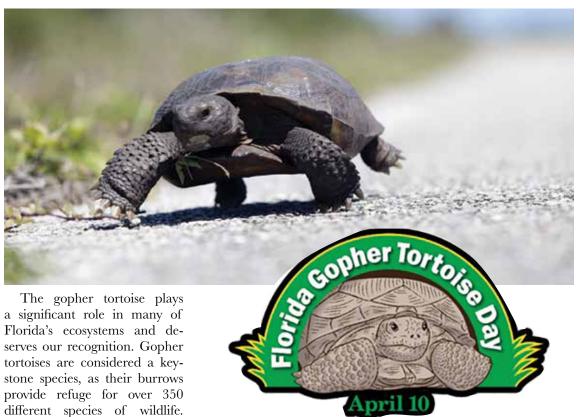
Ways to prepare for and celebrate Gopher Tortoise Day 2022!

Urge your local government to adopt a resolution proclaiming April 10 as Gopher Tortoise Day.

Get involved! Host or attend an event to raise awareness for gopher tortoises.

Spread the news on social media using #FWC and #Go-pherTortoiseDay.

Plan local events, such as invasive plant pulls or greenspace litter pickups, to help improve gopher tortoise habitat. Be sure to get proper approvals.



Burrow associates range from common animals such as opossums and rat snakes, to rarer and lesser-known species such as the punctuate gopher tortoise onthophagus beetle and the Eastern indigo snake. Without gopher tortoises and their burrows, there would be fewer of these species. Some species could even go extinct! By raising awareness for this threatened species, we can all help to make sure gopher tortoises and all the other important species that call their burrows home will be around for years to come.

If you would like to learn more, visit

GopherTortoiseDayFL.com. For questions, contact the Florida Fish and Wildlife Conservation Commission Gopher Tortoise Day Coordinator at GTevents@MyFWC.com

FWC Florida State Fish Art Contest

The Florida Fish and Wild-life Conservation Commission (FWC), in partnership with Wildlife Forever, is hosting the Florida State Fish Art Contest again this year. Students in kindergarten through twelfth grade can compete in this free contest for a chance to win state and national honors, and prizes. This program inspires creativity while developing the next generation of anglers and conservationists.

Florida winners will be selected by the FWC in four grade categories, kindergarten through third grade, fourth through sixth grade, seventh through ninth grade and tenth through twelfth grade. State winners will advance to the National Competition to be judged for top prizes including Best of Show. The deadline to enter is

March 31, so start designing today!

"The State Fish Art program is a unique and creative way to connect to youth anglers and the FWC is proud to be sponsoring the initiative for Florida," said Eric Sutton, Executive Director of the FWC.

To enter, students from Florida should submit their entry at wildlifeforever.org consisting of the following:

An original horizontal 9"x12" piece of artwork featuring any fish from the wildlifeforever.org.

A piece of creative writing, no longer than one page, about the chosen species (required for grades 4-12).

A Florida State Fish Art Contest entry form.





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By Lauren Catanese

Ego says – Once everything falls into place, I'll feel inner peace. Spirit says – Find your inner peace and then everything will fall into place. – Marianne Williamson

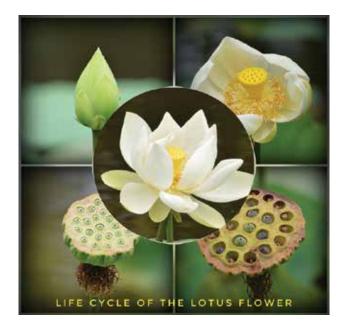
Are you on a quest to find peace? It can be a process. We can try to always do the right things, be conscious and act from a place of love. We can do affirmations, workouts, spend time in nature, breathing techniques, journal writing, even consulting with an expert or therapist. It is tempting to try and control everything around us, so "the boat doesn't get rocked" in fear that we will feel anything other than peace. But the truth is, it's out of

The Lotus Life: Search for Peace

our power. It is out of our control. Life happens. And it happens in ways that are meant to be, even if we don't see that or understand it at the moment. The universe brings us happiness and contrast. We want to feel peaceful and yet we can feel discouraged, angry, upset, overwhelmed, stressed out. And we say, "I want to have peace. And if life can happen this way, then all will be good and I will be at peace." That's where we get caught. That's where we get discouraged.

You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.

- Eckhart Tolle



Peace is within us. This is not a notion or something that we have to work towards in order to feel. It's not a matter of working on ourselves in any way. In fact there is absolutely nothing you have to learn or study or even know about. A beautiful thing that life has given to us all is our inherent nature. It's this amazing expansive space within us that is true peace. And it is there, always. Like a light. Like a hug from your grandma, or a hot cocoa

on a cold day. Like the warmth of the sun on your face, or the feeling you have when you are in a state of bliss. Yes, that magical feeling is always there. Always there! I promise! And when you feel it, that's when it hits you. That peace is never something you have to search for. Peace is there, in any given moment, no matter how disastrous things may be. You can close your eyes and connect to this special place. Life will bring us through all sorts of

situations and predicaments. We cannot wait for life to be seemingly peaceful for us to be satisfied. It's coming to a place where even in the most chaotic of times and even in the most joyful of times, we can always connect to our peace.

How to connect to your Peace:

- 1. Close your eyes
- 2. Ask yourself, what is present when you have no thoughts? Your thoughts are going to be in full form here, but just let them keep passing, let them float on by. Keep going deeper than the thoughts. Past any visualizations. What is there?
- 3. Stay with it, when you feel it you will know. It might be for a brief moment. But you will feel it undoubtedly. Welcome to your inner peace! In the moments where life feels like it's testing you to the max, or even when you just want to feel that sweetness of the connection. Follow these steps back to your inner peace, your inner space. It is always there. Just waiting to connect with you.

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Musings

Sean of the South



By Sean Dietrich

The two girls knocked on my door. They wore Kelly green berets and green vests. I greeted them.

The two Girl Scouts went through their spiel. "We're selling cookies, sir," they began.

"Do you have any identification?" said I.

They exchanged looks. "Wait, what?"

"Well," I said amiably, "how do I know you're really Girl Scouts? A little proof would be nice. Dangerous world out there."

I have a deep appreciation for Girl Scouts, and each year I buy a LOT of Thin Mints, which has made me quasi-famous in local Girl Scout circles. Last year, for example, my salesgirl won a pink Cadillac.

So the tallest girl gave me her name, rank, and serial number. "And this is my new American flag badge," she added. "We had to iron it on because my mom can't sew."

"How about you?" I said to the girl with pigtails. "Got any ID?"

Pigtails had no ID, but she did proudly display her proficiency badges, her Junior Leadership pin, her Junior Aide Award, her Daisy Safety Award pin, and her Purple Heart.

Then Pigtails described in painstaking detail how she earned her Junior First Aid badge, a process wherein she not only learned how to care for injured persons, but she rode shotgun in an ambulance, toured an emergency room, and extinguished a three-story residential fire single handedly.

I pointed to another badge. "And what's that badge for?"

"Oh, this one?" she said. "This is the Junior Inside Government badge."

The Junior Inside Government merit badge requires Girl Scouts to explore the ethics of American government. To do this, girls are given faux countries and charged with the task of making up fun, nonsensical, whacky laws for their countries, sort of like Congress.

I asked what kinds of laws they came up with for their faux countries.

"Um," said one girl. "Well, my country was called the United States of Amandica. I had a law where you got to eat candy with every meal. Oh, and each house was required to have one swimming pool. Vegetables were illegal. And all dads had to have a permit before eating beans."

I pointed to another badge. "What's this one?"

"This my Lifesaving badge. This one was really hard. I had to basically swim in a pool for-EVER and learn how to save someone's life in the water. I learned about things like spinal injuries, rescuing a drowning person, and how to give CPR."

"You mean you know CPR?"



I said.

She nodded proudly.

I pointed to another badge.

"This one?" said Pigtails. "This is the Playing the Past badge. I got this one when I was little. This is when you pick a period in history and you pretend you're back in that time.

"I picked Colonial America. Me and my mom dressed up like colonial people and we had a party and ate colonial food."

"Trust me," her friend added, "you do not want to know what the colonists ate."

I asked about another badge.

"This is the Social Butterfly badge," the girl said. "It's where you learn how to talk to people at, like, a dinner party or something. You have to make conversation and not be awkward, and be super polite. You have to use your manners, learn how to use the right silverware, and learn table manners from other countries, like, eating with chopsticks."

"Yeah," said Pigtails. "And then we had to write a BUNCH of thank-yous afterward. My mom said it was just like Junior League only with shorter people."

After they explained several more badges, including the Practice with Purpose badge, Digital Leadership badge, Simple Meals badge, Staying Fit badge, Robots badge, and the Financial Management badge, I asked about another patch.

"This one? This is the Starts With Kindness badge."

The girls explained that to earn this particular merit badge, Scouts are expected to hold the door for someone, give hugs at random, leave happy notes around town, make gifts for others, or call someone who is not feeling well.

"For my badge, I wrote chalk messages of encouragement on the sidewalks," said Pigtails. "Cause I'm really good at art. So I wrote on the sidewalk, 'you're an amazing person,' or 'you can do this,' or 'you are loved."

The other girl said, "For my badge, my mom and I baked desserts for everyone at my grandpa's nursing home, and, honestly, we just showed everyone that we care about them, and how special they are, and everyone wanted their pictures with me."

After our pleasantries my sales professionals got down to cutting bait like two savvy businesswomen.

"So how many cookies can we put you down for this year, Mister Dietrich?"

I paid in cash. I hope those girls win a few Coupe DeVilles.





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Musings



By Kirk McCarley

Say the word "margin" and it triggers different connotations.

To those in the world of finance it is the money borrowed from a broker to purchase an investment and is the difference between the total value of the investment and the loan amount. Those who have battled cancer are relieved to learn that the margin is negative or clean when the pathologist finds no cancer cells at the edge of the tissue, suggesting that the cancer has been removed

In typography, a margin is the area between the main content of a page and the page edges. The margin helps define where a line of text begins and ends. Applying this example to your life, what do your margins look like? If your days were to be compared to text on a paper are there headers and footers? Are your left

Family, Locally and

Veteran owned

Margins

and right margins well defined? Are there spaces between your paragraphs, are your sentences succinct and to the point, or do things tend to "run on?"

Even worse, are there red marks that not only harshly correct us, but intrude upon our productivity or happiness? And when that happens, how much does it throw us off our game?

If you were to compare your life to a typed page how would it appear? Is your career or home life cluttered and filled with red marker corrections? And, if true, how do you go about cleaning, erasing, and straighten-

We've seen examples of prolific writers experiencing the "bloc" and frustratingly crumpling and tossing reams of paper aside. What if, like them, we were able to start with a clean sheet? Reset. Take a walk, call a friend, have a short read? Examine your calendar. There's not a calendar? Start one. Plan the elements of your day—make your bed, brush teeth, and set a tone with prayer, devotion time, meditation, or exercise; center your mind.

What is your system for prioritization? Are there essential tasks that demand focus and

have you budgeted appropriate time for them? If it's a professional meeting has the traffic at that time of day been factored in or a backup plan devised

else from the chance to participate, a "changing of the guard"

should internet connectivity be

compromised? If it's time with a

friend in need or an ailing parent

are you giving yourself an op-

portunity to debrief or de stress

from that visit? Have you built in

a chance to grab a bite and take

been factored? There is always

an email to write or respond to,

or a text to answer. Communi-

cations often take forethought

and care, lest a miswrite or mis-

speak. Build that time into your

At times, even the most selfless

How have administrative tasks

care of yourself?

margins.

so to speak? We are each evolving. What is your level of curiosity that will help foster your continual growth and development and have you factored in time to expand your mind and pick up something new? Very importantly have you put your mind in condition to absorb that new information? Are you eating healthily and getting adequate rest?

of activities can encroach upon

our space. How many volun-

teer activities require your com-

mitment? Further, might your

involvement preclude someone

There will be times in life when a "sprint" is necessary, but for the most part those of us blessed with many years will find life to be a marathon. In that race, those who assume a pace, one that allows them to meet their fullest capabilities will end up victors.

The military has developed a priority credo for soldiers—God, family, country, in that order. For years it's been a sound approach. How does your schedule measure

With that, time now to respect my own margins.



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Worth It



By Rick Moore

After placing an order, I drove up to the window to pay for my lunch. The employee said the person in the vehicle ahead of me had already paid for my meal. That put such a smile on my face. What a kind gesture. Then she asked me if I would like to pay for the vehicle behind me and "Pass It On." As the word "sure" exited my mouth, I looked into my rearview mirror to see a minivan filled with children climbing all over themselves. It appeared to be a soccer mom with the entire soccer team in her vehicle. Suddenly, everything was in slow motion. I reached for my wallet, while whispering a prayer, "Lord, please don't let this be over \$20." As I took out my debit card I heard the lady at the window say..."That will be thirty-nine dollars and ten cents."

This wasn't the first time I have been at a drive-thru window where I was asked to "Pass It On." I don't mind giving more than I receive. I actually prefer it. It feels like a let down when the person behind me orders less than I did. But to pay over seven times what I would have owed was a shock to the system. At that moment, I felt more like a sucker than I did a generous person. It was still my choice, but it didn't feel like it. I felt forced to give more than I wanted to. Moments later, after driving a few miles down the road, that same minivan pulled up beside me at a stop light. The driver honked her horn to get my attention. I turned my head and saw everyone in her vehicle raising their paper cups as if to send me a toast of thanks. That



moment made it worth every penny that was spent.

As the story goes, there was a rich Texas billionaire who was looking for the right man to marry his only daughter. He invited a number of her friends who were eligible bachelors to meet at his ranch with the promise of revealing who would receive his blessing to marry her. The father and his beautiful daughter stood on one end of the Olympic-sized pool with everyone else on the other end.

He said whoever was the first to swim across the pool would receive his daughter's hand in marriage and half of all of his wealth.

As the bachelors prepared to dive in, the cover of the pool was removed. The men were all in shock when they looked at what was in it. The pool was filled with alligators, snakes, and all sorts of creepy crawling creatures they'd never seen before. There was a long pause. The men would look at each other,

look down at the pool, then look at the beautiful young lady. No one was jumping in. Then, suddenly, they heard a splash at the far end of the pool. A young man was swimming as fast as he could. He was kicking alligators and shaking off snakes as he struggled to make it to the other side. When he reached the other end of the pool, he could barely pull himself out of the water. As the bloodied and tattered man stood to his feet, the others applauded. The father asked him, "now that you have five hundred million dollars and my daughter's hand in marriage, what is the first thing you want to do?" He responded: "The first thing I want to do is find out which one of the other guys pushed me in."

When you are pushed beyond your comfort zone, and stretched to give more than you want to, remember, once you get to the other side, the reward will be worth it.

Rick Moore is Communications Pastor at Destiny Worship Center.



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Musings



By PASTOR DAVID HOLLAND

The scene is a setup. As Jesus approached Jerusalem, the power-center of Israel, He stops to rest for the Sabbath. The Pharisees have hatched a plot to catch Jesus violating the law of the Sabbath so they can condemn Him in the court of the Sanhedrin.

A Pastor's Ponderings: Nothing to Say

One Sabbath, when Jesus went to eat in the house of a prominent Pharisee, he was being carefully watched. There in front of him was a man suffering from dropsy. Jesus asked the Pharisees and experts in the law, "Is it lawful to heal on the Sabbath or not?" But they remained silent. So, taking hold of the man, he healed him and sent him away.

Then he asked them, "If one of you has a son or an ox that falls into a well on the Sabbath day, will you not immediately pull him out?" And they had nothing to say. Luke 14:1-6

A Pharisee invited Jesus to his home for the Sabbath meal and it's no accident he also invited a man with "dropsy." This affliction disfigures the victim, causing them to swell with edema in their arms, legs, and abdomen. Everyone present would see the

victim's need for healing. The Pharisee set the trap for the renowned Healer.

Jesus asks his hosts if it is legal to heal on the Sabbath, and they have no answer. He heals the man immediately, because that's who Christ is.

As the Pharisees gasp in outrage, Jesus poses the question, "If one of you has a son or an ox that falls into a well on the Sabbath day, will you not immediately pull him out?" (Luke 14:5) Of course you would. So would I. If my son fell into a well, I would go in after him or die trying. So would the Pharisees. Yet, they remained silent.

With one sentence of divine insight, He dispelled the Pharisee's argument and foiled their trap. They would leave off condemning Jesus to another day.

Christ healed the man on the Sabbath, and the Pharisees were not happy because He broke their rules. They had no compassion for the swollen man. To the man with dropsy, healing meant relief from his pain and a new beginning.

"Dropsy" is a common illness today. Edema can be life threatening, but usually it's just irritating. Jesus feels our pain and will not turn away from us. The love of God seeks to restore the lost, hurting and afflicted!

When my daughter was a gangly third grader, she was running through the dining room, and she tripped. Falling headlong into our heat radiator, she caught it square on the cheekbone. Her eye swelled so much her eyelids lifted off her bloodied eye. The meanest black eye you ever saw shadowed her beautiful face for a month. The night after her fall, I prayed for her at bedtime, and I asked her if it still hurt. Crying, she said, "Not my eye so much, but when people look at me, they wince and turn away like I'm ugly."

My heart broke. How could anyone think my precious child was ugly?

Jesus felt the same way for the swollen man and healed his condition and his heart. Instead of a freakish display for the Pharisees to use as a trap for Christ, Jesus saw a person made in God's image. Our Father sees us, and His heart breaks every time we suffer from hurt, pain,or even swollenness.

How do you feel when you see someone suffering? Do they look gross? Sound whiny? Do their scabs, swollenness, or disfiguredness make you feel queasy? Invite the compassion of Christ to fill your heart. That's normal for a genuine believer, even if it causes criticism.

I wonder how many times we have seen people who were suffering, and we remained silent like the Pharisees? Do we wince and turn away with nothing to say? Or will we allow the compassion of God to move us to feel the pain of others?

Jesus has something to say, and His words brought healing. May we answer with Christ—it is always right to do good. It is God's will to heal and ease the suffering of others, no matter what day it is.

Dave Holland pastored churches for 38 years before retiring in Destin. He recently released his new devotional-Bible study based on the Gospel of Luke titled "Extraordinary Jesus: Ignite Your Season of Miracles." You can get a copy of this book from his website, DaveHolland.org, or at Amazon. com. Pastor Dave is available to preach and teach in churches and conferences. Contact him at DavidvHolland54@gmail.com.



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Musings

Everything You Need to Know About Coworking Spaces

By Melissa Fertitta

Did you know that the U.S. is the world leader when it comes to the amount of physical coworking space available? Upwards of 80 million square feet is identifiable as a flexible workspace.

The coworking movement is not a hot new trend, though. Many enterprise level clients are realizing what freelancers, gig workers and small businesses already knew. Coworking is a way to cut expenses and maximize productivity.

So, what exactly are coworking spaces? How do they work and what are the benefits? Below are some ideas businesses should take into consideration before renting in a coworking space.

How Does Coworking Support a Workforce?

1. Community

Coworking operators are entrepreneurs themselves, which means they understand the power of networks and communities. Many strive to support their members by offering structured networking and mentoring programs.

Whether a member is an em-



ployee of a larger company or an entrepreneur just launching their business, a community surrounds them when needed. The knowledge, referrals and resources that can be realized by connecting with members of a coworking community is of immeasurable value to both the worker and the operator. Coworking spaces want to be known as a resource for the business community, beyond just being an affordable space for meeting and working.

2. Flexibility and Affordability

Coworking is a flexible solution for entrepreneurs and companies of all sizes. They reduce the capital and operating expenditures associated with traditional leasing and real estate, generally by 20 - $40\,\%$ compared to traditional office rentals.

Many coworking operators allow month-to-month memberships, which allows its customers agility in regards to staffing size as well as the markets in which they operate.

3. Results

One unexpected finding from the pandemic is how resilient and productive the workforce could be outside of the office. According to research by University of Southampton, pandemic-era productivity was not affected by remote work; in fact, 54% of survey respondents felt their productivity per hour worked was increased by working remotely.

The "autonomy afforded them by their employer when working from home was highly valued and allowed them to better regulate their thoughts and avoid distractions," the survey found.

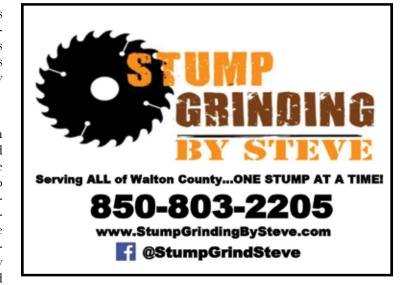
Coworking spaces are free from the distractions of working from home and their flexibility encourages the autonomy of control employees desire.

Choosing the Right Coworking Space

Consider the points above

when choosing a coworking space for your business. Have conversations with the operator about your business needs and ask how solutions can be customized to fit those needs. Check out Beachworx in Destin to learn more about the services and solutions for businesses of all sizes.

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Gulf Coast Clam Chowder & Lodge Cast Iron Nation: Great American Cooking From Coast To Coast

By Susan Benton

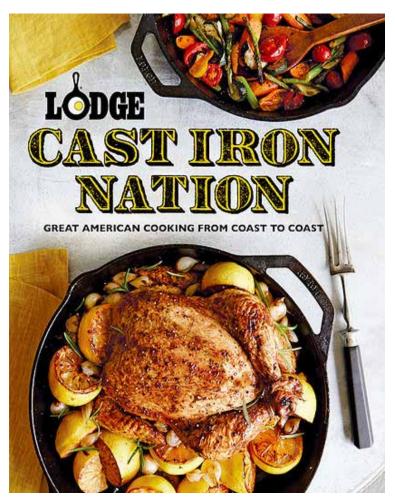
Cornbread is King in the South (as long as you don't put sugar in it) and so is Lodge Cast Iron! Nestled alongside the Cumberland Plateau of the Appalachian Mountains in the town of South Pittsburg, Tennessee (population 3,300), it was here that Joseph Lodge and his wife settled, and, in 1896 opened his first foundry. Originally named The Blacklock Foundry after Joseph Lodge's friend and minister, the company gained success until May of 1910 when it burned down.

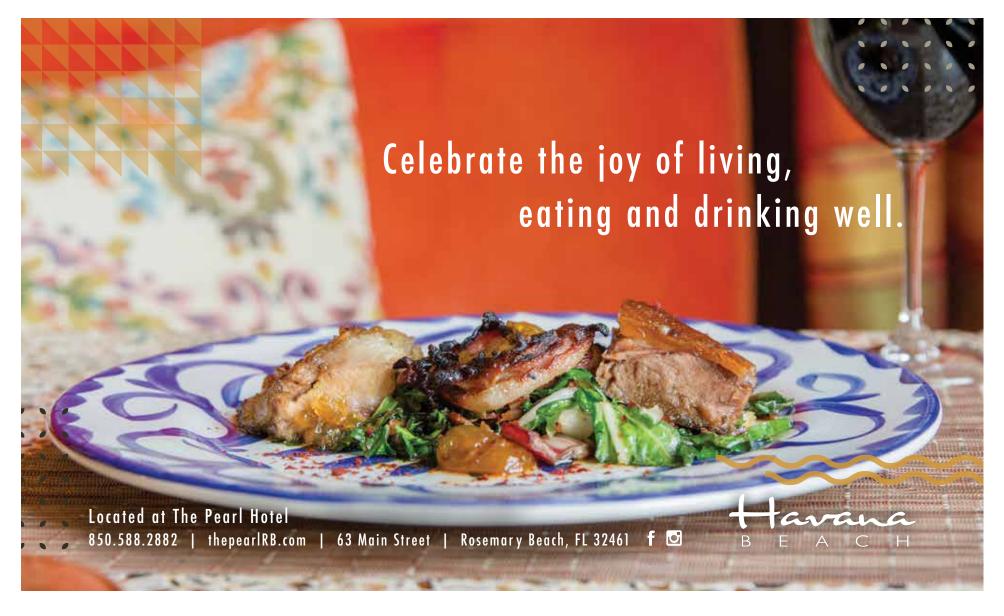
Just three months later and a few blocks south, the company was reborn as Lodge Manufacturing Company, and was recently seen on CBS Nightly News and 60 minutes as cast iron has become the craze these days, especially with everyone into the TV food and Southern food movement. I also believe there is a resurgence in all things nostalgic, a bit more simple and American crafted-like Lodge.

Good thing for me I call NWFL the South- because it is, and I grew up on the Gulf Coast when not traveling the world with my family due to my fathers position as a Naval Officer. I'm a Southerner born and bred and have been given a true gift-other than being salvaged from a head on collision-family generations of cast iron skillets. I cherish them all, even the new items from the LCI collection and their Enameled Cast Iron.

Having graduated from LSU, I received a purple Dutch oven that I use on game days to cook gumbo, jambalaya, soups, and stews to name a few, and fondly think of Mark Kelly (PR Manager of LMC) who sent it to me as a thank you gift for taking he and a guest to dinner at V Seagrove to meet friend and Executive Chef David Cunningham- also in the book with a recipe. Mark asked me to bring in a Pensacola chef as well, so I called on friend and Executive Chef Irv Miller of Jackson's Steakhouse in Pensacola, whose recipe on pages 184-185 is Tasso-Spiced Shrimp with Grits, Collards and Gravy, and is finger-licking good! My single servings of Jumbo Lump Gulf Crabmeat Au Gratin are great for the holidays and located on page 192, after Virginia Willis' Seafood Chicken Jambalaya.

My Florida Cracker grandmother who later became a Georgia peanut farmer has a recipe in the book via my donation: Florida Blueberry Cobbler, page 261. It came from her sister, was given to my mother, and then to me and my sister, so you know it's good- especially when topped with Vanilla Ice Cream in the heat of the summer. My husband too is proud of his collection of just a few skillets, and cooks cornbread weekly in his mothers skillet who has since passed. Cast iron connects us to family memories and the bond shared in cooking those family recipes. Each time we make cornbread together, we talk about his growing up in Birmingham, Alabama





Dining

and how as a boy he loved to hear the sizzle of the batter as it hit the hot bacon grease in the skillet. It never gets old.

I am honored and proud to contribute to Lodge Cast Iron Nation: Great American Cook-

ing From Coast To Coast as this is a book not just about the South or cast ironit is a love letter of sorts from all of the contributors, literally from Coast to Coast, who are fascinated by cast iron, the quality, timelessness, versatility, cost effectiveness and know that it's not just meant for cornbread. The chapters include, breakfast, soups + sandwiches, poultry, meats, fish + shellfish, sides, breads, desserts, and how to take care and clean your cast iron.

The recipes in the book, curated from a network of award-

winning food professionals, chefs, cooks, food enthusiasts, writers, bloggers and that of the Lodge and Kellermann family, are meant for a new generation of cast iron lovers, like my own two children (I am hoping). It is published by Oxmoor House and so well edited by Pam Hoenig (I know as we had many phone

conversations about my few recipes alone) who did an incredible job with the book. Many of the photos are from that of the Lodge Foundry family, but also from Helene Dujardin, Senior Photographer at Oxmoor House



and blogger at Tartelette.

One recipe I was enamored with trying as temps are getting cooler, especially in the evenings, is the North Carolina Clam Chowder. This is not to be confused with New England Clam Chowder, and I have to admit I did adapt it just a bit. I used Apalachicola littleneck clams

purchased from Joe Patti's Seafood in Pensacola, and called it Gulf Coast Chowder- since that's where the clams came from.

Note: If possible I would be buying them at Buddy Ward or Water Street Seafood as I love to

visit Apalachicola, whose oyster population by the way is severely declining due to water wars with Georgia, salinity and over harvesting.

NORTH CAROLINA CLAM CHOWDER - PAGE 84

Renamed and recipe adapted slightly-

Gulf Coast Clam Chowder INGREDIENTS:

1 tablespoon bacon drippings

1/2 to 1 cup chopped onion

3 cups bottled clam juice

3 cups cold water

1/4 teaspoon freshly ground black pepper

4 cups coarsely chopped fresh clams (frozen or canned if you have to)

4 cups potatoes, scrubbed or peeled and cut into 1/2-inch dice

2 dozen small clams in the shell

(such as littlenecks), scrubbed well

Milk, half-and-half, light cream, or heavy cream, to taste

1 teaspoon salt (optional)

Chopped fresh flat-leaf parsley, for garnish

Oyster crackers or saltines (optional)

DIRECTIONS

- 1. Heat bacon for drippings in a cast-iron Dutch oven or large cast-iron skillet over medium heat. Remove the bacon and reserve for another use. Reserve the rendered fat in the pot. (You should have about 2 tablespoons of drippings. A little more or a little less is fine.)
- 2. Add the onion to the Dutch oven or skillet and cook, stirring on occasion, until tender, about 5 minutes. Don't let the onions take on any color. Pour in the clam juice and water, then add

the pepper and bring to a boil. Add the chopped clams (if using canned clams, also add the liquid from the can to the chowder), reduce the heat to low, and gently simmer, uncovered, until the chowder clams are tender, about 1 hour.

- 3. Add the potatoes, increase the heat to medium, and simmer until the potatoes are just barely fork tender, about 10 minutes. Add the clams in the shell, cover the pot, and cook for 10 minutes more, or until the potatoes are tender throughout and the shells have opened. Remove and discard any shells that remain closed.
- 4. Add anywhere from a splash to 2 cups milk, half-and-half, or cream as desired and let the chowder cook for a couple minutes more to warm through. Taste and, if necessary, season with salt. Ladle into bowls. Sprinkle with the parsley and serve with the oyster crackers.









Sinfonia Gulf Coast Performs The Soldiers Tale: Music of Stravinsky and Mozart

Sinfonia Assistant Conductor Aaron King Vaughn leads the orchestra On Saturday March 12 in this concert of riveting repertoire including Igor Stravinsky's "The Soldier's Tale" complete with theatrical narration and W.A. Mozart's whimsically charming "Symphony no. 29 in A Major." This is the perfect classical concert for the entire family.

"The Soldier's Tale" follows



the story of a soldier, Joe, and the Devil. The Devil tricks Joe into trading his violin for a magical book that provides wealth and success. This costs Joe his family, his happiness, and 20 years of his life. Written in 1918, the story is historically significant due to its incorporation of folk music and complex rhythm. The piece features the violin, double bass, clarinet, trumpet, bassoon, trombone, percussion, and local, Bruce Collier, as the narrator that will portray various characters.

Collier's long history of professional theatrical performances includes numerous local productions through Emerald Coast Theatre Company and the Seaside REP, as well as across the nation at the Alabama Shakespeare Festival, the Courtyard Playhouse in New York City, New Horizons Theatre in Michigan and more. He also recently directed Picasso at the Lapin Agile at Northwest Florida State College. Collier is currently serving as the Editor of the DeFuniak Springs Herald - Beach Breeze. The concert



will highlight music from around the world with pieces inspired by the dance traditions of Panama, the European works of Mozart, and the Russian composer, Igor Stravinsky. Saturday, March 12, 2022 7:30 p.m., Destin High School - Auditorium, 4325 Commons Drive W, Destin, TICK-ETS: \$29.50 Choice Seating Balcony | \$45 Preferred Seating. Tickets are available for purchase at:www.app.arts-people.com/index.php?ticketing=sgc&utm_campaign=season16

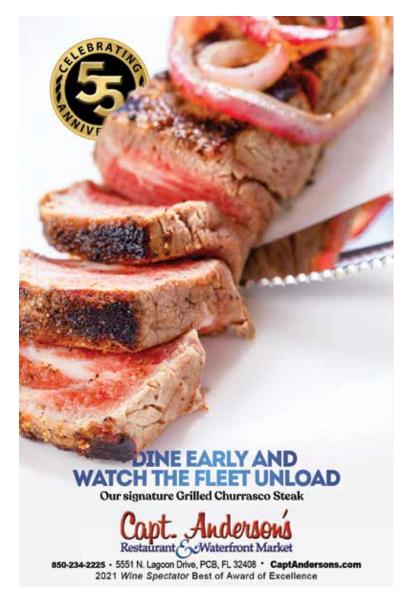
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Studio 237 Music Lessons: In the Moment

When teaching music is no longer about one's talent, degrees, or dignity then teaching becomes all about the student and the moment.

Here are some pointers to teaching in the moment.

Have a plan and work the plan. Lesson plans are important to consistently adhere to. The plan becomes a weekly expectation for the student. If you do not have a plan, then the student will implement their own plan which is usually chaotic in nature.

How are you? Usually, I spend a minute or two finding out how the student's day went. Children often say insightful thoughts such as, "I got an A on my spelling test today and I studied a lot for it!" I might reply, "Congratulations! your family will be very proud of you and your hard work." Acknowledging a student's success is very motivating and caring. Or a student who travels extensively with their family might lament that they do not have friends. In other words, the child is lonely.

Stay Positive. A little laughter goes a long way. All feedback can be turned into positive en-



ergy. Smile, be positive, and behave kindly (This is for the adult teacher not for the student!). Look for the silver lining in every cloud. Reword your response to affirm and acknowledge the student and at the same time, guide the conversation into a positive light. Such as, "Don't worry you are safe, thunder is fun, it's just the clouds clapping their hands together."

Find something nice to say. This is a quick and simple observation such as new tennis shoes, fun-colored fingernails, new haircut, fun socks, shirt, pretty dress, etc. Like vitamins, everyone could use a daily compliment. One of my students, who was having a bad day, let me know that he was not happy about being at his lesson. As I opened his music bag to pull

out his books, I noticed a wonderful drawing he had partially completed. I affirmed his talent and encouraged him to do more drawing. That simple moment of affirmation positively charged the atmosphere for the rest of his lesson.

What does your moment look like? A clean, friendly room creates a positive atmosphere. Artwork that promotes music is a must. Play calm background music in the waiting room. Avoid too much clutter, clean, dust, and have lots of hand sanitizer and Lysol. Post artwork by students. Put out of sight/reach any distracting items. Have a comfortable adjustable piano bench, extra chair for a parent, sunlight, file cabinet, bookshelf, plant, etc. These set the stage for a positive experience.

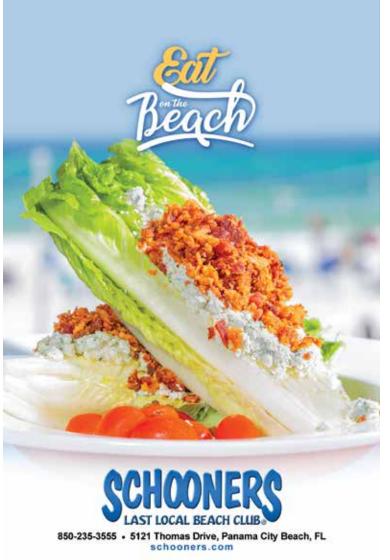
Respect, positivity, and a smile set the atmosphere for reciprocity. Teaching in the moment is a fun and stress-free style of learning. It opens the channels of communication so that both parties know what to expect as soon as they walk through the door.

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Sticking it Out:

Fun Drivers You Can Still Buy with a Manual

By WILL ESTELL

If you're an automotive junky like me, and anywhere north of age 30, you can probably remember a day when all the cool cars had stick shifts and three pedals. It just seemed like a part of driving; that feeling of being at one with the car often associated with effortlessly—and oftentimes aggressively—shifting through the gears, while feeling a big smile come across your face that made you feel as if you could race cars for a living.

Over the past 20 years, however, increased technology brought the end of manual transmission cars being quicker than their auto shifting counterparts of the same model. This led to less manuals being produced, until such time that many people under 30 never even learned to drive one. Nowadays, making a stick-shift about the best automobile theft deterrent device you can have. With only 27 new cars even available in manual formats for the 2022 year, here are some of the sportier ones that can still put that big smile on your face as you run through the gears.

BMW M 3, M 4 and 2 Series

As someone who loves the responsive drive of a BMW, I'm encouraged that the brand decided to continue offering a manual trans in at least some models. My wife and I own a classic M Roadster as a weekend/fun car, and as cool as it is with the top down and that quad exhaust roaring, I can't imagine that car being even half as much fun if it was an automatic.

All M3 cars since the original E30 offered a manual, and BMW has chosen to keep that an option in their new M 2, 3 and 4 cars also. I mean who'd want 473 hp in a new M3 and not be able to clutch and shift? To be fair, I had a 4 Series coupe a few daily drivers ago, and I did enjoy that automatic with its paddle shifters. In addition to the M3 and M4 variants, rear-drive 230i, M240i, M2 Competition, and M2 CS can all be had with a stick.

Chevy Camaro

The brand with the blue bowtie might not offer a manual in the new mid-engine Corvette, but you can still get a six-speed stick in every version of the Ca-





maro. So, whether you choose the base turbo 2.0, the ZL1 or 1LE with the rambunctious supercharged 6.2-liter V-8, you can still show your muscle car's muscle while flexing your own a little, too.

Ford Mustang

I get that a lot of people probably haven't been opting for manuals in their pony cars for decades. But, the fact that you can is cool. Every 2022

model—other than the range-topping Shelby GT500—offers a manual option, whether you choose the turbo-four, 5.0 GT, the 480-hp Bullitt (probably my favorite current Stang) or the Mach 1.

Mazda MX-5 Miata

Contrary to what some may think about a Miata, it's regarded by most true auto aficionados to be one of the purest back-to-basic sportscars you can own. Pretty much what owning an early 70's Lotus Elise was five decades ago... but with reliable mechanicals in the Miata.

Ever since the first generation car hit the U.S. market in 1990, the Miata has offered a manual transmission to accompany the little rear-drive's sporty handling, peppy high-revving four, and well-balanced suspension. Driving a Miata at half its potential is often more fun than driving most cars... and the manual trans certainly plays a big part in that equation.

Toyota 86 and Subaru BRZ

I'm grouping these fun little sportscars together since the Toyota 86 and Subaru BRZ have been co-developed from the beginning—back when the 86 was originally badged as a

Scion FRS. Both of these well-balanced 2+2s were reworked offering new designs, in and out, for 2022. Though each car offers a different engine based on its individual brand, they're very much alike in every other way; including the fact that both can be had with a six-speed manual.

Porsche 911, 718 Boxster, and 718 Cayman

I hope we never see a time when you can't get a new Porsche sportscar with a manual trans. Though having owned seven Porsches over the years, I understand why some people who buy them as daily drivers choose the ultra-convenient, and fast shifting, dual-clutch automatics.

For 2022, every variation of Porsche's mid-engine Boxster and Cayman comes with a stick as standard equipment, while the automatic is an option. In fact, the six-speed remains the only transmission available in the ultra-cool Boxster Spyder and race-bred Cayman GT4 iterations.

As for the iconic 911, every model comes standard with a manual, with the dual-clutch automatic available as the no-extra-cost option. Personally, I can't imagine buying a 500 hp 911 GT3 and not being able to dump the clutch and sling the rear-end out while laying black marks through first, second and third. Different strokes for different folks though.

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By Chris Balzer, ECES

According to NOAA (National Oceanic and Atmospheric Administration), December was the warmest December on record since recording temperatures began in 1880 by the administration. So, what does that mean? There are many different thoughts and ideas on this subject and I will let you make your own conclusions. What I do know is we all enjoy being comfortable. We buy jackets in the winter and breathable clothes in the summer. In February, I would run the heat in the morning and AC in the afternoon, just to stay comfortable. If you do a search for "things we insulate," you will see the majority of sites and images are of attics, walls and windows.

But, we insulate much more than our homes. We are constantly looking for that right beach cooler or cup to keep our drinks and snacks cold and cool. YETI has become very popular and on the scene on just about every beach, tailgate or fishing outing. Just look around. If you don't own a YETI, your neighbor most likely does. One video on YouTube about what's inside a YETI cup has more than 8.3 million views. That's more views than the entire population of Tennessee and that's just one video.

It's no secret we care about insulating things and being comfortable and will pay a little more for quality and efficiency. So, why when it comes to our biggest investment—our homes—we fall short of upgrading our home's efficiency and comfort? A Former U.S. president once said during a press conference on renewable energy that Insulation is sexy stuff and that if you haven't upgraded your home, it's not just heat or cool air escaping,

it's energy and money that you are wasting.

Based on a study conducted by NAIMA (North American Insulation Manufacturers Association), the majority of U.S. homes are under insulated, wasting energy, money and decreasing your comfort in the home. To increase comfort, there are simple solutions like weather stripping doors and caulking windows. Properly weatherizing your home and adding insulation will increase comfort, reduce pollutants in the home, control moisture and help your heating and cooling systems work more efficiently.

Dr. Levy, Professor of Environmental Health at Boston University, stated that if all U.S. homes were fitted with insulation based on the 2012 IECC (International Energy Conservation Code), residential electricity use nationwide would drop by 5% and natural gas use by more

than 10%. That's an impressive number and a positive impact on our environment. I don't know if I would call adding insulation sexy, but I do know adding insulation saves you money, increases your comfort and has a positive impact on the environment.

So, the next time you are putting ice in your cooler, sipping something refreshing from your cup or running the air conditioner, think about getting an energy upgrade for your largest investment—your home—and

remember our most sustainable energy source is not Solar, Hydro or Geo, it's YOU.

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



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Business



By Joe Capers, Insurance Zone

Although I encourage everyone to engage in an insurance review at any time during the year, the New Year is the perfect time to resolve to better protect your family's home and belongings.

When was the last time you reviewed your insurance?

The review should include an analysis of current exposures, a review current policies and limits, with recommendations to maximize protection by offering competitive alternatives.

It's Time for your Annual Insurance Review

As a good rule of thumb, when there's a change in your life, more likely than not, your insurance will need to change, too. Some of the more common events that you may have experienced are if you have gotten married, had a baby, added a four-legged friend to your family, sent a kid off to college, a major renovation, bought a car, boat, RV, ATV or trampoline, replaced your roof, added a pool, made a big purchase like a diamond ring, fine art or a set of golf clubs, or started a business, your insurance is most likely out-of-date and it is time for a review.

There are many benefits to an annual insurance review. First of all, in the instance of a loss, you'll want your policy to be up-to-date to ensure that you're covered. During an insurance review, your agent will go over specific details about your life and insurance policies



to make sure that all your needs are met. Secondly, you may find something that you don't currently have covered, a discount that you aren't taking advantage of, or an extra coverage to add at no additional cost. Finally, your agent can help you understand your current coverages and go over any changes in your premium cost.

Here are a few important items to address in an annual review and this checklist will keep you prepared.

Your Auto Policy. Don't make the mistake of setting it

and forgetting it and letting the policy automatically renew ev-

- Change in Vehicle Use. Maybe you no longer commute to work or the distance may be shorter
- **Older Vehicles**. Vehicles depreciate so review increasing deductibles or eliminating coverage.
- **New Drivers.** Additional or youthful drivers should always be added to prevent gaps.

Your Home Policy. Like the Auto Policy, don't renew without a review each year.

- **Home Value.** Reconstruction costs have risen significantly, so the limits need to increase.
- **Renovations.** This cost must be considered and coverages adjusted accordingly.
- New Collections and Valuables. Did you add valuables to insure?
- Home Inventory Checklist. This comprehensive list should be extremely detailed with photos and receipts, updated often and securely stored
- Umbrella and Flood should be evaluated as well.

Your Life Insurance. Placing life insurance on those we care most about is a perfect act of love.

• Life Events. Marriage,

children, and retirement should trigger a coverage change.

- **Beneficiaries.** Knowing who should receive the benefits sometimes without any disputes is the key.
- **Lifestyle Changes.** As are income, assets and standard of living increase, so should the amount of benefit.
- **The time is now.** The best time to establish or expand the protection foundations is when we are the youngest and healthiest.

There's a reason to review your insurance policies each year. And there's an even better reason to listen to your agent's professional recommendations based on your situation and their experience and expertise. Your insurance policies are there to protect not just your life and property, but your bank account as well.



Insurance Zone, founded by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A), Niceville, Freeport and Inlet Beach. Visit their interactive website at www. ins-zone.com and click on our Video Library to watch several informative videos to enhance your Personal and Business Insurance Programs, or simply call 850.424.6979 and talk with an IZ Team Member.



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