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Forgotten Coast *Living!*

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One Lock Could Save Two Bays: A Path Forward for The Forgotten Coast's Water Crisis

BY JACK SMITH

Remember that famous margarine commercial from the 60's where the actress delivers the line "It's not nice to fool Mother nature"? Well, in the 1930s-1940s that is exactly what the Army Corps of Engineers did when they built the Gulf Intracoastal Waterway (GIWW). For the 3000 years prior, the 20,000 square mile Apalachicola River drainage basin had collected every drop of water that falls or bubbles up in springs from East Alabama and West Georgia, from the mountains of North Georgia to the Gulf of America, and delivered it to Apalachicola Bay. The 75,000-acre Lake Wimico and its drainage basin were also a major source of freshwater for the Apalachicola Bay ecosystem, where it collected, stored, filtered, and feed this freshwater into Apalachicola Bay via the Jackson River.

During this same time period, the saline environments of St. Joe Bay and St. Andrews Bay existed with little or no natural freshwater input. No major body of freshwater emptied into St Joe Bay, and both of



these bays supported vast sea-grass complexes, along with the multitude of marine life associated with them. With the breach of the natural historic watershed boundary by the GIWW, the flow in the Jackson River has been reversed with catastrophic consequences. Billions of gallons of Apalachicola River flow and Lake Wimico watershed runoff now flow west every day through the GIWW and are diverted away from the Apalachicola oyster

beds, and instead flow into St. Joe and St. Andrews Bays to disastrous effect.

Enter Baysavers Florida, and it's president Keith Neel (a retired aerospace engineer). Founded by Dr Frank 'Dusty' May, Baysavers primary goal is protecting St. Joe Bay from freshwater and sediment intrusion from the GIWW. Baysavers' interaction with the State of Florida resulted in the installation of flow meters to determine the volume of this

freshwater diversion. The data indicates that we have a major problem with over 1.4 billion gallons per day entering St. Joe Bay, and 600 million gallons per day entering St. Andrews Bay. The good news is that there are solutions to these problems.

It appears the answer would be the construction of a water control structure (lock). This lock would stop the massive diversion of valuable freshwater and silt away from Apalachicola Bay, where it would nourish, and prevent it from going into St. Joe Bay, where it causes massive problems. Such water control systems are a common feature on many waterways in Louisiana and Florida. Examples include the Keystone lock at Bayou Teche in Louisiana, and the Cape Canaveral and St. Lucie locks here in Florida. The restoration of the natural, historic watershed boundary using such a structure would allow Lake Wimico and its surrounding drainage basin to resume it's natural, original function of collecting, storing, filtering and delivering freshwater and sediment exclusively to Apalachicola Bay via the Jackson River.

This solution would seem to be a win, win, win. A win for the tourist and boaters who would keep their freshwater canal, a win for Apalachicola's famous oysters, and a win for the residents of the Forgotten Coast in the form of a pristine St. Joe Bay. We have the technology and engineering for these structures; we just need the political will to make this happen.



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Tide Tables • June 20 – 30, 2026

All times Eastern Daylight Time (EDT) · Heights in feet above MLLW · H = High Tide · L = Low Tide · For informational use only — not for navigation

		ST. JOSEPH BAY — Port St. Joe, FL				APALACHICOLA BAY — Apalachicola, FL				
Date	Day	Tide 1	Tide 2	Tide 3	Tide 4	Tide 1	Tide 2	Tide 3	Tide 4	Moon
Jun 20	Sat	L 1:50a 0.7ft	H 7:42a 2.9ft	L 8:53a 2.8ft	H 12:47p 4.3ft L 2:17p 4.3ft H 3:47p 4.3ft L 10:53p 1.6ft	L 3:04a 0.05ft	H 9:58a 1.44ft	L 3:15p 0.91ft	H 8:21p 1.42ft	
Jun 21	Sun	H 12:36a 1.8ft	L 1:47a 1.7ft	H 8:24a 3.3ft	L 10:34a 3.1ft H 1:30p 3.4ft L 11:36p 2.0ft	L 3:35a 0.35ft	H 10:13a 1.47ft	L 4:35p 0.67ft	H 10:06p 1.18ft	First Qtr
Jun 22	Mon	H 9:08a 3.8ft	L 1:11p 2.6ft	H 2:08p 2.6ft	L 7:26p 2.0ft H 10:17p 2.6ft	L 3:57a 0.65ft	H 10:33a 1.53ft	L 6:07p 0.40ft	—	
Jun 23	Tue	L 12:09a 2.3ft	H 6:05a 4.3ft	L 8:06a 4.1ft	H 9:43a 4.2ft L 7:48p 1.1ft H 11:24p 2.6ft	H 12:05a 1.06ft	L 4:05a 0.91ft	H 10:56a 1.61ft	L 7:19p 0.13ft	
Jun 24	Wed	L 12:35a 2.5ft	H 6:25a 5.1ft	L 9:08a 4.6ft	H 10:07a 4.6ft L 8:12p 0.6ft	H 11:22a 1.68ft	L 8:13p -0.08ft	—	—	
Jun 25	Thu	H 6:58a 5.6ft	L 8:29p 0.3ft	—	—	H 11:51a 1.73ft	L 8:59p -0.22ft	—	—	
Jun 26	Fri	H 7:40a 6.0ft	L 8:26p 0.1ft	—	—	H 12:24p 1.77ft	L 9:41p -0.29ft	—	—	
Jun 27	Sat	H 8:38a 6.2ft	L 8:33p 0.0ft	—	—	H 6:08a 1.54ft	L 7:54a 1.52ft	H 1:02p 1.79ft	L 10:21p -0.29ft	
Jun 28	Sun	H 9:41a 6.3ft	L 8:59p 0.0ft	—	—	H 6:24a 1.59ft	L 8:46a 1.55ft	H 1:46p 1.81ft	L 11:00p -0.27ft	
Jun 29	Mon	H 10:25a 6.4ft	L 9:40p 0.0ft	—	—	H 6:48a 1.62ft	L 9:34a 1.56ft	H 2:33p 1.84ft	L 11:36p -0.24ft	Full Moon
Jun 30	Tue	H 10:56a 6.4ft	L 11:03p 0.0ft	—	—	H 7:16a 1.61ft	L 10:25a 1.53ft	H 3:20p 1.86ft	—	

A Letter From the Editor: Jack Smith



My first wife was a flight attendant, who obviously traveled a lot, and as much as we wanted a dog it just was not practical. One cold rainy night we heard a crying noise coming from the front porch, and went to investigate. There sat a cold and shivering black lab mix looking up with eyes so sad that an Islamic warrior would

be reduced to tears. My wife’s first reaction was “ Hell no “ just because you had your buddies drop of this dog, it’s out of here, first thing in the morning. We took the puppy upstairs where he immediately peed on my wife’s pillow. When I got home from work, the dog had a name, (Rufus) had been to the vet, had new water and food bowls, and enough toys to satisfy an orphanage at Christmas.

My favorite Rufus story evolved after a night of hard partying. When we arrived at home my wife made it to the master bedroom and I collapsed on the couch in the den. Around dawn there was a loud ponding on the back door and

I looked up to see the largest black man that I had ever seen wearing a leather apron.

My first thought what did we do last night? The man introduced himself as Leon, our Garbage man and inquired “ Is Slims about ?” At that time a heard the unmistakable sound of dog claws scraping on hardwood floors. My first thought was “we are going to get sued, and loose the house. Rufus slid around the corner heading straight for Leon and slid to a stop and offered his paw. All of this occurred in the mountains of Southwest Va., where things like Leash Laws were more of a suggestion. On a typical day Rufus would eat breakfast be let out where he would take

off for Grand Ma’s for breakfast number two. We all know that well trained Dalmatians mascots sit on top of fire trucks and even sit on the Budweiser Wagon. Well Rufus was the proud mascot of Roanoke Va. Department of Sanitation trucks. He would ride on the back step beside the worker and they would feed him scraps found along the way. He subsequently got to be a very large dog, hence the name. “Slims” I will never forget the morning the phone rang and it was my Mother saying” do you know that your dog rides on the back of the Garbage truck”?

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June Fishing Report on the Forgotten Coast

June is when the Forgotten Coast truly comes alive. Water temperatures are climbing into the upper 70s, the baitfish are thick, and just about everything worth catching is actively feeding. The longest days of the year combined with the beginning of summer tourist season make for some of the most exciting fishing this coastline has to offer — whether you are a local who knows every oyster bar and grass bed by heart or a visitor getting on the water for the first time.

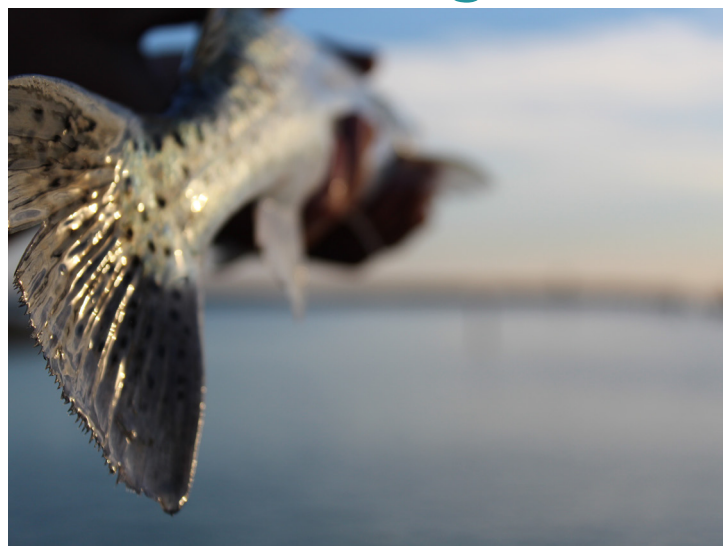
Inshore — Redfish and Trout

Redfish are putting on a show right now. Look for them tailing on the shallow grass flats inside St. Joseph Bay in the early morning hours and pushing along oyster bar edges throughout Apalachicola Bay. Gold spoons, weedless soft plastics in copper or root beer, and live shrimp under a popping cork are all working well. Fish the incoming tide hard on the flats and switch to the channel edges as the water drops.

Spotted seatrout are transitioning this month as the water warms. The very early morning and late afternoon windows are your most productive times — midday heat pushes fish off the shallow flats and into deeper, cooler water. Work the deeper grass edges with paddle tail soft plastics on a light jig head, or rig a popping cork over a live shrimp for consistently reliable action. The grass flats between Eastpoint and St. George Island are worth exploring on a falling tide.

Inshore — Flounder

Flounder are showing well throughout the coverage area this month. These ambush predators are set up around dock pilings, bridge shadows, sandy bottom transitions adjacent to grass, and anywhere current creates a natural ambush point. The Sikes Cut area near St. George Island, the passes around Carrabelle, and the deeper grass bed edges inside St. Joe Bay all hold fish. Finger mullet or a Gulp! Shrimp worked slowly along



the bottom is the most effective presentation. Put the bait in front of them and let it sit — flounder do not chase.

Offshore — Red Snapper and Kings

The federal red snapper season is open and this is the headline story for June offshore fishing. Snapper are stacked on structure throughout the 60 to 120-foot range and eating aggressively on live bait, cut cigar minnows, and heavy jigs. Always verify current FWC and NOAA regulations before

heading out — state and federal seasons have different rules depending on your vessel's permit status. When in doubt, check the Fish Rules app before leaving the dock.

King mackerel are running the nearshore humps and ledges in the 30 to 60-foot range. Live cigar minnows on a slow troll remain the go-to presentation and a smoker king in the 30 to 50-pound class is a legitimate possibility right now as larger fish push through on their summer migration.

Scalloping Preview

Bay scallop season opens July 1 in Gulf County — get your snorkel, mask, and mesh bags sorted now and scout the seagrass beds inside St. Joe Bay before opening day. This is one of the most family-friendly activities the Forgotten Coast offers and the season draws visitors from across the state. Plan ahead.

Conditions

June afternoons mean thunderstorms. Fish the morning window — first light until around 10 AM — for the most consistent action and the safest weather window. Strong tidal movement produces the best inshore fishing regardless of time of day, so plan your flats trips around moving water.

Check the tide table on page two of this issue and always file a float plan with someone onshore before heading offshore.

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Anglers Edge Marine: Your Go-To Destination for Everything on the Water

By JACK SMITH

Anglers Edge Marine has been a cornerstone of the local boating community for over twenty years. Founded by Troy and Michelle, the business has grown into a full-service marine destination — and one of the most important early decisions they faced was figuring out exactly what to carry.

The motor decision turned out to be the easier one. Mercury and Yamaha have been the undisputed industry leaders for decades, and Anglers Edge stocks both. Which is better? Honestly, both produce exceptional outboard engines — they are, in fact, the two largest manufacturers in the industry. Both are well known for quiet operation, light weight, and long-term durability, and both perform particularly well in the small to mid-size range, from 40 to 250 horsepower.

The differences start to show at the extremes. Yamaha engines range from 2.5 HP all



the way up to 450 HP, while Mercury stretches from 2.5 HP to an earth-shattering 600 HP. Mercury leads the pack at the high end, featuring V8, V10, and ground-pounding V12 configurations that put out serious power for serious offshore applications. Yamaha, meanwhile, excels in the medium range — delivering the kind of refined, responsive performance that suits a wide

range of coastal fishing and recreational boating.

Both brands offer excellent overall performance, but there are some meaningful distinctions worth knowing. Yamaha outboards are recognized for their top-end speed and impressive long-term reliability. Both manufacturers prioritize fuel efficiency, but Yamaha's advanced fuel injection systems have earned particular recog-

nition in that department. At the end of the day, there isn't a massive gap between these two engines — both are exceptionally well-developed products built to last.

At Anglers Edge, the recommendation is Yamaha for mid-range performance and Mercury when you need the higher end of raw power.

Beyond motors, Anglers Edge Marine is a proud autho-

rized service and refit center for Everglades Boats, one of the most respected names in offshore fishing vessels. The shop is equipped with the latest diagnostic technology, handling everything from routine maintenance to complex repairs. A wide selection of high-quality marine products rounds out the inventory, making Anglers Edge a one-stop destination for everything on the water.

Whether you are shopping for a new motor, need your current engine serviced, or just want to talk boats with people who know them inside and out, Troy, Michelle, and the Anglers Edge team are always glad to see you. Stop by any time, producing the most consistent action regardless of time of day.

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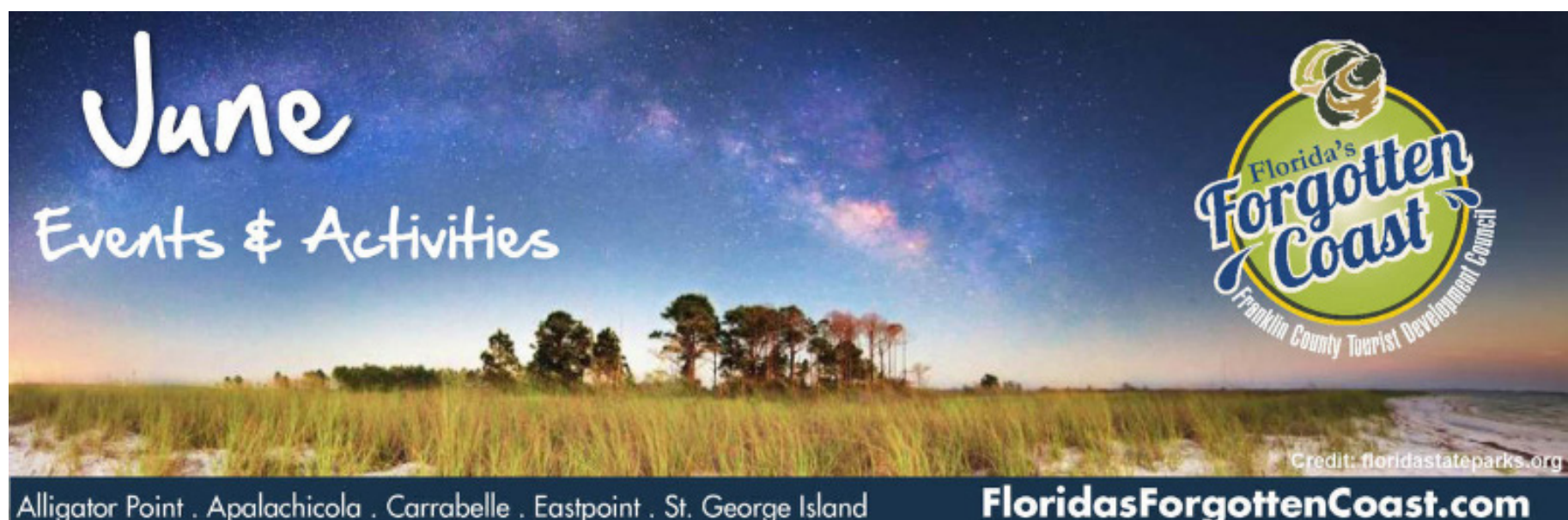
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CARRABELLE

Many of the Sandy Beach Properties offers seasonal discounts on specific rental units. Carrabelle RV Resort is offering reduced rates on its cabins, cottages and RV sites. The Moorings of Carrabelle is offering discounted weekend rates. Receive a Great Deal when you Stay & Play at the St. James Bay Villas and Condos. The Stay & Play packages include accommodations at the Residences Condominiums, plus unlimited rounds of golf on their perfectly-manicured 18-hole championship course

Visit all Franklin County's accommodations to check out individual lodging providers that often post specials that change weekly. Visit floridasforgottencoast.com.

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From Alligator Point to Apalachicola, Franklin County will celebrate four days of America's 250th birthday with festivities beginning July 1.

July 1 – Eastpoint Celebrate Independence Day bayside at the Eastpoint Freedom Festival hosted by the Eastpoint Civic Association. Beginning around 6 p.m. at the Patton Street Boat Ramp, the festival features live music and local food trucks. As the evening winds down, gather along the Bay for a fireworks display.

July 2 – Carrabelle Kick off the celebration in Carrabelle with the community's annual Independence Day fireworks display along the beautiful Carrabelle River at dark thirty.

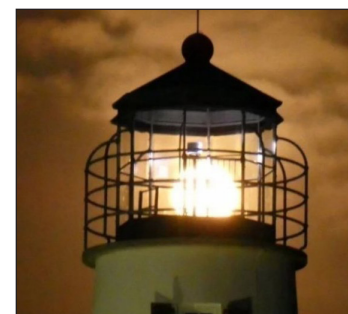
July 3 – Apalachicola Historic Apalachicola comes alive with patriotic spirit during its annual Waterfront July 3rd Celebration at Riverfront Park hosted by the Apalachicola Bay Chamber of Commerce & Visitor Center. Enjoy live music, food vendors, and family-friendly fun beginning at 5 p.m.. The eve-

ning culminates with a spectacular fireworks display over the Apalachicola River.

July 4 – St. George Island The SGI 4th Of July Wet n Wild Water Parade returns for one of the most unique Independence Day traditions on the coast. Decorate your golf cart, float, bike, vehicle, or walking group and prepare for a patriotic water fight unlike any other. Expect small-town Fourth of July fun before ending the day with fireworks over the Gulf.

Evening on the Edge of the Sea June 13, 27

Come to the FSU Coastal & Marine Laboratory Saturday, June 13 and June 27 at 5:30 pm for An Evening on the Edge of the Sea to learn about the sea life along the area's pristine shores and shallows. The evening kicks off with a brief overview of local ecology, followed by a walk into the exposed tidal flats to see an array of fascinating creatures.



Lighthouses Host Two Full Moon Climbs June 28, 29

Two historic lighthouses in the county will host full moon climbs on Sunday and Monday, June 28 and 29. The Cape St. George Lighthouse on St. George Island Sunset and Full Moon Climb will be held on Monday, June 29 from 8:45 pm until 11:45 pm. The Crooked River Lighthouse will host a Full Moon Lighthouse Climb on Sunday, June 28 from 7-10 pm.

June/July Events

June 27 - Apalachicola Farmers' Market
June 27 - Evening at the Edge of the Sea, FSU Coastal Marine Lab
June 23, 30 - Turtle Talks, ANERR
June 28 - Crooked River Lighthouse Climb
June 29 - Cape St. George Full Moon Climb
July 1 - Eastpoint Freedom Festival
July 2 - Carrabelle Fireworks
July 3 - Apalachicola Fireworks
July 4 - SGI Fireworks
July 4 - September 30 - Foundations of Freedom
July 4, 18 - Country Farmers' Market
July 11, 25 - Apalachicola Farmers' Market
July 11, 25 - Evening at the Edge of the Sea, FSU Coastal Marine Lab
July 29 - Cape St. George Full Moon Climb

Celebrate
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★ JULY 1-4, 2026 ★

★ EASTPOINT JULY 1

★ CARRABELLE JULY 2

★ APALACHICOLA JULY 3

★ ST. GEORGE ISLAND JULY 4

*As America celebrates its 250th birthday,
we invite you to celebrate with us!*

UPCOMING LOCAL EVENTS

- JUNE 26 & 27** GOLLYWHOPPER CLASSIC FISHING TOURNAMENT IN MEXICO BEACH
- JUNE 28** CROOKED RIVER LIGHT HOUSE CLIMB 7PM - 10 PM STRAWBERRY MOON EVENT
- JULY 1** EASTPOINT — FREEDOM FESTIVAL 5 PM AT PATTON DRIVE PARK
- JULY 2** CARRABELLE FIREWORKS AND GOLF CART PARADE 6 PM
- JULY 3** APALACHICOLA WATERFRONT JULY 3RD CELEBRATION 5 PM
- JULY 4** ST. GEORGE ISLAND INDEPENDENCE DAY FESTIVITIES 11 AM

HAVE EVENTS YOU'D LIKE TO SEE ON THE FORGOTTEN COAST LIVING CALENDAR? E-MAIL: CARAB1203@GMAIL.COM

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7:00-10:00 pm

Flower Moon Event

SATURDAY, MAY 30

7:00-10:00 pm

Blue Moon Event

SUNDAY, JUNE 28

7:00-10:00 pm

Strawberry Moon Event

Photo by Bo May

All Times Eastern

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Tickets & details at CrookedRiverLighthouse.com

Funded in part by the Franklin County Tourist Development Council

Sean of the South: You Can Tell a Lot About a Person



BY SEAN DIETRICH

My granddaddy said you can tell a lot about a person by the way they treat a dog. Someone who treats a dog badly, is a bad person. A person who treats a dog with regard and deference is a good egg.

Right now, my wife is holding our blind coonhound, Marigold. She holds our rescue adoptee like a baby. Not like a dog.

Marigold's face was struck with a blunt object. Her optic nerve scarred over. She lost her vision. The doctor removed one eye.

"What probably happened," the vet said, "is that someone paid a lot of money for this hunting dog, but Marigold

turned out to be gun shy." Her abuser wasn't happy about shelling out thousands of bucks for a dog who doesn't like noise. So he took his frustration out on the animal. He used a hard object. Perhaps the butt of a rifle.

My wife is softly humming to Marigold. "I love you," she is quietly singing to the animal. We've had our dog several years now. Life with a blind dog was tricky at first. Not like having a regular dog at all. When we feed Marigold treats, for example, you have to touch her to let her know you're near. Then, Marigold simply opens her mouth widely, gyrating her head back and forth. "I don't know where you are," she's saying, "but I'm opening my mouth to make it easier for you."

Marigold's internal schedule is all screwed up, too, because blind dogs can't sense light or darkness. So they have no idea what time it is. Sometimes Marigold wakes up at 1 a.m. and starts licking my face. And



I start cussing and I say, "Please go back to bed." Whereupon Marigold barks with glee. Because there is nothing half as fun as 1 a.m.

But, we love this animal. Namely, because we don't have kids. As a result, my wife and

I have a huge vacuum in our hearts. Which is why we sometimes fall deeply in love with other people's children. And it's embarrassing because they aren't ours, and people look at us funny.

Marigold is like our kid. Be-

cause this blind dog needs us for everything. She can't do anything for herself. She needs us for simple tasks like finding her food bowl, or walking through new places. We hold her when she has nightmares—which is common for blind animals. We talk to her, from whatever room we are in, just so she knows where we are in the house.

It's been the most rewarding animal relationship I've ever had. And whenever I see Marigold crawl onto my wife's lap, when I see this woman speak softly to this wounded animal, when I see her stroke Marigold's fur and kiss her broken skull, I feel something profound.

Jamie Dietrich holds the animal like an infant. She kisses the mangled scars where Marigold's eye used to be. "Oh, I love you so much," whispers my wife. She is a woman who is filled with compassion and goodwill. And she has proven to me that my grandfather was absolutely right.

Book Review: Tough Enough by Kirk Jockell

REVIEW BY JACK SMITH

If you have spent any time along Florida's Forgotten Coast, you have probably already heard of Kirk Jockell. The Port St. Joe-based author has built a devoted following through his Nigel Logan Action Series — a collection of fast-paced, darkly funny thrillers set squarely in the landscape, waterways, and backroads of this stretch of the Florida Panhandle. Randy Wayne White fans, Carl Hiaasen readers, and anyone who has ever wanted to see a villain get exactly what they deserve will find themselves right at home in Jockell's world.

Tough Enough, published in 2019, is the prequel to the entire series — and it is the book that arguably makes all the others richer. Long before Nigel sailed into St. Joe Bay to discover Florida's Forgotten Coast, long before finding his new life and family away from a navy career cut short by controversy, and long before becoming the loving but tough vigilante — he was just a boy. A quiet boy. One who would have been perfectly happy staying that way. But as Jockell tells it, some people simply won't leave a sleeping dog alone — and that particular mistake has consequences nobody saw

coming. The Maritime Executive

To better understand the man, Logan, you must first meet Nigel, the boy. That is the real gift of this book. For readers who have already walked alongside Logan through the earlier Tales from Stool 17 trilogy — Finding Port St. Joe, Trouble in Tate's Hell, and Dark Days of Judgment — Tough Enough fills in the origin story with the kind of satisfying detail that makes you want to go back and reread everything you already loved. For first-time readers, it works equally well as a standalone entry point into the series. The

Maritime Executive

There was an awakening. One that gave birth to a golden retriever-pit bull mix, caring and thoughtful on one side, ruthless and unapologetic on the other. That duality is what makes Nigel Logan one of the more compelling characters in Florida crime fiction. Jockell never lets him become a simple hero — he is too complicated for that, and too honest. The darkness in him is real, and the book doesn't flinch from it. The Maritime Executive

Jockell's prose is quick and unadorned — he writes the way this coast feels, without pretense and with a healthy re-

spect for the absurd. His books are both fun and dark, full of bad guys, good guys, and shenanigans. Tough Enough has all three in generous supply. Gulf County Citizens

For anyone who calls the Forgotten Coast home, or anyone who has fallen in love with it even briefly, there is something quietly thrilling about reading fiction set in places you actually know — where the author understands exactly what the light looks like over St. Joe Bay at dusk and what it feels like to haul a cast net at low tide. Kirk Jockell knows this coast, and it shows on every page.



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Five DIY Marketing Tips to Get Ready Before the Summer Rush Hits



BY CARA GOODMAN, OWNER OF CEB DESIGN STUDIO

There's a particular kind of quiet that settles over the Forgotten Coast in early June. The snowbirds have mostly cleared out, the kids are just finishing school, and for a few precious weeks, things feel... manageable. If you own a business here, you know this feeling well. And you also know it doesn't last.

By the Fourth of July, that quiet will be a distant memory. The vacation rentals will be full, the beaches will be packed, and your business — whatever it is — will likely be busier than it's been in months. Which means right now, in these last few weeks of breathing room, is exactly the time to handle the marketing tasks you've been putting off. Because once the rush hits, you won't have time to think about your Google listing or your Instagram feed. You'll be too busy actually running your business.

Here are five things you can do yourself, right now, that will pay off all summer long.

1. Fix Your Google Business Profile Before the Searches Start:

Right now, before the surge of visitors begins searching "best [whatever you do] near

me," take twenty minutes and look at your Google Business Profile with fresh eyes. Are your hours correct — including any summer hours that differ from the rest of the year? Is your phone number current? Does your profile have recent photos, or is it still showing pictures from three years ago?

This matters more than almost anything else you can do. When a family pulls into Port St. Joe or steps off their porch on Cape San Blas and searches for somewhere to eat, shop, or get something fixed, Google Business Profile is often the very first thing they see. A profile that's accurate, current, and active gets shown more often — and a profile that hasn't been touched in months quietly sinks lower in the results. Do this now, because once the summer crowds start searching, you want to already be ready for them, not scrambling to catch up.

2. Take Your Summer Photos While Things Are Calm:

Here's something that's easy to forget: the best time to take photos of your business is not when it's packed wall-to-wall with customers. It's right now, while things are still calm enough that you can actually set up a shot, clean up a display, or get a clear picture of your space without someone wandering into the frame.

Spend twenty minutes walking through your business with your phone. Get a few photos of your storefront, your products, your team, your space looking its best. These photos will become the backbone of your social media posts and website updates all summer



— and trying to grab decent photos during a packed Saturday in July is nearly impossible. Bank them now while you have the time and the empty floor space to do it right.

3. Build Your Email List Before You Get Too Busy to Ask:

If you have any way to collect customer emails — a sign-up sheet, a QR code, a simple form on your website — now is the time to make sure it's actually working and visible. Once the summer rush hits, every customer interaction becomes faster and more transactional. There's less time for "hey, want to join our email list?" when there's a line out the door.

Right now, while you still have a few quiet moments with each customer, is the time to start building that list. Even a simple sign-up sheet by the

register, paired with a small incentive like a discount on their next visit, can start building a list that pays off for the rest of the year — long after the summer crowds have gone home.

4. Update Your "About" Page While You Have Time to Think:

Your website's About page is one of the most-visited pages on most small business websites, and it's also one of the most neglected. Visitors who are deciding where to spend their vacation dollars often click through to learn a little about who they're supporting — especially on the Forgotten Coast, where "local and family-owned" means something to people.

Take twenty minutes now to read through your About page. Is it still accurate? Does it actually sound like you? Does it

tell visitors why your business is worth choosing? This is exactly the kind of task that's easy to do when things are calm and easy to put off forever once they're not. Do it now, while you have the headspace to actually think about what you want to say.

5. Create a Simple One-Page Summer Flyer:

A simple flyer — your hours, your specials, a QR code to your website or social media — can be printed and placed near your register, handed to guests, or shared with local vacation rental managers and front desks.

It doesn't need to be fancy. It just needs to exist. Once summer arrives, you'll be glad you have something ready to hand a curious visitor instead of saying "oh, we don't really have anything printed up."

The Bottom Line:

None of these five tasks take more than twenty or thirty minutes. But all five of them, done now, will quietly work in your favor all summer long — finding you new customers, keeping past customers engaged, and making your business look as polished and ready as it actually is.

If you look at this list and think "I know I should do this, but I just don't have the time or the eye for it" — that's exactly the kind of thing we love to help with at CEB Design Studio. Whether it's a quick photo session, a polished flyer, or a refreshed website before the season kicks into high gear, we're here to help you walk into summer ready. The rush is coming. Let's make sure you're ready for it.



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- Freshen Up Your Social Media Presence
- Make Sure Your Website Actually Works
- Collect and Respond to Reviews
- Create a Simple Seasonal Promotion

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FORGOTTEN COAST MARKET TREND

REAL ESTATE UPDATE

Mexico Beach

HOMES/CONDOS FOR SALE
135
LAND FOR SALE
72
AVERAGE SALE PRICE
\$644K
PROPERTIES SOLD IN '26
58

Cape San Blas

HOMES/CONDOS FOR SALE
107
LAND FOR SALE
95
AVERAGE SALE PRICE
\$1,041,000
PROPERTIES SOLD IN '26
43

Port St. Joe

HOMES/CONDOS FOR SALE
99
LAND FOR SALE
30
AVERAGE SALE PRICE
\$384K
PROPERTIES SOLD IN '26
60

St. George Island

HOMES/CONDOS FOR SALE
119
LAND FOR SALE
79
AVERAGE SALE PRICE
\$1,000,700
PROPERTIES SOLD IN '26
39

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Deb Robertson is a local real estate agent who knows the St. George Island market and takes a hands-on approach with her clients. She helps buyers and sellers understand the details that matter, from rental potential to HOA considerations, and often works with out-of-area clients. Deb is active in the community and focused on making every transaction a positive experience.



CLIFF & SHEILA HOLMES
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HOLMES ON THE COAST



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4191 Cape San Blas Rd
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Bedrooms: 4
Bathrooms: 4

Gulf Front



\$795,000

148 Rhonda Del Sol Circle
Sqft: 1,856
Bedrooms: 5
Bathrooms: 3

**Beach
Community**



\$647,500

197 Cape Pointe Drive, B1
Sqft: 1,440
Bedrooms: 3
Bathrooms: 2

Gulf Front



\$1,589,000

338 Cape San Blas Rd
Sqft: 3,276
Bedrooms: 7
Bathrooms: 4

**Beach
Community**



\$2,150,000

4439 Cape San Blas Rd
Sqft: 3,498
Bedrooms: 6
Bathrooms: 5

1st Tier Gulf



\$699,000

116 W Seascape Drive
Lot Size: .66 Acres
Subdivision: Two Palms

Gulf Front

SCAN QR CODE TO VIEW PROPERTIES

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Cape San Blas



St. George Island



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\$289,000



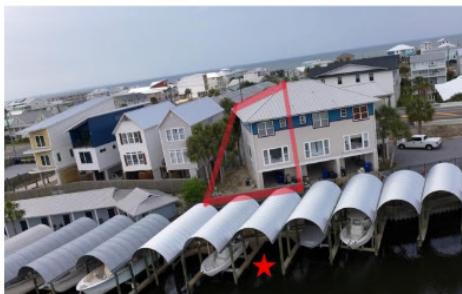
235 Kim Kove | Mexico Beach
3 Bed | 2 Bath | 1,897 Sq.Ft.
\$508,000



1411 Monument Ave. | Port St. Joe
4 Bed | 2 Bath | 1,946 Sq.Ft.
\$539,000



63 Oak Ave. | Mexico Beach
3 Bed | 2 Bath | 1,144 Sq.Ft.
\$565,000



4202 Hwy 98 | Mexico Beach
2 Bed | 2/1 Bath | 1,408 Sq.Ft.
\$659,000



236 Nannook Rd. | Mexico Beach
3 Bed | 3 Bath | 1,900 Sq.Ft.
\$698,000



209 Carolina Dr. | Mexico Beach
4 Bed | 3 Bath | 2,688 Sq.Ft.
\$829,999



257 Oak St. | Indian Pass
4 Bed | 2 Bath | 1,344 Sq.Ft.
\$850,000



100 Miramar Dr. | Mexico Beach
3 Bed | 3/1 Bath | 1,692 Sq.Ft.
\$879,900



108 Hwy 98 | Mexico Beach
4 Bed | 2/2 Bath | 2,048 Sq.Ft.
\$1,300,000



8205 Hwy 98 | Port St. Joe
3 Bed | 3/1 Bath | 2,232 Sq.Ft.
\$1,587,000



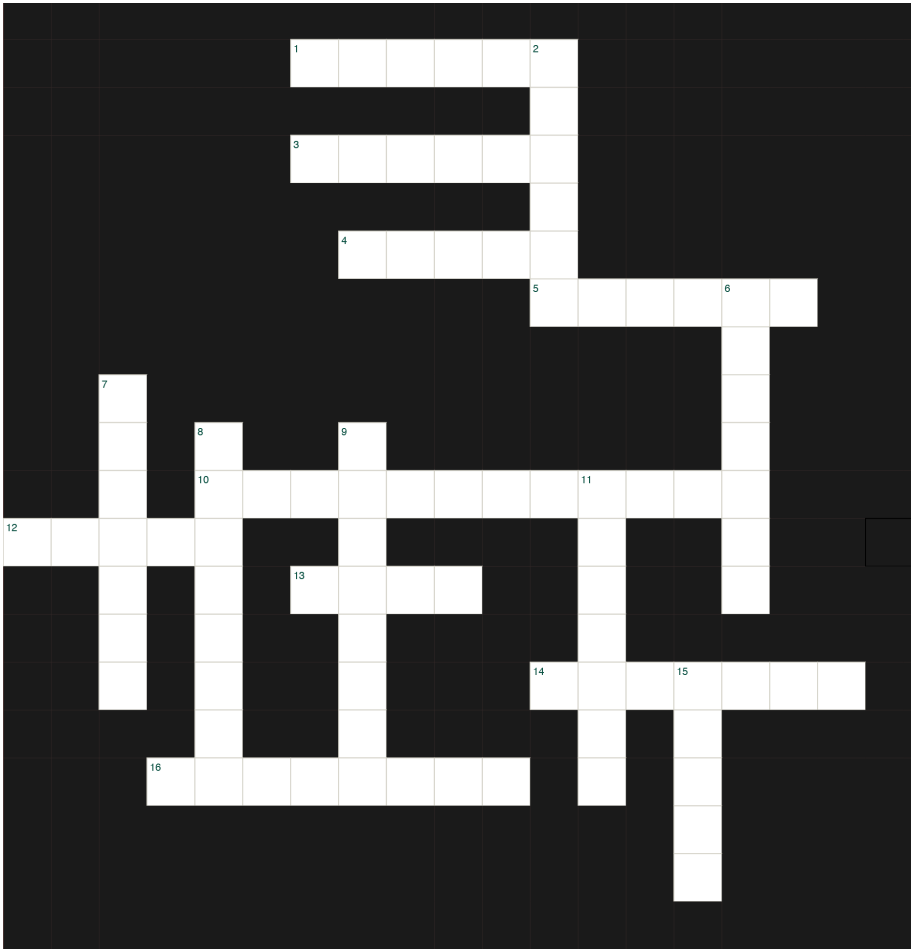
111 31st St. | Mexico Beach
6 Bed | 6/1 Bath | 3,757 Sq.Ft.
\$1,849,000



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more listings





THE TIDE PUZZLE

JUNE 2026

- ACROSS
- DOWN
1. Silvery fish and local staple, also celebrated at a famous October festival

2. Rare honey named after a swamp tree that blooms along the Apalachicola River

3. Netted in the bay and served fresh at dock side restaurants

4. Describes the rhythmic creek flows that shape the coastal marshes

5. The Forgotten Coast's most famous harvest, shaped by the bay's brackish waters

10. Historic bay city and oyster capital of the Forgotten Coast

12.What a saltwater ray delivers if you shuffle rather than step on the flats

13. Sandy ridge shaped by Gulf winds along St. George Island beaches

14. Bronze-scaled inshore game fish popular with local anglers
- 6.Where the river meets the sea – the bay's productive mixing zone

7. Large-billed seabird that dives for fish along the the Gulf Shore

8. Fragrant white-bloomed tree symbolic of the Florida Panhandle

9. Flat bottom-dweller giggered at night in shallow Gulf waters

11. Iconic swamp tree draped in Spanish moss along Forgotten Coast waterways

15. Common June morning condition that rolls in off the warm Gulf Waters

Hidden In the Gulf

G	W	K	G	V	U	I	Q	P	I	B	C	U	N	I	B	A	K	Y	E
A	P	A	L	A	C	H	I	C	O	L	A	U	I	F	X	O	R	W	N
R	H	S	I	F	D	E	R	A	D	C	T	E	S	N	U	S	W	E	R
B	L	S	R	E	N	E	C	B	J	L	Z	B	L	G	V	H	V	D	L
Y	R	N	T	X	T	R	E	H	N	F	S	A	L	T	M	A	R	S	H
Z	Z	F	N	I	A	A	F	A	X	K	Z	N	Z	V	I	X	Z	H	I
F	Z	W	D	B	D	M	C	B	P	H	G	O	L	L	J	Z	H	H	A
V	G	A	B	M	K	I	T	I	C	Y	I	S	O	O	L	U	Q	M	V
R	L	I	K	A	L	E	D	I	F	S	H	N	I	Y	B	D	T	N	L
X	N	Z	K	E	L	N	T	Q	D	R	G	M	S	S	E	R	P	Y	C
G	S	G	P	L	I	B	R	W	I	A	N	A	Q	T	Z	R	V	X	X
X	V	G	U	L	N	E	C	M	M	V	K	T	K	E	V	D	X	J	E
Q	J	M	V	N	D	K	P	M	M	W	J	R	Y	R	E	G	N	V	N
M	V	X	F	N	T	S	J	A	M	R	A	J	R	J	G	N	Z	S	U
O	T	U	U	K	O	O	O	N	V	G	Q	P	A	Z	Z	X	F	V	D
C	L	O	J	Q	V	U	T	G	K	C	Y	H	U	V	J	H	Z	G	E
A	L	E	B	H	P	T	Y	R	C	O	N	U	T	S	G	W	W	M	P
F	M	H	P	E	Y	G	G	O	F	U	W	A	S	Y	Y	D	Y	N	H
F	Z	W	Q	U	O	B	R	V	H	D	O	E	E	Z	O	V	Q	R	T
K	Y	O	T	X	T	Q	N	E	R	O	F	X	P	O	I	Y	H	U	I

APALACHICOLA
DUNE
FOGGY
MULLET
REDFISH
SUNSET

CRABBING
ESTUARY
MAGNOLIA
OYSTER
SALTMARSH
TIDAL

CYPRESS
FLOUNDER
MANGROVE
PELICAN
SHRIMP
TUPELO

Sudoku Challenge

5	3			7				
6				1	9	5		
	9	8					6	
8				6				3
4				8		3		1
7				2				6
	6						2	8
				4	1	9		5
				8			7	9

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

Design and Culture: Sweet Tea and Pecan Pie

Sounds delicious! It's going to be an exciting summer in interior design with new cabinetry finishes like Sweet Tea and Pecan Pie in the mix. WF Cabinetry has a new Southerly Collection. The collection is inspired by cities and states across the southeast, with finishes, paint and stain that are warm, inviting, and ready to change the stories of the kitchens and baths in 2023 and beyond.

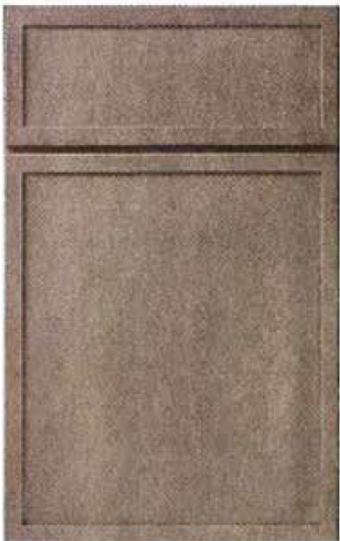
Two new door styles, Auburn Plains and Outer Banks, are also available this summer. Auburn Plains is a beautiful full overlay door. It is considered a skinny shaker door with a rail that is only 1 3/4 inches. It can be modern, farmhouse, or coastal depending on finish selections and hardware.

The New Ellis collection from Top Knobs, also inspired by Southern roots, is a charming selection for your new kitchen. You can visit www.topknobs.com/whatsnew to check out all of the new hardware styles and finishes.

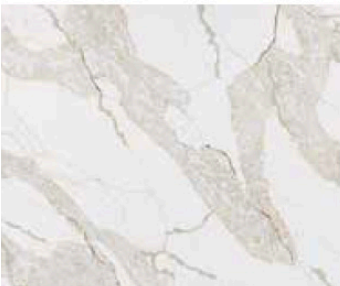
Recently released counter-top selections are just as exciting! Viatera is about to release Calacatta Oro, which is gorgeous and a look many of our clients have been searching for in a quartz with a softer white background and warm marble-like veining. Vadara quartz has just released eight new colors, including Aurum, which is a graceful quartz inspired by Italian Calacatta Marble. If you are interested in a matte look for your new kitchen,



Southerly Collection -
Siesta Key Sand



Viatera Calacatta Oro Quartz



Vadara Moon Valley Quartz



Brittanicca Gold Cool was just released from Cambria and is available in a Matte finish.

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- Asheville Reflection
- Birmingham Forge
- Siesta Key Sand

Southerly Collection Stains

- Sweet Tea
- Pecan Pie
- Oatmeal

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Why Dual Shades Are the Perfect Window Covering Solution for Florida Homes

BY DONNA GODWIN, OWNER OF MADE IN THE SHADE, Your Hometown Experts

Florida homeowners love natural light, beautiful outdoor views, and open living spaces. However, the same sunshine that makes Florida living so enjoyable can also create glare, heat, and privacy concerns. That's why dual shades featuring a solar shade and privacy shade on a single headrail have become one of the most practical and versatile window treatment solutions available.

Unlike traditional window coverings, dual shades combine two independently operated shades into one streamlined system. Typically, a solar shade is positioned closest to the window to reduce glare and filter sunlight during the day, while a room-darkening or privacy shade is located in front of it for complete privacy and light control when needed.

One of the greatest benefits of dual shades in Flori-

da is their ability to adapt to changing sunlight conditions throughout the day. During the morning and afternoon hours, the solar shade allows homeowners to enjoy outdoor views while reducing harsh glare and blocking a significant amount of UV rays. This helps protect furniture, flooring, artwork, and upholstery from fading while maintaining a bright and comfortable interior.

Florida's intense sunshine can also increase indoor temperatures and place added demand on air conditioning systems. Solar shades help reduce solar heat gain by filtering sunlight before it enters the room. The result is improved comfort and greater energy efficiency, especially in homes with large windows, sliding glass doors, or expansive waterfront views.

When privacy becomes important, homeowners can simply lower the secondary privacy shade. Whether it's a blackout fabric for bedrooms, a



room-darkening shade for media rooms, or a light-filtering privacy fabric for living spaces, the second shade provides the flexibility to create the perfect environment at any time of day.

Dual shades are particularly popular in Florida's coastal communities where homeowners want to maximize beautiful views without sacrificing comfort. During the day, the solar shade preserves visibility to the outdoors while reducing glare. In the evening, the privacy shade creates a comfort-

able and private atmosphere without the need for additional window treatments.

Another advantage is the clean, uncluttered appearance. Because both shades are housed within a single headrail, dual shades provide the functionality of two separate window treatments while maintaining a sleek, modern design. They work beautifully in contemporary homes, coastal cottages, luxury waterfront properties, and traditional residences alike.

For even greater convenience,

many dual shade systems can be motorized and integrated with smart home technology. Homeowners can adjust either shade with a remote control, smartphone app, or voice command, making them ideal for large windows and hard-to-reach locations.

For Florida homeowners seeking the perfect balance of view preservation, UV protection, privacy, and energy efficiency, dual shades offer a smart and elegant solution. At Made in the Shade Bay Walton, we help homeowners customize dual shade systems that are tailored to their lifestyle, décor, and light-control needs.

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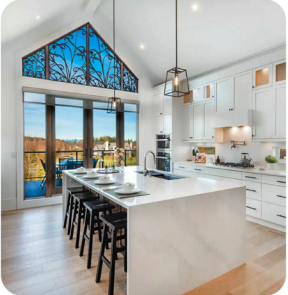
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The Long Game: What Makes a Wine Worth Waiting For?

By JUSTIN GOODMAN, OWNER
OF 30A WINE STORAGE

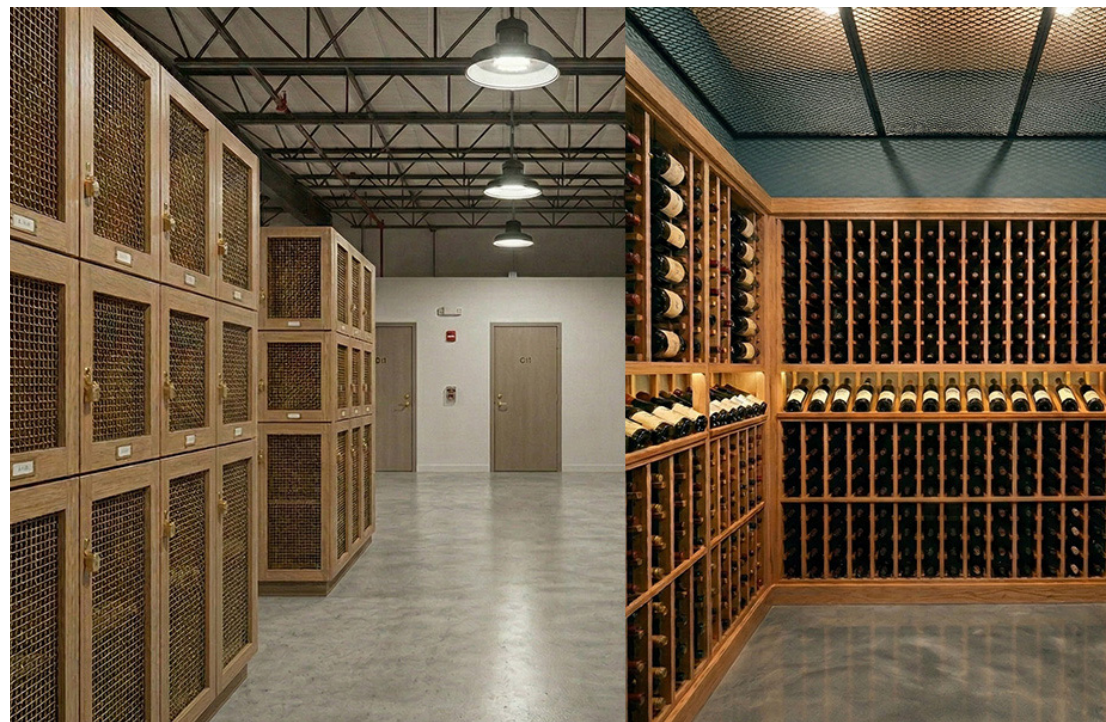
Walk down any wine aisle and you'll find a quiet truth: most bottles are made to be enjoyed now. The vast majority of wine is at its best within a year or two of release. But a small, special category rewards patience, and understanding why turns a cellar into something closer to a time capsule.

Ageworthiness comes down to structure, a wine's skeleton, the framework that holds it together long after the youthful fruit begins to fade. Three things matter most. Tannin, the grippy compound found in red-grape skins and seeds, acts as a natural preservative and softens beautifully over time. Acidity keeps a wine fresh and lifted, fighting off the flatness that age can bring. And concentration, a real depth of flavor in the glass, gives the wine something to evolve into.

Sweet wines add sugar to that list, which is why Sauternes and vintage Port can outlive us all.

This is why certain wines have earned their reputations: Bordeaux and Barolo, Northern Rhône Syrah, the best Burgundy, German Riesling, and Champagne. Big, simple, fruity wines may taste great young but have no scaffolding to age on.

So what happens inside the bottle? Slowly, the bright fruit of youth recedes and more intriguing aromas emerge. A young red bursting with blackberry and plum may, after a decade, offer leather, tobacco, dried cherry, and forest floor. Whites deepen from gold toward amber, trading crisp citrus for honey and toasted nuts. Color shifts too: reds lose their purple vibrancy and take on a brick-red rim, often dropping fine sediment as tannins fall away. Texture



turns silky, and the whole wine grows more complex and harmonious.

There's a catch. Every wine has a peak, then a decline, and the art is catching that window. That makes proper storage essential rather than optional.

Heat is a wine's worst enemy, and a kitchen rack or hall closet swings with the seasons, aging a bottle fast and unevenly, often ruining it long before its moment arrives. Ageworthy wine wants the opposite: a steady temperature near 55°F,

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Redefine Your Marriage: From Destructive Conflict Patterns to Validating Connection



By JAMIE C. WILLIAMSON

Marital conflict follows patterns. Your conflict style influences your partner's response, and together those reactions shape the conflict patterns in your relationship. Some of these patterns are constructive, while others are destructive.

The good news is that as you improve your conflict patterns, you can also improve the quality of your relationship. To understand the conflict patterns in your relationship, first identify the conflict styles you and your partner use during disagreements. Then consider how those styles trigger and reinforce each other to create predictable patterns.

Conflict Styles

Conflict styles vary based on two dimensions: assertiveness (pursuing personal goals) and cooperativeness (meeting others' needs). These five styles reflect those differences and illustrate the different ways people handle disagreement.

Competing: "I win, you lose" Pursuing your own needs with little regard for your partner's.

Accommodating: "I lose, you win" Prioritizing your

partner's needs over your own, sometimes yielding completely to keep the peace.

Avoiding: "I lose, you lose" Withdrawing from conflict without pursuing your own needs or supporting your partner's.

Collaborating: "I win, you win" Seeking a solution that fully meets both partners' needs.

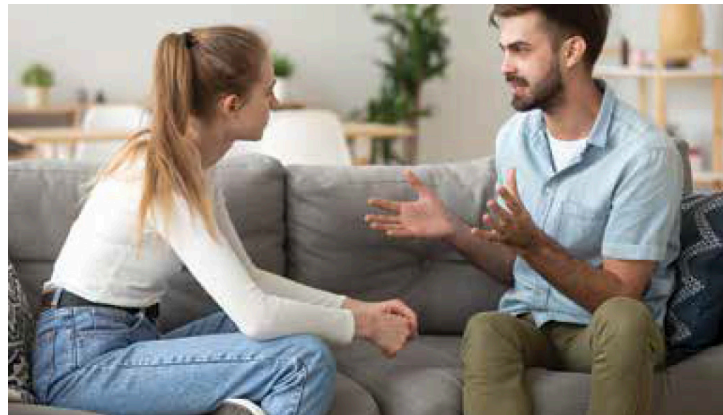
Compromising: "I win and lose; You win and lose" Giving up something to reach a middle ground that partly satisfies both.

Destructive Conflict Patterns

Distressed couples often fall into one or more of these common destructive conflict patterns:

The Demand-Withdraw Pattern occurs when one partner uses a Competing style (seeking immediate change) while the other uses an Avoiding style (withdrawing to keep the peace). One partner pushes for a conversation or criticizes, causing the other to feel attacked and pull away. The more one pursues, the more the other withdraws, creating a self-reinforcing cycle of frustration. The Result: The demanding partner feels abandoned, and the withdrawing partner feels overwhelmed or trapped.

The Withdraw-Withdraw Pattern occurs when both partners rely heavily on an Avoiding style. Both sweep issues under the rug to avoid discomfort and "agree to disagree" without addressing the



root problem. The Result: On the surface, the relationship may look peaceful. Beneath the surface, emotional distance grows, intimacy declines, and quiet resentment builds over time.

The Win-Lose Escalation Pattern occurs when both partners adopt a Competing style and fail to regulate negativity. Neither is willing to cooperate or listen. The conversation quickly shifts from the disagreement to personal attacks, defensiveness, and a hostile battle to "win" at all costs. The Result: Emotional safety erodes. Winning becomes more important than protecting the relationship, leaving both partners feeling hurt and unvalued.

The You Win, I Surrender Pattern occurs when one partner consistently uses a Competing or Collaborating style while the other chronically accommodates. To avoid conflict, the accommodating partner gives up their own needs and yields to the other's preferences. The Result: This imbalance breeds silent

resentment. Over time, the accommodating partner may feel unappreciated, unfulfilled, and invisible, which can lead to sudden blowups.

The Quick Compromise Pattern occurs when a couple rushes to compromise instead of doing the harder work of collaborating to find a true win-win solution. Compromise can help with quick decisions, but overusing it creates strain. The Result: Because both partners give up something they value, repeated quick compromises can lead to "compromise burnout," leaving neither person feeling fully satisfied nor understood.

Constructive Conflict Patterns

Happy couples may occasionally slip into a destructive conflict pattern. When they do, they tend to catch themselves quickly and return to their more typical Validate-Collaborate Pattern.

The Validate-Collaborate Pattern is a highly effective two-step approach to relationship conflict. To use this re-

spectful pattern, partners first validate each other so they can then successfully collaborate on a solution.

Validating focuses on emotional connection and respect. Partners prioritize listening, showing empathy, and communicating that the other person's feelings make sense—even if they do not agree with their perspective.

Collaborating focuses on problem-solving and integration. Partners combine their ideas to create a creative, "win-win" solution in which neither person has to sacrifice core needs.

Bottom line: You and your partner can improve your relationship by breaking destructive conflict patterns and shifting toward validating and collaborating. Doing so can create constructive conflict patterns that strengthen intimacy and satisfaction rather than erode them.

Let me know if I can help.

Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Member of the Gottman Referral Network, with a Certificate in the Science of Wellbeing and Happiness from the Harvard School of Medicine. She is an owner and partner at Amity Mediation Workshop, a mediation practice specializing in "friendly divorce" mediation and psycho-educational couples counseling. Dr. Jamie speaks frequently on relationship topics and authors the blog "Work it Out". You can find her online at amitymediationworkshop.com.

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Understanding Osteoporosis: What You Need to Know to Protect Your Bones

BY KENT SAYRE CERTIFIED NUTRITION COACH AND FUNCTIONAL WELLNESS SPECIALIST NUTRITION CONNECTION BALANCE

Osteoporosis is a condition in which bones become weak, porous, and more likely to fracture. It develops when bone breakdown occurs faster than bone formation, gradually reducing bone strength and density over time. This condition is especially common in postmenopausal women and adults over age 65 — however, over the last 10 years we are seeing women in their 30s and 40s with osteopenia. Unfortunately, osteoporosis is often called a “silent disease” because many people do not realize they have it until they suffer a fracture — most commonly in the hip, spine, or wrist.

Hip fractures are particularly serious. Research shows that approximately 1 in 5 older women die within one year after a hip fracture. Other studies have demonstrated significantly reduced life expectancy following fractures due to complications associated with immobility, including blood clots, pneumonia, pressure injuries, cardiovascular strain, and overall physiological stress. The primary goal is prevention: improving bone density, strengthening bone quality, and reducing fracture risk before a serious injury occurs.

What Weakens Bones

Many underlying conditions and lifestyle factors contribute to bone loss, including thyroid and parathyroid disorders, digestive conditions such as Crohn’s disease that impair nutrient absorption, hemochromatosis, elevated cortisol levels, low vitamin D levels, mineral deficiencies or imbalances, low sex hormone levels, chronic systemic inflammation, aging, collagen loss, acidic dietary patterns, and excess alcohol intake.

Nutritional and Supplemental Support

Healthy bones require adequate levels of calcium, mag-

nesium, boron, strontium, phosphorus, zinc, vitamin D3, vitamin K2, omega-3 fatty acids, protein, and collagen. Minerals are best tested by a 1 am urine sample or a hair sample — not blood. Maintaining optimal vitamin D levels is especially important, with suggested ideal ranges of 65–100 ng/mL for males, 75–100 ng/mL for females, and 50–100 ng/mL for children. Comprehensive nutritional support and individualized testing help optimize bone formation and tissue repair. Only buy medical grade and quality tested supplements — Nutrition Connection Balance offers both at nutritionconnectionbalance.com or in person at 303 Garrison Avenue, Port St. Joe.

Creatine supplementation may also support muscle strength, bone health, cognitive function, and sleep quality, with typical dosing of 5 grams daily — and some studies suggest additional benefits at 10 grams daily when divided into two servings. Hyaluronic acid may further help support joint lubrication, tissue hydration, skin health, and connective tissue support.

Medications That May Increase Bone Loss

Several commonly prescribed medications may contribute to decreased bone density, including steroids such as prednisone, certain breast and prostate cancer medications, acid reflux medications, Depo-Provera, thyroid medications, anti-seizure medications, some mood-altering drugs, and certain blood pressure medications. Patients should never stop medications without medical guidance, but awareness of these effects is important for long-term bone preservation — and there are many possible better substitutes worth discussing with your provider.

Bisphosphonates such as Fosamax, Boniva, and Reclast are commonly prescribed to slow bone loss. While these medications may increase bone density in the short term, they are



rarely a good long-term solution. Potential concerns associated with prolonged use may include reduced collagen production, osteonecrosis of the jaw, increased fracture risk in the femur, bone and joint pain, acid reflux and upper gastrointestinal irritation, and cardiac rhythm concerns such as atrial fibrillation. Many healthcare providers recommend a “drug holiday” after approximately five years of treatment. You only get older — so why not address your bone health for life?

The Best Exercises for Building Bone Density

Exercise remains one of the most powerful and scientifically supported methods for strengthening bones. Strength training stimulates bone formation by applying healthy stress to bones and muscles, and is recommended at least 3 times per week for 20 to 60 minutes per session. Examples include free weights, resistance machines, squats and lunges, push-ups, and resistance bands.

The LiftMor Study has demonstrated that high-intensity resistance training can significantly improve bone density. When joints allow, higher-impact movements such as jump rope, jumping in place, sprint intervals, fast uphill walking, elliptical or cycling intervals, and rebounding on a mini-trampoline can further stimulate bone growth and are recommended 1 to 2 times weekly.

Rucking — walking with a

weighted vest or backpack — is an excellent strategy for strengthening the hips, spine, and legs, with beginners gradually increasing weight over time. Whole-body vibration platforms may provide additional support for circulation and muscle activation, though evidence regarding bone density improvement remains mixed.

Maintaining posture and balance becomes increasingly important with age and bone loss. Helpful exercises include back extensor strengthening, core exercises such as planks, tai chi, Bosu ball exercises, balance board training, single-leg standing drills, and physical therapy balance programs. Individuals with osteoporosis should avoid excessive forward bending or twisting while carrying weight.

The Best Tests for Evaluating Bone Health

A DEXA scan remains the gold standard for measuring bone mineral density, evaluating hip, spine, femur, and sometimes forearm density. T-score results are interpreted as follows: above -1.0 is normal bone density, between -1.0 and -2.5 indicates osteopenia, and below -2.5 indicates osteoporosis. The Trabecular Bone Score evaluates bone quality in addition to density and may provide additional fracture risk information. Advanced bone turnover marker testing — including CTX for bone breakdown, P1NP for bone formation, and osteocalcin — can

help monitor treatment effectiveness and bone remodeling activity.

Lifestyle Habits That Preserve Bone Density

Long-term bone health depends heavily on daily habits. Prioritize a high lean protein intake — approximately 0.7 to 1 gram of protein per pound of body weight daily, meaning a 150-pound individual may benefit from 105 to 150 grams of protein per day. Additional bone-preserving strategies include reducing alcohol intake, stopping smoking, limiting excessive sodium, maintaining healthy muscle mass, managing inflammation, controlling blood sugar, optimizing hormone balance, maintaining healthy omega-3 levels, and correcting vitamin and mineral deficiencies. The philosophy is simple: test, don’t guess.

Final Thoughts

Osteoporosis and osteopenia are not inevitable consequences of aging. Bone density can improve with the right combination of exercise, nutrition, lifestyle habits, targeted supplementation, and appropriate medical evaluation. The earlier prevention begins, the better — however, even individuals already diagnosed with osteoporosis can often strengthen their bones and reduce fracture risk significantly over time. Strong bones support mobility, independence, and long-term quality of life. Consistency matters, and small daily actions can lead to meaningful improvements in bone health for years to come.

For individualized therapies, bone supportive testing, exercise, and nutrition guidance contact Nutrition Connection Balance at (850) 227-7931, ncbteam@nutritionconnectionbalance.com, or visit nutritionconnectionbalance.com. Valerie or Kent Sayre will take stellar care of your needs while optimizing your care. Make your free 15-minute introductory appointment today at calendly.com/kentncb.

Effects of Weight Loss Injections Seen in a Dermatology Office



BY BRIDGET SULLIVAN, PA-C,
COASTAL SKIN SURGERY AND
DERMATOLOGY

Glucagon, like peptide-1 (GLP-1), also known as the weight loss shot, is commonly prescribed and used for patients to help with weight loss, diabetes and other medical conditions. Examples include Semaglutide, Tirzepatide, and Liraglutide. They have become very popular and widely prescribed within the last two to three years. Studies have shown that these medications have proven to have a myriad of medical benefits and have improved the health and longevity of many of their users.

Some of the medical benefits include: weight loss, cardiovascular risk reduction, improved blood sugar control, reduced kidney disease progression, blood pressure and cholesterol improvements, sleep apnea improvement, and reduced inflammation and improved metabolic health. Additional potential benefits are currently being studied in the fields of addiction/craving reduction, fertility/metabolic reproductive health, heart failure, Alzheimer's disease, and neuroprotection. With all of these benefits, it is no wonder that these medications have become so popular and widely prescribed.

There are side effects to consider when taking these medications. The potential side effects and precautions should be thoroughly discussed with the medical provider prescribing these medications to you. Some of the side effects seen in the dermatology office setting

include: reduction in inflammation, hair thinning, facial volume loss, and body skin laxity.

A positive side effect and benefit of these medications is their anti-inflammatory effects. A recent trial (The TOGETHER-PsO trial) found that adding tirzepatide to a psoriasis medication, ixekizumab (Taltz), significantly outperformed Taltz therapy alone. This trial highlights the anti-inflammatory effects of GLP-1's and how the anti-inflammatory effects can secondarily improve inflammatory skin conditions. These skin conditions include, but are not limited to, psoriasis, eczema, hidradenitis suppurativa, and polycystic ovary syndrome.

A side effect of these medications that is becoming more commonly seen in the clinic is hair loss and increased hair shedding. According to the Dermatology Times, "Hair loss affects approximately 70%

of GLP-1 users per cross-sectional survey data—far higher than reported in clinical trials. It is multifactorial: telogen effluvium, nutritional deficiencies, and possible precipitation of androgenetic alopecia in susceptible individuals." It is therefore important to monitor for nutritional deficiencies with labs, eat the proper amount of protein, and take a multivitamin to help combat excessive hair loss and shedding.

Another common side effect seen in the dermatology office is facial volume loss, commonly called "Ozempic face." Our face has multiple fat pads. When we lose a significant amount of weight, we lose facial volume, including fat, collagen fibers, and bone resorption. This can cause skin laxity, hollowing, and jowls. This can be treated with collagen-stimulating procedures (for example, Sculptra or microneedling facials) and fillers.

Lastly, a common side effect

that has been seen in the office is skin laxity and excess skin of the body. Weight loss reduces thick collagen fibers and increases elastic fiber density, resulting in lax, structureless skin and sagging. This can be reduced by building muscle and lifting weights. Also, surgical intervention from a plastic surgeon might be recommended. GLP-1s, also known as the weight loss injections, have had many significant medical breakthroughs and have improved many lives. However, there are many side effects that are not readily discussed and observed. With the confidence of weight loss sometimes comes the unintended effects of the conditions listed above. The good news is that there are remedies and solutions to these conditions. As always, if you have any questions or concerns regarding your skin health and wellness, always reach out to your dermatology medical provider.



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A Short Memory is Key

BY ALAN M. WATSON, PRESIDENT, GOLF+ PCB

In every round of golf that I've ever played I have hit a bad shot. Sometimes I've even hit more than one bad shot. Shocking I know! But the good rounds versus the bad rounds - what was the difference? A short memory.

When you dwell on your mistakes, your poor choices, your chili dips and your chunks, your short putts and your sliced drives that went OB, then you can't focus on the next good shot you intend to hit. Simple advice I'm quite aware. Easy to say but much harder to do. Yes we all know what to do yet it's the execution that is much more difficult.

I haven't taken much time for golf this year. Work, travel, and a little bit of rest have taken priority but in my last three rounds I have scored surprisingly well compared to what I expected when I arrived at the course. The key for my better than average scores has



been in my memory not in my shotmaking. Sure I have made some putts and I have hit a bunch of fairways but the best club in my bag lately has been forgetfulness. Hit a bad wedge shot - ok then- let's hit the next one close. misread a green and leave myself four feet for

par - no problem. Drive a tee shot into the water - that's okay - I can still score from here. My attitude and my ability to shake things off has led to three great rounds and I know why. By accepting the fact that the bad shot or shots are inevitable I have removed the anger

fit that comes after hitting that shot. In other words I already made up my mind that I was going to flub one here or there so when it happened I wasn't surprised. Sure I wasn't happy, but I wasn't shocked that it happened. And because I wasn't shocked I was able to

keep my composure and play on. Would I like to hit each shot exactly as I had hoped? Sure. But having made peace with imperfection I can play and have a good time and keep reasonable expectations and have fun.

I'm certainly not advocating for a negative mindset that is ready to make mistakes. I'm simply saying that no one has ever played the perfect round of golf and so having a more balanced approach gives us a chance to enjoy ourselves without getting too upset when things don't go right. And the best part is that with a short memory we can get back to hitting good shots rather than stewing on the negative shots.

Try it sometime. I think you'll be a lot happier. And more realistic.



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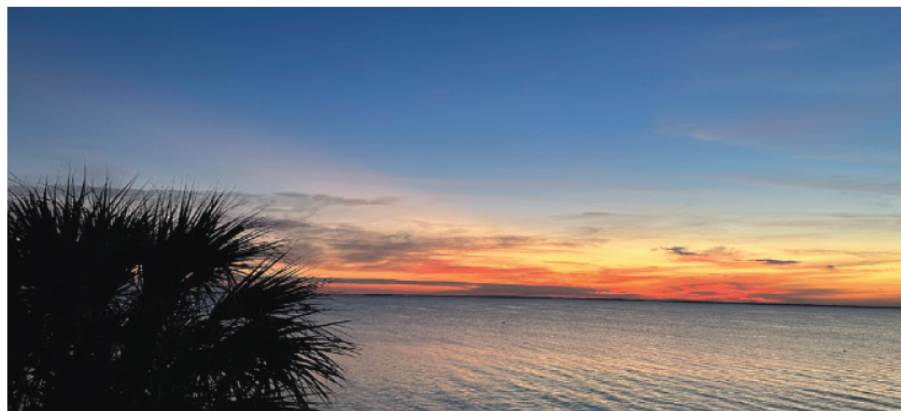
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