

FOLEY *{local}*

FOLEY AND BALDWIN COUNTY

JULY 2023

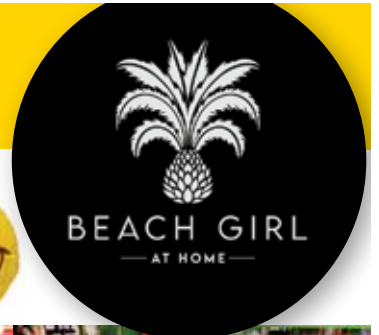


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Inside *{local}* July '23



6 STORYTELLER WRITES IT DOWN

Local storyteller releases his first book for kids

14 EVENTS AND FUN

From fireworks to festivals the area boasts many activities planned for the upcoming weeks



LOCAL FOCUS

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ON THE COVER: *It's time to celebrate summer and the 4th of July. Check out our expanded listings of events coming to the region on page 14 and 16.*

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Photography by Linda Williford

LOCAL STORYTELLER WEAVES TALES OF ADVENTURES

BY LINDA WILLIFORD

Rodney Hughes has always been a storyteller at heart. He loves telling stories about his life's adventures and experiences. He is a retired veteran of 20 years in the Navy.

"Stories have always had an important place in my life," says Hughes. "Starting with my old hitchhiking stories as a young sailor to my fun and enjoyable sea stories from my long naval career."

When Hughes saw a young man at his church with the congenital disability Spina Bifida, he decided to write a book that could relate to disabled children.

Hughes says, "I was so astonished by this boy's enthusiasm, confidence, and outgoing personality. He was just like any other child but was in a wheelchair."

Hughes has recently published a children's fiction book, "Sto-

ries from My Window: A Disabled Boy's Adventures." It is about a boy's adventures in a life in a wheelchair. Nathan, the ten-year-old character, sees the outside world through the window of his room. Hughes says the book was inspired by that boy at his church, as well as reflections from his childhood when he would visit his grandparents. Hughes said his grandparents lived in a high-rise apartment in Albany, New York. "When I would spend nights with them, we would go to the park across the street." He remembers looking out the window of the high-rise apartment and watching people ice skating on the frozen pond in the winter. Throughout the year, Hughes would enjoy watching the people at the park through the window.

This book is inspiring and encouraging for all children, especially for disabled children and children who might be going through a medical crisis or disease.

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FOLEY





Author Rodney Hughes with wife Jeanene at book signing event. Photography by Linda Williford.

< FROM PAGE 6

Hughes says, “This book is easy to read for ages 8-12 and is full of vibrant and engaging illustrations throughout.”

One of the things that helped to motivate his life in storytelling was when he was a ghost tour guide in St. Augustine, Florida. He worked there for two years.

“I was dressed in a 16th-century outfit, carrying a lantern in my hand, telling the tourist ghost stories as they would follow me going up and down the streets. That was such a fun job.”

Hughes has found that speaking engagements and events are another way for him to share his stories. He has spoken at the American Legion and VFW, the local library, and many other places where he can share his stories.

He served in the Vietnam War in 1967-1969 and has served worldwide during his 20 years of service. He has a master’s degree

in library science from Florida State University and worked as a library director at a Baptist college. He is married to his lovely wife Jeanene and has three children and six grandchildren, of whom have heard many of his stories.

Now Hughes wants to share more children’s stories in print. His next adventure book, “Stories from my Window: A Visit from my Grandparents’ Farm,” will be coming out in August. The 10-year-old boy Nathan will again share his adventures in his wheelchair during his summer visit to his grandparents’ farm.

You can purchase his first book: “Stories from my Window: A Disabled Boy’s Adventures,” on Amazon.com, JHS Bookstore in Foley, or from the author at storiesfrommywindow@gmail.com. Hughes is also available for speaking engagements and events as he loves to tell his stories to audiences of all ages.



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Sherae McMurphy has been teaching Pilates classes for 15 years. She obtained a 450 hour comprehensive certification in 2007 through The Pilates Sports Center in Encino, CA and has experience with Reformer Pilates, Cadillac, Trapeze, Barrel, and Chair. Sherae became a Pilates instructor after extreme pain from childbirth and found Pilates healed her back. She is passionate about helping people connect to their bodies and discovering their own love for a practice that had such a tremendous impact on her personally.

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Good news from Abiding Love Church!



Our Vision is to reach the world with God's love! We are excited to see people grow in love, hope and faith, in our community – we both grew up here! Pastor C J McBride grew up in Bon Secour, he farmed the church land as a boy! He had a stellar 16 year career with the Air Force, achieving the Chief of Staff award for the entire US AF. He has a BS in Ministry from In Christ International Bible college and his Doctorate from Lighthouse University.

Gina, "GiGi," (Mikkelsen), grew up in Magnolia Springs, was a Nurse for 38 years, and got her BS in Christian ministry from Faith In Action Bible college. We have pastored Abiding Love Church for 14.5 years.

We are an Inter-denominational church and welcome all who desire to grow in understanding of God's word and in their relationship with The Father, Jesus and His Holy Spirit-and how to 'do life well!' We established Faith In Action Bible College, accredited, now online. We have activities for every age group!

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Summer Events IN FOLEY AND THE AREA

THE MAGNOLIA SPRINGS BIGGEST LITTLE 4TH OF JULY PARADE

MARCH 17-19,
FROM 10 AM TO 5 PM
TUESDAY, JULY 4, 2023
BEGINNING AT 10:30 AM.
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The Magnolia Springs Biggest Little 4th of July Parade will be on Tuesday, July 4, 2023 beginning at 10:30 am. Line up on Woodland Drive begins at 10:00 am. The parade route will start at Woodland Drive, along Oak Street, ending at the Magnolia Springs Volunteer Fire Department. An All-American hot dog lunch will be served at the Fire Station immediately following the parade. An event by the town of Magnolia Springs



THE CITY OF GULF SHORES INDEPENDENCE DAY CELEBRATION

TUE, JUL 04, 2023, 9:00PM
GULF STATE PARK FISHING
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The City of Gulf Shores will celebrate the Fourth of July with a fireworks display shot from the Gulf State Park Fishing and Education Pier. Admission: Free



FOLEY CHRISTMAS IN JULY VENDOR MARKET

JULY 8 & 9 JULY 29 & 30;
10AM TO 4PM EACH DAY
TANGER MALL

It might be Summer but it's never too early to start thinking about Christmas! Get in the Summer Christmas spirit at our Splash Into Summer Vendor Market. Shop local vendors, vendor giveaways, grand prize raffle drawing, face painting for the kiddos, and more.



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Summer Events

IN FOLEY AND THE AREA



NAGA U.S. NATIONAL GRAPPLING CHAMPIONSHIP

JULY 22

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The North American Grappling Association (NAGA) comes to the Foley Event Center in Foley, AL for the NAGA U.S. National Grappling Championship on July 22. The NAGA U.S. National Grappling Championship is a no-gi and gi (BJJ) grappling tournament with divisions for all skill levels and all ages. Expert division winners are awarded championship belts. Non-expert children and teen division winners are awarded samurai swords. Adult non-expert winners are awarded medals. For more information on pricing, directions, divisions and more visit the NAGA website, www.nagafighter.com.

OWA'S ART WALK

JULY 28, 5:00 PM – 9:00 PM

DOWNTOWN OWA

1501 S OWA BLVD FOLEY

Enjoy a relaxing evening at OWA's charming new Art Walk on Friday, June 23, & July 28. Full of local handcrafted goods and art pieces, Grab a cocktail to go from one of OWA's finest restaurants or bars and sip your way through Downtown with some of the finest art on display for purchase.

To add a little extra charm to this special evening, solo musicians will also be roaming the streets of Downtown, including a saxophonist, as you wander through the Art Walk.



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2:00 PM - 5:00 PM FRIDAY

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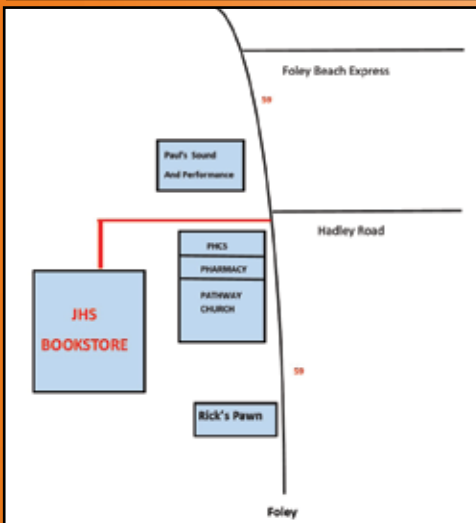
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JUMBO SHRIMP- 1 LB

VEGETABLES:CORN ON THE COB- 1 UN-SHUCKED CORN (CUT CORN OFF THE COB RAW)

WHOLE RED PEPPER- 1 (FINE DICE)

ASPARAGUS- 3 SKINNY STALKS (CUT OFF TOP AND BOTTOM ENDS, CUT INTO ½ INCH PIECES)

GREEN ONION- 3 STRANDS FOR GARNISH (CHOP AND SET ASIDE)

LEMON- 1 WHOLE (CUT OFF ENDS AND CUT THE LEMON INTO 4 QUARTERS)

PASTA: SMALL SHELL PASTA- 2 CUPS

SAUCE: WHITE RUE- 2 OZ (MAKE IN A MEDIUM SIZED POT, KEEP IN POT ONCE FINISHED FOR LATER USE. TAKE OFF THE HEAT SOURCE.)
2% MILK- 2 CUPS

SPICES:

OLIVE OIL- 7 OZ

RED PEPPER- 5 OZ

SALT AND PEPPER- TO TASTE

ROSEMARY- 2 TBSP

ALL SPICE- ½ TSP

CAJUN- 8 OZ

DIRECTIONS: *Once one item is started, begin the next one if you have the space.*

Note: All of these components take up 5 eyes on a stove.

- **Sauteed Shrimp**- In a small sauté pan on medium heat put 2 oz of olive oil in the pan. Once the pan is ready add the shrimp. Add both ends of the lemon and 1 of the 4 wedges. Squeeze the juice in the shrimp and leave the peel in the shrimp too.
- **Pan seared Snapper**- In a large sized sauté pan on medium heat, put 4 oz of the olive oil in the pan and allow to heat up. In the meantime, salt and pepper the fish to taste and add 2 oz of Cajun seasoning to one side of filets, then 2 oz more of Cajun to the other side. Cook the fish till the layers of the fish separate with ease and become opaque.
- **Sauteed Veggies**- In a small sauté pan on medium heat, put 1 Tbsp of olive oil in the pan and allow to heat up. Once the pan is ready, combine the asparagus, corn, and red pepper in the pan. Allow veggies to get some color.
- **Cream Sauce**- Begin to heat up the white rue on medium heat, once up to temperature, pour in the milk and reduce heat to low. Stir constantly until thickened. Season to taste and add rosemary, 1 lemon wedge squeezed and its peel, and all spice.
- **Pasta**- In a smaller pot, begin boiling the water and add a pinch of salt. Once the water boils, cook the pasta till tender, strain and set aside.
- **Layer** from bottom to top (1 cup of pasta, half of the sauce, 1 fish for each plate or bowl, half veggie mix on top of 1 fish, split shrimp, make a ring around the center with shrimp, sprinkle with green onion, lemon on top.)



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