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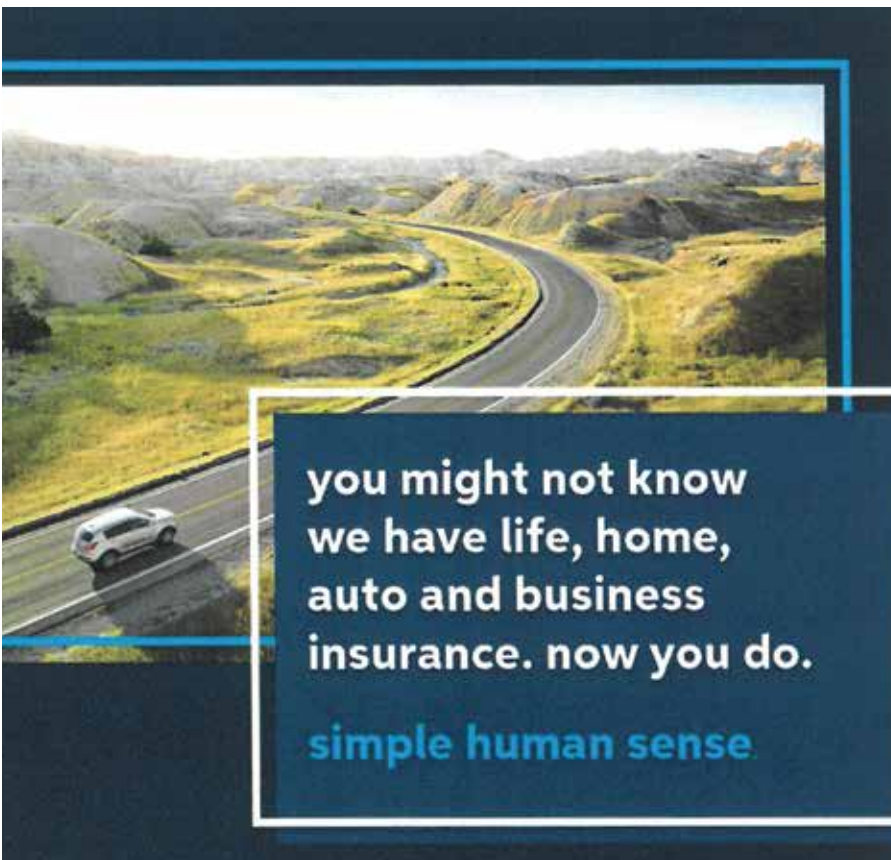
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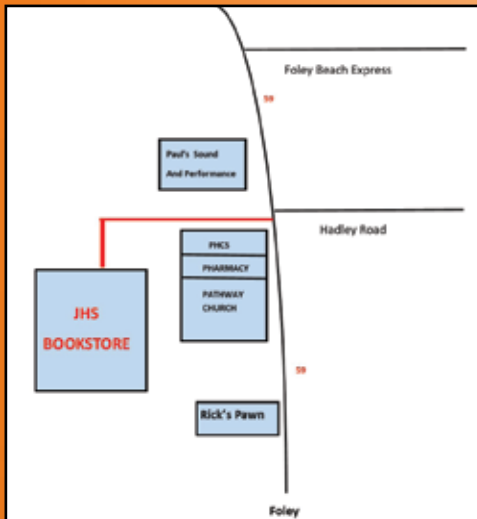
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# Inside *{local}* March '23



**6**

## JUST WHAT THE DOCTOR ORDERED

Doctors settle into the community and juggle lifestyle

**14**

## SO MUCH TO DO

So many events are coming this spring, don't miss the fun



## LOCAL FOCUS

FAITH & WORSHIP PAGE 12, 13

BUSINESS & SERVICE DIRECTORY 19

**ON THE COVER:** *A heron spotted by the water enjoying the sunshine here in Alabama.*

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Photography by Linda Williford

# KEEPING IT IN THE FAMILY

**BY LINDA WILLIFORD**

Dr. Ashwin Ananth with the ENT Centers of Excellence in Foley and his wife, Dr. Amy Ananth of Camellia Dermatology in Foley, work in the same building but obviously in different fields of medicine.

Dr. Ashwin grew up in Shawnee, Kansas, and attended medical schools at the University of Kansas and Tulane University. Dr. Amy lived in Mobile, Pensacola, and New Orleans when she was growing up and attended the Washington University School of Medicine in St. Louis, Missouri. They met in St. Louis at Washington University when Dr. Amy was doing her first year of medical school, and Dr. Ashwin was doing his senior year of undergrad at Washington University. After living in New Orleans for 10 years, they settled in Foley.

They liked the idea of moving to Foley. Dr. Amy says, "My parents live in Pensacola, and it is good for our children to be close to

their grandparents." Dr. Ashwin said he moved to Baldwin County because he likes the sun, sand, and surf fishing.

Dr. Amy first became interested in dermatology because of skin cancer. "One thing that is special about the skin is that patients can see what is going on, so I think they are more motivated to follow through on treatments," she said. "Also, they can see the results."

Otolaryngology, the branch of medicine that deals with the functioning and diseases of the ear, nose, and throat, also known as ENT, is Dr. Ashwin's field. In addition, he says that he deals with surgery of the senses. "It offers me the opportunity to fix problems through detailed and technical surgery and to have a craft that I will never perfect but can always improve."

The doctors have three children, ages 6, 4, and 1 year old. Then comes the question: How do you juggle it all between raising a family and two medical careers?

Dr. Amy says, "It is a big challenge to make sure that every-

**PAGE 8 >**



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Photography by Linda Williford

**< FROM PAGE 6**

thing is happening for the children at home, for all the normal life stuff like bills and the house upkeep.” She said, “Because our children are still so young, there is never a dull moment at home. I am always going through “to do” lists to make sure that everyone has the correct uniforms, snacks, lunches, school supplies, etc. and that we have everything we need like groceries, clean laundry, and house repairs.”

Dr. Amy describes what she considers a “normal family day.” She says, “It is very important that we all sit down to dinner together each evening with no phone or TV. We all sit at the dining table and do a tradition that our kids started called “favorite part of the day.” We go from the youngest to the oldest, and each person says what was their favorite part of the day. On the weekends, we like to go to the park or grill in our backyard with some of our friends who also have kids the same age.”

There was some sense of humor detected in Dr. Ashwin’s response. A “normal family day” for him would be: “Get up, baby is

crying, put on my clothes, get the other two kids ready for school, drink coffee, drive with my wife to the office, see patients until the sun sets, drive home, baby is crying, put the kids to bed... go fishing when I can.” But more seriously, Dr. Ashwin said that teaching his children hobbies, sports, and music is very important to him. And he added, “I feel very grateful to have my wife and my career.”

Dr. Amy says that the most important thing for her is Family and community. She enjoys working on maintaining and renovating their home, and taking care of their garden, which includes camellia bushes, live oak trees, and a vegetable garden.

When the doctors have time from their hectic careers and a demanding family life, they have their own hobbies and interests. Dr. Amy enjoys ballet, photography, and Pilates. And Dr. Ashwin enjoys fishing, scuba, snorkeling, surfing, anything on or in the water. He also added that his goal is to serve the Foley Community in ENT for a long time.

*For more information see their ads on pages 15 and 18*





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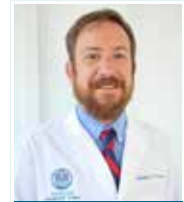
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**Spring Arts & Crafts Festival**

**MARCH 18, 2023 9AM-3PM**

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**Lunch 11am-1pm | Bake Sale**  
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Since its publication in 1982, the praise hymn “Sanctuary” has found its way onto the lips of worshipers both young and old, sung in large church buildings with stained-glass windows and in outdoor settings around a campfire where youth have gathered for a week of summer camp. Written by John Thompson and Randy Scruggs, the hymn adopts a personal stance: “Lord, prepare me to

be a sanctuary, pure and holy, tried and true; with thanksgiving, I’ll be a living sanctuary for you.”

I was a counselor at one of those youth church camps when I was first introduced to this hymn. One draw that this hymn has for me is that it takes a look at where we are and also directs us to where we want to be. As we move through this season of Lent – forty days filled with self-reflection – I hope that we can see where our faith journey is not yet completed. It is important that we work on ourselves so that we can be a greater witness to God’s love.

It is also important that we encourage and support one another through this journey. We will not always be at our best, but we all can strive to do better in our walk with Christ. Question is, will we be open to God’s guidance?

**Rev. Gary L. West** is Senior Minister at South Baldwin Christian Church, 19489 W. Keller Rd., Foley. SBCC is a small church with a large heart for its community, offering food for seniors and those in need, diapers for families, and special events in conjunction with other area churches and groups. A new Hispanic church start is also being nested at its site.



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# Spring Events

IN FOLEY AND THE AREA

Warmer weather, sun shining, and birds are singin'! Events are announced, and it's a great time to get out and enjoy these activities. This season has a lot to offer from good eats to kid's activities to music to arts and crafts, and we are only scratching the surface.

With blues and BBQ in Foley, arts and crafts in Fairhope, and a strawberry celebration in Loxley, the area is beginning to wake up as spring arrives and kicks off months of fun and exciting events.



## BBQ & BLUES COOK-OFF

MARCH 11, GATES OPEN AT 11 AM  
125 E LAUREL AVENUE  
HERITAGE PARK, FOLEY

The Annual BBQ & Blues Cook-off started in 2009 as the South Baldwin Chamber Foundation's biggest fundraiser. It is an outdoor food and music event held in Downtown Foley's Heritage Park on the second Saturday of March. An Alabama Barbecue Association Trail and Kansas City Barbeque Society-sanctioned event, the barbecue cook-off attracts corporate and individual teams competing for bragging rights in several award categories. Festival goers enjoy food, popular blues bands, children's activities, and arts and crafts vendors. All proceeds support the South Baldwin Chamber Foundation. Thanks to the generosity of event sponsors and volunteers, the impact on our community and schools increases each year. [southbaldwinchamber.com](http://southbaldwinchamber.com)

## SPRING FEVER CHASE 10K AND 2 MILE FUN RUN

SAT, MARCH 18, 2023  
8:00 AM  
DOWNTOWN FAIRHOPE

Have fun, enjoy the beautiful weather, and get fit, all while supporting Baldwin County Schools. Join Thomas Hospital and Wells Fargo for the 45th Annual Spring Fever Chase, a 10K and 2-Mile Fun Run/Walk that winds through beautiful downtown Fairhope overlooking Mobile Bay. The 10K is accurately measured, flat to rolling, with five water stations along the route and one at the finish.

[raceroster.com/events/2023/66341/spring-fever-chase-2023](http://raceroster.com/events/2023/66341/spring-fever-chase-2023)



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# Spring Events

IN FOLEY AND  
THE AREA

< FROM PAGE 14



## THE FAIRHOPE ARTS AND CRAFTS FESTIVAL

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DOWNTOWN FAIRHOPE

The Festival was recently named one of the top 15 art shows in the nation by the Sunshine Artist Magazine in their annual ranking of the nation's top festivals. The 71st annual Fairhope Arts and Crafts Festival will take place March 17, 18, and 19 in downtown Fairhope.

The Fairhope Arts & Crafts Festival Foundation (501c3) hosts the annual Festival to promote community appreciation of the arts and support art education. All proceeds are reinvested into the community through local scholarships, donations, and grants available to students and organizations in Fairhope. Also taking place on March 18, Thomas Hospital will host their 45th Annual Spring Fever Chase, a 10K and 2-mile fun run walk.

For more info, visit: [fairhopeartsandcraftsfestival.com](http://fairhopeartsandcraftsfestival.com)

## ANNUAL BALDWIN COUNTY STRAWBERRY FESTIVAL

APRIL 8 - 9  
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The Baldwin County Strawberry Festival is a much-anticipated local tradition held annually at Loxley Municipal Park. Every year, visitors join us from around the Southeast to enjoy the special events, car shows, music, crafts, and, of course, the strawberry shortcakes!

Whether you're a festival veteran or a first-timer, we invite you to join us for this year's event. Not only will you share a memorable experience with friends and family, but you will also help us raise funds for worthy causes in our community. Baldwin County Strawberry Festival is a local non-profit organization, and all event proceeds stay local. Funds raised benefit Loxley Elementary School and the ARC Baldwin County, Inc.

For more info, visit: [baldwincountystrawberryfestival.org](http://baldwincountystrawberryfestival.org)





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