

SPOTLIGHT

The **Freeport Merchants Association** was founded in March of 2018. It was formed with the pure intent of uniting the businesses in Freeport, Florida. In doing so, we strive to foster an environment of encouragement for each other and to build up one another in order for our hometown to be a successful and prosperous community.

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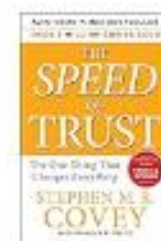


Recommended Reading



In life and business, relationships are important, but they are empty unless they are established and based on trust.

“If deployed and leveraged, is the one thing that has the potential to create unapparelled success and prosperity in every dimension of life”



Lupus is a mysterious disease that makes your immune system attack your own body, causing inflammation and damage to various organs and tissues. There are different types of lupus, but the most common and serious one is systemic lupus erythematosus (SLE), which can affect almost any part of your body, from your skin to your brain. Lupus is diagnosed by a combination of blood tests, urine tests, physical examination, and medical history. There is no single test that can confirm or rule out lupus, so it can be difficult to diagnose and sometimes misdiagnosed. Lupus is a chronic autoimmune disease with no cure. Treatments include medications and lifestyle changes to reduce symptoms and organ damage.



Six-Minute Seared Ahi Tuna Steaks

Ingredients

- 1 Tuna Steaks (ahi, yellow, about 4oz. each)
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Toasted Sesame Oil
- 1 Tablespoon Honey
- ½ teaspoon Kosher salt
- ¼ Teaspoon Black pepper (to taste)
- ¼ Teaspoon Cayenne Pepper
- 1 Tablespoon Canola Oil

Directions

- Pat the ahi tuna steaks dry with paper towel. Place on plate or inside a plastic bag.
- Mix the soy sauce, toasted sesame oil, honey, kosher salt, pepper, and cayenne pepper.
- Heat a medium skillet on medium-high until very hot.
- Add the canola oil, to the hot pan. Sear the tuna for 1-1/2 minutes on each side for medium rare.
- Remove to a cutting board. Slice ½ inch slices and serve garnished with green onions, toasted sesame seeds, and a squeeze of fresh lime juice

