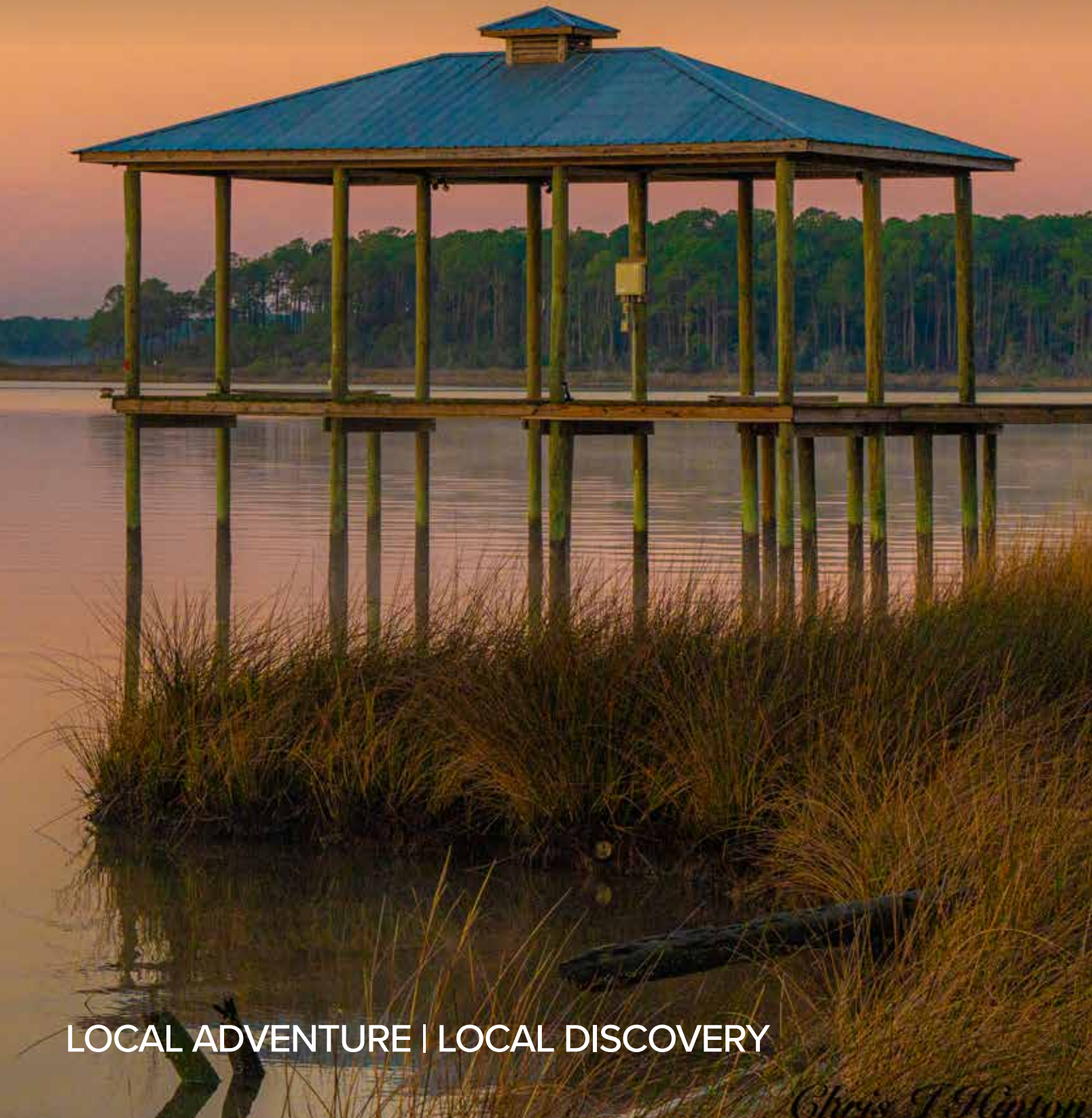


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AUGUST 2025



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# Inside {local} August '25



**6**

## AN ECLECTIC COLLECTION

Discovering a local antique store is fun and interesting



**12**

## BACKPACK MEALS

Charity Events raise funds to provide weekend meals for kids



## LOCAL FOCUS

**RECIPE PAGE 11**  
**FAITH & WORSHIP PAGE 13**

**ON THE COVER:** Bayside, over calm waters, this view of Oyster Bay reminds us the seasons will be changing soon. Photo by Chris J Hinton

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Photography by Linda Williford

# NOMAD ANTIQUES

BY LINDA WILLIFORD

As part of her retirement, Eddy Boudreaux decided to open an antique store in Foley. Referring to her store, Boudreaux said, “I have always loved antiques and decorating and being around that kind of stuff. So, it kind of seems like a good fit for me.”

She and her co-owner and life-time friend of 20 years, John Soderberg, opened the Nomads on Eddy’s birthday in April of 2024. Eddy’s daughter said to her when she was talking about opening an antique store, “You and John are like a couple of nomads, traveling around the world collecting stuff.” That’s where they came up with the name of the store.

The antiques in the store form an eclectic collection of unique, vintage, and rare pieces, including furniture, wall hangings, paint-

ings, jewelry, crystals, China sets, and more. “I don’t have two of any one thing,” said Boudreaux. “I’m very utilitarian. I also like to collect pots and pans, things made out of metal, and rolling pens.” Her customers are likely to find something of interest or possibly that rare item they have been looking for at the Nomads store.

In the back of the store, Eddy and John have set up a library of vintage books, magazines, newspapers, cards, including photos, vinyl, and CDs. Also, in the back, there is an area called the man cave, full of fishing and hunting memorabilia, race car and motorcycle books and publications, and golf items.

Boudreaux’s store inventory has stemmed from the inheritance of family and friends who have donated items from downsizing or from deaths in their family. Boudreaux says, “I don’t collect

**NEXT PAGE >**





Photography by Linda Williford

for resale, I collect things that I love." The store is full of beautiful antiques.

During the summer, Boudreaux says, "The tourists buy small things that will fit in their suitcases to take back home, like salt and pepper shakers." She says she gets repeat business from tourists. In the winter months, the local customers will buy the larger items.

Over the years, Eddy has found a change in the antique world. She said, "The attitude is changing. People are looking more for that rare, unique piece, and not so much for the crystals, and fancy China sets."

For more information, see the Nomads ad on page 13.





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Photo provided

# STRIKE OUT HUNGER

On Saturday, August 23, Alabama Credit Union and the event presenting sponsor, Coldwell Banker Coastal Realty, will host Strike Out Hunger to benefit Secret Meals For Hungry Children. Guests are invited to rally their best team of 8 to make a difference for children living in food-insecure households. This event will take place at Gulf Bowl from 2:00 p.m. to 5:00 p.m. Businesses are invited to sponsor this event by purchasing a bowling lane. An online auction will also be held from August 15 to 22 via Charity Auctions Today.

In South Alabama, Secret Meals For Hungry Children serves approximately 800 children in 17 elementary schools. 100% of funds raised from this event will go directly toward preparing weekend food packs for children living in food insecurity in our community. "This event is a great way to bring the community together to express an important need," says Nicole Fulgham, the Community Involvement Manager at Alabama Credit Union.

"Children shouldn't have to worry where their next meal will come from, especially not while they are trying to learn."

The Secret Meals For Hungry Children Program, established in 2008, aims to reduce the number of children in Alabama and Florida who face hunger over the weekend. The program serves over 4,300 children across Alabama and Northwest Florida by discreetly distributing food packs into children's backpacks while they attend school. Each food pack contains two breakfasts, two lunches, and two snacks. All items include pull-tab containers, straw-penetrating juice boxes, and bite-sized crackers. Best of all, the food packs are 3.5 pounds and can be easily carried in their backpacks.

*For more information, contact Nicole Fulgham at [nfulgham@alabamacu.com](mailto:nfulgham@alabamacu.com). Visit [SecretMeals.org](http://SecretMeals.org) to learn more about the auction.*





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## *A Luscious Lime Smoothie for Hot Summer Days*

Next time you are looking to relax outdoors all day, try this Tart Lime Smoothie, which is filled with fresh fruit and cool enough to wash away that summer warmth. This chilled, tart drink will have everyone in the family ready to go for round two down the water slide.

To make this smoothie, in a blender, blend two kiwis, two ripe bananas, some fresh mint, lime juice, orange juice and 2 cups of crushed ice until all the ingredients are incorporated.

Light, fresh and a little bit frothy, this smoothie has a unique texture that may leave you wishing for a second cup the moment you take your first sip. Find more fun summer recipes at [Culinary.net](http://Culinary.net).

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.



#15603 Source: [Culinary.net](http://Culinary.net)

### **TART LIME SMOOTHIE**

**YIELD:** 1-1/2 CUPS

#### **INGREDIENTS:**

2 KIWIS, PEELED AND HALVED  
2 RIPE BANANAS  
3 TABLESPOONS FRESH MINT, CHOPPED  
2 LIMES, JUICE ONLY  
1 CUP ORANGE JUICE  
2 CUPS ICE, CRUSHED

#### **PREPARATION:**

In blender, blend kiwis, bananas, mint, lime juice, orange juice and ice until smooth. Pour into glasses to serve.



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