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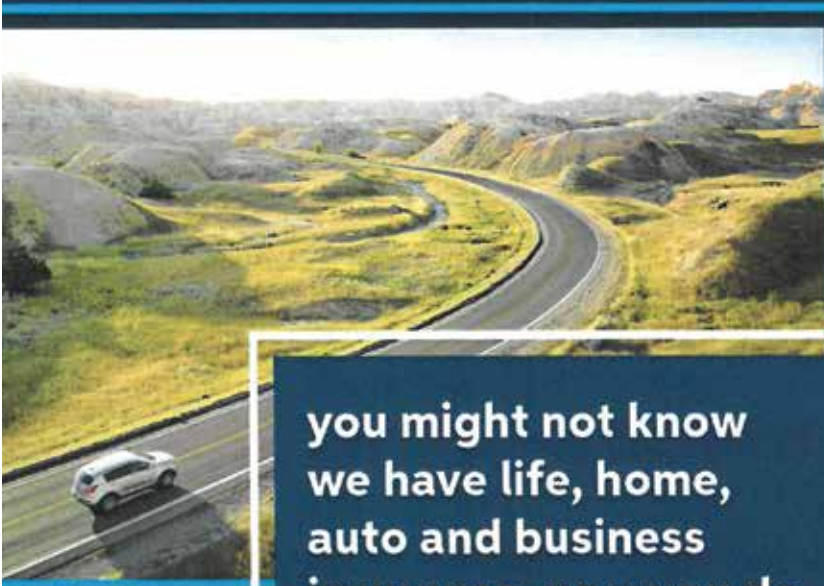
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Inside {local} January '23



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Nurse discovers treatment that brings benefits for the community

LOCAL FOCUS

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ON THE COVER: *It may be getting cooler but nothing beats a sunny days on the beach. It is nice here in Foley we are only minutes away from the gulf. Enjoy the season!*

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(left to right) Pastor Bill Curtin and Pastor John Simonson. Photography provided

POLICEMAN TO PASTOR

BY LINDA WILLIFORD

The new year has a way of bringing change, whether it's intentional or not. For John Simonson, it was intentional. Simonson is the part-time co-pastor of Foley United Methodist Church and is excited about making a change from a police officer at the Orange Beach Police Department to a full-time pastor at Foley UMC.

Simonson has been with the police department for 22 years and has moved up through the ranks from a reserve police officer to now Lieutenant of the Intelligence Division. Simonson is 47 years of age and has been with the State system for 25 years, allowing him to retire. However, he now wants to devote his retirement to full-time church ministry.

When asked what influenced him to make this career change, he shared his story.

"I had always grown up in church and went to church with my parents every Sunday." He said, "I knew all about God and Jesus. But when I started to college, I decided that I didn't really need God anymore, and that I could make it on my own." Simonson said that he had experienced what the world had to offer, and surprisingly found himself miserable, not fulfilled, nor happy. He said, "I had become a very broken person and was at the lowest and darkest place in my life. And at that point, I called out to God for help." Simonson said, "For the first time, I experienced Jesus. I found that just having knowledge about Him was not enough."

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Simonson continued, “There is a difference. Transformation happens when we experience Jesus, not just know about him.”

Simonson has been in the ministry part-time for 11 years. He explained how one could go from knowing nothing at all about church ministry to becoming a local pastor of the church. The United Methodist Church has a candidacy program for those wanting to go into ministry, especially those who are older. In addition, the church offers a seminary-level course of study for local licensed pastors. For those who want to be an ordained minister, there is an advanced course of study, which would include a few more years of studies.

When asked if law enforcement has prepared him for ministry, Simonson said, “Absolutely. Law enforcement has helped me to

become a better pastor because it gives me a better understanding of life. When someone is going through a low point in their life, I can help them because I know what they are going through. My faith has helped me understand grace and mercy.” Simonson added, “The mission of a police officer is to protect and serve the community. The mission of a minister is to serve and love the community.”

During Simonson’s free time, he loves to play golf. When asked what message he wants people to take from his story, he said, “To let them know, there is a difference in knowing Jesus and experiencing Him. Sometimes, we need the brokenness of our hearts to be exposed in order to help us with that experience. I want to help people to find that experience.”



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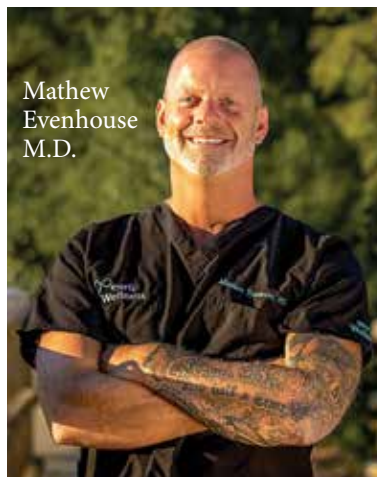
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Photography by Billy Griffin

LIVE LIFE REVITALIZED

BY LINDA WILLIFORD

Janet Baker, founder and owner of enrG Wellness has the solution to your health and wellness needs to start the new year. Her clinic offers IV Therapy, Ozone Therapy, and Functional Medicine. Baker is also a registered nurse and says, "It's incredible how the body will heal itself when given the right nutrients and right therapy."

The clinic has solutions to many medical issues that traditional medicines do not address. The IV therapy uses vitamins and

nutrients that the cells are familiar with, and it will process and eliminate the by-products from traditional medicines. Just to name a few, some of the signature IV cocktails to choose from will treat hangovers, fatigue, jet lag and enhance athletic performance. The clinic also offers B12 boost shots, mega weight loss solutions, and oxygen aromatherapy services.

Baker says, "Functional medicine does not replace traditional medicine. It enhances it by eliminating the root cause and stopping the symptoms altogether."

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- Our “Real Life Needs Pillar: we focus on the needs that affect the real life of the people in our area.
- Our “Table” Pillar: we focus on creating space and opportunity to present food as a sustenance and a gathering point for the community.
- Our “Discipleship” Pillar: we focus on providing spiritual growth opportunities for ourselves and those around us.

Foley United Methodist has always been United Methodist and will plan to remain so in our future. We believe that ours is to offer Grace to all people. God is wonderfully set up to be our life giver and judge of our lives. We leave this task to our God.

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We hope that you will consider trying us on for size.

Foley United Methodist has a long-standing presence in Foley Alabama. We operate from what we call our “Four Pillars” of mission and ministry in Foley.



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Photography by Billy Griffin

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Baker became interested in functional, integrated medicine when her father was ill with cancer. He did not want to take chemo or radiation. Baker said, "I had to help my father get through this comfortably." She researched and was surprised how a new world had opened up to her through functional medicine. She couldn't believe how these treatments practiced over 120 years ago were being kept from the public today. With what she learned, she started her father on a regiment of functional medicine and ozone therapy. The IV therapy also helped her father to get the nutrients

that his body needed.

Baker said she found nothing like functional, integrated medicine in the Baldwin County area. So, she decided to open a clinic in Foley. "It has been well received," she said. She wants to get the word out and keep educating the people about what's available to help them. Baker says, "We want to partner in your wellness care, not your sickness care."

Baker said, "This clinic is a multidisciplinary practice." She added, "Our staff are all licensed medical professionals. We have

PAGE 16 >

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< FROM PAGE 14

a registered nurse, a certified family nurse/functional medicine practitioner, and a chiropractic/sports rehab doctor. We want to treat the whole body. Currently, we are seeking a certified Pilates instructor to add to our staff.”

“When you walk into the Wellness Clinic, you will feel the energy.” Baker says, “We are not a mainstream medical office.”

Visit their website: enrgwellness.com, to get more details about the IV therapy, Ozone Therapy, and Functional Medicine. There are now two locations, Foley and Orange Beach. The clinic in Foley is at 620 N. McKenzie St., Ste 200.

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Natasha Winter

*Natasha Winter goes all in for her family, clients and her community, a natural part of her personality is to dig in and help wherever she is needed. Being a transplant to Baldwin County, Alabama, several years ago, Natasha gained a unique understanding of what it feels like to search for a home in a New Community. This drove her to seek out a career as a Realtor® and be a part of the growth in our community and make the process of moving seamless and welcoming. Last year, Natasha took the next step and joined the Association of Baldwin Realtors Community Service Committee, serving all throughout Foley and Baldwin County. In her free time, Natasha continues to serve at her local church, and other organizations which aids her in giving back, and staying on top of what her client's need to know to guide them in their search for the perfect home and location. When listing a property, Natasha utilizes those skills to attract buyers and their real estate agents. When starting your Real Estate journey, whether you're buying or selling, having an agent who will know how to market your home and find your next home in the location that works for you, Natasha Winter is an excellent agent to have by your side. Contact her 228-327-5212, <https://natashasells.com> or text **natashaSells** to **85377** to request her mobile business card.*



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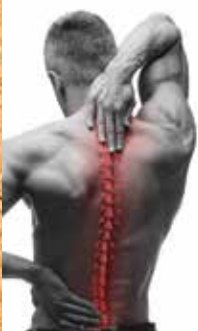
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PREP TIME: 20 MINUTES | COOK TIME: 25 MINUTES | SERVINGS: 4

1 BAG SUCCESS WHITE RICE
1/2 POUND BRUSSELS SPROUTS, TRIMMED AND HALVED
1/3 CUP DICED HAM
1 CLOVE GARLIC, MINCED
1 TABLESPOON OLIVE OIL
3/4 TEASPOON SALT, DIVIDED
3/4 TEASPOON BLACK PEPPER, DIVIDED
1 CUP HEAVY CREAM
2 TABLESPOONS FINELY CHOPPED FRESH CHIVES
2 TABLESPOONS DIJON MUSTARD
1 CUP SHREDDED SHARP CHEDDAR CHEESE
1/2 CUP GRATED PARMESAN CHEESE, DIVIDED
1/3 CUP BREADCRUMBS
2 TABLESPOONS BUTTER, MELTED



Preheat oven to 450 F. Prepare rice according to package directions.

In large bowl, toss Brussels sprouts, ham, garlic, olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper.

Place on parchment paper-lined baking tray and roast 12-15 minutes, or until caramelized. Decrease oven temperature to 425 F.

In large bowl, toss rice, Brussels sprouts mixture, cream, chives, Dijon mustard, remaining salt and remaining pepper.

Stir in cheddar and 1/3 cup Parmesan cheese. Transfer mixture to greased, 2-quart baking dish.

In small bowl, stir breadcrumbs, remaining Parmesan and melted butter. Sprinkle over rice mixture.

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