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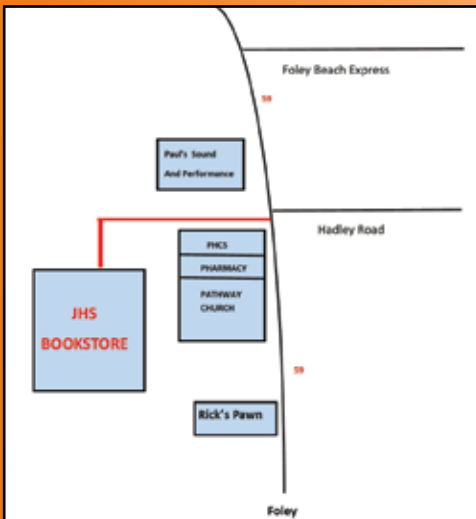
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BELIEVING IN MAGIC

The South Baldwin Community Theatre is a star in the community

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FASCINATION FOR NUTRITION

Local business provides solutions that can be a tool for healthier life

LOCAL FOCUS
FAITH & WORSHIP PAGE 12, 13
BUSINESS DIRECTORY 17



ON THE COVER: *Now in its 52nd year, the South Baldwin Community Theatre not only provides local entertainment, but is a great opportunity for residents to get involved and improve their acting skills and build confidence.*

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THE MAGIC OF LIVE THEATRE

BY LINDA WILLIFORD

A theatre is a magical place where actors on stage can act out real life in an engaging and entertaining way. South Baldwin Community Theatre is one of those magical places.

Steve Henry, the President of the Board of Directors of South Baldwin Community Theatre, says, "We believe in the magic of live theatre. We are really storytellers who take the words of a playscript and make them come to life on stage."

Henry, a Real Estate Broker by trade, has been involved in theatre for seven years. He talks from experience because he is an actor, as well. Henry says, "We have professional actors and those who have never acted before. Each year, we have approximately 100 actors who will grace the stage from all works of life, including attorneys, housewives, teachers, doctors, retirees, and others.

They combine their talents to bring a piece of the performing arts to the community.

The South Baldwin Community Theatre is in its 52nd season. Father Anthony Zoghby, a Catholic priest in Foley founded the non-profit organization in 1972 in downtown Foley. Previously, Father Zoghby had started the Mobile Theatre Guild in 1950. A couple of Foley businessmen came to him, knowing he was experienced in theatre, and asked him to start a playhouse in Foley. The first playhouse was at the corner of Laurel and Pine Street in an old, vacant Methodist Church. Later, some land was donated, and the community theatre, now known as South Baldwin Community Theatre, was moved to Gulf Shores to its own property.

The theatre consists of all volunteers. No one is paid a salary. The volunteers do everything from acting to setting up the stage,

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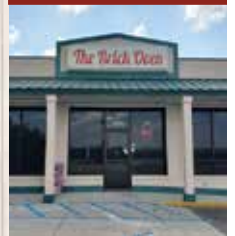
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< FROM PAGE 6

operating the sound system and lights, working the concessions, and checking people in.

The performers' goal is to create magic and engage with the audience, but Henry says that the real magic is on the stage with the performers. "Acting is potentially life-changing for those who have always wanted to do it but didn't have the courage. It gives them confidence. It helps them to be a part of a team. It teaches them to be reliable, punctual, and helps them to trust each other." All ages from 8 to 70+ are encouraged to audition for a part of the play, whether it is a few lines or a lot of lines to memorize, there is always something for everyone."

The theatre does nine productions each year, with three of them being the Young Artist Series Production. This is for youth ages 8-18 years old. Young people are encouraged and given the opportunity to be a part of the performing arts community. Their next production is "Channeling Grimm" and is scheduled for April 12-21.

The theatre seats 127 and is usually busting at the seams in

January and February when the snowbirds come down for the season. Once a year, there is a special production called Snowbird Production. Originally, it started when all the snowbirds came down from the Midwest and New England states, and they would create their own play. They cast, rehearsed, and built their own set. Robert Lane is the producer for this production, and Dawn Lucas is the set designer. They work with the snowbirds production every year, and the production is always a sellout. This year's production, "The Hallelujah Girls" is scheduled for February 14-25.

Each season, a Reading Committee is appointed to choose a variety of plays, which will be recommended to the Board in January for the next season that begins in September. After the approval of the Board, they get started on purchasing licenses for each play to have the rights to produce the play.

Go to www.sbct.biz to sign up for the newsletter which tells of upcoming productions and opportunities to volunteer. On the website, there is a link for Auditions and a link for Volunteers.



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Why God? New Year, New Habits

When you pause to think about it, our daily lives are just a string of habits.

Some habits are conscious and intentional, others just seem to happen. A perfect example: We jump onto Facebook, Instagram, Tik Tok, for “just for a minute” — and realize, that we’re still scrolling an hour later. Because we weren’t intentional with our time.

The same lack of intentionality can hinder our developing a daily “God habit.”

If we don’t set a firm boundary for meeting with God daily, we’ll fill the time with other activities that matter far less. Like Facebook.

Build Your God Habits

Our maturity in Christ is built through habit. Repeated actions that become our norm.

So how do we create habits that move us from dabbler to high performer, so we’re all in for God?

Experts suggest that habits are most easily formed when we start small with an action we can easily repeat, over and over, until they stick.

So you might start or end your day with reading just a single Psalm or chapter in the Bible. Or perhaps pick one of the excellent daily Bible

reading plans on the You Version app.

Lack of time is tied to our mindset, not our available minutes.

Dr. Henry Cloud, a leading expert on mental and relational health, asserts that our present habits determine our future self. It is our small, daily habits that create the individuals we become 10, 20, 30 years down the road. We’re compounding, just like money in an investment account.

God designed us to adopt high performance habits, including putting in the time to grow ever closer to Him. Any other activity is second-best.

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Photography by Linda Williford

NUTRITIONAL GAPS IN YOUR LIFESTYLE

BY LINDA WILLIFORD

“I find nutrition fascinating,” says Justina Ralston, owner and operator of GNC in the Pelican Place at Craft Farms in Gulf Shores. “It’s like working a puzzle,” she says. “I know medications are important, but alternative solutions can be a tool that can help fill in those nutritional gaps in your healthy well-being.”

Justina Ralston started as a sales associate with GNC in 2007 and worked her way up into management. Eventually, Ralston wanted her own store. She took over the ownership of the Gulf Shores location six years ago, in April of 2018.

Ralston shares her story of how she lost weight a few years ago. “I was collecting fat around the mid-section. I learned about macronutrients, which are the nutrients that your body needs in large amounts. They include fat, carbohydrates, and protein.” Macronutrients are the nutrients that give you energy and are often called “macros.” Ralston decided to explore macronutrients and the effects of macro management for her body type. She adjusted her intake of carbs, fats, and proteins.

Along with using the tools of vitamins and minerals that GNC has to offer, she was able to reap the benefits and quickly achieved her weight loss goal. Ralston said, “I’ve learned a lot about nu-

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Photography by Linda Williford

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trition from owning my own store. It makes me appreciate what I have to offer to my customers. She said that people are becoming more aware of macro management and the role that vitamins and minerals play to maximize performance and to feel better. She loves it when her customers come into the store and tell her about the GNC products that are working for them.

During the depression years in 1935, many people were plagued with sicknesses, and diseases were running rampant. David Shakarian was concerned and dared to have a dream. He opened a small health food store in Pittsburgh, PA. He specialized in healthy foods like honey and whole grains. He introduced to Americans the benefits of a new product called yogurt. From there, his small business flourished into many stores known as GNC and is now the leading health food chain that has revolutionized the health food industry.

At Ralston's store, she has more than just vitamins and minerals. She carries protein and collagen powders, a variety of herbs

and superfoods, and products that aid digestion, skin care, weight control, and more.

She offers samplings of popular products for customers who want to taste them before they buy. She also offers a monthly raffle that her customers can enter to win \$50 store credit. The monthly entries will then be combined, and at the end of the year, there will be a drawing for a \$200 store credit.

Although we all know the importance of exercise to go along with our healthy lifestyle, Ralston said that if you need a recommendation for a trainer, "We have connections with local trainers. We have all the tools that you need to start your new year right." See the ad on page 7.

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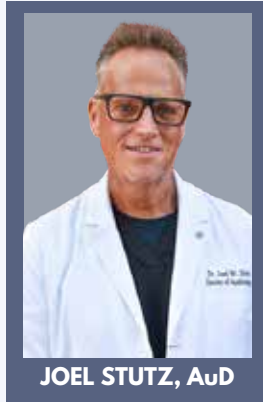


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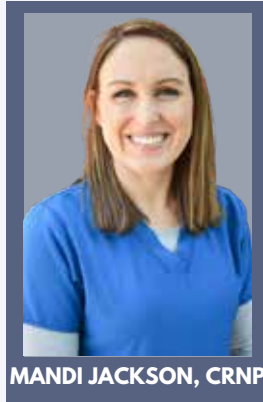
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