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Celebrate with us as we approach our 40th monthly edition. Since our launch in 2022, Foley Local has been committed to making a difference, and now we're expanding our team to strengthen our impact in the community.

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Do you have a passion for connecting with local business owners? Are you seeking a rewarding part-time opportunity that gives you the flexibility to set your own hours and work at your own pace? If you thrive on results and want to be rewarded for your individual efforts, then this is the perfect opportunity for you!

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Reaching out through personal visits, phone calls, or emails, you'll arrange meetings and passionately share the Foley Local story, showcasing the incredible benefits of partnering with us.

Send an email to jbryant@wilcolocal.com and let me know why you're ready to take on this fantastic opportunity.

Inside {local} October '25



6

FOR YOUR HEALTH

A local practice providing ear, nose and throat treatments close to home



12

SCARY AND FUN

Foley has many events in October, check out our favorites and make plans to attend



14

GRILL AND ENJOY

Fire up the grill and enjoy this tasty meal tonight - sure to impress your guests and family



LOCAL FOCUS FAITH & WORSHIP PAGE 13

ON THE COVER: Seasons are changing, and fall is here. But there is still time to grill your favorite foods, or try something new (see the recipe page 14), enjoy the many events planned for October (see page 12).

Follow us on facebook and receive more content and local info. Check out our website at foleylocal.com 

ADVERTISING INFORMATION Interested in reaching thousands of homes and businesses in the Foley Baldwin county area through direct mail and social media promotions? We offer creative advertising opportunities to local businesses and organizations. Reach out today for more details. In Foley, contact David Williford at 615-243-3031, or email David at dwilliford@wilcolocal.com.

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David Williford, Foley Local General Manager, at 615-243-3031, or email David at dwilliford@wilcolocal.com.



left to right: **Jessica Miller, Mandi Jackson, and Dr. Stutz.** Photography by Linda Williford

PROVIDING EXCELLENT CARE

BY LINDA WILLIFORD

“We see all ages of patients from one-year-old and beyond,” said Jessica Miller, Office Manager of the ENT Centers of Excellence in Foley. The center not only provides services for residents of Foley, Miller continued, “We have patients from Pensacola, Daphne, Fairhope, and Mobile.”

Because of the services needed in the Foley/Baldwin County area, Dr. Keith Kowal, M.D., who is Board Certified in Otolaryngology & Sleep Medicine, opened the doors of ENT Centers of

Excellence in November 2015. He and his family moved to Baldwin County from Atlanta, GA. His expertise lies in Otolaryngology, Head and Neck Surgery, Allergy, and Sleep Disorders.

Dr Kowal is one of few specialists in the Southeast that offers Inspire Therapy. Inspire is a treatment option for people with moderate to severe Obstructive Sleep Apnea who are unable to use a CPAP, which requires a mask and hose. Inspire is controlled with a hand-held remote.

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Clockwise
from top left:

Dr. Keith Kowal, MD
Dr. Joel Stutz, AuD
Mandi Jackson, CRNP
Hope Tindle, CRNP

Photography provided



< FROM PAGE 6

two new practitioners that have recently been added to their ENT team.

Dr. Joel Stutz, AuD, is a Licensed Audiologist who sees patients of all ages. He does CAP testing and evaluations of children with learning disabilities, as well as hearing aid evaluations for adults. He deals with a number of audiological issues. After being the clinical director of MOSA (Michigan Otolaryngology Surgery Associates) for 25 years, he and his wife moved to Baldwin County in 2022. He was a clinical audiologist for a year in Baldwin County before joining the ENT Centers of Excellence.

Mandi Jackson, CRNP, RNFA, is Board Certified in Family Medicine. She worked in the ICU, home health, and radiation oncology before becoming a nurse practitioner. She graduated in December 2022 from the University of South Alabama as a nurse practitioner who is board-certified in family medicine. She joined

the team in 2023. She sees patients alongside Dr. Kowal and also works with patients who have the Inspire implant.

Hope Tindle, CRNP, is Board Certified in Family Medicine and joined the team in 2024. Hope has certifications in multiple areas, including RNFA and FLS, which make her proficient in procedural skills and bone disorders. Hope has many years of experience in orthopedics and urgent care settings. She sees patients alongside Dr. Kowal.

The office consists of 8 additional staff members. Miller said, "I love my staff. They are awesome because we work together as a team. A lot of us have been together for a long time."

Miller says, "We also do in-house environmental allergy testing, and we have a sinus CT machine in our office. ENT Centers of Excellence is now accepting new patients. Call 251-943-1117. For more info, go to their website: entcoe.com.

See their ad on page 10.

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LOCAL EVENTS



Haunted Forest

Graham Creek Nature Preserve
23030 Wolf Bay Dr, Foley
Various dates in October

Graham Creek Nature Preserve offers a walk through a haunted forest featuring a unique “apocalyptic” theme on select nights in October. Available dates include Saturday, October 4, 11, 18, 24, 25, and November 1. Additionally, there will be an adults-only (18+) event on Wednesday, October 29. Experience the eerie atmosphere of the haunted forest at Graham Creek Nature Preserve. visit grahamcreeknaturepreserve.com

Oktoberfest 5K & Fun Run

OWA | October 4, 8 am

3rd Annual Oktoberfest 5K and 1 Mile Fun Run/Walk (USATF Certified 5K Course) on Saturday, October 4, 2025, at OWA, starting at 8 am. Participants are encouraged to come dressed in traditional German Oktoberfest attire, such as dirndls and lederhosen. Beer and bratwurst will be available.

runsignup.com/Race/AL/Foley/Oktoberfest5KFoley for info



Foley Hometown Halloween

Downtown Foley

October 23, 5:30 pm – 8 pm

The City of Foley invites families and friends to downtown Foley for its highly anticipated Hometown Halloween on Thursday, October 23, 2025, from 5:30 to 8 pm. This free, family-friendly event promises a night of spooky fun with games, treats, bounce houses, concessions, face painting, a cake walk, and balloon creations. The highlight of the evening will be the Costume Contest at 6 pm, featuring over \$1,000 in prizes. Contestants can compete in age categories ranging from toddlers to adults, plus a group division. “This is one of Foley’s most beloved community traditions, bringing thousands of residents and visitors together for a safe, festive night in the heart of our city,” said event organizers.

visitfoley.com for more info



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Grilled Smoked Pork Steaks

INGREDIENTS:

2-4 PORK STEAKS
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HICKORY CHIPS OR CHUNKS
BUTTER
APPLE JUICE

DIRECTIONS:

- Coat pork steaks with olive oil and season well
- Light one full chimney of charcoal
- Set up grill with charcoal on one side (indirect cooking)
- Add hickory to charcoal
- Place steaks on other side of grill
- Cook (with lid on) 1 hour turning after 30 minutes (275-300 degrees)
- Wrap in aluminum foil and add a splash of apple juice and a few pats of butter
- Place wrapped steaks back on grill and cook another hour
- Remove from grill and let rest for 20 minutes
- Serve



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