

SUN Monthly Neighbor

Locally Owned & Operated

"The little paper"

VOL. 4, NO. 1 • JANUARY 2025

*****ECRWSS*****
 LOCAL RESIDENTIAL CUSTOMER

PRSR STD
 ECRWSS
 US POSTAGE
 PAID
 PERMIT #300
 STUART, FL

Serving Wakulla County, Alligator Point and St. Teresa

Trixie Smith

An average athlete at Wakulla High, the ultra-marathoner pushes limits of endurance

By LINDA ANN McDONALD
 Correspondent

"What inspired me at 16 years old to complete an Iron Man competition was the famous Julia Moss 'Crawl of Fame' photo from the Hawaii Iron Man; I knew then I wanted to hang around the kind of people that know quitting is not an option," says Trixie Smith, ultra-marathoner. "I like the idea of a challenge not many people can do."

Smith graduated Wakulla High School in 1997 and lived off Ace High Stables Road growing up.

"I was in JROTC in high school, and I was a part of cross country but I was not really good at it," he says.

"I told myself I wanted to do an Ironman after graduation, and I went into the Coast Guard after graduation. Here, I started to hang



Trixie Smith at the Mammoth Deca Anvil Iron Man that consists of a 24-mile swim, 1,120 mile bike ride and 262 mile run.

Turn to Page 7

LEE TRAILER SALES

WE'VE GOT YOU COVERED!

SURE-TRAC
 ALUMA
 ANDERSON Manufacturing, Inc.
 INTIMIDATOR
 BW TRAILER HITCHES
 TRIPLE CROWN TRAILERS LLC
 ARISING CM TRUCK BEDS TYM TRACTORS

Family Owned & Operated Same Location for 42 Years

850-878-0788
 MONDAY-FRIDAY 8AM - 5PM
<https://leetrailers.com/>
 3922 Crawfordville Rd, Tallahassee, FL 32305



Trusted Local Family
 Dedicated to Serving You
 When Caring Counts.
 Skip, Paula, Kimberly & Trey

Family

Funeral Home & Cremation Services

at Harvey Young Chapel
850-926-5919
 Familyfhc.com

3106 Crawfordville Hwy., Crawfordville, FL 32327

cabs and counters

Best Wishes in the New Year

850-745-6053
 2510 Crawfordville Highway, Crawfordville

www.CabsandCounters.com
 We now accept all major credit cards

While our specialty is cabinets & countertops for kitchen and baths, our passion is design, lifestyle and budget.

Serving Wakulla & Tallahassee to St. George Island
 Open: Mon. – Fri. 9a.m to 4p.m.
 Appointments available to better serve you.

We will be closed from December 23rd to January 2nd 2025.

Locally Owned & Operated by Anne Henson



HomeView Pro

THE CLEAR CHOICE



(850) 713-9001

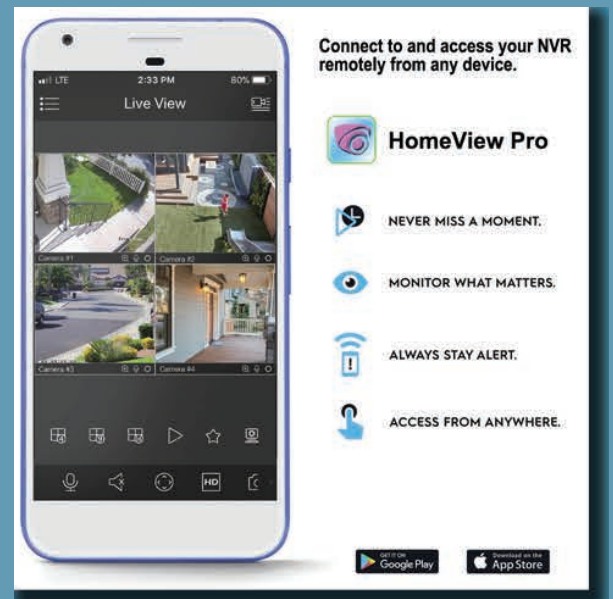
HOW MUCH DOES IT COST? WAKULLA RESIDENTS ONLY

- 🏠 4 Camera Residential System Installed: \$799
- 🏠 6 Camera Residential System Installed: \$999
- 🏠 8 Camera Residential System Installed: \$1199
- 🏢 4 Camera Commercial System Installed: \$1299
- 🏢 6 Camera Commercial System Installed: \$1699
- 🏢 8 Camera Commercial System Installed: \$1999

NO MONTHLY FEES ... EVER!

WHAT'S INCLUDED?

- ✓ 5-Megapixel Night Color Cameras
- ✓ 4K - 8 Channel Video Recorder
- ✓ Pre-Installed 2TB Hard Drive
- ✓ Live Motion Detection and Alerts
- ✓ Remote Live View From Any Device
- ✓ 24 Hour Recording
- ✓ Peace of Mind Wherever You Are
- ✓ Professional Setup and Installation



These prices include single story structures only and up to 60 feet of distance for each camera. An internet or cellular connection is required for remote viewing.

Locally Owned and Operated



www.HomeViewPro.com

**HISTO-
RY**

January 1925

The 1920's roared with fads, crazes, frivolous, fun loving and had a booming economy.

-January 5 –

Nellie Tayloe Ross becomes the first female governor (Wyoming) in the United State.

-**ASTRONOMER**

EDWIN HUBBLE ANNOUNCES THE DISCOVERY OF GALAXIES OUTSIDE THE MILKY WAY

- January 1, 1925

-Radiovision Debutes.

-Jan 6, 1925 John Z. DeLorean was born.

SALES - SERVICE - REPAIR
3Y OUTDOOR EQUIPMENT
 WE SERVICE ALL MAKES & MODELS - CHAINS SAWS FROM \$199⁹⁹
 2219 Crawfordville Hwy • Crawfordville • 926-3300 Open Mon. - Fri. 8-5, Sat 8-Noon • 3youtdoorequipment.com

MISS INFORMATION FUN PAGE *By Lynda Kinsey*

Content contributors William Diekman

FLORIDA HISTORY

When visiting Washington, DC be sure to stop in at the Florida House on Capitol Hill for a cold glass of Florida orange juice. Rhea Chiles' Vision of the State Embassy was born in 1972 using some of her own money for the building and other donation. Rhea was the wife of then Florida U.S. Senator Lawton Chiles. <https://www.floridahousedc.org/> Visit the link above to read all about it!

850-745-8065
www.USAbuiltsheds.com
 Locally Owned - Darell Land
 25 Aaron Strickland Rd
 Crawfordville, FL 32327

Gardening

Tips for Growing Dogwoods.
 A few years back a blight took out most Dogwoods in my neighborhood. Is it time to try growing them again? I'm going to give it a try. They like to grow under larger trees with filtered sun. Keep any infected branches trimmed. Smaller trees may be saved with a fungicide spray. Mulch well around trunk. Look up tips for using Epsom salt to fertilize. Be sure to water when we have dry conditions.

FOOD TIPS

- Boiled eggs peel best if using fresh eggs.
- Bread flour has more gluten than all-purpose flour. More elasticity.
- Add your herbs at the end of cooking a dish.
- When baking or reheating, parchment paper is your best friend.
- Adding fresh herbs to a dish can add immense flavor without as many calories.
- Pat dry meats and fish before placing in the hot pan.
- Lard is still a favorite for baking many cookies & frying chicken.
- Clean your wooden cutting board with salt and cold water.
- Place a towel under your cutting board to keep it from slipping.

SNARCYiSMS!

There are wise men and otherwise.
 Tact is for people who are not witty enough to be sarcastic!
 Question:How do you handle sarcasm?
 Answer: The next day I think of a great comeback.

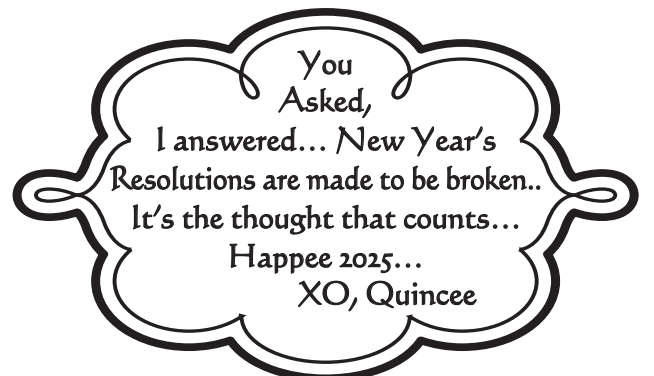
MAKING A LIST of things you want to accomplish in the new year is a great way to start off the year. It is very satisfying to cross off the items as you achieve goals. Post on your fridge or desk where you are likely to see it daily. I've never done it , but a **NOT TO DO LIST** may be a good idea too. :)

A B C STORAGE
 Mini-Warehouses - Boats - RV's
 519-5128 • 508-5177 - 3743 Crawfordville Hwy
 2 MILES SOUTH OF THE COURTHOUSE



Wakulla History

One of my favorite places in Wakulla is Wakulla Beach. The remains of the last hotel that was on the beach is the foundation. This was the third hotel operated on Wakulla Beach called Wakulla Beach Hotel. From what I have read, Daisy Walker who died in 1935 wanted to build a town at East Goose Creek at Wakulla Beach. According to Wikipedia the town was platted, it was founded in 1915 and developed by Henry Walker Sr. Said to be Florida's first subdivision, it did not bring large numbers of people. They converted the first hotel into a home around 1920 and build a second of cypress. It was likely destroyed by a tropical storm in 1928. After that they built the third. Guests were attracted to fishing, swimming and goose hunting in the winter. Indian burial mounds and middens were found up and down the road and have been professionally excavated, they found signs of looting that had taked place over many years. the lost town of East Goose Creek – to the St. Marks National Wildlife Refuge. Source: Friends of the St. Marks Wildlife Refuge website



QUALITY RESIDENTIAL AND COMMERCIAL REPAINTING
PRESSURE WASHING • LIFT AVAILABLE IN HOUSE
WOOD ROT REPAIRS • CABINET PAINTING
DECK RESTORATION

A NEW LOOK PAINTING
 ANEWLOOKPAINTING.NET
850-926-2400
 SINCE 1993

Serving Wakulla & Surrounding Counties Since 1993
 Jim Porter & Todd Porter
 LICENSED & INSURED
 LOCAL OWNED & OPERATED
 Member of the Chamber of Commerce and the Better Business Bureau

TREE TRIMMING and REMOVAL
 • STORM DAMAGE •
 • TREE PRESERVATION •
Michael Mongeon
 ISA Certified Arborist, FL-6125A
 ISA Tree Risk Assessment Qualified
850-421-8104

EXIT REALTY CAFE

Representing BUYERS and SELLERS!

Offering a new Seller COMMISSION Schedule to SAVE you Thousands.

To contact us text **EXITCAFE to 85377** or for more information

Call David Rossetti, Broker / Owner 850-591-6161

NOTICE: We have moved our location We come to you virtually or in your home.

Bla...
 Bla...Bla...Blah...
 Do you ever think just for a split second when you missed someone said on the radio that you could hit rewind to play it back -An internet website is only available to view as long as someone is paying for that site name. Then, poof it's gone! Or, you may not find something on the internet that you know you read ten years ago only to find that what you read has changed or been deleted.

BELLISSIMO
 FLOWERS AND GIFTS

Hours of Operation
 9am-5pm Tuesday thru Friday
 9am-2pm Saturday
 Closed Sunday and Monday (exceptions for deliveries on Monday)
 84 B Ochlockonee St, Crawfordville
 Phone: 850-745-6586
 Website: <http://www.Bellissimo.org>

Kevin Story has 20+ Years in the floral industry, offering custom floral designs for all occasions, event planning, wedding coordinating, balloon design and so much more!
 Nothing is beyond the imagination.
 You dream it he will create it!

Call me for this ad spot
 Lynda Kinsey 850-962-8019

SPORTS-
 Florida State College fielded their first FOOTBALL GAME in what year?
 -Florida State University played their first FOOTBALL GAME in what year.



Party Tents-n-More
Tents • Tables • Chairs
850926-7339
850933-1718 (cell)
Located in Wakulla County
Locally owned and operated by Charlene & Billy Bishop



AIR-CON Of Wakulla
Heating & Air
Serving Wakulla & Franklin Counties
850-926-5592
Sales & Service
All Makes & Models
Carrier
Turn to the Experts.
3232 Crawfordville Hwy., Crawfordville
Owned & Operated by Gary Limbaugh Lic. # CAC1814304



Gerald Brown Photography
• Licensed Drone Operator
• Beach Portraits
• Special Occasions
• Events
Follow me on instagram: [GeraldBrownFoto](#)
850-545-4281
GeraldBrownPhoto@gmail.com



RMS Marine
SINCE 1985
FORMERLY AMS
Specializing in All of your Commercial Fishing, Crabbing, and Aquaculture Supplies
850-926-3114 • 800-726-3104
3026 Coastal Hwy, Crawfordville FL
[RMSMarineSupply.com](#)
If we don't have it... We can get it!



ABODE STOCK PHOTO

Daily journaling is a great way to work through challenging thoughts and alleviate stressful situations.

Setting mental health goals for the New Year



By **SAMANTHA KENNEDY**
Extension Director

As the new year approaches, millions of people set resolutions to improve their physical health, finances, or personal achievements. But amidst these aspirations, mental health often gets overlooked. Yet cultivating mental well-being is just as vital as any other goal. This year, mental health experts encourage individuals to embrace specific, actionable goals to foster emotional resilience and stability.

The last few years have underscored the importance of mental health. The ongoing challenges of balancing work, relationships, and self-care have left many feeling burned out or overwhelmed. According to the World Health Organization, mental health is a cornerstone of overall well-being, influencing physical health, pro-

ductivity, and quality of life.

When setting mental health goals, clarity and specificity are key. Goals should be realistic and meaningful, focusing on personal growth rather than perfection. Mental health professionals often recommend the SMART framework—specific, measurable, achievable, relevant, and time-bound.

For instance, instead of resolving to “stress less,” consider a concrete goal such as practicing 10 minutes of mindfulness meditation daily or scheduling weekly outdoor walks. These focused actions are easier to implement and track, increasing the likelihood of success.

Here are some ideas for creating useful mental health goals in the new year:

Practice gratitude. Start a daily gratitude journal to focus on the positives in life, even during challenging times. Research shows this simple habit can significantly boost mood and resilience.

Limit screen time. We live in a time where we are all connected to our devices and setting boundaries can be a challenge. However, reducing social media use, especially during

evenings, can help promote better sleep and minimize comparisons that can harm self-esteem.

Seek professional support. Commit to scheduling regular therapy sessions or joining a support group. Mental health professionals and valuable tools to navigate stress and emotional challenges.

Prioritize rest. Aim to establish a consistent sleep schedule. Adequate sleep is essential for emotional regulation and cognitive function. According to Michigan State University Extension, kids aged 7-12 should get 10-11 hours of sleep per night, kids aged 13-18 need 8-9 hours per night, and adults over 18 need 6-8 hours of sleep per night. These are general recommendations and individual needs may vary.

Build connections. Strengthen relationships by scheduling regular catch-ups with friends or family, even virtually. Social support is a critical buffer against stress and anxiety. Seeking out social groups with common interests and spending time participating in hobbies together can be great ways to reduce stress and pro-

mote well-being.

Like any resolution, mental health goals may face obstacles. Life gets busy, motivation fluctuates, and setbacks are inevitable. However, treating these goals as a journey rather than a destination can help. Be kind to yourself when progress feels slow. Mental health is about building resilience, and every small step counts.

Celebrating incremental successes, whether it is a week of consistent journaling or a meaningful conversation with a loved one, reinforces positive behaviors.

As the new year unfolds, let mental health take center stage. By setting thoughtful goals and committing to small, manageable changes, 2025 can be a year of greater balance, self-awareness, and emotional well-being. Remember, prioritizing mental health is not selfish, it is a powerful act of self-care that equips you to thrive in all areas of life.

For more information about mental health and setting new year's goals, please contact Samantha Kennedy at (850) 926-3931.

HELP COMMUNITY JOURNALISM
MAKE A TAX-DEDUCTIBLE DONATION TO
SUPPORT THE WAKULLA SUN THROUGH
THE FLORIDA PRESS FOUNDATION.



Your donation will help keep
the presses running.

Free trees available at the Arbor Day Festival on Jan. 18

By **LYNN ARTZ**
Special to Th Sun

Saturday, Jan. 18th, will find the annual Crawfordville Arbor Day celebration and tree giveaway back at Hudson Park. Starting at 10:00 am, more than a thousand trees in pots will be available for free, rain or shine. Every person who attends, including children, may take home one free tree. Choose from among 15 kinds of trees. Get longleaf pine seedlings in addition.

Bring the whole family to enjoy the exhibits, music, and food. Children will delight in the petting zoo, marine critter touch tanks, craft activities, and fun games. Artisan and craft vendors will sell their wares. A raffle will be held for plants, garden items and more. Purchase raffle tickets with cash or with used 1-

and 2-gallon black plant pots in good condition.

Festival goers may choose their free tree from among the following young pot-grown trees: red maple, chalk maple, river birch, tulip poplar, willow oak, live oak, pignut hickory, blackgum (sourgum), bald cypress, American elm, green ash, redbud, elderberry, rusty lyonia, and cabbage palm.

Bareroot longleaf pines round out the offerings.

All are Florida natives and well suited to Wakulla County.

After 12:15 p.m., take any number of remaining trees in pots for a requested donation of \$4 per tree.

Tree information will be available and tree experts will be on hand to help you select a tree for your yard. Try to learn about the trees and decide on your top choices in advance.

There will be a "Meet the Trees" presentation at the Wakulla Library at noon on Wednesday, Jan. 8th.

Arbor Day is a nationally celebrated observance that encourages tree planting and care.

"Florida's Arbor Day is in January, the perfect month to plant trees," said County Forester Emily Lanpher.

"Wakulla County has lost many native trees to development and storms," reported Lynn Artz, the event's organizer.

"Please plant replacement trees to provide food and homes for wildlife," urged Jeannie Brodhead, Tree Coordinator for the Wakulla County Garden Club.

"Trees provide cooling shade, can reduce electric bills, store carbon and help slow climate change, and reduce stormwater run-

off," added Marney Richards, Education Coordinator for the Florida Wildlife Federation.

The Wakulla County Garden Club, with funding from the National Wildlife Federation's Trees for Wildlife Program, is contributing about 850 trees (8 species) that were planted in pots

and tended for a year by club members.

The Florida Forest Service is providing 100 trees (4 species) from a nursery plus 500 longleaf pine seedlings.

Members of the Sarracenia Chapter of the Florida Native Plant Society do -

nated two more tree species.

Many community volunteers will help to conduct the event.

For more information or to volunteer, contact Lynn Artz (Lynn_Artz@hotmail.com; 850-320-2158).

ALL PRO FENCE & DECK
Commercial, Residential, Decks, Gates & More
Locally Owned & Operated • 30 years experience • Licensed & Insured
Joey Olah 850-408-7709

QUALITY TOWING & RECOVERY
now OPEN
10% OFF BEST PRICE in TOWN
FLAT RATE TO TALLAHASSEE
850-556-3182
29 Rainbow Drive • Crawfordville, FL

PAT GREEN'S LAWN SERVICE
WE DO IT ALL!
20+ Years Experience
850528-2371 or 850926-7461
TREE TRIMMING, TRACTOR WORK AND LAWN MAINTENANCE

- LAND CLEARING
- LANDSCAPING
- IRRIGATION
- SOD • MULCHING
- BUSH HOGGING
- DRIVEWAYS
- CULVERTS INSTALLATION
- ROAD MILLINGS

FREE QUOTES!
Call us for all your outdoor projects!
Locally Owned and Operated
Licensed and Insured



The American Dream
americandreamnorthflorida theamericandreamnorthflorida
www.theamericandream.house
LET OUR TEAM HELP YOU TODAY! 1-800-451-1605

Whether it's buying or selling a primary home or your next vacation home in Wakulla County and the surrounding areas, our agents have got you covered!

Happy NEW YEAR
From Our Entire Team!

ANGIE BROOKE
BROKER ASSOCIATE
850.766.3675
Angie@theamericandream.house

HOPE WEBB
BROKER/OWNER
850.838.7640
Hope@theamericandream.house



By GREG GAST

Tis' the season of giving. Giving is a rich and complex field that touches many aspects of human behavior and relationships.

With the Christmas exchanges to birthday celebrations, from romantic gestures to corporate gifts.

The act of giving

and receiving is deeply woven into the fabric of our social lives.

Understanding the principles behind gift-giving can help us to strengthen our relationships and bring more joy to both the giver and the receiver of gifts.

So next time you're puzzling over what to get for that special someone, remember, it's not just about the gift, it's about the connection it creates and the emotions it evokes.

What compels us to give? At the heart of giving is altruism—the selfless concern for the well-being of others.

Real life giving

Empathy is closely linked to this. Empathy is the ability to understand and share the feelings of another person.

When we see someone in need and can imagine ourselves in their shoes, it often places the desire in us to help. Our personal values and beliefs also influence our need to give.

For some, giving may be linked to religious or spiritual beliefs. For others, it might be a personal philosophy of making the world a better place.

As it's said, "We make a living by what

we get, but we make a life by what we give."

One of the effects of giving is increased happiness and life satisfaction.

Giving can also be a powerful antidote to stress. When we focus on others, it can take our minds off our own problems and provide a sense of perspective. It's a beautiful paradox by giving of ourselves, we often gain peace of mind.

Giving can significantly boost self-esteem and sense of purpose. It can provide a profound sense of meaning and fulfillment. It powerfully strengthens social

connections and can provide a support network during challenging times.

So, what can you take away from all this?

Here are some practical tips for a more meaningful gift exchange:

1. Focus on the recipient. Really think about what they would appreciate, not what you would want.

2. Consider experiences over objects: Sometimes a shared experience can be more meaningful than a physical gift.

3. Don't underestimate the power of a heartfelt note: The

sentiment behind the gift can be just as important as the gift itself.

4. Be mindful of the cultural differences: If you're giving a gift to a different cultural context, do your research first.

5. Remember that it's the thought that counts: A small thoughtful gift can often mean more than an expensive but impersonal one.

Let me know what you think...

Greg Gast is Real Life Counseling, 3295 Crawfordville Hwy., suite #4, Crawfordville FL 32327.

LUBE-XPERT

<p>Synthetic Oil</p> <p>\$10 OFF (Includes 5 Quarts) \$6 Per Additional Quarts</p> <p>With coupon. Not valid with any other offer. Expires 1/31/25</p> <p>\$5 OFF</p> <p>Full Service Conventional Oil Change</p>	<p>ASK FOR MILITARY DISCOUNT</p> <p>\$5 OFF</p> <p>Set of Wiper Blades</p>
--	--

Locally Owned by **Charlie Grim** charliegrim@msn.com • LubeXpert.us

(850) 926-6526

Mon. - Fri. 8am - 6pm • Sat. 8am - 4pm
2219 Crawfordville Hwy., Crawfordville, FL 32327

CARROLL APPRAISAL COMPANY, INC

Appraisals in
Leon, Wakulla, Gadsden, Jefferson & Franklin Counties

Rhonda A. Carroll, MAI
State Certified General Real Estate Appraiser #RZ459

850-575-1999 • **850-926-6111** • 850-694-3333

Competitive Rates • County Resident
Specializing in Commercial & Residential Appraisals
(Including Mobile Homes)
• Leon/Wakulla Native •

• Over 37 Years Experience Appraising Real Estate •

VISA Visit Our Website at: www.carrollappraisal.com MasterCard

BLACKFOOT ROOFING & CONSTRUCTION

3152 Crawfordville Highway
Crawfordville, FL 32327

(850) 251-9792
www.blackfootroofing.com

SELECT ShingleMaster Certified
Veteran Owned Business VOB VERIFIED PROUD MEMBER
AtlasPRO+ SILVER LEVEL

CCC1332583

HELP COMMUNITY JOURNALISM MAKE A TAX-DEDUCTIBLE DONATION TO SUPPORT THE WAKULLA SUN THROUGH THE FLORIDA PRESS FOUNDATION.



Payment must be made to the Florida Press Foundation, write in the check memo line that you want the donation to go to The Wakulla Sun.

Send it to Florida Press Foundation at 336 East College Avenue, Suite 304, Tallahassee FL 32301

San Marcos Mexican Grill & Cantina

Lunch Specials Monday - Friday 11:00 - 3:00

850-962-8079
INDOOR & PATIO SEATING
DINE IN OR CARRY OUT
DOORDASH

We don't want ALL the Business - but we want YOUR Business

2000 Crawfordville Hwy.
Across from Wal Mart
Sun. - Thurs. 11-9
Fri. and Sat. 11-10

Toasttab.com/SanMarcosCrawfordville

G3 Boats ROBALO
SEA HUNT SH BOATS
Panacea Mike's Florida MARINE SUPPLY Est. 1970
SKEEPER PERFORMANCE FISHING BOATS
TIDEWATER boats
YAMAHA OPEN

Mon-Tues: 8:00-5:00 • Wed: 8:00-1:00
Thurs-Fri: 8:00-5:00 • Sat: 8:00-1:00 • Closed Sunday

Phone: 850-984-5637
Fax: 850-984-5698
1296 Coastal Highway, Panacea FL 32346
<http://www.mikesmarineflorida.com>

FOLLOW THE SUN.
Your local source for news.



Trixie Smith

From Front Page

around people that participated in Ironman competitions. At this point in my life, I had kids and the idea to compete was too far off at the time. Later, I went into the Army National Guard and into Wildland Fire Forestry for U.S. Forestry.

"I was deployed to Iraq 2004-2005 and 11 months after I returned from there, I decided I was going to meet my goal and get this done," he says. "I did the Great Floridian Triathlon and the Keys 100 with 100-mile races starting at Mile Marker 101 down the Keys Highway.

"After these challenges, I realized I was not fast, but I was consistent; I can run a 10-minute mile all day long," he says.

Smith explains that being an ultra-runner is a cultural thing. "Ultra runners are like Forrest Gump for example, they are crusty looking and choose functionality instead of looking good, and ultras are competitive, someone's got to win!

"In a race, there are so many little things that can go wrong."

Iron Man competition is a brand name for a 140.6 mile marathon that is broken into three portions: 2.4 mile swim, 112 mile bike ride, and 26.2 mile run.

In a Double Iron Man, the swim is 4.8 miles, 224 miles of bike riding and a 52.4 mile run.

"I failed the Double Iron Man, extreme blisters on my feet were real bad so the judge pulled me. Mile 20 of the run I was not going to finish, but if I quit it will be a long ride home thinking about it. If the judge pulls me, it's a different mindset.

"Last year I did Quintuple Iron Man, 12-mile swim, 560-mile bike ride and a 131 mile run, it took me 6 days to complete and it did not go well. I was dead last of 12 people who started, 4 people dropped out and I was 5 hours outside and I got blisters, I had hallucinations of Iraq due to sleep deprivation and it rained so hard – everything was wet and both competitors on both side of me quit."

Push your limits constantly and keep setting new goals is a motivational quote Smith is an example of.

"Not that I did quintuple, I wanted to do Deca Iron Man. I knew Deca would be hard and it was miserable; harder than anything I ever done in the military, this is considered a transformative race."

Smith described the high level of sportsmanship while participating in events: "The old man in the race Al Manning who was 65 to 66 years old, he kept his tent up for all the guys who finished before me and he came back and ran my last mile with me."

Another emotional story Trixie shared was, "The guy that won the race, I blistered my feet, and he wrapped my feet and gave me a dry pair of shoes, it's similar to the military quote, 'No man left behind.'"

"Throughout the race, I had two people that checked in with me every day, Ken Edel who was my battle buddy when I was deployed and Kevin Mendenhall. Kevin gave me dry shoes at the Quintuple and crewed/ran with me after he had finished the race.

"Their phone calls and texts were the highs of the day, a simple word of encouragement from people really goes a long way," he says.

"Physical fitness is

not the only thing needed to participate in the race," Smith shares, "The first hurdle is paying for a race; I set up a gofundme account to help me raise \$4,500 in entry fees, I put a leave slip of absence from my work a year in advance. Twenty years of firefighting I'm used to the physical demand and it proved beneficial, I came in 4th place and I was back to work."

Boxer Mike Tyson famously said, "Everyone has a plan until they get punched in the face." Smith says the same goes for competitions and races: "It was all business, setting personal goals to do each day and I had a game plan going into the race."

Mammoth Deca Anvil Iron Man consists of a 24-mile swim, 1,120 mile bike ride and 262 mile run. I came in 4th place. I got hypothermia in the Wisconsin race, it was 42 degrees for 5 days and the wind was brutal, I did the best I could do, the water was 72 degrees like Wakulla Springs but the exposure time, even in wet suits was hard. They would pour hot water down the suit and every lap we had to stand up, tell our name and race number and we had to

eat to keep going. I slept only 4 hours, and everything hurt, I couldn't sleep so I got back on my bike and go about 16 hours and call it a day."

To give perspective to the length of the bike ride section, it was longer than driving from Crawfordville to Milwaukee, Wisconsin, Smith explains.

"The swim is 24 miles – equivalent from Crawfordville to Tallahassee – and the run is from Crawfordville to Atlanta, 281 miles.

"I changed shoes every 5-10 miles to keep my feet dry and make sure I did not have blisters. It was preventative tactics I created from hindsight 20/20 of other races which helped me win; every night before I went to bed I would concentrate on my bike run, swim, whatever I needed to do to think of things that could go wrong and how I would fix it."

"Preparing for the Deca Iron Man, at the gym I would do neck exercises to keep my neck muscles strong, I did not want to suffer from Shermer's Neck (a condition where the neck muscles fail from fatigue and can no longer support the weight of the head) so I took a cervical-collar just

in case. I brought shin splints, pain meds, anti-nausea medicine, all in preparation."

"I had to eat 7,000 calories a day so my 'go-to' food was Bradley sausage, I ate all real food that was high in caloric count, one day on the bike I had three Double Quarter Pounders with Cheese from McDonald's for dinner."

Smith's wife, Misty Smith, and three kids, Brigitte, Daisy and Skylar, are all his biggest supporters.

"When I win, it feels like I accomplish something," he says. "All though high school, my grades were average, any athletics I was mediocre, I was never first, and I was never last, but meeting my goals and finishing races makes me feel accomplished. To do this, it is satisfying that I can be in the top tier.

"I don't see myself stopping, it's addictive, and I get to see lots of country. I want to be the person who inspires someone like Julia Moss inspired me, I want them to think, 'If that guy can do it, I can do it.'"


"I don't want to be the boring person in the room."

He adds: "Finish what you start!"

Wakulla County Tax Collectors Office

SPECIALTY TAGS

\$15 - \$30 additional to cost of tag.




Lisa Craze, CFC

Wakulla County Tax Collector

FLORIDA BAY FOREVER ENACTED: FEB. 24, 2015

Proceeds from the Florida Bay Forever specialty plate will support conservation, education, and scientific programs in Everglades National Parks, including water cleanup, removal of derelict vessels, seagrass restoration, and aids to navigation, as well as long term funding projects. These long term priorities include wilderness waterway chickees, waterway trail maintenance, law enforcement staff support, interpretation staff support, historic fish cleaning stations, and Everglades environmental education programs.



The Sun Monthly Neighbor is a free newspaper delivered to every home in Wakulla County. We also publish The Wakulla Sun, a weekly newspaper. Copies of the newspaper are available at boxes and dealers around the county for \$1. Subscriptions are \$40 per year (see form on Page 15).

The Sopchoppy Opry

PRESENTS:

SOUTHBOUND & FRIENDS ALL GOSPEL





January 25 - 7 p.m.

Historic Sopchoppy High School Auditorium
164 YELLOW JACKET AVENUE

An Evening of Country, Bluegrass & Gospel Music
Come Early and Dine in the Opry Café

Handicapped Accessible **Call (850) 962-3711**
Casual Dress **for Tickets \$15**

SopchoppyOpry.com  **Tickets also available at the door**



**TRINITY LUTHERAN CHURCH
LUTHERAN CHURCH
MISSOURI SYNOD**

SUNDAY SERVICE...
10:17 a.m.

850-926-7808 • 3254 Coastal Hwy., Crawfordville
In Medart Across from Wakulla High School



**First Baptist Church
CRAWFORDVILLE**

3086 Crawfordville Highway
(Just south of the Courthouse on Hwy 319)
850-926-7896

Come & See
Come & Worship

Sunday Mornings at 11 am

www.crawfordvillefbc.com
facebook.com/fbccrawfordville

DADS, WE'RE SAVING A SEAT FOR YOU & YOUR FAMILY!



**St. Elizabeth Ann Seton
Catholic Church**

Fr. Paul Raj, HGN • Dcn. Dave Harris
Director of Music & Choir - Jeff Cook
3609 Coastal Hwy. Crawfordville FL 32327
850 745-8359

Saturday Mass 5:00 pm • Sunday Mass 11:00 am
Tuesday and Thursday: Mass at 8:30 am.
Wednesday: Mass at 7:00 pm
1st Saturday: Adoration and Confessions at 8:30 am
1st Saturday: Mass at 9:30 am.
Every Saturday: Confessions at 4:30 pm
Live Streaming - Sundays
Facebook - Seas Parish

Cemetery lots and
Cremain spaces available. 850-509-7630
or the Church Office at: 850-745-8359



Sopchoppy United Methodist Church

Sunday School 9:45 a.m.
Worship 11 a.m.
Bible Study Wed. 6 p.m.

Pastor Cheryl Mixon-Cruce 850-962-2511



SERVICES:

Sunday School 10:30 am
Morning Worship 11:30 am
Wednesday Night Bible Study 7:30 pm

5 Crescent Way, Crawfordville, FL
(850) 926-4889 <https://www.fpccupci.org>

WAKULLA LOVES JESUS!

AND JESUS LOVES WAVE 94!

☺ (HOPEFULLY)

MAKE YOUR DAY BETTER WITH WAVE 94.1 FM 850-926-8000



tobe7encouraged faith column Begin

Greetings Wakulla citizens! Happy 2025!! We hope 2024 brought you closer to God, that a beautiful relationship has begun! Thank you again for allowing us to encourage you to engage with Him!

As 2025 begins a new and fabulous year, know that for you that are Born Again no matter your age...a brand-new life has begun for you! All things are new **2 Corinthians 5:17** Therefore if any man is in Christ, he is a new creation; the old things passed away; behold, new things have come. **18** Now all these things are from God, who reconciled us to Himself through Christ, and gave us the ministry of reconciliation, **19** namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. **20** Therefore, we are ambassadors for Christ, as though God were entreating through us; we beg you on behalf of Christ, be reconciled to God. **21** He made Him who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him.

You ARE BRAND NEW!! Begin this year trusting God to complete what He starts, it doesn't happen overnight, if you will allow Him, He will change you to be who He has called you to be for Himself, His purposes! **Philippians 1:6** For I am confident of this very thing, that He who

began a good work in you will perfect it until the day of Christ Jesus. 2 Peter 3:9 The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance.

Know that God in His Fullness loves each one of you so much!!! He has set you up for success in and through Jesus for Himself!! Go and have fun and enjoy the life He gave you, my friends!!!

For those that do not know God

For those that are not Born Again in Christ, God will position people to come across your paths to encourage you to search for and call out to Jesus, to invite Him in to become your Lord and Savior. You will start to notice people coming across your paths in many ways to get your attention on Jesus! This column being just that! Your spirit He gave you will cause you to have thoughts of Him because your spirit knows who you belong to! When experiences like these begin to happen, God is calling you to Him, Jesus! You cannot know Jesus except through God and you cannot know God except through Jesus! **John 14:6** Jesus said to him, I am the way, and the truth, and the life; no one comes to the Father, but through Me. He is pouring out His Grace upon you!! Here are His Words for the examples I just

gave you; **Luke 10:2** And He was saying to them, "The harvest is plentiful, but the laborers are few; therefore beseech the Lord of the harvest to send out laborers into His harvest." **Romans 8: 16-17** The Spirit Himself bears witness with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him in order that we may also be glorified with Him. **Titus 2: 11-14** For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus; who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself a people for His own possession, zealous for good deeds. This is when you either agree to His invitation and accept Jesus as your Lord and Savior or not. He will keep trying for a time, which is up to Him! God will NEVER CALL YOU TO HIM THROUGH FEAR!! In **1 John 4:18** He says, There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. The fire and brimstone sermons are not from Him! You would be coming to Him only for one reason...you don't want to

burn in hell!! God searches your heart...your motives... your intent! Remember, He made you! He calls because He knows you instinctively love Him and will endure to the end! Be encouraged, if He is calling RUN TO HIM!!

If you do not know Jesus as your Lord and Savior and want to, say this out loud and believe; In **Romans 10:13** God, Your Word says "for "EVERY-ONE WHO CALLS ON THE NAME OF THE LORD WILL BE SAVED." "Jesus, I am a sinner I know, I repent, and I choose to turn away from all the sinful things I did as a sinner. I believe in faith that You God sent Your Son to become my sin and cleanse me from all sin and make me new. Jesus, You paid the debt I owe and cannot pay on the Cross with Your Life for my life and died, You were buried for 3 days and rose from the dead on the 3rd day as the First Born-Again Child of God. I ask You Jesus, to come into my life and be my Lord and Savior. Take my life to serve Your purposes! I confess I am now born again in Christ Jesus to serve Him and His purposes! Your next step is to be water baptized, **1 Peter 3:21** and **1 Corinthians 6:11**. CONGRATULATIONS!!!!

We invite you to learn who we are at our website; tobe7encouraged.org,
Sincerely,
Deb Quimby-Quackenbush



LEGACY BRICK FUNDRAISER

Join the chamber and build a foundation for a better tomorrow with our Legacy Brick Fundraiser!

By purchasing a brick, you can leave a lasting legacy and help strengthen the future of Wakulla's leaders! The funds from all brick purchases provide financial support for future programs, such as Leadership Wakulla and other beneficial programs the chamber will host to benefit our membership and community by providing leadership training and learning opportunities.

Your brick will be displayed for generations on the grounds of the Historic Old Wakulla County Courthouse.

Leave a lasting legacy. Order your brick Today!

**EACH BRICK:
\$150.00**

Contact the chamber at 850-926-1848 or email info@wakullacountychamber.com for the order form.




View the Sun Monthly e-edition on mobile or PC using this QR code.



On the Horizon

The calendar of events for January

Wednesday, Jan. 1

- HAPPY NEW YEAR!

Thursday, Jan. 2

- The VFW Auxiliary Bingo Night will be held at 7 p.m. at 475 Arran Road in Crawfordville, every Thursday. There are concessions and raffles.
- Yin Yoga at 6 p.m. with Nellie every Thursday. Classes are \$12, at New Posh on 3079 Crawfordville Hwy. RSVP to newposh3079@gmail.com or text/call at (850) 528-5838.
- Alcoholics Anonymous meets at 6:30 p.m. every Thursday at 54 Ochlockonee St.

Friday, Jan. 3

- Alcoholics Anonymous meets at noon and 8 p.m. every Friday at 54 Ochlockonee St.

Saturday, Jan. 4

- The Panacea Community Garden Farmer's Market will be held from 9 a.m. to 12 noon in Panacea.
- Alcoholics Anonymous meets at 6:30 p.m. every Saturday at 54 Ochlockonee St.

Monday, Jan. 6

- County commission meets at 5 p.m. in the commission chambers.
- The Wakulla Respite Program is available for anyone with memory impairment at no cost from 9 a.m. to 3 p.m. at Lake Ellen Baptist Church every Monday.
- Alcoholics Anonymous meets at 6 p.m. and 8 p.m. every Monday at 54 Ochlockonee St.
- Gentle Yoga and Stretching Class, every Monday, 11 a.m. Wakulla Community Center. Bring a mat. Come early to sign in. Chair Yoga participants welcome. \$2 per class.
- Yoga 101 with Nellie at 6 p.m. Classes are \$12, packages available at New Posh on 3079 Crawfordville Hwy. RSVP to newposh3079@gmail.com or text/call at (850) 528-5838.

Tuesday, Jan. 7

- School resumes for students at Wakulla County Public Schools from the Christmas break.
- The Wakulla County Historic Preservation Committee meets at 4 p.m. in the Wakulla County Board of County Commissioners

Administration Conference Room.

- Alcoholics Anonymous meets at 6:30 p.m. at 54 Ochlockonee St.
- Yoga Flow with Nellie at 6 p.m. Classes are \$12, packages available at New Posh on 3079 Crawfordville Hwy. RSVP to newposh3079@gmail.com or text/call at (850) 528-5838.

Wednesday, Jan. 8

- The Wakulla County Garden Club meets at the public library from 12 noon to 2 p.m. Jeannie Brodhead will be introducing all the Arbor Day Trees.
- Muffins with Moms Prenatal Support Group meets at 9 a.m., 9:30 a.m., and 10 a.m. at the Wakulla County Health Department. Contact Liz Neighbors at 850-888-6078 or elizabeth.neighbors@flhealth.gov for more information.
- Wakulla County Coalition for Youth meets at the Wakulla Public Library at 12:30 p.m.
- A line dance class is held at 1 p.m. at the Wakulla Senior Center every Wednesday.
- Alcoholics Anonymous meets at noon and 6:30 p.m. every Wednesday at

54 Ochlockonee St.

Thursday, Jan. 9

- St. Marks City Commission meets at the St. Marks City Hall at 6 p.m.
- The Rotary Club of Wakulla County meets at the TSC Wakulla Center at 8:30 a.m. on Thursdays.
- The Wakulla County Cancer Support Group meets in the Education Center of the Crawfordville United Methodist Church at 7 p.m. This group meeting is for men and women, regardless of the type of cancer. Spouses, caregivers, and friends are welcome. For more information, call 850-926-6050.

Saturday, Jan. 11

- The Sopchoppy Community Market will be held from 9 a.m. to 2 p.m. in Sopchoppy Depot Park.
- The Wakulla Caregiver Support Group will meet at the Wakulla County Public Library at 10 a.m. every second Saturday of the month.

Monday, Jan. 13

- The Wakulla County Planning Commission

meets at 6 p.m. in the commission chambers.

- The Sopchoppy City Commission meets at 6:30 p.m. at City Hall.
- The Wakulla Caregiver Support Group meets at Lake Ellen Baptist Church at 9:30 a.m. every second Monday of the month.
- Crawfordville Woman's Club monthly meeting is the second Monday of each month at 6:30 p.m. at 64 Ochlockonee St., in Crawfordville. Call (850) 566-5727 for more information.

Tuesday, Jan. 14

- The Wakulla Chamber of Commerce will hold an installation breakfast for board of directors at the old Courthouse at 8 a.m.

Friday, Jan. 17

- The district spelling bee, featuring champions from the schools, will face off in the auditorium at the school administration building at 8:30 a.m.

Saturday, Jan. 18

- Annual Arbor Day Festival will be held at Hudson Park starting at 10 a.m.

Monday, Jan. 20

- Martin Luther King Jr. Holiday – Schools, banks and government offices will be closed.
- Wakulla County Christian Coalition usually holds an MLK breakfast in the morning and a memorial service on the courthouse square in the mid-morning. Check for details.

Tuesday, Jan. 21

- County commission meets at 5 p.m. in the commission chambers.
- The school board meets at 5:45 p.m. in the school administration building.
- The American Legion Post 114 meets at the Wakulla County Public Library at 6:30 p.m. every third Monday of the month.

Thursday, Jan. 30

- Clover Gala, a celebration of 4-H community partners and volunteers, will be held at the Wakulla Springs Lodge from 5:30 to 10 p.m. The event includes dinner, dancing and a silent auction. Tickets are \$75 each or a table of eight for \$650.



Please Recycle



Re-Sell Store

**850-926-4544
940 Shadeville Rd.**

As we step into the New Year,
we're thrilled to announce the launch of
Vacations by Waypoint,
bringing vacation rentals and management to
Franklin and Wakulla Counties!



**Vacations
by WAYPOINT**

wptvacations.com – 850-984-9900

Amanita Fungi: Beautiful but beware



By ERIK LOVESTRAND

I am sure you will all agree with me that 2024 will most likely be remembered for one particular astonishing event that took place. The historical significance cannot be over-stated for what we witnessed. Stories will be passed down through the generations about how we had to pinch ourselves to be sure we were not dreaming when we realized what was going down.

Can you actually believe it? This past year produced the most “mushroomy” late spring and summer I can remember!!

The month of June was when things really turned on, following a significant wet spell. I began seeing

small groups, and even complete “fairy-rings” of green-gilled Lepiota. These large, striking fungi are hard to miss since they typically grow in open, grassy areas. It wasn’t long before every day brought new finds during short walks around the property.

Milk caps, russulas, Agaricus, boletes and many more were evident. I caught myself even scouting the roadsides on my drive to work, often finding species I had never seen before.

The mushroom species pictured with this article is particularly interesting for several reasons. Even the name is intriguing. The fly agaric (*Amanita muscaria*) is a poisonous species that also has hallucinogenic properties (not worth the risk, people).

It derives its species name from the common housefly (genus *Musca*). People used to crumble the cap into small pieces and



The Fly Agaric: One of many beautiful Amanita species.

put them in a bowl with milk to kill pesky flies in the house.

The striking color of the cap and the decorative bits of the veil that stick in place as it emerges and expands make it fairly easy to identify. However, the more I dig into mushroom ID, the more I realize how complex it is, as well as risky if you are considering eating any.

There are very few so-called “foolproof” species out there and current estimates range from somewhere between 3,000

to 5,000 known species of mushrooms occurring in the Southeastern U.S.

New species are being described continually, with very little to no information on their edibility or toxicity.

Even the ones that some people can eat with no trouble will affect other people with serious gastrointestinal distress.

You absolutely should not stake your life on what you read online, as much of it is at best incomplete and at worst pre-

sumptuous (i.e. dead-wrong).

The genus Amanita (along with several other groups) includes a number of very dangerous fungi that contain a variety of toxins. Some of the most potent compounds have been dubbed “amatoxins.” Amatoxins are thermostable and are not destroyed by cooking.

Here is a brief description of amatoxin poisoning symptoms: The earliest symptoms include nausea, vomiting, sharp stomach pains and watery or bloody diarrhea.

The problem though (if this isn’t enough), is that symptoms may not occur until 6 to 12 hours (up to 48 hours) after ingestion.

Additionally, there is often a period where these symptoms abate and the patient feels fine, for a while. This gives even more time for the toxins to do serious damage to the liver and kidneys.

By day three or four, jaundice, kidney failure, convul-

sions and coma may ensue (depending on quantity ingested and time-delay before treatment therapies).

There is no known antidote that neutralizes the toxin and one mushroom cap can be enough to kill a healthy adult human.

Everyone who forages for wild mushrooms would be well-advised to read about the symptoms of various mushroom toxin poisonings, if for no other reason than to recognize a likely case and get someone else rapid help.

Be especially vigilant during the rainy season when outside with toddlers who like to sample random items.

I have definitely identified the beautiful, milk-white and stately *Amanita virosa* here (a.k.a. Destroying Angel).

Erik Lovestrand is a UF/IFAS regional Sea Grant agent in Wakulla, Franklin and Gulf counties.

UF | IFAS Extension
UNIVERSITY of FLORIDA



PLEASE JOIN US FOR THE WAKULLA 4-H

Thursday,
January 30,
2025

5:30 – 10 PM

Clover
 **GALA**

A celebration with community partners & volunteers
at The Lodge at Wakulla Springs

The event will include dinner, a silent auction, and dancing. During the event, Friends of 4-H and Volunteer of the Year nominees will be recognized.

Wakulla 4-H agent Dr. Rachel Pienta said, “We are excited to recognize and honor the 2024 Nominees for Friend of 4-H and Volunteer of the Year. These individuals and organizations contribute considerable time, talent, and resources to help support youth development programs in Wakulla County.”

2024 Friend of 4-H Nominees:
Keep Wakulla County Beautiful
Panacea Waterfronts Florida Partnership -
Panacea Community Garden
Wakulla County Coalition for Youth

2024 Volunteer of the Year Nominees:
Jennifer Counce
Amanda Gruebel
Kiley Wilson

Individual Tickets \$75.00 Table of 8 \$650.00

Individual tickets and reserved tables for the Clover Gala are currently on sale and can be purchased at the following link: <https://tinyurl.com/WCG25>.
The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution

Wakulla's horse and buggy doctor – Joseph Harper

By Elizabeth Smith. Originally published in the October 1964 issue of the Magnolia Monthly.

The doctor with the longest record of service to Wakulla County in the 20th century was Joseph Harper of Crawfordville, who served from 1907 to 1942. At a time when there were no paved roads, few bridges, rural isolation, and diseases which today are prevented by inoculation, the durable Dr. Harper was a familiar sight with his horse and buggy (and later his car), who not only covered Wakulla County, but went into Jefferson and Franklin counties as well.

During the great influenza epidemic of 1918-19 the doctor was on the road day and night, catching sleep sitting upright in his buggy, or getting a few minutes of sleep at home until the next desperate call came. It was the time when a doctor went to his patient, not the patient to the doctor.

Joseph Harper was born in Atlanta in 1866 and attended the Georgia Medical School in Atlanta, Johns Hopkins University in Baltimore, and the Georgia Eclectic College where he graduated in 1907 at the age of 41.

Dr. Harper's father was apparently killed during the Civil War for Joseph was born after his death. His family lived at Five Points in the center of Atlanta, and this district was destroyed by General Sherman along with the rest of the city when it was set afire by Union troops. Joseph had three older brothers, John, who ran a store in Atlanta, Jim, a farmer, and Will, a butcher. Several of the brothers came to Wakulla County after Joseph and many of their descendants live in the county now, nearly all around the old Harper house in Crawfordville.

The doctor did not even know the location of Wakulla County when he met a local physician, Dr. Kendall, in Atlanta in 1907. Joseph was fond of hunting and fishing, and Dr. Kendall extolled its merits. Joseph, who was twice a widower with a son to raise, but no ties to keep him in Atlanta, boarded the train and headed south. His descendants say that if the train hadn't come straight through from Atlanta to Arran without any changes, he would never have come to Crawfordville. The county should be grateful to the railroad.

Dr. Harper first rented a house from Wright Walker Jr. that was located where the county health clinic stands now in Crawfordville. Later he bought it, but it burned



Main Street, Crawfordville, 1924: the Harper House is visible through the oak trees that line the road, as referenced in the article.

down. He built another which also burned down, and then moved into the house where his family now lives immediately south of the Crawfordville Baptist Church.

The Harper house is one of the landmarks of Wakulla County and is thought to pre-date the Civil War. It still bears the Victorian decor of its time and originally had 6 bedrooms. It had a breezeway on both floors and two-story porches both front and rear. There are 4 fireplaces centering on the chimney going thru the center of the house, two upstairs and two down. The sills under the house were chipped out of tree trunks and were not planed. The lumber came from the old Harvey Mill on Lost Creek. A turpentine man named Bolton lived in the house before it was purchased by the doctor. There was a barn and stables in the rear for 3 to 4 horses and the separate building in the rear which housed the dining room and kitchen was torn down in 1960. The breezeways were closed in when the house was further remodeled in 1963.

One of the men who first recalled the Walker house (as it was then called, belonging to the Wright Walker estate) was Pat Alligood, a Confederate veteran and grandfather of C.S. Alligood of Crawfordville. In

the 1880s oak trees were planted along both sides of the street, and he remembered the sacks still covering the young trees. But big oaks from little oaks grow and by 1940 they were so enormous that several toppled over and barely missed the house. Finally, the rest were removed by the state highway department.

Dr. Harper purchased his first car in 1910, but he had to have instruction in how to drive it and there was no servicing in the county. Furthermore, it was impossible to get over the sand roads with it and he went back to his buggy and reliable horses. In 1910 when he had typhoid fever his brother Jim came down from Atlanta to look after him. Jim stayed about a year and then went back to Atlanta. It was only the first of a procession of Harpers to commute from Atlanta.

In 1917 Dr. Harper married Ora Allen of Tallahassee when he was 51 and she was 19. To his son Joseph Dr. Harper add 5 more boys. Johnnie, the first was born in 1918 but died as a boy. The others are Newman, b. 1920, who is voter registration officer in Wakulla County, Clifton, b. 1923, who works for the Florida Power Corporation, George, b. 1925, Wakulla County judge, and Ray, b. 1930, who does servicing work in Tallahassee. The

doctor's widow also works in the state Motor Vehicle Department.

Like most doctors of his time, Joseph had a drugstore, the first located on the corner across from the present doctor's office where Moody Pearce later had a gas station. Dr. Harper had another at his house and then one where Albert Moore now has a barber shop. The one at Dr. Harper's house was torn away by a hurricane in 1928. The roof was later found on L.L. Parero's land. Several thousand dollars' worth of medicine was destroyed by water.

During the flu epidemic, which came not long after the Harpers were married, the physician worked day and night to cover the county, as well as Jefferson County where he had to administer to a convict camp, and to Franklin County where he was marine inspector for the many boats that came into Carabelle during World War I. If rats were on the ships, they had to be fumigated before they were let inside the three-mile limit. If there were any other diseases, the vessels couldn't come in at all. Then he would attend

to his other patients there and drive back to Crawfordville.

Whole families would get the flu and none were able to take care of the others. One family in Shadeville, that of Lovick Adams (father of H.T. Adams of Crawfordville and Mrs. Inez Raker of Shadeville), was sick (both parents and 6 children) except the baby, and the doctor drove out three times a day to check the family and give it medicine. He got an old Negro preacher, Bill Williams, to come in and do the cooking. Another family in Smith Creek, that of Oscar Revell, was also sick. The father finally struggled outside to get wood for a fire so that he could cook, but he got pneumonia and died. The rest of the family finally recovered. The train coming thru Arran stopped nearly every day bearing the coffin of a Wakulla County soldier who had died of flu in training camp.

Checking thru Dr. Harper's records, it was found he had delivered over 5,000 babies during his 35 years of service.

Turn to Page 15



KRAFT NISSAN



A Kraft Brothers Dealership

New Years Specials!!

your list of New Year's resolutions...



TRAVEL SPECIAL...

\$225.00 - WHEEL ALIGNMENT, BALANCE & ROTATE. NEW WIPER BLADES AND MULTI-POINT INSPECTION

HAPPY HOLIDAYS TO ALL TEACHERS AND NURSES

10% OFF ANY AUTO SERVICES



THANK YOU VETERANS 10% OFF ALL YEAR

TIRE SALE... SAVE UP TO \$400.00



Discounts for nurses and teachers limited to \$200 per household. Please see kraft service advisor for details on all offers.

KRAFT NISSAN

SCAN HERE TO SET YOUR OWN APPOINTMENT



MAHAN DRIVE TALLAHASSEE, FL • kraftnissan.com

CLASSIFIEDS MARKET

HOME OF THE \$5 CLASSIFIED AD
UP TO 20 WORDS

DISPLAY ADS \$5 PER COL INCH


Please call The Wakulla Sun at 850-962-8019 email classifieds@thewakullasun.com




Doggie Daycare and Boarding Facility

For a day or a stay, Waggin' Tails of Wakulla is your pup's home away from home, where every dog leaves with a waggin' tail!

6 Hickory Ave, Crawfordville, FL
850-661-9545
waggingtailsofwakulla.com Find us on Facebook and Instagram



Gene Lambert
Agency Manager



FARM BUREAU INSURANCE
of Wakulla County

(850) 926-3425
GENE.LAMBERT@FFBIC.COM
2468 Crawfordville Hwy, Crawfordville, FL 32327

HELP WANTED



Big Bend Hospice
your hometown hospice licensed since 1983

Big Bend Hospice is seeking direct patient care volunteers to provide companionship and respite services in Wakulla County. If you are interested in learning more, please contact Kara Walker at (850) 878-5310.

SALES & RENTALS

CELEBRATING 37 YEARS



Wakulla Realty
"Specializing in Wakulla County"

Sonya Hall
Broker
(850) 926-5084
Sonya@wakullarealty.com

Real Estate Sales Listings & Rental Management

Karen Williams
Broker Associate
(850) 567-8279
Karen@wakullarealty.com



10 Cedar Avenue, Crawfordville
PO Box 535, Crawfordville FL 32326
WAKULLAREALTY.COM

Good Fences... Good Neighbors LLC
All of your fencing needs and more...
Licensed & Insured

COMMERCIAL & RESIDENTIAL
WOOD • VINYL • CHAIN LINK • ALUMINUM

(850) 926-9455
GoodFencesGoodNeighbors.com
LE@GoodFencesGoodNeighbors.com



Land Clearing
Driveways
Ponds
Site Work
Demolition
Hauling

850-933-8505
FREE ESTIMATES

Wakulla Wild Animal Rescue
WOULD YOU LIKE TO HELP?

We always need donations of these items:

- Bleach
- Paper towels
- Fruit cocktail
- Birdseed & nuts
- Pedigree wet & dry dog food
- Friskies wet & dry cat food

Florida Wild Mammal Association
198 Edgar Poole Road
Crawfordville, FL 32327
FWMA.org
363-2351

Licensed & Insured **30+ YEARS EXPERIENCE**

FORGOTTEN COAST TRACTOR SERVICE LLC
Travis Clayton

850.273.9101
text or call

Skid Steer Mowing **Land Clearing**
Concrete Removal **Grading**
Demolition **Driveways**



Massages, Facials, Body Treatments

info@Sunraysspa.com
Easy Online Scheduling
www.SunraysSpa.com
2655-A Crawfordville Hwy.
Crawfordville FL 32327
850-745-6422

Relax Revive Rejuvenate Follow us on  **MM43237**

SERVICES

CRUM'S HOME DETAIL
Chris Crum
HANDYMAN & PRESSURE WASHING SERVICES
Crawfordville & surrounding areas
850-694-4832



Southern Maid Cleaning Service
850-212-2908
Servicing the surrounding area Since 2017


• Licensed • Owner operated • Serving Surrounding Counties

A Haven of Tranquility and Pampering




facials, eyebrow shaping, tinting, lashes/brows, and waxing care. Walk ins Welcome or book your appointment today!
2609 Crawfordville, FL 32327 **850-756-4222**

LEATHER REPAIR / REFURBISH
850-766-4562
John Allcorn Leather
Bags, Belts, Holsters
Some work on Shoes and tack
Also – Custom Products

Susan Schatzman
Broker Associate



Mobile: 850-519-2292
SchatzmanSusan@gmail.com

kw TOWN & COUNTRY REALTY
KELLERWILLIAMS. 

Wakulla Lawn Ranger

Gene Darby
850-251-9122

Mowing - Edging - Trimming
Sidewalk/Driveways
Pressurewashing



Licensed & Insured
Great Prices - Great Work



HAIR IT IS BY SUZANNE

PERMS. CUTS. COLORS. FOILS/HIGHLIGHTS. OMBRÉS. UPDOS FOR WEDDINGS/PROMS. EYEBROW TINTING AND WAXING AND MORE.

2609 CRAWFORDVILLE HWY. CRAWFORDVILLE NEXT TO WINN DIXIE **(850) 445-8704**



CAC#1822950

Fletcher's Cooling and Heating LLC
Keep it Cool!

- Free Estimates
- SameDay Service
- Maintenance Plans
- All Makes and Models
- Quality Pricing
- Excellent Service

850-510-0140

Mike's Handyman Service of the Big Bend, LLC

(252) 505-2342



- Small engine maintenance and repair
- Home improvement
- Debris removal
- And much more




Riverside Cafe
Come & Join us for a Taste of the Island Life!
GREAT FOOD... ALWAYS!
LIVE MUSIC... ALWAYS!

Riversidebay.com
850-925-5668 • 69 Riverside DR., St. Marks Florida
ANY FURTHER SOUTH AND YOU'RE ALL WET!! ALWAYS!

Bill Webster, Attorney
General Law Practice

49 Years Experience
Since 1975
By Appointment Only



850-443-5901



Retirement strategy after a job loss



By **BRIAN ENGLISH**

Few events are more stressful and disruptive than an unexpected job loss or layoff. For many, it's a hit not just to finances but also to confidence and sense of self.

You're not alone if you've been laid off—or if the idea is an all-consuming concern. According to a November 2024 MarketWatch survey, 70% of workers have taken concrete steps to prepare for a layoff, and about 6 million Americans “lose or leave” their jobs each month.^{1,2}

Whether or not a job loss or layoff comes unexpectedly, you may have more choices than you think. Here are a few things to consider.

EMERGENCY FUND

Financial professionals suggest that individuals set aside 3-6 months of living expenses to help through tough times. It can be emotionally challenging to tap into these hard-earned funds, but using what you have on hand can be an option rather than taking on debt.

FAMILY BUDGET

If your income has changed, your budget

may need to change, too. Expenses like housing, utility, groceries, and healthcare may have fixed payment schedules, but you can manage dining out, entertainment subscriptions, and personal travel.

HEALTH INSURANCE

For some, one of the most critical benefits of employment is health insurance. COBRA “continuation coverage” can help you temporarily maintain your existing coverage, but the cost may be higher than you expect. Review all your options. Health insurance often has a significant impact on personal finances, so financial professionals encourage individuals to address it as soon as possible.

UNEMPLOYMENT BENEFITS

You may be eligible for unemployment benefits. This financial support is designed to help while you're looking for new employment. Make sure you understand and follow unemployment benefit requirements, which can be complex.

NETWORKING AND UPSKILLING

You may never have a better time to explore career possibilities and develop both new and old skills. Consider attending industry events, joining online forums, and reconnecting with former colleagues. Online and in-person courses can be a great way to add

certifications and other highly desirable capabilities to your resume. Don't forget to brush up on interviewing skills, too!

EMPLOYER-SPONSORED RETIREMENT ACCOUNTS

After a job loss, you may need to make some choices about what to do with your retirement plan. Generally, you have four basic options:

- You can leave the assets in the old employer's plan (if the plan permits it).
- You can roll the assets over into your new employer's plan (if one is available and the plan permits it).
- You can roll the assets over into an Individual Retirement Account (IRA).
- You can take a cash distribution (and deal with the potential tax consequences).

Each of these options has some advantages and disadvantages to consider. You might want to discuss your situation with a financial professional or a human resources professional so that you can explore all your options.

If you roll over your account into an IRA, remember that in most circumstances, you must begin taking the required minimum distributions when you reach age 73.

Withdrawals from traditional IRAs are taxed as ordinary income and, if taken before age 59½, may be subject to a 10% federal income tax penalty.

REASSESS YOUR

GOALS

When your life changes, your goals and strategies may change, too. A job loss or layoff may require a temporary adjustment to your financial situation but may also open up new opportunities. Your retirement timeline and savings target may change, but keeping up with your long-

term commitments can help you stay focused and motivated in the short term.

1. Marketwatch.com, November 11, 2024
2. Center for Economic and Policy Research, March 4, 2022.

Brian can be reached at (850) 926-7487.

Securities and investment advisory services offered through Osaic Wealth, Inc. member FINRA/SIPC. Osaic Wealth is separately owned and other entities and/or marketing names, products or services referenced here are independent of Osaic Wealth. Osaic Wealth does not provide tax or legal advice.

21st Annual *Free Trees!*
CRAWFORDVILLE
ARBOR DAY

Saturday, January 18th
10:00 am - 1:00 pm

Hudson Park
Rain or Shine

Hundreds of young trees (in pots) will be given away!

Red Maple, Chalk Maple, Live Oak, Willow Oak, Green Ash, Blackgum, American Elm, Pignut Hickory, Bald Cypress, Tulip Poplar, River Birch, Cabbage Palm, Rusty Lyonia, Redbud, Longleaf Pine, & more!

Children's Activities
Music Food
Artisan & Craft Vendors

Wakulla County Garden Club, Florida Forest Service, Sarracenia Chapter of the Florida Native Plant Society, National Wildlife Federation, & UF/IFAS Extension Master Gardeners

with Florida Wildlife Federation, Just Fruits & Exotics, The Wakulla News & The Wakulla Sun.



LOWE
LEGAL & TITLE

**ESTATE, PROBATE, FAMILY LAW,
REAL ESTATE AND MEDIATION**

YOUR HOMETOWN CONNECTION FOR LEGAL & TITLE NEEDS



VOTED WAKULLA COUNTY'S
BEST ATTORNEY
2024

LoweLegalAndTitle.com

(850) 926-8245

OFFICE - CRAWFORDVILLE

Dr. Joseph Harper

From Page 12

to have him challenge He charged \$10 for his deliveries when he first came to Wakulla County and at the time of his death in 1942, he was getting \$25. (The fee for deliveries in Tallahassee is now \$175.) Dr. Harper delivered both white and colored babies and in later years his wife helped him.

The phones in Dr. Harper's time were few and widely scattered. There was a settlement phone that connected with Durrance's store in Medart, another at the Arran Depot, and two others belonging to Horace Mathis and Willie Green. Everyone else would come after the physician on horseback. Once, his widow recalls, he drove out to Harvey's Mill Creek (near Bobby Harvey's place) and left his buggy on the shore. He was rowed across the creek by Bostick Pelt to deliver a baby for Bostick's wife, Emma.

Another time he forded a creek in his

buggy with the horse swimming and he standing up holding his bag over his head. He had loosened all the harnesses but the traces in case the buggy got snagged. He didn't want to drown either the horse or himself. Other times, on dry land, a bobcat would trot curiously after the buggy on an isolated road.

When people had strokes, he used a machine that sent electrical impulses through them to re-activate their nerves and muscles. When people didn't have money, they paid him off in hogs, corn, potatoes, syrup, and feed for his livestock. One paid off a delivery fee of \$15 for his little girl 10 years after she was born in Ivan. He said, "I'd been meaning to pay it off all these years but just never had it." (During the Depression it was believable.) Another man paid off a bill for \$85 years after Dr. Harper died.

Dr. Harper's Ford, which he seldom ever

used, was exhibited at Tallahassee's centennial celebration in 1925.

Bill Harper of Crawfordville, a nephew of Joseph's, drove the physician around in a Model T during the 1920s and he recalls fording some of the streams. "Since the car was so high we didn't have much trouble getting across," he remembers. If they ever got stuck, a farmer with a team of mules would pull them out. Thinking of all the babies Dr Harper delivered, Bill then shook his head and added, "He brought more of them young'uns' into the world than there were people in this county when he died."

The Wakulla County Historical Society Museum is in the Old Jail at 24 High Drive in Crawfordville. We are open to the public on Thursdays and Fridays, from 10 a.m. to 4 p.m., and on Saturdays from 10 a.m. until 2 p.m.

A Subscription to... The Wakulla Sun

For One Year Subscription, Use This Convenient Form!

Mail To:
The Wakulla Sun
12 Arran Road
Crawfordville, FL 32327
(850) 962-8019

or subscribe online at thewakullasun.com

\$40 – Wakulla County
\$50 – Out Of County
\$60 – Out Of State

Mail subscription to:

Name _____

Address _____

City, State, Zip _____

Phone # _____

E-MAIL _____

Keep up with What's Happening in Wakulla

If you enjoy this Monthly paper but want more hard hitting local news please consider subscribing to our newspaper.

Call us at 850-962-8019

is Your Local News Source

Subscribe for only

\$40 per year in county

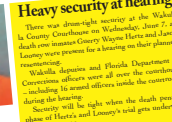


Hertz, Looney to return for retrial

The two were found guilty of the Spears-King murders 25 years ago, will have a re-do of the death penalty phase of their trial

By WILLIAM BROWDER
Editor

The retrial of Curtis Wayne Hertz and James Looney on murder charges is set to get underway on Jan. 29 at 10 a.m. in the 12th Judicial Circuit Court in Tallahassee. The retrial will be held in the same courtroom as the original trial, which was held in 1999. Hertz and Looney were found guilty of first-degree murder by a jury of 12 in 1999. The jury recommended death, which was



Curtis Wayne Hertz and James Looney.

Brad Harvey pleads to charges

The former property appraiser is charged with embezzling money from the office; he will be sentenced in September

By WILLIAM BROWDER
Editor

Former Wakulla Property Appraiser Brad Harvey pleaded guilty to embezzling money from the office of the Wakulla County Board of Property Appraisers on Wednesday, July 23. Harvey, 51, was charged with embezzling \$100,000 from the office. He was sentenced to 18 months in prison and a \$100,000 fine. Harvey was arrested in April 2020. Harvey was sentenced to 18 months in prison and a \$100,000 fine. Harvey was arrested in April 2020. Harvey was sentenced to 18 months in prison and a \$100,000 fine.



Brad Harvey.

Election suit over after 3 years

Appeals court rules for Ed Brimner in lawsuit over 2020 property appraiser in which Coby Sparkman lost by 3 votes

By WILLIAM BROWDER
Editor

The First District Court of Appeals in Tallahassee has ruled in favor of Ed Brimner in his lawsuit against Coby Sparkman. The court ruled that Sparkman's challenge to the 2020 election results was not timely. Sparkman had lost the 2020 election by 3 votes. Sparkman had filed a lawsuit to challenge the results. The court ruled that Sparkman's challenge was not timely.



Ed Brimner.

St. Marks to raise sewer rates 75% on residents

by WILLIAM BROWDER
Editor

Wakulla County residents in St. Marks will see a 75% increase in sewer rates starting in 2025. The increase is due to the cost of the new sewer system. The city of St. Marks is responsible for the sewer system. The city is responsible for the sewer system. The city is responsible for the sewer system.

Charter review discusses spring protection

Members of the Charter Review Committee are meeting to discuss the proposed charter for the city of St. Marks. The committee is responsible for the charter. The committee is responsible for the charter. The committee is responsible for the charter.

Two drownings in separate incidents on July 4th

A man died while scalloping; a child drowned in a home pool

By WILLIAM BROWDER
Editor

Two unrelated drownings were reported in Wakulla County on July 4th. A man died while scalloping in the Gulf of Mexico. A child drowned in a home pool in Crawfordville. The man was 45 years old. The child was 5 years old. The man was found dead on the beach. The child was found in the pool.

Fired Chiles coach may join War Eagle coaching staff

Kevin Pettis and son Trey might join coaches at Wakulla High

By WILLIAM BROWDER
Editor

Kevin Pettis, who was fired as head coach of the War Eagle football team, may join the coaching staff at Wakulla High School. Kevin's son, Trey, is also a former player. Kevin was fired from his position at Wakulla High School. Kevin was fired from his position at Wakulla High School.

WeatherSTEM





*Wishing you a VERY
Happy & Healthy New Year!*



Your *Hometown* Financial Advisors



ENGLISH
FINANCIAL GROUP

GUARD ~ PLAN ~ INVEST

It All Starts With A *Conversation*

(850) 926-7487

Financial Products
Financial Services
Life Insurance
DROP Rollovers
401(k) Rollovers

Investments
Social Security Planning
Retirement Planning
Estate Planning
Roth IRAs / IRAs / 403(b)s

www.EnglishFinancialGroup.com

139 Council Moore Road, Crawfordville FL