

Thanksgiving for coastal living

By Scott Page

In a world where wars are constantly present, economies are tanking and life seems to get tougher by the minute, it can get a little tough to pick out things for which to be thankful.

During the month of November, as we approach Thanksgiving, our focus tends to shift to the blessings in our life.

When asked, most of us cite family, friends and good health, just to name a few, as our primary blessings to be thankful for. I, however, would like to present some other things that those of us on the Gulf Coast should be thankful for.

1. Beaches/Scenery - The crystal white sand and the deep blue water, coupled with sunny blue skies have inspired writers, artists and ordinary folks alike. There is no better place in the world to escape the stresses of the daily grind, and it's no sur-

prise that millions of vacationers migrate to our corner of the world every year.

2. Weather/Lack of Hurricanes - Those living on the Gulf Coast enjoy some of the best annual weather of anyplace in the world. Hot summers and mild winters allow those living here to wear shorts and sandals year-round. This enjoyment comes at a cost, however, as this area is prone to hurricane strikes. But thankfully, the area has been spared over the last few years.

3. Culture/History - This area has been influenced by many different cultures to form a unique culture all its own. With the beautiful beaches and pleasant weather previously mentioned, it's no surprise that people from all walks of life eventually settled here. This rich mixture of culture has resulted in a year-round sched-

ule of festivals and other events that celebrate the collective diversity of the area.

4. State/National Parks - Northwest Florida is home to a number of natural preserves. From caves, to beaches, forts and rivers, the rich natural history of the area is something to be preserved and enjoyed by all.

5. Food - With a rich culture and close proximity to the Gulf of Mexico, the culinary variety here is amazing. From top-end steak houses and mind-blowing seafood to excellent barbecue and unique international cuisine, one can easily satisfy their taste buds here.

So the next time you get caught up in your problems, go grab a bite to eat at your favorite cantina, dance through an exciting festival and finish off the day by relaxing on the white sands and remember how good life is on the Gulf Coast.

Turkey Salad Sandwich:

Turn leftovers into a healthy lunch

It's the day after Thanksgiving and your refrigerator is packed with leftovers from the previous day's feast. This recipe is a healthy and tasty way to ensure none of the leftover turkey goes to waste.

2 cups (10 ounces) very finely chopped cooked turkey breast

1/2 cup finely chopped celery

1/4 cup finely chopped green bell pepper

1 tablespoon finely chopped onion

1/3 cup Kraft fat-free mayonnaise

12 slices reduced-calorie whole-wheat bread

6 (3/4-ounce) slices American 2 Percent Milk processed cheese

In a medium bowl, combine turkey breast, celery, green pepper and onion. Add mayonnaise. Mix well to combine. For each sandwich, spread about 1/3 cup turkey salad filling on a



slice of bread, arrange a slice of cheese on top, and top with another slice of bread. Makes 6 sandwiches.

Each serving equals: 192 calories, 4g fat, 16g protein, 23g carbs, 935mg sodium, 312mg calcium, 6g fiber; Diabetic Exchanges: 1 1/2 Protein, 1 Starch, 1/2 Vegetable; Carb Choices: 1.

Visit Healthy Exchanges www.healthyexchanges.com, or call toll-free at 1-800-766-8961 to sign-up for our FREE monthly newsletter. All you pay is shipping and handling. This is the only national food newsletter for diabetics, heart/cholesterol concerns and healthy weight loss.

(c) 2009 King Features Synd., Inc.

Dedicated to Results And Double the Service

LIST YOUR HOUSE HERE

		
2801 Brassie Cir NAVARRE 3 BD 2 Full Baths 1,800 SF \$ 187,900 ▪ Large yard, Bring all reasonable offers	Prop ID#7536 HOLLEY BY THE SEA 3 BD 2 Full Baths 1,901 SF \$ 200,000 ▪ Brick workshop, New roof, covered patio	906 Pineview FT WALTON BEACH 2 BD 2 Baths 1,190 SF \$ 94,900 ▪ Close to Hurlburt and Eglin
		
6591 Perch St HBTS 4 BD 2 Full Baths 2,240 SF \$ 232,000	8287 Tavira St NAVARRE 3 BD 2 Full Baths 1,436 SF \$ 159,900	7300 Broadmoor St HBTS 3 BD 3 Full Baths 1,980 SF \$ 210,000
		
2694 Shoni Dr NAVARRE 4 BD 2 Full Baths 1,815 SF \$ 189,900	6545 Fern St HBTS 3 BD 2 Full Baths 1,367 SF \$ 125,000	1911 Bay Pine Cir GULF BREEZE 3 BD 2 Full Baths 2,050 SF \$ 197,500
		
3552 Topaz Cir NAVARRE 3 BD 2 Full, 1 Half Bath 1,706 SF \$ 159,900	8127 Country Bay Blvd NAVARRE 3 BD 2 Full Baths 1,810 SF \$ 175,000	


Realtors®
 Liz Streed
 John Sygowski

Cell 1: (850) 368-7735
Cell 2: (850) 501-0271

Rock Solid in Real Estate®
www.SURF4TURF.net

Prudential Real Estate brokerage services are offered through the independently owned and operated network of broker member franchises of Prudential Real Estate Affiliates, Inc., a Prudential Financial company. Prudential and Prudential are registered service marks of The Prudential Insurance Company of America and are used herein under license. Equal Housing Opportunity.