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Shelter House: More Than A Home

By Whitney Lee

What do you know about Shelter House? The name and logo might give you a clue, but providing shelter is just one service provided by the state-

certified domestic violence and sexual assault center that has been serving Okaloosa and Walton counties since 1985. All of Shelter House's services are 100% free and completely confidential. So, what exactly does a center like Shelter House do for people in our community?

Shelter House operates an emergency shelter in a confidential location where women, and sometimes men, that have been in an abusive or violent situation with an in-

timate partner may reside for a short period of time while they heal and determine their next steps. Children accompanied by their non-offending parent and pets of all kinds are all welcome.

The housing is one service of which many people in the Shelter House provides so much more than just a temporary home. It also operates a 24-hour crisis hotline for domestic violence survivors and

community are aware, but tionships or have been sexually assaulted. They have attorneys on staff to represent clients seeking injunctions for protection that otherwise might not have be able to afford to take

a separate 24-hour sexual aslegal action against their abussault helpline that anyone can ers, child welfare advocates call any time of day or night dedicated to working with survivors who are involved and speak to a local advocate. Further, Shelter House ofwith child protection services, fers experienced advocates and economic empowerment training and guidance for surand support groups that work with survivors who have faced vivors that have experience fi-

also hosts a youth program, teaching adolescents and teens about safety, self-respect and healthy relationships to help prevent them from ever needing Shelter House's in-

> tervention services later in life

> For those who are involved in a sexual assault or rape crisis, Shelter House has rape response team advocates who offer hospital accompaniment 24/7 when a victim presents to the emergency room. Their main office in Fort Walton Beach now features a private forensic exam room, scheduled to open in May 2019, where survivors can be examined by a trained Sexual Assault Forensic Examiner in a

quiet, private facility, rather than sitting through the wait and hustle and bustle of the ER. After living through a traumatic situation, this type of care is paramount for a

SHELTER HOUSE

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Steve Vaggalis Pens "Build Strong," Finish First in Life, Love and Work

By Dave White

Steve Vaggalis, lead Pastor of Destiny Worship Center (DWC), along with his wife, Jackie, are the founders of a multi-campus church with locations in Destin, Panama City Beach, Freeport, Crestview, and soon, Fort Walton Beach. Beginning in 2001, Destiny has grown from 100 in attendance at their first service to serving many thousands throughout the region. But if you got to know Steve, really got to know him, you would recognize and he would acknowledge, his success was born out of a deep sense of insecurity. In his new book, Build Strong, How to Finish First in Life, Love and Work, Steve recalls in his own childhood as the "second born" how competing with his older brother Pete was an impossible task. "Growing up, I was always in my brother's shadow. From the classroom to sports, he seemed to excel in everything," says Steve. "His teachers and coaches loved him, he

BUILD STRONG

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abusive intimate partner rela-





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Community

SHELTER HOUSE

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Unfortunately, these types of services are a necessity for the people right here in our community and Shelter House's footprint and services must continue to expand to meet this need. Just last year. Shelter House had 204 individuals reside in the emergency shelter, 79 of them children, and 12 pets. Advocates answered 1211 crisis calls and taught 590 students healthy relationship prevention programming at after-school programs. The rape response team responded to 80 sexual assault victims at the six area hospitals in Okaloosa and Walton counties.

For example, during a primary prevention course with teens, a Shelter House advocate opened discussion about gift giving. Jacob a middle schooler, shared that his girlfriend velled at him for not getting her a more expensive gift when he gave her a necklace purchased with his own money. Michael, a high schooler in the group, spoke up and said, "That sounds just like one of the scenarios we talked about. Your girlfriend is abusive and you should break up with her." Jacob said he tried but the girl wouldn't let him. The Shelter House advocate spoke with Jacob and made a safety plan for



his breakup. Michael continued his support by offering to sit with Jacob when he made the phone call to officially break up.

There have been hundreds of these survivor stories over the years; but the numbers are endless and the need is evident. Our

local communities have played a major role in supporting Shelter House's message of love, peaceful relationships and acceptance

One of Shelter House's signature fundraising events, Purses with a Purpose, is this month, March 28, at Grand Boulevard at Sandestin. The event is a huge auction and sale featuring hundreds of new and gently used handbags and accessories donated by local businesses and individuals. Handbags from designers including Tory Burch, Michael Kors, Kate Spade, Coach and more will be available for purchase. Purse donations are being accepted now

through March 14, with numerous drop-off locations across Okaloosa and Walton Counties. If you are looking to expand your purse and accessory collection, or simply want to support, you can purchase a ticket to attend and shop! General admission tickets are \$20, and VIP tickets are \$25 if purchased before March 28. Tickets purchased at the door will be \$25 for general admission and \$30 for VIP.

Please visit Shelter House at shelterhousenwfl.org and on Facebook for info, resources, and ways you or your company/organization can help or volunteer.

BUILD STRONG

continued from page 1

had lots of friends. As I got older, I felt completely overshadowed. Pete was the portrait, I was the silhouette," he says. "I've strug-

RROW

gled with it all my life." But, in his new book, Steve relays how feelings of inadequacy plague us all and how those feelings were the foundation for writing it.

Steve relates the biblical story

of Jacob and Esau (Genesis 25),

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and how Jacob was born second but finished first. Esau was first born and was entitled to the blessings that position bestowed. But Jacob prized the birthright and sought the blessing above all. Thus, the feeling of being "less than" can either conquer you or be conquered by you he

The book is organized around seven key principles woven throughout Jacob's story to help a disciple build an overcoming life. These Pillars are the "finish first" essentials Steve says are needed for success through the uncertainty of today's times. The "Pillars" form an acronym:

- **P** Priorities; The Priority of
- I Integrity; You Can't Cheat Your Way to First,
- ${f L}$ Loyalty; The Pillar of Successful Relationships,
- L Love; The Five Aspects of Love, A - Accountability; The Pillar
- of Spiritual Health, R - Righteousness; Choose to
- Believe and Obey, S - Stewardship, The Proper

Perspective.

The "Pillars" rest upon a foundation and, as any builder will tell you, the foundation determines the strength of the house. Steve quotes Proverbs 9:1 when he states "wisdom has built her house. She has hewn out her seven pillars." Steve says wisdom is a gift from God, (James 1:5), and not a natural or human gift-it is a God-given skill. In other words, you can be first born, second, third or forth. and this "skill" is available to those who will seek it the same way Jacob desired the birthright. "Wisdom is the ability to see the reaping before the sowing,' he says. "Or to see the end of a thing before its beginning. If we can step out of today and look into the future, we can see the consequences of our decisions before we act on them. Then, wisdom brings



us back to today, and asks, "Did you like what you've seen?"

Steve explains further in the book that wisdom is essential in building the seven pillars above.

This winter and spring, more than 400 DWC small groups are gathering throughout the region to read and study the simple but profound "Build Strong" principles taught by Pastor Steve. The book and study guide are being offered free of charge to all small group attendees, and each weekend through March, the Build Strong principles are being preached at all DWC campuses. For information

about joining a small group, you can call the church at 850-650-6800. You can also view the Build Strong sermon series online at www.DestinyWorship-

BUILD

STRONG

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Community

Meet our Hometown Hero Carol Zorn

By The Hive CREATIVE CONSULTING

When Hurricane Michael made landfall in Mexico Beach last October, it left a path of destruction and devastation that is still being felt today.

Fort Walton Beach resident, Carol Zorn, was preparing to celebrate her birthday that weekend, but her plans quickly changed when she saw that our neighbors to the east were in need. Carol, who is originally from Panama City, had family and friends who were directly impacted; and although she had evacuated during the storm, she quickly began coordinating relief efforts on her drive home.

Once home, Carol loaded her car with supplies and made the drive east to Panama City where she made a up story so that authorities would allow her inside city limits. Days after the storm, she worked with local businesses to organize volunteers and set up a supply station in the Cove, a neighborhood in Panama City that saw widespread devastation. They sent crews out to help clear trees, distributed truckloads of supplies and served a hot meal to 1500

"Carol really humanized the problem, and connected people who weren't there with ways to help," Carly Harmer, friend,

• Academic Excellence

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said. "Carol's tenacious spirit and determination inspired us all to give everything we had to help rebuild Panama City."

C a r o l turned her garage into a distribution center where

people shipped needed supplies from all over the country. She used those supplies to make care packages, many of which included personal touches and baked goods, that she hand-delivered to nearly 200 people. The busy mom of two worked tirelessly for weeks, going back and forth to bring supplies and food to residents who needed help.

to find ways to help. During the holidays, she organized a donation drive to fill stockings for every student in the third grade at Deer Point Elementary School.

"I think what was so impressive about her efforts is that she did not lose momentum," friend, Erin Bakker, said. "She had a pulse on what was going on over there, and continued to update everyone on how their donations were being used and what the latest need was."

Carol's day job is art director for The Hive Creative Consulting, where she creates custom artwork, logos and graphics for many local businesses and nonprofits. She is a sustainer of the Junior League of the Emerald Coast, where she previously served as treasurer and graphic designer.

Carol is symbolic of so many efforts by individuals and organizations who have worked tirelessly on fundraising, giving and simply trying to meet the needs people devastated by this catastrophic event that left thousands without homes and businesses and everyday needs and still is. To us, all of these people and organizations continue to be our Hometown Heroes.





Our day school program offers a unique and positive learning opportunity for all students. We enroll students PreK through 6th grade. Each classroom is set to serve multiple grade levels, and we always keep an 8-to-1 student/teacher ratio. At Compass Rose Academy we use a blend of hands-on curriculum and a more traditional workbook curriculum that allows for a multi-sensory approach to learning. The best way to truly see, feel, and understand how CRA works is to see it in action. We are open for classroom observations with an appointment. Call today to schedule a time!



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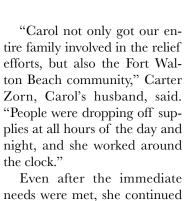
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Trends and Treasures!

Winter is coming to a close. And while you may not see them yet, the signs of spring are all around! We found some fabulous finds from City Market merchants where spring is putting on a show with the latest colors, styles, trends, flavors and fun! Welcome spring with selective trends of today that will become your treasures of tomorrow!

Crashing Waves of Pearls and Gems!

Bijoux De Mer Fine Jewelry

Are you a trendsetter? We thought so. When the seasons



change so does your jewelry wardrobe and we love that Bijoux de Mer has all the natural colors of the the warm sunshine and emerald, blue crashing waves of the Gulf! Life is just too short for boring jewelry. Artistic jewelry designer, Renee, loves to push the boundaries of conventional jewelry design. Available in fine jewelry stores, nationwide and internationally, even on luxury cruise lines, her designs are popular with celebrities, and featured in runway shows. Renee's flagship gallery is right here in Destin allowing the opportunity for a one-on-one experience in designing your perfect jewelry piece—whether pearls, exotic gemstones, 18K gold, or precious metals. Yours is waiting! Renee even custom-made genuine Moonstone bracelets for the Sinfonia Gulf Coast event in February, which, of course, everyone adored! We can see why Bijoux de Mer keeps getting voted Best in Destin!

(850) 830-5465 www.bijouxdemer.com

Cupcakes Call for Color! Sweet!

Smallcakes

USA TODAY listed Small-cakes as one of the "Top Ten Cupcake Places to Try" in the country! And we're just lucky to have one right here in Destin! Smallcakes at City Market not only creates award-winning cupcakes that wow judges and find



their way to celebrities, it's like spring cupcake heaven on earth with flavorful frostings and a variety of new cupcake flavors for March! Many will take you to memories of childhood such as the Orange Creamsicle—a reminder of the pastel ice cream truck with its music tinkering, rolling through the neighborhood and all the kids running to get money to buy the Dreamsicle! And the Marble Cheesecake is back (available Mondays and Thursdays). Or fit your flavor fancy, and request a custom order for, well, just about anything you can think of! Even personalize with custom edible logos and images on treats baked fresh with up to 18 signature flavors daily, even gluten-free!

(850) 460-7487 www.smallcakes.net

The Fine Art of "Frilling!" Frill Seekers Gifts and Personalized Fabulous Finds

The fine art of entertaining is evident across the South. From small gatherings to swanky soirees, hostesses like to display their menu choices in an elegant, unique way. Frill Seekers Gifts Family Spirit Board can be used as a handy cutting work surface or as a Charcuterie Board for a wine and cheese party. All the board options are



made of eco-friendly bamboo, maple or reclaimed wood. Each can be engraved with a monogram, an initial, a family name, team slogan, a quote, image or even a corporate logo. Realtors and corporate executives purchase these personalized products as closing and housewarming gifts and employee appreciation awards. They also make a very personal, unique gift or a keepsake home décor piece for brides or birthdays. Frill Seeker's

personalized entertaining line has also expanded to include custom engraved wine and champagne glassware, acrylic serving pieces and ice buckets. It's easy to see why this shop wins Best Gift Shop in Destin, year after year. And just wait until you see their signature, complimentary gift wrap. You'll be "frilled," that's for sure!

(850) 460-2700 frillseekersgifts.com

Spring Beautiful! Spring Feel!

Pure & Couture Salon

When you walk out of a salon, your hair says it all! Sashaying out with a blonde sparkle, brunette curls, or a gorgeous blonde blend + extensions will give you gorgeous texture for the outdoor spring weather! Warm up the color for warmer weather! Like magic, Pure & Couture's hand-tied hair extensions are a game changer for anyone, adding thickness and volume—a BIG answer for hair struggles! Add styling, makeup, color, a pampering facial, kinesiology or even



a therapeutic massage and you will adore your mighty spring makeover—you are spring beautiful with a spring vibe! Pure and Couture Salon's team of stylists listen to what YOU want your hair to look and feel like and work with your skin tone, face shape, lifestyle and budget. Then show you how to maintain it with the best products. You were made to do beautiful things! Feel beautiful doing them this spring!

(850) 424-3935 pureandcouture.com

Spring Fling Dressing.. Lace, Tassels, Colors! Dressing Room Boutique &

Art Gallery

Chock full of lightweight, bright and beautiful wardrobe and jewelry pieces, the Dressing Room Boutique's collection of clothing will make you swoon. Be as girly as you want to be in sweet lace for sweet dreams. We're slightly obsessed with their new lace bodysuit and their best-selling tops — back in refreshing new spring colors! Too, their Tassel earrings are perfect



for vacay and your next backyard soirée. Who doesn't love a little (or a lot of) arm candy? Bring those lovely arms in for some sweet treats. Dressing Room Boutique can help you pump up your basics with a little flare, whether headed to work, out for date night or a typical errand run-you'll always look your best. Best known for classic style with a twist, the Dressing Room takes the guesswork out of fashion, and can help you pick out your spring fun wardrobe! But, beware, choosing one piece for our favorite was simply impossible.

(850) 218-8776 dressing-room-boutique.shoptiques.com

The Flavors of Spring! Tropical Smoothie Café

Drink to the vibrant colors of spring (and your health) with nutrient-packed goodness in featured superfood smoothies, all made-to-order. Discover how tasty real fruits, veggies and juices can be when prepared in a delicious, smooth and delectable smoothie. Want something you can sink your teeth into? Tropical Smoothie Cafe's menu boasts bold, flavorful toasted flatbreads, wraps, sandwiches, quesadillas and bowls customtailored to suit your tastes all with a bit of tropical spring fun! Blend together with a Bahama Mama, a combination of strawberries and white chocolate, and a healthy reason to celebrate all the vibrant colors of spring! Stop by the cafe and enjoy a fun, relaxing atmosphere and a spring blended with a colorful,



tropical flair! Here's to the newness of spring and your health! Open 7 a.m.-9 p.m. Mon.-Sat.; Sun. 9 a.m.-9 p.m.

(850) 460-8666 TropicalSmoothieCafe.com

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Community**Strong**

"Phone A Friend" Challenge



By Esther Lynn Hemphill

There is a popular game show on television where contestants are asked to answer questions by selecting from a multiple-choice list. If a contestant is stumped, they are given three lifelines, three chances to reach out to someone else for help. One of those lifelines is to "phone a friend." These contestants eagerly call a friend or family member, freely admitting that they don't have a clue how to solve the problem, and eagerly accepting support and advice, even when that friend or family member is sheepishly declaring that they aren't really sure of the answer!

Recently, I was pondering how this behavior mimics certain interactions in our personal lives, and yet, at the same time, is the complete opposite of how we handle other situations.

Sometimes it's easy to reach out to others and admit that you

need support. It could be help with a task, help with lack, the list goes on. However, there are moments when initiating that admission of need or lack is much more difficult. So, I'm challenging you.

PHONE A FRIEND.

Paradoxically when individuals are in greatest need is when they are least likely to ask for support. While the reasons for this are diverse, the bottom line is when others really need our help the most, they're most likely to suffer alone. If we have awareness of these needs, perhaps we should be the one who picks up the phone first.

PHONE A FRIEND.

With technology, we can "like" a post and send a text to show someone we're thinking of them. I do this, and I really appreciate the efficiency of these tools. However, they will never replace the emotional connection of a phone call. With our increasingly accelerated life styles, time is a precious asset. I can really relate to this one, because most days I'm in the fast lane juggling priorities and projects. However, quality time spent with a friend is a priceless moment.

PHONE A FRIEND.

God has placed many individuals in our lives, and a mutual blessing of these relationships is





the ability for us to offer help, support, and comfort to one another. I'm guessing that as you're reading this article, a name and a face is beginning to impress on your heart.

PHONE A FRIEND.

Make that call. You already know who needs to hear from you. You may actually have several calls that are long overdue. If things go as I expect they will, I'd love to hear testimony of how you brightened someone's day. If you're willing, please post a comment or story online with the hashtag #DivineActsOfKindness. We'll share these testimo-

nies with others as inspiration. I'll close for now though, because I've got a few phone calls to make.

Esther Lynn Hemphill is CEO of Sharing Hands Network whose mission is focused on building "healthy and happy families, strong and engaged communities."

Go to http://SHN.co to learn more.



HURRICANE MICHAEL UPDATE: WE NEED YOUR SUPPORT

Dear friends and neighbors,

In the months since Hurricane Michael's landfall, much relief work has been done to provide temporary shelter, to remove debris from yards, and to help families with FEMA and insurance claims. The relief effort is now transitioning from response to rebuilding, and a tremendous amount of support is needed to bring recovery to Bay County.

In my oversight role for Volunteers for the Bay County Long Term Disaster Recovery Organization's efforts, I'm overjoyed to see thousands of individuals volunteering their skills and talents; however, financial donations are lagging FAR behind those made for Irma, Harvey, and Florence. Hundreds of millions will be required for the rebuild, but the disheartening fact is that one of the prominent national nonprofits has received less than \$1 million in donations for Michael. Hurricane recovery efforts will require an abundance of volunteer support, but the recovery work cannot be

We're asking for your financial support, and in faith I say thanks in advance to those with generous hearts whose donations will rebuild neighborhoods in Bay County.

Blessings! Esther Lynn Hemphill CEO, Sharing Hands Network

Checks payable to "Sharing Hands Network" can be mailed to POB 1671, Destin 32540
We are also seeking donation of a 4WD truck capable of hauling 9,000 lb trailers
Questions can be directed to: Donations@SharingHandsNetwork.org
Donations can be made online at http://SHN.co

Sharing Hands Network is a 501(c)3 Incorporated in Florida

OCSO Marine Unit - A Valuable Asset for our Waterways



By Sheriff Larry Ashley

Residents and visitors alike along the Emerald Coast are lucky to have the invaluable assets of a vigilant, professional, and well-trained Okaloosa County Sheriff's Office Marine Unit at their disposal.

This unit focuses on maintaining water safety in our extremely crowded waterways by working to crackdown on BUIs, (Boating Under the Influence),

enforce No Wake Zones, and prevent accidents from careless or reckless boating operations.

In 2018, the OCSO Marine Unit responded to a record breaking number of calls for service standing at 2,707. That included 974 vessel and traffic stops, 212 boating citations, 76 arrests, and 83 distressed swimmer calls.

Enforcement, however, is only a portion of the Marine Unit's mission. Our deputies also promote boating safety and education at every opportunity. They participated in the national "Designated Skipper" program, a "Wear It" campaign focusing on wearing a life jacket while on the water, and a "Recognize the Signs/Think Before You Dive" initiative. In the Think Before You Dive program, educational materials



were provided to boaters and floating businesses around Crab Island. This partnership with the Fort Walton Beach Medical Center resulted from concerns over nine spinal cord injuries from diving into shallow waters around Crab Island in 2016 and 2017. The effort paid off with

zero spinal injuries reported in

Alcohol is a major factor in many of the boating and waterway accidents in our area. So enforcing Boating Under the Influence laws are always a primary focus. Our Marine Unit took part in 2018 "Operation Dry Water," joining forces with 22 law enforcement agencies across Florida to target impaired boat operators.

Working with the United States Coast Guard, Florida Fish and Wildlife Conservation Commission and U.S. Customs Marine Interdiction Unit provides marine force multipliers in enhancing public safety on area waterway. Last year our Marine Unit joined forces with the US Coast Guard Mobile Sector during busy summer weekends, providing additional boarding

officers to help with BUI investigations, arrests, and disturbances.

As an area that's been named one of the top boating destinations in the country, our Marine Unit works tirelessly to enforce boating laws designed to protect public safety, and to educate residents and visitors with potentially life-saving information. Our deputies typically respond to numerous distress calls each year, and are often instrumental in rescues that have on occasion garnered national attention.

We encourage everyone who takes to the water to be vigilant, know the law, and know your limitations. Our waterways are meant to be enjoyed and for that to happen, we need everyone to participate in making safety a priority.



Destin Rotary Cajun Crawfish Bash!

The Rotary Club of Destin returns this year with its very popular 7th Annual Cajun Crawfish Bash with co-host, Mezcal Mexican Grill located at The Towne Centre at Seascape. Friday, May 3 from 5:30 p.m. until 9:00 p.m., fresh crawfish from Louisiana will be dished

up with traditional potatoes, sausage and corn on the cob. For those who don't crave crawfish, there will be BBQ pork sandwiches also (made from the Club's award-winning Boston Butts), hamburgers and hot dogs, prepared fresh on-site.

Event proceeds benefit young



families in need through Food For Thought, Harvest House, Boys & Girls Club of the Emerald Coast, Mattie Kelly Arts Foundation's community outreach initiatives, and The Rotary Club of Destin Scholarship Fund.

Back by popular demand is

Fais Do-Do Band performing their unique genre of zydeco music. Integrating a blend of R&B, soul, brass band, reggae, hip hop, ska, rock and Afro-Caribbean, you are guaranteed to be dancing! Attendees can

ROTARY

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DO IN

Free Beach Bonfire | 5pm | Royal Palm Grille Mardi Gras Parade | 6pm | **Destin Commons**

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Ladies Climbing Night 6pm | Rock Out Climbing

Famers Market | 9am-1pm | **Grand Boulevard**

Yoga and Hoppiness | 10am I World of Beer

Hogs for Dogs Adoption Event | 11am | Emerald Coast Harley Davidson

Mardi Gras Street Party 1pm | AJs Destin Mardi Gras Parade | 2pm |

Harborwalk Village Karaoke | 7:30pm | World Of Beer Destin



16th Annual Mardi Gras Dog Parade | 2pm | Village of Baytowne Wharf

Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille

Tap It and Run Club | 6pm | World of Beer

Rock n Roll Bingo | 5pm | World of Beer

Fat Tuesday Mardi Gras Parade | 5pm | Village of Baytowne Wharf **Fat Tuesday Celebration**

and Pet Costume Contest 5pm | Harborwalk Village

16th Annual Fat Tuesday Baytowne Bash Party | 5pm I Rum Runners Sandestin

Chipotle Give Back Night - Relay for Life | 5pm | Chipotle Destin

Trivia Night | 7pm | Village Door at Seascape Rock'N Bingo | 7pm |

Landsharks Pizza

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf Trivia Night | 7pm | World Of Beer Destin

CCA Emerald Coast Banquet | 6pm | Emerald Coast Convention Center Thursday Beer Run | 6pm | 1835 Porch Bar Corks n Canines | 7pm |

Cantina Laredo

Hard Hats & High Heels | 11:30am | Red Fish Taco Free Beach Bonfire | 5pm | Royal Palm Grille

Famers Market | 9am-1pm | Grand Boulevard

Yoga and Hoppiness | 10am I World of Beer Spring Me a Bone with

PAWS | 11am | World of Beer Tequila & Taco Fest | 1pm | Harborwalk Village

Karaoke | 7:30pm | World Of Beer Destin

Lady Boss Market | 11am | De'France Indoor Fleamarket

Free Beach Bonfire/SIN Night | 5pm | Royal Palm

Tap It and Run Club | 6pm | World of Beer

Rock n Roll Bingo | 5pm | World of Beer

Trivia Night | 7pm | Village Door at Seascape Rock'N Bingo | 7pm | Landsharks Pizza

Trivia Night | 7pm | World Of Beer Destin

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Bubbly Baytowne | 5pm | Baytowne Wharf Thursday Beer Run | 6pm | 1835 Porch Bar

• 15

Free Beach Bonfire | 5pm | Royal Palm Grille

Famers Market | 9am-1pm | Grand Boulevard

Yoga and Hoppiness | 10am I World of Beer **Karaoke** | 7:30pm | World Of

Beer Destin McGuires St Patrick's Day

Extravaganza | 11am | **McGuires Irish Pub** St Paddy's Day Family Party | 12pm | Harborwalk Village

St Patty's Day Delight Village of Baytowne Wharf

Free Beach Bonfire/SIN Night | 5pm | Royal Palm

Tap It and Run Club | 6pm | World of Beer Hydroflight Monday

6:30pm | Baytowne Wharf

Rock n Roll Bingo | 5pm | World of Beer **Boomin' Tuesday Fireworks**

l 6pm l Baytowne Wharf Trivia Night | 7pm | Village Door at Seascape

Rock'N Bingo | 7pm | Landsharks Pizza

20

Trivia Night | 7pm | World Of Beer Destin

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Thursday Beer Run | 6pm | 1835 Porch Bar Magical Thursday | 7pm | Baytowne Wharf

Free Beach Bonfire | 5pm | Royal Palm Grille 23

Famers Market | 9am-1pm | Grand Boulevard

Vettes at the Village | 10am I Baytowne Wharf 4th Destin Pooch Palooza

10am | Destin Dog Park Yoga and Hoppiness | 10am I World of Beer

Karaoke | 7:30pm | World Of Beer Destin

Sunday Cinema | 7:15pm | Baytowne Wharf

Free Beach Bonfire/SIN Night | 5pm | Royal Palm

••••• 25 •••••

Tap It and Run Club | 6pm | World of Beer

Hydroflight Monday 6:30pm | Baytowne Wharf • 26 •

Rock n Roll Bingo | 5pm | World of Beer

Trivia Night | 7pm | Village Door at Seascape Rock'N Bingo | 7pm |

Landsharks Pizza 27

Trivia Night | 7pm | World Of Beer Destin

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Thursday Beer Run | 6pm | 1835 Porch Bar

Purses with a Purpose Fundraiser | 5pm | Grand Boulevard

Free Beach Bonfire | 5pm | Royal Palm Grille 2019 Cobia World

Championship Kickoff | 6pm l Harbor Docks •••• 30

Famers Market | 9am-1pm | Grand Boulevard

Yoga and Hoppiness | 10am l World of Beer

Karaoke | 7:30pm | World Of Beer Destin ••• 31 •

BoJamz Music & Arts Festival | 11:30am | Boshamps



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Life Insurance: The Elephant in the Room



By Victoria Ostrosky Insurance Zone

"I know I can do this today," Jessica thought. "It's been six months since Darrin's death, and it's time." She was standing at his desk, her fingers resting gently on the now dusty surface, still trying to envision him sitting there.

Underneath a pile of documents, she found a legal pad. There were a few pages written in his distinctive print-cursive she had loved so much. She expected to find lists of 'Things to do' for his work, but then she took a closer look. It was a list, but not for work. It was for life. His life.

Why, it was a list of things to be thankful for! What was the date? Oh, here it was at the top of the page. Almost exactly three years ago. She remembered now. He had been going through a period of depression and their Pastor must have recommended this as part of his therapy.

"I am thankful for..." he had written on the top line.

- My family
- My wife who puts up with my moods
- My little girls who light up my world... and on it went for a whole page

She sighed deeply, wiped her tears once again, and put the legal pad aside.

In another drawer she found a quote for life insurance dated six months before his unexpected death. Her hands shook uncontrollably as she read the information. The amount of coverage would have paid off their mortgage, debts, and put their girls through college.

For many, life insurance is not a pleasant discussion and we like to avoid the topic. If only Darrin would have followed through on that quote, Jessica's life and that of her daughters would be much different.

"In a 2015 study, 43% of Americans said they would feel a financial impact within six months if the primary wage earner died. Perhaps reflecting this concern, three of out 10 acknowledged that they

need more life insurance coverage." (LIMRA 2015)

Life insurance can do some amazing things for people. It can keep your families in their homes, pay off debts and loans, provide a stream of income, and assure a child's education. It can also protect your business by keeping a family business in the family, protect a key employee so the business can continue while you search for and train a replacement, or fund a buy/sell agreement.

It is important to find the right fit and there are basically two types of life insurance (among many variations) term and permanent life insurance. Term insurance provides financial protection for your temporary needs for a set period of time (10, 20, or 30 years). They do not accumulate cash value, but offer maximum protection for a low price, level premiums and can usually be converted to a permanent policy if your needs or insurability change.

Permanent life plans are both whole life and universal life insurance policies. Whole life pays a guaranteed death benefit to your beneficiaries and offer potential for tax deferred growth, the ability to take withdrawals and loans for retirement, education or emergencies. With whole life policies, premiums are level over the life of the policy.

Another type of permanent life insurance is a product called Universal Life (UL). This life insurance has flexible payment and death benefit options, and riders to personalize the policy, including an indemnity based Long Term Care Insurance Rider.

And we must mention Long Term Care (LTC) coverage which is not the same; some are reimbursement style or indemnity style and some contain provision for increases in premiums. You should consider a linked benefit plan that is a fixed premium universal life policy that provides LTC coverage along with a death benefit. Being a cash indemnity plan it pays monthly benefits to the owner of the policy for whatever is needed for care including informal caregivers, family and friends.

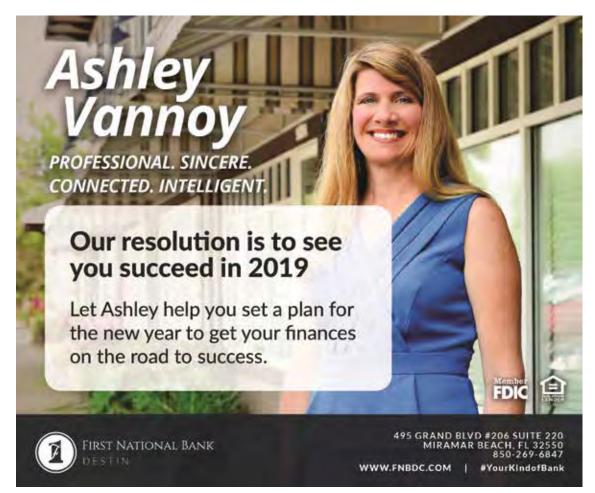
With so many options, it's difficult sometimes to decide what's best for your situation. Too many options can lead to paralysis of decision making. It's always best to call your agent and discuss your needs and goals so that together, you can personalize the right product for your specific situation. Don't put it off until it's too late.

Darrin loved his family, but then left them in financial difficulty following his death. What kind of legacy do you want to leave?

Insurance Zone, owned by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on www.ins-zone.com and watch three informative videos on Life Insurance 'How much Do You Need, Term vs. Permanent and Protection from Financial Hardship,' or call 850.424.6979. Victoria Ostrosky, author of this article is an Agent/CSR with IZ.







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"I Really Wanna Buy Some Real Estate...I'm Ready!"



Are you REALLY ready? We receive many inquiries from buyers who have found a home or condo after searching online, from one of our "For Sale" signs in front of a home, or they were recommended to us by one our great past clients. It's obvious that they're REALLY excited about making the leap and we're REALLY excited to help them through the process. But, are they REALLY ready and prepared? If vou or someone vou know is looking to make a real estate purchase, please read and/or please pass this information along. A successful sales transaction, for buying or selling, all begins with the preparation. It REALLY does! So, today, we'll walk through how to prepare yourself for a successful purchase that will enable you to get yourself what you want with the least amount of hassles.

DO YOU KNOW WHEN YOU WILL BE READY TO PURCHASE? Are you ready today? 30 days? 60? 90 or more? Are you renting? When does your lease end? Do you currently own your home? If yes, do you need to sell it before you purchase?

DO YOU HAVE YOUR FINANCES IN ORDER? If you need financing, employ the services of a reputable lender who can tell you all of your available options and provide you with a prequalification letter or if you're going to pay cash, get the document(s) showing your proof of funds. The worst thing that can happen in the process is you find the home of your dreams and then find out that it is not within your budget. Also, when your realtor submits your offer to the seller, having the proof of

funds or prequalification letter accompany and that offer lets the seller know that you are a qualified buyer, that you're serious and if you're competing with others on the purchase, it will always improve your chances of getting YOUR offer accepted.

DO YOU KNOW WHAT YOU WANT? Where do you want to live? Not sure? Then take a drive around and check out all the possibilities. Do you want a gated community, amenities like a pool or a gym, close to preferred schools, close to the beach, etc. What do you want to live in? (Do you prefer a house, townhome, or condo?) Make your lists...spell out your definition of the "ideal" place, and then create a list of "must haves" and a list of "want to haves." Do you want move-in-ready or is a fixer-upper ok? 1 story or 2? Garage? Yard? Now that you have your "ideal" list," you can meet with your realtor to begin the search of the best properties that suit YOUR wants, needs and desires. This will be a great use of your time.

DO YOU HAVE A POWER-FUL REAL ESTATE AGENT?

All in order to serve you well and not waste your time, a powerful agent will sit down with you and ask you a LOT of questions, and they will listen to you! They must provide you with a "Service Commitment" to ensure that they are committed to you and your needs. A powerful agent will have your best interest in mind, and they will work by agreement only. They will explain the difference between single agent, transaction broker and non-rep (you must know this). They will know the market and will provide you with good information so you can make educated decisions when

making offers and negotiating contracts. They and their team will explain the process to you and make sure you stay on track, all to ensure you have a successful closing. So, choose wisely.

After you've gone through these four steps, you're now ready to start the journey to make that real estate purchaseand to REALLY make your dream of ownership a reality!

Gail Pelto is...yes... a powerful real estate agent with Keller Williams Realty Emerald Coast. Call her with any questions you have and she'll guide you in the right direction. Call her direct at 850-374-0454 or email Gail. Pelto@kw.com —

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Adding Efficiency to Your Stock Portfolio



By Maurice Stouse Financial Advisor and Branch Manager

How often do you associate the word efficient with regards to your investments or your wealth accumulation goals? What does efficient mean? A quick Google search gives the following result:

"**Efficient** (adjective) – achieving maximum productivity with minimum wasted effort or expense (as it relates to a system or a machine)."

Long term stock market investment performance might benefit from efficiency with regards to cost, with regards to taxes and with regards to risk. This article will address adding risk efficiency to your stock portfolio.

How might you use a system for managing the risk in line with your goal, time frame and risk tolerance for a given investment or investment program? As an investor, you first might assess what you're your loss tolerance is for a given stock investment. Ask yourself if you would sell if the stock fell say 5% or 10% or perhaps even 20%. Once you know this, you can use a strategy known as a "Stop Loss" order for a given stock in your portfolio. The way it works is that should your stock decline, you can have a built- in order that is triggered once a certain price level is reached. So, as an example, if you utilized a stop loss by price and you had a stock you paid \$100 per share for, you could enter a stop loss order to have it sell at say at \$95, \$90, \$85, etc. You have the advantage of not having to consistently monitor the price of your stock when you know that an order will trigger at a given loss level. And you have the peace of mind not riding the stock down if the market experiences the

type of volatility seen this past December or back in 2008 as examples.

In general, these orders go in to effect once the stock trades through a certain price and then, a market order (sell at the next available price regardless of direction, including further down direction) is entered on your behalf. This is important to note because price movements can be significant during volatile times in the stock market.

These days, many firms also give you the flexibility of using a "Trailing Stop Loss" order for a given stock that you might own. These have the added benefit of entering the order by percentage amount as well as by price. As an example, if you had a \$100 stock, you could enter a trailing stop loss to trigger once the stock drops by a certain percentage (5%, 10%, etc). Take note that "Trailing" means that the trigger percentage or price can move up if the stock itself has gone up since you bought it. In other words, this type of order floats, automatically adjusts higher if your stock price

Find out more on how to mitigate risk with stop loss orders as there are many more varieties and important facts you should know before making an investment decision. It can be helpful to call or see your brokerage firm or an advisor and review all consdiderations before proceeding.

Maurice Stouse is a Financial Advisor and the branch manager of the First Florida Wealth Group and Raymond James and he resides in Grayton Beach. He has been in financial services for over 30 years. His main office is located at First Florida Bank, 2000 98 Palms Blvd, Destin, FL 32451. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com.

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Rebalancing a portfolio may cause investors to incur tax liabilities and/or transaction costs. Dollar cost averaging involves continuous investment in securities regardless of fluctuation in price levels of such securities. An investor should consider their ability to continue purchasing through fluctuating price levels. Such a plan does not assure a profit and does not protect against loss in declining markets. The payment of dividends is not guaranteed. Companies may reduce or eliminate the payment of dividends at any

given time. Investing always involves risks and you may incur a profit or a loss. No investment strategy can guarantee success.

Holding stocks for the long term does not insure a profitable outcome.





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Destin High School Update

In February, Dr. and Mrs. Shruti Bawa hosted a successful, first Destin High School fundraiser with auction items raising over \$18,000! Many Destin citizens attended to show their support and businesses donated silent auction items totaling \$32,000. Thank you Dr. and Mrs. Shruti Bawa, your staff, member volunteers of the Destin Middle School leadership program and parents.

Next steps:

The Okaloosa school district has 90 days to review the Charter application, interview the governing board and render a decision.

Upon approval of the Charter, the following steps will move forward quickly with the financial goal of \$490,000 to complete all steps necessary to open.

From March 2019 – August 2020, 16 months:

- Assist, develop, and establish operations, recruitment, governance, curriculum, and facilities.
- Write and defend a Federal CSP Grant (expected September 2019)
- Conduct an executive search for a Principal (January 2020)

Momentum is building; since February there have been many new accomplishments:

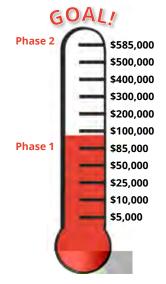
- The community has donated a total \$95,807.63.
- School Development issued a letter of introduction Statement of ability to finance and develop source of funds for Destin High School. This letter was received on January 25, 2019 after representatives from HIGHMARK toured many potential site locations for the new high school. Once the charter is approved the firm will serve as negotiator, facility developer and financier for the school facility.
- January 28, 2019—First National Bank offered Destin High School additional support through a loan in the amount of \$200,000.

Stay informed and join our

vision to make Destin High School a reality. SPREAD THE WORD!

To donate and participate: info@destinhighschool.org, Facebook/destinhighschool

Please visit MyDestinLife.com to read former articles and updates on the new high school.



Phase 1 COMPLETED – preparation and submittal of Charter application, submitted Feb. 1. This established not-forprofit legal organization and governing documents.





Top: Dr. and Mrs. Shruti Bawa recently hosted a very-successful, first-ever Destin High School fundraiser.

Bottom: Volunteers from the leadership program at Destin Middle School.





Members of the Destin High School Governing Board attending the fundraiser.



White Dog Insurance Advisors "ASK THE EXPERT"

Q. I have a prescription drug plan that has low copays, but I still must pay a lot of out of pocket costs for my prescriptions. Why am I being charged more than my plan says I should? - Mike

All Medicare prescription drug plans use a formulary. A formulary is a list of the drugs that the plan covers and how. For example, Metolazone is a generic prescription for hypertension. Depending on the prescription drug plan that you have, the typical co-pay can be anywhere from \$3 up to \$60. It is possible that some drugs will not even be covered by some plans. Also, each plan's formulary will classify drugs in to tiers, typically between 1 and 5. Each tier has a separate cost associated with it. The lower the tier, the lower the cost. Review your prescription plan with your insurance advisor each year and ensure that you have the best plan for your current prescriptions. Plans can and do change their formulary each year. This means a plan that works well one year, may not be as cost effective the next. At White Dog Insurance, we specialize in personal consultations to ensure our clients have the best plan for their situation.

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What's Hot, What's Not



By Chris Balzer

Our most common phone call and email come from frustrated homeowners who have rooms which are hard to cool in the summer and warm in the winter. This leads to their heating and air conditioner systems running longer costing money, wasting energy and putting wear and tear on the HVAC system which lessens the life of the unit and potentially creates expensive service calls. If you drive on Hwy. 98, there is no shortage of HVAC repair trucks and vans on the road.

NOAA (National Oceanic and Atmospheric Administration) and NASA (National Aeronautics and Space Administration) reports the Earth experienced its fourth warmest surface temperature in 2018. NOAA released their NCEI (National Centers

ENERGY TIPS

by Emerald Coast Energy Solutions

for Environmental Information) in February 2019, reporting that the Earth experienced its fourth warmest surface temperature in records going back to 1880. In fact, the five warmest years on record are now the past five years: 2016, 2015, 2017, 2018 and 2014, in that order. February also experienced some of the warmest temperatures for us as well and its shaping up to be another hot summer.

So, what are some options to increase comfort and reduce energy? Many would just live with these conditions, because they feel there are no real solutions. Or believe the investment is not worth it. There are many innovated products and solutions available to solve all of these problems and can be tailored to your specific needs.

One simple solution is to check window and door seals with a Thermal Imaging camera. These cameras can detect leaks easily by displaying color changes. If you don't have access to this type of camera, visual inspections can detect leaks as well. If you can see light around the frames of windows and doors from the outside, your seals need to be adjusted or replaced. Checking attic insulation is always a good idea. If you can see boards running next to your insulation, you most likely need to add insulation. Blown in insulation and cellulose can and does settle over time reducing the effectiveness of the insulation. Another simple inspection is if you have alarm monitoring sensors on windows, check to see if they are discolored. If they were once white and now yellowish, this means they are getting direct sunlight and UV rays could be causing more damage to floors and furniture. ERG window films are virtually clear; they reduce 94% of radiant heat and 99.9%of UV rays creating a more comfortable room and protecting your floors and furniture.

Another excellent solution is Radiant Barriers. Radiant Barriers help reduce attic temperatures in the summer allowing your duct work and insulation to work more efficiently and as an alternative to Spray Foam. When Radiant Barriers are installed correctly on the rafters (rafters are the beams extending from the eaves to the peak of the roof) of the attic, the reflective properties of Radiant Barriers reflect 97% of the radiant heat from the surface of the roof back outside, lowering attic temperatures. By lowering attic temperatures, Heating and Air conditioning systems tend not to run as long or have longer periods before cycling (turning on and off) extending the life and reducing service calls.

So, What's Hot? According to NOAA and NASA, the Earth. What's not? Doing nothing about it. Check the efficiency of your home or call a professional to help you determine ways to increase comfort and lower energy bills. By lowering energy bills and increasing efficiency, you have a positive impact on reducing your CO2 footprint.



Chris Balzer is Founder and President of Emerald Coast Energy Solutions and resides in the Santa Rosa Beach area with his wife and three children. For more information on how to save this summer and become energy efficient, schedule an inspection by calling (850) 588-2870, visit www. trusteces.com or email wecare@trusteces.com. Beat the Heat!

ROTARY

continued from page 7

also enter an incredible raffle drawing for themed packages from beach activities, bourbon baskets, concert tickets, golfing, restaurants, a grilling package including a Kamado Joe grill, and vacation stays.

Current sponsors include Destin Commons Coins for a Cause, McGill Escrow & Title Services, Newman-Dailey Resort Properties, Beach Community Bank, Crawford Jones, Emerald Coast Title Services, Gulf Coast Shutter & Overhead Door, Hand Arendall Harrison Sale LLC, Harmony Beach Vacations, Liufau McCall Insurance Group, MidSouth Bank, Destin Flooring, Harmony Beach Vacations, Simple HR, Premier Property Group, Gulfshore Air Conditioning and Heating, Premier Property Group, Smith Iron Works, Edward Jones Investing - James

Roberson, The Ryland/Morrow Agency, Destin Life, Les Porterfield, Gail Pelto, Carl and Sally Harris, and Rob Lamotte.

Tickets are \$30 per person, \$10 for children under 12 and free to kids age three and under. Day of event, tickets are \$35 per person. Tickets can be purchased in advance at Newman-Dailey Resort Properties (850-837-1071), from a Destin Rotarian, or online at www. DestinRotary.com. This event is suitable for families of all ages and open to the public.

The Rotary Club of Destin represents over 56 business women and men who are committed to "Service Above Self" and whose mission is to positively change lives through service...across the street and around the world with emphasis on eradicating hunger and supporting education in our community and internationally

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Thursday, March 28, 2019 | 4 - 7 p.m. Emerald Coast Convention Center

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Enjoy samples, promotional items, discounts and goodies from local businesses.



Introducing Abbey...Therapy Dog at ECCAC

Meet Abbey, a trained age 4 Maltese therapy dog and her owner/handlers, Roslyn Lindeman and Jennifer Town. Once a week, Abbey and the ladies help make the day a little better and brighter for child victims receiving services at the Emerald Coast Children's Advocacy Center (ECCAC) in Niceville.

Both ladies worked together with accomplished careers as registered nurses—Jennifer, a Captain in the Navy Nurse Corps, and Roselynn, in Civil Service. Along with Abbey, the ladies completed 15 weeks of Basic, Advanced and Urban Pet and Handler Training at Pawtopia in San Diego, Ca. Abbey successfully passed the test as AKC Canine Good Citizen and became certified in February 2017.

Shortly thereafter, Abbey and her owners joined the Armed

Forces YMCA Pet Therapy Program at the Naval Medical Center in San Diego, visiting both inpatients and outpatients of all ages and illnesses. Per Naval records, Abbey and the ladies collectively registered 168 hours of Animal Assisted Therapy with an impressive estimated 7,500 staff, patient and visitor interactions for 2017.

All three retired to the Destin area last year and have become quite immersed in the caring world of volunteering to help others. According to the ladies, "We truly believe that Abbey was born to be a Therapy/ Comfort Dog. Her disposition is such that just seeing, touching or being around her makes people comfortable and happy. No matter how young, how old, how happy or how sad they are, she seems to know exactly what to do."

Currently Abbey visits and "works" at the Emerald Coast Children's Advocacy Center in Niceville three hours a week. She is also part of the Pet Therapy Program at FWB/Valparaiso Airport where she meets and greets travelers. In her spare time, she is the local "ambassador" for tourists and residents alike in and around their home in Destin.

A total of nine therapy dogs and their owner/handlers are helping the kids at both centers. ECCAC's mission is to prevent child abuse and neglect, protect children in Okaloosa and Walton Counties and restore the lives and futures of these impacted children and their families. For further information, visit www.eccac.org. If abuse is suspected, call the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.



Chance - A Tribute

By Lori Leath Smith, Publisher

It seems, if you think about it, (and I have) that the one absolutely unselfish friend that someone can have in this selfish world, is a dog. Dogs touch our lives in so many different ways.

We can learn a lot from them, such as when someone we love walks through the door, even if it happens five times a day, we should go totally insane with joy.

Most pet owners can relate. Our Chance just literally showed up, and lovingly, patiently stayed by our side through the years while we did "life." We're grateful for his companionship and thought we'd share this tribute to our loved, loyal and now extremely missed family friend. There's no easy way to say goodbye, especially when they've supported you through your darkest



times and cheered you up when you were down.

Below is my daughter's tribute to our "man's best friend," most likely representative for all of us pet owners.

Today, we had to say goodbye to my Chancey Boy.

I'm not okay with it. I'm upset and a piece of my heart went home to heaven

with him today. I'll never get that back, but that's okay. He was a piece of my life. And I'm so thankful for the 11 years I had with him.

I've cried more in the past three days than I've probably cried total since he showed up at my apartment steps in 2008.

But he was a good boy. He was put

here to get me through some of the hardest and most trying times of my life. Times that many will never know about. And that's okay - because he was there when I had no one else.

Over the years, his fur has caught the tears I've cried, his paws have traveled with me and run with me. His energy and joy for life kept me positive when I didn't think I could keep going And he made sure every person that stepped foot in my house knew he was there - and the man of the house. The albha.

Time will help, but I'll never fully re-

cover from the imprint his paws left on my heart and my life.

He served his purpose. He did his job. And he did a damn good one. And damn, he was the best, most loving, {a little cray}, loyal dog

I'll see you again one day, big guy. I know you're running free and digging all the holes possible in your yard in heaven. So I guess I shouldn't say goodbye, but see you later.

So for one last time, I'll say, "Good boy, Chance.

Good boy." ~ M. Shaye Smith

Destin Pooch Palooza

The 4th Destin Pooch Palooza will be held Sat. March 23, from 10 a.m.-3 p.m. at Destin Dog Park (4100 Indian Bayou Trail). This festival is for dogs, their families and friends. There will be vendor and non-profit dog rescuers booths, food, raffle, and a silent auction. Dog presentations, Okaloosa K9 Unit, and activities; such as a fun walk and treat trot will entertain the four- and two-legged



visitors. There is no entry fee, but dog park donations are excepted. To benefit the Panhandle Animal Welfare Society (PAWS) animal shelter, attendees are asked to bring donations such as food, collars, leashes or cleaning supplies. PAWS is providing a vet van for dogs to get rabies shots for \$5 and microchip for \$10. For more information, please call Destin City Hall at 850-837-4242. You can also register for the inaugural "Shy of Mile Mutt March" fun walk happening at 10:15 a.m. Registration is prior and is \$10.



Mestin Diving, Events & Entertainment

ne of the advantages of living in Destin is that we locals enjoy much of what tourists experience—but we get to enjoy it year 'round, even during Spring Break! Some of our favorite experiences for fun and relaxation is the amazing local, musical talent, live events and activities. Our small, but mighty musical arena is home to a variety of local musical talent-and lots of it. Afternoon or evening, it's easy to find your favorite live music scene — rock, reggae, blues, country and practically every genre of popular music all year long. Or you can wind down with some much needed and desired soul-soothing music. And your entire family can enjoy exciting and laid-back game-playing coupled with some breathtaking scenery overlooking the Gulf or the Bay, local coastal style.

Tailfins Alehouse and Ovster Bar

With a super-amazing view of the Harbor and live tunes, Tailfins delivers with three levels overlooking



the Destin Boardwalk and water. It's a casual atmosphere, bar, live music venue with scrumptious local fare and live music on the top deck with full bar. It's a favorite venue for local favorite bands and from all-over bands that love to perform at Tailfins. Tailfins Entertainment Complex offers an incredible mix of great atmosphere, excitement, delicious food and drinks along with the stunning views, a combination that's hard to match. During the month of March, Tailfins offers \$9.99 lunch specials Monday through Friday as well as other very popular specials. Be sure to catch their exclusive Early Bird, Double Happy Hour Special from 4-7 p.m. and again from 10 p.m.-closing, 7 days a week, with \$3 Bud Light Pint,

Long Island Teas, House Wines and Well Drinks. So be sure to bring your appetite and enthusiasm and we promise, you'll be glad you did.

850.650.1200 | On the Harbor in Destin | tailfinsdestin.com

La Famiglia Restaurant

It didn't take much for Pino Tozzi to decide to sell his successful



businesses in Rome, Italy, uproot his young family and emigrate to America—just a vacation to Destin in 2005. The rest is history, as they say... No hustle and bustle here; just relaxed, the ambiance reflecting the Central Italian heritage of the owners. There is an Boathouse Oyster Bar inviting indoor atmosphere and

\$15 Domestic Bottle Bucket, \$5 refreshing outdoor seating. La Famiglia has earned a reputation for serving some of the finest homemade Italian dishes on the Emerald Coast, including Veal Parmesan, homemade pastas and raviolis, antipasto, all served with your choice of red or white sauces. Not to be missed, La Famiglia has always been known as a local favorite for authentic, brick oven Italian pizza, topped with a variety of traditional and specialty ingredients, including the Margherita, a classic combination of tomato sauce, mozzarella cheese, sliced tomatoes and fresh basil. A big appetite? Try the hand-stretched, 2 ft. pizza on for size! This is simply a great place to take the family out for a genuine, Italian pizza experience and memory-making. La Famiglia is open Tuesday through Sunday from 11 a.m.-10 p.m., offering a lunch menu till 3 p.m. 850.279.4527 | 16055 Emerald Coast Pkwy Ste 114 | Destin lafamigliadestin.com

The Boathouse Oyster Bar is one



Located in the heart of Destin on the Destin Harbor, the Boathouse specializes in making Oysters a delicacy. Boathouse's Gumbo recipe was written by Mama Gumbo herself. More local fan favorites include the Tuna Dip, Cajun Boiled Peanuts boiled to perfection, Wings of Fire served with Ranch or Blue Cheese, and Trailer Park Nachos-Yum! Other menu items include Cheeseburger in Paradise, Fish of the Day, Tuna Steak, Grilled Chicken Sandwiches, Prime Rib and American staples-Grilled Cheese and Hot Dogs. And, of course, the oysters are raw, steamed or baked just the way you like 'em! You have to visit to see why Boathouse has become a Destin favorite and voted Best Oysters and Best Gumbo for the past 30 years.

Private Catering is Available. Pet Friendly.

850.837-3645 | 288 Harbor Blvd. $\mid \textit{Destin} \mid \textit{boathouse oysterbardestin.com}$

The Melting Pot

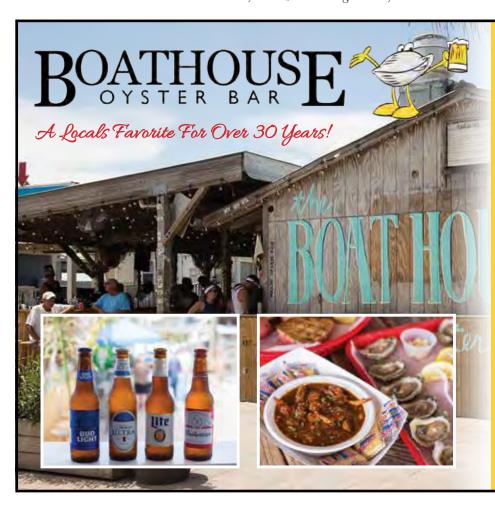
Truly a one of a kind dining expe-



rience, The Melting Pot provides an unforgettable, interactive night out that turns moments into memories. From the time the first piece of bread is dipped to when the last nibble of dessert is savored, you'll have time to discover new things about people you thought you knew and those your getting to know. A dining experience like no

RESTAURANTS

continued on page 4 of guide



MARCH EVENTS

Cole Jordan **Mondays:**

Roshambo

Kyle LaMonica Tuesdays:

Austin Jennings

Wednesdays: Shane Curle

Hayes and Howland

Thursdays: **Rusty Hammerstrom**

Austin Jennings

Fridays: Jason Findley

Jason Clark

Saturdays: Kelly Byrd

Rusty Hammerstrom

Gunner

Kelly Byrd Sundays:

Jason Findley

New Act Every Sunday

Open Daily from 11 am-2 am Lunch Specials M-F for \$9.99

288 Harbor Blvd, Destin (850) 837-3645

Facebook: www.facebook.com/BoathouseOysterBar www.boathouseoysterbardestin.com



Destin Dining

Events, Music, Activities And Specials!

Boathouse Oyster BarDaily Lunch Specials M-F \$9.99

Sat. March 9th | 6th Annual Tequila & Taco Fest 1pm-5pm **March Live Music Line-up**

Mondays: Cole Jordan @ 5pm | Roshambo @ 9pm Tuesdays: Kyle LaMonica @ 4pm | Austin Jennings @ 8pm Wednesdays: Shane Curle @ 4pm | Hayes and Howard @ 8pm Thursdays: Rusty Hammerstein @ 4pm | Austin Jennings @ 8pm Fridays: Jason Findley @ 4pm | Jason Clark @ 8pm Saturdays: Kelly Byrd @12pm | Rusty Hammerstrom @4pm & Gunner@8pm

Sundays: Kelly Byrd @ 12pm | Jason Findley @ 4pm | TBD @ 8pm

Bric a Brac

Voted Best Crab Cakes in Destin 4 Years in a Row Live Entertainment

Thursdays: Karaoke - 7pm
Fridays: Jones & Company - 7pm
Saturdays: Teal Magnolias - 7pm
Late Night !!! 11pm - 4am
Latin Night Fridays & Saturdays

Salsa, Merengue, Reggeton, Bachata - Upstairs Top 40 & Hip hop - Downstairs

Landshark's Pizza

Monday thru Friday Happy Hour Specials

3 to 6 PM - Perfect accompaniment to our Daily Menu Specials. Well Drinks \$5 Domestic Drafts \$2

Domestic Bottles \$2.25 Wine – Glass \$4 **Monday** - Premium Craft Beer & Texas Hold 'Em POKER Monday 7PM - Sample delicious varieties of local, regional and select out-of-state brewhouse offerings. All-Access Wristband, 3 Tickets for sampling the Craft Beer Monday selections of your choice, 1 Full Pint of the Craft Beer of your choice. Craft Beer Tasting \$10

Tuesday - Margarita & Corona Specials & MUSIC BINGO! House Margarita and Corona Beer specials go ALL DAY. MUSIC BINGO starts at 7:00 PM - Free to play! Free Prizes! Corona Bottles \$2.5

House Margaritas \$4

Wednesday - Landshark's 'WINGSDAY' & Bourbon Club AWARD-WINNING Buffalo Hot Wings just .69 Cents Each - All Flavor Sauces, and Rubs. \$2.00 OFF ALL TOP-SHELF BOURBONS. Minimum order of 10. *Ranch & Blue Cheese Dressings for Wings are .50 Cents Ea. & Delicious Carrots & Celery Accompaniment is \$1.00 Wings each \$0.69. Carrots & Celery \$1. Top-Shelf Bourbon Discount \$2

Friday - Mini-Monster Calzone w/Ricotta & Mozzarella Friday

Choice of two regular fillings AND comes with a Domestic Draft Brewskie or a Soft Drink included. Two Toppings \$9.99. Additional Toppings \$0.5. Premium Toppings \$1. Add Steak \$1.5

Tailfins Alehouse and Oyster Bar

March Spring Break 2019 at Tailfins!

18+ no cover until 10 PM; 21+ no cover

Live Bands: Velco Pygmies, Fortag, Shenanigans Daily Live Music starts at 4:00 PM Fridays and Saturdays Rusty Hammerstrum, Ronnie Velco Pygmies and DJ Baza every we Early Bird specials and Double had 4-7:00 PM & 10 PM - close. Monday Lunch Specials During the Week: Mondays: Fried Green Tomato BLT Tuesdays: Lunch Special, Chicken CWednesdays: BBQ Pulled Pork San Thursdays: Chicken Quesdilla \$9.99 Fridays: Fish and Grits lunch \$9.99 Dinner—Fresh Catch \$17.95. Baja crab legs \$19.95. New Orleans Caju Baby Back Ribs \$12.95. All 5 great shappy hour drinks—\$3.00 Bud light

Satterfield, B. T. Turner, Hollywood

\$5.00 Award- Winning Seafood Gui

well drinks. *house wines. \$15.00 [



Bric à Brac

Family Friendly, American-Style Restaurant Locally Owned & Operated

Voted Best Crab Cakes in Destin Four Years in a Row

LIVE ENTERTAINMENT

- Thursday: Karaoke 7pm
- Friday: Jones & Company 7pm
- Saturday: Teal Magnolias 7pm

Latin Night Fridays and Saturdays
11 pm to 4 am

Salsa, Merengue, Reggeton & Bachata upstairs Top 40 & Hip hop downstairs

The Petit Brothers Welcome You!

Shoreline Village Plaza | 824 Highway 98 E Destin | 850-424-6369

www.bricabracdestin.com





, Events & Entertainment

Brats, Beatles Tribute, eekend.

appy hour specials: through Friday.

uesadilla \$9.99) dwich \$9.99

fish tacos. \$14.95. Alaskan snow ın Shrimp. \$16.96. Kansas City specials 4 -7 PM. hts. \$5.00 long Island iced teas *

Domestic bottle buckets. Mix or

nbo during Happy Hour.

Tequila's Sports Bar & Grill

Fiesta Every Saturday with Latin Saturdays

DJ Alacranero on the mix with #Salsa, #Merengue and #Bachata and much more! No cover all night long. Fiesta from 10 PM – 2 AM! MARCH MADNESS is Here.....The Road to the Final Four Leads to Tequilas! Come and watch all the action on Big Screen TVs!

Taco Tuesdays: 2 Chicken or Steak, Soft or Hard Tacos with Rice or

3 Margarita Sizes: Jumbo, Mega and Grande 3 Grande Margaritas \$14.99

Daily Lunch Specials Monday - Friday \$8.99

Al's Destin

AJ's Club Bimini in Destin:

Black Eyed Blonde Sunday -Wednesday nights 9:30 PM **March Bimini Stage Weekends:**

7-9: Blackberry Breeze

14-16: Black Eyed Blonde 21-23: Gas Station Disco 28-30: Live By Satellite

April Bimini Stage Weekends:

4-6 Kings County 11-13 RedShirt Freshman

Bimini Stage Weekdays 4-8 PM

Sundays: Jones and Co. | Mondays: Will & Linda | Tuesdays: Jacob Mohr Wednesdays: Jason Tyler Findley | Thursdays: Will &

Fridays: Jacob Mohr | Saturdays: Will & Linda

Tiki Stage 6-10 PM Sundays: JB Dyess | Mondays: Jason Clark | Tuesdays: Chasing Jaymie Wednesdays: Jacob Mohr | Thursdays: Chasing Jaymie Fridays: Austin Jennings | Saturdays: Austin Jennings

March Jumbotron Stage

3/2 Dikki Du And the Zydeco Crew

3/9 Blackberry Breeze 12-4,

Horseshoe Kitty 10-12

3/16 NAKD 10-12

3/17 The O'Mericans 4-7:30,

NAKD 8-12

3/23 3HG

3/30 NAKD

April Jumbotron Stage

3/6 Kickstand Jenny | 3/13 Tyler Livingston & The Absolutes

La Famiglia Restaurant

Lunch Menu starts at \$7.99

Family recipes are the secret ingredients

Brick Oven Pizzas, Homemade Pastas and so much more... Wine Down Wednesdays

\$3 glass of House Wine all day and 20% off bottle of wine

The Melting Pot

Daily Specials: 4 TO 6 PM EVERY DAY

\$3 Bottled Beers, \$4 select wines and draft beers, \$5 select cocktails, and \$6 cheese or chocolate fondues!

WEDNESDAYS \$10 OFF WINE AND OUR CRAVE COMBO!

Three-course fondue meal \$22.95 and \$10 off any bottle of wine

LADIES NIGHT OUT THE LAST TUESDAY OF EVERY MONTH

Four-course dinner for just \$30 per lady, plus \$5 cocktail and wine specials all night long! MONDAY NIGHTS BARE NIGHT-BAR AND RESTAURANT EMPLOYEE

NIGHT Bar and Restaurant Industry employees join us every Monday night for half off all food!

MILITARY APPRECIATION

10% off all food every night.







Destin Dining, Events & Entertainment

Tequila's Sports Bar and Grill

Mexican Restaurant, Sports Bar and Latin Late Night All in One

Craving a Mexican-style meal mixed with a little sports or perhaps a night out on the town? From the minute you walk in the door of Tequilas Sports Bar and Grill, you realize there is a passion for great Mexican fare, creative and unique décor, and a room filled with people and fun whether watching their favorite NBA game on one of the many big screen TVs or dancing the night away during Latin Night late night! Yes! You heard that right!

A fusion of sports bar food and Mexican dishes, this locally-owned option for delicious Mexican cuisine in Miramar Beach combines traditional, authentic Mexican recipes with local coastal tastes and bar type fare. The colorful menu is filled with signature dishes, but also beckons you to create your own taco, burger or combo and includes daily lunch specials that will keep you completely satis-



fied, Monday through Friday, for

Appealing to both the authentic Mexican foodie and the casual diner, some of our favorite menu options include Quesadilla Mexico and the Tequilas Bowl—both chock full of meat with a great taste! We've also ordered the garlic parmesan wings—

very tasty, topped off with an order of garlic shrimp that came with rice and refried beans—delightful, spicy goodness! With an authentic, but fresh take, Tequila's menu also includes Fajitas, Salads, Burritos, Quesadillas, Buffalo Shrimp, Nachos, Loaded Fries, Southern Fried Pickle Chips and even Wings (a sports-watching staple)—you choose your own sauce. And did we say Margaritas? They're 2 for 1 every day! And a great way to begin your meal!

With a plethora of TVs situated all around, a custom-built bar and artistically-designed walls and interior, as well as a vast selection of premium tequilas and "Latin Saturdays," Tequila's has become a local favorite. Margaritas, live music every Friday, 6 to 10 p.m., Latin Saturdays 10 p.m. to 2 a.m. where you can Salsa, Latin Trap, Bachata and Merengue to music by DJ Alacranero and lots of



drink specials await.

Tequila's owner, Oni, says "Our goal is to have the widest selection of tequila brands in town. With over 30 options, and growing, you're sure to find your favorites here at Tequila's."

EAT. DRINK. FIESTA!

Open 11 a.m. to 9:30 p.m. Monday – Sunday; 11 a.m. to 2 a.m. Friday and Saturday. 850-279-6402

RESTAURANTS

continued from page 1 of guide

other, come by soon and let the fun begin. The menu has something for every taste, a delicious meal guaranteed, you can count on it.It's a dining experience that will keep you coming back again and again. No matter the choice you will not be disappointed. Owned and operated by Lucinda Hollis and her fiance, Auburn Bridge, this restaurant is the one place where the owners encourage their diners "to play with their food." "It's a real joy" says Lucinda, when seeing customers experience The Melting Pot for the first time. So if you haven't already, be sure to dip in and treat yourself to a great meal and a dining experience like none other. Call today or visit our website to view the full menu or to make reservations.

11394 US Hwy 98 Miramar Beach (850) 269-2227 meltingpot.com/destin-fl

Bric a` Brac Restaurant & Night Club

The true definition of something for everyone...Family Friendly, Kid Friendly, American-Style Restaurant, Bric a` Brac is well



known for its super tasty food selections served up in a fun, artsy atmosphere by a truly professional and friendly staff. Locally owned and operated since 2014 by twin brothers Rodolfo and Fernando Petit, their hands on, fun loving style, engaging charisma and true passion set them apart. But it doesn't stop there. Want great food coupled with great fun? Enjoy delicious entrees while you listen to some fun tunes. Live entertainment starts at 7 pm; Karaoke on Thursday night, live music performances by Jones & Company on Friday and Teal Magnolias on Saturday!

Still want more?

~ LATE NIGHT~ Latin Night Fridays & Saturdays from 11 p.m.-4 a.m. will keep

from 11 p.m.-4 a.m. will keep the party going. So come in and dance the night away to Salsa, Merengue, Reggeton & Bachata ~ Upstairs ...or

Top 40 & Hip Hop ~ Downstairs.

There is truly something for everyone at Bric a` Brac in Destin. Shoreline Village Plaza | 824 Hwy. 98 E Destin | (850) 424-6369 bricabracdestin.com

Landshark's Pizza

Congratulations to Landshark's Pizza for recently winning 1st Place in two categories at the local



Parrot Head Chili Cook Off-Judges 1st place and Peoples Choice 1st place for "Hot" Chili! Owners Brian and Sue Hassmann have created the local's favorite pizza, buffalo wings, sports pub and bar that serves both great pizza AND awesome wings for folks of all ages. With plenty of seating and TVs everywhere you look, they have all you need for a great time out. The wings are a must, the pizza is outstanding, the bartenders are amazing, the atmosphere is exciting and the choice is easy to make. Weekly specials and fun include Music Bingo on Tuesdays at 7 p.m., 69-cent Wing Wednesdays, BIG 10 and all the Sports Networks, Weekends – Golf and Nascar and there's a full-service bar with 95 different Bourbons and 30 Beers on Draft! Landshark's Pizza has something for everyone including plenty of parking out back. Bring your friends for great food and a great time!

850.424-6743 | 300 Harbor Blvd. Destin | landsharkspizza.com

AJ's Seafood & Oyster Bar

A long-time local Destin hub, AJ's Seafood & Oyster Bar sports a live band or DJ every night of the week during the spring and summer. And there is plenty of out-



door seating right in front of the "gi-nourmous" Jumbo-Tron and stage. Club Bimini, AJ's venue for live music and night-time drinks, rocks it later in the evening. You

can savor not only the beer and oyster specials, but also aesthetic views of the Destin Harbor. This now-famous-with-the-tourists Destin Harbor restaurant offers a waterside Tiki Village experience out back. Upstairs, Club Bimini Stage is a popular local venue for top 40 and rock bands. Oh, and bring your dancing shoes as Club Bimini becomes one of the Destin Harbor's hottest night clubs. Popular local bands such as Black Eved Blonde can usually be found playing at AJ's. Come in for Prime Rib Thursdays, where AJ's famous tender, juicy Prime Rib is served with potato and your choice of salad or french onion soup-\$16.95, 4 p.m.-close every Thursday. AJs is also the place for kids, and now where kids can eat free FIVE days a week! Monday through Friday evenings, kids 12 and under eat free from 4-6 p.m. with an adult entrée.

850.837-1913 | 116 Harbor Blvd. | Destin | ajsdestin.com





Off the Hook

Spring Fishing

By Cali Hlavac, To Do In Destin

As we talked about all the species that made for good winter fishing last month, Spring has officially arrived and so has Spring fishing season! While many fish bite year-round in our lucky fishing village, two of the most prominent this time of year are Triggerfish and bull Redfish.

March 1st kicked off Triggerfish season, which many offshore anglers were excited for. In our area, Triggerfish are normally found nearshore and offshore, hanging around artificial reefs and natural bottoms, in depths between 50 to 300 feet. They share the same habitat as Red Snapper and Gag Grouper, so catching a Triggerfish is usually a sign that additional species are below as well.

The average size of the Triggerfish ranges from 12 in. to 20 in., with females growing larger. They are a distinctive gray in color and have the ability to change their color while swimming in open waters. The mouth is small but mighty, containing a set of sharp teeth even the most experienced anglers don't want to mess with. Along with the teeth, Triggerfish have a strong jaw that can make a hook difficult to set.

Triggerfish are pretty aggres-

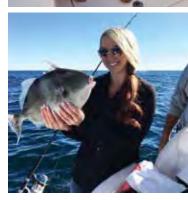
sive feeders; a positive if you've set out to catch them specifically, but a con if you were trying to reach the Red Snapper or Grouper they hang around with. Shrimp and any sort of cut bait will do the trick as they typically chase anything they perceive as being food, and a small hook is necessary due to the size of their mouth.

The other fish we like to chase in the Spring are the bull Redfish. Sight fishing these monsters is what most anglers prefer as you can find them schooled up nearshore on our beaches or inshore in our Bay, looking for food. Bull Reds can range from 25-40 lbs. and will put up a fight once you get them hooked.

Redfish are a beautiful fish, known for the spots on their tails. Their scales color with their surroundings, ranging from white to golden brown here on our coast. While schooled up, they're known to eat just about anything you put in front of them. A crucial element to hooking and catching one is that your reel's drag works well. Once hooked, they will run, and run, and then run some more, in the other direction. Let them run and tire out before starting the pull back to your boat. Too much pressure could cause your line to break. So, remember: patience is

It's a heart racing, adrenaline pumping experience to feel a Bull Redfish on the end of your line, and one that is easy to get addicted to. If you've never caught one, Destin is the perfect place to start. A flat day on the water and the right gear will get you all hooked up.





USA Water Ski team member

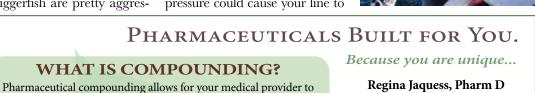
and ten time World Champion

and World Records





850.585.4747



provide specialized treatment. We can formulate your prescriptions to meet your individual needs.

The need for compounding is endless. Below are a few topics that Emerald Coast Compounding Rx handles on a daily basis.

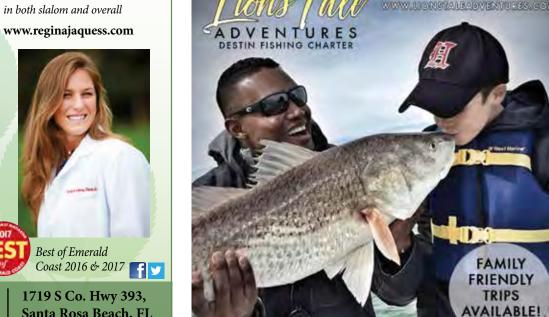
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Santa Rosa Beach, FL Handicap Accessible



850-622-5800 **HOURS OF OPERATION**

Fax: 850-622-5802 Mon - Fri • 9am-5pm



Prolotherapy: Natural Medicine for the Spine & Joints



By Dr. Sheila Mohammed, MD, PhD

Prolotherapy refers to a treatment that helps the body heal and regenerate tissues, making them stronger and removing discomfort in the long-term, while doing away with the need for surgery. Injured and worn soft tissues such as cartilage, and ligaments in the spine and joints, benefit with a robust response to this treatment. Prolotherapy is gaining popularity among those who prefer not to be burdened with surgery that often leaves painful scars and metallic hardware that in itself causes discomfort. Sports enthusiasts are now opting for Platelet Rich Plasma and Stem Cells type Prolotherapy to heal injuries. The procedure involves a few tolerable injections to the area of the body that is injured. The science behind this treatment is to introduce a natural solution to the injured site which stimulates the body to produce fibroblasts, growth factors and a host of other substances, to repair the damaged tissues. As the injured tissues heal, discomfort goes away. The body is quite capable of healing itself and it does so near perfectly just the way it was intended to. There are various methods and types of solutions used to perform prolotherapy and are outlined

Simple prolotherapy using dextrose to stimulate the healing process combined with lidocaine used as a numbing agent for patient comfort: Dextrose stimulates the body to produce fibroblasts and cytokines to injured cartilage, tendons and ligaments to give a burst of healing. Many times other homeopathic solutions and vitamins are mixed in small quantities with the dextrose to give a more

vigorous healing response.

Prolotherapy using platelets to stimulate repair and growth of tissues: This is also known as Platlet Rich Plasma (PRP) and it is what many prominent athletes are having this procedure so that they can "stay in the game." Platelets are rich in growth factors which give a faster healing response than the dextrose solution, however, it is a little more expensive to do this procedure.

Prolotherapy using stem cells from the blood, bone-marrow, and fat tissue. This gives a faster and better healing response and is used in areas of the body that are more severly injured.

Neural Prolotherapy using a 5% dextrose solution is used when pain and discomfort are caused by superficial nerves. The solution is injected just beneath the skin, the injured

nerves heal and any discomfort goes away.

The end result is more or less the same in all variations of prolotherapy. The time the body takes to heal depends on the severity of the injury and the method used. After we review the patient's medical records, listen to the patient's report on his/her illness, and do a physical examination, we will formulate a treatment plan; taking into account patient preferences, the severity of the injury, and the patient's time line to recovery. Utilizing this method, I am pleased to say that every patient who came to my clinic has been helped. Prolotherapy is a permanent cure for painful conditions. Most of the time (85%) patients are completely cured of the medical condition. The rest of our patients get significant relief and are able to function better in the world. Dr. Sheila Mohammed is the Medical Director of Spine & Joint LLC, a regenera-

tive medicine clinic in Destin, Florida. Please call 850-281-8186 to schedule a treatment consultation.

REACH EVERY
HOME IN DESTIN
CALL 850.660.1444







850-281-8186

Dr.SheilaMohammed.com





Tame the Tantrum



By Christine Rushford, Coastal Counseling

Ahhhhh...the dreaded temper tantrum! As parents, we've all been there (I'm talking about your child's tantrum, not your own). These colossal, bursts of emotional meltdowns typically occur in the most public places—he grocery store, the library, church! When our child is in the midst of a meltdown, it is easy for parents to succumb to feelings of shame, inadequacy or embarrassment. The reality is, a tantrum is simply a child's way of communicating his or her unhappiness. Typically, the tantrum occurs when the child is unable to adequately communicate what he wants. The

reason the child is unable to communicate in that moment can vary widely, but we know that emotion originates from the right side of your brain. When the right side is activated or elevated, the left side (logic, reason) is unable to be accessed. This explains why rationalizing and reasoning with your child is ineffective in the middle of a meltdown. In that moment, she does not have access to the logical side of her brain.

There are several measures that you can take in order to be preventative in fending off a tantrum. The first measure is to go back to basics. Before taking your child out in public, make sure she is not hungry or tired. Hungry or tired children are more apt to act out in negative ways (as are adults). Also, make sure your child has had plenty of opportunity to burn off energy before being expected to sit in a grocery cart or sit quietly in church. Hit the park before heading to the store. If you don't have time to stop at the park, time your child as she runs around the car three times! Create anything to burn off some energy.

Less obvious measures to fend

off tantrums are to fill your child's "attention" and "control" buckets. Days are busy and filled with activities, errands, work/school. Children require and thrive when they are allotted individual attention daily. This means taking the time each day to focus solely on each child in your home without any distractions (TV, phone, tablets, etc.). This can be 20 minutes upon waking and beginning a busy day. It could be on the drive home from daycare or maybe right before going to bed each night. The key to filling the attention bucket is that it is an individualized connection with your child. Your child will seek your attention, sometimes, that is in the form of a meltdown. You can minimize the negative attention seeking, by intentionally filling the "attention" bucket daily.

The second bucket, "control," is also imperative for your child. Children have very little control of their own lives. Parents tell them when to wake up, where to go, what to eat, etc. Yes, this is necessary to get through the days. But having some age appropriate control over decisions can go a long way in preventing temper tantrums. The whole

premise behind a tantrum is that it's "out of control" emotion. The more control you give to your child day to day, the less out of control he is likely to feel. Choose areas where your child can make his own choices—which shirt to wear, which alarm setting/sound to wake up to, what snack to have after school.

Remember, tantrums are not a sign of poor parenting. They are natural reactions to a child's inability to express themselves appropriately or regulate their emotions effectively. An amazing book that I often recommend to parents is, "The Whole Brain Child" by Dan Siegel and Tina Payne Bryson. This book breaks down the development of a child's brain, how it can lead to tantrums and what to do about a tantrum when it's in full swing. For more on tantrums, visit my website: www.christinerushfordcounseling. com.



4 day exclusive day camp for Middle School Girls 11-13 years old.

- Learn how to control your emotions.
- Learn how to handle the "mean girl."

For additional information:
ChristineRushfordCounseling.com/SoulSquad

Learn how to rock the world as a teenage girl!









Natural
Hormone Balance
for Men & Women

Remember when you had more

- Strength & Energy
- Better Moods
- Easier Weight Loss
- **Better Sleep**
- Stronger Libido







Dr. Richard Chern, MD

12889 Hwy 98W, Suite 107B Miramar Beach, FL 850-837-1271



thehormonerestorationcenter.com



Cross-Train and Add Cardio for Best Results



By Lisa Turpin, Health and Fitness Coach

You've probably heard of cross-training before. Not to be confused with Cross-Fit, Crosstraining just means to do a variety of exercise modalities so as to gain strengths and benefits from each to work synergistically for your entire body. Modalities include cardiovascular training (Cardio), strength training, stretching/flexibility, functional and core training.

Cardio is so very important! There are several misconceptions floating around that cardio will make your muscles smaller or that it takes too much time and you don't need it. Quite the contrary. Your cardiovascular SYSTEM is comprised of your heart, lungs, veins and arteries. By training this system, your body becomes more efficient in delivering oxygen to your muscles, organs and brain because of a stronger heart and clearer veins and arteries. This cardiovascular system's efficiency is even more important if you are going to put such high demands on it with heavy weight training or certain other training styles. When you have an efficient cardiovascular system, all movement in life seems less labored. Further, studies show you regulate blood sugar and cholesterol, sleep better, have a better immune system, and recover faster from daily stressors (including physical training). Mix up the different intensities of cardio training: Endurance, Interval & HIIT. Endurance training, aka moderate intensity aerobic exercise, trains your body to handle longer bouts of energy expenditure. This is the foundation to an efficient oxygen transporting cardiovascular system. Your muscles cannot grow or recover if they are not getting proper amounts of

oxygen and nutrients through the blood stream.

High intensity interval training is just that—the higher the intensity, the less amount of time you can sustain that activity before exhaustion. That's why this is done in intervals. The shorter the interval, the harder or more intense you can go. HIIT circuits are great examples of high intensity training. You have to have an efficient cardiovascular system to handle this type of training. But if calorie expenditure and weight loss is what you are after, then you will want to slowly begin adding this type of training into your routine. Indoor spin classes cover both aspects of training intensity which makes it an excellent exercise choice and I would love for you to join one of my classes at Destin Health & Fitness. You can think of training in layers; endurance training is your foundation needed to establish a stronger heart and vascular system. Then every time you raise your intensity, you make your body an even stronger machine capable of handling almost anything.

Embrace variety when working out. If you are seeking total health, try not to be weighted too heavily on just one aspect of training. Cardio, along with flexibility, weight training and a healthy low-sugar diet with lean protein, lots of raw veggies and a focus on unsaturated omega 3 fats will give you the perfect health and fitness formula!

Dr. William Grant: Can Medical Marijuana Help Me?



Marijuana as medicine? It's the irony of our time: cannabis, once labeled criminal and dangerous, is now providing relief for a variety of symptoms and conditions. Cannabis is a complex plant that has been used medicinally world wide for more than a thousand years.

As a practicing physician for over 35 years, I was totally against the use of medical marijuana, despite my wife's constant urging that I study the benefits and add it to my medical practice. My opposition was the extremely conservative environment I practiced in since beginning my medical studies.

But as the parent of a child with cerebral palsy and an associated seizure disorder, I am always open to new or alternative treatments that have been researched and documented in case studies by experts in the field. After more extensive research, I am 100% behind the use of medical marijuana as a treatment I would recommend for qualifying medical conditions.

In the State of Florida, there are several approved conditions for using medical marijuana such as cancer, certain types of seizures, chronic pain, glaucoma, HIV/AIDS, post-traumatic stress disorder, Crohn's Disease, Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease), Parkinson's Disease and Multiple Sclerosis.

Most notably, medical marijuana can help eliminate the need for opioids. The opioid crisis in the United States is at an all-time high. In 2017, more than 47,000 Americans died as a result of an opioid overdose. Marijuana is recognized by scientists at major university medical centers as an exit drug to end opioid addiction.

When comparing the side effects of cannabis to opioids, the side effects of cannabis are minor. According to a recent study, 67% of patients with access to medical marijuana have been able to eliminate opioid usage. I have several patients who have been addicted to opioids such as Suboxone and Methadone that have been able to completely get off these drugs.

Cannabis has scientifically been shown to decrease disease symptoms and thus improve the quality of life for these patients. Cannabis decreases stress, reduces pain, improves sleep and overall a better outlook on life for these patients.

About Dr. Grant:

William N. Grant, MD is a practicing physician with more than 35 years of experience and training in a number of specialties including Internal Medicine, Allergy, Immunology, and Infectious Disease. He is a graduate of Chicago Medical School and completed his Internal Medicine residency at Northwestern University in Chicago and specialty fellowships at the University of Tennessee, Tulane Medical Center and the University of South Alabama. After several years in private practice, Dr. Grant continues medicine today in the areas of Medical Marijuana and Emergency Medicine. He is committed to improving quality of life and provides private consultations for medical marijuana treatment.

About ECMC:

Emerald Coast Medical Concierge provides in-depth medical marijuana evaluations and certifications to eligible Florida residents. Patients suffering from any one or more of the qualifying medical conditions can request an appointment to be seen by Dr. William N. Grant, a Board Certified physician who is also authorized to order

medical marijuana. Dr. Grant has completed the necessary education to adequately establish that the visiting patient will benefit from the therapeutic use of medical cannabis. Throughout the appointment, Dr. Grant will take time to answer questions.

natural alternative, and how the risks can be minimal when compared to traditional therapies. Additionally, Dr. Grant will establish a workable treatment plan, ensuring each patient maintains their legal cardholder status so that they may continue to achieve their personal health goals.



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By Sean Dietrich

They stand behind caged doors. They look at you when you walk by. They bark like their lives depend on it.

Some have barked so hard they've lost their voices.

They miss running more than anything. I'm talking about all-out, wide-open, honest-to-goodness running. Their legs were made for this, but they can't do it. Not in here.

The old dogs don't even bother barking anymore. They know what awaits. One day a woman in scrubs and rubber gloves will lead them away, and they won't come back.

Jack, the Labrador, for instance, he was ten years old, reddish colored. Nobody wanted him because of the white on his snout. He went to Heaven yesterday.

"People just don't want elderly dogs," a staff worker tells me. "It breaks your heart, I won't lie."

And Ophelia. She's a beagle. She's an old woman. So is 'Bama, Pistol Pete, Chocolate, Bradley, and Miss Daisy. Abandoned dogs. Lost animals. This is their last stop on the bus ride of life.

Through the doors walks Jace. Jace is a seven-year-old boy with rosy face and blonde hair. His parents are divorced. They live in a two-bedroom apartment, with no neighbor kids. Jace gets lonely.

"My son needs a friend," his mother explains.

Jace walks the long corridor and looks for a pal. He sees Rip—a basset hound with so many skin wrinkles he ought to win an award. His face is long, his ears touch the floor. Rip is nine.

Jace pokes his hand through

Last Stop

"We ain't supposed to let people touch the cages," a staff worker whispers to me. "But Rip's a sweetheart."

Rip wanders to the door. He licks Jace. "Mom!" says Jace. "He licked me!"



Rip stares at Jace. In dog years, Rip is older than this boy. And he's smart, too. You can see this in his eyes. I've been writing a long time, but I can't find a good sentence to convey the way a dog looks at you. They know something we don't.

"Can I play with him?" says Jace. "Isn't he a little old?" says his mother. "Don't you want a younger dog?" "Please?"

The worker opens the cage, then leads them to a small place

called the "interview room."

Jace is pure energy. Rip is no spring chick. Furthermore, Rip appears to know he's not going to be adopted. It's the same old story:

They play with you, they toss a ball, they talk sweet. They put you back in the kennel.

Jace tosses a ball. Rip thinks about this for a moment. Should he chase it? After all what would be the point? It won't do any good. This kid isn't going to adopt an old hound just because he plays fetch.

Rip retrieves the ball anyway. It's in his nature. Jace laughs. They play for several minutes. Rip starts to get into the spirit. They are having a big time.

They return Rip to his kennel. And Jace walks out of the animal shelter, holding his mother's hand. His mother has decided that Rip is too old.

Another day, another rejection. Three days pass. A woman enters Rip's kennel. She is wearing rubber gloves and scrubs. Rip is afraid of her. She leads him to a white room. He's panting and nervous. Rip is no dummy. He knows what happens to

old dogs in this place.

She leads him through a narrow hallway. The dogs scream when Rip walks by. They howl. But Rip is brave, because Heaven made him a dog. And all dogs are brave.

She takes him to the front of the shelter. She unclicks his leash. Rip is confused. He's too old to understand what's going on. He is scared. He's trying to be courageous, but his old bladder gets the best of him. He makes water on the floor.

Then he hears his name.

"Here, Rip!" says Jace. "C'mon, Rip!"

Rip sees the boy. A blonde child whose mother just paid a few bucks to bring Rip home forever. And even though Rip's joints hurt, he runs to Jace. He licks him.

Rip forgot how good it feels to run. He forgot how good it feels to be loved.

But thanks to Jace, he will never forget these feelings again.

Sean Dietrich is a writer, humorist, and novelist, known for his commentary on life in the American South.





A Pastor's Ponderings

By Rev. J. Pete Hyde



The sunny March morning came in with a little breeze as a reminder that it was still spring, and summer had not yet turned on its oven-like heat. The bay was mirror-like as far as the eye could see as they crossed the bridge to an early tee time. The course did not seem to be crowded. After checking in at the pro shop, they made their way to the first tee. After a few stretches to loosen up and to look like he knew what he was doing, he retrieved a ball and tee from

his pocket. He teed the ball at just the right height. He took a practice swing, looked down the manicured fairway, and stepped up to the ball. He paused for a moment of concentration. The club whooshed through the ball with the distinctive thunk of the metal driver making contact with it. The ball launched into a perfectly straight arc down the fairway with no less beauty than if it had been hit by Phil Mickelson himself. "That's the way to start!!" He said out loud. "You can't par them all, if you don't par the first one."

The next shot would be a simple nine iron to the green. He stepped up to the ball, paused for a moment of concentration, and with full confidence swung the iron. The sound that followed was not the crisp click of the iron hitting the ball, but kind of a thud. As he looked up too soon to see where the ball was going, the club dug an eight-inch long piece of turf

behind where the ball was sitting. In fact, he was not sure the club even made contact with the ball. Disgusted with himself, he wanted to slam the club to the ground, but restrained himself in a fit of self-control. The next shot he hit long and it almost rolled through the green. He wrote three putts and a double bogey on the scorecard. As he settled into the cart for the ride to the second hole, trying to remain positive, he said "Well, that got the double bogey out of the way, so I don't have to worry about it anymore." His partner just chuckled.

The rest of the round was up and down, a good hole followed by a bad one. Good shots built up his confidence, but stupid mistakes followed that set the game as well as his attitude back. He had a good run of five pars in a row on the back nine and finished number 18 with a double bogey. "Why do I play this game?" he asked himself. "So I

can have stuff to write about!" he joked.

Our Christian journey and our lives in general are much like this golf game. The successes (good shots) help build our confidence and confirm that we are capable of the good ones. But just as soon as we get too confident, looking up from the task before it is completely finished, contact is not made and we either come up short or go in the wrong direction. On the golf course, the smooth, rhythmic swing is the key. When we try too hard to get the ball to do what we want it to, or when we think we can hit the shot without preparing because it is too easy, or we when try to make the ball go further than we are capable of, that's when we get into

The shots in life are no different. We've all had our good ones and our bad ones. Usually in retrospect, we see what we did on the bad ones and shake our heads, because we knew better. With practice, patience, diligence, and perseverance, the good shots become more frequent and the flubs become less numerous. Take some time to examine your game. Spend some time with the instruction book. Consult with the Master. Put the instructions into practice with patience, diligence and perseverance. You may not ever par them all, but you'll improve as you go along your journey. Remember the words of the instruction book: "I can do all things through Christ who strengthens me."

(Philippians 4:13.)

I wonder if that applies to nine irons?

Rev. J. Pete Hyde, Senior Pastor Santa Rosa Beach Community hurch

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Musing

Meet our Local Pro:

Scott Lightsey of ECCO Motors

By Rita Sherwood

Boys and their toys! If you ask Scott Lightsey of ECCO Motors what prompted him to get into the golf cart business, he'd tell you about the first electric car he and his friends built back in 1997. His friend had an electric car back then, and he wanted one too. Little did he know that after everything was built from a mere fiberglass shell, that it actually would go 110 miles per hour! But no fuel tank, no turn signals, no taillights? How could this be? Who knew? There in lies his love for electric cars. So much in fact, that they would drive it from Manhattan, New York, to Washington D.C., to educate and show it off to kids along the way.

With over 30 years of automotive service experience for Japanese cars in Tallahassee, Scott was pretty burnt-out by 2002. But by 2004, the memory of building his first electric car ignited his passion for ECCO Motors, which started out as a golf cart repair center, and then expanded into sales and service. Soon0 after, a golf cart rental business started within Sandestin, and then ultimately it became a full service golf cart business with sales, service, rentals and even storage facilities.



began in Fort Walton Beach, Florida, and then ultimately expanded to Destin. A small business mentality has served Scott well for the last 14 years. Ask this Local Pro how he built his foundation for his business, and he will tell you "It's built on service: I'm looking to develop long-term relationships with my customers, and not just make a single sale. Service is always first." He tells the story of an older couple who bought their first golf cart from him 10 years ago, and had come in recently to trade it in for a new golf cart. He talks about how fun it is when multiple family members come in and buy different golf carts from him. He enjoys getting to know his customers and maintaining those relationships for years to come. Whether it's sales, service, customization, or

storage of that golf cart, ECCO Motors does it all. Scott says one of the best service components that he offers to his customer base is the pickup, cleaning, maintaining and storing of their golf carts that ECCO Motors then delivers when those customers return to

Scott talks about the differences between driving a golf cart vs. a car. He says instead of being trapped in a closed environment with passengers in a car, it's much more fun to be in an open environment driving a golf cart where you're sharing that experience with others around you. He alludes to a study that revealed that in a traffic situation, the open style cockpit of the golf cart coupled with the speed of only going 25 mph, actually became a calming device which made people slow down, and ultimately made them more relaxed.

And what does the future hold? "Technology will probably continue to get better," he says, "which means longer batteries and faster speeds. "

And what's the new trend? "How about the electric bikes that are all the rage in Europe? You should see all the people at the trade shows gravitate toward them," Scott says. ECCO Motors has these, too. With wider tires that would work well even on the beach, and the capability to go 25 mph, these bikes are on the cutting edge. What's the down side? Well, if you run out of battery, you have to ride it back. That's

not so bad, after all, it's just like riding a bike!

Call Scott at (850) 837-2600 or better, stop by their new location at 36058 Emerald Coast Pkwy, Destin, across from Regatta Bay.

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Pure & Couture Celebrates Nine Years!

It's a beautiful thing when a career and a passion come together. Those words resonated with me loudly, the more I got to know Adrianne Brackett, the owner of Pure & Couture Salon. "For me, it's not just about making our clients look and feel beautiful," says Adrianne. "It's about educating and sharing my knowledge with my team of stylists and our community."

Adrianne and her husband Patrick relocated to the Destin area in 2005 with their two boys, now aged 6 and 11. She was finally able to take her career to the next level in 2010, when Pure & Couture opened in the City Market Bayside shopping center.

While going into its 10th year in business, Pure & Couture has expanded its service offerings to meet the needs of its guests by opening a salon location this past vear. Besides hair and makeup, they also now offer facials, massage, lash extensions, spray tans and waxing.

With over 16 years in the industry, she knows what it takes to build a successful career and business. Her work has been featured in magazines; she has had the opportunity to work with celebrity stylists on photo shoots and other projects; and she was an educator with Paul Mitchell for over five years before stepping away to work on her business. She is not



only known for customizing beautiful cuts and color, she also goes beyond the chair to teach and empower stylists and others around her to reach their highest potential. Adrianne gives back to her community continuously and encourages each stylist she mentors to do the same thing. She leads by example, keeping her team involved in community events all year long.

Pure & Couture has always strived to be a boutique salon, offering a unique experience to make their guests feel welcome. "Most guests say, 'the atmosphere feels different," Adrianne shares. "I tell them, it's because we love our stylists, therapists, and guests like family. Always have, always will. Our relationship with our guests means everything to us. Whether they come seeking a product or a service, we want them to experience the absolute best every time they visit the salon.'

Or, even when they're not visiting the salon. Adrianne's stylist team takes it to the next level by offering on location services for weddings and other events. The girls will bring luxury bridal services to you, offering hair and makeup services in a location that is most convenient for the client. "My passion to educate and help others has always been there," she says, "I love watching my stylists learn, grow, and succeed in their own careers. We're a team." Spoken by a true leader, Adrianne and her growing team are truly an asset to our community.

I Didn't Know I Was Being Dishonest!



When it comes to insurance, disclosure is probably the most important thing; especially when it's time to obtain an insurance policy or file a claim. I'll encourage you to keep reading the true story below; it just may prevent you from having a claim denied.

A husband and wife bought a home as their primary residence and acquired a good insurance policy to keep them protected. Later, they decided to relocate and planned to use the home as a rental for future retirement income. After renting it out for a couple of years, the last tenants vandalized the property and caused major damage estimated between \$40-60,000 dollars. The owners filed two claims on their property, provided all the needed documents, answered all questions asked by the insurance company representatives and tried to help the insurance company as best they could to settle the claim. After some time though, the insured finally received a formal insurance claim denial from their insurance company. The insured were confused; they paid their premiums, maintained their home, reported the claims timely and attempted to stop further property damage. So why were they being denied?

After a careful read of the denial, it became evident that although they had a good policy which afforded excellent coverage, the information provided on their application to obtain insurance wasn't correct. And by that I mean, the application never disclosed if the property would be used as a rental. In other words, an omission on the application allowed for a strong defense when it came to a denied insurance claim. I'm not saying the ramifications; somewhere a mistake

insured intentionally left this information out, but unfortunately, the lack of correct information when filing an application to obtain insurance or even updating the change in risk when they did start renting, caused the owners a large financial setback—and an insurance claim nightmare. I don't believe what happened was intentional, but even small errors have compounding

was made which left the property owner vulnerable and exposed to financial loss.

We all trust people are going to do what they say acting accordingly - and trust is the foundation of insurance. We trust insurance companies to treat us fairly when we need them, and they, in turn, expect us to be honest in our dealings with them; and I do believe that most people in the insurance world want to be honest. People purchase insurance with a desire never wanting to use it, hoping it covers everything needed in the event they do, but never really understanding what they purchased and how to use it. An insurance policy is only as good as your understanding of it. If you don't know what type of insurance you've pur-

chased, what insurance coverages are available and what your responsibilities are as demanded by the policy, you're already going up the insurance creek the wrong way.

Claims are tough enough sometimes we step over dollars to pick up pennies, and then trip and fall when bending over to pick those pennies up. Think of all the damage the real property owners mentioned above suffered; their house was destroyed, had no coverage for repairs and had to come out of pocket to fix it up; not only did they pay out of pocket, they lost all the money paid out as insurance premiums for coverage they couldn't use!

So to end on a good note - always remember: "An ounce of prevention is worth a pound of cure."





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For over a decade, Matthew Vanderford has worked in the Construction, Restoration and Insurance Industries as an Insurance Company Preferred Vendor, Insurance Industry Continuing Education Instructor, Public Adjuster/ Policy Holder Advocate and Licensed Contractor. He's proud to call Destin his home, with his wife Candice and four children: Matthew, Blake, Jordan and Scarlett.

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30A Songwriters Festival:

Ten Years, Great Tunes, Good Times

By WILL ESTELL

Another year is in the books, and just as each one that has preceded it, the 30A Songwriters Festival was once again a monumental success. The 10th anniversary festival was filled with stories, songs and sing-alongs from some of the most talented songwriters in the entire country. All converging on the most beautiful beach communities anywhere for one primary purpose: to put smiles on the faces and songs and good times in the memories of attendees from around the country.

This marked 10 years of what has now grown to be one of the most popular songwriter's festivals in the country, and one that continues to somehow outdo itself year after year. With general admission tickets selling out months before the event, and even many of the VIP packages being in short supply well before the first acts even start planning their treks to our little piece of paradise, there's no shortage of success associated with the popular event. All of this, I believe, a strong testament to the powers that be and people working the magic that makes it all come to fruition: The Cultural Arts Alliance of Walton County.

With over 175 artists com-

prising 225 performances in 25 unique venues across South Walton, it's truly a fete of epic proportions to pull this off. Yet, pull it off they do, and somehow even manage to make it look simplistic. If there is any downside to so many great writers and performers piling their combined talents into the stretch of beach towns dotting now famous County Hwy. 30A, it's simply that it's impossible to see everyone you would like to see over the duration of the three (four if you count some early shows Thursday night and late ones Monday) day holiday weekend. Let's be honest though, having too much talent on tap is a pretty high-grade problem. It's also one I personally found myself having to make amends with, simply catching who I could, where I could.

Being a writer, as well as, a big fan of music in general, I'm more than a little interested in the lyrical and musical magic that brings out some of the tunes we all listen to. As such I tend to gravitate not only to the best known artists, but as much to those who are simply great writers who love their craft. One of the definite "musts" for me was catching Towne, a Nashville based band, who I first saw perform last year then befriended



and stayed in touch with since. The group is powered by the lead vocals and songwriting of Stephanie "Steevie" Steeves and Jon Decious. The two are remarkable as writers and singers, and Jon as a very accomplished guitarist too. I was able to catch up with them before their Friday night show at Seaside's REP Theatre. If you haven't seen them, you should. Their writing is both deep and catchy, and their combined voices really work so well together that I can't imagine anyone recording their songs and possibly being able to sound any better than they do. Steevie had this to say when I asked about their multiple trips to the festival, "30A Fest is hands down the best songwriting festival we've ever played. Then community genuinely respects the craft and shows up with so much love for the songwriters. As a band that writes our own songs, 30A is the perfect place to try out new material." In fact, the group



is trying to find more gigs in the area so they can make the trek to the beach more often. "We love the 30A community so much that we want to play more shows here" says, Decious.

Another unique group I was able to catch up with was the Raelyn Nelson Band. That's right, Nelson, as in Willie's granddaughter. Don't for a moment think this band is riding in on anyone's name though, as Raelyn and her band mates are definitely doing just fine relying on their own talents. A little bit hard Southern rock, a little bit country, and a whole lot of fun to watch. That's exactly what the Raelyn Nelson Band represents. I mean have you ever seen anyone do a speed grunge version of John Michael Montgomery's "Grundy County Auction"? What about with a ukulele? Yeah, that's what I thought. Look them up, watch a clip, listen to their originals, and

check out that explosive stage presence with such an ability to connect to their listeners. We got to hang out with Raelyn and the band for a while after their show and she had this to say about 30A Fest, "We absolutely love playing the 30A songwriter festival. With so many bands playing and so many venues involved, it's inspiring to see a community of volunteers come together and create such a beautiful and welcoming experience for songwriters. One of our favorite parts is getting to meet all of the attendees who really appreciate good songs and great music. We hope to come back every year! "Look for an upcoming article about The Raelyn Nelson Band and Towne in coming issues of Beaches, Resorts & Parks magazine too... they're just that good!

30A SONGWRITERS

continued on page 28







30A SONGWRITERS

continued from page 27

I was also able to take in the big headlining shows of Rosanne Cash and Jason Isbell and the 400 Unit, two of the big draws that played back to back on Saturday at Grand Boulevard's Main Stage. Both played to pack crowds and really managed to connect with the crowd. Cash more so with her brilliant observations on life's journey, and the stories she painted like pictures over the crowd, and between the music. Whereas Isbell took a more humorous direction in connecting and interacting with the packed lawn. Cash remarked that though it was her first time playing the festival, it certainly wasn't her first time to the area, and that 30A represented some of the best beaches in the world and one of her favorite personal vacation spots for many years. Isbell's band also consist of his wife, Amanda Shires, and guitarist, Sadler Vaden, accomplished artists even outside of The 400 Unit, who both had separate 30A Songwriters shows of their own during the weekend.

I also caught a great performance by Drivin' N Cryin, at The Hub on 30A. I've been listening to this band since their early hits in 1989, and have seen Kevn Kinney, Sadler Vaden, and various lineups of this hard Southern folk rock band a few times over the past three decades. They never cease to disappoint, and the festival show I attended was no exception. Rocking out

with a host of other 20-something's to 50-something's, in front of the stage we were greeted with classic hits like "Straight To Hell," "Honeysuckle Blue" and "Fly Me Courageous," as well as a host of other great tunes. Sadler Vaden even joined them onstage for this show, making it that much more appealing to witness up close. Founder and lead vocalist of the Atlanta based band, Kinney, says he loves performing at songwriter's festivals across the country, but especially likes 30A for a backdrop. "This is just one big party at the beach, and the festival goers and locals alike, really do support the music and make us all feel right at home, away from home."

Artists like the ones mentioned here and so many more are just

part of the equation that make the 30A Songwriter's Festival so appealing. For people who aren't accustomed to being able to see these beautiful white sands and emerald waters every weekend, the area that encompasses the festival holds a lot to be desired whatever your taste in music, but for us locals this is just one of many wonderful events that so many people take for granted, happening right here in our own piece of coastal paradise. If you haven't attended in a while, start planning for next year, you'll be glad you did. That's all I can say... the music will explain the

About the writer: Will Estell is a multi-published writer with well over 200 magazine articles and two books to his credit. Estell has been instrumental in bringing eight new magazines from conception to fruition for various publishers over the past 20 years, including Beaches, Resorts & Parks, the nationally available travel and lifestyle magazine he founded and continues to serve as Editor-In-Chief of under its new ownership by Destin based Travel South Media. Estell is a big fan of music and has managed to combine that and his own writing, having done feature cover interviews with the likes of Kenny Chesney, Jimmy Buffett, Darius Rucker, Alan Jackson, Sara Evans and many others. Having grown up in the backwoods of North Mississippi, he later spent most of adult life in Oxford, Alabama before making the move to Destin last year. Look for his upcoming one-on-one cover feature with Florida Georgia Line in the spring issue of Beaches, Resorts & Parks.



Artworx @ Beachworx: Round 2!

Artworx 2 kicks off this month, featuring wonderful new art by a selection of talented Emerald Coast artists from Navarre to Panama City. You are invited to mix and mingle with the artists at an opening celebration on Thursday, March 21 from 5-7 p.m. at Beachworx. Featured art-

ists include Jordan Aucoin, Dana Bridges, Joyful Enriquez, Nesli George, Estelle Grengs, Lucy Jones, Michael Lunsford, Libbo Morgan, Maxine Orange, Annette Taunton And Harley Van Hyning.

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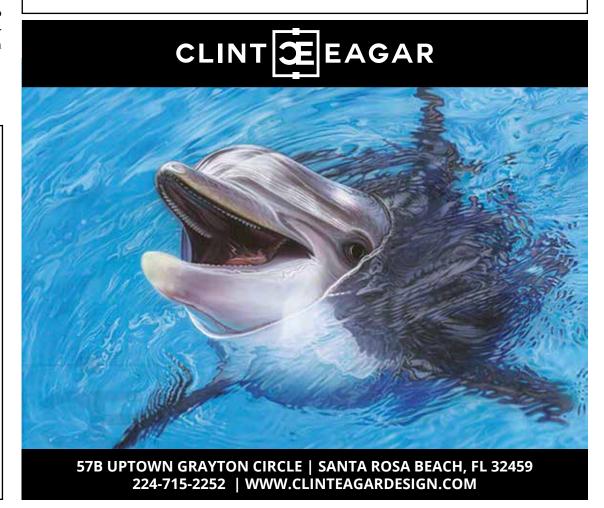
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Destin Banner Art Created by Seasoned Local Artists

By Ron Sandstead, owner Flutterby Antiques

For an artist, creating is part of being. They don't ask why, they just do. Fortunately for us, we live in a beautiful area and artists like living here. So, they Joy Fine has lived and created art in Destin for the last 24 years. She was raised and educated in Oklahoma and moved here after a career in retail in Dallas. She learned art from her mother who was an accomplished china





paint what they see and we are better for it.

Our Banner Art Project is being given art created by local artists. We are then displaying it on Main Street banners where it can be seen. It is a joy to get the art displayed. Not only does this make Destin's Main Street more attractive, but we get to show off some of our locals.

You can read about the first two I highlighted last month at MyDestinLife.com. This month, I'm showcasing Robin Cannon and Joy Fine.

Robin was raised and educated in the Atlanta area and moved to Destin about 30 years ago. She has created art all her life and currently helps others in her gallery, Redbird Art Experience, located on 98 Palms behind Target in Destin. Her preferred medium is acrylic, but she has spent the last several years using recycled materials to create her art. Her gallery is full of driftwood, broken glass, colorful beads, and a variety of parts and pieces. Robin was an early supporter of our Banner Art Project, and was one of the first to donate a painting for a banner. Her colorful and unique palm tree is located in front of the Post Office and is sponsored by Flutterby Antiques. If you are looking for a fun experience with the family, Robins' gallery will give you that opportunity. Michele Stuart says, "Robin and her creative spirit help to guide you, if needed, into a masterpiece unique to yourself." Thank you Robin "Redbird" for your contribution.

painter. Her preferred art medium is watercolor and loves painting coastal and tropical scenes. Her work can be found in Emerald Coast Gallery next to McGuire's and at The Destin Pearl in the Commons where she works on Mondays. "Joy's art is colorful, fun, and spiritual and I love having her art in our gallery," says Jennifer Viaene at the Emerald Coast Gallery. Joy also teaches art and prefers the one on one approach. The mermaid she painted for our banner is a classical image of a mermaid swimming toward the light in the ocean. And isn't that what we should all be searching for – the Light. Thank you, Joy, for your



AJ's Club Bimini in Destin:

Black Eyed Blonde Sun.-Wed. nights 9:30 PM

Bimini Stage Weekends:

7-9: Blackberry Breeze 14-16: Black Eyed Blonde 21-23: Gas Station Disco 28-30: Live By Satellite

Bimini Stage weekdays 4-8 PM

Sundays: Jones and Co. Mondays: Will & Linda Tuesdays: Jacob Mohr Wednesdays: Jason Tyler Findley Thursdays: Will & Linda Fridays: Jacob Mohr Saturdays: Will & Linda

Contact (850) 837-1913 or info@ajs-destin.com for more info.



Community



Destin – Fort Walton Beach Taste & Business Showcase

The Destin-Fort Walton Beach Taste & Business Showcase will be held Thursday, March 28 from 4-7 p.m. at the Emerald Coast Convention Center and will highlight our area businesses, from restaurants and breweries to retail, home and professional services. There will be more than 92 booths and a lot of B2B networking! It's free to the public, so there's tons of foot traffic, too!

Enjoy samples, promotional items, discounts and goodies from local businesses. To participate through vendor booth space or door prizes, simply submit your application to the Destin or Fort Walton Beach Chamber no later than Friday, March 15. Contact Bryana Bahmer, (850) 837-6241 or Bryana@Destin-Chamber.comfor an application or more information.

Paula Deen Restaurant Opens Its Doors

Are you craving some delicious Southern comfort food? Paula Deen's Family Kitchen



serves mouthwatering recipes from the Queen of Southern cuisine serving Southern-style entrees and side dishes—family-style food and atmosphere which is what makes it such a welcoming place to dine. Destin Life taste tested some of the dishes, and Wow! The fried

Around Town March 2019

chicken is beyond delicious and a must try. The Old-Fashioned Southern Meatloaf is the perfect combination of sweet and tangy. We had to order seconds of the Chicken and Dumplings! It's hard to go wrong with any of the side dishes, but we especially loved the Collard Greens and Creamed Corn. If you thought you didn't like Collards, try these—like none we've ever had! And the desserts: Do you go with Ooey Gooey Butter Cake, the rich and creamy Banana Pudding, or a hot and bubbly seasonal cobbler? Of course, we had to try them all!

Ribbon Cutting Celebrates Set Free To Be Me

In February, Set Free To Be Me shared a ribbon cutting with



the Destin and Walton Area chambers of Commerce to celebrate the opening of its new office located at 151 Regions Way Ste. 2B, in Destin! Operated solely by a volunteer staff, Set Free To Be Me offers a "structured experience for women to recognize personal issues, which limit them from productive and positive living," explains Kay Fant, executive director. See the August issue of Destin Life at MyDestinLife.com—Set Free to Be Me was the inaugural issue's cover story. To learn more, call (850) 650-9601 or visit SetFreeToBeMe.org.

Trees on the Coast Continues Honor Tree Planting

In partnership with individual donors and the Holiday Isle



Improvement Association, local nonprofit Trees on the Coast

(TOTC) recently donated and planted 44 Sylvester Date Palms along Gulf Shore Dr. in Holiday Isle. Small plaques honoring loved ones are placed by the donor's tree. On Holiday Isle, over 100 trees have been donated and planted by Individuals, Trees on the Coast and the Holiday Isle Improvement Association and line Gulf Shore Blvd..

As TOTC Executive Director Allen French likes to say after every tree planting, "Cost to the City/Taxpayers-\$0; Enhanced Beauty-Priceless!" Visit treesonthecoast.com or email info@treesonthecoast.com for more info.

Ride To Fight Suicide

Suicide is the tenth leading cause of death in the United States, yet suicide is preventable. On April 13, bikers will be riding in the Emerald Coast Right to Fight Suicide hosted by the Florida Panhandle Chapter of the American Foundation for Suicide Prevention. The ride will begin at Emerald Coast Harley-Davidson and trek throughout



the Fort Walton Beach and Niceville area, ending at Infidels Clubhouse in Fort Walton. In-person registration will begin at 9 a.m. with the ride going kick stands up at 10:30 a.m.—\$20 per driver and \$10 per passenger. The motorcycle ride supports the organization's education and research programs, and its bold

goal to reduce the annual rate of suicide 20 percent by 2025. To become a sponsor, email Donna Williamson at donnawillsrb@gmail.com. To register, visit AFSP.donordrive.com/event/ECRide. You can read more about the organization in the December 2018 issue, p. 25, of Destin Life at MyDestinLife. com.

Fore Her to Host Breast Cancer Support Group

Fore Her, a local non-profit organization helping women battling breast cancer, has launched a breast cancer peer support group which meets the third Saturday of each month at the Coastal Branch Library in Santa Rosa Beach. Meetings begin Saturday, March 16 at 9 a.m. The group was created to provide a safe space for women to discuss their experiences and needs while also providing connections to local resources and is open to those currently undergoing treatment and survivors of breast cancer.

"We would like to bring breast cancer patients and survivors together to talk about what everyone is going through, give advice, just listen and learn about more resources in the area that offer help and hope," Amy Walsh, founder of Fore Her, said. "Since this is a new group it will evolve and become whatever attendees make of it."

Fore Her is a 501(c)3 organization that was started in memory of Founder Amy Walsh's mother and aunt, who both lost their battles with breast cancer. The Santa Rosa Beach based non-profit works to financially assist local women battling breast cancer, allowing them to use the money in any way they need—whether that's paying the mortgage or buying groceries.

"Over the last six years, Fore Her has been able to help ease the financial burden for countless women in our community," Walsh said. "By hosting these support groups, we hope to expand our impact by helping to ease the emotional stress that comes with breast cancer."





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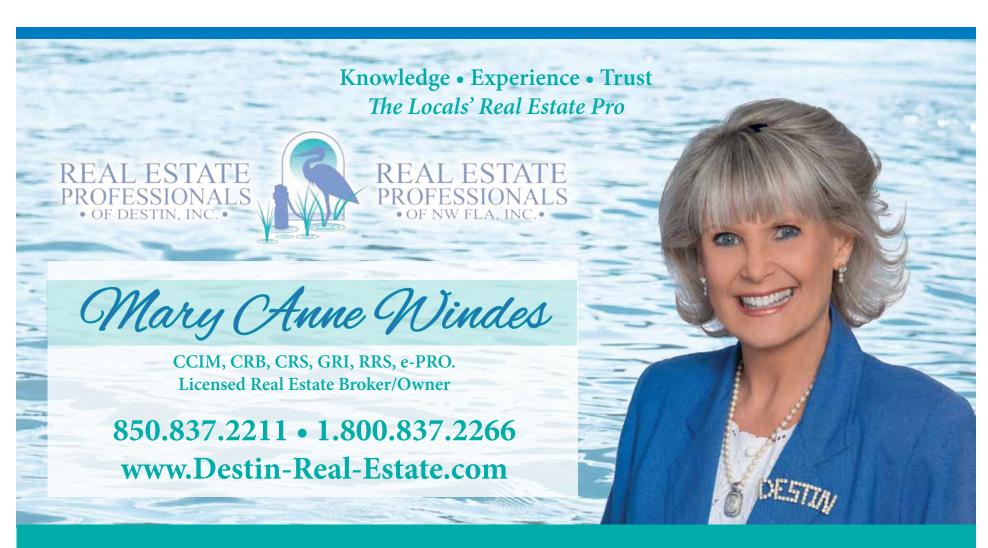






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