



SEPTEMBER 2018
VOL. 1, NO. 2

DESTIN Life

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Pawsitive Love Foundation Extending the Lives of Our Veterans

By JOSETTE RHODES

As a citizen of the United States we are promised certain inalienable rights; Life, Liberty, and The Pursuit of Happiness. These are endowed by our creator and guaranteed to us by the Constitution. There are no exceptions. As a country we so strongly believe in these rights that our sons and our daughters, our mothers and our fathers, readily, voluntarily, enlist in the United States Military to defend this freedom. They put their very lives on the line to ensure we can live our best lives possible. Far too often the defense of our freedom comes at a price. We all mourn at the loss of life. The stark, cold unflinching reality of death that comes with battle. While at once incomprehensible, each of us innately understands. But what about the loss of life that does not end in death?

I ask you to step away from the comforts surrounding you. For just a moment allow your mind and your heart to truly imagine being in a war zone.



You are young. You are far from family. You are under attack. You are relying on your training. You are relying on the men

and women around you that, like you, lived a normal life just a short time ago. Bombs going off around you literally shaking you to your bones. Bullets whizzing by your head. Perhaps you are thinking of your mother, your child, perhaps you are in prayer. Your adrenaline is pumping, you are in a heightened state of awareness that comes only with the absolute fear of death. You see a fellow soldier killed. You look down at where your leg is supposed to be. You are forced to make a decision that no human is meant to make and you pull the trigger to save yourself and your fellow soldiers. You do it again the next day. And again...

Now as you take a deep breath and a sip of your coffee, you can shake away the uncomfortable feeling these words may leave you with. You can go about your day, as you should, all while enjoying the freedoms guaranteed you.

PAWSITIVE LOVE
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Mel Ponder Lives His Values

Mel Ponder doesn't just talk conservative values – he lives them in every walk of life – faith, family, honor, opportunity, generations and heritage. For Rep. Ponder, faith and family come first: he has raised three children with Mona, his wife of 27 years, and helped establish the Destin Week of Blessings. He and Mona have dedicated themselves to the Destin community.

As an advocate, Rep. Ponder has brought his principles to the business world, too, having started his own small business to train and support local marketplace leaders, business owners and individuals, as well as pastors, ministers and others of faith to make a difference in their communities. He believes the city and the region were meant to fit together. As each part does its own work, it will help the other parts grow so that the city and region are also growing. He also worked hard to become a leader in various industries including regionalization, small business ownership, food/hospitality, retail, sales, marketing, nonprofit and the real estate finance industries. This experience

MEL PONDER
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Mary Anne Windes

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PAWSITIVE LOVE

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But can those feelings, those images, those living nightmares, those injuries just be shaken off by our returning veterans? Each and every day 22 veterans take

Love Foundation is leading the way in helping give our Veterans their lives back. A 501(c)3 corporation founded in our area by local resident and business owner Steve Kotowski, Pawsitive Love Foundation is dedicated to providing properly trained Service



their own lives. Twenty two. Many more live with lost limbs, Traumatic Brain Injury (TBI), and Post Traumatic Stress Disorder (PTSD). The common lives they lived, that we so often take for granted, were selflessly given up for ours.

We can do better by our veterans. We must do better. Pawsitive

Dogs to children and veterans.

Pawsitive Love Foundation is directly in the middle of the nation's second highest population of military veterans with Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). It is a 501(c)3 charitable organization with a reach that is only limited by funding.

Currently, the organization has multiple dogs placed as far away as California, making it a coast to coast organization. "Dogs are placed at no cost to the individual receiving them, because we believe in giving back. More than giving back, we believe in giving a chance for freedom. Freedom that was fought for, freedom that many enjoy. Freedom that our veterans sometimes cannot find because their own head-space is filled with memories that bind them. Your giving offers that freedom through a properly trained service dog." - Pawsitive Love Foundation.org

Acclimation into civilian life is fraught with challenges, some seemingly insurmountable for many of our service men and women. Their experiences can not be left at the job. Daily tasks can become impossible, lead-

ing to isolation and depression. A properly trained service dog offers the security and freedom needed to simply live.

Join Pawsitive Love Foundation and help save a life. One loss of life is too many; 22 a day is a travesty. Visit www.pawsitivelovefoundation.org for more information and to help support this cause, or call (850) 420-2894.

For additional help, call the veterans crisis line at 1-800-273-8255 press 1.



MEL PONDER

continued from page 1

helped him accumulate a wealth of leadership experience that he brought to the City of Destin as Mayor.

Prior to launching Business Empowered, Rep. Ponder also served as the Dir. of Regional Marketing Programs for the Florida Restaurant & Lodging Assoc. and as the Exec. Dir. of Coastal Vision 3000/THE Beach. With Coastal Vision 3000, Rep. Ponder helped in the creation and establishment of a branded destination for the Northwest Florida Gulf Coast region and served on the team that helped bring Southwest Airlines to Northwest Florida.

From 2002-06, he served the City of Destin as a Councilman. It was during this time that Rep. Ponder was instrumental in initiating the Week of Blessings, an annual event that unites pastors to pray blessings and protection over the Destin fishing fleet, children, youth, families and businesses. With sights to serve further, Rep. Ponder was then elected Mayor of Destin.

Rep. Ponder is currently serving Okaloosa County and the state of Florida in his first term

as District 4's State House Representative. He says he knows that our state could use strong conservative principles to guide it, especially when it comes to balancing the budget and shrinking the size of government. A Florida native, Rep. Ponder continues to serve the people of District 4 with all of the honor, dignity and grace he devotes to his life's ministries and works to protect conservative values, ensuring they have a voice in Tallahassee. He faces Valparaiso Democrat Rebecca Koelzer in the Nov. 6 general election.

The Florida Retail Federation is backing Rep. Ponder's re-election bid in Okaloosa County's House District 4 saying, "Representative Ponder is a successful small business owner and fought on behalf of the thousands of other small business owners throughout Florida during his first term in the House," said FRF President/CEO R. Scott Shalley. "His efforts to protect Floridians and fellow small business owners by supporting pro-business legislation are issues we look forward to him continuing to work on in his return to the Florida House."

Thank you Destin Lifers for contributing to our Inaugural issue's huge success! We're honored the first issue was so well-received and hope you'll continue to contact us with your story ideas and recommendations. Many have written saying they read Destin Life from cover to cover and welcome the positive news, business coverage and valuable information, such as the letter from one of our readers to the right. Email Publisher@MyDestinLife.com. The deadline for October is Sept. 19. - Lori Leath Smith

Letter from a Destin Life Reader

What a brilliant surprise I received in my mailbox this morning! You "hooked me" from cover to cover! Moved to bits with Kay Fant's empowering non-profit Set Free to Be Me. Educated with the informative Hormone Therapy Bio T which may or may not be why I cried reading Sean Dietrich's "Letter to my father." ...having lost both my parents it was especially touching for me.

I first arrived here in 1965 as a military family and we have loved this area all our lives. Like Mecca, being drawn to its natural beauty over the years and enjoying all sorts of outdoor recreation. "Off the Hook" is a solid reminder of those early years and the longevity of keeping the tradition in a local's town.

Susan, Courtney and the Henry family are living legends of that community fortitude. They built a purposeful business in times of hardship. I remember their beginnings and applauded that they "saved" what seemed like at the time all the condo furniture along the coast that was being cast aside for the newest and best. They made repurposing a noble and creative passion around town.

Again, I read from cover to cover and loved the writing of each article. No infomercial here. Lots of "we are Destin." I did breathe out a small sigh of disappointment just now when I decided to pen you this THANK YOU. Alas, I won't see you for another month. The wait will be worth it!

Thanks again for a very enjoyable Saturday morning,

*Warmly,
Andrae Harris*



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DESTIN Life

Published Monthly
Mailed FREE to the communities
of Destin, FL (32541)

P.O. Box 1424
Santa Rosa Beach, FL 32459

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Hometown Heroes: Brian and Kathy Haugen Have Turned Pain into Benefit for Local Athletes for 10 Years

By WHITNEY LEE, LEE IMC

If you or your child has been the recipient of a Haugen Foundation scholarship, he or she is part of the Haugen family.

August marked 10 years since the death of Niceville High School student, Taylor Haugen, that rocked the Niceville community and entire Emerald Coast. Friends, family and those impacted by the Foundation are brought back to August 30, 2008:

It was a new school year and with that, football season was kicking off in Niceville, Florida. Spirits were high and the Eagles were headed to play cross-town rivals, Fort Walton Beach Vikings. Taylor "T" Haugen was gearing up to hit the gridiron while his father, Brian Haugen, was deployed with the National Guard and while mom, Kathy Haugen, rallied friends and grabbed a bleacher on the sidelines. She was dressed in maroon and white ready to cheer on her son, a 15-year-old sophomore wide receiver at Niceville High. The game kicked off and within a matter of seconds, Taylor suffered a severe abdominal injury. This injury caused internal bleeding that ultimately led to Taylor's death. The entire community was stunned, heartbroken and

left asking questions. How could this happen? Wasn't he wearing pads? Was this a freak accident or does this happen to other kids? Parents in the community were asking, "Could this happen to my child?" The tragedy is one that no parent should ever have to go through, but nonetheless the Haugen's took their pain and gave it a purpose.

With that, the Taylor Haugen Foundation was born with a mission to provide awareness, education and abdominal injury protection to secondary aged schools and leagues in contact sports through its YESS Program (Youth Equipment for Sports Safety) and recognition of outstanding student athletes by giving awards and five scholarships each year for local students in Okaloosa, Santa Rosa and Walton counties.

Ten years later, the Taylor Haugen Foundation is making tremendous strides as an advocate for the sports injury awareness and prevention not only in Northwest Florida, but throughout the entire nation. The YESS Program is the only nonprofit in the country solely focused on abdominal injuries. The YESS program provides each player on a team with their own personal



The Taylor Haugen Foundation was created to honor the memory of 15-year-old Niceville High School student, Taylor Haugen, who passed away after a traumatic abdominal injury sustained during a football game on August 30, 2008.

piece of state-of-the-art abdominal protection equipment. The gear individually form-fits to each player to ensure they are protected at the same level as players in the NFL.

The YESS program has grown nationally to 13 states and has provided proper abdominal injury protection to more than 4,500 student athletes and more than \$317,000 has been raised to provide safety equip-

ment. The program also provides awareness to parents, coaches and players of how prevalent these injuries are and informs them of the availability and affordability of better equipment that can protect them from abdominal injury. The Foundation's mission and the YESS program have been featured in major national media outlets including ESPN, Fox News, USA TODAY, CBS This Morning, NBC Nightly News and more.

Each year the scholarship is awarded to five student-athletes in three local counties who demonstrate Taylor's characteristic traits which are also the

Foundation's pillars: a balance of academics, athleticism, leadership, community service and Christian faith and a perseverance to improve themselves in all aspects of their life while enjoying God's gifts to the fullest. In 10 years, the Foundation has provided 44 scholarships, for a total of \$61,000. Aside from the scholarships, the Taylor Haugen Foundation also awards a trophy to a local student that fulfills the

"Don't Quit - Never Give Up" spirit by persevering in the face of adversity and continuing to excel in their studies and athletics at the annual All Sports Association FCA breakfast. The trophy is presented each year by hometown legend, Heisman Trophy winner and former NFL quarterback, Danny Wuerffel.

Although his 15 years were cut short, Taylor continues to impact his community through his parents, Brian and Kathy. There are several ways you can join the Haugens: Through donations, purchasing wristbands or magnets or by volunteering. Simply provide your name and email to info@taylorhaugen.org or call 850.830.2178.

We are looking for Hometown Heroes!

If you would like to recommend someone you know that has made an impact in the Destin community, please email:

Publisher@MyDestinLife.com.

We want to tell the stories of these amazing community members (and businesses) in this monthly column.



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 Community

Mary Anne Windes: Her Investment in the Destin Community is Reflected in her Home-Grown Business

By HEATHER BENNETT

In Destin there is no shortage of real estate agents, but choosing the right agent for you can be daunting. What sets Real Estate Professionals of Destin apart is

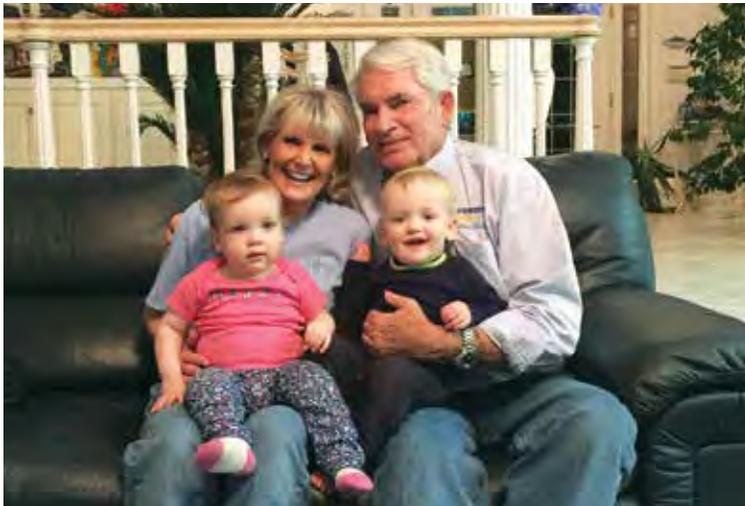
stated Mary Anne. “The ability to sell is not something you need as a real estate agent, it’s the ability to help people.”

She has carefully chosen her agents over the years, choosing

at Destin Elementary School at the end of the day,” stated Mary Anne. She also plans to stay active in the community. “We’re always watching things and like to see where we can help,” said Mary Anne. “I love this area. I can’t imagine why anyone would ever move away.”

Mary Anne also manages separate businesses including commercial boats, a marina, and a

few retail ventures, and she’s helped with several political campaigns.



to keep her business of more than 20 years small with good agents; quality over quantity. She hires people she knows and she trusts, people who think more like her. “I want people that genuinely want to help people. I don’t look for salesman,” said Mary Anne. “I’m not afraid to

they are lead by broker and owner Mary Anne Windes. She is a staple of the community and wants what is best for her clients and neighbors.

Mary Anne has lived in the Fort Walton Beach/Destin area her entire life. She graduated from the University of West Florida with a BA in accounting, and pursued real estate to spend more time with her family. She is married to Commissioner Kelly Windes, a third generation Destin fisherman. They have two children and three grandchildren, all who call The Emerald Coast home. Mary Anne has been the chairman for several Destin boards and committees over the years.

When she is not investing her time in the community, she is investing in people. She gives her honest opinion when it comes to real estate decisions even if it means losing a commission. “I would talk as many people out of selling real estate as I would help,”

walk away from a pay day, and I want agents that’ll do the same.”

Mary Anne oversees the transactions of her agents. Guiding them along the way. She believes in honest, clear-cut business practices. “My reputation makes my company successful,” stated Mary Anne. “People who have known me my entire life, they know how honest I am, they know how hard I work, they know how serious I take things.” She strongly believes that the decisions you make reflect who you are, and since she isn’t leaving Destin anytime soon, she knows she will be held accountable for her business actions, and believes in providing a service that reflects her scrupulous nature.

With successful and diligent agents in place, Mary Anne hopes that one day she can take a less hands on role in her real estate business to spend time with her grandchildren. “I’m looking forward to one day working part time and picking up my grandkids



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DCWAF Donates a Record-Breaking \$2.7 Million

15 Children's Charities in Northwest Florida Benefit

Our area's own Destin Charity Wine Auction Foundation (DCWAF), recognized as the third largest charity wine auction in the country by Wine Spectator magazine for the second consecutive year, donated \$2.7 million to 15 local charities serving children in need in Northwest Florida. For the first time in the Foundation's history, DCWAF broke from tradition and raised an additional \$48,000 to donate to the fire victim relief initiatives in Napa and Sonoma Counties.

DCWAF has donated \$18 million to non-profit organizations since its inception in 2005. "We are grateful to the many supporters of DCWAF that have made this day possible. What cannot be overlooked is the effort that each of our supported organizations has expended to help us raise the \$2.7 million that was donated," said DCWAF President John Russell.

The 2018 recipients of the Destin Charity Wine Auction Foundation include:

AMikids Emerald Coast received \$145,000 to fund a va-

riety of behavioral modification programs, academic supplies, employee development, and student transportation.

Boys & Girls Clubs of the Emerald Coast received \$200,000 to allow 200 students from low income households to attend programming for one year, designed to provide unique opportunities to learn, grow and to recognize their achievements.

Children in Crisis received \$200,000 to fund the facilitation of housing for abused, neglected and abandoned children. On-site housing provides stability, shelter, house parents, food, clothing and necessary items to help 100 children live a healthy lifestyle over the next year.

Children's Volunteer Health Network (CVHN) received \$250,000 to fund and serve underinsured and uninsured children in need of dental care. These funds will allow for two hygienists on the Mobile Dental Clinic, and one full-time dentist and support staff at the CVHN Dental Clinic to assist with children in need of dental and medical care, purchase



new dental supplies and cover the maintenance and repair of equipment.

Emerald Coast Autism Center received \$200,000 to fund scholarships for approximately 25 families unable to afford services at the new NWFL State College campus facility. The new facility has allowed Emerald Coast Autism Center to increase its capacity levels, serving up to 130 students.

Emerald Coast Children's Advocacy Center (ECCAC) received \$280,000 to support mental health therapy, medical programs, and a case advocacy program that facilitates a child-friendly atmosphere offering counseling, family services, and coordination of investigations for child abuse and neglect. In the non-profit's 17-year history, approximately 12,000 children have received more than 44,000 services at no cost to include mental health therapy, crisis intervention, referrals to other community providers, interviews and medicals.

Food for Thought Outreach received \$150,000 to fund the organization's Backpack Program

which provides nutritious meals for school-aged children that are dependent upon free or reduced school meals in an effort to bridge the gap between school meals during weekends and holiday breaks.

Habitat for Humanity of Walton County received \$192,000 to fully fund the building of two new homes for families with children in North Walton County as well as the purchase of two lots in Sana Rosa Beach.

Mental Health Association of Okaloosa and Walton Counties is DCWAF's newest beneficiary and received \$100,000 to fund "The Brain Health Initiative" geared toward early identification, assessment and treatment for students ages 12 to 21 who experience mental health or substance abuse issues.

Opportunity Place received \$100,000 for immediate housing for homeless children and their families to ensure they are safe and secure.

Pathways for Change received \$190,000 for comprehensive addiction treatment programs including men's residential treat-

ment and operations for the family center. DCWAF's funding will also expand to include services for children of female veterans who live at the Clinton Cox Residence.

Sacred Heart Hospital on the Emerald Coast received \$200,000 to fund a 10-bed, Level II Neonatal Intensive Care Unit.

Shelter House of Northwest Florida received \$200,000 to fund support groups, counseling, and advocacy for youth touched by domestic violence. Funding will also support their Youth Prevention Program, therapists for children, supplies such as school snacks and diapers, tutoring materials, community outings, and the Youth Community Action Team.

The Arc of the Emerald Coast received \$145,000 to support Early Intervention and Family Education Program at the Early Intervention Center for children living with disabilities.

Youth Village received \$100,000 to fund afterschool programming for low-income children along the Emerald Coast as well as their new capital campaign.

The dates for next year's Destin Charity Wine Auction Weekend, the Foundation's signature fundraising event, are set for April 26-28, 2019. Learn more at <http://www.DCWAF.org>.

Destin Charity Wine Auction Foundation connects wine enthusiasts to raise money to benefit children in need in Northwest Florida. Founded in 2005, Destin Charity Wine Auction Foundation (DCWAF) has donated \$18 million to Northwest Florida charities by hosting world class wine and culinary events. These funds have impacted the lives of over 100,000 youth, including those afflicted by health issues and abuse. Currently ranked number three, DCWAF has been recognized as one of the nation's 'Top 10 Charity Wine Auction in the U.S.' by Wine Spectator Magazine for the last six consecutive years.



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Community

Eggs on the Beach

Bay Breeze Patio will host the fifth annual **“Eggs on the Beach” Big Green Egg Grilling Competition, Sept. 29 at Seascape Resort in Miramar Beach.** As one of the official Big Green Egg Festivals held around the country, Bay Breeze Patio invites non-profit organizations to register a cook team and registration fees will be waived. As an added incentive, the top three non-profit teams with the

most “People’s Choice” votes will receive a financial donation to their charity.

Cook teams participate by creating bite size portions of their favorite recipes to be judged by the public as well as a celebrity judge. Each team of up to six is provided a Big Green Egg to use, lump charcoal, fire starter, table and other supplies. Tasters vote for their favorites, as teams vie for bragging rights and prizes.



This year's teams can win in several categories including Taster's Choice, Judge's Award and Best Booth Display. The grand

prize for the most taster votes in the non-profit category is \$3,000 toward the charity, followed by \$2000 for the second-place non-profit team and \$1000 for the third ranking non-profit team. The grand prize for the main event is a large Big Green Egg (valued at \$1,110).

All proceeds from Eggs on the Beach benefit The Fisher House of the Emerald Coast and Food for Thought.

In the past four years, Eggs on the Beach has raised nearly \$100,000 for local charities.

To own a Big Green Egg, the Demo Eggs used during the event will be sold in advance at a discount.

To register a team (\$50 by Sept. 28) or for tickets (\$32.50 in advance), visit www.EggsOnTheBeach.com.

TO DO IN DESTIN! SEPTEMBER 2018

..... 1

10 am: Pong For PAWS Fundraiser at Boathouse Oyster Bar

..... 5



5 pm: Luau at Dock On The Island

6 pm: Sunset Yoga at Henderson Resort Grand Lawn

7 pm: Wednesday Night Free Concert Series at Baytowne Wharf

7 pm: Trivia Night at World Of Beer

..... 6

5 pm: Wiggin' Out For A Cause Fundraiser at Emerald Coast Theatre Company

..... 7

7 pm: Free Beach Bonfire at Royal Palm Grille at Sunset

..... 8

6 am: 32nd Annual Sandestin Triathlon at Sandestin Resort

9 am: Farmer's Market at Grand Boulevard



10 am: Free Kids Day Event at Fudpuckers Destin

6:30 pm: September Saturdays Live Music at Baytowne Wharf

7 pm: Karaoke at World of Beer & Harry T's, Destin

..... 10

5 pm: Luau at Dock On The Island

..... 12

6 pm: Sunset Yoga at Henderson Resort Grand Lawn

7 pm: Wednesday Night Free Concert Series at Baytowne Wharf

7 pm: Trivia Night at World Of Beer

..... 13

7 pm: Concerts In The Village at Mattie Kelly Arts Foundation

..... 14

7 pm: Free Beach Bonfire at

Royal Palm Grille at Sunset

..... 15

9 am: Farmer's Market at Grand Boulevard

5:30 pm: Glitzy Pours with Velia Lala at Henderson Resort Grand Lawn

6:30 pm: September Saturdays Live Music at Baytowne Wharf

7 pm: Karaoke at World of Beer & Harry T's, Destin

..... 17

5 pm: Luau at Dock On The Island

..... 19

6 pm: Sunset Yoga at Henderson Resort Grand Lawn

7 pm: Wednesday Night Free Concert Series at Baytowne Wharf

7 pm: Trivia Night at World Of Beer

..... 20

7 pm: Concerts In The Village at Mattie Kelly Arts Foundation

7 pm: Free Downbeat Jazz Orchestra Show at Fudpuckers Destin

..... 21

7 pm: Free Beach Bonfire at Royal Palm Grille at Sunset

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9 am: Farmer's Market at Grand Boulevard

11 am: COPS Rock Event at Fudpuckers Destin

5 pm: HarborFest at HarborWalk Village

6:30 pm: September Saturdays Live Music at Baytowne Wharf

7 pm: Karaoke at World of Beer & Harry T's, Destin

..... 23

1 pm: Autumn Harvest Champagne Cruise at Sunquest Cruises

2 pm: Taste of FWB Food & Wine Festival at FWB Landing

..... 24

7:30 pm: Full Moon Yoga at Henderson Resort Grand Lawn

5 pm: Luau at Dock On The Island

..... 26

6 pm: Sunset Yoga at Henderson Resort Grand Lawn

7 pm: Wednesday Night Free Concert Series at Baytowne Wharf

7 pm: Trivia Night at World Of Beer

..... 27

7 pm: Concerts In The Village at Mattie Kelly Arts Foundation

7 pm: Throwback Thursday Cinema at Baytowne Wharf

..... 28

7 pm: Free Beach Bonfire at Royal Palm Grille at Sunset

..... 29



9 am: Farmer's Market at Grand Boulevard

10 am: Eggs On The Beach at Seascape

Time: Nomad's Event at Fudpuckers Destin

6:30 pm: September Saturdays Live Music at Baytowne Wharf

5:30 pm: Glitzy Pours with Velia Lala at Henderson Resort Grand Lawn

7 pm: Karaoke at World of Beer & Harry T's, Destin

7:30 pm: Sinfonia Swings on the Boulevard Free Concert at Grand Boulevard

..... 30

12 pm: Charity Cornhole Tournament at World of Beer



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COMMUNITYSTRONG

Changing Communities Through The Power of Relationships



By ESTHER LYNN HEMPHILL

Ask a five-year-old about what their life will be when they grow up, and you'll hear them speak bright and wonderful declarations over their future. "When I grow up I'm going to be..." and they finish the sentence with a heroic role. They might speak of having a house with a pool, a fast car or a big truck, or going to Disneyland. But as they grow, life unfolds, and in the unfolding, visions and reality begin to diverge.

We Need Relationships

Life is life. One day you're experiencing your best day ever, and the next day you're questioning how you'll ever get through the

pain. Days of joy and days of sorrow are all made better by having someone to share them with. Like many others, the quilt of my life has beautiful and raggedy patches, and through it all I've been blessed to be on both the giving and receiving sides of compassion and generosity... two wonderful aspects of relationship.

Each of us has a unique role and purpose in our community and in the lives of others. Two years ago, we began hosting week-end-long healing retreats for veterans with PTSD. As relationships grew, each vet slowly brought down their guarding walls as they connected with battle buddies who truly understood the fears and struggles they were facing.

We All Have Something To Share

Several years back, I helped serve Thanksgiving lunch to

homeless individuals. As volunteers, we took our plates and sat down to chat with those we were serving. Seated next to me was a homeless man who asked, "what do you do?" I spoke about Sharing Hands Network (SHN) and how we connect those in need with those who can help. I said to him, "You don't have a home and others are helping you with meals, but I believe that even though your resources



are limited, you have something to contribute to help others." He thought for a moment, then smiled and said "I have a car. I could help take people to doctor's appointments and to get their groceries." In that moment, he sat a little taller in his chair realizing that his life had value for others and that he could help someone else in need.

YOU Make Our Community Strong

Generosity isn't about our pocket-books but rather seeing, through the power of relationships, that each of us can make a difference for others. In the coming months, I'll share stories focusing on the many ways our community is working together to meet the needs of families and individuals. I'll also share where we've got a few gaps that you can help close. Along the way, I encourage you to visit our website SHN.co, which contains several hundred charitable programs, and look for ways to get engaged because together we're making our CommunitySTRONG!

P.S. We Need Your Help

As a local nonprofit, SHN provides support to children and families, veterans and military, and the food insecure and home-



less. Because of our organization's growth, we're seeking skilled and passionate individuals to help with administrative, graphic design, marketing, photography, videography, and programming (.NET C# and user interface) projects. If you're interested, contact us at info@SharingHandsNetwork.org

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.

Republican

Mel Ponder

for Florida House of Representatives, District 4

"I understand Okaloosa County, and I am committed to bringing the voice of our community to Tallahassee."

-Mel Ponder

DEPENDABLE LEADERSHIP
for Okaloosa County

SUPPORTING OUR MILITARY

Mel has championed legislation to support our veterans. Thanks to his efforts, active service military members now have more opportunities to continue their education.

BALANCING THE BUDGET

Government spending should be done responsibly and only for the benefit of the people. Mel has always voted for a balanced budget—and he always will!

SERVING OUR COMMUNITY

Mel is a former Mayor and City Councilman of Destin. He had the honor of serving his fellow citizens and helped organize the Destin Week of Blessings, which has helped bring Destin's faith communities together.

VOTE

Mel Ponder

ELECTION DAY: TUESDAY, NOV. 6

www.MelForHouse.com

Paid by Mel Ponder, Republican, for State Representative District 4.



Looking at the ROTH IRA for Your Retirement



By MAURICE STOUSE

Planning and saving for retirement. The time value of money. Keeping more of what you earn. Time in the market vs timing the market. Starting early is a key to growing your retirement savings,

with tax advantaged investing and tax free withdrawals. These are sayings that we have all heard and read over the years. What about an investment account that can help do all of these things? For individuals who qualify, there is the Roth IRA. What then is a Roth IRA?

A Roth IRA is a retirement account that Americans can use to help build their retirement savings. It is a registration, and the investor can use it to buy stocks, bonds, mutual funds, even CDs and money markets. The Roth IRA was created as a result of the Taxpayer Relief Act of 1997 and was named for its sponsoring senator, William Roth, of Delaware.

What makes the Roth IRA unique is that it is a retirement account that grows tax free and if certain conditions are met, withdrawals are not taxed*. Unlike most IRAs, there is no required distribution (at age 70 1/2) and the owner can pass it to the beneficiary who will also avoid paying taxes on withdrawals in most situations.

Many see the Roth IRA as an attractive choice for those who qualify. Generally speaking a couple that earns less than \$189,000 per year or an individual that earns less than \$120,000 can contribute to a Roth. At income levels above that, the contribution is phased out. Individual contributions are a maxi-

mum of \$5500 per year before age 50 and can go up to \$6500 per year thereafter. An additional qualifier is that the investor has to have earned income in order to contribute. Unfortunately, contributions to a Roth IRA are never tax deductible.

Young people entering the workforce can take full advantage of maximizing time in the market and avoiding taxes on any growth. Not to worry, the IRS has already taxed any income that is used to go into a Roth, so it is an after tax contribution. Many retirement plans allow for pretax contributions which will eventually be taxed along with the growth. Once again, that is not the case for a Roth.

Call or visit with your advisor today and start or continue the conversation on planning and saving for your retirement.

Maurice Stouse is Sr. Vice President of the First Florida Wealth Group (a division of First Florida Bank) and Branch Manager of Raymond James Financial Services, Inc. Offices located at 2000 Ninety-Eight Palms Blvd, Destin, FL. Telephone 850.654.8122.

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**Roth IRA owners must be 59 1/2 or older and have held the IRA for five years before tax-free withdrawals are permitted.*

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Planning ahead when it comes to healthcare coverage is just what the doctor ordered. Investing a little time to learn more about retirement income planning and the role healthcare plays will help prepare you for a long and healthy retirement.

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Navigating Health Care in Retirement

Tuesday October 2, 2018 at 2pm & 6pm

First Florida Bank/Raymond James, 2000 98 Palms Blvd., Destin, FL
RSVP to Terri Kelly at 850.654.8122 or terri.kelly@raymondjames.com

Please call or email to reserve a spot for you and a guest at this complimentary event.

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Maurice Stouse
Financial Advisor

First Florida Wealth Group
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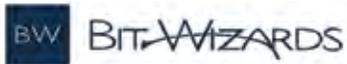
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Around Town



Captain Leonard Destin Park

Construction has begun on Leonard Destin Park on Calhoun Ave. in Destin. Upon completion, the park will be given to the city, along with funding for operation and maintenance for 10 years. The property is the former homestead of Leonard Destin, the first person to settle in Destin in the mid-19th century. Funding for the project is coming from the BP Oil Spill settlement.



Bit-Wizards named Florida's 5th Best Small Company to Work For

The annual Best Companies list is featured in the August issue of Florida Trend magazine. One-hundred companies are ranked in small, medium and large employer categories.

Companies that chose to participate underwent an evaluation of their workplace policies, practices, philosophy, systems and demographics. The process

also included a survey to measure employee satisfaction. The combined scores determined the top companies and the final ranking. This year, Bit-Wizards ranks fifth on the list of Florida's best small companies.



Destin Commons New Playground

Destin Commons will soon offer a unique amenity for their shoppers. Through mid-September, the Destin Commons kid's playground in Center Plaza will be closed for a fun remodel with a Luckey Climber unique climbing structure that is part jungle gym, part functional work of art, a first-ever in Northwest Florida.



FPRA Announces Awards and New Board

The Northwest Florida Coast Chapter of the Florida Public Relations Association named Kay Phelan, Phelan, Lowry &

Associates, as its 2017-2018 Person of the Year. Denise Song, Habitat for Humanity, was named Member of the Year and Misty Rae Rauthruff, Saltwater Restaurants, received the President's Award at the recent board installation ceremony held at Trebeache. Additional nominees for 2017-2018 Person of the Year were Heather Ruiz-Destin Commons, Laurie Hood-Alaqua, Tifanie Nelson-Food for Thought and Sammy Sanchez-South Walton Fire Dept. Local artist Kurt Lischka, Mook Creek Studios, created the stunning awards for the winners. 2018-19 Board of Directors elected were Secretary - Whitney Lee; Membership - Leslie Moland, APR; Design - Misty Rae Rauthruff; Sponsorship - Britt Mathews; Image Awards - Denise Song; Communications Co-Chair - Kate MacMillan; Communications Programs Co-Chair - Lorri Silvera; Programs Co-Chair - Shaye Smith; Time & Attendance - Taylor Sheekley; Events Co-Chair - Tovah Locke; Events Co-Chair - Lori Leath Smith; Treasurer - Chelsea Blaich; Past President - Julie Stuckey; President-Elect - Stephanie Pettis and President - Erin Igram.



New Interim City Manager

Destin's Parks & Recreation Director Lance Johnson was named Interim City Manager by the Destin City Council in August. Johnson has worked for the city for 15 years and is a recent graduate from the Florida State University Center for Public Management Program where he earned his Certified Public Manager (CPM) certification.



Kaylea Windes Joins Real Estate Professionals

Real Estate Professionals of NWFL, Inc. announces the addition of Kaylea Windes to its growing sales team. Kaylea has been with the company for over a year in sales support while learning the business from seasoned real estate professionals. She will be teamed with experienced agents as she gets started, but already has a solid understanding of the real estate sales process.



Library Director Begins

Welcome to Wendy Livingston, the city's new Library Director. Livingston comes to us from the Pensacola area where she has worked for the West Florida Public Libraries for the past four and a half years. She previously worked in the library system in St. Louis, for 10 years.

CVHN announces new Executive Director

Children's Volunteer Health Network (CVHN), a local non-profit organization devoted to providing Okaloosa and Walton County children access to free healthcare services, is thrilled to announce Brian Lowe as the new Executive Director. Lowe, who comes to the Emerald Coast from Boone, NC, has served as the Executive Director of Hope Pregnancy Center for 13 years. There he forged a successful re-branding campaign, expanded programs and created a fund development plan which resulted in a 100 percent increase in income and debt-free purchase of a new facility.



Trees on the Coast/Destin Chamber "Best Landscaping Award"

Hogs Breath Saloon in Destin is the most recent recipient of the "Best Landscaping Award," given by a partnership of Trees on the Coast and The Destin Chamber to local businesses whose storefronts exceed the norm with beautiful street side landscaping. Through this award, the organizations hope to encourage other local businesses to maintain and improve their storefront landscaping. This quarterly award has been given to Destin Commons, Grand Boulevard, Costa Family McDonald's/Destin, Harborwalk Village, The Henderson Beach Resort and now Hog's Breath Saloon.

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BEST DESTIN 2017



FROM THE PUBLISHER

Wow, what a turnout for our ribbon cutting held at Beachworx and hosted by the Destin Chamber in August. We are humbled and appreciative for the support of all our friends and locals. Destin Life is truly an effort to foster community connectedness and interaction, and to highlight and promote the very best offerings, businesses and people of the historical and gorgeous Destin community. THANK YOU! — Lori Leath Smith



Make it a Healthy School Year: 5 Recommendations from Your Pediatrician



Bolduc, Stephen

It won't be long before kids head back to the classroom for

2. Don't skip the shots. Before your child walks into the classroom, make sure their immunizations are up to date. And don't forget about the flu. It is recommended that all school-age children get the flu vaccine, unless they have an allergy to the vaccine or a health problem that will cause complications from the vaccine.

3. Visit the doctor. A check-up is a great way to make sure your child's school year gets off to a healthy start. It's also an opportunity to get a physical for your child, which is usually required for kids who will be playing a sport.

off to a healthy start this school year, please contact me at 850-278-3885.

Sacred Heart Medical Group offers the largest network of primary care and specialty physi-

cians in Northwest Florida, with more than 80 locations and 300 providers along the Gulf Coast from Gulf Shores, Ala., to Apalachicola, Fla. We have physicians in more than 25 specialties, ready

to provide personalized compassionate care to people of all ages. The Medical Group is supported by the hospitals and resources of Sacred Heart Health System.



the start of another school year. While you need to make sure your child has all of the school supplies they need to succeed, it's just as important to make sure they have a healthy school year.

"The start of a new school year is exciting, but it can also be a little scary for some," said Stephen Bolduc, MD, a pediatrician with Sacred Heart Medical Group in Miramar Beach. "They also can be more exposed to germs from other school kids. But by having our children take some basic steps, they can stay healthier throughout the year." Dr. Bolduc recommends these tips to help your child stay healthy.

1. Wash away the germs. Encourage your child to wash their hands often. Whether it's soap and water or hand sanitizer, clean hands go a long way in reducing the spread of germs and infectious diseases.

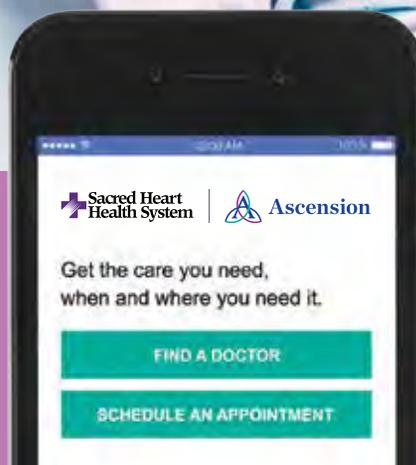
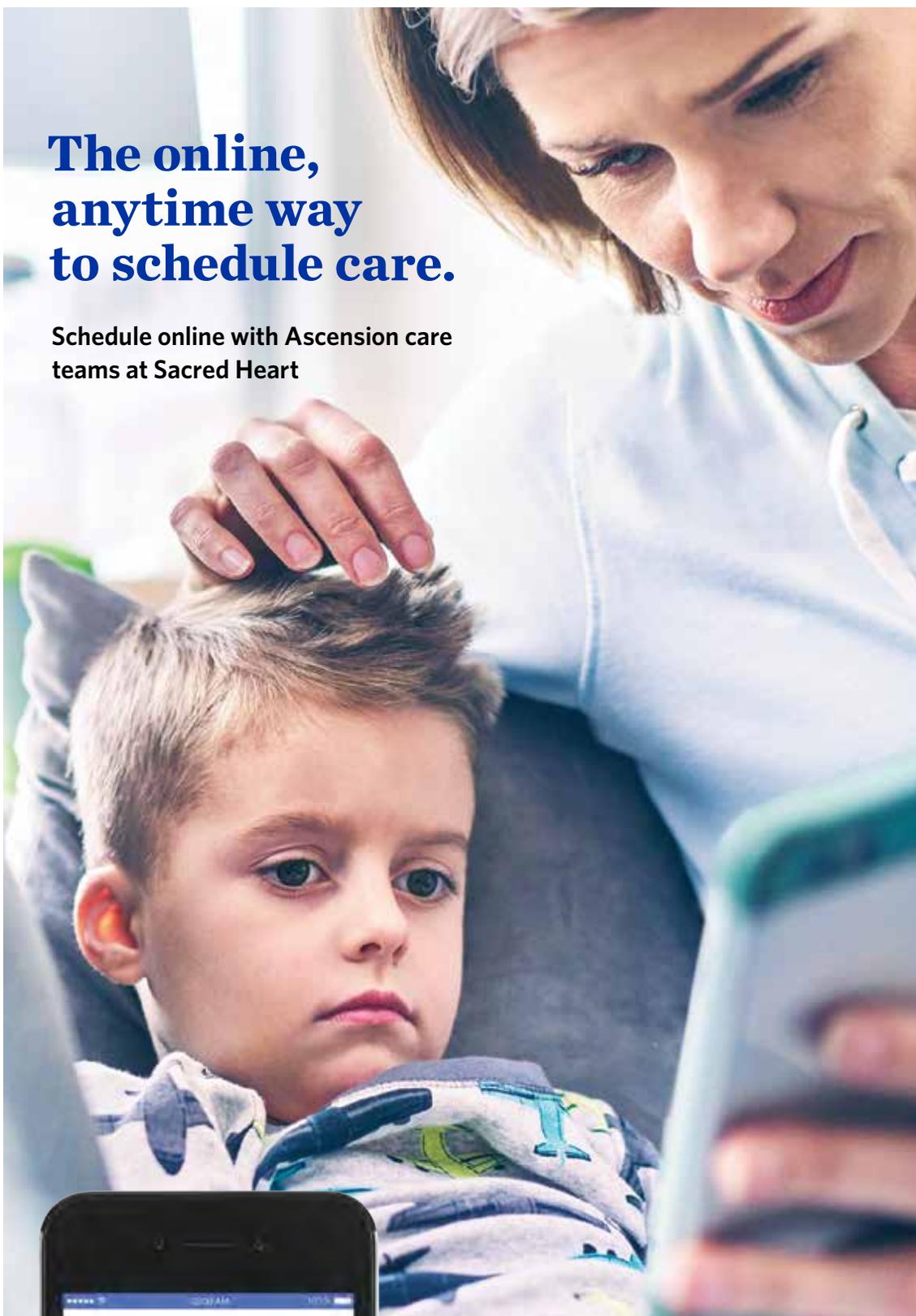
4. Getting sleep schedules back on track. Before they head back to classroom, get your kids back on their school year sleep schedule. Start readjusting bedtimes several days out so children are hitting the pillow earlier. And encourage them to cut back on playing games and watching their favorite programs in the evening.

5. Good food = good health. A healthy diet is the fuel children need to succeed in the classroom. Make sure your child is eating whole grains, fruits, vegetables, lean meats and foods that are low in fat and rich in protein, such as fish, eggs and beans.

When it comes to care for your kids, you need a doctor who listens to children and understands them, like you do. If you would like to speak to an expert from Sacred Heart Medical Group about getting your child

The online, anytime way to schedule care.

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No matter where you are, what time it is, or what you're up to, you can quickly make an appointment to get the care you need at GetSacredHeartCare.com.

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Meet our Local Pro: Susan Dunnam, owner of Destin Pilates Center

Susan Authement Dunnam is the Owner of Destin Pilates and Aerial and Destin Girls Retreats. After moving to the area in 2009 and pioneering her business in a friend's home with only one reformer and one client, Susan quickly expanded as her client base grew.

A true entrepreneur, Susan has been a leader in bringing new fitness trends including Bungee

Jump and Aerial Fitness to the area. She is also a connective tissue specialist bringing the incredibly effective Rossiter Stretching System to the Gulf Coast.

A dedicated professional passionate about inspiring, motivating and mentoring people to achieve and exceed their fitness goals, Susan is fully committed to spreading the message of "The Pilates Method" as a lifestyle,

thereby achieving dramatic results and major transformation in her clients' bodies. She says that if you are able to move, you are able to do Pilates. "Even though there are still some people who have never heard of Pilates," she says, "it has been around a very long time." Joseph Pilates pioneered his namesake discipline on the mat and on various equipment which he invented to strengthen the center, lengthen the spine, increase body awareness, build muscle tone and gain flexibility. As a fitness pioneer in the 1930's, he engineered exciting new moves and combined them with elements of yoga, dance, gymnastics, and boxing just to name a few.



working from the inside (core) out bringing balance back to the body. "The footwork alone is ideal for strengthening and stretching hips, knees, ankles and feet," says Susan.

"This conditioning system improves the quality of everyday life, improves posture and sports performances and helps prevent injuries," she says, "and was once the secret fitness weapon of professional dancers, athletes and movie star. Most people who've incorporated the Pilates workout, even for a short time, say they feel stronger and more energized, centered and physically confident than ever before. They also like having the flat

tummies, tight buns, and long lean thighs of a dancer."

From a Destin Pilates Center devotee Melinda: "My Pilates journey began about seven years ago. I had major surgery and afterwards I started having severe back pain. I could only walk or stand for about 30-45 minutes at a time. Then I would have to lie down and ice my back. I tried medication, acupuncture, massage, and chiropractic treatments. This went on for a couple of years until one day I heard some people discussing Pilates. I googled and found the Destin Pilates Center. I started private lessons to familiarize myself with the equipment and attended classes three times per week. Within several months I was able to participate in intermediate classes. My core strengthened and I realized I had no need for former appointments. I was flexible, had a strong core, my balance was much improved and Pilates was the difference maker. I recommend Pilates to everyone, but if you suffer from back pain, you are doing yourself a disservice not to try it. Your lifestyle will improve dramatically. I am forever grateful that I have found a place that makes me and my body healthy and happy!"

Susan knows the power of Pilates; she was once a client due to back injury from a snowboarding accident and other neck injuries. "I didn't realize it at the time but my 'bad back' was my silver lining. As I approach age 55, I have never felt better and stronger; much is due to my Pilates lifestyle."

In her personal life, Susan actively serves on the Gatekeepers Ministry and Christian International Ministry Teams and as a member of New Life Church with a heart to spread the Gospel.

To learn more about becoming stronger and more flexible, visit the Destin Pilates Center at destin-pilates.com, email susanpilates@yahoo.com or call 850-460-2828.



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Thursdays, 10 AM. Location TBD. Begins Sept. 27

All groups are facilitated by Licensed Mental Health Counselor Christine Rushford. Please call for more information on fall groups.

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How Pilates Works

Susan explains that the Pilates technique develops strong abdominal and postural muscles to support the skeletal system and act as the "powerhouse" of the body. This full body workout makes sure no muscles are over-trained or under-trained. Pilates is designed to treat the body as a whole

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 Wellness

New, Not So New – Functional Fitness



BY LISA LEATH TURPIN

Fitness styles seem to change as we learn more about what works and doesn't work. In last month's article, I mentioned that the American College of Sports Medicine (ACSM) added a new category to the exercise guidelines, Neuromotor Exercise, aka: Functional Fitness Training (FFT), recommending 2+ days/wk. Functional fitness training focuses on improving and maintaining motor skills such as balance, coordination, gait and agility. Neuromotor exercise can be especially beneficial for older

people to improve balance and muscle strength, reducing the risk of falls and other injury, an important safety measure as we age.

Participating in functional resistance movements involving multiple muscle groups plus a significant degree of balance through multifaceted activities such as Tai Chi, Pilates or Yoga lends the stability needed for daily activities, which makes this training "Functional." A recent study shows that people over age 50 should focus on agility training specifically. This can be somewhat uneasy training for some, as they are working on movements and with props that are unstable. Therefore, special care needs to go towards safety.

FFT is also of great benefit to athletes and sports players competing at any level, as improved

agility, balance, proprioception and other motor skills can significantly help performance.

Interval training is a great solution for maximizing time and increasing results and helps combat boredom. It involves alternating bursts of intense movements followed by "active rest" that's usually a lesser intensity of the same movement. In basic or traditional interval training, intervals can be based according to the needs of the participant and times and styles can vary. Interval training can be used to fulfill all categories of training (Cardio, Resistance, Neuromotor, even Flexibility).

Since interval training can be configured any way we choose, this is a great way to fit all the training disciplines into a 60-minute workout. I like to mix things up by alternating balance

(core) training and cardio training within timed intervals.

Example #1: (2:1 ratio) 30 seconds on/15 seconds off (agility, cardio, core) — **Round 1:** "puddle jumpers" (side to side jumps). *Tip:* Use a flat yoga mat as a visual to jump over sideways pushing off hard to get good lateral training of the leg and glute. **Round 2:** "Russian twists" sit with bent knees, lean back, round your back, clasp your hands together or hold a ball and twist your upper body side to side, rotating at the torso, reaching your hands or ball as far as possible to each side. *Tip:* Your chest should turn following your hands. Alternate these two movements each 30 sec. interval with 15 second break for 8 rounds. *Note:* You should do 4 of each movement.

Example #2: 20 sec on/10 sec off (cardio, core) — **Round**

1: Jumping Jacks (low impact modifications avail) **Round 2:** one leg balance on disc note: use balance disc/balance trainer; an unstable surface to challenge your balance. Alternate through 8-10 rounds with 10 secs to rest and transition

Final thoughts: One of the most impressive evidence-based statements in the new ACSM Position Stand paper is that leadership from well-trained professionals will meaningfully enhance the exercise experience with adults, especially the novice exercisers. The fact that a position statement with over 400 cited references highlights the importance of skilled exercise professionals is a true measure of how much the profession of fitness training has grown in the last decade.

Foundations Medical Center Offers Memberships

Locally-owned Foundations Medical Center offers a personalized healthcare experience by rethinking the typical world of medicine. Their vision for healthcare is based around a proactive mindset - not just going to the doctor when you aren't feeling well, but making a plan to keep your body running as a fine-tuned machine. Local residents and husband and wife physicians, Kyle and Amanda Chavers, are board certified medical doctors that have designed an innovative way to provide medical care—three-tier membership plan that allows

you to build an ongoing relationship with your doctor based on your own needs, schedule, and lifestyle.

As the first medical practice to offer memberships in Destin, Foundations Medical offers three tiered plans to accommodate a patient's needs and offer maximum value. Members start the relationship with a 75-minute comprehensive evaluation to discuss major lifestyle aspects—diet, exercise, stress, medication and sleep. This evaluation will give the information needed to develop a seven-part health plan; in-



dividualized for nutrition, fitness, mental health, coaching support,

and more to help guide you in the direction of feeling your best. Each level also includes access to advanced lab testing, email communication with the doctor for simple questions and no lab draw fees!

Healthcare in our country is evolving. Foundations Medical Center is a comprehensive medical practice dedicated to promot-

ing health, preventing disease and managing chronic illness and the destructive processes of aging utilizing many different treatment modalities from both traditional and alternative approaches. They want a relationship with you and offer membership discounts for families. For more info, call 850-269-9000 or visit www.foundationmedicalcenter.com.

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SEAN DIETRICH

Then, he met her. She'd moved to town to teach school. When he saw her at church, he couldn't take his eyes off her. He approached her with an idea.

I drove four hours to meet the editor of a big-city newspaper. I walked into a large office wearing my nicest necktie. I was young. Wide-eyed. She told me I had five minutes. I handed her a pathetic resume so tiny it needed a magnifying glass. "You're not even a journalism major?" she remarked. "No

ma'am." "You're still in community college?"

"Yes, ma'am." "You're wasting my time. I've got journalists lining up around the block. Find me a good story, and maybe we'll talk." A good story. The next day, I stopped at a nursing home. I walked inside and asked if there were any

eyes off her. He approached her with an idea. "I played on her sympathy," he said. "Was my only hope, she was too pretty to be seen with me."

He asked her to teach him to read. She agreed. He made fast progress—which was no surprise. He would've rather died than disappoint a pretty

it. He read a passage. Then another. And another. He stayed awake all night, reading the red words. That's when he claimed everything changed. He remarried. He had three kids, a career working for an auto-part distributor. He paid three tuitions, and watched five grandchildren grow. "If

him. It was the first thing I ever wrote that felt important. It took me a week to edit. The lady at the newspaper showed me the door. "Sorry," she said. "This isn't journalism, we don't print this kinda thing." Like I said, I was young. He died not long after. They buried him in a suit. Necktie. A ratty book in his hands. He wore a Gideon lapel pin and held a framed copy of an unpublished story some kid wrote about him. I'm writing this because once, I wanted to be a journalist. And because I'm grateful we don't always get everything we want.

STORY

BY SEAN DIETRICH

storytellers in the bunch.

The woman at the desk gave me a look. "They're ALL storytellers, sweetie." She introduced me to a ninety-four-year-old man. We sat in the cafeteria. I asked to hear about his life. He said, "You with the IRS or something?" He talked, and he was eighteen again. A rural boy who'd never set foot in a schoolhouse. His father used a wheelchair. His mother was dead. Then, he met her. She'd moved to town to teach school. When he saw her at church, he couldn't take his

girl. They married. She taught, he farmed. During those years, he remembers how they sat together in the evenings, watching evening take hold of the world. Love can be simple. She died before age forty.

It was crippling. He gave up living. His fields went to weed. He lost his farm. He lost himself. He checked into a room at the motor-inn. "I had nothing left," he said. "I sat on the bed with a thirty-eight caliber in my hand..." There sat a leather-bound, bestselling book on the motel nightstand. He opened

Loretta wouldn't have taught me to read," he said, "I coulda never read the first word, and I wouldn't be here, talking into your little tape recorder. She saved me." That night, I typed seven hundred words about



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A Pastor's Ponderings

Reaching Down By Rev. J. Pete Hyde



Rev. J. Pete Hyde

It was the spring of 1963. He was eight years old. His father, a career Air Force man, had been assigned to Clark Air Force Base in the Philippines and had gone ahead of the family to find a place for them to live before they made the trip. The eight-year-old and

his mom made the trip from Gulfport, Mississippi to Trenton, New Jersey to spend time with family until everything was in order. They stayed with Aunt Marge and Uncle John who were the closest thing to grandparents he would ever know. It was a trying and unsure time for him. But Uncle John took the small boy under his wing - small being the operative word, for Uncle John was six-foot-four. Over the six week time period before the move took them to the Philippines, Uncle John and the little boy became very close.

A couple of times a week they could be seen taking an evening walk to the corner store at the end of the block. Uncle John's long arm reached down to hold the hand of his new friend whose arm would be stretched up as far as it could be stretched in order

to hold the hand of six-foot-four Uncle John, who had to lean to one side in order to make contact with the little guy. They would each get an ice cream cone and return to the front stoop of Uncle John's house and eat ice cream together. It probably would have made for a great Norman Rockwell picture. What went on there, however, was deeper than a neat glimpse of Americana. In a trying time in the life of a little boy, the presence, attention and love of big Uncle John brought a sense of security and wellbeing to the eight year old who had found himself in a strange place and circumstance. The big man's hand always reached down to touch, hold, and offer security, reassurance, love and an occasional ice cream cone.

Another man named Peter followed a man named Jesus who

was bigger than life itself. He tagged along with the little band of followers, always opening his mouth and taking action before he thought through what he said. Jesus was walking on the water toward the disciples during a storm on the Sea of Galilee and called Peter to come and walk with him. Peter steps out of the boat into a strange place and circumstance. When he took his eyes off Jesus he sank into the abyss. He called out to Jesus and though we are not told specifically, probably reached his hand up as far as he could reach toward Jesus. In the same way that big Uncle John reached his hand way down to little eight-year-old Peter, God reached his hand all the way down from heaven through His Son Jesus to grab hold of the hand of one needing the saving, securing the hand of

God's love and assurance during a time of turmoil. If you find yourself in turmoil today, reach out your hand to God. He will reach down to you, even if he has to bend to one side to do so, take your hand, hold you tight and secure and lead you through the troubled waters of life. In the same way, if you know someone who is sinking in this journey we call life, reach out your hand. You may very well be the hand of God. Uncle John was not God, but he was the hand of God in a little eight-year-old's life. The hand of God reaches down to take yours. Offer it today. Offer it to God. Then offer it to one another.

Rev. J. Pete Hyde, Senior Pastor
Santa Rosa Beach
Community Church
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2018 Football Guide



2018 Football Season has Kicked Off...



By SCOTT MILLER

It's finally here! Yes, the 2018 College Football season is underway. No more "off season" to wait faithfully through; the 2018 football season has begun. And here in Destin, we take our football seriously.

Our favorite teams are lacing up their cleats, buckling up their

chinstraps and laying it on the line for their schools, fans, friends and families. Who will rise to the top this year?

As Destin Locals, or transplants, we are blessed to be able to combine the beauty of this region with America's favorite sport. Right here where we are fortunate to call home (or home away from home), we have some of the most amazing and exciting local sports bars and eateries anywhere.

For sports lovers, what's better

than hanging out with friends, watching football and eating a variety of game-day food from tasty wings to delicious seafood, from sweet and zesty barbecue to meat lover's pizza, and so many mouthwatering choices in between. It's no wonder we love watching football!

There are a variety of amazing game-day stops to experience all that football watching in Destin has to offer. We've visited several exciting and fun spots to recommend:

Tailfins on the Harbor offers three floors of fun and excitement along with breathtaking views of the Destin Harbor. They offer game day specials, and sport big screen TV's everywhere you

look along with cold and tasty beverages to suit your every desire. And, while you're there for the games, you can enjoy live music starting at 9 p.m. every Saturday and Sunday night.

172 Harbor Blvd, Destin
850-650-1200

If you're more in the mood for lively and unique pizza and wings to accompany watching your favorite teams, we recommend **Landshark's Pizza**. It's a cozy sports bar with friendly staff and a family atmosphere. With TV's galore, you're sure to catch all the action! Be sure to say hi to Brian, owner and avid Green Bay Packer fan!!!

300 Harbor Blvd, Destin
850-424-6743

Want an international flare to your football watching hotspot? Try the newly-opened **Tequila's Sports Bar and Grill**. They serve Mexican food on a par of its own—it's absolutely delicious! Tequila's features "2 for 1" Margaritas and offers specials on beer and wine too. It's an artsy, beautiful atmosphere and a fun festive environment for your football watching enjoyment.

11225 US-98 W, Miramar Beach
850-279-6402

Thinking more along the lines of some world class BBQ?

Then you want to arrive at **Jim 'n Nick's**. You can't go wrong—it's all delicious, from the

FOOTBALL

continued on page 4

SEC	Sept 1	Sept 8	Sept 15	Sept 22	Sept 29	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Alabama	*Louisville	ArkSt	@OM	A&M	ULL	@ARK	MIZZ	@UT	OPEN	@LSU	MSU	Citadel	AUB
Arkansas	East Illinois	@ColoSt	N Texas	@AUB	*A&M	BAMA	OM	Tulsa	VAN	OPEN	LSU	@MSU	@MIZZ
Auburn	*Washington	Alabama St	LSU	ARK	USM	@MSU	UT	@OM	OPEN	A&M	@UGA	Liberty	@BAMA
Florida	CharlestonS	UK	Colo St	@UT	@MSU	LSU	@VAN	OPEN	*UGA	MIZZ	SC	Idaho	@FloridaSt
Georgia	Austin Peay	@SC	MTSU	@MIZZ	UT	VAN	@LSU	OPEN	UF	@UK	AUB	U Mass	Ga Tech
Kentucky	Cen Mich	@UF	Murray St	MSU	SC	@A&M	OPEN	VAN	@MIZZ	UGA	@UT	MTSU	@Louisville
LSU	*Miami FL	SE Louisiana	@AUB	La Tech	OM	@UF	UGA	MSU	OPEN	BAMA	@ARK	Rice	@A&M
MSU	SF Austin	@KState	ULL	@UK	UF	AUB	OPEN	@LSU	A&M	La Tech	@BAMA	ARK	@OM
Missouri	UT Martin	Wyoming	@Purdue	UGA	OPEN	@SC	@BAMA	Memphis	UK	@UF	VAN	@UT	ARK
Ole Miss	*Texas Tech	S Illinois	BAMA	Kent St	@LSU	Monroe	@ARK	AUB	OPEN	SC	@A&M	@VAN	MSU
SC	Coa Carolina	UGA	Marshall	@VAN	@UK	MIZZ	A&M	OPEN	UT	@OM	@UF	UT Chat	@Clemson
Tenn	*W Virginia	ETSU	UTEP	UF	@UGA	OPEN	@AUB	BAMA	@SC	UNCC	UK	MIZZ	@VAN
TX A&M	NW State	Clemson	Monroe	@BAMA	ARK	UK	@SC	OPEN	@MSU	@AUB	OM	UAB	LSU
VAN	MTSU	Nevada	@Notre Dame	SC	Tenn St	@UGA	UF	@UK	@ARK	OPEN	@MIZZ	OM	UT

ACC	Sept 1	Sept 8	Sept 15	Sept 22	Sept 29	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Boston C	MASS	HOLY CROSS	@Wake (9/13)	@Perdue	Temple	@NC State	Louisville	OPEN	Miami (10/26)	@Va Tech	Clemson	@FSU	Cuse
Clemson	FURMAN	@A&M	Ga Southern	Ga Tech	Cuse	@Wake	OPEN	NC State	@FSU	Louisville	@Boston	Duke	SC
FL State	Va Tech	Samford	@Cuse	N Illinois	@Louisville	@Miami	OPEN	Wake	Clemson	@NC State	@N Dame	Boston	UF
Louisville	*BAMA	Indiana St	W Kentucky	@VA	FSU	Ga Tech (10/5)	@Boston	OPEN	Wake	@Clemson	@Cuse (11/9)	NC State	UK
NC State	JMU	Georgia St	W Virginia	@Marshall	VA	Boston	OPEN	@Clemson	@Cuse	FSU	Wake (11/8)	@Louisville	NC
Syracuse	@WMich (8/31)	Wagner	FSU	UCONN	@Clemson	@PITT	OPEN	NC	NC State	@Wake	Louisv (11/9)	*N Dame	@Boston
Wake For	@Tulane (8/30)	Towsin	Boston (9/13)	N Dame	Rice	Clemson	OPEN	@FSU	@Louisville	Cuse	@NC St (11/8)	Pitt	@Duke
Duke	Army (8/31)	@Northwest	@Baylor	NC Central	Va Tech	OPEN	@Ga Tech	Virginia	@Pitt	@Miami	NC	@Clemson	Wake
GA Tech	Alcorn St	@USF	@Pitt	Clemson	Bowling Green	@Louis (10/5)	Duke	OPEN	@Va Tech (10/25)	@NC	Miami	VA	@GA
Miami	*LSU (9/2)	Savannah St	@Toledo	FIU	NC (9/27)	FSU	@VA	OPEN	@Boston (10/26)	Duke	@Ga Tech	@Va Tech	Pitt
NC	@CAL	@E Carolina	UCF	Pitt	@Miami (9/27)	OPEN	Va Tech	@Cuse	@VA	Ga Tech	@Duke	W Carolina	NC St
Pittsb	Albany	Penn St	Ga Tech	@NC	@UCF	Cuse	@N Dame	OPEN	Duke	@VA (11/12)	Va Tech	@Wake	@Miami
Virginia	Richmond	@Indiana	Ohio	Louisville	@NC St	OPEN	Miami	@Duke	NC	Pitt (11/2)	Liberty	@Ga Tech	@Va Tech (11/23)
Virg Tech	FSU (9/3)	Wm & Mary	E Carolina	@Old Dom	@Duke	N Dame	@NC	OPEN	Ga Tech (10/25)	Boston	@Pitt	Miami	VA (11/23)

2018 Football Season

September Game-Day Schedule Highlights

Saturday, Sept. 8:

Florida vs. Kentucky 6:30 PM CT on SEC Network
 Georgia @ South Carolina 2:30 PM CST on CBS
 Texas A&M vs. Clemson 6:00 CT on ESPN
 Georgia Tech vs. South Florida 11:00 AM
 Florida St. vs. Samford 6:20 PM CT on ACC Network

Saturday, Sept. 15:

Alabama @ Ole Miss 6:00 PM CST on ESPN
 Auburn vs. LSU 2:30 PM CT on CBS
 Florida St. @ Syracuse 11:00 CT on ABC & ESPN2 & ESPNU
 UCF @ North Carolina 11:00 AM CT on ABC & ESPN2 & ESPNU

Saturday, Sept. 22:

Florida @ Tennessee TBD
 Missouri vs. Georgia TBD
 Alabama vs. Texas A&M TBD
 Auburn vs. Arkansas TBD
 Miss St @ Kentucky TBD



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Saturday, Oct. 6:

- LSU @ Florida TBD
- Kentucky @ Texas A&M TBD
- Alabama @ Arkansas TBD
- Auburn @ Miss St TBD
- South Carolina vs. Missouri TBD

Check your local listings for up to date information on all game times.

Saturday, Sept. 29:

- Florida @ Miss St TBD
- Georgia vs. Tennessee TBD
- Auburn vs. Southern Miss TBD
- LSU vs Ole Miss TBD
- South Carolina @ Kentucky TBD
- Ohio State @ Penn State TBD



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Sept 28 Outshine
Sept 29 Teenage Daddy
TailfinsDestin.com

FOOTBALL

continued from page 1

pork BBQ, to the mouth-watering ribs, beef brisket and homemade biscuits. This barbecue

makes any game day even better. **Jim 'N Nicks** also features a full bar and drink specials, too, with TV's perfectly situated for football watching and a family atmosphere.

14073 Emerald Coast Pkwy, Destin
850-424-5895

Another can't miss choice for where to watch your football is the **Island Wing Company**. Just as the name announces,

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hang out! Catering available for any occasion.

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850-837-2999

LOCAL HIGH SCHOOL FOOTBALL SCHEDULES



CHOCTAW HIGH SCHOOL

Sept. 7	Pensacola Catholic	7:30 PM	Away
Sept. 14	Navarre	7:00 PM	Home
Sept. 21	Pace	7:00 PM	Away
Sept. 28	Crestview	7:00 PM	Home
Oct. 12	Niceville	7:00 PM	Home
Oct. 19	Leon	7:00 PM	Away
Oct. 26	Ft. Walton Beach	7:00 PM	Away
Nov. 2	Bay	7:00 PM	Home



FORT WALTON BEACH HS

Sept. 7	Milton HS	7:30 PM	Away
Sept. 14	Wakulla HS	7:00 PM	Home
Sept. 21	Mosely HS	7:00 PM	Away
Sept. 28	Niceville HS	7:00 PM	Away
Oct. 5	Gulf Breeze HS	7:00 PM	Home
Oct. 12	Crestview HS	7:00 PM	Home
Oct. 19	Bay HS	7:00 PM	Away
Oct. 26	Choctaw HS	7:00 PM	Home



NICEVILLE HIGH SCHOOL

Sept. 7	Clay-Chalkville	7:00 Pm	Away
Sept. 14	Holmes Co Central	7:00 Pm	Home
Sept. 21	Champagnat Cath	7:00 Pm	Home
Sept. 28	Fort Walton Beach	7:00 Pm	Home
Oct. 5	Mosley	7:00 Pm	Home
Oct. 12	Choctaw	7:00 Pm	Away
Oct. 26	Crestview	7:00 Pm	Away
Nov. 2	Navarre	7:00 Pm	Home

BIG 10	Sept 8	Sept 15	Sept 22	Sept 29	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Illinois	W. Illinois	USF	Penn St.		@Rutgers	Purdue	@Wisconsin	@Maryland	Minnesota	@Nebraska	Iowa	@N'western
Indiana	Virginia	Ball St.	Michigan St.	@Rutgers	@Ohio St.	Iowa	Penn St.	@Minn. (10/26)	OPEN	Maryland	@Michigan	Purdue
Iowa	Iowa St.	N. Iowa	Wisconsin	OPEN	@Minnesota	@Indiana	Maryland	@Penn St.	@Purdue	Northwestern	@Illinois	Neb. (11/23)
Maryland	@Bowling Green	Temple	Minnesota		@Michigan	Rutgers	@Iowa	Illinois	Michigan St.	@Indiana	Ohio St.	@Penn St.
Michigan	W. Michigan	SMU	Nebraska	@N. Western	Maryland	Wisconsin	@Michigan St.	OPEN	Penn St.	@Rutgers	Indiana	@Ohio St.
Michigan St.	@Arizona St.	OPEN	@Indiana	Central Mich.	Northwestern	@Penn St.	Michigan	Purdue	@Maryland	Ohio St.	@Nebraska	Rutgers
Minnesota	Fresno St.	Miami of Ohio	@Maryland	OPEN	Iowa	@Ohio St.	@Nebraska	Indiana (10/26)	@Illinois	Purdue	Northwestern	@Wisconsin
Nebraska	Colorado	Troy	@Michigan	Purdue	@Wisconsin	@N'western	Minnesota	OPEN	@Ohio St.	Illinois	Michigan St.	@Iowa (11/23)
Northwestern	Duke	Akron	OPEN	Michigan	@Mich. St.	Nebraska	@Rutgers	Wisconsin	Notre Dame	@Iowa	@Minnesota	Illinois
Ohio St.	Rutgers	TCU	Tulane	@Penn St.	Indiana	Minnesota	@Purdue	OPEN	Nebraska	@Mich. St.	@Maryland	Michigan
Penn St.	@Pittsburgh	Kent St.	@Illinois	Ohio St.	OPEN	Michigan St.	@Indiana	Iowa	@Michigan	Wisconsin	@Rutgers	Maryland
Purdue	E. Michigan	MIZZ	Boston College	@Nebraska	OPEN	@Illinois	Ohio St.	@Mich. St.	Iowa	@Minnesota	Wisconsin	@Indiana
Rutgers	@Ohio St.	@Kansas	Buffalo	Indiana	Illinois	@Maryland	Northwestern	OPEN	@Wisconsin	Michigan	Penn St.	@Mich. St.
Wisconsin	New Mexico	BYU	@Iowa	OPEN	Nebraska	@Michigan	Illinois	@N. Western	Rutgers	@Penn St.	@Purdue	Minnesota

NFL FOOTBALL WATCHING SEPTEMBER 2018

NFC EAST

DALLAS COWBOYS

Sept. 9 at Carolina Panthers, 3:25 p.m. (FOX)
Sept. 16 vs. New York Giants, 7:20 p.m. (NBC)
Sept. 23 at Seattle Seahawks, 3:25 p.m. (FOX)
Sept. 30 vs. Detroit Lions, Noon (FOX)

NEW YORK GIANTS

Sept. 9 vs. Jacksonville Jaguars, Noon (FOX)
Sept. 16 at Dallas Cowboys, 7:20 p.m. (NBC)
Sept. 23 at Houston Texans, Noon (FOX)
Sept. 30 vs. New Orleans Saints, 3:25 p.m. (CBS)

PHILADELPHIA EAGLES

Sept. 6 vs. Atlanta Falcons, 7:20 p.m. (NBC)
Sept. 16 at Tampa Bay Buccaneers, Noon (FOX)
Sept. 23 vs. Indianapolis Colts, Noon (FOX)
Sept. 30 at Tennessee Titans, Noon (FOX)

WASHINGTON REDSKINS

Sept. 9 at Arizona Cardinals, 3:05 p.m. (FOX)
Sept. 16 vs. Indianapolis Colts, Noon (CBS)
Sept. 23 vs. Green Bay Packers, Noon (FOX)
Sept. 30 -- BYE

NFC NORTH

CHICAGO BEARS

Sept. 9 at Green Bay Packers, 7:20 p.m. (NBC)
Sept. 17 vs. Seattle Seahawks, 7:15 p.m. (ESPN)
Sept. 23 at Arizona Cardinals, 3:25 p.m. (FOX)
Sept. 30 vs. Tampa Bay Buccaneers, Noon (FOX)

DETROIT LIONS

Sept. 10 vs. New York Jets (Mon), 6:10 p.m. (ESPN)
Sept. 16 at San Francisco 49ers, 3:05 p.m. (FOX)
Sept. 23 vs. New England Patriots, 7:20 p.m. (NBC)
Sept. 30 at Dallas Cowboys, Noon (FOX)

GREEN BAY PACKERS

Sept. 9 vs. Chicago Bears, 7:20 p.m. (NBC)
Sept. 16 vs. Minnesota Vikings, Noon (FOX)
Sept. 23 at Washington Redskins, Noon (FOX)

Sept. 30 vs. Buffalo Bills, Noon (CBS)

MINNESOTA VIKINGS

Sept. 9 vs. San Francisco 49ers, Noon (FOX)
Sept. 16 at Green Bay Packers, Noon (FOX)
Sept. 23 vs. Buffalo Bills, Noon (CBS)
Sept. 27 at Los Angeles Rams, 7:20 p.m. (FOX/NFLN)

NFC SOUTH

ATLANTA FALCONS

Sept. 6 at Philadelphia Eagles (Thu), 7:20 p.m. (NBC)
Sept. 16 vs. Carolina Panthers, Noon (FOX)
Sept. 23 vs. New Orleans Saints, Noon (FOX)
Sept. 30 vs. Cincinnati Bengals, Noon (CBS)

CAROLINA PANTHERS

Sept. 9 vs. Dallas Cowboys, 3:25 p.m. (FOX)
Sept. 16 at Atlanta Falcons, Noon (FOX)
Sept. 23 vs. Cincinnati Bengals, Noon (CBS)
Sept. 30 -- BYE

NEW ORLEANS SAINTS

Sept. 9 vs. Tampa Bay Buccaneers, Noon (FOX)
Sept. 18 vs. Cleveland Browns, Noon (FOX)
Sept. 23 at Atlanta Falcons, Noon (FOX)
Sept. 30 at New York Giants, 3:25 P.M. (CBS)

TAMPA BAY BUCCANEERS

Sept. 9 at New Orleans Saints, Noon (FOX)
Sept. 16 vs. Philadelphia Eagles, Noon (FOX)
Sept. 24 vs. Pittsburgh Steelers, 7:15 p.m. (ESPN)
Sept. 30 at Chicago Bears, Noon (FOX)

NFC WEST

ARIZONA CARDINALS

Sept. 9 vs. Washington Redskins, 3:05 p.m. (FOX)
Sept. 16 at Los Angeles Rams, 3:05 p.m. (FOX)
Sept. 23 vs. Chicago Bears, 3:05 p.m. (FOX)
Sept. 30 vs. Seattle Seahawks, 3:05 p.m. (FOX)

LOS ANGELES RAMS

Sept. 10 at Oakland Raiders, 9:20 p.m. (ESPN)
Sept. 16 vs. Arizona Cardinals, 3:05 p.m. (FOX)
Sept. 23 vs. Los Angeles Chargers, 3:05 p.m. (CBS)
Sept. 27 vs. Minnesota Vikings, 7:20 p.m. (FOX/NFLN)

SAN FRANCISCO 49ERS

Sept. 9 at Minnesota Vikings, Noon (FOX)
Sept. 16 vs. Detroit Lions, 3:05 p.m. (FOX)
Sept. 23 at Kansas City Chiefs, Noon (FOX)
Sept. 30 at Los Angeles Chargers, 3:05 p.m. (CBS)

SEATTLE SEAHAWKS

Sept. 9 at Denver Broncos, 3:05 p.m. (FOX)
Sept. 17 at Chicago Bears, 7:15 p.m. (ESPN)
Sept. 23 vs. Dallas Cowboys, 3:25 p.m. (FOX)
Sept. 30 at Arizona Cardinals, 3:05 p.m. (FOX)

AFC EAST

BUFFALO BILLS

Sept. 9 at Baltimore Ravens, Noon (CBS)
Sept. 16 vs. Los Angeles Chargers, Noon (CBS)
Sept. 23 at Minnesota Vikings, Noon (CBS)
Sept. 30 at Green Bay Packers, Noon (CBS)

MIAMI DOLPHINS

Sept. 9 vs. Tennessee Titans, Noon (FOX)
Sept. 16 at New York Jets, Noon (CBS)
Sept. 23 vs. Oakland Raiders, Noon (CBS)
Sept. 30 at New England Patriots, Noon (CBS)

NEW ENGLAND PATRIOTS

Sept. 9 vs. Houston Texans, Noon (CBS)
Sept. 16 at Jacksonville Jaguars, 3:25 p.m. (CBS)
Sept. 23 at Detroit Lions, 7:20 p.m. (NBC)
Sept. 30 vs. Miami Dolphins, Noon (CBS)

NEW YORK JETS

Sept. 10 at Detroit Lions, 6:10 p.m. (ESPN)
Sept. 16 vs. Miami Dolphins, Noon (CBS)

Sept. 20 at Cleveland Browns, 7:20 p.m. (NFLN)

Sept. 30 at Jacksonville Jaguars, Noon (FOX)

AFC NORTH

BALTIMORE RAVENS

Sept. 9 vs. Buffalo Bills, Noon (CBS)
Sept. 13 at Cincinnati Bengals, 7:20 p.m. (NFLN)
Sept. 23 vs. Denver Broncos, Noon (CBS)
Sept. 30 at Pittsburgh Steelers, 7:20 p.m. (NBC)

CINCINNATI BENGALS

Sept. 9 at Indianapolis Colts, Noon (CBS)
Sept. 13 vs. Baltimore Ravens, 7:20 p.m. (NFLN)
Sept. 23 at Carolina Panthers, Noon (CBS)
Sept. 30 at Atlanta Falcons, Noon (CBS)

CLEVELAND BROWNS

Sept. 9 vs. Pittsburgh Steelers, Noon (CBS)
Sept. 16 at New Orleans Saints, Noon (FOX)
Sept. 20 vs. New York Jets, 7:20 p.m. (NFLN)
Sept. 30 at Oakland Raiders, 3:05 p.m. FOX

PITTSBURGH STEELERS

Sept. 9 at Cleveland Browns, Noon (CBS)
Sept. 16 vs. Kansas City Chiefs, Noon (CBS)
Sept. 24 at Tampa Bay Buccaneers, 7:15 p.m. (ESPN)
Sept. 30 vs. Baltimore Ravens, 7:20 p.m. (NBC)

AFC SOUTH

HOUSTON TEXANS

Sept. 9 at New England Patriots, Noon (CBS)
Sept. 16 at Tennessee Titans, Noon (CBS)
Sept. 23 vs. New York Giants, Noon (FOX)
Sept. 30 at Indianapolis Colts, Noon (CBS)

INDIANAPOLIS COLTS

Sept. 9 vs. Cincinnati Bengals, Noon (CBS)
Sept. 16 at Washington Redskins, Noon (CBS)
Sept. 23 at Philadelphia Eagles, Noon (FOX)
Sept. 30 vs. Houston Texans, Noon (CBS)

JACKSONVILLE JAGUARS

Sept. 9 at New York Giants, Noon (FOX)
Sept. 16 vs. New England Patriots, 3:25 p.m. (CBS)
Sept. 23 vs. Tennessee Titans, Noon (CBS)
Sept. 30 vs. New York Jets, Noon (FOX)

TENNESSEE TITANS

Sept. 9 at Miami Dolphins, Noon (FOX)
Sept. 16 vs. Houston Texans, Noon (CBS)
Sept. 23 at Jacksonville Jaguars, Noon (CBS)
Sept. 30 vs. Philadelphia Eagles, Noon (FOX)

AFC WEST

DENVER BRONCOS

Sept. 9 vs. Seattle Seahawks, 3:05 p.m. (FOX)
Sept. 16 vs. Oakland Raiders, 3:05 p.m. (CBS)
Sept. 23 at Baltimore Ravens, Noon (CBS)

KANSAS CITY CHIEFS

Sept. 9 at Los Angeles Chargers, 3:05 p.m. (CBS)
Sept. 16 at Pittsburgh Steelers, Noon (CBS)
Sept. 23 vs. San Francisco 49ers, Noon (FOX)

OAKLAND RAIDERS

Sept. 10 vs. Los Angeles Rams, 9:20 p.m. (ESPN)
Sept. 16 at Denver Broncos, 3:05 p.m. (CBS)
Sept. 23 at Miami Dolphins, Noon (CBS)
Sept. 30 vs. Cleveland Browns, 3:05 p.m. (FOX)

LOS ANGELES CHARGERS

Sept. 9 vs. Kansas City Chiefs, 3:05 p.m. (CBS)
Sept. 16 at Buffalo Bills, Noon (CBS)
Sept. 23 at Los Angeles Rams, 3:05 p.m. (CBS)
Sept. 30 vs. San Francisco 49ers, 3:05 p.m. (CBS)



What is Life and Career Coaching?



BY KIRK MCCARLEY

Some who read these articles might wonder what it is I do besides write articles. When I share, "I'm a Career and Life Coach," a few comment, "that's nice; good article." If you haven't used a coach, you may have some questions about how coaching works and what benefits you can expect. Here's an overview.

Coaching is an ongoing pro-

fessional relationship that can help to produce extraordinary results in your life, career and/or business. It is not counseling or therapy; it is forward looking, geared towards achieving positive results.

"Life coaching makes a significant difference in one's overall life satisfaction. The coaching experience helped clients be more effective by teaching them how to set concrete, measurable goals made up of specific and manageable steps..." Master's Thesis, Pepperdine University

How did I get in to Coaching?

I enjoyed 37 years in Human Resources (HR) or "Personnel." In the latter portion of that career I myself sought out a Life and Career Coach to explore my next vocational pursuit. As an HR Executive I was finding that my time was increasingly spent advising others about their own careers and decisions. After

contemplations with my coach, a transition to coaching appeared a natural fit for my knowledge, skills and abilities. In 2015, I returned to school and became a Certified Professional Coach. There are many benefits to be had from engaging in coaching:

Clarity

Knowing what you want can be half the battle in life. On an on-going basis, coaching will help you to get and stay clear about your goals and the direction you want to head in.

"Coaching has a 570% ROI." Manchester Inc.

Accountability

Accountability is a powerful tool for creating change. When engaged in the life coaching process, you work with your coach to create goals to achieve between sessions. Coaching is very much a joint journey; coaches don't give advice or tell you what to

do; instead they work with you to create goals that will be achievable and most importantly, inspiring to you. The goals are the client's. The simple act of telling someone else what they intend to do can make a huge difference in the desire to accomplish it. If someone finds they are putting something off week after week, it is much more obvious in the coaching scenario and is addressed promptly.

Unbiased Input

Friends and family are great sources of support, but unbiased input usually helps clients to see things differently. We often hear things better from an outsider, than from people close to the situation. Though your best friend may always remind you of your strengths, hearing the same message from an independent observer can be of even greater help.

The Opportunity To Focus On You

Coaching is an opportunity to focus on a client's dreams and aspirations. It's sacred time. Often, being busy with family, friends, work and hobbies means the bigger "wants" get left to the side. Coaching can be truly life changing and enable you to carve the space in your life for your goals and what is important to you.

"Seek first to understand, then to be understood." Stephen Covey

Personal Development

Coaching can be challenging and hard work, though also rewarding and fun. You will look at yourself honestly and be challenged to push beyond your comfort zone. It will enhance personal development and assist in taking the various areas of your life to the next level.

Times Are Changing

BY RICK MOORE

Although the dress code for churches on the Emerald Coast is more casual than most places in the country, I've never walked into church and seen someone in their pajamas. Yet, that is actually how some people view church services; in their pajamas. Watching a church service online has become more common place, but is this good or bad?

For years retail stores have tried to understand why some people shop on the web instead of going into the stores. There is much talk on Wall Street about online stores versus brick and mortar shops. The NFL has gone to such extremes as to call a game "blacked out" in a local TV market if there are not enough people who have purchased their tickets to fill up the stadium. It is doubtful any church will do the same. However, most would agree that

those who physically come to church receive more than those who just watch online, especially if they attend small groups.

According to the Pew Research Center, people who report attending church less now than they used to say the logistics of getting to church is their biggest deterrent. Realizing that, ministries like Destiny Worship Center, have gone through great efforts to help people attend church near their home. There is a campus in Panama City Beach, Freeport, Crestview, Destin, and one coming soon to Fort Walton Beach. Providing church services online is one more way of making it easier for people to be ministered to.

A big portion of those who watch online are members who are on vacation, out of town due to work, our military serving around the globe, and those who physically can not get out

of their homes. Some churches like Destiny also have an app for smartphones and tablets so viewers can become engaged. People are now able to ask questions and make comments online. Below is what one person from out of town shared after watching a service online:

"I watched your service online and loved it, but better than that, I now have your app and have so far watched at least 10 or more of your sermons. I am finding it a wonderful way to help me study the Bible for the first time in my 65 year old life. I truly believe God has led my path to Destiny even though I don't live there. Your outreach is amazing!"

Many viewers are still making up their minds about Christianity. They may not want to commit, but they are open minded to the possibility that Christianity may be for them. While they prob-

ably would not show up at church, they feel comfortable listening to a service online. Most people who attend a sporting event have watched their team several times on a screen before seeing them live. The same is becoming true of ministries.

If Jesus walked the earth today, my guess is He probably would not be considered a typical televangelist. But would He use every means possible to share the good news that God loves the world? Of course. Broadcast, narrowcast, podcast, simulcast..., Jesus knew how to cast. He ministered to the multitudes and He ministered to the one. He spoke to thousands, and then, like a good shepherd, would go to places few would go, to reach people few would want.

My wife and I recently pur-



chased our tickets to the first college football game of the season. That weekend, while many fans will be watching the game at home, we will be in the stands hollering our heads off. There's no way we can be back in town for church that weekend so we reserved a motel room. You can guess how we will be enjoying the Destiny worship services while we are away... yes in our pajamas.

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Fishing

Off the Hook

The Historic Destin Fishing Rodeo

Destin's Oldest and Most Prominent Event Celebrates 70 Years in October: Part 1

By Cali Hlavac

With the 70th anniversary of the Destin Fishing Rodeo rapidly approaching, captains and anglers alike are preparing for what appears to be a

monumental year in rodeo history. In the first of our two-part series, you'll learn more Rodeo details, how to participate, what you can win and some upcoming Rodeo events. In part two, we'll highlight the changes coming in 2018 for the 70th year and show you some of the most memorable catches over the 70-year history.

Rodeo History

The Destin Fishing Rodeo was started in 1948 as a way to repay the loan given for the then new community center. What began as just a few anglers and charter boats has now expanded into one of the largest fishing tournaments along the Emerald Coast. The rodeo is a month-long event spanning October 1 through 31st, and approximately 30,000 anglers compete each year.

Anglers catch and then weigh in. The weigh-ins happen on the docks behind AJs Seafood and

Oyster bar located on the Destin Harbor. They are free to the public and are open daily from 10 a.m. to 7 p.m. To participate, charter boats and private boats must be registered at least 24 hours prior to weighing in a fish. There is no fee for an angler fishing on a registered vessel (private or charter) and shore fisherman can participate by simply bringing their catch to the scales. Fish by kayak, paddle board, pier, bridge, jetty, shoreline and surf – whichever you prefer. Another fun note: every child who enters a fish in the Destin Rodeo that weighs 1 lb. or more will receive a rod and reel, along with a participation certificate.

Rodeo Events

A few notable Rodeo events include Shark Saturdays, where the largest shark brought in every Saturday is awarded a cash prize. Fall Fest for the Kids is happening Oct. 9 from 12 p.m. to 2 p.m. on the docks behind AJs, with activities such as face painting, arts and crafts and pumpkin decorating. The Rodeo culminates with Halloween on the Harbor, happening October 31st where captains, anglers, judges, Miss Destin and volunteers will dress the part. The public is encouraged to wear their costumes and come down for the Halloween bash, followed by a fireworks finale.

If you're planning to make a trip down to the docks, expect to see a broad spectrum of fish being weighed in. From Sharks to Amberjacks, Grouper to King Mackerel, Tunas to Marlin, the Rodeo has it all. According to the Destin Rodeo website, "virtually every gamefish is recognized with awards during the Rodeo." Rodeo anglers are competing for more than \$100,000 in cash and prizes, awarded for both daily and overall catches.

Even if you're not a fisherman, the energy level and excitement that comes from being at the docks for weigh ins is like nothing else. Boats back into the scales, pull the fish from their boat while the announcer hypes up the crowd. Fish are strung up on the scale while the crowds cheer and applaud the boat and their team. For the best seat in the house, get there early, grab a few beers or drinks and snag a seat on the bleachers by the leaderboard or above on AJs upper deck.

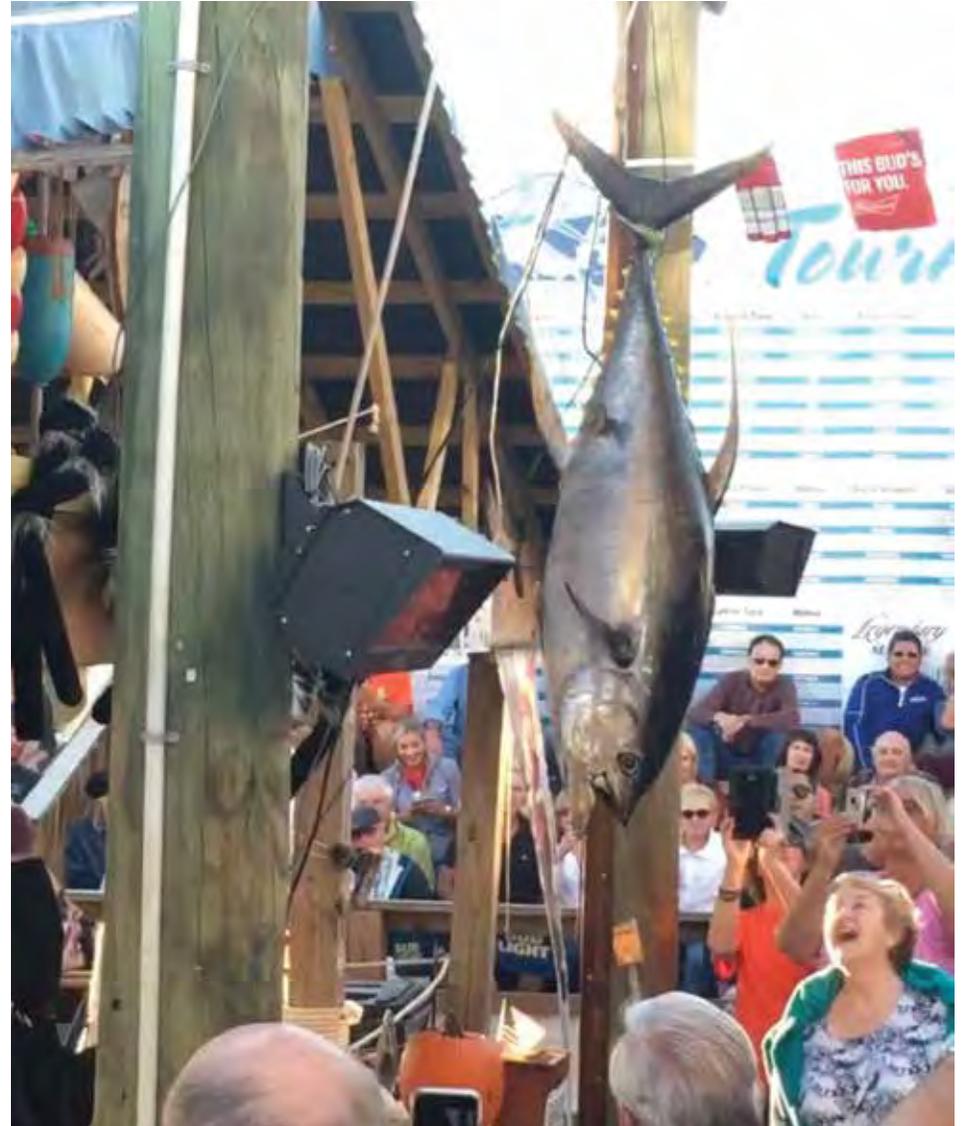
We look forward to seeing a big crowd next month! Check back next month for part two of our Rodeo series, where we will highlight some of the best catches over the past 70 years and tell you more about the changes happening for 2018.



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Community

Savannah Rae Beauty: Reminding Women How Beautiful They Are

Women can be harsh on their own appearances, especially if they've been through any kind of hardship, negative life situations or trauma. Reminding a woman how beautiful she is comes with making her feel good about herself and appreciating her in an unselfish way.

Savannah Rae Beauty is doing just that—using their expertise in the community to help women who have faced adversities feel confident and good about themselves. Through their annual You Shine event, they offer make-overs and gift packages for underprivileged women who receive massages, highlights, color, haircuts, tanning, facials, make-up.

Recently, Savannah Rae requested stories and nominations of women who were struggling and who might need or want a makeover. They wanted to help as many as possible, so they solicited volunteers from the com-

munity to help accommodate the many requests. Savannah Rae St. Jean says there was an extensive list of volunteers and businesses needed to make it happen and she is thankful for the response.

The charity was formed five years ago by one of Savannah Rae's stylists, Mary Cornelison Bross. Mary has struggled in the past. She once was homeless and living out of her car with a toddler. A Good Samaritan at that time showed compassion and gave her a makeover. She was touched so deeply, she promised to do the same once she was able.

Some are searching for how they can look in the mirror and feel confident about the woman staring back. Savannah Rae Beauty is elated to help play a role in answering that question.

Savannah Rae Beauty is located at 12272 Emerald Coast Parkway in Miramar Beach. Visit www.savannahraebeauty.com or call 850-650-2233.



Honor Servicemen & Beautify Airport Rd.

Trees on the Coast, a 501(c)3 nonprofit, is partnering with the City of Destin to plant 49 beautiful, Sand Live Oaks



and approximately 1,400 African Irises in the median of Airport Rd. from Main St. to Hwy. 98. Thus far, Howard Group, Century 21 Blue Marlin, Pelican, The Local Market, La Paz Restaurants, Destin Commons and Shane Cannon have joined in to help make the project a reality. The organization is looking for additional partners to help complete this worthy beautification project.

Two years ago, 11 servicemen tragically gave their lives for our country in a helicopter accident that had departed from the Destin Airport. Trees on the Coast will be planting 11 of the trees to honor the fallen servicemen. A dedication ceremony will be held on

Oct. 20 at the site on Airport Rd. in their honor. All are invited to join as well as partner to complete the beautification of a streetscape in need of landscaping.

You can help with a tax-deductible donation to Trees on the Coast. Mail to: Trees on the Coast, 50 Lands End Dr., Destin, FL 32541 or visit treesonthecoast.com. For questions, email info@treesonthecoast.com.

Trees on the Coast exists to allow individuals and businesses the opportunity, through donations, to beautify our coastal community and help the environment. Planting trees not only beautifies a community, it also helps the environment, raises property values, creates a sense of civic pride, calms traffic and stimulates economic development.

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Beware of "Fake" Real Estate News

BY DANNY MARGAGLIANO

Today, it seems as if the fake news has hit all sectors not just the political and nightly news channels. I believe that the real estate industry has been plagued with fake news since the first caveman sold his cave thousands of years ago. I am going to discuss with you a few of the top fake real estate news topics that have been going around. Some of these topics are new, and others started back with Fred Flintstone and Barney Rubble.

Open houses are needed to sell homes.

If anyone tells you that you need to hold an open house to sell your home, they are only selling you the fake news. This is not to say that open houses don't occasionally lead to a home selling but the vast majority of them do not. Open houses take up a lot of time, usually the greater portion of a day. Most realtors time could be spent better doing



Danny Wheels Margagliano

something more productive to get your home sold. I am not opposed to having one or two open houses. However, some buyers

hear that there should be many open houses to sell their homes. A valuable alternative to an open house is a broker's open house. A

broker open house is for real estate agents to attend not the general public. This gets qualified eyes on your home. These agents will leave feedback on the condition, the price, and anything that needs improvement to help it sell.

Zillow is the best website for searching

Zillow, Trulia, and other national sites are great for general searches and regional information. The significant benefits dwindle away with sites like Zillow when you get down to wanting specific local information. They are not always up-to-date. I often get calls from people asking about properties that have been off the market more than a year, but Zillow says it's active. A local website like www.DestinPropertyExpert.com will provide you with information that is not only relevant to our local real estate market but is also current. The search function has been created specifically for this area

and the website is updated every 15 minutes.

You need 20% down to avoid PMI

Very often people that we are working with are concerned about paying PMI (Personal Mortgage Insurance). Most people know that if they save for a big enough down payment (20%), they will not have to pay the PMI when they get their loan. In reality, there are often many creative loans and ways to avoid PMI. One of the best is getting a USDA loan. With this particular loan, you can get 100% financing with no PMI. Of course, there are restrictions like income, which is earning less than \$99,850 per year or less depending on children in the home. There are other options like lender paid mortgage insurance which some local banks offer. The bottom line is there are ways to avoid PMI without putting 20% down.

The Choctawhatchee Basin Alliance Expands Fishing Line Recycling Program

BY MICAIALA HAMNER AND ERIKA ZAMBELLO

Walk onto a fishing pier in Okaloosa and Walton Counties this summer and you may see a gorgeously decorated monofilament recycling bin painted with images of fish, mermaids, birds, or other real and imagined marine life. The fishing line recycling program, an initiative of the Choctawhatchee Basin Alliance (CBA), combines artistry and function to eliminate the accidental distribution of fishing line on nearby beaches and shorelines, while calling attention to the negative impact of fishing line entanglement on local wildlife. CBA is working with local artist Joan Vienot and *Walton Outdoor* publisher Lori Ceier to expand this unique recycling program and install new recycling receptacles in Thomas Pilcher and Cessna Parks.

Ceier frequently visits Pilcher Park, and noted the need to properly recycle fishing line. She approached CBA, offering to bring Vienot on board to decorate the bins.

"My favorite part was the design, I think we both enjoyed that.



Alison McDowell, Lori Ceier, and Joan Vienot stand with a brand new monofilament recycler at Thomas Pilcher Park.

The birds we chose are native to the area. There are a cormorant, great blue heron, and osprey," explains Ceier.

The Cessna and Pilcher Park bins were placed in partnership with the Walton County TDC, and are equipped with an opening for monofilament disposal - which is collected by CBA staff and volunteers - and an educational sign about monofilament fishing line recycling. When ac-

identally thrown into our coastal areas, the plastic strands not only entangle marine mammals and aquatic species, but can also be harmful to humans. Unfortunately, fishing line is created from slow degrading plastic that takes over 600 years to break down.

The monofilament recycling project makes an important impact on the environment and the community. Frequent beach goers know that marine debris is one of



the biggest challenges facing the Gulf of Mexico and oceans. Plastic bags, fishing line, and hooks are nearly always present on both piers and along nearby coastlines. By empowering anglers to recycle while they are fishing, the decorated receptacles act as a self-teaching mechanism that allows families, fishermen, and visitors to become active participants in conservation.

The monofilament recy-

cling program has grown since its founding by the 2014 Destin Forward class. CBA now has 19 fishing line recycling receptacles throughout the Choctawhatchee Bay area. Working with the Destin Fisherman's Co-op to host the recycling line drop-off point for all of CBA's receptacles, the program strives to reduce the amount of the flexible plastic commonly found near the shoreline and educate the public on the harmful effects this type of marine debris.

"The decorated recycling bins are an attractive solution to throwing away fishing line," says Alison McDowell, CBA Director, "They beautify the fishing piers and allow easy recycling of monofilament." These monofilament recyclers have become an emblem for beach restoration projects and counter the spread of plastics in the ocean.



 Arts

Keeping Theatre Alive in Ft. Walton Beach

BY BOBBY PARKER

As the audience delivers a standing ovation, the actors take their final bows for something that is much more than just a two-hour performance. For over 45 years, Stage Crafters Community Theatre, Inc. in Fort Walton Beach has been cultivating cultural and creative outlets for both audiences and performers alike that stretch well beyond what is seen on stage. It is the countless hours and dedication on and off stage of its volunteers for the months leading up to a production that has garnered Stage Crafters with the title of Florida's oldest, continuously running, all volunteer community theatre.

Since being established in 1972 as a not-for-profit organization, Stage Crafters has heavily relied on the support of the Destin and Ft. Walton Beach communities to fund its many productions and to maintain the Warehouse on Robinwood Drive that functions as the rehearsal space and scene shop. Stage Crafters has also maintained a successful and re-

warding partnership with the City of Fort Walton Beach that has allowed them to bring live theatre to our area, which annually returns approximately \$84,000 back to local businesses and an additional \$16,000+ to the City of Fort Walton Beach. Stage Crafters has also been able to make many improvements to the Fort Walton Beach Civic Auditorium that functions as their performance space. But, most importantly, they provide community members with opportunities to learn and sharpen skills that can expand and enhance their marketability for employers as well as provide a safe haven for individuals to express their creativity and be a part of a close-knit, supportive "family." "Stage Crafters has given me the opportunity to play many roles and expand my talents. The collaborative and community creative process is beautiful, and I've been able to make many remarkable friendships through Stage Crafters, including meeting my husband. I don't know what or who I would be without Stage



Crafters," says longtime member, Melissa Wolf-Bates.

Looking back, Stage Crafters has made many strides over the years, and while many arts groups and charitable organizations have folded, Stage Crafters has remained strong. However, as the years pass, insurance and production costs continue to rise, which is a

while a musical production costs between \$15,000 and \$20,000. Stage Crafters is also facing a possible rent increase when the Warehouse lease ends in 2024 despite much needed improvements.

Despite the challenges, Stage Crafters continues to promote artistic expression and community spirit through theatre in our area. "Stage Crafters is a unique cultural experience that gives us the opportunity to share an evening of laughter, suspense, music, or drama with our friends, neighbors, or the stranger sitting next to us – our everyday lives, history, and struggles through the imagination of our many playwrights in the form of live theatre," says Stage Crafters' president, Nancy Kruzek.

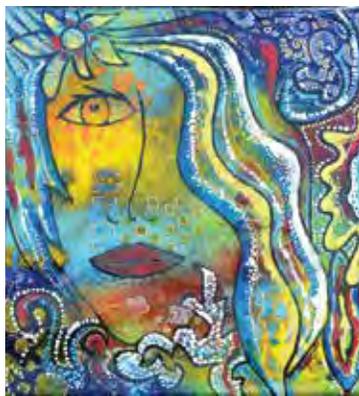
For more information on Stage Crafters and to purchase tickets to the final production of their 46th season, *A Chorus Line*, visit www.stagecraftersfwb.com.

looming problem. In 1972, Stage Crafters' first production, *Everybody Loves Opal*, cost just \$275, and in 1974, they presented their first musical, *No, No Nanette*, for a total cost of \$525. Today, the average straight show costs between \$10,000 and \$15,000,

Call for Adult Collaborative Artists

Mattie Kelly Arts Foundation (MKAF) is now accepting applications for the Adult Collaborative Art Exhibit component of the 23rd Annual Festival of the Arts (Oct. 27-28, 2018) at the Mattie Kelly Cultural Arts Village.

One of the unique features of the festival is the Collaborative Art Exhibit, which showcases the work of seasoned and emerging adult artists and local student artists competing for the \$650 McIlroy Awards given in honor of



the late Patricia McIlroy, Destin's First Lady and an MKAF advo-

cate and patron.

Artwork should be of an artistic caliber associated with a juried fine art show. Artists in the Adult Collaborative Exhibit can display and/or sell up to three pieces of artwork.

The competition is open to the first 25 eligible applicants

and entry fee is \$30 per person for up to three pieces of art. Application deadline is Friday, Sept. 16, 2018. To receive an application, contact Deb Nissley at the Mattie Kelly Arts Foundation at deb@mattiekellyartsfoundation.org or (850) 650-2226.

To make a tax-deductible do-

nation or provide a corporate sponsorship; or for more information about the Festival of the Arts, visit MattieKellyArtsFoundation.org or call (850) 650-2226.



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ECTC Opens Sixth Season with Musical "The Spitfire Grill"

The performance runs Thursday, Sept. 20 (opening night) through Sunday, Oct. 7 and will be staged at ECTC's performance space located at 560 Grand Boulevard (upstairs) in Grand Boulevard at Sandestin, located in Miramar Beach, Florida.

Based on the film by Lee David Zlotoff, the story of "The Spitfire Grill" centers around Percy a feisty parolee who follows her

dreams, based on a page from an old travel book, to a small town in Wisconsin and finds a place for herself working at Hannah's Spitfire Grill. The diner is for sale but there are no takers for the only eatery in the depressed town, so newcomer Percy suggests to Hannah that she raffle it off. Entry fees are one hundred dollars and the best essay on why you want the grill wins. Soon, mail is arriv-

ing by the wheelbarrow full and things are definitely cookin' at the Spitfire Grill.

"There is a lot packed into this compelling story of universal truths including the powerful themes of redemption and forgiveness, along with the economic problems of small towns, the plight of Vietnam War veterans, and, to even female empowerment," said ECTC producing





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artistic director Nathanael Fisher.

Nathanael Fisher directs an ensemble cast that includes Laren Woodward (Percy Tallbott), Darla Briganti (Hannah Ferguson), Caitlin Artrip (Shelby Goddard), Michael McLendon (Caleb), Cameron Gray (Sherriff Joe), Destinee Steele (Effy) and Allen Walker (The Visitor).

ECTC's production of "The Spitfire Grill" includes musical direction by Mary Jeter with musical accompaniment by Chris Gardner. Costume design is by ECTC associate artistic director Anna Fisher. The production is stage managed by Bridgett Bryant with lighting and set design along with technical direction by Cory Tucker.

Music and book for "The Spitfire Grill" is by James Valcq and lyrics and book are by Fred Alley, who first staged this gem Off Broadway in 2001. The Academy of Arts & Letters awarded "The Spitfire Grill" the Richard Rogers Production Award. The original production also received Best Musical nominations from the Outer Critics Circle and The Drama League.

Performances are Thursday through Saturday at 7:30 p.m. with 2 p.m. matinees on Sundays. There will be no performance on Saturday, Sept. 29 and an additional performance at 3 p.m. on Saturday, Oct. 6. Running time is 90 minutes. Appropriate for ages 13 and older.

Theater patrons are encouraged to come early (doors open at 6:30 p.m.) to browse artwork by local artists showcased in the ECTC Lobby Gallery curated by Lori Drew, founder of Lowkyl-zart. A portion of proceeds from each sale benefits ECTC and its education outreach and scholarship programs.

Tickets are \$35 for adults; \$32 for seniors (55 years old and up) students, and military. Purchase tickets online at emeraldcoasttheatre.org/tickets or call (850) 684-0323.

ECTC VIP memberships are \$250 per person and include: VIP badge of honor, one ticket to all Professional productions, TYA productions; VIP reserved seating (advanced reservations required); access to the Isidro Dunbar Modern Interior VIP lounge and complimentary wine, beer and water. For more information on memberships go to www.emeraldcoasttheatre.org/become-a-member

ECTC's Professional Theatre for Young Audiences (TYA) showcases professional actors performing productions especially selected for young audience members. "Curious George: The Golden Meatball," Oct. 19-27; "The Snowy Day and Other Stories," Feb. 15-23; "You Think It's Easy Being The Tooth Fairy?," May 16-19. The performance schedule is Fridays at 9:30 a.m., 10:45 a.m., 7 p.m., Sunday at 2 p.m. (the first weekend only). Tickets to TYA productions are \$10. Children three and under are free.

New this year ECTC launches its Story Teller Series, featuring professional actors presenting compelling stories and dramatic works. The performances will be in February on Wednesdays at 7:30 p.m.

Major sponsors for this season are Grand Boulevard at Sandestin, Isidro Dunbar Modern Interiors, and Howard Hospitality.

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 Music

Live & Local

One of the advantages of living in Destin is when fall rolls around, we locals enjoy much of what the tourists experience during the summer. And one of our favorite activities and relaxation is experiencing the amazing local, musical talent. Our small, but mighty musical arena is home to a plethora and variety, afternoon or evening—rock, reggae blues, country and practically every genre of popular music all year long. Bring your entire family and enjoy some much needed and desired soul-soothing music with breathtaking scenery overlooking the Gulf or the Bay, local coastal style.

Forrest Williams at Graffiti's and the Funky Blues Shack

Funky Blues Shack is host to some of the locals' favorite music artists and bands year-round.

On the menu is seafood, pasta and pizza with a full bar and plenty of dance space after your meal. The casual atmosphere is perfect for families, groups or couples. Bands including I'magene, Post Pluto, Donny Sundal & Boukou Groove and the area's own Forrest Williams Band play here regularly. Forrest Williams Band is an award-winning favorite among locals and visitors alike with its southern rock, country and blues and incorporates acoustic guitar and the harmonica. Forrest Williams plays all around town, but frequents Funky's. At any given time, you'll hear the band crank out older favorites. Now as one of Destin's own, Forrest Williams grew up in the hills of Arkansas, beginning guitar at age 14. He listened to Rock, Blues, Country, and Folk music from the 60's up to present day, which has influenced his songwriting. Forrest Williams is currently working on his third studio album, which will take him back to his roots of good ole Country music. 34902 Emerald Coast Pkwy.

Boukou Groove at Boshamps

With a delightful Destin Harbor water view out back and a multi-level deck, this place is always a favorite for the amazing oysters as well as all live music. Boshamps is also a favorite hot spot for Boukou Groove, a lively band with a colorful New Orleans, funk, soul, jazz sound. Founders, guitarist Derwin "Big D" Perkins and singer, keyboardist, Moog Bass player Donnie Sundal, delight listeners with New Orleans Funk and Soulful R&B interconnected with a jam band twist. The releases of "A lil' Boukou in Your Cup" and "Let The Groove Ride" placed one of our local favorite bands on the map to play at venues and festivals throughout the globe. Another local favorite, the band I'magene (formerly Continuum) performs live many sunny Sunday afternoons perched on the outdoor deck. With I'magene's violinist and amazing vocalist, along with the unique view of boats docked and moving, you will be taken to another level with your senses. 414 Harbor Blvd.

Heritage Band at Tailfins

With a super-amazing view of the Harbor and live tunes, Tailfins delivers 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 a local favorite Heritage Band which has a surf-style, Hip-Hop, Reggae style. The Destin-based band is a big sound and positive and now travels throughout the United States with its own albums and popular original music. They say they're "simply a group of guys who just



want to play music," delivering a message of good vibes, positivity and love. But even though they're on the road now a good bit, they always find time for their home-base in Destin to stop and play music they believe truly makes a difference in the quality of life for others." You can catch them performing on the Destin Harbor Boardwalk, also the title of one of their albums, "Heritage Live on the Boardwalk." Other local and from all-over bands performing at Tailfins include Get Sideways, Velcro Pygmies, Jump School and Just Cauz to name a few.

Hog's Breath

If you've been in Destin for any period of time, you most likely know about Hog's Breath Saloon. Who can forget the smell of melt-in-your-mouth barbecue, the sound of ear-pleasing tunes, and the sight of the welcoming patio bar? Hog's Breath Saloon gives music lovers the option of two stages, one playing chill acoustic strums, and at night time inside full-band rockin' melodies; you'll also hear blues, jazz and island music. Hog's Breath Saloon is a local hangout for sure, even for the bikers, and has been around for many years. Super laid-back, you can play pool while you listen, hang out at the bar, or enjoy steaks and seafood, including a raw bar.

Lulu's Destin

Located at the foot of the Mid-Bay Bridge, LuLu's Des-

tin is a great spot to enjoy live music most nights. And why not? Lulu's own brother, Jimmy Buffett, is one of the most popular coastal singer/songwriters around. We are fans of Jimmy's little sister's Caribbean-style fare as well as the tunes, which mostly have a good island vibe. Maybe

that's why you can hear Boukou Groove a lot on summer Sunday afternoons at Lulu's, whether you arrive by car or come by boat! Sunsets here are amazing over the Choctawhatchee Bay and combine perfectly with the character and fun of Boukou Groove! 4607 Legendary Marina Drive

Harbor Docks

Destin locals LOVE the sushi at Harbor Docks on the Destin Harbor, which happens to be one of the best venues for live music also. Originally one of the only restaurants in town, Harbor Docks has been in business almost 40 years! A strong local following has been partially responsible, but there is strong motivation to go back time and time again because of the Gulf-to-table seafood and sides made from scratch, continued family-friendly and fun entertainment, and the owners' involvement in the community. There is a main stage outside which offers a mini arena feel. Homegrown local musician and owner of Driftwood Guitars, Chris Alvarado, is a favorite here. 538 Harbor Blvd.

AJ's Seafood & Oyster Bar

A long-time local Destin hub, AJ's Seafood & Oyster Bar sports a live band or DJ almost every night of the week during the spring and summer. And there is plenty of outdoor 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. 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. A popular local band, Black Eyed Blonde, can usually be found playing at AJ's. 116 Harbor Blvd.

Pompano Joe's

Pompano Joe's is Scenic 98's answer to tropical, fun, beach vibes. During the summer, visitors get to experience what the locals love the rest of the year: Chuck Lawson. Chuck is a master on steel drums which accompanies his voice beautifully and thoughtfully. Chuck can be found most every Wednesday night at Pompano Joe's and delights audiences of all ages.

Bric-a-Brac

Bric-a-Brac is designed for live music—from the time you enter the restaurant, the sizzling sounds and the exciting smells overtake you. There are "Wow" Latin nights on Fridays and Saturdays, Hip Hop Night on Saturdays, and European Night on Wednesdays. Coupled with the variety of bands in the main room, this place is a winner most anytime. Locals say the shrimp scampi, Bric a Brac chicken and crab cakes are amazing, too. Shoreline Village Mall.

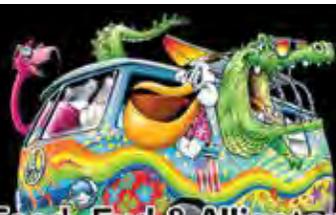
Club LA

Club LA is Destin's answer to a live music venue hosting a variety of musical bands. But it's favorite is of the rock 'n roll variety. Popular local Ron Adams can be seen at Club LA a lot, impersonating the King of Rock 'n Roll, Elvis Presley. You will probably want to check Club LA's event schedule before your arrival to Destin, as tickets sell out quickly for many of the concerts featuring popular touring acts such as Head Games: a Foreigner Tribute and Departure: a Journey Tribute.

Courtesy Condo-World.com

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Farming Our Local Waters: Trey Nick of Nick's Seafood

BY SUSAN BENTON

As a food writer and blogger living by the water's edge of the Emerald Coast, one of the first questions locals or people ask when they visit our area is how they can be certain that they are buying or being served fresh seafood. It would appear that answer would be a simple, but many restaurants do not serve fresh fish and shellfish.

According to Oceana, the largest international advocacy organization focused solely on ocean conservation that was founded in 2001, over 59 percent of the tuna sold in the United States was mislabeled. Tilapia lovers might want to take notice that their dinner could be farm raised on pig feces that then traveled from Vietnam or Thailand. Today, more than 90 percent of the seafood consumed in the U.S. is imported, and less than 1 percent of that is inspected by the government for fraud.

If seeking fresh, never frozen, or mislabeled seafood straight from the Gulf, keep up with "Gulf to Table" on Facebook and Instagram. There you will meet

the farmers of our local waters, like one in particular, Trey Nick.

Frank III, aka Trey Nick, was born into his grandparents' fish camp and restaurant business that was built in the early 1900's but changed to their family's hands in 1956. Tucked between the Choctawhatchee Bay and Basin Bayou in Freeport, Frank and Hattie Nick sold bait, beer and rented fishing boats for a dollar a day.

In 1963, Frank's Italian passion to cook for others took over and a new building was erected. Nick's slowly honed its reputation for serving only the freshest homegrown seafood, and became the popular place to enjoy raw oysters tonged from their own state leased beds, plump shrimp and mullet plucked from the Gulf and bay before being dredged and fried in their secret batter, in addition to hamburgers and ice-cold beer sold for a fair price.

In 1979 Nick's Seafood Restaurant was passed on to Trey Nick's parents, Frank Jr. and Bonnie, and by 1998 he became the third generation to take over the reins with his wife Jennifer.

"We have always kept the tradition of a family atmosphere. My daughter might be bussing tables like last night, while my son is on oyster washing duty. Millionaires to fisherman are our continual customers. People have their favorite days to come to the restaurant and we treat customers like family too. Those that grew up eating here are now bringing their own kids. This is more than just a restaurant, it's a way of life," said Nick.

Living right off the local waters, along with the day-to-day operations of the restaurant, Trey Nick also runs three commercial inshore fishing boats and is the largest blue crab commercial harvester in the Choctawhatchee Bay with his son pulling traps by his side. Nick says, "We do our own fishing and crabbing. I sell blue crab, mullet, speckled trout, shrimp, and flounder for the most part. We will not buy anything overseas when you can get the best right here. It's about putting the freshest product on the plate."

Seafood traceability, or tracking fish from boat to plate, significantly

reduces seafood fraud, while providing consumers with more information about the seafood they are purchasing.

Harbor Docks, Sexton's, Camille's and Destin Ice & Seafood in

Destin, along with Willingham Seafood Company in Valparaiso, Bayou Bill's Crab House in Santa Rosa Beach and Johnny's Shrimp Shack in Defuniak Springs are just a few of the businesses that buy and support Trey Nick's sustainable seafood. "With quotas, the seasons, whether or not the fish are biting, along with other varying factors, fresh local seafood isn't going to be cheap, but you will know what you are eating, and it will taste terrific!" said Nick.

Nicks Seafood Restaurant is located at 7585 State Hwy 20



Photo courtesy of Trey Nick

West, Freeport, Florida, 32439. For more information or to reach Trey Nick call (850) 835-2222, or visit nicksseafoodrestaurant.com.

Susan Benton is the owner of 30AEATS.com and GulfCoastRestaurants.com where she shares her passion for food, travel, and her commitment to promoting regional farmers, fishermen, chefs, artisans and restaurants along the Gulf Coast. Follow 30A Eats on Instagram.

Editor's Recipe Pick

Keto Chicken Nuggets

Ready to be the talk of the tailgate? These Keto Chicken Nuggets are perfect for a quick party appetizer, tailgating recipe or a fun dinner. Folks won't know they're keto unless you tell them! Local resident (and daughter-in-law), Sarah Smith, made them for us one night for dinner and I couldn't quit eating them! Just knowing they were healthy added more appeal. They're made with chunks of chicken breasts coated with buffalo sauce, almond flour and parmesan cheese, then baked until golden. It's an easy and healthy homemade chicken recipe for young and young at heart. Serve them with your favorite dip; but they're scrumptious with no dip at all.

Ingredients:

- 1 lb. boneless, skinless chicken breast or tenders
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup of Franks Buffalo Sauce
- 1-1/4 cup almond flour
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne
- 2 tablespoons parmesan cheese
- 1 tablespoon and 1/2 tablespoon of Ranch seasoning

Instructions:

Preheat oven to 375 degrees.
Cut chicken into strips or nuggets. Pat chicken dry and season with salt and pepper.
In a medium bowl, whisk almond flour, parmesan, garlic powder, onion powder, paprika, and tablespoon of Ranch seasoning and cayenne until combined.



Dip sliced chicken into the buffalo sauce, then cover in almond flour mixture. Repeat until all chicken is coated.

Place coated chicken on non-stick baking pan.

Bake for 15-20 minutes or until outside starts to brown.

If desired, in a saucepan, heat butter until melted. Whisk in 1/2 cup buffalo sauce and bring to a simmer.

Add in chicken and toss until coated.

Remove to plate, cover with remaining ranch seasoning, and serve immediately.

Enjoy!

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 Dining

Poppy's Restaurant Group: A Local Success

Matt Demoreski started working for Poppy's Restaurant Group when he was 17. It was supposed to just be a summertime job. "I came here with my buddies and never left," stated Demoreski who is now Chief Financial Officer for Poppy's, and a partner.

Demoreski is originally from New Jersey. His family moved to the panhandle when he was five, and he grew up in Niceville. He has worked for Poppy's his whole adult life. "I fell in love with it. I went off to college for a little while and I came right back because this is what I love to do," said Demoreski.

He likes to learn everything there is about operations, as well as the equipment. If something is broke, he'll take it apart, try to fix it, and put it back together. If he can't figure it out, he'll call someone to fix it, and learn how to fix it. "He can cook every dish in this [Poppy's Crazy Lobster] kitchen. He can build a building that looks just like this. He learns, self teaches himself everything about it. There's not a part of this building that he doesn't

have something to do with everyday," said AJ Tusa, aka "Poppy," the restaurant group's owner.

Tusa has been in the restaurant business for 46 years, and his family has been in the restaurant business since 1905. He opened several successful restaurants in New Orleans before moving to the Emerald Coast to retire in 2000. Retirement for him included opening and operating the first restaurants in Sandestin. These now include Hammerhead's Bar and Grille, The Crazy Lobster and Roberto's Pizzeria.

Poppy's Restaurant Group believes success comes with treating every customer with the level



of respect you'd give your mother. It's about giving guests a great experience "from the first hello to the last goodbye," stated Demoreski. People come back year after year to vacation here, and they also come back to Poppy's year after year. "We see generations of people that come back here," added Tusa.

Tusa believes the staff also makes Poppy's Restaurant Group successful. A lot of employees have been around for years, and if they've left, they've come back. Tusa believes in constructive criticism that helps build

and grow employees, and believes in helping employees when they might be facing difficult times. "We just treat our employees differently," he said. "We're more like a family. We care about our people."

Demoreski is an example of such loyal employees. He burned his foot in a kitchen accident shortly after starting. When he healed, instead of finding employment elsewhere, he came back to Poppy's and asked if he could have his job back. Tusa saw something in him at that time. "Matt started as a summer worker and is now a partner in a company, and that don't just happen," said Tusa. "It was just a lot of hard work," stated Demoreski. "I learn new stuff every single day. He [AJ] teaches me constantly."

To experience Poppy's Restaurant Group first hand, you can visit Poppy's Hammerheads Bar and Grill for seafood and burgers, Roberto's Pizzeria and Sports Bar for Italian, or Poppy's The Crazy Lobster for New Orleans fare. All are located in The Village of Baytowne Wharf in Sandestin.

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Radiant Barrier, Alien Technology?



BY CHRIS BALZER

I have been in the home improvement industry for over 16 years and have heard just about all the sales gimmicks and cheeky techniques used by sales people. One slightly stretched story I have heard about radiant barrier is: did you know that radiant barrier was developed by NASA from alien technology? If only radiant barrier was so glamorous. Actually, in 1925 two German businessmen filed for patents on reflective surfaces for use as building insulation. This became the launching pad for reflective insulation. NASA did help to improve this technology that reflects 97% of radiant heat and adopted it for the Apollo program. This metalized film was used to protect space-

craft, equipment and astronauts from thermal radiation. Radiant barriers have been used in the student housing at the Massachusetts Institute of Technology (MIT), Princeton, and Frank Sinatra's residence in Palm Springs, California. Radiant barrier was even inducted into the Space Technology Hall of Fame in 1996.

What is radiant barrier? When radiant solar energy strikes a roof, heating the roofing material (shingles, tiles or roofing sheets) and roof sheathing, it causes the underside of the roof surface and the roof framing to radiate heat downward through the roof space (attic / ceiling cavity) toward the attic floor (upper ceiling surface). When a radiant barrier is installed on the rafters in the attic, much

Why is that important? Many of our attics will reach into the 150° to 160° degree F range during summer; heating up insulation, ductwork and many times our stored belongings. Anyone who has stored candles in the attic knows what I mean. This extreme heat makes our current insulation and air conditioners work harder to keep our homes cool, costing us money and comfort. Properly installed radiant barrier on the roof rafters will reflect 97% of the radiant heat reducing the attic temperature during this extreme heat by 40° to 50° degrees F, allowing



rier allowing your attic to breath (this is critical in a vented attic system) and sandwiched a piece of high density insulation between two pieces of radiant barrier allowing our radiant barrier to help fight against not only radiant heat, but conduction and convection heat as well. If you would like to learn more or see a demonstration on how radiant barriers works, contact us at

850-588-2870 or visit us at www.trusteces.com.

Chris Balzer is Founder and President of Emerald Coast Energy Solutions and resides in the Santa Rosa Beach area with his wife and 3 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 and Beat the Heat.

ENERGY TIPS

by Emerald Coast Energy Solutions

of the heat radiated from the hot roof is reflected back toward the roof and the low emissivity of the underside of the radiant barrier means that very little radiant heat is emitted downwards.

your insulation and ductwork to perform better, saving you money and increasing your comfort.

One common misconception regarding radiant barrier is that the heat reflecting off the radi-

ant barrier back to the roof has the potential to increase the roof temperature and possibly damage the roofing material voiding my warranty. Performance testing by Florida Solar Energy Center showed that the increase in temperature at the hottest part of the day was no more than 2° to 5° degrees F. RIMA International wrote a technical paper on the subject which included statements collected from large roofing manufacturers, and none said that radiant barrier would in any way affect the warranty.

To improve on this technology, we perforated our radiant bar-

Ad deadline Sept. 19

Contractors Connect Returns

It's back! Contractors Connect, the premier networking event for contractors along the Emerald Coast, announces the return of its bi-monthly meetup after a short summer break. In celebration of its one-year anniversary, it's introducing a new aspect of its bi-monthly contractor meetups.

Beginning with Lord & Son at the Sept. 6 event, each meetup will feature a local general contractor, and a portion of the proceeds will benefit the featured contractor's choice of nonprofit.

"The construction industry plays a large role in the growth of our area," said Erin Bakker, co-owner of the Hive Creative Consulting, the marketing company behind Contractors Connect. "And, in addition to giving contractors a laid-back space to connect with each other, we thought this could serve as a great platform to show the role that contractors play in improving our community."

Lord & Son has recently helped complete a new aquatic center for The Arc of the Emerald Coast, which works in Okaloosa, Walton and Santa Rosa Counties to empower those with developmental disabilities to live meaningful lives.

"Bringing contractors in our area together to help with causes that are near and dear to our hearts is tremendously important," said Spike Lord of Lord & Son. "At the end of the day, contractors are a group of hardworking, dedicated people who are constantly working to better and grow our community."

At the Sept. 6 meetup, which is sponsored by Foster & Company, LLC, contractors from along the Emerald Coast can join together from 5:30



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to 7:30 p.m. at AJ's on the Destin Harbor to chat with Lord & Son about its work in the community and support the Arc of the Emerald Coast while celebrating the year anniversary of Contractors Connect.

"We're so excited to be involved," said Dennis Foster of Foster and Company. "We can't wait to share what we do and meet other contractors in our area."

Tickets are just 10 dollars, include one free draft beer, light appetizers, attendees' business names included in a follow up thank you email and social media post after the event and the opportunity to win in multiple giveaway drawings during the event.

"We've had so many people reach out to us about having another meetup," said Ali Weil, co-owner of the Hive.

Pulling in more than 100 contractors, designers, realtors, bankers and insurance agents at previous events, The Hive expects attendance at the September meetup to stay on trend and bring in a large crowd.

This event also boasts multiple sponsorship opportunities, giving local business a chance to promote and expose their services to contractors while giving back to a local charity.

For more information, Contractors Connect or its sponsorship opportunities, contact The Hive Creative Consulting at info@thehivecreativeconsulting.com, and visit www.contractors-connect.com to purchase tickets!

 Business

Freshly Homegrown Biz



Beyond 214

Locals Mindy Whalen and Zane Holscher recently opened the doors to Beyond 214 in April. Located in the Best Buy plaza in Destin, the store is no ordinary retail shop. Its primary mission is to offer products derived solely from veteran-owned/veteran-operated/veteran-made, military spouse, and Fair Trade companies. "Everything in our store has a purpose, gives back, and/or had a story to tell," said Mindy. Beyond 214 is a store designed to

celebrate military veterans that have found new purpose outside the military, beyond receiving their DD-214, by showcasing their amazing brands and products. It also pursues civilian companies that are going above and beyond to have a positive impact on society. www.beyond214.com



Fubar

Owners Todd and Brenda transformed what used to be the former Helenback location and

created Fort Walton Beach's hottest new waterfront spot on Okaloosa Island. Fubar, a slang term dating back to World War II, means "Fouled Up Beyond All Recognition," and describes the story behind this local pizza bar's creation. Fubar serves up pizza, nachos, burgers, wings and more and offers lunch, dinner and late-night food, along with daily specials for military, locals, ladies and service industry professionals. The newly renovated building features countless televisions to watch every sports game, event and fight night. Guests can come

by car or boat to dine in or take their food to go. Fubar also offers games such as darts, foosball and pool. fubarfb.com/ and on Facebook and Instagram.



Specialty Gutters

Specialty Roofers has opened a new sister company,

Specialty Gutters.

With the same quality workmanship and commitment to great service that Specialty Roof-

ers, or SRI, supplies its customers, SGI is ready to serve all of the Emerald Coast's gutter and metalworks needs. "We had customers asking us for gutters, and we felt like we could better serve them by self-performing this work as opposed to calling another company," said Cole Bakker, co-owner of SRI and SGI. www.facebook.com/specialtyguttersinc.



Innovative Coworking Space for Work/Life Balance

By CHRISSE WETZEL

You've heard the old saying, "the only things certain in life are death and taxes." For most of us also certain also to life, is work. Today's work force is as diverse as ever before. With increasing amounts of large corporations finding it economical and ideal to cut cost in specific talent areas, we see a boom in home-office professionals. This trend has continued overtime and results have shown working from home is not conducive to work level productivity.

As a professional recruiter who has worked, part time from home and in a corporate office, I've held a front seat to this experience. Initially, I thought working from home full time would be dream come true. In time, I craved social professional conversation, movement and true sense of accomplished work I received in the office. I also missed the quiet drive home to decompress and gear into being "mom."

Therefore, coworking spaces have emerged and, since 2010, have become widely popular in

major metropolitan areas. Organically, cowork spaces attract a mixed diverse group of professionals and students to network and collaborate, which results in higher levels of creativity, ideas, energy and the list goes on.

So, whether you work full time from home, or in the field, consider trying something for the first time. If your business is thriving, but your personal growth and happiness are not, dip your toe and try Beachworx to boost your work | life balance. I believe it can lead to the tipping

point of work level productivity and your success.





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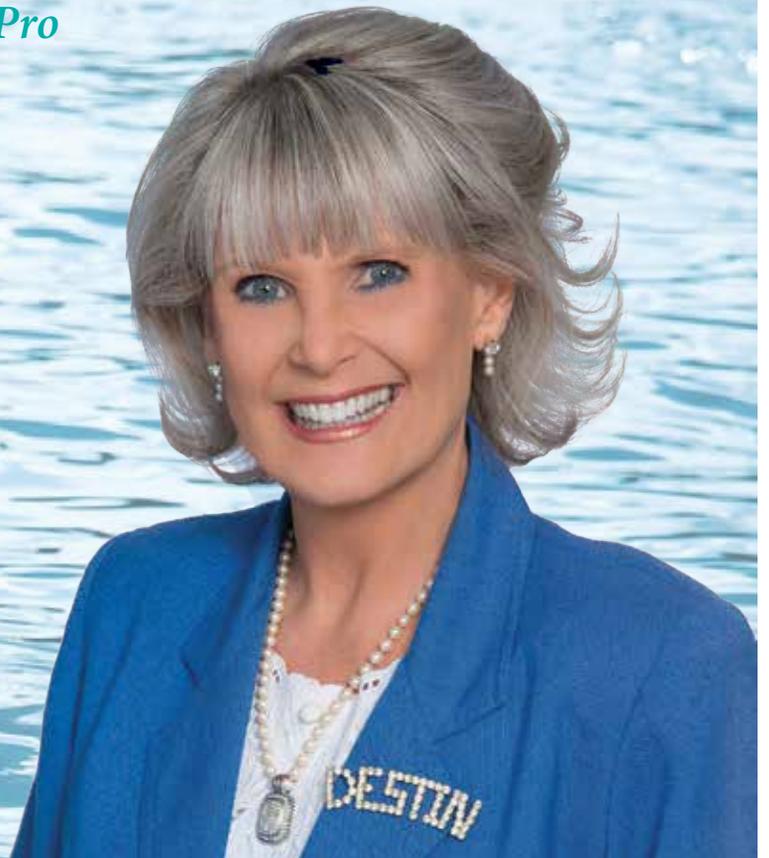


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