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# DESTIN Life

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## Keeping the Destin Harbor Beautiful: *Destin Harbor Pump Ready for Operation*

Did you know that Destin's Harbor Pump System is capable of moving almost 50,000 gallons per minute? So for perspective, it would take 17 days only to completely replace the water in the Harbor if it ran for 12 hours a day.

The Harbor in Destin, home of Florida's largest commercial fishing fleet as well as hundreds of other types of watercraft, is a functionally closed, 240-acre waterbody with water-quality issues that include nitrogen and phosphorous loading. Nutrients like these, commonly found in fertilizers along with warmer water temperatures, can lead to algal blooms, fish kills, cloudy water and odor complaints if they are allowed to accumulate over time. To combat the effects of urbanization and the water quality issues it can create, the pump system, in operation since 1992, brings low-nutrient water into the Harbor to flush out pollutants and raise the dissolved oxygen levels for fish and other aquatic life.



The system mainly runs continually during the warmer season from April until about November, when more storms and greater storm water runoff problems challenge the area. Heavier boating activity and sun-blocking algae and bacteria are also contributing factors that can harm fish, plants and other types of marine life. The pump system works to allow the needed fresh sea water to flow in to

help sustain the Harbor's health. Regular flow of Gulf water into the harbor via the pump system contribute to the Harbor water's clarity, oxygen level and salinity.

Members of Public Services recently rebuilt the facility's 200 HP motor, painted and reinstalled it. It has been tested to ensure our Harbor will remain beautiful as ever during the 2019 season. The Harbor Pump System con-

sists of an 84-inch diameter pipe (1600 feet long) that extends into the Gulf of Mexico connecting an intake box to a 200-HP motor and pump assembly located at the city's facility on Gulf Shore Drive. It will operate in the evenings from Spring until sometime in the Fall. After Fall, when the pump isn't running, Gulf

**HARBOR PUMP**  
*continued on page 2*

## CBA Offers Spring Break Alternative

Every March, the Florida Panhandle hosts thousands of spring break students of all ages and from all areas of the country. While most come to our state to enjoy the surf and sand, other spring breakers arrive to volunteer. In March, multiple groups worked with the Choctawhatchee Basin Alliance (CBA) to build reef breakwaters and living shorelines to make our watershed a better place.

Living shorelines are green infrastructure projects that reduce erosion while creating habitat. Reef breakwaters placed a few yards from the shoreline reduce wave energy, while the planted marsh grass holds the sediment in place. In addition to the oysters that thrive on the reef breakwaters, fish, crustaceans, and more use both the reef and the newly planted grasses for critical habitat.

In just one week, three spring break groups worked as part of CBA's restoration program. On a misty, cloudy day along the Choctawhatchee Bay, eight students and

**CBA SPRING BREAK**  
*continued on page 2*

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*Mary Anne Windes*

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 Community

## Letter from the Mayor



I've been an engaged member of the Destin community for over 40 years, and it has been an honor and privilege to serve as your mayor this past year. Now I want to begin the process to help establish a vision for what Destin will look like in 2025, 30 and beyond.

Due to the leadership of our City Council, we continue to keep taxes low for Destin residents, while providing a high level of service to all those we serve. Below are 2018 highlights:

In order to preserve public beaches for future generations, residents and visitors, the City

Council prioritized an initiative to seek out and acquire more Gulf front property for public recreational use utilizing several potential funding sources including our reserves, TDC funding, state/federal grants and Triumph funding.

The Council is in negotiations with Gulf Power to develop a purchase agreement or a new franchise agreement to ensure Destin's residents and businesses will receive reliable and low-cost electrical service.

To improve green space, parking, building heights and densities, the Council has revised sections of the City's Comprehensive Plan, including an ordinance to regulate commercial activity in public parks and maintain green space.

The pilot program adopted by the Council for "pay-for-parking" had over 15,000 parking transactions in 2018 and is designed to be its own funding

source for the expansion and improvement of public parking. Parking fees help to offset the costs of city services and programs, so the cost is not attached to the City's millage rate.

With the adoption of the livery vessel registration, the City is holding operators accountable to guidelines that create a safer environment on the water as well as adequate land-based facilities for their customers.

The City has adopted an ordinance to set standards for the short-term rental industry to create well-established structure where there was none before—ensuring viability and maintaining the economic benefit. Our Council has established procedures that register and identify the properties, identify management responsibility and establish guidelines to facilitate and improve code enforcement. These guidelines and their enforcement will improve quality of life

issues for visitors to Destin and full-time residents who live in short-term rental areas.

Phase I and II of the Norriego Point restoration is complete. Phase III - Recreational Components is scheduled to begin in the fall of 2019. This multi-million project is a well needed addition to the protection of the Destin Harbor and its fishing fleet and provides public recreational access to city and state-owned recreational beach areas along Destin's East Pass.

Progress continues on Captain Leonard Destin Park off Calhoun Avenue and completion is projected in early 2020. This future park will be a 10 million-dollar project funded by the state using oil spill restitution money. The new park will provide the residents and visitors with a family friendly waterfront park with scenic views of the East Pass, Crab Island and Choctawhatchee Bay.

Thanks to funding through FDOT's Local Agency Program, we were able to complete the design phase of the Calhoun Ave. and Zerbe St. Pathway Improvements Project. We are working on continued funding so that this pedestrian pathway can connect Clement Taylor Park to the boardwalk under the Marler Bridge to help achieve pedestrian-friendly walking pathways throughout the city.

The Florida Department of Transportation's 3R Project is in progress. The city council was able to provide input into the project, ultimately suggesting 10-foot travel lanes and a 4-foot bike path on the roadway. This project includes roadway resurfacing from the Marler Bridge to Airport Rd., improvements to the right-of-way, landscaping and updated traffic signs.

Thank you, God bless you, and God bless the City of Destin. ~ Mayor Gary Jarvis

### CBA SPRING BREAK

*continued from page 1*

staff from the Embry-Riddle Aeronautical University moved 10 tons of limestone rock to create new segments of reef breakwater in Florida Park—that's more than a ton per person!

Determined to compete, middle schoolers participating in the Appleseed Expeditions/Sea Life Discovery Center program made 511 oyster shell bags. Recycled from local restaurants, these oyster shells will replace those historically mined



### HARBOR PUMP

*continued from page 1*

water still flows through because the gates are always open—but the water simply flows through much slower. The pipe that runs from the pump station juts out into the Gulf from Holiday Isle, though most people never see the section that operates under water.

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from the bay, allowing brand new oysters to grow on their hard surface.

Finally, a dozen students from the Rochester Institute of Technology returned to the bay for their second year to build a living shoreline. Thanks to these three groups, the reef at Florida Park is nearly complete, and the bagged oyster shells will create a new breakwater at a homeowner site.

"I'm always so impressed that students want to volunteer on their week off," says Rachel Gwin, Restoration Coordinator for the Choctawhatchee Basin Alliance. "We team up with volunteers to build much of our living shorelines, and these three groups worked hard and had a great attitude."

In 2018, CBA built nearly a mile of living shoreline, in addition to restoring over four coastal acres. "Each year CBA

works with hundreds of reef-building volunteers," explains Alison McDowell, CBA Director, "Like the students during alternative spring break, reef building projects teach everyone that individuals can restore the Choctawhatchee Bay with their own two hands."

CBA is not alone in offering alternative spring break trips for students who want to volunteer. Habitat for Humanity, United Way and more provide short-term volunteer opportunities for interested universities, colleges and K-12 schools.

CBA is a non-profit organization responsible for sustaining healthy local waterways through monitoring, education, restoration and research. CBA offers volunteer opportunities for all ages, throughout the year. For more information, visit [basinalliance.org](http://basinalliance.org).

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# Newest Stealth Technology in Robotic Spine Surgery Embodies Live Navigation and 3D Virtual Reality

The synergy between robotics and navigation represents the future of computerized planning and execution in spine surgery. The Spine Center of Excellence at Sacred Heart Hospital on the Emerald Coast (SHHEC) re-

cently upgraded to the most advanced Mazor X Stealth Edition technology for robotic spine surgery, featuring computerized surgical planning, 3D assessment of spine anatomy, robotic guidance and live navigation feedback de-



signed to provide a higher degree of accuracy throughout the surgical procedure. This revolutionizes both the operation and the patient's post-op experience.

Orthopedic and neurological spine surgeon, Kornelis Poelstra, MD, PhD, is the founder of The Spine Center of Excellence at SHHEC and is a world-renowned expert in robotic-assisted, spinal surgery. Last month Dr. Poelstra reached a surgical milestone of 700 robotic-assisted spine surgery cases performed at SHHEC utilizing various state-of-the-art robotic surgical platforms, more than any other surgeon in the world. Since 2014, Poelstra has placed more than 6,000 pedicle screws using robotics, with greater than 99.8% accuracy and without a single displacement or screw revision.

"The addition of this new Mazor X Stealth Edition embod-

ies direct 'virtual reality' visual feedback to me as a surgeon about screw placement accuracy and depth and confirms accuracy with live navigation feedback."

Dr. Poelstra stated. "It decreases the possibility of sending inaccurate trajectories of our tools and introduces the exciting new options of robotically guided nerve decompression and discectomy interventions. The progress is remarkable and it's a privilege to be leading others in this field."

Dr. Poelstra has been at the forefront of surgical robotics in spine and was a crucial contributor to the development of



the Mazor X Technology. Now, with the new Mazor X Stealth Edition, surgeons receive a fully-integrated procedural solution for surgical planning, workflow, execution and confirmation.

"I perform 60 cases per month on average, which include lumbar reconstructive fusions, cervical reconstructions, non-fusion cases such as disc replacements and decompressions," said Poelstra. "Our research has clearly shown evidence of robotically assisted cases consistently providing improved surgical outcomes, greater patient safety, shorter operating times and faster recovery for our patients. Collaboratively, we look forward to continuing to provide premier patient care with this state of the art technology," he added.

"Surgical synergy, robotics and navigation represent the future of computerized planning and execution in spine surgery and have been shown to improve surgical outcomes in spine surgery," said Roger Hall, president of SHHEC. "Our surgeons are at the forefront of the newest robotics technology, continually re-defining the standards of surgery to benefit our patients."

The Spine Center at SHHEC provides comprehensive care for patients receiving spine surgery. The healthcare team of board certified orthopedic spine surgeons, nurses, social workers, and physical and occupational therapists offer each patient a highly individualized treatment plan to help patients return to a higher quality of life.

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Office Hours: Mon-Fri: 8am to 8:30am & 2:30pm to 7pm  
School Hours: Mon-Fri 8:30am to 2:20pm

 Community

# Trends and Treasures!

Spring to new life with City Market merchants! This is the opportune season to bring rebirth, vibrancy, renewal and beauty to your lifestyle! At City Market Beachside and Bayside, you'll find flavorful, colorful and easy additions to add fun, zippy sass and additional pizzazz to your spring season.

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spring, a great, classic dress in any pattern is in style. Add a printed handbag, bracelets, belts, scarves and our all-time favorite... shoes for that put-together look you desire! Spring and Summer just cry out for colorful bags to accompany your fresh look adding a brilliant shot of color or sheen along with sassiness and personal style to

any ensemble. Dressing Room Boutique will pump up your basics! Known for classic style with a twist, the Dressing Room believes fashion evolves, but each person's style is innate. Taking the guesswork out of fashion, the Dressing Room can help you pick out your spring "WOW" wardrobe! And your swimsuit, too, in all sorts of colors and patterns.

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can sink your teeth into? Tropical Smoothie's menu boasts bold, flavorful toasted flatbreads, wraps, sandwiches, quesadillas and bowls custom-tailored to suit your tastes all with a bit of tropical fun! Planning a meeting, event or just hanging out with friends? Call today to book all your catering needs!

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Speaking of baskets, the Frill Seekers team specializes in "closing day" baskets for local realtors, house warming gift baskets, wedding and baby shower baskets in price ranges from basic to over-the-top fabulous. The personalization team an even monogram items that are not from their store, too. Just bring in the item that needs to be monogrammed and select a color, font and size. The shop offers fast service and free gift wrapping on shop items.

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A verifiable cupcake heaven on earth with "frostacious" toppings, Smallcakes creates a variety of flavors daily, 18 to be exact, to suit every taste and craving. April specials include tempting offerings such as Bear Claw: almond cake stuffed with cinnamon glaze, topped with cinnamon buttercream, rolled in almonds and a glaze drizzle and Cookie Monster: chocolate chip and vanilla bean cake topped with blue cookies-n-cream buttercream and a chocolate chip cookie and, wow, Fruity Pebbles: Orange Fruity Pebble cake topped with orange buttercream



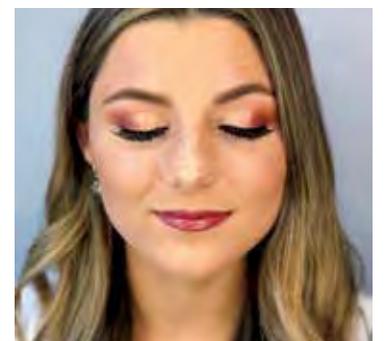
and rolled in Fruity Pebbles! But did you know that Smallcakes also specializes in "normal-size" cakes made to order! All cupcakes come in regular-size cake form, too. Make your celebrations personal with custom edible logos and images! Request a custom order for, well, just about anything you can think of!

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your makeup routine; Pure and Couture Salon's team of stylists will listen to what YOU want. They work with your skin tone, face shape, lifestyle and budget to help awaken your eyes and skin from their wintery slumber. Pure and Couture Salon's team of stylists are sought after for hand-tied hair extensions, color, styling, and makeup, and can take you through spring with "pure" confidence! Pure and Couture wants a relationship with you. You were made to do beautiful things! Feel beautiful doing them!

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 Community

# Foodies Unite for First Mac & Cheese Fest

Attention foodies: The Boys & Girls Clubs of the Emerald Coast (BGCEC) is hosting a new, mouth-watering event just for you! The area's first-ever Mac & Cheese Festival will be held on Sunday, May 19 at Destin Commons. Featuring gourmet, chef-inspired twists on the South's favorite comfort food, this family-friendly event will pit the area's favorite restaurants against one another in a competition to see who has the best mac on the Emerald Coast.

"We are excited about this new fundraiser for the Boys & Girls Club," Shervin Rassa, CEO of the BGCEC, said. "Everyone loves mac and cheese, and we can't wait to see what all of the competitors come up with."

Festival-goers will get to sample more than a dozen renditions of mac and cheese created by local chefs and restaurants. Sam-

ples will be available to purchase for \$1 each the day of the event, or attendees may pre-purchase a bundle of 20 tickets online at [www.850tix.com/events/mac-cheese-festival](http://Purchase samples for $1 each the day of the event, or pre-pay online at www.850tix.com/events/mac-cheese-festival). This ultimate mac and cheese showdown will feature more than 13 vendors, including: Paula Dean Kitchen, Red Fish Taco, Stinky's Fish Camp, Longhorn Steakhouse, Panera Bread, Olive Garden, 790 on the Gulf, 98 Bar-B-Que, End of the Line Cafe, Bubba Gump Shrimp Co., Okaloosa Island Fire Department, Chef Kelsea Koch, and Signature Catering 30A. There are a few remaining spots open. Chefs or restaurants interested in participating, should e-mail [info@thehivecreativeconsulting.com](mailto:info@thehivecreativeconsulting.com)

Restaurants competing have a chance to win three awards,



People's Choice, Kids' Choice and Judges' Pick. Participants can vote for their favorite dish at the event to determine the winner of the People's and Kids' Choice Awards. Judges' Pick is selected by the BGCEC's panel of esteemed judges: Susan Benton of 30aEats, The Destin Duchess Molly Carter, Kenzie Lohbeck of Rowland Publishing and the 2018 BGCEC Youth of the Year.

All proceeds from the event

will benefit the BGCEC, which works to promote and enhance the development of local boys and girls by instilling a sense of competence, usefulness, belonging and influence through its programs focused on academic success, healthy lifestyles, good character and citizenship.

In addition to searching for restaurants to compete, the BGCEC encourages businesses outside of the restaurant industry to participate by becoming a sponsor.

Sponsors, which receive a number of marketing benefits for their support, remain a vital part of this fundraiser, allowing the BGCEC to raise money to further its mission in our area.

To learn more about the vendor or sponsorship opportunities, visit [www.emeraldcoastbgc.org](http://www.emeraldcoastbgc.org) or contact [info@thehivecreativeconsulting.com](mailto:info@thehivecreativeconsulting.com). For more about attending this event or to purchase sample tickets, visit [www.emeraldcoastbgc.org](http://www.emeraldcoastbgc.org).

# Easter Events and Fun Hunts

**The Destin Library will hold its Annual Easter Egg Hunt on Wednesday, April 10, from 9:30 - 10:30 a.m.**

The program is for children age 4 and under and includes door prizes, a visit by the Easter Bunny and more. Registration is required. Stop by the library or call 850-837-8572. Carpooling is encouraged due to limited parking at this location. For further information about this event, please contact Will Rogers [wrogers@cityofdestin.com](mailto:wrogers@cityofdestin.com).

Kids can't have all the fun! At **Boathouse Oyster Bar's Easter Keg Hunt on April 13, 10 a.m.**, search for jello shot filled plastic eggs around the Boathouse property, alongside other slackers. Throw those elbows and wear your running shoes, as the person who retrieves the most eggs wins a prize. There will be 3 hidden kegs that participants must find, pour and drink an 8 oz. beer from each to win. First slacker to find and drink from all 3 kegs wins. Costumes are always encouraged and may also win a separate prize. All proceeds will benefit PAWS as they strive to become a no kill shelter. Tickets are \$30 in advance, \$35 day of. And as always slacker friends, drink responsibly!

The **City of Destin's annual Easter egg hunt be held at 9 a.m. on Saturday, April 20.** at Morgan Sports Center Softball Fields, 4200 Indian



Bayou Trail, Destin, FL 32541. The Easter Egg Hunt is for youth ages 12 and under, with a special egg hunting zone for crawlers and toddlers. Cost: FREE Please call 850-650-1241 or email [recreation@cityofdestin.com](mailto:recreation@cityofdestin.com) for more information.

Hop on over to see the Easter Bunny and go on a fun and festive free **4th Annual Easter Egg Dash**. Egg-citing "golden eggs" with special prizes will be scattered about. **The Easter Bunny will be visiting LuLu's to help boys and girls hunt for eggs on Easter Sun., April 21, with the Egg Dash at 2 p.m.** Kids will be divided by age groups for safe fun for all. Free family fun will include photo op memories with the Easter Bunny from Noon to 3 p.m. For more information, visit [lulubuffett.com/destin/](http://lulubuffett.com/destin/).

Bounce on over to the **Village of Baytowne Wharf for an Easter Explosion, Sat. April 20 from 12 p.m. - 3 p.m.** Enjoy a day filled with free family friendly entertainment such as lawn games, face-painting, inflatables and more! And don't forget to get your picture taken with the Easter Bunny! Visit [baytowne-wharf.com](http://baytowne-wharf.com) for more info.

Join in the **Easter fun at the Emerald Grande from**

**10 a.m. - 3 p.m. on April 21. Visit the Easter Bunny on the Main Stage at HarborWalk Village from 2-4 p.m!** Enjoy children's activities, face painting, and receive one free 4x6 photo per family provided by SB Photos of Destin, FL! Visit [www.emeraldgrande.com/events-3](http://www.emeraldgrande.com/events-3) for more information.



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# Destin Celebrates Easter with Sunrise Services

Destin United Methodist Church will hold an Easter Sunday Sunrise Service at 6 a.m. at Henderson Beach State Park. Then at 7:30 AM, it will hold a service behind the Crab Trap Restaurant on Okaloosa Island. In case of rain, service will be at Destin Methodist Sanctuary at

200 Beach Drive, Destin.

Grace Destin Lutheran Church will celebrate with a Sunrise Service at 6 a.m. on the beach at Beasley Park on Okaloosa Island. A regular service at the church will follow at 9:30 a.m. Grace Destin is located at 4325 Commons Drive West in Destin.

Immanuel Anglican Church will hold an Easter Vigil and SONrise Service with Holy Communion at 5 a.m. in the Sanctuary 250 Indian Bayou Trail, Destin, FL 32541. Call (850) 837-6324 for more details.



## TO DO IN DESTIN! APRIL 2019

..... 1 .....

**Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille  
**Tap It and Run Club** | 6pm | World of Beer

**Hydroflight Monday** | 6:30pm | Baytowne Wharf

**Monday Movie Night** | 8pm | Harborwalk Village

..... 2 .....

**Rock n Roll Bingo** | 5pm | World of Beer

**Boomin' Tuesday Fireworks** | 6pm | Baytowne Wharf

**Trivia Night** | 7pm | Village Door at Seascape

**Rock'N Bingo** | 7pm | Landsharks Pizza

**Teen Night** | 10pm | Fudpuckers Destin

..... 3 .....

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf

**Trivia Night** | 7pm | World Of Beer Destin

..... 4 .....

**Thursday Beer Run** | 6pm | 1835 Porch Bar

**Spring Fling Kickoff Party** | 6:30pm | AJs Destin

**Magical Thursday** | 7pm | Baytowne Wharf

**Teen Night** | 10pm | Fudpuckers Destin

..... 5 .....

**Sip N Shop** | 11am | Emeril's Coastal Italian

**Free Beach Bonfire** | 5pm | Royal Palm Grille

..... 6 .....

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

**Outdoor Adventure Expo** | 10am | Destin Commons

**Kinder Climb** | 10am | Rock Out Climbing Gym

**Kitty Hawk Kites** | 10am | Okaloosa Island Boardwalk

**Tea Fore Her** | 1pm | Vue on 30A

**Little Pirate's Parade** | 2pm | Harborwalk Village

**Karaoke** | 7:30pm | World Of Beer Destin

..... 7 .....

**Outdoor Adventure Expo** | 11am | Destin Commons

**Kitty Hawk Kites** | 10am | Okaloosa Island Boardwalk

..... 8 .....

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

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

**Monday Movie Night** | 8pm | Harborwalk Village

..... 9 .....

**Tuesdays Together Meetup (SEO/Web Presence)** | 10am | Beachworx

**Rock n Roll Bingo** | 5pm | World of Beer

**Trivia Night** | 7pm | Village Door

**Rock'N Bingo** | 7pm | Landsharks Pizza

..... 10 .....

**Cuddlers & Toddlers Easter Egg Hunt** | 9:30am | Destin Library

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf

**Trivia Night** | 7pm | World Of Beer Destin

..... 11 .....

**Food For Thought Golf Tournament** | 11:30am | Santa Rosa Golf & Beach Club

**Sandestin Wine Festival Kickoff Party** | 6pm | Baytowne Wharf

**Thursday Beer Run** | 6pm | 1835 Porch Bar

..... 12 .....

**Sandestin Wine Festival** | Baytowne Wharf

**Free Beach Bonfire** | 5pm | Royal Palm Grille

**30A Sand Rover Rally** | 6pm | Grayton Beer Company

..... 13 .....

**Miss Destin Pageant** | Destin Community Center

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

**30A Sand Rover Rally** | 9am | Gully Amphitheater at Gulf Place

**Easter KEG Hunt** | 10am | Boathouse Oyster Bar

**Sandestin Wine Festival** | Baytowne Wharf

**Cody Johnson Concert** | 6pm | The Gulf Okaloosa Island

**Artful Night Under the Stars** | 6pm | Shunk Gully Oyster Bar

**Karaoke** | 7:30pm | World Of Beer Destin

..... 14 .....

**Sandestin Wine Festival** | Baytowne Wharf

**Bands of 30A Charity Concert** | 1pm | Gulf Place

..... 15 .....

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

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

**Monday Movie Night** | 8pm | Harborwalk Village

..... 16 .....

**Rock n Roll Bingo** | 5pm | World of Beer

**Trivia Night** | 7pm | Village Door at Seascape

**Rock'N Bingo** | 7pm | Landsharks Pizza

..... 17 .....

**BOTE Wednesday Paddle** | 5pm | Norriego Pointe

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf

**Trivia Night** | 7pm | World Of Beer Destin

..... 18 .....

**Thursday Beer Run** | 6pm | 1835 Porch Bar

..... 19 .....

**Free Beach Bonfire** | 5pm | Royal Palm Grille

**Paints & Pints** | 6pm | Grayton Beer Company

..... 20 .....

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

**Family Friendly Easter Explosion** | 12pm | Baytowne Wharf

**Karaoke** | 7:30pm | World Of Beer Destin

**Street Party (FREE Outdoor Concert)** | 10pm | AJs Destin

..... 21 .....

**Visit the Easter Bunny & Brunch** | Emerald Grande



**Easter Egg Hunt** | 1pm | LuLu's Destin

..... 22 .....

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

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

**Monday Movie Night** | 8pm | Harborwalk Village

..... 23 .....

**Rock n Roll Bingo** | 5pm | World of Beer

**Trivia Night** | 7pm | Village Door at Seascape

**Rock'N Bingo** | 7pm | Landsharks Pizza

..... 24 .....

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf

**Trivia Night** | 7pm | World Of Beer Destin

..... 25 .....

**Bubbly Baytowne** | 5pm | Baytowne Wharf

**Thursday Beer Run** | 6pm | 1835 Porch Bar

**Shania Twain Tribute Concert** | 6pm | Mattie Kelly Arts Foundation

..... 26 .....

**South Walton Food & Wine Festival** | 4pm | Grand Boulevard

**Free Beach Bonfire** | 5pm | Royal Palm Grille

**Craft Beer & Spirits Jam** | 6pm |

..... 27 .....

**Earth Day Clean Up** | 8am | Norriego Pointe

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

**Karaoke** | 7:30pm | World Of Beer Destin

**South Walton Wine Festival** | 9am | Grand Boulevard

..... 28 .....

**Tin Cup Classic Golf Tournament** | 10am | AJs Destin

**South Walton Food & Wine Festival** | 1pm | Grand Boulevard

..... 29 .....

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

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

**Monday Movie Night** | 8pm | Harborwalk Village

..... 30 .....

**Rock n Roll Bingo** | 5pm | World of Beer

**Trivia Night** | 7pm | Village Door at Seascape

**Rock'N Bingo** | 7pm | Landsharks Pizza



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 Community

# Sacred Heart Foundation Hosts Emerald Coast's First Black-Tie Gala

The Sacred Heart Foundation is rolling out the green carpet for the inaugural Emerald Ball on Saturday, May 18 at the Hilton Sandestin Beach Golf Resort & Spa. The black-tie gala, presented by Alys Foundation, Howard

experienced experts in robotic -assisted spinal surgery. Dr. Poelstra has led the way in robotic spine surgery research as a world-wide key contributor to the revolution and advancement of the field. The addition of a fifth oper-

priority seating, a commemorative champagne flute and an invitation to the Champagne Reception preceding the ball. The Champagne Reception will begin at 6 p.m. and doors will open for general admission at 6:30 p.m.

A highlight of the evening will be the opportunity to enter-to-win a \$5,000 shopping spree at McCaskill & Company. Tickets for this exclusive, jewelry drawing will be available to purchase for \$100 each and will be limited to

150 entries. The winner need not be present to win. Sponsorship opportunities are available. For more information or to purchase tickets, visit [www.sacredheartemerald.com](http://www.sacredheartemerald.com).



Group and St. Joe Community Foundation will benefit the expansion of the Comprehensive Spine Program at Sacred Heart Hospital on the Emerald Coast.

“Sacred Heart Hospital on the Emerald Coast is growing, and we are excited to invite the community to come celebrate with us,” Janet Piepul, major gifts and planned giving director of Sacred Heart Foundation, said. “We have a full evening planned with specialty cocktails, shimmering emerald jewels, a VIP extraordinaire experience, sparkling champagne, and of course, dinner and dancing.”

Proceeds raised will be used to purchase state-of-the-art, robotic surgical equipment for a new fifth operating room dedicated to the robotic spine program. The Spine Center surgeons perform more than 75 surgical cases each month. Board-certified orthopedic surgeon, Kornelius Poelstra, MD, founded the Spine Center of Excellence at Sacred Heart and is one of the world's most ex-

perienced experts in robotic -assisted spinal surgery. Dr. Poelstra has led the way in robotic spine surgery research as a world-wide key contributor to the revolution and advancement of the field. The addition of a fifth operating room will enable Sacred Heart to accommodate a fourth orthopedic spine surgeon, and continue to provide world-class, high quality spine care for even more patients in our community.

“I’m proud to say that our community hospital has one of the premier spine programs in the nation,” Roger Hall, president of Sacred Heart Hospital on the Emerald Coast, said. “We currently have four operating rooms that are at capacity, night and day, six days a week. I’m thankful for the generous donors who support our continued growth.”

Guests are encouraged to wear shades of emerald for an elegant evening of dinner and dancing. Entertainment will include live music by Bay Bridge Band, a live painting by South Walton Artist of the Year, Jenna Varney, and a wine and bourbon pull. Individual tickets will be available for \$150 each. A limited number of VIP tickets will be available for \$250. VIP guests will receive



 Sacred Heart Health System

 Ascension

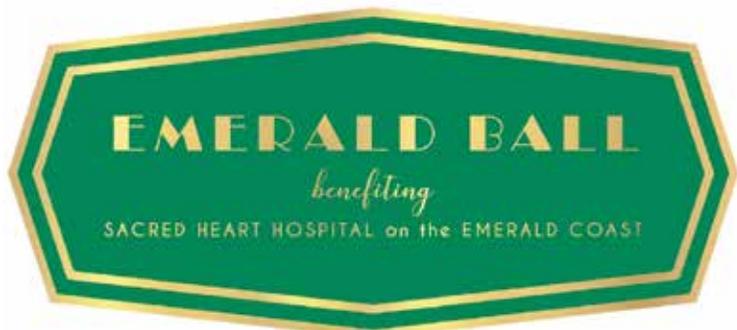
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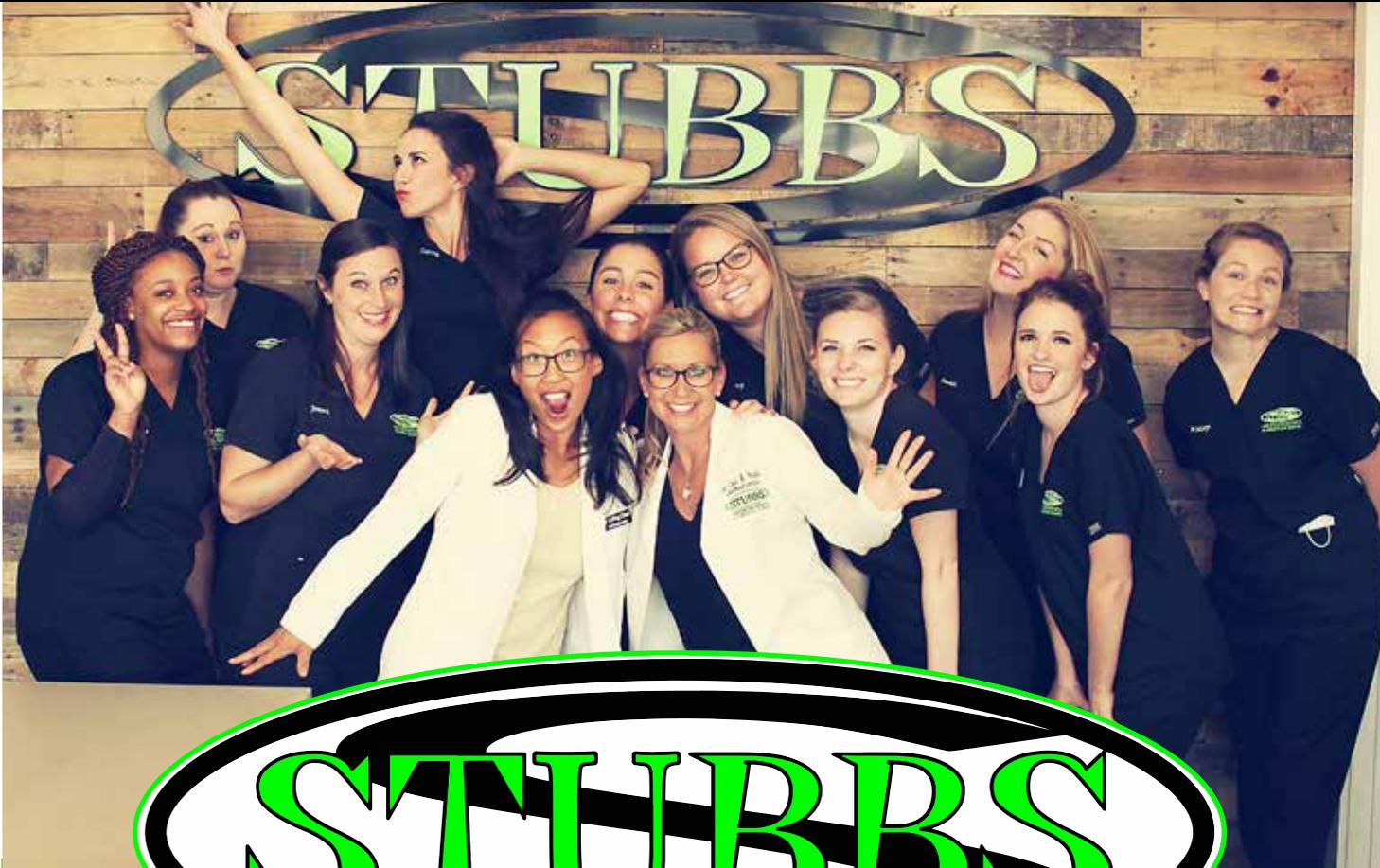
Even if you are healthy and active, it’s a good idea to ask your doctor if you’re at risk for heart disease. Care teams at Ascension Sacred Heart are here to get to know you, to better understand you, your health, and to work with you if you do need heart care. Our cardiologists are part of a nationally integrated network, which means we tap into the best practices and most advanced technologies to give you the heart care that’s right for you.



Get the heart care that’s right for you at [ascension.org/destinheart](http://ascension.org/destinheart)



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 Community

## Yes, You Probably Need An Umbrella



By VICTORIA OSTROSKY  
INSURANCE ZONE

Jonathan was singing at the top of his lungs to his favorite song on his way home from work at dusk, when a bicyclist suddenly appeared, seemingly out of nowhere, stopping him in mid-chorus. He slammed on his brakes, but the impact was inevitable. He struck the young man who flew into the air and landed in a ditch. Adrenaline pumping and shaking uncontrollably, he managed to grab his phone as he launched himself out of his car, sprinting to the injured bicyclist.

As the ambulance took off for the hospital with its sirens blaring and lights flashing, two police officers took down Jonathan's statement and several bystanders' statements as well. Jonathan just kept saying, "Why didn't he see me? Do you think he'll be ok?" Jonathan spent a sleepless night tossing and turning. Was he not paying enough attention? Was it his fault?

That next morning after a reviving cup of coffee, he called his insurance agent who, after inquiring after Jonathan's health and that of the bicyclist, confirmed the coverage limits on his auto policy and umbrella policy.

After spending 90 days in the hospital, and needing an additional six months of rehabilitation, Mark, the injured bicyclist sued Jonathan. Eventually, a judge ruled that Jonathan had sufficient time to react, and his umbrella policy paid out almost \$700,000 to Mark, the Plaintiff, on top of his auto policy bodily injury limits of \$250,000.

Living in such a litigious society, you don't have to be rich to be sued. Juries can award huge amounts to Plaintiffs, and with a large judgment against you, you could lose everything you've worked for. You could potentially lose your home, savings, investments, and have your income garnished for years to come.

Umbrella policies are designed to give you added liability protection above and beyond the limits on your homeowners, auto and watercraft insurance policies. They're considered a type of excess liability

coverage because they kick in once your underlying coverage limits have been exhausted. The liability coverage portion of your policy pays for expenses such as medical bills, rehabilitative therapy, and lost wages due to negligence or fault. For most insureds, the amount of liability coverage on their homeowners or auto policies are not enough to cover them in the event of a lawsuit.

Umbrella policies are surprisingly affordable, and usually very easy to put into place. As their name implies, an umbrella policy 'floats' over your underlying policies such as your home, any rental properties or secondary residences you own, autos, motorcycles, and watercraft. You have coverage options ranging from \$1 million to \$12 million or more depending on the carrier and your needs.

Umbrella policies aren't just for your personal policies. There are umbrella policies for businesses as well. Commercial umbrella policies provide businesses with additional liability coverage to help protect them against the potential harmful cost of claims. Business assets can be exposed when hit with lawsuits. If the amount of the settlement exceeds the limits of the business's underlying policies, the commercial umbrella provides an additional layer or higher limits to further protect business resources. Businesses who do not have commercial umbrella insurance could be obligated to pay out of pocket for legal bills, and damages that exceed the limits of their underlying primary business coverages.

So remember, a personal and commercial umbrella policy serves two distinct purposes. First, it increases the liability limit that you or your company already have in existing, or underlying, liability policies. And second, it broadens coverage for things that your underlying policies may not cover. For instance, an umbrella policy could expand the coverage territory and it may also cover things like slander, libel, false arrest, malicious prosecution and other sorts of personal and business liability situations.

In the resort areas of Walton, Okaloosa and Bay counties, we write a lot of short-term rental policies for individuals, partnerships, corporations and LLC's. Most carriers max out their liability options at \$300,000. One day you might get a call that your weekend renter took a nasty fall, incurring an injury with a long-term recovery. Your \$300,000 liability probably won't be enough

to take care of the medical, rehab, reconstruction and lawyer's fees, but with an umbrella policy of \$1 million or more, it makes it easier to sleep soundly at night.

It only takes one bad day to wipe out everything you own. Talk to your insurance agent about an umbrella policy today.

*Insurance Zone, owned by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on [www.ins-zone.com](http://www.ins-zone.com) and watch our informative video on 'Umbrella - Protect You and Your Family,' or call 850.424.6979. Victoria Ostrosky, author of this article is an Agent/CSR with IZ.*



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## Looking at the Roth IRA For Kids



BY MAURICE STOUSE  
FINANCIAL ADVISOR AND  
BRANCH MANAGER

Many people might wonder how their retirement savings would have been impacted had they had the opportunity, as a child, or a minor, to invest in a retirement account that would grow free of taxes, even when taken out or withdrawn. It is often heard and written that time is one of the most significant factors when investing. The longer the time the greater the potential impact on returns. That is due to compounding interest as well as being invested and not miss opportunities by being in the market on up days or when it's rallying. Of course, that means being in the market when there's a sell off as well. And don't forget the potential impact of dollar cost averaging over time as well (systematic, periodic investing). Consider the influence of tax-free investing on an investment. This is what the Roth IRA potentially offers.

In the investing world there are usually three keys regarding tax efficiency: Tax reduction, tax deferral and tax free. Tax reduction strategies include tax deductible items like charitable contributions, tax deductible IRAs (or tax reduction through contributions to 401ks) or tax loss harvesting (selling certain at a loss to pair them with assets you realize a gain on). Tax deferral is often obtained through vehicles like retirement savings accounts and annuities. You pay taxes only upon withdrawals. Tax free investing can be achieved through things like municipal bonds and with the advent of the Roth IRA, a retirement account. Now consider that Roth IRAs are available to minors, Americans under the age of 18. For those who qualify, they can put money in to a Roth and have it grow tax free if held

to retirement. Early withdrawals typically have a penalty but that can be waived in certain instances such as a first-time home purchase and some educational expenses. So, the thing to think about is the combination of long term investing with tax free investing. To qualify, a minor would have to have earned income and have a parent or guardian have authority over the account until they reach majority. Many investment and or brokerage firms make this available today.

Children, or minors can learn very early the advantages that saving, and investing might have for them in their lives. To learn more there are sites on line such as irakids.com and rothira.com. Or, call or visit with an advisor or brokerage firm today.

*Maurice Stouse is a Financial Advisor and the Branch Manager of the First Florida Wealth Group and Raymond James and he resides in Grayton Beach. He has been in financial services for over 32 years. His main office is located at First Florida Bank, 2000 98 Palms Blvd, Destin, FL 32541. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone: 850.654.8124. Email: Maurice.stouse@raymondjames.com.*

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*Looking at the Roth IRA for Kids Dollar cost averaging involves continuous investment in securities regardless of fluctuation in price levels of such securities. An investor should consider their ability to continue purchasing through fluctuating*

*price levels. Such a plan does not assure a profit and does not protect against loss in declining markets. 401(k) plans are long term retirement savings vehicles. Withdrawal of pre-tax contributions and/or earnings will be subject to ordinary income tax and, if taken prior to age 59 1/2, may be subject to a 10% federal tax penalty. The Roth IRA offers tax deferral on any earnings in the account. Withdrawals from the account may be tax free, as long as they are considered qualified. Limitations and restrictions may apply. Withdrawals prior to age 59 1/2 or prior to the*

*account being opened for 5 years, whichever is later, may result in a 10% IRS penalty tax. Future tax laws can change at any time and may impact the benefits of Roth IRAs. Their tax treatment may change. Investments in municipal securities may not be appropriate for all investors, particularly those who do not stand to benefit from the tax status of the investment. Municipal bond interest is not subject to federal income tax but may be subject to AMT, state or local taxes.*

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# Destin High School Update



The Destin High School Executive Board recently held an appreciation reception for all who have supported the vision and mission for a new Destin High School thus far. Held at Hyatt Place in Grand Boulevard Sandestin® in March, board members gave an update on the current status of the charter application, fundraising success to date and future plans.

Board member Prebble Ramswell said all are looking forward to the new high school opening in 2020 after, hopefully, the charter is approved. “We should know soon and feel confident that we’ve done our due diligence in hiring the best company to assist us.” She further stated that plans are for each grade to have approximately 200 students beginning with Destin residents



and then expanding into other areas of Okaloosa County, and even Walton County, if places are available.

Board member Sarah Stone stated that the community has really been supportive as the board has already raised \$97,307 so far. “It’s just so amazing,” she said. “The first person I ever spoke with about a potential new high school said they would give me \$5,000. I then knew we could do it,” she said. “But then the first \$5,000 didn’t come in and that can bring you down. You wonder if you’re on the right path,” Sarah said. But when she started asking people again if they would be willing to support the new high school, she said people just started

giving, such as Keith Howard who even said he would match donations. And others have helped spur things along such as Ashley Vannoy, Market President of First National Bank, who quickly stepped up with a letter

of credit to meet one of the lengthy list of requirements of the charter application.

Additional donors include Robert J. Guidry Foundation, Corey and Magda Cooper, Keith and Laura Howard, Nitin and Shruti Bawa, Frankfurt 1031 Exchange, Chautauqua Vineyards & Winery, Robbins Investment Group, Brent and Sylvie Hazen, Reed and Cece Harned, Personal Care Family Dentistry, Taylor Allen Properties, Kris and Erin Martin, Jeff and Lindsey Burns, Sonny and Lauren Martin, Mike and Myra Williams, Wood Law Firm, Mary Hong Facebook Live Event and Dan Collins. And Des-



DHS Board Members (left to right) Myra Williams, Sarah Stone, Prebble Ramswell, Denise Fountain, Heidi LoCicero  
Photos by Kay Phelan

tin Life is honored to be a media sponsor. “Once the charter is approved,” said Sarah, “it will be a full-on sprint to raise \$500,000!”

At this time, sports, transportation, curriculum, administration and other subjects are still being discussed and planned. “There are even some high-tech curriculum options being planned and committed to that we are excited about and are looking forward to offering and letting everyone know about soon,” said school board member Heidi Locicero. Destin Life will continue to provide monthly updates as the information becomes available.



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## Need Hip Replacement? New Anterior Approach Offers Option

Fort Walton Beach (FWB) Medical Center now offers the anterior approach as an option for patients needing a total hip replacement. Total hip replacement with anterior approach refers to surgeries done from in front of the hip. These surgeries may also be called mini, modified, minimally invasive, or muscle-sparing surgeries. Using the anterior approach allows the surgeon to do the surgery

a greater risk of hip dislocation. The anterior technique avoids this by not cutting into the muscle.

FWB Medical Center Receives Highest Rating for Coronary Artery Bypass Surgery

Fort Walton Beach Medical Center has again achieved a 3-star rating for Coronary Artery Bypass surgery from The Society of Thoracic Surgeons. This is the highest cat-



through a smaller surgical cut (incision). The cut is in the front of the hip rather than in the side or back, like in traditional hip replacements. Dr. Thomas Seales and Dr. Leo Chen, orthopedic surgeons at FWB Medical Center, are the only two physicians currently using the anterior approach at FWB Medical Center.

The anterior approach has some additional benefits that many patients enjoy when they choose this method of hip replacement. These include:

**Less Major Muscle Damage:** Because the anterior approach avoids cutting through muscle, this allows for less damage to occur as a result of the surgery. It also means surgeons don't have to make repairs to these muscles once the operation is complete.

**Less Pain:** Patients typically don't experience as much pain because the surgeon doesn't have to cut through muscle.

**Quicker Recovery:** After the surgery is complete, patients are encouraged to move and bear weight as soon as it's comfortable. This is often not possible with posterior hip replacements.

**Decreased Risk of Hip Dislocation:** The muscles and soft tissue around the hip naturally prevent it from dislocating. When these are cut, as with the posterior method, there is

egory of quality awarded by the Society of Thoracic Surgeons for this procedure. In 2018, only 10-15% of hospitals in the nation received the "3 star" rating. In the current analysis of national data covering the period from January 2018 through December 2018, the Coronary Artery Bypass surgery performance at Fort Walton Beach Medical Center occupies a position in this highest quality tier, thereby receiving a STS 3 - star rating.

*The Society of Thoracic Surgeons (STS) is a national database of heart surgery operations. For each of the four measures, STS compares a group's performance with the average performance of all the groups in the database. For survival and complications, the results are adjusted for the overall health of a group's patients, since some surgical groups treat older or sicker patients than others. The overall heart bypass rating combines the scores from those four measures. For each individual performance measure, as well as the overall rating, groups that score significantly above average get three stars, average performers get two stars, and those that score significantly below average get one star.*

## Not Your Typical Window Film



By CHRIS BALZER

*But, soft! What light through yonder window breaks?*

*It is the east, and Juliet is the sun.*

*- William Shakespeare, Romeo and Juliet*

No one would dispute having the beauty of soft natural light shining through our windows puts a smile on our face and warms our hearts. We have windows to let in light and give us views into our world, whether its lake front, ocean front, pool front or simply a view of the outside. For a time when I worked in cubical, I often dreamt of having a view, even if it was of the parking lot, something to let in natural sunlight. Now, I am finding that many of us have windows that are letting in much more than soft natural light and have become a sore spot. We hunt for blinds and curtains or just quarantine the area from 1 to 7 p.m. We search for dark or mirrored tint to help against the heat while maintaining some of our view. We place towels and blankets over our furniture and wood floors to protect from fading and cracking. We even go to the extreme of replacing our windows with expensive new ones.

There is a solution, ERF (energy reflective film). I know what you are thinking—another tint—great, tried that, didn't work or my HOA won't allow it. ERF is not your typical window tint; in fact, it has some of the most technological advances. Most tints use dyes and aluminum. ERF uses a proprietary technology to sputter gold and silver allowing the film to be virtually clear and highly energy efficient.

A client of ours in Inlet Beach built their home in 2017, but they still struggled with trying to keep their master suite cool due

## ENERGY TIPS

by Emerald Coast Energy Solutions

to all the windows. We coated their windows two months ago and they recently contacted us and said, "Thank you so much! We are very happy with the heat reduction we have noticed." The science behind the magic: Astronauts use a visor assembly coated with a thin layer of gold that filters out the sun's harmful rays and protects the spacewalker from extreme temperatures. — source: NASA.gov. This technology has been adopted and available to solve the problems in our homes and offices. One popular question I am asked is, "Do I need to coat all my windows?" The answer is no. We want to address the problem windows. The windows which get direct sunlight, the windows which you feel heat radiating from or the room which won't stay cool. Because the film is virtually clear, you will maintain the architectural integrity. What our ERF film won't do is block glare or shade a room. ERF blocks the heat, not the view. ERF also rejects 99%



Ultraviolet (UV) protecting you, your animals, your floors and furniture. If you've been searching for a solution and now know there is one, contact us for an in-home demonstration and see for yourself how we can block the heat and not the view.

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



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## Tips from the Trainer: Practice

BY STEVE KOTOWSKIE

This month we will discuss the idea of practice or training. We know that most things in life require some effort. And, there are few things that can be done to maintain a high level of proficiency without constant practice. There are many professions that require continuing education or special training to keep your working knowledge sharp. So, it only makes sense to do the same with your dog. People are often enamored by police and military working dogs, or Service Dogs. This comes by way of commitment to initial training along with continued training. These dogs train daily!

If you aspire to have a dog that acts properly in public, for example, you should train your obedience constantly, according to what your trainer has taught you. Then, start taking your dog in public and proof those behaviors with distractions. Don't

flood your dog too heavily at first, rather keep your trips short and sweet. Go to your local warehouse store to practice for 15 minutes. There are a lot of noises and distractions at those stores. Do everyone a favor and give your dog a bathroom break before going into the store. Then, do your dog a favor and give them another break when you leave. Some dogs can become stressed by the idea of even a short trip. They might not even show signs of the stress, but it is best to offer the opportunity. Loose stools are indicative of stress. Be sure to bring supplies to clean your mess.

Start taking your dog to lunch or dinner. Your relationship should be built on doing things together, not just dragging your dog out for a walk. If your dog is unruly, don't make excuses – excuse yourself. My rule is to



always proof a behavior in the parking lot, then upon entering an establishment. A simple sit to a release is all that is needed. This sets the stage for obedience while at the store or restaurant. It really is a critical piece of the puzzle for most dogs. They need to know that obedience is expected everywhere.

Lastly, go to a professional. Find the one that works for you and your dog. There are many training styles and a lot of opinions. Your dog is an individual

with individual drives, wants and desires. It is also individual in its opinion of your leadership ability. Just because your last dog was perfect doesn't mean this one will toe the line with you. An experienced, professional trainer will understand many methods to relate to dogs. A good trainer won't stop with just one motivator – individual dogs are motivated by different things.

Springtime is a great time to

prepare for summer fun with your dog. Don't miss all of the fun you could be having together. If you have specific questions I can answer, email them to [info@bestobedience.com](mailto:info@bestobedience.com).

Steve Kotowski is the Executive Director for Pawisitive Love Foundation, a non-profit organization that places Service Dogs to veterans and children with a range of disabilities. For more information on Pawisitive Love Foundation, visit [www.pawisitivelovefoundation.org](http://www.pawisitivelovefoundation.org)

## It Takes More than Living Local to be a Local



### Five Ways to Know You Are a Local:

- You know the four seasons: Snowbird, Pollen, Tourist and Hurricane.
  - You would rather starve than go to a grocery store on Saturday.
  - Hair and makeup are planned according to percentage of humidity.
  - You think some roads should be for locals only.
  - Your evacuation plan includes two options: boat or car.
- Feeling like a local is more about the location of your heart than the location of your feet. Some people come to the sea shore after spending years away and fall right back into their place as if they never left. Like a school of fish, we know our own

kind when we see one and welcome them back with open fins. Everyone who has ever fallen in love with our beach is a part of our ecosystem and remains that way even when they are away for a while.

My grandfather, Hugh Norton, started working here in the late 1970s, bringing with him many years of experience and knowledge. He opened a full-time independent insurance office in the upstairs of a building off Eglin Parkway in 1982, the busiest area around. In those days before Hwy. 98, the two-lane beach road was the ONLY road, the Mid Bay bridge wouldn't be built for another 10 years, and you would be crazy to live so far from civilization. So hardly anyone did. We admire these people now for the groundwork they laid, but they wouldn't have wanted our praise; they would have wanted to be left alone. Ten years later in 1992, Kelly Plantation was still just a plantation, Regatta Bay was just a bay, Rosemary Beach was nothing but flowers and stray gators, and Crab Island was visited mostly by vacationing crabs. We've come a long way since then.

Being a local means more than just coming here or even living here. It's about learning the history, feeling the story of the land under your feet, seeing the past and the path it puts us on for the future, and sharing a commitment to preserve the beauty that was here long before us and will remain long after.

Our independent insurance agency has witnessed a lot in the last 40 years, proudly insuring homes and businesses through 27 hurricanes. We have seen the very best in people during the worst that mother nature can throw at us and are proud to remain standing through it all. From one local to another, let us help you make sure your home, auto, or business insurance needs are ready for the storms of life. If you have any old photos or stories to share, feel free to drop us a line or stop by our locations in Destin and Fort Walton Beach. We would love to hear your thoughts on "You know you are a local when..." and we may use it in a future article! Visit our Facebook page, call us at 850-244-1574, or email [melissa@norton-insurance.com](mailto:melissa@norton-insurance.com).



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# Smile Mile and 5K Offers a Run through Beautiful Watercolor

Children's Volunteer Health Network (CVHN) will host the 3rd Annual Smile Mile and 5K race on Saturday, May 11, 2019, presented by St. Joe Community Foundation. This year, the 5k course will take participants through the canopied roads of the beautiful WaterColor community.

"The growth of this race over the past few years has been really inspiring to watch," said Mike Gavigan, race chair and board member of CVHN. "This year, we are hoping for 600 racers and encourage local families and visitors to join us to support this amazing nonprofit."

This CVHN signature event is fun for all ages, stroller-friendly, and will help raise funds that will be used to improve the health and well-being of kids in Walton and Okaloosa Counties. With more than 20 percent of children in both counties living below the poverty level, CVHN is a safety net for children who would otherwise have nowhere to turn for medical, dental and vision care.

Medals will be given for the fastest runners based on age groups and 2 grand prizes will be awarded for the largest registered team along with the team that brings in the most money. Registration is now open at [www.cvhnkids.org](http://www.cvhnkids.org).



"Last year we introduced team fundraising to the event. We believe this addition helped play a role in doubling our monies from the previous year from \$25K to over \$50K," said Kelly Thompson, Development Director of CVHN. "It was so fun to see all of our team leaders come together, spread the word about our mission, and raise additional funds!"

The participation fee for the 5K is \$30, and the Smile Mile is \$15. Participants will receive a commemorative shirt and enjoy live music and food before the awards presentation. Fees will increase by \$5 after April 1.

All proceeds from this event will support programs at CVHN which spends 94 cents of every dollar raised to help local children. CVHN has two main programs: the CVHN Dental Clinic located in Santa Rosa Beach and a Mobile Dental Clinic that visits elementary schools and local charities.

CVHN, a faith-based 501(c)(3) organization, was established in 2005 in response to Walton and Okaloosa Counties' large population of low-income families unable to access high-quality health services due to the unavailability (or inadequacy) of insurance.

CVHN operates a Mobile Dental Clinic, which visits local elementary schools and other non-profits, and the CVHN Dental Clinic in Santa Rosa Beach. All services are free to children enrolled in Walton and Okaloosa County schools on the free or reduced lunch programs. CVHN has facilitated more than 90,000 free procedures since its inception re-

sulting in over 6.5 million dollars in free health & dental services provided to our community. The vision of CVHN is for all God's children to be healthy, happy and see their futures as limitless. Until that day, there is more work to be done. For more information, call 850-622-3200 or visit [www.cvhnkids.org](http://www.cvhnkids.org).



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- Andy & Laura Hughes, Sandestin

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 Community

# Hometown Heroes

## “I crawled in as a caterpillar and flew out a butterfly.”

By MATTHEW VANDERFORD

Trey and Chris Hearn are brothers – brothers who decided to start a business to make money. But that money project has turned into something very special in Destin. Both Air Force veterans, the brothers soon discovered there were many other benefits.

One visit to Float Brothers Float Spa (next to Evercrisp) and you’ll see exactly what I mean.

float room dubbed “The Space Room.” Inside was a chamber that looked like something from out of the sitcom Mork and Mindy—an egg-shaped apparatus filled with about 1½ feet of water and 1000 pounds of salt creating a womb-like experience for relaxation. After climbing inside, I began to float with music and lights on. Then after 15 minutes, turned the music and

this venture; how this business could change the course of life for so many people. All I know is I crawled in as a caterpillar and flew out a butterfly. When I left the spa, I wrote a little note on the wall; a note for me and for the

next person coming down the line. I have been back since, and every time is a different experience.

Each experience, in its uniqueness, is helping me navigate this thing we call life. Brothers Trey and Chris are thankful for the

Destin community support and look forward to meeting more new friends. Because they’ve helped me and others so much, to me, these brothers are real hometown heroes.



Scrawled across a hall wall are countless numbers of testimonies singing the praises of this amazing place, leaving traces of hope and help for all of us going through this journey of life together.

Float Therapy has been around since the 1950’s, but stayed relatively away from mainstream use due to lack of knowledge of the therapy and the benefits it provided outside of modern medicine. But in recent year, “floating” (as it’s called) has become a more accepted practice in the treatment of anxiety, depression, PTSD, and overall body and mind well-being. And now, we can “float” right here in Destin!

When I went the first time, I didn’t know what I was getting into, but the overall experience was very peaceful. I was greeted by friendly and warm staff, shown a brief video of what to expect, then escorted to a private

lights off. After about 30 minutes of complete silence, tears began rolling down my face while I was being cocooned in a warm bath of saltwater. I still don’t know why I cried. All I can say is that something profound happened, because when I emerged, I came out a different person – almost like being reborn. I had never experienced a place where I had no outside stimuli to distract me.

During a float, the tank is filled with Epsom salt and heated to skin temperature, making it easy to remain buoyant. Free of light, sound and other distractions, it provides physical, mental and emotional rejuvenation. Once I enter the tank, I’m completely cut off from the rest of the world, prompting my mind and body to enter into a deeply relaxed state.

I don’t really think these brothers were aware of what they were getting into when they started



### Serving ooohs & ahhhs

Something about Somerby sparks great taste.

Calvin is an executive chef at Somerby. He and his staff keep residents, associates and families healthy and happy with a fine dining experience. It’s demanding work. But the smiles – sometimes even applause – make it worth it. Somerby is Full of Life. What will it spark in you?

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# Destin Dining, Events & Entertainment



Spring has sprung! Blessed with warm sunny days and mild pleasant nights, Destin locals and tourists alike flock to our favorite hot spots for tasty eats and incredible live music. So kick back, relax and enjoy! Destin is home to some of the most diverse musical talent in all of Florida with every genre of music to be found right here in our own backyards—lively, soul-soothing or chill. It's just one of the advantages of living in Destin—we locals enjoy much of what tourists experience—but we get to enjoy it year 'round, even during Spring Break! Whether you like country, blues, reggae or rock, read on and we'll point you in the right direction. Some of our other favorite experiences for fun and relaxation include live events and activities. Your entire family can enjoy exciting and laid-back game-playing coupled with some breathtaking scenery overlooking the Gulf or the Bay, local coastal style.

## Landshark's Pizza

Congratulations to Landshark's Pizza for recently winning 1st Place in two categories at the local Parrot Head Chili Cook Off—Judges' 1st place and Peoples' Choice 1st place for "Hot" Chili! Owners Brian and Sue Hassmann have created the local's favorite pizza, buffalo wings and sports pub and



bar that serves both great pizza AND awesome wings for folks of all ages. With plenty of seating and TVs everywhere you look, they have all you need for a great time out. The wings are a must, the pizza is outstanding, the bartenders are amazing, the atmosphere is exciting and the choice is easy to make. Weekly specials and fun include Music Bingo on Tuesdays at 7 p.m.; 69-cent Wing Wednesdays;

BIG 10 and all the Sports Networks; Weekends – Golf and NASCAR and there's a full-service bar with 95 different Bourbons and 30 Beers on Draft! Landshark's Pizza has something for everyone including plenty of parking out back. Bring your friends for great food and a great time!

850.424-6743 | 300 Harbor Blvd. Destin | [landsharkspizza.com](http://landsharkspizza.com)

## Tailfins Alehouse and Oyster Bar

With a super-amazing view of the Harbor and live tunes, Tailfins delivers with three levels overlooking the Destin Boardwalk and water. It's casual, live and locally scrumptious with live music on the top deck and full bar. It's a popular stop for local favorite bands and from all-over bands that love to perform here. Tailfins' Entertainment Complex offers an incredible mix of great atmosphere, excitement, delicious food and drinks along with the stunning views, a combination that's hard to match. Be sure to catch the exclusive Early Bird, Double Happy Hour Special



from 4-7 p.m. and again from 10 p.m.-closing from Mon through Fri. with \$3 Bud Light Pint, \$15 Domestic Bottle Bucket, \$5 Long Island Teas, House Wines and Well Drinks. All during April you can come and enjoy live music, dueling DJs and traveling bands, Velco Pygmies playing on Friday nights and Kickstand Jenny on Saturdays. Bring your appetite and enthusiasm and, we promise, you'll be glad you did.

850.650.1200 | On the Harbor in Destin | [tailfinsdestin.com](http://tailfinsdestin.com)

## 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's plenty of out-

door seating right in front of the "gi-nourmous" Jumbo-Tron and stage. Club Bimini, AJ's venue for live music and night-time drinks, rocks it later in the evening. You can savor beer and oyster specials coupled with aesthetic views of the Destin Harbor. This now-famous-with-the-tourists Destin Harbor restaurant offers a waterside Tiki Village experience out back. Upstairs, Club Bimini Stage is a popular local venue for top 40 and



rock bands. Oh, and bring your dancing shoes as Club Bimini becomes one of the Harbor's hottest night clubs. Popular local bands such as Black Eyed Blonde can usually be found playing. Come in for Prime Rib Thursdays, where AJ's famous tender, juicy Prime Rib is served - \$16.95, 4 p.m.-close every Thursday.

850.837.1913 | 116 Harbor Blvd. Destin | [ajsdestin.com](http://ajsdestin.com)

## Boathouse Oyster Bar

Boathouse Oyster Bar is one of Destin's favorite best kept secrets. Located in the heart of Destin on the Destin Harbor, it specializes in making oysters a delicacy. Boathouse's Gumbo recipe was written by Mama Gumbo herself. More



local fan favorites include the Tuna Dip, Cajun Boiled Peanuts boiled to perfection, Wings of Fire served with Ranch or Blue Cheese and Trailer Park Nachos—Yum! Other menu items include American staples such as Grilled Cheese and Hot Dogs. And, of course, the

**RESTAURANTS**  
continued on page 4 of guide

**BOATHOUSE**  
OYSTER BAR

*A Locals Favorite For Over 30 Years!*

### APRIL EVENTS

**Mondays:** Cole Jordan  
Roshambo

**Tuesdays:** Kyle LaMonica  
Austin Jennings

**Wednesdays:** Shane Curle  
Hayes and Howland

**Thursdays:** Rusty Hammerstrom  
Austin Jennings

**Fridays:** Jason Findley  
Jason Clark

**Saturdays:** 12 pm Kelly Byrd  
4 pm Rusty Hammerstrom  
8 pm Gunner

**Sundays:** 12 pm Kelly Byrd  
4 pm Jason Findley  
8 pm Rotating Spot

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

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[www.boathouseoysterbardestin.com](http://www.boathouseoysterbardestin.com)



# Destin Dining

## Events, Music and Specials!

### Boathouse Oyster Bar

Daily Lunch Specials M-F \$9.99

Easter Keg Hunt | April 13 | 10 a.m. | Tickets \$30 in advance | Benefitting PAWS

#### MARCH LIVE MUSIC LINE-UP

**Mondays:** Cole Jordan @ 5pm | Roshambo @ 9pm

**Tuesdays:** Kyle LaMonica @ 4pm | Austin Jennings @ 8pm

**Wednesdays:** Shane Curle @ 4pm | Hayes and Howard @ 8pm

**Thursdays:** Rusty Hammerstein @ 4pm | Austin Jennings @ 8pm

**Fridays:** Jason Findley @ 4pm | Jason Clark @ 8pm

**Saturdays:** Kelly Byrd @ 12pm | Rusty Hammerstrom @ 4pm & Gunner @ 8pm | Gunner @ 8pm

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

### Bric a Brac

Voted Best Crab Cakes in Destin 5 Years in a Row

#### LIVE ENTERTAINMENT:

**Wednesday:** Solo Musician

**Thursdays:** Karaoke - 7pm

**Fridays:** Jones & Company - 7pm

**Saturdays:** Teal Magnolias - 7pm

**Late Night !!! 11pm - 4am**

Latin Night Fridays & Saturdays

Music and Dancing Upstairs/Downstairs

### Landshark's Pizza

Monday thru Friday Happy Hour Specials 3 to 6pm

Perfect accompaniment to daily menu specials

Well Drinks \$5

Domestic Drafts \$2

Domestic Bottles \$2.25

Wine – Glass \$4

### Monday - Premium Craft Beer & Texas Hold 'Em POKER

7PM - Sample delicious varieties of local, regional and select out-of-state brewhouse offerings. All-Access Wristband, 3 Tickets for sampling the Craft Beer Monday selections of your choice, 1 Full Pint of the Craft Beer of your choice. Craft Beer Tasting \$10

### Tuesday - Margarita & Corona Specials & MUSIC BINGO!

House Margarita and Corona Beer specials go ALL DAY. MUSIC BINGO starts at 7:00 PM - Free to play! Free Prizes!

Corona Bottles \$2.5 | House Margaritas

### Wednesday - Landshark's 'WINGS DAY' & Bourbon Club

AWARD-WINNING Buffalo Hot Wings just .69 Cents Each - All Flavor Sauces, and Rubs. \$2.00 OFF ALL TOP-SHELF BOURBONS. Minimum order of 10. \*Ranch & Blue Cheese Dressings for Wings are .50 Cents Ea. & Delicious Carrots & Celery Accompaniment is \$1.00

Wings each \$0.69. Carrots & Celery \$1. Top-Shelf Bourbon Discount \$2

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

Choice of two regular fillings AND

comes with a Domestic Draft

Brewskie or a Soft Drink included.

Two Toppings \$9.99. Additional

Toppings \$0.5. Premium Toppings \$1.

Add Steak \$1.5

### Landshark's 'Drink Of The Day'

All 'DRINK OF THE DAY' specials are

\$1.00 OFF that day's Featured Drink

from our FULL BAR Menu. \$1

### Tailfins Alehouse and Oyster Bar

April Spring Break 2019 at Tailfins!

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

**Live Bands:** Velco Pygmies, Fortag,

Shenanigans

**Live Music, Dueling DJs, Traveling**

**Bands**

**Velco Pygmies - Friday Nights**

### Kickstand Jenny - Saturday Nights

**Early Bird Specials and Double Happy!**

4-7:00pm & 10pm - close. Monday - Fri

### Lunch Specials During the Week:

**Mondays:** Fried Green Tomato BLT \$9.99

**Tuesdays:** Lunch Special, Chicken Ques

**Wednesdays:** BBQ Pulled Pork Sandwic

**Thursdays:** Chicken Quesdilla \$9.99

**Fridays:** Fish and Grits lunch \$9.99

Dinner—Fresh Catch \$17.95. Baja fish t

legs \$19.95. New Orleans Cajun Shrimp

Ribs \$12.95. All 5 great specials 4 -7pm

**Happy hour drinks**—\$3.00 Bud lights. \$

drinks. \*house wines. \$15.00 Domestic

\$5.00 Award- Winning Seafood Gumbo

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## LA FAMIGLIA

Restaurant & Pizzeria

Experience "Authentic" Italian Cuisine from your hosts the Tozzi Family!  
Featuring Veal & Chicken Parmesan, Marsala, Homeade Pasta & Ravioli, Pizzas and more!

**New Location:** Island Palms Plaza  
16055 Emerald Coast Parkway Suite 114, Destin (next to Walmart)  
850-279-4527

# & Entertainment Schedule

Hour Specials:  
day.

9  
adilla \$9.99  
h \$9.99

acos. \$14.95. Alaskan snow crab  
\$16.96. Kansas City Baby Back

\$5.00 long Island iced teas \* well  
bottle buckets. Mix or match.  
during Happy Hour.

## Tequila's Sports Bar & Grill

### Fiesta Every Saturday with Latin Saturdays

DJ Alacranero on the mix with #Salsa, #Merengue and #Bachata and much more! No cover all night long. Fiesta from 10pm – 2am!

### MLB, NBA, PGA, MLS

Come and watch all the action on Big Screen TVs!

Taco Tuesdays: 2 Chicken or Steak, Soft or Hard Tacos with Rice or Beans \$8.99

**3 Margarita Sizes:** Jumbo, Mega and Grande

3 Grande Margaritas \$14.99

**Daily Lunch Specials Monday - Friday \$8.99**

## AJ's Destin

**AJ's Club Bimini in Destin: 7 Nights a week!**

### BIMINI STAGE WEEKNIGHTS

Black Eyed Blonde Sunday - Wednesday nights 9:30 PM

**Wednesdays:** Jacob Mohr

**Thursdays:** Chasing Jaymie

**Saturdays:** Austin Jennings

### JUMBOTRON STAGE

**4/6:** Kickstand Jenny

**4/20:** FLOW Tribe

**5/4:** NAKD

**Fridays:** Austin Jennings

**4/13:** Tyler Livingston & The Absolutes

**4/27:** Yeah, Probably

**5/11:** 3HG

## La Famiglia Restaurant

**Lunch Menu starts at \$7.99**

Family recipes are the secret ingredients.

Brick Oven Pizzas, Homemade Pastas and so much more...

### Wine Down Wednesdays

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

## The Melting Pot

**April 11 - National Cheese Fondue Day.** Enjoy \$4.11 cheese per person all night.

**April 21- Easter Brunch Special 11am -7:30pm.** \$24 per person for any cheese, salad, and an entree of steak, herb crusted chicken and shrimp.

### Daily Specials: 4 TO 6 PM EVERY DAY

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

### WEDNESDAYS

\$10 OFF WINE AND OUR CRAVE COMBO!

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4/11-13: Redshirt Freshman

4/18-20: Blackberry Breeze 4/25-

27: High Demand

5/2-4: The Anteesk

5/9-11: Horseshoe Kitty

### BIMINI STAGE WEEKDAYS

4-8 PM

**Sundays:** Jones and Co.

**Mondays:** Will & Linda

**Tuesdays:** Jacob Mohr

**Wednesdays:** Jason Tyler Findley

**Thursdays:** Will & Linda

**Fridays:** Jacob Mohr

**Saturdays:** Will & Linda

**TIKI STAGE 6-10 PM**

**Sundays:** JB Dyess

**Mondays:** Jason Clark

**Tuesdays:** Chasing Jaymie



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# Destin Dining, Events & Entertainment

## RESTAURANTS

continued from page 1 of guide

Oysters are raw, steamed or baked just the way you like 'em! Boathouse has even been voted Best Oysters and Best Gumbo for the past 30 years. And this Easter, kids can't have all the fun! At Boathouse's Easter Keg Hunt, April 13, 10 a.m., search for jello shot filled plastic eggs. The person who retrieves the most eggs wins a prize. There will be 3 hidden kegs you must find, pour and drink an 8 oz. beer from each to win. First slacker to find and drink from all 3 kegs wins. Proceeds benefit PAWS. Tickets are \$30 in advance, \$35 day of. Pet Friendly. 850.837.3645 | 288 Harbor Blvd. Destin | boathouseoysterbardestin.com

### La Famiglia Restaurant

It didn't take much for Pino Tozzi to decide to sell his successful businesses in Rome, Italy, uproot his young family and emigrate to America—just a vacation to Destin in 2005. The rest is history... no hustle and bustle here; just relaxed, the ambiance reflecting the central Italian heritage of the owners, indoors or outdoors. La Famiglia has earned a reputation for serving some of the



finest homemade Italian dishes on the Emerald Coast, including Veal Parmesan, homemade pastas and raviolis, and antipasto. Not to be missed, La Famiglia is a local favorite for authentic, brick oven Italian pizza, topped with a variety of traditional and specialty ingredients, including the Margherita, a classic combination of tomato sauce, mozzarella cheese, sliced tomatoes and fresh basil. A big appetite? Try the hand-stretched, 2 ft. pizza on for size! Simply a great place to take the family out for a genuine, Italian pizza experience and memory-making. Open Tuesday through Sunday, 11 a.m.-10 p.m., offering a lunch menu till 3 p.m. 850.279.4527 | 16055 Emerald Coast Pkwy Ste 114 | Destin lafamigliadestin.com

### Bric a` Brac Restaurant & Night Club

Voted "Best Crab Cakes in Destin" five years in a row, Bric a` Brac is the true definition of something for everyone...a family friendly, kid friendly, American-style restaurant. Bric a` Brac is well known for its super tasty food selections served up in a fun, artsy atmosphere by a truly pro-



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

Still want more?

~ LATE NIGHT ~

Latin Night Fridays & Saturdays from 11 p.m.-4 a.m. will keep the party going.

There is truly something for everyone at Bric a` Brac in Destin. Shoreline Village Plaza | 824 Hwy 98 E Destin | 850.424.6369 bricabracdestin.com

### The Melting Pot

Truly a one-of-a-kind dining experience, The Melting Pot provides an unforgettable, interactive night out that turns moments into memories. From the time the first piece of bread is dipped



to when the last nibble of dessert is savored, you'll learn something new. The menu has fare for every taste, a delicious meal guaranteed, you can count on it. No matter the choice you will not be disappointed. Owned and operated

by Lucinda Hollis and her fiance, Auburn Bridge, this restaurant is the one place where the owners encourage their diners "to play with their food." "It's a real joy" says Lucinda, when witnessing customers' first time experiences. So if you haven't already, be sure to "dip in." And, to celebrate National Cheese Fondue Day, April 11, enjoy \$4.11 cheeses all night. Then On April 21, enjoy an Easter Day Special from 11:30 a.m. - 7:30 p.m. which includes any cheese, salad and an entree of steak, herb crusted chicken and shrimp. \$24 per person. Visit meltingpot.com/destin-fl to view the full menu or make reservations.

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### Tequila's Sports Bar & Grill

Tequila's has become a local favorite. Margaritas, live music every Friday (a great way to kick off the weekend), and Latin Saturdays where you can dance the night away. A fusion of sports bar food and Mexican dishes this locally owned option for delicious Mexican Cuisine in Miramar Beach combines traditional authentic Mexican recipes with local coastal tastes and bar type fare. Lunch specials offered daily Monday through Friday for \$8.99. Some locals' favorite menu options include Quesadilla Mexico



and Tequilas Bowl sure to satisfy any appetite. Try an order of the garlic parmesan wings then top it off with an order of garlic shrimp that comes with rice and refried beans - delightful spicy goodness. And, on beautiful days, enjoy a beautiful meal, great food and drinks, on the outdoor patio! On Wed., April 10, Come and watch the groups and schedule unveil for the Gold Cup, 5-6 p.m. EAT, DRINK, FIESTA!!

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06.04 <b>pearl gem</b> the ultimate pearl jam concert experience	07.30 <b>fortunate sons</b> a creedence clearwater revival tribute
06.11 <b>slippery when wet</b> the ultimate bon jovi tribute	08.06 <b>blink-180true</b> a tribute to blink-182
06.18 <b>84</b> a tribute to van halen	08.13 <b>heart breaker</b> the ultimate usa tribute to heart
06.25 <b>stone tribute pilots</b> stone temple pilots tribute act	08.20 <b>wowu2</b> the premiere u2 tribute band
07.02 <b>vegas mcgraw</b> tim mcgraw tribute	08.27 <b>nirvana</b> a tribute to nirvana
07.09 <b>pandora's box</b> the ultimate aerosmith tribute	
07.16 <b>larger than life</b> the ultimate boy band tribute show	

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MAY 17 <b>PICKLED PICKERS</b>	JUNE 14 <b>TYLER LIVINGSTON &amp; THE ABSOLUTES</b>	SEPT 27 <b>I'MAGENE</b>
	JULY 4 <b>MILES FLATT BAND</b>	
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# Off the Hook

## Best Places to Fish on Okaloosa Island

Out of all the exciting things to do in our area, fishing tops the list for many locals (and visitors.) Okaloosa Island in Fort Walton Beach provides a prime location for all different types of fishing.

Beaches, piers, bridges and our charter fishing industry nearby offer more than just one way to catch that prized fish you've been waiting for. From minnows to mackerel, anglers can expect to reel in a wide variety of game fish and table fare on Okaloosa Island. Finding the top fishing spots can be tricky even for locals sometimes.

Spread across Okaloosa Island are some of the region's top fishing destinations where you can enjoy your fishing year-round:

### Okaloosa Island Pier

The first favorite for many local, avid fishermen is the Okaloosa Island Pier. This 1,262-foot pier is located on the west end of Okaloosa Island, at the heart of the Okaloosa Island Boardwalk. The pier provides everything you would need for a day of fishing



including licenses, equipment (for sale or rent), and bait. You can expect to catch practically any kind of Gulf fish off the massive pier.

Most commonly encountered are Redfish, Tarpon, Mackerel, Ladyfish, and Hard-Tails. But through the year, Blowfish, Sharks, Sailfish and many more exotic species have been pulled out of the water. From mid-March through October, the Pier is open 24 hours, with the times changing to 5 a.m. through 9 p.m. October through March. Admission rates vary, but the price for an adult ticket is \$7 and includes a fishing license.

On the east end of Okaloosa Island lies the Marler Bridge. This famous Emerald Coast bridge connects Okaloosa Island to Destin and overlooks the Choctawhatchee Bay, Destin Harbor and the Destin Pass. Throw a line off this structure and you're bound to catch something good. Sheepshead, Black Snapper and Redfish are going to be your main targets, but plenty of desirable fish are waiting to be hooked! Fishing on the bridge is free and legal providing you stay within the posted locations. And as long as the fish is within the required limits, it's good to keep!

### Surf Fishing (Gulf Side)

There's nothing like rigging up a surf rod, wading out to the drop off, and casting a deep line! Surf fishing, or beach fishing, allows some of the freedoms that bridges and piers do not. You need only avoid the swimmers, and you'll find yourself in a perfect fishing

location free to cast anywhere, set up a chair, and chill out while waiting for the big one to bite! Most of the public surf fishing goes down to the beaches behind Santa Rosa



Boulevard Condos and the Okaloosa Island Boardwalk. But if you drive towards the east end of the island, you'll find patches of public beach that are more secluded, a local's favorite and prime for surf fishing. It's almost impossible to predict what you'll catch from the beach, but Pompano, Redfish, Kingfish, and Catfish are some of the usual suspects!

### Surf Fishing (Bay Side)

Surf Fishing in the bay as opposed to the Gulf isn't quite as popular, but provides a whole different experience. Park along Highway 98 on the north side of Okaloosa Island along the long stretch of public beach and set up shop. Find Speckled Trout, Redfish, Flounder, Ladyfish, and Bluefish while surf fishing in the Choctawhatchee Bay! Anglers opt for lighter gear when fishing the bay, and live bait including finger mullet, shrimp, and pinfish are sure to attract quality catches. If the northside beaches aren't yielding the desired results, try fishing the waters in the area under the Marler Bridge. Here you'll find free public parking, and easy access to quality seaweed beds and drop offs.

### West Jetties

The giant rock piles known as the "East and West Jetties" border the Destin Pass. The East Jetties lie in Destin, and the West Jetties are part of Okaloosa Island. Fishing off the West Jetties is a perfect example of "extra risk, extra reward." The Jetties are accessible to you, but take a little extra effort to reach. Packing light is encouraged, and the right footwear will go a long way when climbing massive boulders to reach the best fishing spot. Snag various Gulf fishes including Grouper, Snap-



per and Spanish Mackerel fishing from the West Jetties, and make

sure to steer clear of snorkelers, surfers and passing watercraft.

*Provided by TripShock.com, an online marketplace that allows activity and tour providers to sell their products and services to travelers across several different advertising mediums. Based in Destin, TripShock operates in 12 Southeast destinations including New Orleans, Destin, Myrtle Beach and Key West.*

## Flyfishing Film Tour

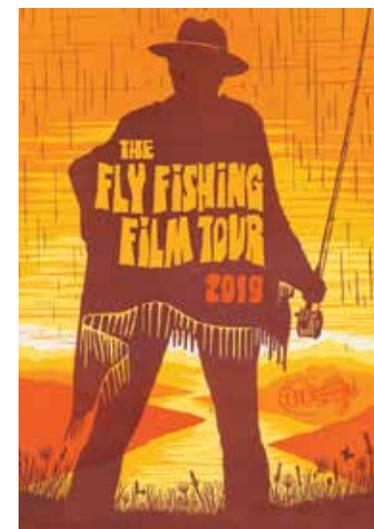
The lights in Destin's Shoreline Church dim, highlighting the illuminated screen. Viewers settle in their seats on the first and second floor of Shoreline's auditorium, ready to take a trip around the world. On May 3, the Flyfishing Film Tour arrives in Destin for the second year in a row.

Now in its 13th year, the Flyfishing Film Tour, shortened to F3T, strives to bring a unique vision of angling to viewers across the country. This year, the films featured in the tour includes stories from Florida, Idaho, Alaska, British Columbia, French Polynesia, and more. Showcased on the biggest LED screen in the city, the F3T promises to inspire future angling adventures for fishermen and women of all ages.

"We are so excited to have F3T here again," says Eric Partin of Shoreline Church. "The movies are epic. And personally I look forward to this movie every year mainly because I love fly fishing. I think the church should lead the way in taking care of our environment and that is why we love to help Choctawhatchee Basin Alliance and their mission."

Doors open at Shoreline Church at 7 p.m. for the 2019 event. Bote Boards will be on-hand to showcase unique ways to get on the water in our community, while the Flying Pig Cafe and the Brig Brewery will provide light fare. All proceeds from the event benefit the Choctawhatchee Basin Alliance (CBA).

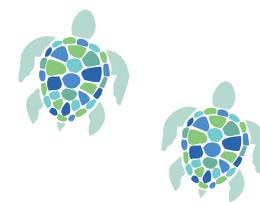
"Fishing is an integral part of Destin's history, culture, and community," says Alison McDowell, Choctawhatchee Basin



Alliance Director, "At CBA we strive to improve swimmable, fishable waterways for future generations. The film tour is the perfect combination of art and angling, and thanks to Shoreline Church this event will support our education, research, monitoring, and restoration programs."

To showcase native species from our bay and coastal dune lakes, CBA will set up touch tanks to highlight the fish, crustaceans, and other critters that call our watershed home.

Tickets are \$25 in advance and \$30 at the door, available at: <https://flyfilmtour.com/buy-tickets/> For information please contact Eric Partin at [ericpartin@mac.com](mailto:ericpartin@mac.com) or 850/502-9621.



 Wellness

## Tame the Tantrum: Part 2



BY CHRISTINE RUSHFORD,  
COASTAL COUNSELING

Last month we talked about how to prevent your child from throwing a tantrum. Some of you might have read that article and thought, “That’s great, but what do I do in the midst of a melt down?” (See March Destin Life at MyDestinLife.com.) You’ve already gone back to basics and made sure your child has been fed and had plenty of sleep. You provided your child with age appropriate control and decision-making power. You’ve even ensured daily one-on-one attention, yet he is still laying spread eagle on the kitchen floor in hysterics! Don’t worry, we’ve got you covered this month, too.

When your child is in the midst of a temper tantrum, the first person to focus on is you. That’s right—you. It can be very frustrating (annoying, embarrassing, etc.) when your child loses control of his emotions. In that moment it’s tempting to lose your cool as well. The last thing an out-of-control child needs, however, is an out-of-control parent. Before you react to your child, take a moment to gut check yourself. Take a few slow, deep breaths to ease your own angst. Count to 10 before responding. If neither of those tricks work, step away for a minute (provided your child cannot get hurt in the location she is having her tantrum).

The second step is to identify what kind of tantrum this really is. Sometimes children have realized that a tantrum is the perfect trick to get mom or dad to give in to whatever demand she presents. If this is a tantrum that would stop immediately if you give in, then you know you have a manipulative tantrum on your hands. In this case, it is important to provide clear, loving boundaries in a firm, but calm, tone. It might sound something like this,

“I know you are angry that you can’t have that toy, but I don’t like the way you are behaving. If you don’t stop now, you won’t get that toy and you will not be able to play with Suzy tonight.” Here is the difficult part—you MUST follow through with the consequence you have stated will happen. When you provide that firm, consistent boundary during a manipulative tantrum, your child learns that it is ineffective and even detrimental to her wants (she didn’t get the toy AND she couldn’t play with her friend) to behave that way. It might take a few tries at these tantrums, but she will eventually cease using this tactic to get what he wants, as long as you remain consistent and do not give in.

If this is a tantrum where your child has genuinely lost the ability to regain control of his emotions (not a manipulative

power play), then the next step is to meet your child with empathy. All behavior is communication, and when a child is having a tantrum, he is communicating that he is emotionally overloaded. Identify the emotion that your child is expressing and give him that feeling word that he is unable to verbalize. This step would sound something like this, “I know you are so angry that you can’t play with your friend right now. It’s really hard to not get to do what you want...” Providing empathy should be used low to the ground where your child is. Make eye contact if possible. Some children will allow you to touch them, while others will scream, “Stay away from me!” Whatever he needs in that moment (touch or no touch) is okay. The purpose of providing empathy is to begin to de-escalate the situation. A child who is

understood and whose parents “get” him will be more likely to begin to calm down. If a child feels unheard or misunderstood in his time of difficulty, he will ratchet it up a notch until heard. In their book, “The Whole-Brain Child” by Dr.’s Siegel and Bryson, they call this the “Connect and Redirect Technique.” The goal is to connect with your child by using soothing tone and touch (the right side of your own brain) to help him begin to better regulate his emotions (his right side of his brain). Once your child has calmed down, you can begin to discuss his behavior and alternatives to that behavior or consequences if necessary.

Sometimes, you can catch a tantrum before it becomes a full-blown meltdown. In a situa-

tion where you feel your child is about to lose it, try implementing humor or physical movement. If you do something silly to catch your child’s attention, it might distract her from the meltdown. Or if you can get your child moving her body prior to tantrum, the movement can actually help relieve the pent-up emotion and reintegrate the body and brain for optimal functioning.

To learn more about tantrums, visit my website: [www.christinerushfordcounseling.com](http://www.christinerushfordcounseling.com)

*Christine Rushford, MS, LMHC, is passionate about working with children, parents and couples because she understands the demands on today’s families. She IS a parent who offers a safe place to discuss your fears and concerns with practical, relevant tools to improve relationships in your home.*



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# What is Normal?



By DR. RICHARD CHERN, MD

How many times have you been told, "Labs look normal, see ya next year?" But that voice inside says "I don't feel normal." Why is that? Well, because it's normal to age, get tired, gain weight, have achy joints, thinning hair, move slower, and have brain fog. It's normal for women to get hot flashes, vaginal dryness, depression, osteoporosis, and have increased risk of breast cancer, heart attacks and strokes after they stop producing estrogen. It's normal for men to lose muscle mass, sex drive, and get erectile dysfunction as the testicles produce less testosterone every year.

Are you happy with normal? I was living a normal life before I started The Hormone Restoration Center. I had normal testosterone and a normal thyroid. I thought falling asleep after lunch was normal, I thought my cold feet were normal, I thought my brain fog was normal. Let me tell you what most doctors don't know, don't understand or don't believe. We don't want to live a normal life. We want to live an optimal life.

After I got treated I realized I had been on the wrong path for years. Living every day feeling optimal is something that cannot be described, it has to be experienced. I felt so indescribably fantastic that I stopped everything else and opened The Hormone Restoration Center. Our goal at The Hormone Restoration Center is not to get you back to normal, go see your doctor for that. We want you to feel optimal! Do you remember the last time you had a great day? How about two great days? How about a month of great days? Can you even imagine how that feels?

The Hormone Restoration Center starts with a simple blood draw

done right here in our office. You can choose from the \$99 basic or the \$295 comprehensive lab which includes nearly 60 different tests and a genetic test. The "big labs" charge \$1700 for the same tests. You can see the doctor the next week! At the consultation you will receive an in-depth lesson about what is going on, why you feel like you do and how to fix it.

Many patients (and doctors) have no idea that a normal testosterone, estrogen and thyroid can wreak havoc to the body. When was the last time a doctor listened to you instead of the piece of paper with the normal labs?

"Great news Mrs Jones, the labs are normal, you just need to diet and exercise."

"But I feel..."

"Now, now, Mrs Jones, you're not getting any younger. This is just a normal part of aging."

Yes, it is, and I don't want any part of it!

*Dr. Richard Chern, MD has been seeing patients for more than 25 years. His background includes ER, Family Practice, and he was a USAF Flight Surgeon. He uses bio-identical hormone pellet therapy*

and his staff and providers are all BioTE certified. We have been awarded Legacy status by BioTE. We look forward to

meeting you and encourage you to bring your spouse to your consultation. Call us today at 850-837-1271.



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**Dr. Richard Chern, MD**  
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 Wellness

# Digestion by Design: Part 2



BY MELANIE STEWART,  
YUM TUM NUTRITION

Ghandi gave some really good advice when he suggested that we drink our food and chew our drink. As we continue our digestive journey (please see Part 1, Destin Life January 2019 p. 12 at MyDestinLife.com), we arrive at our favorite organ of digestion – the mouth – where we get to taste all of our delicious foods! Mother Nature is certainly generous in providing us with an amazing variety of whole natural foods, each with a unique set of healing assets, vital nutrients and fiber, all of which contribute to positive health.

Beyond deliciousness, though, quality foods are needed to provide the raw materials to build and run our system. These include the elements needed to make units for energy production, the raw materials (amino acids, fatty acids, glucose) to build structures like

enzymes or cell membranes, the chemical components (vitamins, minerals, antioxidants etc.) necessary for good health, and the fuel for the bacteria in our microbiome which provides assistance in nutrient absorption.

Most importantly, food is the form in which our surroundings penetrate into our bodies in rough, big quantities giving us information about the world around us and influencing genetic learning. In fact, as the foundation for the environment for our cells, food is more influential than our genes because it influences which genes express and which don't. Therefore, food can be our greatest health asset or our greatest health foe.

One of the most important facts of positive health is that it is dependent on an alkaline environment, while disease states thrive in an acid environment. To achieve an alkaline system, we need LIVE foods that are nutrient dense, enzymatically active and energizing. LIVE foods include fresh fruits and vegetables, fermented foods like kefir, sauerkraut, or miso, and raw foods. Other alkalizing foods include peas, beans, lentils, spices, herbs, seasonings and healthy fats.

Your goal is to consume a minimum of 50% LIVE foods daily, working your way up to 75%.

DEAD foods, on the other hand, are devoid of enzymes and

thus rely on our bodies to provide the enzymes necessary for their break-down. With the exception of cooked proteins, which provide amino acids, they are typically devoid of nutrients, harder to digest and are acidifying. As a result, they can drive disease, destroy our system and can even lead to cell mutation and death. Many processed and packaged foods fall into this category as well as all high sugar or refined foods, junk foods and most fast foods.

However, no matter what you are choosing to eat, the primary purpose of your mouth is not just to taste but to chew your food. Chewing well does major things for us that you might not have considered:

**1** – Enhancing digestion and nutrient absorption. The more we chew the more surface area we expose on our food. The more surface area we expose, the easier it is for the small intestine to access those vital nutrients.

**2** – Slowing us down, allowing us to enjoy our meal.

**3** – Preventing over-eating. When we eat slowly we give our brain the opportunity to notice when we are satisfied.

**4** – Making us more attractive because, well, stuffing our face and gulping down huge bites of food is generally not very attractive! But also, when we give our stomach a

more liquefied food, rather than large chunks, we reduce the risk of suffering symptoms of digestive distress including indigestion, cramping, bloating, belching and gas, NONE of which are attractive!

**5** – Best of all, chewing, well, can potentially save your life! Not just by reducing the risk of choking, but by stimulating the parotid glands which signal the immune tissue in your gut to turn on. Why? Because food can kill you! Not just the garbage foods that are DEAD and are killing us too, but any food can harbor bacteria or other foreign matter that can hurt us. Remember, food is a major invader of the body. As a result, the gastrointestinal tract has more im-

mune cells and activity than anywhere else, a deliberately designed and engineered miracle!

So, while it is of the utmost importance that we choose healthy foods, it is equally important that we “chew” them well, too!

*Melanie Stewart has written two books for children (Yum Tum, Good Food is Fun! and Yum Tum, We Get it Done!) and one for adults (Yum Tum For Everyone!) all available on Amazon or at <https://www.yumtumnutrition.com/>. All content is commentary or opinion and is protected under free speech laws. It's not meant to give individual medical advice or to make any health claims on the prevention or curing of diseases. For more information, you can email [melanie@yumtumnutrition.com](mailto:melanie@yumtumnutrition.com).*



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# The Lotus Life: Give Yourself Permission



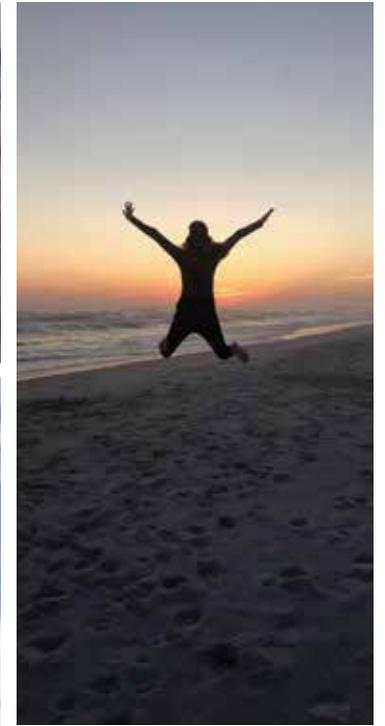
matters, except how you are feeling right now. So how are you feeling? There is no correct response, just be honest.

In this moment, I feel peaceful. I feel peaceful because I rode my bike to a pavilion on the beach to write this article. I share this because the feeling is profound for me. I am grateful because I created this moment for myself. And I was able to create it, because I gave myself permission.

Life is meant to be enjoyed! We have been given a playground, so give yourself permission to go out and play for no other reason than because you want to. Because it makes you feel something inside that puts a smile on your face and in that moment, your moment, you are free to do so. Cut through the chains and break out of the cages that we have built around ourselves. We limit ourselves out

of fear. We trap our desires and dreams. We do not need permission to enjoy our lives from anyone else but ourselves. Stop giving your power away to others. Don't settle or live out of obligation. Don't task out your life because you feel unworthy of the blessings. Our worth is not determined by our actions. We are worthy beings whether we sit on a couch or invent the next biggest gadget that helps the world. We are worthy when we feel anger towards someone we love, and worthy when we are making someone else's life better, and whether we do or don't do anything does not matter. We are worthy because we exist! It is our experience that we take from our actions, so how you want to experience life is up to you.

So, live in the moment because you want to. Experience



life and be selfish with your time. We are all vibrationally connected, so doing what makes you happy sends out a ripple effect to all those around you. Life is grand! So be grand in your own right, however that looks or means. Give yourself permission to live your highest and best

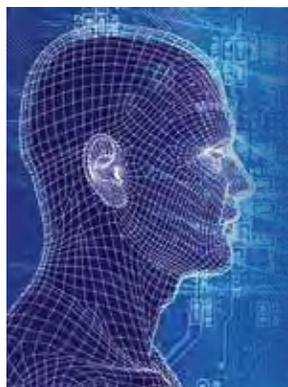
life. I have a feeling miracles might just follow you.

### 3 ways of Giving Yourself Permission:

- Declare it! Make a pledge to yourself, write it out. Put into words that you are going to give yourself permission to live life to the fullest and whatever that means to you.
- Feel it! Close your eyes. Feel the light inside you. Feel it coming from your heart. Feel it coming from your power center in your belly. Let the light get bigger and bigger until it completely surrounds you, this is your essence. When you connect to it and let it shine, you cannot help but listen to its guidance as it leads you on your path.
- Do it! What is something that if you did it today, would make your heart smile? Got it, now go out there and do it! Give yourself permission to be free and to be you!

BY LAUREN CATANESE

The enjoyment of life doesn't come from anywhere else except from ourselves. We allow ourselves to feel or not to feel what we do. This is a moment in your life. What is real is what you are currently feeling. Nothing that happens in the future nor anything that happened in the past



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 Musing

# A Pastor's Ponderings



BY. REV. J. PETE HYDE

There was something different about that particular morning. When I awoke, I could not put my finger on it, but something was different, something was missing. As I got ready to face another day, I dismissed the wonderings and went about my day, soon forgetting about the empty feeling of the morning.

That evening, I sat on the back porch and again felt something was missing. Then it came

to me. The call of the cardinals nesting in the gardenia bush seemed silent. I got up and eased my way over the edge of the porch and peered through the screen, being ever so careful not to disturb the mother cardinal who was so diligently keeping watch over her tiny eggs. Boy, was I in for a surprise!

The nest was empty. No, I don't mean mom was just taking a break from sitting on the nest, but the nest was empty. She was gone and so were her eggs. The small nest, made of twisted brown and grey twigs, lined with feathers, looked like an abandoned apartment in the midst of the many shades of green of the gardenia bush. In the midst of spring, surrounded by the smell of blooming gardenias and jasmine, with the flower bed covered in a rainbow of petunias, and caladiums just opening their leaves to provide a bang of color, the little, brown,

empty nest, having been shaken loose by the wind, now lies on the ground like a cast-off from last year. In the midst of all the signals of the new life of spring, emptiness looms. It was the song of the mom and dad cardinals I missed that morning. A tug of



emotion ran through my heart. I so looked forward to seeing a family raised in the bush right outside my back porch. I hoped to see the miracle of life right before my eyes.

We embark on the Easter holiday season, where we cel-

brate new life and hope eternal. We hear the story again of the disciples who followed Jesus with such inspiration and hope, gathered in a small upper room following his arrest, trial and execution, licked their wounds and wondered what the future would hold now that all their hopes had been dashed. You see, even then, there was an emptiness in the midst of a new life. All they hoped for, dreamed of and believed in, was now cast off and buried in a borrowed tomb. Hope was gone. Fear and uncertainty had replaced the dreams.

Then they heard the news. The grave was empty! He had conquered as he said he would, but in a different way than they had understood! Hope was renewed. Dreams were rekindled. Belief bloomed once again. The promise of new life was kept.

Our lives are full of empty nests that once held our hopes,

dreams, expectations and beliefs. But, the risen Lord of Easter can fill those empty nests of hopes, dreams, beliefs and expectations with new ones and set us on a new journey that will bring us closer to the Father.

Last night as we ate dinner on the back porch, in the distance, somewhere in the forest behind our home, the call of a cardinal rang true and clear. It was answered by another one calling in the distance. I glanced over at the empty nest lying on the ground. Again, in the distance, the cardinal called and was answered.

Called, then answered, much like our Heavenly Father. I think I'll leave the empty nest there for a while to remind me that God will fill my emptiness and restore my hope and belief.

*Rev. J. Pete Hyde, Senior Pastor  
Santa Rosa Beach Community Church, 850-267-2599; srbcc.com*

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# Easter



By Sean Dietrich

It was the worst Easter Sunday ever. People arrived to service dressed in pastels, wearing those big soupy grins. They were happy people. No. Worse than that. They were families.

After Daddy died, we were half a family.

In the woods behind the church sat a rusted Buick with busted windows. It was the perfect place for sitting. Or crying.

On Easter Sunday, I did both. While cheerful folks sat in the chapel, I hiked through the brush, plodding through

the creek, toward the Buick. I climbed onto the roof. I loosened my green tie, rolled it into a tight ball, then flung it as far as I could.

I hated that thing. It was my father's. The same necktie I'd worn to his funeral only six months earlier. It still smelled like him, which made me sick to my stomach. And then I started sobbing.

I was interrupted by footsteps in the brush. It was Phillip, who was a few years older than me.



He climbed up beside me. "You didn't want to hear the sermon today?" he asked.

I didn't answer, because I didn't give a cuss about sermons. Six months after your daddy dies, the last thing you want is to hear some fella yapping about the joy of the Lord.

"You play first base, don't

you?" Phillip asked. "Hell, I ain't no good at baseball." He removed his necktie and tucked it in his pocket. "Don't you hate ties?" Silence.

"You know," Phillip went on. "My daddy left my mom and me before I was born. Shoot, my buddy Billy, he don't even know if he HAS a daddy. And Roger Allen, his daddy died when he was just a toddler. Lots of us ain't got daddies, you know."

I said nothing.

"I suppose," he said. "What I'm trying to say is, you're part of our club now."

He nodded toward two boys in the distance. It was Billy and Roger Allen, leaning against an oak tree. None of them had neckties on.

More silence.

"Dammit," said Phillip. "I don't know squat about how you're feeling. But I know nobody's alone in this world. Not even you."

And then he let me ruin his sport-jacket with my snot.

I understand Phillip can preach the paint off a fire-plug, nowadays.



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 Business

# Meet our Local Pro: Kyle Aichele, Emerald Coast Scapes

Kyle Aichele, owner of Emerald Coast Scapes, believes that one of the coolest opportunities as humans is that we get to be creators. "Creating to me is such an intense and pressure-cooking experience of witnessing the impossible becoming possible, the sheer fact that one is able to achieve success in those endeavors and the trials that one is also able to overcome."

When Kyle first started to understand these powerful realizations, he worked at an internship in his late teens where he worked with five others maintaining 70 acres of property. "It was a beautiful campus," said Kyle, "but I saw things that I thought would make it a lot more enjoyable to look at from a landscaping perspective. We started to clean up the place and make the property look pristine and excellent. Even though it was work and it was hard, I was always energized at the end of the day and left work feeling good."

Kyle started a landscaping business in his mid 20s providing



an array of service from making a normal lawn look perfect to working with builders. In one instance, he worked on a new house which sat on nothing but a plot of dirt. He added cool trees, perfect green grass, hand-picked flowers and shrubs that he and the homeowner wanted, and added colored rocks and mulch to bring accent to the house and curb appeal. "When it was finished, I got to see the excitement that the homeowner came home to. It was rewarding to see the experience we had created for their family to enjoy, such as everyone

meeting in the backyard on the paver patio with the outdoor kitchen and fireplace while hanging out under the pergola relaxing and connecting socially."

Kyle says although he continues to enjoy seeing that final picture in his mind of how he took a blueprint and brought it to life, he also admits there were many obstacles. "We persevered and overcame them. I consider it just the challenges of the business and welcome the opportunity to solve those challenges for my clients," he says. "I have never been one that enjoys the same and mundane routine in life. Even though it sometimes feels better, I know that I have to be comfortable with being uncomfortable."

As Kyle steps into this year with its new opportunities, he says he's proceeding with the mindset of creating more. "Taking nothing and building/creating it into something that others love to stop and look at is my passion," he says. "Honestly, that is why I moved my family

of six down here from North Dakota, because we get to live in a place that is inspirational and rejuvenating. Whenever I feel low, I just spend 15-30 minutes walking or playing with my kids and wife at the beach, and I get refreshed."

Kyle says if there's anything you would like his company to help create for you or on your property, simply contact him. He can help with new ideas, a fresh cleanup or cut on lawn or property. "We would love to serve you in that way," says Kyle. "We do the dirty work for you!"

Emerald Coast Scapes serves Destin, Miramar Beach, Santa Rosa Beach, Panama City and surrounding areas. Services include residential and commercial lawn maintenance, custom patio installation, retaining wall installation, mulching and pine straw, gutter cleaning, spring and fall cleanups, grading, tree and hedge trimming.

Look for landscaping tips in upcoming issues of Destin Life. You can reach Kyle at 850.783.0817 or [emeraldcoastscapes@gmail.com](mailto:emeraldcoastscapes@gmail.com).



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## "Mint to Be" Women in the Workforce Luncheon Set to Inspire

Join First National Bank as it presents the 2019 Women in the Workforce luncheon, "Mint to Be," April 25th! Enjoy a catered lunch, receive door prizes and hear from a designated panel of influential business women in our community. "These women, while from different industries and professions, will openly discuss the challenges and blessings of being a woman in the workforce," says Lorenda Smith, Vice President of Marketing & Retail, First National Bank. "For years, this day was traditionally known as Secretary's Day. We are now so far now removed from that stereotype. However, we are still mothers, wives, daughters and, many times, caregivers," continued Smith. "Our goal is that participants will leave inspired, motivated and hopefully encouraged as these women share their own struggle of conquering the workplace while maintaining a positive balance at home," says Smith.

Keynote speaker Ginger Barry Boyd is an attorney and commercial litigation partner in the Tallahassee office of Nelson Mullins Broad and Cassel. A 2000 graduate of the Florida State University College of Law, she handles a variety of general litigation matters including multi-claim and class action litigation, RICO litigation, unfair and deceptive trade practices litigation, health care litigation, real estate litigation, securities litigation, bankruptcy litigation, contracts litigation, commercial and residential foreclosures, employment litigation and intellectual property litigation. She has first chair jury trial experience in state and federal court and appellate experience. Although she now lives in Tallahassee, she has a statewide practice and handles cases in Walton, Okaloosa, Santa Rosa and Escambia Counties. She is the former General Counsel of the Walton

Area Chamber of Commerce, is a member of Rotary International, and a sustainer member of The Association of Junior Leagues International, Inc.

Panel participants include Lori Leath Smith, Publisher/Executive Editor of Destin Life, Caroline McCoy, Director of Business Expansion for the Economic Development Council of Okaloosa County, Jennifer Pawlik, Project Manager/Benefit Officer Amavida Coffee and Ashley Thackary Vannoy, Market President First National Bank.

The Women in the Workforce luncheon will be held Thurs., April 25, 2019 from 12 p.m. – 1:30 p.m. at the Hyatt Place Sandestin Grand Blvd. Reservations are \$15 per person and can be made by visiting [www.fnbd.com/Women](http://www.fnbd.com/Women) and clicking on FNB Destin. You can also register at First National Bank located at 495 Grand Blvd, #206 Suite 220. #Mint2B



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# Get a C.L.U.E.: Facts about Insurance Claim Reporting



insurance claim or pay out of pocket for the repairs?

For most people, filing an insurance claim can seem daunting. The claims process can be overwhelming and intimidating for some. The most important thing to understand is the difference between filing a claim and gathering information prior to filing. Once a claim is reported, it's cataloged in a data base called the Comprehensive Loss Underwriting Exchange or C.L.U.E. for short.

There is a lot of information that comes out of the C.L.U.E. report and, most importantly, a lot of information that can lead to adverse information negatively affecting how consumers go

about trying to obtain an insurance policy in the future.

C.L.U.E. (Comprehensive Loss Underwriting Exchange), is a claims history database created by ChoicePoint that enables insurance companies to access consumer claims information when they are underwriting or rating an insurance policy. ChoicePoint was started by the parent company NexisLexis, a database for legal and public records related information; the information is placed on a platform to be exchanged within different companies and organizations who pay for their data mining reporting services. How this relates to consumers is that this information

is collected, saved, shared and stored up to seven years and used to calculate the risk of any person or entity.

How this relates to the insured is that all past claims history is saved on this database and can be used to see who many claims a person has filed, the likely hood of filing additional claims, how many claims a particular property has had and the likelihood of more claims being filed on that property, too. What is doesn't take into consideration is the nature of how the information was reported or if it was reported in error (unless corrected at a later time). The problem is, most consumers are not aware that even

fact finding about a potential claim can be reported and affect their reports negatively.

In short, the most important thing to know when reporting a claim or if you are thinking of reporting property damage to your insurance company, is to take the time to talk to a licensed insurance professional to assess the damage prior to reporting. As a wise person once said, "Knowing is half the battle."

To obtain your free C.L.U.E. report, contact: LexisNexis, Consumer Center at 866-312-8076 or go to, [www.lexisnexis.com](http://www.lexisnexis.com).

~ Matthew Vanderford, *Insurance Claims 911*

So, after being gone for the day, you finally pull in the driveway, walk into your house and find water on the floor coming from a small leak from the ice-maker. You grab your phone, look up a local plumber and start to get things repaired. But what do you do next? Do you file an

## Insurance Claims 911



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

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Visit as a Guest, Leave as a Friend, Join as Family

## Otto's Car Wash

BY RITA SHERWOOD

An eco-friendly car wash at the beach? Why not? That's what father and son duo Todd and Jon Garey set out to do, and boy did they succeed! With features like a metal reflective roof, solar panels down the west side of building



that produce solar power, and a reclaimed water system, the car wash is green. Add to that features like concrete instead of a blacktop surface which keeps the ground 15 degrees cooler, soon to be installed canopies to shelter you when you vacuum, and angled driveways so truck beds can drain properly, you've got a winning combination.

An entrepreneur from Indiana, Todd says, "I feel it's important to teach my son to be an entrepreneur too." This is a joint venture for both of them, and even his wife is involved with the car wash's office administration. "It's truly a team effort," Todd says. "Jon and I feel very fortunate to have assembled such a great group of employees in such a short period of time." Vacationing here for 18 years, Todd says his family is happy to now be locals here on the Emerald Coast remarking, "I don't miss the Midwest one bit!"



Todd modeled Otto's Car Wash after conveyor type car washes in other big cities, that he was familiar with. He felt like with more than four million visitors coming to our area, specifically Okaloosa and Walton counties, every year, that they'd probably be most familiar with this type of car wash. Plus, with 87% of those people driving here instead of flying, well, you do the math.

### Otto's Car Wash has the following features:

- Three access lanes to a 130-foot tunnel
- Automated pay stations
- Four wash options from \$9-\$20
- Extra pre-wash bug prep for mirrors and grills
- Tire shine applicator
- 19 free vacuum spots
- Two free high-tech mat washers

- LED light show for premium washes

And to make the experience a little different, they also offer two monthly club memberships for \$43.98 and \$54.98, and a 10% military discount. Are you an Okaloosa County Sheriff or police cruiser? Free ultimate car washes for you!

Also, for the many visiting guests, Todd hopes to include Otto's car wash information in as many welcome packets as possible, ensuring their presence when those vacationers check into that hotel room, condo or house. Since opening just this past January Todd says, "Business is great, we're even starting the process of looking at a second location in Santa Rosa Beach."

For more information, visit [ottoscarwash.com](http://ottoscarwash.com), their Facebook page or call (850) 974-9994.

 Arts

# MKAF Outreach Makes History with Artist Residency Program

Recently, Mattie Kelly Arts Foundation (MKAF) Community Outreach impacted 5,700 children in Okaloosa and Walton Counties. The original touring productions, “The Snow Queen” and “The Reluctant Dragon,” by The Atlantic Coast Theatre (A.C.T.) for Youth, were experienced by 20 school groups and Boys and Girls Clubs in the area. Through the generosity of the Dugas Family Foundation, and Keith and Laura Howard, this two-week artist residency

the performance by the Atlantic Coast Theatre,” says Darlene Paul, principal, West DeFuniak Elementary School. “This is such an enriching experience for our student population. Your efforts are truly appreciated.”

The Mattie Kelly Arts Foundation is a not-for-profit charitable arts organization founded in 1995 to be Northwest Florida’s champion of cultural arts and arts education for all. Orlando-based Atlantic Coast Theatre (A.C.T.) For Youth is dedicated to bring-



given over 3500 performances of 38 productions to approximately

650,000 audience members in 19 U.S. states. ACT for Youth tours year-round bringing high quality theatre performances to children and families across the U.S. Each production is performed by highly skilled professional actors who have a dedication to arts education. For additional information, visit <https://atlantic-coast-theatre.com/>

For more information on

MKAF Community Outreach programs or to join MKAF to receive added valued benefits, including preferred member pricing at special events, or to inquire about getting involved by volunteering or joining the Board of Directors, visit [www.mattiekellyartsfoundation.org](http://www.mattiekellyartsfoundation.org) or call (850) 650-2226 and follow on Facebook.



program has enabled MKAF to deepen its outreach focus on offering meaningful arts-based learning to “at-risk” youth, Title I schools, and students in underserved or rural areas.

“We were delighted to be able to inspire and educate so many local youth through these live theatre performances,” says MKAF Education Director Melanie Moore. “This is a modality that is inherently engaging. We further appreciate how each A.C.T. production is accompanied by a study guide exploring state and national learning standards, underscoring our commitment to being a proactive education partner to our local school districts.”

This residency, as part of MKAF’s Community Outreach Arts Empower initiative, has helped MKAF exceed the total numbers of all other programming from 2018, in the first quarter of 2019, making it one of the most successful programs in the history of the organization.

“On behalf of the faculty and students at West DeFuniak Elementary, I would like to thank the Mattie Kelly Arts Foundation for providing our children with

ing the art of theatre to children & families. The organization believes in the amazing imaginations of children and endeavors to create performances, workshops and educational programs that inspire and encourage discussion, thereby impacting the future. Since 1999 A.C.T. For Youth has

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# Banner Artists Bring a Wealth of Beauty to Main Street and Destin

BY RON SANDSTEAD,  
FLUTTERBY ANTIQUES

Artists probably can't tell you why they create. But, they know they feel good when they do it. Usually, they are creating for themselves. And when they are done with a piece of art, good or bad, there is a feeling of "YES, I did it!" There is a sense of accomplishing something special.

Most of us pay little attention to the beauty around us. We have gotten so used to living in paradise that we have stopped seeing it. When that happens, it is important to stop — take a breath — look around — and see what a beautiful place we live in.

Our next two featured artists were able to see this beauty, and put it on canvas. Their artwork was then copied onto banner material and displayed on Main Street.

Estelle Grengs grew up in Dover, New Hampshire, and has been an artist all her life. She loved her art classes in high school and was one of those kids that preferred art supplies over Barbie dolls. At 19 she married

Matthew Grengs who became a career NCO in the Air Force. While Matt served his country, Estelle and her two children got to see the world moving 9 times and finally settling in Freeport. During this time Estelle continued to develop her artistic style and transitioned from a self-taught folk artist to whimsical impressionism. She sees her artwork as continuing to evolve and is happy with the direction it has gone. Her depictions of fish, boats and waves are all fantastical and tend to prod the imagination. Although succeeding as an artist, she has not given up her day job. She works at Eglin AFB as a civil servant teaching others how to teach children. She also runs an art camp for military children.

The painting she did for our project has many rainbow colored fish in it from big to small and is appreciated for both its detail and colors. Last fall she was honored when her painting of a lobster won the Mattie Kelly poster contest. Her artwork is very unique and can be seen in a number of locations including

the recent front page of the Beach Comber magazine, Emerald Coast Convention Center and the Emerald Coast Gallery by McGuire's restaurant. We thank you Estelle for the happy way you see our world! Keep on painting!

Claire Gagne' was born in Maine but grew up in French speaking Quebec. And, wouldn't you know, after 40 years as a realtor both in South Florida and Destin, she still has a charming French accent. She has a 26 year old daughter and is planning on traveling in the near future.

Claire has been an artist all her life but has only begun selling her work in the last five years. She was mentored locally by artist Don Sawyer who encouraged her to develop her painting skills. Claire's favorite styles of art are abstract and impressionism. She prefers using a pallet knife over a brush — but can do either. Her work can be seen at Kahn's Furniture and Coastal Decor and Emerald Coast Gallery next to McGuire's. Claire's stylized



painting of a palm tree on a beach can be seen in front of Destin Water Users. Thank you Claire for your love of painting and your skill.

For most of us, her painting should remind us of how things used to be. Good memories of time spent walking in our squeaky white sand and listening to the quiet surf just feet away. Solitude. Quiet. Calm.

Sometimes we just forget where we live and we stop letting ourselves see the paradise we have. After all, we are busy. Run, run, run. Sometimes, it takes an artist who still sees to remind us.

Maybe, we all need to go down to the water — walk in the sand — feel — and see.

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## David Seering Presents One Night, One Hope Benefit Concert

This Easter weekend, pianist and entertainer David Seering joined by special guests The Bobby Van Deusen Trio and vocalist Amanda Rippert presents "One Night, One Hope," a benefit concert to break the cycle of poverty.

On Sat., April 20 from 6 p.m. – 9 p.m., the community and visitors alike are invited to experience the exciting setting of a five-piece band live at the Linkside Exhibit Hall in Sandestin Golf & Beach Resort to benefit Global Effect. The evening will delight guests through a sensational musical journey with an eclectic mix of tunes and re-imagined arrangements of everything from Big Band to Broadway and beyond.

Doors open at 6 p.m. for VIP ticket holders to enjoy light hors d'oeuvres, two drinks and a meet-and-greet with the musicians. General Admission ticket holders are welcomed at 7 p.m. for the two-hour concert. VIP tickets are \$75 each and General Admission is \$50 each. Tickets are available for purchase at [www.GlobalEffect.org](http://www.GlobalEffect.org).

David Seering has been involved with Global Effect for a little over a year. "I learned about Global Effect's mission and impact when they invited me to see the work they're doing in the Dominican Republic," said Seering. "I was impressed with their student scholarship program. The country's youth can break the cycle of poverty simply by having the opportunity to get a college degree. I felt a calling to do even more to help their mission, that's how this concert came to fruition."

The Global Effect High Education Program has been serving students in the Dominican Republic since 2015. The program empowers the country's impoverished youth to break the cycle of poverty by developing as a leader, earning a college degree, and giving back to their family and community. Since its inception, 84 students have completed the Global Effect Leadership Academy and earned the opportunity to be sponsored to attend college.

Seering says he usually takes

a break from performing over Easter weekend, but "I feel compelled and blessed to serve. Easter is about resurrection and the youth of the Dominican Republic want to rise above their circumstances. There isn't a

more perfect weekend to be entertained at a spectacular concert while giving young people an opportunity for a better life."

Recognized as one of the most versatile entertainers in America, David Seering's ability takes him from behind the piano as a marvelous solo pianist and vocalist, to commanding a stage as a remarkable entertainer with a 16-piece orchestra as his back up. David's career has taken him from being

the lead vocalist for the United States Armed Forces Band to performing with such notable groups as the Tommy Newsom and the Johnny Carson Tonight Show Band, USC Symphony Orchestra, Tulsa Pops Orchestra, The Lovell Ives Orchestra, as well as the Atlanta Pops Orchestra. David has performed by invitation for two US Presidents, Jimmy Carter, and Ronald Reagan, as well as Georgia Governor

Joe Frank Harris, and Louisiana Governor Mike Foster. David's Master of Ceremonies presentation is highly sought after. He has performed with entertainers such as BJ Thomas, Helen Reddy, TG Shepard, Phyllis Diller, Mickey Rooney, Mickey Gilly, and the Great Cab Calloway just to name a few.

Visit [www.globaleffect.org](http://www.globaleffect.org) for more information.



## MKAF Presents 2019 Concert Line Up

The Mattie Kelly Arts Foundation (MKAF), a not-for-profit charitable arts organization founded in 1995 to be Northwest Florida's champion of cultural arts and arts education for all, announces full line up and concert series kick-off. Purchase tick-

ets at the gate, which opens at 6 p.m.; the concert begins at 7 p.m. for this come-as-you-are family-friendly outdoor concert series. Attendees have the opportunity to enter a live raffle drawing to win prize packages during intermission, and event profits help

fund the Foundation's Community Outreach programs, serving those who lack access to the arts in our community.

Concert goers are encouraged to bring a lawn chair, picnic and wine or purchase food and beverages on site prepared by a featured restaurant or food trucks. Admission is \$15 for adults; children (12 and under) and MKAF members are free. Those interested in becoming a MKAF member can learn more at <https://www.mattiekellyartsfoundation.org/membership.html>. Children 17 and under must be accompanied by a parent or guardian. All sales are final, sorry, no refunds. Pets, tables larger than two feet and drones are not permitted.

"One of my very favorite traditions in Destin is for my family, friends and the business community to come together at the Concerts in the Village! Over four generations of families unite together on Thursday evenings

to sit back, relax under the stars and dance to a variety of music suitable for all ages. What better way to end the work day but with some culture," says Marcia Hull, CEO of the Mattie Kelly Arts Foundation.

A limited number of VIP tables (provides reserved table and seating with admission for up to eight guests) are available. Please contact MKAF at 850-650-2226 for details.

MKAF thanks the following Partners: BrightView Landscape, Frances Roy Agency, Saltwater Restaurants, Silver Sands Premium Outlets, Grand Boulevard Sandestin Town Center, Howard Group, Howard Hospitality, Ocean Reef Vacation Rentals & Real Estate, Old Bay Steamer, ResortQuest by Wyndham Vacation Rentals, Destin Commons Coins for a Cause, A Superior Air Conditioning, Acentria/Nationwide Insurance, J. Ely Business Services, Ft. Walton Beach Medical Center/Twin Cities Hospital, Okaloosa Gas, Progress Bank, Beauchamp Commercial, Ruth's Chris Steak House, Bay Breeze Patio, Trustmark Bank, and Mosquito Authority.

### Full performance line up:

- April 25, 2019** | Shania Twin - A Tribute to Shania Twain
- May 2, 2019** | Fly-by Radio
- May 9, 2019** | Velcro Pygmies
- May 16, 2019** | Az-IzZ
- May 23, 2019** | Ultimate Eagles Tribute - On the Border
- May 30, 2019** | Blackberry Breeze
- June 6, 2019** | Triggerproof
- June 13, 2019** | Back to Avalon - A Tribute to Heart
- June 20, 2019** | Monsters of Yacht
- June 27, 2019** | The Maxx
- September 12, 2019** | Rust and Gold - A Tribute to Neil Young
- September 19, 2019** | Casey Kearney
- September 26, 2019** | Emerald Coast Blues Brothers
- October 3, 2019** | Deja Vu
- October 10, 2019** | Forrest Williams Band

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# Animaniacs In Concert!

## With Sinfonia Gulf Coast In May

Round up the entire family, it's time for Animaniacs in Concert! with Sinfonia Gulf Coast. Created by Steven Spielberg, fans of the beloved Warner Bros. animated series are in for a treat as they get up close and personal with their favorite characters as they perform songs from the hit cartoon series – live on stage with Sinfonia.

Animaniacs in Concert! is a musical revue, starring the original voice-cast of the iconic animated series Animaniacs — Rob Paulsen and Maurice La Marche, accompanied by Emmy Award-winning composer Randy Rogel, that will



time Emmy Awards, and a Peabody Award, and was produced by some of the most creative minds in animation and television.

The Warner brothers, Yakko and Wakko, and the Warner sister, Dot – three inseparable, irascible siblings – have a great time wreaking havoc and mayhem in the lives of everyone they meet. They have been locked away in the War-



bring the stage to life as they are joined by Sinfonia Gulf Coast and the animation on large screens throughout the hall. "Sinfonia offers something for everyone and we are so thrilled to present this creative and fun concert that is perfect for the entire family," stated Sinfonia Music Director, Demetrius Fuller.

Animaniacs in Concert! is based on the beloved Warner Bros. animated series Animaniacs, which delighted television audiences from 1992 to 1998. The iconic animated series garnered two Emmy Awards, multiple Day-

ner Bros. water tower for a very long time, but they have found a way to escape. And escape they do — every day! Causing chaos and comic confusion, Yakko, Wakko and Dot run loose in the city, turning the world into their personal playground. Animaniacs was created by Steven Spielberg, who executive produced the series through his Amblin Entertainment in association with Warner Bros. Animation.

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**April Music Lineup**

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Black Eyed Blonde Sunday-Wednesday nights 9:30 PM

**BIMINI STAGE WEEKENDS**  
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4/11-13: RedShirt Freshman  
4/18-20: Blackberry Breeze  
4/25-27: High Demand  
5/2-4: The Anteesk  
5/9-11: Horseshoe Kitty

**BIMINI STAGE WEEKDAYS 4-8 PM**  
Sundays: Jones and co  
Mondays: Will & Linda  
Tuesdays: Jacob Mohr

Wednesdays: Jason Tyler Findley  
Thursdays: Will & Linda  
Fridays: Jacob Mohr  
Saturdays: Will & Linda

**TIKI STAGE 6-10 PM**  
Sundays: JB Dyess  
Mondays: Jason Clark  
Tuesdays: Chasing Jaymie  
Wednesdays: Jacob Mohr  
Thursdays: Chasing Jaymie  
Fridays: Austin Jennings  
Saturdays: Austin Jennings

**JUMBOTRON STAGE**  
4/6: Kickstand Jenny  
4/13: Tyler Livingston & The Absolutes  
4/20: Flow Tribe  
4/27: Yeah, Probably  
5/4: NAKD  
5/11: 3HG

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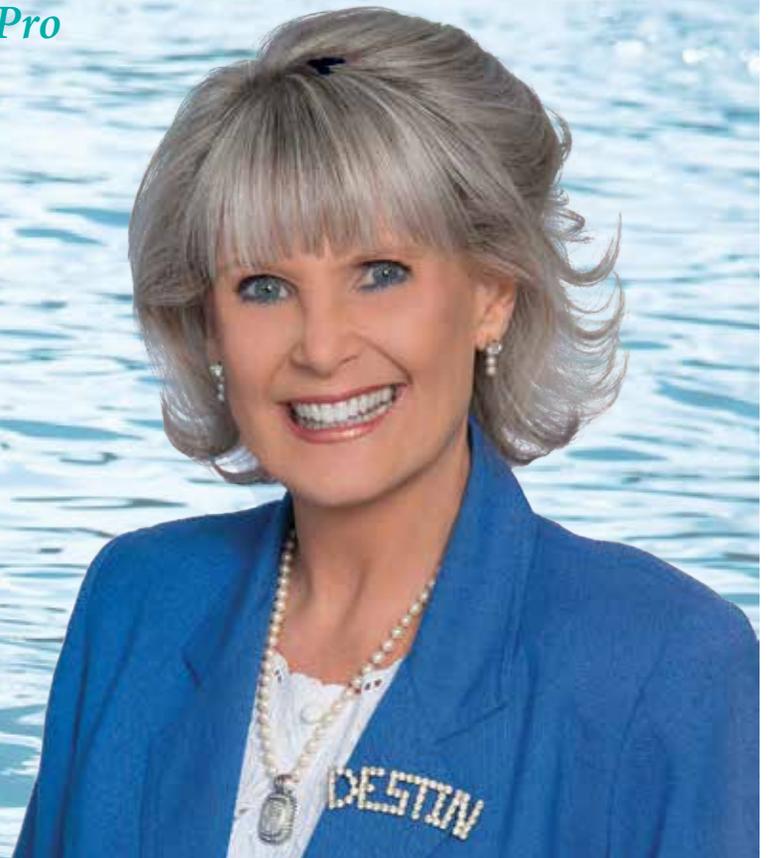


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