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DESTIN Life

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So Others May Live

Coast Guard Rescue Swimmers, Saving Lives, Defying Death

BY MARTHA J. LA GUARDIA-KOTTIE,
FORMER CAPTAIN USCG

Immense Pacific Ocean seas rolled ashore. The frigid salt water swept into the mouth of the Oregon cave at the foot of Cape Lookout with a roar so loud, the Coast Guard helicopter hovering above was quieted.

For Aviation Survivalist Tristan Heaton, the rescue swimmer looking wide-eyed down towards the cave from the protection of the helicopter's cabin—it was the kind of day he lived for. Nothing got his adrenaline going in such an incredible rush as when he was preparing to save lives. He was addicted to the natural injection. Looking down at the ocean he thought, "If I make it back from this one, I'm going to go back and do it again." Heaton said he had waited all his life to "almost die" to help someone. On this day, two brothers were trapped inside the cave. The only way out for the brothers was back through the cave's mouth, into the wild sea.

* * *

The desire to help someone, to save lives is at the core of what it means to be



a first responder and a member of the U.S. Coast Guard. I joined the Coast Guard to save lives and to protect the environment. After getting my appointment to the US Coast Guard Academy on the steps of Station Destin, located across from Crab Island and at the foot of the Destin bridge, I served in the U.S. Coast Guard for over 30 years at sea and ashore.

When I learned of this

extraordinary cave rescue, I was a lieutenant working in the Pacific Northwest as the Coast Guard's Public Affairs Officer. I was surprised to learn more about what happened that day and how Tristan "almost died" to save a stranger. I figured if I didn't know about the extent of what our Coast Guard men and women do to save others, then certainly many people in America and around the

world did not either. This story stuck with me as I moved from Seattle to New York and continued to serve as a Coast Guard officer. As I transitioned from active duty to active reserve, I was driven to write a book about the Coast Guard's modern day heroes and their rescues in an effort to shine a light on our service

COAST GUARD
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See p. 43 for special offer!

We're Open

Beaches, restaurants, retailers, vacation rentals, businesses and many Destin Life partners have been opening or reopening and getting back to work! Here's the latest at the time of this printing:

Vacation rentals in the Florida panhandle have been allowed to book guests again and tourists are so happy. Okaloosa, Walton, Bay, Gulf, Franklin, Escambia and Santa Rosa counties are all now allowed short-term rentals after Gov. Ron DeSantis approved each county's rental safety plans. Vacation rental reservations from areas identified by Governor DeSantis as high risk, through Executive Orders EO 20-86, Louisiana and EO 20-82, New York, New Jersey and Connecticut, must be for periods longer than the quarantine

OPEN
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 **Community**

OPEN

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period established in that Order. Guests occupying those vacation rentals must adhere to the quarantine restrictions or be subject to established criminal and civil penalties. All persons entering Florida from areas with substantial community spread must self-isolate/quarantine for 14 days or the duration of the person's presence in Florida, whichever is shorter. For the safety of all residents and visitors, tourism partners are encouraged to refrain from renting to guests from high-risk areas. The locales for which rentals are prohibited or restricted could change as the state of Florida reviews the spread of COVID-19 across the U.S.

The beaches are open with social distancing and event restrictions still in effect.

As of May 18, restaurants



were excited to welcome customers back as they are allowed to open at 50% capacity indoors with outdoor seating encouraged.

Retail, museums and libraries were also allowed to open at 50% capacity indoors. Gyms and fitness centers reopened as well with social distancing and sanitizing of equipment after each use. "If you're inside, make sure you're doing the social distance and then sanitize machines and surfaces after use," Gov. DeSantis said. "I mean, that should be happening anyway."

Barber shops, hair salons and nail salons also re-opened in May adhering to safety protocols. Professional sports teams can also train and teams are welcome in Florida. Theme parks will steadily reopen as they submit a plan that is approved.

State Parks began reopening May 4, although visitors should expect limited hours, capacity and amenities. All restrictions on youth activities have ended throughout the state, including summer camps and youth sports.

Elective surgeries were once

again allowed as of May 18 if the facility meets certain conditions. Physicians are now actively scheduling medical procedures at nearby Fort Walton Beach Medical Center (FWBMC), Twin Cities Hospital and Sacred Heart Hospital on the Emerald Coast.

Theaters and bars may operate at 50% inside and full capacity outdoors. Visiting long-term care facilities is still prohibited.

City of Destin City Hall and Community

In May, City Manager Lance Johnson announced a soft reopening of some of City of Destin's facility lobbies, including city hall and community center. The gradual reopening includes limited public access to some buildings, with restrictions, and following all Center for Disease Control (CDC) social distancing guidelines.

• Destin City Hall Lobby is

open to the public on Monday, Wednesday and Friday (8 a.m. to 5 p.m.).

• Destin Community Center Lobby is open to the public on Tuesday and Thursday (8 a.m. to 5 p.m.) and Saturday (9 a.m. to 1 p.m.). All organized activities are suspended.

• Destin Library is open Monday and Friday (9 a.m. to 5 p.m.) and Wednesday (1 p.m. to 5 p.m.). All organized activities are suspended. Curbside service is available.

• City Hall Annex municipal services will remain available to the public via phone and online. Limited in-person meetings are available at the discretion of city staff and by appointment only.

"Most city permit's and services are available via phone or through virtual means. We encourage all citizens and businesses to use our website at

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COAST GUARD

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and celebrate their sacrifices, their risks and their courage. This story was the first chapter I wrote which became *So Others May Live: Coast Guard Rescue Swimmers Saving Lives, Defying Death*. This book was also a template for the movie "The Guardian" starring Kevin Costner and Ashton Kutcher.

I returned to the Emerald Coast and recently retired on the steps of Station Destin, the place where my career began. Station Destin is special to me, not only because I grew up in Destin when all it was known for was "the luckiest fishing village in the world," but also because this station for me represents the heart of the Coast Guard. The men and women of our service are selfless and tireless when it comes to their job, their mission and their dedication to save lives, and protect our coasts.

The Coast Guard is a



multi-mission force and branch of the military under the Department of Homeland Security. A force of 42,000 men and women nationwide, we are similar to the size of the New York

Police Department serving to defend America's boarders and protect the maritime environment. From drug interdiction, to search and rescue, migrant interdiction, ice operations, law

enforcement and marine environmental protection to aids to navigation, the Coast Guard serves at sea and ashore.

The next time you're going over the Destin bridge or on a boat near Crab Island, honk your horn, wave hello or greet the Coast Guard men and women of Station Destin and thank them for their service. When you need help, the Coast Guard will be there just like Tristan and his aircrew.

Tristan's fearful thoughts, looking down at the cave he was about to enter, did not get the best of him. He found the confidence in his training and in his aircrew hovering above to descend on the cable and enter the mouth of the cave to rescue a survivor. Only when the helicopter flew into the cave to help Tristan and the nearly unconscious survivor he held in his arms, did this hero escape death and rise up to see the sunrise of a new day.



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COVID-19 Hometown Heroes: Part 2

BY RITA L. SHERWOOD

We are truly blessed to live in such a giving community; our local heroes are almost too many to count. In part two of our COVID-19 Hometown Heroes story, Destin Life would like to acknowledge the following people and events:

Food insecurity is a nationwide crisis because of all the people out of work and school during the pandemic. This being said, Okaloosa County must make use of every resource available to access fresh and nonperishable food for our local community. On April 11th, **Food For Thought** and local responders partnered up with local area restaurants **Harbor Docks** and **Local Market, Destin Harvest, Farm Share, PERT, American Lunch**, and Event Tents to meet the overwhelming need for free, fresh and nonperishable foods in Okaloosa County. The Destin Drive Through Food Giveaway was created, and a semi-truck loaded with assorted fruits and vegetables, meats, dairy and frozen foods were distributed from 9-1 p.m.

20 volunteers from Food For Thought outfitted with protective gloves and masks, bagged food, directed traffic and loaded trunks of cars as they drove through Morgans Sports Complex. The first 200 people also

received Cuban sandwiches prepared by American Lunch. Many local heroes came together for this event to make a difference in many local lives.



Savannah Smith, a local preschool teacher at **Destin United Methodist Church Jacob's Ladder**, also is a local hero. After the teachers at Jacob's Ladder created a Facebook page, Savannah invited all of her students' parents to join, and she began keeping in touch with them on a daily basis by recording videos. She and the other teachers would even do theme weeks. One such week was Disney week, and Savannah laughs and says, "One day I even dressed up as Elsa and read a Frozen book on video for my students." Add to that daily bible verses, photos and craft ideas to help keep her students busy during the pandemic, and

they even implemented Zoom show-and-tell where all the kids got to show their favorite book or toy. Savannah said it was important to continue a sense of normalcy for her students, because they're so young and don't understand why they're not able to go to school and see their friends. Needless to say, Savannah says, "The parents were really appreciative and this whole process definitely reminded me how much I love and miss my kids; they really are my second children."

Major Eric Aden from the **Okaloosa County Sheriff's Department** cites the many local citizens, business owners and volunteers on his "running list" of heroes during COVID-19. Major Aden says, "Can you imagine that a local restaurant closes, but still wants to deliver free meals and supplies for us and first responders? Well, that's exactly what happened." He goes on to list some of the establishments like Peppers, Waffle House and Sam's Club just to name a few. He says that the response has been tremendous and he still can't believe how everyone in our small community came together to donate lunches, dinners, even disinfectants, masks and other supplies.

Major Aden also says, "The forward thinking of Sheriff Larry Ashley to order and have ex-



isting supplies of personal protection equipment available to us in case of a similar situation was inspiring." He talks about how it's been a challenge during the pandemic, because it's such a fluid situation and every day has been different. But he's proud of everyone from the troops and deputies out in the field to even their legal team for not only understanding each new policy, but disseminating all of the information and then enforcing it. He says a lot of times it wasn't their place to enforce it, but instead to educate everyone on the new policies, which would

come from the county, the state, and the Florida Department of Business and Regulation.

Major Aden goes on to say he's proud of the swift reaction from the Okaloosa County Sheriff's department early on in March, and even on a daily basis and believes there's a direct correlation to the minimum numbers of positive COVID-19 cases and related deaths.

All in all, heroes are all around us. There's not the local restaurant owner, the preschool teacher, or the sheriff only. A lot of times, it could be your friend, your neighbor, even an acquaintance. But one thing's for sure, time and time again, even those less fortunate in our community have stepped up to the plate to help others, and that, my friends, is why Destin is such a great place to call home.

Destin Life's "Hometown Heroes" are sponsored by Better Homes and Gardens Real Estate Emerald Coast. To find out if you qualify for cash back rewards, call 850.837.8880 or visit www.BeALocalDestin.com.

OPEN

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cityofdestin.com or reach out to us by phone at 850.837.4242," stated Lance.

The following city operated playgrounds are now open to the public:

- Children's Park at Morgan Sports Center (4200 Indian Bayou Trail)
- Clement Taylor Park Playground (131 Calhoun Avenue)
- Buck Destin Playground

(724 Legion Drive)

- Destin Sports Complex Playground (633 Kelly Street)
- Kell-Aire Nature Walk Playground (874 Kell-Aire Drive)

The parks and recreation staff will sanitize equipment; however, park patrons are highly encouraged to bring hand sanitizer as an added measure. As information evolves regarding COVID-19 city officials will provide updates across all city social media platforms and website (www.cityofdestin.com).

COVID-19 Local Community Resources

- City of Destin: cityofdestin.com
- Okaloosa County: co.okaloosa.fl.us and Okaloosa County Health Department: <http://okaloosa.floridahealth.gov>
- Centers for Disease Control: cdc.gov

For more information and updates, see Gov. DeSantis' Plan for Florida's Recovery: floridahealthcovid19.gov/plan-for-floridas-recovery

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Community

Food For Thought Supplies Food to Families Affected by COVID-19

By JESSICA ROBERTS

Food For Thought's mission is to remove the negative impacts of hunger and to empower children to get the most out of their education and development by providing them weekly access to healthy, easy to prepare meals through their many programs.

In the 25 weeks of the 2019-2020 school year before the COVID-19 "Stay at Home" Order, Non-Profit Food For Thought distributed 829,000 food items to over 3,300 students across Okaloosa and Walton counties through their backpack program with the assistance of 6,300 volunteer hours. When the global pandemic hit and schools closed their doors, Food For Thought had to quickly restructure and embrace the fluidity of the ever-changing situation at hand.

"We have never closed our doors. We keep fighting to support local families in need," says Tiffanie Nelson, Founder and

Executive Director of Food For Thought. "We're seeing families that have never required our services before. Food insecurity can often result in just one missed paycheck. And, that's what we're seeing now. People in need like never before. If your kids haven't been a part of our backpack program prior to COVID, that's ok. We're here to help."

Food For Thought operates year-round providing services during all breaks in the school year including summer months. The organization has had to shift to these larger, more involved summer-style services three months earlier than anticipated without skipping a beat.

There are five established locations - each of the pantry locations in Destin, Santa Rosa Beach, Defuniak Springs and newly added locations in Mary Esther and Freeport. Families receive curbside bags of food, each vehicle receiving 30 to 50 full-size food items in order to



prepare full meals for the entire family. Each location hosts two pickups per month serving 500-600 families across all five locations. Staff and volunteers are strictly adhering to safety guidelines including wearing gloves and face masks, social distancing, and less than 10 volunteers working together at any one time.

This shift in programming

means 60,000 food items are needed per month in addition to replacing \$120,000 in donation losses from postponed or cancelled events and fundraisers from March into September.

It's just \$30 a month to Sponsor a Family. That \$30 provides one week of food for one family and you can sponsor a family by texting FFTSUMMER to 44321 or donating online at fft-

fl.org. You or your business can now Sponsor a Pickup Location for \$1500 a month which includes both service days.

"A mom of six reached out on Facebook. One of our new delivery drivers recognized our food items. His five kids had been bringing home our backpacks. Now with kids out of school, these families have lost the direct line to our services and many don't have reliable transportation," says Nelson. "We are learning to be nimble. To meet people where they are and help them the best we can. Our community has always come together in times of need, and we're asking for their help now. Every dollar helps."

If you or someone you know is in need of support from Food For Thought, you can get information about food distribution the following ways: text @FFT-ST to number 81010 to use the Remind App, email support@fftfl.org, or call 850-714-1960.



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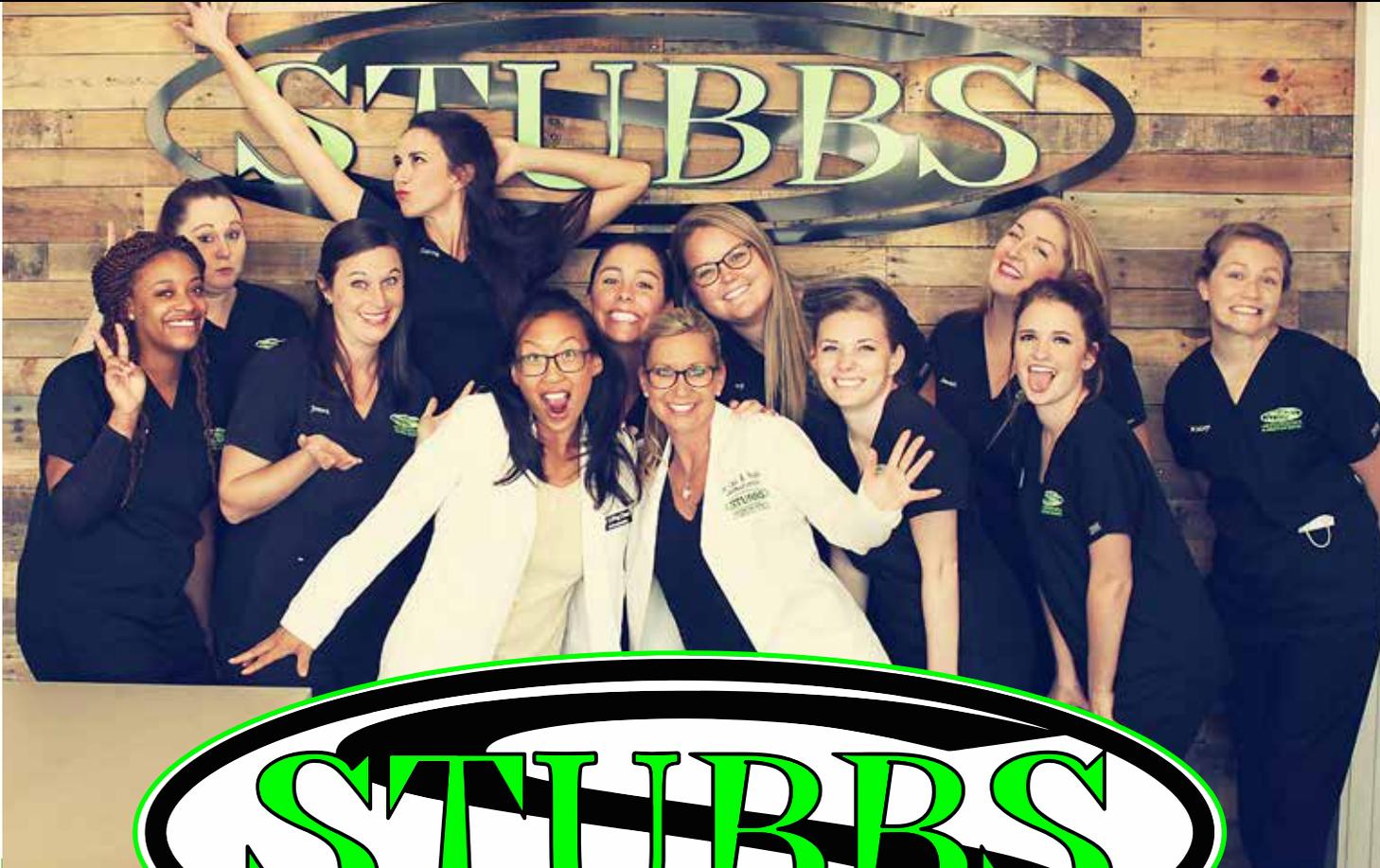
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Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha K.

 Community

Specialty Roofers Launches Free Roof Giveaway for First Responders and Healthcare Heroes

Specialty Roofers, Inc. (SRI) is partnering with GAF Roofing to give away a free roof to a first responder or healthcare hero in the Florida Panhandle. Specialty Roofers, Inc. has earned a reputation for being one of the best roofing companies in Northwest Florida. Local accolades include 2018 and 2019 Finest of the Emerald Coast by Northwest Florida Daily News, 2018 and 2019 Best of the Emerald Coast by Emerald Coast Magazine and Best in Niceville for several years. SRI has a local reputation for giving back to the community they live in through various endeavors, events and sponsorships.

“As a local company that deeply cares about this community, we want to give back,” Mike Miller, president of Specialty Roofers, said. “Earlier in my career I served as a firefighter, so I know firsthand the sacrifices made to protect our community. We hope this small gesture blesses a family that could use the help.”

Specialty Roofers, Inc. is proud to be among the two percent of roofers who qualify as GAF Master Elite Certified, and was honored with the 2018 GAF President’s Club Award. This



require it), maintained insurance, a proven reputation and a commitment to ongoing professional training.

“Between the South Walton fires and the COVID-19 pandemic, our first responders and healthcare workers have really been through it this year,” Cole Bakker, CEO of SRI, said. “We would like to show them that we see their hard work and sacrifice and appreciate them.”

To nominate someone or yourself, you can enter at, [www.](http://www.specialtyroofers.com/roofs-forresponders)

[specialtyroofers.com/roofs-forresponders](http://www.specialtyroofers.com/roofs-forresponders) and fill out the entry form. You will be asked to include your name, contact info and a brief description of why you need a free roof. Nominations will be accepted through July 1. The prize will include all labor and materials and the lucky homeowner will be able to select. SRI will also include its Golden Pledge warranty on the roof, which includes a 50-year material warranty and a 25-year labor warranty. Specialty Roofers, Inc., offers the most trusted commercial and residential roofing brands and products and stands behind them with comprehensive installation and repair services. For more information, contact Erin at erin@specialtyroofers.com or call 850-855-5375

highly coveted award recognizes SRI as one of the most elite roofing contractors in the U.S. SRI was one of only 78 contractors in North America to receive the designation. President’s Club Award winners are selected from an elite group of roofing contractors that must first demonstrate proper licensing (in states that

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Legendary Marine Presents 5th Annual Billy Bowlegs Poker Run

Hall of Fame Dealer Legendary Marine will host its 5th Annual Billy Bowlegs Poker Run on Saturday, June 20. Legendary Marine, Legendary Marina and Lulu’s Destin have partnered again on this annual poker run to benefit Emerald Coast Autism Center and the William Augustus Bowles Foundation. “This event was started by Legendary Marine to get their customers to explore unique destinations in the Choctawhatchee Bay area. Upon planning, it was realized that it was a platform to help local charities and we decided to involve ECAC and WAB Foundation,” stated Todd Royall, general sales manager. “This poker run has turned into a wonderful family event that encourages safe boating and gives back to local or-



ganizations.” The combination of both 501c3 local charities enhanced this family friendly event by increasing the number of participants and setting forth the course to grow into a larger community and destination event.

This event provides an opportunity for boaters new and experienced to visit and become familiar with places to go by boat along Choctawhatchee Bay in Fort Walton Beach, Destin

and Niceville areas. The event will kick-off on Friday, June 19th with a Captain’s Party at The Gulf on Okaloosa Island. On the day of the event, Stops will be open from 10 a.m. – 2 p.m. This allows for entrants to start wherever they choose. The final stop will be Lulu’s Destin and Legendary Marine where the Poker Run Party will take place with raffles, a silent auction, kids’ activities and more. Prizes will also be awarded for Best Decorated Themed Boat and Krewe!

To register go to Billy Bowlegs Poker Run or Legendary Marine Facebook event pages and click on the link. Or you may stop by Legendary Marine Showroom at 4601 Legendary Marina Drive, Destin to register in person.

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Cali's To Do In Destin! JUNE 2020

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Free Beach Bonfire | 5pm | Royal Palm Grille

Locals on the Harbor | 5pm | Boathouse Oyster Bar

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Farmer's Market | 9am-1pm | Grand Boulevard

Rock The Dock Free Concert Series | 7pm | Harborwalk Village

Karaoke | 8pm | World of Beer

..... 7

Women's Concealed Carry Class | 10am | Emerald Coast Indoor Range

Sunday Cinema | 8pm | Village of Baytowne Wharf

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

Hydroflight Monday | 6:30pm | Village of Baytowne Wharf

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Cirque De Harborwalk | 6pm | Harborwalk Village

Sunset Yoga on the Beach

Classes | 6:30pm | Destin Beach Yoga

Boomin' Tuesdays | 7pm | Village of Baytowne Wharf

Music Bingo | 7pm | World of Beer

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Farmer's Market | 9am | Seascape Towne Center

Open Mic Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

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All American Thursday / Fireworks | 6:30pm | Harborwalk Village

Concerts in the Village | 7pm | Mattie Kelly Arts Foundation

Magical Thursdays | 7pm | Village of Baytowne Wharf

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Free Beach Bonfire | 5pm | Royal Palm Grille

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Farmer's Market | 9am-1pm | Grand Boulevard

Rock The Dock Free Concert Series | 7pm | Harborwalk Village

Karaoke | 8pm | World of Beer

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Sunday Cinema | 8pm | Village of Baytowne Wharf

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

Hydroflight Monday | 6:30pm | Village of Baytowne Wharf

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Emerald Coast Women in Business | 6pm | Online - Zoom

Cirque De Harborwalk | 6pm | Harborwalk Village

Boomin' Tuesdays | 7pm | Village of Baytowne Wharf

Music Bingo | 7pm | World of Beer

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Farmer's Market | 9am | Seascape Towne Center

Open Mic Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

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All American Thursday / Fireworks | 6:30pm | Harborwalk Village

Concerts in the Village | 7pm | Mattie Kelly Arts Foundation

Magical Thursdays | 7pm | Village of Baytowne Wharf

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Emerald Coast Blue Marlin Weigh Ins | 4pm | Village of Baytowne Wharf Marina

Free Beach Bonfire | 5pm | Royal Palm Grille

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Farmer's Market | 9am-1pm | Grand Boulevard

Rock The Dock Free Concert Series | 7pm | Harborwalk Village

Karaoke | 8pm | World of Beer

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Sunday Cinema | 8pm | Village of Baytowne Wharf

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Karaoke | 8pm | World of Beer

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Sunday Cinema | 8pm | Village of Baytowne Wharf

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Hydroflight Monday | 6:30pm | Village of Baytowne Wharf

Cirque De Harborwalk | 6pm | Harborwalk Village

Sandestin Summer Luau | 6:30pm | Baytowne Marina

Boomin' Tuesdays | 7pm | Village of Baytowne Wharf

Music Bingo | 7pm | World of Beer

Free Outdoor Main Stage Concert | 9pm | AJs Destin

Henderson Beach State Park to Give Away a Dream Wedding!

Planning your dream wedding, but the national pandemic has you in a panic? The Friends of Emerald Coast State Parks is giving away a FREE wedding package hosted at the Emerald Coast's gorgeous Henderson Beach State Park in Destin. Essential employees from Okaloosa, Santa Rosa or Walton counties who have had to work during the COVID-19 epidemic can enter to win a wedding ceremony package for up to 50

people, valid for use in 2021. To enter, explain why the committee should choose YOU to win in 500 words or less. All entries must be submitted by June 30, 2020. This event is sponsored by The Friends of Emerald Coast State Parks, Perfect Day Weddings, Epic Elegant Entertainment, and Forever Young Photography. For more information or to apply, please visit FECSP.org.



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Father's Day Tech

By RICK MOORE

As we consider Father's Day and what it means, is it possible

that technology is our friend and not our foe? Yes, the "machines" from smartphones to

tablets have disrupted our family time for the past decade. But is it possible technology can ac-



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tually be used to bring families together? That is what recently happened with three generations of fathers.

Nate Kelly, Worship Pastor at Destiny Worship Center, and his father Jerry Kelly, as well as several family members had recently been to Spring, Texas. They went to visit Nate's grandfather. As the grandfather approached his final days on earth, Jerry was able to go back to Texas and visit, but Nate had to decide if he would stay home and lead worship or if his grandfather would be able to see him one last time. Thanks to technology, he was able to do both.

Nate led worship as his brother Jonathan played the bass guitar and their mother Pam enjoyed worship from the congregation. All the while, Jerry and his father were watching, you guessed it, online. No one is claiming that seeing your family on a computer device is the same as being present. But

thanks to technology, families can see each other more than ever before.

Rather than beating each other up with guilt trips because your schedule will not allow you to be together or you simply cannot afford the cost of traveling, why not use technology as your friend and make the best of it? From Facebook to FaceTime, from sending pictures to sharing live video, it is time to get creative and make some memories.

There is nothing wrong with a good old fashion greeting card or a gift certificate to show how much you love your dad. And hopefully you can meet face to face. But thanks to technology, everyone can find a way to say Happy Father's Day and maybe even make a lifelong memory along the way. So, go get creative!

Rick Moore is Pastor of Communications for Destiny Worship Center.



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Congratulations to Bobby Parker for being named Northwest Florida Coast Chapter of the Florida Public Relations Association's (FPRA) 2020 Joe Curley Rising Leader award recipient. Having served the chapter's Board of Directors since 2018, he was nominated by his peers who shared, "Our chapter felt Bobby encompassed all that the Joe Curley Rising Leader Award entails after witnessing his hard work and dedication to FPRA going beyond his designated board position."

Bobby has taken on the task of organizing chapter social events and will soon coordinate the first chapter community service project.

U.S. 98 Improvement Project Concludes in Destin

Construction on a \$4.7 million project to resurface and improve U.S. 98 between the East Pass (Marler) Bridge and Airport Road in the City of Destin (Okaloosa County) is complete.

- The project included:
- Milling and resurfacing.
 - Sidewalk improvements.
 - Access management improvements at median openings.
 - Americans with Disabilities Act (ADA) upgrades.
 - New signage and pavement markings.
 - Adding four-foot bicycle paths along each side of U.S. 98.

• New flashing beacon sign on the East Pass (Marler) Bridge.

A new flashing beacon sign with the message “be prepared to stop” is now installed on the crest of the East Pass (Marler) Bridge. The new sign provides advanced warning for U.S. 98 eastbound drivers when traffic is heavy approaching the Stahlman Avenue traffic signal near the foot of the bridge.

The new sign enhances safety for drivers by alerting them to slow down or stop.

With completion of the U.S. 98 construction effort, drivers

are reminded that the speed limit between Airport Road and the East Pass (Marler) Bridge is 35 mph.



After: this photo taken near the Airport Road intersection shows the newly resurfaced pavement, new bicycle lanes and sidewalk improvements.



Before and after: these photos, near Gulf Shore Drive, show the new bicycle lanes and damaged sidewalks replaced.



After: an aerial view of the newly resurfaced U.S. 98 in Destin near Alvin's Island.



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ENERGY TIPS

by Emerald Coast Energy Solutions

By CHRIS BALZAR, ECES

If you are like most people, when your electric bill arrives every month, you place it in the "to pay" folder and open it later. When we do get around to opening the electric bill, we look at the amount owed; some sigh, some grunt, some grin, mainly in November, and we get out our checkbooks or log into our accounts and pay the amount without fail. Don't get me wrong, I love using energy. I'm currently writing this article in a very comfortable air conditioned office while it is 88° with a "feels like" 92° outside. I gladly pay the electric company and am thankful for all the hard-working employees who keep me in comfort.

However, there are ways to lower our electric bills. We can turn our thermostats to 85°; we can draw the blinds to prevent natural sunlight to illuminate our homes; we can use the fire drill exercise by running out the front door and closing it quick-

ly behind us so our bought air condition does not escape; or we can take measure to become more energy efficient. It's not rocket science, it's building science. A well-insulated and properly sealed home uses less energy while maintaining the same comfort.

So how do we make our homes more energy efficient? Outlets and switches on exterior walls can waste up to 1% of energy. Adding insulating cover plates can reduce the amount of conditioned air leaking to the outside saving you money. Up to 12% of energy loss occurs from drafts around doors and fireplaces. Seals around doors can and will fail over time and should be checked and replaced as needed. Creating a tight seal on exterior doors will keep that cool air in. Thermal imaging can detect these leaks easily. If you don't have access to a thermal camera, simply look for daylight or use a flashlight at night; if you see light, adjust or

replace the seals.

Windows can contribute up to 14% of energy loss. Replacing windows can be expensive. If there are cracks or fog-like film between the panes on windows, these will most likely need to be replaced. If the window is clear but you feel heat when the sun shines through or have a single pane, there are spectrally select films which can be applied to the window which dramatically increase efficiency, almost eliminating UV destruction and at a fraction of the cost of replacement windows. What's great about these films are that they are virtually clear, blocking the heat, not the view.

Up to 33% of energy loss

occurs through our attics and roofs. Recently, Florida has required new construction homes built by 2017 and newer to undergo a blower door test. A blower door is a powerful fan that mounts into the frame of an exterior door. The fan pulls air out of the house, lowering the air pressure inside. The higher outside air pressure then flows in through all unsealed

cracks and openings. This test determines the air infiltration rate of a building. Prior to 2017, these tests were not required and rarely used. The importance is now builders seal electrical and plumbing penetrations with a fire block expandable foam making your home more energy efficient. Prior to the requirement of blower door testing, many builders did not seal these penetrations allowing for energy loss. Sealing these penetrations increases comfort, increases air quality and saves energy. Having proper attic insulation is extremely important, so much so that if your home is 15 years or older and you have not added insulation to your attic, you most likely have 61% less insulation than what is required today for new construction. If you see joists or wood beams where the insulation should be, adding insulation will increase your comfort and increase energy efficiency saving you money.

There are many ways to increase comfort while lowering your electric bill. Why? Because you're worth it! If you have concerns with your electric bill or energy loss and want to be more energy efficient, we are happy to schedule an inspection and educate you on how to increase comfort and save energy.

Chris Balzar is founder and president of Emerald Coast Energy Solutions which is a Smile Provider Company. It provides smiles to its customers after installing high energy efficient products, increasing comfort and lowering energy bills. For more information on how to save this summer and become energy efficient, schedule an inspection by calling (850) 588-2870, visit www.trusteces.com or email wecare@trusteces.com and Beat the Heat!



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Aletha's Legacy Offers Hope to Liberian Children

BY LORI LEATH SMITH

Last fall, photographer and philanthropist Zhalman Harris, best known locally behind the camera, returned to his home country Liberia on a mission: to tour schools and orphanages to bring help to under-privileged children plagued by the lack of basic needs, education and other necessities.

Zhalman's passion for the Liberian children is deep rooted. Born in Monrovia, he lost his mom during Liberia's 14 years of civil war that ravaged the country when a bomb hit their home. He has now founded the Florida-based non-profit Aletha's Legacy named in her honor.

Aletha's Legacy is a 501c3 organization founded to give underprivileged children in Liberia and Africa hope and a chance to a better education. Its primary objective is to create a better learning environment for these vulnerable and fragile children. "We are raising funds to renovate entire schools and update the facilities, such as classrooms, the library, restrooms,



the offices, the school grounds, and cafeterias," says Zhalman. "We also want to provide a stipend for the teachers after all renovations and upgrades are completed."

Aletha's Legacy began its first project with the elementary school which was founded by Zhalman's grandfather! Zhalman says he vowed never to go back to Liberia, because of the atrocities he had seen. But in 2010, he started feeling the urge to return and help his home country, though he will continue to live in Destin. "The idea just

kept coming back that I had a starting point, a school with my family name on it that we could help, and in my heart, I knew it was right," Zhalman states emotionally. "But, because I was not planning on narrowing assistance to my family school only, I toured other schools and orphanages and decided to choose four that Aletha's Legacy will be working with and helping in the years to come."

This past February, a fundraiser was held in Destin. The event brought together Zhalman's friends, prominent mem-

bers of the community and keynote speaker, former Finance Minister of Liberia Hon. Amara Konneh. That event raised \$56,000 of \$170,000 needed to start the building of the new two-story, 10-classroom school building. Immediately, some of the funds were transferred to begin construction of the school's perimeter wall, the foundations of the main school building and the cafeteria. Between February and May, the first and second phases were completed.

"I and my board members express appreciation to the community and businesses for their support and generosity, such as Insurance Zone, Setco, Beauchamp Commercial, Sandestin Foundation, VIP Magazine, Destin Rotary, Greater Horizons and the many individuals who have stood by the organization to help bring change and hope to those vulnerable children in Liberia," said Zhalman thankfully. "Because of you, we were able to start the building and renovation of the Abedu-Bentsi School within three months of our visit to Liberia.

They said they had never seen a structure go up that fast."

Contractors now await more funds to begin the third phase which is to complete the cafeteria and restrooms and take the main building to the 2nd floor. \$65,000 is needed to complete the building and there are donor naming opportunities for the cafeteria, auditorium, labs and classrooms. "We made a commitment to this school and we are determined to change the students' lives for the better by improving their educational conditions and their health," says Zhalman.

Longterm, through local community support and others, Aletha's Legacy plans to provide the four chosen schools a safe environment and the tools they need to become self-sufficient. "Your contributions will help these underprivileged children get the education they need, but never dreamt of," Zhalman says.

Visit alethaslegacy.org, email info@alethaslegacy.org or call (612) 616-0143. See the latest updates at Aletha's Legacy on Facebook and Instagram.



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BY MAURICE STOUSE,
BRANCH MANAGER AND
FINANCIAL ADVISOR

These days many investors are in search of income. With interest rates nearing record lows, a recent sell off in the stock market, job losses, early retirements, reduced or eliminated dividends, and income security has become even more important to many Americans. Equally important is principal security. Investors, savers and those in need of income have quite the dilemma: How to get income security yet not have to sacrifice principal in order to do so. This article explores ideas for investors to consider. Ultimately each person's situation is unique. So this is a guideline to aid you in your research and decision making.

The yield on CDs, treasury bonds, money market funds and savings accounts took a sharp downturn this year as the Federal Reserve worked to bring liquidity into the economy in the face of the COVID 19 virus and the disruption it caused. This meant reduced interest rates on many investments that a lot of individuals relied upon for income or, as a supplement to Social Security, pension or other income. The problem many have faced is that it takes more principal to fund the same income. Or it means the systematic liquidation of assets to meet a given income need.

Enter solution one: The systematic withdrawal plan (SWP or swip). This is how it works. Here is where you start with inputting a desired income amount. Next you would add the amount of principal you can afford to apply to that income. You will also need to put in the percentage you need to earn to meet the income, add

any rate for presumed inflation and lastly put in a projected or expected rate of return. There are many tools available online and through Financial Advisors that will assist you on building this scenario.

Here is an example. Let's say an age 72 retiree with one million dollars in her account desires annual withdrawals of \$40,000 per her required minimum withdrawal. She is concerned about the systematic liquidating of the investment and she does not know how long she will need to rely upon it, or in other words, how long she will live. Also, she might be concerned if her income will keep up with the cost of living. Using the calculator and inputting the 40k, she will find that the account has a withdrawal rate of just over 4% per year. She also instructs the calculator to assume her investment will return 5%. Inflation is factored in at 2%. The results show (if all assumptions turn in to reality) she will receive the annual income of \$40,000 and if she were to attain age 100 (28 years later) her account would then be worth \$1,014,656, about where she started.

Next, solution number two: Income investors might also have the concern that they do not want or cannot commit all of their capital to one strategy. They may need to have funds set aside for an emergency or other needs as well. Insurance companies offer a variety of options through the use of annuities that might involve investing less principal and, given the needed investment performance, might even grow the income. This strategy might also free up capital to invest for long term growth (and not have to have it focused on current income) in an attempt to replace the wealth that was being utilized to provide the income.

There are more aggressive strategies, such as a dividend producing stock portfolio where the income would come from the dividends paid by a basket of stocks or by using a stock

mutual fund. The average yield on the S&P 500 is just below 2%. So an investor needing 4% would need to research companies and or mutual funds (or exchange traded funds) that would have that return. There is also the growth (or loss) potential on the stocks.

Finally, many income investors have turned to real estate over the years for long-term income. Some have done so by way of investing in rental properties and others through Real Estate Investment Trusts (REITS) to generate the income and perhaps the wealth replacement they have as a goal. REITS invest into a number of properties and the investor can buy the REITS themselves or funds made up of REITS. Once again capital appreciation is a potential, but so is the potential for loss.

When considering any of these options, it is important to take note of 1) the risks involved to your principal 2) the risk of sustaining a given rate of return (for example a company may decide to reduce or eliminate a dividend) and 3) the costs associated through the strategy (expenses, maintenance (real estate) riders if any, early withdrawal charges if any, or investment expenses).

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management and Raymond James and he resides in Grayton Beach. He has been in financial services for over 33 years. His main office is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd, Destin, FL 32451. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City, Pensacola, and Tallahassee. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com. Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management First

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Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation. Investors should consult their investment professional prior to making an investment decision. With variable annuities, any withdrawals may be subject to income taxes and, prior to age 59 1/2, a 10% federal penalty tax may apply. Withdrawals from annuities will affect both the account value and the death benefit. The investment return and principal value will fluctuate so that an investor's shares, when redeemed, may be worth more or less than their original cost. An annual contingent deferred sales charge (CDSC) may apply. A fixed annuity is a long-term, tax-deferred insurance contract designed for retirement. It allows you to create a fixed stream of income through a process called annuitization and also provides a fixed rate of return based on the terms of the contract. Fixed annuities have limitations. If you decide to take your money out early, you may face fees called surrender charges. Plus, if you're not yet 59 1/2, you may also have to pay an additional 10% tax penalty on top of ordinary income taxes. You should also know that a fixed annuity contains guarantees and protections that are subject to the issuing insurance company's ability to pay for them. Dividends are not guaranteed and must be authorized by the company's board of directors. The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. stock market. Indices are not available for direct investment. Any investor who attempts to mimic the performance of an index would incur fees and expenses which would reduce returns. Be advised that investments in real estate and in REITs have various risks, including possible lack of liquidity and devaluation based on adverse economic and regulatory changes. Additionally, investments in REITs will fluctuate with the value of the underlying properties, and the price at redemption may be more or less than the original price paid. Real estate investments can be subject to different and greater risks than more diversified investments. Declines in the value of real estate, economic conditions, property taxes, tax laws and interest rates all present potential risks to real estate investments.



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Love It or List It? Now is the Time to Decide!



BY GAIL PELTO, REALTOR

“Look, Honey! The beaches and short-term rentals are open! Yay! Let’s buy something! Come on, please, please!!” The buyers have been locked up too long and now they are bursting at the seams to buy! What’s that mean to YOU? Well, if you’re bursting to sell, more qualified buyers are going to be here looking for investment rental properties, second homes or even their new permanent home! Do you love your home and never want to move,

or would you like to find a new place? Maybe you want to downsize your investment property inventory or maybe expand it? If you want or need to sell, then my advice is to get on the market for sale...now! It is prime time!

Ready to List It? Then let’s get you and your house prepared! Here’s a few points on how to “prepare to sell”:

People Buy What They See! Outside: people judge a book by its cover. So, make your home enticing from the time they pull up to the curb. It starts outside – repairs, landscaping, power washing, painting, etc. Eye Appeal = Buy Appeal

People Buy When They Feel Great! Inside: de-clutter, de-personalize and neutralize. You want the buyers to see themselves and their “stuff” living in the house and neutralizing everything makes that easy for the buyers. “I feel good here...let’s buy it!”

The 3 P’s. Hire great agent



(like me!). Truth hath no ego! Someone who clearly knows the market and has a specific Marketing Plan of Action to expose your property to the world! A great agent who will SELL your home, not just list it. A great agent that understands YOUR goals. A great agent will be honest with you. A great agent will communicate with you and can negotiate on your behalf to protect your assets. A great agent is a Proactive Agent, not a passive agent.

Passive Agents practice the 3 P’s: they PUT it in the multiple listing service, then they PUT a sign in your yard and then they PRAY for the phone to ring. A Proactive Agent aggressively looks for buyers every day until your home is sold. So, interview them, ask lots of questions and make sure you are hiring the best! After all, you do want to entrust one of your biggest assets to a great agent, don’t you?

What’s next? Decide now...

Love It, or List It. If you want to sell it, call a great agent first. Allow a great agent (like me) to guide you down the right path to maximize your results whether you are buying or selling. For a list of how to “Prep Your Home for Sale,” reach out to me; I am happy to share! You can request it on my Facebook page: Gail Pelto – Realtor, send me an email: gail.pelto@kw.com or call me at 850.374.0454.

Gail Pelto is a Board Member with The Rotary Club of Destin and the Mattie Kelly Arts Foundation—and yes, a powerful, full-time real estate agent with Keller Williams Realty Emerald Coast. Call her with any real estate questions you have, and she’ll guide you in the right direction. Call her direct at 850-374-0454 or email to Gail.Pelto@kw.com. Want to know what the value of your property is today? Go to www.DestinAgent.com.

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BY CATHERINE CARD

The Destin Library is excited to announce the launch of a brand-new reading app: Beanstack! This free app is your one-stop-shop for tracking your reading, setting goals, and finding book reviews from your fellow library patrons. You will also be able to participate in special library reading challenges throughout the year to earn digital badges and sometimes real-world prizes, too. You can log books, ebooks, audiobooks, podcasts, magazines, and comic books. Patrons can either download the app to their mobile phones and tablets or access the web version at cityofdestin.com.

beanstack.org to sign up for this great FREE service. Registration is fast, simple, and completely free!



In addition to self-directed reading goals, patrons will be able to use Beanstack to participate in the 2020 Summer Reading Program, which kicked off June 1st. After downloading the app, parents are encouraged to pre-register their children for our Beanstack Summer Reading Challenges, which begin on June 1. These challenges correspond with our 2020 Summer Reading Program (Imagine Your Story!) and can be used in place of a paper reading log to track children's reading minutes during the summer.

From the City of Destin

Further, as part of the Destin Library's 2020 Imagine Your Story! Summer Reading Program, we are excited to offer access to Virtual Performers and great programs virtually from the library's web page. Visit cityofdestin.com/library and click on the Summer Reading Program link to view these programs that began June 1.



First up on our slate of performers is Jim Gill, a beloved singer and children's performer from Chicago, Illinois. He has entertained and taught children

through music for years. Due to Covid19, Jim Gill is allowing libraries free access to his song videos. To hear him perform "May There Always Be Sunshine" and other children's songs, visit the Destin Library's summer reading page from June

1 through July 31.

If you have any questions about Beanstack or any other library service, please contact the library by phone at 850-837-8572 or by email at library@cityofdestin.com.

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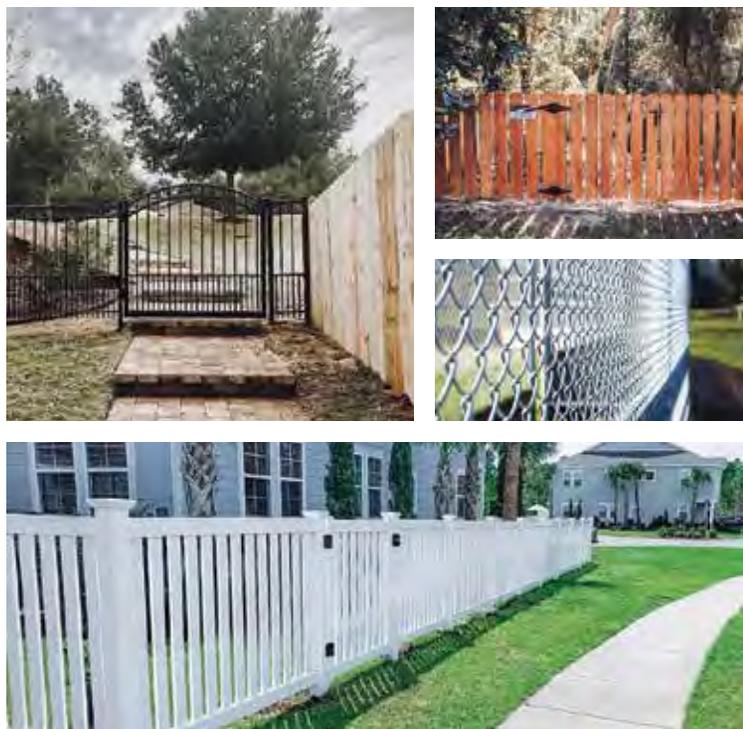
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Preparing for the Unexpected – Inventory Checklists



BY VICTORIA OSTROSKY

Janet and Sam had just enough time to hurriedly, with shaking hands, grab some framed photos, their laptops and changes of clothes. The police officer urged them to move quickly. With their adrenaline pumping like they had just run a sprint, they drove out of their subdivision, abject fear coursing through their veins, black-gray smoke billowing up, obliterating the yellow and orange sky, vibrating with heat. It looked like the world was on fire.

Afterwards, they held hands as they sifted through their destroyed belongings, stopping often to stoop down and pick up a charred item that was once a treasured part of their home. They remembered raising their children here, and entertaining friends here. When would their lives be back to normal?

We love our cell phones. In particular we love the camera on our phones. We take selfies and sunset pictures of the water. We photograph birthdays and anniversaries and graduations.

Compiling a home inventory list isn't what we normally think about taking pictures of, do we? We might think we can remember everything we have in each room and drawer and cabinet and closet. The truth is, we can't.

Whether you've experienced a total loss, or a partial loss, being able to supply your claims

adjuster with concrete evidence of your possessions will help facilitate finalizing your claim.

It is recommended that you start with a Home Inventory Checklist. On this list, include every item in each room, especially items of value, including serial and model numbers. A home is chock full of all kinds of valuables from ordinary items like wide-screen televisions to unique ones such as original paintings. This list provides you, the homeowner, with solid evidence to submit to your insurance company in the event of a natural or manmade disaster.

The checklist is a document of all assets found in your home, condo or apartment, and can be a valuable tool in estate planning and a guide for distributing property to heirs. This same type of detailed list would work if the same disaster wiped out your business showroom, warehouse or office.

Keep receipts of larger purchases, and don't forget to update your list on an annual basis, ideally at the beginning of the year. Then store it in a safe place such as a cloud account. There are even several apps available now to help develop your home inventory checklist. If you're prone to becoming overwhelmed easily, start with a small room, or a specific collection such as your sports equipment. Because I'm an avid reader and collector of books, I'd probably start with my bookshelves. And don't forget items like computers, washing machines, bikes, AC units, tools and video games.

In addition to a written/typed list, include photos and videos, and don't forget to open all drawers and cabinets when you're documenting your possessions. You don't need to list every item of clothing, but you could specify the number of, for example, jeans, like five pairs of jeans and 500 pairs of shoes.



And while you are compiling your inventory list, it is a good idea to take photos of the exterior of the home including your cars and boats.

If you have collections such as jewelry or firearms, art or memorabilia, you should consider scheduling these on a Personal Articles Floater, since most homeowner's policies contain sub-limits of coverage for specific types of possessions. Underwriters will require copies of receipts for newer purchases and possibly appraisals for items of a certain value.

This whole year has been

a tough one for all of us. The recent Santa Rosa Beach wildfire brought even more distress to families in our community. We've been social distancing, wearing masks, working from home, homeschooling our children, and doing our best to be good neighbors and responsible citizens.

And now I'm telling you that you need to do something more. Make it a game if you can. But do it. Then keep it somewhere safe, such as a safe deposit box, cloud account, or you can even email it to yourself (just don't forget your email password!)

There are also companies in our area who can take care of it for you if you prefer not to do it yourself.

As Gandalf said to Frodo, about secreting the One Ring, "Keep it secret, keep it safe!"



Insurance Zone, owned by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on www.ins-zone.com and watch several informative videos including 'Home Inventory Checklist, or call 850.424.6979. Victoria Ostrosky, author of this article is an Agent/CSR with IZ.

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Swap + Shop
 Dressing Room Boutique
 Virtual Event
 Saturday, June 27, 1–3 PM

RSVP [swapandshop.eventbrite.com](https://www.swapandshop.eventbrite.com)

Part of The Style + Wellness Series, co-founded by Abbie Reeves, Liliam Yates and Tonya Allen, with a mission of building a stronger community by embracing relationships + knowledge for a healthier, happier lifestyle.

 Community

Trends & Treasures

Summertime is here and we are ready to go on a treasure hunt at City Market beachside and bayside for trendy and treasured finds to keep up with the times!

Personalized Gifts for DAD! Frill Seekers Gifts and Personalized Fabulous Finds



Gifts for
Dad!

Father's Day is Sunday June 21, 2020—a very important holiday, as Dads serve such important roles in our lives, from our protector and provider to our hero and handyman. A Dad, Grandad, Doggie Dad, Uncle or Grandfather, as special as yours, deserves a thoughtful, personalized Father's Day gift to cherish for years to come. Whether it's a set of engraved high ball glasses, a money clip or suede bottle opener, a personalized cutting board with a special note, handwritten by you and engraved on to the board by the shop's master engraver or a paddle board with a funny message, the shop has a variety of personalized Father's Day gifts that will make him smile. The locally owned boutique has unique gifts that are great for any Father figure in your life not just for Father's Day, but for birthdays, walks down the wedding aisle or a "just because" gift. No matter who the man in your life is, a personalized gift is a special way to honor him and celebrate the day reserved in his honor. Stop by the shop to find fun, heartfelt and personalized gifts for every occasion! You can also shop 24 hours a day at FrillSeekers-Gifts.com or call (850) 460-2700 to work with a personal shopper. Free Gift Wrap is offered, along with Porch Pick Ups and Destin-30A delivery service.

(850) 460-2700
frillseekersgifts.com

Clean Eating Made Simple! Healthy Coast Meals

Clean eating made simple on Florida's Emerald Coast! Healthy Coast Meals provides



gluten-free, healthy meals made with all-natural, whole ingredients. All meals are prepared in a licensed commercial kitchen and sold fully cooked. So, all you have to do is heat and eat! Healthy Coast Meals' goal is to eliminate the inconvenience and stress of planning, shopping, cooking and cleaning. You can select individual meals from the weekly menu which includes "Healthy Gourmet" specials and the staple "Clean and Lean" meals! If you don't have time to choose your meals, you can select one of the packages and Healthy Coast will choose a variety of healthy meals for you! And your meals are made fresh to order, with clean, healthy ingredients, so you know exactly what you're eating! Whether you're trying to maintain your existing health, lose weight, build muscle or get fit, we've got you covered. Healthy Coast strives to make great nutrition accessible and exciting. Eating clean doesn't have to be boring and bland; they've created healthy versions of your favorite dishes for you to enjoy. If you love food like they do, you'll love these tasty, healthy, nutritious meals. We can't wait for you to discover clean eating the Healthy Coast Meals way... Healthy food never tasted so good!

www.healthycoastmeals.com
850-496-6470

Smallcakes! BIG Cakes! Cakes for Fathers, too! Smallcakes: A Cupcakery



Decadent. Delicious. Just in time for summer AND Father's Day! Your dad will love the fancy, creative and light, fresh,

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(850) 460-7487

www.smallcakes.net

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(850) 279-4145
www.cryo850.com

Purely Handsome! Pure & Couture Salon

Pure & Couture Salon can transform your summer and Father's Day with spray tans and massage specials at its studio location! Men's grooming products can be pretty utilitarian at times. They clean and detoxify just fine, but they rarely moisturize or condition skin and that's never sat well with the salon's artists. In fact, they've always felt that men deserve the same — deeply-nourishing — skin care that us gals enjoy, which is why we're thrilled to introduce a brand new range of super-luxurious grooming products from Baxter of California. Fresh from the Golden Coast, these decadent salves, creams and lotions are all packed with natural ingredients designed to nourish and revitalize your skin without disrupting the natural balance of sebum oils or exacerbating any problems with dryness or irritation. Baxter of California also provides a fantastic range of men's styling products, including an excellent grooming cream and clay effect spray as well as an array of absolutely stellar hair pomades. Pure and Couture will walk you through the things that make it unique. Book a consultation with any of the Pure & Couture art-



ists. They would love to work with you! Tackle summer with "pure" confidence!

(850) 424-3935

pureandcouture.com

Pump It Up and Swap & Shop! Dressing Room Boutique & Art Gallery



Dressing Room understands what it means to hunt down that unique signature item for that trendy look, like the Alabama Tee by Gentle Fawn — always in style and available in four colors. Who has time to search out the most amazing swim suit, even matching for mother AND daughter, or the perfect pair of shorts? And what about the accessories, bags and shoes to go with them? **The Style + Wellness Series** is hosting a **Swap + Shop benefiting Friends of South Walton Sea Turtles** and it's a perfect time to mix and match, add a brilliant shot of color or sheen to your personal style. Co-hosted by Dressing Room Boutique, Destin Life, La Maison Creative and Friends of South Walton Sea Turtles, the in-shop event has become a virtual event, Sat., June 27, 2020 from 1 p.m. – 3 p.m. With each accepted donation, you'll receive a voucher to be used toward purchases with Dressing Room Boutique, La Maison Creative, Essential Beauty by Tonya, or Friends of South Walton Sea Turtles. Share with your friends and RSVP for your free ticket on Eventbrite: swapandshop.eventbrite.com. Whether in the shop or virtually shopping, pump it at Dressing Room Boutique.

(850) 218-8776

dressing-room-boutique.shoptiques.com



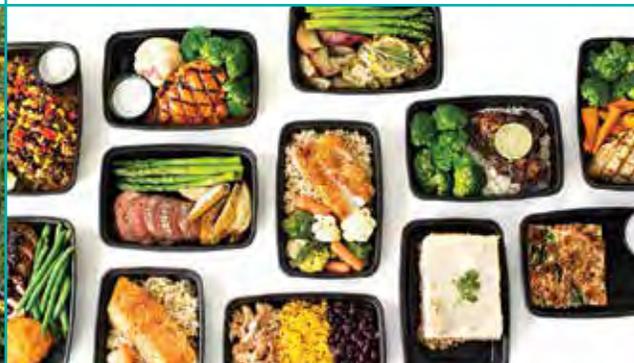
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Two locations to Shop, Dine & Enjoy!



 Community

What To Do Where with Dad on Father's Day

Ideas You Can Really Use!

Here's to all the great Destin Dads out there—they put time into you and will appreciate anything that shows you care. From recently reopened restaurants to outdoor, social distancing activities, there's Gulf-side dining to family adventures, and the possibilities are limitless for Dad's special Father's Day weekend.

Take Dad to dinner for some fresh seafood or one of his favorite dishes! And hang out for live music and fun! Check out the music and entertainment schedule and dinner specials in the Dining, Music

and Entertainment Guide in this Destin Life issue, pages 19-22.

Go Fishing. Destin isn't named the World's Luckiest Fishing Village for no reason. With one of the largest charter fishing fleets in the country, take your pick of near shore and deep sea fishing opportunities for you and dad. Some recommendations include Outta Line Charters (charterboatouttaline.com) and Lionstale Adventures (lionstaleadventures.com) for your dad's deep sea fishing experience!

Go Boating. With the Gulf of Mexico to the South and the Choctawhatchee Bay to the north, there is an abundance of waterways to explore. There are several boat rental companies in Destin that carry Pontoon to speed boats. A fun event for your dad is to take off on the Billy Bowlegs Poker Run, June 20, a fun adventure with the entire family! Visit the Legendary Marine Facebook event page to register.

Enjoy Live Music at the Cultural Arts Village. If you're a fan of live music, Destin delivers. The Mattie Kelly Arts Foundation's Cultural Arts Village hosts its concert series on Thursday nights. Check out the schedule on page 41 of Destin Life. Then bring your lawn chairs and drinks and enjoy!

Take in a Father's Day Film. For a relaxing wind-down from Father's Day weekend, bring your lawn chairs out to Baytowne Wharf's Events Plaza Lawn at Sandestin and settle in for a free film of "The Secret Life of Pets 2" at 8 p.m. Sunday.

Go Stand Up Paddling Boarding. Take dad on a calming, nature-based water experience. On a Stand Up Paddle Board, you all can paddle out in the Gulf to one of the new artificial reefs or paddle a



peaceful coastal dune lake in the Bay. Dad might just slow down a little and enjoy this paddle boarding experience so conducive to our area, but especially if it's with you!

Book an Electric Bike Tour. Electric bike rentals are becoming one of the most popular new activities in the area, allowing bikers to travel twice the distance they would on a traditional bike. These fun pedal assisted bikes tap into a battery pack that will give your dad and you added speed and endurance. For a Dad who likes to be shown around, gift him with one of the new Eventure Tours that will take him on an "insider" tour of the area focusing on history, art and cuisine. Learn more at eventuretourco.com

Take a Leisurely Sunset Cruise. For those hard-to-buy-

for Dads who want to be a little pampered, spend Father's Day aboard a SOLARIS Sunset Dinner Cruise. Chefs prepare a menu fit for a king where your dad will be the guest of honor for a three-course culinary experience. The price, including a two-hour cruise and three-course meal, is \$70 per adult, \$38 per child and \$20 for children under 3. Boarding begins at 11:15 a.m. on Sunday, June 21st with cruise from 12:00 – 2:30 p.m. The SOLARIS is docked at the Baytowne Marina at the Sandestin Golf and Beach Resort.

Head to Okaloosa Island for a Crawfish Boil. Featuring Dad's favorite crawfish boil (individual servings), drink specials and a beer hunt! To participate in the beer keg hunt sign up before 12 PM. The hunt starts at Noon. Visit www.thegulf.com.

Create an Old-Fashioned Memory with Ice Cream. Take you dad out for the ultimate ice cream sundae!!! Top with hot fudge, caramel, nuts and whipped cream!!! Yum!! Your dad will love it!

And last, but definitely not least, spend time with your dad on the beach or in the water! Have a picnic, go for a walk, splash in the waves, rent a jet ski or go parasailing... throw down a good time! You can find a plethora of water activities and tours that you can book ahead of time through TripShock.com, many at discounted rates.

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UNLEASH YOUR INNER DOG

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9970 US Highway 98 W
Miramar Beach, FL 32550



BY JODELL HAVERFIELD, LUXURY TRAVEL CONSULTANT ACC

Just before our youngest son left for Iraq, he asked me to plan a Freedom Cruise for him, his fellow soldiers and their families so they would have something to look forward to when they returned home. This cruise made such an impact on the soldiers that our Travel Agency received a Certificate of Appreciation from the Department of the Army for being a key motivator in keeping the level of morale high.

Our children grew up enthusiastically celebrating our United States of America as we hung the flag on our home, attended parades and watched their father put on his uniform and play Taps, To the Colors or The Star Spangled Banner for patriotic ceremonies. In later years as our sons grew up and carried on the tradition of serving their country, we proudly placed the blue star in our window each time one of them was called to serve.

Our hearts are full each time we pledge allegiance to the flag and reflect upon our own family ancestors who fought from the Revolutionary War through both sides of the Civil War and nearly every war in the history of this country. But this 2020 Memorial Day marked a very special celebration for my husband and I as our oldest grandson, Colin, became a Marine. Because of COVID-19 and travel restrictions, Colin's parents were unable to attend his graduation. Even though parents and family were excluded, we still celebrated in his honor. We made posters and took pictures to record this important monument in his life. And yes, we will dedicate a "Friends and Family" patriotic themed cruise in his honor next year.

Last year one of my col-

Keeping the Level of Morale High

leagues planned a 7-day cruise for a soldier who returned from duty severely injured and left with lifetime disabilities. The cruise line went above and beyond to accommodate the specific needs of this warrior and his family. His mother wrote

a letter expressing her eternal gratitude for being able to witness the joy on her son's face as he was able to enjoy this cruise, something she never thought was possible.

As a mother of sons who safely returned from hazard duty, I

can only imagine how she felt. It is my hope we will remember our Vets from all the wars and conflicts both past and present, fallen and returned. We must be patriotic as a country to keep the morale high!





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Want to know the Value of YOUR home here on the Emerald Coast? Find out! Go to: www.DestinAgentGail.com

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Taylor Haugen Foundation Names Six Scholarship Winners for Class of 2020

BY EDDIE BIRD

With an unusual spring semester for the class of 2020, one thing remains the norm, an opportunity to receive a prestigious scholarship named to honor Taylor Haugen's legacy. Haugen, T as his friends and family called him, passed away from an abdominal injury sustained while playing football for Niceville High School in 2008. After some fundraising by Niceville High School students, a scholarship for a Niceville graduating senior was created to honor Taylor's legacy. Known demonstrating a balance of academics, athleticism, leadership, community service and Christian faith, while living by his motto of "Don't Quit... Never Give Up."

The Taylor Haugen Foundation has expanded the scholarships to offer six annual scholarships to highly qualified, senior athletes from four Northwest Florida counties — Okaloosa, Santa Rosa, Bay and Walton. Applicants write an essay speaking of their perseverance and "Don't Quit... Never Give Up" story. Requirements come from Taylor's character traits of academics, athletics, leadership, community service and Christian faith.



Brooke O'Keefe of **Fort Walton Beach High School** was named as one of the three Okaloosa County recipients. Brooke graduates with a 4.5 GPA and nearly 400 community service hours. She was the captain of the cheerleading team while also lettering in flag football. Brooke was Miss Destin 2019 and named to the Viking Hall of Fame. Her leader and faith was very evident to the scholarship committee. Brooke has lived with a "Don't Quit... Never Give Up" mindset after losing her father to cancer. She told her teacher she has an attitude of gratitude and thankfulness for what Jesus has done in her life.

Another **Fort Walton Beach High School** student, **Tori Orcutt**, received one of

the Okaloosa County scholarships endowed by Roy and Clara Parisot. Tori graduates with a 4.75 GPA, 4th in her class and over 1,000 community service hours. She lettered in swim, cross country, track and soccer. She plans to swim at the University of Kentucky in the fall. An accomplished athlete, she has also competed with USA Pentathlon nation team. Other awards include National High School Heisman Winner, Girl Scouts Gold Award, All Sports Scholastic Winner and Viking Hall of Fame. Tori spoke of the hardships in her athletics and the struggles of moving around the country with the military. She credits all her perseverance to God being her strength and refuge.

The scholarship designated

for a **Niceville High School** senior was awarded to **Clara Beth LaFollette**. She graduates 5th out of a class of 500 and with a GPA of 4.75. She captained the cross country team and won a state championship, while also running track. At Niceville, Clara Beth served as the Key Club president, Science National Honor Society president and NaGISA head extern. With NaGISA, she traveled to England to be a presenter at the Marine Biological Association.

The Dugas Family Foundation endowed Walton County Taylor Haugen Scholarship was awarded to **Clay Lawrence** of **South Walton High School**. Recently, Lawrence graduates with a 4.47 GPA and top 10 in his class. His leadership and desire to serve the people around

him stood out to the scholarship committee. He is heavily involved with his church, being a leader in their student ministry to help disciple the younger students. Clay's "Don't Quit... Never Give Up" story told of learning a new sport after multiple concussions from football, the sport he had always dreamed of playing.

Anna Marks of **Gulf Breeze High School** was named the Santa Rosa County Taylor Haugen Scholarship winner and **Kaylan Gunning** from **Arnold High School** received the Bay County Taylor Haugen Scholarship endowed by The St. Joe Community Foundation.

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Destin Dining Guide

BY SCOTT MILLER

Sweet Summertime...June has finally arrived and there's no better place to be than Destin. Summertime means fun filled days and party all night long nights. But in between, well we gotta eat, right? You're in luck again, because Destin's got you covered. So, who's ready to savor some of the most delicious food and the most exciting and fun-filled entertainment you'll find anywhere? You are? That's what I thought. Perfect. What else is June all about? Well, Father's Day of course. And this year, Father's Day is June 21st, so get ready to treat Dad to a weekend he'll always remember.

Boathouse Oyster Bar



Boathouse Oyster Bar has been one of Destin's favorite best kept secrets, but the word is out! Located in the heart of Destin on the Destin Harbor, the Boathouse specializes in making oysters a delicacy. Boathouse's Gumbo recipe was written by Mama Gumbo herself. And, of course, the oysters are raw, steamed or baked just the way you like 'em! Come on by and enjoy the best food in town in a fun and friendly atmosphere.

(850) 837-3645

288 Harbor Blvd., Destin
boathouseoysterbardestin.com

Brotula's Seafood House & Steamer



Brotula's specializes in fresh, locally sourced seafood, produce, and a wide array of steamed and boiled shellfish platters that are integrated into a fun and rustic, yet sophisticated southern fish house.

Please check the Facebook page for updates throughout May. For now, Brotula's will be

open from Wednesday through Sunday, 12 p.m. - 8 p.m. and closed on Mondays and Tuesdays..

(850) 460-8900

210D Harbor Blvd., Destin
brotulas.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.

(850) 424-6369

Shoreline Village Plaza
824 Hwy 98 E, Destin
Bricabracdestin.com

Island Wing Company Grill & Bar

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the 58 selections on tap or enjoy a cocktail and savor some of the tastiest food you've ever eaten.

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981 U.S. Hwy. 98, Destin
islandwing.com

La Famiglia Restaurant



La Famiglia has earned a reputation for serving some of the finest homemade Italian dishes, including Veal Parmesan, homemade pastas and raviolis, and antipasto. La Famiglia is a local favorite for authentic, brick oven Italian pizza, topped with a variety of traditional and specialty ingredients. Open Tuesday through Sunday, 11 a.m. - 9 p.m., offering a lunch

menu until 3 p.m. To-go and curbside still available.

(850) 279.4527

16055 Emerald Coast Pkwy.,
Ste. 114, Destin
lafamigliadestin.com

Landshark's Pizza



Owners Brian and Sue Has-smann have created the local's favorite pizza, buffalo wings and sports pub and bar that serves great pizza AND awesome wings, plus many other scrumptious eats for folks of all ages. People from all over come to enjoy the best sports bar in Florida. And there's a fully stocked bar with 95 different bourbons and 30 beers on draft!

(850) 424-6743

300 Harbor Blvd., Destin
landsharkspizza.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. Visit meltingpot.com/destin-fl to view the full menu or make reservations.

(850) 269-2227

11394 U.S. Hwy 98,
Miramar Beach
meltingpot.com/destin-fl/

Tailfins Alehouse and Oyster Bar

Breakfast is served from 9 til noon so you can start your day right. With stunning views of the Destin Harbor and your favorite foods and drinks, Tailfins' Entertainment Complex delivers an incredible mix of friendly and fun atmosphere along with breathtaking views. Tailfins offers three levels of indoor and outdoor dining overlooking the Destin Boardwalk. Featuring live music on the docks with Rusty Hammerstrom, BT

continued next page

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4pm TBD
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DINING GUIDE

continued from previous page



Turner and more, Tailfins is open and ready for you. Monday - Friday from 10:30 a.m. until midnight and Saturday and Sunday from 8:30 am until midnight.

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Local Eateries Dine In, Pick Up & Delivery!

As of June 3, 2020. Please find updates at DestinChamber.com and at MyDestinLife.com.

790 On The Gulf—Open for indoor and outdoor seating and take out. Our hours are 11 a.m. - 8 p.m. daily. Call (850) 650-4853.

Acme Oyster House—Open for indoor and outdoor seating and take-out. Call (850) 460-7773.

Aegean Restaurant—Open for indoor and outdoor seating and take out. Call (850) 460-2728.

AJ's on the Bayou—Open for curbside to-go orders as well as dine-in with social distancing on our outdoor deck and limited capacity inside. We will be doing our famous Crawfish boil every Saturday at noon for dine-in on our deck or carry out. Live music daily. Call (850) 226-7579 for curbside orders. Online orders available now at ajsonthebayou.com

AJ's Seafood & Oyster Bar—Opening for dine in and outdoor seating areas on the Bimini Deck and Jumbotron Area. The Jumbotron TV will be playing all of your favorite music and Nascar events as well as hosting live entertainment daily.

AJ's Oyster Shanty—The Shanty is now open for dine in or carry out with live music 7 days a week on the outdoor deck. Call (850) 226-8108

Angler's Beachside Bar & Grill—Open for indoor and outdoor seating and take out.

Call (850) 796-0260.

The Back Porch Seafood & Oyster House—Open for indoor and outdoor seating and take out. Call (850) 837-2022.

The Beach House — (850) 608-6300, 11:30 a.m. - 9 p.m. The Beach House is open for Dine in or Take Out. Call in your order or walk up. Beer/Wine/Liquor as well.

Beach Walk Café—Limited menu available for take-out from 3 - 8:30

p.m., indoor and outdoor dining available from 5 - 9 p.m.

Ben & Jerry's—Open from 11-10p.m., outside seating available. Also operating curbside service. Call (850) 460-8884.

Bijoux — (850) 622-0760 – Family Style Dinners. Place to-go orders through GrubHub or call.—Pick-up inside or curbside.

Bonefish Grill—Open for Dine in, carryout and delivery. Mon.-Sat. 11-10 p.m. , Sun. 11-9 p.m. Call (850) 650-3161.

Boshamp's Oyster House—Open 7 Days. Serving lunch from 11a.m. and Dinner Menu starts at 5 p.m.. Call (850) 424-7406

Bric A Brac Restaurant—Open 5-10 p.m. for Dining and Take out. Call (850) 424-6369

Brotula's Seafood House & Steamer—Open for indoor and outdoor seating and take out, Wednesday - Sunday from 12 - 8 p.m. Call (850) 460-8900.

Bubba Gump Shrimp Company—Open for indoor and outdoor seating, take-out and delivery. Call (850) 650-1881.

Buffalo Jack's—Open for To-go orders. (850) 424-6288 @Buffalo_Jacks BuffaloJacksLegendaryWings.com

Cafe Thirty-A—Open for indoor and outdoor seating and takeout. Call (850) 231-2166. Reservations are required.

Camille's — (850) 337-8860 – Dining Room & Cafe Open. Take out available for breakfast and lunch beginning at 10 a.m. including Bloody Mary's + Mimosa's. Place to-go

orders over phone, pick-up inside.

Chick-fil-A Destin (1063 Highway 98 E, Destin, FL)—Temporary operating hours of 7 a.m. – 9 p.m. Serving via Drive Thru and Carry-Out.

Cantina Laredo—Open for Dine in and also for curbside pickup. Call (850) 654-5649 to order.

Capt. Dave's on the Gulf—Open for dine in and takeout. Call (850) 837-2627.

Carrabba's Italian Grill—Open for dine in and takeout. Please visit Carrabbas.com or call (850) 837-1140 to place your order.

Chick-fil-A—Offering drive thru, mobile curbside and DoorDash delivery. Use the Chick-fil-A One app for curbside service.

The Crab Trap Destin—Open for indoor and outdoor dining and take-out. Call (850) 654-2722.

Culver's of Destin—Our drive thru is open.

Dairy Queen (Miramar Beach)—Open for to go orders. (850) 837-757

The Donut Hole—Open for dine in and takeout. Call (850) 837-8824.

Emeril's Coastal Italian—The restaurant is temporarily closed. 100% of gift cards purchased at emeril-restaurants.com will be donated to the Emeril's Restaurants Employee Relief Fund.

Everkrisp—Open for indoor and outdoor dining and takeout. Call (850) 460-8881.

Fat Clemenza's — Open for Dine in. Call for hours, (850) 650-5980 – Place to-go orders over phone, pick-up inside.

Fleming's Prime Steakhouse & Wine Bar—Offering carryout and delivery

from 12 - 9 p.m. Dine-in from 4p.m. - 9p.m. Order online for delivery. Call (850) 269-0830.

Fudpucker's Beachside Bar & Grill—Open for indoor and outdoor dining and takeout. Call (850) 654-4200.

Gilligan's Restaurant—Open for Dine-in or take out. M-F 11a.m. - 8:30p.m.

Sat./Sun. 11a.m. - 9p.m. (850) 650-4400

The Gulf—Open for indoor and outdoor dining and takeout. Call (850) 387-1300.

Half Shell Oyster House Destin—Open for indoor and outdoor dining and takeout. Call (850) 842-4788.

Harbor Docks—Open for Dine-in. Sun.-Thur. 11-10p.m. Fri.-Sat. 11-11p.m.

12-8 p.m. for to go sushi orders, large platters and Build Your Own Sushi Kits also available. (850) 837-2506

Harry T's Lighthouse—Open for indoor and outdoor dining and take-out. Call (850) 654-4800.

Healthy Coast Meals—Open in our new Destin location at the City Market Shops Beachside for grab and go meals. Call (850) 496-6470.

Hooters—Open for dine in and take-out. Call (850) 654-1007.

Jackacudas Seafood/Sushi—Open for indoor and outdoor seating and take out. We will be open Wednesday - Sunday from 12 - 9 p.m. Call (850) 460-2909

Joe's Crab Shack—Open for takeout, curbside pickup and reopened dining room with social distancing. Call (850) 650-1882.

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La Paz — Open for Dine-in 7 days, 4 - 9p.m. (850) 837-2247 — Place to-go orders over phone, pick-up inside or curbside. LaPazaritas in jugs available to go.

The Local Market — (850) 460-8979 — Place to-go orders over phone, pick-up inside.

Longhorn Steakhouse—Open for Dine-in 11 - 9p.m. Offering curbside and delivery when available and for orders more than \$100. Our hours are Sunday - Thursday until 9 p.m. and Friday - Saturday until 10 p.m. Call (850) 654-9115.

Louisiana Lagniappe—Open for indoor and outdoor dining and take-out. Call (850) 837-0881.

LuLu's Destin—Open for Dine-in at 11a.m. Take-out available. Call (850) 710-5858

Marlin Grill—Open for Dine-in 7 days, 5 - 10 p.m. (850) 351-1990 — Place to-go orders over phone, pick-up inside.

Mama Clemenza's European Breakfast —Open Tuesday-Sunday, 8-2p.m. (850) 424-3157

Place to-go orders by phone, pick-up inside or curbside.

Margaritaville—Open for indoor and outdoor dining and takeout. Call (850) 460-7700.

McDonald's—Carry out and drive thru services are being offered for breakfast, lunch and dinner.

McGuire's Irish Pub of Destin—Open for dine in and takeout. 7 days, 11-Midnight Call (850) 650-0000.

The Melting Pot—Open for Dine-in Sun.- Thur. 4-8p.m. Fri.-Sat.

4-10p.m. (850) 269-2227
Mezcal Mexican Grill—Open for Dine in and take out from 11 a.m. Call (850)563-7791

Miller's Ale House of Destin—Open for Dine-in, Pickup, Curbside and Delivery! Place orders online or on our mobile app. Order at millersalehouse.com. (850) 837-0694

Moe's Original Bar B Que—Open for Dine in or Our full menu is available to go, and haul it home packages plus boxed meals are available for delivery with GrubHub. Call (850) 837-3600.

Nothing Bundt Cakes—We have increased delivery and offered curbside pick up for guests. Call (850) 830-5031.

Osaka Japanese Steakhouse—Open for Dine-in 7 days, 11-10 p.m. Call to order to-go/carry out from Destin location (850) 650-4688

O'Quigley's Seafood Steamer—Open for Dine-In. Offering takeout from 12 - 7:30 p.m. everyday. Call (850) 837-1015 and pick up at our outside bar.

Old Bay Steamer—Open for Dine in and take out. Call (850) 664-2795

Olive Garden—Open for Dine-in and takeout. Order online for curbside pickup or call for free delivery. Call (850) 650-2307.

The Palms Bistro—Open for indoor and outdoor dining and takeout. Call (850) 351-0900.

The Pancakery—Open for indoor and outdoor dining and takeout. Call (850) 269-0791.

Panera Bread—Offering drive thru, delivery, ToGo and Rapid Pickup (order online and pick-up). Monday - Saturday from 7 a.m. - 8 p.m., and Sunday from 8 a.m. - 8 p.m. Call (850) 837-2486.

Pazzo Italiano Ristorante & Bar—

Open for dine in and takeout. Call (850) 974-5484.

Pepito's Cantina & Grill - Destin—Open for dine in and takeout. Call (850) 650-7734.

Pepito's Mexican Restaurant & Cantina - Miramar Beach—Open for dine in and takeout. Call (850) 269-7788.

Pepito's Mexican Bar & Grill - Niceville—Open for dine in and takeout. Call (850) 279-4949.

PF Changs, Grand Boulevard—(850) 269-1806 11 a.m. - 9 p.m. daily. Open for Dine in and Take out. Call ahead.

Pompano Joe's—Open for indoor and outdoor dining and takeout. Call (850) 837-2224.

QuePasa Destin—Open for Dine in and Take out. Call(850) 279-4256

The Red Door Saloon—Open for Dine in and to go orders from 11 a.m. - midnight weekly and closes at 2 a.m. on Fri. and Sat.. Call (850) 424-5974.

Royal Palm Grille—Open 11-10 p.m. daily, for Dine in or curbside pickups-go orders at their Beach Bar. 2 for 1 Sushi Rolls from 4-5 p.m., as well as Prime Rib Sundays. To go cocktails are also available with a food purchase.

Ruth's Chris Steak House—Open Sun. - Thur. 5-9 p.m.Sat. & Sun. 5-10 p.m. Call (850) 837-7884

Shrimp Basket—Open for Dine in curbside pickup. Call (850) 502-2280.

Slick Lips Seafood & Oyster House — Open for Dine in (850) 347-5060 — Place to-go orders over phone, pick-up inside.

Stanley's Street Treat—Food truck open in new locations weekly. Text your order and pay via Venmo/

Paypal/Cash App to be as safe as possible.

Starbucks—The drive thru is open from 5 a.m. - 6 p.m.

Subway--Dine-in, order online, app, delivery and curbside pick-up.

Locations: 1251 Airport Rd. (850) 654-1177 (10 a.m. - 10 p.m.) Shoppes at Paradise Isle, (850) 654-8055 (8 a.m. - 9p.m.) 15017 Emerald Coast Pkwy. (850) 837-0767 (9a.m. - 8p.m.)

Sunset Bay Café — Open for Dine in or Take out Call (850) 267-7108

The Surf Hut—Open for dine in and take out. Call (850) 460-7750.

Tailfins —(850) 650-1200 — Open for Dine in Breakfast, Lunch and Dinner (www.tailfinsdestin.com).

Tommy Bahama's Restaurant—Open for Dine in or Take Out, indoor and outdoor seating available. Reservations may be needed, call (850) 654-1743

Uncle Buck's Fish Bowl & Grill—Open for Dine in or Take out. Call (850) 269-6100

VIN'TIJ Food and Wine — Open for Dine in. Call (850) 650-9820 — Place to-go orders over phone, pick-up inside or curbside, Sandestin delivery available with specific delivery menu.

Vue on 30A—Open for Dine in and takeout. Call (850) 267-1240.

Wendy's—Wendy's is offering drive through, online ordering, take out and delivery.

Whale's Tail—Open for indoor and outdoor dining and takeout. Call (850) 650-4377.

Whataburger—Our kitchen and drive thru are open 24/7. Curbside pickup is available Monday - Friday from 8 a.m. - 8 p.m. Order from our app and set your pickup time anywhere from 5 minutes to 24 hours.

The Wine Bar, Grand Boulevard—Open for Dine in, Call (850) 622-0804. Call ahead for curbside delivery. Serving special menu family style online.

Continued next page



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A Romantic Experience at Henderson Park Inn

By LORI LEATH SMITH,
PUBLISHER

Since the early 90s, I have often wondered what it would be like to spend some time at Henderson Park Inn—you know, the one located adjacent to Henderson Beach State Park that seems as if it was woven into the fabric of Destin since the area became Destin. This 35-room, upscale boutique resort is known for creating a romantic atmosphere and offering personal service with all-inclusive amenities such as complimentary breakfast, lunch and happy hour at the onsite restaurant Beach Walk Café...not to mention the spectacular, panoramic view of the emerald Gulf! The quaint resort is unique in that it's for adults only, ages 25 and older, with a private beach and deck. No wonder it's been ranked as the number one most romantic hotel in the U.S.

So, when the Inn announced its reopening after we had been waiting expectantly for weeks, I must admit, I was a little itchy to experience a "staycation" on this uncrowded, little slice of paradise...and so, I booked a room! But, I was curious as to



how the resort was going to handle new safety guidelines for its guests.

However, we were "wowed" from the time we arrived. Even with safety an utmost priority, no amenity or service was lacking—simply updated to practice social distancing and the utmost hygiene and cleanliness. From the time we parked our car, we were greeted with smiles and

our temp taken upon entering. Once we reserved a spot for dinner downstairs, we made our way to the top floor. When we opened the door to our luxurious room, we were greeted with fine wine and chocolate, ready and waiting for us! And if I wasn't already swept off my feet, the view overlooking the beach and the Gulf was breathtaking, especially standing from our quant

overlook outside. I couldn't wait to get out on the deck when evening fell where there was a burning fire pit surrounded by comfy, cozy seats, nestled on the lower deck where we could feel the warm breeze and enjoy the glow. Tiki torches completed the ambiance around the back deck which beckoned us to sit in its hammocks, rocking chairs and loveseat-style swings.

The original resort was built in 1992 by the Abbott brothers, developers from Maine, who designed the resort after Cape Cod architecture, then remodeled after hurricane damage in the mid-2000s. Now, in the 2020 era, rest assured, the Inn and its Beach Walk Café have indeed implemented procedures for optimal safety, impeccable service and utmost comfort. Changes I noticed include keeping in-person contact to a minimum. We simply called the front desk to make any request and it was handled.

We could order our breakfast the night before for delivery to our room upon waking. Or, we opted to enjoy a cooked-to-order breakfast each morning outside on the deck with panoram-

ic views that included omelets, bacon, waffles and fresh fruit... oh, the waffles! Thank you Chef! You can order your complimentary lunch to eat inside, out on the deck or the beach—we simply ordered ahead and picked up our filled bag when ready any time before 2 p.m.

The Inn has installed numerous hand sanitizing stations throughout and staff is required to, at a minimum, wash or sanitize their hands every 30 minutes, wear masks at all times and wear gloves when necessary. They also limit the number of guests at any one time. There are floor decals, signage and tabs on doors to cleaned rooms. And the private beach chairs and umbrellas are placed six-feet apart by the friendly attendant.

Though a slightly different Henderson Park Inn experience, it was extremely memorable, relaxing...and safe. I'm ready to go back!

For a complete list of Henderson Park Inn's safety procedures or to book your own Staycation, visit hendersonparkinn.com.

LOCAL EATERIES

continued from previous page

PIZZA

[Grimaldi's, Grand Boulevard](#) — Open for Dine in. Call (850) 837-3095 11

a.m. – 9 p.m. Take out and delivery via Door Dash and Uber Eats.

[Landshark's Pizza Company](#) — Open for Dine in or Carry Out or Delivery. Call (850) 424-6743.

[Merlin's Pizza](#) — Open for Dine in,

Carry Out or Delivery.

[PJ's Pasta, Pizza, Ice Cream](#) — Open for Dine in. Call (850) 842-2294 — Pick up or Delivery. 11 a.m. - 2:30 p.m. for Lunch and 4:15 p.m. till around 9 p.m. Family meals, Pizzas,

Specials & Salads. (Pick 2) Shrimp Scampi, Large 3 regular toppings or Pastistio only \$25.

[Red Brick Pizza](#) — Open 7 Days for Dine in, carry out and delivery. Call (850) 424-5990

[Jet's Pizza](#) — Open for carry out and delivery.

[Mimmos](#) — Open for Dine In or To Go, 11 a.m. - 10 p.m.

BREAKFAST

[Café Destin](#) — Opening soon for breakfast, lunch and espresso! Call (850) 242-6300

[First Watch, The Daytime Cafe](#) — Open for dine-in or take-out at normal business hours 7 a.m. - 2:30 p.m. Call (850) 460-9800.

[Maple Street Biscuit Company](#) — (850) 279-6358 — Open 7 a.m. - 2 p.m. Indoor and Outdoor Seating; Or order online or with DoorDash; inside or curbside pickup. Sandestin delivery; Open for breakfast orders to go, along with Mimosa Kits.

[Tropical Smoothie Destin](#) — Open 8 a.m.-8 p.m. for pickup and delivery.

[Palms Coffee House](#) — Open 7:30 a.m.-3 p.m. for to-go coffee orders.

[2 Birds Coffee & Cafe](#) — Open for Dine in or Take Out 7:30 a.m. - 3 p.m. For to go orders, call ahead - family style meals available. Same day pickup if you order before 10 a.m.

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Off the Hook

June Fishing Report

BY CALI HLAVAC,
TO DO IN DESTIN

As we ease into summer and reopening our economy, vacationers are hitting Destin by the droves – and we are so thankful to have them back! While fishing was deemed an essential activity, without the support of tourism, a lot of charter boat captains found themselves struggling. A lot are finally back on the water, just in time for coveted Red Snapper season.

Red Snapper season is open for Federally licensed charters from June 1-August 1, with open season for recreational fishing and state licensed charters following close behind from June 11-July 25. There is a two-per person limit, with 16” minimum size for all waters.

If you’re wondering why Red Snapper is a highly sought-after fish, we found that the taste

is what draws people in. The white meat is lean and has a gentle, sweet, nutty flavor with a firm texture. Whether baked, broiled, grilled or fried, this mild-flavored fish always delivers a great taste while also being a very healthy food source. Four ounces of uncooked red snapper contain just 110 calories and 1 gram of fat.

June 1 is also the opening of Gag Grouper season, another delicious fish that anglers set out to find. Those run a two-per person limit, with 24” minimum size for all waters. Grouper are a beautiful looking fish and are a white meat fish that’s equally as tasty.

And lastly for this June fishing report, the Florida Fish & Wildlife Conservation Commission (FWC) released news that they approved a State Reef Fish survey. According to their news-



letter, “Starting July 1, 2020, if you are fishing for or harvesting popular reef fish, such as Red Snapper, on a private recreational vessel anywhere in Florida, you will be required to get the State Reef Fish Angler designation. This includes anglers who are 65 and older. Each month, a group of State Reef Fish Anglers will be mailed a

short survey about their fishing trips.”

This is in hopes that it will give the FWC a better pulse on some of Florida’s most important reef fish, such as snapper, grouper, amberjack, and gray triggerfish. This program comes as an expansion from the Gulf Reef Fish survey, to better promote conservation while also

meeting the needs to Captain’s and anglers. Conservation is a huge part of keeping our waters plentiful and our ecosystem intact so fishing can continue for years to come.

We encourage you to get out, enjoy the weather, and support a local fishing charter during one of the best times of year to fish the Gulf. Enjoy!



Alligator Game Show

Only at Gator Beach – the world’s greatest alligator park located at Fudpucker’s Beachside Bar & Grill!

Every night starting at 5:40 p.m. (so get here early to get a seat) outside on the “Big Deck” – be part of a new type of Gator Show – the Fact or Fiction Alligator Game Show.

If you ever wanted to be part of a game show, now is your chance. The Fact or Fiction Alligator Game Show will put contestants against each other to determine who will emerge victorious.... and win the “big prize.”

Be part of this epic battle of interactive fun, wits and games, or just watch—the choice is yours!

Fact or Fiction Alligator Game show is part of Fudpucker’s Interactive Entertainment – fun for kids and adults of all ages.

There’s no admission to watch or participate, but dining seats are limited, so come early get a seat outside to enjoy the show!



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 Wellness

Ascension Sacred Heart Begins Plasma Therapy for the Coronavirus

Ascension Sacred Heart has initiated the use of a treatment for COVID-19 that takes plasma from people who have recovered from the viral infection and infuses the antibody-rich plasma into very sick patients who are fighting the virus. The treatment, also called convalescent plasma, has shown significant potential for patients. Plasma is a part of



blood that includes antibodies that help fight infection. Taking antibodies from people who had COVID-19 and transferring them into critically ill patients is a way of boosting the

immune system so it will attack the virus.

The treatment was recently approved for emergency use in certain hospitalized COVID-19 patients by the Food and Drug

Administration. Both Ascension Sacred Heart Pensacola and Ascension Sacred Heart Emerald Coast are offering the treatment as part of a national research study.

“I’m really excited about the potential of plasma therapy to save lives. This approach essentially uses other people’s ‘troops’ to fight the virus” said Dr. Peter Jennings, chief medical officer of Ascension Sacred Heart. “The use of plasma from recovered patients is not a new therapy. It was commonly used in the early 1900s to combat illnesses such as mumps, rubella and chickenpox before vaccines were developed.”

Ascension Sacred Heart is working with OneBlood to identify recovered patients and increase the number of plasma donors. To give convalescent plasma, donors must meet the

standard required screening criteria for blood donation in addition to the following criteria from the U.S. Food and Drug Administration:

Tested positive for COVID-19 in the past, and

Been symptom free for at least 14 days and have a current negative test result for COVID-19 from an FDA approved test, or

Been free of symptoms for at least 28 days before donation

“We need to work together in the community to build up a bank of plasma,” Jennings said. “If you’ve had COVID-19, consider donating plasma to help treat the most severely ill patients.”

Those who would like to donate and believe they may be eligible should go to OneBlood’s website, OneBlood.org/plasma.



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CVHN Receives \$35,000 Grant



Children’s Volunteer Health Network (CVHN) recently accepted a grant totaling \$35,000 from the Helping Hands Foundation of the All In Credit Union. These funds will go towards a second mobile dental unit to focus on restorative dental care in Okaloosa and Walton Counties.

“The children served in our preventive program are in great need of restorative care. Many of these families do not have the resources to establish a dental home. We recently visited a school and conducted exams and x-rays on 170 students. There was total of 306 teeth with decay. 70 of those teeth were permanent.” Said Denise Lisciotti, CVHN’s Mobile Dental Program Manager. “With

a restorative program, we would be able to restore these teeth to prevent premature tooth loss and infection. So many children have toothaches, which interfere with their learning at school. Infection in the mouth can also lead to serious health issues and visits to the emergency room. What a blessing it would be to these students and parents to be able to receive comprehensive dental care.”

The restorative mobile unit will consist of a dentist, dental assistant and registered dental hygienist and offer services such as fillings, extractions and root canals as compared to the preventative program that provides free dental exams, x-rays, assessments, cleanings, sealants and oral health education.





General & Family Dentistry

Cosmetic Dentistry

Orthodontics

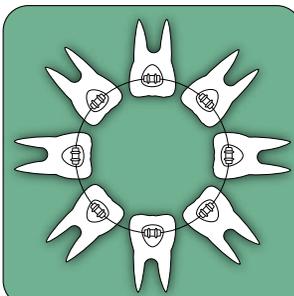
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BY LISA LEATH TURPIN,
WELLNESS COACH

Raise your hand if your back is more tight and sore from being quarantined and less active. Let's get BACK to life or life back in our backs! A healthy back is not hard to obtain if you know what to do and stay consistent. Fearful you might make things worse? Evaluate the pain. If the pain isn't caused by a dangerous disc problem, diagnosed by a doctor and not yourself, you may have to get through the start-up tightness and pain. Pain is relative; meaning, it might be tender or sensitive due to weakness or imbalances, and this can make one scared to push. If you use proper safe strengthening and stretching techniques, developing balance throughout the body, you will, undoubtedly find relief and be stronger for everyday life. Take physical therapy—if you are correcting an imbalance or weakness it might cause discomfort. It's this process that trains (teaches) your muscles to shape up and do their job. A muscle's job is to hold the skeletal system in place and move your joints to do the actions your brain tells them to. Loose muscles make your joints work harder; and imbalanced muscles can create an uneven pull on joints causing the joint to move out of place and chronically not perform correctly. (Please don't get to this point!) Imbalance and weakness throughout the various parts of the spine can move vertebrae out of place. Your given muscles control this, but they can't help if they aren't strong enough. Tighten them up and they hug your skeletal system like a natural healthy God-given compression sleeve. Each one of us is given the tools we need, we just have to apply ourselves and utilize what's given to us. It doesn't take a gym; gyms just make it easier through the technology of weight machines. Or body-weight works!

Engage your "core! Realize your spine is off-centered transversely (looking front to back). You can feel your spine along your back, but not along your front. So, anatomically you were given muscles called Erectors that run along each side of your spine plus abdominal muscles like rectus abdominis to support your spine and hold you upright (erect). Any weight you add to the front of you makes your spine work even harder. So, belly fat, and even large breasts can cause the spine to struggle. It's imperative to work those above muscles termed "the core." Your neck and low back are least protected, because there isn't extra skeletal structure like ribcage, shoulders or hip girdle—only the spine.

So, these areas are most vulnerable and therefore need avid focus. To create a healthy back, learn to engage your core. Sit or stand with both feet hip bone width apart. Extend the spine. If your spine were to continue to the ceiling, it would come from the back of the head. So, keep your eyes on the horizon and chin slightly tucked/neutral and elongate your spine. Breathe in through your nose, pull your bellybutton in toward your spine (imagine the back of bellybutton connecting with the inner spine), and exhale while pulling bellybutton in more and keeping spine extended, shoulders down away from ears. Consistently doing this will help you avoid the "tummy pooch." Engage your

core to stabilize during training and aim for a neutral position when bending over or pressing overhead. For strong erectors, hyper-extensions are excellent. Example: Lying face down, body extended, hands clasped behind back, keep feet anchored to floor, lift your upper body up and come back down for 10-20 repetitions—will be about a 1-3 inch lift. Your best will not feel very high. Learn more back information on my social platforms or text/call (850) 974-2005. Follow me on Facebook: Lisa Turpin-Be Active Health & Fitness (@LisaTurpinFitness).

Lisa Turpin is a degreed and certified health and fitness lifestyle coach who has devoted her life to motivating and strengthening the body and minds of others. With over 20 years' experience as a group exercise leader, currently at Destin Health & Fitness and an independent personal trainer in the Destin area, she is diverse and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation. She is currently taking on new clients/participants; text only to 850-974-2005 or message from her Facebook Page.

Note to Active Dads:

Happy Father's Day! Being active with your kids is the easiest way to connect and create lasting memories. Kids can safely begin lifting light to moderate weights at age 12-13. Beginning too early and too heavy can stunt growth. Puberty is a great indicator they are ready. But, any other activity such as hiking, biking, running, and sports can be done at ANY age! Double bonus—quality time with family while burning calories and strengthening your heart both physically and emotionally!! Realize, it doesn't have to be a challenging physical push. Just enjoy being active! Kudo's for being an active role model!



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 Wellness

HCA Healthcare Awarded 2019 Eisenberg Patient Safety And Quality Award

National Quality Forum, The Joint Commission recognize HCA Healthcare for its algorithm-driven sepsis early warning technology.

BY DENISE KENDUST

Fort Walton Beach Medical Center and Twin Cities Hospital's parent company, HCA Healthcare (NYSE: HCA), announced it has been recognized by The Joint Commission and the National Quality Forum (NQF) with the prestigious John M. Eisenberg Patient Safety and Quality Award for its pioneering work using artificial intelligence to help reduce sepsis mortality.

Sepsis Prediction and Op-

timization of Therapy, known as SPOT, received the award for Innovation in Patient Safety and Quality at the national level. SPOT goes by the popular dog name because it sniffs out sepsis in a way humans cannot. Its algorithm continuously monitors vital signs, lab results, nursing reports and other data to detect often subtle changes in a patient's condition and alerts clinicians to signs of sepsis in patients, as much as six hours



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can be improved," said Shantanu Agrawal, MD, MPhil, president and chief executive officer, National Quality Forum.

The patient safety awards program, launched in 2002, honors the late John M. Eisenberg, MD, MBA, former administrator of the Agency for Healthcare Research and Quality (AHRQ). An impassioned advocate for health care quality improvement, Eisenberg was a member of NQF's founding board of directors, chaired the federal government's Quality Interagency Coordination Task Force and personally led AHRQ's grant program to support patient safety research.

and communities, and smarter spending.

The awards recognize major individual, local and national achievements in health care that improve patient safety and health care quality. "This year's Eisenberg Award recipients have demonstrated both a positive impact on the patients they serve as well as fulfilling the quality community's mission to ensure that care is measured and can be improved," said Shantanu Agrawal, MD, MPhil, president and chief executive officer, National Quality Forum.

The Eisenberg Awards bring together the quality community to recognize groundbreaking initiatives in health care that are consistent with the aims of the National Quality Strategy: better care, healthy people

earlier than previously, so they can take appropriate action.

"The current public health climate of COVID-19 has emphasized now more than ever the importance of early detection of life-threatening illnesses," said Dr. Jonathan Perlin, HCA Healthcare's chief medical officer and president, clinical services group. "We are honored to receive this respected award for our technology that helps clinicians detect sepsis earlier, accelerates treatment, improves the care provided to patients, and helps save lives."

Sepsis is an overwhelming infection that can lead to total body failure, taking the lives of approximately 270,000 Ameri-

annual patient care episodes to inform and improve the care it provides to patients. HCA Healthcare's national clinical data warehouse, which receives information from the electronic health record, is the heart of HCA Healthcare's data ecosystem, providing the ability to aggregate and analyze data streams in real time and feed tools like SPOT that, in turn, provide actionable information to caregivers.

The Eisenberg Awards bring together the quality community to recognize groundbreaking initiatives in health care that are consistent with the aims of the National Quality Strategy: better care, healthy people

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QUERCETIN is a broad-spectrum antiviral bioflavonoid that has been shown to increase zinc uptake. Quercetin is especially important in the prevention of a COVID-19 infection because it inhibits cytokines and raises our resistance to upper respiratory infections. Excess cytokines are responsible in part for some of the severe and sometimes fatal damage caused by COVID-19. If you bruise easily, you might need more vitamin C. Gradually increase the amount you are taking until you have loose bowels, then return to the prior dose. This is called bowel tolerance.

ZINC (30-50 mg) An in vitro study showed that zinc coupled with quercetin blocks the replication of SARS coronavirus.



Green tea has an antioxidant compound called EGCG that also increases zinc uptake.

SELENIUM (50-100 mcg) is a trace mineral that acts as an antioxidant in the body and is especially healing for the respiratory system.

VITAMIN D3 (100 mcg) is the sunshine vitamin. It is especially helpful for fighting infection and lowering the risk of catching the flu and getting an upper respiratory infection. Studies indicate that having a vitamin D deficiency, which is very common, can double your risk of having an upper respiratory infection. Having dark skin, winter months, and living in northern climates are all risk factors

for vitamin D deficiency. Aren't you glad you live in the South?

SPIRULINA (15 grams) is a blue-green algae and other greens, like chlorella (a fresh water green algae) are powerful antioxidants that have been shown to stimulate immune function. They are especially rich in minerals and vitamins that boost the immune system. In clinical trials, spirulina reduced the severity of the flu and lowered mortality.

PROBIOTICS (18 billion beneficial bacteria) A broad spectrum probiotic with at least 11 different strains of probiotics will really build the immune system by improving the absorption of nutrients and increasing resistance to infection.

ELDERBERRY (600-1500 mg) can be used for prevention but should not be used if you have COVID-19 because of the stimulation of cytokines.

Regardless of what bacteria, virus or fungus is among us, building your immune system will provide protection and more peace of mind. Heaven knows we all need an extra dose of that right now.

Hot Tip: The amounts listed are for pharmaceutical grade supplements. Otherwise higher amounts would be needed.

Stay well.

Marty Kernion, Ph.D. is not a medical doctor. She has a doctorate in naturopathy. Naturopathy uses natural, gentle ways to bring our bodies back into balance so that they have the God-given ability to heal themselves. She is a retired professor of herbal medicine and nutrition and has written 39 college level courses in natural approaches to health. She has published two books on natural health. She can be reached on askdoctormarty@cox.net for scheduling a class or consultation, or for sending in your questions for this column.

QUESTION:

I am really trying to take better care of myself during this covid-19 pandemic. I have been eating well, getting plenty of rest, minimizing stress and drinking a lot of water. What supplements do you recommend to strengthen my immune system?

ANSWER:

There are dozens of vitamins, minerals, amino acids, herbs and miscellaneous nutraceuticals (a catch-all category for the other nutrients we need) that I use with my clients to boost their immune systems. The following is a list of my favorites to protect us from respi-

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(See Special Offer page 47)








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 Wellness


BY STEPHANIE CRAIG

Social distancing has become a daily part of life—spacing out 6 feet, groups of 10 or less, wearing masks. While such practices can feel exhausting and isolating, they are designed to create a healthy sense of boundary between you and others for the sake of collective well-being. As you imagine when and how life will return to “normal,” you can apply the lessons of physical boundaries through COVID-19 to improve your emotional boundaries as well.

Emotional boundaries are the structures you place in your relationships to let others know how you will and will not allow yourself to be treated. You set boundaries when you say yes or no, when you tell other people what you appreciate about how they are treating you and what has hurt you, when you decide how much time and energy you will invest, and when you choose to reduce your exposure to or end a relationship when you feel disrespected.

Relationship without boundaries results in you feeling exhausted, unappreciated, unseen and taken advantage of. Lacking boundaries also results in attracting unhealthy takers into your life repeatedly. So, how do you begin to create basic, healthy boundaries in your relationships?

Six Ways to Begin Healthy Boundaries:

Identify five relationship deal breakers. What are five things that must be present for a relationship to be healthy for you? For example: honesty, mutual respect, kindness, authenticity, meaningful apologies. Choose according to your most important values.

Notice in both your existing and new relationships whether your deal breakers are present. If they aren't, it's time to reevaluate the relationship.

Give yourself permission to say no. Healthy relationship respects your no. Often, you will want to say yes in your relationships. However, it is not selfish to say no when you want or need to do so. It is healthy to say no when you sense another person consistently expecting more from you than you feel is healthy. If someone is guilt-tripping, shaming or punishing you when you say no, it's time to reevaluate the relationship.

Decide how much time you will invest. You have many things to balance in life and limited time to give to any given relationship. You decide how much time feels healthy and respectful to give each relationship. For one relationship it might be an hour per week vs. an hour per day for another. If someone is consistently demanding more time than you believe is healthy to invest, it's time to reevaluate the relationship.

Give and expect reciprocity in relationship. Reciprocity means both people are consistently giving and receiving in the relationship. There may be seasons where you are giving

Another Perspective on Distancing



more or receiving more, but the overall tone of a healthy relationship is reciprocal. If you are consistently giving in a relationship and rarely receiving, it's time to reevaluate the relationship.

Say what you need and want. It is healthy for you to speak plainly about what is working for you and what is not. No one can read your mind no matter how long the relationship. If you don't tell people what leaves you feeling valued or hurt, others won't know how to be healthy in relationship with you. If someone continues hurtful behavior without improvement after it's been addressed, it's time to reevaluate the relationship.

Give yourself permission to end unhealthy relationships. Sometimes relationships are unhealthy and do not improve. You can care about someone and at the same time acknowledge the relationship is not healthy for you. It is not mean or selfish to end relationships when you have been clear about what is not working and it continues to happen.

Thinking about boundaries can feel uncomfortable at first, but in the long run, creates healthy evaluation and adjustment in your relationships resulting in the life-giving connection you want and need in your life. As you are working through boundaries and other common life struggles, remember that

many counselors are providing online services throughout the pandemic and accepting new clients including Journey Bravely.

Stephanie Craig is a Licensed Clinical Social Worker in practice for over 16 years providing counseling to those ages 11 and up for issues like stress, anxiety, depression, life transition, divorce, boundaries, managing emotions, and healthy coping. She recently moved cross country with her husband, Todd, and their three sons 14, 11, and 7 to make a home in our area. She loves to support individuals, families, and the community in being emotionally, physically, and spiritually well. Connect with Stephanie at her private practice, Journey Bravely, at journeybravely.com, stepheniecraig@journeybravely.com or (918) 221-9987.

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BY PASTOR DAVE HOLLAND

A Pastor's Ponderings: **Rising In the Storm**

trying to get to the hospital. She finally arrived with the bad news that we had to take the car to the shop. We waited all day for our vehicle's repairs before driving two hours through the backwoods of Alabama back to Florida. I finally got the pain medication and made it home alive. Anger, frustration, fear and shame rushed through my mind that day, threatening to overwhelm me.



the third critical question as the disciples asked each other, "Who is this?"

That man sleeping in the boat is the same Jesus who walks on water. He speaks to the deaf, and they hear. He makes mud with his spit and heals the blind. This Savior commands the stormy sea to calm down, the paralyzed man to rise, and the guilty woman to "go and sin no more." He speaks honestly to the crooked, peacefully to the angry, and comforts the lonely. This man in the boat is the Son of God. Ask Jesus to rise in your boat.

"A squall came down on the lake so that the boat was being swamped, and they were in great danger... we're going to drown!" Luke 8:22-25 (NIV)

When life hits you like a storm, you find out who you are. Recently, I had eyelid surgery and sat waiting in the hospital hallway in a wheelchair waiting for my wife to pick me up. Woozy, bleeding and clutching a pain medication prescription, I sat there over an hour feeling like no one in the world cared if I lived or died. Even my cell phone wouldn't work.

Meanwhile, my wife was frantic with a broken-down car

Luke 8: 23-25 relates a similar story. Christ and the disciples were in a boat on the Sea of Galilee when a furious storm threatened to overwhelm them. The disciples were rowing hard against the waves and probably bailing water when finally, they decided to wake their sleeping Savior. Three questions emerge from this passage that can help us overcome the storms that we face.

Whining like mules, the disciples cried out, "Master, Master, we're sinking. Don't you care that we're going to drown?" In other words, "Jesus, don't you care about us? We're drowning

here. Wake up and pay attention to my needs." The first question boils down to this—Lord, do you care about what I'm going through?

Most of us have experienced painful periods that seemed would never end. The worst is when we feel that nobody cares—not even God. Jesus responds, but not in the way one would expect. What does he do in the storm? Jesus talks to it. The Master rebukes the storm, wind and waves—He acts in the way only God can.

Immediately the world was calm, and the Lord turns to them and asks the second question from our passage, "Where

is your faith?" Their faith had been overwhelmed by fear. The problem with fear is it drains us of our confidence in God. Too often, self-preservation kicks in, and our trust in God vanishes at the time our faith needs to rise and speak to the storm in Christ's name.

Our destiny unfolds according to our faith. When our lives, health, finances or relationships are threatened, we must turn to Jesus. Christ is still at the helm, and he still speaks "peace" to storms. Ultimately, our victory does not rest on our faith—it rests squarely on Jesus.

The story of the storm-tossed disciples concludes with

Dave Holland pastored churches for over 38 years before retiring with his wife, Jonie, in Destin. He recently released his new devotional-Bible study based on the Gospel of Luke called "Every Day Jesus: Experience the Jesus Who Ignites Your Soul." You can get a copy of his book from his website, DaveHolland.org, or by contacting him at davidholland54@gmail.com. Pastor Dave is available to preach in churches and conferences or to serve as an interim pastor.

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 Musing



BY SEAN DIETRICH

It was an average Tuesday morning at the VA hospital. Elderly Sam Nilva awoke in his bed with crusty eyelids from sleep. He blinked at the ceiling a few times. A nurse brought some good news.

“You’re going home today, Sam,” she said.

Home. After being stuck in a sterile room for God only knows how long, the Minneapolis VA hospital was discharging him.

Another nurse leaned over Sam’s bed. Her surgical mask, goggles, and face shield could not cover her award-winning smile.

“And guess what?” she said. “We have a little celebration for you, birthday boy.”

Next, the nurses had all gathered in Sam’s room, holding handwritten cards, posters, and a multi-colored banner that read: “Happy Birthday.”

The little old man didn’t say anything. He didn’t have to. His face said enough. He was taking it all in. More nurses were chiming in via video phone on a monitor beside his bed. Everyone was cheering. It was a great day.

Sam recovered from a recent

brain surgery, and he’s been in this hospital fighting COVID-19. It was no day at the beach. Some weren’t sure if he’d beat it, but he did. And he did it with flying colors.

Though it should come as no surprise. On Apr. 29, 1919, Samuel Nilva came into this world, and he’s seen a lot worse in his life.

It’s hard to imagine what the world was like back in such an ancient era, but it was a turbulent time to be alive. Woodrow Wilson was in office. The government had just voted to protect sections of virgin land that would become national parks, which was considered a wacky idea by many critics. Pachelbel’s “Canon in D” was just officially published.

Congress had just approved the 19th amendment so that women could vote. Einstein proved Newton’s theory of space to be dead wrong. A little football club in Green Bay, Wisconsin, decided to start calling themselves “The Packers.”

And the whole world was dying from a Spanish Flu epidemic.

To call this period Hell on Earth would be like calling the Grand Canyon a ditch. Americans were staying inside just to keep from dying.

Theaters and silent-movie houses were boarded up. Those infected were tying white scarves around their doorknobs to signal the rest of the world to keep

away. Sometimes, the hanky stayed on the doorknobs until everyone inside was carried out with a sheet draped over them.

So, try to imagine this scene: You’ve been stuck inside during a nationwide quarantine. One day, your neighbor knocks on your door, tears in his eyes. He is asking for your help to carry his dead wife out of his house.

So, you carry her down the street to a dancehall that’s been converted into a temporary morgue. In some areas, there are so many dead bodies to deal with that communities are setting up makeshift morgues in local gymnasiums, fellowship halls and schools.

That was the world Sam was born into.

And this was just the historical appetizer. Things got a lot crazier.

For starters: World War Had just been in full swing before Sam’s birth, killing about 40 million. And the hits kept coming. When Sam was a 10-year-old, the stock market crashed. Bank executives were leaping off ledges in crowded cities when they learned that they were ruined. America entered a Great Depression, setting off a chain reaction of financial ruin around the world.

Meanwhile, dust storms

chewed at the Great American Midwest, forming black clouds that blotted out the sun and killed children with dust pneumonia. The earth was literally blowing away.

And as if this era didn’t already feature enough Biblical-style tribulation, they made beer illegal.

But even the 20s and 30s were just a dress rehearsal for the real problems ahead. The 40s brought Hitler, Stalin, another World War, 85 million deaths worldwide, and polio epidemics.

By the 1950s, the Cold War was on. Life was better, but people were still scared of what was next. American dads were building concrete bunkers in their backyards, behind the kids’ swing sets.

Schoolchildren were practicing atomic-bomb duck-and-cover drills, wherein students were trained to take shelter from nuclear threats by hiding beneath nuclear-attack-resistant school desks.

And as if this world couldn’t get any more out-of-control and unsettled, along came Perry Como.

Sam went through it all. He survived it all. When he got COVID-19, he told his daughter he wasn’t worried.

“I’ve survived polio,” Sam

said. “I’ve survived World War Two, I’ve survived so many things, and I want people to know we can get through this.”

If that sounds a little too optimistic to you, that’s probably because you’re too young to know better. Just ask Sam. This world has been through hard times before, and it will see them again. But according to Sam, we can get through.

When Sam left the hospital, Minneapolis VA staff nurses made a big ordeal over him. You should have seen it. They sang, they cheered, they laughed. When EMTs wheeled him down the hallway, Sam’s bed rolled past a barrage of medical workers who whooped and hollered.

Hospital personnel lined the halls, clapping, their gloved hands, making muffled applause, wearing protective face gear. Some tossed handmade greeting cards onto Sam’s bed when it wheeled by. And the fanfare didn’t end until the ambulance disappeared on the horizon.

They weren’t just celebrating a birthday. They weren’t simply celebrating a recovery. These people were celebrating Samuel Nilva, for proving that humans are a lot stronger than we think they are.

Happy 101st birthday, Sam.

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What Ever Happened To Patriotism?

By MYRNA CONRAD

June is the month that is sandwiched between two very patriotic holidays, Memorial Day and Independence Day. Memorial Day commemorates the men and women who have died in military service for the United States. Independence Day (Fourth of July) celebrates the birth of American independence from Great Britain on July 4, 1776. We also celebrate Veterans Day in November, honoring all persons who have served in the U.S. Armed Forces.

If you go in order, The Declaration of Independence precedes all of these holidays. This declaration led to our Constitu-

tion which guarantees our freedoms, including the Bill Of Rights. The final version of our Declaration of Independence declares: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Our freedoms were fought for from the very beginning and have been fought for ever since. These men and women were and are the ultimate Patriots. Patriotism, however, shouldn't just be attributed to those who have served in our Armed Forces. Patriotism should be practiced by EVERY citizen of the United States.

The definition of Patriotism is "devotion to and vigorous support for one's country. A patriot is a person who is on the side of his or her own nation or its leaders. To support one's country doesn't mean you have to agree



with everything the current political leaders endorse. What is does mean is that you support and stand up for the freedoms that our country represents.

The freedoms that make our country different and stand out among all others are stated in The Bill of Rights. Those include: Freedom of Religion; Freedom of Speech; Freedom of The Press; Freedom of Assembly; Freedom of Petition; The Right To Bear Arms; 'No-Quartering' Right; The

Right To Equal Justice; and The Right To Own Private Property. The Tenth Amendment includes: freedom to live or travel anywhere in our nation; freedom to work at any job for which we can qualify, freedom to marry and raise a family, freedom to receive a free education in public schools, and freedom to join a political party, union, or other legal group. Aren't you thankful for these freedoms? Let's never take them for granted.

In a 2018 Gallop Poll, only 33% of Americans aged 18-29 said they were proud to be an American, while 60 % of those age 50+ expressed extreme patriotism. The surprising and disturbing statistics in this poll, however, were that between 2013 and 2018 all age groups under the age of 50 went down significantly in their pride in being an American.

Those are troubling and sad

statistics. Why this drop in patriotism? I believe a lot of it comes from the lack of accurate knowledge about our country's history and the moral fiber our country was founded on. As my husband, Bob, put it, "revisionist history and expunging God from our society are the root causes of the failure and decline of patriotism in our country today." History used to be one of the major subjects taught in school from elementary school through high school. That doesn't seem to be the case today. Even when history is taught, parts of history that might offend someone are left out or erased. How can we expect our youth to be proud of a country they know so little about?

When searching for statistics on how many Americans have even read the Constitution, the numbers were between 15% and 37%. So, when the majority of our people have never even

PATRIOTISM

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 Musing

The Lotus Life: Like the River Flows

By Lauren Catanese

When the world seemingly comes to a halt. When tragedy strikes and we find ourselves on our knees. When the events and experiences that we find ourselves in, bring with them a feeling that time has stopped; we are blocked, complacent, at a standstill. To think that movement is gone and dead, is to forget about the world we live in. Life never ceases to exist. Life does not stop. Life is continually moving. Even now it's easy to think otherwise, so recognize that life is still moving forward and so are we. We may not be moving on in the same way or doing the same things, but we are always creating. Nature, even our own bodies create new cells every second, life always moves all beings forward. So instead of being blocked into thinking you are stuck because you cannot do or are not doing the same things you were maybe a month ago, move into something else, see what it is you are meant to be doing. We are creative beings born to use our talents and light to fulfill our God-given talents.

There is something in you right now that you can be doing to keep moving forward, something that will be beneficial for you and those around you. There is a reason you have this time and space. And it might be there to just help you relax and let go, or there might be something else you are meant to do.

Here are 3 tips to seeing what is inside of you burning to be created...to keep you moving forward in life. You already are moving forward, even if it seems you are swimming backwards. Circumstances will always present themselves, instead of letting them block where you go, be like a river and flow.



Create a morning ritual.

Use the golden hours of the morning to put intention into your day & life. Make a commitment to begin each new day with purpose, faith and even a small step forward. Waking up and saying thank you before your feet touch the floor. Writing in a gratitude journal, praying, meditating, light stretching or movements, reading a vision you wrote about things you want in your life, visualizations, these are some ideas you can use to create your own morning practice.

Focus in on what you want. When you close your eyes and visualize a life you would love to live, what does it look like? Who is with you, what are

you wearing, where are you? What kind of conversations do you hear, what do you see yourself doing, how does it feel? Now hold that thought and write it down on paper. Choose affirmative words, like I am. After you write it down, read over it and ask, "what is one thing I can do today towards this plan?" You will get an answer. Take the action you felt guided to take, and after that, ask again.

Notice the little miracles around you. Keep believing in

the bigger picture to life and all it holds. When it's harder to feel faith and hope, look around you. In nature, your own family, inside of you there are miracles waiting to burst out. From breathing to the sunshine, to having a breakthrough moment with your child as he learns something new. To people healing and uniting and coming together in love. Feeling so connected to people we only just met. Notice them, and they will multiply.



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BY SHANE MOODY, DESTIN CHAMBER PRESIDENT

As we are just beginning the road to reopening the economy, there is no doubt that the governor allowing Northwest Florida to open short-term rentals has been a boon to this area. The tourists and visitors are here. They are in the stores, the restaurants and enjoying the beaches and attractions our community has to offer. There is no doubt that families were ready to hit the road and do something outside of their own house. We're certainly glad to see them.

As the economy reopens, it begins to recover. Recovery is still a mystery to us. No one seems to know just how fast that will happen. I haven't received the same answer from any two people I've asked. Some think it will recover quickly, some think slowly, and some think steadily. At the Destin Chamber, we've pushed out more information to you, our members and community, than we ever have before. I hope you've been able to stay up to date on the progress of the region and the state. Thanks to the many of you for your compliments and emails thanking us for what we have tried to do to assist you and the community. Those mean a lot to us!

As the recovery takes place, we must prepare ourselves for what it looks like down the road. I wish I could predict the future, but right now, that's more difficult than ever. Will our economy look the same? What will need to change? Will normal be a familiar normal? That's where the reimagine comes into play. We encourage you to think about what changes you may need to make. Be ready to make adjustments quicker than ever before. But more than anything else, prepare to succeed. We'll continue, as the Destin Chamber, to remain in full support of you and your business. We'll continue to maintain our influence at the local and state levels to ensure we are part of the reopening of the local and state economy. Many of you have continued support of the chamber, sending in your renewals or becoming new members, and asking how you can help. Now is certainly the time to be a member to strengthen the chamber and our efforts to improve and maintain the economy and quality of life we enjoy here.

I want to thank Commissioner Kelly Windes for taking an idea I shared with him to the Board of County Commissioners. In a phone conversation with Commissioner Windes, we discussed an county economic task force to help position Okaloosa County for a quick recovery. He recommended to the commission that they form this task force. The commission agreed. There is now a task force in place that includes an appointment from the four chambers, and one appointment from each commission-

er. I also want to thank Mitch Mongell, President and CEO of Trustee Member Fort Walton Beach Medical Center, for being the Destin Chamber appointee. We'll keep you posted on their progress.

We have also formed a Destin Chamber Economic Recovery Task Force. We are in discussions about positioning the local community for recovery. A couple of main focuses there are shopping and buying locally and keeping the tourists coming. My compliments and thanks to Jennifer Adams and the Okaloosa TDC chaired by Ken Wampler for their work as well. Our partnership with the TDC and letter writing campaign to the governor (thank you to the Destin Chamber members who took part in this as well) helped the opening of short-term rentals to move quicker than anywhere else in the state. It truly has been a community effort. Destin's mayor has played an integral role on our task force as well.

As we move forward, don't forget that this IS an election year. We have many seats opening for this election. School Superintendent of Okaloosa County, State House Seat 4, County Commission seats including our District 5 seat, and Destin City Council all will be elected this year. The Destin Chamber is planning a series of candidate forums for you so that you can learn about the candidates and make an informed decision at the polls. There are also several constitutional amendments on the ballot. Watch for your chamber to take a position on some of them, including op-

posing a \$15 minimum wage across the state of Florida.

Keep up the hard work. These last 90 days have been unlike anything any of us have ever seen. The work it will take to recover will be just as challenging. The Destin Community has always been a hard-working,

get-it-done business community. This is what it is going to take to bounce back. Reopen. Recover. Reimagine. #Chamber-Strong. That's how we'll build this world-class community together.

Reopen, Recover, Reimagine

PATRIOTISM

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read the Constitution that our country was founded on and what all who serve swear allegiance to, why should we be surprised that patriotism is on the decline.

When I was in school we stood, with our hands over our heart and all quoted the Pledge of Allegiance. We all knew the words and no one even thought about refusing to do this. Today we see people refusing to stand and pledge allegiance to our flag. Kids in school, people in

sports, many of those in the media and entertainment industry stay seated or take a knee when saluting our flag or they speak disparagingly about our country.

Freedom is not something to take for granted. People throughout the history of our country have left home and family, bled and fought under extreme circumstances, seen and experienced horrific things and even died for our freedom.

My father-in-law was a prisoner of war in Japan in WWII. My husband, his brothers, my brother and many of the next

generation of our family have served in the military. We have seen, first hand, the cost of freedom. When we see a flag waving in the wind or hear the National Anthem, our hearts swell and we proudly salute the flag that represents the "land of the free."

While our country is not perfect, what has made our country different and great is its stated commitment to liberty, justice and equality for all. May we ALL stand strong for our freedoms and be proud that we are Americans!

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Below is a list of go-to resources from agencies providing assistance and answering questions concerning COVID-19. The safety and well-being of our community is our top priority, and ensuring everyone in need of assistance has information available to them is crucial.

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CORONAVIRUS TAX RELIEF

www.irs.gov/coronavirus

SCHOOL CLOSURES UPDATE

www.fldoe.org/em-response/index.stml

FOOD & EDUCATION RESOURCES FOR DISTANCE LEARNING

www.fldoe.org/em-response/resources-families.stml

FREE MEALS FOR KIDS & TEENS

summerbreakspot.freshfromflorida.com/

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fdoh.maps.arcgis.com/apps/opsdashboard/index.html#/8d0de33f260d444c852a615dc7837c86



Estate Planning: Can I Do It Myself?



BY GREG D. CROSSLIN

The Internet is a wonderful tool. There are many easily ac-

cessible forms and guidelines offered by a number of document service providers on the Internet. These companies provide a “do it yourself” approach to creating your own Estate Plan. While “fill-in-the-blank” Wills and Trusts can be tempting and seem very easy and inexpensive, the question becomes is it really a good idea to do it yourself ?

Some may say that a “do-it-yourself” (DIY) Estate Plan is better than nothing at all and for

many is the less expensive or affordable option. This may well be true. But is that really a choice? Wouldn't you be better served working with an attorney who can provide you guidance, explain applicable laws in the state in which you reside, walk you through the process, answer your questions, and ensure your Estate Plan is what you want and need it to be, rather than hoping that it works. Without legal advice, you simply will never know if your plan is sufficient until it is challenged in court.

I have reviewed several DIY products on the Internet and in some Box stores and they certainly seem to provide less expensive options. However, if you look carefully at what you are getting and the price, it appears the savings may cost more in the long run. This is especially true, if the Will does not meet Florida statutory requirements and your family ends up in Probate Court fighting over what you actually intended. What appears to be an immediate savings may cost you and your family in the long run. Fill in the blank services are generally thought to be helpful because they charge a standard rate for each document. Unfortunately, as a rule, no one “fill-in-the-blank” form is available to explain how each

Looking at



The Law

document in your Estate Plan works together, should work together, how they have been changed, modified, and applied to your specific needs.

By contrast, most Estate Planning Attorneys create a complete Estate Plan that includes multiple documents, such as a Will, a Trust, a Healthcare Power of Attorney, a Durable Power of Attorney for Property, Beneficiary Deed, a Living Will or Healthcare Directive, a Pre-Need Determination for your children as well as other items. A blank box on a form cannot tell you how these all work for your specific needs. At the Law Office of Greg D. Crosslin we believe affordable Estate Planning is necessary and should

be available. We have simplified a Flat Fee approach which allows you to consider and choose each portion of your plan, identifying what your needs are and providing you what you want! We have developed this approach to work with your specific circumstances, desires and requests.

The shortcoming of a “Do It Yourself Estate Plan” is that you really are doing it yourself, by yourself and without legal guidance. Estate Planning requires you to address an array of questions, topics and circumstances, some of

which you might not have considered before and requires you to make choices that affect not only your life, but the lives of those you love the most. We believe you should do so with the guidance of someone trained in the law, who is able to help you make the best Estate Plan possible you can to carry out what you wish and to avoid pitfalls that may present themselves.

Greg D. Crosslin is Principal Attorney at the Law Office of Greg D. Crosslin, 3999 Commons Drive West, Suite D, in Destin, Fl. Call 850-650-7378 or visit www.destin-legal.com for more information.

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Meet our Local Pro: **Robyn Hicks** with **Community Management Associates**

By RITA L. SHERWOOD

Community Management Associates (CMA) is an association management firm that offers customized management services to the different associations they serve. Each community is different and has differing needs. CMA provides services for HOA's of all sizes and condominium developments as well as mixed use properties which have residential properties and well as commercial sites. CMA has been around for more than 30 years, serving Georgia, Alabama, South Carolina, Tennessee and now Florida. When CMA started back in 1989, they managed seven associations with only four employees. Today they manage more than 900 associations located throughout the southeastern United States.

Robyn Hicks, Business Development and Division Manager for Florida, says she quit her job of 11 years with CMA when she and her husband decided to move to Destin in 2018. Just a couple of months later, her previous boss called and asked if she'd like to open a CMA office in Florida. She was told that CMA had always wanted to move into the Florida market, but just didn't have anyone there locally to open an office. Robyn said she wasn't quite ready to retire, and jumped at the chance. She started getting involved in the local community, and before you knew it, she had her first account, Calusa Bay in Destin, and has been with the company for 13 years now.

The CMA office is located in Santa Rosa Beach and services associations like Gulf Place,



Draper Lake and Highland Parks of Blue Mountain Beach, just to name a few. CMA also manages property in Fort Walton Beach, Destin and Freeport. And the company is growing by the day.

When asked what the most rewarding part about her job is, Robyn replies, "It's so great to see how communities can really come together and thrive with

our help and assistance. We have more than 30 years of expertise, so there's not much we haven't seen or dealt with," she says. "One of the benefits of hiring an experienced management company such as CMA is that we can help our customers navigate any issue or project. We also bring top notch technology to the table, something that our Boards find very valuable. But one of the things I love most about CMA is that even after all this time, we are still family owned and operated."

Last year in particular, Robyn says CMA bought a local property management company called "The Association Office," which had been locally owned and operated in Santa Rosa Beach for 20 years. She's proud to say that the original owner and all employees

have stayed on to work for CMA. "We have the most amazing, dedicated group of people working with us. I am so thrilled that our office is filled with such hard working, caring people."

When not enjoying her free time paddle boarding, Robyn likes to spend time with her husband who works at Progress Bank in Destin, and her two rescue fur babies. She recently adopted a puppy from Alaqua, an animal refuge located in Freeport. She also likes to travel to Illinois to watch her son play as a tight end for the Western Illinois University football team.

If your residential or commercial association wants a change or is looking for experienced management, give Robyn a call at 850-200-0835. Visit cmacommunities.com to learn more!




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 Business


BY MATTHEW VANDERFORD

Usually this column is meant to discuss insurance-related themes and the occasional life topic that comes to mind. But this time I wanted to send a different message as this area has been exposed yet again to another set of disasters. First, Hurricane Michael came to devastate our neighbors, families and friends. Covid-19 had all but ceased everything we came to know as modern 21st

century life. And now the recent local fires have come to add more stress to lives already facing challenges.

To all local businesses suffering from Covid-19: If you have suffered economic loss due to COVID-19, we at CLAIMOLOGY are offering our public adjusting services for free to help you recover damages.

To all Walton County fire victims: If you have lost property or suffered any loss due to the recent local fire in Walton County, we at CLAIMOLOGY are offering our public adjusting services for free to help you recover damages.

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

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You could have it answered in one our columns.

Leadership Okaloosa Taking Applications

Leadership Okaloosa is an esteemed leadership training and development program with a 30-year history of being a vital part of Okaloosa County's growth and development of its leaders. This nine-month experience is designed to enhance the participant's leadership skills and provide community awareness.

Hosted from September to May, participants receive classroom training by certified instructors and are given opportunities to interact with various key community leaders throughout the process. Tours of key areas such as Destin, Crestview, Niceville, Valparaiso, Fort Walton Beach, Eglin Air Force Base, Hurlburt Field and Legislative Days in Tallahassee provide participants with a better understanding of the community. Additionally, each participant takes part in a group project to benefit the community while focusing on project management, time management and team building skills. Another important aspect of Leadership Okaloosa is the networking relationships forged that lead to long lasting personal and professional relationships. Hosted by Northwest Florida State College with the support of the Crestview Area Chamber of Commerce, Destin Chamber of Commerce, Greater Fort Walton Beach

Chamber of Commerce and Niceville Valparaiso Chamber of Commerce, benefits include leadership training and development, community networking, becoming equipped and motivated to assume leadership roles in the community, interacting with community leaders, developing an awareness of the region and its needs, and earning aspects of the Legislative process (Tallahassee Legislative Days).

Applications will be accepted through August 24 and class size ranges from 25-40 participants.

Tuition Fee is \$975 and includes access to online training and materials, coffee and lunch during training days, chamber breakfast or lunch during tours, hotel and transportation during Tallahassee Legislative days, and graduation celebration.

Download the enrollment form at nwfsc.edu. Application can be submitted by email at leadershipswfsc.edu.

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Local Authors Announce New Releases

Changing the Rules of Engagement

In Martha LaGuardia-Kotite's recently-released new audio book, she shares her story of being one of the first female officers to serve aboard two Coast Guard cutters with all male crews, being a woman in the U.S. Coast Guard and, a graduate of the Coast Guard Academy with a masters from Harvard University, rising to the senior rank of U.S. Coast Guard Captain.

Changing the Rules of Engagement is a collection of leadership insights and inspirational stories of other female heroes of the U.S. military which include an astronaut, Marine Corps drill instructors, fighter pilots, enlisted women on the front lines and on warships and officers who are divers, aviators and more. The audio book documents the lives of these women who have shattered the glass ceiling and performed extraordinary feats while serving their country. By telling the stories of their remarkable careers in traditionally male-dominated environments, Martha demonstrates how tenacious and courageous women can achieve the unimaginable.

Among the pioneering women profiled are Vice Adm. Vivien Crea who, as vice commandant of the U.S. Coast Guard, held the highest-ranking position of any woman in the history of the U.S. military; Senator and former Capt. Tammy Duckworth, USA (Ret.), a Purple Heart recipient and triple amputee who was shot down in Iraq while piloting a Black Hawk helicopter; and Heather Wilson, an Air Force Academy graduate, Rhodes scholar, and the country's only female veteran in Congress. Included are the inspirational stories of women Marines, one of the three female Shuttle commanders in the history of the NASA program,



and the first female members of the military service academies' gender-integrated classes, who recall the highs and lows of their trailblazing experiences. Representative of a widely diverse group of enlisted women and officers from different races and cultures, they have succeeded since the mid-1970s at combating prejudices and aiding change in the military with intelligence, passion and honor while serving on the front lines. Martha also tells her own story of overcoming fear and building trust.

Now a TEDx and professional speaker as well as an award-winning author, Martha has authored five books, is a wife and mother of two sons who enjoys being in nature, sailing, swimming and playing tennis with friends. Her keynotes and breakout sessions have provided corporations, schools and leadership symposiums insights for managing during a crisis and leading beyond by Being Bold, Being First and Being You. Martha infuses her presentations with her own "sea stories" and profiles of top-leaders she has written about.

You can purchase Changing the Rules of Engagement on

Amazon and Barnes & Noble as well as Martha's other books including the award-winning So Others May Live: Coast Guard Rescue Swimmers Saving Lives, Defying Death. To learn more, visit her website at marthakotite.com and click on "News and Articles."

Fighting for Your Purpose: From Sex Trafficking to Ministry

"Fighting for Your Purpose," updated and expanded, by author Sula Skiles has just been released on Amazon! "People always ask me how I got through all of the trauma and pain in my life story," says Sula. "In this book, I've poured almost everything that I've learned from the Lord, over 20 years, about freedom and finding life purpose. It's loaded with scriptures and there is self-work at the end of each



chapter so that you can talk to the Lord and apply what you've learned-great for small groups. If you came to me asking for ministry counseling or prayer, more than likely, the truths from

this book would organically flow out of me to you."

Sula unapologetically shares the traumatic and drama filled details of her life. As if speaking to a close friend, she holds nothing back in hopes that through her mistakes, pain and ultimately her miraculous life transformation, you would be drawn to the God who makes all things new.

In this book, you will:

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Leader * Author
Captain USCG

BE BOLD. BE FIRST. BE YOU: Martha's bold leadership style empowered her to be one of the first female officers to serve aboard two Coast Guard cutters with all male crews. Martha remained true to herself while changing the rules of engagement. Today she is an empowerment enthusiast, helping empower businesses, teams and people to realize what they can be and can do!

To connect with Martha or book her for your event: www.marthakotite.com

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Fine Art Destination Opens Its Doors

J.Leon Gallery Studio Offers High-End Art Exhibitions and Experiences

As of June 3, 2020, J.Leon Gallery Studio, the area's newest fine art destination, opened in Miramar Beach. Born with a vision to make high-end art attainable for everyone, the gallery features seven artists and a fully equipped ceramic studio for both classes and open studio time for advanced artists. Owner and artist, Jason Lindblad, welcomes all guests to the gallery to experience the journey of creativity. "Art has always been the center of my world, and sharing the story of creativity is a passion of mine. My mission with building J.Leon Gallery and Studios was to take that story and make a desti-

nation for which all guests could fully interact with the wonders of the creative process," says Jason. J.Leon supports and promotes its artists while presenting guests with unique ways to engage with and uncover their next favorite work of art.

Megan Patterson, Studio Director and Ceramics Instructor, brings a unique talent to J.Leon Gallery Studio. As a ceramicist, Megan instructs both Beginner Wheel Throwing Classes and Beginner Hand Building Classes. Each guest is encouraged to unleash their creativity and enjoy the process of creating something new.

Located at 13370 U.S .Hwy.



Jason Lindblad, Owner and Artist, J.Leon Gallery Studio

98 in Miramar Beach, J.Leon Gallery Studio is open from Tuesday to Sunday, 10 a.m. to 6 p.m. and closed on Mondays. For additional informa-

tion, class and workshop sign-up, and to view upcoming events, visit jleongallery.com, call 850.842.3051 and follow on Facebook and Instagram.

Art is for everyone! Artists and art appreciators have the opportunity to call J. Leon Gallery Studio their creative home.

Emerald Coast Theatre Company Resumes In-Person On-Site Summer Camp; Activates CDC Safety Protocol Plan

Emerald Coast Theatre Company re-opens its doors for Summer Camp 2020. In addition to the online Summer Camp programs now underway, ECTC has released the schedule for in-person, on-site

classes, workshops and lessons designed for various age groups that range from preschool aged children through 12th grade high schoolers. Tuition ranges from \$40 to \$395 per student depending on the program. Sib-



ling, military and multiple camp discounts are provided; payment plans and scholarships available for group camps/classes.

"We have had a ball with our innovative online offerings this spring, but we are thrilled to be able to reconnect with our parents and theater-loving kids for the 2020 Summer Camp season," said ECTC co-founder and producing artistic director Nathanael Fisher. "The safety and well-being of everyone in our ECTC tribe always comes first, so we are carefully activating our Safety Protocol plan in accordance with CDC guidelines."

ECTC programs are held at its performance space located at 560 Grand Boulevard in Grand Boulevard at Sandestin in Miramar Beach with additional locations in Defuniak Springs

and Panama City. To register for ECTC Summer Camp 2020 sessions and for a complete schedule, call (850) 684-0323 or visit emeraldcoasttheatre.org/summer-camps. Follow ECTC on Facebook, Instagram, Twitter and YouTube.

Little Rascals Camp

Ages 5-7, rising Kindergartners. Tuition \$125-\$140.

Peter Pan Camp

Grades 2-12. Tuition \$195.

Camp Showtime

Grades 2-12. Tuition \$150-\$170.

Disney's The Little Mermaid JR

Grades 2-12. Tuition \$395 (payments available).

Film Camp

Grades 5-12. Tuition \$195.

Advanced Camps & Workshops

Creative Theatre Games

Grades 3-5. Tuition \$40.

FUNDamentals of Improv

Grades 6-12. Tuition \$40.

Techies Rule

Grades 5-12. Tuition \$150.

Musical Theatre Workshop

Grades 6-12. Tuition \$175.

Advanced Acting and Vocal Techniques

Grades 5-12. Tuition \$160.

Private Vocal Lessons

Four one-hour long sessions \$240. Individual Lesson Scheduled with Peter Lake.

ECTC is following the Center for Disease Control (CDC) safety guidelines. To view the complete plan, go to <https://www.emeraldcoasttheatre.org/ectc-safety-protocol>.

The more camps you register for, the more you save on tuition. To learn more about scholarships or to apply, visit ECTC's website.



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Mattie Kelly Arts Foundation Announces Rescheduled Concerts in the Village Line-Up

The Mattie Kelly Arts Foundation (MKAF) is pleased to announce a new 2020 Concerts in the Village lineup. With the safety and well-being of guests, artists, and staff as a top priority, MKAF asks that concertgoers adhere to the following social distancing measures.

- Groups must be ten people or less
- VIP tables spaced 10 feet apart
- Maintain 6ft distance between your ten-person or less group and other concert attendees
- If inline for food, stay 6ft behind the next person inline
- Wash your hands frequently;

you may also want to bring hand sanitizer

- Dance floor is closed
- Playground is closed for now
- Wear a mask if you so choose
- Credit cards and Paypal transfers only - no cash accepted at the gate

Have fun at a distance, enjoy the show!

*MKAF accepts no responsibility for patrons who do not adhere to the safety and sanitization guidelines.

“As we all try to navigate these challenging times, art and culture are a bright light for us all. We are thrilled for every-



one to be back and to enjoy the shows!” says Kevin Bowyer, MKAF 2020 Chairman of the Board.

The Foundation thanks its members, volunteers, donors and the community for their support. For the latest news and information, please check www.MKAF.org, and follow the Mattie Kelly Arts Foundation

Facebook and Instagram pages for dates, information, and inspiring arts and culture-related posts.

2020 MKAF Concerts in the Village Lineup:

- Thursday, June 4, 2020: **Velcro Pygmies**
- Thursday, June 11, 2020: **Rumours**
- Thursday, June 18, 2020: **The Return**
- Thursday, June 25, 2020: **Departure**
- Thursday, July 9, 2020: **Jeffrey Steele** (rescheduled)
- Thursday, July 16, 2020: **Accent** (rescheduled)
- Wednesday, July 22, 2020:

The Ultimate Eagle's Tribute, On The Border

(rescheduled)

Forrest Williams Band

(rescheduled)

M-80's

(rescheduled)

Casey Kearney

Thursday, September 10, 2020: **The Shakedown**

Thursday, September 17, 2020: **The Bonehoeffers**

Thursday, September 24, 2020: **Pickled Pickers**

Thursday, October 1, 2020: **Shania Twin**

Saturday, October 3, 2020: **Emerald Gold**

Thursday, October 8, 2020:

Groovy Ty Entertainment

Meet Ty Maroney: Musician/Entertainer

Music, the universal language is one of God's most wonderful gifts to us all.

Some people sing, some play instruments. But we all love to simply listen to music, beautiful music. It's one of the true joys in life. People just seem to have longing for music deep down in their souls that transcends all things and no matter where you're from or what you do, music is a language we all understand.

Ty Maroney, a local musi-

cian is one of those people who has the gift of music built into his DNA. He's been playing an instrument his entire life. He can play guitar; he can play piano, but his true love is playing the Saxophone. And boy is he good. He has an ear for music; it comes natural for him. And it truly shines whenever he performs. Ty's love for music and his love of the saxophone make the world a better place. There's something special about the sax—in the right hands it will



produce a sound like no other, a sweet, beautiful, relaxing sound.

Maybe that's why it has captured his heart.

Ty tells the story about a time

when he was in the Ukraine visiting with a missions group that he is friends with and a special night, where he was enjoying dinner and some free time at a popular local restaurant. The restaurant holds an annual celebration where they unveil the year's new creations. It's a special event celebrated with live music each year and is quite a big deal in the area.

“While dining with a few friends, an unexpected meeting took place, the owner approached me out of the blue and asked do I play the piano”.

Ty said yes and was asked if

he would perform at this year's celebration. Ty thought for a moment and said, “yes I will perform here for you under one condition. Instead of playing the piano, I want to play my Saxophone.” Well the owner agreed, and the rest is history. Groovy Ty Entertainment was born.

To hire Ty for your special event—Weddings, Birthday Celebrations, Ribbon Cuttings, Grand Openings or anything in between, just give him a call or visit his website. He will make any event extra special. (601) 826-5479, mission16.wixsite.com/music

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MATTIE KELLY ARTS FOUNDATION

Concerts in the Village

CONCERTS ARE BACK!

GATES OPEN AT 6PM | CONCERT AT 7PM

| JUNE | JULY |
|---|--|
| 04 Velcro Pygmies | 09 Jeffrey Steele |
| 11 Rumours | 16 Accent |
| 18 The Return The Beatles Experience | 22* Ultimate Eagle's Tribute On The Border *Wednesday Concert! |
| 25 DEPARTURE The Journey Tribute | 30 Forrest Williams Band |

Pack a picnic, wine and chair or purchase dinner from a local food truck.

ENJOY THE SHOW!

FREE for Members
JOIN TODAY!
MKAF.org

 **Around Town**

Around Town

City of Destin 2020 Hurricane Information Guide is Now Available

Hurricane season began June 1 and ends Nov. 30. The 2020 City of Destin Hurricane Guide is now available on the City of Destin website and City of Destin Government Facebook page. This comprehensive, 7-page guide provides valuable information that you can use before, during and after a storm: cityofdestin.com/hurricaneguide.

Big Brothers Big Sisters of Northwest Florida Connects Virtually

As an organization driven by one-to-one connections, Big Brothers Big Sisters of Northwest Florida (BBBSNWFL) remains virtual, keeping the health and wellness of the staff, volunteers, children and families at the highest priority. The staff of BBBSNWFL is working remotely and innovating new engaging ways to remain connected with the com-



munities from Pensacola to Panama City. Each week on Tuesday, virtual recruitment and information sessions are hosted through Zoom. Each session is 30 minutes long and filled with information

on becoming a Big Brother, donor or friend of the agency and are found on the Big Brothers Big Sister's Facebook and Instagram page at 8:30 a.m., 12 p.m. or 5:30 p.m. If you're interested in becoming a Big Brother or Big Sister, or just want to learn more about BBBSNWFL's mission and vision, 'Let's Talk Tuesdays' is a great resource. BBBSNWFL provides one-to-one mentoring for children ages 5-18. Last year, the organization served 646 children. Visit bbbsnwfl.org or call 850.433.5437 to learn more.

ies the spirit of community and is a top performer who has proven to be a trusted advisor to her clients."

Temporary Disaster Relief Jobs Program

CareerSource Okaloosa Walton's Board has been awarded a \$150,000 Disaster Recovery Dislocated Worker Grant to provide disaster-relief and humanitarian assistance temporary employment opportunities. Funds are limited! You can find examples of potentially allowable temporary disaster-relief job duties at careersourceokaloosawalton.com.

Ashley Vannoy Joins First Bank of the Lake



Local resident Ashley Vannoy has joined the Small Business Administration (SBA) Lending team as Vice President, SBA Healthcare Commercial Lending. In this role, Ashley will be responsible for commercial real estate growth within the 30A, South Walton and Destin communities by capitalizing on her strong track record and relationships in the commercial lending arena. "With more than 33 years of experience in community banking, commercial and private banking," says Annemarie Murphy, Executive Vice President, President SBA, "Ashley embod-

Record Number of Local Nonprofits Completing First Step in IMPACT 100 NWF Grant Process

A record number of nonprofits have completed the first step of the IMPACT 100 NWF grant process. The mission of IMPACT 100 of Northwest Florida, Inc., is to financially support nonprofit organizations in Okaloosa and Walton counties within five focus areas: Arts & Culture, Education, Environment, Recreation and Preservation, Family and Health & Wellness. Created in 2012, IMPACT 100 of Northwest Florida has awarded \$2.7 million in grants to local nonprofit organizations, including five \$101,600 grants in 2019. In late October, members will hear from the grant finalists and determine the 2020 grant recipients.

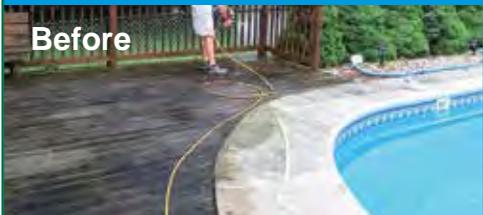


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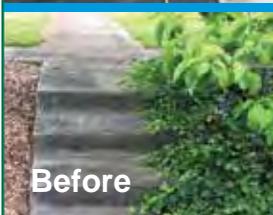
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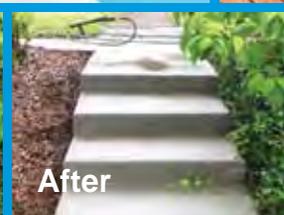
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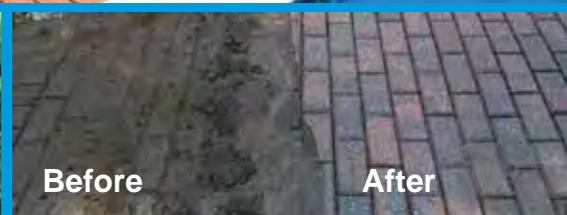
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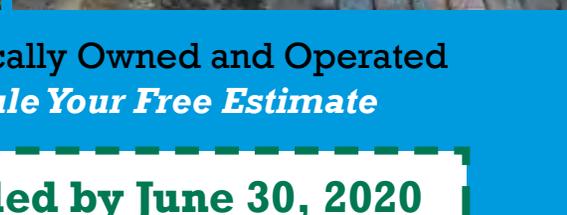
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