



JUNE 2022
VOL. 4, NO. 11

THE WORLD'S LUCKIEST FISHING VILLAGE

DESTIN *Life*

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Destin-Fort Walton Beach Implements New Beach Safety Measures

Okaloosa County has launched new beach safety measures in partnership with Okaloosa County Beach Safety and Destin Fire Control District. The initiatives include a synchronized beach warning flag selection across all guarded beaches in Destin-Fort Walton Beach, a text alert system and GPS-mapped signage to help first responders reach emergencies most efficiently.

"The safety of our residents and guests is paramount. The new measures will increase awareness of the beach flag warning system and will make emergency response even more efficient," said Okaloosa Board of County Commissioners Chairman, Mel Ponder.

A universal Beach Flag Warning Program was adopted by communities across the state of Florida in 2005. Destin-Fort Walton Beach is no exception to this universal system. Differences in flag colors, sizes and symbols can confuse



beachgoers so beach safety teams across the state post a beach warning flag, based on trained observations. In the past, observations may have prompted a different warning

flag to be posted at beaches within Destin city limits than the flag selection for unincorporated Okaloosa County. To further improve the effectiveness of Beach Safety; Okalo-

sa County, City of Destin and Henderson Beach State Park will now post a synchronized beach warning flag based on

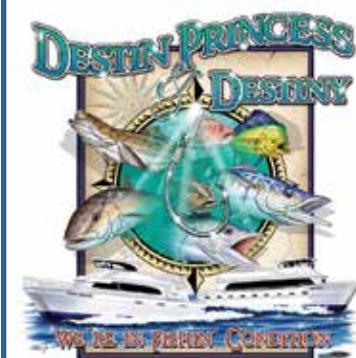
SAFETY
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Cafe DESTIN
kwench SUICE CAFE
Breakfast | Lunch | Espresso
985 Highway 98, Destin
(850) 424-6777 | CafeDestin.com
Newly Reopened! See coupon pg. 47.

Destin's Got Magic!

Summer beach days are here, but what is there to do at night? (Especially for families!) PRESTO! at the Magic Parlor is bringing some of the best magical talent from around the world for a show filled with illusion, showmanship and outright hilarity. This 90-minute magical masterpiece is inspired by early 20th century magic performances and the beauty of vintage, traveling European dance halls, PRESTO! delivers an experience unlike anything previously seen in North America. Under the velvet dome of The Magic Parlor at Destin Commons, you and your family will witness some of magic's greatest minds perform their

PRESTO!
continued on page 5



YEAR ROUND DEEP SEA FISHING

Individual Tickets or Private Charters Available
\$95 per Person for a 6-Hour Trip • Multiple Voyage Selections
FAST • CLEAN • AIR CONDITIONED • RESTROOMS
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Gulf Terrace | Destin
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Silver Beach Towers | Destin
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91 LAKE FRONT DRIVE
Olde Florida Lakes | Miramar
3 Bed | 2 Bath | 1,815 SF | Listed at \$589,000
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128 SANDPIPER BAY - UNIT 1D
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1 Bed | 1 Bath | 810 SF | Listed at \$429,000
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SAFETY

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conditions observed.

Because of the consistent flag selection across all of Destin-Fort Walton Beach, a daily text messaging system has been made possible. Locals and visitors are encouraged to text "BEACH" to 44144 for a consolidated, daily beach warning flag update for Okaloosa Island, Henderson Beach State Park and City of Destin public beaches guarded by Destin Fire Control District.

In addition to the beach



flag messaging system, individually numbered R-Signs were installed near the dunes as part of the Destin-Fort Walton Beach Wayfinder Network. The signs act as reference points for beach-goers who call 911, to notify first responders of their location during an emergency. The first signs were installed every 500 feet, along a three-mile stretch of Okaloosa Island beaches, with plans to expand throughout Okaloosa County. The GPS coordinates of each

sign are registered with first responders so they can effectively locate those calling 911.

"These safety measures are invaluable and a key to keeping those visiting our beaches safe. It has been five years in the making and we hope these efforts will assist our local dispatch in quickly responding to emergency situations and keep our residents and guests safe," said Jennifer Adams, Director, Destin-Fort Walton Beach Tourism.

Around Town

Join the **Heritage Museum of NWF** for **Summer Camp 2022**. Week 1 is for Grades K-2 and will be from July 11-15. Week 2 is for Grades 3-6 and will be from July 18-22. Bring a daily lunch and the museum will provide a light snack. Classes such as weaving, gardening, science and history are offered. Roll call will start at 10 a.m. The museum, 115 Westview Ave. Valparaiso, will have an attendance raffle for one lucky winner. Call (850) 678-



Heritage Museum Summer Camp

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**20th Annual Emerald Coast
Blue Marlin Classic June
22-26**

Timed to coincide with the peak of the Gulf Coast's blue marlin season, the Emerald Coast Blue Marlin Classic at Sandestin Golf & Beach Resort sets the precedent for sportfishing tournaments.

**ECTC's Production of
"The Tempest" at Grand
Boulevard Thursdays**

Part of Grand Boulevard's Coastal Culture series, "The Tempest" plays every Thursday at 8 p.m. in The Grand Park through July 28. The show is free. Bring a blanket or lawn chair. In case of rain, "The Tempest" will be performed upstairs in the 560 building (850) 684-0323; www.emeraldcoasttheatre.org.

The **Destin American Legion** will hold a **flag retirement ceremony on Flag Day**, June 14, at noon with

600 flags respectfully retired to the cleansing flames. American Legion Post 296, 311 Main St., Destin.

**Buccaneer Pirate Cruise
Adds Friday Night Pirate Life
After Dark Cruise for 21+**

Unleash your inner pirate aboard the 90-minute After Dark Cruise with the Pirate Life band Friday nights during the summer, featuring live music courtesy of The Crossbones, a pirate-themed rock band, and other pirate performers on the 100-foot pirate ship. Cruises are available every Friday night through Aug. 12. Book at BuccaneerPirateCruise.com.

**Southern Star Dolphin
Cruise Adds Morning
Dolphins & Donuts Cruise**

Enjoy the peace of a Destin morning with a relaxing scenic cruise aboard the Southern Star. Complimentary donuts will be served as you cruise our picturesque Emerald Coast waters and observe dolphins in their natural habitat. Coffee, Mimosas, and Bloody Marys will be available for purchase as well. Experience up-close viewing of pods of coastal bottlenose dolphins while relaxing to island music aboard the glass-bottom boat. Cruises are available mornings through Aug. 10. Book at southernstardolphincruise.com.

**2022 Okaloosa County
Mosquito Control Schedule**

The Okaloosa County Mosquito Control Program scheduled for treatment by broadcast



FLAG WARNING SYSTEM



Water closed

Water activity is prohibited



High hazard

Knee deep is too deep



Moderate surf/currents



Calm conditions



Dangerous marine life

Absence of flags does not assure safe waters.
Swim at your own risk.

BEACH RULES

Leave no trace

No fires on the beach

No dogs

No fireworks

Camping prohibited

Keep off dunes



Continued on page 12

 Community

From the City of Destin



BY CATHERINE CARD,
CITY OF DESTIN PUBLIC
INFORMATION MANAGER

Sea turtle nesting season takes place on Destin's beaches May 1st thru October 31st. To help with education and awareness the City of Destin is giving out FREE turtle-friendly flashlights. Use these flashlights when you look for ghost crabs or go for a stroll on the beach at night. The red light helps keep sea turtles from becoming disoriented when they come ashore to lay their eggs. Thank you to the Destin Chamber of Commerce, Destin History & Fishing Museum, Emerald Coast Science Center, Florida State Parks (Henderson Beach State Park) and the Gulfarium Marine Adventure Park for participating with the city on this educational initiative for our residents and visitors. Each location will have the flashlights available to the public along with Destin City Hall. For more information about the initiative please visit <https://youtu.be/x85x8KDOWAU>.



Hurricane season begins June 1st and ends November 30th. The 2022 City of **Destin Hurricane Guide** is now available on the City of Destin website and City of Destin Government Facebook page. This guide is designed to provide valuable information that you can use before, during and after a storm. Hard copies of the guide will be available at all city facilities as well as the Destin Chamber of Commerce. For

more information please visit: www.cityofdestin.com/hurricaneguide.

The **Destin Library's 2022 Summer Reading Program** will set sail soon! This year, Oceans of Possibilities await readers with weekly themes exploring

what the ocean provides as well as its mysteries and myths. Children and adults will be able to compete in reading challenges for badges and prizes including a grand prize drawing at the end of the summer. There will be weekly special events and activities for the whole family like presentations by the Center for Aquatic Sciences and the Choctawhatchee Basin Alliance, special story times, movies, and themed game nights. The kick-off bash for the Summer Reading Program will be held on the lawn at the Destin Library on June 3rd from 5-7 p.m. with lawn games, popcorn, snow cones, and FUN! To sign up, create an account through our Beanstack website at cityofdestin.beanstack.org or download the Beanstack app on your mobile device. Beanstack is a digital reading log where you will keep track of your summer reading challenge minutes and activities. The more minutes you log, the closer you get to earning reading rewards and earning entries

into the grand prize drawings. Pre-registration on Beanstack will open on May 27th.

All Summer Reading events will be posted on the Okaloosa County Public Library Cooperative's calendar at okaloosa.librarycalendar.com. Each event will be posted with a registration form. Event space will be limited, so registration is suggested. If you need any assistance signing up with Beanstack or if you have any other questions, please contact the library at 850-837-8572 or library@cityofdestin.com.

The City of Destin is accepting registrations for the **Destin Dolphins Fall Cheerleading** program now thru June 9th. The program is open to youth ages 7 – 10 years of age as of August 1, 2022. Registration can be completed online at www.cityofdestin.com/reconline and birth certificates are required. The fee is \$50.00 for Destin residents and \$65.00 for non-Destin residents, plus the cost of a uniform. Practices will be held at the Destin Community Center every Monday and Wednesday from 5:45 to 7:00 pm, beginning Monday, June 13th. Cheerleaders will cheer at the Destin Dolphin football games on Saturdays from August thru October. For more information, please call 850-654-5184.

The City of Destin's **Summer Adult Kickball League** will begin on Monday, June

20th, at Morgan Sports Center. The league is for ages 17+ and a mandatory captain's meeting will be held on June 6th, at 6:30 pm at Morgan Sports Center. The meeting will cover league rules, department policies, schedules, and uniform requirements. Player fee is \$20 for residents (must reside within city limits and show proof of residency) or \$40 for non-residents. Space is limited and open to the first 10 teams who meet all requirements. Games will be played on Monday nights with possible game times of 6:30, 7:30, & 8:30 pm. Games will be self-refereed with final call from City staff. Register online at www.cityofdestin.com/reconline. For more information call (850) 650-1241 or email: tbailey@cityofdestin.com.

Destin Summer Camps and Senior Programs!

Destin Kids Camps and Senior Programs abound this Summer! There are a variety of Kids Camps such as Archery, Babysitting Safety, Cheerleading, Cooking and Serving, Football, Dance, Soccer and more. There's also table tennis and senior programs including a Walking Club. Find the full list and register for camps and programs online at www.cityofdestin.com/reconline. For more information, call the Destin Community Center at (850) 654-5184.

TASTE THE Sunshine

AJ'S EL DORADO SUNSHINE LAGER



PRESTO!

continued from page 1

innovative, legendary acts.

The acts in PRESTO! have been seen on America's Got Talent, Britain's Got Talent, World's Best Magic, Champions of Magic, Masters of Illusion, The Late Show with David Letterman, The Late Show with Stephen Colbert and more.

Yu Hojin is one of the many unique talents that is featured at PRESTO! this summer and the Magic Parlor won't be the only stage he'll be on. Yu Hojin received word that he passed the initial auditions for this season of America's Got Talent and will be moving on to the live rounds. This season of America's Got Talent will premiere in June while Hojin is performing at PRESTO! He may have to sneak out to Vegas during this summer for a filming, depending on how far he goes in the competition. As he prepares for America's Got Talent, Hojin says he is eagerly awaiting his chance to show the world his story through his performance. "I've always wanted people to remember my

name," Hojin says. "I am going to do my best to make people remember me."

A native of South Korea, Yu Hojin has been a visionary force in turning the world of magic into the world of artistic performance. At 8 years old, Hojin's participation in magic competitions were often followed by titles such as "The Youngest Competitor." He has won prizes in almost every international magic competition in the United States, Taiwan, Italy, Hong Kong and the United Kingdom. He's risen to international stardom as one of the first magicians to perform in the concert hall at the historic Sydney Opera House as well as the first Asian magician to perform on Broadway.

Hojin's act is more than just a magic show or illusion show – it's an opportunity to use magic to tell his own story. Through every trick, attendees learn more and more about Hojin and what he wants to say to his audiences. Hojin will be in Florida for the first time for PRESTO! He says it has always been a dream of his to visit Florida and Hawaii, and he is excited to cross one location



off of his performance bucket list.

The show is hosted by David Williamson, who has been featured on ABC's Champions of Magic, CBS' Magician's Favorite Magicians, and NBC's World's Greatest Magic III, CW's Masters of Illusion and as a guest performer on America's Got Talent.

who has made numerous headliner appearances at the Magic Castle in Hollywood; and Pablo Canovas, an internationally-known, dynamic magician prodigy.

PRESTO takes place in a beautiful imported antique theater from Belgium. Opulent palaces of red velvet and gold brocade, stained glass and deep mahogany, these European cabaret tents, known as spiegeltents (or mirror tents), were constructed in the 1910s by renowned craftsman Willem Klessens. It hosted dances, cabarets and celebrations throughout Europe for almost a century. About 35 of these remarkable structures exist, largely still seen throughout Europe.

You can see Hojin and the rest of PRESTO!'s amazing acts at the Magic Parlor through Aug. 28, with 10 shows per week at Destin Commons. See more information by following on Facebook, Instagram and Tik Tok. To purchase tickets, visit prestodestin.com or call the PRESTO! box office at (850) 688-1201.

"THIS SHOW WILL ASTONISH YOU."



PRESTO!

AT THE MAGIC PARLOR

prestodestin.com



Featuring Artists from
Hollywood's Magic Castle
& America's Got Talent

Performances Nightly
this Summer at

DC
DESTIN COMMONS





Cal's To Do In Destin! JUNE 2022

••••• All Month •••••

Summer Slam Fishing Tournament | 11am-7pm Scales Open Daily | Royal Palm Grille

••••• 4 •••••

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

Art Walk | 5pm | Downtown Fort Walton Beach

Rock the Docks | 7pm | Harborwalk Village

Karaoke | 8pm | World Of Beer Destin

Drag Night | 9pm | Enlightened Studios

••••• 5 •••••

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 6pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

••••• 6 •••••

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

Wildlife Monday | 5:30pm | Baytowne Wharf

Silent Disco | 7pm | Harborwalk Village

••••• 7 •••••

Music Bingo | 6pm | Fatboys Destin

Fat Tuesday Parade | 6:30pm | Harborwalk Village

Baytowne Live Music | 7pm | Baytowne Wharf

Trivia | 7pm | World of Beer

Rock'n Bingo Night | 7pm | Landsharks Pizza

Boomin' Tuesday | 7:15pm | Baytowne Wharf

Open Jam Mic Night | 8pm | Enlightened Studios

Movies on the Beach | 8pm | Al's Beach Club

••••• 8 •••••

Youth Sunset Camp | 4pm-9pm | Gulfarium

Bonfire on the Beach | 6pm | The Bay Country Line Dancing | 7pm | The Block FWB

Open Mic Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

••••• 9 •••••

All American Thursday | 6:30pm | Harborwalk Village

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

Baytowne Live Music | 7pm | Baytowne Wharf

Outdoor Concert Series | 7pm | Mattie Kelly Arts Foundation

Open Poetry Night | 7pm | Enlightened Studios

Latin Dance Lessons | 7pm | The Block FWB

Open Mic Comedy | 10pm | Enlightened Studios

Ladies Night | 10pm | McGuire's Destin

••••• 10 •••••

Free Beach Bonfire | 5pm | Royal Palm Grille

Baytowne Live Music | 7pm | Baytowne Wharf

Karaoke Night | 7pm | Harry T's HarborWalk

Latin Dancing | 9pm | Bric a Brac

••••• 11 •••••

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

Rock the Docks | 7pm | Harborwalk Village

Karaoke | 8pm | World Of Beer Destin

••••• 12 •••••

Beach Church Service | 8am | Ed Walline Beach

StepOne Fest | 10am | Fort Walton Beach Landing

Mariachi Sunday | 5pm | Mezcal Mexican Grill

Sound Bath | 6pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

••••• 13 •••••

Sinfonia Youth Orchestra Beginner Summer Camp | 2:30pm-5pm | Destin Community Center

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

Wildlife Monday | 5:30pm | Baytowne Wharf

Silent Disco | 7pm | Harborwalk Village

••••• 14 •••••

Sinfonia Youth Orchestra Beginner Summer Camp | 2:30pm-5pm | Destin Community Center

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

Wildlife Monday | 5:30pm | Baytowne Wharf

Silent Disco | 7pm | Harborwalk Village

••••• 15 •••••

Sinfonia Youth Orchestra Beginner Summer Camp | 2:30pm-5pm | Destin Community Center

Bonfire on the Beach | 6pm | The Bay

Summer Nights Music + Fireworks | 7pm | Gulfarium

Country Line Dancing | 7pm | The Block FWB

Open Mic Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

••••• 16 •••••

Sinfonia Youth Orchestra Beginner Summer Camp | 2:30pm-5pm | Destin Community Center

Youth Sunset Camp | 4pm-9pm | Gulfarium

Open Jam Mic Night | 8pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Mattie Kelly Arts Foundation

Latin Dance Lessons | 7pm | The Block FWB

Open Mic Comedy | 10pm | Enlightened Studios

Ladies Night | 10pm | McGuire's Destin

••••• 17 •••••

Sinfonia Youth Orchestra Beginner Summer Camp | 2:30pm-5pm | Destin Community Center

Free Beach Bonfire | 5pm | Royal Palm Grille

Baytowne Live Music | 7pm | Baytowne Wharf

Karaoke Night | 7pm | Harry T's HarborWalk

Latin Dancing | 9pm | Bric a Brac

••••• 18 •••••

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

Rock the Docks | 7pm | Harborwalk Village

Ballet at Twilight | 7:30pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

••••• 19 •••••

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 6pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

••••• 20 •••••

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

Wildlife Monday | 5:30pm | Baytowne Wharf

Silent Disco | 7pm | Harborwalk Village

••••• 21 •••••

Youth Sunset Camp | 4pm-9pm | Gulfarium

Music Bingo | 6pm | Fatboys Destin

Baytowne Live Music | 6pm | Baytowne Wharf

Fat Tuesday Parade | 6:30pm | Harborwalk Village

Boomin' Tuesday | 7:15pm | Baytowne Wharf

Trivia | 7pm | World of Beer

Rock'n Bingo Night | 7pm | Landsharks Pizza

Movies on the Beach | 8pm | Al's Beach Club

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 6pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

••••• 22 •••••

Bonfire on the Beach | 6pm | The Bay

Country Line Dancing | 7pm | The Block FWB

Open Mic Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

••••• 23 •••••

Youth Sunset Camp | 4pm-9pm | Gulfarium

Young Professionals Sunset Social | 6pm | Mattie Kelly Concerts in the Village

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

All American Thursday | 6:30pm | Harborwalk Village

Baytowne Live Music | 7pm | Baytowne Wharf

Open Mic Comedy | 10pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

••••• 24 •••••

Free Beach Bonfire | 5pm | Royal Palm Grille

Family Game Night: Bingo | 6pm | Hub 30a

Karaoke Night | 7pm | Harry T's HarborWalk

Latin Dancing | 9pm | Bric a Brac

••••• 25 •••••

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

Rock the Docks | 7pm | Harborwalk Village

Karaoke | 8pm | World Of Beer Destin

Drag Night | 9pm | Enlightened Studios

••••• 26 •••••

Beach Church Service | 8am | Ed Walline Beach

Mariachi Sunday | 5pm | Mezcal Mexican Grill

Sound Bath | 6pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

••••• 27 •••••

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

Wildlife Monday | 5:30pm | Baytowne Wharf

Silent Disco | 7pm | Harborwalk Village

••••• 28 •••••

Youth Sunset Camp | 4pm-9pm | Gulfarium

Music Bingo | 6pm | Fatboys Destin

Fat Tuesday Parade | 6:30pm | Harborwalk Village

Baytowne Live Music | 7pm | Baytowne Wharf

Boomin' Tuesday | 7:15pm | Baytowne Wharf

Trivia | 7pm | World of Beer

Rock'n Bingo Night | 7pm | Landsharks Pizza

Movies on the Beach | 8pm | Al's Beach Club

••••• 29 •••••

Open Jam Mic Night | 8pm | Enlightened Studios

••••• 30 •••••

Boomin' Tuesday | 7:15pm | Baytowne Wharf

Trivia | 7pm | World of Beer

Rock'n Bingo Night | 7pm | Landsharks Pizza

Movies on the Beach | 8pm | Al's Beach Club

Open Jam Mic Night



Celebrate, Escape and Embrace the Best of Summer!

Baytowne is boomin' with events, activities and family fun for summer! The Village and all of its merchants welcome you to visit, shop, dine and play!

Red, White & Baytowne!

**Monday, July 4th
7-9:15 p.m. | FREE**



Celebrate Independence Day at the Village of Baytowne Wharf, July 4 from 7-9:15 p.m. After a day of fun in the sun, come out for an evening that lights up the sky! Join Baytowne Village merchants for a spectacular 4th of July Red, White and Baytowne 2022 celebration with LIVE music from the Trest Richardson Band on the Events Plaza Stage from 7-9:15 p.m., followed by a patriotic

fireworks display to light up the night sky at 9:15 p.m. The kids will love activities including kids crafts, face painting and balloon sculpting, too!

Wildlife Monday

**Mondays | Now - Aug. 8th
Time: 5:30-8 p.m. | FREE**

Enjoy wild face painting and animal crafts from 5:30-6:30 p.m. at the Events Plaza Stage! Then from 6:30-8 p.m., join Emerald Coast Wildlife Refuge and meet all their animal friends while you learn all about the Emerald Coast ecosystems, wildlife rehabilitation and more!

Boomin' Tuesday

**Tuesdays, Now - Aug. 9th
7:15-9:15 p.m. | FREE**

Turn your eyes on the sky and watch as Baytowne Wharf lights up the night with a breath-taking, fireworks show over the Village Lagoon at 9:15 p.m. PLUS now enjoy a DJ Dance Party with DJ Mike Whitty in the Events Plaza at 7:15 p.m.

A Can't Miss Wednesday Night Concert Series!

**Wednesdays | Now through June 29th
7-9 p.m. | FREE
Events Plaza Stage**



Wednesday Night Concerts at The Village of Baytowne Wharf are BACK! Sit back and relax with an outdoor concert and enjoy LIVE entertainment.

The concert series features both local and regional talent from a variety of genres. Don't forget your lawn chairs and blankets.

Live Local Favorites

Music Lineup:

June 8: Luke Langford Band
June 15: Modern Eldorados
June 22: Forrest Williams Band
June 29: The HooDoo's

Fly Guy Thursday

**Thursdays, Now - Aug. 11th
6:30 & 8:30 p.m. | FREE**



Enjoy shows from fly-board extraordinaire Ben Merrell over the lagoon! Watch as he soars to the sky and makes waves at Baytowne Wharf.

Baytowne LIVE Music

**Now through July 5th
Every Tuesday, Thursday and Friday 7-9:30 p.m.**

The Village of Baytowne Wharf presents Baytowne LIVE on Adventure Lane. Located just across from Blast Arcade and Laser Maze.

Baytowne LIVE Schedule:

June 3: Emily Bass
June 7: Steve Hall
June 9: Steve Hall

June 10: Emily Bass
June 14: Steve Hall
June 16: Steve Hall
June 17: Emily Bass
June 21: Steve Hall
June 23: Steve Hall
June 28: Steve Hall
July 5: Jarred McConnell

Sunday Cinema

June 5th through June 26th 8 p.m. | FREE

Grab a lawn chair or blanket and cozy up on the Events Plaza Lawn for a featured film on the big screen!

June Movies:

June 5 | Encanto
June 12 | Clifford The Big Red Dog
June 19 | American Underdog
June 26 | Luca

And don't forget all the fantastic, fun activities with Adventure Land Playground, Baytowne Adventure Zone, Baytowne Carousel and Blast Arcade & Laser Maze. So much summer...so much to do at The Village of Baytowne Wharf!



★ ★ ★ ★

RED WHITE & BAYTOWNE

Monday

July 4th

KIDS ACTIVITIES & LIVE MUSIC

FEATURING THE TREST RICHARDSON BAND
7PM

FIREWORKS

9:15PM

#BAYTOWNEWHARF
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 Community

Mason's Wish Comes True in Destin

BY LORI SMITH

Mason Burnette, 6, loves Destin and the beach. So, on a beautiful Destin Day in May, Shantel Simpson, Salt Water Vacations guest relations manager, the Okaloosa County Sheriff's Office and the City of Destin gathered at James Lee Park to give him an amazing experience. Mason, a Make-A-Wish Georgia Foundation recipient struggling with Leukemia, had a big wish – to ride on the beach in a patrol vehicle for his birthday.

First, Mason was sworn in as a Junior Deputy by Sheriff Eric Aden, who presented him with a Junior Deputy Badge and K9 Deputy Tim Patterson introduced him to K9 Beau. Destin Mayor Gary Jarvis also gave Mason a city challenge coin along with a goodie bag that included a new copy of Mason's



favorite book "Green Eggs & Ham," from the Destin Library.

His parents, Makayla Hall and Dustin Burnette, were truly thankful for those in our community making his wishes come true. "We just gave them the information and Shantel and the

Make-A-Wish Foundation ran with it; they planned the entire experience," she said.

"I cannot express how grateful we are at Salt Water Vacations for all the hard work from OCSO, the City of Destin, the mayor, Mel Ponder and count-



Okaloosa County Sheriff Eric Aden, Dad Dustin Burnette, Mason Burnette, Mom Makayla Hall, Destin Mayor Gary Jarvis, and Bart Begley and Shantel Simpson of Salt Water Vacations.

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less others who showed up for Mason," said Shantel. "We don't make any money. We simply work with the community and jump in and make it special. We initially took a phone call from the foundation and then excitedly booked the house for Mason and his parents, decorated it and took donations, all to make their vacation special."

The community was instrumental in providing addi-

tional activities that we locals love – free tickets to visit the Gulfairum, free pontoon rental services from Xtreme H2O, free meals from Boshamps, Harbor Docks, Brotulas, Soleil, Crab Shack and Chick-Fil-A, smoothies from Tropical Smoothie, free access to the Fort Walton Beach Science Center and a Smile and Wave dolphin boat ride from Capt. Pam.

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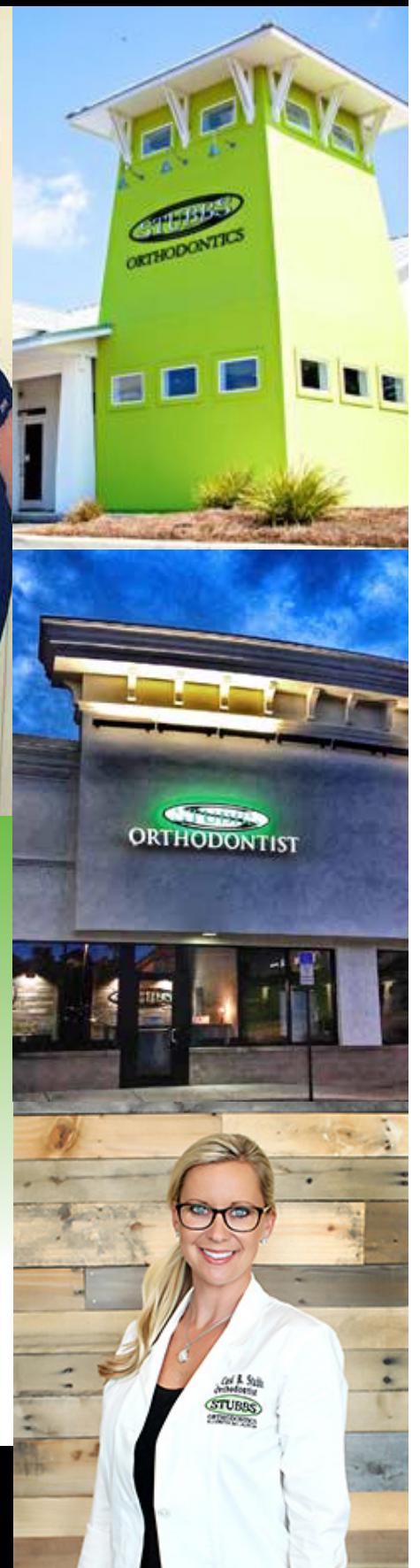
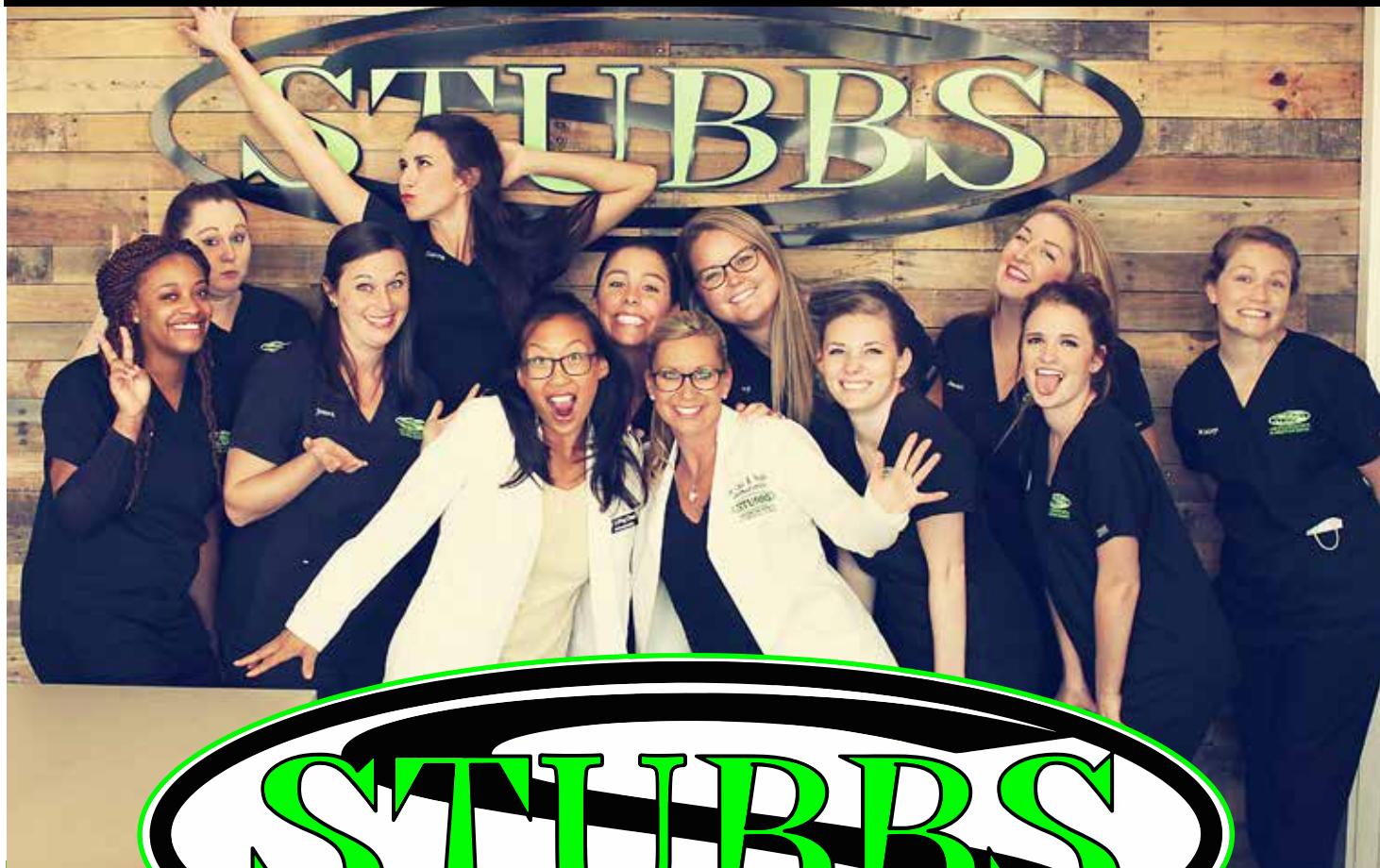


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Owning a vacation home is an investment in your future and your lifestyle. If you can see yourself soaking up the sun in a vacation home, it's time to start your search. Or, if you've been looking for an additional stream of income, purchasing a vacation home in this area to rent is an option to consider.

Brian can help you buy or sell a home from Perdido Beach to Pensacola, from Navarre to Destin, to Sandestin and Alys Beach, and every beach town in

between. Brian is a Keller Williams Luxury Agent and has the knowledge and resources to help you understand the market and walk you through all the perks of owning a second home and how it can benefit you. If this resonates with you or you'd like to find out how much your home is worth in today's market, contact Brian.

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The inspiration came from the movie "Steel Magnolias." According to Southern Living magazine, Each Steel Magnolia piece of art is presented in a scalloped gift box, nestled in tissue shred and ready to give. Stop by Frill Seekers Gifts in City Market Bayside in Destin to purchase one or shop online now: FrillSeekersGifts.com

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 Community
AROUND TOWN

continued from page 3

spraying pesticide for control of adult mosquito populations is detailed at <https://myokaloosa.com/sites/default/files/users/pwuser/SouthCountyDestinArea2.pdf>.

Maps showing general treatment area by days of the week are also linked. Treatments will begin one hour before sunset.

The Annual **Smoke on the Coast BBQ & Fireworks Festival** takes place Sunday, July 3, at Destin Commons, including entertainment, barbecue sampling, face painting, photo booth and the Independence Day firework extravaganza. Free admission; \$1 barbecue samples. Live music by Tobacco Road.

Northwest Florida State College was recently presented with the **Triumph Gulf Coast Horizon Award** for its accelerated implementation of

its FAA certification program at the Aviation Center of Excellence. The Horizon Award is presented to organizations that demonstrate outstanding innovation and lead efforts to create substantial job opportunities throughout the region.

Impact100 of Northwest Florida, Inc. announced that a record-breaking **530 women have signed on to award five \$100,000 grants** to local nonprofits this year.

Impact100 NWF provides \$100,000 grants to nonprofit organizations in Okaloosa and Walton counties. Participating members each contribute \$1,000 toward available funds. Thirty-three local nonprofit groups have received grants in 11 years. A total of \$3.6 million has been dispersed to date. Grants are awarded in the following areas: Arts & Culture; Education; Environment, Recreation and Preservation; Family and Health & Wellness.

Eligible local nonprofits



CIC Trust-Based Relational Intervention

should submit grant applications by June 15. Details are available at impactnwf.org.

Children in Crisis (CIC) recently held the **Trust-Based Relational Intervention training** designed to prepare adults to work with children, families and in systems of care affected by trauma. Participants from Children in Crisis, Fresh Start for Children & Families, One More Child and The Pearl Project met at CIC's Kid's Clubhouse for the training, led by Mary Ann Day, Tyler and Leslie Fuller, TBRI Practitioners with The Pearl Project. Edie Rodgers, Foster Parent at CIC's Emergency Shelter, said, "We are going to try several of the examples that were shared in the training. We are working with the kids to create a 'Respect' poster, featuring the children's words." There is a shortage of Foster Parents in District 1 area, which includes Escambia, Santa Rosa, Okaloosa and Walton counties. For information on becoming a CIC Foster



MKAF CEO Demetrius Fuller

Parent, call (850) 864-4242.

CEO of the Mattie Kelly Arts Foundation Demetrius Fuller joins the **Hello Frances Podcast** again this month to share MKAF updates. Shantelle and Demetrius discuss the importance of art in a community, the mental health benefits art can provide, the impact of art on culture, and so much more. Demetrius also shares what MKAF has in store for the community for the rest of 2022. If you are not a member yet, another incentive to join will be unveiled during this episode. Learn more about MKAF at mkaf.org. Questions for us? Email hello@francesroy.com. Listen at: <https://francesroy.com/community-arts-initiatives-with-demetrius-fuller>.

Ali Brady – the writing duo of Alison Hammer and Bradeigh Godfrey – will come to Destin June 20 to celebrate the launch of their **debut novel The Beach Trap**. The book is set in Destin and has a scene

that takes place at Boshamps Restaurant.

The Beach Trap is about two best friends torn apart by a life-altering secret with one summer to set the record straight.

When Kat Steiner and Blake O'Neill, both age 12, meet at Camp Chickawah, they have an instant connection. But everything falls apart when they learn they're not just best friends—they're also half-sisters. Confused and betrayed, the girls break off all contact.

Fifteen years later, when their father dies suddenly, Kat and Blake discover he's left them a joint inheritance: the family beach house in Destin. The two sisters are immediately at odds. Blake, who has recently been demoted from regular nanny to dog nanny, wants to sell the house, while social media influencer Kat is desperate to hold on to the place where she lived with so many happy memories.

Kat and Blake reluctantly join forces to renovate the dilapidated house, with the understanding that Kat will try to buy Blake out at the end of the summer. The women clash as Blake's renovation plans conflict with Kat's creative vision; meanwhile, each sister finds herself drawn into a summer romance. As the weeks pass, the two women realize the most difficult project they face this summer will be coming to grips with their shared past – and learning how to become sisters.

A local bookstore will be on-site at Boshamps at 3 p.m. selling copies.



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Area Independence Day Fireworks!

City of Destin

Fireworks are set off from the West Jetties Beach and can be seen over the East Pass beginning at 9 p.m. Monday, July 4. Tune in to Z96 (96.5 FM) for the simulcast music. In case of inclement weather, the fireworks show will take place Friday, July 5, 9 p.m.

Red, White & Baytowne

Monday, July 4, 6 p.m. at The Village of Baytowne Wharf at Sandestin Golf and Beach Resort, with lawn games, inflatables, kids' crafts and face painting. At 7 p.m., enjoy live music on the Events Plaza Stage followed by the fireworks display at 9:15 p.m.

4th of July Celebration at HarborWalk Village

HarborWalk Village's Independence Day fireworks will be held over the Destin Harbor at 9:30 p.m.

Smoke on the Coast

The Annual Smoke on the Coast BBQ and Fireworks Festival is set for July 3 at Destin



Commons. Live music features Tobacco Road Band, 5-7 p.m. and Heritage Band, 7:30-9:30 p.m. At 5:30 p.m., enjoy \$1 samples from 18 area restaurants and barbecue groups and vote for your favorite. Fireworks extravaganza begins at 9:30 p.m.

Sandestin Hilton

The Sandestin Hilton July 4 fireworks are set off right on the beach directly in front of the hotel Monday at 9 p.m.

Stars & Stripes Celebration at AJ's on the Bayou

Join AJ's on the Bayou, 200 Eglin Parkway NE, Fort Wal-

ton Beach Sunday, July 3, for the Stars & Stripes celebration.

Enjoy bounce houses, stilt walkers, face painting and live music



Make Plans to Attend the Lincoln Dinner



Florida Attorney General Ashley Moody will be the keynote speaker at the Okaloosa County Republican Executive Committee's annual Lincoln Dinner Friday, July 15, at the Island Resort, Fort Walton Beach.

She is a fifth generation Floridian from Plant City. She earned her bachelor's and master's degrees in accounting and her law degree from the University of Florida and later earned a masters of law in international law from Stetson University College of Law.

Moody began her legal career practicing commercial litigation. Later she joined the U.S. Attorney's Office, prosecuting drug, firearm and fraud offenses. In 2006, at the age of 31, she became the youngest judge in Florida.

Since taking office, Moody has been recognized as a national leader having served as a Commissioner on the Presidential Commission on Law

Enforcement and the Administration of Justice. She serves as Chair of Florida's Statewide Council on Human Trafficking. She will run for re-election this November alongside Gov. Ron DeSantis.

For more information on the Lincoln Dinner and to obtain tickets, visit Okaloosagop.com or contact OCREC Chair Sandra Atkinson at (850) 543-8742 or OCREC Vice Chair Cheryl Stubbs at (850) 797-3605 or Diana Gilbert at (850) 897-2592.

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 Community

DHS: A Banner First Year with Expansion to Come

BY KAY PHELAN

Destin High School was the first new high school to open in Okaloosa County in more than 50 years. A tuition-free, public charter school funded through donations, fundraisers and supporters, DHS officially opened last summer for its first school year. It seems there was a great need as enrollment for the 2022-23 school year for grades 9, 10, 11 and now 12, has exceeded the expectations. There is now a waiting list. Ultimately, DHS will be able to accommodate 800 to 1,000 students, rising from the current capacity of 470 students.

First-year accomplishments

are outstanding. For example, Athletic Director Philip Dorn and his staff instituted 22 new sports teams, composed of 11 boys and 11 girls teams.

Numerous other firsts included first power hour, first amazing staff, first clubs, first pep rally, first band concert, first theater production, first Destin Christmas Parade (grand marshall), first National Cheerleading Competition, first Junior prom sunset dinner cruise, first fishing class, first art show and first winter social.

With all of these accomplishments and DHS's popularity, it's no wonder the school already needs to expand. The school's

governing board has kicked off a new Phase 2, \$9 million Capital Campaign, to be headed up by DAG Architects and Lord & Son Construction, to enable a significant addition to the school grounds with the construction of a 26,000-square-foot multi-story classroom building. It will include wet science labs and an expansive art studio. Also included is a 3,000-square-foot physical training building for sports classes and athletic training.

In addition to offering advanced and state-mandated core curriculum, DHS uses a place-based approach to learning that takes advantage of the local geography, industry and community. This has allowed the school to offer additional curriculum opportunities through authentic, meaningful classes such as commercial fishing/captain's license prep, biomedical and business/entrepreneurship, to name a few.

"After a five-year journey dedicated to opening a high school in Destin, our board is



Phase 2 expansion rendering.

beyond excited to see the many successes of the first year for our students," said Denise Fountain, president of the DHS Gover-

ing Board. "This couldn't have happened without the support of the community and we thank them. We hope the community will step up again to help us attain the expansion needs."

DHS is a 501(C)(3) non-profit entity; all donations to the Phase 2 Capital Campaign are tax deductible. Depending on the donation amount, there are many opportunity perks, including building and classroom names and other campus recognitions. For detailed donor information and levels, contact DHS's fundraising chair and governing board treasurer Sarah Stone at (850) 598-6888 or treasurer@destinhighschool.org.

For additional information on registering, donating, or volunteering, call (850) 204-4044, email info@destinhighschool.org, or visit www.destinhighschool.org. DHS is also hiring teachers and positions in facilities/maintenance and para-professionals.



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Four Rotary Clubs and Community Pull Together To Raise Funds at Inaugural Fire Truck Pull

Four Rotary Clubs and community organizations from Okaloosa County pulled together recently to raise more than \$15,000 for a major project at Twin Cities Pavilion in Niceville. The Community Fire Truck Pull attracted 16 10-person teams who paid \$250 to see who could pull a fire truck 50 feet in the fastest time. Funds raised will be used to refurbish the TCP's front entrance area used by residents for sitting and relaxing outdoors.

East Niceville Fire Rescue provided the fire truck, with local fire departments teaming up to run the competition itself. Playing host was 3rd Planet Brewing and Bay Area Awards donated the winners' trophies and team medallions. The Rotary Clubs of Mid-Bay Bridge, Niceville/Valparaiso, Destin and Fort Walton Beach, along with the Knights of Columbus from Christ Our Redeemer and Holy Name Catholic churches, supported the effort with donations, planning and staffing. Crosspoint Church in Niceville donated generously to the cause and Advance Concrete Supply committed to donating the upcoming concrete work.



PHOTOS BY SAVVY LEIGH PHOTO

Winning teams received trophies and the "pullers" took home individual medallions. The brewery provided cash or gift cards to the top three teams.

The event came about when Mid-Bay Rotarian Bob Hoffman identified the TCP's need for porch resurfacing and contacted additional Rotaries in Okaloosa County. The idea then expanded to other service groups. A local concrete resurfacing company offered to do the concrete work at no cost. The Rotary clubs maintained their funding pledges, because

the awning over the porch needed to be repaired, sandblasted and painted. However, more money was needed, so, the community groups led by Hoffman as chair agreed to sponsor the fire truck pull also.

"It was great to see how many organizations came together for the planning and execution of the pull," said Steve Wolfrom, Mid-Bay Bridge Rotary president. "Identifying a need, rallying community support and pulling off the event is the direct result of the organizations



PHOTO BY SAVVY LEIGH PHOTO

working together. Our goal was met. But, I think the model put together to do a fun commun-

ity event can be repeated in our area in the future."



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 Community

Alzheimer's Disease: Combating the Stigmas

BY HANNAH WHITE

Local resident Butch McKay has witnessed first-hand the consequences of stigmas and misconceptions about Alzheimer's, a progressive and fatal brain disease affecting more than 580,000 Floridians.

When Butch's partner of 40 years, Darrel, became lost and confused after dropping Butch off one day, Butch began to suspect something was wrong. Following this first incident, he

began to notice other warning signs in his partner, such as Darrel frequently forgetting things and repeating himself. Knowing that Darrel's parents had both been diagnosed with Alzheimer's, Butch urged him to visit his doctor and get evaluated for the disease. However, despite the warning signs, Darrel was in denial of the idea and firmly refused evaluation, even when his doctor also advised him to come in.

It took an entire year before Darrel finally consented to going in for an evaluation and getting officially diagnosed with Alzheimer's. He lived six years following his diagnosis, passing away in 2017.

This story is sadly an all too familiar experience for many Florida families. However, there are things you can do to ensure loved ones enjoy their life as much as possible. For Butch, it was important to be accepting

and to come to terms with the changes, to not resent the new person Darrel had become.

"I did his eulogy and spoke about saying goodbye to two fantastic men who were both named Darrel and shared the same body," Butch remarks.

This June, during Alzheimer's & Brain Awareness Month, it's vital to recognize the signs of Alzheimer's and understand how to communicate with your loved ones living with the disease. Right now, more than 6 million Americans age 65 and older are living with Alzheimer's. Society's stigmas, stereotypes and misconceptions about Alzheimer's add yet another layer of hurt to this already difficult disease.

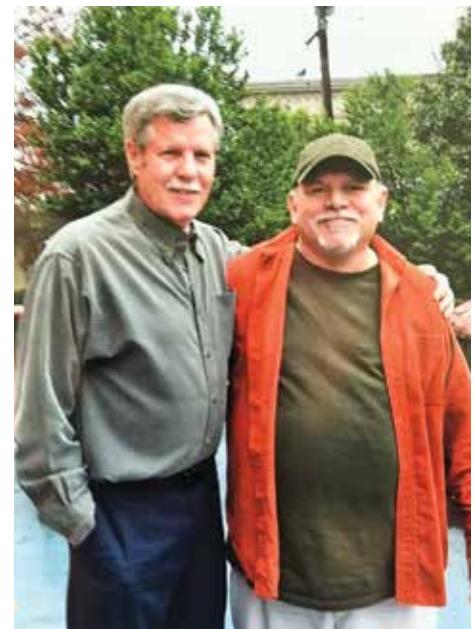
Stigmas about Alzheimer's can also create rifts in the personal relationships of a person living with the disease, shaking up their support network during a time when it is desperately needed. Friends and family members may struggle with denial of the diagnosis or avoid interacting with their loved one living with Alzheimer's.

Misconceptions about Alzheimer's can discourage both those living with the disease and their loved ones from addressing the disease and having the best quality of life possible, so it's important to combat stigma and stereotypes.

The Alzheimer's Association shares these five tips to combat stigma associated with Alzheimer's disease and other dementia:

Educate yourself. Learn the facts about Alzheimer's and other dementia, including symptoms, disease progression and challenges facing caregivers. The Alzheimer's Association website alz.org offers robust disease-related information. The association also offers online and in-person education programs and other helpful resources. Once you've learned more, share your knowledge with others, and don't be afraid to challenge misinformation.

Don't make assumptions. Alzheimer's and dementia affects each person different-



ly. A diagnosis doesn't mean the person will have to stop their daily routine or favorite activities immediately. If someone says they have been diagnosed with dementia, take them at their word, no matter their age. Recognize that "Alzheimer's is only for old people" is another common misconception.

Continue to show support. People living with dementia don't want to lose their friends or stop doing activities they enjoy. Be supportive and stay connected. Social engagement can contribute greatly to a person's well-being and lets people with dementia know you care.

Support the caregiver. Caregivers need support, too. Knowing more about what they go through is a good start – most caregivers wish that more people understood the realities of caring for someone living with dementia. If you know someone who is caring for a person living with dementia, show understanding and offer help. They will appreciate it.

Remember the person inside. Above all, remember that people living with dementia still have hopes, dreams, and aspirations like the rest of us. If you have a loved one diagnosed with dementia, know that feelings of loss and grief are normal, and will likely grow more intense as the disease progresses. However, it's possible for the person to live well with dementia, and maintain their quality of life for as long as possible. And you can help that person

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Continued on next page



Harbor Rats Take A Bite Out Of Kids' Needs

BY KENNETH BOOKS

The rats are coming. And the children will benefit.

Harbor Rats, an organization centered at Harbor Cigars of Destin, are a pack of men who are enthusiastic about three things: cigars, golf and helping to make the lives of needy children a little better.

"It was started by my customers," said Marvin Holthouser, owner of the 26-year-old Harbor Cigars. It is comprised

tion, with the proceeds going to the Sandestin Foundation for Kids. The first event, held in 2019, was "put together rather quickly," Marvin said. But, despite the speed with which it evolved, it raised \$11,000.

Sandestin Foundation for Kids is a volunteer-based organization, which donates 100 percent of proceeds to children in need, both locally and abroad.

"We help children in our lo-



Harbor Cigars owner Marvin Holthouser displays a mock-up check for the \$40,000 earned by the 2021 Harbor Rats golf tournament and silent auction.

of about 105 members who are interested "not in what they get, but what they give," he said.

The like-minded members began by socializing together, but quickly morphed into an organization with a higher calling.

Organized by Eric Wilhelm, an Atlanta businessman who, like his fellow "Rats," find one of the benefits of cigars is simply sitting and enjoying them with one another.

"We're all very blessed to know each other," Marvin said, "and have a good life." And they want to give back to the community.

The end result is an annual golf tournament and silent auc-

cal community, but also extend support to children abroad by drilling wells in Africa and giving to needy orphanages in Panama," the organization's website states. "Our mission is to make an impact fast when help is needed the most. Support decisions are made quickly to help children and families directly after a tragedy."

"It's really exciting for us," Marvin said of the now-annual event. "It's still new, but has the potential for something much larger. Our goal is to build on our success and expand the beneficiaries."

In 2021, despite the hardships created by the Covid pan-

ALZHEIMER'S *continued from previous page*

live well, too.

The Alzheimer's Association has resources available throughout Florida to support you and your loved one. Access a 24/7 Helpline available at (800) 272-3900 or learn more about programs and services near you at Alz.org/CNFL. Another way

to show your support is at the Alzheimer's Association Walk to End Alzheimer's, the world's largest event to raise funds and awareness for Alzheimer's care, support and research. The 2022 Walk in Pensacola will take place Sunday, Oct. 2. On Emerald Coast, it will take place Saturday, Oct. 29. Visit alz.org/walk to register.

demic, the Harbor Rats event raised more than \$40,000.

Last year, 108 people participated in the golf tourney and silent auction. And, while Harbor Cigars is the focal point of the event, "To me, it's the volunteers" who make it work, Marvin said. "A tournament like this

takes a lot of effort."

Most of the legwork, Marvin said, was handled by five men: Michael Smith of Transaction One, retired businessman John Falkenstein, Jet Blue captain Chris Fuller, Craig Collins of Sandestin and Ben Tolle.

"It took a lot of time," Mar-

vin said, "They go out, tell our story and strategize."

And Harbor Rats look to expand their influence.

"We made a commitment to the Foundation," Marvin said. "We want to grow that and look for other charities."

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 Community

Gov. DeSantis Awards \$3.2 Million for Okaloosa County Manufacturing

Gov. Ron DeSantis awarded \$3.2 million to Okaloosa County through the Florida Job Growth Grant Fund to expand roads, rail lines and utility infrastructure at the Shoal River Ranch, an industrial mega site, which is expected to bring more than 11,000 jobs to the region. This will more than double the current number of manufacturing jobs in the area, bringing more than 4,000 new jobs in manufacturing.

"Florida is committed to expanding our industrial base and investments like this, as well as our strong support for skilled trades and workforce education,



PHOTO BY SCOTT MILLER

will help us achieve this goal," said DeSantis.

"This funding will support economic development in Okaloosa County by creating available, ready-to-access sites for industrial development, which will have lasting impacts throughout the region," said Florida Department of Economic Opportunity Secretary Dane Eagle.

"The Shoal River Ranch Giga Site is a critical infrastructure project and the award made today is a difference maker," said Chairman of the Okaloosa County Board of County Commissioners, Mel Ponder. "There is nothing else this size, with this

much access to a major interstate, in Florida. Opportunities at this site will create thousands of jobs in multiple sectors, another great win as we diversify our local economy. This opportunity will be transformational for our area."

Shoal River Ranch Giga Site is located seven miles east of Crestview, with access to Interstate 10, Highway 90 and the Florida Gulf & Atlantic Railroad. The site is projected to make an economic impact of more than \$47.6 million after infrastructure improvements are made.

"Step One Fest" Celebrates First Five Years



Step One Automotive Group plans a community festival to celebrate its fifth anniversary on June 12, 10 a.m.-4 p.m., at the Fort Walton Beach Landing Park. Step One Fest will feature live music, food trucks, non-profit organization booths, and a kids' zone, complete with a touch-a-truck exhibit.

"We are thrilled Register early at <https://conta.cc/3wlzzKb> to be entered to win any of these

prizes: 2 tickets to the Boogie Wonder Band at the Mattie Kelly Cultural Arts Village on June 23; \$50 gift card to Lulu's; \$25 gift cards to Lulu's; \$100 gift cards to Pepitos; four Hancock Suite tickets for the June 17 Wahoos baseball game; four box seat tickets behind home plate

for the June 17 Wahoos game; two VIP experience tickets to Lee Brice at the Pensacola Bay Center on Aug. 11; two Monster Jam tickets at the Pensacola Bay Center Aug. 11; Orca 20-quart cooler; and Gulfarium Marine Park tickets for a family of four.

The company has spent its first five years partnering with charitable organizations, including Boys & Girls Clubs of the Emerald Coast, Destin Char-

ity Wine Auction Foundation, Saving with Soul Pet Rescue, Emerald Coast Children's Advocacy Center, The Hsu Educational Foundation, local military groups, and so many more.

Step One Automotive Group owns 17 new car dealerships in Florida, Alabama, and Georgia, representing 16 brands, including Chrysler, Dodge, Jeep, Ram, Fiat, Volkswagen, Subaru, Kia, Hyundai, Genesis, Ford, Buick,

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By JOE CAPERS,
INSURANCE ZONE

With 70% confidence, NOAA (National Oceanic & Atmospheric Administration) has just released its 2022 Hurricane Season Forecast calling for an above average season with 14 to 21 named storms. Last year's 21 named storms was the second season in a row – third overall – in which the designated 21-name list of storm names was exhausted. NOAA forecasters estimate 14 to 21 named storms, six to 10 of which will become hurricanes, with three to six of those developing into major hurricanes.

The 2022 Atlantic hurricane season runs from June 1 to November 30. The areas covered include the Atlantic Ocean, Gulf of Mexico and the Caribbean Sea. The National Weather Service defines a hurricane as a “tropical cyclone with maximum sustained winds of 74 mph (64 knots) or higher.” And in recent years, storms have grown increasingly intense.

If you own a home, investment property or business, you are probably aware that having the right homeowners, rental and business insurance policies in place are of utmost importance. Without proper coverage, you could be responsible for expensive damage in the event of a weather-related incident. In fact, as this year's hurricane season kicks off, now is a really good time to review your insurance policies and make sure you are satisfied with your level of coverage.

We recommend you initially review your Hurricane/Wind coverage. Most personal lines policies (HO3, DP3, HO6, HO4) in Florida include either hurricane, named storm or wind/hail under a separate deductible. Consistency of coverage is important in any policy, but this type is typically preferred. When it comes to wind coverage, the best option is to

Hurricane Season and Your Insurance Program in a Hard Market

attempt to secure it on a Hurricane basis, rather than Named Storm or Wind/Hail. Keep in mind there are several deductible options available that can have a large impact on what would be your out-of-pocket responsibility if you file a claim as well as the amount of premium you would pay for the policy.

In last month's article, we discovered that Inflation may be leaving you more underinsured. Adequate Dwelling and Building Limits coverage to rebuild your home or structure in the event of a loss is also important. Local and national data indicates that nearly two out of three homes and structures are underinsured.

The cost of lumber and other common building materials has soared in the past year as a result of supply chain disruptions and shortages, and this is the main reason new home construction has grown more expensive in recent years. As such, the homeowner and insurance policies that were once sufficient for your property might now fall short.

Another important coverage to review is Loss of Use that pays for you to live somewhere else while repairs are being done to your temporarily uninhabitable home. This also goes for rental properties with Loss of Rents coverage. To trigger this type of coverage, there needs to be direct physical damage.

An often misunderstood coverage not offered with each carrier, but always recommended, is Law or Ordinance coverage. Most carriers, if they have it available, offer either 10%, 25% or 50% coverage tied to your Dwelling or Building Limit. If there is extensive hurricane damage, like we saw with Hurricane Michael, there might be new building codes you must adhere to in order to rebuild. The additional Law or Ordinance coverage is crucial to your protection, since your policy is designed to rebuild your home as it was before the damage, with similar materials and quality, and not with more costly materials that could now be required by more stringent construction codes that may have come into play.

Our coastal properties are threatened by hurricanes and tropical storms each year, and flooding can happen anywhere, anytime—even in non-flood prone areas. We encourage everyone to purchase flood insurance from the National Flood Insurance Program (NFIP), or a reputable, private flood insurance facility which may be a better flood insurance alternative to the NFIP for your home, investment or commercial property.

It is also good to remember that flood and water damage from a wind event are not necessarily the same thing. There are a few carriers who will add flood coverage as an endorsement to a home policy. For most insured homeowners, your flood policy will be a separate policy written through the NFIP (National Flood Insurance Program) or a private market, and this is the method we prefer. Unless your lender requires the policy, or you are closing on a new purchase, there is a standard 30-day waiting period through the NFIP before your flood policy will become effective. Many of the private markets in the country, and especially in Florida, offer broader coverages than the



NFIP and these should be considered as an alternative to maximize your protection.

the hope of some rate relief for a year or two.



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What To Do Where with Dad on Father's Day

Ideas You Can Really Use!

On Dad's day, he can enjoy some of the best fresh seafood around 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 24-27.



Start Father's Day off with breakfast and a view on the Destin Harbor at Tailfins. He'll love Bloody Mary specials or bottomless mimosas along with a Cajun omelet or steak and eggs. After breakfast, you can head down

to the dock for Tailfins' Island adventure, world-famous, three-hour tour.

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!

Yacht life: Treat dad in style with a personalized experience aboard a luxury motor yacht. Parrot Head Luxury Yacht offers dolphin watching, the gorgeous scenery of the Destin Harbor and a certified captain and crew for his pleasure or sunset cruise. He'll hear about Destin and the Harbor's rich history and see the Emerald Coast in an entirely new way. parrotheadachts.com; (850) 980-5824.



Show your dad a new view. Take him to new heights with an exciting helicopter ride. Check out destinhelicopters.com or call (850)774-0991 to book your Destin beaches helicopter tour for magnificent views of emerald green waters and sugar white beaches from the Harbor east along the coast. 15 miles – \$89 per person. Don't forget the 10 percent locals discount!

Float with your Dad: At Float Brothers Float Spa, you can gift dad with this month's Odyssey Package—three, 90-minute floats for \$100! Dad

can float like a cork in epsom salt water with a temperature that mimics his body; he won't experience the pull of gravity, sight, sound or touch, and he'll gain health, healing and relaxation benefits. 850-460-8720; FloatBrothers.com.

Snorkel with Dad: One of the most popular adventures is the two-stop snorkeling. In three hours, you'll get to look for shells on the beach and shallow water of the grassy flats in the Bay, snorkel in shallow water, witness crab life, various small fish, sea horses, baby shrimp and snorkel for schools of small fish and a variety of sea life. Rate: \$50. Located at 10 Harbor Blvd (Harborwalk Village) in Destin, book online at <http://destinsnorkel.com> or call (850) 269-2329.

Go stand up paddling board. 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 ar-

tificial 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.

Throw an ax with your Dad: At the Gulf Coast Axe House in Miramar Beach, you can throw an ax from 11 a.m.-midnight. No experience needed; coaches teach you how to throw. For those 21 and over, you can bring your own beer and wine if you want. Ages 13-plus are permitted. Open daily, one hour of ax throwing is \$30 per person. Message Facebook, com/GulfCoastAxeHouse, email at Info@GulfCoastAxes.com or call (850) 842-2890 to reserve your lane.

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

Continued on page 24

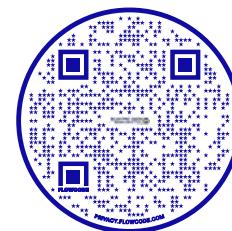
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Stan Hall Makes Car Buying Fun!

Usually, the car buying experience is ranked right up there with getting a tooth pulled; necessary, but filled with trepidation and anxiety. Stan Hall, however, takes pride in emphasizing two qualities every time a customer walks in or contacts the dealership looking for a car. "First, is the Golden Rule - treat people the way you want to be treated, and second, make car buying fun," he said. And he is serious! After nearly 54 years in the car business, Stan knows the ins and outs of the business pretty well, and what becomes evident fairly quickly; he's more interested in a customer's happiness than he is in making a sale.

Stan is a Christ-centered man who will go out of his way to anticipate and fulfill his customer's needs. "To me, the Golden Rule in the car business is to concentrate on the customer's needs and God will take care of the rest," he said.

Emerald Coast Motor Cars operates as a car buying "concierge" service. Customers specify the kind of car they want, then Stan and his team track it down and bring it right to their doorstep. "No haggling, no deception, just great service and honest pricing."

A quick look on the ECMotorcars.com website and the testimonies and reviews are glowing. There are pages of positive testimonies confirming the success of Stan's concierge business model.

A key component to the overall success and growth of EMC is the addition of Devon Kiss, a young, 36 year-old from Tennessee who is quickly adapting to the car business, and he especially enjoys the Stan Hall concierge model. "Devon displays the same qualities of an honest car man in this new generation," Stan says. "And his background as a computer programmer and website designer helps the company locate the best car for our customers by searching and negotiating coast to coast. Devon is learning the car business faster than anyone I have ever known."

Stan and his wife, Bunny, moved to the Destin Area from Georgia 25 years ago. And, while Stan takes pride in his business accomplishments, surviving cancer ranks even higher. In 2012, Stan beat throat can-



cer and is now nine years free of that terrible disease. The experience left him with a renewed faith in the Lord who greatly helped his healing process.

Stan and his team try to be very active in their community. A few of the organizations they support are: Sinfonia Gulf Coast, Mattie Kelly Arts Foundation, Destin United Methodist Church and the Destin Chamber of Commerce.

Stan is also extremely proud of Bunny, "the most important and inspiring person in my life." Bunny has 35 years of experience as an interior designer, and recently opened her own business, "The Perfect Plan Destin, LLC." You can reach Bunny at 850-830-3995 or bunny@perfectplandestin.com.

So, the next time you're in the market for a new car, give Stan Hall a call. I think you'll be refreshingly surprised.



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Statement Lighting Is Your Room's Jewelry



By KIM SCHNEIDER

Statement lighting is one of the boldest additions you can make to a room and one thing is for certain – your guests will notice! Whether your space showcases a dramatic chande-

lier or striking pendant lights, it can transform the whole look, elevate the elements and pull everything together, like a great piece of statement jewelry.

I think it's fun to take a bit of a risk when selecting statement lighting, but it can present challenges too. Style, scale, function, weight and height are just a few things to consider when selecting a statement light for your space.

Style: Statement lighting is a great way to add color, texture and a little drama to your space in an unexpected way, but it should always be harmonious

with the décor in your room.

Scale: The proper size of the fixture is essential. When lighting is too small, it looks lost and unintentional – definitely missing the element of making a statement. Think outside the box when choosing your statement light. Bigger is better, especially in the bathroom or a master closet – it's the unexpected wow factor!

Function: Knowing where the lighting will be hung in the room will help determine how much light you need. Consider the number of bulbs or lumen output needed for this room.



Will there be other lighting in the room? How much natural light is in the space? Do you want to dim the lights? Answering these questions before you look for your room jewelry will make the process go smoothly.

Weight & Height: Consider the weight and height of the fixture you're searching for. Do you want heavy iron, crystal and wood, clusters or more than one? Yes, you can hang multiple chandeliers in a room. Each space will vary in height requirements and the design will determine placement of the fixture and the weight. Weight means not only how heavy the fixture is but also the weight it will project in the room when hung. A large dark metal fixture with shades can be very heavy, but if the room is large enough and the ceiling is high enough it may be the icing on the cake for your space. A light and airy crystal chandelier may be grand

in scale yet it could be just that, too light and airy for the room and go unnoticed.

Looking at magazines and searching online is a great way to help you discover your style. If you see something you like, try scouring your local stores, go to an antique show or flea market to see if you can find something similar. Follow your gut, buy what you love, but if you're unsure, Coastal Design by Kim is just a phone call away at (850) 904-6622. We're here to help you find your show-stopping "statement light!"



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The Old Front Porch



TRAVELIN' with JoDell

By JODELL HAVERFIELD,
HAVE TRAVEL MEMORIES

This month, as we remember those who served our country, I want to tell you about the South's hold on my heart. After all, I am a Southern Belle. I have two great great grandfathers who fought on opposite sides in five battles of the Civil War, including Bull Run. The Confederate soldier, Isaac Martin Roark, and Milo Charles Bennett, the Yank, are buried next to each other in Alpine, Texas.

Milo served with Wisconsin's Iron Brigade, while Isaac enlisted

from Denton County, Texas, and served in Hood's Brigade. He was mustered out in Austin in 1865.

Years after the Civil War, the two men met in Oklahoma Territory when Isaac's daughter, Virginia Roark, married one of Milo's sons, William Charles Bennett. Family legend tells that the Rebel and the Yank did not approve of the marriage. However, in later years after the death of their wives in Oklahoma, the two veterans retired in Alpine Texas to live with their children, where they spent many long hours rocking on the front porch of the Bennett home on a Texas ranch arguing over the battles of the war.

When Isaac Roark died on January 17, 1926, Milo lost his best friend. He purchased adjoining lots in Alpine's Elm Grove Cemetery and asked that they be buried side by side when he passed. Milo Charles Bennett died just 10 months later on Oct. 30, 1926, at the age of 85. Four years later, my mother was born in Alpine to William and



Virginia's son, Milo L. Bennett. My mother grew up on the Bennett family ranch, playing on that same front porch where the old veteran friends relived their war memories. I even played on the Bennett family porch for the first three years of my life before the Navy took us away on new adventures, not to return until Virginia's death in the late '60s.

I am saddened as I hear about attempts to erase our American heritage. I recently heard that not since the Civil War has this country been so divided. I have ancestors who came to America on the Mayflower, and fought in nearly every war, including the American Revolution. They fought to build and protect our great country and I am immensely proud of that.

In my search for my ancestors and family history, I recently discovered I have a family castle in Scotland. To be able to visit Scotland has been a dream of mine for a long time. But, to add a castle that has been in my family nearly forever takes my dream to a whole new level. I have so many tours and cruises on my list.

Returning to cruising has been amazing. I've been sailing through the western, southern and eastern Caribbean and more on several cruise lines. It has felt incredible to be on the water again, meeting new people and renewing relationships with others. I never forgot how much I loved the sea. I keep walking out on our balcony just to make sure I'm not dreaming and to savor each moment.

Cruise ships are all steadily increasing capacity, as well as

their rates. For this reason, book your next cruise as soon as possible. Lock in your rate now. The travel mandates are ever changing. So, I recommend calling a travel agent to handle all your needs and keep you informed. Remember there is no charge to use a travel agent.

And, this month, show your patriotic side. The future is bright! Our hope at Have Travel Memories Vacations is for a travel year that is tailored for your dream trip.



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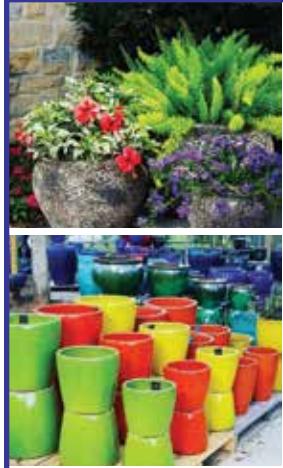
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Two New Restaurants Open in Destin!

At **Ruby Slipper**, you can brunch all day. It offers a vibrant and inviting atmosphere for locals and visitors New Orleans style, with a menu that features inspired and playful twists



on traditional Southern brunch favorites, including eggs benedict, beignets, bananas foster, pain perdu and white chocolate bread pudding pancakes, as well as eye-opening cocktails. Bloody



marys, anyone? Oh, and the mouth-watering, southern-style biscuits! Destin Life publisher Lori Smith and Destin Life writer and To Do In Destin's Cali

Hlavac, were recently caught making some of their own at Ruby Slipper, which, to their surprise, was a lot of fun. Don't worry — no secret ingredients were divulged. Ruby Slipper celebrated its Destin grand opening in May with a ribbon-cutting and event and a brunch event, which raised \$10,000 for Food For Thought.

Soleil is open in The Inn at Crystal Beach, Destin. The stunning views from the beach-front patio, bar and dining room add to the warm, upscale atmosphere. Proprietors Bart and Micah Begley opened Soleil in May, just in time for summer. The new beachfront dining experience is led by celebrity chef and sommelier Chef Michael Sichel. Chef Sichel is passionate about his work and it shows, not only when speaking to him, but in every dish he and his team



prepare. The setting of the sun, sand and sea are reflected in all of the creations they offer. The

menu boasts dishes you won't find anywhere else.

FATHER'S DAY

continued from page 20

Lawn at Sandestin and settle in for a free film, "American Underdog," at 8 p.m. Sunday, June 19.

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. Several boat rental companies in Destin carry pontoons to speedboats.

Is your dad young at heart? With mini-golf, go-karts or bumper rides and big thrills like bungee jumping and sky flying, you'll have plenty of time to be a kid again at The Track

Family Recreation Center. Visit funatthetrack.com, Destin location or call (850) 654-4668.

Book an electric bike tour. 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, give an Eventure Tour

focusing on history, art and cuisine. Visit eventuretourco.com.



Create an old-fashioned memory with ice cream. Take your dad out for the ultimate ice cream sundae. Top with hot fudge, caramel, nuts and whipped cream. Yum!

Shoot with Dad! At Emerald Coast Indoor Shooting & Sport, you can become a member, take a class or simply reserve a lane (\$18 regular walk-in or \$12.50 members) for you and your dad to practice. Located at 685 Valparaiso Parkway, Valparaiso. Call (850) 502-2354 or email info@theshootersrange.com to reserve your lane or firearm.

And last, but definitely not least, spend time with your dad on the golf course, beach or in the water. Destin has some of the finest courses around at Regatta Bay, Emerald Bay, Seaside, Sandestin, Indian Bayou and others. Have a picnic, go for a walk, splash in the waves, rent a jet ski or go parasailing... throw down a good time!

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Fridays:

4pm Jason Findley
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Saturdays:

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4pm TBD

Sundays:

8pm Gunner
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**Facebook: www.facebook.com/BoathouseOysterBar
www.boathouseoysterbardestin.com**



AJ's Seafood & Oyster Bar

AJ's Seafood & Oyster Bar features the best sports all year long on the one and only Jumbotron, on the Harbor in Destin. Be sure to enjoy an adult beverage or two with AJ's branded vodka or savor the flavor of local beers brewed exclusively for AJ's by Props Craft Brewery. Serving up delicious daily specials and entertaining live music all month.

AJ's June Live Music on The Bimini Stage, 9 p.m.:

Thu, Jun 9: Mayday by Midnight
 Fri, Jun 10: Mayday by Midnight
 Sat, Jun 11: Mayday by Midnight
 Thu, Jun 16: Bad Charlotte
 Fri, Jun 17: Bad Charlotte
 Sat, Jun 18: Bad Charlotte
 Thu, Jun 23: Davis & The Love
 Fri, Jun 24: Davis & The Love
 Sat, Jun 25: Davis & The Love
 Thu, Jun 30: Horseshoe Kitty
 116 Harbor Blvd., Destin
ajsdestin.com

Austons on 98

Offering a raw bar, happy hour and live music, Austons is home of the 102-foot bar, including 32 beers on draft. Some



Auston's

of the specialties include little neck clams, freshly shucked raw oysters, New England-style clam chowder and jumbo shrimp cocktail. With big screen TVs all around, there's no bad seat in the house. Enjoy specials, including \$5 Pints, \$16 Buckets and more. Auston's on 98 is open seven days from 9 a.m. to 9 p.m. and features its own "Real Deal Nashville Hot Sauce." And don't miss the endless mimosa and bloody mary brunch, featuring amazing chicken and waffles every Saturday and Sunday from 11 a.m. – 3 p.m., with live music every Wednesday and Friday night. See full menu at austonson98.com.

(850) 842-3200
 125 Poinciana Blvd.,
 Miramar Beach
Austonson98.com

Boathouse Oyster Bar

Destin's best kept secret—it's where the locals go, with live music every night. 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



Boathouse

baked just the way you like 'em. The first Friday of every month, The Boathouse hosts locals on the Destin Harbor from 5-7 p.m. Listen and move with live entertainment daily. See ad for bands and times. Music schedule subject to change. Follow on FaceBook for updates. (850) 837-3645

288-B Harbor Blvd., Destin
Boathouseoysterbardestin.com

Café Destin

For breakfast and lunch, Café Destin offers an expanded menu serving breakfast staples, such as pancakes, waffles with Nutella, omelets, eggs benedict, biscuits and gravy and more. For a lighter take, they also have a variety of fancy toasts (avocado, salmon and more) along with pastries and muffins. For lunch, choose from a variety of burgers, sandwiches and salads. You will love the full-service coffee shop, offering everything from hot or iced fresh, local Amavida coffee to espresso and lattés. And there



Café Destin

are diverse fresh fruit smoothies and a variety of tantalizing teas. Open for breakfast and lunch seven days a week from 7 a.m.-2 p.m., with free WiFi.

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cafedestin.com

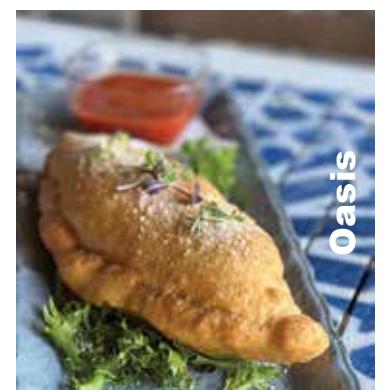
Landshark's Pizza

Hungry? Thirsty? Maybe a little of both? Come in and visit Landshark's Pizza. Owners Brian and Sue Hassmann have created the locals' 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. There's plenty of seating for everyone and TVs galore, plus fun and games all week long. Sports fans from all over come and watch all their favorite teams on countless regional and national sports networks. With a fully stocked bar serving up 95 different bourbons and 30 beers on draft, it's no secret why the locals love



Landshark's Pizza Company.
 (850) 424-6743
 300 Harbor Blvd., Destin
landsharkspizza.com

Landshark's



Oasis

A recent heartbreaking fire has temporarily halted in-restaurant dining. So, until the Oasis restaurant can reopen, Chef Di Valdo and Chef Amy offer private dinners, bringing the Oasis experience to you. Choose from their sample menus or they'll create a custom menu for you. Be it a romantic evening, a birth-

Continued on next page

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Destin Harbor

**Live Music
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Destin Dining, Entertainment, Specials

DESTIN DINING

continued from previous page

day celebration or a family get together, Oasis will offer you a unique way to enjoy a meal. On the day of the dinner, Chef will buy the ingredients, cook them at your house, serve the meal and leave everything spotless. Dinners typically include anywhere from three to five courses on av-

erage. "We do all on-site cooking, serving and clean-up. You enjoy your time and food with your guests," says Amy. "We can also offer cocktail service to go along with your dinner." Contact Amy at (850) 401-9149 to arrange your dinner party.

(850) 401-9149
306 Bald Eagle Dr.
theOasisSRB.com or
@theOasisSRB on FB

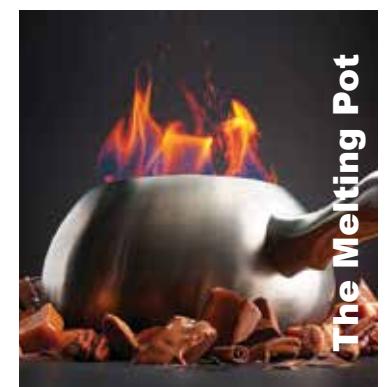
Tailfins Waterfront Grill

Start your day off right with Tailfins Breakfast every day from 8-11 a.m., seven days a week. Enjoy a classic breakfast with bacon and eggs, a seafood or Cajun omelet and even a kid's smiley pancake. Be sure to order up a round of mimosas and bloody marys. Watch Tailfins' world-famous Sushi chef create right in front of your eyes. Enjoy



days a week for lunch and dinner or call ahead to place your take out and to-go orders.

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Tequilasmiramarbeach.com



The Melting Pot

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Tequila's Sports Bar & Grill

Tequila's Sports Bar and Grill has quickly become a local favorite, with world class, jumbo-sized margaritas, Mexican food favorites inspired by years of tradition and authentic spices such as the Tequila's Plate, Chili Con Carne, The Three Amigos and the new Master Parrillada – a unique fusion of sports bar food and delightful Mexican dishes. Celebrate Taco Tuesdays with 2-for-1 margaritas. Lunch specials are offered Monday-Friday for \$8.99. "Our love lies in the food we make and the connections we create with our customers every day," says Oni, Tequila's owner. Open seven

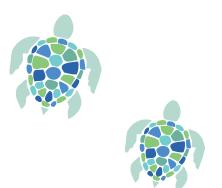
The Melting Pot Destin

Fondue is back and more popular than ever at The Melting Pot Destin. Enjoy several fondue cooking styles and a variety of unique entrées, salads and unforgettable desserts.

Slow down and talk while you "play" with your four-course choice of six classic cheese dish appetizers, unmelted in a hot, six-inch melting pot. Next is your choice of salads. You get to cook your main entrée. For dessert, choose a warm fondue bowl of fresh melted chocolate of your choice. There are "fast fondues" for those in a hurry or you can simply stop in after work, sit at the bar and order one course: Cheese, Salad, Entrée or Chocolate.

Weekly specials include: Wednesdays BFF (Best Fondue Friends Forever) – special price with drink specials; Thursdays – \$49 per person for a four-course meal, including candles and rose petals on your table. Happy Hour is Monday-Friday, 4-6 p.m. with half-price cheese and chocolate fondue. Connect with friends over fondue on National Best Friends Day, Wednesday, June 8, with a special three-course Best Fondue Friends Forever menu – a three-course menu of cheese fondue, salad and chocolate fondue, featuring enhanced dippers, starting at \$32. Turn your moments into memories. Reservations encouraged.

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Horse Power Pavilion to Feature Outdoor Dining, Camping, Micro-Brewed Beer and More

BY KENNETH BOOKS

Had enough of the Golden Arches? Look for the Golden Horses.

That will tell you you're at the entrance to the Horse Power Pavilion, a new, 70-acre, facility at 4497 State Highway 20 W, Freeport.

The Pavilion is the project of Kate and Fred Holland, who, with their two sons, Hamilton, 9, and Heston, 5, emigrated from Manchester, England,

kids, too, including home school clubs, forest activities and kids' summer camps. "We just want people to bring their kids," Kate said.

For the older set, there will be axe-throwing, with professional instructors to educate potential modern-day Vikings how to throw axes through the air and hit targets. An expert will provide a full safety briefing along with tips on the art of throwing.

For years, Kate said, the Hol-



The Pavilion's "Hamilton's Bistro" is set to open soon.



Kate Holland celebrates between the Horse Power Pavilion's trademark Golden Horses.

about three-and-a-half years ago.

"We love it here," Kate said. "It's a great place, especially for children."

So, they set out to build a business that would bring joy to people of every age. Currently, there's a play area for the youngsters, and plans for "Hamilton's Bistro," featuring live music, authentic British fish and chips and al fresco dining that Kate said will be open seven days a week for lunch from noon to 2:30 p.m. and for dinner from 6 to 10 p.m. She said the bistro should be up and running in four to six weeks. Part of the bistro experience will be enjoying beer brewed at the Pavilion's Hairy Hogg Brewery, and rich, Kona coffee the Hollands create under the name "Angry Ass Coffee."

A wedding and event facility, called Open Oak Barn, will follow. And a campground and RV park is planned. "We want the campground to be open," Kate said. "I hate it when you can look into the window of the next RV."

There will be plenty for the

lands vacationed on the Emerald Coast. Finally, it seemed logical simply to move here. And the Golden Horses drew them to the property.

When we bought the Golden

Horses, the gates were always locked," Kate said, "so nobody knew what was inside. It was just a vast waste of space." Thus, was born the idea for the Horse Power Pavilion.

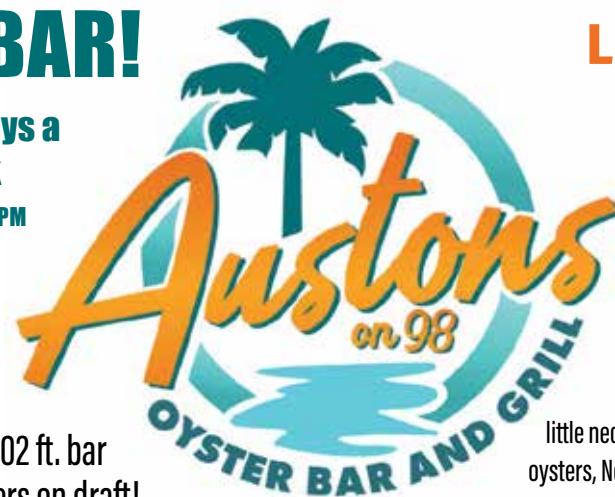
The bistro is phase one of an ambitious building plan, to be followed by the campground in

2023, providing between 50 and 60 slots for RVs and "glamping," outdoor camping with amenities and comforts such as beds, electricity and access to indoor plumbing.

For more information, go to horsepowerpavilion.com or call (850) 520-1737.

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 Off the Hook

Fishing News

2022 Lionfish Challenge!

The Florida Fish and Wildlife Conservation Commission (FWC) announces the 2022 Lionfish Challenge tournament, which ends Sept. 6. The Lionfish Challenge is a summer-long lionfish tournament open to competitors around Florida. The goal is to remove as many lionfish as possible in just three-and-a-half months.

Participants will compete in either the commercial or the recreational division. Prizes will be awarded in tiers as follows: Tier 1, harvest 25 lionfish (recreational category) or 25 pounds of lionfish (commercial category); tier 2, harvest 100 lionfish (recreational category) or 250 pounds of lionfish (commercial category); tier 3, harvest 300 lionfish (recreational category) or 500 pounds of lionfish (commercial category); and tier 4, harvest 600 lionfish (recreational category) or 1000 pounds of lionfish (commercial category). To read the full tournament rules or register, visit FWCReefRangers.com/lionfish-challenge.

Return 'Em Right; Conserve our Fisheries for the Future!

The Florida Fish and Wildlife Conservation Commission (FWC) has launched Return 'Em Right, a multi-entity effort in our Gulf to promote best fishing practices that increase the survival of released reef fish. The initiative is led by Florida Sea Grant, University of Florida, Gulf States Marine Fisheries Commission, NOAA Fisheries, and a coalition of anglers, industry groups, universities, government and non-government organizations committed to maintaining healthy fish stocks and fishing access.

Return 'Em Right includes proper fish handling and use of venting tools or descending devices to mitigate barotrauma, a condition seen in many fish caused by the expansion of gases in the swim bladder when brought up from deeper depths. Barotrauma can be fatal for fish and signs include the stomach coming out of the mouth, bulging eyes, bloated belly and distended intestines.

Weighted tools such as descending devices (inverted hooks, lip clamp devices, and crates or boxes) can help fish suffering from barotrauma overcome buoyancy issues and return them back to depth, increasing long-term survival of released fish.

Visit ReturnEmRight.org to review best release practices. Gulf Anglers 18 years and older who target reef fish can receive a free package of release gear from Return 'Em Right. Obtain your State Reef Fish Angler designation before heading out! If you plan to fish for or harvest certain reef fish species in Gulf or Atlantic waters from a private recreational vessel (includes anglers over 65 years of age), you must sign up for this no-cost designation and renew it annually. Learn more at MyFWC.com/SRFS and sign up today at GoOutdoorsFlorida.com or anywhere you can purchase a Florida fishing license.

Major Milestone: Genetically Pure Hatchery-Raised Shoal Bass Release

Freshwater fisheries researchers and managers with the Florida Fish and Wildlife Conservation Commission (FWC) successfully released 3,300 hatchery-raised shoal bass fingerlings (young fish) into the Chipola River in May.

In 2018, Hurricane Michael depleted more than 90% of its shoal bass population, the last genetically pure population of shoal bass in the world. Afterward, the FWC passed an Executive Order that suspended harvest and possession of shoal bass that in 2019, was adopted into rule.

Shoal bass are one of four of Florida's native black bass species, also a Florida Species of Greatest Conservation Need, which refers to native animals whose populations are of concern and are at risk or declining. This effort marks the first time genetically pure shoal bass have been successfully raised in an FWC fish hatchery and re-



PHOTO COURTESY OF FWC

leased. By raising and releasing these fish, this can enhance the wild population of shoal bass to help keep the population's genetic purity intact and aid in the long-term conservation of the species.

The Chipola River is the only waterbody in Florida with a known naturally reproducing shoal bass population. FWC's freshwater fisheries biologists will continue to monitor the Chipola River shoal bass population and evaluate the contribution of these stocking efforts through genetic testing.



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Destin-Fort Walton Beach Hosts World's Largest Lionfish Tournament

BY APRIL SARVER,
OKALOOSA COUNTY PIO

Congratulations! Divers participating in the 4th Annual Emerald Coast Open Lionfish Tournament successfully removed 13,835 lionfish from local waters. The invasive species prey on native fish and have no known predators due to their venomous spines. Hosted by Destin-Fort Walton Beach, alongside Florida Fish and Wildlife at HarborWalk Village and AJ's Seafood & Oyster Bar, this event is a key component in mitigating the risk of a growing lionfish threat.

"We are fortunate to have a Coastal Resources Division in our community, focused on awareness and reducing the population of this invasive species," said Okaloosa Board of County Commissioners Chairman Mel Ponder.

Divers from all over the country traveled to Destin-Fort Walton Beach for the spearfishing tournament held on May 13th and 14th. An award ceremony was held on Sunday announcing the winners of various categories including most lionfish removed, largest and smallest. The record for the smallest lionfish was broken at 39 millimeters during the main tournament by Alabama Jammin. Diver Tim Shivers collected 604 lionfish during the pre-tournament which surpassed the 2019 record. Thanks to Emerald Coast Open sponsors, participants were awarded \$48,000 in cash and approximately

\$50,000 in prizes. View a list of this year's winners @EmeraldCoastOpen on Facebook.

Several events were held over the weekend in conjunction with the tournament including The Lionfish Removal & Awareness Day Festival hosted with Florida Fish and Wildlife which garnered 5,000 attendees. Over 40 vendors were in attendance with educational activities that focused on conservation efforts. Lionfish & Libations was a new event held at HarborWalk Village. These events allowed locals and visitors to learn about lionfish and even have the chance to experience tastings.

Emerald Coast Open Lionfish Restaurant Week was held the week leading up to the tour-



nament. Each evening, a local restaurant served a unique lionfish dish on their menu. The fish caught pre-tournament were provided to the participating restaurants to serve. The lionfish dishes were scored by a host of judges including a New Yorker Magazine journalist and Chief Scientist for NOAA National Marine Sanctuaries. A scoring system was used and Chef Al Massa took the highest marks with Brotula's Seafood House & Steamer creation. They presented a Lionfish Pan-Seared dish with Black Forbidden Rice, Melting Zucchini Ribbons, with a Chardonnay Shellfish butter.

"We couldn't be happier with the success of this year's Emerald Coast Open Tournament with 145 tournament participants and 50 volunteers donating their time. Thank you to our sponsors for their support that continues the growth of the

tournament and the education of lionfish management. The removal of this many lionfish from our local water restores the ecosystem, especially as we head

into a busy fishing season," said Alex Fogg, Coastal Resource Manager, Destin-Fort Walton Beach.

For more information on the

Emerald Coast Open Lionfish Tournament visit emeraldcoastopen.com and for more on Destin-Fort Walton Beach, Florida, please visit www.destinfwb.com.

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 Off the Hook

Gulfarium C.A.R.E. Center Releases Four Rehabilitated Sea Turtles

The Gulfarium's C.A.R.E. Center successfully released four rehabilitated sea turtles on Thursday, May 12, 2022, at Inlet Beach.

It was a beautiful morning as crowds gathered to watch the endangered turtles head back into the Gulf of Mexico. All of the rehabilitated sea turtles had fallen victim to fishing hook re-

lated injuries. One of the turtles was outfitted with a satellite tag for the release.

Jamie, a large adult female loggerhead weighing 208lbs, had been outfitted with a satellite tag by the United States Geological Survey team for a tracking research project prior to release. She was accidentally hooked at Navarre Beach



Fishing Pier on Nov. 20, 2021. X-rays showed that she had a large circle hook in her proximal esophagus and a small treble hook further down. Jamie underwent a four-hour surgery on Nov. 22, to remove both hooks. After the surgery was complete, the recovery phase was very extensive. However, after a seven-month long stay at the C.A.R.E. Center, she was finally ready to be released. The satellite tag will allow researchers to monitor Jamie's movements and track where she travels and how long she spends at each location. This equipment is part of an ongoing, long-term research project to determine the movement patterns of repeatedly

hooked sea turtles at local fishing piers. This was Jamie's third time being foul hooked at the same pier - she is an excellent candidate for this project.

The other three turtles that headed back into the Gulf of Mexico included Sheldon, a sub-adult loggerhead weighing in at 79lbs, who was foul hooked with a cobia jig in the right front flipper on April 18, 2022. Following the initial intake procedure, Sheldon's X-rays showed a large hook embedded in his tongue. After mild sedation, the hook was successfully removed. Sheldon was under observation by our veterinary team for a few weeks to ensure all was well and after being cleared for release,

he was ready to head back into the Gulf of Mexico. This was Sheldon's second visit to the C.A.R.E. Center for rehabilitation.

Pluto arrived at the C.A.R.E. Center on May 10, 2022, after being foul hooked by a fisherman at Navarre Beach Fishing Pier. This sub-adult loggerhead weighs 90lbs and had unremarkable blood work and clear radiographs upon arrival at the center, so was medically cleared for release by the veterinary team once the hook was removed. This was Pluto's third visit to the Gulfarium C.A.R.E. Center.

Shirley, a sub-adult Kemp's ridley sea turtle, who was hooked in the mouth with a J-hook on May 8, 2022, at Navarre Beach Fishing Pier was also released. Shirley weighed in at 56lbs and had a very quick stay at the Gulfarium C.A.R.E. Center. With unremarkable blood work and radiographs, she was deemed medically cleared for release by the center's veterinary team.

"Release days are always extremely rewarding," states Tabitha Siegfried, Stranding Coordinator for the Gulfarium C.A.R.E. Center. "We are very excited to be participating in a research project that includes a satellite tag as all sea turtle species are endangered so any help that we can provide to these animals is crucial."

If you see a sea turtle in distress, injured, or deceased please report it to Florida Fish and Wildlife Conservation Commission immediately at 1-888-404-FWCC (1-888-404-3922).

Follow the C.A.R.E. Center on Facebook to learn more about sea turtles and the center's rehabilitation efforts. The C.A.R.E. Center and its patients can be visited as part of a general admission ticket to Gulfarium Marine Adventure Park.

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BY LISA LEATH TURPIN, HEALTH & FITNESS COACH/CONSULTANT

For the next several months, we will learn from a "Do it Right" series. I dissect the different body parts so you can get a better understanding of the role each muscle plays and ideas on how to tone and strengthen them efficiently and safely to get a more effective workout.

Core, by definition, is "the central, innermost, or most essential part of anything." Within the body, it's defined as, "the strength of the underlying muscles of the torso, which help determine posture." Core exercise is, "any exercise that involves the use of your abdominal and back muscles in coordinated fashion." Therefore, I figured it appropriate to begin with Abs/Core, because we use our core for just about every movement; it's our "essential part." So, we ought to learn how to strengthen it.

Basically, the muscles that comprise the abdominals are: 1) Rectus Abdominis - the middle "lower abs" and "upper abs," which curl the pelvis/hips upward or the upper body forward rounding the back in spinal flexion; 2) External Obliques; 3) Internal Obliques - used in twisting the waist or bending sideways; and 4) Transverse Abdominis - runs from front to back and pulls the belly inward. Training your transverse abdominis will help you avoid the "belly pooch" that sometimes happens when working abs incorrectly.

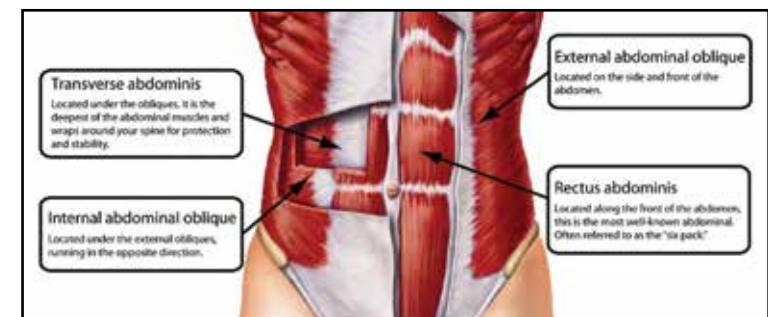
When designing your work-

outs, it's most beneficial to choose one or more exercises that hit each one of the ab muscles mentioned. Because abdominal muscles are needed all day for various movements, they are high endurance muscles. They are highly striated which means they have a lot of muscle fibers. Nerves are needed to fire muscle fibers and create movement when the brain says so. But in the abs, there are more muscle fibers than nerves. So, when one set of muscle fibers gets tired, the nerves jump to another set so they can keep the abs performing. Therefore, abs can do more repetitions than other muscles before they get tired... or this should be the case. So, train your abs with endurance as your main objective. Unlike other muscles, they can be trained every day. But, take a break if they get overly sore.

Let's review the more common ab exercises. Crunch: This movement has received a bad rap lately, but it is a fundamental movement for the rectus abdominis because it performs spinal flexion. Don't overlook the proper technique. The crunch can be performed on the floor or exercise ball. Lie on your back, knees bent, feet flat on floor, hands behind your head, elbows out, chin tucked toward your chest, lift shoulders off the floor. *You must pull the transverse abdominis in (pull belly button in toward your spine) especially as you crunch. Exhale as you crunch as well. No need to come up very far; simply focus on the spine rounding and look at your lap for proper neck position. PLANKS: Very popular these days. Planks are a static hold. This is a good test for core endurance. Start face down either on elbows or hands, stack shoulders directly above elbows or hands, body in a pushup position, either on toes or knees, but keep body straight. Don't

dip your hips too low. Keep everything stiff like a pencil or 2x4 (plank), and breathe freely. Oblique Twist (i.e. Russian Twist): Done on floor with feet and knees wide, lean back but keep spine rounded, clasp your hands together and move them back and forth from one side to the other smoothly, twisting at your waist, belly button in, breathing freely. Hold a weight for more work and/or hold feet in the air. Now you can apply these fundamental movements to many other abdominal exercises.

Lisa Leath Turpin is a degreed and certified health and fitness lifestyle coach and consultant who has devoted her life to motivating and strength-



ening the body and mind of others. With over 20 years' experience, Lisa has a B.S. degree in Sports & Fitness Management from the University of Alabama, developed and managed the U.S. Army Corps of Engineers' Health & Wellness Facility and programs in Huntsville, Ala., is board certified by the National Board of Fitness Examiners and possesses certifications from AFAA, Polestar/Bal-

anced Body, Reebok U, SCW Fitness and American Heart Association. She is currently a group exercise leader at Destin Health & Fitness and an independent personal trainer in the Destin area, diversely and extensively trained in classical and modern Pilates, life-style management, personal training, group exercise and post-rehabilitation. Have a fitness question for Lisa? Email BeActive850@gmail.com.



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 Wellness


BY DR. RICHARD CHERN, MD

Hormone therapy has many benefits and I've written about these for several years now. Hormones can, however, have some unexpected effects and I have seen these effects firsthand in our clinic. I've informed prospective patients for years that hormones are not just for libido and sexual function. Women tend to focus on their lack of libido and men tend to focus on a lack of performance. But, in my view as a phy-

sician, these are the least important benefits of hormone therapy for both men and women.

As a physician, I prefer to focus on the ability to prevent disease and improve the health of both body and mind. Hormone therapy can prevent numerous cancers, diseases of the heart, diseases of the brain and so much more. Hormone therapy reduces cholesterol and blood pressure and lowers overall mortality rates. Testosterone reduces stress levels and anxiety. Many of our patients are able to get off their anti-depressants after starting hormone therapy with us. Patients can finally lose weight.

Motivation increases and mood improves tremendously. In fact, it is not unusual for patients to apologize to us about



being angry and irritated prior to therapy. They've been bitter and irritable for so long it had become part of who they were and didn't see how it was affecting everyone around them. After getting treated they were finally happy and relaxed again and quickly realized how poorly they were treating everyone around them, including those they love the most.

Then there are the unintend-

ed consequences of hormone therapy. On several occasions in our practice, we have seen couples who were once happy but had reached a point where they just couldn't tolerate each other. At the edge of divorce their stories were all nearly identical. Their partner had just changed. They were tired, quick to anger, lost their empathy and just didn't seem to care about anyone. They couldn't find the person they had married anymore. I would hear, "Our marriage is essentially over so I'm finally doing something for me."

After the hormones kicked in, mood improved, stress levels came down, and problems got smaller. The major issues causing arguments turned into the minor issues they

had always been. Stress and tension reduced and those quick to react and quick to anger emotions faded. I have heard more than once that getting hormones not only improved the patient's life but also saved a marriage at the brink of extinction.

Dr. Richard Chern, MD provides hormone therapy to men and women from across the country. He is also on staff at BioTE Medical and teaches hormone therapy to new providers including providers in our local area. In addition, Dr. Chern treats doctors in the local area and from around the country. He is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call him at (850) 837-1271.



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BY KAY LEAMAN,
HEALTH ARCHITECT

Summer is here. You can feel the humidity thicken and watch traffic double. Sunscreen sales increase as we hit the beach, go camping, work in the yard, etc. Many of us look over the myriad choices focusing on SPF numbers rather than ingredients.

The benefits of being outside, besides lifting our spirits, breathing fresh ocean air and

feeling the sun on our face, is the manufacturing of Vitamin D, which is essential for myriad cellular functions.

Many of us know the ultraviolet (UV) radiation is the culprit behind sunburns, which can lead to peeling skin. This radiation causes damage to oxygen-carrying cells as well as our DNA which can lead to genetic mutation. There are two types, UVA and UVB, which is more harmful. Protection is key but we often associate sunscreen with water activities. What about driving, shopping outdoors, wearing summer clothes which expose more skin? And what about the other seasons? Why is summer the only time we think about protecting our skin?

My sister loves the sun. She has spent many hours lying on

the beach getting her tan on. Back in the '70s, the go-to for tanning was baby oil or lotions that aided in "getting your tan on". However, today my sis spends her time at the doctor's office cutting off skin cancer growths, wearing chemo lotions which peel the cancer off the skin (it hurts and burns) and other not so fun therapies. She has as many as three appointments every year. I, on the other hand, loved the beach but hated lying on it. I was in the water 99 percent of the time, which probably helped to shield me. I didn't wear any lotion and, although I had my share of sunburns, I have been blessed so far with no major residual damage.

This being said, many sunscreens are a combination of chemicals that are harmful to both the human body and ma-

rine life. Many contain oxybenzone and octinoxate (These can be labeled under several different names disguising their existence in the product.) These ingredients are contributors to the demise of coral reefs. They also have been found to accumulate in the tissues of many marine wildlife, which can be passed on to their young. You'll need to do your own research but two safer sunscreens I've found are Ocean Potion 70 and MyChelle Dermaceuticals Protect 50. Natural safe sunscreens are hard to find, so you might want to see where your choice is sold before trekking out to find it.

As a side note: Did you know that the Blue Light, which is transmitted by our electronic devices from computers to televisions, can lead to visible signs of aging for your skin? Research

suggests that sunscreen offers some benefits from this type of radiation.

Aside from sunscreen, activewear clothing now has UV protective fabrics. Add shade to your body by wearing a hat, sunglasses, activewear, using an umbrella, etc. Remember to wear a facial cream with sunblock in it to lower exposure from blue light radiation.

Here's to fun in the sun! Contact me if you're interested in a natural face cream that nourishes, protects from the sun and blue light exposure and is reef friendly.

*Kay Leaman, Health Architect
HealthyDay HealthyLife
succeed.hdh@gmail.com*



By KRISY ANDERSON

In today's world, it's a myth that a spa is just for the ladies. In more recent years, approximately 47 percent of spa-goers were men. Males have finally realized that grooming and taking care of their appearance is a means of style. Trimmed facial hair, clean cut nails and hair, you name it, men are all for it.

More and more, men are flocking to the spa for male-specific options, such as scrubs and waxing. Waxes for the chest, back or face are one of the top choices for a men's spa trip. It lasts longer than shaving and gives your body a cleaner, more defined look. It also allows more time to do other things, like work or go to the gym or meet with friends. Unique and ultra-defined facial hair is another favorite trend for men right now. Waxing gives them the option of fine-combing the shape of their facial hair with razor-sharp precision.



Massages are not just for the ladies; your dad, husband or brother deserves an unwind, too. A massage has incredible benefits for a guy's physique and soothes sore muscles more than just stretching after a workout.

The now-dubbed "manly-cure" is another spa treatment that's gaining ground with the guys. Clean, cut and shaped nails on both hands and toes are

both professional-looking and help maintain cuticle health.

Scrubs for men help show off clean and healthy skin. Men, in particular, are drawn to this spa treatment in which dead skin cells are exfoliated. Not only is it a pleasant feeling to have clean, smooth skin, but it's also great for confidence and physical mentality.

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 Wellness


BY STEPHENIE CRAIG

I found myself in a close relationship consistently feeling hurt and disappointed. I felt resentful and repeatedly like I wasn't asking for anything unreasonable but the person refused to give me what I needed. Have you been there too? Maybe it's a family member, a

Journey Bravely: Where Are You Fishing?

partner, a friendship. Maybe the type of relationship contributes to beliefs that a parent, sibling, or spouse is supposed to give you what you're seeking. Sadly, even relationships that seem like they should be able to meet your emotional needs sometimes don't. So what are you to do when you find yourself bitter, hurt, and powerless to change someone else's behavior in your relationship?

Imagine you live on a beautiful farm with acres of land complete with white farmhouse and many ponds for your fishing pleasure. You look at the ponds and they are each uniquely beautiful and you as-

sume because you've seen fish come out of some of the ponds that all of the ponds will yield fish. You take your fishing gear, your chair, and you camp at a pond near the house expecting success. You cast your line, feel a tug only to pull out weeds followed by an old can followed by sticks. You're committed. You already spent time here and you just know this pond is supposed to have the fish you're looking for so you keep casting and keep fishing out disappointment. You consider moving on to a different pond, but it's work to move, maybe the fish will come on the next cast, and you don't want to give up on the pond that's supposed to meet your needs.

Eventually, you find yourself worn down and realize you don't have much to lose to switch ponds. You pick a different pond that's less obvious, less close to the house and one no one has told you has fish. You cast and you pull out a fish. You cast and you pull out another. And consistently, you find that the new pond is able to meet your fishing expectations. It's a wonderful surprise and also makes you think about how much time you spent trying to get fish out of a pond that was never going to give you fish when all the while, you could have been finding fish

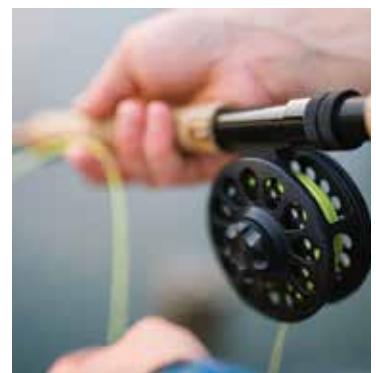
in ponds better suited to your needs.

It isn't that the first pond has no value. It's a beautiful pond for sitting, skipping rocks, and seeing the reflection of the sunset. It has value for what it is. However, knowing what it is and what it isn't is key. It is not a fishing pond. And as long as you were convinced the pond was supposed to yield fish, it was going to keep disappointing you. Once you realize that it's a sitting pond, you can appreciate what the pond does give you and make plans to fish elsewhere.

What are the lessons we can take from this story?

Expecting something that someone won't or can't give you will result in anxiety, bitterness, resentment, and sometimes feeling that you aren't enough. Try remembering that most often, it's not about you. Someone not meeting your emotional expectations is not a reflection of your value.

It's o.k. to accept and grieve what you're not going to get. It's sad that you can't get your needs met from the relationship. Let yourself feel your feelings. Face reality the best you can. As you're able, release the person from the debt you feel they owe you for not meeting your needs.



Notice what the relationship can be in your life within healthy boundaries for yourself and try engaging at that level. Maybe you share less, seek less, expect less.

Give yourself permission to get your emotional needs met in healthy ways in other healthy relationships. If your parents aren't able to give you support and encouragement, allow yourself to receive those in safe, healthy friendships. Let go of expectations about certain kinds of relationships meeting certain needs so you can embrace reality and get your needs met from various healthy relationships.

Be kind to yourself as you shift relationship expectations. It's deep, hard work. As you need support along your journey of healing, connect with us at journeybravely.com.



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The Implant Truth Survivors Committee Offers Hope

By MICHELLE RUSCHMAN

If you've ever shared the road with the TITS Mobile, you may have wondered how Anne Ziegenhorn, the founder of The Implant Truth Survivors Committee (TITS), came to drive such an iconic car. Even as she shares the name with a wink and a smile, Anne wants you to know she's passionate about her organization's mission: advocating for women who have suffered dangerous repercussions from their breast implants.

Long before she became an international hero helping women get their explants, Anne lived through dangerous silicon poisoning from her own implants for more than a decade. In the '90s she was a 20-year-old working as a plastic surgeon scrub tech during a time when silicone implants were considered safe. Anne decided to go through her own procedure to equalize her uneven breasts.

"My first set was silicone gel," she said. "Back then we were told they were safe and the manufacturing representative showed us the studies. Five or six years later, silicone gel went on a moratorium and nobody could get it because too many women complained of becoming ill. The companies came back and told those of us in the industry they would give us a free set of saline so I switched mine out from silicone gel to saline breast implants, believing again that they were safe again. Within a few months, I started getting headaches, but brain scans didn't reveal the problem."

With the new studies supporting saline implants, plastic surgery professionals didn't question that while women traded in their silicone gel for saline, the shell of the implant was still made of silicone and Anne got sicker and sicker.

"Around the age of 28, my skin started breaking out," she said. "I'd had flawless skin my entire life and my dermatologist couldn't clear this weird acne. Never thinking this was related to my implants, I tried all kinds of medicine and it didn't clear up. I would also be slow to heal if I got a sore or cut. I started developing food allergies and became severely allergic to latex. I didn't realize breast implants had a direct link to your hormones and they've been

able to prove that they have a hormone disruptor to them. I started miscarrying babies. This imbalance in my hormones also caused fatigue, anxiety, and depression.

"All of a sudden, I had a thyroid issue," she continued. "Now I have open wounds, breakouts on my face, and this underlying headache that never goes away. I've miscarried multiple times. I finally had two babies back to back that I carried to term but I swelled up so bad. I gained 90 pounds with my daughter and I gained 104 with my son. It was very hard for me to lose the weight but eventually, I did. All of a sudden, the swelling and weight gain started again. My swelling could be compared to the Michelin man. I had extra rolls all over my body and there were still open wounds, and sores on my feet. It got to the point I couldn't walk. My sex drive decreased and my breasts became so sensitive that my nerves hurt and I couldn't face a shower. My vision was going and I started to lose my voice. I sounded so strange, and it hurt my throat to speak. It was excruciating just to think about forming a word so I learned to control myself and appeared to be in a vegetative state. I communicated by typing on my phone or writing on a whiteboard."

Because the doctors didn't consider the implants could be the cause, Anne went through irreversible procedures, in the hopes each one would be the



cure she was so desperately seeking. Over several years, Anne would go through a thyroid ablation, her gallbladder was removed, and her ovaries were taken. She finally drew the line at suggesting she needed a liver transplant. Anne knew in her gut that these weren't the solutions she needed but with her voice gone, it was hard for her to communicate.

With the severity of her breast pain, the Mayo clinic finally asked Anne if she'd had a mammogram. For 12 years,

yes, she'd faithfully gotten the screening, and each year she was told the results were normal. Anne would find out later that her most recent screenings were not normal.

On her lowest day, Anne went to see her endocrinologist and got devastating news.

"He couldn't believe I'd been able to shuffle in," she said. "He said, 'I expected to see a very frail woman because according to your lab work, you have about two weeks to live and I suggest you get your affairs in order.' He then asked me what vitamins I was taking so I wrote down that I was taking four times the recommended amount of potassium and magnesium. He let me know it was the only thing saving my life and asked me, 'Who told you to take that much?' It was God."

Anne went home that day being told she wouldn't be alive much longer but she refused to accept it. Her God was bigger than that.

Anne prayed for answers and the next day felt compelled to do a self-breast exam.

"As soon as I lifted my arm, I felt a whoosh, and warm water released into my body," she said. "As I looked, sure enough, my breast was the shape of a ski slope and I knew my implant

had ruptured. I thought, 'Oh my God. This is what's making me sick.'"

As the implant lay crumpled in her breast, Anne began to gain energy within hours.

"Even with the bad news I'd gotten, I had a mammogram scheduled that Monday so I went," she said. "I wrote on my whiteboard that I thought I'd ruptured an implant and after they did the film, it was confirmed."

The technician also told Anne they'd seen the leak two years earlier. Anne had been complaining about breast pain for five years but her results kept showing normal and not one person told her the implant was leaking.

Anne was advised by an attorney to show up at the clinic the next day and ask for all of her films. What Anne saw was anything but normal. Year after year, she could see something growing in her implant. It was rare to be able to see something like this on film but what Anne saw was mold.

When Anne had her implant removed, there was a brown liquid still at the bottom. Not only were there mold spores in the liquid, but the valve had

Continued on page 41

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 Environment


BY CHRIS BALZER, 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

ENERGY TIPS

by Emerald Coast Energy Solutions

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 quickly 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, its 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 replace 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 Balzer 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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“Old School Service with New Innovative Technologies”

Meet Your Local Pros: Owners Mark & Laura Wichern of Veritas Restoration

BY LORI SMITH

Veritas Restoration & Mold Remediation recently opened its doors to provide cost-effective, time-saving, innovative technology in the water damage restoration industry. No strangers to the industry, Mark and Laura have built and sold two other successful restoration companies and have more than 25 years of industry experience. They couldn't wait to get going again serving our community.

"In the water damage restoration industry, it seems the 'restoration' part has been forgotten," says Mark. "Today, 'restoration' seems to mean nothing more than renting drying equipment as an add-on fee for demolition and remodeling for most 'restoration' companies. However, Veritas specializes in 'restoration drying' after a water loss, using cutting-edge drying equipment."

Mark emphatically states that, more importantly, Veritas invests in the education of its employees. "Through our training in thermodynamics and psychometrics and the calculations required to actually restore a building, we are able to dry and restore instead of tear out and replace," says Mark. "We strive to make your unfortunate experience better. So, we spend an immense amount of time with our customer service training and our documented systems and procedures."

According to Mark, most water losses can be dried in place without removing drywall, carpeting and cabinets in just a few days. "This process and science of drying has been largely forgotten," he says. Mark has been an in-place drying instructor with Restoration Coach and the IICRC for nearly 20 years and has taught thousands of students throughout the country. "By using the science of drying that we've taught for nearly 20 years, many clean water losses can be dried within three to four days, on average, without demolition, repainting or renovations.



the affected materials in-place, without removing drywall, carpeting, pad, hardwood flooring or cabinets."

Mark says the Veritas in-place drying benefits offer numerous benefits:

1. The home/business owner has his building restored in just days, not weeks or months, saving thousands in lost vacation rentals and business interruption income.

2. Veritas provides well-trained professionals, working smarter with science and knowledge offering better communication, clearly defined expectations and saving a tremendous amount of unnecessary stress, time and money.

3. The true savings on the affected materials to be restored, in many cases, is more than 90 percent of the total cost of restoration, demolition and remodeling.

4. The Veritas documentation is easy to understand and visualize and includes meter readings, pictures, digital diagrams and psychrometric readings, making it easy to communicate to insurance companies involved on the claims.

"Veritas means truth, and we are ready to help," says Laura. "If you experience any type of

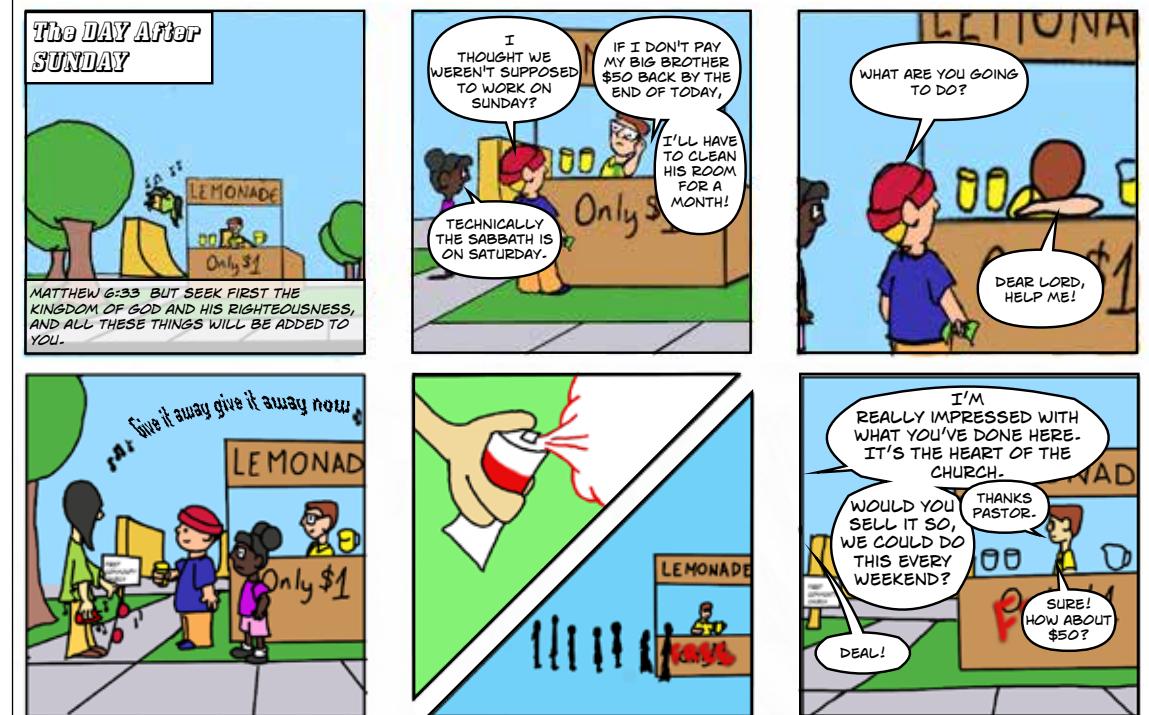
emergency water damage in your home, vacation rental or business or feel you might have a mold or air quality issue, just call us to discuss or schedule an important inspection."

"Our goal is to save and re-

store your home, vacation rental or business and to have everything back to normal in a matter of days," says Mark.

"We are excited to provide a true and honest service to our beautiful Emerald Coast," says

Laura. Email or call 24-7 to receive a brochure or schedule an appointment and receive a free moisture meter. (850) 835-5677; veritasrestoration.com; lauraw@veritasrestoration.com.



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 Business

The A.C.E.S. of Real Estate Investing – Part 2



BY GAIL PELTO,
KELLER WILLIAMS

In last month's article we talked about why real estate is a great investment: the A.C.E.S – Appreciation, Cash flow, Equity, Shelter your taxes and the Plus...Leverage. (Please see May 2022 Destin Life.)

Now, if you are thinking, "Real estate is a great investment," let's talk about some action steps toward building your wealth and generating passive income along with maximizing

your taxes through real estate investing. Consider the following points:

1. Research the property you're interested in carefully, including asking the following questions: What are the comparable prices? Are there any liens on the property? What kind of income will it generate? Are there existing tenants and tenant leases? Is it an "up and coming" neighborhood or on the decline? What are the 'best' properties for you? Houses, condos, multi-family? Always keep in mind that investing is a risk... but so is driving! However, if it's calculated and mapped out, you can reduce the risk fairly well.



2. Get your feet wet by starting small with a duplex or small condominium, and if you're not in Florida, maybe a home for you with a basement apartment. Do you want a property that needs some TLC or is turnkey? I like the TLC, because often you might get a nice price on a property, give it some love and a better return on your money. It's all about potential.

3. Plan your expenses, set your budget: Besides the obvious taxes, utilities, upkeep, HOA fees and repairs, will you have a management company fee or will you handle the rentals yourself? A rental company can handle collecting rent, repairs and if needed, evictions. Keep in mind that a rental company fee may be worth paying to eliminate some of the headaches of management while freeing you up so you don't feel like you have another "job!" DIY is an option; ask me on that one.

4. Make your purchase with cash or financing? Cash, when possible, can be a great option to avoid negative cash flows. However, paying cash will tie that money up in one property vs. getting a loan from a bank will enable you to leverage your personal assets, thus allowing you to purchase more than one property and better returns. You have to look at your options carefully. Your advisors like your real estate smart CPA's and a great realtor (me!) will be great guides in your decision to pay cash or get a loan. Talk to your team!

5. As you become a "seasoned" landlord and more comfortable in handling your first investment property, then consider expanding your portfolio. It will get easier and you'll see a greater return on your investments.

Investing in real estate can be a great decision; however, it must be done right. As I said last month, although I'm a great real estate agent, I am not a CPA, attorney or tax advisor, so please seek the advice from a person who is confident and licensed in those areas before making any investment decisions.

If the above five points make some reasonable sense and, yes, you want to create wealth and long-term security for your family, let's begin with a conversation. Here on the Emerald Coast, and around the world too, there are many long-term and short-term rental investment property opportunities and it's a great time to buy!

Gail Pelto is a full-time real estate agent with Keller Williams and a board member with both the Mattie Kelly Arts Foundation and The Rotary Club of Destin. Call Gail at 850-374-0454 or email gail.pelto@kwe.com.

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Living in a Bear Market



By MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

Investors have watched the market move its way down for most of this year. Whether invested in stocks, bonds, crypto or otherwise, it seemed that values just continued to slip. Why has this been so? We look at several inputs to help understand the outputs and talk about what investors might expect and do during these times.

The American economy has been on a growth spurt for quite some time. Believe it or not, the government ran a surplus – that is not a misprint – in April. The federal government took in \$308 billion more than it spent. And that is a dramatic change from a deficit of \$226 billion in April of 2021. We read that it is from strong income for businesses and ponder if the prediction that the U.S. is inflating its way out of record debt is starting to take shape.

Inflation in and of itself however has had quite an impact on the markets. Fears of rising prices for just about everything leaves investors worried that it is a matter of time before corporate profits feel the impact and hence have reduced their exposure to many equities. Technology stocks have been the hardest hit. The problem for many technology stocks is that if they are yet to turn a profit or pay little to no dividends, their stock price feels it when inflation and bond yields rise. The big, somewhat profitable tech stocks, however, have tumbled, along with everything else. By one account, just eight stocks, many of them technology stocks, make up a significant amount of the overall decline of the market.

We think investors should consider investing in many of the legacy, large cap technology stocks at this time as they

are nearing multi-year lows and are in a relatively oversold state. The same sentiment is seen by many pundits with regard to biotechnology stocks.

Bear markets have historically hit their trough when we experience negative economic circumstances and perhaps high unemployment and low corporate profits. None of these are the case right now. Pessimism regarding the future is, however, pervasive.

Inflation has also caused the Federal Reserve to begin to increase its short-term rate and begin to reduce the size of its balance sheet. The balance sheet is an indicator of Fed activity in expanding or decreasing the money supply. The Fed has been increasing it since the start of the pandemic. That unleashing of money has driven asset prices for real estate, stocks, commodities, crypto, nonfungible tokens and a host of other assets. One reported statistic is housing values, which have risen \$6 trillion in the last two years alone. The problem it has created is that the increase in the money supply has on the one hand spared the economy from a pandemic-driven depression but on the other also has set inflation in motion. The perfect storm of the supply chain imbalance and pent-up demand from Covid, along with scores of early retirements (causing a labor shortage and driving wage inflation) has led to inflation's rapid rise. Left unchecked, inflation can erode purchasing power as well as standards of living.

The housing market accounts for about 20 percent of the U.S. economy and for at least one third of inflation. There is fear that housing may have peaked as pending sales continue downward and the refinance market has all but ceased. That could reverberate throughout the economy, affecting several sectors.

The Fed has an inflation target of two percent per year, which many consider healthy. Currently, inflation is more than four times that and that has sent asset prices down and raised the level of discomfort, if not outright concern, for many investors. We suggest investors look at some things to expect (based upon history) in bear markets and use that in their decision



making. Question: Are market downturns and bear markets the exception or are they the rule? We think that for long-term investing, they are the rule.

Some characteristics of bear markets are important to take note of. The first of these are some of the dramatic upward swings that occur during bear markets. Investors have seen some dramatic legs up in a short period of time, often lasting just a day. Those investors who headed to the sidelines and are waiting to time a movement back into the markets most often miss these and that can have a dramatic impact on long term results. Bear markets also might signal that stocks or other assets had become overbought and an event or a series of events could bring markets back in line with historical averages. If markets are in decline one-third of the time, it could almost be argued that they bring efficiency to the markets by way of asset prices.

Bear markets, when they end – and they average nine months – typically represent very undervalued assets at the end as the pendulum has swung too far in the other direction. Bear markets exhibit excessive pessimism, while bull markets have exhibited excessive optimism. The problem is, they don't ring a bell at the bottom just as they don't ring a bell at the top of markets. We suggest investors, unless they need liquidity (cash) now, stay invested, not give up hope at the worst possible time, remain focused on their goals and govern their actions accordingly.

The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd, Destin, FL 32541. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8122.

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Private Office Space

By MELISSA FERTITTA

Leasing commercial office space has traditionally been a long-term commitment without much flexibility. For start-up businesses and entrepreneurs, that commitment may be more than they can handle in periods when cash flow is likely to fluctuate and staff size is small.

Though leases are unique to each building and tenant circumstances, generally, commercial office leases are either Modified Gross or Triple Net leases, abbreviated NNN in a listing. Base rent is set on a price per square foot, calculated on either an annual or monthly basis.

In a multi-tenant building,

space available for a traditional lease may already be appropriated into suites. Though a landlord may allocate an allowance for improvements to be made at the leasee's expense, often that does not allow for downsizing the space's footprint.

This means a small business or start-up may end up paying for space it is not actually using in anticipation of future growth needs.

Additional costs can include in-suites utilities like electricity, office equipment, internet and janitorial expenses. Lastly there is a payment for the tenant's pro-rata share of property expenses like taxes and insurance.

CAM, or common area maintenance expenses, are also pro-rated for tenants, based on the percentage of the building leased by the tenant and can include maintenance, property management fees and some utilities and security costs.

What would be a better benefit for the small business owner are flexible lease terms with ala carte services customized for the tenant; a space with pricing that can be adjusted in real time,

avoiding costs usually assessed in traditional leases.

Coworking spaces are an alternative that eliminates most of these expenses by charging monthly or annual access fees to a

shared professional space. Beachworx is Destin's only coworking space offering flexible, affordable professional workspace in a class A commercial building.

In addition to the collaborative open space of the hub, Beachworx features more than 18 private office suites. Most come furnished and are large enough to accommodate two or more employees. North and south-facing suites feature windows to the exterior and to the interior hub, filling the suites with light and contributing to Beachworx's community vibe.

Coworking rents are calculated based on individual use and terms are flexible. Users

access spaces on a daily, weekly, month-to-month, or annual term and cancellations can be made with only a 30-day notice. Small business owners enjoy the convenience of up or downsizing their membership as their business demands. Coworkers enjoy an array of business support services, networking and mentorship opportunities that enhance B2B and business referrals.

Beachworx in Destin Commerce Center is open weekdays for tours. The first Wednesday of every month is Wine Down Wednesday, a happy hour of networking and informational tours from 5-6:30 pm. Info@thebeachworx.com for more information.

Remembering & Celebrating Local Legend, Gabby Bruce

By DONNA MONTALVO, A2Z



Each month, A2Z Specialty Advertising Inc. includes a story from someone who has worked alongside Gabby Bruce, so you can see the kind of impact he had and continues to have in our community!

"From the business perspective, you could count on Gabby to deliver his products on time and at a fair price. But he was more than a businessman—he was a great colleague and friend whom I had known from his early days in radio. He volunteered at several Chambers of Commerce and always had a smile and a hug for the many friends he made in the community," said Sherry Harlow, APR retired Marketing and Public Relations Manager at Eglin Federal Credit Union.

This is our 10th award with

two more to go in 2022. We choose the award based on nominations through A2Z commercials on Cumulus Radio. We seek nominations for an organization who makes an impact by their generosity and personifies Gabby's giving back to our community.

We're honored to announce this month's winner of the "Gabby Bruce You Make A Difference" award—The Emerald Coast Foundation (ECF), an organization Gabby was part of for many years.

The strength of the Emerald Coast Foundation is its ability to achieve its mission: ECF is committed to "Investing in Youth" in Northwest Florida. This capacity is encapsulated in several fund-raising activities that take place throughout the calendar year. The largest is the Emerald Coast Poker Run, held annually in August.

This tremendous event, host-

ed by ECF, is one of the largest boat poker runs in the country. ECF is the only not-for-profit organization that puts forth such effort, for the sole purpose of expanding its charitable reward and helping our most precious resource: the children of our community. Some of the charities include: The All-Star Sports Association, The Eleanor J. Johnson Youth Center, The Arc of the Emerald Coast, Children In Crisis, Inc. and Fresh Start for Children and Families.

Through sponsorships from individuals, businesses and large corporations, ECF can bring together many levels of support. When you support ECF, you directly help these youth organizations provide much needed service. We hope this award will help make a difference.

Do you know a local organization that makes a difference? Email your submission to Gabby@a2zdestin.com.

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BY RICK MOORE

After traveling to the far south-east of the Caribbean, we flew to the island of Tobago to see the GOAT. Some say Michael Jordan is the GOAT (Greatest Of All Time). Some say Tom Brady is the GOAT. Some say Elvis Presley is the GOAT. However, we didn't go to see the "Greatest Of All Time" in sports or entertainment. We went to see a real goat race. I had heard of horse racing and dog racing, but I had

never heard of goat racing. Several times a year, the island of Tobago features a goat racing festival. Tobago proudly calls itself, "The Goat Racing Capital of the World." When we arrived for one of these events, our host asked us if we would like to enjoy some boiled chicken feet on a stick. Oddly enough, eating chicken feet was not the weirdest part of the day. I had assumed the goats would be pulling a cart behind them, but instead, they pulled humans behind them. The fastest young men and women on the island are selected to race with the goats. There are usually eight teams per race; one human and one goat per team. Each racer stands behind their goat holding on to a rope for dear life. The lanes on the grass track are about one-hundred yards long. When the gates open, it's off to the races.

While pedigree is part of the

selection process in choosing a goat that can run fast, the secret is finding goats that can swim. Yes, the race takes place on ground, but the training takes place in the beautiful Caribbean waters surrounding the island. The goats who swim have much more strength in their legs, allowing them to run faster. Unfortunately, goats are much less tolerant of wet conditions than sheep and cattle, and goats will naturally seek shelter from the rain when it is available. Trainers select healthy goats to carry into the water one at a time. If a goat takes to the water and gets accustomed to it in a short time, it is selected to be a member of the racing team. There are many myths surrounding the advantages of swimming in the beautiful Caribbean waters of Tobago, but it is true that the mineral rich waters have several health benefits, even for goats.



and last time I have eaten chicken feet, but it did inspire me to eat healthier foods.

As I reflect on my life, it seems doubtful I will ever be considered the GOAT (Greatest Of All Time) at anything. But I can still become the GMOAT...the "Greatest Me Of All Time." The question is, am I willing to be thrown into the water? Will I allow myself to be placed in "sink or swim" moments that lead to the "Greatest Me Of All Time?" Getting out of our comfort zone isn't comfortable. If you ever feel like a fish out of water, or a goat in water, remember, there is a purpose to every challenge in life. You may not understand the purpose of what you are going through, but there is a purpose. That purpose may not lead you to becoming the greatest entertainer or the greatest athlete, but if it leads to becoming a better you, embrace it.

Rick Moore is Communications Pastor at Destiny Worship Center.

IMPLANTS

continued from page 35

also been faulty. Upon removal, Anne's health began to significantly improve.

As a survivor and advocate, Anne wants women to know this information if they're considering getting implants: "Women get sick from the silicone shell because they have 11 heavy metals and chemicals like formaldehyde and printer ink. I stress that all implants have the same silicone shell. Women are told saline is safe but if you're sick from silicone, there is a possibility you'll also get latex sensitivity, silicone toxicity and heavy metal toxicity. We also typically have some form of bacterial infection

and/or fungal and yeast infections because saline implants can be a breeding ground. The implant manufacturers knew this and did not tell us.

"The capsule, or the scar tissue that forms around the implant, also needs to be removed because it's touched the shell of the implant," she said. "I already had poison sitting in my body, and then put fresh poison on top of it (with a new implant). That's why I get sick quicker. I have a capsule inside of me that already has poison."

Anne and her co-founder, Paula Blades, went to the FDA to offer their findings and were told they could fill out a form to share their "adverse event." The friends formed the TITS

Committee when the FDA told them they couldn't be seen unless they were on a committee. Done.

Today, the TITS Committee is committed to sharing their personal experiences to educate men, women, medical professionals and insurance companies. They also help ladies with their insurance to cover explants and raise money to get explants done. The organization pays the surgeon directly once a patient is approved.

If you have any additional questions about implants, you're seeking assistance in getting an explant, or you want to know about online communities, email titscommittee@gmail.com.

Not only are many of the goats in Tobago extremely healthy, but so are the people. I asked our host why? He said it's the chicken feet. I thought he was joking. However, like the health benefits of homemade bone broth, chicken feet have vitamins, minerals and calcium in abundance. Bone marrow carries oxygen to our cells. It is, truly, a natural super-supplement. Self-improvement often requires a willingness to try something you have never tried before. I must confess, that was the first



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 Musing

Sean of the South



BY SEAN DIETRICH

Nineteen kids came romping up the golden staircase, taking two steps at a time, sprinting toward the mother-of-pearl gates. It's a wonder they didn't knock Saint Peter over onto his Blessed Assurance.

The children all smelled like little-kid sweat and stinky feet. Their loud footsteps could be heard echoing from as far away as the Andromeda Galaxy.

The children were accompanied by two teachers.

"Slow down!" yelled Ms. Garcia, 48, who headed up the rear of the class.

Ms. Garcia taught at Robb Elementary School for 23 years. She died using her body to shield her students from gunfire. She was found with students still cradled in her arms. Two days after the attacks, her grief-stricken husband passed from a massive heart attack.

"No pushing!" hollered Ms. Mireles, 44, who was close beside Ms. Garcia. "I'm not gonna tell you twice!"

Ms. Mireles taught fourth grade. She was trained in special education. She taught for 17 years. Her children idolized her. She was the woman responsible for integrating students with developmental disabilities into regular classrooms at Robb. She, too, leapt in front of gunfire for her students.

The children's voices were loud. They brought so much energy into this celestial place that crowds of seraphim began to gather at the gates until their feathers ruffled.

"The kids from Uvalde, Texas, are here," the angels were murmuring among themselves.

Everyone up here has been expecting these tiny celebrities, of course. These kids have been on everybody's minds. The Boss himself is a huge fan of these kids. They say he has been waiting at the gate for their triumphant arrival since about 3,000,000 B.C.

And here they came.

The doors opened. Their little faces burst through the hallway of life into life everlasting. And all eternity cheered. It was an immortal roar so loud it shook planets from their orbits and knocked the rings off Saturn.

Among the new arrivals was Jose Flores, 10. Jose is a baseball lover. He had just received an honor-roll certificate a few



hours before the shooting.

There was Uziyah Garcia, 9. Uziyah is crazy about football. He can catch any pass you throw at him.

Amerie Jo Garza, she turned 10 a few weeks ago. She is a jester and loves art. She, too, was on the honor roll.

Xavier Lopez, 10, known for his sense of humor. He loves dancing. Before the shooting, he was looking forward to school letting out for summer so he could go swimming.

Annabell Rodriguez, 10, and Jackie Cazares, 10. They're cousins. They're the ones holding hands.

Rojelio Torres, 10. He's a whip-smart little boy. His face could light up entire continents.

Eliahana Torres, 10. A softball phenom. She was looking forward to playing in the final softball game of her season on Monday.

Loves gymnastics, dancing, and singing. Wild about animals.

Alithia Ramierz, 10, enjoys art, and is very good at painting. A ray of sunlight in a dark world.

Layla Salazar, 10. Each morning when her father drove her to school in his pickup, he played "Sweet Child O' Mine" on the radio. Layla knew all the words.

Tess Mata, 10, was saving up a container of her dollar bills for the family's upcoming trip to Disney World.

When the Boss saw them he called their names. Each one of them. His voice was so loud that time was halted and mountains crumbled. The kids ran straight for him.

He squatted low and threw his arms open. Nineteen 9- and 10-year-olds piled straight into him and plowed him over. They crawled all over him. His laughter was thunder. His tears were hurricanes. His joy burned brighter than the sun itself. His sorrow was the Arctic Ocean.

"Welcome home," he said, and his words split the foundations of heaven and earth in two.

This world just won't be the same without them.

Jailah Silguero, 10. She loves making videos for her friends.

The night before the shooting, she said she didn't want to go to school the next day.

Jayce Luevanos, 10. Before he died, every morning he would wake up and made his grandparents a pot of coffee. The family dog was obsessed with him.

Ellie Garcia, 9. Her favorite colors are pink and purple. She enjoys cooking, and makes a mean chalupa.

Nevaeh Bravo, 10. Her name is "heaven" spelled backward. This place was made for her.

Lexie Rubio, 10, loves sports. She received a good-citizen award shortly before the shooting. She wanted to become a lawyer someday.

Makenna Elrod, 10. Blonde.

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Happy Father's Day, Sean!

Happy Father's Day to my brother. I know he's not my father, but when my father passed away, my brother took on the role of taking care of me. He was there for me to lean on. He taught me how to drive. Walked me down the aisle when I got married. Gave me my first camera. He took the time to help me. Sean is a humble, kind heart.

He'd never speak a word of all the sacrifices he made for me. I love him so much, and he deserves a happy Father's Day from me. He's more than

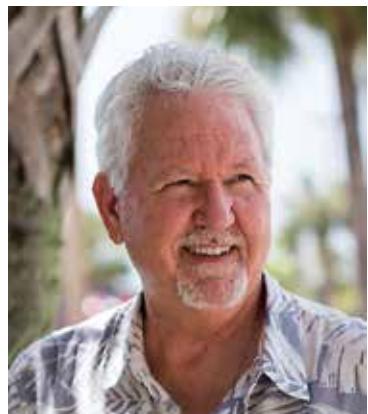


just my brother. I'm so grateful my girls get to know him. Thank you for everything you've been to me

~ Sarah Lyn Schmidt, local



A Pastor's Ponderings: Turning Losers into Winners



BY PASTOR DAVID HOLLAND

And John, departing from them, returned to Jerusalem. Acts 13:13 (NIV)

"Look Mom, there's a naked boy running through the garden," My mind imagines a girl saying as she observes John Mark running for his life. Mark 14:50-52 paints the picture, "Then all his disciples deserted him (Christ) and ran away. One young man following behind was clothed only in a long linen shirt. When the mob tried to grab him, he slipped out of his

shirt and ran away naked." This humiliating start begins a journey that would lead to greatness. God would ultimately transform this naked boy into a giant in church history.

The story of John Mark continues in Acts 12 as we find him in a Christian home. The apostle Peter had been arrested and was being held in jail awaiting execution at the hands of Herod. An angel crashed that party in the middle of the night and led Peter to freedom. Peter then went to the house of Mary, John Mark's mother, where many people gathered in fervent prayer. I'm sure Peter's miraculous release made an impression on John Mark; he later became Peter's companion and secretary. Together, they penned the Gospel of Mark.

Mark surfaces again in Acts 13 as the assistant to his cousin, Barnabas, and the apostle Paul during their first missionary journey. Eventually the persecution came raining down as stones, so Mark quit and returned home. Fear takes hold and Mark runs.

Instead of returning home as the successful missionary, Mark arrives at Mom's house as the quitter. The embarrassment he felt must have been unbearable.

A year or two passed before Paul and Barnabas returned to the church in Jerusalem. They arrived bearing the scars of persecution and sharing stories of miraculous conversions. They were heralded as heroes while John Mark hung back, wearing shame like a shawl.

Soon, talk about a second missionary journey began. Barnabas, always the encourager, raised the idea of taking John Mark along again. Paul vehemently disagreed. Their contention was so great the apostles parted company. Barnabas left with John Mark. Mark must have felt embarrassed as the center of this argument. Shame once again followed this young man.

Years later, in a redemptive twist of the gospel story, Paul wrote from a prison cell, "Aristarchus my fellow prisoner greets you, with Mark the cou-



former quitter had now become a vital worker in the kingdom of God.

Christian history tells us that John Mark later became the founder of the church in Africa and the Bishop of Alexandria. Mark ended his journey confronting the idolatry of his city. The pagans responded by pulling his body apart, literally limb from limb. The change in John Mark through the years was staggering. God transforms our fear into courage, our shame into boldness. The incredible love of God endures as He turns losers into winners.

Dave Holland pastored churches for 38 years before retiring in Destin. He recently released his new devotional/Bible study based on the Gospel of Luke titled "Extraordinary Jesus: Ignite Your Season of Miracles." You can get a copy of this book from his website, DaveHolland.org, or at Amazon.com. Pastor Dave is available to preach and teach in churches and conferences. Contact him at DavidHolland54@gmail.com.

Scripture points to John Mark again in 2 Timothy 4:11, as Paul writes to Timothy, "Get Mark and bring him with you, for he is useful to me for ministry."

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 Arts & Music

J.Leon Gallery + Studio Kicks Off the Summer Season With New Artists

In May, J.Leon Gallery + Studio, the area's newest fine art gallery, hosted its monthly Sip N' Stroll event, where eight new artists debuted in the gallery's Summer show from May 6, 2022, until Aug. 1, 2022. The gallery welcomed artists, Neda Raeisian, Susan Lucas, Bradley Copeland, Rachael Homack, Robert Reynolds, Barbara Suhadolnik, Meghan Schultz, and



(From left to right) Jason Lindblad, Gayle Campbell, Barbara Suhadolnik, Betsy Latham, Jenna Varney, Maxine Orange, Melanie Moore, Ruta, Megan Schultz, Megan (MJ) Montgomery, Kim Eifrid, Wes Hinds, Mindy McClendon

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Pam Singh to the talented line-up of featured artists.

"Excitement and flair are in the air at J.Leon Gallery + Studio as we present 30 artists and over 200 individual works of art. The gallery is very proud to present an engaging variety of creativity and amazing levels of talent from the artists of the Summer Show. We would like to thank all of our guests and artists for their support and in-

vite everyone to join us for one of our monthly Sip-N-Stroll events. With artists from around

the country and the local area, this show is not one to miss," said Jason Lindblad, Owner & Artist, J.Leon Gallery + Studio.

During the Sip N' Stroll event guests received a first look at the gallery's fresh Summer art installations featuring thirty talented local and national artists. Visitors took a tour of the art

studio and gallery while enjoying wine, champagne, and light eats.

J.Leon Gallery + Studio is open from Tuesday to Saturday, from 11 a.m. to 6 p.m. The gallery is closed on Sundays and Mondays. For additional information, class, and workshop signup, and to view upcoming events visit jleongallery.com and follow the gallery on Facebook and Instagram.



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<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> MAY 12 Yacht Rock Revue </div> </div>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> MAY 19 Six Piece Suits </div> </div>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> MAY 26 Taylor Dayne <small>Rescheduled for Oct. 13, 2022</small> </div> </div>
<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> JUN 2 Alter Eagles </div> </div>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> JUN 9 Sister Hazel </div> </div>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> JUN 16 The Music of Led Zeppelin <small>with Conductor Brent Havens and Vocalist Randy Jackson</small> </div> </div>
<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> JUN 23 Boogie Wonder Band <small>followed by Silent Disco</small> </div> </div>		

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ECTC Summer Pop

Emerald Coast Theatre Company (ECTC), 560 Grand Boulevard (upstairs) in Grand Boulevard Town Center, Miramar Beach, announces a change to the second offering of the Summer Pop Series lineup.

The Saturday, June 10, 7:30 p.m. event will now be The Sinatra Show. Josh Sirten as Frank Sinatra invites you to take a nostalgic trip through the musical legacy of one of the greatest entertainers of the 20th century.

The series kicks off Friday, June 3, 7:30 p.m., with Comedy Night, led by funny man Brian Hilario. Featured comics this year are Jason Hedden of Panama City Beach, Gale MzUndastood of Jacksonville and Alabama headliner Clayburn Cox.

Hilario has performed around the Southeast since 2016. He's best known for his improv work with The Side Splitters out of Panama City and the long-form comedy duo Wildly Unnecessary.

Hedden is a theater professor and actor who took to stand-up comedy when his wife stopped

laughing at his jokes at home.

MzUndastood jumped into the comedy arena in 2015 and has opened for comedy greats like Shawty Shawty from Wild'n Out, Double D, the late Tyler Craig and Don DC Curry (Uncle Elroy) from the Friday movie franchise.

Cox is a southern deadpan comedian with an offbeat delivery and stage presence.

On Friday, June 17, ECTC welcomes Pensacola's Improv Comedy (IC) Troupe: Improvable Cause to its stage. Improvable Cause's unscripted shows feature over-the-top, anything-goes hilarity. Everything is created in the moment with audience suggestions, so each show is different.

Tickets to each Summer Pop fun-raiser show are \$30 per person. Purchase a package of all three concerts for \$75.

Proceeds benefit ECTC and its education programs. Purchase tickets online at www.emeraldcoasttheatre.org.



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SCHEDULE:

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11-11:30am: Pre Primary Ballet A
11:45am-12:15pm: Pre Primary B Ballet

1-2:30pm: Adult Ballet

Wednesdays

12:30-1pm: Pre Primary A Ballet

1:15-1:45pm: Pre Primary B Ballet

Fridays

9-10am: Adult Barre +

Saturdays

9:30-10am: Pre Primary A Ballet

10:10-10:40am: Pre Primary B Ballet

10:50-11:30am: Pre Primary C Ballet

11:40-12:30pm: Primary A Ballet

12:45-1:45pm: Primary B Ballet

Pre-Primary Ballet and Primary Ballet creative dance classes are part of the classical curriculum for the youngest dancers, instilling foundational elements of movement through creative experience, expression and play. Both boys and girls are highly encouraged. Classes occur once a week on either Tuesday, Wednesday or Saturday.

Visit website for additional level and adult classes, or to register online: studio6twenty5.com. Please email any questions to rachel@studio6twenty5.com.

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 Arts & Music

Ask Destinates: Homeowner Insurance Concerns



BY PATRICIA LEE, DESTINATES

In our locals' Facebook group this month at Facebook.com/groups/Destinates, a major topic of conversation has been about the recent changes taking place with homeowner insurance coverage. The topic is also covered this month in our June newsletter, on www.Destinates.com, by one of our area insurance agents. I encourage

you to read his article, as it may help you better understand your options, what you are facing, and how to get help.

If you are considering purchasing a home in Florida, please make yourself aware of these homeowner insurance industry changes taking place. Requirements for upgrades to the structure of your home and the time frame for which they

must be done, have changed. You could be facing repairs or replacements sooner than you would normally have anticipated. Contact a local insurance agent to get the most accurate information. Also, be aware that property taxes have increased, as of late, and will also affect your monthly mortgage pay-

ment.

Meanwhile, summer is here, so forget your troubles and hit the beach! If you are a local resident of Destin or the close surrounding area, I invite you to join our local Facebook group or anyone may sign up for our monthly newsletter.

NFB Upcoming Outdoor Performances

The Northwest Florida Ballet will stage two free outdoor community performances at Grand Boulevard and the Mattie Kelly

Arts Foundation in June. The series includes NFB's return to Grand Boulevard at Sandestin's Grand Park on Saturday,

June 18, at 7:30 p.m. for Ballet at Twilight. The second performance will take place at the Mattie Kelly Arts Foundation on Saturday, June 25, at 7:30 p.m. for Ballet Under the Stars.

Both productions feature the Northwest Florida Ballet company and international guest artists in a unique mixed repertoire program.

Ballet at Twilight and Ballet Under the Stars will also include contemporary works choreographed by NFB Artistic Director Todd Eric Allen and Lindsey Brewer and Butler University's Camille Loftis. The programs conclude with the audience-favorite Jazz Swing, which expresses the joy of classical dancing to the rhythm of Jazz, choreographed by Fernando Bujones with music by Louis Prima and Eddy Higgins.

Visit NFBallet.org for additional information.

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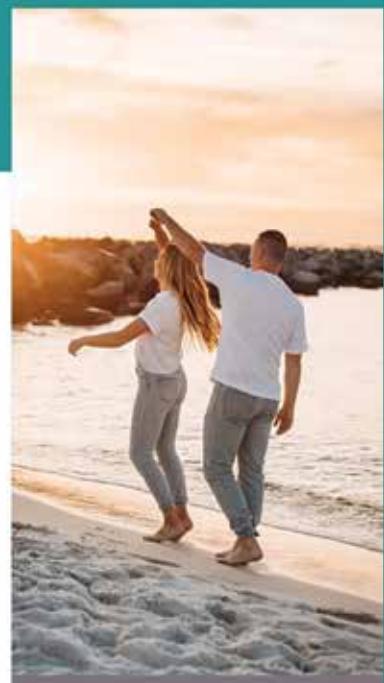
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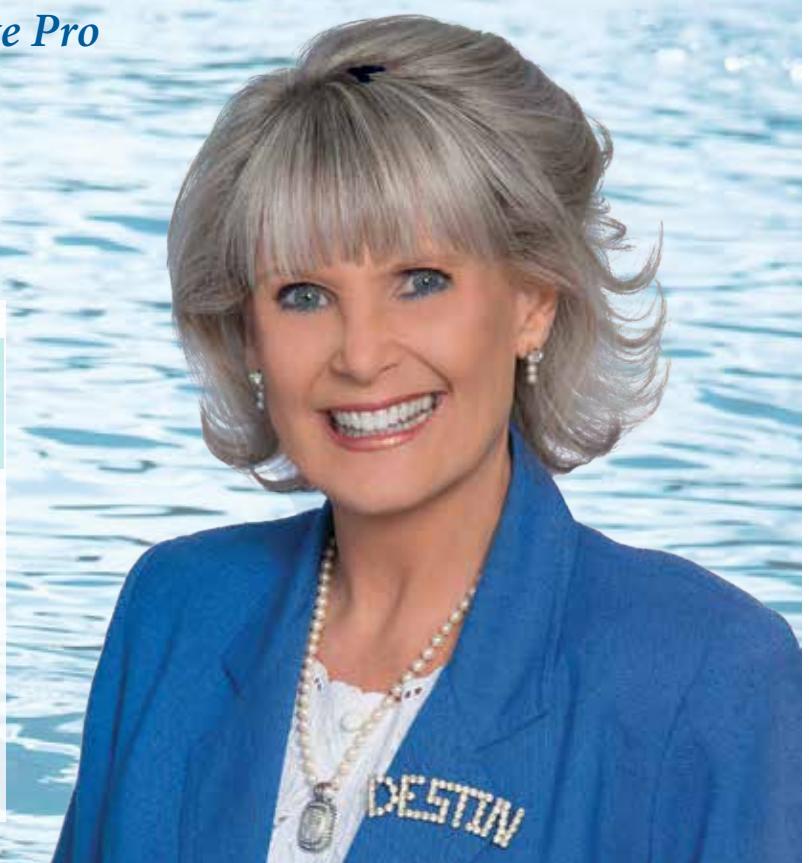
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