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DESTIN Life

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2022 Marks the 74th Annual Destin Fishing Rodeo!

BY CALI HLAVAC

For us locals, it's time to begin getting ready for this year's Fishing Rodeo season—a Destin tradition since 1948! And each year it gets better and better with several new events in the upcoming lineup.

New for 2022: The Extended Voyage Division will get an expansion, adding five extra species of fish for a total of ten eligible fish. The previous leaderboard included grouper, amberjack, scamp, yellowfin tuna and big eye tuna. Being added for this year are dolphin, wahoo, Almaco Jack, snowy grouper and yellowedge grouper.

Alongside the expansion comes another award addition: The **Captain's Award** for the Extended Voyage Division. The board of Directors hopes this expansion will allow more Captains to compete in the tournament.

And yet another addition to the Rodeo in 2022 is a **Ladies, Seniors and Junior**



Divisions for wahoo – alongside king mackerel, grouper, amberjack and blackfin tuna. The weigh station saw a fair amount of wahoo last year, a real crowd pleaser.

The weigh-ins happen on the docks behind AJs Seafood

and Oyster bar, located on the Destin Harbor. They are free to the public and open daily from 10 a.m.-7 p.m. For boats to participate, charter and private boats must be registered at least 24 hours prior to weighing in a fish. There is no



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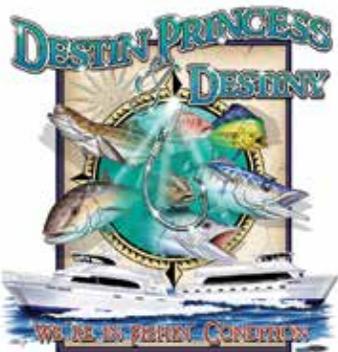
Child Fostering: Could It Be Right for You?



BY MICHELLE RUSCHMAN

Foster parenting helps kids and enriches families. A common misunderstanding about fostering is that foster families are gatekeepers between children and biological parents. April Hight, the Foster Home Recruitment Specialist with FamiliesFirst Network for Okaloosa and Walton County, wants

FOSTERING
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234 AUDUBON DRIVE
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Contact Kim Rose 850-842-1111



107 COBALT LANE
Emerald Bay | Miramar Beach
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Contact Janie McDonald 850-499-6028



109 ELDRIDGE ROAD
Briarwood | Fort Walton Beach
3 Bed | 2 Bath | 1,946 SF | Listed at \$444,900
Contact Terry & Jim Taylor 850-261-0800



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Grand Navarre | Navarre Beach
3 Bed | 2.5 Bath | 2,610 SF | Listed at \$1,750,000
Contact Delawalla Group 850-225-9899



9538 RAINIER CIRCLE
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3 Bed | 2 Bath | 1,808 SF | Listed at \$375,000
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FOSTERING

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to clarify that a foster parent is more in the position of being a bridge between a child and their parent(s), with the ultimate goal being reunification. A foster family is part of their healing process.

It's important to make these distinctions, because as our community looks at the aftermath of Covid and lockdown, foster family recruiters like April are finding that a critical area that has been directly affected is the available beds for displaced children. The hope is that local families will consider becoming part of the fostering community, so the losses from 2020 are recovered. Not having beds for this vulnerable group creates additional hardship in an already difficult situation. "In our area,

we have about 460 kiddos, give or take, in need of foster care every day," said April. "Across our county, we have about 360 available beds. That's approximately 100 children who don't have a local bed each day.

When families are in need, our agency is going to call every licensed home to make sure there is a place here where we can put these children, but oftentimes, they will be sent out of our circuit which includes Okaloosa, Walton, Santa Rosa, and Escambia counties. If we don't have a bed in these areas, they may be sent to a different part of the state and sadly, that is pretty common. Due to the lack of beds, it's very unlikely that they're going to stay in their community once they are removed from the home. This means they're not going to stay in the same school, be near the things that they know, or be anywhere that is familiar. They have to go where there's an available bed.

What is sad is that a lot of our kids bounce. A foster home may be full, but will take a child for a few days to give us time to find a permanent spot. At the end of those few days, just as they're getting comfortable, they have to go to a whole new home. These



kids have to say goodbye again, go to another strange place, and it's just more loss and grief every time they have to move."

There are multiple reasons children are removed from their homes. But, the top two are substance abuse and neglect. When a child is moved into a home where even the community isn't familiar, it leads to more trauma.

April and her counterpart in Escambia and Santa Rosa county, Thomas Williams, provide education and support to potential foster families as they on-board into the foster licensing process. There are five levels of licensure in which a family can qualify: Level one is a family member, level two is the largest group with traditional foster

care, and levels three to five are more specialized in physical and therapeutic needs. "To receive a license as a level two home, they need to have adequate space in their home to accommodate the children and every child must have their own bed," said April.

Sleeping arrangements can vary based on the age and gender of the child, but some children also come with the specific stipulation that they need their own room. If a higher level is applied for, it may require that the home has a medical bed. "The initial step in getting a license is to talk to a foster home recruiter like myself."

The profile of a foster family can vary. In addition to traditional families of all sizes, April has also seen great success with single parents and those who are old enough to be grandparents.

"The ideal foster parents are those who can have empathy for biological families," said April. "They are willing to learn about trauma and have a flexible parenting style."

April also stresses the importance of internal work before an individual, a couple or a family considers opening their home. "Have conversations with those who are closest to you, whether that's your extended family,

your church, people you work with or your friend group. Make sure you have adequate support, because you're going to need a support system," she said. "Couples have to be on the same page and both have to be fully vested. Include the children in the conversation, because they sacrifice space and time while sharing their home."

Once you become a foster family, there is ongoing support. In addition to a small stipend to help with the cost of the additional child(ren) in your home, a care coordination arm of FamiliesFirst Network helps navigate challenging situations while offering practical solutions. Online support, Facebook page support and Zoom calls are available for even easier access. "The best support is other foster parents and it's a great community ready to help," said April.

If you're interested in providing one of the needed beds in Okaloosa and Walton counties, or you'd like to know how your church, business or agency can support local foster families and displaced children, visit www.elakeviewcenter.org, contact April Hight at april.hight@bh-cpns.org or call 850-982-5364.



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HolySmokes! 5.0 Amateur BBQ Cook-Off Call For Entries

Calling Destin's best amateur BBQ pitmasters. The fifth annual HolySmokes! BBQ Cook-off will be held Saturday, Nov. 12 from 11 a.m.-2 p.m. at Immanuel Anglican Church. BBQ tastings, live music by Autumn Poultry, good food and great fun will be available for all to enjoy at this free community event. Establish your team of two or more members which may represent a company, as long as the company is not in the food industry. Teams are encouraged to create a fun team name like "Burnt Offerings," "Notorious P.I.G." or

"Grilluminati" and to serve at least 300 samples (smaller than 1 ounce) of prepared BBQ meat (chicken, pork, beef, fish, anything goes!) Awards will be given for People's Choice (first, second and third places) and Most Creative Station (based on fun-factor creativity). As well, Judge's Choice Awards will be returning this year! 2021 People's Choice went to first-time participants, Sons of AmVets, Post 29. Second place was given to the returning award-winning team, "Sola Barbacoa" of Westminster Presbyterian (FWB) and First Presby-



terian (Niceville) Churches and third place People's Choice was awarded to the family team, "Jalapeño Business."

Sponsorship opportunities are available at three levels: Se-

lect (in-kind product donation), Choice (\$100) or Prime (\$250) with sponsor logos printed on the annual tee shirts. Last year, Harvest House benefitted more than \$5,000 from the many sponsors and nearly 400 attendees!

To enter your Team or Sponsor the event, online and downloadable forms are available at iacdestin.org/special-events/holysmokes. Printed forms may also be picked up at Immanuel's church office or one can be mailed to you by request: immanuel@iacdestin.org or 850.837.6324.



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 Community

From City of Destin



CATHERINE CARD,
PUBLIC INFORMATION MANAGER
A friendly reminder to our residents and visitors:

We know that throughout Destin not all streetscapes and sidewalks are the same. We encourage everyone to be mindful of not obstructing sidewalks and bike lanes so they can be used for their intended purpose to keep our walkers and bicyclists safe.

Please place trash cans within five feet of the edge of the road.

Please do not park vehicles, motorcycles, boats, and trailers on sidewalks. Those who are



found in violation may be issued a ticket.

For more information, visit the FAQ page at www.cityofdestin.com.

Sustainable September at the Destin Library

The Destin Library presents Sustainable September, with

activities for all ages that teach how to transform unused items around your home into upcycled tools and treasures. Reuse your today so you don't have to reduce your tomorrow!

To kick-off the month-long program, beginning Sept. 1, the library invites you to bring in your clean, plastic grocery bags and in return, you will receive a free, reusable tote. Unload those plastic bags you've been accumulating. There is a limit of one tote per family and supplies are limited.

On Sept. 2, 6-8 p.m., the library will hold a Sustainable Sewing program suitable for ages 12 and up. Come learn a few basic sewing skills while making a reusable bowl cover to take home. This bowl cover helps reduce dependence on single-use plastics and is a great way to use leftover fabric. All supplies for this craft will be provided, but participants are encouraged to bring their own fabric to use if they'd like. Visit okaloosa.librarycalendar.com, clicking on the Sustainable Sep-

tember event, and fill out the short registration form under the event details to register.

For more information, con-

tact the Destin Library at (850) 837-8572 or library@cityofdestin.com.

2022 Primary Election Results

Okaloosa County Board Of County Commissioners District 2
Carolyn Ketchel
School Board District 1
Lamar White
School Board District 3
Linda Evanchyk
School Board District 5
Diane Kelley

Representative in Congress District 1 (REP)
Matt Gaetz (REP)

Commissioner of Agriculture (REP)
Wilton Simpson (REP)

State Senator District 1 (REP)
Doug Broxson (REP)

State Senator District 2 (REP)
Jay Trumbull (REP)
State Representative District 3 (REP)
Joel Rudman (REP)
United States Senator (DEM)
Val Demings (DEM)
Representative in Congress District 1
Rebekah Jones (DEM)
Governor and Lt. Governor (DEM)
Charlie Crist (DEM)
Attorney General (DEM)
Aramis Ayala (DEM)
Commissioner of Agriculture (DEM)
Naomi Esther Blemur (DEM)

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It's Almost Time for the Destin Seafood Festival 2022!

Now in its 44th year, the three-day Destin Seafood Fest attracts more than 60,000 locals and visitors to our beautiful and historic Destin Harbor and the Harbor Board Walk on Harbor Blvd. during the weekend. With a sampling of Destin's finest, you'll find freshly caught local varieties of grouper, shrimp, lobster, crab cakes, gumbo, sides and even crawfish all provided by local eateries and restaurants.

Happening Fri. through Sun., Oct. 7-9, the Festival kicks off October's month-long Destin Fishing Rodeo. You need no ticket to attend and you'll get the opportunity to take in some of the best local and coastal musicians at the beach with four stages beckoning you to a variety of live rock, reggae, country, tropical tunes and more. Local Destin restaurants and eateries will be serving up their scrumptious seafood specialties on the docks and along the Harbor Boardwalk. Cold drinks, including beer and wine, are available and will keep you cooled off while you take it all in. You can stroll along the Destin Harbor enjoying the arts

and crafts where artists and vendors display their jewelry, clothing, sculpture, glass, watercolors, oil paintings, designs and more.

**** New for 2022!** The Call To Chef – A Local Seafood Experience brings back the flare of local seafood to our Destin Seafood Festival. Located inside the larger festival, the Call to Chef will require a paid ticket to browse the local restaurant tents, sample their flavors and vote for your favorites. Chefs, bring your best app, entrée or dessert for attendees to sample, and win up to \$5000 in prizes! The winning chefs will be invited to/honored at a Village Supper at a later date.

Learn more: <https://www.destinseafoodfest.com/local-seafood-experience>

The Festival's Roots

All of the yum and fun began in 1978 when the Destin Charter Boat Ladies Auxiliary decided to establish a festival to celebrate local fishermen. Now a Destin tradition, it used to be only a one-day festival on "Kelly's Hill," a unique and beautiful



location where folks could overlook the Destin Harbor, the current site of HarborWalk Village. It has always been held in conjunction with the Destin Fishing Rodeo during October.

To this day, portions of the proceeds are donated to the Destin Fisherman's Fund to help those in need and today is hosted by area businesses in conjunction with sponsors and countless volunteers. While the festival has grown into its new home on the Destin Harbor Boardwalk, the Destin Seafood Festival remains the primary fundraiser for the non-profit, Destin Charter Boat Association formed in 1954.

Tips for your best experience:

To Listen: This year's musical entertainment, with four different stages, will have you singing, tapping and swaying to the beat. Harborwalk Village, Boathouse Oyster, AJs, and Harbor Tavern will all host local bands playing and entertaining throughout the festival. Harbor restaurants and bars will offer a full line-up of local favorites as well performing throughout the day and evening. You can bring a chair and chill or don your dancing shoes! Bands and schedule can be found online at DestinSeafoodFest.com.

To Play (For the Kids): There are Kids Zones for all ages. The East Pass Marina Kids Zone will have an array of kids vendors. There is a seating tent nearby so that you can take a break and cool down while the kids play. The HarborWalk Kids Fun Zone has Hamster balls, a rock-climbing wall and a zip line. There is a seating tent nearby also. Kids will delight in face-painting and tattoos as well.

To Park: Parking will be

available at Heron Harbor, the HarborWalk Village, the Destin Community Center, the Destin Fishing Museum as well as all local public parking lots in the area. There will also be a shuttle running through town. More information on times / routes available online.

To Attend: Admission to the Destin Seafood Festival is totally free! You will want some "moolah," however, for all of the mouthwatering food and drinks you'll find. Or, purchase tickets to the *new* Call To Chef event inside the East Pass Marina Parking Lot where you can sample a variety of food from local vendors for your ticket price and vote on your favorite!

Hours are Friday 4 p.m. – 10 p.m., Saturday 10 a.m. – 10 p.m. and Sunday 11 a.m. – 6 p.m.

For a site map, to participate as a chef, become a vendor and other information, visit DestinSeafoodFest.com. Email info@destinseafoodfest.com. And no matter what you do, just get to the Destin Seafood Festival for some great feasting, frolicking and fun!

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www.destinseafoodfest.com

Community

Cali's To Do In Destin! SEPTEMBER 2022

- 6
- The Next Big Thing** | 8am | Hilton Sandestin
- Destin Young Professionals Social** | 5pm | Edge Seafood
- Music Bingo** | 6pm | Fatboys Destin
- Salsa Lessons** | 7pm | Enlightened Studios
- Trivia** | 7pm | World of Beer
- Bachata Lessons** | 8pm | Enlightened Studios
- Rock'n Bingo Night** | 7pm | Landsharks Pizza
- 7
- The Next Big Thing** | 8am | Hilton Sandestin
- Bonfire on the Beach** | 6pm | The Bay
- Darts & Music** | 6pm | Destin American Legion
- Open Mic Night** | 7pm | Enlightened Studios
- Country Line Dancing** | 7pm | The Block FWBW
- Wednesday Night Concert Series** | 7pm | Baytowne Wharf
- 8
- Rockers: Try Out Night** | 5:30pm | Rock Out Climbing Gym
- Destin for Success Fundraiser** | 5:30pm | Legendary Marine

- Summer's End Party** | 6pm | Odd Pelican Beer Co
- Trivia** | 7pm | Lucille's Kitchen
- Bachata / Zouk Classes** | 7pm | Enlightened Studios
- Latin Dance Lessons** | 7pm | The Block FWBW
- Open Comedy Night** | 9pm | Enlightened Studios
- Ladies Night** | 10pm | McGuires Destin
- 9
- Business Before Hours** | 7:30am | Emerald Grande
- Singo! Music Bingo** | 5pm | The Island Resort
- Free Beach Bonfire** | 5pm | Royal Palm Grille
- Karaoke** | 7pm | Destin American Legion
- Latin Dancing** | 9pm | Bric a Brac
- 10
- Farmers Market** | 9am-1pm | Grand Boulevard
- Farmers Market** | 10am-2pm | Village of Baytowne Wharf
- Slacker Olympics** | 10am | Boathouse Oyster Bar
- Jerk Off Beef Jerky Fundraiser** | 12pm | Boathouse Oyster Bar
- College Football Saturdays** | 12pm | Harborwalk Village

- 11
- Beach Church Service** | 8am | Ed Walline Beach
- Sunday Breakfast** | 8:15pm | Destin American Legion
- Drag Brunch** | 12pm | Enlightened Studios
- 12
- Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille
- Bingo Night** | 6pm | Destin American Legion
- 13
- Music Bingo** | 6pm | Fatboys Destin
- Trivia** | 7pm | World of Beer
- Rock'n Bingo Night** | 7pm | Landsharks Pizza
- 14
- Bonfire on the Beach** | 6pm | The Bay
- Business Women Wednesday** | 6pm | Palms Coffeehouse
- Darts & Music** | 6pm | Destin American Legion
- Open Mic Night** | 7pm | Enlightened Studios
- Country Line Dancing** | 7pm | The Block FWBW
- Wednesday Night Concert Series** | 7pm | Baytowne Wharf
- 15
- Walton Business After Hours** | 4:30pm | The Market Shops
- Latin Dance Lessons** | 7pm | The Block FWBW
- Open Comedy Night** | 9pm | Enlightened Studios
- Ladies Night** | 10pm | McGuires Destin
- 16
- Date Night: Bob Ross Edition** | 4pm | Enlightened Studios
- Singo! Music Bingo** | 5pm | The Island Resort
- Free Beach Bonfire** | 5pm | Royal Palm Grille
- International Talk Like A Pirate Day** | 5:30pm | Baytowne Wharf
- Karaoke** | 7pm | Destin American Legion
- Latin Dancing** | 9pm | Bric a Brac
- 17
- International Coastal Clean Up** | 8am | Multiple Locales
- Farmers Market** | 9am-1pm | Grand Boulevard
- Farmers Market** | 10am-2pm | Village of Baytowne Wharf
- College Football Saturdays** | 12pm | Harborwalk Village
- Latin Dance Social** | 9pm | Enlightened Studios
- 18
- Beach Church Service** | 8am | Ed Walline Beach
- Sunday Breakfast** | 8:15pm | Destin American Legion
- Drag Bingo** | 12pm | Enlightened Studios

- Mariachi Sunday** | 6pm | Mezcal Mexican Grill
- Beach Church Service** | 6:30pm | Henderson Beach State Park
- 19
- Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille
- Bingo Night** | 6pm | Destin American Legion
- 20
- Music Bingo** | 6pm | Fatboys Destin
- Trivia** | 7pm | World of Beer
- Rock'n Bingo Night** | 7pm | Landsharks Pizza
- Salsa Lessons** | 7pm | Enlightened Studios
- Bachata Lessons** | 8pm | Enlightened Studios
- 21
- Bonfire on the Beach** | 6pm | The Bay
- Darts & Music** | 6pm | Destin American Legion
- Open Mic Night** | 7pm | Enlightened Studios
- Country Line Dancing** | 7pm | The Block FWBW
- Wednesday Night Concert Series** | 7pm | Baytowne Wharf
- 22
- Bubbly Baytowne** | 5pm | Baytowne Wharf
- Business After Hours** | 5pm | Regatta Commons
- Wiggin Out For A Cause** | 5pm | Shoreline Church Event Space
- Sordid Secret of the Stars** | 6pm | Emerald Coast Science Center
- Throwback Thursday Cinema** | 7pm | Baytowne Wharf
- Latin Dance Lessons** | 7pm | The Block FWBW
- Open Comedy Night** | 9pm | Enlightened Studios
- Ladies Night** | 10pm | McGuires Destin
- 23
- Singo! Music Bingo** | 5pm | The Island Resort
- Free Beach Bonfire** | 5pm | Royal Palm Grille
- Speed Dating Against Humanity** | 6pm | Enlightened Studios
- Karaoke** | 7pm | Destin American Legion
- Latin Dancing** | 9pm | Bric a Brac
- 24
- Farmers Market** | 9am-1pm | Grand Boulevard
- Farmers Market** | 10am-2pm | Village of Baytowne Wharf
- Odd Pelican Oktoberfest** | 11am | Odd Pelican Beer Company
- Exotic Car Show** | 11am | 3rd Planet Brewing Company
- College Football Saturdays** | 12pm | Harborwalk Village
- Burgers Bourbon & Beer** | 12pm | Behind Brotulas Seafood House



- Battle of the Bands** | 6pm | Enlightened Studios
- Drag Night** | 9pm | Enlightened Studios
- 25
- Beach Church Service** | 8am | Ed Walline Beach
- Sunday Breakfast** | 8:15pm | Destin American Legion
- Destin Commons Artisan's Farmers Market** | 11am | Destin Commons
- Mariachi Sunday** | 6pm | Mezcal Mexican Grill
- Battle of the Bands** | 6pm | Enlightened Studios
- 26
- Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille
- Bingo Night** | 6pm | Destin American Legion
- 27
- Music Bingo** | 6pm | Fatboys Destin
- Trivia** | 7pm | World of Beer
- Rock'n Bingo Night** | 7pm | Landsharks Pizza
- 28
- Bonfire on the Beach** | 6pm | The Bay
- Darts & Music** | 6pm | Destin American Legion
- Open Mic Night** | 7pm | Enlightened Studios
- Country Line Dancing** | 7pm | The Block FWBW
- Wednesday Night Concert Series** | 7pm | Baytowne Wharf
- 29
- Destin Chamber Golf Tournament** | 12pm | Emerald Bay Golf Club
- Throwback Thursday Cinema** | 7pm | Baytowne Wharf
- Latin Dance Lessons** | 7pm | The Block FWBW
- Open Comedy Night** | 9pm | Enlightened Studios
- Ladies Night** | 10pm | McGuires Destin
- 30
- Free Beach Bonfire** | 5pm | Royal Palm Grille
- Kids Wagon Parade for Fishing Rodeo** | 6pm | AJs Destin
- Karaoke** | 7pm | Destin American Legion
- Latin Dancing** | 9pm | Bric a Brac

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To do in DESTIN

14th Annual Baytowne Wharf Beer Fest at Sandestin!

October 7 & 8

Known as the “Best Beer Fest on the Emerald Coast,” this popular event features more than 40 on-site craft brewers.



Friday and Saturday, Oct. 7 and 8
 Tickets are on sale now at BaytowneBeerFest.com.

Time to roll out the barrel and discover unique suds and ales. The Village of Baytowne Wharf at Sandestin presents the 14th Annual Baytowne Wharf Beer Fest Oct. 7-8. American specialty beers from throughout the nation will be available for participants to sample and savor. The main event on Saturday, Oct. 8, will feature more than 200 domestic and international craft beers available for sampling.



Brewery representatives will be available at the event, offering an opportunity to learn about the different types of lagers and ales from a variety of styles, and live music will be featured during the festival.

Friday, Oct. 7
Beer From Around Here
6-8 p.m., Baytowne Wharf Events Plaza

It’s back! One of our favorite events during the annual festival is Beer From Around Here. Local breweries will feature their product for a more intimate night of learning about craft beer culture. And, the restaurants in The Village showcase their best dishes – combining unique light bites with the many complimentary flavors of a good brew. This event is more intimate – limited number of tickets available.

\$55 general admission and \$65 the day of the event if not sold out.

Tickets include admission to Friday night’s event from 6-8 p.m. only.

Saturday, Oct. 8
Grand Craft Beer Tasting
2-5 p.m., Baytowne Wharf Events Plaza

The main event will feature more than 50 breweries, offering close to 200 domestic and international craft beers for sampling. Brewery representatives will be available to discuss the different

types of lagers and ales, teaching about the variety of styles. All ticket holders will be provided a Baytowne Wharf Beer Fest tasting glass for sampling and live music from 2-5 p.m.

Tickets:
Baytownbeerfest.com

Grand Craft Beer Tasting Tickets: \$45 general admission and \$55 the day of the event if not sold out.

Tickets include admission to the Saturday Beer Tasting event from 2 – 5 p.m. only.

Grand Craft Beer Tasting | VIP

\$85 general admission

Tickets include admission to VIP event from 1-2 p.m. and the Saturday Beer Tasting event from 2-5 p.m. only.

2-Day Ticket \$95 general admission for Friday and Saturday.

Tickets include admission to Friday Night’s Beer From Around Here Event from 6-8 p.m. and Saturday’s Grand Tasting Event 2-5 p.m.

For tickets, a lineup of beers and additional information, visit baytownbeerfestival.com.

*Beer Tasting Glass included with all tickets.

Baytowne Wharf Beer Festival partners with Fisher House of the Emerald Coast to donate a part of the festival proceeds. Please drink responsibly.

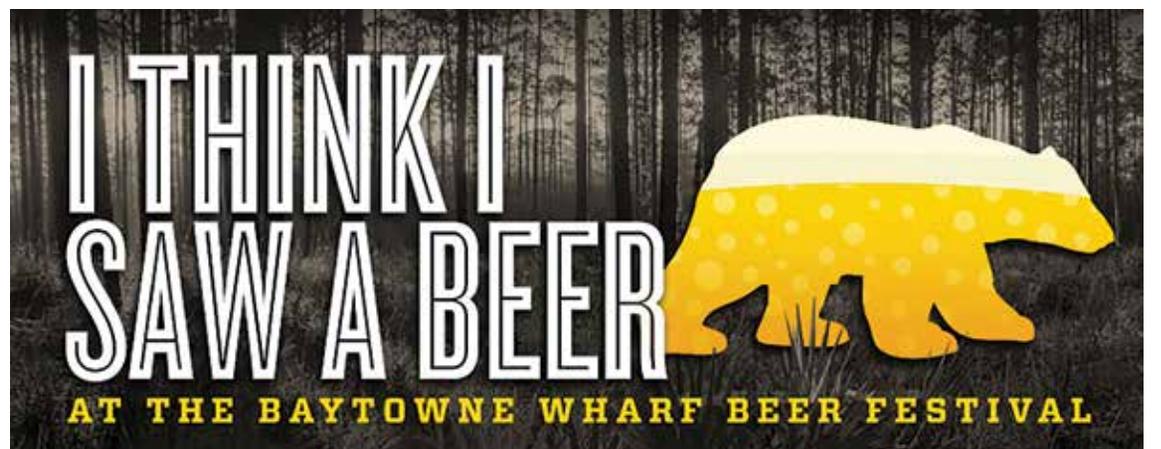
The Village of Baytowne Wharf is always open to the public. Non-ticket holders are welcome to attend the event.

Wednesday Night Concert Series
Wednesdays through Sept. 28, 7-9 p.m., FREE

End summer sitting back and relaxing, and enjoying live entertainment. The concert series features both local and regional talent from a variety of genres. Concert begins at 7 p.m. on the Events Plaza Stage.

- Live Music Schedule**
- Sept. 7: Cadillac Willy
 - Sept. 14: The Hoodoos
 - Sept. 21: Boukou Groove
 - Sept. 28: Modern Eldorados

The Farmers Market at Baytowne Wharf
Every Saturday!
10 a.m.-2 p.m., FREE



 Community

Around Town Events

GriefShare grief recovery seminar and support group meets at Destin United Methodist Church in Destin each Thursday at 1 p.m. starting Sept. 1. Child care is available upon request. Located at 200 Beach Drive, GriefShare features nationally recognized experts on grief recovery topics. Seminar sessions include, "Is This Normal?" "The Challenges of Grief," "Grief and Your

Relationships," "Why?" and "Guilt and Anger." For more information, call Destin UMC at (850) 837-2021.

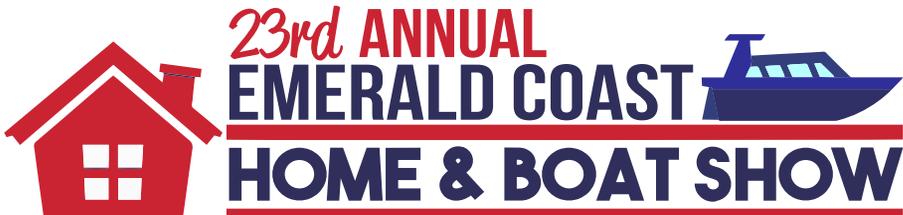
The **Emerald Coast Children's Advocacy Center (ECCAC)** presents its 6th Annual **Wiggin' Out for a Cause** presented by Great American RV Superstores on Thursday, Sept. 22, 6-10 p.m. at Shoreline Church, 140 Palmetto St., Des-

tin. With a "Prom Night of Your Dreams" theme, ladies and gentlemen come dressed according-



ly in your best (or worst) prom attire. The event will be filled with wine and punch cocktails, food, fun, photo booths and live DJ music with dancing. Both men and women will receive their own personal wigs. Tickets are \$90 per person. Limited VIP tickets at \$150 per person include a designer wig and attendance at a private VIP pre-party from 5-6 p.m. Proceeds benefit ECCAC. Purchase online at www.eccac.org, or call Ana Michalzik at (850) 420-4639.

lic **Home and Boat Show** in Florida will be held Saturday and Sunday, Sept. 24 and 25, 10 a.m.-4 p.m., at the Destin-Fort Walton Beach Convention Center. The show will feature more than 100 vendors in many different categories. Vendors will give away more than \$20,000 in door prizes and free swag. For more information, visit paradisepromotionsfl.com/home-show.



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You are invited to Attend the Largest and Best Home Show & Business Expo in Northwest Florida

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Saturday, Sept. 24, 2022 • 10AM-5PM & Sunday, Sept. 25, 2022 • 11AM-4PM

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more info at www.ParadisePromotionsFL.com
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The **Annual Sacred Heart Charity Golf Classic** will be held Friday, Sept. 23, at Burnt Pine Golf Club. Proceeds will support the acquisition of a state-of-the-art CT Scanner for pediatric and adult patients at Ascension Sacred Heart Emerald Coast. Registration and breakfast at 8 a.m.; start at 10 a.m. There will be 28 teams. Visit www.sacredheartcharity-golf.com or call (850) 278-3702 or lisa.wainwright@ascension.org.



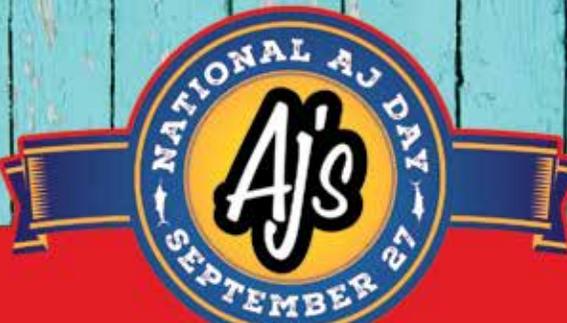
The **2nd Annual Burgers, Bourbon & Beer Festival** is set for Saturday, Sept. 24, at Destin Boardwalk, featuring tasty burgers from your favorite local restaurants, delicious bourbon, refreshing beer, while benefiting the Boys and Girls Clubs of the Emerald Coast. For tickets, general admission (Pre-Sale), \$45, includes one armband for unlimited food samples and seven sample tickets for craft beer and bourbon samples.

Food only/Under 21 (pre-sale) \$25, includes one armband for unlimited food samples.

VIP (pre-sale) \$75, includes one armband for unlimited food, craft beer and bourbon samples.

The largest and only combined free admission to the pub-

Get Tickets Now for the **Second Annual BrunchFest** at Seville Quarter in Downtown Pensacola Sunday, Oct. 9, 11 a.m. to 2 p.m. A brunch-themed festival benefiting the Boys & Girls Clubs of the Emerald Coast, competing teams provide samples to attendees and judges to battle it out for the Best Brunch in Town. All proceeds benefit the Boys & Girls Clubs of the Emerald Coast, a non-profit organization with clubs in Pensacola, Crestview, South Walton, Defuniak Springs, Destin and Fort Walton Beach. Limited spots for teams to compete are available and restaurants, food trucks, coffee carts and more are invited to bring their best brunch item to the competition. Those interested in competing as a cook team, volunteering and sponsoring, email hello@francesroy.com.



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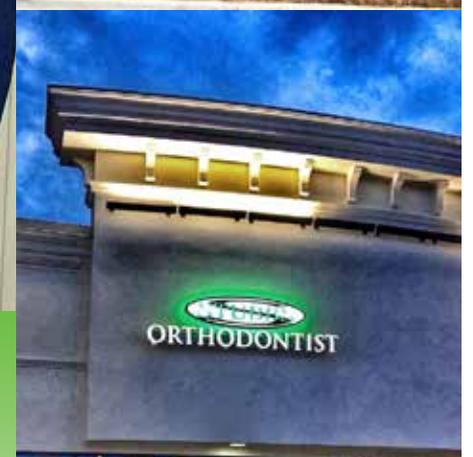
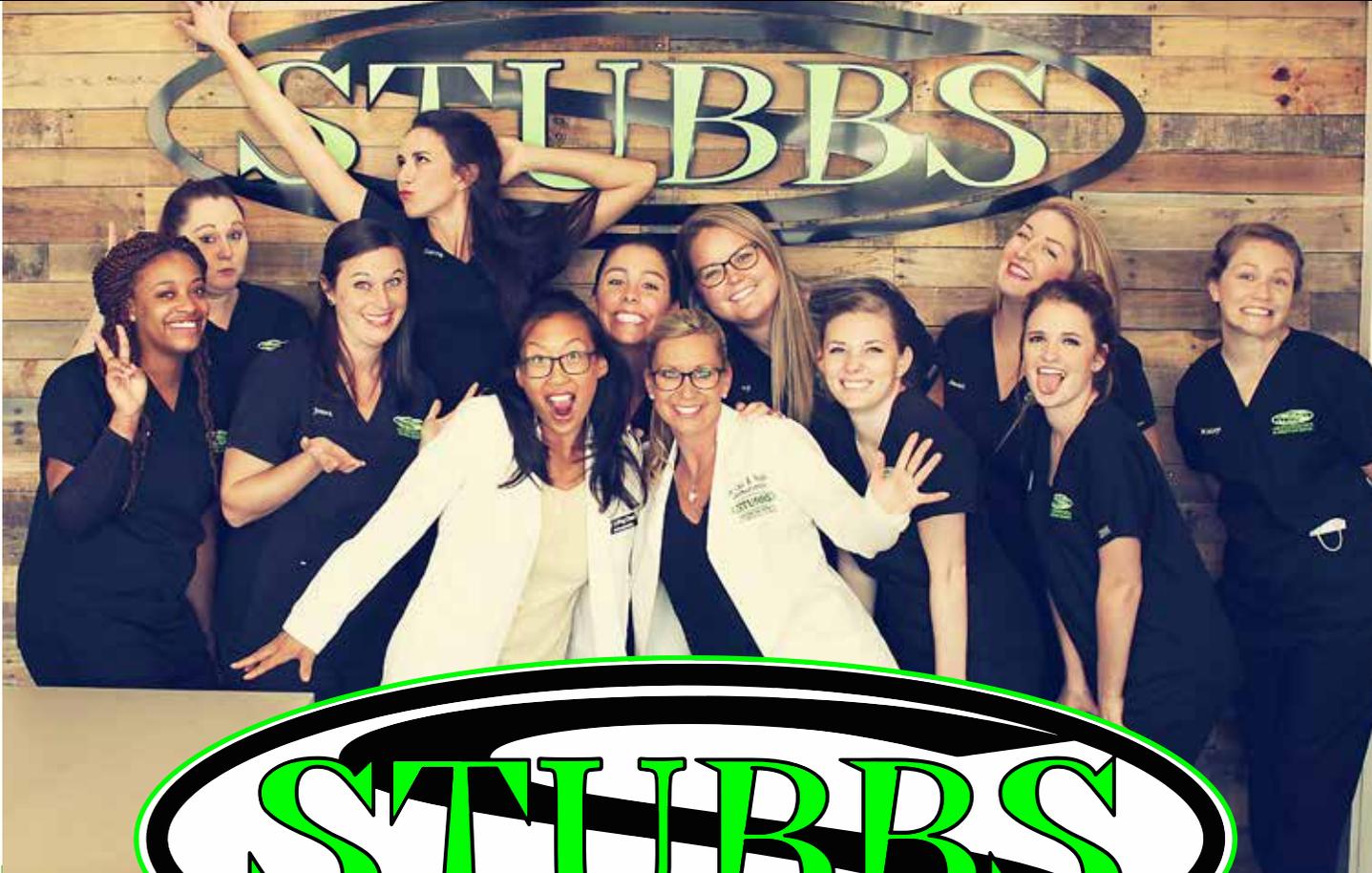
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Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha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

 Community

Trends & Treasures



Fall, Football and “Frostacious” Flavor! Smallcakes: A Cupcakery

Fall and Football—two of our favorite words! And our favorite cupcakes are always on hand for tailgating, back-to-school, birthdays and celebrations! Smallcakes’ 12 pack of assorted minis are a great way to sample all the flavors! September is here, ushering in a new wave of “ALL” cakes, in all flavors and varieties—cupcakes, cookie cakes, “mini” or “mighty” cakes, brownies, cupcakes-in-a-jar, birthday and wedding cake heaven on earth! You can choose from an array of “frostacious” frostings and a variety of cupcake flavors to suit even the pickiest palate! Grab Smallcakes for the big game whether tailgating or hosting a game-watch party, while social distancing of course. You’ll certainly be a hit with your fellow fans who won’t be distanced from the flavorful, team-colored Smallcakes. Make your celebrations personal with custom edible logos and images to go on these tempting treats, baked fresh, with up to 18 flavors from which to choose. Don’t forget your pet’s treats! As seen on the Food Network and Cupcake Wars, “ALL” cakes are perfect for games as well as any other occasion you can dream up! Call ahead for pre-orders or curbside pickup!

(850) 460-7487

www.smallcakes.net

Fall’s Long Locks—Fall Purely in Love!

Pure & Couture Salon

Meet the experts in prettied-up ponytails, beautiful braids or an enhanced look with hair extensions to add volume and length! The new invisible beaded extensions solve obstacles encountered previously. “Adjusting your needs and comfort with versatility and styling options from our certified IBE stylists is our focus,” says owner Adrienne Brackett. And, as fun as an ice cream shop, there are an array of colors from which

to choose for fall: Bronzed curls, beautiful red tones, chocolate melts, a blonde, beachy bob, even a Caramel swirl. And, there’s so many more! Try the extensions...I did! Ask me about them! Pure & Couture also offers beauty services for weddings, special events, consultations and trial sessions including airbrush makeup, blowouts, lash extensions, spray tanning and hair extensions—everything from cuts and colors, blow outs, trims, highlights, all over color, root touch up and corrective color, the team customizes them just for you! And, don’t forget your gift cards, shampoo, conditioner and other beauty staples, curbside pick-ups and online ordering, too! Fall purely in love!

NOW OPEN! 2nd Location—Pure Collective Salon, 600 Grand Blvd., Suite 102.

(850) 424-3935

pureandcouture.com

Beyond Measure Jewelers Opens New Location at City Market!

Beyond Measure Jewelers

Beyond Measure Jewelers is officially open at its new and upgraded location on Hwy. 98 at City Market Bayside. Carrying all diamond, gemstone and precious metal jewelry, Beyond Measure Jewelers’ showroom is full of diamond and gemstone bracelets, rings, necklaces and earrings. Having started in the jewelry industry when she was just age 17, Ashleigh Woolly, owner/operator, opened Beyond Measure Jewelers in Destin in 2018 and, “After four years, we are thrilled to be open at our new location at City Market Bayside,” said Ashleigh. “I specialize in custom design, giving clients the opportunity to have something unique to them and make their jewelry dreams a reality. I’m passionate about engagement rings and wedding bands, because it is truly special to help people celebrate one of the biggest moments of their lives.” You can even make an appointment with Ashleigh to

custom design something just for you! Beyond Measure also offers an on-site bench jeweler offering services of jewelry repair, watch repair and appraisal services. “The jewelry industry is truly my passion and I would be honored to help you celebrate life’s special moments,” said Ashleigh.

(850) 572-2603

beyondmeasurejewelry.com

Serious Sideline Style!

Frill Seekers Gifts & Personalized Fabulous Finds

Football season has officially kicked off and Frill Seekers’ style team wants you to “have a ball” with your game day outfits. Huddle up! A scroll through social media reveals many looks of ladies ‘repping’ their chosen team in some serious sideline style. Some SEC schools and NFL teams now put out a “gameday color guide” to help co-eds and super fans coordinate their outfits with the team’s uniform color that week. Now, we get that some of you just want to throw on a team jersey, a hat, some face paint and call it a day. But personalize your accessories to coordinate with your jersey... just a touch, to stand out from the crowd, while showing your spirit. For those who plan their gameday dress down to their clear bag and shoe selection, the same rules apply. Frill Seekers’ beaded team purse straps, clear stadium approved handbags and team earrings add that “cheer” worthy touch to either style. With a vast array of original designs, thoughtfully created to represent your team’s colors, slogan, battle cry or mascot, these items will score you major style points. These officially licensed designs are guaranteed to totally help you up your style game. Visit FrillSeekersGifts.com to view the schools and teams available or stop by the shop in City Market Bayside in Destin. Custom team designs can be done, too! Remember—if it’s personalized, it’s from Frill Seekers!

(850) 460-2700

FrillSeekersGifts.com

PAGANI vs. Coolsculpting CRYO850 Performance and Recovery Center

While both technologies use extreme cold temperatures to burst subcutaneous fat cells, there are some important key differences...

No Guess Work: Visual problem areas can stem from fat in an adjoining area. The PAGANI Thermal Imaging Technology identifies the exact locations of sclerotic fat, allowing a personalized treatment plan and progress tracking.

More Area: The small PAGANI wand allows for focus on multiple problem spots within a larger section of the body. Coolsculpting is limited to a pre-defined section based on the size of the large rectangular applicator. No Shelving: With PAGANI, the application is fluid, transitions of cold exposure are smooth. The Coolsculpting rectangular applicator often results in a “shelf” of fat or loose skin around the area treated.

No Discomfort: PAGANI is operated by a trained technician with constant communication on your level of comfort with the temperatures. The Coolsculpting applicator is placed on the treated area and requires an extended period of immobility under extreme temperatures.

Facials: PAGANI technology is also used for Cryo Facials to tighten and brighten skin and smooth fine lines, wrinkles and crepey skin.

Cost: PAGANI treatments range between \$175 and \$375 per treatment as of this writing. Coolsculpting treatments range from \$500 – \$1200. See the coupon section for discount specials during the month of September.

(850) 279-4145

[facebook.com/CRYO850](https://www.facebook.com/CRYO850)

www.cryo850.com

The Masterpiece on the Bay Brian K. Locicero, REALTOR®, BeOnTheCoast.com

Known as the Emerald Coast’s premier golf course, tennis center and waterfront community, the exclusive, Kelly Plantation neighborhood is perfectly positioned between Destin’s Choctawhatchee Bay and the Gulf of Mexico with miles of waterfront and nature preserves. “Retirees and families seek out the Kelly Plantation lifestyle for the serenity, security, exquisite neighborhood and for the amenities,” said Brian K. LoCicero, REALTOR® of the Be On The Coast Real Estate team. “Interest has been strong in a 3-bedroom, 3-bath home in the heart of Kelly Plantation which also has a finished-out bonus room above the two-car garage, giving the home an additional 500 sq. ft. of heated and cooled space for a playroom, man-cave or storage space. The home features a private pool oasis with plenty of outdoor space that can be seen through beautiful patio doors, making it the perfect extension of your living space, and is near the Kelly Park and Dog Park,” Brian added. The home’s large, covered porch brings Southern Charm to mind and consists of custom finishes and an expansive floor plan with 12-foot ceilings featuring crown molding throughout. The corner lot features beautiful live oak trees accented by mature crepe myrtle trees on almost a ½-acre lot with an extra 20-foot buffer giving great privacy from your neighbors. The home’s living area features a formal dining room and the large kitchen island is suited for entertainment with extra cabinetry space. Call today for your private showing of MLS# 903324 or if you have a home to sell and would like a free comparative analysis to determine its value.

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 Community

Registration Open for Eggs On the Beach Oct. 15!

The Emerald Coast's official Big Green Egg cooking competition, Eggs on the Beach, is returning to Seascape Resort in Miramar Beach this Oct. 15. Presented by Bay Breeze Patio, the family-friendly event celebrates the delicious results of cooking on the Big Green Egg while benefitting two local charities—the Fisher House of the Emerald Coast and Food for Thought.

Cook team registration is now open and grilling enthusiasts are encouraged to enter a team for a chance to win a Big Green Egg, Judge's Trophy, and/or cash toward their favorite non-profit organization.

The cook-friendly competition is open to any six-person team, including backyard grilling enthusiasts, restaurant teams, corporate teams, and teams ben-

efitting a non-profit organization. Each team will prepare the recipe of their choice and present samples to earn taster votes. From meats and seafood to veggies and desserts, each recipe aims to showcase best in class recipes for cooking on a Big Green Egg.

Competing in a variety of categories, cook teams strive to earn "People's Choice" votes in an effort to earn bragging rights

and win a brand new Big Green Egg as well as a coveted Judge's Award Trophy. Non-profit cook teams will compete for a donation toward their cause. Last year, four local non-profit cook teams, including Healing Paws for Warriors, South Walton Academy, Sinfonia Gulf Coast and Boys & Girls Club of the Emerald Coast, earned the most taster votes and cash toward their cause.

The new location, the deck at the Seascape Towne Center, pro-

vides more space for tasters along with a full bar and flat screen TV's airing the top college football games. For cook teams, the new location allows for individual tents and more space to prepare bites. In addition, the Tiki bar, public restrooms and access to Seascape Towne Center businesses provide added convenience and enjoyment.

Visit eggsonthebeach.com for more information.

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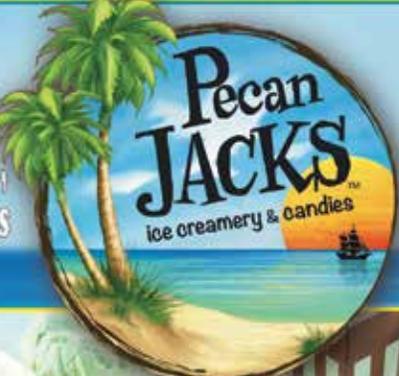
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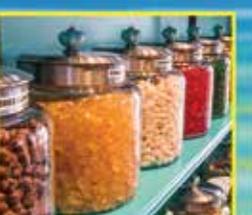
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Bloody Mary Festival Set for Oct. 22!

On Saturday, Oct. 22, The Market Shops will hold its 7th Annual Bloody Mary Festival benefiting Habitat for Humanity – Walton County. Over the past six years, the annual event has raised more than \$80,000 for local charities.

The annual event, powered by Step One Automotive Group, will feature unlimited tastes of South Walton's most creative and innovative bloody marys, made with Distillery 98's Dune Laker Vodka, and served by the finest restaurants and bars on the Emerald Coast.

For a \$60 donation to attend, guests are invited from 11 a.m.-2 p.m. to enjoy as many as 20 of South Walton's most coveted bloody marys served in specialty cups provided by Compass Builders of Florida. Restaurants confirmed to compete for the 2022 title of "Best Bloody Mary in South Walton" include Austin's on 98, The Beach House, Camille's at Crystal Beach, Cannery Lane Cantina, Chanticleer Eatery, Chiringo, Harry T's, The Henderson, Louis Louis, Ovide, Red Bar, The Ruby Slipper Café, Signature Catering of 30A, Sunset Bay Café and SunQuest Cruises. A panel of select food critics and local celebrities will judge each bloody mary to select the winners for the most delicious and most creative. New this year, each bloody mary will be scored on its creative toppings for the "Best Bloody Accoutrement" award. There will also be a highly coveted first-, second-, and third-place People's Choice Award, selected by each guest in attendance, with votes tallied by



Hill Coleman, CPA.

Apart from the bloody marys, there will also be plenty of food from the various restaurants located directly in The Market Shops.

For the non-bloody mary aficionado, there will be local craft brews served by Idyll Hounds Brewing Company along with champagne. Guests will be able to cool off at the hydration station. A lounge area with additional seating and cornhole games will be set up on the main lawn, along with SEC football streaming on the big screen.

While sipping bloody marys, guests can enjoy an interactive Epic Photo Co. photo booth, music by DJ Dad, and a cigar bar. Headlining the event will be a live performance from the Luke Langford Band on the main stage. Parking will be available at The Market Shops on the day of the festival but when full, is available at The Beach House located in Sandestin Golf and Beach Resort and a complimentary shuttle will travel to and from the festival from 10:30 a.m. until 3 p.m.

Tickets are on sale through 850Tix for the pre-sale price of \$60 or can be purchased the day of the event at the door for \$75. To learn more about The Market Shops Bloody Mary Festival and to buy tickets, visit www.themarketshops.com. To volunteer for Habitat for Humanity on the day of the event, email volunteer@waltoncountyhabitat.org.

Since 1986: EcoView Windows, Doors and Siding

EcoView Windows, Doors and Siding is one of the South's leading providers of factory-direct replacement home windows. EcoView Windows, with locations in Pensacola and Daphne, Ala., offers both impact windows and energy efficient windows in a variety of styles, colors, and grid patterns that can be customized to suit any home.

The company, headquartered in Bay Minette, Alabama, has been in operation since 1986 and now has over 40 locations nationwide. The founder started EcoView with goals of progressing the industry from plain wood windows to the exceptionally energy efficient vinyl replacement windows installed today.

In 2013, a local Pensacola office was established bringing a nationally respected manufacturer to the area with the added benefit of working with a local company. The local dealership has been servicing the Emerald Coast since and continues to provide quality product and guarantees on not just the lowest



pricing, but also on the performance of their work.

EcoView is the only company in this region that offers a true lifetime warranty that includes labor. Their Lifetime Warranty is as long as you own your home and can be transferred once. The company wanted to offer more as typical warranties in the market were including limits

and restrictions on their warranties. EcoView makes sure their customers can trust their purchase and experience with the company.

Having foundations in the south, EcoView offers products specifically designed for the region and climate. Each window features high-performing glass that can prevent up to 72% of



the sun's heat from warming the home during the long summer months, while also reducing heat loss during the cold fronts of winter. This can mean reducing heating and cooling bills by at least 35%. The result is a comfortable home year-round with minimized energy costs.

As EcoView focuses on what is best for homes in the Southeast, they set themselves apart by providing customers with top-of-the-line products in storm protection: the ViWin-tech Shoreline Series of windows. This product has been engineered specifically for Florida homes to meet one of the most stringent building code specifications ever made in the USA:

The HVHZ Specification. This certification is given by the State of Florida for elite products that meet or exceed the HVHZ criteria. Made to endure and protect, the Shoreline Double Hung windows, which, like all Shoreline Series windows, are made with an internal metal core, latches, and locks, and have a Structural Wind Load Capacity of 205.1mph.

It's all about what the customer needs at EcoView Windows, Doors and Siding. This philosophy is reflected in the products, pricing and experience offered. From the very start, the customer gets 15% just for calling for a free estimate and from there they get the best product and a lifetime warranty including labor. A combination of benefits not happening anywhere else.

To schedule a free, in-home estimate, plus receive 20% off the guaranteed lowest price call Fred at (850) 876-3032. Visit www.EcoView-WDS.com to learn more and see examples of the many varieties and styles of windows available to you.

Come See Us @ Emerald Coast Home & Boat Show



Destin-Fort Walton Beach Convention Center
 Saturday, September 24, 2022 | 10:00AM-5:00PM
 Sunday, September 25, 2022 | 11:00AM-4:00PM



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 Community

Destin Charity Wine Auction Foundation's 6th Annual Harvest Wine & Food Festival October 13-16

Destin Charity Wine Auction Foundation (DCWAF), one of the nation's premier fundraising organizations, is pleased to announce the return of Harvest Wine & Food Festival to South Walton on the new dates of Oct. 13-16.

Tickets to all 2022 festival events are on sale now at HarvestWineandFood.com. Pro-

ceeds from the festival benefit DCWAF's mission of helping children in need in Northwest Florida. DCWAF supports 15 children's charities working to tackle homelessness, food insecurity, medical care, and more in the local community.

The 2022 festival weekend will open with two nights of wine and spirits dinners held in

private homes and restaurants throughout South Walton. The festival's signature event, the Grand Tasting will be held Saturday, Oct. 15, on WaterColor's Cerulean Park. Guests will be welcomed to WaterColor for an afternoon of epicurean excellence, featuring tasting stations from world-class wineries, as well as culinary stations manned



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by celebrity chefs from some of the best restaurants along the Gulf Coast and throughout the Southeast.

The weekend concludes with a lively cocktail brunch hosted by the men behind the Agave Road Trip podcast. Guests are invited to join Lou Banks as he leads them on a journey through agave spirits. Hosted in a private 360 Blue home in WaterColor, guests will take part in a short tequila-tasting seminar before enjoying delicious brunch fare by Chef Phil McDonald of Black Bear Bread Company, along with craft cocktail pairings by Better Together Beverage and 818 Tequila.

A silent auction boasting rare wines, luxury trips and staycations will be available virtually Thursday, Oct. 13, at 9 a.m. through Sunday, Oct. 16 at noon. A full list of this year's headliners and schedule of events can be found at www.harvestwineandfood.com. Tickets to all festival events are on sale now at HarvestWineandFood.com.

Two new organizations will be added to DCWAF's lineup of supported Northwest Florida children's charities: Point Washington Medical Clinic (PWMC) and the Ellison McCraney Ingram Foundation, joining 15 local children's charities supported annually.

The Ellison McCraney Ingram Foundation is one of the Emerald Coast's newest nonprofits, created after local philanthropists Doug and Merisa Ingram tragically lost their 9-year-old son last October. The Foundation will offer scholarships to teens who have been helped by one of DCWAF's charities over the course of his or her life.

"While we lost Ellison way too early in his young life, with

the additional funding from DCWAF, we will be able to see Ellison's bright eyes and smile in the faces of all those who will benefit through the awarding of scholarships for continuing education opportunities," Ellison McCraney Ingram Foundation Board President Paul Barcus said.

Point Washington Medical Clinic is a free primary care medical clinic, operating as a pop-up clinic in Walton County. Currently in the process of building their first facility, the support provided by DCWAF will fund the clinic's pediatric room.

"The Point Washington Medical Clinic is so excited to be selected as a charity partner and become part of the DCWAF family," PWMC Executive Director and Co-Founder Hillary Glenn said. "This is truly a major milestone for our organization and, most importantly, our patients. We are very grateful to everyone involved and look forward to the impact we will be able to make together for the children and families in our community."

Destin Charity Wine Auction Foundation now supports 17 Northwest Florida charities, all of which help children in need by providing services for a variety of critical needs such as homelessness, food insecurity, mental health and more. DCWAF distributed more than \$3 million raised at the 17th Annual Destin Charity Wine Auction, presented by the Jumonville Family to its current 15 benefiting charities Aug. 31

The 18th Annual Destin Charity Wine Auction presented by the Jumonville Family, the Foundation's signature fundraising event, is set for April 28-29. Learn more at <http://www.DCWAF.org>.

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Rise, Shine and Soar at Ms. Senior World!

BY LORI LEATH SMITH

A Destin local is headed to Biloxi this fall to continue her love for pageantry at age 60 something. Gina Maus, a former Miss Alabama finalist, TV personality and Pontiac spokesperson, is preparing to compete for Ms. Senior World Nov. 12.

With mentoring as her platform, she wants to share her life experiences and wisdom with others. “When you get to your 60s, you have been through the fire – deaths, losing a job, financial turmoil, relationship drama, children, grandchildren, blended families, health crises, etc.,” she says. “If we can’t share some of our wisdom with others, then why are we still here? Through working with the new local chapter of ‘Emerald Coast Dress for Success’ I have been told, ‘People don’t care how much you know until they know how much you care.’”

Gina’s interest in pageants began in high school, where she entered the Jr. Miss program (now Distinguished Young Women of America), because of the scholarship opportunities. To her surprise she won! Afterwards, she concentrated on college and played Panhellenic softball.

But when her cousin won Miss Alabama and 1st alternate to Miss America, she was encouraged to also try. “I ended up a finalist three years in a row and performed all over the state with the Miss Alabama Troupe; it was great to serve the state,”



Once here, Gina was approached to judge local and state pageants. “A friend of mine told me she was competing as Ms. Sr. Alabama in the Ms. Sr. World pageant,” says Gina. “So, I went to support her and she won. It was exciting to see women from age 50-79 strut their stuff in evening gowns, sportswear and red-carpet formals. I was surprised by how

she says. “The scholarships helped me afford a great education and Miss Alabama taught me how to interview, which gave me an edge as I entered the job market.”

Gina and her husband, Charlie, became locals in 2016. “We both had stressful corporate jobs,” she says. “After a TV career in Nashville, Gina landed in Cincinnati, working for a Fortune 500 Pharmaceutical Company, and Charlie worked for a large architecture and engineering company. “We began to talk about having a better quality of life after a brush with cancer and decided to sell everything and move here where we could turn our hobby of home renovation into early retirement,” she says.

they seemed more confident than many of the 20-year-olds I had been judging at the state level. Life experience had given them ‘something’ they didn’t have when they were younger and they were eager to share it with others.”

That’s when Gina decided she wanted to enter the pageant world again and compete in the Ms. Senior World Pageant, bringing women aged 50-79 from throughout the world together to boost confidence, have fun, make new friends and allow mature women an outlet to share platform issues that are important to them – a way to show the world the value senior women bring to serving their communities and states, highlighting their accomplishments.

Gina says no talent is needed in order to compete. “You simply need an interview outfit, an evening gown and sportswear – and prepare for an onstage question which comes from your submitted bio,” she says. “There is also a fun hat challenge where each contestant decorates a hat that showcases their home state; an award is given for the most original hat. I won’t spoil the surprise, but my hat is OUTRAGEOUS and so very Florida.”

Gina says if she wins, her responsibilities include media interviews and some appearances. The impact on mature women, though, is one of the main reasons she is competing. “I’m really inspired to see ladies posting their weight loss journeys and public appearances on our Facebook group page, for example. It inspires and the women encourage and cheer for each other,” she says.

Gina hopes that even those who aren’t compelled to compete will still be encouraged to do things that scare them. “Comfort zones are good to a point, but the real fun in life comes from taking a chance – so

try a cooking class, do Pilates or really go crazy and enter a senior beauty pageant. The worst thing that could happen is you make some fun new friends, but you might surprise yourself by walking out with a crown and a sense of accomplishment,” she says. “Never be afraid to try something new...your best days lie ahead of you. When we’re young, we’re filled with insecurity and uncertainty. It’s only by getting older that we realize whatever life throws at us, we’ll find a way to handle it. In sharing ourselves with others, we can help them through their struggles. Isn’t that what it’s all about?”

You can support Gina by sponsoring a page in the pageant program or simply attending the pageant on Nov. 12. A portion of the proceeds go directly to providing hundreds of Bibles to Third World countries.

Are you ready to enter? Apply at www.seniorworldpageants.com/apply by Sept. 15.

For further questions, contact the pageant’s Executive Director, Sherry Strother, sherry@seniorworldpageants.com.



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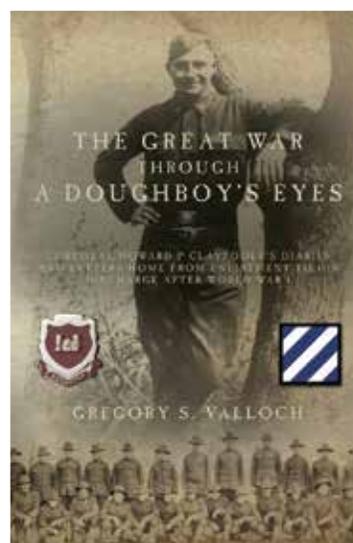
Our Hometown Hero and Local Gulf War Veteran Honors Grandfather's Legacy in New Book

"The Great War Through a Doughboy's Eyes" by Gregory S. Valloch

Like his grandfather, Colonel Gregory S. Valloch served in the military and is a U.S. Army veteran who honorably served during the Gulf War. Local resident Col. Gregory S. Valloch was commissioned a second lieutenant in the U.S. Army and as an armor officer upon grad-



uating from Norwich University as a Distinguished Military Graduate. He served in the Tiger Brigade (1st Brigade, Second Armored Division) during Desert Shield Desert Storm. He left active duty and joined the U.S. Army Reserve where he served as an operations officer



PHOTOS COURTESY GREGORY VALLOCH.

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and plans officer, and then spent a year deployed to Al Udeid Airbase in Qatar as the plans division chief in the 2nd Battlefield Coordination Detachment.

He was selected for Battalion Command and commanded the 1st Battalion 411th Regiment Logistics Support Battalion (LSB). He was selected for colonel and served until his retirement in 2013 as the deputy commander of the USAR Consequence Management Unit located in Abingdon, Maryland.

In 2016, he opened a Ben & Jerry's shop in Miramar Beach, which has been named the "Best Dessert" by the readers of VIP Destin Magazine in 2018, 2019, 2020 and 2022. Originally from Vermont, the birthplace of the original Ben & Jerry's, Gregory persevered in becoming a Ben & Jerry's franchise owner, it taking 14 years due to non-expansion of their franchises.

He feels the most important thing you can do as a local business owner is give back to the community, and he does just that. He's an avid supporter of the Boys & Girls Club, Path of Grace and PAWS, an organization that helps train and place service dogs with veterans.

Now, Gregory has added "author" to his title. His new book, "The Great War Through a Doughboy's Eyes," was released this past March and chronicles the service of Corporal Howard P. Claypoole, told through Gregory's eyes, his grandson.

Corporal Howard P. Claypoole served in the U.S. Army during WWI and was awarded

The Purple Heart posthumously. Gregory credits his grandfather's bravery and conviction as the source of his motivation to earn a commission in the Army. When Gregory came across his grandfather's wartime diaries, correspondence and artifacts, he saw that it was only fitting he share his grandfather's legacy with the world.

In "The Great War Through a Doughboy's Eyes," Gregory offers a unique account of his grandfather's service during WWI, illustrating the hardships of soldiers at war. Utilizing his grandfather's diary entries, postcards, letters, wound order, newspaper clippings, military history and discharge papers, Gregory tells the story of a man with an unwavering allegiance to his country and a will to survive. Corporal Claypoole's journey is brought to life through photographs of wartime memorabilia, including playing cards, pictures, dice, dog tags, medals, bayonets, coins, his rifle sling covered with unit crests, his Purple Heart, and his WWI Victory Medal and campaign clasps.

"This is the story of one man who fought in the Great War, came home, got married, and had a successful life," Gregory said. "But he also found friendship and life lessons forged in battle that stayed with him until the very end. And that is what I want to relate."

"The Great War Through a Doughboy's Eyes" is available for purchase online at Amazon.com.

When Gregory's not scooping ice cream, his hobbies include golf, coin collecting and spending time with his golden retrievers Jeb and Shelby. He is married with two grown children.

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BY GAIL PELTO

I've thought about our military a lot since moving to the Emerald Coast and I've worked with military buyers and sellers. Before we continue, allow me to thank you who have served or have had family serve in the military – I appreciate and am humbled by your service to our great country.

So, what's a VA Loan? A VA Loan is a mortgage option available to eligible members of the regular military, reservists, veterans, National Guard and spouses of military members who died while on active duty or as a result of a service-connected disability. If you are one of these folks and have not purchased a home, continue reading. And if you already own a home and are one of these folks, you should read this too!

Many who are eligible are not taking advantage of this benefit. In fact, of the 21 million-plus service members and veterans in this country, only about 6 percent have used a VA Loan to purchase a home in the last five years! Some eligible candidates don't know about the program, some may think it's a long, drawn out process and some lenders may not even think to offer it as an option to borrowers who are applying for a mortgage loan. There are many reasons to use this benefit and here's a few:

1. VA loan rates are typically about 25 percent lower than conventional loans – since the government backs the loan it is considered low risk; they also have some of the lowest foreclosure rates. Just about any lender can do a VA loan. It is not issued

by the government; it is backed by the government. Many banks, credit unions and mortgage lenders can do VA loans.

2. They have more forgiving guidelines for lower credit scores, past foreclosures and/or bankruptcies. Do you think your financial history is too bad to buy or refinance your home? These issues don't necessarily disqualify you from eligibility. Each lender will have their own guidelines on these issues, so shop around!

3. Zero money down! This is big when you consider conventional loans can ask for 10, 20 even 30 percent down! Twenty percent down on a \$300,000 house plus all the closing costs, inspection costs, etc. can add up fast. This is particularly attractive if you're buying your first home and have no equity built up from a house sale to put into a new home.

4. No Mortgage Insurance! Private mortgage insurance can be hundreds of dollars per month! Another cost savings!

5. You can use your VA home loan benefit over and over again! How cool is that? Sell and pay off one home, then use the benefit again for your next home, and the next one and the next one! Once you've been deemed eligible for the benefit, it never goes away.

6. You can use the benefit to refinance your existing mortgage whether it is a VA loan or not.

7. You can use the benefit to tap into your home's equity. The VA cash-out loan amount can be up to 100 percent of your home's value in many cases. Use it for home improvements, a new boat, a car, college tuition.

8. Disabled veterans and veterans who are eligible for disability compensation but are getting active duty pay or retirement pay instead, are exempt from funding fees – this fee is usually between .5 and 3.3 percent of the loan amount.

9. Home ownership – it's way better to pay yourself than to pay rent, so, if you are eligible for a VA Loan and haven't used it, what the heck are you waiting for?

Now that you have this information, enlist the services of a great real estate agent who can

also help you with lender recommendations if you need them. Have questions about your eligibility for a VA loan or the home buying /selling process? Call me - (850) 374-0454, or email gail.pelto@kw.com. Use me as a resource. I am here to help you achieve your real estate goals.

Gail Pelto is a full-time real estate agent with Keller Williams and a board member with the Mattie Kelly Arts Foundation and The Rotary Club of Destin and yes, she's helped Military home buyers and sellers in our area in the home buying and selling process!

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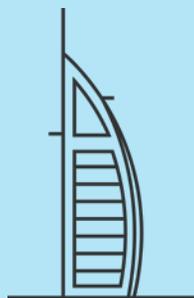
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 Community

Local Pro Jimmy Thorpe Gives Back to the Community

BY MARTA-ROSE THORPE

For years, Jimmy Thorpe had felt the urge to give back. A veteran, Jimmy had served as a young man in the U.S. Army for eight years and had always held the highest regard for the men and women who serve our country and keep us safe. This group also includes first responders – the men and women who keep our communities safe. So, how would he give back? In 2014, he created the tagline “Vets Helping Vets” – later elevated to “Vets Helping Vets & First Responders” – and decided to start giving what he had to give: HVAC units. Jimmy owns A Superior Air Conditioning Company, a local business he launched in 2003.

In the beginning, Jimmy and his team decided to give away eight units per year. Vets and first responders were encouraged to apply online at ASuperiorAC.com; the giveaway was open to all who have served in the Army, Navy, Air Force, Marines, Coast Guard, and all first responders including EMT/Medics, Police, Sheriffs and Fire Fighters. American Legion Post 392 in Panama City met and voted on all submissions each quarter, selecting one veteran in need and one first responder in need to be awarded the units.

In 2015, the giveaway began taking the form of a quarterly appreciation lunch at Harley-Davidson of Panama City

Beach. Local musician Neal James opened the lunches with the National Anthem and play background music while Texas Roadhouse catered. The first event hosted around 40 guests and several local businesses co-sponsored. The next lunch brought in a few more guests and sponsors, and the Vet Center and other veteran-related organizations joined in. As the word-of-mouth continued, the guest list grew. By Fall 2017, the event moved to Texas Roadhouse; today this appreciation lunch still takes place, now maxing out the restaurant at 380+ guests.

But Jimmy still wanted to reach and help more veterans and first



responders. In November 2019, Pastor Dave of Faith Assembly Church in Miramar Beach (affectionately known as “The Rock & Roll Church”), invited Jimmy to launch a quarterly appreciation lunch there, thus reaching vets and first responders in the Walton/Okaloosa area. The appreciation lunch has taken place there ever since, slowly growing in attendance and giving away one HVAC unit per quarter, for a total of 12 HVAC units given away per year.

“I feel that giving back to veterans and first responders is like taking the time to help my father,” says Jimmy, whose father served in the U.S. Marines. “It’s something that comes second

nature; it’s instinctive and something that’s driven in me.”

Please help Jimmy and his team spread the word to the Vets and First Responders that you know. The next two Veterans & First Responders Appreciation Lunches take place in October. The Okaloosa-Walton Lunch takes place on October 11 from 11:30 a.m. to 1 p.m. at Faith Assembly Christian Church (AKA The Rock & Roll Church), 306 South Geronimo Street, Miramar Beach, FL 32550. The Bay County Lunch happens on October 18 at Texas Roadhouse in Pier Park North. Vets and First Responders may register to win an HVAC unit at ASuperiorAC.com.

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Timing is Everything: 'Tis the Season to Renovate



BY KIM SCHNEIDER

Whew! We made it through the summer madness. The kids are back in school and our overnight company and guest bookings have begun to dwindle. Dreaming of a renovation project? Now is a great time to start.

Once you've made the decision to remodel, you'll need to select an interior designer and a contractor to get the ball rolling.



The best advice I can give you is to check their credentials. Make sure their license is current and insurance is valid.

One of my favorite sayings is "plan your work and work your plan." Every project requires the following steps be completed to ensure the project is delivered on time and on budget, without crucial mishaps:

Pre-Planning: This will answer some of the all important questions such as "What will it look like?," "How much will it cost?," and "How long will it take?" This process should consist of drawings, preliminary shopping for finish materials (cabinets, counter tops, etc.), accurate pricing, and a timeline of the project. This initial phase may take six-eight weeks.

Design Development: This phase sets you up for suc-

cess with your timeline and budget. By knowing all the details, you can accurately schedule the project, determine an appropriate start time, pre-order materials and secure the subcontractor labor needed for the job to complete on time. This will take about two weeks.

Permitting: This phase includes the time from initial application submission to the time the permits are received, which typically takes about two months. Every town is different and time may vary.

Construction: Once permitting is completed, construction can begin. The time frame will vary, based on the scope-of-work. Your specific timeline will be based on the plan your contractor provides you at the



beginning of the project. Once permits have been received and items are ordered, demo and construction will begin.

Below are suggested time frames based on remodeling major areas within your home.

Whole House: The duration of a whole house remodel depends on the scope of work and generally takes four-six months. If you elect to live on property while the work is being done, additional time may be required to complete the project.

Full Kitchen Remodel: Generally, when the kitchen is gutted and everything is replaced without adding square footage it will take approximately eight weeks. With most kitchen remodels, the scope of work extends to additional areas

such as the dining room, family room, removing a wall to open up the space, etc. and can add an additional two-four weeks.

Bathroom: Similar to the kitchen, when everything is being replaced, it can take six-eight weeks.

Interior Painting: Depending on the size of your home and the scope of work (walls, baseboards, crown moulding, doors, patch and prep, etc.), it can take anywhere from a few days to two-plus weeks.

Window Coverings: Depending on what you select

(drapes, plantation shutters, bamboo shades, etc.) it can range anywhere from three-eight weeks.

Furniture & Artwork: If you're lucky enough to love a piece that's available in the store it could likely be delivered within a few days. These days, when ordering upholstered furniture, it can take up to six months and maybe even longer. Sigh.

In today's climate, there are many things that can cause project delays such as weather, product availability and labor. Indecision also plays a huge factor in delays. Hire your interior

designer in the beginning stages so they can work with your contractor, guiding you to make the perfect decisions.

Proper planning and partnering with the right Interior Designer and Contractor allows you to embark on your renovation project, creating your dream space or attracting more renters for your income property. Are you ready to start your renovation project? Contact Coastal Design by Kim at (850) 904-6622 or kim@coastaldesignbykim.com to schedule an appointment.

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How to Trade Your Car for a Fair Price



BY WILL ESTELL

When it comes to purchasing a vehicle, many of us find ourselves also needing to make disposition of a current one at or near the same time. This is one part of the auto purchase game that tends to be overshadowed by the importance of the price the new vehicle can be obtained at. Though in reality, what you get for your current driver is just as important as the price you pay for the next one. Remember, your car, truck or SUV is—even if it is paid for—just like real money when it comes to negotiating the out-the-door deal on your next one.

How you choose to best move your current vehicle has a lot to do with the vehicle you are look-

ing to buy. In other words, if you are buying from a dealer, you likely have the option of trading in your current vehicle. However, if you are purchasing your next car from a private owner, you most likely will need to sell your current vehicle on your own.

Trading to a Dealer: Trading your vehicle to a dealer is usually the fastest and least troublesome way to get out of your current car and into a new one. However, as with most things in life, the fastest and easiest way isn't always the best one when it comes to the monetary side of the equation. This is especially the case since dealers have to allow room to also make a profit on the vehicle you trade in. For all practical purposes, any trade to a dealer is technically a sell, where the purchase price to you simply comes off your purchase price of their vehicle.

Because of the fact that a dealer hopes to turn a profit on your trade in, it makes sense they will put less than a retail price into your trade. That's completely fair, but you at least need

to be aware of what that price really is, and how they came about determining it. There are a few ways to do this. The first is to make sure you're aware of the approximate "trade in" value of your vehicle before going to any dealership. One of the easiest ways to do this is to utilize the free valuation service provided by NADA.com. This is the official site for the National Auto Dealers Association, and in my experience of having owned over 40 cars, trucks and SUVs and a stint as a territory rep for Cox Communications' dealers only AutoMart magazine, I have found the NADA values to be the truest available, when compared to valuation sites like KBB (Kelley Blue Book), Carvana, CarMax and various other "we'll buy your vehicle" type sites.

When determining your valuation on the NADA or any website, you are at best only going to get the "clean trade" price. You can't expect a dealer to pay "clean retail" for a car they are going to then have to run through their shop, and po-

tentially spend some money on. (Trust me, EVERY SINGLE VEHICLE needs something 85% of the time, even if you as the owner are unaware of it. The truth is, a lot of every day driver cars, trucks and SUVs—even the overall good condition ones—don't legitimately fit into the "clean trade in" category, and fall more in the "average trade in" range. Find that, being careful to correctly input your vehicle's mileage and features, and you'll be armed with a pretty good picture of what you should get for your trade in when you are also buying a car from that dealer. Note: This is not the only valuation dealers use to determine what they can or can't put into your trade at any given time. Dealers may also check other sales criteria available to them online, such as what same year, similar mileage vehicles as yours are currently bringing at auto auctions within their region, and how many other cars or trucks like yours are currently for sale at lots within a 100 to 300-mile radius of them, and for what price. In other

words, availability, competitor pricing and demand all have a legit baring on what your vehicle is worth to any given dealer at a certain time.

Another very important aspect of selling to trading to a dealer: Make sure the numbers are the real numbers. You shouldn't have to worry about this, but the truth is you do. Most dealers are above board and will show and explain anything and everything you ask. But just like with anyone selling anything, from magazine, TV, radio or web advertising to real estate to restaurants serving you food, it never hurts to ask questions so you are sure that what you are paying for (or in this case, also being paid for your trade) is exactly what you think it is. One of the best ways to make sure of this is an auto purchase transaction to get a seller's best price, without even mentioning any trade, before you start negotiating. The bottom line is, if you get one price for the vehicle you're buying, then that price goes up

Continued on page 31



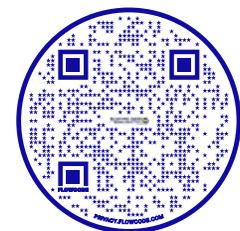
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Stan began this unique type of car buying experience in 2012, and has had a major success with not only his local customer base, but also in filling customer's orders across the United States. Devon, Stan's associate, is a computer programmer and IT professional who can search for and locate vehicles from all over the United States based on each customer's individual requirements. Each vehicle purchased is graded on a five-point scale from zero to five, and only vehicles in the finest condition are chosen for Emerald Coast Motor Cars' customers.

With many years of experience in providing the highest quality cars delivered to their customers, Stan and Devon work tirelessly to ensure that each customer's unique desires are fulfilled when a vehicle is purchased through Emerald Coast Motor Cars' buying service. The success of this service can be seen by looking through their pages of stellar reviews on their website at ecmotorcars.com! A photo of the customer at the time of purchase and the customer's review are listed. These reviews are always interesting, and they show all kinds of customers and the wide variety of the vehicles sold, each uniquely fitting their customer's needs.

Over the years, Stan Hall has perfected the process of ensuring that both value and reliability are provided to customers by recommending that his customers purchase vehicles one to two years old, so that the initial depreciation of a new car purchase is realized before his sale, but with a remainder of the manufacturer's warranty still going with the vehicle. Stan believes this provides a win-win scenario for his customers looking to purchase the newest vehicle possible, while providing



the best value in the car buying experience. Fulfilling customer's vehicle orders is a top priority for Emerald Coast Motor Cars Destin. They also accept trades, purchase vehicles, and are always looking for vehicles to consign.

Stan Hall and Devon Kiss encourage everyone to check out their current inventory selection at ecmotorcars.com. If you are looking for the perfect car, truck or SUV, call Emerald Coast Motor Cars today. You will appreciate the old-fashioned customer service and incredible deals! The easiest way to get started is to call them directly: Stan Hall, (850) 830-3083, or Devon Kiss, (901) 275-1847.



Car of the Month:

2006 CHEVEROLET CORVETTE 2LT

PRICE: \$29,900 PLUS

Just arrived a one of a kind 2006 Corvette Coupe 2LT with removable hardtop, automatic, 6.0 V8, LeMans blue with cashmere leather, incredible condition, clean CarFax, with only 34k miles, America's favorite sports car, only \$29,900 plus.

Call Stan Hall (850) 830-3083 or Devon Kiss (901) 275-1847, or visit us online at ecmotorcars.com for your next vehicle and more details today. Nobody can beat our price, service, or selection of the Emerald Coast's finest vehicles.



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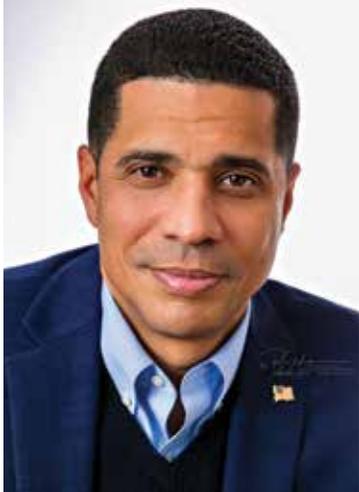
CALL US TODAY! 850 | 830 | 3083

206 Tequesta Dr. Unit D, Destin, FL 32541

ECMotorcars.com

 Education

From the Okaloosa County School Superintendent



Fall is always an exciting time in the Okaloosa County School District. School begins, fall sports and activities are back, and kids get to see their friends every day. The OCSD family worked hard to prepare schools, classrooms, curriculum, and new employees for our amazing students' return. For those of you – employees, parents, students and community members – who are new to Okaloosa County, welcome! We are excited you are here! I want to take this time to share a few messages

with our family members.

To the parents of our new kindergarten students, know that the journey goes quickly. As the parent of two recent graduates of the Okaloosa County School District myself, I know this to be true! Take the time to experience and be a part of the journey. Volunteer in their classrooms, go on field trips, talk to your child about the exciting things they learn each day, go to sporting events with them as often as possible. It goes by in the blink of an eye!

To the students in our schools, participate as much as possible. We have extracurricular activities that appeal to everyone, whether it be focused on

academics, the arts, or athletics. Join a team or a club and get involved. Research shows that students who participate in the extra “stuff” in school are better at time management and perform better in school. You will enjoy your time in school much more when you have a sense of belonging and ownership!

To the teachers and employees of the Okaloosa County School District, never underestimate the impact you have on the students you serve. It could be as small as a smile and a wave or as big as helping a student overcome a challenge – it matters. Every person that works for this school district is important and has the potential to change

a student's life. I am proud to have you on our team!

To our community, your support is amazing! You donate, volunteer, share information, and inspire growth. We are teaching the next generation of Okaloosa Schools, future employees in local businesses and organizations and even future business owners! It takes all of us to build our community up, and it begins with the youth. Our students are our future, and we take our job teaching them seriously.

To everyone in Okaloosa County, we appreciate your patience as we navigate new construction, a new student information system, new curriculum standards, as well as the time it takes to fix our older buildings. Without the half-cent sales tax Okaloosa voters approved two years ago, our single point of entry at all schools would not be complete three years ahead of schedule, and many of the renovations you see throughout the district would not be possible. We live in the best community and have the best students, parents and employees. I am proud and honored to lead the Okaloosa County School District Family, and I look forward to a great school year!

*Marcus Chambers
Superintendent
Okaloosa County School District*




2022 BEST

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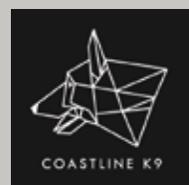



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www.coastlinek9.com

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2022 Football Guide

**Football. Food. Fun. Fans.
Let the Games Begin...**



Destin's Best Places to Watch Your Favorite Teams!



By SCOTT MILLER

What's your favorite season? Seasons come and go bringing change to our day to day in many ways.

Tourist season is winding down and, as locals, we really don't mind that for a handful of reasons.

But my favorite season is the next one—football season! September means football is back

and I can't wait.

For football watching, there are many great places to enjoy right here in our own backyard—places full of big screen TVs and diehard fans, where we can gather to watch our favorite teams play, and enjoy some really great food and drinks, too. Football season was made for hanging out with good friends and making some new ones, too. Nothing sets the table for that more than the return of College and Pro Football. So, let the games begin...

Home field advantage goes a long way, especially here in Destin. So, here's a few of my favorite "home field headquarters" to enjoy all season long!

AJ's Seafood & Oyster Bar

AJ's Seafood & Oyster Bar loves football fans and boasts

the one and only Jumbotron, on the Harbor in Destin. Be sure to come by and watch your favorite teams play all season long.

Serving up delicious daily specials, mouth watering drinks plus entertaining live music all month, make AJ's your game day destination and let the games begin.

AJ's Live Music & Events: Check AJ's Facebook page for details.

116 Harbor Blvd.
ajstestin.com

Austons on 98

Offering a raw bar and the best happy hour in town, Austons is the place to be and home of the 102-foot bar, including 32 beers on draft. Some 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 and with football season upon us there's no better place to be. Happy Hour Specials include 2 for 1 on All draft beer, well liquor and house wine Mon.-Fri from 11-6 and \$6 Off raw oysters Mon.-Fri 3-6. Game day is every Sat and Sun, with Football Bucket Specials, drink specials and \$3 pints of Auston's Lager and PBR. Auston's on 98 is open daily from 9 a.m. to 10 p.m. and features its own "Real Deal Nashville Hot Sauce." See full menu at austonson98.com.

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

Boathouse Oyster Bar

Oysters, Live Music and a

Local's Vibe... Destin's best kept secret – the Boathouse is 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 baked, just the way you like 'em. The first Friday of each 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

Continued on page 26



*Enjoy the games
all season long!*



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COLLEGE FOOTBALL:
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GAMES**

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ILoveFatboys.com

ACC	Sept 10	Sept 17	Sept 24	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26
Boston C	@VT	MAINE	@FSU	L'VILLE	CLEMSON	OPEN	@WAKE	@U CONN	DUKE	@NC STATE	@ND	SYR
Clemson	FURMAN	LA TECH	@WAKE	NC ST	@BC	@FSU	SYR	OPEN	ND	L'VILLE	MIAMI	@S CAR
Duke	N WESTERN	NC A&T	@KANSAS	UVA	@GA TECH	UNC	@MIAMI	OPEN	@BC	VA TECH	@PITT	WAKE
Florida St	OPEN	@L'VILLE	BC	WAKE	@NC ST	CLEMSON	OPEN	GA TECH	@MIAMI	SYR	ULA	FLORIDA
Ga Tech	WCU	OLE MISS	@UCF	@PITT	DUKE	OPEN	UVA	@FSU	@VT	MIAMI	@UNC	@GEORGIA
Louisville	@UCF	FSU	@USF	@BC	@VA	OPEN	PITT	WAKE	JMU	@CLEMSON	@NC ST	@KENTUCKY
Miami	USM	@TEX A&M	MTSU	OPEN	UNC	@VA TECH	DUKE	@VIR	FSU	@GA TECH	CLEMSON	PITT
NC	@GSU	OPEN	ND	VT	@MIAMI	@DUKE	OPEN	PITT	@VIRGINIA	@WAKE	GA TECH	NC ST
NC State	CHAR SO	TEXAS TECH	UKON	@CLEMSON	FSU	@SYR	OPEN	VA TECH	WAKE	BC	@L'VILLE	@UNC
Notre Dame	MARSHALL	CAL	@UNC	OPEN	BYU	STANFORD	UNLV	@SYR	CLEMSON	NAVY	BC	@USC
Pittsb	TENN	@W MICH	RHODE IS	GA TECH	VA TECH	OPEN	@L'VILLE	@UNC	SYR	@VA	DUKE	@MIAMI
Syracuse	@UCONN	PURDUE	VA	WAGNER	OPEN	NC ST	@CLEMSON	ND	@PITT	FSU	@WAKE	@BC
Virginia	@ILLINOIS	ODU	@SYR	@DUKE	L'VILLE	OPEN	@GA TECH	MIAMI	UNC	PITT	C CAR	@VA TECH
Va Tech	BC	WOFFORD	WVU	@UNC	@PITT	MIAMI	OPEN	@NC ST	GA TECH	@DUKE	@LIBERTY	VA
Wake	@VANDY	LIBERTY	CLEMSON	@FSU	ARMY	OPEN	BC	@L'VILLE	@NC ST	UNC	SYR	@DUKE

SEC	Sept 10	Sept 17	Sept 24	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26
Alabama	@TEXAS	ULM	VANDY	@ARK	TEX A&M	@TENN	MISS ST	OPEN	@LSU	@OLE MISS	APSU	AUBURN
Arkansas	SC	MOST	@TEX A&M	ALABAMA	@MISS ST	@BYU	OPEN	@AUBURN	LIBERTY	LSU	OLE MISS	@MIZZOU (25)
Auburn	MERCER	PENN ST	MIZZOU	LSU	@GEORGIA	@OLE MISS	OPEN	ARK	@MISS ST	TEXAS A&M	WKU	@BAMA
Florida	KENTUCKY	USF	@TENN	E WASH	MIZZOU	LSU	OPEN	@GEORGIA	@A&M	S CAR	@VANDY	FSU (25)
Georgia	SAMFORD	@S CAR	KENT ST	@MIZZOU	AUBURN	VANDY	OPEN	FLORIDA	TENN	@MISS ST	@KENTUCKY	GA TECH
Kentucky	@FLORIDA	YOUNG ST	N ILLINOIS	@OLE MISS	S CAR	MISS ST	OPEN	@TENN	@MIZZOU	VANDY	GEORGIA	L'VILLE
LSU	SOUTHERN	MISS ST	N MEXICO	@AUBURN	TENN	@FLORIDA	OLE MISS	OPEN	ALABAMA	@ARK	UAB	@TEX A&M
Miss St	@ARIZONA	@LSU	BOWLING GR	TEX A&M	ARK	@KENTUCKY	@BAMA	OPEN	AUBURN	GEORGIA	ETSU	@OLE MISS (24)
Missouri	@KAN ST	ABILENE CH	@AUBURN	GEORGIA	@FLORIDA	OPEN	VANDY	@S CAR	KENTUCKY	@TENN	N MEX ST	ARK
Ole Miss	CEN ARK	@GA TECH	TULSA	KENTUCKY	@VANDY	AUBURN	LSU	@TEX A&M	OPEN	ALABAMA	@ARK	MISS ST (24)
SC	@ARK	GEORGIA	CHARLOTTE	SC STATE	@KEN	OPEN	TEX A&M	MIZZOU	@VANDY	@FLORIDA	TENN	@CLEMSON
Tenn	@PITT	AKRON	FLORIDA	OPEN	@LSU	ALABAMA	UT MARTIN	KENTUCKY	@GEORGIA	MIZZOU	@S CAR	@VANDY
TEX A&M	APP ST	MIAMI	ARK	@MISS ST	@BAMA	OPEN	@SC	OLE MISS	FLORIDA	@AUBURN	UMASS	LSU
VAN	WAKE	@N ILLINOIS	@ALABAMA	OPEN	OLE MISS	@GEORGIA	@MIZZOU	OPEN	S CAR	@KENTUCKY	FLORIDA	TENN

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Pro Football Schedule

Week 1

Thursday, Sept. 8		
Bills vs. Rams	7:20 p.m.	NBC
Sunday, Sept. 11		
Saints vs. Falcons	Noon	Fox
Browns vs. Panthers	Noon	CBS
49ers vs. Bears	Noon	Fox
Steelers vs. Bengals	Noon	CBS
Eagles vs. Lions	Noon	Fox
Colts vs. Texans	Noon	CBS
Patriots vs. Dolphins	Noon	CBS
Ravens vs. Jets	Noon	CBS
Jaguars vs. Commanders	Noon	Fox
Chiefs vs. Cardinals	3:25 p.m.	CBS
Raiders vs. Chargers	3:25 p.m.	CBS
Packers vs. Vikings	3:25 p.m.	Fox
Giants vs. Titans	3:25 p.m.	Fox
Buccaneers vs. Cowboys	7:20 p.m.	CBS
Monday, Sept. 12		
Broncos vs. Seahawks	7:15 p.m.	ESPN/ABC
Week 2		
Thursday, Sept. 15		
Chargers vs. Chiefs	7:20 p.m.	Amazon

Sunday, Sept. 18

Dolphins vs. Ravens	Noon	CBS
Jets vs. Browns	Noon	CBS
Commanders vs. Lions	Noon	Fox
Colts vs. Jaguars	Noon	CBS
Buccaneers vs. Saints	Noon	Fox
Panthers vs. Giants	Noon	Fox
Patriots vs. Steelers	Noon	CBS
Falcons vs. Rams	4:05 p.m.	ET Fox
Seahawks vs. 49ers	4:05 p.m.	ET Fox
Bengals vs. Cowboys	3:25 p.m.	CBS
Texans vs. Broncos	3:25 p.m.	CBS
Cardinals vs. Raiders	3:25 p.m.	CBS
Bears vs. Packers	7:20 p.m.	NBC
Monday, Sept. 19		
Titans vs. Bills	7 p.m.	ET ESPN
Vikings vs. Eagles	7:30 p.m.	ABC
Week 3		
Thursday, Sept. 22		
Steelers vs. Browns	7:15 p.m.	Amazon
Sunday, Sept. 25		
Saints vs. Panthers	Noon	Fox
Texans vs. Bears	Noon	CBS
Chiefs vs. Colts	Noon	CBS
Bills vs. Dolphins	Noon	CBS
Lions vs. Vikings	Noon	Fox

Ravens vs. Patriots	Noon	Fox
Bengals vs. Jets	Noon	CBS
Raiders vs. Titans	Noon	Fox
Eagles vs. Commanders	Noon	Fox
Jaguars vs. Chargers	3:05 p.m.	CBS
Rams vs. Cardinals	3:25 p.m.	Fox
Falcons vs. Seahawks	3:25 p.m.	Fox
Packers vs. Buccaneers	3:25 p.m.	Fox
49ers vs. Broncos	7:20 p.m.	NBC
Monday, Sept. 26		
Cowboys vs. Giants	7:15 p.m.	ESPN/ABC

Week 4

Thursday, Sept. 29		
Dolphins vs. Bengals	7:15 p.m.	Amazon
Sunday, Oct. 2		
Vikings vs. Saints (London)	8:30 a.m.	NFL Network
Browns vs. Falcons	Noon	CBS
Bills vs. Ravens	Noon	CBS
Commanders vs. Cowboys	Noon	Fox
Seahawks vs. Lions	Noon	Fox
Chargers vs. Texans	Noon	CBS

Titans vs. Colts	Noon	Fox
Bears vs. Giants	Noon	Fox
Jaguars vs. Eagles	Noon	CBS
Jets vs. Steelers	Noon	CBS
Cardinals vs. Panthers	3:05 p.m.	Fox
Patriots vs. Packers	3:25 p.m.	CBS
Broncos vs. Raiders	3:25 p.m.	CBS
Chiefs vs. Buccaneers	7:20 p.m.	NBC
Monday, Oct. 3		
Rams vs. 49ers	7:15 p.m.	ESPN



Game Day Highlights

Saturday 9/10

Alabama @ Texas 11am
Tennessee @ Pitt 2:30pm
Kentucky @ Florida 6pm

Notre Dame @ N. Carolina TBA

Saturday 10/1

LSU @ Auburn TBA
Alabama @ Arkansas TBA
Georgia @ Missouri TBA
NC State @ Clemson TBA

Saturday 9/17

Georgia @ S. Carolina 11am
Penn St. @ Auburn 2:30pm
Miss St. @ LSU 5pm
Miami @ Texas A&M 8pm

Saturday 10/8

Auburn @ Georgia TBA
Ohio St @ Michigan St. TBA
Texas A&M @ Alabama TBA
Tennessee @ LSU

Saturday 9/24

Florida @ Tennessee TBA
Boston College @ Florida St. TBA

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Destin High School Football

9/2	Baker	Away
9/8	North Bay Haven	Home
9/16	Rocky Bayou Christian	Away
9/23	Lighthouse Christian	Away
9/30	Jay High School	Away
10/7	Dean Bozeman	Home
10/14	Chipley	Away
10/21	Hilliard High School	Home
10/28	Aucilla Christian	Home
11/4	Holmes County	Away



FWB High School Football

9/2	South Walton-Santa Rosa Beach	Home
9/9	Niceville	Away
9/16	Escambia-Pensacola	Away
9/23	Panama City Beach	Away
9/30	Pine Forest-Pensacola	Home
10/14	Booker T. Washington-Pensacola	Away
10/21	Bay-Panama City	Home
10/28	Choctawhatchee-FWB	Away
11/4	Crestview	Home



Games start at 7 p.m.

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EARLY BIRD DINNER SPECIALS
Mon.-Fri. 4-6 pm

Destin Harbor

Live Music on the Docks

172 Harbor Blvd. Destin
(850) 650-1200
TailfinsDestin.com

DESTIN'S BEST

continued from page 23

**Fatboys -
Destin/Miramar Beach**

Craving a delicious burger or some tasty wings and an ice cold beer? But the game is on and you won't miss even a single play. FATBOYS has you covered. Fully staffed and ready to serve you, the obvious choice is easy to see.

Game Day and FATBOYS go hand in hand. So hustle down for some of the best, most delicious gameday football watching food around. Be sure to enjoy a tall glass of FATBOYS Lager, too. Oh, and bring the crew with you. There's always a great seat waiting for you at either of our two convenient locations, Destin and Miramar Beach.

Happy Hour Mon.-Fri. 3-6

p.m. with half off beer, (bottle, can, draft). Football Season Specials start on Sept. 10, Sat., Sun., Mon. (all day long) with half off beer (bottle, can, draft). Daily lunch specials starting Sept. 12 Mon.-Fri. 10 a.m.-3 p.m. for the ORIGINAL FATBOY or CLASSIC CHICKEN (crispy or grilled) w/fries and a drink. Daily specials starting Sept. 12, all day long: Mon. - BOGO 1/2 off

any burger or sandwich entree, Tues. - BOGO 1/2 off any appetizer, Wed. - Kids eat FREE with purchase of an adult entree. Visit Fatboys' Facebook page for exciting updates.

(850) 842-3190
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Ilovefatboys.com

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' sushi chef create right in front of your eyes. Enjoy some of your favorite food and drinks, including sushi rolls and sake bombs, scrumptious early bird dinner specials Monday to Friday, 4-6 p.m. Happy hour from 4-6 p.m. Monday through Friday, featuring \$20 domestic bottle buckets, \$5 house wines and well drinks and \$5 Long Island iced teas. Live Music on the Docks all week long. Football fans, Tailfins is your go to destination featuring over 70 Big Screen TVs. Be sure to check out our new Video Wall upstairs, possibly the largest indoor TV on the harbor.

DAILY CRUISES: Introducing Tailfins Island Adventure. Departures seven days a week aboard "Always Workin," Tailfins' brand new 45-foot-long cruiser. Enjoy the Destin Harbor and Crab Island like never before. Choose between The three-hour tour, sunset cruise or Thursday night's spectacular fireworks cruise. Book online, tailfinsislandadventure.com.

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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. Football 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

Tailfins Waterfront Grill

Looking for a locals' favorite breakfast? Start your day off right with Tailfins Breakfast from 8-11 a.m., seven days a week. Enjoy a

Tequila's Sports Bar & Grill

Did someone say margaritas? 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. Football season is here so don't miss a game all season long. 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. "Our goal is to have the widest selection of tequila brands in town. You're sure to find your favorites here." Open seven 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

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the BOATHOUSE

SEPTEMBER LIVE MUSIC!

- Mondays:** 5pm Cole Jordan
9pm Roshambo
- Tuesdays:** 5pm Kyle LaMonica
8pm Austin Jennings
- Wednesdays:** 4pm Hunter & Tony
9pm Squeely Dan
- Thursdays:** 4pm Shane Curle
8pm Austin Jennings
- Fridays:** 4pm Jason Findley
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- Saturdays:** 12pm Kelly Byrd
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Café Destin

Looking for dining the entire family can enjoy? 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, it also has 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 lattes. And there 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

Oasis

A recent heartbreaking fire has temporarily halted in-restaurant dining. So, until the Oasis

restaurant can reopen, Chef Divaldo 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 birthday 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. Diners typically include anywhere from three to five courses on average. "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, (850) 401-9149, to arrange your dinner party.

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ly-owned 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 and choice of salads. Cook your main entrée. For dessert, choose a warm fondue bowl of fresh

melted chocolate of your choice. There's also "fast fondues" and one course fondues with Cheese, Salad, Entrée or Chocolate.

Melting Pot's Thursdate® is perfect for a date night, complete with candles and rose petals at your table. You'll enjoy four romantic courses, featuring the most decadent dessert yet—Sparkling Chocolate fondue! Accompanied by signature drinks and

the one you cherish most, Thursdate might just become your best date night ever! Simply make a reservation, and we'll take care of the rest. Turn your moments into memories. Reservations encouraged.

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ECTC Celebrates 10-Year Anniversary

The Emerald Coast Theatre Cohe Emerald Coast Theatre Company (ECTC) will celebrate its 10-year anniversary with a special event, "An Enchanted Evening: Celebrating a Decade of Dreams," presented by Grand Boulevard at Sandestin Friday, Sep. 16, 5:30-9:30 p.m., an elegant evening honoring and celebrating their impact, service and dedication over the past 10 years serving the Emerald Coast.

Guests will be greeted with a glass of champagne by Vin'tij Food and Wine as they transcend into an enchanted, secret-garden cocktail hour featuring passed hors d'oeuvres from Tommy Bahama, a photo booth, silent auction and whimsical string music courtesy of Spotlight Sponsor, The Seaside Style.

Patrons will be whisked away to a seated multi-course, plated dinner showcasing local cuisine by Bitterroot, Black Bear Bread Company, Emeril's Coastal and Ovide. Guests will enjoy craft cocktails, spirits and local brews, poured by Better Together Beverage, including Campesino Rum, Distillery 98, Good Clean Wine, Grayton Beer Compa-



ny and Idyll Hounds Brewing Company, courtesy of Step One Automotive Group.

The evening will conclude with a sweet treat by Kilwins Ice Cream and Fudge courtesy of the Hahn Family and a special celebration performance on the main stage, sponsored by Bedsole Wealth Management Group at Raymond James.

All funds raised and silent auction purchases benefit ECTC and their continued mission to enrich and entertain our community through professional and educational theater.

Tables of 10 are \$1,000. Purchase online at <https://www.emeraldcoasttheatre.org>. To become a sponsor or donate to the silent auction, email jessica@proffittpr.com. The event will be held at 560 Grand Boulevard, Suite 200.

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Off the Hook

RODEO

continued from page 1

can fish by kayak, paddle board, pier, bridge, jetty, shoreline and surf – whichever you prefer.

If you're planning to make a trip down to the docks, expect to see a broad spectrum of fish

being weighed in. From Sharks to Amberjacks, Grouper to King Mackerel, Tunas to Marlin, the rodeo has it all. Anglers are competing for more than \$100,000 in cash and prizes, awarded for both daily and overall catches.

Even if you're not a fisherman, the energy level and ex-



in their favorite costume. Everyone is invited to partake in the fun!

The Rodeo began as a way to repay the loan given for the then new community center. Since its inception, the Destin Fishing Rodeo has expanded into one of the largest fishing tournaments along the Emerald Coast—an entire month long, spanning October 1-31st with approximately 30,000 anglers competing each year!

Events

Thursday, September 22nd
• Meet Miss Destin

Friday, September 30th
• Mandatory Captain and Mate's Meeting
• Destin Fishing Rodeo 14th Annual Kid's Wagon Boat Parade
• Reel Local Rodeo Kick-Off Party

October 2022
74th Annual Destin Fishing Rodeo (1st – 31st)
• Weigh-Ins are everyday behind A.J.'s from 10 a.m. – 7 p.m.

Sunday, October 2
• Destin 5K Rodeo Run
October 7th, 8th, & 9th
• 44th Annual Destin Seafood Festival

Monday, October 10th
• Kids Fall Movie Festival

Sunday, October 16th
• Bruce Cheves Day
• Ringing of the Bell

Saturday, October 22nd
Larry Hatchett Fishing Foundation Day

Monday, October 31st
• Halloween on the Harbor

Cali Hlavac (said like Kay-Lee), Destin Life columnist, is also owner of To Do In Destin and other businesses. She started todoindestin.com as a social media platform, in hopes of connecting locals and visitors to all the amazing things Destin has to offer. Cali relocated to Destin in 2013 from Nebraska (Go Big Red!) to bring her entrepreneurial spirit and existing brands to the beach life. She can be reached at highfive@todoindestin.com.

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citement that comes from being at the docks for weigh ins is like nothing else you've ever experienced. Boats back into the scales, pull the fish from their boat while the announcer hypes up the crowd. Fish are strung up on the scale while the crowds cheer and applaud the boat and their team. For the best seat in the house, get there early, grab a few beers and snag a seat on the bleachers by the leaderboard or above on AJ's upper deck.

Halloween on the Harbor will signify the end of weigh-ins on Wednesday, Oct. 31, when the captains, anglers, volunteers and even Miss Destin will be dressed

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YAMAHA

Miss Destin 2022: **Ella Kathryn Campbell**

Hi! I am Ella Kathryn Campbell. It's an honor to serve the city of Destin, my hometown, at the upcoming rodeo and all throughout the year. I've spent a majority of my life in Destin. I'm the daughter of James and Julie Campbell. I have two younger siblings Caroline and James Campbell and two more if you count my dog and cat Smokey and Bandit!



I am a senior at Fort Walton Beach High School. I am a member of many different clubs, most of which serve our community in all aspects, my favorite being Lady Viking in which we support our sports teams and school spirit! I'm also involved in our Leadership class, in which we do various activities throughout the year aiding our community and school.

After graduating from high school, I plan to study Marine Biology in college! My love for fishing and Destin has served as a passion and hopefully a career one day!

Outside of school, my two major passions are being involved in my church and horseback riding.

Destin United Methodist has been a second home to me and has made me the leader I am now. From the children's ministry to the youth group throughout the years, they have taught me so much. I have served on our leadership team for the last three years. After many mission trips over the years, I have to say that my favorite was Costa Rica the summer of 2021. Even though we had to utilize

all of the safety precautions for Covid (including masking everywhere!), it was a wonderful week serving the Lord!

At four years old, I was introduced to horseback riding by

my dad and have competed for almost eight years now and plan to always have it in my life! This will also be my eighth year at horse camp Valley View Ranch where I will be a counselor this

year! Horseback riding has given me confidence and strength and a love for animals that made me who I am.

I have so much to look forward to in the future. With

many changes ahead of me, I look forward to using this opportunity to connect with locals and vacationers alike—anyone with a deep love for my hometown—Destin, Florida!

74th Annual Destin Fishing Rodeo
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 Off the Hook

Volunteers Needed for International Coastal Cleanup

Saltwater Restaurants and Destin-Fort Walton Beach Tourism will host the International Coastal Cleanup on Saturday, Sept. 17 from 8-10 a.m. For more than 35 years, Ocean Conservancy has held the International Coastal Cleanup®

which is a global event that prides itself in, “harnessing the power of people to fight ocean trash.” The goal of the cleanup is to remove as much trash and debris from local beaches and there are multiple locations where volunteers of all ages can

participate. You can join the local effort at any of the below cleanup locations by registering at <https://www.destinfwb.com/international-coastal-cleanup-rsvp>.

- The Boardwalk on Okaloosa Island (1450 Miracle Strip



our beaches pristine and allow for native wildlife to thrive,” said Okaloosa Board of County Commissioners Chairman Mel Ponder. “We are fortunate to have a Coastal Resource division in our Tourist Development Department dedicated to this cause.”

In its 5th year, volunteers have removed more than 2,000 lbs. of garbage and over 1,000 cigarette butts during the most recent event. Marine debris is a detriment to our local ecosystem and causes problems for seabirds and coastal marine life.

“Beach cleanups not only keep our beaches beautiful for visitors, but they create a safe environment for our wildlife. Certain animals, like sea turtles and shorebirds, rely on our beaches to lay their eggs and protect their young. The International Coastal Cleanup is a great way to bring the community together and do good for the environment,” said Jessica Valek, Coastal Resource Coordinator, Destin-Fort Walton Beach Tourism.

After the cleanup, the conservation fun continues with the Choctawhatchee Bay Family FUN-FEST held at The Boardwalk on Okaloosa Island from 10 a.m.-1 p.m.. Hosted by the Choctawhatchee Estuary Program, the event celebrates National Estuaries week and guests will enjoy food vendors, activities for kids, local vendors and door prizes.

Thank you to our event sponsors: The Boardwalk, The Crab Trap, Okaloosa County, Visit South Walton, City of Destin, Ocean Conservancy, Florida State Parks, Florida Sea Grant Choctawhatchee Basin Alliance, The Surf Hut, The Emerald Coast Wildlife Refuge, Emerald Coast Science Center, Step One Automotive, The Gulfarium, Divers Down Pollution Project, Destin Brewery, Waste Management, Saneka’s Legacy, Keep Florida Beautiful

For more information on Destin-Fort Walton Beach, Florida, please visit www.destinfwb.com.



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Learn to Be Alligator Aware

With summer in full swing, many people are working and recreating near Florida's lakes, rivers and wetland areas. Warm temperatures also mean alligators are more active and visible. While serious injuries caused by alligators are rare in Florida, the Florida Fish and Wildlife Conser-

vation Commission recommends taking the following precautions when in and around the water to prevent conflicts with alligators:

- Keep a safe distance if you see an alligator.
- Never feed an alligator. When fed, alligators can lose their natural wariness and instead learn to associate people with the availability of food. This can lead to dangerous circumstances for yourself and other people who could encounter the

- Feeding alligators is illegal and dangerous in Florida. If you see someone feeding an alligator, call FWC's Wildlife Alert at 888-404-FWCCor visit MyFWC.com/WildlifeAlert.
- Swim only in designated swimming areas during daylight



hours. Alligators are most active between dusk and dawn.

- Keep pets on a leash and away from the water's edge and never let them swim in fresh or brackish water even for short periods of time. Pets often resemble alligators' natural prey. Allowing your pet in the water for even short periods to cool off or play can result in its death.

Call the FWC's Nuisance Alligator Hotline at 866-FWC-GATOR(866-392-4286) if you be-

lieve an alligator poses a threat to people, pets or property and the FWC will dispatch a contracted nuisance alligator trapper to resolve the situation. The FWC places the highest priority on public safety and administers a Statewide Nuisance Alligator Program (SNAP) to proactively

address alligator threats in developed areas, while conserving alligators in areas where they naturally occur.

Find more resources about living with alligators at MyFWC.com/Alligator.

The American alligator, Florida's state reptile, is a conservation success story. Florida has a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. They are found in freshwater lakes, ponds, swamps and slow-moving rivers in all 67 counties in Florida.

TRADE YOUR CAR

continued from page 20

because you have a trade, at a fair trade-in price, something is wrong with the deal. An old, and hopefully seldom used these days, practice in the car sales game was for dealers to go up on the prices they were offering any buyer for their trade; but in doing so, pad all or part of that money back into the deal somewhere else. That somewhere else often being their price they would be selling you their car for. Pay attention to that. Get the best price for your purchase and a fair offer for your trade. In an ideal transaction, the two should not hinge on each other, or else one price isn't really what its being sold to be.

Join Will next issue for Part 2 on how to sell your own car.

Will Estell is a writer, editor, founder and publisher of multiple titles over the past 25 years. Will is credited with over 700 published articles in various regional and national publications, along with two book titles. Originally from the backwoods of North Mississippi, Will is a proud father

of three, and makes his home in Destin and Navarre along with his wife, ABC news anchor, Laura Hussey.

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CVHN Unveils New Mobile Dental Clinic

Second Bus to Provide Restorative Dental Services To Children In Need

Children's Volunteer Health Network, an organization that provides free access to dental and mental health services to children in need in Northwest Florida, has announced the arrival of their second mobile dental clinic. The first bus, gifted to CVHN from the Dugas Family Foundation, is an operatory clinic on wheels. The dental unit meets children where they are and provides preventative dental services on the bus, which is often parked outside of local schools. Now, another state-of-the-art bus is being introduced to the community, but unlike the original mobile dental clinic, the second bus will go beyond preventative care and provide restorative services including urgent procedures.

As of 2021, CVHN facilitat-



ed over 75,000 procedures for children in the local community with more than \$6 million in free dental health services provided so far. The addition of the new bus will complement the preventative care current-

ly being offered and children will now have access to a wider range of services. Just in time for the new school year, the new restorative bus will join the preventative team to begin their visits to Okaloosa and Walton

county schools this month.

The local community is invited to gather at Grand Boulevard on Saturday, August 27 from 10 a.m. to 1 p.m., for an exciting bus unveiling. Community members will be able to enjoy refreshments, lawn games, meet Mr. and Mrs. Tooth, tour the bus, and hear from CVHN team members about the new services coming to Northwest Florida. This event is complimentary to attend and open to the public.

Those that would like to support CVHN's new bus for the upcoming school year are encouraged to bring "bus warming" gifts including the following:

- Copy Paper
- Lysol & Microban Sanitizers

- Dawn Soap
- Gallons (or larger) of Distilled Water
- Staples or Walmart Gift Cards

The community or local businesses can also provide support by becoming a gas sponsor for \$500. With gas prices skyrocketing, this is an absolutely crucial aspect in getting dental support to local children in our schools. "We are looking forward to putting the second mobile dental clinic in motion as we continue making a difference for the children of Northwest Florida," said CVHN Executive Director, Kelley Mossburg.

For more information on the bus unveiling, visit cvhnkids.org and follow CVHN on Facebook and Instagram.

A Focus on Sleep

By KAY LEAMAN,
HEALTH ARCHITECT

I've dealt with sleep issues over the years. What I've discovered is that getting quality sleep means developing a routine and sticking with it. I have also found a couple nutritional that have

helped me sleep better. As our lives ebb and flow, so does our sleep. However, sleep is critical for our health and ignoring it, hoping it will get better, is not a healthy choice to make. Mine is a work in progress with stress be-

ing the main interrupter. So, let's dive in and learn a little more about sleep.

What is sleep? It's restful if we sleep well. It's not an idle mode. Our body and brain are working. It activates a process that helps

us rest, repair and recharge.

There are 4 stages in the sleep cycle:

Between wakefulness and sleep – Everything slows down and muscles soften, heart and breathing rates decrease and brain patterns begin to change.

Light sleep – The process continues and body temperature drops.

Deepest state – It's hard to be awakened. Our heart and breathing are at their lowest point, muscles extremely relaxed. It's integral to quality sleep. If this stage is cut short we don't wake up feeling rested.

REM – Rapid eye movement sleep. In many ways it's the opposite of the other three stages. It's the dreaming stage; heart rate increases, breathing rate can quicken and become irregular, eyes move rapidly behind eyelids and brain activity livens. As a protective measure the body can experience temporary paralysis of limbs preventing the body from acting out movement about which we dream.

All 4 stages run through in succession until we wake up. Without both NREM and REM sleep our memory consolidation is harmed.



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Love That Traffic?



By DR. RICHARD CHERN, M.D.

How are you handling life's little frustrations? I know this article goes outside the immediate area, but I would bet everyone reading this article knows exactly how life in Destin has changed in the last ten years. I know for me, if there's a bridge, it might as well be an international border requiring a visa because the chances of me crossing from Destin to Niceville or Fort Walton Beach are about zero. In fact, unless I am hopping onto a boat to go fishing,

I'll even avoid driving into the heart of Destin most of the year.

But, there are times when you just can't avoid the traffic, the crowds, or Publix on a Saturday afternoon. Or you have a family in town who want to go hunt for a parking spot near a public access point to sit in a mass of chairs, coolers and people at that place we used to call the beach. These are the days that test our ability to let go of our stress and frustration and enjoy the tiny bits of happiness that are still here.

What does this have to do with hormones? Hormones help with muscle tone, weight loss, bone density, pain levels, sex drive, skin appearance, heart disease, breast cancer and more. One of those "and more" items are stress and anxiety. When you turn onto Highway 98 into a mass of tourists who are obli-

ous to everyone else on the road, have no issues crossing three lanes of traffic to turn left, and are more concerned with updating their Instagram than the traffic in front of them, hormones will help you stay calm and happy.

Hormones will help keep you happy and calm after you arrive at Publix on Saturday afternoon for some creamer only to find masses of tourists and empty shelves.

And when you decide to go to Smallmart with your list of essentials only to find that the most important item is not even sold at that location, hormones will help.

You see, hormones help you tolerate and even maybe enjoy the everyday events that might be causing you stress, anxiety and grief today. Even the small stuff like someone's tone or attitude or



the rudeness we see everywhere. Now, when I deal with a rude person, I kind of find pleasure in the fact that they can't get me riled up. And, I understand that much of their problem is that they need their hormones.

If you find you are losing it in these situations, you should really give us a call. In my experience it's much easier to find calm and humor in all the madness. Come see us and give us a chance to give you the relief you deserve.

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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 Wellness

Self-Care Corner: The Call For Fall



BY KRISY ANDERSON

The Summertime is great! But, sun exposure can deplete collagen. Collagen is the glue-like substance that supports and connects tissues and is responsible for firmness, elasticity

and protections. The sun makes collagen break down, damaging its suppleness and promoting early aging. For mature skin, the summer sun can leave behind sun and age spots as well as increased lines and wrinkles.

Diets high in essential fatty acids (cold water fish like salmon and flax seed) can help repair cells and protect from further damage while diets high in antioxidants (whole grains, veggies, fruits and nuts) can help repair and protect your skin.

If you're frustrated by freckles and age spots or just want to restore moisture to your dehydrated summer skin, Beverly Hills Day Spa has some tips

for preparing your skin for fall which will restore and nurture your dull or damaged skin in time for the approaching holidays!

1. Smooth skin requires exfoliation.

If your skin is dull and rough, even the most advanced moisturizer won't help because your skin's surface is covered in dry, dead skin cells. Exfoliating will help to reveal smooth skin and improve the absorption of skin products. Jumpstart this great ritual and slip right into your smooth skin for fall with a treatment that begins with a brown sugar body scrub or strawberry body puff to thoroughly exfoliate and polish the whole body

and finish with a nourishing and hydrating treatment combined with a Swedish massage.

2. Treat acne correctly.

A common myth is that the sun clears up acne, but in many cases the opposite is true if you spend too much time in the sun. There are special facials for breakouts to diminish the look of blemish scars and stimulate collagen production.

3. Replenish cold weather skincare products.

Start by adding some key products that replenish moisture. By addressing damaged or undernourished skin now, you'll prepare your skin for cooler temperatures around the cor-

ner. Add O2 moisturizer, Jojoba Radiance Polish and an Aloe Soufflé to hydrate and restore moisture to your body.

4. Schedule your day at Beverly Hills Day Spa!

Fall is the time of year to boost the capacity of your skin's anti-aging and restoration powers with an afternoon of pampering. Try the amazing face and body contouring with the Curve.

One visit per month can bring amazing results! Visit www.beverlyhillsdayspa.com or call me at (850) 654-8544 to book your skin-tightening treatment. 114 Palmetto Dr., Suite 6, Destin, 32541, on Tuesday – Saturday 10 a.m.- 5 p.m.

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SLEEP

continued from page 32

Things that can interrupt our sleep:

Caffeine, alcohol, diet (sugar intake) or eating too close to bedtime. Physical activity, stress level or emotional state, bright lights or blue light.

Things we can do:

- Put away electronics at least 30 minutes prior to going to bed. Consider removing electronics from the bedroom as the electromagnetic waves can interfere with sleep.
- Develop a consistent bedtime as this will develop a rhythm of our internal clock
- Relax by doing some light stretching
- Dim lights
- Play soft music, etc.
- Use blackout curtains (Light is the signal that turns on and off our sleep hormones.)
- Instead of tossing and turning, consider getting up, take a slow walk around the house, have a sip of warm water, read for a few minutes or stretch us-

ing slow movements to relax the body. Then return to bed and focus on your breathing.

Sleep is important for a healthy immune system. Here are a few things that happen when we sleep:

- During sleep immune cells move around, creating memories.
- Immune cell effectiveness is being preserved, proliferation of white blood cells and protective immune proteins (cytokines).
- Activation of immune cells
- Differentiation of new white blood cells
- Optimization of natural killer cell function (quick-acting white blood cells of the innate immune system)

When your cells are cared for with quality sleep your supply of bodyguards are stocked, locked and ready to protect you properly.

The American College of Physicians does not recommend taking sleeping pills for a long time as they sedate the mind rather than help to naturally induce sleep. Here are some holi-

tic options:

• Essential Oils:

Methods of use: Inhaling – diffused.

Direct application – to skin, dilution recommended using avocado oil, almond oil, etc.

Ingesting – added to food or drink, get professional advice before utilizing this method

• Oils to consider:

Lavender (diffuse), bergamot (can lower heart rate and BP and help with anxiety and stress), clary sage (may reduce cortisol levels), valerian, sandalwood, ylang ylang, jasmine, frankincense (expensive), chamomile (tea can be used in place of the oil)

• Nutrients (I can help you with these):

A high quality melatonin, magnesium tea or a stress relief supplement

Some age-related sleep issues are due to:

First part of the brain to suffer from the aging process is the same region that allows for deep sleep. This can begin as early as our 30s.

Sleep issues are linked to heart disease, Alzheimer's, diabetes, stroke and obesity. (It's important to exercise the mind and the body. There are myriad puzzles and games that exercise the mind. Learn something new like a new hobby, exercise, take a class, etc. or read.)

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What is This Time For?



By TODD CRAIG,
JOURNEY BRAVELY

There was a season of life where I reached the end of the day feeling I had been a slave to my to-do list. I was busy running from one task to the next. And, even when the days were as productive as they were busy, I often felt unfulfilled at the end of the day. Though things were getting done, there was no time to appreciate my accomplishments and tasks that were being accomplished were sometimes at the expense of being present with the people that matter most to me. I was overwhelmed, tired and frustrated.

Time is one of our most precious gifts. Time is finite, we can't "make time," (even though we often use the phrase) we can only spend it. Additionally, we don't get "do overs" with our time. So, we have developed and

utilize tools to help us maximize our time including watches, calendars, alarm clocks, time management apps on our phones, to-do lists and many others. Ironically, we can allow ourselves to be controlled by these tools, which are supposed to help us stay in control, at the expense of the very moments the tools were intended to help us maximize. So how do we break out of this cycle? Here are three strategies that have been helpful for me and my clients:

Consider the different aspects of time. In our culture, we tend to think of time in a narrow and limited way. I often introduce my clients to the words the Greeks used to differentiate two ways they thought of time. The two words are chronos and kairos.

The Greek word chronos is the easiest for us to understand because it aligns with the most common way we refer to time. Chronos refers to the quantity of time. When we say, "It arrived at 3:07," or "I am getting married in 18 days," or "The cupcakes will be ready in 20 minutes," we are talking about chronos time. Most of the tools we have for time management are built around maximizing time in a quantitative sense.

The Greek word Kairos,



however, refers to time in a qualitative sense. We tend to think about time in this way far less. However, when we say, "It showed up at just the right time" or "We knew it was time to get married" or "These cupcakes are taking forever" we are referring to kairos time. Our hectic schedules can challenge our efforts to maximize time in a qualitative sense.

Of course, both understandings of time are important. A chronos understanding helps us recognize the limits of our time and the need to act so we can move our stories forward. And a kairos understanding helps us think beyond those limits so we move our stories forward with intentionality and meaning.

Slow down to speed up. With a Kairos understanding of time, we can begin to see that sometimes the most efficient thing we can do is slow down and take a breath before rushing to the next thing. When we do this, we let go of anxious men-

tal energy in favor of focused mental energy. This also gives us space to exercise a third strategy.

Ask, "What is this time for?" When we are thinking about time with a chronos understanding, we will tend to ask questions like, "What do I have to do?," "Where am I supposed to be?," or "How long is this going to take?" In this sense, time is being spent and we can find ourselves looking towards what's next. But, when we are thinking about time with a kairos understanding, we might ask a question like, "What is this time for?" Asking this question can help us relax into the moment and consider taking in all the bene-

fits the present moment has to offer. Asking, "What is this time for?" may save me from rushing to accomplish more tasks on my to-do list (quantitative) in favor of taking time to be fully present with my child who is asking for help with a school project or waiting to be tucked in at night (qualitative).

As you work toward making shifts in how you view time, we are here to support you in your journey. If you are interested in learning more about how working with a coach can empower you, you can find us at journeybravely.com.





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Behold the Return: The Travel Comeback



By JODELL HAVERFIELD,
HAVE TRAVEL MEMORIES

As the way we travel continues to evolve, the demand for more authentic, substantial, meaningful and memorable travel experiences continues to be at the forefront of every traveler's mind.

Travel Advisors not only help travelers plan their best travel experiences, but also belongs to multiple travel organizations that lobby Congress. More than



200 travel advisors representing 47 states recently convened in Washington D. C. to personally lobby Capitol Hill, and for good reason! There has never before been this much disruption in the travel industry and we want to make sure congress is paying attention. However, on the horizon there's also a new opportunity that comes along with the challenges of navigating travel in a post-pandemic world.

All economic pressures aside, consumers are spending more on travel than anything else and 67 percent already have plans to travel before the end of the year. In fact, 41 percent of consumers are planning to spend even more on travel in 2023. Almost 80 percent of Americans agree that travel is an economic driver of the U.S. economy.

As a result of this surge in demand 71 percent of consumers think travel is more complex and their research indicates

nearly half, 45 percent of travelers agree that using the services of a professional travel advisor will put their mind at ease.

Despite the economic pressures, people are not holding back. Did you know that 80 percent of people said they felt like a vacation would do more for their mental health. Three-in-10 plan a dream vacation within the next six months and nearly half will travel internationally in 2023. With pandemic fears subsiding, Americans are eager for revenge travel! Travelers of all ages are looking at bucket list travel, multigenerational travel, researching their roots, heritage travel, the spirit of exploration and adventure travel.

We at Have Travel Memories are wasting no time finding amazing travel experiences. One such trip is our 10-night British Isles cruise through Lon-

don, Scotland and Ireland, sailing September 2023. We will co-host this cruise adventure and will feature a special guest Will Summers, who was one of the 12 horsemen. He was one of the original Special Forces soldiers to fight the Taliban in their homeland. Our guests will be able to enjoy talks, dinner and will also receive an autographed copy of Will's book "12 Strong." We have negotiated special cruise rates, a pre-cruise hotel in London. Air is not included but currently it's half price from PNS at \$569. <https://www.funseas.com/horsesoldier23> Don't wait if you want to join us on this amazing cruise.

I can't think of a better way to meet some of my readers than on one of my amazing hosted trips.

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BY CHRIS BALZER, ECES

But, soft! What light through yonder window breaks?

*It is the east, and Juliet is the sun.
- William Shakespeare, Romeo and Juliet*

No one would dispute having the beauty of soft natural light shining through our windows puts a smile on our face and warms our hearts. We have windows to let in light and give us views into our world. You may have a lake view, an ocean view, a pool view or simply a view of the outside. What I am finding out is that many of us have windows that are letting in much more than soft natural light and have become a nuisance. We purchase blinds and curtains to block the heat. We search for dark or mirrored film to help against the heat while maintaining some of our view. We place towels and blankets over our furniture and wood floors to protect them from fading and cracking. We even go to the extreme of replacing our windows with expensive Low E glass. There is a solution, ERG (energy reflective glass) or smart film. I know what you are thinking, another film, great, tried that, didn't work or my HOA won't allow it. ERG is not your typical window film. In fact, it has some of the most technological advances built into this smart film. Most films use dyes and aluminum, ERG uses a proprietary technology to sputter gold and silver allowing the film to be virtually clear and highly energy efficient. A client of ours in Inlet Beach built a new home; they struggled with trying to keep their master suite cool due to all the windows letting in heat. We coated their windows and after two months they contacted us and said, "Thank you so much! We are very happy with the heat reduction we have noticed." There is science behind this magic. Astronauts use a visor assembly coated with a thin layer of gold that filters out the sun's harmful

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ENERGY TIPS

by Emerald Coast Energy Solutions

rays and protects the spacewalker from extreme temperatures. This technology has been adopted and available to solve the problems in our homes and offices. One popular question we are asked is, do I need to coat all my windows? The answer is no. We want to only address the problem windows. The windows which get direct sunlight, the windows which you feel heat ra-

diating from. Because the film is virtually clear, you will maintain your original architectural integrity, basically, it won't change the look of your home. What our ERG film won't do is block glare or shade a room. ERG blocks the heat, not the view. Another benefit of our ERG film is that it rejects 99% of Ultraviolet (UV) rays which damage floors, furniture, blinds and drapes. If you



have been searching for a solution to block the heat and not your view, contact us for an in-home demonstration and see for yourself how we can block the heat and not your view.

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





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Insights for Investors



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

Inflation, interest rates and the current state of things

Inflation has had more impact over the past than at any time in almost the past 40 years. After peaking at 9.1 percent in July, inflation came in a little lower in August at 8.5 percent. Producer and import prices remained high and the supply change problems persisted. The chip shortage affected just about everything (would you believe more than 300 chips go into a car?).

Going back in history, inflation in 1981 was above 10 percent and by 1982 the unem-

ployment rate was over 10 percent and interest rates were well above that. The USA and the world experienced two recessions in the early '80s and those followed a very difficult period of the 1970s where the markets underperformed and the economy struggled. The Dow Jones Industrials Average was higher in 1972 than it was in 1982. And then, things began to change. It started with changes in tax legislation, private and public investment and believe it or not, the decline of the US dollar. The economy grew, interest rates came down, unemployment came down, and inflation made its way down to less than 2 percent over the past two decades. Prosperity was more than norm than the exception. Fast forward to today and the Dow is over 33,000 at this writing, which is up from 742 in August of 1982.

Today, a lasting labor shortage

Investors are right to wonder just how we ended up here. There is no one answer – it is a combination of things. First is the tremendous monetary and fiscal stimulus throughout the

pandemic. That unleashed a lot of capital which many still have saved, invested or can borrow and at still historically low rates. Next, many left their jobs (38 million in 2021) and either went to other jobs or, at a significant pace, started their own businesses. Third, the combined impact of stock market and real estate markets over the past few years had many people feeling more confident of retiring early. What do these things add up to? Wage pressures, which keep inflation elevated. Investors should take note to consider those investments that have historically outpaced inflation.

Real Rates of Return or more important now

The real rate of return is what is left after inflation (and don't forget taxes). As inflation has risen many investments (cash, CDs, many bonds) have had a low to negative real return. That is not always easy to realize so investors and savers are encouraged to take a step back and consider the real return. Most people want to keep pace with inflation at the very least and to outpace it at the very best. Stocks and real estate still command the lead for returns vs inflation and other asset classes. Of course those asset classes come with higher degrees of risk and volatility.

Vanguard says bonds are back

In its recent paper "Active Fixed Income Perspectives Q3 2022: Bonds are back," Vanguard points out several key things for investors to consider. Most important of these is that bonds have had the worst performance in history over the first six months of 2022. They point out however that real returns, or positive returns, now exist. They argue "with bond yields higher than expected inflation over the next five years and beyond." We agree with their sentiment that bonds once again offer diversification and less risk for investors' portfolios after not having done so in the recent past. We also look at the returns on municipals (for those in higher tax brackets), and according to Raymond James, some of the best values may exist with maturities in the 8-20 maturity range. Raymond James also makes available to in-



vestors the important statistic of duration, which is a measure of risk for a given bond which considers its maturity and call dates.

Energy Commentary

Europe continues to adapt to the crisis and is bringing some coal-fired plants back and Norway recently vowed to out-produce Russia in natural gas supply as long as the crisis lasts. Natural gas prices at this writing are at their highest levels in the past 14 years. The implication for investors in our opinion is to continue to overweight holdings in the energy sector relative to its current weighting (in the S&P 500) which is 4.4 percent. That is significantly lower than it was just 10 years ago. Another way we see it is that despite the pandemic, and the crisis in Europe, the world continues to grow and more and more people in emerging and developing countries are increasing their standards of living. The demand for electricity might continue to grow significantly in the US. In a recent editorial, the Los Angeles Times pointed out that California alone could see energy consumption grow as much as 68 percent by 2045. They argue that in line with the electrification of cars, that would be a key driver. The world will need more energy from whatever form it may come. We also think investors should pay attention to the reemergence of nuclear power. States and countries are hard at work solving for waste storage and there is also the long-term promise of small modular reactors which create a fraction of the waste. While a lot of companies are working on that technology it is not near being scalable.

Interest rates and savings rates

Investors can finally enjoy more competitive returns on

their most conservative investments. Many brokerage firms and financial institutions are now offering CDs over 3 percent for one year and many money market fund yields have increased as short-term rates have increased. Many are left wondering how long rates will continue to climb. We are not convinced that it will become a long-term trend. We agree with a lot of the sentiment we hear and read that short term rates are likely to peak at 3.5 percent. We will have to see what the future brings.

Important Disclosures

The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd, Destin with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone (850) 654-8122.

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Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation. Investors should consult their investment professional prior to making an investment decision.

Investing in oil involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors.

There is an inverse relationship between interest rate movements and fixed income prices. When interest rates rise, fixed income prices fall and when interest rates fall, fixed income prices rise.

Bitcoin and other cryptocurrency issuers are not registered with the SEC, and the Bitcoin marketplace is currently unregulated. Bitcoin and other cryptocurrencies are a very speculative investment and involves a high degree of risk.

Investors should consider the investment objectives, risks, charges, and expenses of an exchange traded fund carefully before investing. The prospectus contains this and other information and should be read carefully before investing. The prospectus is available from your investment professional. The companies engaged in the communications and technology industries are subject to fierce competition and their products and services may be subject to rapid obsolescence. Investing in the energy sector involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors.






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- Take the time to consider your motivations for selecting certain investments or strategies.
- Don't rule out an investment or financial strategy because it's foreign to you.

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Your Customized Auto Policy Just Got More Expensive



BY JOE CAPERS,
INSURANCE ZONE

In July, we learned that Florida has the highest homeowner premiums in the country. And today it's official, we now have the highest auto rates too! The average annual premium in 2022 is \$2,560, compared to the national average of \$1,682.

In Florida and most states, auto insurance is required to register and legally operate a vehicle. Like most lines of insurance in Florida, rates have been on a rise for the past few years. It may be tempting to only purchase enough coverage to meet our state's minimum requirements. Don't do it! These low limits are not enough to protect

you and your family if the worst circumstances happen.

Your car insurance policy is an important financial tool. If your car or you are involved in a wreck, theft or natural disaster (hurricane, flood or fire), the impact on your financial viability can be substantial. Your car insurance should be tailored to protect you, other people and assets from most of the associated expenses and costs in the event you are involved in an accident. Your lender, who legally owns the car, may have their own requirements and will want to be financially protected if there is a collision or other damage.

There are six basic types of coverages for your auto, motor home, motorcycle and LSV's that are registered with the state.

Liability – Coverage that offers protection against claims alleging that a driver's negligence resulted in bodily injury or property damage to another party. This can include the driver and passengers of the other vehicle or vehicles involved, injured pedestrians and owners of the property where the accident occurred.

The more assets you need to protect, the higher the limits should be. For those with significant assets, an Umbrella policy is recommended for increased protection. In most cases the Umbrella will require minimum underlying Liability limits of \$250,000/\$500,000.

Medical Expenses – Coverage for medical expenses because of bodily injury sustained by an insured caused by an accident. This covers your medical bills (not lost wages), regardless of who is at fault in a crash. Usual limits offered \$1,000, \$5,000 and \$10,000.

Uninsured/Underinsured Motorist Coverage – This coverage pays for your and your passengers' medical bills and property damage if the driver at fault in an accident doesn't have insurance, has insufficient coverage, or the incident is a hit-and-run. It is recommended to carry limits equal to the liability limits on a Stacked (broader) Basis rather than Non-Stacked.

PIP/Personal Injury Protection - Mandated by Florida, provides medical, disability, and death benefits to you and any passengers in your vehicle. Basic PIP covers up to 80 percent of your medical expenses and 60 percent of your lost wages.

Collision – Physical dam-

age coverage for your vehicle if it is impacted by another vehicle or damaged in an accident. This coverage is usually required by a lienholder on a leased or financed vehicle.

Comprehensive – Covers damage to your vehicle caused by an event other than a collision, such as fire, theft, vandalism, hail and flood damage. Like collision, this coverage is usually required by a lienholder on a leased or financed vehicle.

Other Recommended Coverages – There are many other coverages that should be considered when reviewing your Personal Insurance Program. Included are Loss of Use or Rental Reimbursement, Roadside Assistance, Accident Forgiveness, Gap, New Car Replacement, Diminishing Deductible, Pay-Per Mile Coverage, Customized Equipment and Original Equipment Coverage.

With the popularity of Uber and Lyft, one can now obtain Rideshare Insurance. This is supplemental coverage for drivers of the ride-hailing services, which is typically inexpensive. It provides valuable coverage for situations that are not covered by a driver's personal car insurance policy. If you are a ride-share driver, please discuss options with your insurance agent.

Many of our neighbors and customers have golf carts, or LSVs (low speed vehicles). As long as they're not rented, they can be written as a separate policy, or added to your auto policy if they are licensed for road use. The rental exposure can sometimes be written under a commercial liability policy, but the coverage is not as broad as an auto policy.

Many of our neighbors and customers have teenagers who are approaching the driving age and wonder how best to insure these exposures. If you have a new driver in the household, all insurance companies recognize the increase in risk with a new driver. Some insurance carriers will not insure new drivers, while others will charge higher premiums to make up for the increased exposure. There are some measures you can take to lower your insurance rate, like taking a driving course. This will help your new driver become more familiar with the rules of the road and educate him on ways to avoid accidents. When you are a new driver, it is worth taking it slow, stick to the roads you are familiar with, and avoid getting into stressful traffic situations.

The bottom line is to talk to

Continued on next page

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Five Solutions a Coworking Space Offers Enterprise and Entrepreneurial Clients

By MELISSA FERTITTA

Coworking may be a concept with which people are vaguely familiar, but the solutions it provides businesses – even small businesses and solopreneurs – may not be fully understood.

Here are six ways in which a coworking space, like Destin's Beachworx, can help a business, no matter the business's size or location.

Remote Workers & Digital Nomads – Many large

enterprise companies offered remote work for some roles long before the pandemic required it. These roles often fall into the category of individual contributor, meaning there is little team collaborative requirement or

management of others. These roles may be conducted anywhere so long as the results are produced. While working from home may be a top choice for many workers in this role, many find it an opportunity to work from anywhere. Workers may choose to leave their home city and reside, temporarily or permanently, in resort destinations. A temporary residence may hinder working from home because home may now be an RV, an airstream, a condo or cabin without a home office. Coworking spaces provide short-term solutions which may be used daily, weekly or monthly. Open areas with soft seating, communal tables or hot desks – a cubicle space with privacy dividers and a desk – are popular with users who need access to a quiet, professional environment.

Private Offices – Professionals who will establish a longer commitment may select a private office or executive suite in a coworking community. This option provides users with a dedicated, private space for one or more persons, which can usually be rented month-to-month without signing a long-term lease commitment. A few differences between coworking communities and traditional office real estate include no credit check requirement, no additional utility costs and no long-term lease commitment. Coworking communities help your business stay agile, giving you flexibility to add on and remove products as your team grows or right-sizes.

Conference Rooms – Coworking spaces offer a number of ways for professionals to host meetings. Whether the need is an executive boardroom in a neutral location, teleconferencing or simply an alternative to meeting in coffee shops and

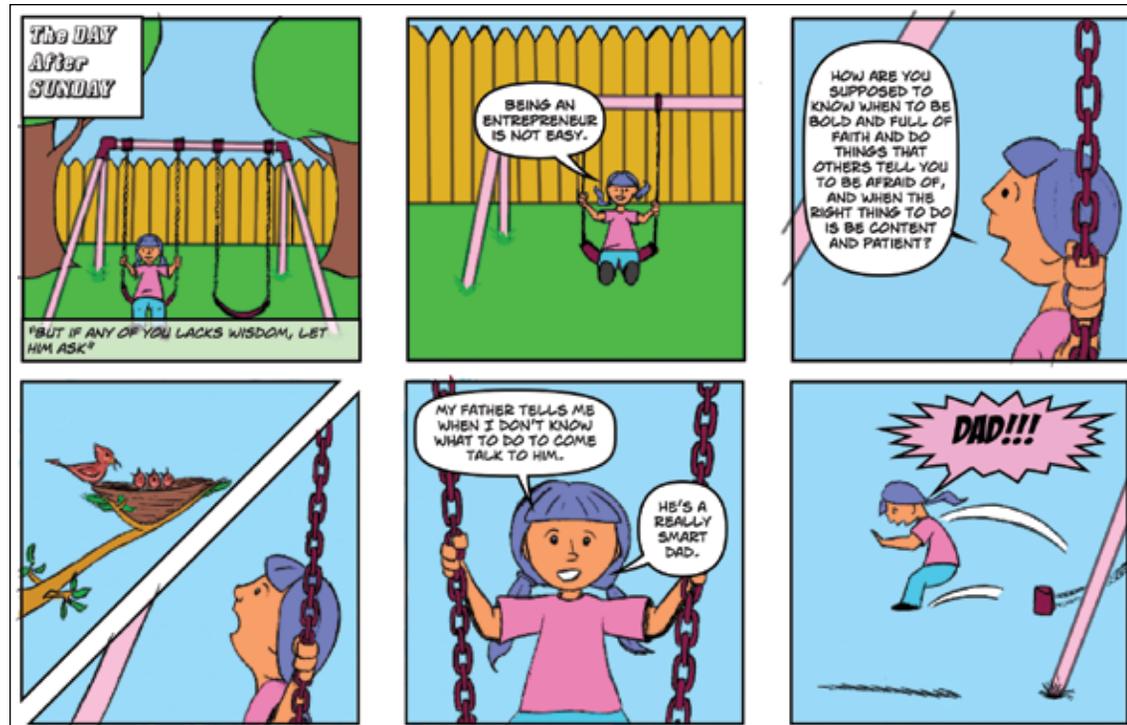


restaurants, coworking spaces offer daily passes and hourly meeting room rates.

Virtual Address – Ask any entrepreneur where his business started and the likely answer is the kitchen table. But an address in a professional building protects one's privacy and adds credibility to a business. It's a tool that also allows a business to expand into other markets without actually hanging a shingle. Beachworx's virtual address uses Google tools to expand a business's online presence and can be upgraded to include mail and package delivery. Add-on day use passes to utilize the space for work or client meetings.

Community – Professionals know that your network is your net worth and one way to expand your network and meet professionals in other industries and specialties is by joining a coworking community. These interactions lead to collaboration, research and development insight, further network expansion and friendships. Working from home can be isolating, even in the best of circumstances, which makes frequently visiting a community of like-minded individuals appealing.

These are some of the most popular reasons coworking is trending in a post-pandemic world of work. To find a solution that can help your business, attend Beachworx's monthly **Thirsty Thursday Open House, Sept. 15, 5-7 pm.**



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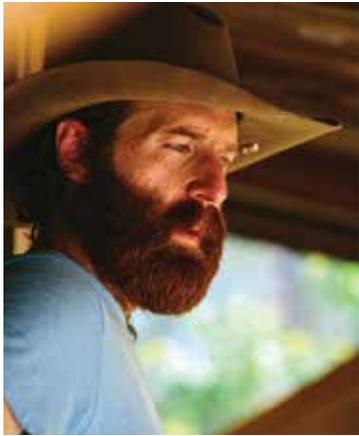
AUTO INSURANCE

continued from previous page

your agent and get customized auto coverages that fit your personal needs. Make sure you are aware of all discounts that are available. According to industry statistics, one of every three drivers are underinsured!

Insurance Zone, founded by Joe and Lea Capers, is a full-service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit its Video Library on www.ins-zone.com to watch informative videos on 'Auto Insurance Made Easy & What To Do in An Accident', or call (850) 424-6979 and talk with one of its experienced Team Members.

Sean of the South



ered her and threw her into a ditch.

She landed a few good hits to his face, but he outweighed her.

He used a pocketknife. He pressed it against her. She screamed something. She doesn't remember which words she used, but she aimed them toward heaven.

Something happened.

His body froze. Completely. He was like a statue, only meaner. She wanted to run, but she was too scared.

That's when she saw another man standing above her attacker. He was tall, with a calm face.

"It's gonna be okay, Dana," the tall man said. "Go on home, sweetie, everything's gonna be okay."

Here's another:

Jim was dying. A seventy-something Vietnam veteran with high morals, pancreatic cancer, and a two-packs-a-day habit.

Doctors said his cancer would kill him.

Treatments were hell. Jim met a man in the VA hospital. A



homeless man with a duffle bag. A fellow vet.

They shared a few cigarettes. They swapped stories. They understood each other. Jim invited the man home.

The man stayed in Jim's guest room. He stayed for several months.

He became Jim's caregiver. He wiped Jim's mouth after episodes of vomiting, he stayed up late during sleepless nights, he helped Jim bathe. He'd pat Jim's back when nausea got bad, saying, "It's gonna be alright."

And he was there on Jim's final day, too. He waited in the den while Jim's family gathered around his bed. When the ambulance arrived, he hoisted Jim

into it.

Nobody ever saw the man again.

And I'm not done yet.

Carrie was a nursing student. She was on her way home for Christmas break. Her children were in the car. They were singing with the radio.

She hit a deer. An eight-point. It shattered her windshield. Think: antlers, screeching, crashing, screaming. She blacked out.

She woke to the smell of gasoline. Her children were crying. She was bleeding.

A man appeared at her window. "It's gonna be okay, sweetie," he said.

He muscled her door open.

He helped her out of the car, he carried her children to safety.

Only moments after they fled the vehicle, it caught fire and turned to soot.

The man didn't stick around.

So anyway, I don't know what you think about the nature of life. I don't know how you feel about miracles. And I don't care.

Because I know you—sort of. You're human. Sometimes you feel like you're losing. Sometimes you feel overlooked and alone. Sometimes you talk to the sky and hope it will answer you. Sometimes you wonder if you're going to make it.

I've spent this entire morning reading letters. They are stories sent to me from people who have seen things bigger than themselves.

It changed the way they see the world. It changed the way they think, even in hellish moments. And they have a message for you. It's the same message that was delivered to them when they needed it most.

It's going to be all right.

BY SEAN DIETRICH

These aren't my stories, but I'm going to tell them.

Let's call her Dana. Dana was going for a walk near her home. It was a dirt road. Her high-school reunion was coming up, she was getting into shape.

A truck pulled beside her. He slowed down. He rolled his window open, he asked if she needed a ride.

Something was wrong. It was the way he looked at her.

Before she knew it, he'd jumped out of the vehicle. She tried to get away. He overpow-

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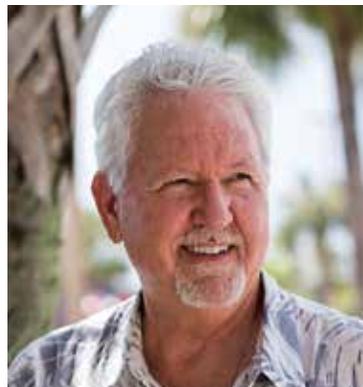
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 Musing


BY PASTOR DAVID HOLLAND

But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”

In reply Jesus said: “A man was going down from Jerusalem

to Jericho, when he fell into the hands of robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came to where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and

wine. Then he put the man on his own donkey, took him to an inn and took care of him. The next day he took out two silver coins and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”

The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.” Luke 10:25-37

How can we know we are truly a Christian? Are you going to heaven? You cannot “be a good person” and earn your way into heaven. Nor is church membership enough. Jesus shows us a better way.

A young religious lawyer approaches Jesus, asking, “what must I do to inherit eternal life?” Great question.

Jesus asks the lawyer about what he believes, and the man shares remarkable insight as he says, “Love God” and “Love others.” These two great commandments are not only a summary of the entire Old Testament, but are the guiding principles of successful living. Great answer.

The lawyer, seeking to justify himself, questions Jesus further. “Who is my neighbor?” The translation here sounds like his motive is to prove himself good enough. I submit he is actually

seeking assurance, as if he were saying, “How do I know the kind of love and faith God requires?” Christ answers with a story aimed at challenging the man while assuring him of salvation.

The parable begins with a man robbed, beaten, and left for dead. The priest walking by is unwilling to defile himself with this messy situation, so he avoids the man in need. Touching a bleeding person would have disqualified the priest from serving in the Temple. Ironically, he was en route to the Temple to serve people in need while a man lies suffering right in front of him. A Levite also passes by, but in a hurry to fulfill his religious duties, he leaves the poor man by the side of the road.

But along comes a despised, irreligious Samaritan who has compassion for the man and generously attends to his needs. Christ concludes the parable with a question for the lawyer: “So, who was the good neighbor?”

The lawyer answers, “The one who had mercy on him.”

Christ’s conclusion and message to us, “Go and do likewise.”

It is easy to love God and love others in theory. The difficulty comes in actually doing it in ways that matter. The Lord shows us how. Through the priest, Christ shows you can find needy people in non-religious settings.

The Levite reveals hurting people sometimes surface at the

most inconvenient times. It is in the random and unpredictable places that people and circumstances challenge us to show mercy.

Who is our neighbor? It is the needy person set in our path or the difficult situation that people lay on our doorstep. Often, our neighbor is a stranger.

We could shirk responsibility and ask ourselves, “Why is this person my problem?” We can go down the guilt path and assign blame. “What did they do to get themselves into this situation?” Or we can take the mercy road and help the hurting person.

When I was 17 and a new Christian, my mother went out drinking. Late that night, she came home with a male friend who had drunk way too much. Because I had two twin beds in my room, the stranger slept in the empty bed. I remember his smell to this day. Internally, I fumed with anger. But I also sensed that this man needed to know Christ as his savior.

I explained the good news of Jesus Christ to this inebriated person, and he prayed the prayer of faith. I went to sleep, doubtful he would remember anything. In the morning, I drove him home, and as I was dropping him off, he paused and said, “I remember what we did last night. I’m a Christian now.” Despite my lack of compassion, God’s grace powerfully affected this new brother.

I know simple faith in the Lord Jesus Christ saves us from sin. But I also know we need to act on that faith by loving our neighbors. Walking down the road of life, you will encounter struggling, hurting people. In my experience, these tests occur in the most inconvenient times and are costly in time and money. Are you ready to meet your neighbor and pass the mercy test?

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.

A Pastor’s Ponderings: The Mercy Test

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

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For (More Than Just) the Love of Ballet

BY RACHEL PRESCOTT,
STUDIO6TWENTY5

It's early on a Saturday morning. A group of tiny dancers make their way to the ballet studio in a single file line, up on their tippy toes, with their hands on their hips. For the next 30 minutes, these independent two- and three-year-olds will explore new ways of moving using their own magical thinking, which in turn lends to a tangible creative expression. Throughout the year, imagination and creative play teaches them concepts such as right from left, standing in a line, counting music, coordination, spatial awareness and a whole universe more.

Ballet is about so much more than just ballet.

In a world of apps, telecommunication and virtual reality, this mind/body all-encompassing performing art form is more beneficial now than ever for our younger generations. From the first day of class in a classical ballet school, training begins to instill poise, self-confidence, awareness (of oneself and others), physical health and self-discipline. As tiny dancers grow



into teenage dancers, these assets and values are a large part of who they are as people, and therefore spill over into every other area of life.

My longtime ballet teacher, the late Miss Dorothy Lister, used to announce to our class of angsty 14- and 15-year olds, "Ballet dancers make straight A's!" As I looked around the room, I realized she was right. We were all very good students, enrolled in honors, AP, IB programs, some of us at the NWF Collegiate High School. (We may not all have had straight A's, but close.)

The drive for excellence, self-discipline and the ability to creatively express oneself will carry a person through a lifetime, in any profession or life

path. After all, children with these values become adults with these values. The poise and determination of a once eight-year-old dancer serve her well as a lawyer fighting for justice in the courtroom, just as self-confidence and stage presence can

only benefit a career in PR/marketing, and explorative self-expression help guide a photography career. There are no bounds for how far these life lessons will reach.

Classical Ballet is an opportunity to help instill a founda-

tion in young children that will follow into their adulthood. A dance education is less about being a professional dancer, and much more about developing into a whole human being, with tools and gifts to share with the world.



Fall Flix

mattie kelly arts foundation






SEPT 10	The Wizard of Oz
SEPT 17	Ratatouille
SEPT 24	Hairspray
OCT 01	The Goonies

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FREE for Members - JOIN NOW!

Studio6twenty5 has many exciting things coming up this year!

- Huge schedule expansion! Now offering Pre-Primary & Primary classes Monday through Saturday
- The Nutcracker 2022 presented by studio6twenty5 — Friday, December 9th at Destin Community Center
- Look for the studio6twenty5 float in this year's Destin Christmas Parade on Saturday, December 10th
- Weekly Adult/Open ballet classes
- Weekly barre+ classes

studio6twenty5 is proud to include the American Ballet Theatre® National Training Curriculum, a breakthrough 9 level program that combines high-quality artistic training with the basics of dancer health and child development. The ABT® National Training Curriculum consists of a comprehensive set of age-appropriate, outcome-based guidelines to provide the highest quality ballet training to dance students

of all ages and skill levels. Pre-Primary through Level 3 is taught by ABT® Certified Teacher, Rachel Prescott, who has successfully completed the ABT® Teacher Training Intensive in Pre-Primary through Level 3 of the ABT® National Training Curriculum.

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 the website for additional level and adult classes, or to register online: studio6twenty5.com. Please email any questions to rachel@studio6twenty5.com. studio6twenty5, 625 Harbor Blvd. (upstairs).

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 - Pre Primary C Ballet: ages 4-5
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 - Primary B Ballet: ages 6-8
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- *Students must be enrolled in Primary A or B Ballet to register for Primary A & B Jazz/Lyrical.

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 Arts & Music

Patti LaBelle Headlines Sinfonia Gulf Coast Gala Event

Award-winning entertainer, author and entrepreneur Patti LaBelle will headline Sinfonia Gulf Coast's Annual Gala Event on Tuesday, Oct. 11. This music legend will grace the stage in the Magnolia Ballroom of Sandestin Golf and Beach Resort in Miramar Beach. This highly anticipated one-night-

only evening of entertainment begins with a reception at 6 p.m. "Sinfonia's Gala Event always provides an incredible evening, and we are honored to present the Godmother of Soul, Ms. Patti LaBelle," says Sinfonia Music & Artistic Director Demetrius Fuller.

Sinfonia Gulf Coast was

founded in 2005 on Florida's Northwest Gulf Coast with the mission of redefining the symphony experience. This event is part of Sinfonia's 17th annual season.

Beautiful simply does not describe the incomparable force known to the world as Patti LaBelle. With chart-topping hits from Lady Marmalade to New Attitude, this soulful songbird's name has become synonymous with grace, style, elegance and class. Belting out classic rhythm and blues renditions, pop standards and spiritual sonnets have created the unique platform of versatility for which she is known and revered.

In 2017, LaBelle launched a record label, GPE Records, and released her first jazz album, "Bel Hommage." Beyond performing music, she has been featured in popular films and television programs including A Soldier's Story, A Different World, American Horror Story, and starred in her own TV series, Out All Night. She's

also wowed television audiences with unforgettable performances on the hit shows, Dancing with the Stars and The Masked Singer, and starred in Broadway productions of Your Arms are Too Short to Box with God, Fela, and After Midnight.

LaBelle has written six books: Don't Block the Blessings, LaBelle Cuisine: Recipes to Sing About, Patti's Pearls, Patti LaBelle's Lite Cuisine, Recipes for the Good Life and Desserts LaBelle. As an entrepreneur, she launched Patti's Good Life, a food and lifestyle brand that features a variety of frozen comfort foods, breakfast items and desserts, including her



Savor the Sound Oct. 8

Who's ready to kick off another exciting Savor the Sound concert fundraiser, but in cooler weather and with an outstanding guest speaker? The Taylor Haugen Foundation has announced that Sammy Lee Davis, Congressional Medal of Honor recipient also known as "The Real Forrest Gump," will speak at this event. It will be a patriotic party with live WWII era big band jazz from DownBeat Jazz Orchestra and Voices of Northwest Florida. There will be food trucks and local breweries on site in addition

to a live auction featuring the Rolling Stones 50th Anniversary set, a Donald Trump autographed photo and an autographed guitar – details TBA. Join the fun Saturday, Oct. 8, 2-6 p.m. All tickets benefit the Taylor Haugen Foundation, thus raising funds to continue protecting youth athletes from abdominal injuries in the sports they love. Bring your friends, chairs and blankets, but please, no coolers.

To purchase tickets (\$20 per person; \$50 family), visit mattiekellyartscenter.org.

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world-famous sweet potato pie. LaBelle's humanitarian work is also noteworthy. She remains an advocate for adoption, diabetes, cancer, HIV/AIDS and many other causes. In 1994, she was diagnosed with diabetes and shortly thereafter became a spokesperson for the American Diabetes Association.

The same motivation that had Patricia Louise-Holte blossom from a choir member to lead vocalist for Patti LaBelle & The Bluebelles and later, to solo artist, is the same energy that keeps LaBelle's fire burning at 78. "Each year I grow, and that's a blessing from God. I do what I can do. It's not about making money because I don't need money, but I need to sing," she says.

Ticket prices for An Evening with Patti LaBelle start from \$300 per person and include reception, silent auction, dinner, performance, taxes and gratuities. Proceeds benefit Sinfonia Gulf Coast and its education and community engagement initiatives throughout Northwest Florida. Full table reservations are available, and a limited number of sponsorship opportunities remain. Purchase tickets online at SinfoniaGulfCoast.org or by calling the box office at (850) 460-8800.

Emerald Coast Theatre Company's Centerline of Love

In high school, my drama teacher showed me how to draw a ground plan to design a set. He taught me that every set designer starts their ground plan by drawing a centerline. This is a vertical dotted line down the center of the page, ending with the letters CL, usually drawn with the top of the L inside the C and the horizontal part below. In my youth and exuberance of learning all about theater, that image always stuck with me... the centerline.

Fast forward a few decades (or more) to a spring day last year... I was taking a walk out in the open air, enjoying nature and making a valiant effort to relax. I enjoy listening to music when I walk – sometimes worship music, sometimes indie folk or sometimes laid back jazz like Jamie Cullum. On this particular day, I was allowing Spotify to present some new songs alongside my usual favorites. Rebeca Lake, ECTC's Set and Lighting Designer, had recently introduced the wonders of Spotify to me (showing my age here) as a great way to learn about other artists and songs that are similar to what I'm already listening to.

This particular day I was deep in thought, meditating and contemplating through a particular work puzzle that needed solving. As I'm walking along this beautiful trail, deep in reverie and listening to this new music, a song came on that provided an astounding moment of clarity. I had an astounding moment of clarity.

Here are the captivating words to this song that brought such an incredible feeling in that moment:

*Everyday
We go to war again
We assume we know so much more than them
Before we hear what they have to say
Headline breaks
We start to hate again
Calling them names again
We give our peace away
I hope they see it
Cause I wanna see it
I hope we believe it
I wanna see
I wanna see the love
All around you
All around you
I wanna know
I wanna know
That love*

*Is all around you
It's all around you*

My mind's eye went to seeing all the children and teens who come to ECTC on a weekly basis. I want to see the love all around them. I thought of the volunteers and other patrons that come and find community at ECTC...I want to see the love all around them, too. The families who come for shows or to support siblings...I want them to see the love there too. My beautiful staff who pour their heart and soul into ECTC everyday...I want to see the love all around them too!

I had to find out who wrote these soul piercing words. The song is See the Love by The Brilliance. As the song continued it was like I was having a divine moment with the Creator, and my thoughts went back to high school and what my drama teacher had taught me.

The image of the centerline materialized in my mind as I listened intently. I pondered the centerline of that early set design draft, and then thought of the carpenter's plumbline and cornerstone. As these images were going through my head the thought very clearly came to me that the centerline of ECTC is love! If whatever we do operates out of love, then we are on the right track.

Fast forward several years, and as we are planning our 10th-season, Godspell comes up in discussion. Godspell is

based on the teachings of Jesus which, as presented in Godspell, challenge us to love and build community. The entire premise of the show is based on this foundational commandment, "Thou shalt love the Lord, your God, with all your heart and all your soul. This is the greatest commandment. And the second is like it: Thou shalt love thy neighbor as thyself. All the rest of the law, and all the prophets have written, is based on these first two."

The connection between Godspell and the building of ECTC over the last nine years is undeniably the building of community and the loving of others, the centerline of love. As we build the set, enact the Godspell story, and sing the songs, our whole focus has been just that – a centerline of love. Our mission through Godspell and ECTC is to create a community of love. When Rebeca drew that CL for the Godspell ground plan and when she does it for every other

set that our professional actors and our students perform on, every show that our patrons and families come see, all of it starts with the centerline of love.

When you come to Emerald Coast Theatre Company, will you see the love? Gosh, I hope so.

~ Nathanael Fisher, Producing Artistic Director/CoFounder, Godspell Director



10 ECTC
CELEBRATING TEN YEARS
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GODSPELL

Music & Lyrics by Stephen Schwartz

SEPTEMBER 23 - OCTOBER 2, 2022

Thursday - Saturday at 7:30pm • Sundays at 2:30pm • Wednesday, September 28 at 2:30pm

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 Community



BY PATRICIA LEE, DESTINITIES

If you just moved to the Destin area, you may be wondering what is up with all of these bug-a-boos in your home and what the heck is biting you?! Yes, just

Ask Destinities: Bug-A-Boos and You

like that annoying, mooching relative, we do have some unwanted pests down here which include but are not limited to: biting midges (no-See-Ums), red fire ants, mosquitoes, bed-bugs, Florida carpenter ants, beach fleas, palmetto bugs and roaches. Locals have a variety of ways to get rid of them which was discussed this month in our locals Destinities Facebook group. Some of these may even give you a little chuckle.

1. "CATS! I've got six of them and not a single bug!"

2. "Flamethrowers are underrated!"

3. "After living here for several years, we just name them and pretend they're pets!"

4. No way to get rid of them-- "just get some anxiety meds" and call pest control.

5. "Just set another place at the table."

But, seriously folks, here are some other ideas you may find more useful.

1. "Pest control!"

2. "Use roach motels."

3. "20 Mule Team Borax."

Seal areas where they might enter."

4. "Bengal roach spray."

5. "No pest control ever. We use drain screens in every drain. Cover the shower drains with a drain cover when not in use and seal cracks and holes around inside pipes."

6. "You can put a quart-sized jar outside half full of water and they will crawl into it and can't get out."

I hope some of these ideas help you get rid of your unwanted guests or at least keep

them at bay. If you are a resident in the Destin or close surrounding area, I invite you to join our locals Facebook group at www.Facebook.com/groups/Destinities. If you are not on social media, I invite you to sign up for our monthly newsletter. You may do so from the homepage of our website at www.Destinities.com. While there, be sure to check out our local business directory with 300-plus local businesses.

A2Z Specialty Advertising Remembers Gabby Bruce

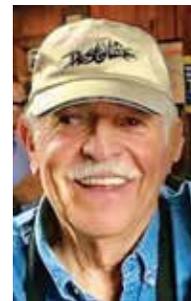
BY DONNA MONTALVO

This is its 11th award, with one more to go in 2022. The awards are given out based on nominations through commer-

cials on Cumulus Radio. The next winner of the "Gabby Bruce You Make A Difference" award is the Step One Automotive Group. The award was

announced at the August Destin Chamber Business Before Hours.

For the last five years Step One has been involved with



the commu. Like partnering with Pawsitive Love Foundation, Meals on Wheels, Special Operators Transi-

tion Foundation, One Hopeful Place, and the United Way to name a few. They've also taken big steps in introducing our children to automotive technology through their partnership with the Hsu Innovation Institute. Step One is living their mission statement to Leave a Lasting Legacy in the Community.

Friends Guild to Host an Afternoon with Local Musician Bo Adams

The Friends Guild of the Destin Library plans an afternoon with local musician Bo Adams on Tuesday, Sept. 13 at 2 p.m. at the Destin Library (Calhoun Room).

Adams, who grew up in Destin and now lives on Panama City Beach, has been playing music since he was 15. Recently Adams participated in a virtual open call audition for the television program The Voice.

If you are eager to listen to Adam's music you can find it locally at 30 Avenue at Inlet Beach, the Red Bar in Grayton, Margaritaville in Destin, Red Fish Taco and Idyll

Hounds, both in Santa Rosa Beach and Little Village in Panama City.

Adams' favorite music to write is folk rock to Americana, however his performances range from country to Grateful Dead and everything in between.

A complete listing of Friends Guilds sponsored programming and independent films is available in the Guild's most recent newsletter. To receive a copy, send your request to: DestinLibraryFriends@gmail.com.



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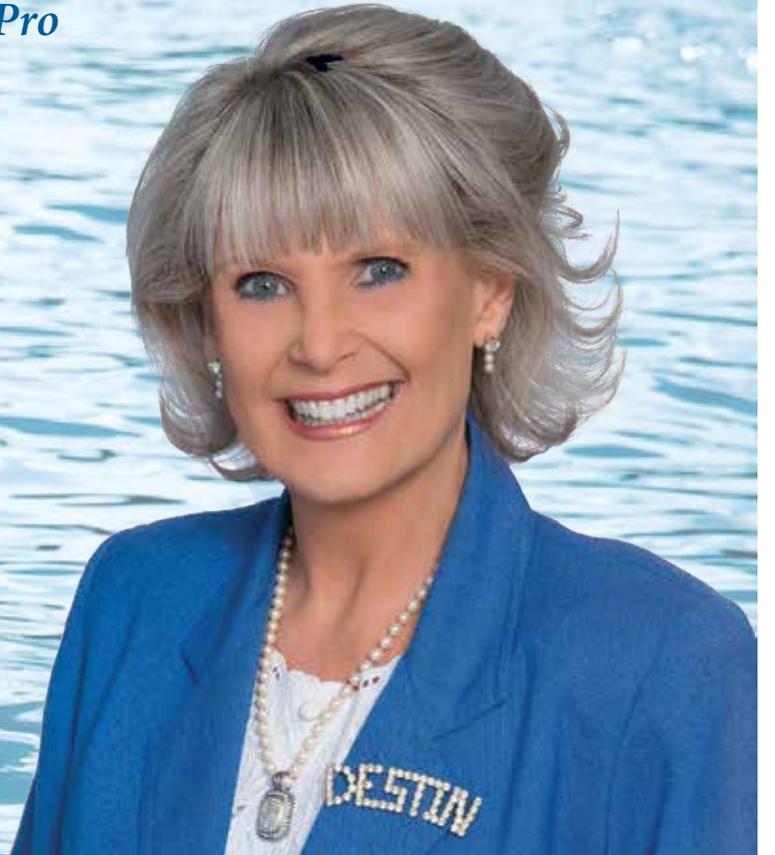
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