



NOVEMBER 2022
VOL. 5, NO. 4

DESTIN Life

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You Can Be a Hometown Hero for Those in Need this Season

BY LORI LEATH SMITH

Are you looking for ways to help our community? As always during the holiday season, there is an ongoing need for giving. Many children don't have enough food to eat over a weekend, much less over Thanksgiving or Christmas, and have to return to school hungry. Some don't even have beds. Many homeless veterans go without a warm meal all year long. Okaloosa County has a food insecurity rate of 13.6 percent among children younger than 18 (source: Feeding America). There are families in our area who are struggling to get by. They can be blessed by an extra boost this holiday season. Fortunately, we live in a compassionate community that pulls together for its own. We have some amazing organizations ready to give this Thanksgiving and you can help them help others.

Crop Drop, the event that kicks off the "giving" for the Thanksgiving season, hap-



pens this year on November 19 at 7:45 a.m. at Destin High School. Since 2009, Crop Drop has provided thousands of pounds of produce that benefit more than 50 organizations throughout Okaloosa, Walton and Santa Rosa counties which feed more than 6,000 families in need. This

year, Crop Drop is partnering with Destin High School and Fellowship of Christian Athletes. Sponsors are needed. If you or your business would like to sponsor, email cropdropdestin@gmail.com or (850) 586-0585. If you'd like to volunteer or for more information, please visit the website at



www.cropdrop.net or visit the Facebook page at [Facebook.com/CropDropDestin](https://www.facebook.com/CropDropDestin).

For over 35 years, **Harvest House Destin** has served the community. This

HERO

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I Am the Real Forrest Gump

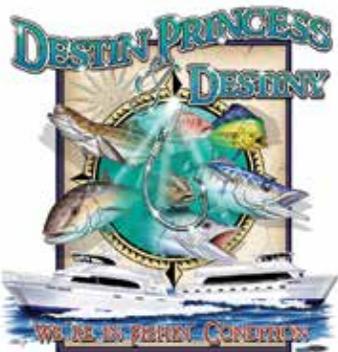
BY DOUG STAUFFER

"You don't lose until you quit trying!" is an oft-repeated quote from Sammy Davis. You might recognize that name, but this Sammy is not an entertainer, he's a Vietnam War American hero.

I love to meet inspiring people, but there is always more to the story. These two interrelated stories involve sacrifice, service, honor and selflessness. They illustrate how catastrophic events produce future opportunities – both inspired by and through love. Some events in life

FORREST GUMP

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FORREST GUMP

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are extraordinary; for me, they mainly involve my interactions with genuinely amazing people. We should never take for granted the wonderful people who cross our paths.

Brian and Kathy Haugen asked Sammy Davis to be the keynote speaker in a fundraiser for the Taylor Haugen Foundation. Before that event, I was blessed to attend a private luncheon with Sammy and Dixie Davis, Gen. (Rep.) Patt Maney, Col. Jason Grandy and Col. Brian Haugen. Yes, the conversation was indescribable.

In 1965, after high school graduation, Sammy L. Davis enlisted in the Army and volunteered to go to Vietnam. Because his father had been an artilleryman in World War II,

he volunteered for the same and was assigned to the 4th Artillery. Davis said he did not go to war to kill people but wanted his dad to be proud of him. He went to war because he loved his daddy, his grandpas, and his country.

The United States was involved in Vietnam from 1965 to 1973, with more than 2 million Americans serving in uniform, including my father. I have met several Medal of Honor recipients, including Gary Beikirch and Woody Williams. This story is about Sgt. 1st Class Sammy L. Davis, another Medal of Honor recipient.

A handful of those 2 million servicemen distinguished themselves with acts of valor. Their actions were considered so far above and beyond the call of duty that they received the highest military honor for valor in combat—the Medal of Honor. Only 248 Vietnam soldiers were presented with the medal, making it a highly exclusive award. Davis was one of those 248. More than half of the medals were awarded posthumously.

Because Davis shared a name with the famous entertainer, his fellow soldiers sometimes chided him. Many years after his time in the Army, he would again be attached to another entertainer – Tom Hanks as Forrest Gump. Those familiar with the story of Sammy Davis knew he was the “real” Forrest Gump Medal of Honor recipient portrayed in the movie.

Early on Nov. 18, 1967, Davis’s unit was helicoptered into an area west of Cai Lay in the Mekong Delta to set up a forward fire-support base – Fire-base Cudgel – offering support for the infantrymen operating in the area. Battery C consisted of 11 guns and 42 men.

The following day, at 2 a.m., Battery C came under heavy mortar attack. Thirty minutes later, a reinforced battalion, estimated at 1,500 Vietcong soldiers, launched an intense ground assault. Fortunately, a



Doug Stauffer and Sammy Davis

river separating the two forces hampered the enemy’s advance. Davis’ squad operated a 105 mm Howitzer that fired shells containing 18,000 metal flechettes. A “beehive” round turns the Howitzer shells into a shotgun blast.

An enemy rocket-propelled grenade scored a direct hit on the howitzer, knocking the crew from the weapon, blowing Davis sideways into a foxhole, and knocking him unconscious. He was later struck by friendly fire, which caused him to regain consciousness, and Davis credits this hit with saving his life.

More than 30 razor-sharp one-inch beehive darts passed through his buttocks. Tom Hanks was superimposed over Davis’ head in the footage of President Johnson presenting Davis with the Medal of Honor.

Convinced that the heavily outnumbered Americans couldn’t survive the attack, Davis fired off at least one round from the damaged artillery piece before being overrun. He struggled to his feet, rammed a shell into the gun, and fired point-blank at the Vietcong advancing five deep directly in front of the weapon; the beehive round cut them down.

His wounds included a perforated kidney, crushed ribs, a broken vertebra, ripped flesh from the beehive darts and burns all over his body. He ignored his injuries and crossed the river

under heavy fire to rescue three wounded American soldiers. He kept fighting the enemy until they retreated. Only 12 of the 42 soldiers survived that battle. His book, “You Don’t Lose Until You Quit Trying,” chronicles his life.

Later in the day, Davis was shot in the thigh by an enemy AK-47, earning his second purple heart.

When there were no more rounds left, he fired a white phosphorus shell, and then the last round he fired was a “propaganda shell” filled with leaflets.



Sammy L. Davis receives his Medal of Honor (top), an image that would be repurposed for a similar moment in the movie “Forrest Gump.”

At this point, he heard yelling from the other side of the river and realized that American soldiers were stranded and needed help. Despite not knowing how to swim, he descended into the water and paddled across on an air mattress, making two trips to bring the three American soldiers to safety. He provided covering fire as another soldier helped the most gravely wounded soldier across the river, then pulled the other two through the water on the air mattress to the fire base.



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

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Santa Rosa Beach, FL 32459

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Community

HERO

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year, Harvest House will be providing Thanksgiving Bag food items for an all-inclusive holiday meal to cook at home. Any families in the Destin, Sandestin and Mack Bayou areas in need of a holiday meal can contact Harvest House Monday-Friday, 10 a.m.-Noon by calling (850) 837-2777, or stopping into their location at 300 Mountain Dr. to place an order. Families will be able to pick up their meals on Monday, November 21 at the food pantry. If you'd like to donate, please see a list of food items and necessities on the website: harvesthousedestin.org. Harvest House is also in need of volunteers as well as looking to hire two full-time employees. Call (850) 837-2777.

Each year this season, leadership students from Fort Walton Beach High School (FWBHS) become "heroes" for many parents in our community who have no way to provide a joyful Christmas for their children—10 days of meals, holiday gifts and any other necessities such as utilities and mainte-

nance for families in Okaloosa County. In December, students will shop at Walmart to select gifts such as bikes for the children. Donations are also spent on necessities such as bread, butter, milk, eggs and turkeys and even family bills. Through Christmas Connection, you can join these amazing hometown heroes by making a monetary donation for gifts and bills or contributing canned goods and boxed food. \$100 provides a holiday package for one child. You can send a check to FW-BHS with "Christmas Connection" written in the memo section. A tax receipt by request can be provided.

Many of the needs in our community include the elderly who desperately need heaters this time of year. Elder Services of Okaloosa County has depleted its heater resources and says their phones are already ringing. Many are handicapped, homebound and poor. You can help by purchasing a heater (or several) and dropping it off at 207 Hospital Dr. NE, Fort Walton Beach, 32548 or by making a donation to Elder Services of Okaloosa County.



Your generosity will warm an elderly person's heart and body this Thanksgiving and throughout the holidays. Call Director of Elder Services Kim Fraley at 850-833-9165 for more information.

Have you ever had to sleep without a bed? Put some sparkle into a child's holiday this year. A Bed 4 Me invites you to help provide beds for children in Okaloosa and Walton counties this season. Five dollars buys a pillow; \$50 purchases bedding; \$125 buys a bed and \$250 sponsors a full bed kit and helps with operational expenses. A Bed 4 Me has provided beds to 2,000

children in our community since 2016, but is always in need of our support. To help, visit abed4me.org where you can donate in any amount.

Do you ride? Then rev up your engine for a child at the Toys 4 Tots Ride on the Emerald Coast, Sunday, Nov. 20. Registration starts at 8:30 a.m. at Emerald Coast Harley Davidson. Kickstands up at 11 a.m. With a goal of 500 participants, join this escorted ride to benefit local children this holiday season through Children In Crisis and the Emerald Coast Children's Advocacy Center. \$10 registration fee and new toy or gift card donation. The ride ends at the Mullet Festival Fairgrounds with bike games, bike decorating contest, 50/50 raffle, music and food trucks. All motorcycles welcome.

Destiny Worship Center Destin is providing Thanksgiving meals for families in need in our area. You can help by picking up a Thanksgiving bag from now – Nov. 19 (Saturday). Purchase and fill the bag with the list of items on the bag and drop off at the Destiny Campus

NO LATER THAN Nov. 13. Thanksgiving bag assembly day is Tuesday, Nov. 15, 9 a.m. in the sanctuary. Consider joining on Saturday, Nov. 19 to deliver to families in our area. Please sign up in the foyer.

Food For Thought (FFT) provides five year-round programs to bridge the meal gap in the lives of the food-insecure children they serve, but it's especially needed during the holidays. Last year, our communities gave more than \$20,000 to support FFT holiday services! FFT served more than 3,200 children, distributed more than 33,000 food items and was supported by 250 volunteer hours just for Thanksgiving alone. Families supported by Food for Thought programs throughout Okaloosa and Walton counties will be provided food to prepare a traditional Thanksgiving meal along with food to support their students' needs while they are out of school for a week, which is about 10 meals they will miss. To enroll, email support@fftfl.org. To volunteer or donate, please visit www.fftfl.org. You can also sponsor a family at Thanksgiving.

Advertisement for Ajs Seafood & Oyster Bar. Top banner: 'BOOK YOUR CHRISTMAS PARTY WITH US! NO PARTY TOO BIG OR TOO SMALL! info@ajs-destin.com'. Main image: Ajs logo over a waterfront scene with boats and a building. Text: 'ONLY THE BEST... GIVE THE GIFT OF AJS!'. Bottom right: 'TIS' THE SEASON TO GIVE A LITTLE, GET A LITTLE! BUY A \$100 GIFT CARD GET A \$20 AJ'S GIFT CARD'. Bottom row of images: People dining, Santa Claus with a child, and food. Bottom logos: Ajs Seafood & Oyster Bar, Ajs On the Bayou, Ajs Oyster Shanty, Ajs Grayton Beach.

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Community

Cali's To Do In Destin! NOVEMBER 2022

..... 1-30
Baytowne on Ice | Hours vary daily | Baytowne Wharf Sandestin
..... 5
Boardwalk Country Music Beach Festival | 4pm | Okaloosa Island Boardwalk
Farmers' Market | 9am-1pm | Grand Boulevard
College Football Saturdays | 12pm | Harborwalk Village
Sportsman's Ball | 4:30pm | Destin FWB Convention Center
Be a Hero Concert feat. Mulligans | 6pm | Mattie Kelly Cultural Arts Village
Night At The Museum | 6:30pm | Heritage Museum of Northwest Florida | Valparaiso
Mountainfilm on Tour | 7-9pm | Watercolor | 30a Santa Rosa Beach
Concert: Tribute Weekend | 7-9pm | Baytowne Wharf | Sandestin
Shrek The Musical | 7:30pm | Stage Crafters Community Theatre FWB
..... 6
Take A Kid Fishing Day | 7am | Harbor Docks
Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
Roast'd : Yoga Poses & Puppy Noses | 10am | Roast'd Yoga Bar
Island Concert Series | 4pm | Harborwalk Village
Mariachi Sunday | 6pm | Mezcal Mexican Grill
..... 7
Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille
Bingo Night | 5pm | Chick-Fil-A Destin
Bingo Night | 6pm | Destin American Legion
..... 8
Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Emerald Coast Autism Fundraiser Dinner | 6-9pm | Crust Artisan Bakery | SRB
Bachata Lessons | 8pm | Enlightened Studios
..... 9
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
..... 10
Mini Makers & Experimenters Lab | 10:30am | Emerald Coast Science Center
MKAF Wine Walk-a-bout | 5:30pm | Ruth's Chris Steakhouse
Trivia | 7pm | Lucille's Kitchen
Bachata / Zouk Classes | 7pm | Enlightened Studios
Latin Dance Lessons | 7pm | The Block FWB

Open Comedy Night | 9pm | Enlightened Studios
Ladies Night | 10pm | McGuire's Destin
NFSO: A Tribute to our Heroes | 7:30pm | Mattie Kelly Arts Center | Niceville
..... 11
Free Burger and Fries for Veterans Day | 10am - 10pm | Fatboys | Destin
Veteran's Day Celebration | 4pm | Harborwalk Village
Free Beach Bonfire | 5pm | Royal Palm Grille
Singo! Music Bingo | 5pm | The Island Resort
Karaoke | 7pm | Destin American Legion
Latin Dancing | 9pm | Bric a Brac
Blue Angels Homecoming Air Show | 9:30am | NAS Pensacola
Gathering in the Garden | 6pm | Point Washington Preserve | SRB
..... 12
Christmas Bazaar | 8am | Harvest House Destin
Farmers' Market | 9am-1pm | Grand Boulevard
Fort Walton Beach Gun Show | 9am-4pm | Northwest Florida Fairgrounds
Holiday Shoppe & Food Truck Festival | 9am | Fort Walton Beach High School
HolySmokes Amateur BBQ Cookoff | 11am | Immanuel Anglican Church | Destin
College Football Saturdays | 12pm | Harborwalk Village
Half Shells on the Harbor | 1pm | Harborwalk Village
Band Together for Autism | 5pm | Mattie Kelly Arts Foundation
Blue Angels Homecoming Air Show | 9:30am | NAS Pensacola
Band Together for Autism | 5-8pm | Mattie Kelly Cultural Arts Village | Destin
Women's Climbing Circle | 9am | Rock Out Climbing Gym | Destin
..... 13
Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
Fort Walton Beach Gun Show | 9am-4pm | Northwest Florida Fairgrounds
Epic Bakery Festival | 1pm | Main Street DeFuniak Springs
Island Concert Series | 4pm | Harborwalk Village
Mariachi Sunday | 6pm | Mezcal Mexican Grill
Flutterby Arts Festival | 10am - 4pm | The Pavilion at Watersound | 30a
..... 14
Christmas Bazaar | 8am-1pm | 300 Mtn. Dr. | Destin
Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille
Bingo Night | 6pm | Destin American Legion
..... 15
Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios



Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 16
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
..... 17
Bourbon at the Bay | 5:30pm | Regatta Bay Golf & Yacht Club
Hops Squad Community Night | 6:30-7:30 pm | Beachside Community Church FWB
Trivia | 7pm | Lucille's Kitchen
Bachata / Zouk Classes | 7pm | Enlightened Studios
Latin Dance Lessons | 7pm | The Block FWB
Open Comedy Night | 9pm | Enlightened Studios
Ladies Night | 10pm | McGuire's Destin
..... 18
City of Destin Holiday Craft Show | 9:30am | Destin Community Center
Christmas Holiday Lights Kick Off | 4:30pm | Grand Boulevard
Free Beach Bonfire | 5pm | Royal Palm Grille
Singo! Music Bingo | 5pm | The Island Resort
Santa's Arrival & Tree Lighting | 6pm | Destin Commons
The Nutcracker | 7:30pm | Mattie Kelly Arts Center | Niceville
Coastal White Christmas Holiday Lights | 4 pm | Grand Boulevard | Miramar Beach
Trivia Night: Space Edition | 6pm | Emerald Coast Science Center
Karaoke | 7pm | Destin American Legion
Latin Dancing | 9pm | Bric a Brac
..... 19
Farmers' Market | 8am-1pm | FWB Landing
Farmers' Market | 9am-1pm | Grand Boulevard
Show N Shine Car Show | 9am | Hooters Destin
Turkey Trot Fundraiser | 10am | Boathouse Oyster Bar

Thanksgiving | 10am | Rock Out Climbing Gym
Santa's Arrival | 10am | Silver Sands Outlets
Craft & Vendor Event | 11am | 3rd Planet Brewing
Summer Haze Winter Music Festival | 11am | Idyll Hounds & Distillery 98
College Football Saturdays | 12pm | Harborwalk Village
Sparkling Wine & Holiday Lights | 4pm | Village of Baytowne Wharf
The Nutcracker | 7:30 pm | Mattie Kelly Arts Center | Niceville
2022 Okaloosa Walton Heart Walk | 7am | NWFSC | Niceville
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Toys 4 Tots Ride | 7:30am | Emerald Coast Harley Davidson | FWB
Turkey Trot | 8am | Sandestin
The Nutcracker | 2:30pm | Mattie Kelly Arts Center | Niceville
Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
Island Concert Series | 4pm | Harborwalk Village
Mariachi Sunday | 6pm | Mezcal Mexican Grill
The Nutcracker Ballet | 5pm | Seaside Amphitheater
..... 21
Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille
City of Destin's Fall Festival | 5pm | Destin Community Center
Bingo Night | 6pm | Destin American Legion
..... 22
Holiday Open House & Shop-About | 2pm | Grand Boulevard
Festival of the Trees | 4pm | Grand Boulevard
Singo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 23
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
..... 24
Thanksgiving Brunch | 10am-3pm | Ovide at Hotel Effie
FREE Thanksgiving Feast for Kids on the Coast Foundation | 11 am-4 pm | AJ's on the Bayou/AJ's Grayton Beach
Thanksgiving Dine In / Take Out | Chanticleer Eatery
FREE Thanksgiving Feast for Habitat for Humanity | 11 am | Harbor Docks | Destin
Thanksgiving Buffet | 11am-7pm | Brotulas

Thanksgiving Dinner | 11am-4pm | Soleil Destin
Thanksgiving Feast | 11:30a & 2pm | Fish House inside The Island Resort
Ladies Night | 10pm | McGuire's Destin
..... 25
Emerald Coast Classic | 11am | Northwest Florida State College | Niceville
Baytowne Cinema: The Polar Express | 6-8pm
Free Beach Bonfire | 5pm | Royal Palm Grille
Singo! Music Bingo | 5pm | The Island Resort
Movie on the Lawn | 5pm | Village of Baytowne Wharf
Karaoke | 7pm | Destin American Legion
Latin Dancing | 9pm | Bric a Brac
..... 26
Emerald Coast Classic - Finals | 3pm | NWFSC | Niceville
Farmers' Market | 8am-1pm | FWB Landing
Farmers' Market | 9am-1pm | Grand Boulevard
Art & Craft Fair | 9am | Enlightened Studios
Holiday on the Harbor | 1-4pm | Main Stage | Harborwalk Village
Sowell's North Pole Drive Thru Christmas Lights Display | 5:30-9 pm | Sowell Farms Milton
Here Comes Santa | 6pm | Village of Baytowne Wharf
Turn on the Town! | 5pm | Seaside 30a
..... 27
The Destin Commons Market | 12-3pm | Destin Commons
Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
Artisan Market | 11am | Destin Commons
Mariachi Sunday | 6pm | Mezcal Mexican Grill
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Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille
Bingo Night | 6pm | Destin American Legion
..... 29
Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 30
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



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An Event-Filled November Ushers in the Holiday Season at Baytowne Wharf!

If you're looking for a reason to celebrate this November, look no more! The Village of Baytowne Wharf welcomes you to November events and the beginning of the holidays!

Sparkling Wine and Holiday Lights Saturday, November 19 4-6 p.m.

The holiday season kicks off with Sparkling Wine & Holiday Lights benefitting the Emerald Coast Children's Advocacy Center. On Nov. 19, Sandestin Golf and Beach Resort and Sandestin Wine Festival will host this seasonal event from 4-6 p.m. on the beautifully decorated streets of Baytowne Wharf. Showcasing more than 30 champagnes and delicious appetizers from featured Village restaurants, Sparkling Wine and Holiday Lights features an evening of holiday cheer, singing carolers and plenty of fun bubbles. The finale showcases the first festive tree lighting of the season and Baytowne Wharf's choreographed light show, 12 Nights of Lights. Visit baytownesparklingwinefest.com for more information.

Baytowne On Ice is Back! Open Now! Continues through February 5th

Dust off those skates and get in the winter spirit at The Village of Baytowne Wharf's Baytowne on Ice. For those visitors



who miss the cold and ice, this seasonal ice rink is the perfect opportunity to share some of your favorite holiday traditions. Sponsored by JVC Broadcast-

ing, Rock 92.1, 102.1 The Wave, Highway 98.1 Country and Florida man Radio 103.1, the ice rink is open now – February 5th. Hours vary daily. You can check the schedule at baytownewharf.com. The cost is \$13 for 90-minute skate and \$3 skate rentals. You can rent the rink for private parties and functions starting at \$300. For more information call 850-428-2736 or visit baytownewharf.com.

The Polar Express Friday, November 25th 6 p.m. | FREE

Watch a holiday favorite and join us for a special showing of the Polar Express on a LED HD



still visit Wednesday nights Dec. 7, 14 and 21 from 6-8 p.m. in the Village during the Wednesday Night Concert Series. www.baytownewharf.com.

12 Nights of Lights December 2nd-23rd 6, 7 and 8 p.m. | FREE

The Village of Baytowne Wharf will host a special light show on Wednesday, Friday and Saturday nights from Dec. 2-23 during the 12 Nights of Lights where the tree lights in the events plaza will dance and blink to music at 6, 7 and 8 p.m.

Ice Skating Extravaganza Friday, December 2nd 6 p.m. & 7:30 p.m. | FREE

Baytowne on Ice is hosting its annual Ice-Skating Extravaganza featuring two performances by professional ice skaters. Before and in between the shows, lace up those skates and skate around the ice with the Pros!

Tuba Christmas Sunday, December 4th 5-7 p.m. | FREE

Join Baytowne Wharf for a special, unique holiday event—your favorite holiday classics with Tuba Christmas and Visits with Santa!

And don't forget the **Farmers Market at Baytowne Wharf** each Saturday through Dec. 31 from 10 a.m.-2 p.m. at Baytowne Wharf.



November Holiday Happenings Around Town

Dust off those skates and get ready for the holidays at The Village of Baytowne Wharf's **Baytowne on Ice**. Ice rink is open Sunday, Oct. 30 - Sunday, Feb. 5. Hours vary daily. Visit BaytowneWharf.com.

Kick off the Christmas sea-

son on Nov. 18 when Santa rides in the holiday parade down **Main Street in Destin Commons** to light the biggest Christmas tree on the Emerald Coast. Have fun with free face painting and photo opportunities with Rudolph and Frosty characters, all set to festive hol-

iday tunes. The parade starts at 7 p.m. and fireworks will immediately follow.

A November holiday favorite is the **Sparkling Wine and Holiday Lights**, Nov. 19, at The Village of Baytowne Wharf in Sandestin. Stroll the

beautifully decorated streets of Baytowne Wharf enjoying an evening full of holiday spirit, delicious appetizers and sparkling wine from 4-6 p.m. featuring more than 30 champagnes and delicious appetizers at featured Village restaurants. There's also plenty of holiday cheer, with carolers, bubbles and Baytowne Wharf's choreographed light show, 12 Nights of Lights. Tickets: www.baytownesparkling-winefest.com/

Light Up The Night Friday, Nov. 25, 5-6 p.m., when the Fort Walton Beach downtown Christmas lights and the Landing Christmas Tree will shine for the first time this holiday season. Festivities begin at 5 p.m. when Santa arrives at the Landing with Christmas music, a visit and storybook reading from Santa, and a message from Mayor Dick Rynearson. At 5:30 p.m. sharp, all of the downtown lights and the Christmas Tree will come on, welcoming the holiday season in Fort Walton Beach.

Santa arrives at **Bass Pro Shops in Destin Commons** Sat., Nov. 19, and will be there until Dec. 24. There's also free games, crafts and free, 4x6 professional photos with Santa. <https://www.basspro.com/shop/en/santas-wonderland>.

Here Comes Santa Claus, Sat., Nov. 26, 6-9 p.m. right down Baytowne Lane! Cheer Santa on as he makes his way to the Event Plaza Lawn to light up the Village Christmas Tree. Santa will start his horse drawn carriage journey into Baytowne Wharf at 6 p.m. and parade around the Village. Then he'll flip a switch to officially light up the Christmas tree for the holiday season. The fireworks light the sky immediately after around 6:15-6:30. There's also face-painting, kids crafts and, after the fireworks, visits and photos with Santa. Visit www.baytownewharf.com.

Holiday on the Harbor kicks off every year with Santa's grand arrival at Harborwalk Village. Visit with Santa and Mrs. Claus at HarborWalk Village beginning Saturday, Nov. 26, at the main stage from 1-4 p.m. Kids will enjoy crafts, face



painting and a Rudolph-themed treasure hunt on Santa's arrival day. All of Santa's guests will receive a special treat and a free 4-by-6 photo.

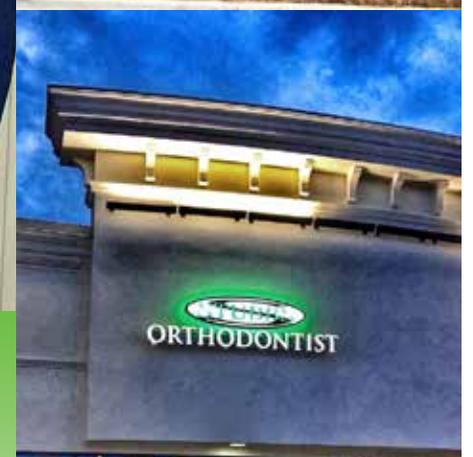
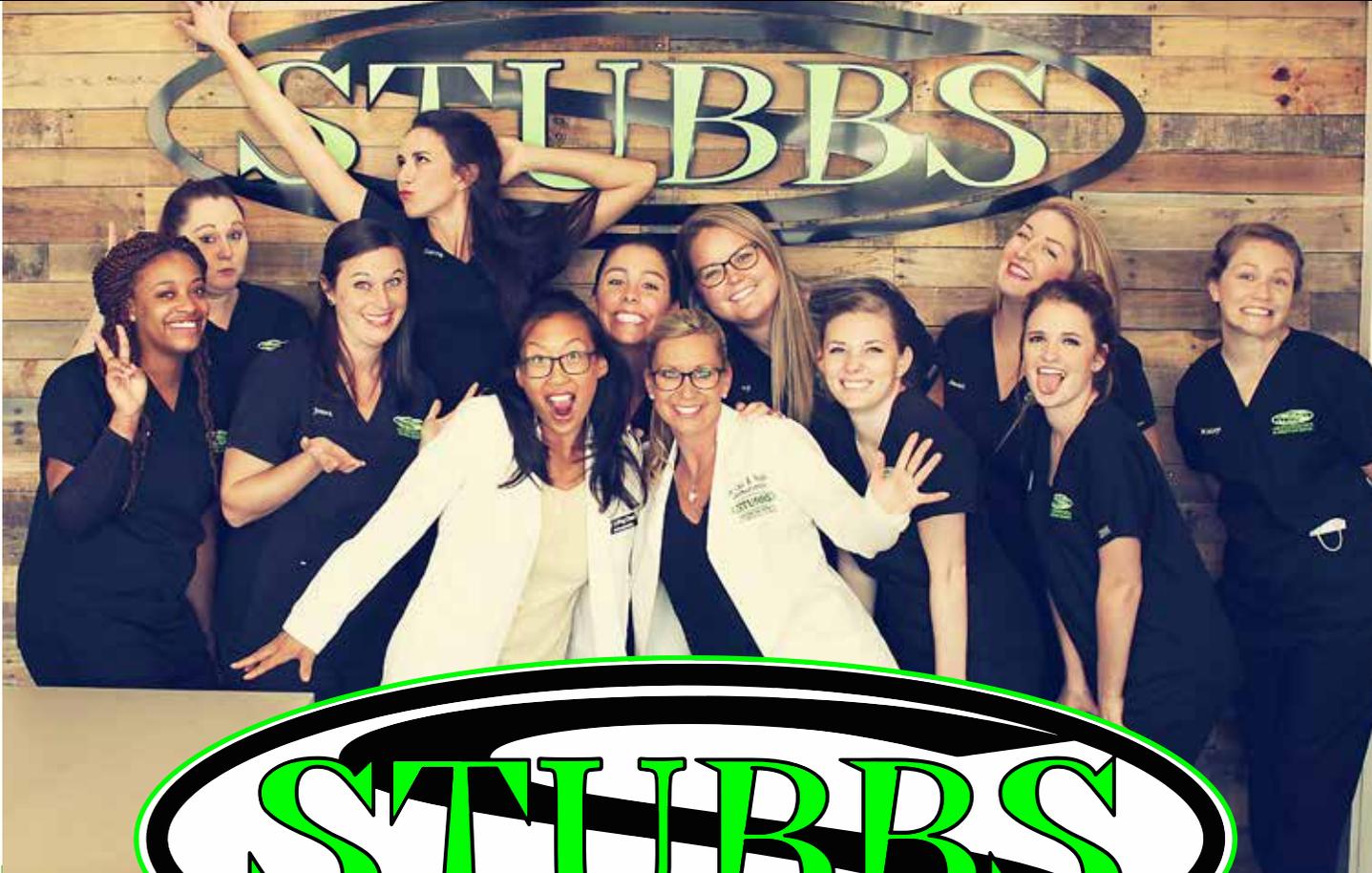
Hosted by the City of DeFuniak Springs, starting the day after Thanksgiving, Chipley Park lights up with the annual **Christmas Reflection Displays**, a light display like no other in our area with more than 10 million lights reflecting on the lake and throughout the park. You can view the lights by walking, driving or even taking a horse-drawn carriage ride. Admission is \$5 per person and children 5 and under are free. (850) 978-2999.

The **Festival of Trees at Grand Boulevard at Sandestin** runs from the Tuesday before Thanksgiving through Christmas Day. Participating non-profit organizations compete to win cash prizes totaling \$7,000. Cast your vote for the People's Choice award. Festival of Trees is an annual event in the park at Grand Boulevard shopping center showcasing uniquely decorated Christmas trees from 12 local non-profit organizations.

Main Street DeFuniak Springs brings back Merry Main Street Nov. 26! Free to attend, **Merry Main Street** boasts live music and theatrical performances, an outdoor market, food trucks, rides on the Choctaw Express Train, visits with Santa and Mrs. Claus,

Continued on page 17

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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



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Brian K. Locicero,
REALTOR®,
BeOnTheCoast.com

WATER•COLOR is one of the most sought after “beach neighborhoods” in the country.

“The appeal of the WATER•COLOR lifestyle grew in part, as beach lovers began taking up permanent residence in vacation towns. Many are now working from home or remotely, driving them to seek solitude in a space and place they love,” according to Brian K. LoCicero, REALTOR® founder of the Be On the Coast Real Estate team at Keller Williams. Brian said he’s seeing a lot of buyers coming to the Destin-30A area from Nashville, Dallas, New Orleans, Jackson and as far away as California. “These folks quarantined, in their own town and realized they wanted more. And by more, they want a more beautiful setting, walking trails, tennis and pickleball courts, a championship golf course, closer proximity to the sugar white sand beaches and access to gorgeous emerald green waters,” he added. If you’re ready to own property in the 30A area, view Brian’s new WATER•COLOR listing, which is pictured above—MLS #894624. Contact Brian at (850) 739-3800. View homes for sale now at BeOnTheCoast.com.



Stationery, Gift Tags & Presents...Oh My! Frill Seekers Gifts and Personalized Fabulous Finds

Christmas is here! If you want the most requested gift in the country—personalized stationery—it’s time to shop now! You need to order early and plan ahead. If you start thinking about gifts now, you’ll actually be able to think of a gift your recipient will adore, rather than just grabbing whatever’s available in December once you’re desperate. Remember that personalized gifts, such as Frill Seekers popular custom monogrammed necklaces, bracelets and monogram earrings take time to design, create and make. Fine stationery, gift tags or notecards are exquisite gift ideas! The sooner you can start shopping, the better. If you have several gifts that need to be mailed, keep your mailing costs down and consider getting the recipient a gift card from Frill Seekers Gifts, so they can create a wish list and design their very own piece of personalized jewelry or a luxurious set of monogrammed stationery they’ll remember for years to come. Start online now at FrillSeekersGifts.com or visit the shop in City Market Bayside off Hwy. 98 in Destin. Phone orders welcome: (850) 460-2700.

(850) 460-2700
FrillSeekersGifts.com



Sparkle in Diamonds! Beyond Measure Jewelers

Love diamonds? Specializing in diamond, gemstone and precious metal jewelry pieces, the Beyond Measure Jewelers’ showroom, in its new location at The Market Shops, is full of diamond and gemstone bracelets, rings, necklaces and earrings! Owner Ashleigh Woolly is passionate about exquisite and custom-designed jewelry. Actual customer review: “I began working with the very lovely owner Ashleigh when she first opened her first brick and mortar shop. Subsequently she has relocated and grown!! She has the most fascinating jewelry in her shop! Her knowledge of jewelry is extensive. Her new location is breathtaking, like walking into an exclusive shop on 5th Ave.! It’s ethereal! There is the finest selection of bridal sets I’ve ever seen! They are all on cutting edge of major trends! In addition, there are very beautiful other pieces such as diamond necklaces, earrings, bracelets, etc.! All of which are of the highest quality! The diamonds are unbelievably “sparkling” and dynamic in nature. I love shopping the store and have received the finest customer service available in the, well, world!!! Just go there—you’re in for a real treat! Plan to be amazed!!!”

So, what’s on your wish list this Christmas?

(850) 424-7011
beyondmeasurejewelry.com



Colorful, Trendy Holiday Transformation Pure & Couture

Who on your list wants a beautiful, colorful, trendy transformation this season? Why not get them hair extensions? Like magic, Pure & Couture’s hand-tied hair extensions are a thoughtful gift for anyone wanting to add thickness and volume—a BIG answer for hair struggles and for someone special who wants to look and feel their best! Add a bit of color (Nothing says Holiday Spirit like a head of beautiful red hair!) styling, makeup, a pampering facial or even a therapeutic massage, and anyone on your list can experience a mighty makeover this holiday season and beyond. Book beauty services for weddings, special events, consultations and trial sessions including airbrush makeup, blowouts, lash extensions, spray tanning and hair extensions. Customized just for you—cuts, colors, blowouts, trims, highlights, and much more! Don’t forget to grab your gift cards, shampoo, conditioner and other beauty staples. Curbside pick-ups and online ordering, too!

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

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Give the Gift Of Health! CRYO850 Performance and Recovery Center

Mom has enough bath soap. Dad has enough sports memorabilia and Junior has enough video games. This season, consider the gift of health and wellness for those you love. CRYO850 isn’t all about the cold. We’re all about staying young and healthy for an optimal holiday season and your best 2023! Here’s a few ideas:

\$ 40 = one Cryo session OR one heat relaxation in the POD

\$ 80 = Express Cold Facial OR a bottle of WILD ICE organic vitamin C serum

\$ 99 = Day Pass to try our full wellness circuit

\$175 = Collagen Enhancement Treatment, OR one month of unlimited Cryo and compression

\$300 = Student Season Pass Holiday Special OR and 12 Credit Military/First Responder Punch Card

\$375 = One Detox/Fat Freezing Session

\$312 = 12 Credit Punch Card to sample services you love best without any commitment to membership

Discounts for Military, First Responders and Students under 25. See all of our Holiday Specials online at www.cryo850.com or in Destin Life page @@@.

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www.cryo850.com



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 Community

City of Destin News

City of Destin to Host "Elf on the Shelf" Christmas Parade

The 38th annual "Elf on the Shelf" Christmas Parade will be held Sat., Dec. 10 at 10 a.m. The floats will begin at the Downtown Destin Shopping Center and travel west down Harbor Blvd. (Hwy 98) to Stahlman Ave. Spectators are asked to stand on the north side of Harbor Bou-



levard to watch the parade. For those who wish to participate

in the parade, fill out the application online at www.cityofdestin.com/DocumentCenter/View/15248/Christmas-Parade-Application.

Applications must be received no later than Thurs., Dec. 1. Drop off in person at the Destin Community Center (101 Stahlman Ave.), fax to 850-654-8998 or email to recre-



ation@cityofdestin.com. In lieu of an entry fee, each applicant must donate a toy, which will be given to a local charity. All donations can be dropped off at the Destin Community Center.

Please call 850-654-5184 or email recreation@cityofdestin.com for more information.



Team Destin Joins United Way to Help Promote Literacy

On Wednesday, October 26th, members of Team Destin joined the United Way Emerald Coast and built literacy kits to help children ages 4 to 7 in our community. Two teams of 15 employees each, contribut-

ed 46.50 volunteer hours which equated to \$1,392.67 in in-kind donations. The 500 literacy kits were packed within 36 minutes giving the team who finished first bragging rights. "Being involved and helping our community is what the City of Destin is all about," stated Deputy City Manager Webb Warren.



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\$400 Anti-Aging Special

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- 4 Cryo Express Cold Facials
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\$1900 9 Week Detox Special

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- Improve lymphatic drainage and circulation
- Pre & Post Treatment Thermal Imaging
- Pre & Post Treatment 3D Body Scan
- Four Detox/Fat Freezing Sessions
- Four Cocoon POD Sessions
- Four Wellness Circuit Passes

Offer good through 12/25/22. Payment due in full at time of purchase.



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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



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.

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

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Community

DHS Receives \$1 Million Donation for Athletics

By KAY PHELAN

Local businessman and owner of The Tolbert Group, Tripp Tolbert, has made a major donation to Destin High School athletics which will total \$1 million. Tripp delivered the first portion of his donation, \$250,000 (the first installment,

with the rest to be paid out over the next four years), to Destin High School (DHS) in October at a special surprise student assembly held in "The Shark Tank" at the school.,

Tripp presented the donation and was able to speak to DHS students to inspire them

to work hard, show leadership and give big to their community. He shared how his own journey and children inspired him to find meaningful ways to impact Northwest Florida. "We can't take this money with us," he said. "Let's give back to our community. What better way to



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do that than to have a Destin High School for our kids, grand-kids ... to leave a legacy," Tripp shared. Tripp said he hopes this donation will inspire others to give also and support the growing charter school. Tripp also praised head football coach E.G. Green and his team for the work they are doing for the school and for the community.

Destin's local, tuition-free, public charter school is in its second year of operation. In addition to offering advanced and state-mandated core curricu-

lum, DHS utilizes a place-based approach to learning that takes advantage of the local geography, industries and community. This allows the school to offer additional curriculum opportunities through authentic, meaningful and engaging personalized learning for its students.

For additional information on registering, donating or volunteering, please call (850) 204-4044, email info@destin-highschool.org or visit www.destinhighschool.org

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ENTREES

- WHOLE TURKEY** 90
Smoked, Oven-Roasted, or Fried
- BROWN SUGAR & BOURBON GLAZED HAM** 85
7-8 lbs.
- HERB CRUSTED BEEF TENDERLOIN** ... 110
5-6 lbs. Serves 4-6.
- HERB CRUSTED PRIME RIB**..... 130
6 lbs. Serves 4-6. Served with au jus and horseradish cream.

SIDES

- MASHED POTATOES** 25
Homemade mashed potatoes. Feeds 4-6
- CORNBREAD DRESSING** 25
Homemade dressing made with sautéed fresh vegetables. Feeds 4-6
- SWEET POTATOE CASSEROLE** 25
Homemade whipped sweet potatoes with candied pecans, and toasted marshmallows. Feeds 4-6
- GREEN BEAN CASSEROLE** 25
Tender green beans are tossed in a creamy mushroom sauce with crispy fried onions. Feeds 4-6
- SOUTHERN CANDIED YAMS** 25
Sweet and tender candied yams baked in a delicious buttery cinnamon syrup for that true old-fashioned flavor! Feeds 4-6
- STUFFING**..... 25
- COLLARD GREENS**..... 25
- CRANBERRY SAUCE**..... 10
Pint of Cranberries goes great with turkey, ham, or beef.

HOLIDAY FAMILY FEAST #1

- FEEDS A FAMILY OF 4-6 240**
- 1 Salad • 2 Apps • 2 Sides
 - 1 Pint of Cranberry Sauce
 - 1 Meat (Turkey or Ham)
 - 1 Dozen Dinner Rolls • 1 Dessert

HOLIDAY FAMILY FEAST #2

- FEEDS A FAMILY OF 8-10 . . . 340**
- 1 Salad • 2 Apps • 3 Sides
 - 1 Pint of Cranberry Sauce
 - 2 Meats (both Turkey and Ham)
 - 1 Dozen Dinner Rolls • 2 Desserts

APPETIZERS

- SPINACH ARTICHOKE BREAD BOWL** 20
Creamy spinach, tender artichoke hearts, Parmesan, and garlic, served in a bread bowl with sliced baguette.
- SAUTEED GREEN BEANS** 20
French green beans sautéed in light olive oil with garlic and shallots.
- CHARCUTERIE BOARD** 30
Assortment of gourmet cheeses and meats, complimented with an assortment of olives, nuts, seasonal fruits, and veggies served with local honey, and crackers.
- FRUIT SALAD** 15
The freshest fruits and berries during the season.
- SPINACH QUICHE**..... 25
- SHRIMP COCKTAIL PLATTER**..... 33
2 pounds Jumbo Shrimp cooked and arranged on a platter. Served chilled with lemon wedges and cocktail sauce.

SOUPS

- NEW ENGLAND CLAM CHOWDER**... 20
Our chowder is a classic with a creamy broth, chock-full of tender Cape Cod clams, potatoes, and onions.
- SHE CRAB SOUP**..... 20
- RED BEANS & RICE** 20
- SEAFOOD GUMBO** 20
Fish, shrimp, scallops, and other delicious seafood delights.
- TURKEY GRAVY** 8
Our homemade gravy is a must for this holiday season, it is smooth, creamy and full of savory flavors.

SALADS

- HOUSE SALAD**..... 20
Mixed greens, cherry tomatoes, red onion, house made croutons, red wine vinaigrette, and finished with Parmesan Reggiano.
- CEASAR SALAD**..... 20
Romaine lettuce, house made croutons, house made Caesar, finished with Parmesan Reggiano.
- APPLE WALNUT SALAD**..... 20
Our seasonal salad with apples, pears, raisins, blue cheese, and walnuts, finished with a honey mustard dressing.

DESSERTS

- SEASONAL PIES** 25
- SALTED CARMEL BROWNIES**..... 25
- LARGE CHOCOLATE CHIP COOKIE**.... 3
- ONE DOZEN COOKIES**..... 25

THANKSGIVING PRE-ORDERS AVAILABLE! LIMITED QUANTITIES ON TURKEY THIS YEAR. BE SURE TO ORDER EARLY!

Orders are available for pick up **Wednesday, 11/23 from 10am-6pm** or **Thursday, 11/24 from 8am-1pm** at the Market. Due to the holiday volume, we cannot manage special orders. **NO CHANGES TO RECIPES, BUNDLES, OR INGREDIENTS.** Items are available to purchase in our market in additional quantities. Pre-order is only available for quantities listed. All items are picked up cold with reheating instructions. Please call AJ's Market with questions: **850-279-4098**



Community

Thankfulness Benefits Our Community



And with a heart of thankfulness, you can, too!

Our Destin Life team is dedicated to serving you and our community and are thankful for your participation, editorial contributions and support. Without you, Destin Life would not have the same flavor, popularity and appeal – you make all the difference!

~ Lori Leath Smith, Publisher

November – the month of Thanksgiving – that time of year when we gather with friends and family to ritually offer thanks and appreciation for all that comes our way. It causes me to pause and reflect upon people whom I am thankful for and to intentionally make myself aware of benefits I've received. It also reminds me to strive to cultivate gratitude daily, not make it a ritual at the Thanksgiving Day table only. By so doing, I've learned I'll experience greater happiness, have more positive emotions, relish good experiences, improve my health, deal with adversity much better and build strong relationships.

Each November, we offer the opportunity to share what you're thankful for on these pages.

So, we asked, "What are you thankful for this year?"

I am thankful for being a part of a school district that has skilled and passionate teachers, staff and administrators who wake each morning with a heart for students and a willingness to be difference makers in the lives of kids.

~ Marcus D. Chambers, Superintendent, Okaloosa County School District

I'm thankful to be working in the arts. I'm grateful to feel

a sense of purpose in what I do for a living.

~ Zandra Wolfram, Mattie Kelly Arts Foundation and Sinfonia Gulf Coast Director of Marketing & Communications

I'm thankful that my family is healthy.

~ Laura Coale, Eglin Federal Credit Union VP Marketing and Public Relations

I am thankful for so much including my Savior, wife, children, grandchild, church and friends while getting to live in the free state of Florida and Niceville!

~ Doug Stauffer, Pastor Faith Baptist Church and Writer/Reporter Life Media

"I'm so thankful to be living in such a beautiful place where I enjoy personal freedoms. Not all in our world are so fortunate."

~ Gina Maus, Local Resident and Ms. Senior World contestant

I'm thankful I still have my parents, my kids are healthy

and happy, and my business is thriving with a beautiful community of love and healing.

~ Amy Milligan, CRYO850

I am thankful for our close community working for inclusion for all and I am thankful for good health and happiness for my family and friends.

~ Steve Barber, Publisher, Scarlett Magazine

At Journey Bravely, we are grateful for family, friends, the community, sunshine, beautiful ocean, health and the opportunity to help others live the more whole lives they desire.

~ Stephenie Craig, LCSW, Journey Bravely Coaching & Counseling

I'm grateful to be a Christian artist and writer who gets to serve my family, friends, and community through my work.

~ Michelle Ruschman, Jewelry Artisan, Writer, Artist, Speaker

I am grateful for so many things—friends, colleagues and the endlessly amazing experience of living in this paradise we call home. But most of all, family. We are so blessed to be surrounded by it all.

~ Gregory Durette, Florida Health Connector

I'm thankful for many things: My health in the wake of major shoulder surgery, the VA, which picked up the \$80,000 tab, my wonderful lady friend and, most of all, Jesus Christ, who, despite all indications to the contrary, thinks I'm worth saving.

~ Kenneth Books, Life Media Editor and Writer

I am incredibly lucky to have been married for 32 years to my beautiful bride, Anna, and to have an excellent relationship with my adult son. I love living in a beautiful place where other leaders have encouraged me to grow my leadership coaching company.

~ Bill Mason, ACC, Professional Coach, Trainer and Speaker

Excited to share God in personal ways to hurting moms and thankful to our community, which supports our housing mission, CALM Village vision and Furniture Resale Store.

~ Terri Steadman, CALM President

The Heritage Museum is thankful for the visitors, members and volunteers who continue to help keep history alive in Northwest Florida. Call to join as a member or volunteer at (850) 678-2615 or stop by at 115 Westview Ave., Valparaiso.

~ Kelly Rodriguez, Museum Associate, Heritage Museum of Northwest Florida

I am so very thankful for the love and support our community has shown to the Children's Advocacy Center since our fire and flood in July!

~ Julie Porterfield, CEO, Emerald Coast Children's Advocacy Center

I am thankful for a wonderful family, a happy home, dear friends and a loving God. I am especially thankful to have been healed of cancer this year!

~ Larry Cowser, Operations, Parrot Head Yachts

I'm thankful for the friends I've made, sunsets I've seen, the businesses that serve the community and a governor who fights for our freedoms.

~ Kay Leaman, HealthyDay Healthy Life columnist

I am thankful for a community that rallies together to help those in need! "Love thy neighbor as thyself." Mark 12:31

~ Jill Tanner, Clutch Media Works

"LURE Media Group would like to convey their utmost appreciation for their clients' partnerships and ongoing trust in our services and care for their success."

~ Jillian Barnhart, Operations and Project Manager, Lure Media Group

I am just very grateful that we have a God of Mercy and Grace. I have needed a lot of both this past year.

~ Al Niedbalski, Business Empowered

I am thankful every day I am graced by living in one of the most beautiful places of God's amazing creation and the joy of getting to share it with all the amazing people placed on my 'Destin Life' path!

~ Teresa Allen, Common Sense Solutions



How to Hire a Powerful Real Estate Agent!

BY GAIL PELTO, REALTOR

Recently, I asked a group of business professionals, “How many of you have purchased, sold or invested in real estate?” And almost all of their hands went up. Then I asked them, “How many of you know how to hire a real estate agent?” NONE of their hands went up! WOW! That was amazing to me. These professionals entrusted one of their biggest financial investments, if not the biggest, to an agent and didn’t have a clue on what to look for to make sure he were hiring the right real estate agent for the job.

“You realtors are all the same.” I’ve heard that more times than I can count and really, that’s like saying, “All you CPAs, attorneys, doctors, waiters, financial planners, landscapers, etc. are all the same.” I think you’ll agree, that is just not true. So, what do you need to know? Before you hire an agent, find out the following:

• Will he tell you the truth regarding the market and pricing of comparable properties?

• Is he an expert in the marketplace? Does he know and study the statistics every day?

• Will he aggressively look for buyers and sellers every day, or will he sit around praying for the phone to ring?

• Does he deliver strong customer service and customer communication? You need to know what’s going on.

• Does he have a well-defined marketing plan of action? Don’t skip this one. It’s really important that your agent has a plan.

• Does he keep a rigorous schedule; Does he track results, and report them to you?

• Does he have the power and knowledge to protect your equity by negotiating the best price for you?

• Is he part of a network of highly trained real estate agents? He is like the company he keeps.

• Does he have a personal coach helping him to improve his skills and strategize on how to help his clients achieve their real estate goals? A great agent will be improving his skills every day.

• Does he have a team of strong support staff and a top-notch service commitment?

• Does he have a performance guarantee? If he isn’t doing the job, you should be able to cut him loose.

Hire a powerful agent to help you get what you want in the



time you want – we are not all the same. Have some questions? Call me, Gail Pelto at (850) 374.0454 or email Gail.Pelto@kw.com.

Gail Pelto is a Rotary Club of Destin and Mattie Kelly Arts Foundation board member... and yes, a

powerful, full-time real estate agent with Keller Williams. Call her direct at (850) 374-0454 or email Gail.Pelto@kw.com for real estate questions. Want to know what the value of your property is today? Let Gail guide you.



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HAPPENINGS

continued from page 8

kids character appearances by The Character Clubhouse, and more family fun – all taking place outdoors along Baldwin Avenue in downtown DeFuniak Springs. Events occur every Friday and Saturday until Christmas. https://bit.ly/MSD_MerryMain, Info@mainstreetdfs.org, (850) 296-9051.

Sowell’s North Pole Drive Thru Christmas Lights Display

is open nightly starting Friday, Nov. 26, 5:30-9 p.m. ending Dec. 26. Enjoy train rides, photos with Santa, camel rides and more! The elves are hard at work in the elf shack to provide hot cocoa, popcorn and other holiday snacks. Drive through is \$15 per vehicle; train tickets: \$2 per person. Cash accepted at gate or purchase online at sowellfarms.com. Located at 7650 Sowell Rd., Milton.

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"Only in America"

BY DOUG STAUFFER

Mentor, tech entrepreneur, presidential appointee, philanthropist, visionary, author and our **Hometown Hero**, Dr. Paul Hsu is a man who will inspire you to have a renewed belief in America's future. Listen to him speak or read his book to find out how visionaries invest in the future. Listening to him describe his American journey is riveting and inspiring, a story of American exceptionalism. He believes that as a first generation immigrant to this country, he became a shepherd of the American dream.

Dr. Hsu was the September RCOC speaker at the Fort Walton Yacht Club. Everyone in the audience was treated to two free books, including "Guardians of the Dream." He is a busy man with family commitments but adheres to the principles he preaches.

Dr. Hsu believes in building relationships and cultivated many on this night. Relationship building is one of the principles that made him a successful entrepreneur and person. In business, he connected dots that did not exist because he was courageous enough never to give up. He did not seek to get rich but to create from his heart. He believes immigrants are successful because they are generally hungrier and greater risk-takers, having overcome hardship, rejection and setbacks. Their unique stressors make them stronger and more adept at accepting and thriving through adversity.

Entrepreneurs have exceptional confidence and strong self-esteem and are visionaries with courage. One of his mentor's advice was to ensure that people will like you because you are likable. He cares about oth-

ers. The Bible offers the same advice: "A man who has friends must himself be friendly" (Proverbs 18:24a).

Even within the economic instability in a polarized society, he believes an argument needs to be made for optimism. His story provides hope for parents of wayward children. Dr. Hsu grew up disliking being told what to do and hating school; he became defiant. His mom inspired him by telling him always to be able to look into the mirror with no regrets.

He especially liked a quote from Ronald Reagan concerning immigration that went something like this. People who go to live in France don't become Frenchmen. Those who go to live in Germany or Italy can't become German or Italian. Yet, Reagan pointed out that anyone from any corner



of the world can come to live in the United States and become an American. This is true from America's origins because this country was created as an immigrant nation. Dr. Hsu believes that immigrants need to assimilate. He does not think of himself as a Chinese-American but simply as an American. He believes in the ability to dream big and follow through with the determination to reach your dreams.

America remains the most welcoming place for legal immigrants. America is the only country where an immigrant can be embraced as an insider. This unique aspect is not found in any other country. He believes in America's five core values of freedom, ingenuity, integrity, opportunity and inclusion, elements lacking in most other countries. Most countries have widespread bribery as just another aspect of doing business. America has an infrastructure built around fair play and ethics, based on the rule of law and common decency.

Dr. Hsu started his first business in his garage. American children must get interested in math again. He believed he really needed to do something

about solving the problem by inspiring youth to consider engineering degrees. He believes Artificial Intelligence (AI) will dominate the next 10 years. Robots will take 80 percent of the workload and 3D printing will dominate manufacturing.

Amanda Negron, Executive director at HSU Educational Foundation, discussed the foundation, whose mission is to encourage excellence in teaching and inspire innovation in the classroom. She said she believes in this community and the education given to our children. "If you like what we are doing, roll up your sleeves," she said. "We create space and get out of the way." A foundation principle involves growing up future talent and filling the void where needed. They do this through the STEM workforce program—Science, Technology, Engineering, and Math (STEM) programs raise interest and inspire students to prepare for careers of future demand. Check things out at www.hsu-foundation.org. It may surprise you what is happening here in Okaloosa County, and it will undoubtedly inspire you and give you hope for future generations.

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Medicare Open Enrollment is Here! Now What?!



BY GREG DURETTE

It's finally here again — Medicare Open Enrollment or more precisely, the Annual Election Period (AEP). Every year, from October 15th to December 7th, Medicare eligible folks are able to do pretty much anything they want with their coverage. Some of my previous columns have addressed many of the details of those options but, simply put, you can add, drop or change virtually any plan and change to or from any insurance company.

Piece of cake right? Wrong! The reason is, many folks do not want to relive the information overload they experienced when first becoming eligible. Remembering the volume of phone calls, emails and mountains of regular mail would understandably send anyone running for cover!

Please know, this time will be different. First of all, you now have had some time to experience what the plan you originally selected, can or cannot do for you. Were you happy with the premium? Were all your doctors in the network? Were all your prescriptions covered at a reasonable cost? Did you get any of the extra benefits like Dental, Vision, Hearing, Tele-Health, At Home Care, Caregiver Support or Over-the-Counter cash allowances?

If the answer to any of these

is no, then now is the time for you to get answers so you can make the right choices for 2023.

The problem for many folks becomes, where can they get this information without re-igniting the aforementioned onslaught. The answer: YOU need to initiate contact. That means calling your current agent or broker and/or finding other sources of information.

Calling Joe Namath will likely cause that onslaught to re-ignite as the company he represents simply gets you to call so they can SELL your information to any and all agents around the country willing to pay to get access to you. In fact, many of these types of advertisements do exactly the same thing. Call them all and get ready to buy the jumbo size mailbox and voice-mail box!

Instead, look for advertising from local folks you know will be able to get you what you are looking for. They WON'T SELL your information to strangers. This simple tip will allow you to rest assured that you will not be overwhelmed again.

Once you have decided which person or place to call, do it but, be ready to answer a few questions about what you currently have, what you are paying (some plans can be as little as \$0 per month!) and what it is you would like to improve or change with a new plan. Also, make sure you are ready to answer questions about your doctors and prescriptions so you can make sure what you are considering changing to will provide you with all you expect. You are looking for no surprises so, also have a few questions of your own!

Continued on next page




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BY JOE CAPERS,
INSURANCE ZONE

Every time a storm threatens our state, we are reminded of how many homeowners and business owners either do not carry flood and wind insurance at all, or have inadequate limits to cover their loss. Unfortunately, the 2022 Atlantic hurricane season runs to Nov. 30.

When Hurricane Ian hit our state, the property insurance market was already in peril. The market was the most volatile in the U.S. well before Hurricane

Ian formed, and will most likely become even more unstable in the wake of the storm. The market has been strained under billion-dollar losses, insolvencies and skyrocketing premiums. The massive storm barreled into southwest Florida, delivering catastrophic winds, rain and flooding. The majority of the estimated losses in Florida come from wind damage, estimated between \$22 billion and \$32 billion, while insured storm surge losses in the state are expected to be an additional \$6 billion to \$15 billion.

The increasing unpredictability of hurricane threats underscores the need for property owners – especially those close to water – to raise their standard of preparation. The most significant risks for these

homeowners are wind and water. Windows are particularly vulnerable points during a hurricane, but any exterior points – including shingles, gutters, and railings – are at risk from wind. Homes, in general, should have window protection in advance. Owners should either board up the windows or install hurricane shutters. This is one of the more important decisions individuals make.

Without adequate reinforcement, windows can be a source of indoor damage during a storm. A home's occupants could also be injured near windows when a hurricane strikes. Similarly, doors could become a weak point, so these entryways should also be secured.

Although most standard homeowners and business in-

surance policies can include wind coverage, they do not cover flooding. So it is important to have protection from flooding associated with tropical storms, hurricanes, heavy rains, broken levees, outdated or clogged drainage systems, rapid accumulation of rainfall and other conditions that impact our area. Almost everyone in a participating community of the National Flood Insurance Program (NFIP) can buy flood insurance. Recently, Florida has become the leader in the country in encouraging private markets to respond to our needs with competitive alternatives, but the prevailing market condition will slow down this development.

A flood is defined by FEMA as a general and temporary condition in which two or more properties of normally dry land are inundated by water. Just because you haven't experienced a flood in the past does not mean you won't in the future. Flood risks are based partly on history, but also on rainfall, river-flow and tidal-surge data, topography, fold-control measures and changes due to building and development.

The NFIP's Dwelling Form offers coverage up to a maximum of \$250,000 for building

property and up to \$100,000 for contents and the Commercial Form provides up to a maximum of \$500,000 for building and/or contents. Both should be purchased as well as excess flood for limits up to the replacement cost of the dwelling and personal property over the basic limits. Recent storms and predictions of a future with bigger and stronger storms highlight more than ever the importance of flood insurance.

You can buy flood insurance through the NFIP no matter where you live if your community participates, except in Coastal Barrier Resources System (CBRS) areas. For properties in these areas, the private market is available.

We recommend you call an experienced insurance agency with access to the NFIP as well as private markets to help evaluate your flood exposures.

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 ins-zone.com and watch the informative video on "Flood Insurance," or call (850) 424-6979.

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MEDICARE

continued from previous page

The bottom-line message is this; be not afraid. This time of year (AEP) is designed to help you make improvements, not make you relive the trials and tribulations of your initial enrollment.

Reach out and look to how you can possibly make things better for you. Your health may change from year to year but,

your need for excellent health insurance remains a constant.

Follow these simple steps and make 2023 your best health insurance year yet!

Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare throughout the State and is based in Niceville. He has been in the insurance industry for over 39 years and can be reached at his office at 850-842-2400 or his mobile at 978-509-2941.

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 Lifestyle

Fooling the Eye: How to Make Your Room Look Bigger



BY KIM SCHNEIDER

Do you ever feel like your room is too small or your furni-

ture is crammed in your space? When your footprint is small, everything in the room matters. With a few cleverly placed items and good design choices, you can actually fool the eye and make your room look bigger. Color, furniture, mirror placement and lighting are a few key factors in perceiving a larger space.

Tip 1: White It Out. We all know the color white is reflective. It will make your room look bigger and brighter. Con-

sider painting your walls and ceiling the same shade of white. This will allow your eyes to flow throughout the room and creates the illusion of a higher ceiling. There are many shades of white you can select from to prevent your space from feeling too cold and uninviting. Adding a little warmth is easily achieved by introducing a few wood (furniture) and texture (rug) elements.

Tip 2: Show a Little Leg. Using the right furniture is key



Tip 5: Cut the Clutter. Now is the time to channel your inner Marie Kondo and get organized. Nothing makes a space feel more cramped than too much stuff. Neatly arrange things that are in full view, and store items out of site that aren't regularly used. Minimalize what goes on your walls too. One large picture, painting or mirror is much better than the gallery look, and it helps to create a focal point.

Tip 6: Easy Breezy Fabrics.

Avoid heavy fabrics that will steal your light and add weight to your room. Linen is a perfect fabric for a light and airy curtain. If privacy is a factor, linen drapes can be layered over blinds. Make sure to use a curtain rod that extends at least 6-8 inches beyond your window frame, so you can fully expose the window, allowing the light to brighten your room.

Tip 3: Mirror Mirror on the Wall. I am a huge fan of mirrors. Not only are they decorative, they create a sense of openness. With proper placement they also reflect light and create a view, once again fooling your eye into feeling there's more space.

Tip 4: Light It Up. Natural light is great and opens up the interior of any room. Don't get discouraged if your space lacks natural light. Adding a few different lighting effects is easy. Lamps in key places, can lights or an overhead fixture or two with a dimmer switch will make a huge impact in your space.

My best advice is to **keep it simple**. The more pieces, possessions and patterns you have in a room, the more cluttered it will feel. Avoid too many tchotchkes, busy patterns and overwhelming colors. Keep it simple. Group your keepsakes in one area so it looks intentional (one shelf), limit your busy patterns to throw pillows or a chair and if you need color make it an accent wall.

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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

Fellow football fans and fanatics, going into week 10, here's how things stack up:

Georgia, undefeated and ranked No. 1, is no surprise. And then things get interesting.

Ranked No. 2, a surprising and, in my opinion, fun-to-watch Tennessee team sits at 8-0.

Interestingly, however, Ohio State at 8-0 is also ranked No. 2. So, it seems the powers that be are scratching their collective heads on this decision. Michigan and Clemson, both also 8-0, come in ranked No. 4 and No. 5. Alabama at 7-1 holds the No. 6 position, followed by TCU, Oregon, USC and UCLA. So, into November we go!

Wondering where to go to watch? There are a lot of great places to enjoy right here in our own backyard – places full of big screen TVs and diehard fans where we can gather to cheer on our favorite teams 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. 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 November Live Music & Events: Check the facebook page for details.

AJ's Seafood and Oyster Bar
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tons 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.

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Continued on next page



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Duke	@BC	VA TECH	@PITT	WAKE
Florida St	@MIAMI	SYR	ULA	FLORIDA
Ga Tech	@VT	MIAMI	@UNC	@GEORGIA
Louisville	JMU	@CLEMSON	@NC ST	@KENTUCKY
Miami	FSU	@GA TECH	CLEMSON	PITT
NC	@VIRGINIA	@WAKE	GA TECH	NC ST
NC State	WAKE	BC	@L'VILLE	@UNC
Notre Dame	CLEMSON	NAVY	BC	@USC
Pittsb	SYR	@VA	DUKE	@MIAMI
Syracuse	@PITT	FSU	@WAKE	@BC
Virginia	UNC	PITT	C CAR	@VA TECH
Va Tech	GA TECH	@DUKE	@LIBERTY	VA
Wake	@NC ST	UNC	SYR	@DUKE

SEC	Nov 5	Nov 12	Nov 19	Nov 26
Alabama	@LSU	@OLE MISS	APSU	AUBURN
Arkansas	LIBERTY	LSU	OLE MISS	@MIZZOU (25)
Auburn	@MISS ST	TEXAS A&M	WKU	@BAMA
Florida	@A&M	S CAR	@VANDY	FSU (25)
Georgia	TENN	@MISS ST	@KENTUCKY	GA TECH
Kentucky	@MIZZOU	VANDY	GEORGIA	L'VILLE
LSU	ALABAMA	@ARK	UAB	@TEX A&M
Miss St	AUBURN	GEORGIA	ETSU	@OLE MISS (24)
Missouri	KENTUCKY	@TENN	N MEX ST	ARK
Ole Miss	OPEN	ALABAMA	@ARK	MISS ST (24)
SC	@VANDY	@FLORIDA	TENN	@CLEMSON
Tenn	@GEORGIA	MIZZOU	@S CAR	@VANDY
TEX A&M	FLORIDA	@AUBURN	UMASS	LSU
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DESTIN'S BEST

continued from previous page

bands and times. Music schedule subject to change. Follow on FaceBook for updates. (850) 837-3645

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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 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.

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Continued on page 26

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Pro Football Schedule

WEEK 10

Thursday, Nov. 10

Falcons vs Panthers, 7:15 p.m., Amazon

Sunday, Nov. 13

Seahawks vs Buccaneers 8:30 a.m., NFLN

Vikings vs Bills, Noon, Fox

Lions vs Bears, Noon, Fox

Jaguars vs Chiefs, Noon, CBS

Browns vs Dolphins, Noon, CBS

Texans vs Giants, Noon, CBS

Saints vs Steelers, Noon, Fox

Broncos vs Titans, Noon, CBS

Colts vs Raiders, 3:05 p.m., CBS

Cowboys vs Packers, 3:25 p.m., Fox

Cardinals vs Rams, 3:25 p.m., Fox

Chargers vs 49ers, 7:20 p.m., NBC

Monday, Nov. 14

Commanders vs Eagles, 7:15 p.m.

WEEK 11

Thursday, Nov. 17

Titans vs Packers, 7:15 p.m., Amazon

Sunday, Nov. 20

Bears vs Falcons, Noon, Fox

Panthers vs Ravens, Noon, Fox

Browns vs Bills, Noon, CBS

Commanders vs Texans, Noon, Fox

Eagles vs Colts, Noon, CBS

Jets vs Patriots, Noon, CBS

Rams vs Saints, Noon, Fox

Lions vs Giants, Noon, Fox

Raiders vs Broncos, 3:05 p.m., Fox

Chiefs vs Chargers, 3:25 p.m., CBS

Cowboys vs Vikings, 3:25 p.m., CBS

Bengals vs Steelers, 7:20 p.m., NBC

Monday, Nov. 21

49ers vs Cardinals, 7:15 p.m.,

WEEK 12

Thursday, Nov. 24

Bills vs Lions, 11:30 p.m., CBS

Giants vs Cowboys, 3:30 p.m., Fox

Patriots vs Vikings, 7:20 p.m., NBC

Sunday, Nov. 27

Broncos vs Panthers, Noon, Fox

Buccaneers vs Browns, Noon, Fox

Ravens vs Jaguars, Noon, CBS



Texans vs Dolphins, Noon, CBS

Bears vs Jets, Noon, Fox

Bengals vs Titans, Noon, CBS

Falcons vs Commanders, Noon, Fox

Chargers vs Cardinals, 3:05 p.m., CBS

Raiders vs Seahawks, 3:05 p.m., CBS

Rams vs Chiefs, 3:25 p.m., Fox

Saints vs 49ers, 3:25 p.m., Fox

Packers vs Eagles, 7:20 p.m., NBC

Monday, Nov. 28

Steelers vs Colts, 7:15 p.m., ESPN

Game Day Highlights

Saturday 11/12

Texas A&M @ Auburn 6:30pm

Maryland @ Penn St. TBD

Missouri @ Tennessee 11am

LSU @ Arkansas 11am

Louisville @ Clemson 2:30 pm

Alabama @ Mississippi 2:30pm

Georgia @ Miss. St 6pm

TCU @ Texas 6pm

Florida St. @ Syracuse 7pm

N. Carolina @ Wake Forest 6:30pm

Saturday 11/19

W. Kentucky @ Auburn TBD

Penn St. @ Rutgers TBD

Boston College @ Notre Dame

1:30pm

Miami @ Clemson TBD

Ohio St. @ Maryland TBD

Oklahoma St @ Oklahoma TBD

Illinois @ Michigan TBD

USC @ UCLA TBD

Georgia @ Kentucky TBD

Tennessee @ S. Carolina TBD

Thursday 11/24

Miss. St. @ Ole Miss 6pm

Friday 11/25

Tulane @ Cincinnati TBD

NC St. @ N. Carolina 2:30pm

Saturday 11/26

Auburn @ Alabama TBD

Mich. St. @ Penn St. TBD

Notre Dame @ USC TBD

Michigan @ Ohio St. 11am

S. Carolina @ Clemson TBD

Georgia Tech @ Georgia TBD

Tennessee @ Vanderbilt TBD

LSU @ Texas A&M TBD

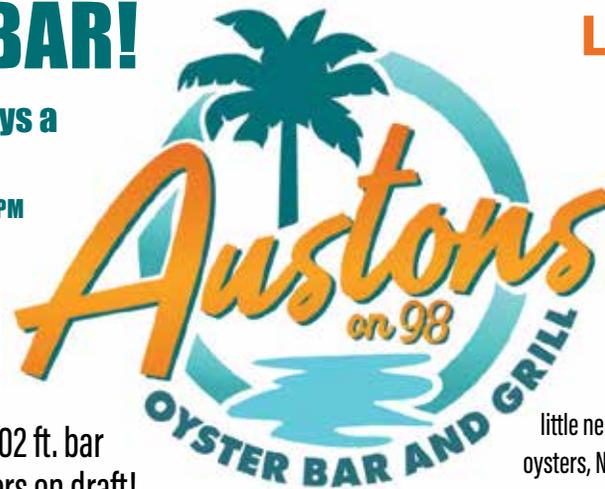
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AJ's Feeds the Community this Thanksgiving

For the seventh year, AJ's on the Bayou, will host a free Thanksgiving Day meal from 11 a.m. till 4 p.m. Last year, the waterfront restaurant served close to 1,000 meals. "We open up our doors to everyone, to ensure that no one is alone or hun-

gry for the holiday," says Keith Waters, Director of Operations for AJ's.

AJ's Thanksgiving feast will feature time-honored classics such as turkey, ham, stuffing, turkey gravy, mashed potatoes, sweet potato casserole, green

bean casserole, cranberry relish, garden salad, dinner rolls, and assortment of pies.

"We have expanded our outreach to include our sister store in Grayton Beach, this will be their third year," adds Waters. "We are open to everyone, and



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invite the community to join our AJ's family on this day, to give thanks. While there is absolutely no charge, donations will be accepted from those capable of making them."

Alan Laird, the Owner of AJ's says, "We want to give back to those that may not have the means to celebrate Thanksgiving. We also want to provide a gathering place for those who don't have anyone with which to share the holiday meal or for those who simply want to celebrate with their neighbors. This is our way to thank the community that provides for us and our families, each and every day."

Reservations are not accepted, and diners will be served on a first come basis. AJ's Grayton Beach will open their doors from 12 p.m. till 5 p.m. to serve Thanksgiving dinner, then join us for family Karaoke starting at 6 p.m.

All donations received from both Thanksgiving feast will benefit Kids on the Coast Foundation. Donations will be used to assist local high school youth this upcoming holiday season. Kids on the Coast is a 501(c)(3) nonprofit organization that supports various charities that provide assistance and give support to local children and youth.

For more information, please contact our Special Events and Promotions department: Rachael Green at info@ajs-destin.com or 850-259-2057.

Learn more at: ajsgrayton.com and www.ajsonthebayou.com.

DESTIN'S BEST

continued from page 24

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. EAT. DRINK. FIESTA!
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Emerald Coast Classic Right Around the Corner

BY MIKE MAHON

The countdown has begun for one of the premier sporting events in the area as the eighth annual Emerald Coast Classic college basketball tournament fast approaches.

Eight teams will compete in the tournament, which will be held at Raider Arena on the campus of Northwest Florida State College Nov. 25-26.

Iowa will face Clemson in a semifinal round game at 6 p.m. on that Friday, while TCU will play Cal at 8:30 p.m. The third-place game will be played at 3 p.m. on Saturday Nov. 26 with the championship game scheduled for a 6 p.m. tip off on that Saturday.

Fans can purchase tickets on line by visiting www.emeraldcoastclassic.com clicking on the ticket link. Session tickets gets fans into both games of the session

Both Iowa and TCU played in the 2022 NCAA Tournament with the Horned Frogs beating Seton Hall, 69-42, in the first round. TCU fell to top-seeded Arizona, 85-80, in overtime in the second round.

Iowa captured the 2022 Big Ten Conference Tournament championship, tied for fourth in the conference standings and won 26 overall games, the second most wins in a season in program history.

For the third time in program history, TCU is nationally ranked to start the season. The Horned Frogs appeared at No. 14 in the



Associated Press preseason poll on Monday. Iowa also received votes in several preseason polls as well.

“The reputation of our tournament has allowed us to attract teams from the premier basketball conferences in the country,” said tournament director Maury Hanks, chief executive officer of Global Sports. “And this year is no exception with TCU being ranked in the top 20 of several preseason polls. We strive to bring the best college basketball teams possible to the Emerald Coast of Florida. Fans are also going to see some of the top collegiate players in the country this year.”

Fran McCaffery has coached Iowa to 20-plus wins eight of the last 10 seasons, including four straight years. The Hawkeyes have competed in the last three NCAA Tournaments and have been ranked in the final Associated Press Poll each of the last three years: No. 16 in 2020, No. 8 in 2021 and No. 25 in 2022.

Iowa’s fortunes will be built around forward Kris Murray, named to the Preseason All-Big Ten team, and redshirt junior

forward Patrick McCaffery, who is the leading returning scorer at 10.5 points per game, Murray was Iowa’s leading scorer (9.7) and rebounder (4.3) off the bench last season.

The Horned Frogs’ second NCAA Tournament bid under coach Jamie Dixon was their fourth postseason appearance in the five seasons that postseason was held, the best in program history.

The Horned Frogs return all five starters from last season’s team. Included in the returners are Preseason Big 12 Player of the Year Mike Miles Jr., and Preseason All-Big 12 Conference forward Emanuel Miller.

Miles is the Big 12’s top returning scorer after averaging 15.2 points. He also averaged 3.8 assists to become the Big 12’s only player to finish in the top six in points (fifth) and assists (sixth). Miles was named to the 2022

All-Big 12 Tournament Team and the NABC All-District 8 second team and to the USBWA All-Region VII Team.

TCU forward Emanuel Miller earned his first preseason honor, as he was selected Preseason All-Big 12 honorable mention. The senior ranked averaged 10.3 points and ranked 10th in the Big 12 with 6.2 rebounds per game.

Continued on page 30

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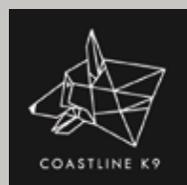
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eggs benedict, biscuits and gravy and more. For a lighter take, it also has a variety of fancy toasts (avocado, salmon and more), along with pastries and muffins. For lunch, choose from a variety of burgers, sandwiches and salads. You will love the full-service coffee shop, offering ev-

erything 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. Check out the special kids menu, too. Indoor and outdoor seating on our large covered patio are both available. You can also book after-hours for private events or special occasions. Open for breakfast and lunch seven days a week from 7 a.m.-2 p.m.

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The Melting Pot Destin



Grab your besties! Destin Melting Pot is celebrating friendship all month long the best way they know how – with drinks and fondue on Wednesday for Best Fondue Friends Forever Friendsgiving. Dip into 3-courses with cheese fondue and special BFFF Dippers including prosciutto and summer sausage along with classic dippers. Enjoy a fresh salad of your choice, then finish the meal with chocolate fondue and another round of extra-special BFFF Dippers including macarons, creme puffs and more! You can even add an entrée to make it a 4-course BFFF experience. For more information, visit <https://www.meltingpot.com/best-fondue-friends-forever.aspx>.

In addition to celebrating friendship all month long, Melting Pot is also helping its friends over at St. Jude Children's Research Hospital to help treat and defeat childhood cancer and other life-threatening diseases. From now through Dec. 31, visit any Melting Pot restaurant and donate \$10 and receive a Donate & Dine card valid for \$20 off a future purchase of \$50 or more. Valid 1/2-8/31/2023. Melting Pot will donate \$10 per Donate & Dine card to St. Jude Children's Research Hospital. For more information, visit <https://www.meltingpot.com/donateanddine.aspx>.

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Oasis



A heartbreaking fire a few months ago 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. Dinners 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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Harbor Docks Restaurant Serves Annual Thanksgiving Dinner For 28th Year!

In what has become a local Thanksgiving tradition like no other, Harbor Docks Restaurant will provide complimentary meals to locals and out-of-towners for the 28th consecutive year

set charge for the meal, but donations are accepted benefitting Habitat For Humanity of Okaloosa County & Destin Harvest. All of the volunteers for the Thanksgiving feast are provided

a table can be reserved to avoid long waits. (850) 837-2506.

Harbor Docks will begin seating at 11 a.m. and will take the last sitting at 4:30 p.m. Please note that food will be served

while it lasts. The serving is not buffet style, but served individually to patrons. Parking will be available across the street from the restaurant with plenty of parking signage and handicap

parking available also. Harbor Docks Restaurant is a Destin institution located in the "Heart of Destin" at 538 Harbor Boulevard.



this November 24th Thanksgiving Day. After providing curbside "to go" plates the past two years because of the Covid-19 virus, Harbor Docks is back to having its sit-down dinners inside the restaurant serving hundreds of people a traditional Thanksgiving meal including turkey, ham, dessert, beverages and all the "fixins." There is no

by Habitat For Humanity Okaloosa from the cooks to servers and everyone in between. Credit cards will be accepted for donations and alcoholic beverages can be purchased at the bar separately but not included with the meals. Large family groups of 10 or more are encouraged and asked to please call the restaurant ahead of time so that

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Donations Accepted



 Off the Hook

Fall Recreational Red Snapper Season

The Florida Fish and Wildlife Conservation Commission announces the opening of a fall red snapper season for private recreational anglers and state for-hire operations in the Gulf of Mexico on the following weekends:
Nov. 11-13

Nov. 25-27
During this season, private recreational anglers may harvest red snapper in Gulf state and federal waters. However, state for-hire operations are limited to fishing for red snapper in Gulf state waters only. FWC will con-

tinue to monitor harvest relative to Florida's available quota. These additional days would not be possible without the State Reef Fish Survey (SRFS). The State Reef Fish Survey was developed specifically to provide more robust data for manage-

ment of red snapper and other important reef fish, and has allowed FWC the unprecedented opportunity to manage Gulf red snapper in state and federal waters.

Planning to participate in the fall season? Do your part to continue the success of the State Reef Fish Survey. All anglers fishing from private recreational vessels must sign up as a State Reef Fish Angler to target red snapper and several other reef fish in state and federal waters, even if they are exempt from fishing license requirements. Sign up at no cost at GoOutdoorsFlorida.com or by visiting any location where you can purchase a license.

State Reef Fish Anglers may receive a questionnaire in the mail regarding their reef fish



trips as part of Florida's State Reef Fish Survey. If you receive a survey, respond whether you fished this season or not or whether you've submitted data via other methods.

To learn more about the recreational red snapper season in Gulf state and federal waters, including season size and bag limits, visit MyFWC.com/Fishing and click on "Saltwater Fishing," "Recreational Regulations" and select "Snappers."



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EMERALD COAST CLASSIC

continued from page 27

TCU won the 2017 Emerald Coast Classic title, beating St. Bonaventure in the championship. Iowa played in the 2016 Emerald Coast Classic.

Both Cal and Clemson are looking to parlay preseason foreign summer tours of playing

basketball in Europe into paths toward success this winter.

Returning starting forwards Hunter Tyson and PJ Hall will key the fortunes for Clemson, which won five of its last six games to close out the 2021-22 campaign. Brad Brownell is the winningest coach in Clemson history, earning 218 victories in 12 years while guiding the Tigers to the 2021 NCAA Tournament, 2018 Sweet 16, 2011 NCAA Tournament and three NIT appearances.

Hall was named preseason second-team All-ACC by league media. Hall, playing through a foot injury for most of the season, averaged a team-and-career best 15.5 points last year, while averaging 5.8 rebounds.

Mark Fox will enter his fourth season as head basketball coach at Cal and has averaged nearly 19 wins each year in his 17-year coaching career. In previous stops at Nevada and Georgia, Fox has guided teams to five appearances in the NCAA Tournament. Cal boasts 28 postseason appearances, including 19 NCAA Tournament appearances.

Forward Sam Alajiki returns after becoming the first Cal player to earn Pac-12 All-Freshman team honors since 2015-16 last year.

For more information about the tournament or for tickets, visit www.emeraldcoastclassic.com.

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Off the Hook: It's Time for Winter Flounder Fishing

BY CALI HLAVAC,
TO DO IN DESTIN

As colder temps roll in, we are starting to notice different species of fish migrate into our Gulf waters – specifically Flounder and Sheepshead. The cooler weather means the fish will school up in

flounder maxing out around 28 inches. One of the best things about targeting Flounder is that they like to come back for your bait if they miss it the first time, so just hold out and wait on them!

Sheepshead actually become

you're in for a fight.

Both these fish are abundant, so the season is open year-round for these species. The limit per angler is 10 flounder per day, and 15 sheepshead per day.

Many anglers will tell you they love catching these fish and bringing them home for dinner. Both species are considered prime seafood, with a delicious white meat that's never oily or

“fishy” in taste. Before it gets too cold, we recommend getting out and hitting the waters to stock up while they're easy to find!



more active with the colder water and are usually found hanging near structures like jetties and bridges, where oysters and barnacles grow. Sheepshead can be a little trickier to catch, as they like to steal your bait and leave the hook exposed. It's a really subtle bite you're looking for and once you hook them,

one area, making them easier to catch once you track them down.

Flounder and Sheepshead are two popular winter/spring fish that anglers will be targeting in this area. Flounder will start to school up in October as they prepare to migrate during winter with the cooler water, usually heading out into the nearshore gulf areas. The move allows them to settle on natural and artificial reefs to spawn at this time.

Because of their shape, flounder are typically always found on the bottom, where they can burrow into sand to await prey. They hang within 200 yards off the beach, typically at depths of 20 to 60 feet. Common flounder species in the Gulf of Mexico are the gulf flounder and the southern flounder, and odds are the latter will be a much larger fish – with the female southern

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 Wellness

Tai Chi, Not Chai Tea :)

BY MARGE GROSS

Tai Chi (pronounced tie-chee) is a graceful, meditative form of exercise involving a series of movements performed in a slow focused manner, accompanied by deep breathing. It has been around for several thousand years and is practiced by approximately 100 million people in China daily. In America, “more than 2.5 million Americans are practicing Tai Chi to reduce stress and anxiety, increase energy, stamina and flexibility, muscle strength and definition and balance.” (Mayoclinic.org)

I discovered Tai Chi at a community center seven years

ago, while searching for a low impact exercise that would help me regain my balance after cancer. What looked like boring, slow motion exercises turned out to be a transformative experience.

After taking that class, not only did my balance improve, so did my PTSD. My mind was more calm and relaxed after each practice, which allowed my body to activate its own innate healing capabilities. Along with prayer and bible study, Tai Chi is an integral part of my daily routine in taking care of my temple.

“Do you not know that your bodies are temples of the Holy

Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” 1 Corinthians 6:19-20

In the meditative part of the practice, I focus my thoughts on gratitude for God’s healing power in me, which starts my day with a positive attitude.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” Phil 4:8 NIV

Two years ago, I moved to Destin in the midst of the pandemic. Again, I searched for a Tai Chi class, hoping I would find an outdoor practice, since social distancing was a thing then. But I could not find any. So I decided to do it myself and

got trained to be a Tai Chi Easy™ practice leader, with ongoing training certifications. I love that this program is not as formal as traditional Tai Chi, which can sometimes lead to more stress in trying to perfect the forms. But doing it the Tai Chi Easy™ way makes the practice fun, non-competitive and easy.

The Tai Chi Easy™ program was created by Dr. Roger Jahnke, who carefully reviewed many of the most popular, prevalent and beneficial forms out



of 10,000 forms of Qigong and Tai Chi and distilled a set of practices that are easy to teach, easy to learn and easy to practice. It is a carefully developed approach that makes Qigong and Tai Chi easy, fun, and beneficial right away.

Essentially, Tai Chi Easy™ takes five of the traditional movements from Tai Chi and does them in a stationary standing position or in a seated position. As the process advances, the movements can be performed, combined with Tai Chi Walking.

Anyone can do Tai Chi because it is low impact, inexpensive and does not require any special equipment. It can be performed indoors or outdoors, alone or in a group.

Of course, it is always wise to consult your healthcare provider before trying Tai Chi.

So whether you are a newbie or a pro, join us at the Destin Library on Mondays from 9-10 a.m. For more information, contact the Destin Library or email Margegross777@gmail.com.

Marge Gross is a Certified TCE-PL. She is also a Mental Health Coach with a focus on Metanoia Mind Change Method. For the last 25 years, Marge has helped women transform their lives mentally, emotionally and spiritually.

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Women’s Retreat!

Sometimes we just need a moment—a time to rest—a time to refill your cup—or a time just to laugh and connect with other like-minded women.

New Life Church Pastor Holly and I, along with our other dynamic retreat speaker, Valerie Peterson, and the Iron Sisters Leadership Team are excited to invite you to the First Annual Women’s Retreat on Jan. 12-14, 2023.

The Gulf Front luxury hotel accommodations at the Perdido Beach Resort in Orange Beach, Ala., are second to none.

It’s time to get RESTORED, REFRESHED and RENEWED for the new year and new season

Continued on next page

Bio-Identical vs. Synthetic Hormone Treatment



BY DR. RICHARD CHERN, MD

You may have heard the phrase synthetic is not always bad and organic is not always good. But in the world of hormones, the research suggests bio-identicals are always the right way to go! So, what's the difference? The main difference is the mo-

lecular structure of a bio-identical hormone is... well... identical to ours and the structure of a synthetic is not. And, since this is not well understood by patients or doctors, hormones sometimes get a bad name.

Well, testosterone is bad, right? We hear news stories all the time telling us about the negative effects of testosterone. For testosterone in the form of testosterone cypionate, a synthetic – and the most commonly prescribed testosterone shot – this is true. Synthetic testosterone will make you feel better, but it will NOT make you healthier. Synthetic testosterone increases your risk of heart attacks, strokes, cancer and more. Bio-Identical testosterone, however, not only makes you feel better and provides an increase in vitality for life, but also reduces your risk

of Alzheimer's, cardiovascular disease, diabetes, osteoporosis, muscle loss and more (the list goes on).

In 1991, the Women's Health Initiative (WHI) was started by the National Institute for Health (NIH) to confirm the benefits of hormone replacement. The study was stopped in 2002, three years early, because the women taking synthetic estrogens were dying from heart attacks, strokes and breast cancer at such a high rate that the study could not ethically continue. Unfortunately, the story became, "All hormone replacement is bad." This information was so widely dispersed that both patients and doctors around the world stopped using hormone replacement and many are still hesitant to use hormone replacement today. However, while strokes, heart attacks,

breast cancer and more are all increased in the women who received the synthetic hormones, those receiving bio-identical hormones experienced a decrease in their risk of all of these conditions. Again, synthetic hormones can improve symptoms, but bio-identical hormones improve health and prevent disease as well.

Bio-Identical progesterone helps decrease the risk of uterine cancer, helps the brain heal after injury, promotes nerve and brain function while synthetic progesterone, or progestins, increase your risk of breast cancer, stroke and heart attack. There is a pattern here I believe everyone can see.

At The Hormone Restoration Center, we specialize in bio-identical hormones and believe we have the highest quality

bio-identicals available. Let us help you; please call us at (850) 837-1271.

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 right here in our local area. Dr Richard Chern, MD treats many of the medical community in the area. Dr Richard Chern, MD is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call Dr Richard Chern, MD today for an appointment at The Hormone Restoration Center at (850) 837-1271.



WOMEN'S RETREAT

continued from previous page

that's coming in your life. Psalm 23 says, "He renews, restores, refreshes my soul. He guides me along right paths, bringing honor to his name." We want to make sure we are on the right path in 2023! We come together and open up God's Word. We focus on His Glory and we worship together corporately! God wants to meet you right where you are!

Please come with a heart of expectation and join us for the weekend to sit in his presence and receive and be gloriously refreshed?

Of course, a women's retreat would not be complete without some wonderful food to have conversations over. In fact, the first night, there will be a scrumptious fillet mignon steak dinner or chicken. To top it off, there is a specialty coffee shop right in the hotel lobby!

This retreat is extremely af-



fordable at \$199 per person—double occupancy and includes registration, a water view hotel room, four meals, three dynamic speakers and a whole lot of fun getting to know some of the sharpest Iron Sisters you'll ever meet!

Register today and invite a friend, family member or co-worker who could use some encouragement for the new year! Visit: www.newlifechurch.com/events and fill out a brief registration form.

We look forward to having you join us at the RESTORED, REFRESHED and RENEWED Iron Sisters Women's Retreat!

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 Wellness

Self-Care Corner: **Glowing Skin for the Holidays!**



By KRISY WHITELEY ANDERSON

It's that time of year and you want your skin to be as glowing

as the sparkling holidays and all its festivities!

The Ultimate Skin Refiner is your solution. After only three treatments of the Ultimate Skin Refiner H2O Facial Treatment, you can minimize and deep cleanse pores, refine skin tone and texture while infusing potent antioxidants and anti-aging benefits! This is a way to safely clean your pores of dirt, debris and oil. Fresh, clean, clear skin is what you'll see when we use the Ultimate Skin Refiner to treat your skin.



This amazing tool uses a four-step water facial cleanse to exfoliate, extract and hydrate all

in one. It helps remove dead skin cells, extract all the blackheads, resurface the skin, refine fine lines and wrinkles, plump and hydrate, brighten and soften, minimize pores, promote healthy blood circulation and minimize breakouts. Our clients tell us it has

been a game changer throughout the year.

Schedule your appointment

now or purchase a package for your special someone for Christmas. Call Krisy at Beverly Hills Day Spa for an in-depth consultation – \$125 a treatment or \$99 for a series. Check out massages, facials, a terrific skin care line with Aloe and other services, too. Gift cards for skin care and pampering are a great way to gift someone for Christmas and birthdays, too! Call (850) 654-8544 or visit beverlyhillspadspa.com. We look forward to making you brighter, fresh and feeling great for the holidays!

Arthritis Is A Pain



By KAY LEAMAN, HEALTH ARCHITECT

There are several types of arthritis: Osteo, Rheumatoid, Lupus Erythematosus, Gout,

Infectious and Reactive, and Psoriatic. The American Arthritis Foundation shows 58.5 million Americans suffer with this disease and annual costs for medical care and lost earnings is \$303.5 billion.

Osteoarthritis is a degenerative joint disease and affects the hands, feet, knees, hips and spine. Oxidative stress is a pathological process that leads to osteoarthritis. Wear and tear over the years or traumatic injury generates oxidative stress/damage which in turn creates excessive inflammation which spirals to even more oxidative

damage. This is why once present, the disease accelerates without treatment.

Antioxidants become the most effective antidote for further progression of the disease. A high quality, full spectrum, pure supplement can be more effective than prescribed medications (which are prescribed to treat "symptoms") without any side effects (This statement is not intended to be medical advice and was extrapolated from a scientific article.).

Rheumatoid arthritis is a type of autoimmune disease in

which the body attacks healthy joint tissue. It is characterized by auto-antibodies created against the specific proteins in the connective tissues in and around the joints. The immune response causes high levels of inflammation, swelling, pain, damage, scarring and distortion to affected joints. Symptoms include morning stiffness and joint pain, typically in the same joints on both sides of the body. This disease can also affect the heart, lungs, eyes and skin.

To be fully explained here would require a much deep-

er dive into the science of the body's functions of the autoimmune process. This process has disclosed the possibility that consuming harmful immunosuppressant drugs may not be the answer.

Psoriatic arthritis is the result of chronic inflammation where an overactive immune system attacks the joints and skin. It can include either or both plaque or nail psoriasis. It varies in severity, from mild to crippling.

Essential oils can aid in relieving symptoms of arthritis. Some curb inflammation or have numbing effects. Others can interrupt pain receptors in the brain and others work in a combination of ways. Some of these oils are eucalyptus oil, ginger oil, curcumin, copaiba oil mix, orange oil and lavender oil mix. Be sure to choose a pure oil (no additives such as alcohol) and ones that are stored in dark containers. Oils can degrade in strength when exposed to light. Always talk to a knowledgeable oils expert before using.

As mentioned above, a high quality, full-spectrum pure supplement can be effective as well. Nourishing the body with the minerals, micronutrients and antioxidants that it needs to combat inflammation can make a noticeable difference in the quality of life when living with arthritis.

As always, you can reach out with questions or requests for more information.

Have a fun, healthy and joy filled Thanksgiving.

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The Efficiency of Emotions



BY TODD CRAIG,
JOURNEY BRAVELY

I grew up believing emotions were inefficient and to be avoided. Emotions, even the “good” ones, were not to be trusted. They were to be overcome by being tough and powering through. So, I learned how to ignore emotions for the sake of efficiency. While this approach enabled me to perform and accomplish many tasks, it didn’t allow me to enjoy those accomplishments. It also left me feeling disconnected from myself and others, including my wife and boys. When I avoided emotions, I lived with low-grade anger and discontentment that, ironically, demanded more of my time and energy than the original emotions I was avoiding.

Maybe you, too, were taught feelings aren’t safe and should be suppressed. But, what if that isn’t true? What if there is a purpose to emotions? What if ac-

knowledging them is a pathway to growth and progress? What if there is a depth of life and relationship to be experienced through emotional awareness? What if emotions aren’t something to escape but the path to the life, relationships and influence you have been searching for?

Four Steps to Allow Emotions to Work for You:

Slow down to speed up

The speed and busyness of life is one way we are taught emotions are to be ignored. There is simply no time for emotions. We pursue more work or activities as a means of escaping or numbing emotions. However, if emotions have purpose and can provide important information about the abundant life path we desire, we must slow down and create space to experience and acknowledge them. When we create space for emotions, we bring them to the light instead of allowing them to drain our energy while operating in the shadows. Next time you sense an emotion, whether comfortable or uncomfortable, pause and take three to four deep breaths, allow yourself some space to experience the emotion, and then move on to the next step.

Name the emotion

At first glance, naming the emotion appears to be simple. However, this can be difficult without a strong emotional vocabulary. When asked how we are feeling, we often have two or three go-to answers such as “fine,” “good,” “frustrated,” or a favorite of my son’s, “meh.” If moving beyond words like these is difficult, you are not alone. A simple hack is finding and printing an emotion word bank. We have a printable “Feeling Word List” available in the Resources tab at Journeybravely.com. Keep a picture of this on your phone or fridge. When you are tempted to use words like good, fine, or meh, look at the word bank and find words like thankful, valued, respected, overwhelmed, relaxed, betrayed.

What’s the story

After naming the emotion, consider the narrative behind the emotion. How are your beliefs shaping your emotional interpretation. If you are feeling rejected when your friend turned you down for lunch, try investigating your story about your friend’s intentions. Are you believing you aren’t important to your friend? When you identify your emotional story, it is important to test the story with three questions. Is the story

true? Is it kind? Is it helpful? If the answer to any of these questions is “no,” it’s time to adopt a new narrative. Try challenging the original story with a version that gives your friend the benefit of the doubt. Perhaps he would like to get together another time because your friendship is important to him.

What are your action steps?

Now that you understand your emotion, how will it guide your actions? Maybe it’s time to replace old thought patterns that are no longer serving you. Maybe there are relational boundaries you need to establish. Maybe it’s time to set boundaries with

news, social media or other cultural input. Maybe it’s time to start saying “no” so you can slow down and be present with yourself and others in more meaningful ways. Remember, you are ridiculously in charge. You largely get to make your own decisions as well as what and who you allow in your life. Emotions can help make these decisions more efficient if we give them the space to do so.

As you allow your emotions to work for you, we are here to support you along your journey. Coaching sessions are currently available. Connect with us at Journeybravely.com.



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Thankful Travel



BY JODELL HAVERFIELD,
HAVE TRAVEL MEMORIES

One of my favorite quotes is "TRAVELING leaves you SPEECHLESS, then turns you

into a STORYTELLER." By Ibn Battuta.

Thanksgiving is right around the corner, and you're already counting your blessings. It can be so easy to get consumed by life's daily demands, but it's always important to take a step back and shine a spotlight on all the things we are thankful for in life. The Thanksgiving season might mean reuniting with friends, turkey and all the fun and cheer, or it might mean your true traveler self-jetting off on a family getaway. Perhaps you haven't been home for Thanksgiving since before covid?

It seems like nearly everyone has been hit by the traveling bug



Travel allows you to see yourself, others and the world in a different light. There's no doubt travel is having its post-pandemic moment right now. If you're thankful for the freedom to travel, the adventures you have been on and the ones that still lie ahead, then you will enjoy these travel captions by others like you, who love and appreciate the gift of travel.

"Catch a plane, not covid!"
"I'm thankful for this world, so I travel!"

"Blessed to be tasting turkey and traveling"

"The best things in life are free and these memories are priceless."

"Give thanks for unplanned trips that are on their way."

Use these captions to give thanks for the freedom to travel, because I think we can all agree it's literally one of the most fulfilling experiences. I can't imagine life without my passport.

When you look at life through the eyes of gratitude, the world becomes a magical and amazing place." – Jennifer Gayle.

Travel is currently one of the highest grossing income industries, due to huge pent-up demand to go somewhere, anywhere. Multigen travel is top in the market because families want to go together. "When gratitude becomes your default setting, life changes."

"One's destination isn't a place, but a new way of seeing things." – Henry Miller.

"There's a sunrise and a sunset somewhere every day, go find one!"

Remember, anyone can take a vacation, but only you can make the memories. I will close with a couple of my favorite memories. Happy Thanksgiving to my favorite readers!

Love JoDell and thanks for Travelin with me. I am so thankful for all of you, my favorite travelers!

For more information on our upcoming hosted trips call JoDell at (406) 544-8365 or go to our website, or social media posts and podcasts

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10-Night Horse Soldier cruise with one of the original Horse Soldiers to the British Isles Sept 2023

11-Night Nile River Cruise with AmaWaterways May 2023

"Feeling blessed about these stamps."

"Blessed and travel-obsessed."

"Take your luggage and leave your baggage behind."

"I'm thankful to have a family who takes vacation as seriously as I do."

"Do not disturb us, we're busy traveling"

"Grateful for every adventure with you."

"Home might be where the heart is – but I'm thankful for the chance to discover new places."

I love this one; the next time you're having an argument with someone you love, try saying this:

"Let's jump on a plane and discuss everything that makes us happy."

"We should certainly count our blessings, but we should also make our blessings count," – Neal A. Maxwell.



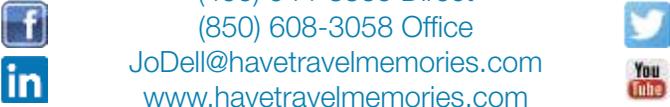
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Ways to Save this Holiday Season

ENERGY TIPS

by Emerald Coast Energy Solutions

BY CHRIS BALZER, ECES

I cannot believe the holiday season is here. It has been nice getting a break from the high humidity and I am especially enjoying those attic inspections this time of year. With the holiday season comes more energy use. Here are a few holiday energy savings tips to help brighten your nights and lower your energy bills.

Switch to LED lights when decorating and in general. LED lights use 80 to 90 percent less energy than incandescent lights. It is estimated that four strands of LED lights will save \$30 this month, compared to four strands of the traditional lighting. When I changed out my landscape lighting bulbs to LED, they were brighter, looked great, will last longer and use less energy. It is also a clever idea to use timers to reduce the amount of time holiday lighting stays on.

When cooking the holiday feast, do not forget about the smaller appliances. Microwaves, slow cookers and multi-use smart appliances all use less energy and give off less heat than ovens and stoves. Also consider co-cooking. If one dish needs to bake at 400 degrees and the



other at 350 degrees, consider sharing the baking time and set your oven at 375 degrees to bake both dishes.

We typically use our common appliances more during the holidays. Many of our water heaters are set to 140 degrees from the manufacturer. Lowering the setting to 120 degrees will save energy and money. When showering, many of us will start with the hot water turned all the way up and then add cold water for a comfortable temperature. By doing this, you are cooling the hot water which you spent energy and money to heat.

Do not run dishwashers when they are half full; this wastes

energy. Fill up those baskets and try adding a drying agent. These agents help lower the surface tension of water, causing it to sheet off dishes, use less drying time and save you money. Also, use cold water in your clothes washer. Most new clothes washers and detergents are designed for cold water and get your clothes just as clean. When drying clothes, throw a few dryer balls into the dryer with your load. This will reduce drying time by preventing laundry from clumping, allowing the warm air to circulate better. If your dryer has an auto dry option (moisture sensing), use that option instead of timed dry and clean the lint trap between loads – this improves air circulation and increases the efficiency of the dryer.

If you plan to leave this holiday season, think about automating your home. Put exterior and interior lighting on timers to avoid being on all day and night. Add a thermostat that you can control via Wi-Fi and your smart phone, so, in the event we get a cold streak or heat wave during the time you are away, you can control your home's temperature. Also remember to unplug those energy vampire electron-

ics which use energy even when turned off.

Buying local foods and goods not only supports our community but saves energy by reducing transportation related energy costs.

Be innovative and give your home an energy checkup by a professional. He can pinpoint your biggest energy loss areas and provide suggestions and solutions to become more energy efficient.

We wish you and your loved ones a happy, safe and energy-efficient holiday season.

Chris Balzer is Founder and President of Emerald Coast Energy Solutions, which is a Smile Provider Company. For more information on how to save and become energy efficient, schedule an inspection by calling (850) 588-2870, visit trusteces.com or email wecare@trusteces.com and Beat the Heat.



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Becoming a Smarter Giver



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

The United States and its citizens are among the most charitable in the world. And even

though tax laws have made some changes to charitable giving, investors and savers alike are not only thinking how and what they are giving, but also how they might be able to be smarter givers. The question is, how do you do it? Giving is motivated by the three Ts: Time, Talent and Treasure. This article is focused on the giving of treasure.

It all starts with a review of today's givers, the "who." In 2018, Raymond James produced a white paper on charitable giving, and we are sharing some of that insight for you here. If you looked at some numbers, you

would find that a giver is typically a mature American (88 percent) and 72 percent of all givers are classified as baby boomers. Next, what are their causes? The study says the top four are: 31 percent to religious institutions; 14 percent for education; 12 percent to human services and 11 percent to foundations. And lastly, where do the givers typically come from? The leaders are Utah, D.C., Mississippi and Tennessee.

So, how and why are people giving? People want to make a difference, to create a legacy and to act upon a sense of moral duty.



There are incentives as well: Potentially lower taxes, managing their wealth and guidance on estate planning. Giving can be as straightforward as a cash, check or even stock donation. Other assets might qualify as well. This can be cumbersome, however, if you have several nonprofits you want to support.

An idea growing in popularity is the Donor Advised Fund or DAF. Raymond James calls it "the new face of giving" and it is the fastest growing charitable vehicle in America. DAFs are public charities and qualify under IRS section 501(c)3. They take in contributions from the giver by way of cash (or check) but also securities (stocks and bonds, for example). Depending on someone's situation, a tax deduction might even apply. The DAF in turn invests the contributions into mutual funds for growth or income or preservation of capital.

Note the wording of "donor advised." That means that the donor can directly ask the DAF to periodically, or when they would like to, send contributions on to another charity. That charity could be educational (a college, university or any educational nonprofit), religious (church), human services or foundations (educational, athletic as example). In the meantime, any amounts not given can be left to grow and accumulate over time, for many years.

In the end, giving is simpler – one contribution to one charity, which can then be dispersed as you request or advise. Many firms allow you to do this online or even delegate it to your adviser, at your direction. You can title or name the account as well. These accounts also allow you to name successor donor advisers or a final recipient charity of

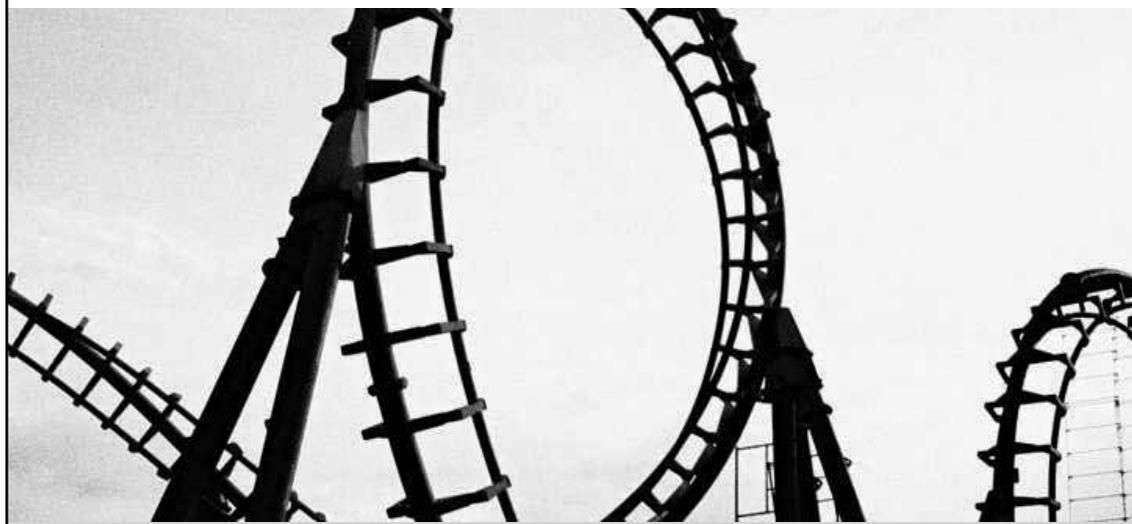
the value of the account at your death. Many people appreciate having this available for making donations to their schools, churches, hospitals and various local or national/international causes.

Donors are urged to consult their attorneys, accountants or tax advisers with respect to questions relating to the deductibility of various types of contributions to a Donor-Advised Fund for federal and state tax purposes.

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management and Raymond James. The main office is located at First Florida Bank, a division of The First, 2000 98 Palms Blvd. Destin, FL 32451 with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymond-james.com.

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Up, down or sideways: Keep your head on straight when markets move.

Some investors have learned how to ride out the most stomach-churning market cycles. Others follow the urge to jump out mid-ride. So what can you do to play it smart in a roller coaster of a market?

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Beachworx Launches New Partnerships

BY MELISSA FERTITTA

Beachworx, the Emerald Coast's only coworking space, has launched two new strategic partnerships designed to help veterans transitioning to civilian employment.

On Oct. 28, Beachworx CEO Steven Franco was a featured speaker at a Special Operators Transition Foundation (SOTF) workshop, joining other distinguished speakers from the c-suites of area businesses. The conversation focused on informing veterans of opportunities within their organizations and industries, and explaining the differences in interviewing for civilian jobs as well as the processes for performance development and assessment in these roles.

"It was important for me to share with these vets the values of Beachworx and our other businesses because they can serve anyone in any industry," Franco said.

Some of those values are healthy living and a balance between work and life, striving for excellence, positivity and connection with others.

In addition to being a flexible affordable professional office space, Beachworx sells success. Its community, which includes strategic partners, members and even frequent day users, offers resources and relationships that help entrepreneurs conduct and scale business. Beachworx's community offers business support resources, products and services like payment processing, web development, marketing, accounting and consulting. Additionally, there are traditional and reverse mentorship happenings in the coworking community that frequently hosts networking events.

One such networking event will be held on Tuesday, Nov. 15, to welcome veterans and their spouses to meet community members and local business owners and executives in support of their transition to civilian employment. Co-hosted by SOTF, this event is open to the public and Beachworx members alike. Visitors will get an opportunity to tour the space and learn about the various products and services offered.

Veterans, specifically, will be interested to learn more about a special membership program offered through Veterans Flor-

ida. This grant-funded membership gives veterans full access to Beachworx for six months. Veterans will receive \$2,000 to put toward a dedicated desk in the coworking area. The dedicated desk program provides veterans with a dedicated work-

space, conference room access, a business address and the opportunity to attend networking events and workshops offered by Beachworx.

One such workshop is planned for Nov. 9 by Beachworx and the Small Business Development

Council. The "Starting a Business Workshop" will be presented by Diana Jernigan, a Business Consultant at the SBDC. The three-hour workshop will focus on determining a business idea's feasibility and how to form a company and register it with the appropriate government agen-

cies. Basic marketing strategies and an introduction to capital options will be included in the \$50 registration.

To register for any of these events, follow Beachworx on Facebook or email info@thebeachworx.com.

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Musing

Community Helping Community



By MATTHEW VANDERFORD
Being a part of a commu-

nity means different things to different people. As a public insurance adjuster, being a part of the community means being present for businesses, property owners, renters and contractors who've experienced damage, suffered loss and need assistance in reaching a fair insurance claim payment from insurance companies.

From the most severe natural disasters like hurricanes, fires, floods and tornadoes, to lesser, simpler damages like pipe breaks, theft and vandalism, I've

witnessed the stress that comes to others while they make every effort to work with insurance companies hoping to obtain an accurate recovery. It's unfortunate that often many people feel hopeless and helpless, unsure of what to do when they experience a crisis in their claim.

However, being a public insurance adjuster is just one aspect of being present. Another reflection of living and breathing as a part of community means showing up for myself and others in ways that honor the unique expression of who we are as individuals with opportunities to raise awareness and give back to those that help and heal in times of crisis. Because crises, and the traumas that follow, tend to come in many shapes and sizes.

And crisis seems to be what I am or at least was attracted to at one point. Maybe that's because I was used to living a life in a heightened state of survival crisis mode since I was little. Being exposed to extreme circumstances and living life through the lenses of traumas that never seem to end are real catalysts in who I am today and what I do now.

That's why Claimology is proud to highlight the Emer-



er to provide homes and keep brothers and sisters together. It gives a home to the abused, neglected, and abandoned children of our community. Before Children in Crisis, there was no emergency shelter in Circuit One (which includes Okaloosa, Walton, Escambia, and Santa Rosa counties) for young children removed from an unsafe environment on short notice. Without CIC and the stability it brings, many foster children would be moved from home to home, some as many as 10 times per year. It has given

a safe, loving home to more than 995 children since 2008."

The beginnings of Emerald Coast Children's Advocacy Center is one of grassroots support from the communities it serves. The motivation for establishing a Children's Advocacy Center using a multidisciplinary team response to child abuse in Okaloosa and Walton counties grew out of a high-profile case in the early 1990s. Together, the Department of Children and Families and the State Attorney's Office formed a Child Abuse Task Force in 1992. That group recommended a Children's Advocacy Center be built and the ECCAC was incorporated in July 1997 and in June of 2007 and has received its re-accreditation from the National Children's Alliance.

Please take the time to check out these amazing groups by visiting them online at: eccac.org and childrenincrisisfl.org and see how you may become involved in helping the area's vulnerable.

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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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Sean of the South: Happy Thanksgiving



BY SEAN DIETRICH

It's a few minutes until Thanksgiving. I thought I'd stay up and watch the clock change. I'm sipping tea, listening to gentle music playing in the background.

I think it's Bing Crosby, or maybe Nat King Cole. The volume is too low to tell. Either way, it sounds like 1948 in this living room.

Yesterday, my wife made a batch of cornbread and biscuits. She left them on top the refrigerator so they'd get good and dry before she crumbled them into cornbread dressing.

There is a big debate between calling it "dressing" or "stuffing." And while I am no authority on the matter, I can tell you this:

Once, I spent Thanksgiving at a buddy's house, his mother was from West Virginia, and she served "stuffing."

She cooked the entire feast without ever dropping the Winston cigarette that dangled from the corner of her mouth. And she must have had a few too many cups of holiday cheer because she accidentally shoved all her cornbread into a well-known orifice of the turkey's body. I had never seen this done.

"What have you done to the dressing?" I asked her.

"Dressing?" she said, laughing, elbow-deep in a turkey's butt. "This ain't dressing, kid. It's stuffing."

You can imagine my surprise when just before serving the turkey, she rammed an extra-long spoon up the bird's backend and announced, "This stuffing looks a little undercooked, but oh well."

It was apple-pecan stuffing. Everybody ate some and a few hours later we all got deathly ill. And I don't mean to get graphic here, but we were having projectile-like symptoms.

And that was the last time I ever ate salmonella-flavored West Virginia stuffing.

Anyway, I'm sorry I brought that up. Especially on Thanksgiving. What I meant to say was that I hope you have a great day. And I really mean that, I'm not just blowing smoke.

I love this holiday. The smells, the colors, the families trying to run each other down with their SUVs and make it look like self-defense. The nervous breakdowns in the bathroom, the forced pleasantries among in-laws, and of course, the cornbread dressing. I love it all.

But when I was a kid, I did not like holidays. In fact, I hated them.

And that's why I'm writing you. The thing is, for some people, holidays really stink. They are reminders of how everybody ELSE in the world has a nice, happy family, and how you have jack squat.

At least that's how it was for my family during my childhood. After my father died in a pretty horrible way, people would invite us to spend holidays with them because they felt sorry for us. We would join them, but it was awful.

The only thing worse than being sad on Thanksgiving is being a charity case, sitting all alone on someone's living room sofa.

But my story isn't important here. What I'm saying is that there are lots of people who are like I was. People who hate Thanksgiving, Christmas, or



New Year's Day. To them, this is the hardest part of the year.

You can't always see these heartbroken people because they disguise themselves with happy faces that make them invisible. I know this because I grew up that way. I had a phony face for every occasion.

There's the "We're-doing-great-thanks-for-asking" face. There's the "We're-so-happy-we're-practically-squatting-out-gold-bricks" face. And the "If-I-were-any-happier-I'd-be-in-the-nuthouse" face.

Lies. All lies.

So, if you are lucky enough to have what could be loosely called a good life, I hope you look for these forlorn people. You don't have to do anything. You don't have to invite them to move into your house. You don't have to act all sympathetic and frowny faced.

But maybe you can sit beside them on a sofa, tell them a funny story, or try to get them to smile. Or if you are hard up for conversational topics, you can always talk about how your sister-in-law is crazier than a run-over cat.

Unless, of course, the person on the sofa is actually your sister-in-law herself. In which case, you will have no choice but to talk about "The Bachelorette" because that is all she ever freaking talks about.

When I was a kid, the people who saved my life were quiet, meek people. They were old men who entertained me with magic tricks, or a guitar, or by teaching me corny jokes.

And it was because of these people that for a few hours on a holiday like this one, in an ordinary living room, I was temporarily not sad.

Because of them, I would listen to Bing Crosby, or maybe it

was Nat King Cole, and I would let myself pretend, like everyone else does, that today was the greatest day of the calendar year. Even though there is no such thing. Not really.

A day is just a day. You can't make it more than that no matter how hard you wish. No matter which fancy name you give it.

But then again, what if you can? What if today really is the best day in the history of the world?

And what if the coolest thing you and I could ever do upon this weary earth is not to be a big hero; or make lots of money; or live a long life; or travel the globe; or be the best in our field; or do something noteworthy; or be considered important; or unique; or successful? What if the greatest thing anyone could ever do is to simply to find some sad little heart, sitting all alone on a sofa, and make that heart un-sad?

Watch out for undercooked stuffing. Eat dressing instead.

Happy Thanksgiving.



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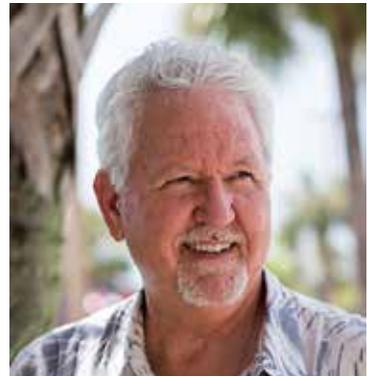
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BY PASTOR DAVID HOLLAND

A Pastor's Ponderings: Thankful for God, Family, Country

"I have been young, and now am old; Yet I have not seen the righteous forsaken,

Nor his descendants begging bread. He is ever merciful, and lends;

And his descendants are blessed." (Psalm 37:25-26, NKJV)

There I stood in Capernaum, where Jesus once provided bread for the multitudes and healed the sick. The weather was perfect. The full moon lit up the night and three hours of unadulterated worship rocked the hillsides.

Praising God with gusto came easily with the great throng of pilgrims gathered on the north shore of the Sea of Galilee. Two thousand Christians assembled

from all over the world in ancient Capernaum to kick off the Feast of Tabernacles and walk in the footsteps of Christ. Faith was on full display.

Similar to our Thanksgiving celebration, the Feast of Tabernacles is an annual holiday in Israel that commemorates the Israelites' 40-year journey out of Egypt. God provided manna to eat and water for them in the wilderness. They slept in tents, called "succots," or temporary dwellings. This holiday is a time of joy for the Jews and the Christians who visit. Jesus wants to tabernacle among us today if we invite him.

While in Nazareth, the minimalism of Christ's life struck me in Joseph's workshop, literally a cave. Questions probed my mind. Do we adorn our faith with so much pomp and ceremony that we miss the power of his love and the simplicity of His teachings?

Shifting to southern Israel, we explored Hebron, where

Abraham received the promise that God would bless his family. Recent excavations reveal stone pathways traveled by Abraham 4,000 years ago. While offering his son Isaac as a sacrifice, God interrupted him with a ram caught in a thicket and taught Abraham that God will provide Himself a sacrifice. I thanked God for sending Christ as our eternal sacrifice.

Landing more than 6,000 miles to the west of Israel, we arrived in South Carolina. Our grandson, Josiah, was about to graduate from Marine boot camp on Parris Island. The family gathered to celebrate his achievement. Fourteen of us stood at rapt attention among thousands of family members of the 374 graduating Marines. The Marine Corps band played in the shadow of the statue commemorating the battle of Iwo Jima.

My family cheered them on, along with hundreds of other families representing every walk

of life in our pluralistic culture, every one of them proud of their Marine and their country. My daughter and the mother of our Marine is fiercely loyal and unyielding as iron. She whooped and hollered, shouting above the din, "I love you, Josiah!"

Waves of pride and patriotism washed over me as I watched my grandson march in strict formation with his company. The innocent baby-faced toddler I once knew stood as a strong, disciplined United States Marine willing to lay down his life for his faith, family and country. That's when stark, raving fear ruined the parade.

Will the Corps send my grandson into battle in some far-off desert or jungle? Will an enemy's weapon tear through his flesh and bone? Will he come home in a body bag? These thoughts tormented me while the band played on.

Only God knows these answers.

Moses showed us that even in the wilderness, God is good and always provides. I learned from Father Abraham to place my family in God's hands because he is so faithful. I learned from my savior Jesus that God is truly with us through the battles of life. Like King David of old, I have learned to be thankful for my God, my family, and my country.

Happy Thanksgiving.

Dave Holland pastored churches for thirty-eight years before retiring in Destin, Florida. His book, "Christmas Jesus" is now available at Amazon.com for \$5. He also 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 his books from his website, DaveHolland.org, or at Amazon.com. Pastor Dave is available to preach and teach in churches and conferences. Contact him at DavidoHolland54@gmail.com.

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30A Songwriters Festival Announces 2023 Headliners



For the past 13 years, the 30A Songwriters Festival has attracted thousands of dedicated live music fans from around the country to hear original songwriters spanning many genres of music perform their songs. The beach resort towns along Highway 30A on the Gulf feature 30 venues presenting over 200 songwriters and 300+ solo, band and in-the-round performances throughout the weekend of January 13 – 16.

30A Songwriters Festival will celebrate its 14th year with performances on the main stage at presenting partner Grand Boulevard's Town Center in Miramar Beach with headline performances by renowned artists LYLE LOVETT, GIN BLOSSOMS, RICKIE LEE JONES, STEVE EARLE, YOLA, AND MORGAN WADE.

The festival welcomes for the first time to 30a Amy Grant, Tom Rush, Brian Vander Ark (The Verve Pipe), The Black Opry Revue, Beth Nielsen Chapman and John Craigie.

Returning to perform two shows each throughout the

weekend are songwriting Legends John Paul White (The Civil Wars), Shawn Mullins, Kathleen Edwards, Tinsley Ellis, Darrell Scott, Adia Victoria, Chuck Prophet, Livingston Taylor, Abe Partridge, Lilly Hiatt, John Fullbright, Sarah Lee Guthrie, Paul Thorn and James McMurtry. An Additional 100+ Artists Will Be Announced Over the Next Few Weeks—Stay Tuned

The following are confirmed artists: Hayes Carl, Glenn Phillips, Jeffrey Steele, Pat McGee, Bob Schneider, Abe Partridge, Cousin Curtiss, Mary Gauthier, Dan Navarro, Mark Erelli, Jonathan Byrd, Peter Holsapple & Chris Stamey, Will Hoge, Don Dixon & Marti Jones, Nicole Chillemi and the Jazz Legacy Project, Amanda Platt & The Honeycutters, Griffin House, Gretchen Peters, Kim Richey, Amy LaVere & Will Sexton,

Will Kimbrough, Leigh Nash, Garrison Starr, Michael Toltcher, Mary Bragg, Tim Easton, Kalen & Aslyn, Cooper Carter, Crys Matthews, Florence Dore, Adrian Carter, John Lowell, Heather Mae, Charlie Mars, Michael McDermott, Leslie Mendelson, Amy Rigby, Danielle Howle, Side Pony, Darden Smith, The Kennedys, Pat Byrne, Levi Lowery, Certainly So, Eddie 9V, Tall Pines, Meaghan Farrell, Jesse Lynn Madera, Danni Nicholis, Certainly So, Alice Peacock, Hannah Miller, Sammi Accola and Goldpine.

The 30A Songwriters Festival production team transforms amphitheatres, town halls, restaurants, theaters, bars and covered patios into unique music venues with state-of-the-art sound systems ranging in capacity from 75 to 750 seats indoors and 6,000 outdoors.

Festival Weekend Passes are currently available at www.30asongwritersfestival.com. VIP tickets that include premium seating on the lawn at Grand Boulevard for the headline shows on Saturday and Sunday afternoons along with access to the VIP tent serving

complimentary food, beer, wine and cocktails are also available. For a full description of each ticket package including VIP mainstage and transportation packages for groups of 2 up to 12, visit www.30asongwritersfestival.com.



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 Arts & Music

Toy Room

Emerald Coast Children's Advocacy Center is creating a toy room for their families and agency partners to "shop" for children from newborn up to 18 years old. Bring unwrapped gifts, and Christmas wrapping paper for the gifts, by Nov. 30. Check out gift ideas to purchase for all age groups in the events section of ECCAC's website, www.eccac.org. Deliver to either the Pierce Family Center in DeFuniak Springs, 336 College Ave., or the Niceville Chamber of Commerce office, 1055 John Sims Parkway East. EC-



CAC is also accepting 2022 year-end tax-deductible donations. For further information or assistance with deliveries, email Ana Michalzik at ana@eccac.org to ECCAC, or call her at 850-420-4639.

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Party Rooms are available for your holiday gatherings, business, family, Krewe, Girls Night Out, special event or whatever you can dream up! Set your kiddo's creativity free with a new twist on fun! Book a birthday party or Mommy & Me event!

Check out the November calendar and then request an event. For your private event:

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- Mention this write up and the party host gets a free seat with a private party minimum (15 seats minimum after 5pm, Fri. and Sat. or 10 seats minimum any other time.) through Dec. 31!

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The November calendar



offers a variety of paintings—from seasonally-inspired landscapes to decorative DIY wood board signs, funny self-portraits, and more! Sign up at painting-withatwist.com/studio/fort-walton-beach/calendar.

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9-10 a.m.: Adult Barre +
11-11:30 a.m.: Pre Primary A
11:45 a.m.-12:15 p.m.: Pre Primary B
1-2:30 p.m.: Adult Ballet

Wednesdays

12:30-1 p.m.: Pre Primary A
1:15-1:45 p.m.: Pre Primary B

Fridays

9-10 a.m.: Adult Barre +

Saturdays

9:30-10 a.m.: Pre Primary A
10:10-10:40 a.m.: Pre Primary B
10:50-11:30 a.m.: Pre Primary C
11:40-12:30 p.m.: Primary A
12:45-1:45 p.m.: Primary B

Pre-Primary Ballet and Primary Ballet creative dance classes are part of the classical curriculum for the youngest dancers, instilling foundational elements of movement through creative

experience, expression and play. Both boys and girls are highly encouraged. Classes occur once a week on either Tuesday, Wednesday or Saturday.

Visit website for additional level and adult classes, or to register online: studio6twenty5.com. Email any questions to rachel@studio6twenty5.com. [studio6twenty5](http://studio6twenty5.com), 625 Harbor Blvd. (upstairs).

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Pre Primary A Ballet: ages 2-3
Pre Primary B Ballet: ages 3-4
Pre Primary C Ballet: ages 4-5
Primary A Ballet: ages 5-7
Primary B Ballet: ages 6-8
Primary A & B Jazz/Lyrical: ages 5-8*
*Students must be enrolled in Primary A or B Ballet to register for Primary A & B Jazz/Lyrical.

All levels are instructed by Rachel Prescott, Progressing Ballet Technique Certified

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ECTC Presents Beauty and the Beast

Beauty and The Beast JR Performed by Students on Stage

Students steal the show in these Education Theatre Programming productions with all of your favorite characters such as Mrs. Potts, Lumiere, Cogsworth and Belle and the Beast. Students get to act, dance and sing on a professionally designed set with lights, sound and fun costumes!

The "Bigs" (Tuesday's Class) will perform Fri., Nov. 4, 7 p.m.; the "Bigs" (Wednesday's Class) will perform Sat., Nov. 5, 11:30 a.m. and the "Littles" will perform Sat., Nov. 5, 3:30 p.m. Tickets are \$8-\$14. Teens (6th - 8th Grade) will perform Sat., Nov. 12 at 5 p.m. and 7:30 p.m. Teens (9th - 12th Grade) will perform Fri., Nov. 11, 7:30 p.m. and Sat., Nov. 12, noon. Tickets are \$12 -\$18 and available at emeraldcoasttheatre.org.

Director: Tara Padgett/Phillip Padgett/Linda Del Grego; Managing Director: Trenton Bainbridge; Technical Designer: Rebeca Lake; Technical Director: Drake Miller; Costume



design: Tara Padgett; Costume Construction: Tara Padgett, Samantha Savoie; Properties: Tara Padgett; Stage Manager: Phillip Padgett

"Our talented kids and teens are such a joy to watch on stage. I'm proud of how hard our students work to make their show a success," said Anna Fisher, Associate Artistic and Education Director. "Our satellite program at The Florida Chautauqua Theatre in Defuniak Springs has doubled in size this fall! We are so excited to collaborate with FCT and offer our talented students in the north of the county

a place to shine," said Anna. www.emeraldcoasttheatre.org Call (850) 684-0323 and visit www.emeraldcoasttheatre.org Engage with ECTC on Facebook, Instagram, Twitter and YouTube.





TEEN PERFORMANCE
November 11 at 7:30pm
November 12 at 12pm

Visit emeraldcoasttheatre.org/students-on-stage for information on Beauty and the Beast for littles, bigs, and middle school.

...
 Visit emeraldcoasttheatre.org/youthclasses to sign up for dancing, singing, acting, and production classes!



Tickets and info, call 850.684.0323 or
VISIT EMERALDCOASTTHEATRE.ORG



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Ask Destinites: Voting & Insurance



By PATRICIA LEE, DESTINITES
Most of you will see this pa-

per before Nov. 8, so I want to remind you to get out and vote for mayor, Rodney Braden or Bobby Wagner. Their campaign speech videos are on the home page of Destinites.com or in our private locals Facebook group at Facebook.com/groups/Destinites, in the featured section.

I have heard more of the same complaints regarding outrageous homeowners insurance premium increases. Many have complained their cost went up from \$3,000 to \$11,000 annually. Below are some suggestions

made by members to help decrease your premium.

1. Reach out to a company or agent who will help you find the most coverage for the best premium. A broker will do that research for you.

2. Updates on your house, such as a new roof, would help. You may consider getting a Galvalume roof, since it has a lifetime warranty. It is a metal standing seam roof.

3. Getting a new wind mitigation could help lower premiums a lot.

4. Better insulated windows. Hurricane proofing.

On a brighter note, happy Thanksgiving to all! You can always find something to be thankful for, no matter what is taking place in your life. Attitude is everything and it is a choice. You can be thankful and happy or bitter and angry. Be aware of it every morning before your feet hit the floor.

If you are in the Destin area, I invite you to join our locals group at Facebook.com/Destinites. With 6,900-plus members, this is

an active, friendly, and welcoming community place; no drama zone. We are there to help each other, discover community happenings, make new friends and have a laugh or two. You may also sign up for our monthly newsletter at Destinites.com. Also, local businesses in our website local directory may advertise in the group.

Author: Patricia Lee, Owner, Destinites.com, Destinites, Inc. & TM, Facebook.com/groups/Destinites.

Make-A-Wish (and Watch it Manifest)

Area resident, Amelia Cool-ey, is age 4 and currently battling Leukemia. But, her love of animals helps her to keep going. So, her wish to be a zookeeper was granted this summer as the Make-A-Wish Foundation and Zoo Miami teamed up to make Amelia's dream come true.

Amelia, along with her parents, grandparents and her baby brother got to experience this



once-in-a lifetime wish. They went to Zoo Miami where they

were even allowed into restricted access areas and interacted

with a lot of the zoo residents, including a giant turtle, a giraffe and her favorite animal, a sloth. They also toured the Miami Children's museum.

"We had an incredible time," said Amelia's mom. "Thank you so much for all of your hard work going into this week. Amelia had the time of her life. The zoo went above and beyond and the memories we made will last

us a lifetime. Again, we cannot thank you enough. We will forever be grateful to you and The Make A Wish Foundation and are looking forward to always being connected to your organization so we can help other kids' wishes come true. We have first-hand experience on how it positively affects the kids."



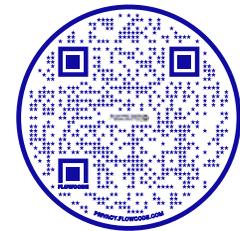
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