



AUGUST 2018
VOL. 1, NO. 1

DESTIN Life

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Changing Lives, One at a time

By HEATHER BENNETT

Kay Fant has been an interior designer for 42 years and for many years, owned a design center in Destin. In early August, Kay closed the doors to "The Interior Design Center" in order to dedicate more time to her non-profit organization, Set Free to Be Me. "God has just changed my heart," said Kay Fant. "I needed the time to work with the girls closer than I was."

Set Free to Be Me teaches and supports women who are what Fant calls "soul-bruised," many who were abused physically and/or emotionally. Kay also helps women from all walks of life discover their true identity in Christ. By gaining confidence in who they are in Christ, the women are equipped with the tools they need to find peace in the chaos of their lives based on God's promises. She uses psychology to get to the root of their affliction, and then uses the Bible to build them back up. "My program isn't counseling," Fant explains. "It's psychological and spiritual. You put the



Set Free To Be Me women celebrating their new found freedom in Christ

two together and it works. You separate the two and it doesn't work for healing."

Fant started the program because she experienced the suffering an unhealthy rela-

tionship can cause, and knows how difficult moving past all the "baggage" can be. She struggled in a troublesome relationship with her husband, and after her divorce, decided to get away from the environment she was in, and eventually settled in Destin.

Kay worked 12-hour days at her design center to cover the pain of her past, but the pain never went away. She was severely depressed, and after speaking with her sister, she decided to get help at the Meier Clinics in Texas, a Christian counseling service that is dedicated to treating the "whole" person. "That's where God healed me and changed me," she says.

Upon returning home, Fant wanted to help others just like her. She knew there must be other women living and struggling with similar feelings who needed help, but they might not be able to afford the treatment she received. With the support of her pastor at Destiny Worship Center, Fant

KAY FANT
continued on page 2

It's Here! Destin Life, Your Community Newspaper!

It is with great pleasure to introduce a true, community-oriented newspaper to the locals of Destin. *Destin Life* has joined the South Walton Life family with the publishing of this new edition. Residents and business owners—you have been asking for it, and we are now providing Destin its own edition, particularly geared to promote and highlight all the positive and valuable activities, businesses and people in the Destin community.

Building on the popularity and success of *SoWal Life*, we are fostering a connection to and within the community. 12,000 copies of *Destin Life* will be produced each month and **direct mailed to each household and business in Destin** — a potential market of more than 17,000 readers!

We strive to let Destin residents know what's going on in their community all year long. Inside *Destin Life*, you'll find articles on local news, fishing, events, non-profit organizations, sports and local businesses. And, each month, the paper will feature profiles of people and businesses in the community with an interesting story to tell.

DESTIN LIFE
continued on page 2

Experience You Can Trust • *The Locals' Real Estate Pro*

Mary Anne Windes

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KAY FANT*continued from page 1*

began a ministry. The response she found was greater than she imagined. “The need is huge here,” said Fant. “People don’t think that, but there are many struggling women.” She began teaching two to three classes a week, and there was always a waiting list.

Fant realized she would need to go off on her own to accommodate more women, and that is when she started Set Free to Be Me five years ago. “To me it’s not about religion. It’s about a rela-

tionship with a Heavenly Father,” stated Fant.

She wanted to make the program as affordable as possible to women in need. “Especially to those coming in, who are brand new. They’re in abusive relationships, experiencing depression or in financial hardship. The last thing in the world they want to put on their plate is another financial burden,” stated Fant. Classes are free; only a \$50 book fee is charged.

The next goal of Set Free to Be Me is to purchase property and build tiny houses. These would be used for women who



don’t have a safe place to live. Women would have to be in the program, and hold a job, but housing would be free. She believes the tiny houses would be good for building autonomy. “When you have your own space, you have more self-worth,” states Fant.

Set Free to Be Me has been

funded mainly through what Fant earned with the design center, and with additional donations. She’s in the process of beginning fundraising to help with the cost of bills, and to one day see her housing project realized. “My heart’s desire is funding for that, and running the ministry,” said Fant.

If you, or anyone you know, needs help, or is interested in donating, please visit www.set-freetobeme.org for more information.

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DESTIN LIFE*continued from page 1*

As a former publisher, editor and art director for numerous projects, my mission is to gain insightful understanding of the distinct and varied Destin community personalities. I’ve lived here for more than 11 years working in public relations, marketing and communications and have been blessed to observe, forge relationships with and listen to the needs of locals, which will be reflected in the rich *Destin Life* editorial.

We also want to promote your business and as a result, witness its success. But, we’re acutely aware of the challenges small businesses face in reaching key audiences with a limited advertising budget. *Destin Life* offers the platform and opportunity to effectively promote in an affordable way, combining the best of both worlds—marketing and advertising with **direct mail plus affordable rates**. The website, MyDestinLife.com, offers additional value: marketing and advertising promotion with an online version of *Destin Life* available, blog posts of feature articles and archived issues.

We invite schools and non-profit organizations to submit monthly articles and event listings. If you’re a local business, we encourage you to offer tips from your experiences and through expert columns, advice articles and recipes. Students, parents and others — “find your voice” through this new monthly newspaper.

Destin Life is community focused and community based; it will reach your friends and customers. I invite you to join me in this local connection. Please submit your announcements, articles, events and story ideas to publisher@MyDestinLife.com



or by calling 850-660-1444.

We look forward, through *Destin Life*, to relaying the accomplishments and amazing stories, bringing out the best of our truly unique community!

~ Lori Leath Smith, Publisher

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DESTIN Life

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

P.O. Box 1424
Santa Rosa Beach, FL 32459

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Taylor Haugen Foundation Blessing Students and the Community

By WHITNEY LEE

Many of you remember the 15-year-old Niceville High School student who passed away after a traumatic abdominal injury sustained during a football game on August 30, 2008. Shortly afterward, the Taylor Haugen Foundation (THF) was established to honor his memory. The Foundation is working in the community to build and recognize youth leaders and to promote youth sport safety to honor the legacy of Taylor Haugen. It provides awareness, education and abdominal injury protection to secondary aged schools and leagues in contact sports, through its YESS® Program (Youth Equipment for Sports Safety).

THF also recognizes and supports outstanding scholar-athletes with scholarships and awards.

Recently, the Foundation awarded local students, Blake Johnson, Waylon Steele and Layton Warren \$1,500 scholarships.

Johnson is the son of Lisa and Bernard Johnson and a resident of Niceville. During his time at Niceville High, he was on the Track team and also was a member of the National Honor Society, Fellowship of Christian Athletes (FCA) and the Spanish Club. His scholarship will go

towards his attendance at Liberty University, a private school located in Lynchburg, Virginia. He plans to study Chiropractic Science.

Steele just graduated from Fort Walton Beach High School and is the son of Laura and Russell Steele. He was on the Viking baseball team and was also a member of the National Honor Society and FCA. He will attend Northwest Florida State College this fall where he will play on the baseball team and study Mechanical Engineering. Steele's scholarship was made possible by an endowment by the Parisot family.

Warren, a recent graduate from Rocky Bayou Christian School, lives in Freeport and is the daughter of Suzanne and Christopher Pounds. She was a cheerleader and also played on the basketball and softball teams while at Rocky Bayou. She was also involved in the National Honor Society, Student Government, FCA, and Leadership Trek. Warren will attend Mississippi College, a private Christian school in Clinton, Mississippi, and major in Elementary Education.



The Taylor Haugen Foundation (THF) and BrightView teamed up at Destin Commons' Annual Smoke on the Coast event and proudly brought home 2nd place 'People's Choice' and 3rd place 'Most Spirited' awards. THF and BrightView cooked up a BBQ Macaroni and Cheese and the foundation was awarded \$5,000 for their delicious dish.



This year's trophy winner, Maddie Hiers, is pictured with Danny Wuerffel who presents the trophy each year.

THF awards five scholarships each year to high school seniors from Santa Rosa, Okaloosa and Walton counties. Students are selected by the Foundation's Board of Directors based on their commitment to academics, athletics, leadership, community service and Christian faith. Since the Foundation's inception in 2008, \$64,000 in scholarships has been awarded to 46 students across Northwest Florida. Funds for the scholarships are raised through generous donations from individuals and businesses, as well as the Foundation's annual event, Savor the Season, held each year in October. This year's Savor the Sea-

son is planned for Thursday, Oct. 27, 2018, at Emerald Grande at HarborWalk Village.

Another recent event, Smoke on the Coast held at Destin Commons, is contributing. The Taylor Haugen Foundation and BrightView teamed up and proudly brought home 2nd place 'People's Choice' and 3rd place 'Most Spirited' awards. THF and BrightView cooked up a BBQ Macaroni and Cheese and the Foundation was awarded \$5,000 for their delicious dish. The winnings could equate to an additional three scholarships per year!

Additionally, each year THF awards one student with The Taylor Haugen Foundation Trophy in conjunction with the All Sports Association Banquet. A student from Okaloosa, Walton or Santa Rosa County is selected for his or her bal-

ance in academics, athleticism, leadership, community service and faith. This year's recipient was Maddie Hiers, a senior at South Walton High School, who showed her perseverance in the face of adversity, as both of her parents were diagnosed with cancer during her high school years. Hiers was honored at the FCA breakfast in February where she bravely shared her story in front of hundreds of her peers. In addition to the trophy, Hiers received a \$1,000 scholarship to go towards her attendance at Florida State University this fall.

For more information on the scholarships, trophy and the recipients, visit TaylorHaugen.org.





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 Community

Meet Our Local Pro: Dr. Ryan Garcia, DC



Dr. Ryan Garcia, DC

By M. SHAYE SMITH

Dr. Ryan J. Garcia, DC, is a South Florida native, who was born in Miami. After graduating from Palmer College of Chiropractic in Port Orange, Fla., he relocated to the Destin area. One could say the sugar-white sand and emerald green waters of Destin were calling his name. He brings

supports a local non-profit. As a former college athlete, he makes it a priority to stay active and enjoys a good gym session or spending an evening on the diamond with his softball team.

HEALTHSOURCE CHIROPRACTIC: More Than Back Cracking

Dr. Garcia brings his enthusiasm for evidence-based chiropractic and rehabilitation to patients in Destin and the surrounding areas, with a mission to help patients get—and stay—healthier. HealthSource Chiropractic and Progressive Wellness develops treatment plans focused on both effective pain relief and healing, treating back pain, neck pain, joint pain, arthritis, sciatica, bulging discs, headaches and many other conditions. They focus on nutrition and overall wellness to make sure that you stay strong and healthy once

rehab and recovery services for the general population as well as athletes due to the clinical outcomes of improved healing, increased muscle strength and endurance. By applying a tourniquet briefly and intermittently to an exercising limb, a rehab patient can induce significant and substantial strength, hypertrophy and endurance changes while using a very light load. PBFR has been adopted by many professional and college sports organizations, as well as certified providers around the globe. It's a game-changer in the injury recovery world that is producing dramatically positive rehabilitation results.

Currently, there are no clinics in Northwest Florida outside of The Andrews Institute in Gulf Breeze and Crestview, and the 7th Special Forces Group Troop Medical Clinic in Crestview, offering

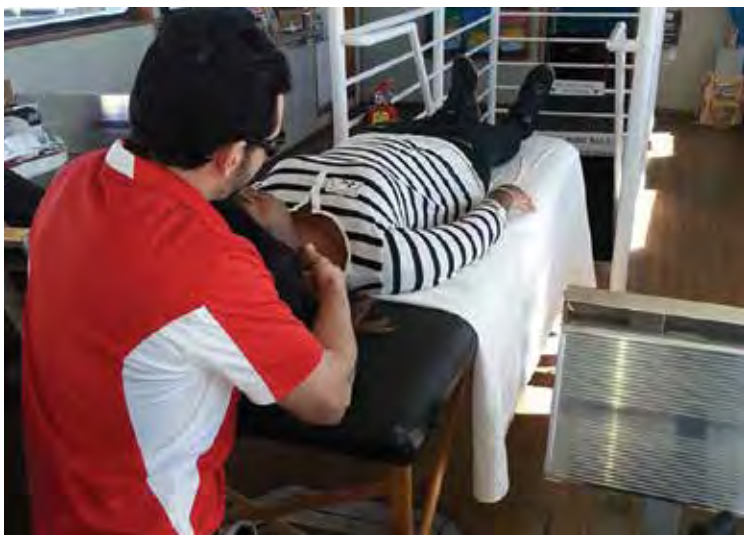


Dr. Garcia loves a good day of Destin fishing.

this style of rehab and recovery, and Dr. Garcia looks forward to helping Destin and the surrounding area stay healthy and active through this form of rehabilitation in the near future.

To learn more about how

HealthSource Chiropractic can help you recover through this style of rehab, or how they can help you relieve pain and other symptoms, contact the office at 850.654.6912, or visit www.HealthSourceChiro.com/Destin.



Dr. Garcia makes office calls! Helping a Southern Star Dolphin Cruise employee onboard the boat.

his enthusiasm for evidence-based chiropractic and progressive rehabilitation to patients in Destin and the surrounding areas, and is passionate about health through nutrition and wellness.

DR. GARCIA: Angler, Athlete and Local Wellness Advocate

While health and wellness are his name, offshore fishing, serving the community, and staying active are his game. Dr. Garcia looks forward to spending a day on the water looking for a good catch, and has spent his life fishing, both for leisure and sport. He is also passionate about serving his community and advocating for those in need. He is constantly volunteering at area events and he's been seen bagging food at Crop Drop Destin and helping runners recover after a local 5k or 10k that

the pain is relieved.


If you're new to chiropractic medicine or interested in learning how HealthSource can help you, visit the website and click the 'services' page to view an interactive map of the body that shares specifically how chiropractic care can relieve complaints. The clinic provides a variety of services for all ages to ensure you get the personalized treatment plan that meets your unique health needs.

UNIQUE TO THE AREA: Personalized Blood Flow Restriction Rehab


Recently, Dr. Garcia received his certification in Personalized Blood Flow Restriction Rehabilitation (PBFR) from Owens Recovery Science at The Andrews Institute. PBFR is steadily becoming one of the most sought-after

Backpacks Without Back Pain


8 TIPS from the American Chiropractic Association



Notice the rounded shoulders. Backpack is too heavy! See Tip # 1.



Straps should be worn on BOTH shoulders.



Keep the load light!

Choose a backpack with wide straps.

1. Make sure your child's backpack weighs no more than **5 to 10 percent** of their body weight.
2. Your child's backpack should never hang more than 4 inches below the waistline.
3. Purchase backpacks with individualized compartments. This helps to position the contents more effectively.
4. Purchase small to medium sized backpacks. The more room there is in the backpack, the more your child will carry.

5. Encourage your child to wear both shoulder straps.
6. Choose backpacks with wide, padded straps.
7. Purchase backpacks with adjustable straps, so the backpack can be fitted to your child's body.
8. If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school.

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COMMUNITYSTRONG

“Learning to Read” So That Children Can Then “Read to Learn”



BY ESTHER LYNN HEMPHILL

When I was three years old, my grandmother would scoop me onto her lap, wrap her arms around me, and read imaginative stories from picture books. Years later as a young teenager, my love of books continued to grow and I would eagerly await the arrival of the Bookmobile to select books with stories that carried my imagination to places far beyond the small world of my neighborhood.

Reading is the single most important skill for learning and the building block for a lifetime of

academic success. The American Academy of Pediatricians advises parents about the importance of reading aloud to children to promote both literacy and social-emotional skills.

Studies demonstrate that the simple act of reading to a small child provides numerous benefits during the transition from toddler to kindergarten to include: building language and speech skills, expanding communication skills for relating with others, learning to apply logic and utilize good judgment, and developing better memory retention and a longer attention span.

The 30 Million Word Gap

A study by researchers Betty Hart and Todd Risley found that some children heard 30 million fewer words by their fourth birthdays than others. Their findings indicated that children who heard

more words were better prepared when they entered school and received higher test scores.

While there have been some debates about this study, there is agreement in one area: the volume and diversity of conversation directed at a child are fundamental to learning and success in school.

The Power of a Reading Pal

In Okaloosa County, recent testing indicates that some VPK preschoolers and third-grade students have reading scores below expected achievement levels; however, the positive news is that children who are paired with a reading mentor can make tremendous strides in boosting their reading skills.

The ReadingPals Program is being launched this September by the United Way in Okaloosa and Walton Counties in collabo-



ration with Sharing Hands Network. This program connects passionate, committed volunteers with preschoolers who need a little extra help getting ready for kindergarten. A ReadingPals volunteer spends time with a pair of preschoolers, reading a book, completing activities, and helping the children to develop skills needed for success in school. Each child participating in the ReadingPals program also receives books to help build their home library.

Lifetime of Impact

Literacy is fundamental to all other areas of learning and achievement throughout our life-

time. If you're interested in working with these preschoolers by volunteering as a reading mentor at one of several VPKs in Okaloosa and Walton Counties or helping with a book drive, send a message to ReadingPals@United-Way.org. You're encouraged to recruit a friend or a work colleague to join you.

Esther Lynn Hemphill is the CEO of Sharing Hands Network whose mission is focused on building “healthy and happy families, strong and engaged communities.”

Go to <http://SHN.co> to learn more about their programs.



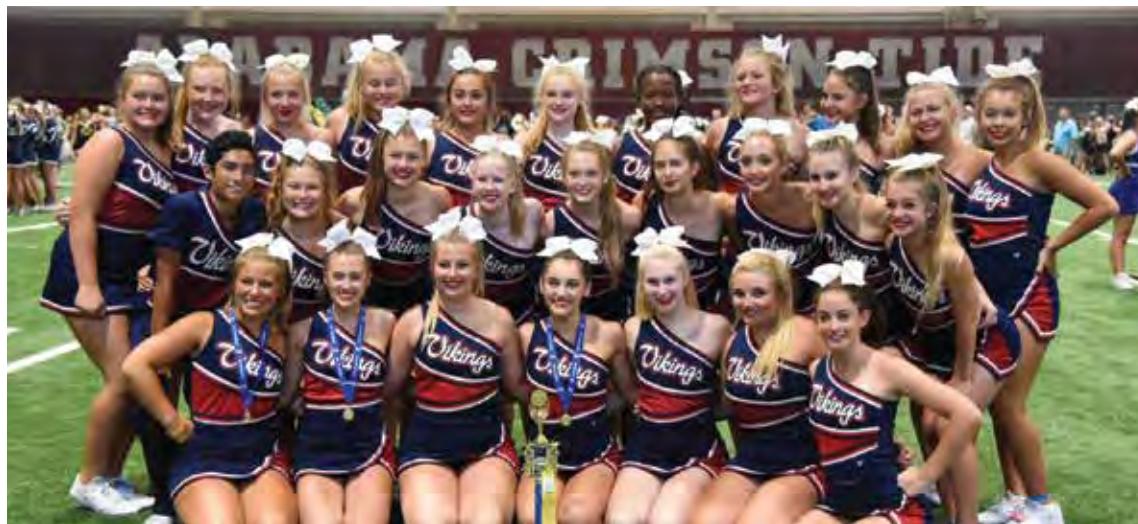
New Season Underway for FWBHS Cheer Team

BY LISA LEATH TURPIN

From the moment each cheerleader is announced in May, the conditioning, training, practices, meetings and fundraising begins. With not a second to lose, Coaches Rebekah Harrison and Kristal Duval distribute the schedule. This is a year-round sport now and the team's immediate focus is UCA's Masters Cheer Camp at the University of Alabama.

This year they brought home Excellent Stunt Sequence, Superior Cheer, Best Body Positions in Stunt, 3 pin it forward recipients, 3 seniors made All-American Cheerleaders. While there, local connection Charles Morgan, owner of Harbor Docks, hosted the 28 athletes at one of his other restaurants, FIVE Tuscaloosa. They even sported cool FIVE ball caps and T-shirts from Charles. Thank you Charles!

While training, they also mix in “Flips for Tips” or “Bussing for Bucks” at local restaurants. SPIRIT NIGHTS are held every month. This is a win-win opportunity for restaurants to show local school support and thus, receive more business; and the cheer



CONGRATULATIONS TO THE 2018-2019 FWBHS CHEERLEADERS! (listed in alphabetical order) SENIORS: Sydney Cope, Breanna Cutts, Peyton Goodwin, Hillary Henley, Erin Moore, Madison Newton. JUNIORS: Megan Armbruster, Stephanie Austin, Makenzie Coe, Shallan Lochtefeld, Hayden Lowery, Kristian Murray, Brooke O'Keefe, Micah Robertson, Jessica Scott, Lauren Turpin. SOPHOMORES: Carli Cardow, Emma Daldine, Madison Goodwin, Camy Larumbe, Jocelyn Solomone. FRESHMEN: Ella Adams, Lindsey Bouck, Angelina Chiola, Alexandria Cooper, Piper Hubbard, Cassidy Lang, Amy Syverson

program receives a portion of the proceeds from dinner sales. This is just one of the many fundraisers throughout the year. Keep an eye out for where the Cheerleaders are each month and enjoy some yummy dinner, show support and socialize with these awesome athletes! A huge shout-out to Cici's Pizza and Rick's Crab Trap Sea-

food and Steaks for hosting the first two spirit nights this season!

In August, join us for Spirit Night at Harry T's Lighthouse at Harborwalk Village. FWBHS Cheer events with dates and times are posted on the team's Facebook page. Search FORT WALTON BEACH HIGH SCHOOL CHEERLEADING for upcoming

activities and events.

In June, more than 400 locals attended the first ever Cheer Seafood Boil! Thank you to AJ's Seafood and Oyster Bar for graciously providing the scrumptious food and staff for this successful event. Buckets of crawfish, shrimp, corn and potatoes were enjoyed along the Destin Harbor as Galati Yacht

Sales so graciously donated their beautiful harborside area. The cheer squad thanks everyone who came out, one of the most fun events ever hosted.

Fundraising is an integral part of the cheer program to help with travel costs, uniforms, camp fees, competitions and hotels. This is why the coaches, cheerleaders, and especially the cheer parents, value local area business sponsors, spirit night hosts, fun run participants and friends and family that donate and show support. “Without our sponsors and loving support of the community, we would not be able to excel or have a program that allows these kids to do what they love,” says one cheer mom when asked about the seemingly endless fundraising. One thing is for sure: fundraising keeps the cheerleaders busy, builds fellowship among the athletes, and teaches them strong people skills and work ethic. We thank all who have invested in the cheer program. Please join us for a game this season, review the sponsor logos displayed and support those businesses! If you are interested in becoming a sponsor, email FWBHScheer@gmail.com.

Community

Want to Paddle? Join Us at Paddle at the Porch

The 7th Annual Paddle at the Porch, a stand up paddle board race, will take place on Sat., Aug. 18, in the beautiful emerald green Gulf waters behind The Back Porch Seafood & Oyster House. Sponsored by Destin ER, the event offers races for all skill and age levels, with its Kids' Fun Paddle, 1-Mile Beginner Ride, 3-Mile Recreational Race, and 6-Mile Elite Race.

The weekend fun begins on Fri., Aug. 17, with a Racer Welcome Party at BOTE in Destin. It continues on Saturday morning with the races, which have staggered start times, beginning at 9

a.m. Racers and spectators alike will enjoy the festive atmosphere with displays and booths set up along the beach. The event will conclude with awards.

Registration is now open at paddleguru.com/races. Find all race details at PaddleAtThePorch.com or follow Facebook.com/PaddleAtThePorch.

Thank you to race partners BOTE and The Back Porch Seafood & Oyster House; title sponsor Destin ER; gold sponsor ResortQuest by Wyndham Vacation Rentals; accommodations sponsors Destin Gulfgate, The Islander, Newman-Dailey Re-



Get ready for Destin's biggest beach party, when the 7th Annual Paddle at the Porch Sponsored by Destin ER returns to the beach behind The Back Porch Seafood & Oyster House on Sat., Aug. 18!

sort Properties, Inc., and Vacasa; silver sponsors Battle Beauties Fashion, Blanken Management, GUSU Paddle and Surf, Henry

Chiropractic, Life's A Beach, The Preserve at Henderson Beach, Sea Glass Apartments, Sleep Number Store #10939, and Wet, Inc.; bronze sponsor Half Shell Oyster House Destin; and media sponsors 102.1 The Wave, 103.1 The Blaze, Destin Life, Highway 98 Country, K2 Media, Inc., and Q92 Hit Music Now. Thank you also to Grayton Beer Company, LLC, and Buffalo Rock Company for providing refreshing beverages to our racers.

PaddleatthePorch.com

TO DO IN DESTIN! AUGUST 2018

●●●●● 1 ●●●●●

7 pm: Wednesday Concert Series at Baytowne Wharf (Big Al and the Heavyweights)

9 pm: Free Fireworks on Okaloosa Island Boardwalk

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9 pm: Free Fireworks at Harborwalk Village in Destin

●●●●● 3 ●●●●●

7 pm: Free Beach Bonfire at Royal Palm Grille

5 pm: Luau for Lupus Charity Event (World of Beer, Destin)

●●●●● 4 ●●●●●



9 am: Farmer's Market at Grand Boulevard

7:30 pm: Rock the Docks Concert Series at Harborwalk Village

7 pm: Karaoke (World of Beer & Harry T's, Destin)

●●●●● 5 ●●●●●

8 pm: Sunday Cinema at Baytowne Wharf

●●●●● 6 ●●●●●

6 pm: Run Club (World of Beer, Destin)

7 pm: Free Beach Bonfire at Royal Palm Grille

●●●●● 7 ●●●●●

7 pm: Fat Tuesday Parade at Harborwalk Village



9 pm: Boomin' Tuesday Free Fireworks (Baytowne Wharf)

●●●●● 8 ●●●●●

7 pm: Wednesday Concert Series at Baytowne Wharf (Boukou Groove)

9 pm: Free Fireworks on Okaloosa Island Boardwalk

●●●●● 9 ●●●●●

9 pm: Free Fireworks at Harborwalk Village in Destin

●●●●● 10 ●●●●●

7 pm: Free Beach Bonfire at Royal Palm Grille

●●●●● 11 ●●●●●

9 am: Farmer's Market at Grand Boulevard

7 pm: Karaoke (World of Beer & Harry T's, Destin)

7:30 pm: Rock the Docks Concert Series at Harborwalk Village

●●●●● 13 ●●●●●

6 pm: Run Club (World of Beer, Destin)

7 pm: Free Beach Bonfire at Royal Palm Grille

●●●●● 14 ●●●●●

7 pm: Fat Tuesday Parade at Harborwalk Village

●●●●● 15 ●●●●●

Aug 15-19: Emerald Coast Powerboat Poker Run

7 pm: Wednesday Concert Series at Baytowne Wharf

9 pm: Free Fireworks on Okaloosa Island Boardwalk

●●●●● 16 ●●●●●

9 pm: Free Fireworks at Harborwalk Village in Destin

●●●●● 17 ●●●●●

7 pm: Free Beach Bonfire at Royal Palm Grille

●●●●● 18 ●●●●●

9am: Farmer's Market at Grand Boulevard

7 pm: Karaoke (World of Beer & Harry T's, Destin)

7:30 pm: Rock the Docks Concert Series at Harborwalk Village

●●●●● 20 ●●●●●

6 pm: Run Club (World of Beer, Destin)

7 pm: Free Beach Bonfire at Royal Palm Grille

●●●●● 22 ●●●●●

7 pm: Wednesday Concert Series at Baytowne Wharf (The Graytones)

9 pm: Free Fireworks on Okaloosa Island Boardwalk

●●●●● 24 ●●●●●

7 pm: Free Beach Bonfire at Royal Palm Grille

●●●●● 25 ●●●●●

9 am: Farmer's Market at Grand Boulevard

7 pm: Karaoke (World of Beer & Harry T's, Destin)

7:30 pm: Rock the Docks Concert Series at Harborwalk Village

●●●●● 27 ●●●●●

6 pm: Run Club (World of Beer, Destin)



7 pm: Free Beach Bonfire at Royal Palm Grille

●●●●● 29 ●●●●●

7 pm: Wednesday Concert Series at Baytowne Wharf (Chris Alvarado)

9 pm: Free Fireworks on Okaloosa Island Boardwalk

●●●●● 31 ●●●●●

Aug 31-Sept 2: Baytowne Art Walk in Sandestin



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TO DO IN DESTIN



Annual Bloody Mary Festival to Benefit Habitat for Humanity

The Market Shops, located at the entrance to Sandestin Golf and Beach Resort, will host The Market Shops 4th Annual Bloody Mary Festival benefiting Habitat for Humanity of Walton County on Sat., Oct. 6, 2018, from 11 a.m. to 2 p.m. The fourth annual event will feature unlimited tastes of the Emerald Coast's most creative and innovative Bloody Marys made with Cathead Vodka and served by the finest restaurants and bars on the Panhandle. Tickets go on sale for \$40 before the event and then \$50 at the door. You also must be 21 years or older in order to attend. All money raised will benefit Habitat for Humanity's efforts to provide and support affordable housing in the area for those in need. They will also use the funds raised from this year's event to go towards their new home office space.

Bloody Mary Festival is a one-of-a-kind event in the area. Surrounded by the signature wine and beer festivals in the area, Bloody Mary Fest takes on a life of its own. Celebrating one of the most beloved brunch cocktails, the event has a unique ca-

sual and relaxed feel that is hard to find. Apart from the Bloodys, guests can sit down, relax and enjoy their favorite football game. Multiple large screen TVs will be playing for you to watch all the SEC games.

The event has also brought new life into The Market Shops by utilizing the vast green space located on the east end of the property. After the renovation in 2014, The Market Shops reestablished itself as the place to relive your favorite memories while also creating a space to make plenty of new ones. The Market Shops Bloody Mary Festival was fashioned in order to achieve just that for locals and visitors alike who look forward to this event each year.

The Market Shops Bloody Mary Festival allows guests to enjoy three hours of unlimited tastes of up to 25 of the Emerald Coast's most creative and innovative Bloody Marys. Restaurants confirmed to compete for the 2018 Best Bloody Mary in South Walton include Bijoux, Brotula's Seafood House & Steamer, Bud and Alleys, Camille's at Crystal Beach, Cowgirl Kitchen, Cuveé

Kitchen + Wine Bar, Grayton Beer Brewpub, The Henderson Beach Resort & Spa, The Local Market, Sunset Bay Café and Slick Lips Seafood & Oyster House.

During the event, guests are also invited to enjoy food from local favorites such as Back Beach Barbecue and Slick Lips Seafood & Oyster Hours as well as the various restaurants located directly in The Market Shops including Bijoux and Pizza by the Sea. Apart from the Bloody Marys, the event will serve local craft brews from Grayton Beer Company along with champagne from the Bubbly Bar. Additional amenities for event goers to enjoy includes live music by the Luke Langford Band, a relaxing hydration and relaxation station by the Salamander Spa, a commemorative photo booth with Epic Photo Co., a cigar bar by Shore Thing Cigars, and exclusive shopping options from the merchants of The Market Shops.

Additional sponsors include 30AEats, 30A Television, 8Fifty Productions, Beachcomber, Cumulus Broadcasting, Destin Life, Emerald Coast Magazine,



Eloquent Signs, Emerald Ladies Journal, Gulf Coast Restaurants, Land • Air • Sea Productions, SoWal.com, Thirty A Review, VIP Destin Magazine and VIP Pensacola Magazine.

A panel of select food critics and local celebrities will judge each Bloody Mary to select the winners for the most delicious and most creative. There will also be a highly coveted People's Choice Award that is selected by each guest in attendance whose votes will be tallied by Hill Cole-

man CPA. Each of those winners receives a custom-made award by a local artist. Every year, the winners are invited to return to the festival to reclaim their titles as fan favorite and showcase their newest Bloody Mary creation. It has become a staple event along the Emerald Coast and kicks off the fall season of festivals and we hope you can join us. Visit www.themarketshops.com to purchase your ticket to #EatDRinkBMary with us this year!

Around Town

Local Realtor® Named #1 Top Producing Agent



Brian K. LoCicero, Realtor® of Keller Williams Emerald Coast's Be On The

Coast team was named the #1 Top Producing Individual Real Estate Agent as of April 2018 with a total of \$13 million in closings in a 30-day period. Keller Williams Gulf States region has over 4,000 agents, making this a coveted designation. LoCicero's closings include a vibrant mix of residential, luxury properties and commercial buildings along Northwest Florida's Panhandle and Gulf Coast area, reaching from Tallahassee to Scenic Highway 30A, over to Destin and as far away as Perdido Beach. As a Realtor® on Keller William's team, LoCicero has gained an unsurpassed knowledge of the Destin-30a-Seaside real estate

markets, in addition to the ability to guide a client through 1031 Tax Exchanges, along with being able to advise a client on how to enhance problem properties and turn them into viable investments.

Destin Public Information Manager Appointed to Florida Municipal Communicators Association Board



Public Information Manager Doug Rainer of the City of Destin was recently selected to serve on the Florida Municipal Communicators Association (FMCA) founding Board of Directors. The FMCA is a professional network of individuals providing communications leadership and support in Florida's cities, towns and villages. The only association of its kind, the FMCA offers communications professionals opportunities to

learn, share and develop innovative solutions for the municipalities they serve.

Local Artist Velia Lala Selected for Prestigious Residency in Romania



Local artist, Velia Lala, was chosen to join only 14 other artists from around the world for an Artist Residency Program in Sibiu, Romania, presented by the Dacia Gallery. Artists travel to Sibiu for an intensive four-week program meant to inspire and redefine the creative directions of those selected to participate. Lala and the others were selected by a highly-acclaimed jury to attend the program.

Local Closet Solutions Designer Achieves Prestigious Certification Status

Closet Solutions Florida announced that their lead designer,

Bronwyn Landis, recently joined an elite list of storage designers who have achieved designer certification status from the Association of Closet & Storage Professionals (ACSP), the trade organization for the custom storage industry. ACSP Designer Certification is awarded at each of three certification levels, Registered Storage DesignerSM, Certified Storage DesignerSM, and Master Storage DesignerSM. Certification is based on five criteria; knowledge, experience, education, client recommendation, and design.

The Destin Executive Airport Recently Named Best in Florida

Destin Executive Airport's new air traffic control tower has been awarded the 2018 general aviation airport project of the year. The award is given based on aesthetics, safety and service in the state of Florida. The project was selected over 110 general aviation airports in the state.



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 Business

Stairs and Elevators



BY MAURICE STOUSE

Trees don't grow to the moon. The stock market makes you feel like you're climbing stairs when it's going up and like you're riding an elevator when it's going down. These are but a few of the sayings that retired stock broker Keith Knight of Santa Rosa Beach can be heard to say from his 48 years on Wall Street. He not only was a stockbroker but went on to be Senior Vice President for several major investment firms.

My own career in financial services started by working on the phones at a call center of a major U.S. mutual fund and brokerage firm. On the morning of October 19, 1987, I was at home watching the old FNN and witnessing the elevator going down

fast. My shift started at 4:30 in the afternoons (we were open 24/7) so I decided to call my supervisor to see if he wanted me to come in earlier as I was sure they were experiencing heavy call volumes. He said I should come on in now and be prepared to work a lot of overtime. And overtime there was. The firm offered double pay, not just time and a half, for overtime. And it was unlimited. I took all I could and worked the next 20 days, 12 hours a day, in a row. I not only earned good money as a result of the crash of '87 but more importantly, I learned a lot.

The market had an amazing climb up the stairs in 1987 and an amazing and fast fall down the elevator by October. Caller after caller, (and we had callers on hold nonstop) wanted to redeem their shares or investments. We offered CDs, money markets, treasuries as alternatives, but these investors were shaken and just wanted out. We would try and encourage the callers with the things we were told and had learned. Not to give up hope at the worst possible time and sell out. Not to try and time the market but rather spend time from callers those four (as some

would say most expensive) words of investing: This time is different.

After the market drop, and more volatility followed, things got very quiet. There were no longer hold times and the time between calls seemed longer and longer. The investors had gone quiet or in many cases they had just gone. There was calm after the storm but this was too quiet. Several months later, a bit in to the new year, many firms, including mine, could no longer justify staffing levels and the layoffs began. How could things have changed so quickly? I was experiencing the birth of my first child on the day those layoffs happened and thought I would be a new father without a job. Thankfully, I was spared. And, once again, I learned so much more.

After finishing the year at a 5.2% return in 1987 the S&P 500 gained 16.8% in 1988 and an even better 31.5% in 1989. I so hoped that those that had retreated from the markets back in late '87 didn't return too late in this up cycle when things seemed to be climbing endlessly again to just see the market fall in 1990 and finishing down a negative 3.1%. The fact is, markets do experience a significant retreat on average about every four years. And

even though the long term average of the S&P 500 is over 9%, it is rarely smooth. To potentially experience that average, investors have seen they have to spend time in the market. Ideally you want to ride out the retreats in values and be invested when the market has a strong year. Channeling Keith Knight again, we hear him give his opinion that your money won't work any harder than in the stock market. Money will work harder in American industry than anywhere else.

What investors have experienced over the years is that the things that can make stocks rise are similar to the things that make them fall. Earnings, interest rates, inflation, the value of the dollar. When stocks are high, earnings have had to keep up, to go up, or stocks have come down. Interest rates are an indicator of the money supply. Typically, looser rates mean more dollars are out there and that can be good for stocks. As the money supply is tightened, interest rates rise and there are fewer dollars available to put into assets, such as stocks. Inflation cuts in to earnings and a company's earnings should outpace inflation. Wage growth is good for raising one's standard of living but also can drive infla-

tion. The value of the dollar will always impact earnings. Earnings over time have been seen to be a main driver of market values.

At the end of the day investors are reminded to stay the course in line with their goals, time frame and risk tolerance. And, to remember as Keith often says, money never sleeps!

Contact or visit with your advisor today to start or continue the conversation about investing in the markets over the long term.

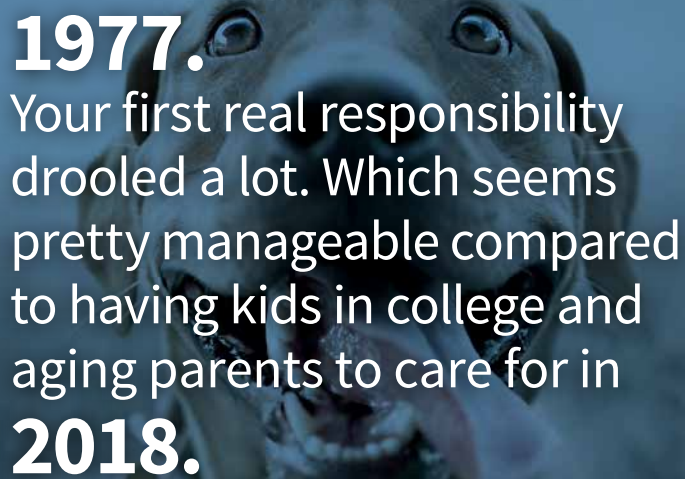
Maurice Stouse is a Financial Advisor with First Florida Wealth Group/Raymond James and he resides in Grayton Beach. He has been in financial services for over 30 years. His office is located at First Florida Bank, 2000 98 Palms Blvd, Destin, FL 32451. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com.

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The Law Firm of Emmanuel Sheppard and Condon Announces Suzanne Blankenship has Joined the Firm

Emmanuel Sheppard and Condon is pleased to announce that attorney Suzanne Blankenship is joining our firm. Suzanne has practiced law in Pensacola since 1996 with a primary focus in real estate and community association law. As the founder of Coastal Association Law Group, she has represented condominium, homeowners' and office park associations throughout Northwest Florida and will continue to serve those clients at Emmanuel Sheppard & Condon's Pensacola, Perdido Key, and Sandestin offices.

Suzanne earned her bachelor's degree in political science and her master's degree in public administration from the University of Alabama. She obtained her Juris Doctorate from Hamline University School of Law, where she was editor-in-chief of

the Hamline Journal of Public Law and Policy. Suzanne resides in Pensacola with her husband and two children. Suzanne is a member of the Florida Bar and its Section on Real Property, Probate and Trust Law, the Escam-

bia-Santa Rosa Bar Association and the Alabama State Bar. She is admitted to practice law before all Florida and Alabama State Courts and the United States District Court for the Northern

District of Florida. Suzanne is also an active member of the North Gulf Coast Chapter of Community Associations Institute, an organization devoted to representing the interests of condominium associations

and homeowners' associations throughout the United States.

Robert A. Emmanuel, President of Emmanuel Sheppard & Condon is pleased to have Suzanne's expertise joining the

firm. Emmanuel Sheppard & Condon is a full-service firm having served the State of Florida for 105 years.



Suzanne Blankenship
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30 S. Spring Street, Pensacola, FL 32502
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CBD Oil: The Truth About What It Is and What It Isn't



BY SUSAN AUTHEMENT DUNNAM

Have You Tried CBD Oil Yet?

If you haven't heard about this amazing plant yet, you will. CBD (cannabidiol) oil has actually been used medicinally for thousands of years.

What Is CBD Oil?

CBD oil is an extract derived from the Cannabis plant containing a cannabinoid known as cannabidiol (CBD). More than 85 different cannabidiols have

been discovered in Cannabis with CBD being the most beneficial. CBD oil is an important breakthrough and valuable rediscovery in the health and wellness industry, because it's known for its wide scope of medicinal and/or health benefits and mounds of scientific data that shows little to no side effects. CBD oil is not psychoactive, which is typically associated with marijuana. In other words, CBD isn't marijuana and it cannot make you high.

Does CBD Oil Get You High?

NO. Even though marijuana and CBD share the same genes and certain chemical compound properties, the Cannabis plant contains multiple cannabinoids, but it doesn't contain Tetrahydrocannabinol (THC), which is the cannabinoid responsible for the high or "stoned" feeling.

Is CBD Legal?

YES. Under the 2014 Farm Bill, CBD that has less than 0.3% THC by weight is federally legal. President Trump announced on June 28, 2018, that he will support legislation lifting the ban on Cannabis that has been in place for 70 years due to numerous racial and politically motivated reasons. One ardent opponent of pro-legislation for Hemp has been Randolph Hearst, former owner of the nation's largest newspaper chain. Hemp, until its prohibition in 1937, was primarily used to make paper at 10x the amount of timber used. Hearst lost 800,000 acres in the Mexican revolution, but still had thousands of acres of timber he wanted to use to make paper. He also was supported by several pharmaceutical companies, all of which had a financial interest in defeating hemp to

promote their own products for medicinal purposes. Until that time, Cannabis was sold in most pharmacies and was a staple in American homes.

Are All CBD Oils Created Equal?

NO. Most CBD oils found in grocery or health food stores are made from the less expensive hemp seed oil. Hemp seed oil is extracted from hemp seeds and comes from the industrial hemp plant (the cousin to Cannabis) and contains virtually none of the benefits of CBD oil. CBD comes from the stalk, leaves and lower parts of the Cannabis plant and not from seeds. Very important: The CBD needs to be Water Soluble and Full Spectrum so your body absorbs close to 100% of the oil. How the oil is manufactured, where it's grown, how much CBD is present in the oil, and if 3rd party lab results are

available are also crucially important factors.

CBD is incredibly effective as a soothing remedy and is used widely for anti-anxiety. Many use it to treat cancer, epilepsy, anxiety, depression, inflammation, digestive issues and insomnia. CBD can be ingested or applied directly to the skin.

On a personal note, I am a small business owner who wears many hats and sustains a great amount of stress. I started taking CBD for anxiety, sleep and focus and my life has been forever changed. I have made it my mission to educate people about this incredible plant.

May God bless you richly!

-Susan Authement Dunnam,
Owner/Director of Destin Pilates & Aerial Center

Destinpilates.com

Workout? Me? What Should I do?



BY LISA LEATH TURPIN

Hey There Destin Lifers! I'm excited about offering insight on how to get healthy and stay healthy through exercise suggestions, wellness tidbits, and clean eating concepts through recipes and local restaurant choices that are "Trainer Approved."

One of the questions I'm asked most often is, "I want to start working out, but what's the best exercise to do?" That's a good question, but it has no single answer. It needs further discussion and time with each person for accuracy. That's where my dilemma as a personal trainer comes in, because I like to give people the answer that fits them personally. So, the short answer is the exercise that you will do most consistently.

Consistency and frequency in exercise are the most important considerations to begin with. No matter what you choose to do, if you don't do it frequently enough, you will not receive the full benefit from it. Ask yourself, "How many days and how much time per day do I have to de-

vote to exercise or movement?" Then begin gradually. Don't do too much too soon. Keep in mind these important words, this should become a lifestyle! Once you are truly serious about exercising, choose a realistic time that you can stay consistent.

The American College of Sports Medicine (ACSM) suggests a MINIMUM of 150 minutes/week, emphasize MINIMUM, per ACSM guidelines released June 2018. If you can devote more, do so. Those 150+ minutes can be separated out to fit your individual needs. Some days you have more time than others. That's okay; you could have one long day and a few short days, or slice it and dice it any way you can.

Once you've established your best times and days, then decide what TYPE of exercise you want, will or should do. Ask yourself, "What am I trying to accomplish?" This is almost as individual as your fingerprint. For most, the common answer is to be healthy and fit.

There are four basic categories of exercise. Each category or type of exercise has different physical outcomes and benefits: Endurance/Cardiovascular/Aerobic; Strength; Balance and Flexibility. MIX IT UP! Choose a variety of exercise, such as Cross Training, still one of the

best fitness methods.

The ACSM recommends the following: A minimum of 150 minutes of cardiorespiratory exercise, as mentioned earlier; 2 to 3 days of muscle training on each major muscle group, varying your exercises and equipment; 2 or 3 days of flexibility exercises; 2 or 3 days of neuromotor exercise (sometimes called "functional fitness training").

Some types of exercise fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance. Performing multi-functional exercises can help you get the optimal benefits with any routine, but especially a routine for people with limited time to devote to working out.

Remember to set short-term goals, especially in the beginning. Goals offer faster satisfaction and keep you more motivated than just saying you want to be fit and healthy (long-term goal). Since 50% of most people drop out within 6 months, setting goals can be a real game changer. For example, you could set your sights on training for a 5K or Mud Run.

Reach out to me with your questions or come workout with me. I'm passionate and devoted to getting more people moving and finding that balance

between life, work, parenting, school and, yes, socializing. Be Active, Stay Active!

Yours in Health, Lisa Leath Turpin, BS, Fitness & Wellness Coach. BeActive850@gmail.com

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Hormone Therapy by Dr. Richard Chern

Hormone therapy can be traced back over 2000 years when the Chinese isolated pituitary and sex hormones for medicinal purposes. The hormones had not been identified, but the benefits were already known. Of course, many discoveries have occurred since then and today we are not only treating symptoms but also using hormones to improve our overall health.

Health problems associated with hormonal imbalances can go on for years, often undetected by both patients and their physicians. Increased risk of cardiovascular disease, Alzheimer's, metabolic syndrome, diabetes, and osteoporosis are only some of the problems associated with hormonal imbalances. And, like high cholesterol, you can't "feel" any of these to know you have a problem. Instead, you must get tested.

To make things more difficult, the symptoms of andropause, menopause, and hypothyroidism are often so slow to occur that we discard them as part of

the aging process. Fortunately, at The Hormone Restoration Center, we know what most of these symptoms are and can screen for them to see if there is a potential hormonal imbalance.

There are a number of symptoms associated with hormone imbalances to help identify those at higher risk. Symptoms can include fatigue, depression, weight gain, decreased libido, joint pain, poor memory, mood swings, low stamina, and sexual dysfunction are just a few.

If you have ANY of the above symptoms, you should complete a symptom checklist and get tested. These symptoms are an indication that you may need treatment.

After identifying an imbalance, physicians and non-physicians may use pills, creams, supplements, tonics, and much more.

At The Hormone Restoration Center we use what we consider to be the best of the best. We use bioidentical BioTE hormones which means the hormones are

identical to what our body produces. That way the key fits the lock exactly as it should.

The BioTE method uses hormone optimization created from hundreds of studies using hundreds of thousands of patients worldwide to successfully optimize the hormone levels of women and men once their body's production is no longer sufficient. Surprisingly, our bodies can stop producing sufficient hormones in our early thirties or before.

As shown in different studies, Hormone replacement therapy has been shown to reduce fatigue, improve sleep, improve libido in women and sexual performance in men, decrease muscle loss, reduce body fat, and reduce irritability, anxiety and depression. Also, the symptoms of osteoarthritis and rheumatoid arthritis are significantly reduced.

Long term, men and women will have a reduced incidence of Alzheimer's disease, heart disease, and osteoporosis. Also, multiple studies show a long

term reduction in breast cancer. Testosterone and estradiol also improve lipid profiles, reduce triglycerides, and increase HDL cholesterol which can have positive benefits on the cardiovascular system. Therapeutic testosterone levels can also protect the body from diabetes, prostate cancer, and all-cause mortality.

Hormone replacement therapy by pellet implantation has been used with success in the United States, Europe and Australia since 1938, and has been found to be superior to other methods of hormone delivery.

All the practitioners at The Hormone Restoration Center are BioTE certified and have had extensive clinical and didactic training specific to the treatment of hormonal imbalances. This is to ensure the highest safety, efficacy, and results for our patients. More than 96% of patients are satisfied with treatment when using BioTE.

Dr Richard Chern, MD is a Certified BioTE provider in Miramar Beach at The Hormone



Dr. Richard Chern, MD

Restoration Center. He has been seeing patients for over 25 years and treating patients using hormones for nearly as long. Dr Chern is currently accepting new patients and you can call for an appointment at 850-837-1271.

For more info on BioTE and The Hormone Restoration Center please contact dr@thehormonerestorationcenter.com or visit www.TheHormoneRestorationCenter.com

Sacred Paws Pets Offer Relief from Stress

Sacred Heart Hospital on the Emerald Coast (SHHEC) offers a new "Sacred Paws" Pet Therapy program, which is a volunteer animal-assisted pet therapy program.

Volunteer animal-assisted activities are utilized within Sacred Heart Health System as short, diversional meet-and-greet activities that can produce positive health effects for patients.

SHHEC currently has two therapy dogs, Annie, a Golden Retriever and Duffy, a West Highland terrier. They and their handler or a volunteer will visit patients on the in-patient floor and out-patient waiting rooms and common areas.

"The program is for our patients as well as our staff and the response so far has been amazing," said Sharon Abele, volunteer services manager. "These furry friends have brought lots of smiles to patients, families and staff who are loving the experience," she added.

Visit content occurs naturally and visits are as long or as short as necessary. To ensure that both the handler and animal are an



appropriate team that interacts with patients/families, a Responsible Adult Handler (RAH) who is a specially trained professional, accompanies the therapy dogs at all times and assumes responsibility for the animal while on the hospital campus.

"The Sacred Paws dogs have brought the staff much needed relief during stressful times," said Melissa Day, Nurse Manager-Medical/Surgical Unit. You can truly feel the environment of the unit change when we see Annie or Duffy arrive. It is always the bright spot of our week, and we look forward to bringing more dogs on board," she added.

Animal-assisted therapy is a growing field using dogs or other animals to help people recover from or better cope with health problems. Therapy animals can provide immense benefits to pa-

tients and have been proven to reduce depression, anxiety, pain and fatigue in patients with a variety of health conditions as well as reinforce rehabilitation goals.

Many people are beginning to recognize the extent to which pets can facilitate therapy for an assortment of human problems. Our companion animals are known to offer us many health benefits, most importantly, abundant and unconditional love.

For more information about the Sacred Paws Pet Therapy program or to become involved, please contact Sharon Abele at (850) 278-3081 or email sabele@ascension.org

Sacred Heart Hospital on the Emerald Coast is a 76-bed community hospital located in Miramar Beach that offers comprehensive healthcare for emergency care, cardiovascular care, cancer care, obstetrics, surgery, orthopedics and spine care. Since opening its doors in January 2003, Sacred Heart Hospital on the Emerald Coast has been recognized five times as one of the nation's 100 Top Hospitals for patient satisfaction by Truven

Health Analytics. Sacred Heart Medical Group offers physician offices for a variety of specialties

across the area. For more information, visit www.sacredheart-emerald.org

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thehormonerestorationcenter.com

Letter To My Father



Hey. It's me again. I'm sure you're busy, I just wanted to say hello. How are things? How's the fishing up there? I thought about you today. I remembered how you used to point your truck in one direction, and drive

dirt roads that led nowhere, your skinny bare arm, hanging out the window. Today, I saw kids practicing baseball in a driveway. I was driving to Birmingham. It reminded me of you, pitching fastballs through an old tire. God, that was a long time ago. Sometimes I wonder if you remember me, or if your memories died with you. Things were bad after you left. Having a father who dies by his own will doesn't exactly make a boy popular among the sixth grade. Mama had it hardest, of course. You left her in a real mess. She should hate you for what you did. She has every right to, but she doesn't. That woman couldn't hate a waterbug. You and I both know you didn't deserve her. And she didn't deserve what you did. Anyway, I don't want to talk

about that. Sarah is all grown up. You wouldn't recognize her. She's got a daughter, and that means you would've been a granddaddy. I wonder what you'd look like as a granddaddy. I'll bet your red hair would be white, and I'll bet you'd

LETTER TO MY FATHER

BY SEAN DIETRICH

still be working from whistle to whistle, dangling from iron beams, welding lap splices. Because if there was one thing you despised, it was laziness. You and I are very different in that regard. I believe laziness can be a virtue. You'd like my wife. I wish you could've met

her. Everyone likes her. That's because she's speaks with a strong voice and has an I-can-do-anything-by-myself attitude. She brought me back to life. When I met her, I was tired. She helped me find my spirit. You missed a lot. In fact, you missed

my whole damn life. You missed my first driver's license, my first truck, my wedding, my car wreck, a hundred Christmases, and my first published piece of writing. Writing. I've been doing a lot of it over the past years. I write about everything—things I care about. I even write about

you. Like I said, I thought about you today. I remembered the last few hours we had together before you flew away. We took a long drive, you wore a striped shirt, and had just gotten a haircut. Funny what people remember. I'd like to be honest with you, sir. After you left, I thought I'd never amount to anything but a sad little boy. I believed happiness was a joke. I didn't like you very much. But I was foolish. And I'm sorry for it. I'm okay now. We're okay. It's taken us a long time to get here. I have to go now. I have a nice life. One I've learned to enjoy. And if you could see me now, I think maybe I would even make you a little proud. I am glad you're at rest. I hope you still think of me sometimes. I think of you every few seconds.

Happy Birthday, Daddy.

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A Pastor's Ponderings

The Long Journey By Rev. J. Pete Hyde

I have made many trips heading west from Oklahoma to various places in the Rockies. Whether heading out on Interstate 40 through the vast open plains to Amarillo and beyond or heading from Woodward, Oklahoma on the lonely, two-lane U.S. 412 down the center of the Oklahoma panhandle for hours and hours finally dumping out in Trinidad, Colorado, much of the countryside is lonely and sometimes seems forsaken. Open pastures support only few cattle. Wheat field stubble stands windswept in the late summer. Trees along the fence rows lean to the north having been buffeted by the relentless southerly winds only broken by barbed wire fences that are down in places. Grey, weathered, abandoned farmhouses and crumbled barns dot the scenery as reminders of families and farms that have come and gone in the harsh environment.

One of the things that always

stuck in my mind is the constant uphill grade as you head west. The road disappears literally up over the distant horizon as you climb toward the mountains. There are short stretches where the road dips down to a riverbed or canyon. But you are always climbing. It doesn't let up. At times the car downshifts to make a long climb. You are about to give up when there appears a slight darkness in the distance. Is it clouds on the horizon? Way far off there is something. The road keeps climbing. Painfully slow, the image in the distance gets larger. Soon the uneven line of peaks and valleys begin to take shape. After a long, lonely road, the purple mountain majesty is in view, but yet



still many miles away. The foot pushes a little harder on the accelerator. The car downshifts trying to meet the demands of the driver and the ever-increasing altitude. Many hours of jour-

neys through the seemingly endless plains has been rewarded with snow covered peaks, lush green forests, crystal clear streams and rivers. The hot, dusty wind is replaced by cool mountain air. The car A/C is turned off and the windows are opened allowing the fresh air to rush in.

This thing we call the journey of life is spent for the most part in the long days of crossing the seemingly endless plains of living, many times on an ever-increasing uphill battle. Though we may reach many

points of wanting to give up, we lift our eyes to the hills and seek the reward of journeying toward the refreshing presence of God. May God be with you on your journey. Hear the words of Psalm 121: "I lift my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day not the moon by night. The Lord will keep you from all harm – he will watch over your life; the Lord will watch over your coming and going."

Rev. J. Pete Hyde, Senior Pastor
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 Fishing

Off the Hook

How Destin Became the World's Luckiest Little Fishing Village

By CALI HLAVAC

The year was 1835, where undiscovered land was plentiful and settlers from overseas were moving in and building communities. The Destin family, whalers from Connecticut, sailed south to Key West, Fla., in search of off season work and big money. Tragedy struck before they arrived when Leonard Destin lost his father and brother in a shipwreck. He survived, beached in the area now known as beautiful Destin, Fla.

Leonard saw immediate potential in this undeveloped area. The crystal clear waters showed massive schools of fish close to

shore, a prominent source of food and income at the time. He set up a fish camp, casting nets into the water at first to catch as many fish as possible. Pensacola was the nearest developed area and is where they took the fish by boat to barter for food and supplies needed, starting Destin's commercial fishing industry.

As the seafood markets in Pensacola saw the massive amounts of fish being brought over from Destin, more and more families migrated this way. As time went on, roads were constructed and, in 1936, the Destin bridge was built connecting Destin to Okaloosa Island. WWII shut down the fishing

industry temporarily, and in 1945 post war, Destin's first large deep sea fishing fleet began, along with the start of recreational and private fishing charters. This was the first time captains were required to be licensed and the rules and regulations for the fishing industry began.

Flash forward to 1948 when churches were the only gathering spot for the town's people, Destin wanted more. One citizen donated land for a community center, while another loaned the city \$7,000 to build it. As a way to raise money to pay it back, the Destin Fishing Rodeo was born. It originally began as a spring

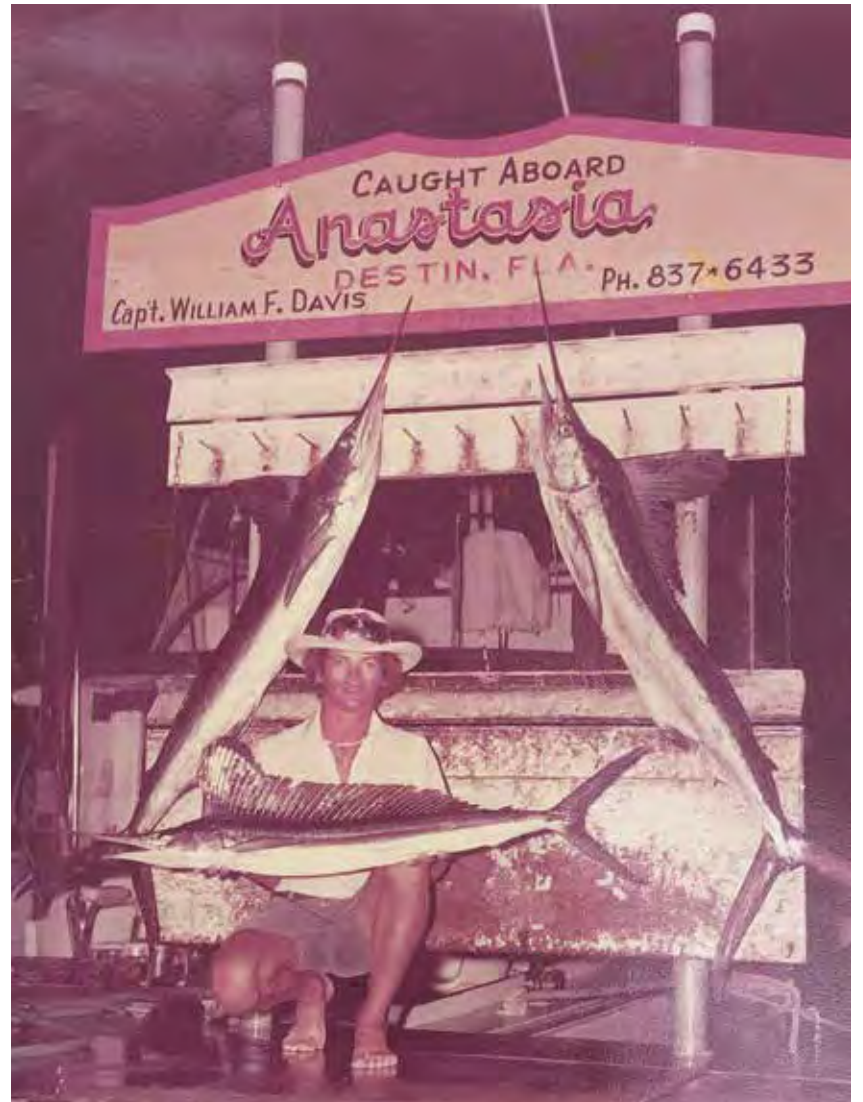
tournament, but was moved to October after the first few years to extend the fishing season well into the fall. The rodeo garnered its name from fisherman having to corral the fish into pens around docks to keep them alive longer before selling to market, long before live wells existed. 2018 will be the 70th year for the Destin Fishing Rodeo, a huge milestone to be celebrated.

There are a few reasons Destin is known as the World's Luckiest Little Fishing Village, beginning with Destin being the closest point on land to the deepest water in the Gulf, allowing boats to reach deep water quicker than out of other ports like Pensacola

or Panama City. Just a mere 70 miles offshore, the Gulf of Mexico reaches depths of 2,500 ft. and includes a larger variety of fish. Another reason is because Destin is a peninsula, it can offer both Bay fishing and Gulf fishing, increasing the variety of fish even more. The Bay also acts as an estuary where some species of fish can repopulate safely before migrating back into the Gulf.

As Destin has evolved into the community it is today, fishing is truly where its roots started. Anglers of all ages have enjoyed fishing the Destin waters over the years, and with proper regulations and care, will enjoy for many more years to come.





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 Music

30ASongwriterRadio.com Presents: Elevated Underground Video Release



Elevated Underground of the Emerald Coast is making waves with the release of their newest video "DESTIN." Originally written by Kevin Christopher Price and Ms. Stephanie Soul, the song soon took on a life of its own. Blending the voices from the regional Hip Hop scene with



striking imagery and catchy lyrics, "Destin" is quickly becoming the go to song of the summer season.

Shout Out to Yabui Entertainment Videography, Marcus D. Leslie - Obliq, Price, Mechee, Chase Carter, Stephanie Soul, King Whoady, and all who brought "Destin" to life. To find

out more about this video and other projects from Elevated Underground, for more information, visit their Facebook page: strange tang.



30A Songwriterradio.com Presents

Artist Spotlight: The Ruckus

By JOSETTE RHODES

With a median age of "we saw all the good bands live," The Ruckus brings a much needed energy that simply cannot be matched by the younger generation. When one in the know thinks of "raising a ruckus," a smile is sure to cross their face. As was once not understood by adults of a certain generation, the younger millennial crowd also seems to miss the subtle, anarchic, beauty fueling a true ruckus. Gone are the stiff and proper protocols of classical timing, uninvited are the simple sappy sonnets and viscerally violent verses often heard in modern times. A true ruckus is fueled by passion, it reeks of fun, it calls everyone to come and see just

what it's all about. And that is exactly what this quintet (plus) personifies.

"The Ruckus" is made up of Matt Law on Bass, Woody Jenkins on lead guitar, Steve Henley on drums, Ted Cobena on percussion, and Lawrence Bertoldi vocals, originals writer, and chief instigator. The band is also overseen by the spirit of original guitarist Rex Knight who tragically passed away while on stage doing what he loved in September of 2017.

And remember... if you hear "The Ruckus," be sure to hurry and see what it's all about! You will be glad you did!

Find them on Facebook... Raise a Ruckus and The Ruckus



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Ava's Attic Furniture, Consign & Design... a family business is growing up!

The year was 2009, the economic bust was wrecking businesses up and down the Emerald Coast and the mother/daughter duo, Susan Henry and Courtney Hood, found themselves out of the design business and in need of new careers quickly! With 3 storage units full of furniture and Susan's husband Tommy (Courtney's dad) having empty units in his shopping complex to fill, Ava's Attic was born! They leased a 1,400 square foot space and, after 3 weeks the new store was open to the public, "We were getting so many calls we couldn't keep up!" recalls Susan. The beginning didn't start without its challenges. "We were like Sanford and son, and would buy or consign just about anything that came through the door!" remembers Susan. They borrowed a flatbed trailer from their son Brett, who would go along with Susan to do any pickup they got a call for. If they had five customers in a day,

it was a success! Sometimes on Saturdays, Susan & Courtney would eat at Don Pedro's and watch for customers. "If someone showed up, we would run over to meet them at the door," she recalls, laughing.

As the store began to gain momentum, Susan and Tommy emptied a few more storage units, this time filled with designer furniture. They bought their first official moving truck, and convinced their son Brett to stay on and help with the ever-growing number of pickups. This truly was a family business, and with everyone pitching in toward its success, the business continued to grow.

A month in, at the suggestion of many customers, clothing was born, and within a week an entire room was full all by word of mouth. One customer in particular sticks out in Susan's mind. "I got a call to go look at a storage unit full of shoes and clothes.

Not knowing what I was walking into, I took a chance and met up with Liz Sumral. She opened her unit and it was amazing! Rows and rows of beautifully preserved Italian shoes and racks upon racks of barely touched clothing, I couldn't believe my eyes!" she recalls. "That meeting with Liz really helped shape Ava's Consignment Boutique."

Perhaps because of the economic crisis of those days, consignment shopping was in bloom. The furniture department was expanding unit by unit, and clothing was growing by the day. The Henrys have always relied on the loyalty of their customers to help drive their business. "Customer service and personal relationships with our customers are such important things to us. After all, their word of mouth has everything to do with what made Ava's what it is today!" says Susan. "I also think our customers appreciate the variety at Ava's, it's like a



Ava's mother and daughter duo, Susan Henry and Courtney Hood

treasure hunt! You may discover a table or chair for \$40 or a buffet for \$3000. You just never know what you are going to find!"

Susan and Courtney each have their strengths and play off of each other. That is one of the keys to the business that makes all of the moving parts work so well! They both feel they have person-

ally grown so much with the business over the years, and continue to learn what success really means as a growing local family business.

Now their operation has taken on a new space once again. Still located in Miramar Plaza, Ava's is growing, and becoming bigger and better. The adventure continues!

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 Community

City Market Beachside and Bayside

Delivering a Variety of Offerings to Its Customers

City Market is an upscale lifestyle shopping center located in Destin, situated along Florida's beautiful Emerald Coast. City Market Beachside and Bayside lifestyle centers feature quaint architecture, lush landscaping, unique boutiques and eateries, which all work together for an amazing, local shopping experience! Voted year after year as a "local's favorite place to shop on the Emerald Coast," City Market draws tourists and local shoppers from all over the South and offers award winning concepts voted "best of the best" in shopping and dining. In fact, several concepts, such as Bijoux de Mer Jewelry, Frill Seekers Gifts, Pure and Couture, Smallcakes Cupcakery and Luna Ballroom have recently been named to the prestigious "Best in Destin," "Finest on the Coast" and/or the "Best of the Emerald Coast" list.

City Market Bayside, located on the south side of Hwy. 98, of-

fers shoppers the chance to enjoy browsing unique coastal, personalized gifts and wedding items from Frill Seekers Gifts. Or you could treat yourself to decadent jewelry from designer Renee Launier of Bijoux de Mer. If designer goods are what you crave, LuxExchange Designer store will delight and excite you with treasures from Chanel, Gucci, Louis Vuitton, Tory Burch and other sought-after designers. Just steps away, you'll discover beautiful clothing and art from The Dressing Room Boutique and Art Gallery. And speaking of décor—updating, designing or decorating your home is easy when you consult the Fixture Exchange team for lighting, new fixtures or home hardware.

If you've worked up an appetite from all that shopping, stop



in Tropical Smoothie Cafe for a light bite and delicious smoothie. Then head up to Luna Ballroom to dance with International World Champion Eric Luna or visit Orange Theory for a quick workout.

Speaking of health, well known physician Dr. M. Silver has his practice at City Market Bayside, and is dedicated to car-

ing for the unique needs of women's gynecology and urogynecology, along with other specialized areas related to women's health.

On the north side of Hwy. 98, you'll find City Market Beachside bustling with activity. Your first stop should be Pure and Couture Salon to get a cut, color and eyelash extensions with a member of their talented team of stylists. Once your "do" is done, pop

next door to Lena Ellen Boutique for some on-trend fashions from casual to dressy. Polish your look with a deluxe manicure and pedicure at Destiny Nail Salon.

If all that shopping has you craving something sweet, Smallcakes Cupcakery should be your destination for fresh, hot out of the oven goodness. And don't

forget to visit "The Chick" at Chicken Salad Chick, which offers delicious combinations of mouth-watering, made fresh daily, chicken salad, cookies and soups.

If fitness is your favorite hobby, Destin Pilates and Aerial Center will be your go-to place and you can pick up some protein from the MaxMuscle Nutrition folks, who are right next door. See, shopping and exercise really do go hand in hand.

There's more to explore at City Market such as Aqua Title Services, Smokin' Vapor, U.S. Cryotherapy and Coastline Kitchen and Bath. So, plan to spend the entire day, shopping and browsing the Destin local's way.

If you'd like information on leasing space at City Market, contact Andrew E. LoCicero, REALTOR® or Brian K. LoCicero, REALTOR® at (850) 739-3800.

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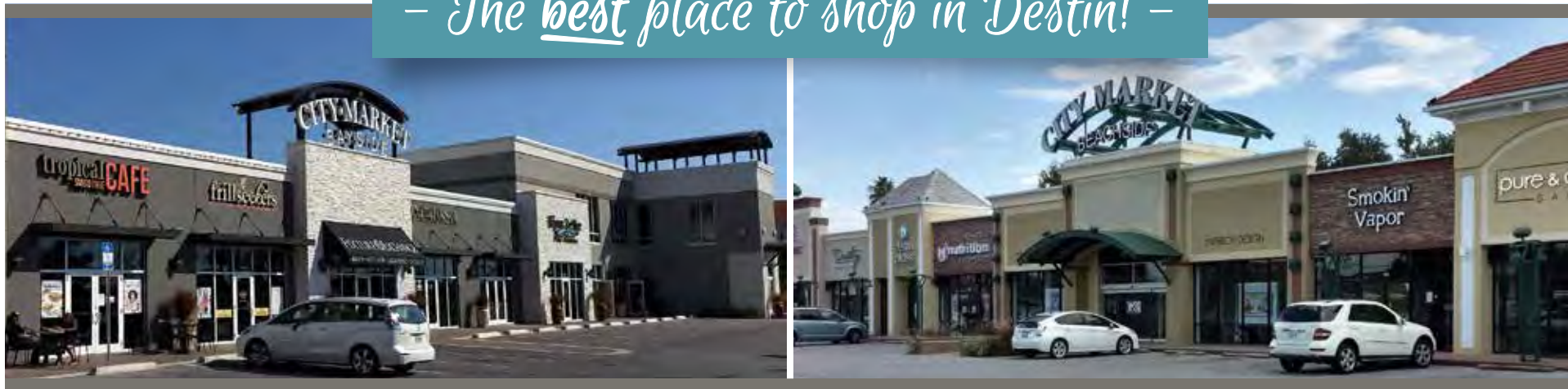
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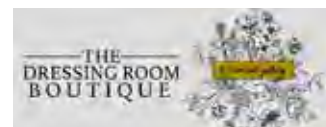
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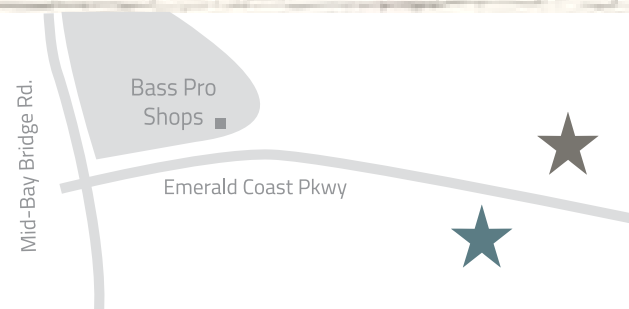
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Mattie Kelly Arts Foundation Initiatives Continue to Help Multitudes in Our Community

Many of you attend Mattie Kelly Arts Foundation (MKAF) events or read the name in the news. But, you might not realize the entire scope of community events and outreach initiated by the organization and the benefits.

Mattie Kelly Arts Foundation's Community Outreach is an inclusive arts education program that provides creative outlets to people of diverse abilities and backgrounds. It serves K-12 students, children/adults with special needs, at-risk youth, and veterans and active duty warriors in a variety of arts programs. Since 1995, Mattie Kelly Arts Foundation has inspired more than 325,000 people and over 70 schools and agencies throughout the Okaloosa and Walton county area and offers an array of programs including Arts for All Abilities, Arts Empower, and Warrior Arts, all free to the public through grants and private and corporate gifts. For signature events, a portion of event profits from Concerts in the Village and

Festival of the Arts help to fund the Foundation's community outreach initiatives and serve the



unique needs of those populations who lack access to the arts and benefit from cultural experiences.

Arts for All Abilities is a program committed to helping people with disabilities learn a variety of art programs. Led by nationally recognized educators, facilitators, and artists, known for their groundbreaking work, participants are given the opportunity to learn painting, drawing, music, magic, and more.

Arts Empower, led by ac-

complished artists, serves K-12 students, at-risk youth, and people with special needs. This program specifically emphasizes Arts-Integration, an educational teaching method that integrates fine and performing arts as pathways to learning key subject areas. Research shows that at-risk students exposed to the arts have better academic results and workplace opportunities. Students can learn theater, music, poetry, and more.

Warrior Arts seeks to offer therapeutic art classes for veterans/active duty military in order to heal both visible and invisible injuries. Warrior Arts' signature program is the Zentangle, an open-ended drawing activity that increases focus and creativity, while alleviating stress and anxiety.

A couple of recent events have contributed to MKAF outreach efforts:

Recently, MKAF put on a production of **FLIGHT!** for K-8 students. Made possible by

The Windgate Charitable Trust, **FLIGHT!** combined creative staging, original music, and audience participation into a theatrical production that explored the stories of flight throughout American history. K-8 students were encouraged to think about the future of flight and their possible participation in it. MKAF Outreach has put on this production at 20 schools and reached more than 4,000 students grades K-8 in Okaloosa and Walton counties.

Having been established two years, the Mattie Kelly Arts Foundation's Warrior Arts program continues a successful component for area military units and veteran service organizations to provide hands-on arts classes to complement additional therapies.

Because of the program's success, MKAF has a goal to raise more than \$20,000 to expand its already vast reach and to continue to offer the Warrior Arts at no cost and benefits, in



particular, those who have sustained a traumatic brain injury (TBI) and/or suffer from post-traumatic stress disorder (PTSD). Recently, MKAF had the idea to create a "Wall of Money," a wall decorated with envelopes labeled with monetary amounts available at their hosted events to encourage donations toward the foundation's \$20,000 goal.

For more information on MKAF outreach initiatives and events, visit MattieKellyArts-Foundation.org.

Okaloosa Arts Alliance School Poster Contest Winners



Okaloosa Arts Alliance (OAA), the officially designated non-profit arts agency for Okaloosa County, would like to thank all of the Okaloosa County School students that participated in the 9th annual OAA Okaloosa County School Poster Contest. Although the Alliance was unable to make everyone a 1st place winner, all 229 entries were on display at the OAA Poster Reception recently at the Young Philosophers Society. Participating schools included Rocky Bayou Christian School in Niceville & Destin, Crestview High School, Liza Jackson Preparatory School, Edge Elementary, Des-

tin Elementary School, NWFL Ballet Academie, Lewis Elementary, Lotus Learning & Arts Center, Shalimar Elementary, Youth Village, Infinite Grace Autism Academy, homeschool, Florosa Elementary, and Plew Elementary School.

For a full list of winners, please visit <https://www.okaloosaarts.org/news---events.html>.

OAA invited all Okaloosa County School students to participate in the contest with the theme of "Summer Fun." Students were able to create on paper with markers, pencils, paint, pastels, charcoal or crayons. There was a 1st, 2nd, and 3rd place winner for three elementary school students (K-4), for three middle school students (5-7), and for three high school students (8-12) in Okaloosa County. Each 1st place winner received a \$75 gift card generously provided by

Eglin Federal Credit Union, each 2nd place winner received a \$50 gift card and each 3rd place winner received a \$25 gift card. Additionally, the 1st place winners' artwork was published in the

OAA newsletter and is posted on the OAA website.

Held each year, any Okaloosa County School student can enter through an Okaloosa County School or as an individual stu-

dent. OAA's mission is to support and promote art and culture in Okaloosa County. Visit okaloosaarts.org for more information.

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The Henderson Loves Locals

By SUSAN BENTON, 30AEATS.COM

Not long ago I was invited to a Love Locals event held at The Henderson, a Salamander Beach & Spa Resort, in Destin. This amazing hotel property is the swankiest we have in the Florida Panhandle, and offers incredible views of the Gulf and the state park west of the property from just about every turn. The drive up to the resort with valet parking isn't so bad either.

After a tour of the property and sunset cocktails on the rooftop veranda, I dined at Primrose on exceptional cuisine prepared by the hotel's new executive chef Brendan Davey. Hailing from Sea Island, he brings his low county style to the menu. I highly recommend the Seafood Paella filled with mussels, shrimp, the fresh daily catch, garden peas, and saffron rice. It was just delicious.

The Loved Locals VIP program is exciting to me as a local

who likes going to the spa, dining on the finest of foods, and who enjoys a staycation or two each year. Getting a discount to do so is even more enticing.

The Henderson strives to incorporate local artisans into every aspect of the hotel as much as possible, and is always seeking opportunities to give back to the community. Local residents of Florida's Emerald Coast who reside between Panama City and Pensacola are welcome to register online with The Henderson to become a "Loved Local." A card will be issued in your name, and you automatically will have a membership with the Henderson. Pretty nice!

The green Loved Locals membership card can be presented at the hotel's dining, spa and retail outlets for the cardholder to enjoy exclusive discounts and special offers year-round.

"We have received such a warm welcome from our community, and we are thrilled to

give a little back to our loyal locals," said Douglas Hustad, general manager for The Henderson. "We invite everyone along the Emerald Coast to come join us with their family and friends to fully experience all we have to offer."

The Loved Locals offers will change each quarter, providing new reasons to return again and again to enjoy The Henderson. Those who register will hear first-hand about next season's offers via email.

Whether looking to book a couples' retreat and hang out by the adult only pool, take a week-end away with kids who will love the lazy river, soak up a spa day with the girls, or just savor a date night for dinner at Primrose, I suggest signing up for Loved Locals as there is everything to



gain, and nothing to lose.

If staying on property, choose from Gulf, pool, or garden view rooms and enjoy savings on the beautifully appointed, luxury accommodations. They are based on availability and some restrictions may apply.

Foodies will receive a discount on all food and beverage outlets including Primrose restaurant (serving breakfast, lunch and dinner), the Sushi bar (dinner service), Horizons bar, Sunrise

poolside bar (seasonal), and Sprinkles ice cream shop. This offer does not apply to special events.

Indulge in great savings on wellness treatments at the luxurious Salamander Spa. The welcome ritual is so calming and gets you focused on relaxation and well being. There are 11 treatment rooms that offer manicures, pedicures,

massages, facials and more. And, mindfulness retreats, wellness retreats, and yoga retreats are available to sign up online.

The Loved Local cards are not transferable. Offers are only valid on new reservations and bookings and cannot be combined with other special offers and discounts. For more information on the Loved Locals program, visit www.hendersonbeachresort.com/loved-locals.

Local Father and Son Bring Coastal Cuisine to The Village of Baytowne Wharf

Bryce Jarvis and Captain Gary Jarvis, the proud owners of Sunset Bay Cafe, located in Sandestin Golf and Beach

Resort, recently announced their newest venture: Slick Lips Seafood & Oyster House. Located in the space formerly occupied by Acme Oyster House, Slick Lips Seafood & Oyster House promises fresh seafood in a family-friendly environment.

With Chef Jay Ammons and Sous Chef Daniel Peters at the helm, the family owned and operated restaurant will offer an innovative lunch and dinner menu utilizing the finest in locally sourced ingredients including fresh produce and sustainable seafood, delivered daily from the docks in Destin, Florida.

Born and bred in the heart of Destin, father-son duo, Gary and Bryce Jarvis, are no strangers to the seafood industry. With over 40 years of fishing in their family, both Gary and Bryce have a plethora of knowledge on all things fish. Now, with nearly two decades of restaurant management and menu development experience, the Jarvis's are laying out their love of seafood on the table.

Opened in Spring 2018, Slick

Lips Seafood & Oyster House celebrates the spirit of "Old Florida" while encouraging innovative cooking, emphasizing fresh, local ingredients. As captain of The Backdown 2, Captain Gary Jarvis lends an expert's eye to local seafood and fresh ingredients.

"Our menu really focuses on the best ingredients available every season," says Captain Jarvis. "We are incredibly passionate about sustainable, quality seafood. Fresh caught wild fish is the core of our business model and we aim to provide customers with the real deal."

The Slick Lips Seafood & Oyster House space has previously been a focal point in the Village of Baytowne Wharf, but Bryce and Gary feel the location needed a local's touch to really make the most out of the family-friendly environment and the ingredients available to the kitchen.

"Slick Lips will not only be a place where customers know they are guaranteed high quality seafood, but also some of the best

customer service in town," says Bryce Jarvis.

In addition to the classic southern seafood dishes and an assortment of oysters, Slick Lips Seafood & Oyster House will also offer a wide array of dishes for land-lovers such as the "Slick Burger" or the "Smoked Cheddar Bacon Bombs." From finely cut steaks to fresh seafood platters, there's something for everyone on the Slick Lips' menu.

Located in the heart of The Village of Baytowne Wharf, the restaurant overlooks the bustling village and offers a full bar, oyster bar, and private group dining options. Slick Lips Seafood & Oyster House will be open seven days a week from 11 a.m. to 9 p.m. Sunday through Thursday and 11 a.m. to 10 p.m. on Friday and Saturday.

Reservations are not necessary for Slick Lips Seafood & Oyster House's dinner service, but are suggested for large parties. For more information, please call 850-347-5060 or visit www.slicklipsseafood.com.

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Beachworx

A State-of-the-Art Office Environment and Networking Solution

Beachworx has opened in Destin! And though technically the concept is new in professional circles, since time began, humans have used a hub or meeting area in which to work, share ideas, collaborate, socialize, brainstorm and simply move among their peers.

Beachworx offers that and more. It's a collaborative and synergistic work environment that incubates professional and personal success. It's all about coworking and offers a shared space for business owners and professionals to work in an affordable, energetic, and modern office space without committing to long-term contracts and binding agreements.

Open from 8 a.m. to 6 p.m. (with extended after-hours options available), Monday thru Friday,

there is a list of comprehensive office services offered at a nominal cost while providing a work environment that far exceeds any facility of its kind.

It offers private and shared office space, conference rooms and meeting spaces, business support services, professional programs, and networking events. It's flexible and affordable. Members set term length, select desk preference, gain connections to a network of professionals, and much more.

Included with your membership is the following:

New Member Spotlight: Get your business featured on Beachworx's social media channels and the member directory as a new member to increase your exposure and introduce you to ex-

isting members.

Use of The Hub: A space used for having lunch and casual meetings between members, an area to connect and grow outside of regular client meetings. Come in and read the paper; have a cup of coffee, and relax in this space.

Amenities: Included in your membership is coffee, tea, water, snacks, WIFI access, limited printing and free parking.

Beachworx Professional Networking Events: Exclusive invitation-only access to personal and professional networking events in the space from community members and business professionals.

Beachworx founder, Steven Franco, early on saw there was a need for short-term cowork-

ing space and private offices for individuals, small businesses, and corporations large and small. Steven envisioned a state-of-the-art workplace, constantly innovative, to provide the very best office environment.

Most important are the members, who, Steven says, are the foundation of the program. We strive to provide them with the finest services at a nominal cost.

The Beachworx team, Andy, Steven and Chrissy, welcome



any questions and invite you to visit the space at 34990 Emerald Coast Pkwy. Ste. 300, in Destin, inside the BB&T building at the corner of Hwy. 98 and Crystal Beach Drive. For more information, please call (850) 974-3435 or visit www.thebeachworx.com.

Heat Reduction Solutions from Emerald Coast Energy Solutions

BY CHRIS BALZER

But, soft! What light through yonder window breaks?

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

No one would dispute having the beauty of soft natural light shining through our windows that puts a smile on our face and warms our hearts. We have windows to let in light and give us views into our world, whether it's a lakefront, oceanfront, pool front or simply a view of the outside.

For a time when I worked in a cubical, I often dreamed of having a view, even if it was of the parking lot, something to let in natural sunlight. Now, I am finding that many of us have windows that are letting in much more than soft natural light and have become a sore spot. We hunt for blinds and curtains or just quarantine the area from 1 to 7 p.m. We search for dark or mirrored tint to help against the heat while maintaining some of our views. We place towels and blankets over our furniture and wood floors to protect from fading and cracking. We even go to the extreme of replacing our windows with expensive new ones.

Did you know there's a solution? It's called ERF (energy re-

flective film). I know what you are thinking, another tint—great—tried that, didn't work or my HOA won't allow it. ERF is not a typical window tint; in fact, it contains some of the most recent technological advances. Most tints use dyes and aluminum; ERF uses a proprietary technology to distribute tiny gold and silver particles allowing the film to be virtually clear and highly energy efficient. A client of ours in Inlet Beach built a home in 2017, but struggled with trying to keep the master suite cool because of all the windows facing direct sunlight.

We coated the windows two months ago and the couple recently contacted us and said,

"Thank you so much! We are very happy with the heat reduction we have noticed."

The science behind the magic: Astronauts use a visor assembly

coated with a thin layer of gold that filters out the sun's harmful rays and protects the spacewalker from extreme temperatures. This technology has been adopted and is now available to solve heat problems in our homes and offices.

One popular question I'm asked is, "Do I need to coat all my windows?" The answer is no. We want to address the problem windows—the windows that receive direct sunlight, the windows which you feel the heat radiating from or the room that won't stay cool. Because the film is virtually clear, the windows maintain architectural integrity.

What our ERF film won't do is block glare or shade a room. ERF blocks the heat, not the view. ERF also rejects 99% of Ultraviolet (UV) rays, protecting you, your animals, your floors and furniture. If you have been searching for a

heat reduction solution, please contact us for an in-home demonstration and see for yourself how we can block the heat and not view.

Chris Balzer is Founder and President of Emerald Coast Energy Solutions

and resides in the Santa Rosa Beach area with his wife and three children. For more information on how to save this summer and become energy efficient, schedule an inspection by calling (850) 588-2870, visit www.trustees.com or email wecare@trustees.com and Beat the Heat.



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