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Postal Customer Local

Serving Cancer Patients Through the **Foye Belle Foundation**

By Dee Cruce

Originally from North Dakota, the late Chelsea Berler decided to take a chance and spontaneously move to Florida. She was in her early 20s and looking for a fresh start. Her family still in North Dakota, she was feeling extra lonely one afternoon and decided to call home for some comfort and to whine about her love life. Thankfully, her mom was able to convince Chelsea to get on with her life and it wasn't long before she met her future husband at Bud & Alley's. They were married there on the beach and, in June 2018, the pair celebrated 10 years together.

As Chelsea's love life came together, her professional life took off as well. After years of working her way up in a marketing firm, she decided to venture out on her own. She was age 22 when The Solamar Agency was born. Today it's a half-million-dollar boutique marketing firm.



As if owning a successful business with numerous employees in your 20s wasn't enough, Chelsea became a best-selling author. She published her first book, The Cu-

rious One, in 2015. The book tells the story of her life from Food Stamps to CEO, how she left behind the heartache of her tumultuous childhood and found peace in her present.

"It's about the triumph that comes from living life with purpose, not only when it's easy, but when it feels like your life is crumbling to pieces at your feet," says her husband Mark.

Mark wanted to give Chelsea the opportunity to see what his life was like in Europe where he worked. The perfect opportunity popped up when the MotoGP event came to Le Mans, France in the summer of 2017. They were both big motor cross junkies. It was perfect - epic even - as far as trips go. The only downside was how tired Chelsea had been feeling. At times, it was hard for her to keep up with Mark. It wasn't long after that, that she noticed a lump under her arm. The summer was epic, as she put it, but she came home to an extremely rare form of cancer.

By the time Chelsea went in for her exam, the lump was nearly the size of a tennis ball! She was diagnosed with an

FOYE BELLE

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Off the Hook

70th Annual Destin Fishing Rodeo is in Full Swing! | Part 2

By Cali Hlavac

October means the Destin Fishing Rodeo is officially here, a favorite time of year for amateur and professional anglers alike. Part 1 of our series covered the history of the Destin Fishing Rodeo, how anglers can participate, what you can win and some of the upcoming rodeo events. We'll have a little more fun in this one, highlighting some of the most memorable catches over the years and fill you in on the changes for 2018.

This year marks the 70th anniversary of the Destin Fishing Rodeo, bringing with it a variety of changes to help make the competition better and more fair. For starters, the Rodeo board has put Amberjack back on the leaderboard for the first time since 2013, when regulators had previously closed the fishery down to overfishing. It will also be the "bonus" fish for the AJ's Bonus Award; last year was the Wahoo.

The board has also moved some fish around on the leaderboard. The four main fish on the board are king mackerel, grouper, amberjack and

FISHING RODEO

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FOYE BELLE

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extremely rare form of triple negative breast cancer called Leptomeningeal Carcinomatosis (LC). An extremely aggressive form affecting roughly one percent of the population, she was already at Stage 3 and it was in her lymph nodes. She would be starting chemo treatments immediately. Winter would be hell.

Each time Mark brought her in for a round of chemo, Chelsea was struck by how many people were there for treatment, completely unsupported, alone, and in some cases not even driven by a friend. This hurt her heart so much to see her new friends suffering alone. She was fortunate to be loved and supported by her husband, family and many loving friends. Each time she came, she brought a bag of goodies to keep her occupied and comfortable

as she sat for hours of chemo rounds. More times than not, she gave her stuff away to the other patients getting treatment. She had always been a generous soul, and through this experience, she saw a need that could be filled.

It was through Chelsea's regular chemo treatments that the Foye Belle Foundation (Foyebelle. org) and the 'Blue Bag Movement' was born, named after her grandmother, Foye Belle, who passed away from cancer when Chelsea was a child.

The Foye Belle Foundation is a non-profit, volunteer organization that packs blue bags and donates them to cancer patients who are actively seeking treatment. The bags are blue as Chelsea believed that if cancer were a color, it would be blue. Everything about cancer makes you feel blue. The blue bags are filled with goodies that are not only comforting, but help pass

the time away during treatments.

Throughout the spring months, Chelsea further developed the foundation's website, enlisted volunteers, which wasn't hard, and started packing blue bags to send out. She wrote another book detailing her journey from pre-diagnosis to the end, The Yellow House on the Left, and all proceeds go to the foundation. Chelsea further documented her journey by writing several articles published by The Huffington Post, www.huffingtonpost.com/ author/chelsea-930, about going through the "dying process."

As spring wore on, Chelsea got her affairs in order and spent time with family and her dogs. Her sisters were flying down regularly, and her mom moved from North Dakota to live nearby. For months she and Mark held out hope for a cure, but eventually the day came when her doctor told her she was terminal.

She decided to stop treatment and live out the rest of her days on her own terms. There were many sunsets and many mornings when she couldn't sleep while watching the sun rise. There was pizza, Oreo blizzards and long rides in her and Mark's dream car. She spent time in her garden, her happy place that she would miss. There were many things that she would miss, and yet, she still felt that for her age, she had lived a full and, well, awesome life. She made peace with dying. In many ways she was looking forward to the next level family reunion of those gone before her and found solace that she wouldn't be alone.

Chelsea passed away on July 7, 2018, in her home, surrounded by her dogs and Mark. She made Mark promise to keep the blue bag movement going. More than 700 bags that have been shipped throughout the U.S., England,

Ireland, South Africa and Canada. Local volunteers pack the bags with love. Do you know someone who needs a blue bag? Visit the Foye Belle Foundation website and sign up someone you know, or even yourself, to receive a blue bag. You can also donate at www. foyebelle.org.

To raise funds for the FBF, local artist, Clint Eagar has generously agreed to paint an original piece of art, "Floating," valued at \$700, to be auctioned in a silent auction at his gallery, Clint Eagar Designs, in Uptown Grayton Circle, on Oct. 18th, from 1 - 8 p.m.

All the auction proceeds will be donated to the FBF, along with 20% of the sales for the day.

Letter From the Mayor

Dear Citizens,

As the mayor of Destin, one of my duties is to help educate citizens on city initiatives and provide insight when needed on topics that can be difficult

to understand. Our city is brimming with opportunity and projects that should make you very proud. I am delighted to share several of these with you.

Beach access (or the lack of) has been a hot topic for years.

Without getting into the details of what is going on with customary use, I will make it plain and simple – there isn't enough public beach for our residents and visitors. To that point, the City Council has asked that I begin looking into available beachfront property. That is, beachfront that the city could purchase and provide to the community. This ini-

tiative is in its infancy; however, I am pleased to say that there may be several options for the city council to consider in the future.

Continuing on the topic of public property, the city has

some park projects currently under construction and a couple in the design phase. The construction of Captain Leonard Destin Park on Calhoun Ave. is underway and will provide the city with its first splash pad and

dedicated kayak launch, as well as other park amenities. Norriego Point is "shaping up" with armored stone to protect Destin Harbor, an additional five acres of sand and new dunes and vegetation. Still to come on this project are public recreation facilities such as bathrooms, dune walkovers, a pathway and a shade pavilion. On the horizon is Captain Royal Melvin Heritage Park on Destin Harbor and the renovation of Clement Taylor Park. Both of these parks are currently being designed. One interesting (and important) note is that all of these park projects are completely grant funded and won't be billed to the tax paying citizens of our city.

Other notable items the city is

working on is the connection of the Destin Harbor Boardwalk under the Marler Bridge to the Calhoun Ave. pathway, upgrades to Airport Road landscaping and road surface, stormwater initiatives, and hiring a new city manager.

I believe we should all be excited about the progress our small community is making. It is my absolute pleasure to serve as your mayor, and I am eager to continue to work for you!

Thank you, Gary Jarvis



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Meet Our Local Pro: Bob Weichman

By Heather Bennett

All Vacuums Are Not Created Equal

A vacuum is something we all use, especially living in a beach community. Sand gets everywhere. Vacuuming is a must. It is also vital for those renting out our homes to guests. We want guests to feel like our homes are clean and inviting. I spoke to our local vacuum pro, Bob Weichman of Vacuum Center Destin, the premiere vacuum shop of the Destin-Okaloosa area, about his experience and expertise.

Bob has over 45 years of experience in the vacuum industry. After nine years working for Sears, Bob started his own business with his wife Norma, selling cleaning systems. The business was successful and grew to five stores. Bob eventually got his franchise license and sold four of the stores to his managers so he could focus on his Destin location. "I knew a lot about what I was doing before I got into it. I made very few mistakes because

when you own your own business you can't afford to make a lot of mistakes unless you're independently wealthy," said Bob. "I worked for the number one retailer in the world. I knew how to run a retail business."

But why should you buy a vacuum cleaner from Vacuum Center Destin over a retail box store? Quality and Customer service are the two main reasons. Bob realizes that vacuum cleaners are not all the same. He sells high

quality vacuums that actually clean the home, and with the use of HEPA filters make your home healthy.

The difference between bagged and bagless vacuums is not just quality, but also cleanliness and health. Bob explained that using a bag type vacuum is like using a tissue when you blow your nose. You isolate the germs and dispose of them. Using a bagless vacuum is like using a



Bob Weichman of Vacuum Center Destin

handkerchief to blow your nose. You end up spreading and sharing germs with everyone in the house including the cat and dog. A bagless vacuum will pick up dust mite particles like feces and carcasses, but because the particles are so small, they go through the filter and shot back out to the ceiling. It takes 36 hours to settle back down to the floor. "When you get a high filtration HEPA filter type bag, your dusting goes

down the tubes. You hardly have to dust anymore," said Bob. You also aren't ingesting all those dust mite particles anymore. He's selling more than vacuums. "I sell healthy, clean homes," stated Bob.

Vacuum Center Destin sells several brands of cleaning systems - Miele, Simplicity and Riccar to name a few. "I like selling quality," said Bob. "I like selling something I don't have to apologize for ever." Not only does Bob sell these high quality-cleaning

systems, but they also service and repair them. "Unlike the box stores when we sell somebody a cleaning system we're not done with them. We're just starting with them. We're going to take care of that customer." When you speak with him, you can tell he really loves what he does and loves helping people.

People refer to Bob as a great salesman, but he denies being a great salesman. "I'm a problem solver," said Bob. "I can't solve all your problems, but I can solve your cleaning problems at Vacuum Center Destin." They are a one-stop shop for your cleaning needs, selling stain removers, grout cleaners, microfiber cloths, disinfectant, and more. "This is what I've spent my whole life doing. I know vacuum cleaners and I know cleaning products."

Selling healthy, clean homes also runs in the family. Bob's son Robert Weichman, Jr. runs Best Vacuum Shop in Houston, and for 35 years Bob's son David worked with him and managed Vacuum Center Destin. David passed away earlier this year in a tragic car accident.

If you are interested in learning more about the products Bob has at Vacuum Center Destin, I urge you to stop in at their location at 36054 Emerald Coast Parkway. Bob would love to give you a demonstration on how these cleaning systems work, especially when it comes to picking up sand.

Trees on the Coast and City of Destin Honor Servicemen and Beautify Airport Road

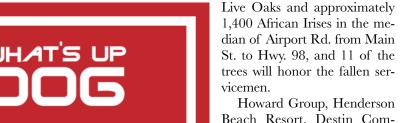
Join Trees on the Coast and the City of Destin for a dedica-



tion ceremony to be held on Oct. 20 on Airport Rd. to honor 11 servicemen who gave their lives for our country. All are invited to join the bagpipes, firetrucks and others in the ceremony as well as help to complete the beautifica-

tion of a streetscape in need of landscaping. Two years ago, 11 servicemen tragically gave their lives in a helicopter accident that happened during takeoff from the Destin Airport. Trees on the Coast will be planting 49 Sand





Howard Group, Henderson Beach Resort, Destin Commons, Century 21 Blue Marlin, Pelican, The Local Market, La Paz Restaurants and Shane Cannon have all joined in to help make the project a reality. Trees on the Coast is looking for individuals, businesses and corporations to also join in to complete this beautification project.

You can help with a tax-deductible donation to: Trees on the Coast, 50 Lands End Dr., Destin, FL 32541 or visit treesonthecoast.com. For more information, email info@treesonthecoast.com.





From Sheriff Larry Ashley

Hooked on Safety for the Destin Fishing Rodeo



You have to love October on the Emerald Coast, especially if you're a serious angler or simply a fishing enthusiast. But many folks, like myself, are both. That's why tens of thousands of people are lured in from all over the country for the Destin Deep Sea Fishing Rodeo each October. The outstanding fishing opportunities, Gulf scenery, and typically good weather combine to make it of our county's most popular events.

Spend any time in the waters around Destin and you're sure to see one of the Okaloosa County Sheriff's Office's (OCSO) boats on the waterways. In fact, the OCSO has had a presence on

local waterways for over 50 years. And as our area has become one of the nation's top boating and fishing destinations, boating safety and education is the priority of our marine unit.

2017 was one of the busiest years on record for our Marine Unit, with more than 2800 calls for service and 458 waterway security checks alone. Just in time for the start of the summer, we acquired a 27-foot safeboat, previously owned by the Coast Guard, to help with our safer waterways initiatives. This boat was acquired through a federal surplus property program and made possible for purchase with funding from the Okaloosa County Tourist Development Council. Other OCSO vessels include our 26' soft sided patrol boat used for daily operations, a 24' reliable, all-weather, Cape Horn Center Console, and a 22' Pathfinder Center Console which can be used to patrol more shallow areas.

Having the right resources to enforce state laws and municipal ordinances is as important to our Marine Unit as having the right bait, rod and reel are to fishermen. But even when you're out looking for that perfect marlin, nothing is more critical than safety. So, let's just go over a few of the funda-



mentals to focus on as you go in search of that perfect strike:

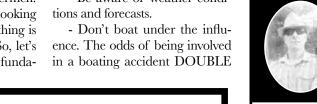
- Make sure you have enough life jackets and that they are in good condition.
- Stay vigilant to what's going on around you at all times.
- Pay attention to the locations of "No Wake" zones and comply at all times.
- Be aware of weather condi-

when alcohol is involved.

- Have the appropriate gear and supplies on hand in case of an emergency.
- Use common sense and common courtesy.

The Destin Fishing Rodeo is an Emerald Coast tradition celebrating all the things that make

local fishing and waterways so popular and a favorite personal past time. So, if you're like me and the 30,000 other anglers heading into town and are hooked on fishing, the OCSO wants you to be hooked on safety as well.





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Q What is the Medicare Annual Election Period that I keep hearing about on TV?

A. The Medicare Annual Election Period or AEP is the window of time each year that Medicare Beneficiaries can sign up for or change their Medicare Advantage or Medicare Prescription Drug plan. The AEP occurs every year between October 15th and December 7th. During this time, you may make changes to your existing Medicare Health Plan and Prescription Drug Plan or sign up for one if you are not already on a plan. Any choices you make during this period will go into effect on January 1st of the following year.

It is very important that you work with someone who will take the time to help you understand all of your choices and options prior to making a selection during the AEP. Each person is different and so is each plan. It's important to find the right one for you! The choice that goes into effect on January 1st, becomes your coverage until you can make changes in the next Annual Election Period. Contact us for a personal consultation, so we can help you make the right decision for your specific needs.

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Community

Fun and Flavorful Events Usher in Fall

One of the best reasons to be a local is the many festivals and events you can attend all year long, but especially in the fall. Our area is blessed with kind-hearted but determined people and volunteers who work tirelessly to coordinate events for a cause, many of them raising much-needed funds for those in need.

"Gather in the Garden" to support **BeGenerous** and the vision of The Yellow House Project on Oct. 6 from 4-7 p.m. at the Point Washing Preserve at The Pavilion Event Venue. Funds raised will benefit the first Yellow House, a short-term residential home of refuge, hope, healing and true transformation for women in desperate need of freedom from trafficking. This beautiful Garden Tea Party will include food and tasty desserts, celebrations of what God has accomplished with miraculous testimonies, dance performances from survivors of addiction and trafficking, music, amazing chef-prepared food, a silent auction and a few surprises! For tickets, visit Eventbrite, com and search The Gathering in the Garden (\$35 single ticket and \$60 couple).

It's almost time for The Market Shops 4th Annual Bloody Mary Festival Sat., Oct. 6th from 11 a.m. to 2 p.m. at The Market Shops at Sandestin! Benefitting Habitat for Humanity, the festival will feature the finest Bloody Marys made with Cathead Vodka and served in signature cups provided by Compass Builders of Florida, LLC, not your ordinary Bloodys. There will be food, champagne, beer, a photo booth, live music, premium cigars, and you can vote for your favorite! Visit www.themarketshops.com to purchase your ticket to #EatDRinkBMary this year!

The "Rockin' on the Lawn" Music Festival will be held on Oct 13th at Mattie Kelly Culture Arts Village from 11-9:30 p.m. to benefit South Walton Academy, the first-of-its-kind

non-profit inclusion school meeting the needs of children in Okaloosa and Walton counties. Featuring an impressive lineup of bands—Luke Langford Band, Atlas Lost, Catalyst and Will Thompson—tickets are only \$20 for adults and \$10 for children (age 2-8) and can be purchased by visiting southwaltonacademy. com/events or by calling Tina Spicer at 850.855.0201. Bring your family, chairs, blankets, coolers and yourself and enjoy the music, bounce houses, face painting and more. www.southwaltonacademy.com

Join the **Young Professionals of Walton County** as they welcome Good Grit Magazine's Editor-in-Chief, Laura Bento, who will discuss her favorite F word - Failure. This exclusive luncheon sponsored by Avantgarde Salon • Spa will take place on Thurs., Oct. 11 from 11:30am - 1pm at the NEW Vintij Food & Wine and is only open to 50 attendees. Cost to attend is \$20 for members and \$25 for non members. Those interested can be register at www.ypwaltoncounty.com.

The City of Destin will host its Annual Open House on Thurs., Oct. 25, 2018, from 11:30 a.m. to 1 p.m. at the Destin Community Center in conjunction with Florida's City Government Week. The theme this year is the Florida League of Cities' message "My City: I'm part of it, I'm proud of it." The city will also host a FREE Community **Shred Day** during the event. Residents and businesses can bring old documents to be shredded on site from 11 a.m. to 2 p.m. at the Community Center, 101 Stahlman Ave. A fish fry will be served buffet-style beginning at 11:45 a.m. Council, staff and city partners will be on hand to meet and talk with the public. There will also be booths, giveaways, and a scavenger hunt.

Beginning on Thurs., Oct. 25th, **Destin Charity Wine**

Auction Foundation will be hosting The 2nd Annual Harvest Wine & Food Festival through Sat., Oct. 27. 250 world-class wines will be paired with regional Gulf Coast cuisine in the beautiful beach town of WaterColor. Tickets: bigtickets.com/events/harvestwinefoodfestival

Save the date for **Destin Crafted** at The Henderson Beach Resort & Spa on Sat., Nov. 3rd, from 1-4 p.m. presented by Wine World. The afternoon event will feature over 50 premium craft beers, select small-batch bourbons, and hand-crafted foods prepared by Destin's top dining establishments. Tickets are on sale now (ventbrite.com/e/destin-crafted-tickets), with a portion of the proceeds benefiting **Children in Crisis**.

Fore Her, a local non-profit organization, will host The Pink Walk Nov. 4 from noon to 3 p.m. at the Destin Commons. The half-mile walk around Destin Commons and after party will feature a DJ and photo booth from BBoy Productions, sweet treats from Kilwins, activities for children, an aerobics class by U.S. Fitness and much more, including inspirational words from local news channel WJHG's Jessica Foster. Tickets are \$35, adults and \$20 for children ages five to 12. Signs placed along the walk course to honor those who are battling or have lost their battle with breast cancer are also available for \$50. Proceeds will benefit Fore Her, which provides financial assistance to local breast cancer patients. To register, visit www. foreher.org/pinkwalk.

Enjoy a blast from the past to celebrate the 50th anniversary of the **Boys and Girls Clubs of the Emerald Coast** with the **5th Annual Stake & Burger Dinner** on Nov. 8 from 6:30 to 9 p.m. at the Hilton Sandestin, featuring keynote speaker Hulk Hogan.

A 12-time world champion, Terry Bollea a.k.a. Hulk Hogan,



Cattle Barons' Ball

is considered by many to be the greatest professional wrestler of all time. What most people don't know is that before the Hulkster became the face of the WWF, now the WWE, he spent his formative years at the Interbay Club of the Boys & Girls Clubs of Tampa Bay and was inducted into the Boys & Girls Clubs of America Alumni Hall of Fame on May 3, 2018.

The retro-themed evening will feature an incredible 50th anniversary celebration, great raffle prizes and silent auction items, a build-your-own-burger bar and, of course, inspirational words from Hulk Hogan. General admission tickets are \$125 and include admission, meal and drink ticket. Visit www.emeraldcoastbgc.org.

It's almost time for the 11th Annual Emerald Coast Cattle Barons' Ball (ECCBB)! Previously held in the spring, the main event has transitioned to the

holiday season and will be held on Fri., Nov. 30. 2018, within the Linkside Center at Sandestin Golf and Beach Resort. With cowboys and cowgirls donned in festive, western holiday wear, the 2018 Cattle Barons' Ball theme will be "Cowboy Christmas" in what has become the area's premier

fund raising event with 500 guests. Plan to wear your dancin' boots and get ready to rock along as the entertainment will feature local favorite, The Modern Eldorados, back by popular demand. Cowboys and girls will also enjoy live and silent auctions, complimentary drinks and fancy vittles from the area's leading restaurants and caterers.

The Cattle Barons' Ball benefits the **American Cancer Society** by raising funds for cancer research, advocacy, education and patient services. Baron and Rancher table sponsorships are available at multiple levels, as well as individual tickets at \$175. For information, contact Laura Dennis, Development Manager, American Cancer Society, by calling (850) 512-4440 or laura.dennis@cancer.org.



Mezcal Mexican Grill 80 Seascape Dr. # 108, Miramar Beach Benefitting Fore Her in Honor of Breast Cancer Awareness





Savor the Season!

Fine wine and foodie fanatics, rejoice! Tickets are on sale now for the Emerald Coast's premiere culinary event, the 9th Annual Savor the Season Thurs., Oct. 25, 2018, at 6 p.m. at the Emerald Grande at HarborWalk Village in Destin. Decadent food will be paired with fine wine and breathtaking views of the Destin Harbor from Emerald Grande's Captain's Deck. 11 of the area's top chefs will each present a uniquely crafted food and wine pairing and there will be live entertainment by #1 Billboard Charting saxophonist Michael J. Thomas.



Tickets are \$100 per person and can be purchased online at THFSavorTheSeason.org. Savor the Season is the biggest fundraising event of the year for the Taylor Haugen Foundation, a local non-profit that helps to build and recognize youth leaders and promote youth sports

safety to honor the legacy of Taylor Haugen, a Niceville High School student athlete that tragically passed away in 2008 from an abdominal injury sustained in a football game. See article in September 2018 Destin Life about the Taylor Haugen Foundation at MyDestinLife.com.

TO DO IN DESTIN! OCTOBER 2018

2pm: Kids Wagon Boat Parade, AJs Destin **7 pm:** Service Industry Night & Free Beach Bonfire, Royal Palm Grille

••••• 1 •••••

10 am: Destin Fishing Rodeo Weigh Ins Kick Off, Docks behind AJs Destin

•••• 3 7 pm: Wednesday Night Free Concert Series, Baytowne Wharf 7 pm: Trivia Night, World

Of Beer ••••• 4 ••••• 4 pm: Oyster Happy Hour, The Henderson 5:30 pm: Pure Barre

Pop-Up, The Henderson Lawn

7 pm: Free Concerts In The Village, Mattie Kelly Arts Foundation

•••• 5 •••• 4 pm: Destin Seafood Festival, Harborwalk Village

9 am: Farmer's Market, Grand Boulevard 10 am: Destin Seafood Festival, Harborwalk Village

•••• 6 ••••

10 am: Emerald Coast Duck Regatta, Baytowne

11 am: Bloody Mary Festival, The Market Shops ••••• 7 •••••

11 am: Destin Seafood Festival, Harborwalk Village

4 pm: Oyster Shuck Off & Eating Competition, Boathouse Oyster Bar

• • • • 8 • • • • • **7 pm:** Service Industry Night & Free Beach Bonfire, Royal Palm Grille

•••• 9 ••••• 12 pm: Kids FallFest, AJs on the Harbor

•••• 10 **7 pm:** Wednesday Night Free Concert Series, Baytowne Wharf

7 pm: Trivia Night, World Of Beer

••••• 11 ••••• 4 pm: Oyster Happy Hour, The Henderson

7 pm: Free Concerts In The Village, Mattie Kelly Arts Foundation

••••• 12 ••••• 7 pm: Free Beach Bonfire, Royal Palm Grille



6 pm: Baytowne Beer Festival, Baytowne Wharf ••••• 13 ••••

9 am: Farmer's Market, **Grand Boulevard**

11 am: Rockin' On The Lawn Charity Music Fest, Mattie Kelly Arts 2 pm: Baytowne Beer

Festival, Baytowne Wharf **7 pm:** Rock The Nights Free Concert, Harborwalk

••••• 15 •••••

7 pm: Service Industry Night & Free Beach Bonfire, Royal Palm Grille

••••• 17 ••••• 7 pm: Trivia Night, World Of Beer

••••• 18 ••••• 4 pm: Oyster Happy Hour, The Henderson

5 pm: Bubbly Baytowne, Baytowne Wharf

6 pm: Evening with an Author Erin Murray, The Henderson

••••• 19 ••••• 6 pm: Boggy Bayou Mullet Fest, Niceville, FL

7 pm: Free Beach Bonfire, Royal Palm Grille

•••• 20 **9 am:** Boggy Bayou Mullet Fest | Niceville, FL

9 am: Farmer's Market, **Grand Boulevard** 11 am: Barktober Fest,

World of Beer 6 pm: Best of Emerald Coast, Grand Boulevard

7 pm: Rock The Nights Free Concert, Harborwalk Village

••••• 21 ••••• 9 am: Boggy Bayou Mullet Fest | Niceville, FL

••••• 22 ••••• **7 pm:** Service Industry Night & Free Beach Bonfire, Royal Palm Grille

••••• 24 ••••• 7 pm: Trivia Night, World Of Beer

••••• 25 ••••• 4 pm: Oyster Happy Hour, The Henderson **5 pm:** Barktober Fest,

Grand Boulevard 6 pm: The Hunting & Fishing Widow's Society Fall

Party, AJs Destin **6:30 pm:** Savor the Season Fundraiser, Emerald Grande

6:30 pm: Throwback Thursday Cinema, Baytowne Wharf

••••• 26 ••••• 7 pm: Free Beach Bonfire, Royal Palm Grille 6 pm: Halloween Haun, Destin Commons

••••• 27 ••••• 11 am: BooLus, LuLu's Destin

9 am: Farmer's Market, Grand Boulevard

9 am: Mattie Kelly Festival of the Arts, Mattie Kelly Arts Foundation

11 am: Baytowne on Ice Opens, Village of Baytowne Wharf

6 pm: PumpkinPalooza Adult Pub Crawl, Harborwalk Village **7 pm:** Rock The Nights

Free Concert, Harborwalk Village

•••• 28 ••••

10 am: Mattie Kelly Festival of the Arts, Mattie Kelly Arts Foundation

2 pm: PumpkinPalooza Kids & Pets Costume Contes, Harborwalk Village

••••• 29 **7 pm:** Service Industry Night & Free Beach Bonfire, Royal Palm Grille

5 pm: Fall Festival, Destin Community Center

•••• 31

10 am: Halloween on the Harbor, Docks behind AJs Destin

4 pm: Halloween on the BOOlevard, Grand Boulevard

6 pm: Trick or Treat Street, Baytowne Wharf

7 pm: Trivia Night, World Of Beer

7 pm: Destin Fishing Rodeo Final Weigh-Ins, Docks behind AJs Destin



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By Jon Hemphill

"Mom? It's Jon, calling from the Philippines. You have to say "Over" when you're finished speaking. Over." "Wha...What? Oh, you must be calling from the MARS station. Over." It was 1979, way before internet and cell phones. My kids were with me in the Military Auxiliary Radio Station at Clark Air Base. They perked up at the prospect to talk to grandma and to say "over." Mom takes it all in stride. She was a WAVE and Air Traffic Controller in the post-WWII Navy.

That's how she met my dad, a Navy pilot. In the last two generations of my immediate family, 12 of us have served in either the Air Force, the Navy or the Marine Corps and four were married to military spouses. Amongst the Hemphills, we consider the military the "family business."

It's more than a job

Military service is a life choice, a calling. For those who serve, it all begins with raising their right hand; swearing to support and defend the Constitution of

COMMUNITYSTRONG

Serving Those Who Have Proudly Served Us

the United States against all enemies, foreign and domestic; and swearing to bear true faith and allegiance to the same. You see veterans proudly wear a hat, a

shirt, or display some reflection of their service to our country. This isn't a brand logo for them. It's a proud declaration that they were, and

still are, part of something much larger than themselves. Engage that person, and you'll see a face animated by memories of service in great military units, perhaps shadowed by the loss of a fallen comrade-in-arms. Each one a member of their "forever family."

The entire family signs up

Resilience and strength are the order of the day for military spouses and children. During deployments, spouses take on total care of the family for many months at a time. Promotions and new assignments require frequent moves involving restarts in neighborhoods and spouse jobs. Children in military families average six to nine moves before they graduate high school. My own (now grown) "military brats" traveled with me as the Air Force

stationed me from Texas to the Philippines to England in four years' time. Along the way, they learned to turn stresses into positives in their

"share" of my service.

Sharing Hands

There are challenges

In addition to deployment-related challenges, certain combatvets suffer severe physical and psychological trauma (PTSD), which in many cases interferes with their social functioning, employability, and enjoyment of life. Feelings of survivor guilt, along with contemplation of suicide, can lead to emotional distancing further isolating these veterans from critical relationships and resources.

When the time comes to separate or retire, veterans leave an environment that is highly structured

and disciplined, with supportive resources. As new civilians, many are aggravated by convoluted bureaucracy when applying for the benefits their sacrifice has earned. This frustration causes some to walk away leaving over \$1 billion annually in unclaimed VA benefits.

Proud of our Military

In the United States, our Florida Congressional District 1 (the Panhandle) is the district with the highest percentage of veteran population; eighteen percent of civilian residents having served. Add in active military serving at seven local installations, along with dependent family members, and our military-related families comprise a majority of our local population.

Our community is proud of our service members and offer an abundance of programs and services to show their support. These include offerings such as discounts at local businesses, support programs for spouses and children,



Dad and Mom: LTJG Lionel W. "Pete" Hemphill, Seaman Apprentice Ruth E. Middleton, and his Lockheed PV-1 Ventura twin-engine medium bomber. Circa 1949, NAS Olathe, Kansas.

assistance for those transitioning out of the military, and healing for service members dealing with PTSD and other combat-related trauma. Visit http://SHN.co and learn more about veteran and active military programs in our area. There you can check out opportunities to volunteer and help serve those who have proudly served us!

Jon Hemphill is a USAF MSgt (ret.) and Board Chairman of Sharing Hands Network whose mission is focused on building "healthy and happy families, strong and engaged communities."





A Review of Economic and Market Indicators



By Maurice Stouse Financial Advisor and Branch Manager

Unemployment remains steady at 3.9%. A record number of Americans are at work. Some reports say there are more job openings than people looking for work. Corporate profits, year over year, are up 16%. Recent tax cuts have enhanced corporate earnings. Interest rates (the current bellwether being the 10 year Treasury note) remain under 3% — 2.93% at this writing. Inflation has averaged 2.9% over the past 12 months according to the U.S. Bureau of Labor Statistics and wage growth has finally started to move up, averag-

ing 2.9%, the highest rate of increase since 2009.

In turn, investors have continued to bid up stocks with the S&P 500 up 17% in the past 12 months. Among the equity or stock sectors (there are eleven that comprise the market); Information Technology leads the way with year over year growth of 29%, followed closely by the Consumer Discretionary sector at 28%. Utilities and Consumer Staples are the laggards down .05% and 1.6% respectively. (Source Raymond James & Associates, Inc.).

Looking at commodities, crude oil is up 28% while Natural Gas is down 7.6%. Gold prices have declined 10% over the past 12 months. The Commodities Index is down 3.8% as well. Lastly, the dividend yield of the S&P 500 is at 2.13% (source Raymond James & Associates).

There's a lot of numbers out there. What is an investor to conclude or to do with all of them? These numbers are statistics, similar to what you look at when assessing the weather as you make your own plans and preparations. Also, you consider the season

when assessing the weather. The markets can be like the seasons with their own summer, fall, winter and spring. The markets, like the weather, can move rather quickly but often times investors find themselves being reactive to movement versus proactive or more importantly, not staying the course to achieve their goals.

Where should an investor start? One place to begin for many people over the decades is reading the book The Intelligent Investor, by Benjamin Graham. I highly recommend it. It was first published in 1949. Ben Graham is considered the father of value investing (Warren Buffett is one of his many disciples). In the book you will find a lot of thought on investing over time. Near the beginning for example, the books states that investors should never be more than 75% in stocks or less than 25% in to stocks. And the same is said for bonds.

Asset allocation is considered to be a significant part of any investor's strategy. And the same can be said for consistent rebalancing as well as keeping an eye on tax efficiency. Cost is a critical component, as well as quality of service and responsiveness. Time frame, risk tolerance and the ultimate goal for an investor are the points from where to start.

Contact or visit with an advisor today to start or continue the conversation on developing your plan or reviewing it and keeping it on track.

Maurice Stouse is a Financial Advisor with First Florida Wealth Group and 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 S&P 500 is an unmanaged index of 500 widely held stocks. Keep in mind that indexes are unmanaged and individuals cannot invest directly in the index. Index performance does not include transaction costs and other fees, which will affect the actual investment performance. Individual investor results will

Holding stocks for the long term does not insure a profitable outcome. Commodities and currencies investing are generally considered speculative because of the significant potential for investment loss. Their markets are likely to be volatile and there may be sharp price fluctuations even during periods when prices overall are rising Gold is subject to the special risks associated with investing in precious metals, including but not limited to: price may be subject to wide fluctuation; the market is relatively limited; the sources are concentrated in countries that have the potential for instability; and the market is unregulated.

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Flood Disasters: Don't Be a Statistic, Have Adequate Flood Insurance!



By JOE AND LEA CAPERS

Every time a storm threatens our state, we are reminded of how many homeowners and business owners either do not carry flood insurance at all or have inadequate limits to cover their loss. Almost everyone in a participating community of the National Flood Insurance Program (NFIP) can buy flood insurance. Recently, Florida has become the leader in the country in encouraging private mar-

kets to respond to our needs with competitive alternatives.

Standard homeowners insurance does not cover flooding, so it is important to have protection from flooding associated with tropical storms, hurricanes, heavy rains, broken levees, outdated or clogged drainage systems, rapid accumulation of rainfall, and other conditions that impact our area.

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

Congress created the NFIP in 1968 to help provide financial protection for property owners

whether they own a home or business, or rent, in participating communities. If purchased in connection with the making, increasing, extending, or renewing of a loan, there is no waiting period; otherwise there is usually a 30-day waiting period.

Flood-hazard maps show the different degrees of risk and this will determine the cost of the insurance. The lower the degree of risk, such as Zone X, the lower the flood insurance premium. High risk and coastal areas, such as Zones AE and VE will pay higher premiums.

The NFIP's Dwelling Form offers coverage up to \$250,000 for building property and up to \$100,000 for personal property. Both should be purchased as well as excess flood for limits up to the replacement cost of the dwelling and personal property over the basic limits. The lessons recent storms and predictions of a future with bigger and stronger storms highlight more than ever the im-



portance of flood insurance.

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

We recommend you call an experienced insurance agency with access to the NFIP as well as private markets to help evaluate your flood exposures whether in a participating community or Coastal Barrier Resource System (CBRS).

Joe and Lea Capers are Owners of Insurance Zone, a full service commercial and personal lines independent agency with offices on 30A and 98. Call 850.424.6979.

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Back to School, Back to the Bullying Tips to Fortify Your Child Against Bullies



By Christine Rushford

The kids are back to school now and along with new classes and new teachers, is the not so new issue of bullying. As a parent, it's difficult to know how to help our children navigate this social territory with their emotional health intact. There is no shortage of evidence that chronic bullying can lead to anxiety and depression for the victims and a lifetime of dysfunctional interpersonal relationships for the perpetrators. Whether you are worried about your child being a bully or the victim of one, these tips can help:

Teach assertiveness skills at a very young age. If your toddler throws a fit over the red cup vs. the blue cup, empathize with his frustration and teach him the feeling words that go along with what he doesn't like. "I know you are so angry that you don't have the blue cup this morning. I get angry sometimes too! Would you like to help me pour the juice into your cup?" If your toddler is told he is not allowed to be angry, sad, etc., as he gets older, those natural emotions will be either internalized or externalized in a negative manner. A toddler who can say that he is angry over a cup, will lead to a middle schooler who can verbalize that he is angry when a friend "roasts" him in a group setting.

Allow your child to have personal boundaries. Everyone has a right to voice when they are uncomfortable with someone being in their space and kids are no different. If your seven-year old daughter doesn't like to kiss Uncle Frank when he comes to visit, respect her assertiveness when she declines. If Uncle Frank has his feelings hurt, state in front of your daughter "We are so proud of Janie for speaking up when she feels uncomfortable. I know you understand the importance of teaching her this skill." Uncle Frank is sure to get behind an important life lesson and put his hurt feelings on the back burner.

Those are the early life skills to teach your child, but what do you do if your child is the victim of bullying at school or online now? Allowing your child to vent and express his emotions about the way he is being treated without judgement or advice from you is critical. Ask him how he would like to proceed—does he want you to talk to the teacher or school principal? If he adamantly declines, listen to what he is saying. Focus your intention on role playing various responses to real life situations your child is facing. This will empower him and allow him to feel competent in the moment when he is facing

It would be impossible in this day and age to talk about bullying without talking about social media and technology. Our kids are dealing with 24-hour access to their peers and the opinions of those peers. Monitor what your children are doing on their devices. If they seem sad or withdrawn after engaging in social media, consider implementing more stringent restrictions to use. Talk to your kids about the negative effect you are noticing and explain that this is not a punishment, but a way to enhance their mental health.

Finally, be sure to have an extracurricular outlet for your child. If getting through the school day is socially difficult, find an activity or interest that can be a welcome relief for him. Ideally, the activity would involve other kids that he gets along with well. Extracurricular activities allow for alternate social outlets, a diversion from social media and an opportunity to build self-confidence. All of this can help to counterbalance a rough day with a relentless tor-

mentor at school.

We must empower our children to stand up for themselves in an assertive, not aggressive, manner. Providing non-judgmental, listening combined with empowering tools is a great step towards that goal.

Christine Rushford is a Licensed Mental Health Counselor, with a focus on working with children, adolescents, parents and couples at Coastal Counseling in Destin.

FALL GROUPS - REGISTER NOW

www.christinerushfordcounseling.com

Anxiety and Stress Busting For Teens:

Do you struggle with the demands and stress of high school classes, sports, clubs, social life and family? If so, join our 6 week group on Wednesday Nights, 7 PM @Coastal Counseling. We will learn techniques and strategies to combat anxious thoughts and overwhelming stress.

Assertive Not Aggressive for Middle School Girls:

Learn how to navigate the social ins and outs of Middle School with minimal drama. Participants will learn assertiveness and emotional regulation skills while engaging in creative and movement based activities for 6 weeks. Group will meet every Thursday, @ 4 PM, Location: Emerald Coast Middle School

Parents of Teens Support Group

Are you a parent of a teen? If so, you could probably use some support! This is a parenting group where we will focus on a new topic each session that centers around parenting today's teens. Topics will include creating healthy boundaries, navigating social media/technology, substance abuse in our area (signs and symptoms to watch for), depression and anxiety education and more. Group will run for 6 weeks, Wednesdays, @ 10 AM, @ Coastal Counseling. Come meet other parents of teens to learn from and support each other.

0-3 Loved One & Me Group

This is an educational play group being offered to caregivers and their babies/toddlers. Bring your child to group to socialize while learning important child developmental stages and gaining support from others who are in the same stage of life. Group will meet for 6 weeks, Thursdays, @ 10 AM, Location: Padgett Park Community Building

*All groups are facilitated by Licensed Mental Health Counselor, Christine Rushford.



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Wednesdays, 10 AM @ Coastal Counseling 0-3 Loved One & Me Group

Thursdays, 10 AM @ Padgett Park Community Building All groups are facilitated by Licensed Mental Health Counselor Christine Rushford. Please call for more information on fall groups.

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Keeping Anglers on the Water and Out of the Clinic

Common Fishing Injuries and Ways to Avoid Them



By Dr. Ryan Garcia, D.C.

Fishing is often thought of as one of the most relaxing outdoor sports, but often at fault. People imagine quiet, calm waters, while enjoying the sunrise over the horizon. Rarely do people (who don't fish regularly) imagine rough, 7-foot waters crashing over the bow, or a lengthy battle with a deep-water giant.

Statistics show that fishing continues to grow in popularity; along with those earning a living on the water and its resources, recreational fishing (especially angling) is one of the most popular activities in the world. But, as with other sports, it's not without its risks.

As an avid angler and tournament fisherman in my free time, but a chiropractic professional

passionate about evidence-based chiropractic and rehabilitation, I want to bring awareness to ways anglers can protect their bodies and avoid injury in this fun and popular sport.

Common Fishing Injuries: **Overuse Injuries**

Most anglers are careful to

avoid the obvious and most dramatic of fishing dangers (dehydration, hooking a finger, boat motor fires, accidental drowning, etc.). However, to stay in top fishing shape, one must protect themselves from more mundane fishing hazards overuse injuries.

Common injuries include: low back pain, muscle tightness, knee pain, and overuse syndromes in the shoulders, elbows and wrists. These overuse injuries often come in cycles during the fishing season, and they are common in the Destin area due to the

popularity of the sport and the number of local anglers we have around. Often, these injuries can be traced back to when a person learned their fishing techniques.

Many people aren't taught proper techniques to minimize the risk of

Stay On The Water, Out of The Clinic: How to Avoid Overuse Iniuries

1.Condition

Like any trained athlete, I recommend pre-season conditioning, utilizing fishing gear that's specific to the type of fishing being done as well as what's best for the angler's body. Smaller, lighter reels can reduce strain. Also, ensure equipment is in good condition so anglers are not fighting the equip-

3. Protective Gear

Outdoor giants of fishing

ment while also fighting a fish.



Pictured: Lions Tale Adventures

and even some pre-fishing stretching to loosen up before grabbing a rod and cranking after a fish. That's especially good advice for older and de-conditioned anglers alike, who are more prone to injuries due to diminished elasticity and flexibility.

2. Fishing Gear

Along with keeping their bodies in shape, I also recommend

tackle are now taking notice of fishing-related injuries. Protective gear like thermal wrist support braces, pelvic rod support and holders, ergonomically-designed boat shoes, and fighting chairs vs. stand up gear can, and do, aid in any lengthy battle. If used correctly, these can help to prevent

4. Take Advantage of Professional Recommendation

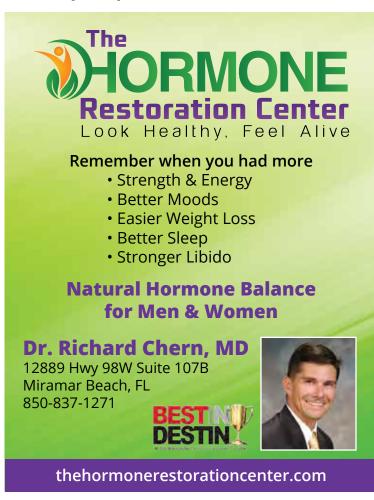
I know it's my profession, but I highly recommend anglers utilizing the education of a chiropractic and/or rehab specialist. Not only is the education invaluable, but these professionals can provide training and prevention strategies as well as treatment strategies if injury occurs before it worsens or keeps them off the water.

"At 62 years of age, I have lived a very active life and have had my share of injuries. I have always experienced pain relief and a better quality of life from chiropractic care. I had a debilitating injury a few years back, and thru much physical therapy had recovered to maybe 60% of the quality of life I enjoyed before the injury. Following Dr. Ryan's program for recovery, I steadily improved. Over the course of a few weeks, I experienced pain levels dropping, stamina improving, and posture. I own and work on a Charter Boat and it's very challenging and encompasses working with 10-12 anglers at times, or being in awkward positions in the engine room. If I get a little out of adjustment Dr Ryan knows just what to do. I have had really good Chiropractors before moving here, but I would have to say that Dr. Ryan is the best. He has terrific insight into his patients' needs, and he gets results quickly. I have the utmost trust for him and his ability."

-Captain Randy Langston, Miss Aegina Charter Boat

Health and wellness are my name, but offshore fishing, healthy living, and serving the community are my game. I'm passionate about helping the Destin area and advocating for those in our community to live a healthy, pain-free, and happy lifestyle! Ensure you are staying healthy (and happy) on the water by utilizing these tips to avoid injuries when fishing.

Dr. Ryan Garcia, D.C., owns HealthSource of Destin and specializes in Personalized Blood Flow Restriction Rehabilitation (PBFR). To learn more about how Dr. Garcia and HealthSource can help you prevent injury or recover through rehab, or how they can help you relieve pain and other symptoms, contact him at 850.654.6912 or visit www. HealthSourceChiro.com/Destin.







Got Pain? Here's a Solution



By Susan Authement Dunnam

Have you ever heard of the Rossiter System®? Perhaps not, but if you're in pain, you should! It's a series of powerful and effective techniques that address structural pain and restriction of movement at its source, the body's fascia, ligaments, tendons, collagen, and elastin—collectively called connective tissue. Tight connective tissue can be

the source of stress, immobility and pain in the body. Lower back pain, hip pain and shoulder pain can be quickly and easily alleviated by using the Rossiter System. The body-wide "locking" technique and weight work together to loosen tight tissues with unprecedented speed, safety and profound results.

The Rossiter System, a twoperson pin-and stretch release technique, quickly restores connective tissue to its natural, healthy state. With strategic anchoring of tissue by the practitioner's foot, you execute specific motions simultaneously while your entire body is in a "locked" position. This process creates a tensile, body-wide framework which delivers more extensive and longer lasting results. It's different because you stretch your own body from the inside out with a Rossiter practitioner's assistance. The system's proprietary locking technique creates tension in your entire body as you do the directed stretching moves, giving you surprisingly effective and fast results.

This is a powerful new way to prevent and relieve pain, regain increased range of motion, improve circulation and nerve conduction and enhance performance. You are fully in charge of the session, and results are generally instantaneous, profound and life-changing.

If this sounds complicated, it isn't! Removing lower back pain, hip pain, in fact, all kinds of pain, is incredibly simple to learn and do.

If you're ready to take care of your body in a whole new way, the Rossiter System's breakthrough techniques are for you! There are no medications, no splints, no injections and no risky surgeries. Thousands of bodywork, fitness and health professionals have been trained in this

modality over the last 26 years. Hundreds of thousands of individuals have benefited from the results. You could be next!

Rossiter System's first priority is safety for not only the client, but for the practitioner. Rossiter is designed to completely protect the practitioner from any strain or injury by utilizing body mechanics throughout each session. Rossiter practitioners are able to have full time practices without suffering common ailments that most bodyworkers eventually have

As a Rossiter System coach, I have experienced the benefits of this first hand. As a health and wellness professional, I use my body as a tool and I stand sometimes long hours in a day. I prefer to be barefoot and that has caused issues in both my back and my feet. I had also started developing Plantar Fasciitis until I employed the Rossiter techniques. After two sessions, I was completely pain free! I know if the tightness starts up again, I am able to remedy the situation without drugs or shots.

I was introduced to Rossiter

through the Pilates Method Alliance. I found it to be so beneficial, I decided to become a Rossiter coach and introduce it to the Emerald Coast. There are the only few studios offering the Rossiter System and the nearest one is in Atlanta.

Destin Pilates Center is offering Rossiter stretch sessions, which is ideal for hands, shoulders and neck pain due to overuse of electronics such as texting and computer work.

Whether you've been in pain for a day or most of your life, we can show you a new way to live pain free while improving your quality of life.

Visit Destinpilates.com for more information or to schedule an appointment.

Happy stretching!

-Susan Authement Dunnam, coowner of Destin Pilates Center

If you are interested in discovering how you can become strong and flexible, call Susan or Jenny Majors, co-owner, at 850-460-2828 or visit destinpilates.com





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Musing

Alabama Trash



By Sean Dietrich

Some fool called her, "trash." And that's when she made up her mind. She wanted to better herself, and her family. So, that's what she did. "That GED test," she said, while she checked my blood pressure. "That ain't no joke, now. It's tough." Her accent is so Alabamian it hurts. She's missing a few teeth, but it doesn't look bad on her. She's old, wiry, but strong. Where she grew up, country folks didn't go past the eighth grade—some still don't. And according to her daddy, "Once a young'un can read, it's time to work." Saying

this made her laugh. All six of her brothers dropped out, so did she. She met a man who worked in a lumber mill, they had two children before she was twenty. She's still with him. She calls him

So she called the high school. They said she needed a GED. For six years, she attended night classes. Beater took over cooking, and putting kids to bed. "He believed in me," she said. "He'd al-

not ready. "Ain't about money," she said. "I like to help people. If I didn't, I reckon I'd die. Just last week, little girl came in the ER, they amputated her foot. I needed to be there for that. Just how I am." Life is funny. She went to school to better her life. Instead she betters everyone else's. And all she asks, is that you don't use her name when you write about her. "Okay," I said. "How about Beater's

"He won't care," she said. "But, maybe you can write in there how I used to think I was trash, but now I ain't. Might help someone." It just did, ma'am.



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Beater. I don't know why. When she was twenty-four, Beater suggested she apply for a job at the hospital. She thought this was ridiculous. Hospitals didn't hire "poor white trash." "Which is exactly what I am," she tells me. Even so, she inquired. They told her, she needed college. So she called a college. They said she needed a high-school diploma.

ways say, 'Wish I could do what you're doing, but I'm too stupid.' But he ain't dumb, he paid for every bit of my school." If only there were more Beaters in the world. She got her GED. Then, she zipped through college, clinicals, and even taught a little. "Been a nurse since the seventies," she said. "I work ER shifts too. Shoulda retired long ago. Shoot, my kids're grown." Beater is pushing for retirement. He even bought an RV. He wants to visit the Everglades, the Grand Canyon, and above all, Las Vegas. She's





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A Pastor's Ponderings

By Rev. J. Pete Hyde



Just a mile or two east of the small, (population 200) rural town situated in the vast, open, windy, "big sky" plains of western Oklahoma is the Lochman ranch. It is a modest spread in terms of size, but has feature not found on many of the larger arid wheat farms and cattle ranches

of the western high plains. Just east of the farm house, barns and outbuildings is a small butte (a flattop hill) known as "Lochman's Hill." It rises abruptly out of the flat plains a hundred feet or so. The flat stony top is probably 50 feet in diameter. From the top (not too bad of a climb) you can see "forever" in all directions - especially on a clear day. The lonely whistle and rumble of one of the 10 or 15 Santa Fe/Burlington Northern freight trains on the main line from Chicago to LA can be heard and felt well before the multi-engine and up to 60 or 70 freight cars could be seen coming over the horizon, passing by the butte, and through the town of Fargo, slowing to 40 or 50 miles per hour.

In the middle of the flat top of Lochman's Hill, an old, rugged, weathered cross, probably 10 to 15 feet high has been erected. The church I pastored there gathers on Lochman's Hill for a sunrise service each Easter morning. The sun breaks across a treeless horizon in a dazzling beauty and glory that will rival any beach sunrise. A close and concentrated look to the west and a little north at sunrise from the top of the butte on a clear morning, will reveal what looks like a little, white fence post standing right at the edge of the horizon. As the sun gets higher, the image disappears. I asked Oliver Lochman about the image one Easter Sunday. He said it's the white, CO-OP, grain elevator from a small town across the Texas border some 25 miles away. When the sun is just right and the sky is just clear enough, there it stands almost like a light house on the horizon - a beacon - shining in the distance for just few short minutes when all the conditions are right.

For some reason, this memory from "Lochman's Hill" has been floating around in my mind this past week. The vast expanse of God's creation from "Lochman's Hill" is a God sighting; as is a sunrise or sunset on the beach, a walk through a forest, or up a mountain trail. The little, white, fence-post-sized grain elevator reflecting the morning sunlight on the horizon on a perfect morning; the crying, lonely wail of the train whistle in the distance on a dark and lonely

night; the dedication and quiet, Christian spirit of Oliver Lochman are all God sightings for me. God has blessed me through them and blesses me again in the memory of them. Stop for moment, close your eyes, and reflect on where you have seen God. Where have you had a "God Sighting?" Let those images and "God-touches" comfort you and give you peace. Open your eyes and resolve today to see and recognize where God touches you today and every day.

Rev. J. Pete Hyde, Senior Pastor Santa Rosa Beach **Community Church** 850-267-2599; srbcc.com

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2018 Football Guide



2018 Football Season in Full Swing...



By Scott Miller

With summer squarely in the rearview mirror, fall is now in full swing. Now, that brings a few thoughts to mind—cooler weather, the holiday season is on its way and...football season is rocking and rolling again! As always, true passionate football fans have already experienced some ups and downs which either get us fired up with happy exuberance or, in some cases, sends smoke rolling out of our ears.

Ah yes, football season is not for the faint of heart. But we absolutely love it!

The good news is there's still plenty of season left to play and we know just where to go to watch this week's biggest games. Along with all that Destin offers us locals, great places to watch your favorite teams play ranks right up there.

Where else can you enjoy the pristine beauty of the Destin Harbor and the elegant beauty of an 80-yard touchdown run, all from the same seat? Sounds like game day at Tailfins to me.

Of course, that's just one of many great options for our local passionate football fans. Just listen to the banter,

"The SEC is the best conference in the country" some say.

"Oh no it's not—the ACC is the best!" someone else fires back. "Hold on there partner, Big 10

is top dog," and round it goes.

Yes, indeed the debate roars

on again...
Football, fans, fun and the best

Football, fans, fun and the best game-day watching eats around—the fall season is upon us!

So, back to those great local

places to go and watch your teams you say...well yes ma'am, yes sir; Island Wing Company, Jim n Nick's, Landshark's Pizza, Tailfins, and Tequila's Sports Bar — you just can't go wrong with that lineup.

All unique in their own way with a common thread too—great food, great atmospheres, great places to watch the games.

A can't miss choice for where to watch your football is the **Island Wing Company**. Just as the name announces, they offer an amazing, tantalizing variety of wings and a huge selection of draft beer, all while comfortably watching your favorite teams on their many large, flat screen TV's. It's a favorite local's hang out!

981 98 Palms Blvd, Destin (850) 837-2999

Thinking more along the lines of some world class BBO?

Then you want to arrive at **Jim 'n Nick's**. You can't go wrong— it's all delicious, from the pork barbecue, to the mouth-watering ribs, beef brisket and homemade biscuits. This barbecue makes any game day even better. Jim n Nick's also features a full bar and drink specials, too, with TV's perfectly situated for football watching and a family atmosphere. Tailgating? Call ahead and pick up a take out for your tailgate!

14073 Emerald Coast Pkwy, Destin (850) 424-5895

If you're more in the mood for lively and unique pizza and wings to accompany watching your favorite teams, we recommend **Landshark's Pizza**. It's a cozy sports bar with friendly staff, beer on draft and a family atmosphere. With TV's galore, you're sure to catch all the action!

300 Harbor Blvd, Destin (850) 424-6743

offers three floors of fun and excitement along with breathtaking views of the Destin Harbor. They offer game day specials, and sport

Tailfins on the Harbor

views of the Destin Harbor. They offer game day specials, and sport big screen TV's everywhere you look along with cold and tasty beverages to suit your every de-

sire. And, while you're there for the games, you can enjoy live music starting at 9 p.m. every Saturday and Sunday night.

172 Harbor Blvd, Destin (850) 650-1200

Want an international flare to your football watching hotspot?

Try the newly-opened **Tequila's Sports Bar** and Restaurant. They serve Mexican food on a par of its own—it's absolutely delicious! Tequila's features "2 for 1" Margaritas and offers specials on beer and wine too. It's an artsy, beautiful atmosphere and a fun festive environment for your football watching enjoyment.

11225 US 98W, Miramar Beach (850) 279-6402



SEC	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Alabama	@ARK	MIZZ	@UT	OPEN	@LSU	MSU	Citadel	AUB
Ark	BAMA	OM	Tulsa	VAN	OPEN	LSU	@MSU	@MIZZ
Auburn	@MSU	UT	@OM	OPEN	A&M	@UGA	Liberty	@BAMA
Florida	LSU	@VAN	OPEN	*UGA	MIZZ	SC	Idaho	@FloridaSt
Georgia	VAN	@LSU	OPEN	UF	@UK	AUB	U Mass	Ga Tech
KY	@A&M	OPEN	VAN	@MIZZ	UGA	@UT	MTSU	@Louisville
LSU	@UF	UGA	MSU	OPEN	BAMA	@ARK	Rice	@A&M
MSU	AUB	OPEN	@LSU	A&M	La Tech	@BAMA	ARK	@OM
Missouri	@SC	@BAMA	Memphis	UK	@UF	VAN	@UT	ARK
Ole Miss	Monroe	@ARK	AUB	OPEN	SC	@A&M	@VAN	MSU
SC	MIZZ	A&M	OPEN	UT	@OM	@UF	UT Chat	@Clemson
Tenn	OPEN	@AUB	BAMA	@SC	UNCC	UK	MIZZ	@VAN
TX A&M	UK	@SC	OPEN	@MSU	@AUB	OM	UAB	LSU
VAN	@UGA	UF	@UK	@ARK	OPEN	@MIZZ	OM	UT

ACC	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Boston C	@NC State	Louisville	OPEN	Miami (10/26)	@Va Tech	Clemson	@FSU	Cuse
Clemson	@Wake	OPEN	NC State	@FSU	Louisville	@Boston	Duke	SC
FL State	@Miami	OPEN	Wake	Clemson	@NC State	@N Dame	Boston	UF
Louisville	Ga Tech (10/5)	@Boston	OPEN	Wake	@Clemson	@Cuse (11/9)	NC State	UK
NC State	Boston	OPEN	@Clemson	@Cuse	FSU	Wake (11/8)	@Louisville	NC
Syracuse	@PITT	OPEN	NC	NC State	@Wake	Louisv (11/9)	*N Dame	@Boston
Wake For	Clemson	OPEN	@FSU	@Louisville	Cuse	@NC St (11/8)	Pitt	@Duke
Duke	OPEN	@Ga Tech	Virginia	@Pitt	@Miami	NC	@Clemson	Wake
GA Tech	@Louis (10/5)	Duke	OPEN	@Va Tech (10/25)	@NC	Miami	VA	@GA
Miami	FSU	@VA	OPEN	@Boston (10/26)	Duke	@Ga Tech	@Va Tech	Pitt
NC	OPEN	Va Tech	@Cuse	@VA	Ga Tech	@Duke	W Carolina	NC St
Pittsb	Cuse	@ N Dame	OPEN	Duke	@VA (11/12)	Va Tech	@Wake	@Miami
Virginia	OPEN	Miami	@Duke	NC	Pitt (11/2)	Liberty	@Ga Tech	@Va Tech (11/23)
Virg Tech	/irg Tech N Dame @NC		OPEN	Ga Tech (10/25)	Boston	@Pitt	Miami	VA (11/23)

2018 Football is

October Game-Day Schedule Highlights

Saturday, Oct. 6

Alabama @ Arkansas 11AM CT on ESPN
Missouri @ South Carolina 11AM CT on SEC Network
LSU @ Florida 2:30 PM CT on CBS
Kentucky @ Texas A&M 6:00 PM CT on ESPN or 6:30
PM on ESPN2 or SEC Network
Auburn @ Miss ST 6:30 PM CT on ESPN or 6:30 PM on
ESPN2 or SEC Network

Saturday, Oct. 13

Auburn Vs. Tennessee TBD Georgia @ LSU TBD Miami @ Virginia TBD Wisconsin @ Michigan TBD Mich St. @ Penn St. TBD

Saturday, Oct. 20

Alabama @ Tennessee TBD Auburn @ Ole Miss TBD NC State @ Clemson Michigan @ Mich St. TBD Ohio St @ Purdue TBD





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s in Full Swing!



Let the Games Begin... TCH YOUR FAVORITE TEAMS









Saturday, Oct. 27

Georgia @ Florida 2:30 PM CT on CBS Tennessee @ S Carolina TBD Clemson @ Florida St. TBD Iowa @ Penn St. TBD Texas A&M @ Miss St. TBD



Check your local listings for up to date information

on all game times.







Saturday, Nov. 3

Alabama @ LSU TBD
Texas A&M @ Auburn TBD
Georgia @ Kentucky TBD
Louisville @ Clemson TBD
Penn ST @ Michigan
Ohio St. Vs. Nebraska



LOCAL HIGH SCHOOL FOOTBALL SCHEDULES



CHOCTAW HIGH SCHOOL



FORT WALTON BEACH HS



NICEVILLE HIGH SCHOOL

Oct. 12	Nicevillle	7:00 PM	Home	Oct. 5	Gulf Breeze HS	7:00 PM	Home	Oct. 5	Mosley	7:00 Pm	Home
Oct. 19	Leon	7:00 PM	Away	Oct. 12	Crestview HS	7:00 PM	Home	Oct. 12	Choctaw	7:00 Pm	Away
Oct. 26	Ft. Walton Beach	7:00 PM	Away	Oct. 19	Bay HS	7:00 PM	Away	Oct. 26	Crestview	7:00 Pm	Away
Nov. 2	Bay	7:00 PM	Home	Oct. 26	Choctaw HS	7:00 PM	Home	Nov. 2	Navarre	7:00 Pm	Home

Local Kids Get Their Kicks!



By ZORAN SUBOTICH

Wow, what a Summer! Tourism traffic is much better, the weather is still sweltering HOT, the World Cup is over. Way to go France! Seafood Fest is upon us. Are you ready for some football? Well, not exactly the NFL, but Destin youth soccer has kicked off the 2018 Fall season!

Action packed Morgan Sports Complex was busy the first Friday night in September. There's 35 teams, more than 375 players, non-stop goal scoring, breath-taking chances, and incredible goal keeper saves. (I'm surprised that ESPN wasn't broadcasting!)

Parents, friends and players are perched on the edge of their beach chairs, and, well, you get the picture. This exciting entertainment continues every Friday evening at Morgan's Sports Center soccer fields. Games begin at 5:30 p.m. So, bring your drums, noise makers, cheers and root for your favorite team.

You can also sponsor a team by contacting Evan Wright, City of Destin Parks and Recreation Program Coordinator at 850-650-1241. (Don't tell him I sent

See you at the fields!

BIG 10	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Illinois	@Rutgers	Purdue	@Wisconsin	@Maryland	Minnesota	@Nebraska	lowa	@N'western
Indiana	@Ohio St.	lowa	Penn St.	@Minn. (10/26)	@Minn. (10/26) OPEN		@Michigan	Purdue
Iowa	@Minnesota	@Indiana	Maryland	@Penn St.	@Purdue	Northwestern	@Illinois	Neb. (11/23)
Maryland	@Michigan	Rutgers	@lowa	Illinois	Michigan St.	Michigan St. @Indiana		@Penn St.
Michigan	Maryland	Wisconsin	@Michigan St.	OPEN	Penn St.	@Rutgers	Indiana	@Ohio St.
Michigan St.	Northwestern	@Penn St.	Michigan	Purdue	@Maryland	Ohio St.	@Nebraska	Rutgers
Minnesota	lowa	@Ohio St.	@Nebraska	Indiana (10/26)	@Illinois	Purdue	Northwestern	@Wisconsin
Nebraska	@Wisconsin	@N'western	Minnesota	OPEN	@Ohio St.	Illinois	Michigan St.	@lowa (11/23)
Northwestern	@Mich. St.	Nebraska	@Rutgers	Wisconsin	Notre Dame	@lowa	@Minnesota	Illinois
Ohio St.	Indiana	Minnesota	@Purdue	OPEN	Nebraska	@Mich. St.	@Maryland	Michigan
Penn St.	OPEN	Michigan St.	@Indiana	lowa	@Michigan	Wisconsin	@Rutgers	Maryland
Purdue	OPEN	@Illinois	Ohio St.	@Mich. St.	lowa	@Minnesota	Wisconsin	@Indiana
Rutgers	Illinois	@Maryland	Northwestern	OPEN	@Wisconsin	Michigan	Penn St.	@Mich. St.
Wisconsin	Nebraska	Nebraska @Michigan		@N. Western	Rutgers	@Penn St.	@Purdue	Minnesota

PRO FOOTBALL WATCHING OCTOBER 2018

NFC EAST

DALLAS COWBOYS

Oct. 7 at Houston Texans, 7:20 p.m. (NBC) Oct. 14 vs. Jacksonville Jaguars, 3:25 p.m. (CBS)
Oct. 21 at Washington Redskins, 3:25 p.m. (CBS) Oct. 28 -- BYE NEW YORK GIANTS

Oct. 7 at Carolina Panthers, noon (FOX)
Oct. 11 vs. Philadelphia Eagles, 7:20 p.m. (FOX/

Oct. 22 at Atlanta Falcons, 7:15 p.m. (ESPN) Oct. 28 vs. Washington Redskins, noon (FOX)
PHILADELPHIA EAGLES

Oct. 7 vs. Minnesota Vikings, 3:25 p.m. (FOX)
Oct. 11 at New York Giants, 7:20 p.m. (FOX/NFLN) Oct. 21 vs. Carolina Panthers, noon (FOX)
Oct. 28 at Jacksonville Jaguars (London), 8:30 a.m.

WASHINGTON REDSKINS Oct. 8 at New Orleans Saints, 7:15 p.m. (ESPN)
Oct. 14 vs. Carolina Panthers, noon (FOX) Oct. 21 vs. Dallas Cowboys, 3:25 p.m. (CBS)
Oct. 28 at New York Giants, noon (FOX)

NFC NORTH CHICAGO BEARS

Oct. 7 -- BYE Oct. 14 at Miami Dolphins, noon (FOX)
Oct. 21 vs. New England Patriots, noon (CBS) Oct. 28 vs. New York Jets, noon (CBS)
DETROIT LIONS Oct. 7 vs. Green Bay Packers, noon (FOX) Oct. 14 -- BYE Oct. 21 at Miami Dolphins, noon (FOX)
Oct. 28 vs. Seattle Seahawks, noon (FOX) GREEN BAY PACKERS Oct. 7 at Detroit Lions, noon (FOX) Oct. 15 vs. San Francisco 49ers, 7:15 p.m. (ESPN) Oct. 21 -- BYF

Oct. 28 at Los Angeles Rams, 3:25 p.m. (FOX) MINNESOTA VIKINGS Oct. 7 at Philadelphia Eagles, 3:25 p.m. (FOX)

Oct. 14 vs. Arizona Cardinals, noon (FOX) Oct. 21 at New York Jets, noon (FOX)

Oct. 28 vs. New Orleans Saints, 7:20 p.m. (NBC)

NEC SOUTH

ATLANTA FALCONS

Oct. 7 at Pittsburgh Steelers, noon (FOX) Oct. 14 vs. Tampa Bay Buccaneers, noon (FOX) Oct. 22 vs. New York Giants, 7:15 p.m. (ESPN) Oct. 28 -- BYE CAROLINA PANTHERS

Oct. 7 vs. New York Giants, noon (FOX)
Oct. 14 at Washington Redskins, noon (FOX) Oct. 21 at Philadelphia Eagles, noon (FOX) Oct. 28 vs. Baltimore Ravens, noon (CBS)

NEW ORLEANS SAINTS
Oct. 8 vs. Washington Redskins, 7:15 p.m. (ESPN) Oct. 14 -- BYE

Oct. 21 at Baltimore Ravens, 3:05 p.m. (FOX) Oct. 28 at Minnesota Vikings, 7:20 p.m. (NBC)
TAMPA BAY BUCCANEERS

Oct. 7 -- BYE Oct. 14 at Atlanta Falcons, noon (FOX) Oct. 21 vs. Cleveland Browns, noon. (FOX) Oct. 28 at Cincinnati Bengals, noon (FOX)

ARIZONA CARDINALS
Oct. 7 at San Francisco 49ers, 3:05 p.m. (FOX)

Oct. 14 at Minnesota Vikings, noon (FOX)
Oct. 18 vs. Denver Broncos, 7:20 p.m. (FOX/NFLN) Oct. 28 vs. San Francisco 49ers, 3:05 p.m. (FOX)

LOS ANGELES RAMS

Oct. 7 at Seattle Seahawks, 3:05 p.m. (FOX) Oct. 14 at Denver Broncos, 3:05 p.m. (FOX)
Oct. 21 at San Franciso 49ers, 7:20 p.m. (NBC)

Oct. 28 vs. Green Bay Packers, 3:25 p.m. (FOX) SAN FRANCISCO 49ERS

Oct. 7 vs. Arizona Cardinals, 3:05 p.m. (FOX) Oct. 15 at Green Bay Packers, 7:15 p.m. (ESPN) Oct. 21 vs. Los Angeles Rams, 7:20 p.m. (NBC) Oct. 28 at Arizona Cardinals, 3:05 p.m. (FOX) SEATTLE SEAHAWKS

Oct. 7 vs. Los Angeles Rams, 3:05 p.m. (FOX) Oct. 14 at Oakland Raiders (London), noon (FOX)

Oct. 21 -- BYE
Oct. 28 at Detroit Lions, noon (FOX)

AFC EAST

BUFFALO BILLS

Oct. 7 vs. Tennessee Titans, noon (CBS) Oct. 14 at Houston Texans, noon (CBS)
Oct. 21 at Indianapolis Colts, noon. (CBS) Oct. 29 vs. New England Patriots, 7:15 p.m. (ESPN)
MIAMI DOLPHINS

Oct. 7 at Cincinnati Bengals, noon (CBS)
Oct. 14 vs. Chicago Bears, noon (FOX)

Oct. 21 vs. Detroit Lions, noon (FOX)
Oct. 25 at Houston Texans, 7:20 p.m. (FOX/NFLN) NEW ENGLAND PATRIOTS
Oct. 4 vs. Indianapolis Colts, 7:20 p.m. (FOX/NFLN)

Oct. 14 vs. Kansas City Chiefs, 7:20 p.m. (NBC) Oct. 21 at Chicago Bears, noon (CBS) Oct. 29 at Buffalo Bills, 7:15 p.m. (ESPN) NEW YORK JETS

Oct. 7 vs. Denver Broncos, noon (CBS)
Oct. 14 vs. Indianapolis Colts, noon (CBS)

Oct. 21 vs. Minnesota Vikings, noon (FOX) Oct. 28 at Chicago Bears, noon (CBS)

BALTIMORE RAVENS

Oct. 7 at Cleveland Browns, noon (CBS) Oct. 14 at Tennessee Titans, 3:25 p.m. (CBS) Oct. 21 vs. New Orleans Saints, 3:05 p.m. (FOX)

Oct. 28 at Carolina Panthers, noon (CBS)
CINCINNATI BENGALS

Oct. 7 vs. Miami Dolphins, noon (CBS)

Oct. 14 vs. Pittsburgh Steelers, noon (CBS) Oct. 21 at Kansas City Chiefs, noon (CBS) Oct. 28 vs. Tampa Bay Buccaneers, noon (FOX) CLEVELAND BROWNS

Oct. 7 vs. Baltimore Ravens, noon (CBS) Oct. 14 vs. Los Angeles Chargers, noon (CBS)

Oct. 21 at Tampa Bay Buccaneers, noon (FOX) Oct. 28 at Pittsburgh Steelers, noon (CBS) PITTSBURGH STEELERS

Oct. 7 vs. Atlanta Falcons, noon (FOX) Oct. 14 at Cincinnati Bengals, noon (CBS) Oct. 21 -- BYE

Oct. 28 vs. Cleveland Browns, noon (CBS)

AFC SOUTH

HOUSTON TEXANS
Oct. 7 vs. Dallas Cowboys, 7:20 p.m. (NBC)
Oct. 14 vs. Buffalo Bills, noon (CBS)

Oct. 21 at Jacksonville Jaguars, noon (CBS) Oct. 25 vs. Miami Dolphins, 7:20 p.m. (FOX/NFLN)
INDIANAPOLIS COLTS

Oct. 4 at New England Patriots, 7:20 PM (FOX/ NFLN)

Oct. 14 at New York Jets, noon (CBS)
Oct. 21 vs. Buffalo Bills, noon (CBS) Oct. 28 at Oakland Raiders, 3:05 PM (CBS) JACKSONVILLE JAGUARS Oct. 7 at Kansas City Chiefs, noon (CBS)
Oct. 14 at Dallas Cowboys, 3:25 p.m. (CBS)

Oct. 21 vs. Houston Texans, noon (CBS)

Oct. 28 vs. Philadelphia Eagles (London), 8:30 a.m.

TENNESSEE TITANS Oct. 7 at Buffalo Bills, noon. (CBS)

Oct. 14 vs. Baltimore Ravens, 3:25 p.m. (CBS)

Oct. 21 at Los Angeles Chargers (London), 8:30 a.m. (CBS)

AFC WEST DENVER BRONCOS

Oct. 1 vs. Kansas City Chiefs, 7:15 p.m. (ESPN)

Oct. 7 at New York Jets, noon (CBS)

Oct. 14 vs. Los Angeles Rams, 3:05 p.m. (FOX)
Oct. 18 at Arizona Cardinals, 7:20 p.m. (FOX/NFLN)

Oct. 28 at Kansas City Chiefs, noon (CBS)
KANSAS CITY CHIEFS

Oct. 7 vs. Jacksonville Jaguars, noon (CBS) Oct. 14 at New England Patriots, 7:20 p.m. (NBC)

Oct. 21 vs. Cincinnati Bengals, noon (CBS)

Oct. 28 vs. Denver Broncos, noon (CBS)

OAKLAND RAIDERS Oct. 7 at Los Angeles Chargers, 3:05 p.m. (CBS) Oct. 14 vs. Seattle Seahawks (London), noon

(FOX) Oct. 21 -- BYE

Oct. 28 vs. Indianapolis Colts, 3:05 p.m. (CBS)

LOS ANGELES CHARGERS Oct. 7 vs. Oakland Raiders, 3:05 p.m. (CBS)

Oct. 14 at Cleveland Browns, noon (CBS)
Oct. 21 vs. Tennessee Titans (London), 8:30 a.m.

Oct. 28 -- BYF

*All times Central Sunday night games in Weeks 5-16 subject to



What is Community in Coworking?



By Ashley Vannoy

When people talk about coworking, they typically talk about community as well. As market president of a community bank based in a nearby metro market that has recently expanded its footprint to the Florida panhandle, I have been tasked with building the commercial loan portfolio while setting up shop with banking products and services to serve the Florida panhandle. As a commercial lender by trade and a Destin native, I was already very familiar with local commercial office space available for lease and purchase. At first, I thought that I would search for a bank branch for lease from a failed institution, or a building that could be converted into a bank branch. Both options were cost prohibitive, so I delved into learning about coworking spaces.

Coworking operators have used "community" as a term to attract and retain members. Community, according to the coworking wiki, is one of the five core values of coworking. When people talk about coworking, they immediately talk about the community inside the office space. As a 25-year veteran community banker working within the walls of a bank branch, that got my attention. What better way to build a business loan and deposit portfolio than to office in a collaborative space where community in coworking spaces means: networking, new contacts/connections, potential clients and potential projects.

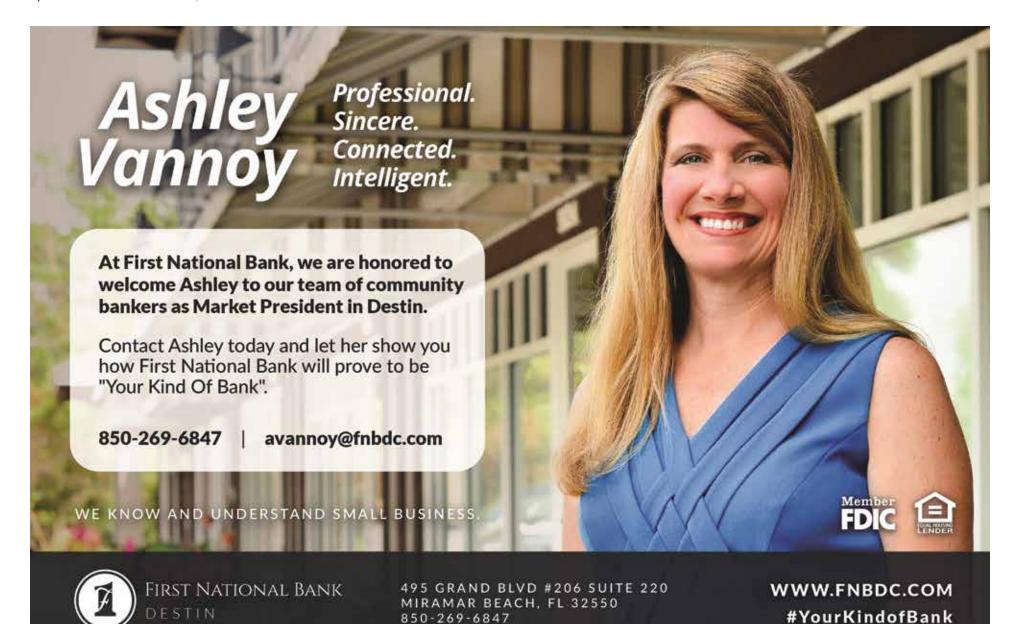
In other words, "community" is producing mutual economic benefit among coworking members while they focus on their own projects and business development. Eureka! Highly skilled "Boutique Teams" in coworking spaces have created an opportunity for startups and fast-moving companies to grow with external, outsourced teams, reducing the cost and time lag associated with hiring. Such amazing companies like Omnicommander (www.omnicommander.com) have occupied a large portion of a coworking space in Sandestin for the past year and a half. The website design company was founded in January of 2017 by Eric Isham, and now boasts 32 employees! It was able to grow fast enough to move into its own new office in Grand Boulevard right down the hall from the coworking space. I have been amazed to meet other professional service providers that have enjoyed the coworking environment for 5-6 years. The flexibility of 24/7 access, class A office space, professional reception, streamlined client meetings in professional conference rooms, office equipment, and vibrant locations are very attractive to large and small businesses.

My take away from this new experience is that no longer are companies limited by "internal" growth. Having financial services readily available right down the hall is extremely beneficial to them. Even more rewarding for me is the opportunity to assist with expansion plans when they decide to leave the coworking space. With mobile banking, remote capture, and all other financial services available online, the future of the bank branch itself is very small at best.

"There are several coworking spaces across the panhandle including a couple locally such as Beachworx (www.thebeachworx. com) in the Destin Commerce Center across from Destin Commons and Regus in Grand Boulevard at Sandestin.

Ashley Vannoy is Market President for First National Bank, Destin. With more than 25 years commercial lending expertise, Ashley utilizes a philosophy of relationship-oriented service, and takes the time to cultivate alliances with her customers. A true believer in community participation, Ashley coaches others in business through Mentoring Emerald Coast and serves on the Executive Board of the Scenic Corridor Foundation in South Walton County. Ashley gives God all the glory for her success and the ability to provide community friends with commercial lending and deposits. To know more, call 850-269-6847 or avannoy@fnbdc.com.







Off the Hook

FISHING RODEO

continued from page 1

blackfin tuna and they will go all the way from charter boats down to the senior division. There will also be a first and second place for the senior angler, ladies and juniors for those four main fish.

Another major change was to remove Sharks from the daily board as well as the main board,



jack, Redfish and more, as well as a prize for the "Largest Edible Fish." Sharks were the only exception, when first place was Bruner and five friends aboard Charter Boat Twilight with Capt. Robert Hill.

Since most anything caught in the Gulf of Mexico can be weighed in at the Destin Fishing Rodeo, there have been a variety of off the wall catches to make the scales including alligators, rattlesnakes, grandfather clocks, dead deer, and even a drone caught underneath the Destin

Catch It! Cook It!

When you've caught your "catch" at the Destin Fishing Rodeo, try this recipes for the most scrumptious meal!

Blackened Redfish

- 1 tablespoon paprika
- 2 ½ teaspoons salt
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1½ teaspoon cayenne pepper
- 1 teaspoon dried oregano leaves
- 1 ½ cups unsalted butter, melted
- 6 freshly-caught Redfish Filets, 8 to 10 ounces and about ½-inch thick



METHOD

In a small bowl, combine the spices. Mix well. Set aside. Place a large cast-iron skillet over high heat on our outdoor grill or fish cooker until very hot, about 10 minutes. If you do this in the house – open all the windows, turn on the fans and let the fire department know you're just cooking dinner!

Meanwhile, pour 2 tablespoons of melted butter in small serving dishes; set aside and keep warm. Pour the remaining butter into a shallow bowl. Dip fish fillets in the butter so that both sides are well coated. Sprinkle the spice mix evenly on both sides of the fish, patting it in, then add some more and pat again.

When the skillet is heated, place the fish inside without crowding and pour about 1 teaspoon of melted butter on each filet. Cook until the bottom looks charred, about 2 minutes. Turn the fish over and again pour a little more of butter on top; cook until done, about 2 minutes more. Serve immediately with the melted butter. Serve with Smoked Gouda Grits and a salad!





but the Rodeo will still have Shark Saturdays and the Mako My Day division. The largest shark wins, so expect to see some monsters being pulled in and weighed.

Also new to the mix, the Rodeo has added a Deep Drop Division, allotting first place spots only for the largest tilefish, yellowedge grouper, snowy grouper, Kitty Mitchell, Warsaw and barrelfish.

First place only spots were how the Destin Rodeo began, awarding prizes only to the largest weighing fish of all types including King Mackerel, Triggerfish, Red Snapper, Amberawarded to the longest Shark.

There have been numerous monster catches over the years, and even a few crazy catches as the rules state "anything" caught in the Gulf can be weighed at the Rodeo. Destin Rodeo records include a 111.6lb Amberjack from 2012, caught by Mark Underdahl fishing with Capt. Ken Nettles aboard the Strange Brew. Another is a 98.2lb Wahoo caught by Omar Breiz aboard the Charter Boat Don't Hate with Capt. Scott Whitehurst. A massive 11ft, 844.4lb Mako Shark was a record holder as well, caught in 2007 about seventy miles southwest by Adlee Bridge. Bruce Cheves has been the Rodeo Weighmaster on the docks for almost 30 years and it feels like he's seen it all.

The Rodeo is free to the spectating public, who can gather around the scale on the docks behind AJ's Seafood and Oyster Bar in Destin from 10 a.m.-7 p.m. daily during the month of October. Halloween on the Harbor will signify the end of weigh ins on Wed. Oct 31, when the captains, anglers, volunteers, and even Miss Destin will be dressed in their favorite costume. We invite you to come check it out and be a part of this 70th year in Destin Rodeo history.



Off the Hook

Miss Destins Accomplishing Great Things Then and Now



Peyton LoCicero



Ellen Brown

Many Miss Destins have gone on to accomplish big things, not just for the "world's luckiest fishing village," but for our region, state and beyond. In fact, you never know where former Miss Destins will appear next! Miss Destin 1984, Mona Ponder, was officially Destin's First Lady, as her husband Mel served as Destin's mayor. As a local realtor, Mona stays busy with her job and plays a supporting role for her husband as he serves in Florida's House of Representatives. She also serves as a board member for Waves Ministry Inc., and has a business ministry called Business Empowered with Mel. Who remembers Mona's days on the docks?

Miss Destin 2011, Peyton LoCicero continues to shine the spotlight on all Destin has to offer as a television news reporter for ABC News affiliate WMBB TV News 13. Peyton covers Okaloosa and Walton County for the 5 p.m., 6 p.m. and 10 p.m. newscasts. Peyton said, "Serving as Miss Destin 2011 was more than just a title, it was an honor. The people that I met and the experiences that I was a part of were life changing."

"From meeting anglers, who have fished Destin's waters for generations to watching small children bring in their very first fish," said Peyton, "each day brought new opportunities and adventures. During my 31 days down on the Rodeo weigh-in docks, I saw it all...big fish and little fish, huge alligators, sharks, tuna and more."

Peyton said one of her favorite memories down on the docks was meeting a young girl, age 5, named Pearl. "It was a Saturday morning and the fishing was slow. Then all of a sudden, here comes a precious little blonde running down the docks with the biggest smile. Pearl had a fish in one hand and a fishing pole in the other. She was ecstatic to weigh in her very own fish and the crowd went wild. I also enjoyed serving as a community ambassador around town and representing the Destin community at the state capital in Tallahassee, following the BP Oil Spill."

"To be a part of Destin's history, for the rest of time, is special to me because this is the place I will always call home," said Pevton.

With an immense love for the Destin community, many former Miss Destins come back each year to help judge the Destin Fishing Rodeo. Angela Hayles, Miss Destin 1997, is even on the rodeo's Board of Directors!

This year's Miss Destin is Ellen Brown, a student at Niceville High School graduating in 2019. When she's not being Miss Destin, she works at Crosspoint Church as a graphic design intern and is a member of the praise and worship team where she sings and plays guitar. She plans to continue studying graphic design upon graduation. We are looking forward to the great things coming from Ellen in the future!



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Off the Hook

Destin Fishing Fleet Marina: A Rich History of Stamina

In 1991, an out-of-town developer took control of one of the largest charter boat docks in Destin. Rumors flew about replacing the charter boats with yachts in the World's Luckiest Fishing Village. Destin's charter fishing fleet's future was threatened and had no security.

The best solution was for the fishing fleet to build their own marina, but land prices were astronomical. It seemed like a long shot, but they were independent, opinionated, and determined, and when they joined forces, they were unstoppable.

They found a Harbor parcel on the market in the center of town that was wide, deep, and undeveloped. Some problems were how to raise the money, could the permits be obtained, and could they get a congressionally designated channel moved. They had to secure the land without knowing the answers to these questions, but they made a deal.

They had previously formed the Destin Fisherman's Cooperative (Co-op) as a means of purchasing bulk fuel, bait and ice. The Co-Op was over 100 members strong, but the Co-Op's corporate structure made the purchase impossible. A new corporation was formed, Destin Fishing Fleet, Inc. The stock was offered



first to Co-Op members. To be a member, you had to own at least 51% of your boat, have a captain's license, earn at least 50% of your income from fishing, be a member of the Destin Charter Boat Association, and live in the immediate area. Stock was also sold to "Friends of Fishermen" who had to be approved by 100% vote.

Most of the money was raised by placing liens on boats, second mortgages on homes, and calling on customers for support. But, this was a chance to secure their future. They raised over 3/4 of a million dollars and bought the land. It was a gutsy move.

They had their work cut out for them. The state permitting agencies were not looking favorably towards granting permits for construction. The initial application was rejected. The City of Destin and the Chamber of Commerce backed the fishermen which threw considerable weight, but it wasn't enough, so local politicians got involved. Finally, after a long struggle and a lot of money, the permits were granted including the relocation of the congressionally designated navigational channel.

The Destin Fishing Fleet Marina was completed in September of 1994. It proudly hosts 40 boat slips that were built by Destin fishermen to preserve and protect the



future of the fishing industry in Destin.

Less than a year into operation, Hurricane Opal descended onto Destin with all of its fury on Oct. 4 at the beginning of the Destin Fishing Rodeo. All of the marina's boats were evacuated and spared from harm. However, boats from other marinas broke loose and crashed the dock tearing down pilings, the dock, the boardwalk, electrical and water lines, signage, the booking booth, light fixtures and fuel pumps. Two large boats landed in the parking lot eating the asphalt with their oil and fuel spillage. It was devastating to see the beautiful marina destroyed. The Destin Fishing Rodeo was prepared to cancel the tournament for the year, but the very next day, the fishermen and their families, friends, neighbors, and allies came out and manually put the marina back together. Within three days, the dock was operational and the Destin Fishing Rodeo began weigh-ins again.

The Destin Fishing Fleet Marina is home to the largest charter fleet in Florida. Upland conveniences include Brotula's Seafood House & Steamer which serves Gulf to table fresh fish, the Destin Fisherman's Co-Op which provides fuel, bait, ice, and other fishing related necessities, plus several other businesses.

The Destin Fishing Fleet Marina is a family atmosphere destination where children are welcome. Tourists and locals alike love to watch the boats come in to see the huge catches of fish thrown on the dock, hung up for photographs, and filleted on site. Parking is free for tenants and their customers, and there's plenty of it.



How Destin Became "The World's Luckiest Fishing Village"

In October of 1956, Florida's then governor, LeRoy Collins, was passing through Destin on his way to open the Pensacola State Fair. Encouraged by locals to visit the Destin Harbor, the governor complied; his staff was hoping for a few press photos and, so, he went. While there, Captain Reddin "Salty" Brunson was on his boat and invited Collins to hop on for a boat ride. The governor said he didn't have time, but Captain Salty insisted and ensured that he could have the governor back on the docks in 15 minutes. Collins gave in and went for a ride. Captain Salty took Collins out the mouth of the pass and had him back to the docks in less than 15 minutes – sporting a 29-lb. King Mackerel!

The docks were crowded with people finding it hard to believe. But the excited governor simply stated, "What do you expect? Destin's the 'world's luckiest fishing village."

The press and vacationers then hyped the phrase, too, as they retold the story, making it popular. It became official on Oct. 15 of that year. And the rest is history.

Though, today, Destin is nothing like Leonard Destin's arrival in 1851 when he settled in a desolate area he called East Pass. But it's still known especially for its deep sea fishing and Gulf-to-table seafood ... as it was then, as it was in 1956, and to this day.



70TH ANNUAL DESTIN FISHING RODEO

MEET MISS DESTIN: Ellen Brown SHARK SATURDAYS + RODEO HISTORY

WEIGH-INS EVERYDAY 10 AM - 7 PM @ THE MARINA @ A.J.'S SEAFOOD & OYSTER BAR, DESTIN, FLORIDA

OCTOBER

1ST – 31ST

2018



Catch The Health Benefits

Eating Gulf of Mexico Fish



By Lisa Leath Turpin, BS. Fitness & Wellness Coach

In light of the Destin Fishing Rodeo season, here's great news for our area about the health benefits of our Gulf fish! So, we've all read or heard that fish is healthy for you. But cold water fish such as salmon make the healthy headlines. It's primarily because of their scientifically known Omega-3 fatty acid profile. But good news for us Gulf Coast residents... warm water fish in the

Gulf of Mexico has high Omega-3s also

Omega-3 and Omega-6 fatty acids are essential to good health. Essential means that our bodies don't produce it so therefore, we must get it through our diet. They are essential for normal growth and development of every aspect of human health. These fatty acids are similar in structure, but their functions are very different.

Americans typically consume up to 20 times more Omega-6 then they do Omega-3. This causes an imbalance in our bodies which are linked to a long list of diseases including atherosclerosis, rheumatoid arthritis, asthma, colitis, Crohn's disease, type-2 diabetes, heart disease, various cancers, Alzheimer's, Lupus, allergies and multiple sclerosis. Medical research has found that a diet must include NO MORE than FOUR times as much Omega-6 as Omega-3 for optimal health.

Eating Gulf fish will help raise your intake of Omega-3 fatty

acids to help with the balance between not only Omega-6, but also total fats in the body consumed by the average American. This is why it's important to eat foods high in Omega-3.



Dr. Julia S. Lytle, Ph.D & Dr. Thomas F. Lytle, Professors Emeritus, Department of Coastal Sciences, states in a brochure; Marine fish oils are the primary source of Omega-3 fatty acids while the plant oils corn, soy, peanut, cotton, sunflower and safflower are the major sources of Omega-6. All marine fish, whether caught in warm water or cold water, contain

Omega-3 fatty acids. Fatty fish such as salmon, sardines, mackerel and young tunas are rich in Omega-3s, but they are also higher in total fats than leaner fish such as flounder, redfish, snapper and tilefish. Recent research indicates that most Gulf fish contain less than 5% total fat, and their fat is enriched in Omega-3s. Dr. Julia says, "Since warm water fish are lean, you can eat larger portions to increase your intake of Omega-3 and still keep total fat calories moderated." I'd like to note though, be careful in its preparation if you are watching total fat calories. Fat is nine calories per gram, while protein and carbohydrates BOTH are four calories per gram. If you add creamy (fatty) rich sauces, extra oil, or breading while cooking, you could double the amount of calories for that portion of fish.

Achieving the right balance of Omega-3 and Omega-6 helps with the following:

fight inflammation - reduce the

risks of heart attacks and strokes
- boost immune system - reduce
cancer risk - slow aging - reduce
risk of macular degeneration lower triglycerides

Make a healthy change by eating MORE: Gulf fish at least twice weekly, dark green leafy vegetables, add flaxseeds and walnuts to salads; LESS: processed foods, avoid deep-fried foods, REDUCE TOTAL FATS. Use olive and canola oils for salads and cooking.

This information came from a study done by the professors above through The University of Southern Mississippi, Dept. of Coastal Sciences. The basis for their conclusion was through analysis of almost 50 species of Gulf fishes. Regardless of season, age, size or sexual maturation, Gulf fish are valuable sources of Omega-3 and they have charted the fatty acid, cholesterol and total fat in 44 species. Visit usm.edu/gcrl/omega-3 to see the comprehensive list. To contact Lisa, email lisa.turpin@ icloud.com





South Walton Academy Bridges the Gap Locally

with Autism at age three. His diagnosis inspired her to learn more about sensory integration journey to opening South Walton Academy.

Calley is Founder and Executive Director of South Walton Academy (SWA), a non-profit inclusion school in Santa Rosa Beach and the first of its kind in Walton County. Now in its 2nd year, the school serves ALL student-teacher ratio provides the children ages three through sixth cornerstone from which all chilgrade, with accommodations in dren grow. place for children with Autism Spectrum Disorder and related disabilities.

"As a mother of a child with Autism and as a therapist, I struggled to find the services our children needed," says Calley. "I knew I was able to change that cluding but not limited to ADHD, funds but with a lot of heart and not only for my child, but for our community as well."

For more than 12 years, Cal-

In 2013, Calley Middlebrook's ley worked with children experi-vanced developing students get youngest child was diagnosed encing developmental delays as a therapist with Early Steps, the State of Florida's early childhood intervention program. She has and education, and so began her always had a passion for helping children with communication, which lead her to taking on clients with Autism.

> South Walton Academy provides a learning environment that helps every child achieve success while maximizing their individual potential. The school's 5:1

> Certified teachers work to help each child advance at their own pace while providing individualized curriculum for all learning styles and abilities. Accommodations are in place for children with Autism and related disabilities, in-Asperger's, and communication

> > "Our neurotypical and ad-

just as much out of school as our children with special needs," says Calley. "They are able to learn while helping teach their peers and in turn are able to retain more information while learning skills that will have a life-long impact."

In addition to the school program, SWA offers a Summer Program with daily, weekly, and monthly rates, Play Groups for children ages 0-5, Therapy Services, and they also accept and partner with Homeschool Programs. South Walton Academy accepts the Gardiner Scholarship, McKay Scholarship, Florida Tax Credit Scholarship, and will soon be accepting Voluntary Prekindergarten Education Program (VPK) vouchers.

"We started with very little dedication from our founder and supporters we are growing," says SWA Director Jennifer Filip-



pone. "Generous donations and ton Academy, please visit www. a GoFundMe campaign helped us open the doors January 2017. We started with just five students and have grown to now serving over 20 students and additional therapy clients."

South Walton Academy is a private, 501c3 nonprofit inclusion school centrally located at 585 Mack Bayou Road in Santa Rosa Beach, FL. If you are interfor adults and \$10 for children. ested in enrolling your child or Purchase at www.southwaltonlearning more about South Wal-

southwaltonacademy.com, call 850-213-4595 or email southwaltonacademy@gmail.com. You can also help by attending the Academy's fundraising events. Coming up is the "Rockin' on the Lawn" Music Festival which will be held on Oct 13th at Mattie Kelly Culture Arts Village from 11-9:30 p.m. Tickets are only \$20

Aletha's Hope Providing Aid to Liberian Orphans

To us locals, Zhalman Harris is and their health." one of the best photographers in behind the camera asking you for your best smile and pose.

But there's more to the man behind the camera.

He has teamed up with local

the area. If you attend any area of the support of the local comevent, you are likely to see him munity and others that Aletha's Hope, the non-profit established to provide orphanages in Liberia ways: with the tools they need to become self-sufficient, will be traveling back to Liberia on Nov. 10

Establish better sleep**children**: provide mosquito nets, buy new mattresses.

You can help in the following

Write a check made out to Zhalman says it is because **ing arrangements for the 60** Faith Assembly and put in the thashope.org and donate through memo "Mission Liberia" or "Ale-via the website. tha's Hope." Mail to: Aletha's Hope, P.O. Box 1824, Destin, FL Info@Alethashope.org.

Visit the website www.ale-

For more information, email



nurse practitioner Janet Reeves who shares his passion for helping under privileged orphans in Liberia. Amazingly, they were introduced by a mutual friend beria, West Africa, with 250 lbs. of clothing, flip flops, vitamins tions. and toys. "We adopted this orphanage with 60 kids and we are determined to change their lives for the better," says Zhalman, "by improving their living conditions

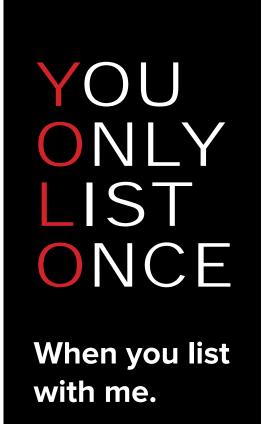


with the intention of staying longer and having a greater impact.

Their mission includes the following:

Medical Care: Providing and within four weeks were in Li- all the children with a medical check-up, vitamins, and medica-

> Rehabilitate the children's living quarters: new roof, paint and repair the building, put new screens on windows, provide solar power energy.



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The Heart and Soul of Soulfish Art

By Bobby Parker

The Emerald Coast has become home to artists of all sorts over the years with its natural beauty and its bountiful sources of inspiration. However, every once and awhile we find a local artist nestled amongst the rolling sand dunes and ever-changing tourists, such as the 2018 Destin Seafood Festival Poster Artist, Rebecca Russell, who encapsulates the true essence of the "World's Luckiest Fishing Village" in her art, while also calling Destin

A Niceville native and University of West Florida graduate with a B.A. in Maritime Studies, Rebecca always gravitated towards took a chance on her art and creart. While it's uncertain when she first started drawing, she recalls being first recognized for her talent in the fourth grade when she mural of a whale in the school hallway. Little did she know at the time, that this would be her first marine life piece. However, it wasn't until early 2016 that Rethe path as an artist out of sheer necessity. At the time, she was

ing industry and found herself needing a way to make ends meet in the off season. That's when she



2018 Destin Seafood Festival artist Rebecca Russell

ated what she calls a "magazine mosaic" and put it up for sale. From that point, the rest is history.

That same year, Rebecca parwas selected to paint a life-size ticipated as a vendor for the Destin Seafood Festival. Her art was so well received at the festival that she knew she had to enter at least one poster contest. With 2018 being the 40th anniversary for becca decided to venture down the Destin Seafood Festival, this contest was even more special for Rebecca. After working for quite

working in the boating and fish- some time on a piece similar to her maid House' winning artwork, Rebecca threw in the towel the night before the deadline. However, she knew she couldn't just give up that easily after spending hours and hours on a piece. So that night, she got out of bed and went back to work creating a piece that captured all the different types of boats found in the Destin harbor while pulling her inspiration for each one from her own personal connections. The result was the winning piece, "The Morning Run," that illustrates the Destin Fishing Fleet heading into the Gulf each morning.

Rebecca's pieces undoubtedly emulate her love for the water. "It's my main source of inspiration as far as my subject matter," she says, "It may be cheesy, but hearing waves or the clinking and clanking of the rigging against a sailboat mast in the wind ignites my creativity." It's this inspiration and sense of home along the Destin Harbor that led Rebecca to bring to fruition her dream of opening her own little shop, the Soulfish Art Gallery, at the Destin Fishing Fleet Marina located behind Brotula's. The "Mer-

or the "Lil' Blue Hut," as many people call it, was built by Rebecca and her father over the last six months and is place where she can create and experiment with different styles and mediums.

that people want to come back to every summer to check out what is new," she says. "I've added special touches here and there that I hope will make it more than just a shop, but a place where people come and leave an impression and that I'm able to do the same

While she doesn't create art full-time, as she's also the Associate Director for the Destin History and Fishing Museum, the artist hat is always on for Rebecca. So what's next for this local artist? "I have no desire to be rich and famous. I want to wake up,



"My goal is to become a place do something I love, and hangout with good people and good dogs," she says. "I've been busting my butt for years, floundering a bit, trying to figure out the path I need to take. Once I did, I've been working even harder to make it happen. Now that all that hard work is paying off, it's time to find balance. I'm ready for a cold drink and a live band - keep it simple."

> You can follow Soulfish Art on Facebook and Instagram or stop by the Soulfish Art Gallery, open Sunday, Monday, and some Saturdays to see more of Rebecca's



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The Art of Whiskey Making

The Story of Timber Creek Distillery

By WHITNEY LEE

Destin locals and neighbors, Camden Ford and Aaron Barnes, spent many a night in their backyards in Indian Bayou, taking in the sunset views and enjoying a nice cocktail. The two became friends over time and stumbled upon a mutual passion for whiskey. They spent hours talking about how it was made and the science behind it all. With Aaron's knowledge of brewing and Camden's background of business start-ups from his history in Silicon Valley, the two came together to establish a distillery founded spirits."

The two needed considerable space for the project, so they planted Timber Creek Distillery on Aaron's family farm in Crestview. Their vision of creating a "True Florida Spirit" is

Aaron stayed true to the principle after distilleries in Scotland. Their Creek vodkas and whiskeys. Next they envisioned those years ago and take pride in hand making every batch and hand bottling every bottle. Two years later, this

TIMBER CREEK

dream is a reality, and Timber Creek Distillery is now the most awarded craft distillery in the state of Florida and the brand is on shelves in stores across Florida. Alabama, and soon to be more.

So, what did they mean, "Truth upon the principle of "truth in in Spirits?" Well, the more Camden and Aaron learned about the process of creating spirits, they realized that the big brands of spirits that most Americans drink, don't actually make their own product. It's all outsourced and most of the true flavors of the insimple - take the best local fruits gredients are stripped in the filterand grains and turn them into ing process. The distillery features the finest craft spirits. Cam and a custom designed still, modeled

goal is to ensure the highest level of preservation during the filter-



ing process. This allows the bold flavors of the raw ingredients to shine through.

What is the criteria for being a "True Florida Spirit?" Timber Creek Distillery uses local ingredients in all of their products. The Florida Panhandle and Gulf Coast are blessed with awesome local crops that give Timber Creek spirits the pure and delicious flavor notes that are inside every bottle. Gulf Coast Cane Molasses sets their rum apart, while red soft Winter Wheat and Florida 401 Black Rye are among the ingredients used in Timber

summer, they plan on expanding their local crop selection to feature some of the vibrant local fruits like strawberries, blueberries, plums, and more. The use of these ingredients and the filtering process are the key differences between craft distillers and their mass-produced counterparts.

Timber Creek Distillery currently offers 10 spirits including vodka, gin, four whiskey varieties, and four rums. Their number one selling Apple Pie Rum is spiced with apple juice concentrate, vanilla, cinnamon, and raisins giving it the simply sweet spirit taste with no artificial flavors added. TCD also crafts Florida Clear and Dark rums, and a Coffee Rum made with real cold brew local coffee, sourced in Navarre. Being the whiskey connoisseurs that they are, Cam and Aaron made sure Timber Creek had an excitspirits. TCD's whiskey comes in

four options - Florida Whiskey, Florida Single Malt, Black Rye, and Southern Reserve, each with their own unique blend of notes and finishes from the Missouri Oak barrels used in their aging

Tours are hosted up at the distillery several times a week and the guys truly enjoy meeting with each guest personally and showing the process. And of course, guests get to sample all of the product! Head to TimberCreek-Distillery.com to read more and to set up a time for a free tour. Timber Creek products can be purchased at several stores locally including Beach Liquors, ABC Fine Wine & Spirits, Paradise Liquors, Wal-Mart, Winn Dixie, Publix and more. You can also connect with the Timber Creek team on Facebook, Instagram and Twitter to find out at which festivals and events they will be ing whiskey variety among their pouring and the locations for

Sinfonia's Classical Connections **Series Features Accordionist** Hanzhi Wang

Sinfonia Gulf Coast is kicking off their 2018 Classical Connections series with a concert featuring accordionist Hanzhi Wang. Ms. Wang joins Sinfonia for the first Silver Sands Premium Outlets' Classical Connections concert series, where she will perform "Concerto for Bandoneon & Orchestra" by Astor Piazzolla. Also, on the program are Jennifer Higdon's "Dance Card," and "Serenade for Strings in C major, Op. 48" by Peter Ilyich Tchaikovsky. Praised for her engaging stage presence and performances that are technically and musically brilliant, Hanzhi Wang is the first accordionist to win and join the roster of Young Concert Artists in its 57-year history of discovering extraordinary musicians.

Thurs., Oct. 25, 2018, 7:30 p.m. - 9:30 p.m.

Grace Lutheran Church, 4325 Commons Dr. W., Destin

Tickets are \$29.50-\$45 per person. Purchase at sinfoniagulfcoast.org



Destin Seafood Festival's Music on the Harbor at AJ's

Oct. 5 Friday

Club Bimini

- 4-8 p.m. Austin Jennings
- 8 p.m.-Close DJ Boom
- 9:30 p.m. Philo

Jumbotron Stage

- Noon-3 p.m. I'Magene
- 3:30-7:30 p.m. Jacob Mohr
- 8 p.m.-Midnight Black Eyed Blonde

Oct. 6 Saturday

Club Bimini

- 12-4 p.m. Will and Linda
- 4:30-8:30 p.m. Chasing **I**avmie
- 8 p.m. DJ Serpent
- 9:30 p.m. Philo

Jumbotron Stage

- 12-3 p.m. Forrest Williams Band
- 3:30-7:30 p.m. Southside Of the Tracks
- 8-12 p.m. NAKD

Oct. 7 Sunday Club Bimini

- 12-3:30 p.m. Jacob Mohr
- 4 p.m.-Cl DJ Dan Davis
- 4-8 p.m. Jones & Co
- 9:30 p.m. Black Eyed Blonde

Jumbotron Stage

- 11 a.m.-3 p.m. Gunner
- 3:30-7:30 p.m. Yeah, Probably

Halloween Oct. 31

Jumbotron Stage

• FLOW TRIBE IN CONCERT 8:00 PM



For a complete lineup of October music and events, visit Ajsdestin.com.



Emerald Coast Olive Oil's Recipe of the Month

We all hear that olive oil is good for us, but the quality of olive oil can vary vastly between typical grocery store olive oils and true 100% extra virgin olive oils. Extra virgin, by definition, means the olives must be "without defect" and must be crushed within 24 hours of being picked. These olives provide great health benefits - protection against heart

disease and cancer, reduction of inflammation, improved cognitive function, and more joint mobility among other things.

However, to be labeled extra virgin, most commercial olive oil bottles only need to contain 12% extra virgin olive oil. The rest can be olive oil made from old, poor quality and even rancid olives, providing little health benefit. Even worse, it can contain other oils such as soy and canola without listing these oil's as ingre-

Choose wisely. Look for the actual crush date and the polyphenols (the most important component of olive oil). If this information is not available, don't trust the source.

Emerald Coast Olive Oil

EMERALD COAST

OLIVE OIL

gets fresh Northern or Southern Extra Virgin Olive Oils every six months making ours among the freshest and finest olive oils in

the world – maximum flavor and maximum health benefits. Stop by our store and taste before you





VISIT TO READ THIS ISSUE ONLINE

MYDESTINLIFE.COM

Healthy Olive Oil Muffins With Coconut Drizzle

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 34 cup white sugar
- 1 egg
- 1 cup milk
- 1/4 cup Persian Lime, Lemon, Blood Orange or Unflavored Olive Oil
- 2-3 tablespoons Coconut Balsamic Vinegar (optional)
- 1 cup icing sugar
- 1/4 teaspoon ground ginger

Preheat oven to 375 degrees. Spray muffin pans with cooking spray. Mix the dry ingredients in a large bowl. Make a well in the center. In a small bowl, beat the egg with a fork. Add the milk and olive oil.

Pour the wet ingredients all at once into the well in the flour mixture. Mix quickly with a fork until moistened; do not overbeat. The batter will be lumpy. Pour the batter into muffin pans, filling ¾ full. Bake for 20-25 minutes until golden around the edges (about 15 minutes for mini-muffins).

When muffins have cooled, combine vinegar*, icing sugar and ginger in a small bowl and whisk until smooth (make it very thick so add more sugar if you need it). Spoon the glaze into a small zipper plastic bag and cut a very tiny hole in one tip. Squeeze the glaze onto the muffins in small ribbons. Let dry.

*You can use other white vinegars or even water.

Destin Life is printed and delivered to every home & business in **Destin each** month!

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The Tale of a True Destin Local: The Fudpucker's Story

By CALL HLAVAC

It doesn't get more local than the story of how Fudpucker's Beachside Bar and Grill came to be in our tourist town of Destin. The 36-year-old restaurant's history was shaped by the growth of the World's Luckiest Fishing Village and became one of its most recognizable landmarks.

Back in 1982, while a DJ and learning the real estate business, Chester Kroeger was offered an opportunity to run a snack bar inside the then Nighttown nightclub. "It was just one of those happenstance moments in life and I recognized it," said Chester. "I liked it, I loved the business, loved the interaction with people and it grew from basically an 8 x 10 shack to what it is today."

What he built in the next three and a half decades was far beyond his wildest dreams. While choosing a name, he wanted something recognized locally, that would stand out in people's minds. He settled on the word "Fudpucker's," which was a nickname the local deck hands called the much-despised Trigger Fish. It's not a phrase commonly used

anywhere else in the world, thus keeping its local flare.

He moved the snack shack out of Nighttown and into a beachfront space that is currently the home of Pompano Joe's in 1983. It was in that location that he teamed up with a friend and part time Fudpucker bartender, Tim Edwards, and the two became unstoppable. "He eventually realized it was cheaper to pay me with equity in the company than to keep paying me in free beer," Edwards joked.

They were kicked out of the Pompano Joe's location in 1985 when developers were building condos across the street and felt that Fudpucker's was "a blight on the community" that would hinder their ability to sell them. It was then that Fudpucker's moved to its first location on Okaloosa Island, followed three years later by a second location that was, at that time, the far end of Destin. That Destin location "was originally intended to be an annex to handle the overflow from the Island," Chester told us. "It was never intended to be the



Fudinator



Early Fuds

primary Fudpucker's." It opened on Memorial Day of 1989, right after the new Highway 98/Empleted and has remained there ever since.

Fudpucker's was one of the very first buildings that locals referred to as "being out in the boondocks," since it was so far off the beaten path in the late 1980's. "We purchased the land from Mattie Kelly, one of the matriarchs of Destin," Edwards said. "We had the privilege of getting to know her, and, thankfully, she was willing to give us the opportunity to make Fudpucker's what it is today."

Adding Gator Beach, the World Famous Alligator Park out front was an idea that was spurred in 2001, almost by accident. Having a big stormwater retention pond out front, Tim came across the idea for alligators at an Orlando food show. After some meetings to discuss the feasibility and state licensing requirements, the first round of 80 alligators were brought to the pond. "Our very first alligator handler was Chester's 15-year-old son, Brand, who was still in high school at the

time," Edwards said. "He was to-

erald Coast Parkway was com- tally fearless and, amongst other things, produced the gator shows that we offer to this day." More than just providing entertainment, Fudpucker's main purpose behind the alligators is education. In addition to seeing a hundred live alligators in the gator pond, local and visiting families can also browse one of the most unique alligator museums in existence, see baby alligators up close, visit "Pearl" (one of only forty albino alligators in the world) and learn from the educational Gator Show happening four times a day in the summer months.

> Since its beginnings, Fudpucker's has grown into a family friendly attraction, a place many consider a tradition to visit during their annual vacations to Destin and one the locals frequent at the slower times of year. Guests from all over the world come to hold an alligator, have a cold drink, enjoy a great meal, dance, buy a World Famous Fudpucker T-Shirt and, basically, have some fun. And if Chester and Tim have any say in it, that will continue to be a tradition for another 30 years.



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October Happenings at Baytowne Wharf

Wednesday Night Concert Series Wednesday, October 3rd - 24th Time: 7-9pm Cost: Free

Enjoy the crisp, fall air with a concert on the lawn this October. Every Wednesday night this month enjoy LIVE entertainment by local and regional artists in the Events Plaza. Concert starts at 7pm.

October 3 | Mose Wilson & The Delta Twang

October 10 | Brandon Santini

October 17 | Matt McCarty Quintet

October 24 | Boukou Groove

Duck Regatta Saturday, October 6th Time: 10am-1pm

Join us for the 8th Annual Emerald Coast Duck Regatta on Saturday, October 6th, 2018 and adopt a duck for your chance to win, first place receives \$5,000. This family-friendly event includes a scavenger hunt, face painting, kids activities, free carousel rides, and the duck race



following at 1pm. www.emer-aldcoastduckregatta.com.

11th Annual Baytowne Beer Festival Friday, October 12th -Saturday, October 13th

Time to roll out the barrel and discover unique suds & ales! The Village of Baytowne Wharf at Sandestin Golf & Beach Resort presents the 11th Annual Baytowne Wharf Beer Fest on October 12th & 13th. American speciality brews from around the nation will be available to sample and savor. The event will feature over 200 domestic and international craft beers

available at the event, offering an opportunity to learn about the different types of lagers and ales from a variety of styles. Live music will be also featured during the festival. www.baytownewharfbeerfestival.com.

Bubbly Baytowne Thursday, October 18th Time: 5-7pm Cost: FREE

Join us for an evening full of FREE champagne and shopping during our Bubbly Baytowne. Sip and Shop through the village streets! Stop in various retail merchants as you enjoy a selection of premium champagnes.

* This event is free and for 21 and up only. The village will be open to the public during this event.

Throwback Thursday Hocus Pocus Thursday, October 25th Time: 6:30pm Cost: Free

We're throwing back to some of your favorite films. Enjoy a movie on the big-screen during our Throwback Thursdays. All movies are family friendly and open to the public.

Baytowne On Ice Saturday, October 27th -Saturday, February 2nd

Dust off those skates and get in the winter spirit at The Village of Baytowne Wharf's Baytowne on Ice. For those visitors who miss the cold and ice, our seasonal ice rink is the perfect opportunity to share some of your favorite holiday traditions. Ice rink is open October 27th -February 2nd. Hours vary daily.

Trick or Treat Street Wednesday, October 31st Time: 6-8pm Cost: FREE

Calling all ghouls, ghosts, and goblins to the Village of Baytowne Wharf for a spooktacular extravaganza! This Halloween, Trick or Treat through the Village streets and visit merchants for your favorite treat. Steve Hall will play frightenly good tunes on the main stage, enjoy face painting and balloon animals. End the night with a spooky fireworks display at 8pm.





Answering the Call for Help: The Food for Thought Outreach, Inc. Story

By Bobby Parker and Laura Holloway

Imagine your children, or your nieces or nephews, or your grandchildren. Think of the joy they bring to your life, the new things they are learning every day, the smiles they give for no reason at all. Think of how you would do anything in the world to keep them healthy, happy, and safe. Now imagine that there is no food in between lunch on Friday and breakfast on Monday at school because there just isn't enough money.

In 2010, Tiffanie Nelson, the Founder and Executive Director of Food for Thought Outreach, Inc., found out that a few children at her son's school were going without food on the weekends because there was nothing to eat at home. Just like you, she couldn't believe this was a real-

ity, especially in our small community. She started researching, and was stunned to learn that while public schools received government assistance to provide breakfast and lunch for children on school days, on the weekends, if parents don't have enough money, children are forced to fend for themselves. As she dug deeper, Tiffanie discovered that thousands of children right here in our communities are suffering from food insecurity every day, which means that many times these children don't know from where their next meal will come at any time.

Heartbreakingly, one in seven children in Okaloosa and Walton counties suffers from food insecurity. This was a truth that shook her to her very core, and a little voice inside of her said, 'You can

From money out of her own grocery budget and with help from her children, her church and a few friends, Tiffanie began sending food home with these children over the weekends. Volunteers would show up at her house every week to pack backpacks in Tiffanie's kitchen. From this, a much-needed organization was formed: Food for Thought Outreach, Inc. is a not-for-profit organization that provides backpacks filled with food for students who are dependent on free and reduced school meals so that they

have healthy, easy-to-prepare meals and snacks over the weekends and holidays.

Since 2010 her mission has touched the heart of the community, and Food for Thought Outreach, Inc., now serves over 3,000 students in over 30 schools in Okaloosa and Walton counties. By providing these children with a simple backpack of food, Tiffanie and Food for Thought are supporting the children's



Distributes 1,000,000 Items Annually

physical development, removing fear and insecurity and empowering them to grow into productive students and happy children. In fact, studies have shown that Food for Thought's programs have impacted students in numerous ways, including less school absences, fewer sick days, better grades in math, and a higher likelihood of graduation.

With remarkable faith and an innate need to help others while providing the community with a place to serve, Tiffanie's vision is being realized. During the 2016-2017 school year, Food for Thought grew their outreach by over 70% compared to the previous year. During the 2017-2018 school year, the organization grew 160% to serve 32 schools and more than 3,000 students. More than 240 active volunteers help organize donated food, pack backpacks and deliver packs to schools all over Okaloosa and Walton counties. Food for Thought now serves 85% of Walton County schools and 50% of Okaloosa County schools. (27% of Walton County and 25% of Okaloosa County students suffer from food inse-

More than 60,000 backpacks were distributed this year, each containing 10 food items equating to over 600,000 food items distributed. The program also considers the needs of teachers (many of whom buy snacks for their students with their own money). Food for Thought distributed 4,104 snack bags to

teachers and school nurses which contained more than 244,000 snacks as part of the monthly snack bags that combat immediate signs of hunger in the schools. Overall, between the backpacks, snacks and holiday services, more than one million food items were distributed this past year!

Currently, Food for Thought has five initiatives providing hunger relief: (1) weekly backpacks during the school year;

(2) monthly snacks provided to teachers in schools receiving Food for Thought services to fight immediate signs of hunger; (3) holiday services to help feed families during long breaks from school including the summer; (4) garden initiatives at select schools and at the Destin Pantry; and (5)

the Emeril Lagasse Full Circle Kitchen that provides invaluable life skills and additional sources of food to some of the most atrisk students in Okaloosa and Walton counties.

With its beginnings in Santa



Photo by Alyssa Aryn Photography

Rosa Beach, in 2016, with the help of the Destin Rotary Club, DKM Builders, and other community members, Food for Thought opened its second pantry in Destin. These two alone cover 2,320 square miles of Okaloosa and Walton counties. This year, with the help of Archiscapes, LLC and Ryan Harp Construction, a third pantry in Defuniak

Springs is being established.

A hero doesn't have to slav dragons, hit the winning home run, or fight crime by night wearing a mask and cape. A true hero just has to be someone who hears a little voice inside that says, 'You Can Help' and then do everything she can to answer that call.

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Thank you to Dr. Devin Stephenson, Northwest Florida State College **President**, who wowed BE attendees at the September luncheon with his message about the journey toward the best! "It is challenging, innovative, tough, exhausting, sometimes difficult, lonely and filled with disruption, but VERY, VERY rewarding," he said. Every morning, when Dr. Stephenson wakes up, he prays to God to let him see the possibilities TODAY before they become obvious to others. "Let me be better today than I was yesterday," he said. "You can't be ordinary in your heart and be extraordinary in your life."

In talking about attitude: "I am convinced nothing is more important than one's attitude." His grandmother told him, 'As a Man Thinketh In His Heart, SO IS HE!"Thoughts become words; words become actions; actions become habit; habit becomes character," he said. He closed by saying, "There are some attitudes that are resident within growing and effective leaders who are striving to be people of excellence: Confidence with openness; compassion with high expectations; curiosity and decisiveness; and pursuit with celebration! At the college, we are building a strong team of individuals from all across the country who want to be a part of something that isnt the norm."





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