



FEBRUARY 2019
VOL. 1, NO. 7

DESTIN Life

PRSR STD
ECRWSS - EDDM
U.S. POSTAGE PAID
Santa Rosa Beach, FL
PERMIT NO. #11

Postal Customer Local

Harvest House:

Faith and Support in a Caring Community

BY HEATHER BENNETT

Harvest House is a Christian based nonprofit organization, and Executive Director Lori Joyner believes they are doing God's work for the community. They continue to pray for those in need, helping people from all walks of life and situations. "We are God's hands and feet. Everybody who's in Harvest House, our volunteers, our staff, our board of directors—we're just His hands and feet. We're blessed. We don't even call it a job," said Lori. "The Lord Jesus is definitely in that building and we see miracles happen all the time in here—it's amazing. There are a lot of tears that happen in the Harvest House food pantry, lots of laughter and lots of success stories."

If you are not familiar with Harvest House, the organization donates food and clothing to those in need. In addition, they have a boutique thrift store to help fund food that is

needed for their food pantry.

Harvest House is always looking for volunteers. Some of the positions are to help



shoppers in the boutique, test electronics, pack food, hang clothes, pick up food, clean the store and help with landscaping. Lori also said that they would love to see more local businesses get involved giving monthly monetary donations or services. She believes in our community and our willing-

ness to step up as needed, as it has been recently proven. "We live in a beautiful area, and we live with beautiful people who

have giving hearts. We're so thankful for that."

Harvest House primarily helps those in the Destin-Miramar Beach area. With proper identification, families can receive grocery assistance through their food pantry. In addition to this service, they have expanded to include as-

sistance to those outside their area who are affected by the government shutdown and Hurricane Michael. "That's the joy of Harvest House. We feel that every item donated to us is extremely valuable in some aspect. We work together with other nonprofits so we can get them out to where they really need to go," said Lori.

In the last few months they have seen some new faces at the food pantry and want everyone seeking assistance to know they are welcome. "When you're in a situation where you've never had to go for help, it's a very humbling process. We try to treat people with the utmost respect and keep it as confidential as possible," stated Lori. "We journey with everyone who comes through. We try to love them and help make a difference in their lives and put a

HARVEST HOUSE
continued on page 2

New Year, New Norriego Point

BY LORI LEATH SMITH

For years and years, one of Destin's most vital assets, Norriego Point, functionally and aesthetically, was losing its battle against nature. Multiple thousands of dollars have been spent trying to clear the Harbor so that recreational boats, as well as the charter fishing fleet, could get in and out of the harbor safely. Despite all efforts, sand kept filling in the channel at Norriego Point, "especially after Hurricane Opal when the Point was actually breached," said Sam SeEVERS, former Destin mayor. "Since then, the Point had never really been able to settle which made safety an issue," she said.

What Norriego Point needed was a permanent solution for stabilization. As Destin's mayor in 2013, SeEVERS received notice that full funding was being recommended by the Natural Resource Damage Assessment (NRDA) Trustees. At that point, she, along with city staff, had already been working tirelessly for years to submit applications and file for permits, competing with others to obtain some of the oil spill settlement money marked for restoration projects since the BP oil spill had shrunk a promising tourist season

NORRIEGO POINT
continued on page 2

Experience You Can Trust • The Locals' Real Estate Pro

Mary Anne Windes

CCIM, CRB, CRS, GRI, RRS, e-PRO.

REAL ESTATE PROFESSIONALS OF DESTIN, INC.



REAL ESTATE PROFESSIONALS OF NW FLA., INC.

www.Destin-Real-Estate.com | 21A Harbor Blvd. | 850.837.2211



OLD SOUTH HOMES

CBC1254912

Custom Homes & Renovations



Destin & 30A

850-376-1092

oldsouthhomes@gmail.com



Community

HARVEST HOUSE

continued from page 1

smile on their face.”

The Harvest House in Destin has expanded from its Mountain Drive location to an additional second location at 114 Palmetto Drive Suite 1. Harvest House

TOO is a 1,000 square foot space that houses “The Finer Selection” of items. “It’s all the really pretty things that come in—designer handbags, and pretty pictures that don’t need to be damaged. You walk in there and it feels totally different than a thrift store,” said Lori. You can

also find pieces of art, clothing, jewelry and unique home goods, many items brand new.

They are able to utilize some space at the new location for food storage as well. An abundance of food donations is not a bad problem to have, especially at a time when so many people are

in need. “We never know when we have extensive food drives, how successful they are, or when people are going to donate,” stated Lori. If you are interested in donating, you can look at their Facebook page for a list of items that are currently needed. Currently, those items are pinto

beans and mashed potatoes.

If you are interested in finding out more about Harvest House or Harvest House TOO, or volunteering, you can find them on Facebook for daily sales, and their Website, harvesthousedestin.org or give them a call at 850-837-2277.

NORRIEGO POINT

continued from page 1

and crippled the charter fishing fleet in 2010. Seevers even petitioned Okaloosa County to grant the city ownership of Norriego Point, which the county eventually did. After years of relentless work and from many who were instrumental in seeing the project through, BP also began to take notice. Seevers says she welcomed BP and worked WITH them to establish a strong relationship. And with a management plan already in place, the rest of the efforts built upon securing the funds to make the project a reality.

Fast forward to 2019 and many years later, and residents and visitors are finally realizing the almost completion of a \$12 million dollar funded, permanently revitalized Norriego Point. Its impact is important in

the city’s history as the Point is one of Destin’s most unique as-



Before

sets. “When entering Destin from the west, travelers can clearly see Norriego Point separating the Destin Harbor from the East Pass channel that leads out to the Gulf of Mexico,” says Lance Johnson, Destin’s city manager. “For years it has served as a gathering point for both residents and visitors arriving both by land and by boat.” Aside from being a beautiful

recreation area enjoyed by thousands annually, the Point protects



Post Hurricane Michael

the Destin Harbor, HarborWalk Village boardwalk and the city’s multi-million-dollar charter fishing and recreational boating industry, vital to our local, as well as regional economy.

The two-phase project included shoreline stabilization, beach and dune restoration, re-established recreational improvements and the addition of five

acres to the Point. Several erosion control structures were constructed to dissipate wave energy, and protect the fill placed landward of the revetment to restore and expand the land area lost over time.

Phase one is complete. Phase 2 is in process and is planned to include a recreational area with a public park, picnic pavilion, boardwalk and restroom facilities, a multiuse trail, bike racks, and vehicle parking along the access road adjacent to the park land.

At this time, the recreational components are in the design phase. “We hope to have 60% of the design plans for the recreation components available for review by the Parks and Recreation Committee by the end of February with a subsequent review of those plans by the City Council in March,” says Johnson. “If the design phase remains on track, con-

struction could begin sometime after Labor Day this year.”

Johnson says he looks forward to the final stage of the Norriego Point project being completed. “The recreation components that will be added will make this an even better experience for our residents and visitors and will make the facility much more accessible to those with special needs.” In the meantime, its new facelift and functionality can be enjoyed now while helping to guarantee better safety and quality of life at the Harbor. And both Seevers and Johnson are very proud of it. “Norriego Point is a long-standing landmark in Destin for residents and visitors alike. The recently completed armoring projects will help ensure that both Norriego Point and the Destin Harbor are around for future generations to enjoy,” says Johnson.

When it comes to your to-do list, put your future first.

To find out how to get your financial goals on track, contact your Edward Jones financial advisor today.



John L. Stevenson
Financial Advisor

www.edwardjones.com
Member SIPC

141 Mack Bayou Loop
Suite 302
Santa Rosa Beach, FL
32459-7194
850-622-1009

Edward Jones
MAKING SENSE OF INVESTING

FAP-1966D-A

From the City Manager



Serving as Destin’s City Manager is truly an honor and privilege that I do not take lightly. Over 15 years ago I began my career with the City of Destin and am proud to say I not only work in Destin, I, along with my immediate and many extended family members, live, work and play in Destin. This is my home; I am invested in and care deeply about Destin’s future. I want Destin to be a community where our children and grandchildren will want to stay when they grow up, where they establish their roots and call Destin their home.

We have a lot of things happening in our city and I feel very

confident of our team whose number one mission is to serve our community. Each city department has its own unique mission. Our Code Compliance Department is made up of a great team who addresses compliance concerns, protects the public’s well-being and ensures our city’s quality of life. Their goal is educating our community about local ordinances so we can achieve voluntary compliance. Our code officers work seven days a week to serve you, and citizens can now report concerns after hours by calling 850.279.6658. We feel this is a great way for our code officers to address health, safety, zoning and sanitation codes in a timely manner. I encourage you to take a moment to speak with them when you see them around town. They also care a great deal for Destin and its residents. They have a wealth of knowledge and can certainly guide you through many issues you might encounter. For more information please visit the Code Compliance

page: <http://www.cityofdestin.com/90/Code-Compliance>.

- Lance Johnson, City Manager

DESTIN Life

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

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

Editor & Publisher

Lori Leath Smith
publisher@mydestinlife.com

Production & Layout

Kim Harper
graphics@mydestinlife.com

Writer

Heather Bennett

To Advertise

850.660.1444

Destin Life assumes no financial liability for errors or omissions in printed advertising and reserves the right to reject/edit advertising or editorial submissions.

© Copyright 2019 Destin Life

Meet our Hometown Hero: Amy Walsh



268,600 women and 268,600 families whose lives will be changed forever. It's a story Amy Walsh knows all too well.

Walsh, the founder of Fore Her, a nonprofit dedicated to providing support to breast cancer patients along the Emerald Coast, watched both her mother and aunt struggle through their battles with the disease.

"In watching their fight, I learned that everyone needs support," said Walsh. "Whether the support is emotional or financial, the need is there, and with support, the journey is not as heavy." After their deaths, Walsh's golf-loving family wanted to join together to honor the family they

had lost, sparking the creation of the Jeanette Hansen/ Barb Schultz Golf Outing in Saginaw, Michigan. The family used their day of golfing to raise funds for breast cancer patients in Michigan.

When Walsh moved to the Emerald Coast, she wanted to continue her family's tradition. "I moved here and realized that there are no resources in the Panhandle that are specific to helping breast cancer patients financially," said Walsh. "I decided to start Fore Her to help make a difference in the lives of these patients and their



families, letting them know they are not alone in the battle against breast cancer."

What initially began as a single charity golf tournament has grown into a multi-event, quickly

growing a nonprofit organization that assists breast cancer patients in the area pay for utilities, mortgages or rent, auto repairs to get to and from appointments and more.

"My hope for the future of the organization is to become a better resource for breast cancer patients and their families," said Walsh. "Not only do we want to help these ladies financially, we want to be able to be a place they can come with questions about each step of their battle. We would like to bring survivors together with newly-diagnosed patients to help with support and guidance."

Walsh and the Fore Her board most recently started a peer support group to facilitate this, and they're currently in the process of planning their first event of 2019, Tea Fore Her, to generate the funds they intend to give to the area's breast cancer patients.

"It's about helping others," said Walsh. "It's what my family has always done since I can remember and what we will continue to do, to help make a difference in the lives of others."

For more information about Walsh, Fore Her and how you can get involved, visit www.foreher.org.

The American Cancer Society estimates that 268,600 women will be diagnosed with breast cancer in 2019. That's

Compass Rose Academy

Our day school program offers a unique and positive learning opportunity for all students. We enroll students PreK through 6th grade. Each classroom is set to serve multiple grade levels, and we always keep an 8-to-1 student/teacher ratio. At Compass Rose Academy we use a blend of hands-on curriculum and a more traditional workbook curriculum that allows for a multi-sensory approach to learning. The best way to truly see, feel, and understand how CRA works is to see it in action. We are open for classroom observations with an appointment. Call today to schedule a time!

- 8 to 1 student teacher ratio
- Prekindergarten through 6th grade
- Individualized Curriculum
- Gifted Program

- Academic Excellence
- Project Based Learning
- Leadership Development

Office Phone
850-660-1110

Ms. Christine's Cell Phone
850-855-8792

www.craforedu.com

2060 South County Highway 83, Santa Rosa Beach, FL 32459
Office Hours: Mon-Fri: 8am to 8:30am & 2:30pm to 7pm
School Hours: Mon-Fri 8:30am to 2:20pm

Vacuum Center

SALES • SERVICE
REPAIRS • SUPPLIES

Center

DESTIN

2018
FIRST PLACE

All Makes & Models

YES!

1. We service central vacuums
2. We have bags - belts - filters
3. We sell cleaning supplies
4. We carry professional grade cleaning tools & supplies
5. We have Lampe Berger & oils
6. We sharpen scissors
7. And much more!

45 Years Sewing Okaloosa,
Walton & Santa Rosa Counties

SEE COUPON PAGE FOR DISCOUNTS

36054 Emerald Coast Pkwy. • 850.269.0505
VacuumCenterDestin.com

LOOK

The new
2019 Sand
Machines
are here

Best Lightweight
Upright Ever
MADE IN THE USA

Hometown Heroes

is sponsored by locally-owned

For vacation and rental remodeling, property repairs and maintenance, kitchen, baths, decks, painting, flooring and more, call **850.865.5500** or visit BeachSideMaint.com

 Community

Trends and Treasures!

Cupid's hard at work getting ready. With gifts, hearts and romance filling the thoughts of love-struck locals, we could only be talking about Valentine's Day! If the festive occasion somehow slipped your mind, fear not! You've still got plenty of time to secure something thoughtful for your honey. It's a good thing Cupid (and that special someone) shops at City Market!

All the Feels!

Pure & Couture Salon

When you walk out of a salon, your hair says it all! Sashaying out with a blonde sparkle, brunette curls, or a gorgeous blonde



blend + extensions will give you gorgeous texture and all the Valentine's Day feels! Bask your "love" in a beautiful, colorful, trendy transformation for Valentine's Day. Pure and Couture Salon's team of stylists will suggest options that work with your skin tone, face shape, lifestyle and budget—from hand-tied hair extensions, to color, styling, makeup, a pampering facial or even a therapeutic massage or kinesiology. For February, the Brazilian Blowout split end treatment is only \$50! (normally \$65) Any retail product used to help repair your hair is also 20% off! Gift cards are available too all month long for massages, facials, blowouts and more!

You were made to do beautiful things! Feel beautiful doing them!

(850) 424-3935
pureandcouture.com

"Frill" Them!

Frill Seekers Gifts and Personalized Fabulous Finds

Let's talk parties! And what's a party with pizzazz without memorable invitations? Before your guest even has a thought about your event, the invitation sets the tone with the first glimpse into your event! And with Spring



upon us, savvy hosts will be having parties and soirees outside. Setting the tone is important and in today's face paced world, your party planning goal is to capture your guest's attention and keep it from the moment the invitation arrives until the last second of the event. And while Evites had their time, they are so 2018; their 15 minutes of fame are O-V-E-R. Experienced party planners are returning to the allure and charm of traditional, mailed, personal invitations! It's easy to see why local party planners call on Frill Seekers Gifts to help design invitations to "wow" their guests. For your special event, remember the invitation has to...shall we say, "Frill them!"

(850) 460-2700
frillseekersgifts.com

Frost Your Love! Smallcakes

Smallcakes = BIG Love with Icing on Top! An array of flavorful frostings and a variety of cupcake flavors to suit even the hard-to-buy-for love of your life! Everyone loves receiving a gift of Valentine's sweets that'll make



their heart pump harder for you! Make your celebration personal with custom edible logos and images to go on treats—gourmet cupcakes, custom cakes, cookie cakes, heart cakes, pre-packaged minis to grab and go, and cupcakes in a jar. Give a gift of a special Smallcakes Valentine's box with one dozen mini cupcakes in four flavors: Signature Red Velvet, Pink Vanilla, Strawberry and Decadent Chocolate. Preorder only \$15. Pickup Feb

13-15. And for the man in your life, a Valentine's Day "Man Box" is the sweetest gift and now available for preorder! It's \$25 and comes with some of the most popular flavors such as Brownie red velvet cake with brownie pieces, caramel filling, fudge and cream cheese frosting, with brownie pieces and caramel drizzle on top!

...Because cupcakes are love with icing on top!
(850) 460-7487
www.smallcakes.net

Red is the Color of Love! Dressing Room Boutique & Art Gallery

Love is in the air and everywhere in Dressing Room Boutique and Art Gallery! We can't



get enough of the shoes, one-of-a-kind necklaces and, yes, please...the Spanx! Need we say more? Turn heads in your new red dress, an essential for your romantic evenings out celebrating each other this month. Dressing Room owner, Abbie, delights in helping you bring out the best "you" for your honey and shows you how to take the guesswork out of that tantalizing and alluring look. Complement your red with a dazzling statement piece, artistic accessory or shoes custom designed just for you! Oh, and let your special someone in on the secret for Valentine's Day. You might just end up with the look and flair that you both can't resist! And don't forget the Spanx—even more love!

(850) 218-8776
dressing-room-boutique.shoptiques.com

A Kiss of Diamonds & Pearls!

Bijoux De Mer Fine Jewelry

Who wants a kiss for Valentine's Day? With diamonds of course from Bijoux De Mer Fine Jewelry! Or Tourmalines for Valentine's Day! Why not? But be still my beating heart! We're

in love with a gorgeous South Sea mabe pearl surrounded by round, brilliant diamonds and set in 14k yellow gold. Life is just too short for boring jewelry. Give the one who has captured your heart a luxurious, special piece she'll fall in love with! With Metallic Edison pearls, she can almost see her reflection, but she'll only be thinking of the one who



gave them to her! The natural gold, metallic color of baroque Edison pearls of beautiful quality, luster and size set in gorgeous pieces created by the talented artistic jewelry designer and owner Renee Launiere, are sure to get her beating heart pumping faster!

(850) 830-5465
www.bijouxdemer.com



Café - flatbreads, wraps or bowls. Blend together with a Bahama Mama, a combination of strawberries and white chocolate, and a healthy reason to celebrate with your Valentine! You and your Valentine will fall in love with Almond Milk Smoothies available for a limited time. Discover with your significant other how tasty real fruits, veggies and juices can be when prepared in a delicious, smooth and delectable smoothie. Stop by the cafe together and enjoy a fun, relaxing atmosphere and a Valentine's Day blended with a colorful, tropical flair! Open 7 a.m.-9 p.m. Mon.-Sat.; Sun. 9 a.m. - 9 p.m.

(850) 460-8666
TropicalSmoothieCafe.com



Delicious Decisions! Tropical Smoothie Cafe

Treat your lover with a variety of craveable, but healthy combinations from Tropical Smoothie

SMILEOLOGY™

IMPLANT, COSMETIC & FAMILY DENTISTRY
Blewater Bay | Miramar Beach | Santa Rosa Beach

- Sedation Dentistry • Emergency Dentistry • Dental Exams & Cleanings
- TMJ Treatment • Tooth Colored Fillings • Smile Makeovers
- Divinci Lumineers & Crystal Veneers • Cerec Dental Crowns
- Teeth Whitening • Invisalign • Botox, Xeomin & Dysport Injectables
- Restylane Fillers • Lip Augmentation • Dental Implants
- Specialty Partial & Full Dentures • Root Canal Therapy



Olivier Broutin DMD, MAGD Amber Wiebe DMD, MAGD

Now Accepting New Patients
Dentistry & Facial Esthetics
Emergency Appointments Available
Same Day Dental Crowns



Call 850.424.7887



Frill Seekers Gifts...personalized fabulous finds! Monogram Jewelry, invitations, fine stationery, unique gifts, coastal treasures, monogramming, engraving and much more!

(850) 460-2700
www.frillseekersgifts.com



The perfect combination of trendy and classic clothing styles, offering customers a unique, personalized shopping experience with a stylist.

(850) 218-8776
www.dressing-room-boutique.shoptiques.com



Gourmet cupcakes, custom cakes and more, as seen on the Food Network and Cupcake Wars. Baked fresh, with up to 18 flavors to choose from, daily.

(850) 460-7487
www.smallcakes.net



Bold, flavorful smoothies with a healthy appeal, all made-to-order with real fruits, veggies and juices. Toasted flatbreads, wraps, sandwiches, quesadillas and bowls, all with a bit of tropical fun!

(850) 460-8666
www.tropicalesmoothiecafe.com



Exquisite and innovative custom jewelry design, with timeless elegance and classic style. Fine jewelry and fun statement pieces by designer Renee Lauriere.

(850) 830-5465
www.bijouxdemer.com



The salon's goal is simple—give every client a luxurious experience. Offering a variety of services: hair styling, makeup, blow outs, eye brow styling, facials and massage.

(850) 424-3935
www.pureandcouture.com

CITY MARKET
 BEACHSIDE & BAYSIDE

Two locations to Shop, Dine & Enjoy!



 Community

From Sheriff Larry Ashley

What's Your Perspective On Spring Break Along the Emerald Coast?



From the law enforcement viewpoint, tolerance is permission — and looking the other way or failing to intervene is nothing more than a granting of permission to violate our laws. Our zero-tolerance approach is all about public safety and maintaining law and order in our family-friendly atmosphere.

With tens of thousands of teens and young adults flooding into the area hoping for a good time, that means implementing beefed up patrols on our beaches, in our neighborhoods and on our area roadways to target law violations. It means more off-duty officers hired at local hotels and condos, and it means ongoing educational efforts to boost awareness on our zero tolerance policy for

underage alcohol consumption.

The majority of the thousands of spring breakers who will head to our beaches the first week of March through the last week of April will enjoy our stunning coast, make fun memories, and head back to school with no big drama ruining their break from the classroom.

However each year, a percentage of high schoolers and college students will cross the line and end up with a booking photo. Last year our deputies arrested 444 Spring Breakers for various violations, the majority involving underage possession of alcohol. In 2017 the number was 508, due in part to a longer Spring Break period. The youngest arrest in 2018 was for an age 14 visitor and 15- and 16-year-olds were also found with alcoholic beverages. However, overall the “Zero Tolerance Spring Break Initiative” was a huge success due to the fact there were no major crimes or injuries reported throughout the

entire Spring Break period.

That, of course, is our primary goal. We know a lot of these students are members of the families



of our future for tourism. We want them to be aware we will not tolerate the type of behaviors other areas have had to endure during Spring Break, but we do want them to have a good time and leave with great memories. We want them to come back again in the future. The key to avoiding a bad memory is to know that if you are under 21 years of age and caught with alcohol, you will be arrested. Our booking van will be standing by for those who violate the law. The consumption of alcohol leads to impaired judgment and sometimes impulsive, danger-

ous behaviors. Cracking down on consumption correlates to fewer problems ranging from traffic crashes, DUIs, sexual assaults and balcony hopping (falls).

Each year we distribute a letter that welcomes students to the “World’s Most Beautiful Beaches.” We share with them

our zero tolerance policy for underage possession, public intoxication and other illegal behaviors. We give them a list of state statutes, county ordinances, and City of Destin ordinances outlining everything from the prohibition of glass on the beach to control of open house parties.

For our businesses, Spring Break can bring a welcome surge in economic activity. It can also lead to the development of visitor love and appreciation for the area that lasts for decades and brings families back repeatedly on vacation. Our mission is to manage

the crowds and create the safest atmosphere possible so the cycle can be repeated in positive ways that benefit our community.

Our public safety efforts are enhanced through our partnerships with the Tourist Development Council, The City of Destin, and other first responder partners including Fire, EMS, FWC and FHP.

During our Spring Break season, we encourage residents to practice patience and stay vigilant as the roadways, businesses and beaches become more crowded. We also encourage you to report any suspicious behavior, including impaired driving. Do not hesitate to call the Okaloosa County Sheriff’s Office at 850-651-7400. Our Beach and Marine Units will be on hand, as will extra deputies to handle the expected rise in calls for service and to monitor conditions and crowds to try to prevent accidents and ensure that our laws are being followed. We all play a vital role in keeping our community safe and we appreciate the support and assistance of our citizens and visitors in that endeavor.

Tips from the Trainer: Service Dog Etiquette

BY STEVE KOTOWSKA

This month we will focus on Service Dog etiquette. Spring is coming soon, according to Punsutawney Phil, and we on the coast know that means a flood of visitors will be arriving to fill our favorite haunts. There is also a greater possibility of experiencing a Service Dog and you should be prepared with the proper etiquette. Because I am a trainer, I will also address the proper behavior you should expect from the dog/handler team.

First and foremost, leave Service Dogs and their handlers alone. They don’t need your sympathy, your concern, or your comments on how beautiful their dog is. Harsh? Maybe. Your good intentions are actually counter to the proper training of a Service Dog. In fact, it can be detrimental to the health and well-being of the handler. You see, a real Service Dog is trained to assist the handler at all times with injuries or disabilities that you might or might not see. For example, a person with Diabetes would need



the dog to continually pay attention to the blood sugar levels of its handler as much as a person with a mobility impairment needs the dog to pay attention to its handler’s balance.

Now, let’s dive into dog and handler behavior. A properly trained Service Dog should behave in public and be nearly invisible. Obviously, some dogs you see are not as well trained as others. This is due to many factors including who trained the dog. Some people with little or no experience will train their own Service Dog. Some kindhearted people with time, a love for dogs, and a passion to help people will also attempt training. The problem is that many lack the

skills necessary to properly train. There are rules governing behavior in public. A Service Dog that is unruly and cannot be brought under control can be asked to leave an establishment, according to the Americans with Disabilities Act. As the Executive Director for Pawsitive Love Foundation (PLF), there is no one more critical of a fake Service Dog. PLF provides professionally trained Service Dogs for Children with Autism and Epilepsy, as well as veterans with PTSD, Traumatic Brain Injury and Military Sexual Trauma. If you encounter a suspected fake, bring it to the attention of the shop or restaurant management. They are allowed to ask two very important questions of the handler. First, they may ask if it is indeed a Service Dog. They may also ask what tasks the dog does to assist the handler. Those tasks must be supported through training. If you are a person who likes to take your dog everywhere with you, and do so under the guise of being a Service Dog, consider what that means to those with

Service Dogs that are charged with protecting the life of their handler?

Steve Kotowski is the Executive Director for Pawsitive Love Foundation, a non-profit organization that places Ser-

vice Dogs to veterans and children with a range of disabilities. For more information on Pawsitive Love Foundation, visit www.pawsitivelovefoundation.org



WHAT'S UP DOG

UNLEASH YOUR INNER DOG

THANKS FOR VOTING FOR US
2 YEARS IN A ROW
BEST PET CARE & ACCESSORIES!

850-420-2894



BESTIN DESTIN
VIP DESTIN MAGAZINE READER CHOICE AWARD • 2018



BESTIN DESTIN
VIP DESTIN MAGAZINE READER CHOICE AWARD • 2019

180 Lynn Drive
SRB, FL 32459

9970 US Highway 98 W
Miramar Beach, FL 32550

Tropical Re-Union Wedding Vow Renewal!

Looking for a romantic Valentine's Day present for your spouse? Celebrate your love and commitment by officially renewing your wedding vows at LuLu's 4th Annual Tropical Re-Union on Sun. Feb. 10. Registration begins at 11 a.m., with the complimentary wedding vow renewal ceremony performed by popular officiant, Hurricane Jane Carver, at 2 p.m. out on LuLu's sandy beach overlooking the scenic Choctawhatchee



and flowers for the "brides," as well as Certificates of Reunion for each couple. Prizes will be awarded to the couples who were married the longest, shortest, and who are dressed the most festively. LuLu's is located in Destin at the foot of the Mid Bay Bridge, next to

Bay. Couples can pre-register at the restaurant or on-line. There will be complimentary champagne toasts, a wedding cake

and flowers for the "brides," as well as Certificates of Reunion for each couple. Prizes will be awarded to the couples who were married the longest, shortest, and who are dressed the most festively. LuLu's is located in Destin at the foot of the Mid Bay Bridge, next to

Legendary Marina. For more information, visit www.lulubuffett.com/destin or call (850) 710-5858.

World's Greatest Baby Shower!

The Healthy Start Coalition of Okaloosa and Walton Counties invites all Okaloosa and Walton County pregnant women and their families as well as new parents who have had a baby within the last three months to join us for the World's Greatest Baby Shower!



28th from 5:30 till 8:PM at the Emerald Coast Convention Center, 1250 Miracle Strip Parkway, SE in Fort Walton Beach.

There will be up to 50 exhibitors with information on various topics such as parenting, prenatal health, new baby care, community resources and more! For more information, call (850) 833-9284. The event will take place on Thursday, February

For more information, please call 850-833-9284 or visit www.healthystartokawalton.org. This event is FREE to all Okaloosa and Walton County pregnant women and their families or new parents who have given birth within the last three months.

TO DO IN DESTIN! FEBRUARY 2019

..... 1

Free Beach Bonfire | 5pm | Royal Palm Grille

..... 2

Famers Market | 9am-1pm | Grand Boulevard

Yoga and Hoppiness | 10am | World of Beer

Karaoke | 7:30pm | World Of Beer Destin

..... 3

Free Music - Winter Concert Series | 2pm | Harborwalk Village

Palate & Palette Fundraiser (Shelter House) | 7pm | Legendary Marine

..... 4

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

Tap It and Run Club | 6pm | World of Beer

..... 5

Rock n Roll Bingo | 5pm | World of Beer

Trivia Night | 7pm | Village Door at Seascape

..... 6

Trivia Night | 7pm | World Of Beer Destin

..... 7

Thursday Beer Run | 6pm | 1835 Porch Bar

..... 8

Feb 8
Free Beach Bonfire | 5pm | Royal Palm Grille

La Lumiere: Feast of the Gods | 6:30pm | Hilton Sandestin

..... 9

Famers Market | 9am-1pm | Grand Boulevard

Yoga and Hoppiness | 10am | World of Beer

Karaoke | 7:30pm | World Of Beer Destin

Steven Curtis Chapman | 7:30pm | Village Baptist Church

..... 10

Market in the Park | 11am | Grayton Beer Company

Free Music - Winter Concert Series | 2pm | Harborwalk Village

..... 11

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

Tap It and Run Club | 6pm | World of Beer

..... 12

Rock n Roll Bingo | 5pm | World of Beer

Trivia Night | 7pm | Village Door at Seascape

..... 13

Trivia Night | 7pm | World Of Beer Destin

..... 14

Thursday Beer Run | 6pm | 1835 Porch Bar

..... 15

Free Beach Bonfire | 5pm | Royal Palm Grille

..... 16

Son of a Beach 5k Run/Walk | 8am | Back Porch Destin

Famers Market | 9am-1pm | Grand Boulevard

Yoga and Hoppiness | 10am | World of Beer



30th Annual Sandestin Gumbo Festival | 1pm | Village of Baytowne Wharf
Winter Concert Series | 1pm | The Market Shops Sandestin

Karaoke | 7:30pm | World Of Beer Destin

..... 17

Free Music - Winter Concert Series | 2pm | Harborwalk Village

..... 18

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

Tap It and Run Club | 6pm | World of Beer

..... 19

Rock n Roll Bingo | 5pm | World of Beer

Trivia Night | 7pm | Village Door at Seascape

..... 20

Trivia Night | 7pm | World Of Beer Destin

..... 21

My Furry Valentine | 3:30pm | Grand Boulevard

Bubbly Baytowne | 5pm | Village of Baytowne Wharf

Thursday Beer Run | 6pm | 1835 Porch Bar

..... 22

OneBlood Drive | 11am | The Market Shops Sandestin

Free Beach Bonfire | 5pm | Royal Palm Grille

..... 23

Famers Market | 9am-1pm | Grand Boulevard

Yoga and Hoppiness | 10am | World of Beer

Parrot Head Chili Cook Off | 12pm | Destin Commons

Karaoke | 7:30pm | World Of Beer Destin

..... 24

Free Music - Winter Concert Series | 2pm | Harborwalk Village

..... 25

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

Tap It and Run Club | 6pm | World of Beer

..... 26

Rock n Roll Bingo | 5pm | World of Beer

Trivia Night | 7pm | Village Door at Seascape

..... 27

Trivia Night | 7pm | World Of Beer Destin

..... 28

Thursday Beer Run | 6pm | 1835 Porch Bar



EVENTS • LIVE MUSIC • FOOD

your local guide for everything

WWW.TODOINDESTIN.COM



TO DO IN DESTIN



@TODOINDESTIN



TO DO IN DESTIN



 Community

Underinsured Don't Let It Happen to You



BY VICTORIA OSTROSKY
INSURANCE ZONE

Protecting your assets (and your bank account) from losses you wouldn't otherwise be able to financially afford is what insurance is about. Making sure you have the correct amount of coverage can be the difference between rebuilding your entire structure versus a partial rebuild.

Take Larry for instance. He's well known by all his friends and family as the guy who knows where to get the best deals. They call him 'let's deal Larry.' He researches and asks questions, compares and tests before he plunks down his money. From cars to espresso machines, Larry's your guy to give you the scoop on where to find the best deal. We all have a friend like Larry.

Over the years, Larry discovered something crucial about what constitutes the 'best deal,' and it's not always price. He found it's usually a combination of price and quality. As the saying goes, "you get what you pay for" and that can apply to your insurance as well. It's one thing to buy a cheap toy to entertain your toddler for a day, and it's another thing to purchase cheap insurance that leaves you out to dry when disaster comes knocking on your door all because you wanted to save a few dollars.

Calculating the correct rebuild can be tricky and as an agent we can assist you, but to get the most accurate number we recommend you work with your builder or hire a licensed appraiser.

From Hurricane Michael, to the recent wildfires in California, when all is said and done, some homeowners are discovering not only were their homes destroyed, but they were underinsured. In addition, inadequate insurance on your dwelling can also lower the coverages available to replace your personal property, loss of use, and more.

There are several factors that directly contribute to being underinsured. The biggest one being your initial purchase of that dream home. You searched until you found the perfect house. You bought furniture, painted walls, and hung a stunning chandelier over your brand-new dining table and chairs. And that was fine, until Hurricane Michael toppled a few trees onto your roof and the rain soaked not just your furniture, but the drywall and cabinets, and that beautiful chandelier shattered on the floor.

The adjuster came and you ended up with a check that would only rebuild two-thirds of your house. Because of the scope of the catastrophic disaster, building materials and construction labor costs rose significantly, which means the rest came out of your pocket.

The second factor that contributes to being underinsured can happen when your policy has been with the same company for a number of years. Not all policies have a built in inflation guard, so it's always best to review your dwelling and contents limits at their renewal each year.

The third factor is a sneaky one. Most homeowners periodically update their homes, like install new flooring, remodel bathrooms and kitchens, add rooms and square footage, but they don't always inform their agent so that the replacement cost can be recalculated and limits increased.

The bottom line, when it comes to insuring your home, is this: don't skip on the coverages, look carefully at your renewal policy and address any coverage deficiencies you may have, and always let your agent know about any upgrades and remodeling you've done to your home. We recommend an annual review of your property insurance program because life happens and circumstances change.

Make sure you have the cor-

rect amount of coverage to rebuild back to the beautiful dream home you had before disaster struck.

Insurance Zone, owned by Joe and Lea Capers, is a full service commer-

cial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on www.ins-zone.com and watch an informative video "Market Value vs Replacement

Cost," or call 850.424.6979. Victoria Ostrosky, author of this article is an agent/CSR with IZ.





ORTHODONTIST



ORTHODONTICS

VOTED BEST ORTHODONTIST



2 LOCATIONS TO SERVE YOU

4633 E Highway 20, Niceville, FL • 850-678-8338

11394 Highway 98 Unit B, Miramar Beach, FL • 850-678-8338

(next to the Melting pot)

STUBBSORTHO.COM



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

 Community

Meet our Local Pro Balenda Hetzel

Meet Balenda Hetzel – a Destin Life Local Pro, seasoned mortgage extraordinaire, and lifelong resident of the Florida panhandle.

As Regional Production Manager for Inlanta Mortgage, Inc. in Destin, FL, Hetzel brings over 17 years of experience in the mortgage industry and title field to those she works with and is pleased to find herself still just as passionate about her clients and her career as she was when she first entered the industry.

Hetzel assures that even after 17 years, closing day for her clients is not only a celebration for them, but for her as well as she still feels excitement every time she watches her borrowers receive the keys to their brand new home for the very first time.

While Hetzel has spent nearly two decades successfully helping many home buyers in her community navigate the ins and outs of the mortgage process, she finds that her most proud and cherished title is that of “Mom” to her amazing children.

Hetzel comes from a Military family and is an avid supporter of



our military members, their families, and all of our community heroes. She considers herself as an esteemed member of her local community and finds herself very involved, serving on a number of boards as a representative both at the local and state level.

Hetzel currently leads a group of mortgage professionals – the Emerald Coast Mortgage Team of Inlanta Mortgage – that work hard to make the mortgage process as smooth as possible for their clients. Providing their customers with high-quality service and an unforgettable mortgage experience is her team's top priority and they are fully dedicated to ensuring their clients receive the level of service they expect



and deserve, no matter their financial situation.

In fact, Hetzel and her team strive to be considered as their clients’ “lender for life” as they combine their local experience along with their mortgage expertise, to offer outstanding service and genuine customer care consistently treating their clients as family long after the loan has closed.

The Inlanta Mortgage team offers a diverse range of mortgage loan products that serves to find the right loan for you and your unique financial situation. Inlanta also offers VA and FHA loan programs, and has down payment assistance programs, all designed to help buyers afford homeownership in the Emerald Coast area. The team’s ability to understand and work with

each customer’s specific financial situation has helped them successfully serve customers in the Florida panhandle area for more than 20 years.

If you’re looking to take the leap and invest in homeownership in 2019, give Balenda a call at 850-499-4759, or email her at balendahetzel@inlanta.com.

Hurricane Damage? We're Here to Help!



With combined experience of more than 20 years serving the Florida Panhandle area, Inlanta's Emerald Coast Mortgage Team understands the destruction, frustration and financial burden hurricanes and tropical storms can cause.

The costs of hurricane damage can be devastating. That's why it's our mission to provide counsel and expertise in rebuilding your home and community when disaster strikes.



Balenda Hetzel

NMLS #430532
Regional Production Manager
225 Main Street, Ste. 14
Destin, FL 32541

Cell: 850-499-4759
balendahetzel@inlanta.com



Inlanta Mortgage, Inc.
NMLS #1016
Florida License #MLD55

Preparing for Life's Events: Widowhood



BY MAURICE STOUSE
FINANCIAL ADVISOR AND
BRANCH MANAGER

Many people will tell you that life brings on such uncertainty that even a great amount of planning won't suffice when uncertainty sets in. I would suggest that over-preparation for times or events could, for many, be a great driver of success or accomplishment in the face of adversity. Becoming a widow is seen by many to be one of the most traumatic experiences they will ever have to face in their lifetime.

Kathleen Rehl is a Ph.D. and CFP professional and writes about widowhood in her award-winning book "Moving Forward on Your Own, A Financial Guidebook for Widows." Dr. Rehl explains the challenges and planning needed when someone faces this in life. She (who had been a widow herself) spoke recently to a group of Raymond James branch managers and community bank executives in Sarasota, Fla.

She started out by informing the audience that 70% of women become widows in their lifetime. And she pointed out the immediate concerns many have are: 1) Am I okay? 2) Will I have to work? 3) Can I stay in my house? Even when these fears are not rational, they nonetheless feel that way. Throughout the years I have experienced hearing two important concerns that many women, widowed women in particular, have: 1) Will I run out of money? and 2) Will I have enough money on which to live? Many women never remarry. Dr. Rehl goes on to share that 80% of men die married (and the majority of widowers, vs. widows remarry within two years) and 80% of

women will die unmarried.

According to Dr. Rehl, for women, there are three stages that they can anticipate if and when they become widowed. First the Grief stage: Feeling vulnerable, numb and therefore they should focus on taking care of themselves. That is followed by the Growth (or Journey) stage: Thinking becomes clearer and they are ready to "take care of business." And lastly, the Grace (or transformation) stage: Life has calmed down and there is a "renewed sense of purpose." Women become and feel more independent at that point.

In the end, and most importantly, if recently widowed, Dr. Rehl suggests that women not rush in to anything, they should ask a lot of questions when meeting with a financial professional and to take care of themselves. And finally, preparing in advance, or perhaps a periodic or annual check-in on investments and financial matters is a best practice.

Maurice Stouse is a Financial Advisor and the branch manager of the First Florida Wealth Group and Raymond James and he resides in Grayton Beach. He has been in financial services for over 30 years. His main office is located at First Florida Bank, 2000 98 Palms Blvd, Destin, FL 32451. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com.

Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. First Florida Wealth Group and First Florida Bank are not registered broker/dealers and are independent of Raymond James Financial Services.

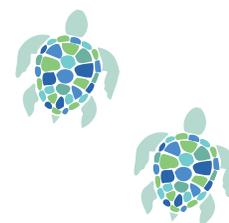
Views expressed are the current opinion of the author and are subject to change without notice. Information provided is general in nature, and is not a complete statement of all information necessary for making an investment decision, and is not a recommendation or

a solicitation to buy or sell any security. Past performance is not indicative of future results. There is no assurance these trends will continue or that forecasts will occur. Investing always involves risks and you may incur a profit or a loss. No investment strategy can guarantee success.

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.



First Florida Wealth Group
A Division of First Florida Bank

RAYMOND JAMES®



There's no need to go down with the ship

Loss aversion makes it hard to know when to let go in order to move forward

THINK BEFORE YOU ACT

To help you keep loss aversion from swaying your financial decisions:

Let's look at your holdings with fresh eyes.

If you were starting from scratch, which would you still own?

Give careful thought to what your true long-term risk tolerance is. We have the tools to help you stress test your portfolio and make adjustments.



Maurice Stouse
Financial Advisor



Amy Parrish
Financial Advisor

First Florida Wealth Group

Division of First Florida Bank

2000 Ninety Eight Palms Blvd., Destin, FL 32541

850.654.8122

Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. First Florida Wealth Group and First Florida Bank are not registered broker/dealers and are independent of Raymond James Financial Services.

 Community

Destin High School FAQ

Have questions about the potential new Destin High School? Below are many answers as part of our ongoing updates on the progress. (Please see complete stories in Dec. 2018 and Jan. 2019 Destin Life, www.MyDestinLife.com.)

Q: Where will the school be located?

A: Destin High School will be located in Destin. The exact location has not yet been selected from our top choices. However, we are in the process of having our top three potential sites evaluated by our charter school financiers with whom we have signed a Memo of Understanding.

Q: Does Okaloosa County School District have to approve the school?

A: Yes. In Florida, charter schools are public schools and are authorized/approved by the school district. Our charter application is due on Feb. 1 and the school district has 90 days to act on the application.

Q: Can a charter school become a public school after opening as a charter?

A: Yes. Charter schools are public schools and have all of the same educational requirements as a traditional public school except they are governed by an independent governing board.

Q: Is it free?

A: Yes. Charter schools are considered public schools and are free. Florida is ranked second in the country in terms of the number of charter schools (behind California). Currently, Florida has more than 750 charter schools in 62 school districts.

Q: If the charter application is not approved, do I get my donation back?

A: No, but to facilitate charter approval, the governing board hired one of the leading charter specialists in the country. Collaborative Educational Network, Inc. (CEN) is a highly regarded and recognized team who has been working in the charter school industry for 22 years. They have near perfect approval rate on the charter appli-

cations they write (more than 95% of their applications are approved, where the state average for approval rate is 23%).

Q: What is the money going to be used for?

A: The money raised will be used to pay CEN for assisting us in writing the charter school application and working with us to get the application approved, to write the federal start-up grant, to conduct an executive search for a Principal, and to assist and guide the governing board with all the activities required to open.

CEN is not a for-profit charter management company. They charge a fee for services to assist independent governing boards with getting their school open and support the school until the board no longer needs their services (typically 2-3 years). Conversely, a charter management company would charge fees per student as long as the school is open. Those fees are typically between \$350,000-850,000 per year for the life of the school. CEN's model focuses on preparing the school for success and then ensuring that the school can use their money for educational programs.

Q: Is my child guaranteed a seat if I donate?

A: No. Preference is only given to children who are members of the governing board, siblings of students who have already been accepted, and active military families.

Q: How is the enrollment lottery handled with siblings, Destin vs. outside of Destin, Okaloosa vs. Walton?

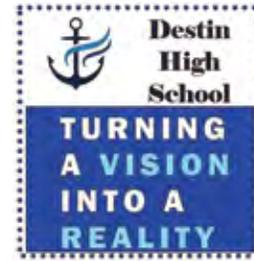
A: A lottery is conducted only if the number of applications exceeds the number of seats available. If a lottery is needed, the above-mentioned preferences would first be given, followed by students who reside within Okaloosa county as a first priority, followed by students from surrounding counties.

Q: If seats are filled in one grade but not another, can you use empty seats from another grade?

A: In year one, the school will open to 9th and 10th graders. We anticipate having more 9th graders than 10th graders in the first year. The governing board will set the capacity by grade level.

Q: Why only 9th and 10th to start?

A: Typically, it is difficult to attract 11th and 12th grade students to a new high school. Additionally, it is difficult to offer all of the courses needed for all four grade levels in the initial and second year. However, the situation could be



reevaluated based on demand and ability to meet such needs.

Q: Do you have to re-apply every year?

A: No. Once a student is accepted, he or she does not need to re-apply.

Q: Will transportation be provided?

A: Transportation will be provided for those students within a pre-determined reasonable distance – usually five miles. We will survey the students who are accepted and see if they need transportation. If so, a study will be conducted to examine students' geographic lo-

cation and potentially establish a "depot" style pick up and drop off.

Q: What sports will you have?

A: We plan on offering a full complement of sports as school enrollment grows, though we will begin with a reduced number and expand as enrollment increases. Students who attend the school (or any charter school) are also allowed to play sports at their zoned school if the school does not offer that sport.

Q: Won't you reduce the chances of the school district building a public school?

A: Destin High School is a public school. However, our research shows that Okaloosa County has not made any plans in the near future to build another high school in or near Destin, with priority being placed on repairing existing schools.



White Dog Insurance Advisors "ASK THE EXPERT"

Q. I have a prescription drug plan that has low co-pays, but I still must pay a lot of out of pocket costs for my prescriptions. Why am I being charged more than my plan says I should? - Mike

A. All Medicare prescription drug plans use a formulary. A formulary is a list of the drugs that the plan covers and how. For example, Metolazone is a generic prescription for hypertension. Depending on the prescription drug plan that you have, the typical co-pay can be anywhere from \$3 up to \$60. It is possible that some drugs will not even be covered by some plans. Also, each plan's formulary will classify drugs in to tiers, typically between 1 and 5. Each tier has a separate cost associated with it. The lower the tier, the lower the cost. Review your prescription plan with your insurance advisor each year and ensure that you have the best plan for your current prescriptions. Plans can and do change their formulary each year. This means a plan that works well one year, may not be as cost effective the next. At White Dog Insurance, we specialize in personal consultations to ensure our clients have the best plan for their situation.

HAVE QUESTIONS ABOUT MEDICARE?

Email them to info@whitedoginsurance.com or call us/text us at 850-855-4179

**WHITE DOG
INSURANCE ADVISORS**

"Simplifying Medicare since '95"

www.whitedoginsurance.com



Residential • Commercial • Duct Cleaning • Maintenance

Call Today for Service 850-678-9522

www.aireserve.com

\$49.99
System Tune Up Special
FOR FIRST TIME CUSTOMERS

Destin &
Panhandle Area, FL
Family, Locally and
Veteran Owned

LIC # CAC1819748

Full-Time REALTOR® Specializing in Vacation Rental Investments, 2nd Homes and Primary Residence



Mark McCoy
Broker Associate

RESORTQUEST
REAL ESTATE

Call/Text: 850-499-5316 | [ResortQuest Real Estate](http://ResortQuestRealEstate.com) | Mark@DestinSunset.com | www.DestinSearch.com

Listed in Emerald Lakes \$349,000



Homeowners' Frequently Asked Questions



BY CHRIS BALZER

What does R-value mean?

R-value measures insulation's resistance to heat flow. It can also be referred to as "thermal resistance." The higher the R-value, the greater the insulating power. All materials having the same R-value, regardless of type, thickness, or weight are equal in insulating power. Don't forget that R-values are determined by material type, thickness, and installed weight per square foot, not by thickness alone. Insulation helps keep your home cool during the summer months and warm during the winter months.

How much will I save by adding insulation to the walls, ceilings and floors of my home?

Insulation saves money, increases your home's comfort and

ENERGY TIPS

by Emerald Coast Energy Solutions

protects the environment by reducing energy use. According to the U.S. Department of Energy (DOE), typically 44% of a homeowner's utility bill goes for heating and cooling costs. DOE also states that homeowners might be able to reduce their energy bills from 10% to 50% by taking certain steps. One of the major steps is increasing the amount of thermal insulation in their existing homes or purchasing additional insulation when buying new homes. Unless your home was constructed with special attention to energy efficiency, adding insulation will reduce your utility bills. The amount of energy you conserve will depend on several factors: the climate; the size, shape, and construction of your house, the living habits of your family, the type and efficiency of the heating and cooling systems and the fuel you use. Energy conserved is money saved and the annual savings increase when utility rates go up, which on average is 3.9% yearly. Insulation upgrades

also instantly add to the value of your home.

How much insulation should I have?

"Insulation," says Bob Vila, host of the nationally syndicated TV program that bears his name, "is the most efficient energy-saving expenditure." Vila says homeowners should check attics to determine the amount of insulation already installed. "Most homes built before 1980 have inadequate insulation," he said, noting that if insulation between the joists of the attic floor comes only to the top of the joist, it probably makes sense to install more insulation. The U.S. Department of Energy recommends home insulation for our area to be R-30.

What words should I watch out for in contracts or job estimates?

Once you have chosen an insulation contractor, make sure the contract includes the job specification, cost and warranty information. The contract should list



the type of insulation to be used and where it will be used. Make sure that each type of insulation is listed by R-value. Beware of any contract or verbal offering that quotes the job in terms of thickness only (e.g. "14 inches of insulation"). Remember, it is the R-value, not the thickness that tells how well a material insulates. Avoid contracts with vague language such as R-values with the terms "plus or minus," "+ or -," "average," or "nominal."

Is there anything other than insulation to increase comfort and efficiency?

There are several innovated materials in the market which are not widely used by most insulation contractors. ERG film is

a tint material which can be applied to glass and is virtually clear. This film blocks 94% of radiant heat and 99.9% of UV rays protecting floors, furniture, you and pets. Some applications would be sunrooms, wheelhouses, and rooms with direct sunlight. Radiant Barrier is a reflective material installed in attics which blocks 97% of radiant heat reducing your overall attic temperature increasing comfort and saving money.

Chris Balzer is founder and president of Emerald Coast Energy Solutions and resides in the Santa Rosa Beach area with his wife and three children. For more information on how to save and become energy efficient, schedule an inspection by calling (850) 588-2870, visit www.trusteces.com or email wecare@trusteces.com and Beat the Heat.



Emerald Coast Energy Solutions

Green Solutions to High Energy Bills

Radiant Barrier - Blow In Insulation
Thermal Inspections - Max Cap Crawl
Space System - ERG Window Film

Financing Available

(850) 588-2870
www.TrustECES.com




Committed to Excellence & Integrity



Our family business serving your family & business

LOCALS SINCE 1982!



► **Personal & Business Insurance**

850-244-1574
New Office Location
4012 Commons Drive, Suite 118, Destin

LIFE • HOME • CAR • BUSINESS | **Auto-Owners** INSURANCE

www.norton-insurance.com

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

FOR ADVERTISING CALL 850.660.1444

Community

An Alarming Parenting Trend



By CHRISTINE RUSHFORD,
COASTAL COUNSELING

This past summer I took my almost middle schooler to a beach with a giant slide dropping off into the water. There was a group of rambunctious boys shoving each other as they climbed up the slide and all jockeying to go down the slide first. I paid it very little attention as I was deep into a summer read and was relieved there were other kids there to play with my son. That is until I heard a mother on the shoreline yelling her son's name repeatedly. I looked up thinking she must have lost her young child. Then the mother waded into the water, headed towards the water slide. I soon realized that her son was not lost, he was one of the boys on the water slide. I watched as she stood to the bottom right of the slide and began chastising the other boys to stop shoving her son. The boys responded with mixed confusion and "yes ma'am's" as her almost-middle school age looking son stood red-faced at the bottom of the slide. She completed the scene by pulling her embarrassed son out of the water, stating loudly for those around her to hear, "C'mon you're not going to play with those bullies!"

This case illustrates an issue I am finding common in my practice with parents. Somewhere along the way, parents have bought into the message that it is our job as parents to make our kids happy. It is our job to fix problems for our children so that they can have a happy childhood. If we have an unhappy child, we have failed at parenting. This is leading to a bigger issue than unhappiness. We are enabling a whole generation of children that cannot regulate emotions or problem solve on their own, because we have always solved the problem or been unable to watch our children struggle.

Watching our children struggle is a difficult thing to do. We are older and wiser (hopefully) and want our children to suffer less than we did in

our lives. The problem with alleviating our children's problems when they are young, is they never learn how to solve their problems when they are grown. I often remind parents; our job is to teach our children the skills to one day leave us with confidence. When we take away the struggle for our children, we rob them of gaining new, necessary life skills and the feelings of competence that come with solving a problem.

As a toddler, struggling might look like a tantrum over wanting candy before dinner. The tears and the frustration need to be worked through by the child. The parent can assist by role modeling empathy and providing the feeling words, "I know you're really disappointed about the candy. You can choose a snack after dinner." By not giving in to the tantrum, the child learns to work through the frustration and disappointment. This is a skill he will utilize the rest of his life.

When a child is disappointed and hurt, it is not the parent's job to make it go away. The parent can support and guide the child through the feelings, but should not "solve the problem" due to their own inability to watch the child struggle. I hear so many times in my office, "But I can't stand to see him upset..." and I ask why not? When he is upset, he is learning emotion regulation. It is an opportunity for your child to grow. Those opportunities start in toddlerhood and rise all the way up to adulthood. When the mother in the story above yelled at the other boys and pulled her son from the water, she robbed him of a valuable opportunity to learn important social skills. A better way to handle it would have been to keep an eye on the situation and see what her son did to advocate for himself (unless of course it became a dangerous situation, by all means intervene in that case). She might have been surprised that he was able to stop the pushing by using his own voice. If he couldn't do that and came out of the water upset on his own accord, that would be the time for mom to intervene by supplying her son with some social tools-practice saying, "stop!" ask another child to play somewhere else in the water, etc. Instead, the mother "took care of it" and the next time her child is in a social situation and mom is not there, he will be all the more ill-prepared.

We as parents need to look at our children's struggles in a differ-

ent light. Rather than focusing on the pain in the situations, we need to look at these moments as learning opportunities. These moments are "on the job training" for when these kids leave home and become independent, productive members of society. It's okay for your child to have a bad day. It's okay for

your child not to make the soccer team. It is okay if nobody comes to their birthday party. Is it difficult to watch those moments? You bet! Does it mean their childhood is an "unhappy" one? Definitely not! You can help your child by supplying tools to handle those situations, not by eliminating those situations

altogether for him. That is your job as a parent. It might be painful in the moment, but when they leave the house at age 18 with a confident smile and wave, it will be worth the short-term pain. You will also feel so much better that your child can handle life's disappointments with confidence and skill.



Serving a helping hand

Something about Somerby sparks going above and beyond.

Jim literally keeps the lights on at Somerby. As a maintenance associate, he makes sure things work. Residents call on Jim to make repairs and hook up internet and cable. But just as often, they stop him simply to chat. That's an important connection too.

Somerby is Full of Life. What will it spark in you?

Call us today to learn more or schedule a personal visit.

ASSISTED LIVING
MEMORY CARE



SOMERBYSPARK.COM • 866.619.8021





Destin Dining, Events & Entertainment

One of the advantages of living in Destin is that we locals enjoy much of what the tourists experience—but we get to enjoy it year ‘round! And one of our favorite activities for fun or relaxation is experiencing the amazing local, musical talent and live events and activities. Our small, but mighty musical arena is home to a plethora and variety of local musical talent. Afternoon or evening, it’s easy to find your favorite live music scene — rock, reggae, blues, country and practically every genre of popular music all year long. Or you can bring your entire family to enjoy some much needed and desired soul-soothing music, exciting and laid-back game-playing coupled with some breathtaking scenery overlooking the Gulf or the Bay, local coastal style.

Boathouse Oyster Bar

The Boathouse Oyster Bar is one of Destin’s best kept secrets.

Located in the heart of Destin on the Destin Harbor, the Boathouse specializes in making



Oysters a delicacy. Boathouse’s Gumbo recipe was written by Mama Gumbo herself. More local fan favorites include the Tuna Dip, Cajun Boiled Peanuts boiled to perfection, Wings of Fire served with Ranch or Blue Cheese, and Trailer Park Nachos—Yum! Other menu items include Cheeseburger in Paradise, Fish of the Day, Tuna Steak, Grilled Chicken Sandwiches, Prime Rib and American staples—Grilled Cheese and Hot Dogs. And, of course, the oysters are raw, steamed or baked just the way you like ‘em! You have to visit to see why Boathouse has become a Destin favorite and voted Best Oysters and Best Gumbo for the past 30 years.

Private Catering is Available. Pet Friendly.

850.837-3645 | 288 Harbor Blvd. | Destin | boathouseoysterbar-destin.com

Landshark’s Pizza

Brian & Sue Hassmann have created the local’s favorite pizza,



buffalo wings and sports pub in Destin. They had the vision to create something you don’t see anywhere across the country—that is, a local sports bar that serves both great pizza and awesome wings. Landshark’s Pizza will satisfy people of all ages. With plenty of seating and TVs everywhere you look, they have all you need for a great time out. The wings are a must, the pizza is outstanding, the bartenders are amazing, the atmosphere is exciting and the choice is easy

to make. Weekly specials and fun include Music Bingo on Tuesdays at 7 p.m., 69¢ Wing Wednesdays, BIG 10 and all the Sports Networks, Weekends – Golf and NASCAR and there’s a full-service bar with 95 different Bourbons and 30 Beers on Draft! Landshark’s Pizza has something for everyone including plenty of parking out back. Be sure to bring your friends and make it a great day!

850.424-6743 | 300 Harbor Blvd. Destin | landsharkspizza.com

Tailfins Alehouse and Oyster Bar

With a super-amazing view of the Harbor and live tunes, Tailfins



delivers with three levels overlooking the Destin Boardwalk and

water. It’s a casual atmosphere, bar, live music venue with scrumptious local fare and live music on the top deck with full bar. It’s a favorite venue for local favorite bands and from all-over bands that love to perform at Tailfins. Tailfins Entertainment Complex offers an incredible mix of great atmosphere, excitement, delicious food and drinks along with the stunning views, a combination that’s hard to match. During the month of February, Tailfins offers a \$9 Buffet from 4-6, p.m., Thursday and Friday as well as other very popular specials. Be sure to catch their exclusive Early Bird, Double Happy Hour Special from 4-7 p.m. and again from 10 p.m.-closing, 7 days a week, with \$3 Bud Light Pint, \$15 Domestic Bottle Bucket, \$5 Long Island Teas, House Wines and Well Drinks. So be sure to bring your appetite and enthusiasm and we promise, you’ll be glad you did.

850.650.1200 | On the Harbor in Destin | tailfinsdestin.com

Tequila’s Sports Bar & Grill

Tequila’s Sports Bar & Grill, fun and festive Sports Bar and Restaurant by day—and at night, your destination for fun and entertainment, Latino Style!



Come enjoy the festive atmosphere and drink specials such as \$5 Jumbo Margaritas, \$16 Beer Buckets or \$6 Captain Morgan. And on Saturdays, don’t forget your dancing shoes for the revved-up Latin Nights from 10 p.m.-2 a.m. Want something a little more special and unique for your special someone on Valentine’s Day? Treat them to a Latin night out! Enjoy a romantic dinner and then dance the night away to DJ Vasco. Enjoy \$5 Cap-

BOATHOUSE

OYSTER BAR

A Locals Favorite For Over 30 Years!

FEBRUARY EVENTS

Mondays: Cole Jordan @ 5pm
Roshambo @ 9pm

Tuesdays & Wednesdays: CLOSED

Thursdays: Austin Jennings @ 7pm

Fridays: Jason Findley @ 4pm
Jason Clark @ 8pm

Saturdays: Rusty Hammerstrom @ 4pm
Gunner @ 8pm

Sundays: Kelly Byrd @ 2pm
Jason Findley @ 6pm

288 Harbor Blvd, Destin
(850) 837-3645

Facebook: www.facebook.com/BoathouseOysterBar
www.boathouseoysterbardestin.com

RESTAURANTS

continued on page 4 of guide



Destin Dining

Events, Music, Activities And Specials!

Boathouse Oyster Bar

February Live Music Line-up

Feb. 7 Austin Jennings 7-11pm

Feb. 8 Chris Curles 4-8pm and Jason Clark 8pm- 12am

Feb. 9 Rusty Hammerstrom 4-8pm

Mondays: Cole Jordan @ 5pm | Roshambo @ 9pm

Tuesdays & Wednesdays: CLOSED

Thursdays: Austin Jennings @ 7pm

Fridays: Jason Findley @ 4pm | Jason Clark @ 8pm

Saturdays: Rusty Hammerstrom @ 4pm | Gunner @ 8pm

Sundays: Kelly Byrd @ 2pm | Jason Findley @ 6pm

Landshark's Pizza

Monday thru Friday Happy Hour Specials

3 to 6 PM - Perfect accompaniment to our Daily Menu Specials. Well Drinks \$5, Domestic Drafts \$2, Domestic Bottles \$2.25, Wine - Glass \$4

Monday - Premium Craft Beer & Texas Hold 'Em POKER Monday

7PM - Sample delicious varieties of local, regional and select out-of-state brewhouse offerings. All-Access Wristband, 3 Tickets for sampling the Craft Beer Monday selections of your choice, 1 Full Pint of the Craft Beer of your choice. Craft Beer Tasting \$10

Tuesday - Margarita & Corona Specials & MUSIC BINGO!

House Margarita and Corona Beer specials go ALL DAY. MUSIC BINGO starts at 7:00 PM - Free to play! Free Prizes! Corona Bottles \$2.5 House Margaritas \$4

Wednesday - Landshark's 'WINGSDAY' & Bourbon Club

AWARD-WINNING Buffalo Hot Wings just .69 Cents Each - All Flavor Sauces, and Rubs. \$2.00 OFF ALL TOP-SHELF BOURBONS. Minimum order of 10. *Ranch & Blue Cheese Dressings for Wings are .50 Cents Ea. & Delicious Carrots & Celery Accompaniment is \$1.00

Wings each \$0.69. Carrots & Celery \$1. Top-Shelf Bourbon Discount \$2

Friday - Mini-Monster Calzone w/Ricotta & Mozzarella Friday

Choice of two regular fillings AND comes with a Domestic Draft Brewskie or a Soft Drink included. Two Toppings \$9.99. Additional Toppings \$0.5. Premium Toppings \$1. Add Steak \$1.5

Landshark's 'Drink Of The Day' - All 'DRINK OF THE DAY' specials are \$1.00 OFF that day's Featured Drink from our FULL BAR Menu. \$1

Tailfins Alehouse and Oyster Bar

Live Music Schedule

Friday, Feb 8, 9 PM

Superfaced Live at Tailfins

Saturday, Feb 9, 9 PM

Tribe Zion Live

Daily Live Music starts at 4:00 PM Fridays and Saturdays

Rusty Hammerstrum Live

B. T. Turner | D.J. Baso

Early Bird specials and Double Happy Hour Specials:

4-7 PM & 10 PM - close. Monday through Friday.

Dinner—Fresh Catch \$17.95. Baja fish tacos. \$14.95. Alaskan snow crab legs \$19.95. New Orleans Cajun Shrimp. \$16.96. Kansas City Baby Back Ribs \$12.95. All 5 great specials 4-7 PM. Happy hour drinks—\$3.00 Bud lights. \$5.00

long Island iced teas * well drinks.

bottle buckets. Mix or match.

\$5.00 Award- Winning Seafood Gu

3RD PLANE BREWING

LAUNCHPAD

120 Partin Drive North, Niceville

Wed. 4-8 pm — Thurs. 4-9 pm

Fri. & Sat. 4-10 pm — Sun.-Tues. Closed

MOTHERSHIP

1400 East John Sims Parkway, Niceville

Mon. 4-8 pm — Tues. & Weds. 4-9 pm

Thurs.-Sat. Noon-10 pm — Sun. Closed

Live Music

Feb 9: 3 Bean Soup (7-10pm)

Feb 16: Dan Warden (7-10pm)

Feb 23: QWERTY (6-10pm)

March 2: QWERTY (7-10pm)

March 9: Forrest Williams Band (7-10pm)

March 16: Coconut Radio (2-4pm)

The O'mericans (5-8pm)

March 23: The Ruckus Band (7-10pm)

March 30: Scott Rockwood (7-10pm)

850.4

3rdPlanet

Follow us on Facebook for cur

Featuring

- Monday: Ping P
- Tuesday: Trivia
- Thursday: Musi
- Saturday: Live M
- Food Trucks & R
- Food Friendly -
- truck, local rest
- from your kitch
- Yoga in the brew
- Corn hole tourn
- Special events v
- birthdays, anniv
- parties and mor

For special events: 3rdplanetbrewing



Voted Best Sports Bar!

Amazing Food Fresh Seafood

FEBRUARY SPECIAL: \$9 BUFFET

4-6 pm Thursday and Friday

EARLY BIRD DINNER SPECIALS

4-7 pm

DOUBLE HAPPY HOUR

4-7 pm & 10 pm-Close 7 Days a Week

FREE SMOKED TUNA DIP with any lunch or dinner entree

Tailfins ENTERTAINMENT

Alehouse & Marina

Oyster Bar ON THE REEF

Destin, Florida

Live Music Starts at 4 pm

Rusty Hammerstrum

B. T. Turner

Live Bands

Friday & Saturday Nights

DJ Baso

TailfinsDestin.com



BEER, FOOD, FUN

FIESTA WITH US EVERY SATURDAY 10PM-2AM

LATIN SATURDAYS

TEQUILA SPORTS BAR & LOCAL

MIRAMAS

11225 US-98 W, Miramas FOLLOW US ON Facebook Instagram

Events & Entertainment

*House wines. \$15.00 Domestic

Combo during Happy Hour.



2018 FINEST
Best Craft Brewery

850.424.4257
Brewing.com
Facebook & Instagram
Current news

Long in the Greenhouse

Music
Bingo
Music
Sun Club
Buy it from the food
restaurants, or bring it
in!
Every monthly
celebrations monthly
with reservation -
anniversaries, work
events!
For more information,
please contact
events@gmail.com

Tequila's Sports Bar & Grill

Fiesta Every Saturday with Latin Saturdays

Music by DJ SENSACIO'N 10 pm - 2 am

February 14th

Latin Night - Valentine's Edition, Music by DJ Vasco 10 pm - 2 am

Saturday Feb. 23rd

DANNY D XTREME Performing Live

Latin Saturday - Bachata Edition...Fiesta starts at 10 pm

La Famiglia Restaurant

Lunch Menu starts at \$7.99

Wine Down Wednesdays

\$3 glass of House Wine all day and 20% off bottle of wine

The Melting Pot

FEBRUARY 5 NATIONAL CHOCOLATE FONDUE DAY!

Dip. Drizzle. Dunk. \$5 per person! \$5 Chocolate Martinis

FEBRUARY 14 VALENTINE'S DAY! Four-course dinner created with exclusive items available for one night only. Includes rose or chocolate covered strawberry packages waiting on the table. Be sure to book your table in advance — Valentine's reservations will go quickly! 850-269-2227

Daily Specials: 4 TO 6 PM EVERY DAY

\$3 Bottled Beers, \$4 select wines and draft beers, \$5 select cocktails, and \$6 cheese or chocolate fondues!

WEDNESDAYS - \$10 OFF WINE AND OUR CRAVE COMBO!

Three-course fondue meal \$22.95 and \$10 off any bottle of wine

LADIES NIGHT OUT THE LAST TUESDAY OF EVERY MONTH

Four-course dinner for just \$30 per lady, plus \$5 cocktail and wine specials all night long!

MONDAY NIGHTS: BARE NIGHT-BAR AND RESTAURANT

EMPLOYEE NIGHT - Bar and Restaurant Industry employees join us every Monday night for half off all food!

MILITARY APPRECIATION - 10% off all food every night.

AJ's Destin

FEB 14th Valentine's Day Celebration

2 Starters, 2 Entrees, 2 Desserts And choice of red or white wine - \$69.95 per couple.

MARCH 2nd Mardi Gras

Live Music with DIKKI DU AND THE ZYDECO KREWE

Beads, Drink Specials, Moonpies, Jambalaya and more

*The Party Starts at 1pm on the Destin Harbor

AJ's Club Bimini in Destin:

Tuesdays 4-7 pm

Banjarahama (Featuring Rusty & Jabbo) | Black Eyed Blonde

Every Friday & Saturday in February, 9:30 pm

Jones & Co. Sundays 4-8 pm



TOGETHER IS OUR SECRET INGREDIENT.
savor every moment™

Happy Hour
\$6 cheese and \$6 chocolate fondues plus drink specials every day from 4-6 at our bar.

Book your fondue experience today!

The Melting Pot
FONDUE RESTAURANT
MELTINGPOT.COM

11394 US Highway 98 W | Destin, FL | (850) 269-2227

DESTIN *Life*

LA FAMILIA

Restaurant & Pizzeria



Experience "Authentic" Italian Cuisine
from your hosts the Tozzi Family!

Featuring Veal & Chicken Parmesan, Marsala,
Homeade Pasta & Ravioli, Pizzas and more!

New Location: Island Palms Plaza

16055 Emerald Coast Parkway Suite 114, Destin (next to Walmart)

850-279-4527



LANDSHARK'S PIZZA
www.landsharkspizza.com

Award-Winning Menu, Sports, Full Bar, 3 Dining Areas, Game Room, Dog & Cigar Friendly Harborside Deck!

Pizza|Wings|Subs|Calzones|Salad|Desserts & Cocktails
AMAZING SPECIALS EVERY DAY OF THE WEEK!

MULTI-YEAR AWARD WINNER
BEST PIZZA IN DESTIN & HARBOR SIDE IN DESTIN
PLUS BEST WINGS IN DESTIN
BEST TACOS IN DESTIN
FULL BAR & GAME ROOM!
STOUT & DORSEY FRIENDLY BACK DECK!

300 HARBOR BOULEVARD IN DESTIN NCAA FOOTBALL!
NHL|NBA|MLB|NFL SPORTS ON AN **(850)424-6743**
ARMY OF BIG SCREEN TV'S!
Destin's Official Green Bay Packers HQ!



2-4-1 MARGARITAS ALL DAY EVERYDAY!

TEQUILA'S
SPORTS BAR & GRILL

DESTIN
MIRAMAR BEACH

Miramar Beach, FL 32550
@tequilasmiramarbeach

Destin Dining, Events & Entertainment

The Melting Pot: Melting Moments into Memories

BY DAVE WHITE, PUBLISHER,
SoWAL LIFE

I have driven past “The Melting Pot” on Highway 98 in Miramar Beach just about every day since moving to South Walton three years ago. I often wondered what was behind the name I had never heard of and hadn’t formed an opinion about either. I finally decided to stop in to resolve the mystery. Wow, was I pleasantly surprised! Turns out The Melting Pot is the premier “Fondue” restaurant on the Emerald Coast. If you are looking for a unique and interactive dining experience, this is the place.

Owned and operated by Lucinda Hollis and her fiancé, Auburn Bridge, this restaurant is the one place where the owners encourage their diners to “play with their food.”

The four-course evening begins with your choice of six classic cheese dishes, from Classic Cheddar, Alpine Swiss, French Onion Gruyere, Fiesta, Quattro Formaggio or loaded Baked Potato Cheddar. Your server then brings your choice to you unmelted in a hot, 6-inch melting pot, while you choose the ingredients to accompany your cheese



selection. You’re then served a mix of dipping choices from breads, apple slices, veggie mix, etc. No matter the choice, you will not be disappointed! Next is your choice of salads, ranging from the House Specialty Caesar, Caprese or California. Part of the experience is the server who works at your pace. You are never rushed. It’s a very relaxing climate.

Your main entrée comes to your table unprepared. Yes, each diner cooks their own serving. The choice of cooking accoutrements are the melting pot with canola oil, chicken or vegetable broth or the greaseless cooking grill. There are a variety of en-

trées to choose from including the all-natural Chicken Breast, Memphis style Dry Rub Pork, Honey Orange Duck Breast, Premium Filet Mignon, Teriyaki Marinated Sirloin, Sesame Crusted Ahi Tuna and many more.

Visit the website for a full list. While you’re cooking your main dish, the server will bring out a tray of warm dipping sauces to try. Teriyaki, Cream Cheese Sour, Blue cheese Port, Ginger Plum, and a spicy cocktail sauce are some of the dipping sauces you can choose from. My suggestion: try them all!

If you are at all overwhelmed, remember your server is right there to help and guide you through the process of mixing and matching the variety of flavors you’ll have to experiment with. Believe me, it’s a lot of fun and the food is out-of-this-world!

As you can imagine, the final course is dessert. Your server will

bring you a warm Fondue bowl of fresh melted chocolate with your choices ranging from “The Original” milk chocolate with peanut butter, “Flaming Turtle” which has milk chocolate, caramel, candied pecans and Flambeed, “Bananas Foster, which is a white chocolate with bananas, Dulce de Leche, cinnamon, and Flambeed and many more. It’s quite a selection. Your selection of chocolate is then accompanied with a variety of dipping choices including fruits, pound cake, pretzels, marshmallows, blondies, brownies and bananas. “It’s really a joy” says Lucinda, when describing customers experiencing The Melting Pot for the first time. “It’s a little surprising and a bit overwhelming,” she said. “But quickly they find themselves engrossed in the experience. You can’t be on your cell phone because your focus is on the pot in the middle of the table. It’s wonderful watching families spending quality time together—that’s the best part.”

Lucinda also mentioned you do not need to participate in the full experience. There are “fast Fondues” for those in a hurry or you can simply stop in after



work, sit at the bar and order just one course: Cheese, Salad, Entree or Chocolate. And so, no matter the occasion or how many courses you choose, The Melting Pot provides an unforgettable, interactive dining experience that turns moments into memories. From the time the first piece of bread is dipped to when the last nibble of dessert is savored, you’ll have the time to discover new things about people you thought you knew, and those you’re getting to know. A dining experience like no other.

The Melting Pot is located at 11394 US-Hwy. 98 n Miramar Beach. Call 850-269-2227 or visit www.meltingpot.com/destin-fl to view the complete menu or to make reservations.

RESTAURANTS

continued from page 1 of guide

tain Morgan, \$1 Jell-O shots and \$16 Beer Buckets. 2 for 1 Margaritas combined with so many mouth-watering food selections to choose from make Tequila’s an easy choice. With ongoing fun like Latin Saturdays, you can’t go wrong! Come in and see what the buzz is all about.

850.279.6402 | 11225 US 98 W | Miramar Beach | tequilasdestin.com

La Famiglia Restaurant

It didn’t take much for Pino Tozzi to decide to sell his suc-



cessful businesses in Rome, Italy, uproot his young family and emigrate to America—just a vacation

to Destin in 2005. The rest is history, as they say... No hustle and bustle here; just relaxed, the ambiance reflecting the Central Italian heritage of the owners. There is an inviting indoor atmosphere and refreshing outdoor seating. La Famiglia has earned a reputation for serving some of the finest homemade Italian dishes on the Emerald Coast, including Veal Parmesan, homemade pastas and raviolis, antipasto, all served with your choice of red or white sauces. Not to be missed, La Famiglia has always been known as a local favorite for authentic, brick oven Italian pizza, topped with a variety of traditional and specialty ingredients, including the Margherita, a classic combination of tomato sauce, mozzarella cheese, sliced tomatoes and fresh basil. A big appetite? Try the hand-stretched, 2 ft. pizza on for size! This is simply a great place to take the family out for a genuine, Italian pizza experience and memory-making. LaFamiglia is open Tuesday through Sunday from 11 a.m.-10 p.m., offering a lunch menu till 3 p.m.

850.279.4527 | 16055 Emerald Coast Pkwy Ste 114 | Destin | lafamigliadestin.com

3RD Planet Brewing

3rd Planet Brewing is a small but rapidly growing brewery owned by two military veterans with a passion for craft beer. Lo-



cated in the heart of Niceville, the 14 tap handles pour signature beers as well as brews from other local breweries. More than just a brewery, they’re proud that locals call them their hangout spot. And they’re dog-friendly, kid-friendly, and food-friendly; feel free to have food delivered, pack a picnic, or purchase food from the restaurant next door to enjoy on their patio. On a nice

day, challenge your friends to outdoor yard games like giant Jenga and corn hole. No TVs, just great conversation and camaraderie at their cozy taproom. Grab some friends and stop in at the bar to experience for yourself!

850.424.4257 | Niceville | 3rdplanetbrewing.com

AJ’s Seafood & Oyster Bar

A long-time local Destin hub, AJ’s Seafood & Oyster Bar sports a live band or DJ almost every night of the week during the



spring and summer. And there is plenty of outdoor seating right in front of the “gi-nourmous” Jumbo-Tron and stage. Club Bimini, AJ’s venue for live music and night-time drinks, rocks it later

in the evening. You can savor not only the beer and oyster specials, but also aesthetic views of the Destin Harbor. This now-famous-with-the-tourists Destin Harbor restaurant offers a waterside Tiki Village experience out back. Upstairs, Club Bimini Stage is a popular local venue for top 40 and rock bands. Oh, and bring your dancing shoes as Club Bimini becomes one of the Destin Harbor’s hottest night clubs. Popular local bands such as Black Eyed Blonde can usually be found playing at AJ’s. Come in for Prime Rib Thursdays, where AJ’s famous tender, juicy Prime Rib is served with potato and your choice of salad or french onion soup- \$16.95, 4 p.m.-close every Thursday. AJs is also the place for kids, and now where kids can eat free FIVE days a week! Monday through Friday evenings, kids 12 and under eat free from 4-6 p.m. with an adult entrée.

850.837-1913 | 116 Harbor Blvd. | Destin | ajsgdestin.com

Off the Hook

Winter Fishing in Destin

By CALI HVALAC

By this time in the season, most of us anglers have a severe case of cabin fever. Constantly checking the weather apps on our phones, seeing which days will be warm enough with low winds to try and get out on the water. Weather changes mean new fish species to target, and the excitement is almost too much to bear.

“Flounder and Sheepshead are two popular winter/spring fish that anglers will be targeting in this area,” says Captain Lionel James of Lion’s Tale Adventures Fishing Charter. “Flounder will start to school up in October as they prepare to migrate during winter with the cooler water,” he says, “typically heading out into the nearshore gulf areas.” The move allows them to settle on natural and artificial reefs to spawn at this time.

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

der maxing out around 28 inches.

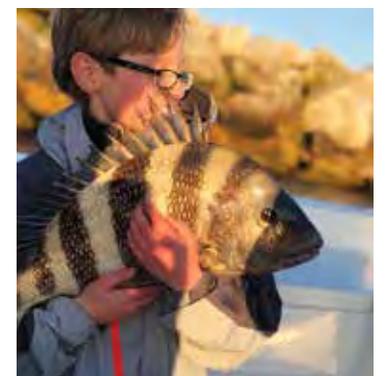
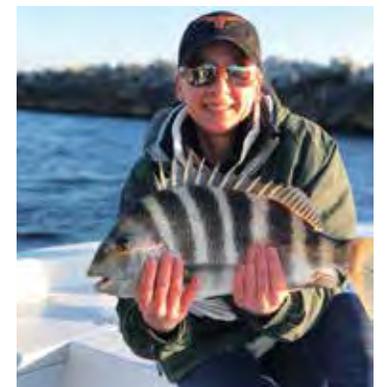
Our other winter fish, Sheepshead, become a lot more active in the winter time and the cooler water. They’re almost always found hanging around structure like jetties and bridges where oysters and barnacles grow. To try and catch one, we recommend using live shrimp or fiddler crabs as bait, as Sheepshead will rarely take artificial. “Sheepshead can be a little trickier for clients to catch”, James says. “They like to steal your bait and leave the hook exposed, so we’ve really got to feel for that subtle bite. Once you hook them though, they’re quite a fight!”

These fish are abundant, so there is no closed season for either of these species. The minimum size on the flounder needs to be 12 inches, and the bag limit is 10 per person, per day. Minimum size for Sheepshead is also 12 inches, and the bag limit is 15 per person, per day.



When we mentioned earlier they are two of the tastiest fish to catch, we weren’t kidding. Both species are considered prime seafood, with a delicious white meat that’s never oily or “fishy” in taste. Flounder have most of their meat contained to one side, making it easy to clean and keep one solid chunk of meat. Sheepshead have a few more bones to remove, and both fish are tasty when prepared grilled, broiled or fried.

Just reading this not only makes my mouth water, it has me pulling out those weather apps asking... is it nice enough to go fishing yet? If you’re a fellow angler feeling the same way, we’re in



this together. Let the countdown to spring begin!



PHARMACEUTICALS BUILT FOR YOU.

WHAT IS COMPOUNDING?

Pharmaceutical compounding allows for your medical provider to provide specialized treatment. We can formulate your prescriptions to meet your individual needs.

The need for compounding is endless. Below are a few topics that Emerald Coast Compounding Rx handles on a daily basis.

**HORMONE AND THYROID REPLACEMENT THERAPY
DERMATOLOGY | PAIN MANAGEMENT**

Because you are unique...

Regina Jaquess, Pharm D

USA Water Ski team member
and ten time World Champion
and World Records
in both slalom and overall
www.reginajaquess.com



Emerald Coast
COMPOUNDING PHARMACY



- Anti-Aging
- Bio-identical Hormones Replacement Therapy
- Dental
- Dermatology
- Gastroenterology
- Infertility
- Men’s and Women’s Health
- Pain Management
- Pediatric
- Podiatry
- Sports medicine
- Veterinary And More

www.eccpharmacy.com | info@eccpharmacy.com



Best of Emerald Coast 2016 & 2017  

850-622-5800
Fax: 850-622-5802

HOURS OF OPERATION
Mon - Fri • 9am-5pm

1719 S Co. Hwy 393,
Santa Rosa Beach, FL
Handicap Accessible

Lions Tale
ADVENTURES
DESTIN FISHING CHARTER

850.585.4747
WWW.LIONSTALEADVENTURES.COM

FAMILY FRIENDLY TRIPS AVAILABLE!



Love Your Spine:

With a Little-Known, Highly-Effective Way to Help Alleviate Back Pain



BY JANICE HARRIS

Meet ELDOA

The ELDOA

method is a French acronym, which translated in English means Longitudinal Osteo-Articular Decoaptation Stretches (or LOADS). Founder Guy VOYER, DO. famed French osteopath, medical doctor, physiotherapist and fascia researcher, developed the method as a way to create more space between the vertebrae, decompression of the disc and nerve between the vertebrae, and hydrate the inter-

vertebral disc.

I am head over heels into the benefits of ELDOA!

- Relief from neck, back pain and sciatica
- Prevention of injuries
- Global posture awareness and correction
- Increased flexibility in the whole body
- Quickly builds muscle tone and strength
- Spinal disc re-hydration
- Fortifies the nervous system, making you highly adaptable to stress

Unexpected Surprises about ELDOA

Once you learn the ELDOA

techniques and specific postures you're working on, each one can be done in just one minute. For some, one pose is enough for instant relief. For others, it might take a few. I have witnessed sciatica pain that has been around for years diminish, low back and neck pain gone and correction in spinal alignment as well as relief of headaches and PMS. Others have reported greater range of motion, reduced tension, better sleep and an overall sense of wellness and energy.

Who Should Try ELDOA?

This revolutionary strengthening and stretching system is for EVERYONE, from world-

class athletes and weekend warriors, to people who are not used to regular active movement (and everyone in between). Regardless of a person's flexibility or strength, the factors of progression and zero-impact of the exercises makes ELDOA possible for anyone and are extremely effective.

I absolutely love Guy VOYER's overriding golden rule: "You are your own best therapist." In a private session, I will help pick and choose the ELDOA that have the biggest impact for you and teach you how to incorporate them into your daily routines. For example, if a client has a problem at

the vertebral level of L5-S1, I will provide them with the precise exercise to open this specific segment, and teach the patient how to do that on their own.

Janice Harris, studied under Guy Voyer, DO with The American Institute of Applied SomaTraining ELDOA, Myofascial Stretching Certified & Soma Golf Specialist. Functional Diagnostic Nutrition - Practitioner. C.H.E.K. Holistic Lifestyle Coach Level 3, Corrective Exercise Coach, Tennis Conditioning Specialist. Balanced Body University Mat 1 & 2 Reformer 1, 2 & 3. Contact Janice at 918-693-6103 or visit Facebook: ELDOA-Fit.

Get Knowledge to Get and Stay Healthy



DR. RYAN GARCIA

With each new year, most people try to change their behavior,

such as cutting out junk food and eating vegetables, or adding workouts to their day. However, your brain will not consistently make you do something you don't believe is important. For example, if you say to yourself "I hate exercise," your will power runs out and you will stop exercise within a couple of weeks. If you're experiencing any kind of pain, it's even worse.

However, if you change how you think about exercise and focus on the benefits of it, like being able to play with your kids, your subconscious brain takes this as the path of least resistance, and it becomes easy to do (willpower is no longer needed).

Here at HealthSource Chiropractic in Destin, we treat back pain, neck pain, joint pain, arthritis, sciatica, bulging discs, headaches, and many other conditions. But we also focus on nutrition and overall wellness to help make sure that you stay strong and healthy once your pain is relieved. One way we're doing this is by offering

monthly informational sessions to help change your thinking for the positive. We're partnering with local professionals such as personal trainers, landscaping experts, golf pros, attorneys, accountants, youth sports trainers in baseball, fishing, golf and football, home contractors and investment advisors to discuss subject matter such as Keto diets, and how to avoid injuries while working in your yard and help educate the community. These sessions, held monthly at Cuvee Wine Bar and Kitchen, allow you to learn from an expert, ask questions and focus on health benefits.

We are adding services also such as "Cryoskin" and massage therapy. We invite you to join us as we help educate, offering new healing therapy and help keep you healthy, well and pain free. If you're interested in learning how HealthSource can help you, visit www.healthsourcechiro.com/destin/ and click the 'services' page to view an interactive map of the body that shares specifically how chiropractic care can relieve complaints. The clinic provides a variety of services for all ages and you receive a personalized treatment plan that meets your unique health needs. For more

information or to make an appointment, call (850) 654-6912.

Dr. Ryan J. Garcia, DC, is a Miami native. After graduating from Palmer College of Chiropractic in Port Orange, Fla., he relocated to the Destin area. He brings his enthusiasm for evidence-based chiropractic and progressive rehabilitation to patients in Destin and the surrounding areas. And while health and wellness are his name, offshore fishing, serving the community, and staying active are his game.

HealthSource of Destin | 35008 Emerald Coast Parkway | Suite 202 | Destin, FL 32541

Car Wreck? We've Got Your Back.



DID YOU KNOW: In Florida, everyone has \$10,000 in personal injury protection with car insurance at fault or non fault, and both can use up to \$10,000 for medical treatment. BUT you MUST see a doctor within 2 weeks of the accident or you get \$0 for treatment!

>>> Chiropractic care is one of the most effective ways to care for car accident injuries, because most damage in fender benders occurs in the spine.

>>> Doctors of Chiropractic specialize in caring for and realigning the nervous system through the neck, back, and spine combined.

Our team's mission is to help you get—and stay—healthier. We treat back pain, neck pain, joint pain, arthritis, sciatica, bulging discs, headaches, and many other conditions. We're your chiropractic experts, ready to help you get on the path to being pain free.

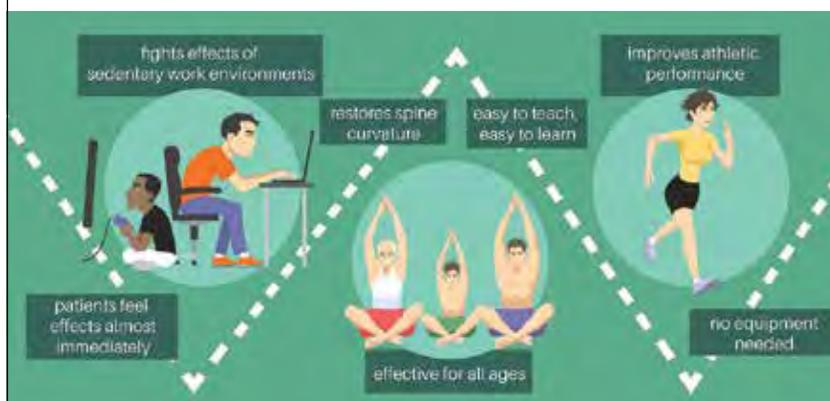
HealthSource[®]
of Destin

HealthSourceChiro.com/Destin | 850.654.6912

Posture Problems?

"Text" Neck? Degenerative Disc Disease? Chronic Low back Pain? Sciatica Pain?

Best Posture Solution: ELDOA



Address weakness and imbalances in your posterior by creating space for the disc and normalize the fascia throughout your body. These are the best exercises and stretching for postural pain, helping to prevent back injuries and delaying degeneration.

Classes: Mon. 6:30 PM | Tues. 5:30 PM | Wed. 10:00 AM & 12:30 PM | Sat. 9:00 AM & 10:00 AM
Class space is limited so sign up now. Privates available. **BRING A FRIEND! 2 FOR 1!**

Contact Janice Harris
918-693-6103
Visit Facebook page ELDOA-Fit

ELDOA is for everyone!
DestinPilates.com



Diet is a Noun



By Lisa Turpin

I encourage people to think of eating as a lifestyle such as using the word “DIET” as a noun and not a verb. What IS your diet, instead of dieting (bouncing from fad to fad). Let’s look at two health concepts that have caught my attention: “Leaky Gut Syndrome” and “The Keto Diet.”

Leaky Gut Syndrome has been brought to light by Cardiac Surgeon Dr. Steven Gundry at www.thegut rehab.com. According to Dr. Gundry, certain foods can cause tears in our gut lining.

This, in turn, allows toxins to enter our body that lead to digestive discomfort, food cravings, fatigue, weight gain, and even more health issues. Eating fibrous foods and lowering our body’s acidity through our dietary lifestyle is a huge step in the right direction. Eat less refined (man altered) foods, especially calorie dense but nutritionally poor.

The Keto Diet is a moderate protein/high fat/very low carb diet. Keto Diet formula is 70% Fat/25% Protein/5% Carb. Your macros (macronutrients=Food Groups: Fat, Protein, Carbohydrate) are the nutrients needed for energy in your body. The concept is that if you eat high fat and very low carbs your body is tricked into using fat as your main source of fuel due to increase in ketones needed for the conversion. The formula CAN, however, be skewed a little if the increase of carbs comes from fibrous protein rich leafy vegetables. Just because a food is considered a carb doesn’t mean it is ALL CARB...

it could break down having a good bit of protein. Peas, spinach, kale, broccoli, sprouts, and black beans are excellent examples of high protein veggies that also help with alkalizing your body; hence, also helping with leaky gut syndrome.

THE FACTS: Now you decide what’s healthy for you. Caloric breakdown for “macros” is Protein: 4 calories/gram, CARBS: 4 calories/gram, Fat: 9 calories/gram. The Carb problem is the way they are prepared or they are processed. Fat is very calorie dense. So, to understand the Keto Diet and how to be healthy and safe with it, you must realize that the portion size of food from fat will be a much smaller portion size than that of protein or carbs. So, raw nutrient rich vegetables and low sugar fruits can still be a substantial amount of food in your DIET, and very well should be. Only count net carbs: total carbs – fiber = Net carbs. Choose **GOOD FATS** (See previous article on Omega 3, 6 & 9 i.e.

Avocados, non-animal sources.)

In conclusion, I’m intrigued with both ideas. Try the 80/20 rule. Aim to be strict and healthy for 80% of your week and allow fun and cheating 20%. Educate yourself on how to be **HEALTHY!** Everyone is NOT created equal, nor have the same activity level. The worst thing to do is to jump on board with a fad without truly understanding the science (if any) behind it. I prefer to take health info from different nutritional concepts to design **MY DIET/LIFESTYLE**. Knowing the scientific facts will help you make the best decisions.

Super “gut healthy” salad:

High protein diets = high acidic bodies; I seek to consume more alkaline foods, so I designed this salad after learning more about acidic vs. alkaline health issues. No measuring needed, build to taste. Amounts



are small per ingredient.

- Shredded red cabbage (main ingredient)
- Broccoli Slaw (packaged or chop own)
- Spinach leaves
- Baked & shredded chicken (prob. 3-4 ounces)
- Blueberries (handful)
- Raw almonds

GRAND FINALE

DIY dressing: ¼ avocado smashed, ¼ cup Bragg’s Apple Cider Vinegar, ¼ Squeezed lime, Salt, Pepper, Garlic (fresh smashed or powder) Then add a touch of agave syrup - makes a huge difference!

The
HORMONE
Restoration Center
Look Healthy, Feel Alive

*Natural
Hormone Balance
for Men & Women*

Remember when you had more

- Strength & Energy
- Better Moods
- Easier Weight Loss
- Better Sleep
- Stronger Libido



VIP DESTIN MAGAZINE READER CHOICE AWARD • 2018

Dr. Richard Chern, MD
12889 Hwy 98W, Suite 107B
Miramar Beach, FL
850-837-1271



thehormonerestorationcenter.com

 Wellness

Sacred Heart Hospital on the Emerald Coast Receives Designation as Baby-Friendly Hospital

New mothers at Sacred Heart Hospital on the Emerald Coast have access to the highest level of breastfeeding support and education available, thanks to the hospital's efforts to become

initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. "This important Baby-Friendly designation

comes and a lowered risk for certain diseases for both moth-

Women's Services at SHHEC.

Baby-Friendly practices include "rooming in," in which the baby's crib is kept beside the mother's bed. Rooming in helps mothers learn their babies'

able throughout the hospital stay. All Staff RNs are educated in breastfeeding and able to provide assistance and support to their patients. After going home, moms can also call the hospital's lactation consultant at 850-278-3995 for questions or to schedule outpatient consultations if more help is needed.

"The Baby-Friendly designation is an important achievement for our hospital and a huge accomplishment by our associates who worked together on the long journey to earn it," said BJ Fontaine, VP of Nursing at SHHEC. "Our goal is to ensure optimal health of the babies we deliver that continues far beyond our walls." Fontaine added.

SHHEC offers monthly classes for breastfeeding and childbirth education through the Family Birth Place. For questions about classes, please call 850-278-3995 or visit www.healthcare.ascension.org/Events to sign up.

feeding cues and newborn needs. The Baby-Friendly Hospital Initiative also encourages "skin-to-skin" contact, in which newborn babies are placed bare-skinned against their mothers' chests immediately after delivery, with mothers holding them for the first hour of life. Studies have shown this skin-to-skin practice helps newborns better maintain their temperatures and normalize heart and breathing rates. Both practices encourage bonding between mothers and babies and encourage the newborn's ability to breastfeed.

Mothers who deliver at Sacred Heart Hospital in Miramar Beach are visited in their hospital room by a lactation consultant, who provides breastfeeding consultation and is avail-



ers and babies who breastfeed. Breast milk contains antibodies that help babies fight off viruses and bacteria, and breast-fed babies have lower rates of asthma, allergies, ear infections, diarrhea and respiratory illnesses. Breastfeeding helps mothers bond with their newborn babies and has been shown to decrease rates of postpartum depression.

"We will have the privilege of bringing more than 1500 babies into the world this year. By educating pregnant women and implementing the Baby-Friendly guidelines, we're striving to provide all mothers the information, confidence and skills they need to successfully initiate and continue breastfeeding their babies through the first year of life," said Christa Allen, Manager of

represents a significant investment in our community and the long-term health of babies born at Sacred Heart," said Roger Hall, President of SHHEC. "We want to ensure that all our children have the best possible chance for a healthy start in life." Hall added. Scientific research points to improved health out-



recognized as a Baby-Friendly birth facility by Baby-Friendly USA. Baby-Friendly USA, Inc is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative ("BFHI"), a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The

Love is in the Air

BY LAUREN CATANESE

Love is in the air! Can you feel it? It starts in your face with a smile, then flutters down to your heart. It opens up space for the light to come in and the joy to fill you and your world! It's magical! It puts everything at ease and warms you, even if it's cold outside. Love is grand.

Shift your vibration and shift your world, allow for the good to come in by letting go of what was. Jump into your life with arms stretched out wide and with a smile. Close your eyes and take the leap. You can always go back. But I have a feeling that once you get there, you won't want to. Every step in our life we take is a movement and action towards our dreams, our DIVINE DESTINY. We are making steps daily on our path, our journey. Someday it might feel like we are soaring other days feels like we are going backwards. But no matter the distance we travel, day-to-day the journey is one that that can be seen as a whole over a lifetime.

There is a lot out there to dis-

tract your focus and make you want to hide. There are fears and worries, but there is always light. What do you want to focus on? When you take your step do you want it to be with faith or with fear? You choose. Yes literally you choose every single vibration of each step. That's the power you have. Why not choose love? Why not choose faith?

If you are worrisome, say "Just for today I am not going to worry." Feel it leave. Then say, "I choose peace instead." I love easy mantras, they are wonderful tools to busy our mind and help us remember who has control of the thoughts in our head. Give

love a try. Say yes to your life. Hug your loved ones. Help your neighbors. Give to a stranger. And share your gifts and stories with anyone who will listen. Take a chance. You are here. Why not? In the words of Garth Brooks, "Sail your vessel until the river runs dry."

Hard to think about running out of water in our town by the sea, but that's just the point! With the abundance that is given to us, go create a life and leave your legacy.

Happy Valentines Day of love to You!



Emerald Coast Hypnosis

Hypnosis • Life Coaching & Motivation
Light Therapy • Reiki Healing

Changing your thoughts, to change your world!

Serving the Florida Panhandle

Angela M. Shaw, NGH Certified Hypnotist
Call, text or email for appointment:

850-543-7497

Worldnavigation@gmail.com

facebook.com/EmeraldCoastHypnosis

instagram.com/EmeraldCoastHypnosis

Pilates is here to stay!



Pilates has passed the test of time and is no passing fad. Joseph Pilates:

- "A man is as young as his spinal column."
- "We retire too early and we die too young."
- "Breathing is the first act of life and the last."
- "Pilates is complete coordination of body, mind and spirit."
- "Physical fitness is the first prerequisite for happiness."

"These Valentines, age 82 years young, just celebrated 61 years of marriage! They have been doing Pilates together for five years!"



FEBRUARY SPECIAL!

Purchase "10 for \$250" reformer classes and receive your private sessions for \$30. Or grab your workout buddy and receive your duet sessions for the price of private sessions.

 **destin pilates**
AND AERIAL

36150 Emerald Coast Parkway, Ste 108
Destin, FL 32541

DestinPilates.com for info

Valentine



BY SEAN DIETRICH

I've seen her climb a mountain. On her birthday. No joke. I was beside her, praying for God to kill me. When we made it back to earth, she was so overcome with emotion all she could say was, "Sumbitch." To which I agreed, "Sumbitch."

And then we cried.

I won't forget the time she landed in the emergency room, her tooth half knocked out. The doctor said, "We're going to give you a shot in the gums ma'am. And it's gonna hurt like fire."

She nearly broke my hand, and screamed, "Sumbitch!" The nurses thought she was going to pass out. But then, her husband yelled, "Sumbitch!" and fell out like a Pentecostal. And years later, I saw her collapse on the floor when a nurse broke the news that her own father had died. She cried so much, the snot and tears almost ruined her shirt. And her husband's. I saw her mind go numb on the day of his visitation. I watched her change into a full-woman when they closed the casket. It must've aged her twenty years inside.

Though you'd never know it on her face. God, she hates those fine lines around her eyes. But not me. She's earned them, dammit, and I like them. They make her look like a real human being. Someone who knows things. Genuine things. And sometimes late at night, I think about how brief all things are.

And then I feel sad to think that one day I won't be here to tease her, or scrub her back. All women need someone to tease them, and scrub their backs. It makes me sorry to imagine the morning one of us sips our coffee alone. When one of us slams our thumb in the cabinet and yells, "sumbitch," in



solitary. And no one says it back. You see, I know life's not fair; that someday, time will select one of us to fall. That one will miss the other so much they'll quit eating, sleeping, and even crying. And I can only thank the Good Lord above. That it's not today. Happy Valentine's Day, Jamie

Destin Pilates

Take Your Game To The Next Level

Buy 2 Pilates Private Lessons at \$70.00
Get The Third at Half Price

Buy 2 Duets (2 People) at \$80.00
Get The Third at Half Price

*** February Specials ***
(Offers Expires February 28, 2019)

Christine Fox - Co Owner/Certified Pilates Instructor

Being an avid golfer who understands the dynamics of golf and how it affects the whole body, especially the back. Pilates strengthens the core and stabilizes your body which is essential for improving your golf game.

DestinPilates.com

NEW SPACE, STILL LOCATED IN MIRAMAR PLAZA, SUITE 108 & 109

MENTION THIS AD AND RECEIVE 10% OFF ANY ITEM

Attic

Ava's Furniture

Consign & Design

Furniture and Clothing Consignment
Custom Painted and Custom Built Furniture
Home Renovations

CONSIGNMENT/RESALE SHOP

MIRAMAR PLAZA | DESTIN, FL | 850-424-6767 | MON-SAT, 10AM-5PM | LOCATED IN BETWEEN DESTIN & SANDESTIN | AVASATTICINDESTIN.COM

Musing

A Pastor's Ponderings

By Rev. J. Pete Hyde



another round of storms that would add another couple of inches to the rain gauge. I said a quick prayer of thanks for the break in the heavy weather for the most of Sunday to allow people to be at worship.

In the dark of the night, lightening scattered across the clouds lighting up the sky like a florescent bulb having a hard time getting started. The light arced its way across the sky followed by a constant roll of thunder sounding like concert of kettle drums playing in the distance. An occasional flash added a dramatic exclamation point to the light show that only God could have orchestrated. This was followed by a boom of thunder like a bass drum finale. There was darkness and silence for just a moment as if a deep breath was being taken by the production crew before

scene two and verse two took up where verse one left off.

Then the applause began. It was light at first – almost a hushed hand clapping as the light rain tapped against the street and the metal roof on the house next door. The rain grew heavier and in a few moments the rainy applause was almost deafening. There was even a rhythm to the rain, another orchestration to the heavenly drama God was performing in the night sky. Sheets of rain passed by the orange street light as the applause of heaven rose and fell, adding another dimension to the background of lightning and thunder

As the storm began to pass, the applause of rain slowed to a hushed silence. The light and sound show had made its way from west to east and now was sharing its performance with others. The night grew quiet

once again. Water running down the gutters of the house and dripping off the trees and roofs nearby began to subside. The swish of a car or two on the highway signaled the end of the rain – at least for a time. The wail of an ambulance siren pierced the night with a dose of reality. The television flickered back on as I went back inside. The Hollywood elite, dressed in their finest were awarding themselves little golden statues for the best in the film industry. I had witnessed the greatest show. Nothing Hollywood could produce, even with all the electronic technology that money could buy, could have put on a show like God had just produced. There wasn't even any need for editing or casting or any of the other myriad of categories that received Oscars.

God produced and directed a show that was beyond com-

parison. He did just because He could. He did it to bless those who would notice. He did it to nourish His thirsty creation. He did it to bring the springtime renewal of growth to full bloom when the light of His sun ignites spring. He didn't produce such a show for his own gratification. He did it for us and His creation. He didn't do it for applause or little gold statues. He did it to announce that He is God in hopes that we would turn our eyes up to Him and acknowledge that He is the true and almighty God - King and Creator of the universe. "Our God is an awesome God. He reigns!

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



Heavy rain in the distance blocked the satellite television signal. The house was almost refreshingly quiet. I stepped out on the front porch. The night was eerily still. The heavy rain of the past few days dampened the traffic. An orange street light cast an ominous glow over front yard. The roll and rumble of thunder signaled the coming of

VISIT MYDESTINLIFE.COM TO READ THIS ISSUE ONLINE

Enjoy The Ride!

Check Out Our Location & Award Winning Selection

Club Car • Polaris GEM • StarEV • Tomberlin • Garia • Cruiser • Moke • Street Rod

Santa Rosa Beach
850.622.2000

ElectricCartCompany.com

5426 US Hwy 98 W. Santa Rosa Beach, FL • 3 miles east of Sandestin

Panama City Beach
850.233.0020

What Brought You Here?

By RICK MOORE

My wife's favorite color is emerald green. Shortly after we were married I bought her an emerald ring to match her emerald green eyes. From the Emerald City in the Wizard of Oz to the Bible's description of the city walls in heaven, the world is filled with visions of emerald. But there is only one true Emerald Coast, and we get to live here. Recently, an acquaintance at church asked me a simple question: What brought you here? My mind went into overdrive as I stuttered, searching for an abbreviated way to explain the journey.

Moving here was the fulfillment of an unspoken desire I had for over two decades. Beginning in 1995, for three summers straight, my wife and I would leave the kids with grandma and head out for a short getaway to Seaside, Florida. This was right before the movie "The Truman Show" was filmed so it wasn't nearly as developed as it is today. We stayed at a Bed and Breakfast named Josephine's right behind Modica Market (unfortunately it's no longer a Bed and Breakfast). On one of our visits to The Emerald Coast we purchased a painting of Seaside which has hung over our bed for twenty years. It was our favorite place on earth.



In the late 90s we moved to Massachusetts and then ended up in Orlando where we lived for eleven years. From Cape Cod to South Miami Beach, every place we visited we would say, "this is nice but it's not the Emerald Coast." The few times we dared to dream of moving to South Walton, one of us would say "that would be great, but it would also be great to have a million dollars," and we would drop the conversation. Then, just a few years ago, my wife's best friend moved to Santa Rosa Beach. Shortly after that, my father who lived in Mobile, Alabama became ill. South Walton is between Mobile and Orlando

where we lived, so we finally had the chance to revisit the white sands and crystal clear water we had longed for.

A wonderful opportunity came my way when Pastor Steve Vaggalis invited me to join the staff of Destiny Worship Center as Pastor of Communications. Many who have lived in this area for some time know how Pastor Steve started the ministry in a store front and how it has grown to five campuses throughout the region. But this is really just the beginning for Destiny, and now my wife and I get to be on the ground floor of a ministry that is poised to multiply its outreach throughout the world in the com-

ing years.

I still struggle to give a brief answer to why we moved here. Was it to be closer to my dad? Was it to live near the most beautiful beaches on the planet? Was it to be on the ground floor of one of

above. I have always and will always go wherever the Lord wants me to, but I'm sure glad He brought me here. I like the way a friend of mine describes it... "The Emerald Coast may not be heaven, but it's in the same zip code."

So, what brought you here? We would like to hear from you. Visit the Destin Life Facebook page and you'll find our post pinned to the top of the page throughout the month of February. *We'd love to publish your answers in a future Destin Life. You may also email your answers to Publisher@MyDestinLife.com.*

the most exciting ministries in America? The truth is all of the



Are you looking to grow your business?
Increase your Circle of Influence? Boost your ROI?
Come see how Master Networks might be the key!



Thursdays each week at 8-9 AM
36008 Emerald Coast Pkwy, Suite 201 • Destin, FL 32541
(Keller Williams Office Training Room)
Contact: Gail Pelto at 850.374.0454 or gail.pelto@kw.com
www.MasterNetworks.com

Visit as a Guest, Leave as a Friend, Join as Family

BUSINESS EMPOWERED DESTIN!

Business Empowered Presents February Luncheon

Please join us for Business Empowered Monthly Meeting :
Fri., Feb. 15, Noon – 1:30 p.m.

The Henderson Beach Resort and Spa - 200 Henderson Resort Way in Destin.
\$20/Member —\$25/Guest

Lunch will be served beginning at noon.

Guest speaker, Marian Johnson, is Senior Vice President Political Strategy, and the Executive Director for the Florida Chamber Political Institute, Florida Chamber of Commerce. For more information on Marian, please visit: www.flchamber.com/team-members/marianjohnson/

To attend, RSVP by Wed., Feb. 13 to kristiebeflorida@gmail.com.

www.BusinessEmpowered.net

NO MORE DIRTY GROUT OR TILE - GUARANTEED!

**NW Florida's
Grout and Tile
Cleaning, Repair
& Restoration
Experts!**

**BRING BACK THE BEAUTY
EASILY AND AFFORDABLY!**

Before *After*

- Tile & Grout Cleaning
- Grout Color Restoration
- Tile & Grout Repairs
- Loose/Hollow Tile Rebonding
- Caulking & Sealing
- Shower Repairs/Regrouting
- Granite Cleaning, Repair & Sealing

THE GROUTSMITH OF NW FLORIDA **850-367-3100**
WWW.GROUTSMITHNWFL.COM

\$50 OFF
ANY SERVICE

Must present coupon at time of estimate. Not valid with any other offer. Expires in 45 Days

\$30 OFF
ANY SERVICE

Must present coupon at time of estimate. Not valid with any other offer. Expires in 45 Days

\$500 OR MORE

Must present coupon at time of estimate. Not valid with any other offer. Expires in 45 Days

\$200 OR MORE

Must present coupon at time of estimate. Not valid with any other offer. Expires in 45 Days

To
EQUIP
EMPOWER
ENCOURAGE
leaders in their
calling and in
their community

Become a
MEMBER!
Join us for
MONTHLY BE
LUNCHEONS
HEAVEN IN
BUSINESS
CONFERENCE

Mel@BEFlorida.net | beflorida.net | facebook.com/BE.EmeraldCoast | 850.865.0816

 Business

The Importance of Insurance Loss Documentation



BY MATTHEW VANDERFORD

The most common thing that makes it difficult to recover from property damage, whether it's water damage to your home from a broken pipe or smoke damage ruining your antiques to mold damage destroying everything in your business, is the fact there are so many details in accurately preparing and filing insurance loss documentation, recalling effected items (not just property), and what needs to be replaced by the insurance company. Frequently, when I've had to ask insureds about what contents were damaged, what the house contained, what types of materials were used, what backup systems their business had for record keeping, unfortunately a lot of times...the answers are the same. "I'm not sure," "I have to see," "I don't really know," or "I have to make some calls." YIKES!

When it comes to property and business damage – there is really one thing to remember—be prepared. In business, it comes a little easier to be prepared and have strategies in place in the event major wind damage allows water in the building or a fire damage ruins a portion of the property and the company needs to relocate to keep operating. But you'd be surprised how many business owners can't find one of the most important pieces of information when a loss occurs – THE INSURANCE POLICY! Homeowners and Condominium Associations have the same trouble too; when an emergency happens, everyone starts to scramble to find out the details of their insurance policy! Properly recording damages and prepping insurance loss documentation is vital to ensure

that if you have the right insurance coverage, you receive what you've paid premiums for! So, here's some helpful tips on what to do before the storms of life makes things hectic.

- Have on file a Complete Copy of your insurance policy. This can be requested from your insurance agent or insurance company directly.
- Keep a copy of the insurance policy online. Ask your insurance agent or insurance company to email it to you if possible.
- Keep all your most important papers, records and valuables in safe and secure place; a safe is a GREAT place!



- Take the time to photograph your property once a year – especially after remodeling, updating home or office furniture and electronics.
- See if you can find a copy of the blue prints or architectural drawings – you may want to pay someone

to draft a copy for general purposes.

- Write down a list of what things cost when you purchased them – in this age you can digitally keep receipts.
- New gifts for the holidays or major purchase at the end of tax season? Document it and add it to your files.

Let's be honest, most people find it difficult to do the tedious things, but one thing I've come to learn and appreciate is the value of details, and, detailing those details...and I think I just came off as Ned Ryerson (Google it)! After years of being involved in insurance claims and property damage restoration, I can say one thing for sure, there is great importance and value in being prepared and setting the stage for recovering what is owed in a legitimate insurance claim; accurate insurance loss documentation, should lead to accurate indemnification.

For a fast and easy way to keep all your important files and photos, check out Google's app called Google Drive (there's a direct link to check it out – many companies and professionals use it for its ease).

Here's an old Cub Scout motto to motivate: "Always Be Prepared!"



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

Have Questions about Property Damage or Insurance Policies?
Send your questions to: admin@insuranceclaims911.com and have it answered in one our columns.



FPRA Hosts PR and Marketing Workshop Feb. 19th

The Northwest Florida Coast Chapter of Florida Public Relations Association (FPRA) is offering a one-day intensive workshop for businesses and nonprofit organizations looking for strong guidance with their public outreach and marketing efforts. Marketing and PR can be tricky fields to navigate, even more so if your company is working on a limited budget.

This information-packed intensive conference will offer cutting-edge advice in some of your most need-to-know areas and includes the following: Breakfast and Lunch | Two keynote sessions with knowledgeable and experienced speakers | Four breakout sessions | One counseling session with a FPRA Medic | Networking with area leaders as well as Public Relations and Marketing professionals

Get excited! Not only will you learn an incredible amount and have an incredible time, but ER for PR will be held at the new Hyatt Place Sandestin/at Grand Boulevard!

**Tickets: \$50 Members
\$75 Non-Members**

Purchase tickets at nwfcostfprra.org.

This is one PR and Marketing workshop you can afford and cannot afford to miss!

**Tuesday, February 19 | 8:30 a.m. to 2:00 p.m.
Hyatt Place Sandestin at Grand Boulevard
325 Grand Boulevard, Miramar Beach 32550**

The Florida Public Relations Association (FPRA) is a statewide organization of public relations professionals dedicated to developing public relations practitioners who, through ethical and innovative practices, enhance the public relations profession in Florida. The Northwest Florida Coast Chapter of the Florida Public Relations Association (FPRA) boasts a 60+ strong membership representing nearly every industry in the area, including government, associations, nonprofit, education, healthcare, legal, corporate, retail, agencies and small business. Our chapter includes all levels of professional communicators, from students and new graduates to seasoned professionals. This strong network is committed to the betterment of our profession and ourselves, coming together for support and education through programs, professional development seminars and special events.



INNOVATIVE COWORKING SPACE

Looking for flexible affordable coworking or office space? Beachworx offers Hot Desks, Private Offices, Multimedia Conference Rooms, Digital Advertising, Networking, Program Events, and an array of Business Support Services.

(850) 974-3435

info@thebeachworx.com
www.TheBeachWorx.com
Destin Commerce Center
34990 Emerald Coast Pkwy,
Suite 300,
Destin, FL 32541

Design and Dwell Homes Collaborates with Clint Eagar Design

Your home may be beautiful. Maybe it is immaculate, stylishly appointed to suit your tastes or highly upgraded with the finest materials and features. Perhaps it is all of these things. But, unless you are one in a thousand, it is not “staged.”

Staging a home for sale is not a new concept, but it is a growing practice. And, with home prices in the Destin-30A market as they are, and sellers maintaining high expectations, more and more realtors are recommending that their clients consider hiring a home stager.

Wendy and Nathan Anguiano moved to South Walton in January 2018 and opened Design and Dwell home staging and interior design. Wendy has over 15 years experience in the fashion and Interior design industry, focusing the past five years on studying what she calls the “science of visual perception.” Wendy believes staging a home “just right” can create an emotional attachment and positive response, causing the home to sell quicker and at a higher price.

Superior staging consists of just the right mix of furniture and complementary art that together will transform the home into a place potential buyers can picture and,



as Wendy says, “feel” as their own.

That’s where collaboration between staging company and artist becomes so important. Design and Dwell has recently teamed up with award-winning Clint Eagar from the Clint Eagar Design Studio in Grayton Beach as their preferred art staging professional. “Wendy and I traveled from one side of the Emerald Coast to the other,” said Nathan. “No one compares to Clint in terms of creativity, uniqueness and diversity of work. When we first saw his resin art, it just stood out as superior and his detail work is just amazing,” he says. “So, when we bring in just the right furniture

and combine it with Clint’s art, we elevate the quality and sense of luxury in the home.”

Staging uses design and conceptualization techniques not always understood by home sellers; thus only 1 in 1,000 sellers choose to invest in a home-staging company. According to the National Association of Realtors, for every \$100 invested in staging, the potential return is \$400. A staged home will sell for 17% more on average than a non-staged home, and 95% of staged homes sell in 11 days or less. That is statistically 87% faster than non-staged homes.

If you own property in the

Destin-30A market and are considering putting your property on the market, consult a realtor. Call Design and Dwell Homes,

at 850-533-1843, or visit them on the web, www.designanddwell-homes.com.

WARREN AVERETT WELCOMES NEW GULF COAST MEMBERS

Warren Averett, one of the largest public accounting and business consulting firms in the Southeast, is pleased to announce the promotion of two Gulf Coast professionals to Members of the Firm.

Warren Averett
CPAs AND ADVISORS



JASON ALVES
CPA
Audit, Panama City



MATT WALKER
CPA, CGMA
Tax, Destin

Florida | Alabama | Georgia | warrenaverett.com/newmembers

Ashley Vannoy

PROFESSIONAL. SINCERE.
CONNECTED. INTELLIGENT.

Our resolution is to see you succeed in 2019

Let Ashley help you set a plan for the new year to get your finances on the road to success.



495 GRAND BLVD #206 SUITE 220
MIRAMAR BEACH, FL 32550
850-269-6847

WWW.FNBDC.COM | #YourKindofBank



EMERALD COAST SCAPES

- Residential and Commercial Lawn Maintenance
- Custom Patio Installation - Retaining Wall Installation
- Mulching and Pine Straw - Gutter Cleaning
- Spring and Fall Clean ups - Grading
- Tree and Hedge Trimming

WE WILL DO THE DIRTY WORK FOR YOU

Serving Destin, Miramar Beach, Santa Rosa Beach, Panama City and Surrounding Areas

(850) 783-0817
emeraldcoastscapes@gmail.com

OVER 15 YEARS EXPERIENCE
On time, not beach time



Artworx @ Beachworx

The first season of ARTWORX @ BEACHWORX has been a success with 16 featured local artists. With the fresh atmosphere of the contemporary co-work space, the walls of BEACHWORX offer a perfect palette for a display of local color. The centrally located space offers an opportunity for a wide variety of new eyes to view and potentially buy art, as Beachworx has opened its rotating door to local and visiting professionals, with memberships for desks, private offices and conference rooms, hosting networking events and creating a collaborative community work space.

Beachworx partnered with local artist and creative entrepreneur Maxine Orange to man-

age a bi-annual curation of art for the space. There's still time to view a wide variety of artists works from all over the Emerald Coast which are included in the current collection and all artwork can be purchased at Beachworx. Among the artists are Jordan Aucoin, Matthew Champion, Joyful Enriquez, Claire Gagne, Kathryn Guidry, Racheal Homack, Michael Lunsford, Melanie Moore, Libbo Morgan, Maxine Orange, Irina Roberts, Michelle Ruschman, Patti Schlotterlein, Kathleen Schumacher, Jennifer Viaene, Jamie Zimchek.

As the one responsible for bringing the artists together at Beachworx, Maxine Orange says, "I've had a variety of different kinds of experiences through-

out my multifaceted career as an artist and designer, and I always have ideas that I want to share with other creative people to help them succeed."

But don't wait too long to view these amazing and one-of-a-kind art discoveries. There will be a new, second round soon! And with the new round, in addition to the artwork on display at Beachworx, there will be new opportunities for artist growth such as goal setting, consulting, meetings and mentor partnerships. "The goal is to help artists find the right path to decide and develop their own story of creative success," she says.

Maxine says she's also working on starting the "Creative MO" podcast which will be recorded



at Beachworx. "The podcast will go hand-in-hand with Artworx, as I'll be interviewing artists and others involved in careers where they have achieved creative success."

For more information on art or artists, contact Maxine

at 714-658-9491 or maxine-orange@gmail.com. To learn more about Beachworx, contact Andy Proveda at 850-974-3904 or andy@thebeachworx.com.

Emerald Coast Theatre Company Launches New Storyteller Series

Emerald Coast Theatre Company continues its 6th season with a new offering, the StoryTeller series, featuring professional actors and authors presenting compelling stories and dramatic works. There are four StoryTeller presentations on Wednesdays in February (13, 20 and 27) at 7 p.m. staged at ECTC's performance space located at 560 Grand Boulevard (upstairs) in Grand Boulevard at Sandestin, located in Miramar Beach, Florida.

"So Others May Live: Coast Guard Rescue Swimmers Saving Lives, Defying Death" on February 13 features the telling of 14 true, amazing, and inspiring stories of some of the bravest men and women you'll ever meet. From deep ocean caves on the Oregon coast to the chaotic streets of post-Katrina New Orleans, these are the untold stories of U.S.

Coast Guard's quiet, but resolute rescue swimmers presented by Niceville's Captain Martha J. LaGuardia-Kotite, U.S. Coast Guard (retired) and author of the award-winning book.

February 20 is **"Winston Churchill: Through the Storm"** a one-man show featuring DeFuniak Springs actor, writer, editor and former public defender Bruce Collier set in July of 1945. Nazi Germany has surrendered. Adolf Hitler is dead. British Prime Minister Winston Churchill is representing the United Kingdom at a summit conference in Potsdam, Germany. He is relaxing after hosting a banquet for President Harry Truman of the United States and General Secretary Josef Stalin of the Soviet Union. In the morning, Churchill will leave the conference and return to Britain to learn the results of a general parliamentary election. The outcome

will determine whether he will remain in power as prime minister. Over brandy and a cigar, he reminisces about his life's many defeats and victories, and the challenges of accepting both.

The series concludes on February 27 with **"The Iliad,"** adapted by Lisa Peterson and Denis O'Hare and featuring actor/teacher Allen Walker of Panama City. "The Iliad" is a retelling of Homer's classic story of the Trojan war and the clashing of its two greatest warriors, Achil-

les and Hector. Come see and hear how one man relives that conflict over and over and illuminates the innate rage of mankind that drives him toward war.

"Stories are the heart and soul of theater," said ECTC co-founder and producing artistic director Nathanael Fisher. "The stories we tell bring us together, remind us of the wonderful world we live in. The StoryTeller series is about sharing some stories from local talent. A portion of proceeds from each sale ben-



efits ECTC and its education outreach and scholarship programs. Tickets are \$25 per event. Purchase tickets online at emeraldcoasttheatre.org/tickets or call (850) 684-0323.

CLINT EAGAR



57B UPTOWN GRAYTON CIRCLE | SANTA ROSA BEACH, FL 32459
224-715-2252

WWW.CLINTEAGARDESIGN.COM



**RESIDENTIAL
COMMERCIAL
AUTOMOTIVE
WINDOW TINTING**

*a premier provider of
world class window films*

**CALL CHRIS FOR A FREE ESTIMATE
850.974.2264**

Banner Artists Highlight

By RON SANDSTEAD,
FLUTTERBY ANTIQUES

Our Emerald Coast has many wonderful artists. A number of them have joined me in what we call the Destin Banner Art Project. Our objective was to beautify Destin by creating art that could be placed on banners and displayed on Main Street. This became a reality a couple of weeks ago. With this article, I will introduce two of our artists.



Allison Yii's happy painting of a grinning little boy holding up a starfish titled "Look Ma" is located in front of Ace Hardware. Allison grew up in Ft. Walton, attended Choctawhatchee High School and graduated from the University of South Florida with a Bachelor of Arts degree. She and her husband currently live in South Walton. Like so many artists, she is accomplished at a variety of things. Besides being a graphic artist for 29 years, she has worked as a sign painter, photographer and calligraphist. She loves to travel and has recently been to the Sichuan Province of China where her father's family came from. She is a self-described "tree hugger" and loves helping people. Although she never practiced, she became a Registered Nurse in the event she was needed in a natural disaster. Allison is currently the Administrative Assistant to Father Caleb Miller at Immanuel Anglican Church. Thank you, Allison, for your contribution and The Local Market for sponsoring her banner.

Andrea Chipser's painting of a jelly fish is a beautiful example of a multimedia acrylic pouring technique she has been perfecting for over a year. Her banner can be seen in the median in front of Flutterby Antiques. After graduating from Auburn, Andrea had a successful 10-year career as a graphic artist before turning

her attentions to a husband and motherhood. Now that her two children are older, she has returned full force to the art world with her creation of a number of acrylic pieces. These include a beautiful butterfly gifted to my wife and a wonderful sea horse that hangs in Andrea's home. To see more of Andrea's artwork, you can find her on the internet under her "Andrea Chipser Fine Art" website. Thank you, Andrea, for your contribution and Century 21 Blue Marlin for sponsoring her banner.

Our project is accomplishing two goals — getting art on the street and promoting our local artists. To keep it interesting, we will be displaying new artwork every four months. At the end of the year, the original art will be sold to raise funds for the continuation of our project.

Our rules are fairly simple. You must be a local artist and be willing to donate an original work of art that is twice as tall as it is wide. This year's theme is "Coastal." To participate, send a digital image of your artwork to my email address, ronsandstead@hotmail.com. I look forward to our community of artists helping make Destin the best little city in Florida!



February

Music Lineup

AJ's Club Bimini

Tuesdays 4-7 pm

Banjourama (Featuring Rusty & Jabbo)

Fridays & Saturdays 9:30 pm

Black Eyed Blonde

Sundays 4-8 pm

Jones & Co

Contact (850) 837-1913 or info@ajs-destin.com for more info.

116 HARBOR BLVD, DESTIN, FL



WWW.AJSDESTIN.COM

 Community

Around Town February 2019

Otto's Now Open in Destin!

Are you ready for a superior car wash experience? Otto's Express Car Wash is now open in Destin! Otto's offers three access lanes and 24 free-vacuum slots and a fun ride through the wash system.



The Basic Wash: \$9
The Express Wash: \$12
The Supreme Wash: \$16
The Ultimate Wash: \$20

Please stop by and introduce yourself to owner Todd Garey and his son, John; they welcome you as a new friend and customer.

34709 Emerald Coast Parkway
| Destin | (850) 974-9994 | ottoscarwash.com.

Warren Averett Announces 2019 New Members

Warren Averett is pleased to announce that two area local shave been promoted to members of the firm.

Jason Alves, CPA (Audit, Panama City) Jason leads the Panama City Audit Division and works across multiple industries, both domestically and internationally. Additionally, he is a key member in the Firm's National Transaction Advisory Practice and has extensive experience in corporate and private equity sell-side and buy-side financial diligence transactions.

Matt Walker, CPA, CGMA (Tax, Destin) Matt specializes in consulting, accounting, tax and transaction advisory services. He also has experience in outsourcing accounting, CFO/Controller solutions and the documentation and implemen-

tation of internal controls in finance department structuring.

850.837.0398 | warrenaverett.com/offices/destin/

Navarre and Mitchell Join Renasant Bank to Open New Location in Destin

Eric Navarre and Scott Mitchell have joined Renasant at its new location at 36250 Emerald Coast Pkwy. Navarre has joined as Emerald Coast Market President while Mitchell will act as Vice President and Commercial Relationship Officer. Both will be responsible for developing and expanding business and personal banking relationships in the Destin market.

Navarre and Mitchell are both highly active in the Destin community. Navarre was a former board member of the Mattie Kelly Arts Foundation, a former board member of the Walton County Chamber of Commerce, and a graduate of Destin Forward – a leadership program offered by the Destin Chamber of Commerce. Mitchell is a graduate of Leadership Walton, a leadership program offered by the Walton Area Chamber.

CRYO850 Coming Soon!

CRYO850 will soon be opening its doors and is bringing whole-body cryotherapy to City Market Bayside. Unlike traditional partial body cryosaunas, the Emerald Coast "Igloo" uses state-of-the art, refrigerated cold-air technology powered by °Cryobuilt to offer a true whole-body experience without the safety concerns of nitrogen chilling. The head-to-toe even cold exposure provides both physical and psychological benefits. In addition to nitrogen-free whole-body cryotherapy, CRYO850 will offer an array of drug-free performance and recovery services including Localized Cryotherapy, Quick Glow Cryo Facials, Red Light Therapy, Normatec® Compression, 3D Body Composition Scanner, and Vibration Plates. All services are available individually and in dis-

counted packages of three or eight with the deepest discounts reserved for CryoClub members. Charter CryoClub memberships start at \$113 for weekly visits. Though CRYO850 will officially open Sat., March 2, charter CryoClub memberships are on sale now through April 2, 2019.

www.cryo850.com;
850.279.4145; info@cryo850.com

Creative Iron Works & Metal Art Studio Now Open!

Owners Don and Doshia Smith have opened Creative Iron Works & Metal Art Studio



in South Walton. Don, an experienced blacksmith and artist for about 19 years, says he was truly born with a pencil in his hand. He is an artist, designer, metal fabricator and iron-craftsman who puts his heart into his work. For commercial or residential, Don builds and creates ornamental railings and gates, stairs including spiral staircases, fences, door with casings, chandeliers, furniture, sculptures, including the Iron Buck brand, and more. Many of his customers are looking for chandeliers, railings, balcony rails, furniture, entry gates, neighborhood entrance gate, door security guard screens, doors, mail box posts, kitchen hoods, metal rose, functional art in railings or stairs, and any other metal fabricated items. Located off Lynn Drive, prospective customers, builders, developers and architects can contact Don or Doshia to schedule an appointment and get a free estimate by calling or

texting (850) 597-0300.

Studio@CreativeIronandMetal.com | creativeironworksandmetalart-studio.com

Say Hello to the New Hyatt Place

The new Hyatt Place Sandes-



tin at Grand Boulevard recently celebrated its opening with a joint ribbon cutting through the Destin and Walton Area Chambers of Commerce. If you missed it, you can still help celebrate and experience the new hotel at the Gallery Night fundraiser benefitting the arts programs at Port St. Joe High School and Wewahitchka High School in Gulf County, Thurs., Feb. 21 from 6 p.m. to 9 p.m. For more information, call 850.650.7611.

Amber Lewis Named New RN Supervisor for Sacred Heart Hospital Family Birth Place

Sacred Heart Hospital on the Emerald Coast has named Amber Lewis as the new Nurse Supervisor of the Family Birth Place at Sacred Heart Hospital on the Emerald Coast (SHHEC). Lewis has been with Sacred Heart since 2008. Most recently, Lewis served as the nurse educator for Family Birth Place at SHHEC. She graduated from Pensacola State College with a Bachelor of Nursing degree and received her Master of Science degree in Nursing Leadership and Management from Western Governor's Uni-

versity in 2017. In addition to her time as an educator, Lewis has worked in perinatal nursing for nearly 10 years in various areas to include labor and delivery, postpartum, newborn nursery, NICU float, triage, and OB/Emergency department.

Boys & Girls Clubs of the Emerald Coast Announce Annual Dinner

The Boys and Girls Clubs of the Emerald Coast (BGCEC) will host its annual fundraising dinner on Feb. 28 from 5 to 8 p.m. at the Henderson Beach Resort & Spa. Please come celebrate with a sit-down dinner and awards program as key volunteers, community leaders, donors, staff and Club members who were and are crucial pieces to the success of the Clubs in our area are recognized. "The Annual Dinner allows the Boys & Girls Clubs of the Emerald Coast a chance to thank all those who make our impact in the community possible," said Shervin Rassa, CEO of the Boys and Girls Clubs on the Emerald Coast.

Tickets are \$50 and include dinner and a cocktail. All ticket sales and sponsorships benefit the BGCEC. "Because of events like this, we're able to build great futures through a variety of programs for the children who come to the clubs," said Rassa.

To learn more, contact info@thehivecreativeconsulting.com or visit www.emeraldcoastbgc.org.

VISIT MYDESTINLIFE.COM TO READ THIS ISSUE ONLINE

Local Coupons

TROPICAL SMOOTHIE CAFÉ

10% OFF PURCHASE
Smoothies, Wraps, Bowls, Sandwiches, Breakfasts, Quesadillas, Kids Food, Etc.

Offer expires 2/28/19
4495 Furling Ln #120, Destin
850-460-8666

LA FAMIGLIA ITALIAN RESTAURANT

10% OFF YOUR MEAL
(EXCLUDING DRINKS)

Offer expires 2/28/19
16055 Emerald Coast Parkway Suite 114, Destin
Next to Walmart | 850-279-4527

VACUUM CENTER

\$10 OFF ALL REPAIRS & SERVICE
CALL FOR MORE INFO



Offer expires 2/28/19
36054 Emerald Coast Pkwy. • 850-269-0505
vacuumcenterdestin.com

AVA'S FURNITURE & DESIGN

10% OFF ONE ITEM

Offer expires 2/28/19
Miramar Plaza
12889 Emerald Coast Pkwy, Miramar Beach, FL
850-424-6767

EMERALD COAST OLIVE OIL

10% OFF
UP TO 2 REGULAR BOTTLES OF OLIVE OIL OR BALSAMIC VINEGAR

Offer expires 2/28/19
Stores in Destin and Panama City Beach
www.EmeraldCoastOliveOil.com | Info@EmeraldCoastOliveOil.com

TAILFINS

FREE SMOKED TUNA DIP
with any lunch or dinner entree

Offer expires 2/28/19
172 Harbor Boulevard, Destin
850-650-1200

OTTO'S CAR WASH

ULTIMATE WASH CLUB MEMBERSHIP FOR \$53.99
Unlimited Washes | Member's Only Express Lane | Automatic Access to Wash Tunnel

Offer expires 2/28/19
34709 Emerald Coast Pkwy, Destin
850-974-9994

TEQUILA'S SPORTS BAR & GRILL

3 MARGARITA'S FOR \$14.99

Offer expires 2/28/19
11225 US-98 W, Miramar Beach
850-279-6402

WHAT'S UP DOG?

10% OFF ANY PET SUPPLY PRODUCT

Offer expires 2/28/19
9970 US-98, Miramar Beach
850-420-2894

THE GROUTSMITH

\$50 OFF ORDER OF \$500 OR MORE
\$30 OFF ORDER OF \$200 OR MORE
(WITH COUPON)

Offer expires 2/28/19
Serving Northwest Florida
850-367-3100

PATH OF GRACE

25% OFF ONE ITEM

Offer expires 2/28/19
10962 Emerald Coast Pkwy., Miramar Beach, FL
Phone: 850-654-8500

REACH EVERY HOME IN DESTIN
PICTURE YOUR AD HERE

CALL 850.660.1444

VISIT US TODAY TO DESIGN YOUR DREAM CART
Sales / Custom Builds / Service / Storage / Parts / Rentals

Whatever your Street Legal or Golf Cart Needs, Ecco Motors has you covered!




Ecco Motors Sales Center
Golf Carts & LSV's

Sales/ Custom Builds
36058 Emerald Coast Parkway
Destin, across from Regatta Bay
850-837-2600 EccoMotors.net

**Now carrying Bintelli Electric Bicycles

Knowledge • Experience • Trust
The Locals' Real Estate Pro

REAL ESTATE
PROFESSIONALS
• OF DESTIN, INC. •

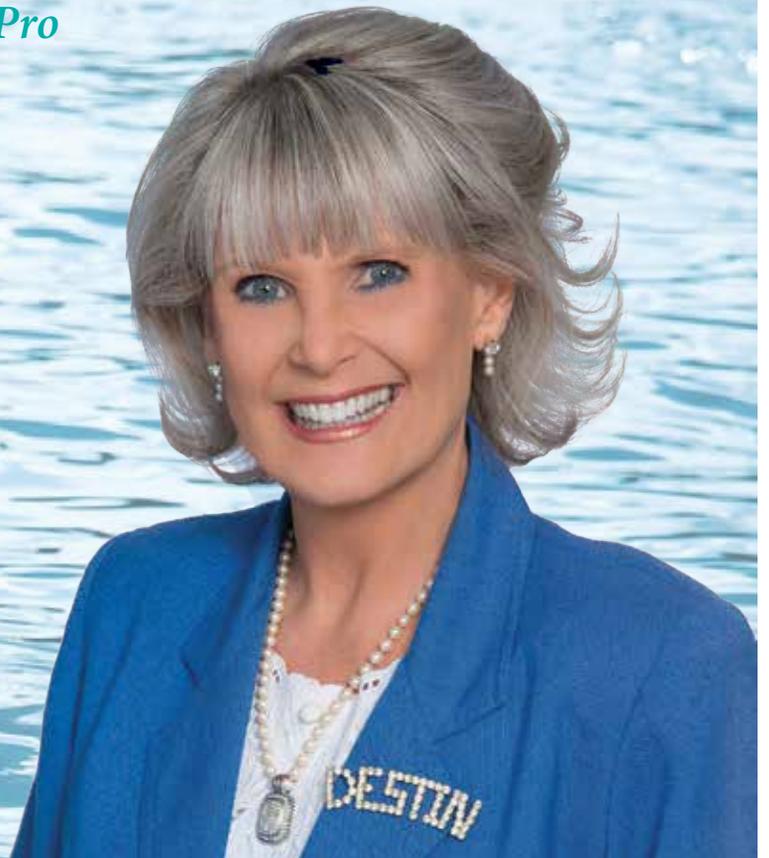


REAL ESTATE
PROFESSIONALS
• OF NW FLA, INC. •

Mary Anne Windes

CCIM, CRB, CRS, GRI, RRS, e-PRO.
Licensed Real Estate Broker/Owner

850.837.2211 • 1.800.837.2266
www.Destin-Real-Estate.com



If you're looking for the locals' choice for a fishing trip, call one of our boats. If you're looking for the locals' choice for buying or selling real estate, call Real Estate Professionals at (850) 837-2211.



Private Charters on 40 of Destin's
Finest Charter Boats



Party Boats
**DESTIN PRINCESS
& DESTINY**

Charter Boat

OUTTA LINE



DESTIN ★ FLORIDA

850.837.2320

Book on-line at
www.CharterBoatOuttaLine.com



850.837.5088

Purchase Individual or Group Tickets
Book On-line at
www.DestinPartyBoatFishing.com



850.837.1995

www.Destin-Fishing-Fleet.com