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# DESTIN Life

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## A Ray of Hope to Save a Child

BY LORI LEATH SMITH

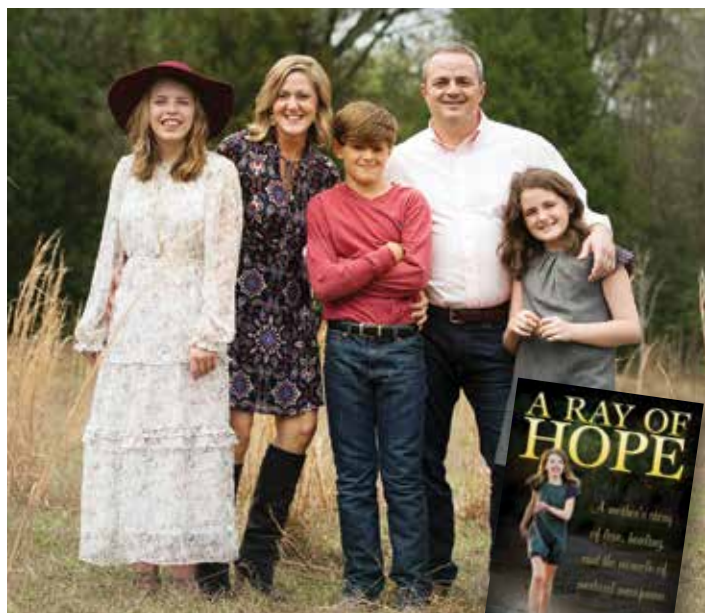
*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11*

On a typical day at her job as a nurse, Holley Moseley, an area local, met a small, captivating blue-eyed, blonde-haired toddler named RayAnn, who would change her life forever!

RayAnn had been removed from her biological parents due to neglect, had become a medical shelter patient, and was diagnosed with cerebral palsy and epilepsy. Holley fell hard for RayAnn. Capturing their hearts, Holley and her husband, Peyton, ended up adopting her.

But they soon found themselves fighting to save their daughter's life.

Though RayAnn is now age 16, from the time the Moseleys adopted her at age 2, they have been working with varied and exhausting treatments to help diminish and cure her symptoms, most to no avail. When RayAnn was age 5, it seemed as though



they spent their entire lives either in the emergency room or at the neurologist's office, and still weren't making headway. Many times RayAnn has been on so much medication that she became listless and withdrawn. Her physician, Paul R. Carney, MD, Professor of Neurology and Pediatrics Department of Neurology, University of North Carolina at Chapel Hill, says, “Not only were they no longer working, they were taking away the

very essence of RayAnn.” It seemed no matter what the Moseleys tried, they couldn't get control of the seizures. By the time RayAnn was age 10, the Moseley's felt like they had tried everything modern medicine had to offer.

Holley was desperate for answers and not giving up. And then, there was a ray of hope! Peyton happened to be watching a documentary featuring

Dr. Sanjay Gupta called *Weed*. “And for the first time in what felt like 10 lifetimes, we had a ray of hope again,” says Holley. She began researching the use of CBD-rich oil and wondered if it would be an answer, determined to find a better solution and HOPE for RayAnn. “I have found there are few forces more powerful than a mother's will to fight on behalf of her sick child,” said Dr. Carney. And together they pursued this path, becoming deeply informed on the subject.

But the “legal” road hasn't been easy. Once Holley knew regulated, medical marijuana could be a miracle for RayAnn, it was not yet legal in Florida. Holley had to make some agonizing decisions, traveling to Colorado specifically to help RayAnn. “As a Florida resident, I was told I couldn't legally help RayAnn through this method of treatment. I had a decision to make. A mom's desperation kicked in and I decided to pursue the BEST possible treatment for my daughter.”

**RAY OF HOPE**  
*continued on page 2*

## We WON! Now What?

BY LISA LEATH TURPIN

Very few people think beyond certain titles and competitions. We hear the winner's name called and see the instant excitement and then our minds move on to something else. But for Miss Okaloosa County, the work begins with the crown. She is expected to represent Okaloosa County in all sorts of events and social gatherings locally as well as surrounding states and communities. Here we shed some light on what it's like to carry certain titles that help promote and educate others about our community and beautiful area.

In April, Miss Okaloosa County 2018, Skylar Babin, passed the crown to Destin local Sydney Ilana Cope, Miss Okaloosa County 2019, at the Okaloosa County Convention Center. Since winning, Sydney is already blazing a trail, making appearances at some quite interesting events such as the ribbon cutting for the restored and relocated historical Gulfview Hotel in downtown Fort Walton Beach, the 2019 Relay for Life for the American Cancer Society, and the Lionfish Removal & Awareness Festival.

Although Sydney Ilana Cope is beautiful, the judging is based more

**WE WON**  
*continued on page 2*

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## Community

### WE WON

*continued from page 1*

on poise, area knowledge, confidence and sincere kindness. Who will fully represent our community, educate themselves on the needs of our area, and help encourage and lead younger generations? Participants are individually interviewed, then must display their poise and confidence with an onstage evening gown division, where they can show composure through an impromptu on-stage question they must spontaneously answer.

In addition to Miss Okaloosa County, there are five other age divisions, a total of six, within the Okaloosa County Pageant. The other five winners are Baby Miss Aurora Albertini, Toddler Miss Karlee Copely, Tiny Miss Emerson Fournier, Little Miss Vivian Lucy, and Teen Miss Riley Cleveland.

Sydney describes her contrasting experience, "I can go from flag football cleats or leading cheer stunts and go to six-inch-high heels in just a few minutes!" Sydney laughs, "I am one of those people who set their mind to achieving goals and go after them."

Even when one of those goals

was spur of the moment. This was on the heels of Sydney being awarded Fort Walton Beach High School Prom Queen 2019! She is also the quarterback for the Varsity FWBHS Flag Football Team where she was awarded Most Valuable Player, and a four-year Varsity Cheerleader.

I met last year's Miss Okaloosa County and she encouraged me to enter. I thought, "Wow, what a phenomenal opportunity to make a positive impact on my community and help others." So, she decided to enter the competition.

She and her mom, Sherry Jones Cope, went into action and found a stunning deep royal blue gown, a classy and professional interview dress, and submitted the application.

On pageant day, she interviewed with a panel of judges, walked with poise, style and grace in the evening gown competition and went on to answer the random on-stage question with confidence.

"When they called my name as Miss Okaloosa County 2019," Sydney remembers, "I had a million thoughts all at once – overwhelmed with excitement, thrilled with a new adventure, and eager to represent the people



of Okaloosa County at the National Peanut Festival Pageant. As they pinned on my crown, it sunk in and I thought, I truly do want to make a profound difference in my community. So, yes, I was completely overwhelmed in the best kind of way!"

The pageant is a licensed preliminary to send a Little Miss and a Miss Okaloosa County to the two-day competition at the 76th Annual Miss National Peanut Festival in Dothan, Ala. in October. The National Peanut Festival promotes the agrarian peanut crop in Georgia, Florida and Alabama. Okaloosa County is the second

largest peanut producing county in the state of Florida.

The impressive and shocking part that most people don't realize is the 14+ REQUIRED trips scheduled back and forth to Dothan from now until October in preparation of the National Peanut Festival. The surrounding area spends a full year planning. It's a huge deal to be a part of this event and awareness of all the positive impact of the peanut industry agriculturally and economically for Ga., Ala., & Fla. But in addition to the Peanut Festival, Sydney will appear at several events throughout our

community and beyond representing you, the residents of Okaloosa County!

Another representative for our area is Miss Destin 2019 Brooke O'Keefe! "Rather than a typical beauty pageant, I used this event as an opportunity to display my characteristics and accomplishments that qualify me to be Miss Destin. My goal going into this experience was to be an ambassador for my city and a representative at the Destin Fishing Rodeo, an important tradition linked to Destin's heritage. There are many other opportunities that it affords me in the community. In just one month of being Miss Destin, I have been able to attend a graduation and speak to upcoming 5th graders. I am continuing to enjoy the doors this title opens and I am excited for the year ahead."

These competitions take a lot of time, money and energy. It's not just a simple, single-day competition—it's a full year's worth of devotion, love and awareness for our beautiful Destin community and vast Okaloosa County!

### RAY OF HOPE

*continued from page 1*

Holley, her physician and others have fought hard to legalize this "ray of hope" in Florida, advocating tirelessly and winning remarkable victories. Most notable was in 2014 when the Compassionate Medical Cannabis Act of 2014 was passed in the state. Though it would be two years before Florida patients would have legal access to the treatment, Gov. Rick Scott signed the bill which made the high CBD, low-THC cannabis oil treatment legal. "It seemed as though at every turn, God was providing the guidance and support we needed to make this happen," says Holley.

Today, RayAnn is seizure-free and no longer suffers from the debilitating side effects of high-powered medications she once depended on. She is an active teenager, full of life and personality. Last month, she participated in the Special Olympics state tennis tournament in Orlando and placed second in her division. In July, she will attend the Florida Youth Leadership Forum in Tallahassee. And Holley? She has become a resource and support for others, directing folks on the best products to use and helping them feel at peace about pursuing this unorthodox and highly controversial path. Holley and her physician are somewhat pioneers, helping to lead the way for others—child-

dren and adults—who are suffering. Not only has RayAnn changed the Moseley family's lives, but she has been the catalyst for imparting hope in others' lives.

Holley's story, told through her newly published book, *A Ray of Hope*, chronicles in detail the events that have unfolded the past few years. Not only does it convey the emotional and physical journey of their family's quest, but contains valuable information for parents and patients that will help them to navigate their own journeys. In Dr. Carney's eyes, Holley is a hero. "Her diligence and refusal to give up led to a solution for RayAnn and paved the way for countless other families to have

the same. She has inspired me, and I hope she inspires you, too," he says.

"It's often the times your life goes the furthest off script that the best moments happen: the surprises, the unexpected, the miracles," says Holley. "And one day, when you look back on the story that's been written in the days and weeks that follow, you see how it all fell into place despite the things you thought you were planning for at the time."

Holley thanks God "for having a plan grander than I could have ever imagined," she says. "I am so grateful that I followed." Visit [www.arayofhopebook.com](http://www.arayofhopebook.com).

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## From Sheriff Larry Ashley



struck by a car and killed while crossing Highway 98 near Stahlman Ave. A month later, another individual suffered the same fate as he tried to cross from one side of the highway to the other. In August, a man died after stepping out in front of a car. In all three cases, the fatalities happened at night, and were not at any of the city's designated crosswalks.

Summertime in Destin is all about beautiful beach days, fishing voyages, great seafood, boating, and entertainment. But summer in a busy tourist town does not come without its risks.

One area of concern for the Okaloosa County Sheriff's Office, the City of Destin, and the Florida Department of Transportation is pedestrian safety along Highway 98.

The issue is real. In February 2018, a Pensacola man was

at all traffic stops, and be sure to remain alert and scan for approaching cars as you cross.

It's just as important that



drivers along Highway 98 stay vigilant. When that signal turns yellow, prepare to stop. When it turns red, you should stop behind the stop bar and stay there until the signal turns green and any pedestrians have moved out of the crosswalk.

Keep in mind, the term "pedestrian" includes persons in a

wheelchair, on skates, or on a skateboard. And don't forget to keep an eye out for bicyclists as well.

Following these simple rules can save lives. It's easy to get distracted by all the activity along Highway 98, but both distracted

walkers and distracted drivers are a dangerous combination.

By paying attention and following a few simple rules, we can prevent tragedies and focus on enjoying one of the country's top communities and most popular destinations!

## From the City of Destin



velop your hurricane plan. Hold a family meeting and make a checklist for your emergency preparedness kit to include food and water, medications, a flashlight, batteries, cash, and first aid supplies. Ensure your assets are protected and check your home or business for any vulner-

abilities. In the event you must evacuate, determine how you will address your family pet's needs. A good source of information on how to be prepared is online at <https://www.ready.gov/hurricanes>. Stay safe!

Lance Johnson  
Destin City Manager

Hurricane season is upon us and the City of Destin takes an active approach in preparing the community for emergency situations like hurricanes and flooding on an annual basis through many communication channels. City staff has updated THE employee emergency recall roster and we are preparing in the event we are in the path of a hurricane. A great way to find out what is happening is to visit the city's website, [www.citydestin.com](http://www.citydestin.com), or our Facebook page - City of Destin Government. Residents, businesses and visitors can stay up to date on general city information as well as emergency information. Please keep a lookout for our hurricane guide which is updated annually and provides detailed information for the public regarding what to do before, during and after a storm. I encourage all of you to prepare now and de-

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 Community

## Trends and Treasures!

Summertime is here and many people want to reflect it—in their wardrobe, their health, their surroundings, and the fun summertime treats! So, go on a treasure hunt where City Market merchants, beachside and bayside, offer trendy and treasured ways to keep up with the season!

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 Community

# Destin's American Flag Mural Honors Our Hometown Heroes

BY LISA TURPIN

Our hometown American flag mural painted on the roof of Legendary Marine has been confirmed by Guinness World Records to be the largest flag mural in the world and honors our hometown heroes—our military men and women, veterans, police officers, sheriffs, firefighters, coast guard, EMTs and all of our first responders.

"I got the idea really to do the flag," said world-renowned artist Robert Wyland, or to most just 'Wyland,' because an officer here, Bill Myers, was murdered serving a warrant and the officer was retired, just trying to earn a little bit of money to take his grandchildren to Disney World and it broke my heart. So, I said I want to honor this officer and all the officers across America,"

he says on WorldRecordAcademy.com.

Along with our first responders, police officers, EMTs, firefighters and others, the Emerald Coast is home to several military bases from Panama City to Pensacola—seven large bases! Eglin Airforce Base in Fort Walton/Valparaiso, 463,128 acres, is right around the corner and considered one of the largest air force installations in the world. These heroes are the inspiration that moved Wyland to paint the largest American Flag mural. "We have 300 million people in the U.S. One hundred percent of them should support our military, our vets, our police, our firemen, our coast guards, all our first responders," said Artist, Wyland. "One hundred percent. Are you guys with me?"

The most recent mural, which measures 554 feet by 299 feet – an impressive 3.8 acres in size, was dedicated as a "THANK YOU" to the United States Military and first responders in April of 2016. The strong military presence in this area creates pride in the community for our country and appreciation for the ones who serve and dedicate their lives to protect and defend us every day."

Artist Wyland is best known for his life-sized and life-like marine murals, part of a 25-year 100 "Whaling Wall" project, where he has painted phenomenal eye-catching renderings of whales, dolphins and other ocean scenery on the sides of buildings and places all over the world. As one of the largest marinas around, Legendary Marine was the perfect canvas for one of his most spectacular whaling walls, #88 finished in 2001. That's when Wyland added the original mural of a big American Flag to the rooftop as sort of a secret surprise to "catch your eye" while in the air. The flag seen today is an



The world's largest American Flag now greets all pilots, military or commercial aircraft that fly over Destin.

expansion from the original painted in 2001. When Wyland expanded and reconditioned the Whaling Wall in 2016, the vision for a much more dynamic eye-catching American statement was born. It took a joint effort by Wyland, Wyland Foundation, Legendary and Sherwin Williams to create the Largest American Flag Mural ever right here in Destin as a tribute to our country and military. "I looked up on the roof the old flag had faded away and I took Peter up

there and said why don't we paint the largest flag on earth and he looked at me and said, 'Of course,'" said Wyland to Legendary owner Peter Bos. "When we painted the first flag in 2001, it was only painted on the north end of the roof," said Bos. "Impressive as it was at the time, I had always wished we could have done more to show our appreciation to all those that keep our nation and ourselves safe and free. This one is much more reflective of that!"



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## Destin Dads on Being a Dad...



**Tyler Hartrick, Tad's Dad**

Many in Destin might know one of the most inspiring young fathers we've learned about recently—Tyler Hartrick, whose

son was born Nov. 5, 2017, with hypoplastic left heart syndrome and cleft lip and palate and CHARGE syndrome. "To me, being a dad is doing whatever we can do to give our son the best life possible. At 18 weeks of our pregnancy we got the devastating news that there was a problem with our baby boy's heart. We dropped everything and moved over 10½ hours away from Destin to seek the best possible medical help. This journey has already taken him through multiple different procedures, with many more to come. Being

a dad to Tad means giving him every chance at life, no matter what the cost or time. My little dude is tough as it gets, and after all that's happened, he's happy every single day and almost never upset. He's impressed everyone with his strength and resilience.

I think being a dad is the best gift you can have. Being the primary source of someone's smiles and happiness is one of the best

### DESTIN DADS

*continued on page 38*

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## Rockwell Tharp Chooses Sandestin for Business & Home

There's no place like Sandestin! After 11 years of traveling the world to source, design and create beautiful and unique boots, shoes, handbags and apparel, owners Kristi Rockwell and Cameron Tharp have made full circle, choosing Sandestin as home for their business and residence. "We live here, we work here and we play here," said Cameron Tharp with great enthusiasm. Rockwell & Tharp, both originally from the South, grew up vacationing

truly love to travel and circle the globe hand selecting most of our patterns, textiles and leathers. We are passionate about what we do. When Kristi and I both agree on a new style and light up when we uncover something we've never seen before, that's when we know we have something fabulous and exciting."

Over the years, Rockwell Tharp has had the privilege of designing boots and handbags for hundreds of stores across the US and Canada. The duo has

been commissioned to design many boots for celebrities around the world, such as bands Heart, Survivor and Quiet Riot - and their wives! Rockwell Tharp has been featured on The Today Show with Kathi Lee Gifford and Hoda, CBS News, The History Channel and American Idol. **However, this is the only store in the United States, where you can see the entire collection of boots and handbags in one location,**

**including our limited editions. "This is very exciting for the Emerald Coast - no other store in the country has this," says Tharp.** "And we are here and often on site and in the boutique. We enjoy meeting our clients in person and learning from them."

**"I love helping other ladies feel confident, pretty and empowered," says Kristi Rockwell. "My whole life I've loved fashion, styling and**

**sharing this passion with others. However, the most important thing in the hearts of Cameron and I is sharing our faith and God's grace and salvation with others.** We have incorporated things in our Boutique here to be able to share God's love and pray for others. We have a prayer jar in the store and we have put a Bible verse on all of the zipper

handles of our designer boots. We personally pray for all of our ladies and men. This is very important to us. **Without the many blessings and protections from God, we would not be where we are today and we know it,"** Kristi said. If you're a lady and looking for something special and unique that you can't find everywhere else, then Rockwell Tharp

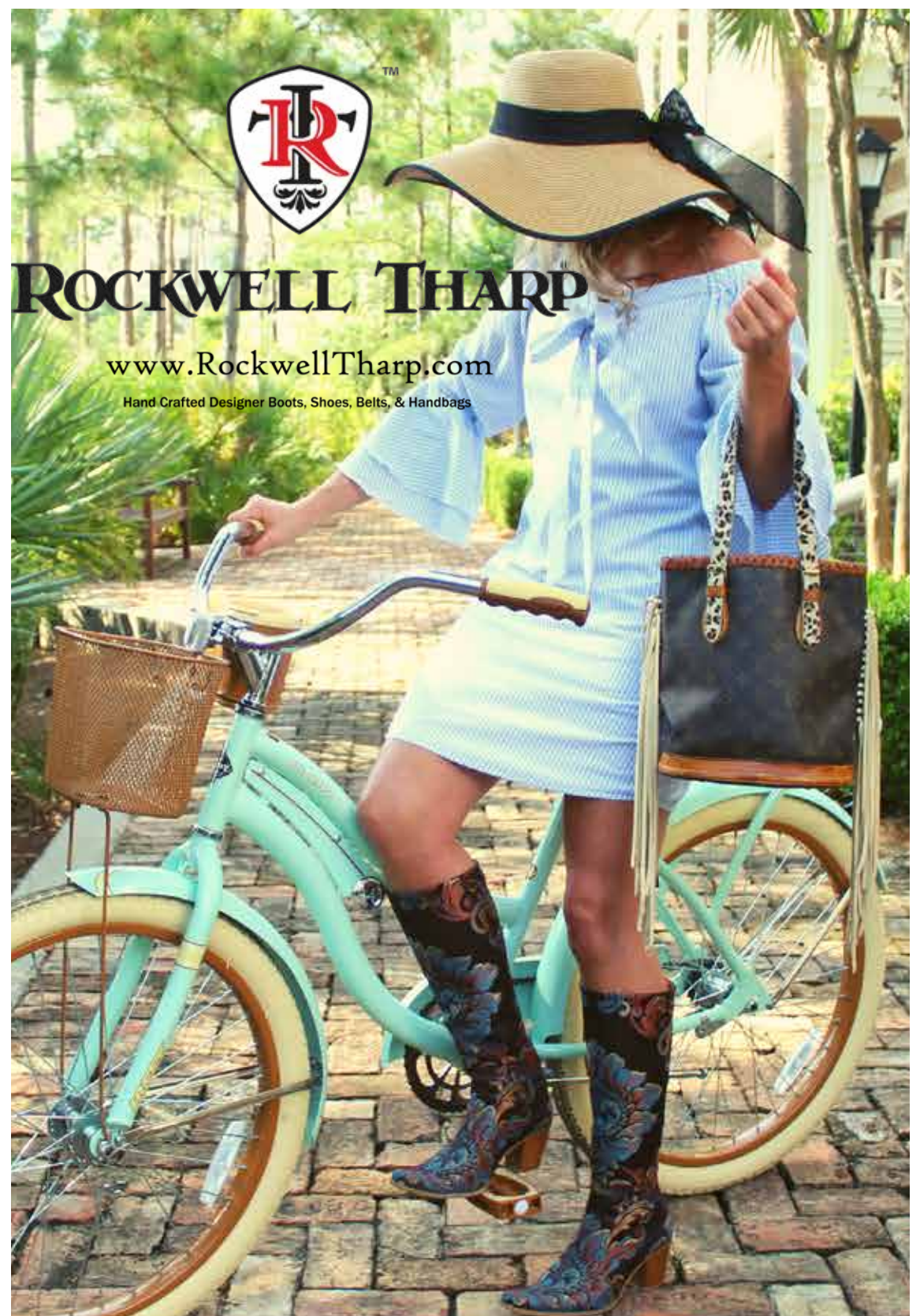
Ladies Boutique is a great fit for you. Their goal is to provide you a complete shopping experience for locals and visitors alike, for all of The Emerald Coast. "One of the best decisions we have ever made was opening this Boutique in Sandestin," agreed Rockwell & Tharp. Come by and experience shopping with us!



Pictured Above: Rockwell Tharp Limited Edition Jaguar Booties

in Destin & Sandestin as young kids and have now launched their Flagship Ladies Boutique right in the heart of Sandestin, in the center of The Village of Baytowne Wharf.

Rockwell Tharp loves creating exclusive looks and designing for ladies who have fun and classy tastes, while also aiming to be affordable and not elitist. They work directly with factories and suppliers across the US and around the world. "We are very hands on," says Cameron. "We



Featured in Photo Above: Rockwell Tharp Passion Ranch Knee High Boots, Hat, Custom designed one of a kind Vintage Louis Vuitton and Seersucker Dress



**Rockwell Tharp Ladies Boutique**  
**Sandestin Golf and Beach Resort**  
**The Village of Baytowne**  
**141 Fisherman's Cove, Miramar Beach**  
**808-268-6131 - [www.RockwellTharp.com](http://www.RockwellTharp.com)**

Community

# Around Town

### Star Wars Moon Watching Hosted by the Destin Library

The Destin Library is joining forces with the Northwest Florida Astronomy Association along with Stormtroopers from the 501st Legion Parjai Squad and Rebels from the Ra Kura Base of the Rebel Legion to bring you an evening of moonlit fun! The moon watching event will be held at Clement Taylor Park on June 11 at 7:30 pm, an all-ages family event. No registration is required. For more information, please contact Megan Fontaine at 850-837-8572 or mfontaine@cityofdestin.com.



### VRReality now OPEN!

The region's first #Virtual-Reality venue is what you've been waiting for! Imagine, if you will: Money is not a factor. You can go anywhere in the world.

Do any amazing thing, with zero restrictions physically or otherwise. Where would you go? What would you do? At VRReality, you can take risks like never before. Stop by The VRReality on Okaloosa Island to step outside of this world and try just that, on a whole new level and become fully immersed in a virtual reality video gaming world. The experiences are endless. With the all-new Vive Pro, VRReality welcomes you to the next generation of VR. Equipped with a fully wireless setup, Vive Pro offers next level immersion - ideal for creating multi-player experiences without disrupting one another.

Hours: Mon-Sun 3-10 p.m.  
Sessions: 15 min: \$15; 30 min: \$25; 60 min: \$45. Call Michael Fletcher at 850-296-0878.

### Annual Pass to Henderson Beach State Park

All City of Destin residents are eligible to purchase an annual resident pass valid at Henderson Beach State Park from the city for \$30 (valid Jan. 1-Dec. 31; for senior citizens age 65

and up is \$25.. There is a limit of one pass per household and a limit of 8 people per vehicle. Residents must provide proof of residency at the time of purchase. Passes can be obtained at Destin City Hall or the Destin Community Center.



### Currents Resale & Boutique NOW OPEN!

Shop for a wide range of new and gently used designer apparel, handbags and accessories, plus Currents' very own boutique line! Currents accepts new and gently used designer and boutique clothing, shoes, accessories and handbags. The commission breakdowns are: Clothing: 40/60; and Designer: 50/50. Any unsold item will be donated to Be Generous with owner approval. Walk-ins are Welcome! Open Monday - Friday 10-5 and Saturday 10-4,

visit @currents.resale.boutique on Instagram and @currents-boutiquedestin on Facebook. Currents is located at 4507 Furling Lane, Suite 104 in Destin, between Destin ER and City Market Bayside. Call (850) 830-6013 or Email currents.boutique@gmail.com for more information.

### Boys & Girls Clubs of the Emerald Coast Enrolling for Summer Program

The Boys & Girls Clubs of the Emerald Coast has opened enrollment for its summer program providing quality instruction, engaging activities and field-trip experiences. Open to students who have completed kindergarten, the fee is \$400. Discounted rates are available for students who qualify for free or reduced lunch. A one-time, \$25 registration fee will be added to all summer memberships. Monday through Friday, 7:30 a.m. to 6 p.m. (6:30 a.m. to 6 p.m. at the Destin Club) following the last day of school until the school year begins. Summer programming will be

offered at the following Clubs: Pensacola-Englewood Club, Destin Elementary, Fort Walton Beach Youth, Fort Walton Beach Teen, Kenwood Elementary, South Walton, and DeFuniak Springs Club.



### Healing Paws For Warriors Graduates Veteran / K9 Teams

The local nonprofit group Healing Paws for Warriors (HP4Ws) recently graduated five veteran/service dog teams after three months of intensive training:

(Retired - Army) Tabby Butler (and service dog Dixie); (Retired - Army) John Phelps (and service dog Boomer); (Retired - Army) James Lewis (and service

**AROUND TOWN**  
*continued on page 38*

# ALL THAT GLITTERS

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10<sup>th</sup> anniversary celebration

SATURDAY, AUGUST 3 at 6 PM

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# TO DO IN DESTIN! JUNE 2019

..... 1 .....

**Farmers Market** | 9am-1pm | Grand Boulevard  
**Rock The Dock Free Concert Series** | 7pm | Harborwalk Village  
**Karaoke** | 7:30pm | World Of Beer Destin  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar

..... 2 .....

**Sunday Cinema** | 8pm | Village of Baytowne Wharf  
 ..... 3 .....

**Free Fitness on the Lawn** | 5:30pm | Market Shops  
**Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille  
**Sunset Yoga on the Beach Classes** | 6:30pm | Destin Beach Yoga

**Hydroflight Monday** | 6:30pm | Village of Baytowne Wharf  
**Monday Movie Night** | 8pm | Harborwalk Village  
 ..... 4 .....

**Fat Tuesday Parade** | 6:30pm | Harborwalk Village  
**Trivia Night** | 7pm | Village Door at Seascape  
**Rock'N Bingo** | 7pm | Landsharks Pizza  
**Boomin' Tuesdays** | 7pm | Village of Baytowne Wharf



**Free Outdoor Main Stage Concert** | 9pm | AJs Destin  
 ..... 5 .....

**Farmer's Market** | 9am | Seascape Towne Center  
**BOTE Destin Paddle** | 5pm | Norriego Pointe

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf  
**Trivia Night** | 7pm | World Of Beer Destin

**Free Fireworks** | 9pm | Okaloosa Island Boardwalk  
 ..... 6 .....

**Concerts in the Village** | 7pm | Mattie Kelly Arts Foundation  
**Throwback Thursday/Fireworks** | 6:30pm | Harborwalk Village  
**Trivia Night** | 7pm | Grayton Brewpub

**Magical Thursday** | 7pm | Village of Baytowne Wharf

**Theatre Thursdays** | 7pm | Lawn at Grand Boulevard  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
**Ladies Night** | 9:30pm | McGuires Destin

**Teen Night** | 10pm | Fudpuckers Destin  
 ..... 7 .....

**Free Fitness on the Lawn** | 9am | Market Shops  
**Free Beach Bonfire** | 5pm | Royal Palm Grille

**Ladies Night** | 5pm | Cuvee Kitchen + Wine Bar  
**Women's Climbing Circle** | 6pm | Rock Out Climbing Gym  
**Karaoke** | 8pm | Dock on the Island

**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 8 .....

**Farmers Market** | 9am-1pm | Grand Boulevard

**Rock The Dock Free Concert Series** | 7pm | Harborwalk Village  
**Karaoke** | 7:30pm | World Of Beer Destin

**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 9 .....

**Sunday Cinema** | 8pm | Village of Baytowne Wharf  
 ..... 10 .....

**Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille  
**Free Fitness on the Lawn** | 5:30pm | Market Shops

**Hydroflight Monday** | 6:30pm | Village of Baytowne Wharf  
**Monday Movie Night** | 8pm | Harborwalk Village  
 ..... 11 .....

**Fat Tuesday Parade** | 6:30pm | Harborwalk Village  
**Trivia Night** | 7pm | Village Door at Seascape

**Rock'N Bingo** | 7pm | Landsharks Pizza  
**Boomin' Tuesdays** | 7pm | Village of Baytowne Wharf

**Free Outdoor Main Stage Concert** | 9pm | AJs Destin  
 ..... 12 .....

**Farmer's Market** | 9am | Seascape Towne Center  
**BOTE Destin Paddle** | 5pm | Norriego Pointe

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf  
**Trivia Night** | 7pm | World Of Beer Destin  
 ..... 13 .....

**Concerts in the Village** | 7pm | Mattie Kelly Arts Foundation  
**Throwback Thursday/Fireworks** | 6:30pm | Harborwalk Village

**Magical Thursday** | 7pm | Village of Baytowne Wharf

**Theatre Thursdays** | 7pm | Lawn at Grand Boulevard  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar

**Ladies Night** | 9:30pm | McGuires Destin  
**Teen Night** | 10pm | Fudpuckers Destin

..... 14 .....

**Free Fitness on the Lawn** | 9am | Market Shops  
**National Flip Flop Day** | 2pm | City Market Bayside

**Ladies Night** | 5pm | Cuvee Kitchen + Wine Bar  
**Free Beach Bonfire** | 5pm | Royal Palm Grille

**Karaoke** | 8pm | Dock on the Island  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 15 .....



**Farmers Market** | 9am-1pm | Grand Boulevard  
**Rock The Dock Free Concert Series** | 7pm | Harborwalk Village

**Karaoke** | 7:30pm | World Of Beer Destin  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 16 .....

**Sunday Cinema** | 8pm | Village of Baytowne Wharf  
**Full Moon Party** | 8pm | The Island Hotel  
 ..... 17 .....

**Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille  
**Free Fitness on the Lawn** | 5:30pm | Market Shops

**Hydroflight Monday** | 6:30pm | Village of Baytowne Wharf  
**Monday Movie Night** | 8pm | Harborwalk Village  
 ..... 18 .....

**Fat Tuesday Parade** | 6:30pm | Harborwalk Village  
**Trivia Night** | 7pm | Village Door at Seascape

**Rock'N Bingo** | 7pm | Landsharks Pizza  
**Boomin' Tuesdays** | 7pm | Village of Baytowne Wharf

**Free Outdoor Main Stage Concert** | 9pm | AJs Destin  
 ..... 19 .....

**Farmer's Market** | 9am | Seascape Towne Center  
**Blue Marlin Classic Kick Off Party** | 4pm | Village of Baytowne Wharf Marina

**BOTE Destin Paddle** | 5pm | Norriego Pointe  
**Dueling Pianos** | 5pm | Shunk Gulley 30a

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf  
**Trivia Night** | 7pm | World Of Beer Destin  
 ..... 20 .....

**Throwback Thursday/Fireworks** | 6:30pm | Harborwalk Village  
**Concerts in the Village** | 7pm | Mattie Kelly Arts Foundation

**Magical Thursday** | 7pm | Village of Baytowne Wharf  
**Theatre Thursdays** | 7pm | Lawn at Grand Boulevard

**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
**Ladies Night** | 9:30pm | McGuires Destin

**Teen Night** | 10pm | Fudpuckers Destin  
 ..... 21 .....

**Free Fitness on the Lawn** | 9am | Market Shops  
**Emerald Coast Blue Marlin Weigh Ins** | 4pm | Village of Baytowne Wharf Marina

**Free Beach Bonfire** | 5pm | Royal Palm Grille  
**Ladies Night** | 5pm | Cuvee Kitchen + Wine Bar

**Karaoke** | 8pm | Dock on the Island  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 22 .....

**Farmers Market** | 9am-1pm | Grand Boulevard  
**Emerald Coast Blue Marlin Weigh Ins** | 4pm | Village of Baytowne Wharf Marina

**Rock The Dock Free Concert Series** | 7pm | Harborwalk Village  
**Karaoke** | 7:30pm | World Of Beer Destin

**Ballet at Twilight** | 7:30pm | Lawn at Grand Boulevard  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 23 .....

**Sunday Cinema** | 8pm | Village of Baytowne Wharf  
 ..... 24 .....

**Free Beach Bonfire/SIN Night** | 5pm | Royal Palm Grille  
**Free Fitness on the Lawn** | 5:30pm | Market Shops

**Hydroflight Monday** | 6:30pm | Village of Baytowne Wharf  
**Monday Movie Night** | 8pm | Harborwalk Village  
 ..... 25 .....

**Fat Tuesday Parade** | 6:30pm | Harborwalk Village  
**Trivia Night** | 7pm | Village Door at Seascape

**Rock'N Bingo** | 7pm | Landsharks Pizza  
**Boomin' Tuesdays** | 7pm | Village of Baytowne Wharf

**Free Outdoor Main Stage Concert** | 9pm | AJs Destin  
 ..... 26 .....

**Farmer's Market** | 9am | Seascape Towne Center  
**BOTE Destin Paddle** | 5pm | Norriego Pointe

**Wednesday Night Free Concert Series** | 7pm | Baytowne Wharf  
**Trivia Night** | 7pm | World Of Beer Destin  
 ..... 27 .....

**Throwback Thursday/Fireworks** | 6:30pm | Harborwalk Village  
**Concerts in the Village** | 7pm | Mattie Kelly Arts Foundation

**Magical Thursday** | 7pm | Village of Baytowne Wharf  
**Theatre Thursdays** | 7pm | Lawn at Grand Boulevard

**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
**Ladies Night** | 9:30pm | McGuires Destin

**Teen Night** | 10pm | Fudpuckers Destin  
 ..... 28 .....

**Free Fitness on the Lawn** | 9am | Market Shops  
**Free Beach Bonfire** | 5pm | Royal Palm Grille

**Ladies Night** | 5pm | Cuvee Kitchen + Wine Bar  
**Block Party** | 6pm | Seascape Towne Center

**Karaoke** | 8pm | Dock on the Island  
**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 29 .....

**Farmers Market** | 9am-1pm | Grand Boulevard  
**Props Craft Beer Fest** | 2pm | Props Brewery Niceville

**Rock The Dock Free Concert Series** | 7pm | Harborwalk Village  
**Karaoke** | 7:30pm | World Of Beer Destin

**Dueling Pianos** | 8:30pm | Captain Jack's Dueling Piano Bar  
 ..... 30 .....

**Sunday Cinema** | 8pm | Village of Baytowne Wharf



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 Community

## Our Local Pro: Dr. Casi Stubbs of Stubbs Orthodontics

BY RITA L. SHERWOOD

Casi Stubbs is a Florida girl through and through. Born and raised in Defuniak Springs, she went to college at FSU, dental school at the University of Florida, and then finished up at Nova Southeastern University in Fort Lauderdale. But this local girl knew in her heart she'd always return to the Panhandle.

When asked why she started her practice in 2008, when most of the country was suffering through the market crash, she says "I didn't really have a choice, I knew I wanted to come back home, and even though it was a challenging time, when one door closes, the Lord opens another."

Thank goodness for her husband Zak, also from Florida, whom she met at FSU. He helped her open her first orthodontic office and is still involved today, running both offices, making this truly a team effort and a family affair.

Casi grew up always interested in teeth, a trait she got from her mother. Growing up, her mom had discolored teeth because of a prescription of tetracycline

when she was pregnant. Little did anyone know that the medicine would soon discolor teeth as well as bones. So, Casi and her mom always tended to notice other people's beautiful smiles, and that's where it all started. Casi even volunteered at different dentist offices through high school and college, and she knew exactly what she wanted to do, to get involved with restorative dental work and help people with their smiles.

"It's hard to believe it'll be 11 years this July," she says. "It's been such a blessing." They definitely started small and had small growth for their business. She laughs as she tells the story of how she was finishing up her last two weeks of school and booking appointments. She had one patient the first day, and then two the next, seeing one in the morning and one in the afternoon. Their Niceville location was first, then they opened up their Miramar Beach office in 2016, to help their many patients traveling from 30A.

When asked what her mission statement for her practice would be, she replies, "We treat patients



Dr. Casi B. Stubbs

how we would like to be treated. I always go over all the options available, but in the end, I'll say if it were my child, this is what I would do."

And how did Dr. Li-Ping Chew come to join the practice a year and a half ago? Casi says it was divine intervention, as she was struggling to keep up and

overly busy, when Dr. Chew showed up to introduce herself, as her husband and she had just relocated to the area. In fact, Dr. Chew's husband was a dentist himself at Hurlburt. "I tease her and say she was like a diamond that fell from the sky," she says. "The Lord always gives you what you need." She says it was a perfect fit with Dr. Chew and they work well together.

And with that grateful spirit, this working mom of two daughters ages 9 and 13 spends a significant amount of time giving back to our local community. Stubbs Orthodontics chooses 6-8 charities every year and sells raffle tickets to their patients who can win such prizes as a brand new paddle board. They donate 100% of the funds they raise, even matching a portion of the funds. Casi feels it's important to give back to her community which has been so good to her and her family.

To learn more about Stubbs Orthodontics, please contact them at (850) 678-8338, or visit them at [stubbsortho.com](http://stubbsortho.com)

## And the Winner is...Stubbs!

Congratulations to one of our esteemed partners, the en-

tire Stubbs Orthodontics team! Since 2016, Stubbs has been

voted the best orthodontist by readers of EC Magazine, Des-

tin VIP magazine and Northwest Florida Daily News—three years with the readers of EC magazine, twice from the readers of Destin VIP magazine and two times with the readers of Northwest Florida Daily News. The most recent acknowledgments came from Emerald Coast magazine in October 2018, from Destin VIP magazine in January 2019 and **Finest on the Emerald Coast** with Northwest Florida Daily News in May. Dr. Stubbs' sister, Dr. Cari Cole, also won first place in **Finest on the Emerald Coast** in the pharmacy division, the second year that both sisters have won this award, recognized for their exemplary service and professional success.

This success doesn't come without a lot of hard work and dedication from the Stubbs' team comprised of two doctors, Casi B. Stubbs DMD, PA, and Li-Ping Chew, DMD, MA, and a friendly, professional and exceptional group of team members as part of the Stubbs family.

No wonder this exceptional team keeps receiving well-deserved notoriety and achieving



success. They truly care about their patients who see results. Dr. Stubbs believes a beautiful smile can inspire and uplift and is always committed to giving each of her patients the smile they deserve. Together with Dr. Chew, the entire team serves to provide beautiful smiles to others for a lifetime.






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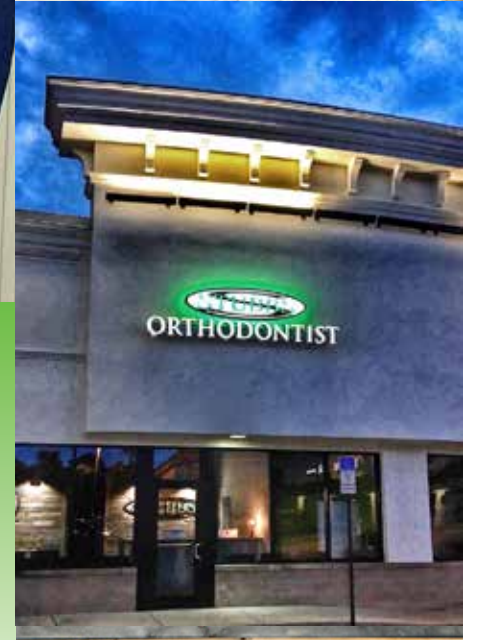
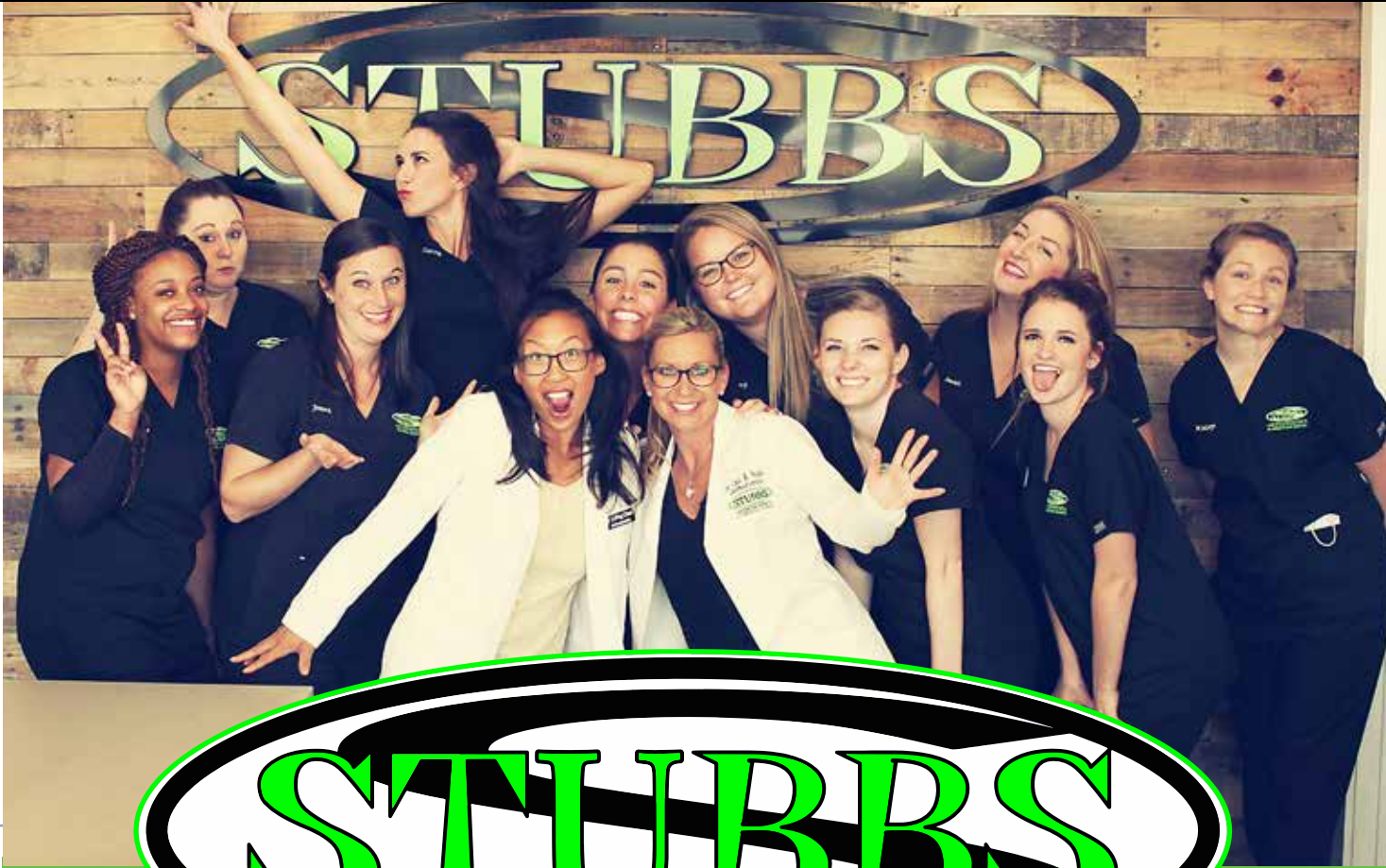
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Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha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

 Community

## Learn to Talk "Dog"

To help keep dogs out of shelters, nonprofit Dog-Harmony Inc. will host three workshops this summer led by local trainer Debbie Revell.

Revell, owner of Pets Behave in Niceville, is a Certified Dog Behavior Consultant (CDBC), Associate Certified Cat Behav-

ior Consultant (ACCBC) and has a diploma of Companion Animal Behavior and Training (Dip. CABT).

The first workshop is "Learn to Talk Dog" on June 8. It covers how dogs give cues and signals with their body language all the time. However, most of the time

humans don't recognize those signals. Participants will learn how to listen with their eyes and steps to better communication.

The second is "Calming Dog Reactivity" on July 13. It covers canines that bark, lunge and growl at other dogs. These dogs are reactive for a variety of reasons, including fear, overstimulation, frustration and excitement. Participants will learn strategies to help calm a reactive dog.

The third workshop is "Fears and Phobias" on Aug. 10. It teaches techniques and therapies to help dogs with anxiety about common issues, such as car rides, vet visits, children, fireworks, thunderstorms and nail trims.



All workshops are from 9 a.m. to 12:30 p.m. at Dog-Harmony's headquarters, 237 Market St., Santa Rosa Beach. Cost is \$40 per workshop or \$100 for all three. To register,

visit [www.Dog-Harmony.org/](http://www.Dog-Harmony.org/) events.

To help the community and those who work with a high number of dogs, nonprofit rescues and county shelters can send two representatives at no charge. Shelters and rescues should call Dog-Harmony founder Nancy Bown at (850) 376-4190, or email [bownnancy@gmail.com](mailto:bownnancy@gmail.com).

Nearly half of dogs that end up at shelters or other places are given up because of undesirable behaviors, according to the American Society for the Prevention of Cruelty to Animals. Through humane education events such as this, Dog-Harmony Inc. is working to keep dogs in their homes.

## Dog-Harmony Offers Free Training Advice for Rescued Pets

Dog-Harmony Inc., a nonprofit that works to keep dogs out of shelters, is offering free training advice for rescued dogs with behavioral problems, such

as jumping, leash pulling, potty training and separation anxiety.

The training advice is offered every Wednesday by Nancy Bown, Dog-Harmony's founder

and Certified Professional Dog Trainer – Knowledge Assessed (CPDT – KA). Bown can help over the phone, or better yet, after meeting the pet, at Dog-Harmony headquarters, 237 Market St., off Walton County Road 393 North. No shock collars or choke collars are used. Bown is a force-free trainer, and was recently named a regional director for the Shock-Free Coalition, a national organization working to eliminate shock methods to train and manage pets.

"Training is important," Bown says. "But it's crucial to have the correct type of training." Pet problems, mainly undesirable behaviors and aggression, are the most common reason owners rehome their pet, according to the ASPCA's 2015 National Rehoming Survey. For dogs, nearly half are relinquished for that reason (47 percent). While most dogs are rehomed to a friend or family member (41 percent), the survey found, the second-highest place where they end up is a shelter (34 percent). What might have helped keep them in their homes, according to the survey? The second-most requested service was low-cost training or behavior help (34 percent). The free training advice is by appointment only, and aggressive dogs are not eligible for the program. Call (850) 376-4190 to reserve a spot.



# WHAT'S UP DOG

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**Q.** My husband and I want to be able to stay at home as we grow older and know that we might need some help. Does Medicare pay for home health costs? - Peggy

**A.** In my work, I find a lot of people who believe that Medicare will take care of their Home Health Care needs. To a certain extent, Medicare will pay for SOME Home Health Care services. However, it is limited. Medicare will pay for Home Health Care services provided by a skilled nurse and that care must be certified by a doctor. Help with things such as bathing, dressing, food prep, etc. would not be covered by Medicare. These services are called Activities of Daily Living (ADLs) and are considered custodial in nature. In other words, they do not require a skilled nurse to perform. In order to receive coverage for ADL services, you would need to pay out of pocket or purchase a specific type of insurance plan designed to pay Home Care workers. The other option is qualifying for Medicaid. The state Medicaid program will pay for these services as well. Feel free to reach out to us for a personal consultation. We will analyze your specific circumstance and help simplify the Medicare maze and find the best solution for your Home Health Care needs.

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School Hours: Mon-Fri 8:30am to 2:20pm

# Benefits of a Customized Business Owners Policy



BY VICTORIA OSTROSKY  
INSURANCE ZONE

What in the?...who was playing a song in the middle of the night? Luke's brain finally kicked - it was his cell phone. 2 a.m. and his phone was ringing. That was not a good sign. He cleared his throat and groggily croaked, "Hello?" A firm and capable voice said, "Mr. Pierson? This is ADT calling. We've received an alarm from your business location and have alerted the authorities. It looks like the fire alarm went off."

Luke couldn't remember how he got to his office. The smoke was thick and black and the fire department and police were already on site. He stood there with his mouth hanging open, eyes wide in disbelief.

As soon as it was light, Luke called his insurance agent, who calmed his fears by reminding him he had a good BOP (Business Owners Policy) covering his physical therapy business. In the end, the damage wasn't too severe, but his office wouldn't be taking care of any patients for a few weeks at least, if not longer.

He was concerned about not just the building repairs and replacement of damaged or destroyed equipment, but what would his employees do? They needed their paychecks. He had some wonderful employees and quality therapists he didn't want to lose, plus his bills sure wouldn't stop arriving in the mail.

For small to medium-sized businesses, **Business Owners Policies or BOPs** as they're referred to, are a great product combining protection from major property and liability risks in one package, similar to your homeowners policy. They cover things such as:

**1 - Property insurance** for both the building and contents owned by the company. This includes furniture, fixtures, and inventory. Your policy should

always be written on the Special Form which is broader coverage, changing the policy from a named peril to an open peril policy.

**2 - Business Income & Extra Expense insurance**, which covers the loss of income resulting from a fire or other catastrophe that disrupts the businesses operation. It can also include the extra expense of operating out of a temporary location.

**3 - Liability coverage** which protects your company's legal responsibility for the harm done to others. This harm can be triggered by you or your employees for what they do or fail to do in your operations that may cause bodily injury or property damage due to an error in providing a service, faulty installation or defective product. It also covers the cost of your defense as businesses can be sued even if they are not negligent or did nothing wrong.

In conjunction with the BOP, there are additional coverages that can be purchased depending on the type of business you have and your exposures. You should always consult your agent and purchase the correct coverages for your particular risk.

And other exposures and additional areas of coverages for a business to consider:

**Business Auto** coverage to protect your owned business vehicles, hired and non-owned auto and your employees when they drive on company time.

**Crime Insurance** to protect your business against burglary, forgery, computer fraud, employee dishonesty and other crimes.

**Cyber Liability** coverage for computer attacks and damage to electronic data and computer systems.

**Employee Practices Liability Insurance (EPLI)** to protect against employee lawsuits.

**Professional Liability insurance (E&O)** to protect against lawsuits for negligent acts, errors and omissions that result in financial losses during business activities.

**Inland Marine** coverage to protect property, goods or equipment in transit and over water or land.

**Umbrella** coverage to obtain higher limits over underlying policies you have in place.

**Workers' Compensation**

to protect employees against accidents and diseases at your workplace. (Information gathered from: <https://www.nationwide.com/business/insurance/business-owners-policy-bop/>)

Being a business owner is stressful. Make sure you have all the coverage and protection you need so you can focus on being successful instead of worrying about what might happen to your business if disaster comes to visit.

*Insurance Zone, owned by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on [www.ins-zone.com](http://www.ins-zone.com) and watch our informative video on 'Business Owners Policy', or call 850.424.6979. Victoria Ostrosky, author of this article is an Agent/CSR with IZ.*



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 Community

# What To Do Where With Dad on Father's Day

## Ideas you can really use!

Here's to all the great Destin Dads out there—they put time into you and will appreciate anything that shows you care. Here are some great and different ways to spend some “Dad” time together:

**Take Dad to Dinner for some Fresh Seafood or one of his Favorite Dishes!** And hang out for live music and fun! Check out the music and entertainment schedule and dinner specials in the Dining, Music and Entertainment Guide in this Destin Life issue, pages 19-22.

**Go Fishing!** Destin isn't named the World's Luckiest Fishing Village for no reason. With one of the largest charter fishing fleets in the country, take your pick of near shore and deep sea fishing opportunities for you and dad.

**Go on an Out of This World Adventure at VR-ality!** You and your dad will become fully immersed in a virtual reality video gaming world

with a variety of games, where you both can explore our solar system, shoot zombies, paint and sculpt in a 3D studio, find hidden clues in escape rooms, defend the castle with a long-bow, fight in a boxing ring, defend your spaceship in a visually stunning 3D environment or defend yourself as a teddy bear against evil doll creatures that are attacking you. You must try this for yourself and step into another world for endless experiences, time after time. Right now, you and your dad can play an hour for the price of 30 minutes! Just use the coupon in the back of Destin Life! This amazing place is now open on Okaloosa Island, Monday through Sunday, 3 p.m.-10 p.m. each day. Visit [thereality.com](http://thereality.com).

**Go Boating.** Destin is surrounded by water. With the Gulf of Mexico to the South and the Choctawhatchee Bay to the north, there is an abundance of waterways to explore.



There are several boat rental companies in Destin that carry Pontoon to speed boats.

**Enjoy Live Music at the Cultural Arts Village.** If you're a fan of live music, Destin delivers. In addition to Club LA, which offers concerts and shows, the Mattie Kelly Arts Foundation's Cultural Arts Village hosts a concert series on Thursday nights. Check out the schedule on page 36 of Destin Life. Then bring your lawn chairs and drinks and enjoy!

**Go Stand Up Paddling Boarding.** Take dad on a calming, nature-based water experience. On a Stand Up Paddle

Board, you all can paddle out in the Gulf to one of the new artificial reefs or paddle a peaceful coastal dune lake in the Bay. Dad might just slow down a little and enjoy this paddle boarding experience so conducive to our area, but especially if it's with you!

**Book an Electric Bike Tour.** Electric bike rentals are becoming one of the most popular new activities in the area, allowing bikers to travel twice the distance they would on a traditional bike. These fun pedal assisted bikes tap into a battery pack that will give your dad and you added speed and endurance. For a Dad who like to be shown around, gift him with one of the new Eventure Tours that will take him on an “insider” tour of the area focusing on history, art and cuisine. Learn more at [eventuretourco.com](http://eventuretourco.com)

**Try to Escape with Your Dad.** Head to Escapology at The Market Shops in Miramar Beach where you and your

dad's adrenaline will be pumping when you're locked inside a themed room and must complete your mission before time runs out. During the 60-minute experience you'll be immersed into a real-life adventure where you must find hidden clues, crack codes, solve challenging puzzles and escape! Now that's different!

**Take a Leisurely Sunset Cruise.** For those hard-to-buy-for Dads who want to be a little pampered, spend Father's Day aboard a SOLARIS Sunset Dinner Cruise. Share old memories and create new ones aboard the SOLARIS yacht while enjoying a decadent meal on the beautiful coastal waters.

Chefs prepare a menu fit for a king where your dad will be the guest of honor for a three-course culinary experience. Reservations open 60 days prior to event. The price, including a

### TO DO WITH DAD

*continued on page 17*

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## Destin's Distinguished Young Women

BY MIA LAWSON, MOM AND SPEECH PATHOLOGIST AT SACRED HEART HOSPITAL

Public speaking, interviewing, talent, physical fitness, good grades and just "being your best self" are desired skills and values. As a Mom, I strived to encourage the development of all these skills to my daughter, Natalie. I signed her up for gymnastics, dance, soccer, softball, cheerleading and children's theatre. I wanted her to find her strength and passion by offering her any kind of opportunity, and then allow her to choose her path. We all want the best for our children, and especially when we have girls, we want them to feel confident in their own self.

I grew up in a small town in Kentucky, and I remember an older friend of mine who entered our "Junior Miss" competition and won! She was very talented on the piano and spoke very well on and off stage. I admired her for achieving that honor. When it was time for me to think about signing up, I talked myself out of it. I didn't think I had the talent or confidence to go through the program. But it remained in my

thoughts, what if I would have tried?

When my daughter, Natalie, became a junior at Fort Walton Beach High School, I searched for the "Junior Miss" program in Okaloosa County and it came up as "Distinguished Young Woman." I conducted a little research and this is what I found out: Distinguished Young Women, formally America's Junior Miss, was founded in 1958 as a way to reward the accomplishments of high school junior girls seeking to pursue higher education. Over the years, the name progressed to "Distinguished Young Women" and has grown today to be the largest and oldest scholarship program of its kind. With scholarship, leadership and talent as its overarching theme, Distinguished Young Women has drawn more than 770,000 young women to compete in the program at the local, state and national levels; further, \$108 million have been awarded in scholarships.

So, I quickly signed Natalie up and the rest is history! I saw my daughter and all the young



Skyлар Babin, Bailey Propps, Katie Lightfoot, Mimi Taylor, Natalie Lawson



Lydia Clark, Mimi Taylor, Natalie Lawson, Arden Robertson

ladies who were in her program thrive and achieve their own milestones. Many of these girls had never performed on stage, much less speak on stage. None of the girls had been through a formal interview process. During the practice week and the night of the program, we all saw these girls blossom in these areas. They also made friendships that will continue into adulthood!

I witnessed how this program can make an impact through my daughter Natalie's journey. She won the Distinguished Young Woman of Okaloosa county.

She then went on to win the Distinguished Young Woman of Florida and placed in the top 10 in the National competition in Mobile, Alabama. Because this program provides so many opportunities for personal growth and development, each girl becomes a stronger and more confident person. They will always be a member of the Distinguished Young Woman family.

During any of the local or state programs, the "alumni" are asked to walk on stage to be recognized. You hear about all of their accomplishments, honors

and their life goals. It makes you realize that these girls are our future....and it's certainly a bright one!

We are honored to have the state and local Distinguished Young Woman programs in Okaloosa County! You can attend and watch the Okaloosa County DYW program on July 13, 2019, and the Florida state DYW program on February 28, 2020. They are both held in the Fort Walton Beach Civic Auditorium. If you would like more information about the programs, visit [www.distinguisheddyw.org](http://www.distinguisheddyw.org).

## Want to Make This Your Permanent Vacation Home?



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 Community

# Locals Care Through Coastal Cleanup

On a sunny morning in April, over 30 volunteers arrived at Destin's Norriego Point for the 2019 Earth Day Coastal Cleanup. Sponsored by the Choctawhatchee Basin Alli-

ance and the City of Destin, the clean-up targeted the small, hard-to-gather items that often litter our beaches and confuse wildlife species that think the tiny pieces are food.

Hitting the sand with garbage bags as well as plastic buckets,

of plastic across the world's oceans. How can we reduce this immense burden not only on ecosystem health, but ours too?

In addition to participating in local cleanups, coastal citizens can reduce the amount of plastic they use on a daily basis by utilizing

County Tourist Development Department to gather pollution and trash at three locations on Okaloosa Island. With more than 300 volunteers participating, including over 75 from Boys and Girls Club, the groups gathered over 8,000 cigarette butts in




the volunteers scoured the edge of the newly restored dune, the shoreline edges, and within the rock groins themselves. All together, the volunteers collected over 170 cigarette butts, over 550 tiny trash pieces, as well as fishing line, wire, treated wood pieces, and fireworks.

Across the world, plastic pollution remains a large and growing problem. According to the Center for Biological Diversity, there are up to 50 trillion pieces

cloth grocery bags, reusable mugs and metal beverage containers. Recycle what you can, properly dispose of what you can't.

In our community, clean-ups are a way to not only remove marine debris from our shorelines, but also educate future beach stewards about the items that can wash up on our shores.

Earlier in the month, the Boys and Girls Club joined forces with CBA, the Crab Trap, United Way, and the Okaloosa


addition to a plethora of other items. As in other locations within the International Coastal Cleanup movement, the cigarette refuse remains our most commonly recorded item.

"It was a pleasure for United Way to partner with Boys & Girls Club of the Emerald Coast as they hosted Florida Youth of the Year participants," says Cindy Holmes, Resource Development Director for United Way of Okaloosa and Walton Counties, "It's always a joy to see young people care about the environment and to participate in programs like the beach cleanup."

"People who live near and visit the coast can participate in their own cleanups year round," says Alison McDowell, Director of CBA. "Bring a bag with you and pick up whatever you find while on walks or fishing."

"Additionally," she continues, "CBA collects fishing line from multiple, artistically decorated receptacles in Destin Harbor, on the Okaloosa Island Fishing Pier, and within Ross Marler and Veterans Park. Together we can reduce the amount of plastic entering our waterways."

Each year, CBA works with partner organizations for multiple coastal cleanups in both the fall and spring. For more information and future dates, follow CBA on Facebook at [Facebook.com/basinalliance](https://www.facebook.com/basinalliance).

 So, just how ARE you picking your real estate agent?



With 3400+ agents in our local association, it shouldn't be a raffle...should it? After all, you're dealing with one of your biggest investments, right? Before you make this BIG decision, ask the agent:

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- Do they have a Proven Marketing Plan of Action?
- Do they have Performance Guarantee?
- Do they have the Power of 400+ Agents in their office?
- Do they "proactively" search daily for Buyers for their Sellers and Sellers for their Buyers....there is a difference!

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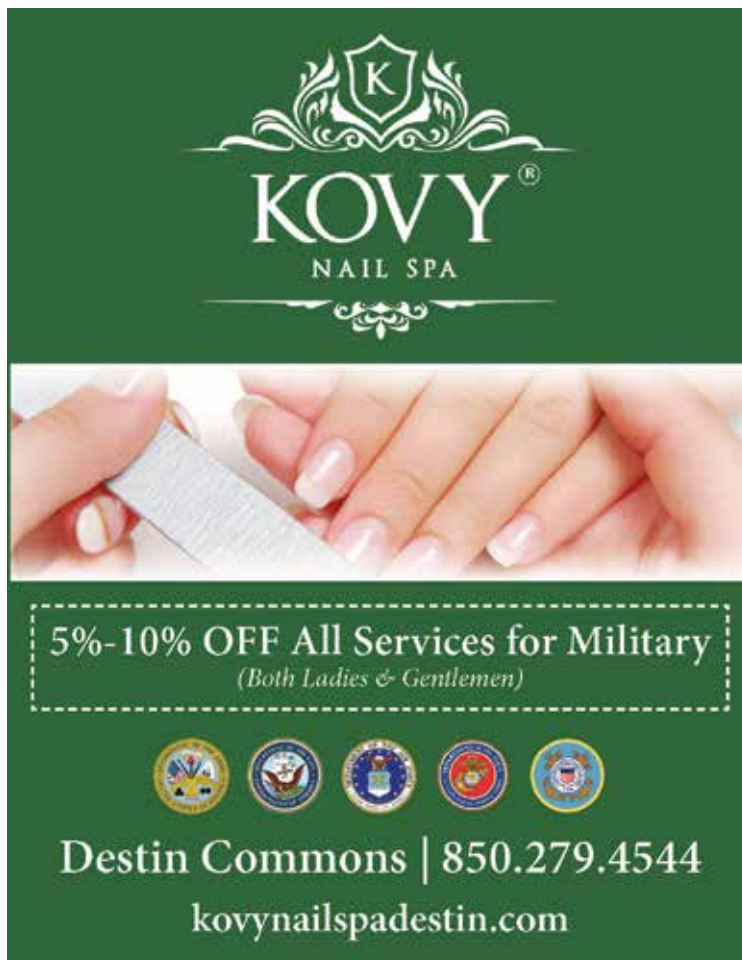
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- Andy & Laura Hughes, Sandestin

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# Things We Insulate



BY CHRIS BALZER

If you do a search for “things we insulate,” you will see the majority of sites and images are of attic spaces, walls and windows. However, we insulate much more than our homes. In fact, we are constantly looking for that right beach cooler or cup to keep our drinks and snacks cold and cool. YETI has become very popular and on the scene of just about every beach, boat or fishing outing. Just look around; if don't own a YETI, your neighbor most likely does. There is a video on YouTube about what's inside a YETI and has more than 7.2 million views. That's more views than the entire population of Tennessee and that's just one video. It's no secret we care about insulating things and pay a little more for quality and efficiency. So, why when it comes to our biggest investment, our homes, we fall short of upgrading our home's efficiency and insulation?

A Former U.S. President once said during a press conference on renewable energy that Insulation is sexy stuff and that if you haven't upgraded your home yet, it's not just heat or cool air escaping. It's energy and money that you are wasting. Based on a study conducted by NAIMA, the majority of U.S. homes are under insulated, wasting energy and money and decreasing comfort for the homeowners. Unless your home was specifically built for energy efficiency, you can benefit from energy upgrades like ECO insulation, radiant barriers and attic air sealing.

Dr. Levy, Professor of Environmental Health at Boston University, stated that if all U.S. homes were fitted with insulation based on the 2012 IECC (International Energy Conservation Code), residential electricity use nationwide would drop by 5% and natural gas use by more than 10%. That's an impressive number and a positive impact on our environment.

## ENERGY TIPS

by Emerald Coast Energy Solutions



So, let's talk cost. I know getting an energy upgrade for your home costs more than a cooler or a cup. On average, an energy upgrade today costs around what a nice piece of furniture costs. The difference is, the furniture can start to lose its value the moment it is delivered. Adding an energy upgrade immediately starts to save you money and increases comfort. Not only does adding insulation increase the value of the home, a full return of the cost can be recouped in a few short years. The furniture, after several years, may not have much value.

Your energy upgrade continues to add value to your home with increased comfort. I don't know if I would call adding insulation sexy, but I do know adding insula-

tion saves you money, increases your comfort and has a positive impact on the environment. So, the next time you are putting ice in your cooler or sipping something refreshing from your cup, think about getting an energy upgrade for your biggest investment and remember, our most sustainable energy source is not Solar, Hydro or Geothermal—it's you!

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



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### TO DO WITH DAD

*continued from page 14*

two-hour cruise and three-course meal, is \$58 per adult, \$35 per child and \$18 for children under 3. Boarding begins at 11:45 a.m. on Sunday, June 21st with cruise from 12:30 – 2:30 p.m. The SOLARIS is docked at the Baytowne Marina at the Sandestin Golf and Beach Resort.

**Enjoy a Casual Fun Time at World of Beer.** With the slogan, “Beers to you Dad,” World of Beer in Destin has a promotion where dad will get his first select draught free on Father's Day. If Dad chooses a Blue Moon Belgian White, he will also get to keep the glass. World of Beer is at 4285 Legendary Dr. in Destin. Visit [www.worldofbeer.com/locations/destin](http://www.worldofbeer.com/locations/destin).

**Head to Okaloosa Island for Craft Beer Tasting.** Kick back and relax at The Gulf restaurant with fire-roasted barbecue and craft beer tastings from Destin Brewing Co. 1-5 p.m. Sunday. Visit [www.thegulf.com](http://www.thegulf.com).

**Take in a Father's Day**

**Film.** For a relaxing wind-down from Father's Day weekend, bring your lawn chairs out to Baytowne Wharf's Events Plaza Lawn at Sandestin in Miramar Beach and settle in for a free film of “The BFG” at 8 p.m. Sunday.

**Create an Old-Fashioned Memory with Ice Cream.** Take you dad out for the ultimate ice cream sundae! Top with hot fudge, caramel, nuts and whipped cream! Yum! Your dad will love it!

**Take Dad to Big Kahunas and Drench Him on the Slides!** Celebrate Father's Day by swimming and splashing in Big Kahuna's awesome water park!

**And last, but not least, Spend Time with your Dad on the Beach or in the Water!** Have a picnic, go for a walk, splash in the waves, rent a jet ski or go parasailing...throw down a good time! You can find a plethora of water activities and tours that you can book ahead of time through TripShock.com, many at discounted rates.

From gulf-side dining to family adventures, the possibilities are limitless for Dad's special Father's Day weekend.



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# Hurricane Michael: A Time to Remember



By MATTHEW VANDERFORD

A time to remember so as not to forget...

**October 4, 2018:** What is now officially characterized as a "system" continues northeast toward the Yucatan Peninsula.

**October 7, 2018:** By morning "the system" was officially a Tropical Depression; becomes Tropical Storm Michael at 4:55 p.m. that day.

**October 8, 2018:** Reconnaissance aircraft reports Tropical Storm Michael to become Hurricane Michael officially - a nearly 35 nautical mile wide system was reported to be forming perfectly.

**October 9, 2018:** 9:00 pm: Michael becomes a major hurricane. In the span of only six hours, the central pressure within the eye had dropped rapidly to 20mb.

**October 10, 2018:** Rapid intensification along with a well-defined eye appeared making Michael's strength peak by the end of the day - sitting just below a Category 5.

As Hurricane Michael chugged along at 13 mph, it made landfall on the Gulf Coast of the United States in Mexico Beach, Fla., later that day. Ranking by pressure makes Hurricane Michael the third most intense Atlantic

Hurricane to ever make landfall in the United States. Most recent data now indicates that Michael made landfall as a Category 5—the first storm to make landfall as a Cat. 5 in the U.S. since Andrew struck southern Florida in August 1992. (Andrew was also upgraded from a Cat. 4 to a 5 in post-storm analysis.) Michael was blamed for 49 deaths and more than \$5.5 billion in damage.

**PRESENT DAY:** It's one of those things...you remember where you were, watching, listening, waiting it out. Not sure if that "system" was going to wobble this way or veer off that way. You never really know until it's right on top of you...or not... exhale. I almost stayed - thought to myself - self, we're smart; self, we're educated; self, you know what you're doing; self, we're staying - me, my wife, our kids and the dog. Why not...it's soooo far away and there ain't no way that thing is moving over here and you know what...remember those guys on TV, always hyping up the storms...yeah...definitely staying.

But later that day, reason sounded its still small voice in the back of my brain. Remember, Hurricane Hermine made landfall as a Cat 1, on high tide with a super moon; you met a man who was bedbound, a paraplegic who had to endure the storm alone on his bed with no electricity. Being unable to move, he endured the sound of water rising only to find a small relief with the water just stopping at the top of his mattress. Exhale.

You gonna be a hypocrite - or are you leaving?! Man - I had to open my big mouth and speak - now I have to leave. I have to err on the side of caution...have to err on the side of protecting my family...have to take what I've come to know and understand what these "systems" can do - and do what I know is the right thing to do. When animals sense trouble, they listen to their guts and do what they were intended to do: SURVIVE. I was beginning to think I had some special sense of power - TECHNOLOGY! But, remember what that tech got that man lying in bed.

In the wake of this tragedy let us listen to reason and sound advice in the upcoming seasons of our lives.

As I've said before, prepare:

- Have an emergency preparedness evacuation plan.
- Keep things elevated. (Get storage shelves and keep valuables at least 4' off the ground.)
- Keep records and valuable documents sealed in water tight containers.
- Photograph your property annually or semi-annually to make sure you can report damages accurately.
- Make sure you have the right insurance for any disaster.

Most importantly - if you have questions about your policy or coverage, contact your local in-

surance agent or other insurance professional to help you understand what you're covered for.

*In the wake of tragedy, there is rebirth; in the wake of birth, hope comes to light...*

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

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**THE GROUTSMITH OF NW FLORIDA** **850-367-3100**  
[WWW.GROUTSMITHNWFL.COM](http://WWW.GROUTSMITHNWFL.COM)

**\$50 OFF ANY SERVICE**  
Must present coupon at time of estimate. Not valid with any other offer. Expires in 45 Days

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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

**\$200 OR MORE**  
Must present coupon at time of estimate. Not valid with any other offer. Expires in 45 Days

# Destin Dining, Events & Entertainment



**S**weet Summertime... June has finally arrived So, who's ready to savor some of the most delicious food and the most exciting and fun-filled entertainment you'll find anywhere? You are? Perfect, because we've got you covered!

Father's Day is June 16. So, get ready to treat Dad to a weekend he'll always remember.

### Landshark's Pizza

Owners Brian and Sue Hassmann have created the local's favorite pizza, buffalo wings and sports pub and bar that serves both great pizza AND awesome wings for folks of all ages. With plenty of



seating and TVs everywhere you look, they have all you need for

a great time out. Weekly specials and fun include Music Bingo on Tuesdays at 7 p.m.; 69-cent Wing Wednesdays; Come watch NBA playoffs, soccer 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. Bring your friends for great food and a great time!

850.424-6743 | 300 Harbor Blvd. Destin | [landsharkspizza.com](http://landsharkspizza.com)

### Tequila's Sports Bar & Grill

A local favorite with margaritas, live music every Friday (a great way to kick off the weekend), and Latin Saturdays where you can dance the night away! A fusion of sports bar food and Mexican dishes, this locally owned option for delicious Mexican Cuisine in Miramar Beach combines traditional authentic Mexican recipes with local coastal tastes and bar type fare. Lunch specials offered daily Monday through Friday for \$8.99. Some locals' favorite menu



options include Quesadilla Mexico and Tequilas Bowl sure to satisfy any appetite. Try an order of the garlic parmesan wings then top it off with an order of garlic shrimp that comes with rice and refried beans - delightful spicy goodness. And, on beautiful days, enjoy a beautiful meal, great food and drinks on the outdoor patio!

EAT, DRINK, FIESTA!! OPEN 11 a.m. to 9:30 p.m., Fri. and Sat. 11 a.m. to 2 a.m.

850.279.6402 | 11225 U.S. 98 W. Miramar Beach | [sandestinsportsbar.com](http://sandestinsportsbar.com)

### Tailfins Alehouse and Oyster Bar

With a mesmerizing view of the Harbor, your favorite foods and live tunes daily, Tailfins delivers with three levels overlooking the Destin Boardwalk and water with

live music on the top deck and full bar. It's a popular stop for local favorite bands and from all-over bands that love to perform here. 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. Be sure to catch the scrumptious Early Bird



Specials M-F from 4 p.m. to 7 p.m. Don't miss the Double Happy Hour from 4 to 7 p.m. and again from 10 p.m. to closing from Mon. through Fri. with \$3 Bud Light Pint, \$15 Domestic Bottle Bucket, \$5 Long Island Teas, House Wines and Well Drinks. All during June you can come and enjoy live music on the docks every Fri. & Sat. night.

### Bric a` Brac Restaurant & Night Club

Voted "Best Crab Cakes in Destin" five years in a row, Bric a` Brac is the true definition of something for everyone...a family friendly, kid friendly, American-style restaurant. Bric a` Brac is well known for its super tasty food selections served up in a fun, artsy atmosphere by a truly professional and friendly staff. Locally owned and operated since 2014 by twin brothers Rodolfo and Fernando Petit, their hands on, fun loving style, engaging charisma and true passion set them apart. But it doesn't stop there. Want great food coupled with great fun? Enjoy delicious entrees while you listen to some fun tunes. Live entertainment starts at 7 p.m.; Karaoke on Thursday



night, live music performances by Jones & Company on Friday and Teal Magnolias on Saturday!

Still want more? ~ LATE NIGHT~ Latin Night Fridays & Saturdays from 11 p.m. to 4 a.m. will keep the party going. There is truly something for everyone at Bric a` Brac in Destin.

850.424.6369 | Shoreline Village Plaza | 824 Hwy. 98 E Destin [bricabracdestin.com](http://bricabracdestin.com)

### Boathouse Oyster Bar

Boathouse Oyster Bar is one of Destin's favorite best kept secrets. Located in the heart of Destin



on the Destin Harbor, it specializes in making oysters a delicacy. Boathouse's Gumbo recipe was

**RESTAURANTS**  
continued on page 4 of guide

**BOATHOUSE**  
OYSTER BAR

*A Locals Favorite For Over 30 Years!*

## JUNE LIVE MUSIC!

**Mondays:** Cole Jordan, Roshambo

**Tuesdays:** Kyle LaMonica, Austin Jennings

**Wednesdays:** Shane Curle, Hayes and Howland

**Thursdays:** Rusty Hammerstrom, Austin Jennings

**Fridays:** Jason Findley, Jason Clark

**Saturdays:** 12 pm Kelly Byrd, 4 pm Rusty Hammerstrom, 8 pm Gunner

**Sundays:** 12 pm Kelly Byrd, 4 pm Jason Findley, 8 pm Rotating Spot

Open Daily from 11 am-2 am  
Lunch Specials M-F for \$9.99  
Slacker Sunday Oyster Brunch 11 am

**288 Harbor Blvd, Destin**  
**(850) 837-3645**

Facebook: [www.facebook.com/BoathouseOysterBar](http://www.facebook.com/BoathouseOysterBar)  
[www.boathouseoysterbardestin.com](http://www.boathouseoysterbardestin.com)



# Destin Dining

## Events, Music & Specials

### Boathouse Oyster Bar

Daily Lunch Specials M-F \$9.99

Slacker Sunday Oyster Brunch - 11am

JUNE LIVE MUSIC LINE-UP

**Mondays:** Cole Jordan - 5pm | Roshambo - 9pm

**Tuesdays:** Kyle LaMonica - 4pm | Austin Jennings - 8pm

**Wednesdays:** Shane Curle - 4pm | Hayes and Howard - 8pm

**Thursdays:** Rusty Hammerstein - 4pm | Austin Jennings - 8pm

**Fridays:** Jason Findley - 4pm | Jason Clark - 8pm

**Saturdays:** Kelly Byrd - 12pm | Rusty Hammerstrom - 4pm & Gunner - 8pm | Gunner - 8pm

**Sundays:** Kelly Byrd - 12pm | Jason Findley - 4pm | TBD - 8pm

### Bric a Brac

Voted Best Crab Cakes in Destin 5 Years in a Row!

Live Entertainment...

**Wednesday:** Solo Musician

**Thursdays:** Karaoke - 7pm

**Fridays:** Jones & Company - 7pm

**Saturdays:** Teal Magnolias - 7pm

**Late Night! 11pm - 4am**

Latin Night Fridays & Saturdays | Music and Dancing Upstairs/Downstairs

### Landshark's Pizza

**Monday through Friday Happy Hour Specials 3-6pm**

Perfect accompaniment to daily menu specials

Well Drinks \$5, Domestic Drafts \$2, Domestic Bottles \$2.25, Wine – Glass \$4

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

7pm - Sample delicious varieties of local, regional and select out-of-state Brew house 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 7:00pm - Free to play! Free Prizes!

Corona Bottles \$2.5 | House Margaritas

### 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 \$0.50. 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

June Live Music:

1 SHENANIGANS

7, 8 PETERMOON BAND

14, 15 GET SIDEWAYS

21, 22 SUPERNASH BROS

28, 29 SPUNK MONKEES

JULY 4,5,6 GET SIDEWAYS

Double Happy Hour 4pm to 7pm &

10pm to close, Monday - Friday.

**Early Bird Specials:**

Mon. - Fri. 4pm to 7pm

Fresh Catch: Blackened, Grilled or

Fried served w/ Mash Potatoes &

Vegetables, \$17.95

Baja Fish Tacos: Blackened, Grilled or

Fried served w/ chips & salsa, \$14.95

Alaskan Snow Crab: Steamed Crab

Clusters with New Potatoes & Corn,

\$19.95

New Orleans Cajun Shrimp: Steamed

Crab Clusters with New Potatoes and

Corn, \$16.95

Kansas City Baby Back Ribs: Served

w/ Pit Style Beans & French Fries, ½

Rack \$12.95 / Full Rack \$21.95

All 5 great specials 4 to 7pm.

**Happy Hour Drinks**—\$3.00 Bud lights

drinks. \*house wines. \$15.00 Domestic

\$5.00 Award - Winning Seafood Gumb

### Tequila's Sports Bar &

Fiesta Every Saturday with Latin Satur

DJ Alacranero on the mix with #Salsa,

more! No cover all night long. Fiesta fr

MLB, NBA, PGA, MLS - Come and wa

**Taco Tuesdays:** 2 Chicken or Steak, S

\$8.99

3 Margarita Sizes: Jumbo, Mega and C

**Daily Lunch Specials Monday - Frid**

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

www.landsharkspizza.com

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

**MULTI-YEAR AWARD WINNER**  
BEST PIZZA IN DESTIN & PLUS BEST WINGS IN DESTIN, BEST TACOS IN DESTIN, FULL BAR & GAME ROOM! STEAK & CHICKEN WINDY PARK EGG!

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

**2-4-1 MARGARITAS ALL DAY EVERYDAY!**

**BEER. FOOD. FIESTA!**

FIESTA WITH US EVERY SATURDAY 10PM-2AM  
**LATIN SATURDAYS**

**TEQUILA'S** SPORTS BAR & GRILL (850) 279-6402  
LOCATED IN **MIRAMAR BEACH**  
11225 US-98 W, Miramar Beach, FL 32550  
FOLLOW US ON @tequilasmiramarbeach

**LA FAMIGLIA**  
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

# & Entertainment Schedule

s. \$5.00 long Island iced teas \* well  
c bottle buckets. Mix or match.  
o during Happy Hour.

## Grill

days!  
#Merengue and #Bachata and much  
om 10pm to 2am!

atch all the action on Big Screen TVs!  
Soft or Hard Tacos with Rice or Beans

Grande, 3 Grande Margaritas \$14.99  
ay \$8.99

## AJ's Destin

AJ's Club Bimini in Destin: 7 Nights a week!

### JUNE BIMINI STAGE

#### Touring Bands:

6-8 Bad Charolette | 13-15 The Anteesk  
20-22 Blackberry Breeze | 27-29 Live By Satellite  
July 3rd-6th JamNation

#### BIMINI STAGE

##### Sundays:

Jones & Company 4pm | DJ Dan Davis 8pm | Black Eyed Blonde 9:30

##### Mondays:

Will & Linda 4:30 | DJ Serpent 8pm | Black Eyed Blonde 9:30

##### Tuesdays:

Good 'Nuff 4:30 | DJ Dan Davis 8pm | Black Eyed Blonde 9:30

##### Wednesdays:

Jason Tyler Findley 4:30 | DJ Charles 8pm | Black Eyed Blonde 9:30

##### Thursdays:

Will & Linda 4:30 | DJ Boom 8pm |  
Touring Band 9pm

##### Fridays:

Good 'Nuff 4:30 | DJ Boom 8pm |  
Touring Bands 9:30

##### Saturdays:

Will & Linda 4:30 | DJ Serpent 8pm |  
Touring Band 9:30

##### TIKI STAGE

**Mondays:** Jason Clark 6pm

**Tuesdays:** Chasing Jaymie 6pm

**Wednesdays:** Good 'Nuff 6pm

**Thursdays:** Chasing Jaymie 6pm

**Friday:** Austin Jennings 6pm

**Saturdays:** Austin Jennings 6pm

##### JUMBOTRON STAGE

Tribute Tuesdays all Summer live  
concert at 9pm

Live Street Party Concert every  
Saturday night at 10pm

## La Famiglia Restaurant

Lunch Menu starts at \$7.99

Family recipes are the secret ingredients.

Brick Oven Pizzas, Homemade Pastas and so much more...

### Wine Down Wednesdays

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

## The Melting Pot

### FATHER'S DAY ENDLESS FONDUE!

12-9pm, Sunday, June 16. \$39 per person (rich cheese fondue, any crisp salad, an endless entree of teriyaki marinated sirloin, all natural chicken breast, white shrimp, andouille sausage, featured pasta, any decadent chocolate fondue)  
Call for reservations and tell Dad to start making room, lots and lots of room.

\*Offer valid at the Destin location only. Father's Day promotion is valid for Endless Entree only. All guests at the table must purchase the promotion. No sharing or to-go containers please. Not valid with any other offers or promotions, including coupons or other special Gift Certificates.

### 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.

## The Beach House

Live Music Thurs., Fri. & Sat. nights

Happy Hour 4-6 pm every day




## Bric à Brac

Family-Friendly, American-Style Seafood Restaurant  
Locally Owned & Operated

Voted Best Crab Cakes in Destin

### 1 FREE Appetizer

w/ purchase of 2 Adult Entrees (limit 1 per table)

### LIVE ENTERTAINMENT

- Tuesday: Solo Musician
- Wednesday: Local Musician
- Thursday: Karaoke 7pm
- Friday: Jones & Company 7pm
- Saturday: Local Artists

11 pm to 4 am

## LATIN NIGHT

FRIDAYS & SATURDAYS

Shoreline Village Plaza | 824 Highway 98 E

**850-424-6369 | www.bricabracdestin.com**



TOGETHER IS OUR SECRET INGREDIENT.  
savor every moment™



**The Melting Pot**  
FONDUE RESTAURANT

MELTINGPOT.COM

Happy Hour  
\$6 cheese and \$6 chocolate fondues  
plus drink specials every day from 4-6 at our bar.  
Book your fondue experience today!

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



Voted Best Sports Bar!

## Amazing Food Fresh Seafood

**EARLY BIRD DINNER SPECIALS**  
4-7 pm

**DOUBLE HAPPY HOUR**  
4-7 pm & 10 pm - Close Monday-Friday

**FREE SMOKED TUNA DIP**  
with any lunch or dinner entree

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





Destin, Florida

**LIVE MUSIC**

June 1: SHENANIGANS  
June 7-8: PETERMOON BAND  
June 14-15: GET SIDEWAYS  
June 21-22: SUPERNASH BROS  
June 28-29: SPUNK MONKEES  
July 4-5-6: GET SIDEWAYS

# Destin Dining, Events & Entertainment

## RESTAURANTS

continued from page 1 of guide

written by Mama Gumbo herself. More local fan favorites include the Tuna Ranch or Blue Cheese and Trailer Park Nachos—Yum! Other menu items include American staples such as Grilled Cheese and Hot Dogs. And, of course, the oysters are raw, steamed or baked just the way you like ‘em! Boathouse has even been voted Best Oysters and Best Gumbo for the past 30 years. Come down every weekend and enjoy our delicious crawfish boils until we run out. Don’t miss our Slacker Sunday Brunch and our very popular “Slacker Series” events benefiting Panhandle Animal Welfare Society. Visit our website for details.

850.837.3645 | 288 Harbor Blvd. Destin | boathouseoysterbardestin.com

### The Beach House

Located next to the Hilton Sandestin, The Beach House is the newest, fun spot to relax, drink



and dine! Here you’ll enjoy the magnificent view of the white sandy beaches and emerald waters from every seat, indoors or out! And the menu is value oriented for locals and visitors alike. And there are a variety of delectable dishes including Grouper tacos, perfectly charred chicken wings or the, we’re sure, soon to be famous Beach House burger. Join us for live music several nights a week. Sports fan? The game is always on one of the large TV’s. If you’re interested in booking a private event, contact events@thebeachhousesd.com. Open daily from 11 a.m. – 9 p.m. 850-608-6300 | 4009 S. Sandestin Blvd., Miramar Beach thebeachhoused.com

### The Melting Pot

Truly a one-of-a-kind dining experience, The Melting Pot provides an unforgettable, interactive night out that turn moments into memories. From the time the first piece of bread is dipped to when the last nibble of dessert is savored, you’ll learn something



new. The menu has fare for every taste, a delicious meal guaranteed, you can count on it. No matter the choice you will not be disappointed. 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.” “It’s a real joy” says Lucinda, when witnessing customers’ first time experiences. So if you haven’t already, be sure to “dip in.” Visit meltingpot.com/destin-fl to view the full menu or make reservations.

850.269.2227 | 11394 U.S. Hwy. 98, Miramar Beach

### AJ’s Seafood & Oyster Bar

A long-time local Destin hub, AJ’s Seafood & Oyster Bar sports a live band or DJ every night of the week during the spring and summer. And there’s 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 beer and oyster specials coupled with picturesque views of the Destin Harbor. Popular



local bands can be found playing all week long. Come in for Prime Rib Thursdays, where AJ’s famous tender, juicy Prime Rib is served - \$16.95, 4 p.m. to close every Thursday.

850.837.1913 | 116 Harbor Blvd., Destin | ajsdestin.com

### La Famiglia Restaurant

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, and antipasto. Not to be missed, La Famiglia is a local favorite for authentic, brick oven Italian pizza, topped with a variety of traditional and specialty ingre-

dients, 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! Simply a great place to take the family out for a genuine, Italian pizza experience and memory-making. Open Tues.



through Sun., 11 a.m. to 10 p.m., offering a lunch menu until 3 p.m. What more could you possibly ask for when you are at an Italian restaurant?

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

# summer street party

**05.28**  
**appetite for destruction**  
the mother of all guns 'n' roses tributes

**06.04**  
**pearl gem**  
the ultimate pearl jam concert experience

**06.11**  
**slippery when wet**  
the ultimate bon jovi tribute

**06.18**  
**84**  
a tribute to van halen

**06.25**  
**stone tribute pilots**  
stone temple pilots tribute act

**07.02**  
**vegas mcgraw**  
tim mcgraw tribute

**07.09**  
**pandora's box**  
the ultimate aerosmith tribute

**07.16**  
**larger than life**  
the ultimate boy band tribute show

**07.23**  
**runnin' down a dream**  
a tom petty revue

**07.30**  
**fortunate sons**  
a creedence clearwater revival tribute

**08.06**  
**blink-180true**  
a tribute to blink-182

**08.13**  
**heart breaker**  
the ultimate usa tribute to heart

**08.20**  
**wowu2**  
the premiere u2 tribute band

**08.27**  
**nirvana**  
a tribute to nirvana

**featuring chasin' jaymie from 6-9pm**  
**every tuesday night | free admission | 9pm**

## #tributetuesdays

**116 harbor blvd. destin, fl 32541**  
**850.837.1913 | ajsdestin.com | #ajsdestin**

**OCEAN REEF**  
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The Wave  
We Play Everything

**103.1**  
THE BLAZE

**DESTIN**  
*Life*

# Off the Hook

## Red Snapper Season

BY CALI HLAVAC,  
TO DO IN DESTIN

There is one fish that some people wait all year for the chance to keep, and this year open season falls right in line with Father's Day. Red Snapper season is open for federally-licensed charters from June 1-August 1, with open season for recreational fishing and state licensed charters following close behind from June 11-July 12. There is a two-per person limit, with 16" minimum size for all waters.

We dug around to find out why Red Snapper is a highly sought-after fish, mostly to discover the taste is what draws people in. The white meat is lean, has a gentle, sweet, nutty flavor with a firm texture. Whether baked, broiled, grilled or fried, this mild-flavored fish always delivers a great taste while also being a very healthy food source. Four ounces of uncooked Red Snapper contain just 110 calories and 1 gram of fat.

They are also a fun catch. Large Red Snappers will swim



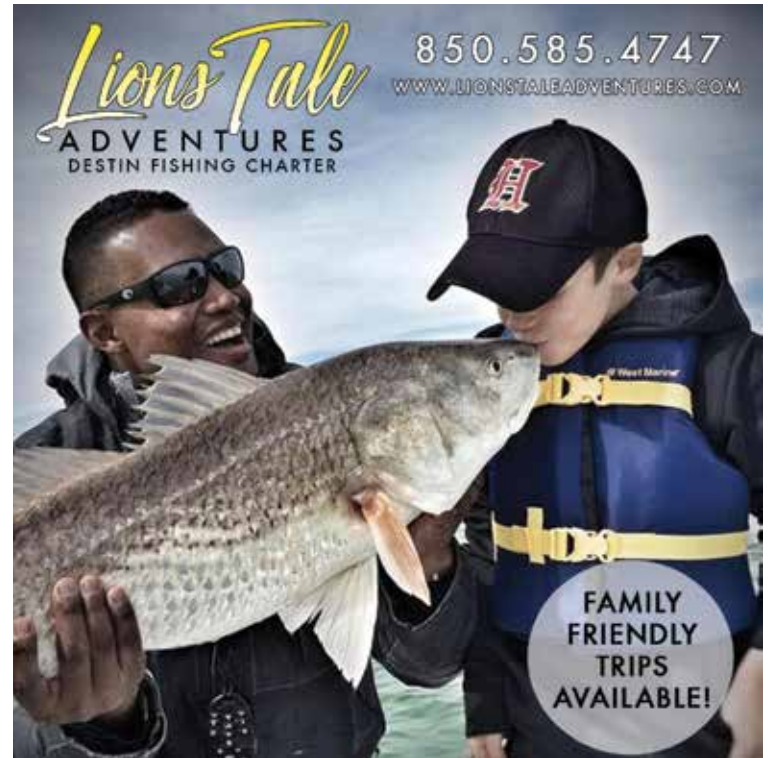
in circles and pull, making it quite the fight. For those fishing for them on their own, it is recommended that a fluorocarbon leader be used as Red Snapper have excellent eyesight and sharp teeth. So, the line needs to be invisible in the water. Find them in depths of 50-60 ft. and most Red Snappers prefer live bait; they can be caught on dead Cigar Minnows, squid or cut fish by a simple drop in the water. You can also try chumming them up to the surface with chunked fish. This creates a frenzy for one, and it will

also bring them far away from the structures that they might pull you into to cut your line.

If you can't make it to fish during Red Snapper season, you're still in luck. The snapper family boasts a variety of fish that are equally as tasty, with limits year-round. Vermillion snappers for example are just as tasty, and though they are smaller in size, a limit of 10 per person will guarantee you still come home with plenty to eat. Mangrove Snapper, White Snapper and Black Snapper are also additional options.

With Destin being the World's Luckiest Fishing Village, we've got plenty of boats offering charter fishing who love Snapper Season. What better Father's Day gift could

there be than finding and booking one for a day on the water? Quality time spent with Dad and a tasty meal afterwards — sounds like the perfect gift to me!



# FLOAT & CHILL



60min Float Session

Float Brothers  
4463 Commons Drive West  
Destin, FL 32541



850-460-8720  
FloatBrothers.com



Cryotherapy + NormaTec® Recovery

CRYO850  
4495 Furling Lane, Suite 10  
Destin, FL 32541



850-279-4145  
Cryo850.com

# HAPPY FATHER'S DAY

GIFT CERTIFICATE SPECIAL \$75

 Wellness

# Keeping Anglers on the Water and Out of the Clinic

## Avoid Injury from Fishing this Summer

By DR. RYAN GARCIA, D.C.

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

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

As an avid angler and tournament fisherman in my free time, but a chiropractic professional passionate about evidence-based chiropractic and rehabilitation, I want to bring awareness to ways anglers can protect their bodies and avoid injury in this fun and popular sport this summer.

### Common Fishing Injuries: Overuse Injuries

Most anglers are careful to avoid the obvious and most dramatic of fishing dangers (dehydration, hooking a finger, boat motor fires, accidental drowning, etc.). However, to stay in top

fishing shape, one must protect themselves from more mundane fishing hazards – overuse injuries.

Common injuries include: low back pain, muscle tightness, knee pain, and overuse syndromes in the shoulders, elbows and wrists. These overuse injuries often come in cycles during the fishing season, and they are common in the Destin area due to the popularity of the sport and the number of local anglers we have. Often, these injuries can be traced back to when a person learned their fishing techniques. Many people aren't taught proper techniques to minimize the risk of injury.

### Stay On The Water and Out of The Clinic: How to Avoid Overuse Injuries

#### 1. Condition

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

#### 2. Fishing Gear

Along with keeping their bod-



ies in shape, I also recommend utilizing fishing gear that's specific to the type of fishing being done as well as what's best for the angler's body. Smaller, lighter reels can reduce strain. Also, ensure equipment is in good condition so anglers are not fighting the equipment while also fighting a fish.

#### 3. Protective Gear

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

#### 4. Take Advantage of Professional Recommendation

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

"At 62 years of age, I have lived a very active life and have had my share of injuries. I have always experienced pain relief and a better quality of life from chiropractic care. I had a debilitating injury a few years back, and thru much physical therapy had recovered to maybe 60% of the quality of life I enjoyed before the injury. Following Dr. Ryan's program for recovery, I steadily improved. Over the course of a few weeks, I experienced pain levels dropping,

stamina improving, and posture. I own and work on a Charter Boat and it's very challenging and encompasses working with 10-12 anglers at times, or being in awkward positions in the engine room. If I get a little out of adjustment Dr. Ryan knows just what to do. I have had really good Chiropractors before moving here, but I would have to say that Dr. Ryan is the best. He has terrific insight into his patients' needs, and he gets results quickly. I have the utmost trust for him and his ability."

-Captain Randy Langston, MissAegina Charter Boat

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

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

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# Let Them Be Bored this Summer!



By CHRISTINE RUSHFORD, MS, LMHC

In the era of Kardashians with “momagers,” we as mothers have taken responsibility for filling our children’s every hour. Whether it be swim lessons, intensive summer reading classes, organized playdates or disorganized Pinterest projects that went awry, somewhere along the way mothers have begun to believe that their children must be productively engaged at all times. If a child is at a loss for

something to do and dares to utter “I’m bored!” we are immediately on hand to resolve the boredom. Even if that means stopping what we are doing, to fill in as play mate for the disengaged youngster.

The problem with this “productivity” mindset is that it does all of the work for the child. Part of the magic of school vacation

of the brain which is responsible for initiation, problem solving, judgment, attention/concentration, emotion regulation and much more! The brain is a “use it or lose it” type organ. When children are not told how to fill their every hour throughout the summer, they have the opportunity to practice skills to enhance their growing brains.



is the vast amounts of free time that summer creates. In that free time is the opportunity for our children to learn so much! When forced to plan their day, children engage their developing frontal lobe. This is the part

The next time your child says the dreaded, “I’m bored!,” resist the urge to solve the problem. Instead, ask your child how he/she will solve the problem. Of course, be on hand to approve of any “plans” your child might

develop or to assist in executing said plan. It is also worth mentioning that your child’s plan might fail. Step back and allow for that to happen as well. The disappointment felt is a great opportunity for your child to utilize his/her emotional regulation!

I encourage you to pull out your calendars and see which planned activities can be altered to a free day of growing your child’s brain—those days will be your most productive and worthwhile of the summer!



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 Wellness

# Blessed in Destin – Getting Fit & Balanced

By LISA TURPIN

I feel blessed to have so many options to stay active and healthy in Destin. Most of us live here for the magnificent beauty that surrounds us daily. The soft white beach and our emerald water paint a canvas of serenity but can also help add a little challenge to the mundane exercise routine. Get outside and take advantage of this area's offerings.

Paddle Boards and Pilates are a match made in heaven! Sometimes called SUPilates, it offers total body conditioning and balance training with a workout that makes you feel accomplished, healthy and strong. The board is used in the water as a floating mat. You can perform most of the same movements as you can on land. In using the paddle board on the water, the body is constantly recruiting deep stabilizing muscles throughout the

entire body just standing and balancing on the board alone. Adding core-based exercises, just takes it to another level... takes it further. By performing Pilates exercises on the board, you enhance the challenge and benefits of both paddling and Pilates workouts.

The concept of pilates is all about balance. I'm talking about synergistic balance within your whole body. We want the left side to be as strong as the right side, your back in balance with the strength of your front. When we neglect this type of activity, we can create muscular imbalances and our joints, ligaments and tendons have to work harder and it can throw our whole skeletal system out of order. Even when performing some of the simpler movements, such as the lying ab series, or leg circles, your hips, spine and pelvis needs



rigid all the time. A little splash is refreshing and lightens things up a bit! In fact, one time I had a crazy funny participant who, after she fell in, found it super hilarious and it became "the thing to do!" Whoops! Fell in again! It was probably my favorite class as she had us in stitches!

If you're ready to step it up a notch or put your skills to the test... Pilates on the paddle boards makes the exercise a little more challenging but very doable. Most of the movements are lying or kneeling, so you are hardly ever standing until maybe the very end. The abdominals will be engaging pretty much the whole time and they will be firing more stabilizers to maintain the stability of the unstable board. All-in-all, Pilates and other balance routines such as yoga on the SUP are very effective, challenging and extremely FUN!

If you are interested in trying this type of workout you can contact me at [beactive850@gmail.com](mailto:beactive850@gmail.com).

Have a blessed and active summer DestinLifers!



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to be stabilized to keep the hips in alignment by engaging your core. What's great about the paddle board, is that it provides feedback on whether you are actually keeping the control or not. It kind of tells on you. When you aren't as strict with your form, the uncontrolled movements will cause a little or a lot of rocking and you will notice the board tilt and show you where that imbal-

ance is so you can correct your form or else you lose it. Most of the time you catch it but every now and then you don't... but no worries... falling in is part of the fun! We don't have to be so

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# Women Getting Testosterone? Yes!



TESTOSTERONE IS VITALLY IMPORTANT IN WOMEN! Did that get your attention? Is that even true? Most people mistakenly make the assumption that testosterone is for men and estrogen is for women. In fact, some physicians would probably support the idea that testosterone is primarily a male hormone and estrogen is primarily a female hormone. These ideas could not be further from the truth. Last month I wrote about the difference between NORMAL and OPTIMAL and

how confusing it can be to feel run down, worn out and foggy headed while your doctor says everything is “normal.” Testosterone levels in women are a fantastic example of this issue. How many women are worried about osteoporosis? What if I told you that optimal testosterone levels can reverse Osteoporosis?

How many women are worried about diabetes? What if I told you that optimal testosterone levels can help prevent diabetes? The same is true regarding breast cancer, heart disease, cholesterol, Alzheimer’s disease? Did that get your attention?

Remember, the other side of treatment is prevention.

Are there any women out there who want to increase their sex drive? Anyone want to improve their sleep and finally feel rested in the morning? How about that desire to tone up muscles and reduce body fat? Or improve overall mood by reducing irritability?

These are just a small number of the benefits that women receive when they have OPTIMAL



testosterone levels. Unfortunately, there are two horrible problems with testosterone! First is that almost every lab in the country has a “normal range” that is nowhere close to an OPTIMAL range! Second, your doctor most likely has NEVER ordered a test of your testosterone level!

I challenge every woman who reads this article to ask every one of their girlfriends to find the last time you or they had their testosterone checked by their doctor. My bet is that the number of women you find who have had their testosterone level checked without specifically asking for it is ZERO. Even if they asked their doctor to check their hormones. The number of women who have come to us with labs from their doctor that do not include a testosterone level is nearly 100%. Let’s make a deal today. You look through every lab you have ever had done in your entire life. If

you have had your testosterone checked and the issues I listed don’t concern you then maybe you don’t need to see us. However, if you don’t find a testosterone level in any of those labs, especially if you asked about your hormones, then Please call us today, get tested and let us evaluate your results. I hope this little article got your attention.

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*optimization including thyroid, estrogen, progesterone and testosterone. He treats both men and women who have the very normal symptoms of fatigue, weight gain, loss of vitality, brain fog, difficulty sleeping, loss of sex drive, and so much more. Call us today for an appointment at 850-837-1271.*



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 Wellness

# Digestion by Design: Part 4



BY MELANIE STEWART

One of the most important facts of positive health is that it is dependent on an alkaline environment, while disease states thrive in an acid environment. To achieve an alkaline system, we need LIVE foods that are nutrient dense, enzymatically active and energizing. LIVE foods include fresh fruits and vegetables,



fermented foods like kefir, sauerkraut, or miso, and raw foods. Other alkalizing foods include peas, beans, lentils, spices, herbs, seasonings and healthy fats.

Sadly, many people consume little to no LIVE foods for days and even weeks at a time! Think of our common food choices: cereal, pancakes, waffles, sandwiches, chips, crackers, cookies, pizza, hotdogs, burgers and fries! All are DEAD foods that are not only devoid of nutrients, they are more difficult to digest and are acidifying to our systems.

Beyond our nourishment, food is the form in which our surroundings penetrate into our bodies in rough, big quantities, giving us information about the world around us and influencing genetic learning. In fact, as the foundation for the environment for our cells, food can be more influential than our genes because it influences which genes express and which don't.

When you consider the quality of your blood, which is responsible for bringing nourishment to every organ, tissue, and

cell, imagine the effects of acidic blood - corrosive, erosive, caustic, bubbling and burning its way through your body! What do you imagine is happening to you internally?

**CHRONIC INFLAMMATION!** Chronic inflammation is at the root of almost all disease states including arthritis, bone and tooth degeneration, gastritis, fatigue, infertility, impotence, lack of immunity to infectious diseases, heart disease, cancer and diabetes. In fact, it's implicated in eight of the ten leading causes of death! Even worse, it can be as silent as it is dangerous.

In contrast, picture gentle and nourishing alkalizing blood bringing those vital nutrients to every organ, tissue and cell. Visualize your internal world calm, clean, and perfectly functioning. Envision yourself with an abundance of energy, emotionally and mentally stable, and feeling physically ABLE for whatever

the day brings. No more nagging aches or pains and no more unattractive symptoms of digestive distress!

As we meet our next organ of digestion, I encourage you to consider your stomach like a washing machine. If you put too many clothes into the washer, the agitation is not as effective and clothes will not come as clean. Similarly, when we overfill the stomach, gastric juices have a more difficult time reaching all the food and breaking it down properly. Ideally, it is best to stop eating when you feel 70 – 80% full.

However, it is not only what, or how much, we choose to eat that enhances or hinders digestion and nutrient absorption. Of equal importance, in my opinion, is the way we pair or combine our food choices. Just like we could launder clothes that can discolor or damage each other, we can ill-combine our foods which can negatively impact digestion and nutrient absorption. And we risk the creation of unwanted toxins.

Next month I will present two simple food rules that work with our perfectly designed system to both enhance digestion and nutrient absorption. If you choose to follow these two simple rules for 30 days, you might just notice some welcome and positive results!

*Melanie Stewart provides personal coaching and corporate seminars and workshops that are relevant and empowering and will leave you with a unique blend of meaningful education and practical tools, tips and techniques. For more information, you can fill out the contact form at: <https://www.yumtumnutrition.com/> or email:*

*melanie@yumtumnutrition.com. All content is commentary or opinion and is protected under Free Speech laws in all the civilized world. It's not meant to give individual medical advice or to make any health claims on the prevention or curing of diseases.*



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# Daddy's Girl

BY LAUREN CATANESE

I'm not one for labels. But this one I'm sure to keep. Being my daddy's girl has changed the world for me. I used to think he read a manual or was just born with all to know. Now that I am older, I'm even more grateful knowing it was more "learning as you go." They say anyone can be a father, but it takes someone special to be a dad. And if anyone could write a manual now, well of course, it could be my dad.



He gave us a safe space to explore while we were young. To go chase down unicorns, play barbies, or reach for the sun. The world was our playground, and we felt free to just be. And I couldn't have felt so alive if my daddy didn't create that foundation for me.

He gave me someone to talk to, when I couldn't get it right. When life was tough, I wanted to give up, or needed the motivation to keep aspiring for more. It was knowing that no matter how hard I might fall, my daddy's love would be there to catch me. It is what gave me the courage to even try and to take risks in life, having him there to always guide me.

He gave me the push in life when I really didn't think I needed it. My stubbornness wanted to ignore and deny it,

but his wisdom of life's experiences couldn't help but to shine through. And I am grateful he was always willing to help, not only the first, but second and third time, too.

He gave me the inspiration to love to live; to be optimistic, adventurous and to dream big. He taught me to trust in myself, to follow my heart. My determination to see an action through, was always all he needed to know that there is nothing I can't do.

A daddy is a subtle understanding, a presence that's in your life. It's a confidence, a second chance, a foundation that stands the tests of time. I know I am lucky to have a daddy to be with through and through. All that can happen on this roller coaster in life, there is always something new. It is a blessing to have a great daddy that's there to calm the storm and to keep inspiring you, to never doubt for a

second that you won't succeed in living life to the fullest and fulfill your destiny.

What makes a dad so great? It's easy, not that hard. It takes someone who will love you for you and be there to remind you just how special you are. Someone to believe in you. And be your light when you're lost in the

dark. And that's the greatest gift a dad could give, unconditional love for you and all that is..

Thanks Daddy, for always being there for me. No matter how old I might get, I will always be your girl.

Happy Daddy's Day to all the great dads out there. And no matter where your dad might

be, in spirit or down the road, celebrate wherever they are and what their life has meant to you!

*You didn't have to do it dad. All that you have always done. You didn't have to do it, but you did. And that's how being a dad is done.*

Musing

# Pastor's Ponderings: A Father's Blessing



BY MICHAEL JANETIS

Father's Day evokes such a wide span of emotions across the board. For some it brings joyful memories of a man who was a reflection of God's love, provision and protection in our homes. While for others, it's a reminder of broken promises, disappointments, abandonment, unresolved pain and a deep seed of rejection.

We all long for a father's love. Our age is irrelevant to this deep longing for affirmation and the

need of a father's blessing. A father's blessing is so critical to our emotional and spiritual health and yet it is something so rare in our current day. A father's blessings tells us who we are, why we are valuable and creates a strong sense of security and purpose in our soul.

Not only does life initiate with the father biologically, but we also receive our identity as we are given his name.

Our image of father also creates our image of God. What we know about the character and nature of our earthly father is superimposed upon our Heavenly Father. We begin seeing our Heavenly Father through the same lens that was formed through the attributes displayed to us in the natural realm.

Some of us have perceived God our entire lives as angry, harsh and critical. He's the one waiting for us to mess up so He can tell us how we were a mistake. Some of us have had thoughts that have said, "If I could be perfect, if I could per-

fect my flesh and do everything just right, then I would be worthy of His love and God would accept me. After all, I tried my whole childhood to grasp that attention from the one I called father, so why would my Heav-



enly Father feel any different about me?"

Many of us have had dreams, God-given dreams our entire lives and we have been waiting for permission from a father to bless us and champion us to run as fast and as hard after these dreams as we can. After all, a

true father's heart is not jealous of his sons or his daughters. A father's heart rejoices when his children surpass his own measure of success.

For some of us, our fathers weren't able to give us a father's

blessing, because they passed away or perhaps because they never received one themselves. They never knew what it meant to be a son; so, being a father was something they were never able to give you.

I know this much, you have a Heavenly Father who sees

you, hears you, knows you by name. He is the one who knit you together in your mother's womb with such care and intention. This Father that formed you takes so much delight in you. You are His muse, His poetry, His song, the very crowning jewel of His creation. Your value isn't based upon your ability to perform. Your identity is not in your success and accomplishments. You are priceless because you are His beloved child! He is a good, good Father!

*Michael Janetis is the lead pastor of the soon-to-be-launched Oceans Church located in Destin. Michael and his wife, Jaime, have been married for 20 years. They have three children and reside in Destin. Michael and Jaime have been leading worship together for the last 20 years as worship pastors and have also served as pastoral care pastors. Oceans Church will be located at 834 Hwy. 98 E, in Destin in the Shoreline Village Mall. To find more information on Michael and Jaime and/or Oceans Church, visit them at [www.oceanschurch.org](http://www.oceanschurch.org)*

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# Daddies



BY SEAN DIETRICH

The boy holds his fish as high as he can. His father hugs him and kisses his hair. They make a fine picture together.

I'm watching a father and son fish in a state park. They stand shoulder-to-shoulder.

After a few minutes, the boy's rod starts to bend.

He screams, "I GOT ONE

DAD!" His voice carries on the water all the way to Birmingham.

And I am a nine-year-old again.

In fact, if I were to shut my eyes right now, I would see my father, shirtless, standing on a sandy teshore, smiling. A beer can by his feet.

"Quit messing with your reel so much," he'd say. "You'll scare fish away if you don't relax."

On one particular day, my father caught three bass and a shellcracker. Mister Unrelaxed had not been so fortunate—I'd caught one Penzoil can and a medium-sized turtle.

But my luck changed. My rod nearly jerked out of my hands. I tugged and cranked.

And it happened. I caught a bass bigger than most residential water heaters. Daddy whooped and hollered.

He let me take a sip of his



lukewarm beer. He discussed how to clean a fish.

He handed me a Buck knife to cut off the head. He made me swear to keep both hands on the handle.

The next thing I remember is a puddle of my own blood. I nearly fainted.

Daddy wasted no time. He tossed my flopping fish into the truck bed. He pressed a wadded T-shirt against my cut hand. We sped to the Emergency room.

I glanced through the back window and saw my fish flopping in the pickup bed.

"Your mama's gonna kill me," said Daddy.

The doctor was an old man.

He looked at my hand and said, "What kinda fish you catch, old timer?"

Old timer.

I told him. He smiled, then removed a needle as big as a turkey baster. He jammed it into my palm and said, "I hope it was worth it."

I screamed. Daddy held me against himself and kissed my hair while the doc stitched me. And for as long my mind stays sharp, I'll never forget the way Daddy smelled.

It's funny, the things you remember about dead people.

For instance, I remember the way Daddy ate his eggs. I remember his long-legged walk—like a heron. I remember how he used to sit in a chair after work, crying for no apparent reason.

And the night before he took his own life, I remember a blank look on his face.

"Remember that time we

went fishing and you cut your hand?" he said.

Do I ever.

The kid and his father want their photo taken. The man asks if I'll do the honors.

He hands me his phone. I tell them both to say, "cheese." They do.

The boy holds his fish as high as he can. His father hugs him and kisses his hair. They make a fine picture together.

I'm not sad about the way my life turned out. God help me, I'm not. I don't wish for different circumstances. I don't want anything more than what I have.

But if God were taking requests...

I wouldn't mind fishing with Daddy again.

Or a kiss on the hair.

*Sean Dietrich is a writer, humorist, novelist, and biscuit connoisseur, known for his commentary and stories on life in the American South.*

## Destin Named 2019 Top 10 Southern Beach Towns

*Southern Living* just released its 2019 list of the south's best beach towns. Not surprisingly, Destin came in at #2. The secret has been out for a while and everyone seems to be catching onto the fact that there's simply no place quite like Destin, for residents or visitors. It's hard to compete with our crystal emerald green clear waters, sugary white sand, amazing weather, activities and dining. I think



you'd agree, we might be a small coastal community, but we live in paradise!

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**Business**

# Spotlight on Sundance Rental Management

By RITA SHERWOOD

A third generation local who grew up in the family business, Rick Scheel of Sundance Rental Management, Inc., knows a thing or two about Destin and Ft. Walton Beach, the beautiful place we call home. His grandfather, a retired Lieutenant Colonel in the Air Force became a realtor in Ft. Walton Beach back in the 50's. He soon started accumulating a lot of rental inventory because so many of his clients were active military and were being reassigned. His daughter Pam, Rick's mother, took over the rental business in the 70's and met his dad several



years later, who was a local contractor and maintenance man. So, Rick and his sister grew up in the family's long term rental business. Rick started at the very bottom doing maintenance and painting even while enrolled in college, coming back home to work on the weekends.

Fast forward to today—Sun-

dance Rentals has more than 2,000 long term rentals stretching from Ft. Walton to Panama City Beach, Niceville, Crestview, Navarre and Destin. They have

eight property managers who are in charge of around 250 properties each. With a local office in Destin, Rick says, "We can better serve our clients in the Destin area." When asked what sets Sundance Rentals apart from other rental companies, Rick says, "Long term rentals is all we do, and we've been doing it for more than 40 years." He goes on to say, "Whenever someone calls us, your phone call is taken by a live person 24/7." In today's day and age, that's pretty nice considering all the automation out there. And others must agree, for Sundance Rentals has gained such accolades as Best in Destin 2019 and Finest on the Emerald Coast for 2017, 2018, and 2019. Rick says all of this would not be possible without the amazing support staff

his company has in Ft. Walton Beach, at their headquarters.

And what does Rick enjoy doing in his spare time with his friends and family? Fishing, boating and tennis of course; he's a true local enjoying the very best our area has to offer.

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# Natural Gas and the Impact on Wealth Management



BY MAURICE STOUSE  
FINANCIAL ADVISOR AND  
BRANCH MANAGER

The United States has become the fourth largest exporter of natural gas in just the last three years. The world's demand for more clean-burning energy continues to grow and this trend has continued to spur exploration and development of natural gas in the U.S. Overall energy production in this country has increased more than 140% in the past 10 years alone. Why is all of this happening? Consider that as world's demand for more clean energy continues to spike and thus exploration and development of natural gas in the United States, the use of coal to fire electricity-generating plants has continued to decline in the U.S. and most recently, China. Importantly, advances have made it possible for exploration companies to find and release significantly more natural gas most notably through shale.

When you add all of this up, you begin to understand the significant growth in the production and transportation of natural gas not only in the US, but across the world. In order to make natural gas more readily transferrable and exportable producers have continued to innovate with the liquification of natural gas (called LNG for liquefied natural gas). President Trump was recently in Hackberry, LA to tour one of the newer LNG export facilities that has sprung up on the Gulf Coast. With such a significant increase in supply and with the technological advances, the prices for natural gas have been somewhat restrained but the production increases continue all across the country and the world.

There are other reasons natural gas has gotten so much attention. Manufacturers report greater productivity through the

utilization of natural gas. Three years ago, the National Association of Manufacturers reported that natural gas was strengthening manufacturing growth and employment. Also, many public transportation buses and cars are now run on natural gas as well. And one major manufacturer of oil for automobiles now boasts natural gas as the source for its synthetic oil for your car.

So, what should investors consider about managing their wealth? First, the positive impact on productivity for U.S. manufacturers should be considered again. Next, if there is a greater appetite for risk, look at companies in the energy sector and focus particularly on those that do some or all these things. There are stocks of individual companies as well as mutual funds and exchange traded funds that an investor might want to consider.

Whenever making decisions for managing your wealth be sure to do your research and or work with an advisor to help you formulate and execute a strategy.

*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 32 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.*

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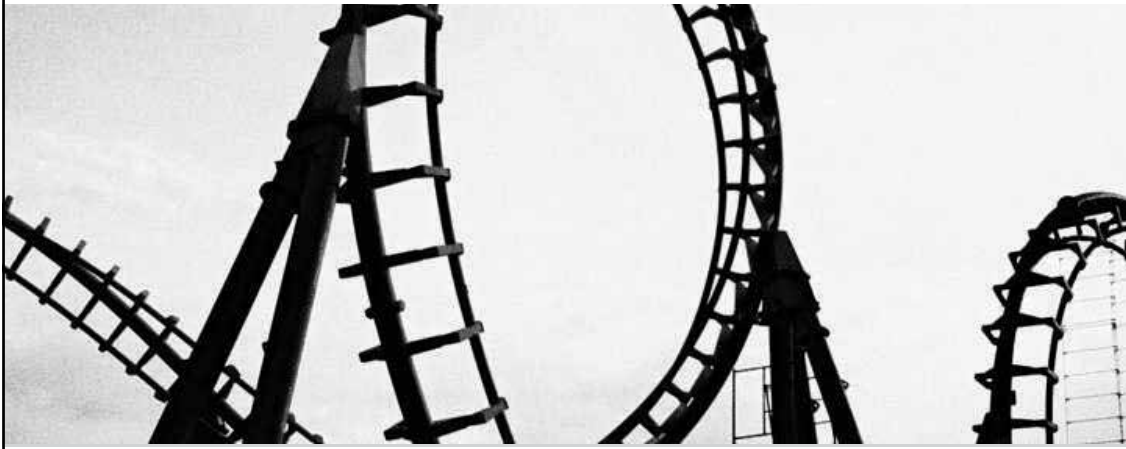
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Financial Advisor

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 Community

# Destin High School Welcomes your Assistance!

New supporters! “Kiwanis Club of Destin’s mission says it all: a group of global and local volunteers dedicated to improving the world, one child and one community at a time,” is truly admirable! It’s also a mission close to the heart of why a group of Destin parents, grandparents and community activists joined together to open a local high school.



Kiwanis leaders invited the executive board of Destin High School to present its mission and progress to their group. Kiwanis members also had the oppor-

tunity to share ideas and ask questions about DHS. It was a fantastic meeting with a wonderful group of supportive com-

munity leaders. Kiwanis Club of Destin gives out a college scholarship, to a local high schooler each year and provides treats to

Destin Middle School and Destin Elementary School teachers during Teacher Appreciation, each year. This group truly cares about education and our local students. Great things are happening in our community.

If you’d like the DHS board to speak to your group, send an email to: [Info@DestinHighSchool.org](mailto:Info@DestinHighSchool.org) If you’re looking for a dynamic local organization to volunteer with, consider becoming a DHS volunteer on one of these committees:

- Marketing and Public Relations – Website Development

- Fundraising and Grants
- Facilities
- Curriculum
- Finance

The community’s time, talent and financial support are needed as the Board and community move ahead to shape the future tuition-free public charter high school.

You can help make Destin High School a reality!

For more information send your thoughts and desire to become involved to [info@destinhighschool.org](mailto:info@destinhighschool.org)

# Summer Reading Programs—Your Ticket to Stories

The Destin Library 2019 Summer Reading Program blasts off on Saturday, June 1. Visit the library and pick up your reading logs to chart your progress through A Universe of Stories. The deadline for turning in completed logs is August 3.

The 2019 reading rewards program has expanded to encompass pre-reading level to high school with two levels of reading log prizes. Each completed reading log and summer reading program activity attended will also earn participants an entry into the Grand Prize drawing to be held Aug. 5 sponsored by The

Destin Rotary Club.

Younger explorers, ages 5 and under, can join the Space Cadet Story Hour every Thursday at 9:30 a.m. from June 6 - Aug. 1. Registration is not required.

**STEAM Classes**

Climb aboard the Destin Library’s STEAM-powered spaceship and blast off to Planet Discovery! Mission: Space! STEAM classes will be held at the library every Monday at 10 a.m. from June 3 - July 29. Registration is strongly encouraged and opens Sat., June 1. Register at [cityofdestin.com/library](http://cityofdestin.com/library).

Each week there will be a dif-

ferent at-home STEAM activity for parents and children 5 and under.

**Summer Teen Programs**

Three Code Camps are designed for students entering the 6th through 12th grades:

- **Code Camp: Python Power**, June 3-7, 2 – 3:30 p.m. Build your own Python-based dungeon crawl, complete with monsters, mayhem, and mystery.
- **Code Camp: Explore the Scratch-a-Verse**, July 15-19, 2 – 3:30 p.m. Using Scratch’s easy-to-learn visual coding interface, participants will design and code an open-world RPG-style

video game, complete with moving graphics!

• **Code Camp: Lego Mindstorms Mission to Mars**, Aug. 5-9, 2 – 3:30 p.m. Challenge yourself to program a LEGO Mars Rover to complete a series of tasks on our simulated Mars space base.

The second round of the OCPLC Super Smash Brothers Ultimate Tournament will be

held at the library on June 13 from 6 - 8 p.m. Open to players of all ages and skill levels. Registration required. Register at [cityofdestin.com/library](http://cityofdestin.com/library).

For more information on any of these programs, please call the library at 850-837-8572 or email Megan Fontaine at [mfontaine@cityofdestin.com](mailto:mfontaine@cityofdestin.com).



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Frank Perry

# Destin Homegrown Reporter Receives National Honor for Hurricane Michael Coverage

WMBB News 13 reporter Peyton LoCicero, a Destin native, was named as the 2019 recipient of the prestigious Dick Fletcher Excellence in Media Award. The award was given for her coverage of Hurricane Irma and Tropical Storm Nate, but most importantly, her coverage of catastrophic Hurricane Michael before, during and after the storm devastated the majority of WMBB's viewing area, along Florida's Panhandle. These efforts, along with her ability to "rally" and motivate the surrounding communities to help those in need after the storm, provided critical help and resources to those hit hardest. Peyton was nominated by Walton County Emergency Management Director Jeff Goldberg and Public Information Officer Louis E. Svehla. The award was recently presented to her at the National Governor's Hurricane Conference in Palm Beach.

"Meteorologists, newscasters and news organizations from across the nation were nominated for this honor making the entire WMBB news team proud that our own, Okaloosa/Walton County reporter, Peyton

LoCicero WMBB, was chosen as the 2019 Dick Fletcher Excellence in Media award winner. Peyton single-handedly represented WMBB during Hurricane Michael when we physically couldn't," said Tom Lewis, WMBB News Director.

The award is presented annually to one newscaster or one news team in the nation. Peyton, who has been a reporter covering Walton, Okaloosa and Bay counties since 2016, was selected for her dedication to providing the public with timely, honest emergency management information. "During the most recent weather event, Hurricane Michael, she made it her priority to push out information specific to Walton and Bay counties and the surrounding areas. During Hurricane Michael, WMBB in Panama City took a direct hit from the storm and was knocked off the air. She made it her mission to continue to provide information to the public without much communication from the station. She continued to provide live news feeds via social media which was one of the few ways residents in impacted areas were able to still receive

information. Her dedication and willingness to put herself in harm's way to provide information to the public was honorable. Following the storm, she played a crucial role, providing information on what people could do to get assistance through channels that had been set up from shelter to food. It has been evident over the years that Peyton has dedicated herself to assisting the public in news and weather event preparedness, event coverage and event recovery.

In the nomination, Svehla and Godlberg commended Peyton for her "exceptional collaboration and partnership with the Walton County Department of Emergency Management in educating the public about hurricanes and hurricane preparedness, response and recovery in the state of Florida. Peyton demonstrated exceptional skills as a broadcast journalist by communicating information during a catastrophic national weather event, by making it understandable to the layperson



with an on air persona that exudes confidence and creates an atmosphere of trust with all of her audience while providing life-saving information."

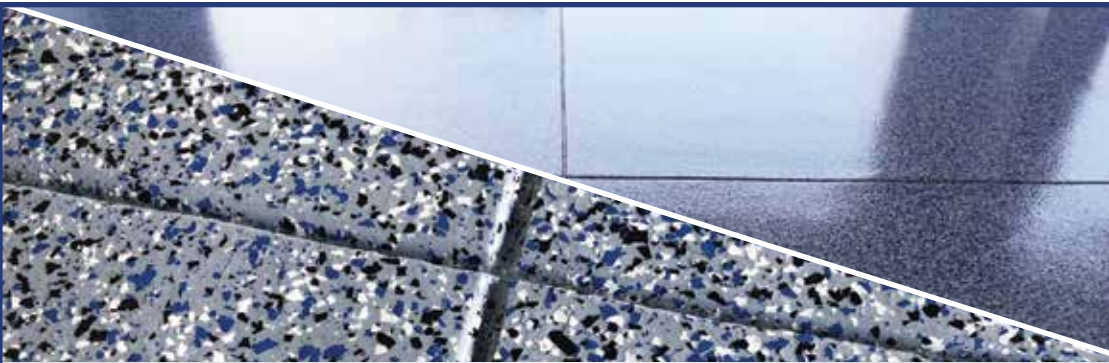
"I am deeply grateful to be recognized with this award. More importantly, I want to pay tribute to those who were impacted by the storm, to those who continue to put their lives and homes back in order and to those in our surrounding communities who gave of their time, talent and financial resources to


help those in need after Hurricane Michael. It has been a community effort to rebuild and recover and I'm honored that you trusted me to provide information to prepare you for the storm's arrival and allowed me to share your stories with our viewers, post storm," Peyton said.






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## The Art of Joy:

# For Destin's Banner Artists, Creating is Like Breathing

BY RON SANDSTEAD, FLUTTERBY ANTIQUES ON MAIN ST.

What seems to really push artists is a desire to create. It is elemental. For them, it is like breathing. If you know an artist, you know what I mean. Their studio is their happy place and where they are truly "home." If they don't have a studio – their kitchen, garage or corner of the living room will do. Filling their homes with art makes them happy.

This doesn't mean creating art isn't work. Artists were not born knowing how to handle a paint brush or how to mix colors. They had to learn. To be good takes dedication, concentration, study and practice – lots of practice.

The next two artists I am featuring know the value of practice. They have both spent years perfecting their skills and techniques. Let me introduce you to Kathy Schumacher and Jennifer Viaene.

Kathy Schumacher is a joy to be around. The first time you meet her, you are struck by how easy she is to talk to and her sense of humor. She smiles a lot. I first met her last fall at the Mattie Kelly Festival of the Arts. She was standing beside her booth talking to customers. I had to wait my turn. Besides her wonderful paintings, two things I remember most were her big floppy hat — and that sunny smile.

Kathy Schumacher is a happy

lady. She is married, has two adult children, teaches art, participates in art shows, displays her art at the Foster Gallery, and sells her art on her website: [shumacherfineart.com](http://shumacherfineart.com). Spending 5 to 6 hours a day in her studio, she works with oils using a pallet knife. Like she says, her paintings are a "cross between a painting and a sculpture, having almost 3D attributes."

Kathy's painting of sea oats on the beach is a good example of her painting technique. It is a picture of peace and calm and reminds us of the reason most of us moved here – sand – beach – and water. How many of you have walked barefoot on the beach and rested on a sea oat covered sand dune? If you have, you will remember the feel and sounds – the rustle of sea oats in the breeze, the feel of sand between your toes and the gentle whoosh of waves pushing up the shore.

Jennifer Viaene's inspiration for her banner art is the majestic brown pelican. This proud bird, once nearly extinct, is now a common sight in our bay and harbor. We have all seen pelicans flying or sitting on pilings. Although they look a little ungainly when sitting, they are grace in motion when flying. And they are fun to watch – especially when there is a feeding frenzy. A flock of them will start diving out of the air and smashing head first into the water in



Jennifer Viaene



Kathy Schumacher

what looks like a group Kamikaze attack. Miraculously, they don't break their necks and often have a meal for their suicidal effort. I love watching these amazing birds.

When we formed our Banner Art Committee three years ago, Jennifer was an early participant. Her encouraging comments, common sense and light hearted attitude have helped bring a positive energy to our

project. A conversation with her is comfortable and easy and I am pleased to call her "friend."

Jennifer grew up in Wisconsin, married young and had three children. After her divorce, her artistic adventure began when she moved with Mark to the island of Tasmania near Australia. While there, she bought her first art supplies and taught herself to paint. After nine months in Tasmania, they decided to

return home and moved to Navarre. That was six years ago.

Jennifer has established herself as an artist and gallery owner. She owns the Emerald Coast Gallery near McGuire's in Destin. She also displays her art in several businesses in Navarre, as well as Kahn's Furniture. While "down under," Jennifer became inspired by the original method of painting with dots. She has become a master at creating dot patterns and using them to enhance her artwork. Although her mandrels look impossibly tedious, she says painting with dots is calming and she loves painting them.

We have always known Main Street in Destin could be better. When people and businesses believe in a dream, good things can happen. I am reminded of Nancy Weidenheimer and her persistence in creating our Destin Dog Park. Because she knew what she wanted and wouldn't take no for an answer, we now have a wonderful park named in her honor. Thank you Nancy for showing us the way.

And thank you Katherine and Jennifer for generously sharing your talents and believing in the dream.



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# Emerald Coast Theatre Company Summer Camps

Emerald Coast Theatre Company (ECTC) has expanded its educational theater series for summer 2019 to include camps, classes and workshops that range from sessions on advanced audition techniques and improv “boot camp,” to fully staged productions of popular Disney musical blockbusters, Broadway tune showcases, hands-on Oscar-worthy film camp and much more. Classes run from June

through 8. Students will learn to write, direct and act during the process of creating a one-minute film. Also new this year is “**Godspell Jr.**” Camp, a two-week musical theater camp for grades 5 through 12. Join us in producing the greatest story ever told. This show is composed of various musical parables from The Gospel According to Matthew.

**Techies Rule** is for 5th



3-August 2 and will be offered for preschool-aged children through 12th grade, with one new offering open to all adults, too. ECTC will offer nine different camps and workshops divided by age group. Most of the camps will end with a final performance for parents and friends to enjoy.

**Little Rascals** Camp encourages children ages 4 to 6 to begin exploring the world of theater through acting, singing and movement. ECTC also offers a one-week, non-musical version of “**Wizard of Oz**” production camp for children entering grades 2 through 8. **Camp Showtime** is a week-long camp from 9 a.m. to 3 p.m. for children grades 2 through 8 and focuses on Broadway music and choreography.

Two offerings of ECTC's two-week musical, **Disney's “Frozen Jr.”** for children in grades 3 through 8, will be offered. This intensive two-week camp gives ECTC instructors time with your young thespians to train them even more with stage presence, acting techniques, and theater games. New this year, ECTC offers a **Film Camp** from 9 a.m. to 3 p.m. for students in grades 2

through 12th graders and gives thespians a hands-on experience with set building, set painting, prop making, stage management and costume construction, which is a great introduction to all the behind the scenes magic that goes into producing a show. **Improv Boot Camp** is for 5th through 12th graders. During this three-day intensive workshop, students will be guided through a structured series of high-energy improv games designed to instruct participants with skills and confidence to explore their own creativity and foster collaboration with their fellow actors to create spontaneous scenarios.

Also new this year is a workshop on **Acting Audition Techniques** for thespians from grade 3 to adult. This audition workshop, taught by actor/theater teacher Darla Briganti, focuses on refining your theatrical auditions. Three types of auditions will be explored: prepared material, cold reads, and improvised scenarios. Call (850) 684-0323 or go to [www.EmeraldCoastTheatre.org](http://www.EmeraldCoastTheatre.org) for more information or to register.

# Ava's Furniture & Design Celebrates 10 years with Open House Celebration

It was June 2009, in the midst of a once-in-a-lifetime economic downturn that

been around a while, you know the rest of the story! Susan and Courtney quickly established

chance to win a \$100 gift basket provided by local chocolatier Pecan Jack's. “Our customers are what made Ava's what it is today,” said Susan. “This is our small way of saying thanks to our friends and loyal customers we have been so blessed to have gotten to know.” All day, Saturday June 22nd, customers will enjoy 10% off all purchases.

In collaboration with Ava's, *South Walton Life* and *Destin Life* newspapers will be co-hosting and co-sponsoring the food and music. *South Walton Life* is celebrating its 3rd year anniversary and *Destin Life* is coming up on its one-year anniversary. Many of the newspapers' regular columnists will be making special appearances throughout the day. Be sure to check the *South Walton Life* Facebook events page: Ava's Furniture 10th Anniversary for more information.



## Ava's Furniture Consign & Design

Susan Henry and her daughter Cortney Hood found themselves out of the design business and looking for “new careers fast.” With storage trailers full of furniture and Susan's husband Tommy having empty units in his Miramar Plaza shopping center, the mother and daughter duo decided to take the leap and open Ava's Attic Consignment boutique. If you've

themselves as a premier Consignment Boutique, combining impeccable design elements in a Consignment atmosphere. On June 22nd Ava's will be commemorating their 10th year in business with an Open House celebration from 4-7 p.m. with food and beverages provided by the local Thai Onion beginning at 5 p.m. and live music from 5-7 p.m. In addition, there will be a number of door prizes and a

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JUNE 13 Back To Avalon A Tribute to Heart	JUNE 27 The Maxx	SEPT 26 Emerald Coast Blues Brothers	OCT 10 Forrest Williams Band
	SEPT 12 Rust and Gold A Tribute to Neil Young		

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## AROUND TOWN

continued from page 8

dog Hopper); (Retired – Marine) Troy Maxey (and service dog Gunny); and (Retired – Air Force Reserve) Tom Talbot (and service dog Gunny). Individually, each team either suffered from a physically injury or Post-Traumatic Stress Disorder

(PTSD), Traumatic Brain Injury (TBI) and or Military Sexual Trauma (MST) during deployments while serving our country.

While the physical injuries were diagnosed and treated by medical teams, the psychological trauma takes more time. Trained service dogs have shown to be effective in aiding in medical crises and alleviat-

ing the physical and emotional symptoms our veterans continue struggling with long after returning from the battlefield. The veterans were matched with their K9 partners after being rescued from local shelters.

### Record-Breaking Funds Raised for Children in Need

Destin Charity Wine Auc-

tion Foundation (DCWAF) celebrated the 14th Annual Destin Charity Wine Auction presented by Chuck Hutton Toyota on April 27, raising \$3.6 million for children in need in Northwest Florida. Auction activities raised \$2.6 million and a generous \$1 million gift received two days later from local philanthropist, Ryan D. “Jume” Jumonville,

brought the total funds raised to a record-breaking \$3.6 million, a \$900,000 increase over 2018's donations to the foundation's 16 benefiting children's charities, all of which operate locally in Northwest Florida. The dates for next year's Destin Charity Wine Auction weekend are April 24 – 26, 2020. Visit [www.DCWAF.org](http://www.DCWAF.org).

## DESTIN DADS

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feelings in the world. I'm excited to be able to start teaching him how to do things like play guitar, fish, surf, sail, hunt and fun stuff like that. Also, he taught me responsibility and came into my life when I needed him the most to help shape me into more of a man. Tyler says he and mom, Micheleen Clancy, have had many #teamdad supporters asking where they could get their own official gear to support Dad. If you'd like to support, please visit [YouCaring.com/TheodoreJamesHartrick](http://YouCaring.com/TheodoreJamesHartrick). If you want to reach out to Tad's family, email [tylerhartrick@gmail.com](mailto:tylerhartrick@gmail.com).



### Capt. Mike Parker, Dad and Granddad

Being a Dad means God giving me the opportunity to show unconditional love; doing whatever it takes to build character in your children; teaching them how to be loving, loyal, diligent, unselfish, thoughtful, creative, and forgiving. Also leading them to hopefully be followers of the Greatest Teacher ever, Jesus – who will give them the wisdom needed to lead a successful and satisfying life.

Before I became a Dad, to be honest, I had no clue. My Dad was gone basically from me and my brother's lives when I was 10 years old. But God, over time, taught me much about what I needed to do. He says in Psalms 68:5, “that He will be a father to the fatherless.” So, I had to lean on Him and learn from Him the best I could. Another view that has changed has been from

the standpoint of going from a “Dad” to a “Granddad” and learning to not be as “rattled” as easily as I once was! I have grown more in the words of my wonderful late mother “Michael, don't sweat the small stuff. You'll learn most stuff IS small stuff.”

The impact on my life, being a Dad, has been immense. The decisions you make in life become much more focused on how your decisions will affect your children and what's good for them vs. what's good for you – doing your best to make the right decisions so that in the “long run,” you know you did your best with particularly “big decisions.” Time will bare this out and, most of the time, the fruit of your decisions will be evident, and you will see that fruit in your children and grandchildren.

### Scott Miller, Michaela and Nick's Dad

I'll never forget the feelings I had the moment my baby girl was born! Pure joy and happiness rushed through me as the miracle of life played out before my eyes. ‘She's beautiful’ was all I could say. The mantle of fatherhood is a blessing and a responsibility that changes lives in an instant. Suddenly nothing matters more than protecting, loving and caring for the most precious gift that a man could have. When my son was born a few years later, those same feelings replayed again.

It means something different every day. A father's view changes through the eyes of our children. What matters most becomes not what we want; it becomes what our children want, what our spouses want, and if we are well rooted in faith, what God wants.

Before becoming a dad, I was definitely a more self-centered person. Once blessed with children, something inside changed. Being a provider, a protector, and a teacher became the new norm.

The impact of being a dad is ever-changing. Choices we make each day have an effect

on so many things and so many people. What I'm learning still to this day is how much influence we carry as fathers and that if we seek God's will first, the rest will work out the right way.



### Peter Wright, Jr., Brooks and Ann Harper's Dad

Well, there's plenty of words to decide from when describing what being a Dad means to me. I think if I had to choose one to sum it all up, it'd be love. I truly love my kids. No matter what kind of day you had at work, you know when you get home and they wrap their arms around you, all those big problems you had during the day seem a whole lot smaller. Of course, you'll have the days with the kids that drive you crazy. But it's actually those days that I think I love them the most. It's those nights after you finally get them in bed, that you thank God for the opportunity to have kids, and most importantly, the patience to deal with them.

I'd say the biggest thing that's changed since having kids would be, responsibility. I've always been a responsible person, but now you're responsible for not just yourself, but your wife, kids, work, etc. Luckily I have an amazing wife, Rachel, that makes things pretty easy on me. I do work super hard because I want my kids to have the same opportunities that I had when I was growing up. I challenge them to be the best they can be academically, so they can learn what it takes to be successful and responsible themselves. I do think that most parents, including myself, stress too much about

if they're doing enough for their kids. As long as you show them you love them unconditionally, they're going to turn out just fine.

I have wonderful grandparents and parents and so does my wife. I knew that if we were blessed enough to have kids, that we had a lot to live up to. Ann Harper and Brooks were born 07-14-11. I wasn't sure how I was going to handle twin girls. I was now surrounded by girls at home; even the dog was a girl. Almost eight years have gone by since then and I wouldn't change a thing. It's an amazing feeling to watch your kids grow, learn, fish, hunt, play sports, laugh, etc. And like every parent always tells you, it goes by so fast. I'm very fortunate to have grown up here in Destin and be surrounded by great family, friends, teachers and more. I'm so very thankful to God for blessing me with my beautiful daughters and how their joy of life has impacted my own.

### Kelly Windes, Dad and Granddad

Being a dad is surely the best gift of all. The kids and grandkids are the gifts, but they give back. They make you more solid; they give you purpose and pride. As a parent, you think more of the “long game” – the future for them – and how to make it better.

Before I became a dad, I was in another life that was incomplete and empty. I was more interested in the here and now and not so much what would come later. Having kids later in life worked for me. I became a better man – not so self-serving.

Kids and grandkids have had a great impact on me. I'm sure I am healthier and happier because of them. My kids have done well and make me proud. My daughter told me not long ago that I was still working, had “hit my stride” at age 73, and that I was middle-aged. That has got to prove that kids keep you young. Life is good!

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