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DESTIN Life

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The Luckiest: Fishing for Destin History

BY RICHARD OLIVAREZ,
OCEAN REEF VACATION
RENTALS & REAL ESTATE

Waves gently crashing, a pair of twin diesel engines roaring and a salty mist in the air – this is where I fell in love with deep sea fishing. Only a handful of miles from the sandy white shores of Destin, a place I've called home for nearly two decades, I just recently discovered why this piece of paradise even exists – or at least got its start.

Aboard the largest private charter fishing boat in the region, I set out with a camera man and a videographer in tow, to document a day in the life of Relentless Captain Brant Kelly, a descendant of one of the founding families of our beachside village. My team was prepped and already had an idea on what to expect.

Well, at least that is what we thought...

While we loaded our gear aboard this massive fishing vessel, I spent time interviewing a few of the dockside 'fishheads' – a term of endearment for those who make their love of the sea and its abundant catch their live-



lihoods. Clearly not a job for the faint of heart, the physical demand and mental conditioning required to succeed in this career field is not found in all. Although I understand that their chosen craft affords a unique lifestyle of adventure and Destin is known worldwide as "The World's Luckiest Fishing Village", I didn't fully grasp the importance of

fishing and why this intimate region was so acclaimed.

After a few routine checks and a couple of stops in the harbor to retrieve bait from preset traps, the Relentless veered south as we left the home of the largest fleet of fishing vessels in Florida and set out for our adventure in the Gulf of Mexico. The first piece of prominence I

encountered underscoring Destin's notorious slogan was a little geography lesson provided by a friendly local mate. He explained that Destin is home to a 100-fathom curve located in close proximity to our shores (clearly viewable on Google Earth™) just southwest of Destin. He also went into great detail as to why that is important. In other charter sport fishing destinations, reaching deep waters that host the big fish can take up to a day.

We arrived at the critical deep water fishing coordinates shortly after the mate concluded his lesson. The tackle was dispatched, and we cast our first lines. It didn't take long, the angler next to me saw his line go tight. He reeled quickly and pulled in our first catch. Keep in mind this was my first experience with private charter fishing. I had been on a party boat many years ago, but this was my initial interaction with what I personally now believe as the only way to fish. I was

THE LUCKIEST
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Meet Laurie Hood: A Visionary Extraordinaire and Hometown Hero

BY MARY CHRIS MURRY

Local Laurie Hood, founder of Alaqua Animal Refuge, is the epitome of an extraordinary animal advocate and an exceptional leader in the animal welfare community. She is a visionary and change maker who has brought more awareness to the plight of abused, neglected and homeless animals in Northwest Florida than any other individual or organization.

A passionate animal lover since she was a child, Laurie founded Alaqua in 2007 upon discovering that countless animals were being euthanized in five nearby counties, including her own, due to the lack of a no-kill shelter or adoption organization in the area. Laurie never intended to start an animal rescue. However, this situation was not acceptable for any animal. It certainly wasn't acceptable for Laurie, and Alaqua Animal Refuge was established practically overnight.

Initially providing shelter to 38

LAURIE HOOD
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OUR LOCALS

 Community
Laurie Hood*continued from page 1*

animals, Alaqua has helped find homes and provided sanctuary for tens of thousands of animals, and has grown to become the Southeast's premier no-kill 501(c)3 refuge and sanctuary, as well as a recognized leader in animal welfare and cruelty prevention in our region, the state and around the U.S. The shelter has expanded into a refuge that provides respite for over 350 animals at any given time. Since its founding year, Alaqua staff and volunteers have helped find homes for more than 15,000 animals, with up to 100 adoptions completed each month.

With Laurie at the helm, Alaqua is currently undertaking a bold endeavor to build a one-of-kind facility and sanctuary on 100 acres of donated land in Walton County. The new Alaqua home will be the first of its kind in the U.S., will be a model for animal sanctuaries



around the world and a destination for animal welfare advocates as a place that will inspire, educate and empower others to make change.

Alaqua's new location will increase their sheer land space tenfold where they will have the ability to serve more animals, conduct safe educational tours, host larger community educational programs, and provide an educational and training center where people from all over the country, and world, can come to visit and learn.

During the practice of healing thousands of abandoned and abused animals, Laurie realized that people could also be helped through the powerful effects that interactions with animals have on the human spirit and body. The new sanctuary will allow Alaqua to continue the important work that is done



Laurie Hood
Photo courtesy of Vie Magazine

now, expand their scope of animal welfare services and programs, and be an inspiration for creating a kinder, more empathetic, and healthier society by healing animals and people. Keeping in alignment with its overall vision, Alaqua will continue its commitment to these focus areas: Rescue, Rehabilitation, Adoption, Education and Training.

Driven by faith and perse-

verance, Laurie sees a living soul in every animal and feels compelled to be its voice. Her boundless enthusiasm, loving heart, and extraordinary courage keep Alaqua's staff, volunteers, and board of directors moving forward in support of Alaqua's mission—ensuring that every abused, neglected and homeless animal deserves a second chance—at life, hope, happiness, and most of all, love.

"Laurie makes extraordinary things happen for animals," said Wayne Pacelle, former CEO of the Humane Society of the United States and New York Times Best Selling Author. "She's a turnaround artist, taking animals from the darkest of places to the promise of peacefulness."

The work of Alaqua couldn't be done without Laurie leading the way. From rescue to intake to rehabilitation, and everything in between, she is there for it all. She is truly the heart and soul of the organization and it has

become her life's work.

Alaqua is located in Walton County, but serves surrounding counties including Okaloosa, Bay, Holmes, Washington, Franklin and Santa Rosa. Also serving the greater Southeastern U.S. when there's a need, Alaqua has rescued animals from Florida, Georgia, Louisiana, Mississippi, Alabama, and across the country. Alaqua the leader in our area in the coordination of animal relief efforts in the Panhandle, and works with national organizations to help provide assistance when necessary. For more information about Alaqua's relocation, campaign, volunteer opportunities, adopting or fostering a pet, or purchasing tickets to the upcoming Animoré event, an inaugural benefit for the love of animals to be held on the grounds of Alaqua Animal Refuge's future home in Freeport, visit www.Alaqua.org.

Destin's Homeschool Community

BY ALISSA AICHELE

A growing number of families are opting for Homeschool along the Emerald Coast. This family friendly area of the panhandle has always been a favorite for parents to raise children or vacation with grandchildren.

The lush landscapes and access to various kinds of ecosystems naturally foster wonder and a love for learning that every child longs for. Along with the rise of home education, groups of schooling mamas diligently gather and form co-ops to

aid their instructional efforts. Forming a sense of togetherness, these groups can be made up of common interests such as nature walks or classes filled with fizzing science projects or lessons in long division. Energetically, home educating parents organize through Facebook groups to line up field trips or to buy and sell text books online. While enjoying the active outdoor life that the Destin area provides, families are also meeting around the kitchen table to teach students at home.

What would cause a family in the stunning Emerald Coast to choose school at home? The mainline educational choices are usually between public or private school, but the family who homeschools is willing to take up the task with ingenuity and DIY power. Among the many reasons to homeschool, a family might look for a specific form of education that can be easily and affordably offered from home. Nationwide, parents look to teaching methods such as classical, Charlotte Mason, Montessori, unschooling, unit studies and Electronic methods. Some families might be attracted to a lifestyle of learning in the comfort of home while others desire the flexibility to travel or get into nature. Whatever the



homeschool options. It is more and more common to see families doing school at home in the Destin area at large.

Unquestionably, homeschooling families are generating increased openness and acceptance from the Gulf Coast community

continued on next page

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From Okaloosa County Sheriff Ashley



Car burglaries are usually crimes of opportunity. They can involve a group of teens roaming a neighborhood to simply see what they can find – or an organized group from out of state targeting specific areas of interest in ongoing crime sprees. Stolen weapons typically end up on the streets, being used to commit more crimes, or being sold to gain cash for narcotics.

Across the country, investigating car burglaries takes up a huge amount of law enforcement time and resources. Okaloosa County is no different.

In the first six months of this year, the Okaloosa County Sheriff's Office (OCSO) received 333 reports of car burglaries. 307 of those vehicles were unlocked. Yes - the vast majority of break-ins are the result of someone simply opening a door and rifling through the inside of the vehicle to see what can be found! Sometimes they find nothing – other times they score wallets, credit cards, cash, electronics and even loaded firearms.

During the 333 car burglaries reported to the OCSO from January through June, 42 guns were taken. When these guns end up in the wrong hands, it's potentially a major public safety threat.

Other spin-off crimes from car burglaries involve identity theft and fraud. If your wallet or purse is taken along with your identification and credit cards or checks, chances are good the thieves are going to try to quickly take advantage of any opportunity to cash in on their find using your easily obtained name and financial information. Dealing with that aftermath can be a huge, stressful hassle.

We always advise everyone to lock your doors, take your keys and take or hide your valuables. Certainly, make sure any firearm is secure!

We emphasize taking or hiding your valuables, because even when someone does lock his or her car door, we do have the less frequent rash of what are called "Smash and Grab" car burglaries. The thieves will smash a window to get inside, typically because they can see an item



in plain view that they want – whether a laptop, a handbag or anything else of value.

On Aug. 19 of this year, five individuals committed a rash of smash and grab car burglaries from Destin and its adjacent unincorporated areas across Fort Walton Beach. Breaking into approximately 60 vehicles, they obtained more than \$700 in cash and netted five firearms. During the course of the investigation, the OCSO received vital information that led to the development of a possible suspect vehicle. An address for the registered owner of that vehicle came back to a location in Navarre in Santa Rosa County. The Santa Rosa County Sheriff's Office found the suspect vehicle at that address. Deputies and officers from that agency, the OCSO and the Ft. Walton

Beach Police Department responded, ultimately taking all five individuals into custody on felony charges connected to the crime spree.

Citizen assistance, law enforcement cooperation, and law enforcement persistence can have a massive, positive impact on crime in a community. One of the best things about living in Okaloosa County and Northwest Florida is we have that level of cooperative commitment to a crime-fighting partnership.

We appreciate all our citizens and visitors alike do to stay vigilant and report suspicious activity. It is a crucial part of maintaining our quality of life.

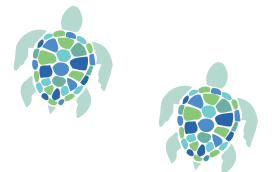
Please remember to lock your doors to your home and vehicles, don't leave your keys in your car, and take or hide your valuables from inside your vehi-



cle as well. Those simple steps: Lock, Take, & Hide can leave thieves empty-handed, preventing you from becoming a victim.

To report suspicious activity, call the Okaloosa County Sheriff's Office anytime at 850-651-7400. Report crime tips anonymously to Emerald Coast Crime Stoppers at 850-863-TIPS, EmeraldCoastCrimeStoppers.com, or by using the P3 Tips Mobile Application.

We all have a vested interest in having a safe community. Thank you for all your contributions to that effort!



HOME SCHOOL

continued from page 2

members. Parents have more availability, opportunity and support than ever before to take the plunge into this alternative route to home education. When asked about school by an interested senior, a homeschool student can explain that their parent is also their teacher. If you see a group of kids touring Publix on a week day or quietly listening to a Turtle Talk at the Seaside Farmer's market, you might have met some homeschoolers. The presence of home education is vibrant and undeniable in this ever-growing community.

For more information about classical conversations, look for a community near you at classicalconversations.com or for questions about connecting with homeschool families in the Santa Rosa Beach and Destin area, reach out by email to 30Abeachmamas@gmail.com.

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SUBWAY

 Community

Trends & Treasures

Have a Ball: Serious Sideline Style! Frill Seekers Gifts and Personalized Fabulous Finds

Football season has officially kicked off and Frill Seeker's style team wants you to "have a



ball" with your game day outfits. Huddle up! Sideline style is THE thing we're talking about! A Sunday scroll through social media features many looks, of ladies repping their chosen team in some serious sideline style. Some SEC schools now put out a "gameday color guide" to help co-eds coordinate their outfits with the team's uniform color that week. Now, we get that some of you just want to throw on a team jersey, a hat, some face paint, and call it a day. But personalize your accessories to coordinate with your jersey... just a touch, to stand out from the crowd, while showing your spirit. For those who plan their gameday dress down to their clear bag and shoe selection, the same rules apply. Frill Seekers team earrings add that "cheer" worthy touch to either style. With a vast array of original designs, thoughtfully created to represent your team's colors, slogan, battle cry or mascot, these earrings will score you major style points. From lightweight acrylic to hand hammered brass, in team colors, these officially licensed designs are guaranteed to totally help you, up your style game. Visit FrillSeekersGifts.com to view the schools and teams offered or stop by the shop. Custom team designs can be done, too!

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and restore delightful, calming serenity or break into a bold, new look. The perfect light fixture can change the entire look of a room! A new sink, tub or water fixture can transform your bathroom, converting it into a haven of comfort! Whether it's plumbing fixtures, lighting fixtures, door hardware or pure and simple design, The Fixture Exchange works with hundreds of manufacturers. They satisfy every budget for homeowners, builders, designers and architects. Visit their beautiful showroom to view gorgeous options. Open 9 a.m. to 5 p.m., Monday through Friday; closed Saturday and Sunday.

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here, ushering in a new wave of "ALL" cakes, in all flavors and varieties—cupcakes, cookie cakes, "mini" or "mighty" cakes, brownies, cupcakes-in-a-jar, birthday and wedding cake heaven on earth! You can choose from an array of "frostacious" frostings and a variety of cupcake flavors to suit even the pickiest palate! Grab Smallcakes for the big game whether tailgating or hosting a game-watch party! You'll certainly be a hit with your fellow fans. Make your celebrations personal with custom edible logos and images to go on these tempting treats, baked fresh, with up to 18 flavors to choose from. "ALL" cakes are perfect for games, birthdays, school events, grandmothers and grandfathers, moms and dads, anniversaries, celebrations, office or family reunions!

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Fall Flair; Not Despair Dressing Room Boutique & Art Gallery

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2019 Destin Seafood Festival October 4-6

Friday 4 pm - 10 p.m., Saturday 10 a.m. - 10 p.m., Sunday 11 a.m. - 4 p.m.

One of the locals' favorite times of year is the Destin Seafood Festival, now in its 41st year! The three-day Fest in October will have you partying like it's 1978 as it celebrates four decades +1 of family fun. So popular is this exciting, delicious, delectable event that more than 70,000 people are expected to walk through our beautiful and historic Destin Harbor and the Harbor Board Walk on Harbor Blvd. (Hwy. 98) during the weekend. So, the visitors like it, too! Happening Fri. through Sun., Oct. 4-6, the Festival kicks off October's month-long Destin Fishing Rodeo.

You need no ticket to attend and you'll get the opportunity to take in some of the best local and coastal musicians at the beach with four stages beckoning you to a variety of live rock, reggae, country, and tropical tunes and more. You can stroll along the Destin Harbor enjoying the arts and crafts where artists and vendors display their jewelry, clothing, sculpture, glass, watercolors, oil paintings, designs and more. And don't forget your seafood festival T-shirt featuring this year's poster artist Michael Seth Wil-

liams, The Drift Gallery, as well as others. Your child will delight in his or her own play area and there are events tailored just for the little ones.

And, if you're a seafood lover, the big attraction is all the freshly caught local varieties provided by local eateries and restaurants such as Boathouse Oyster Bar, Landshark's Pizza, Tailfins Alehouse & Oyster Bar, Dewey Destin Harborside, AJ's Seafood & Oyster Bar, Harry T's Lighthouse,

Jackacudas Seafood & Sushi and Brotula's Seafood House and Steamer, to name a few. There's definitely plenty of seafood sizzle to be found—a sampling of Destin's finest. After all, our beloved Destin IS also "The World's Luckiest Fishing Village" and it delivers—grouper, shrimp, lobster, crab cakes, gumbo, sides and even crawfish—some of the Emerald Coast's popular dishes.

Just get to the Destin Seafood Festival for some great feasting, frolicking and fun!

The Festival's Roots

All of the yum and fun began in 1978 when the Destin Charter Boat Ladies Auxiliary decided

to establish a festival to celebrate local fishermen. To this day, portions of the proceeds are donated to the Destin Fisherman's Fund to help those in need and today is hosted by area businesses in conjunction with sponsors and countless volunteers.

Now a Destin tradition, it used to be only a one-day festival on "Kelly's Hill," a unique and beautiful location where folks could overlook the Destin Harbor, the current site of HarborWalk Village. It has always been held in conjunction with the Destin Fishing Rodeo during October and now kicks off the month-long event, also filled with a plethora of activities, and, of course, fishing!

The Destin Harbor provides the most beckoning backdrop as it overlooks the marina, the fishing fleets, sugary, white crystal sand and the eye-catching emerald green waters of the Gulf. Local Destin restaurants and eateries will be serving up their scrumptious seafood specialties on the docks and along the new, pedestrian-friendly Harbor Boardwalk. Cold drinks, including beer and wine, are available and will keep you cooled off while you take it all in.



Tips for your best experience at the Destin Seafood Festival:

To Listen

This year's musical entertainment, with four different stages, will have you singing, tapping and swaying to the beat. Harborwalk Village and Main City Stages will host local bands playing and entertaining throughout the festival. Harbor restaurants and bars will offer a full line-up of local favorites as well performing throughout the day and evening. You can bring a chair and chill or don your dancing shoes! Bands and schedule TBA. Visit DestinSeafoodFestival.com.

To Play (For the Kids)

There are Kids Zones for all ages. The East Pass Marina Kids Zone has pony rides, a petting zoo, and kids' games geared towards younger kids and toddlers. There is a seating tent nearby so that you can take a break and cool down while the kids play. The HarborWalk Kids Fun Zone has Hamster balls, a rock-climb-

ing wall and a zip line. There is a seating tent nearby also. Kids will delight in face-painting and tattoos as well.

To Park

Parking will be available at Heron Harbor, the HarborWalk Village, the Destin Community Center, and the Destin Fishing Museum.

To Attend

Admission to the Destin Seafood Festival is totally free! You will want some "mula," however, for all of the mouthwatering food and drinks you'll find. If you'd rather, you can go as a VIP with passes that include a private VIP seating area that overlooks the Destin City Stage, complimentary unlimited food and refreshments that include a variety of seafood, gumbos and catered treats, soft drinks, and bottled water. To purchase a VIP pass, visit the official Destin Seafood Festival website. For a site map and other information, visit DestinSeafoodFestival.com.

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One of the most exciting aspects of working for Rockwell Tharp is having the privilege and honor to be able to travel to all corners of the world and personally hand select the materials to make your boots and handbags. Coming up with a design and bringing it to fruition in a step-by-step process is a tremendous satisfaction for us.

As we have officially entered into boot season, we are taking the opportunity to share how our boots are actually made. You get a sneak peek into our factories behind the scenes to see a bit of the process that goes into ensuring we deliver you a high quality, hand-crafted boot.

Each boot is 100% handmade and extremely lightweight. Over the past 10 years we have worked on development to insure our ladies have a comfortable boot or shoe to wear. Some of the neatest features of our boots are the back zippers with an engraved Bible verse, heel-to-toe foot padding, a variety of heel choices and, of course, our trademark unique leathers, patterns and styles!

We start planning the design of our boots anywhere from six months to one year out. We are extremely hands-on. If you own a pair of Rockwell Tharp boots, you can pretty much be guaranteed that we personally picked your leather or textile from one of the many countries that we travel to. We make a point to plan extensive design trips several times a year that take us to multiple countries across the world to search for the most unique looks in order to create beautiful, artistic and fabulous styles.

Some boots we design through a formal process, while some are culturally inspired and developed right on location. The fun part is there are no rules or limitations. Who knows... your boots may have been designed on a paper napkin on a long flight to Europe or South America! We rely heavily on both internal and external inspiration. Our main goal is to come up with looks and styles that are unique and different than what everyone else has. **If you are a lady that likes to have something outstanding, special and authentic that has been designed by locals with great passion and enthusi-**



Owner and designer Kristi Rockwell overseas, personally selecting your leathers for the new jaguar collection



Kristi Rockwell at one of our factories in Europe, aligning and cutting patterns for our world renowned Passion Ranch boot collection

asm, then we are a good fit for you!

Our travels to produce the boots have some of the most remarkable and amazing stories behind them. Every design trip is an adventure on its own and we are bringing those stories right here to you in Sandestin! **The boutique in Sandestin is the only store in the United States where you can view and purchase the entire collection at one location.** Additionally, it is the only store where the owners are often onsite and

can personally assist with special requests and customizations. This is really quite special for the Emerald Coast and it's all because we live here!

At Rockwell Tharp, we hope that wearing our boots is a joy and experience for you. We believe the boots will help reveal beauty, confidence, excitement and passion. Each pair of boots is as exquisite and beautiful as the lady wearing them. We embrace passion for life and individuality and we want to share that with you right here in Sandestin!



Cameron Tharp in South America about to dive in and go through thousands of leathers to find the few winners



A sneak peek of some of the Rockwell Tharp boot collection



Rockwell Tharp Ladies Boutique
Sandestin Golf and Beach Resort
The Village of Baytowne Wharf
141 Fisherman's Cove, Miramar Beach
808-268-6131 - www.RockwellTharp.com

Community

From the Mayor's Office Hurricane Preparedness: What we learned from Bay County PIO's Due to Hurricane Michael



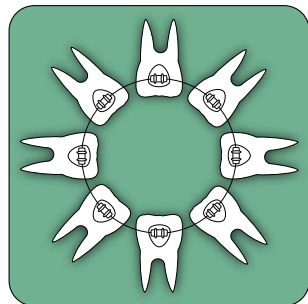
BY CATHERINE CARD,
PUBLIC INFORMATION MANAGER,
CITY OF DESTIN

Hurricane Season is once again upon us. As we work diligently to inform the citizens we serve on hurricane preparedness the question you need to ask is "Are we communicating the same message that our lo-

cal strategic partners are communicating before, during and after a storm?" All too often we get caught up with the internal pre-hurricane check lists, such as employee rosters, staff response post storm, etc. Although that is extremely important, how well are we communicating with our counterparts?



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In a recent meeting with the Sheriff's Office, Fire Department and County Emergency Management personnel, we discussed the "strategic plan" in the event a hurricane is headed in our direction. An important part of the discussion was how to provide the citizens and visitors we serve the most accurate, timely and consistent information amongst all the strategic partners.

As a public information officer (PIO), I am mainly responsible for creating and disseminating communication in a timely manner between our organization, the public and the news media. Prior to a hurricane having the potential to impact your area, have you been in communication with your fellow PIO's? Is there a new PIO that you have not met? Do you know what their organization's messaging will be before, during and after a hurricane? How will you contact them if the power is out and all lines of communication are down and you need to share information? Have you developed other ways to communicate such as a private Facebook group? Can you share the same technology to streamline information on a consistent basis from the lead agency in charge?

In June, my fellow Okaloosa County PIO's from public safety, county and municipal governments, met with our counterparts from Bay County to discuss - Hurricane Michael. Learning from their valuable

experiences, what I personally took away was the following:

Prior to a hurricane, inform citizens precisely where they need to go to obtain official statements, storm updates, and other critical information. Strategic partners should pre-designate and format information releases to facilitate consistency among the partners. Community leaders should strive for consistency so that varied entities are speaking with "one voice." This helps ensure the public receives the same information from its various elected officials and governments.

Have contingency plans in place for catastrophic utility service failures, such as internet, cellular phone and land line phone "service failures." Be creative, such as private and public radio stations, HAM radio operators, and even banner planes flying with emergency information.

Monitor and maintain social media channels continuously and establish a citizen hotline. Depending on the level of utility service failures, you may want to turn off social media platform instant messaging connected to the internet. This may help prevent curious overseas people from contacting you that have no critical need of information. If not monitored 24/7, some may consider this a means of communication and reporting for an emergency that goes unnoticed or unread for a period of time.

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To Do In Destin! September 2019

..... 1

Beach Church Service | 7:30am | Henderson Beach State Park

Beach Church Service | 7:30am | Crab Trap Destin

Beach Church Service | 7:30am | Crab Trap, Okaloosa Island Boardwalk

Labor Day Weekend/Food For Thought | 2pm | Chiringo

Baytowne Arts Festival | 5pm | Village Baytowne Wharf

Sunset Beach Church Service | 5:30pm | Henderson Beach State Park

Mullet Toss | 6pm | AJs Seafood Oyster Bar

Labor Day Concert | 6:30pm | Harborwalk Village

..... 2

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

..... 3

Music Bingo | 6pm | World of Beer

Trivia Night | 7pm | Village Door at Seascapes

Rock'N Bingo | 7pm | Landsharks Pizza

..... 4

Farmer's Market | 9am | Seascapes Towne Center

Free Beach Bonfire | 6pm | The Bay Restaurant

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Trivia Night | 7pm | World Of Beer Destin

..... 5

Karaoke | 8pm | Harry Ts Lighthouse

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

Ladies Night | 9:30pm | McGuires Destin

..... 6

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

..... 7

Famers Market | 9am-1pm | Grand Boulevard

Flip Toss Pong Fundraiser | 10am | Boathouse Oyster Bar

College Football Saturdays | 11am | Harborwalk Village

Makin' Bacon for Beds | 12pm | Destin Commons

Karaoke | 8pm | World Of Beer Destin

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

..... 8

Beach Church Service | 7:30am | Henderson Beach State Park

Beach Church Service | 7:30am | Crab Trap Destin

Beach Church Service | 7:30am | Crab Trap, Okaloosa Island Boardwalk

Sunset Beach Church Service | 5:30pm | Henderson Beach State Park

Twilight in White | 5:30pm | Fort Walton Beach Landing

Mullet Toss | 6pm | AJs Seafood Oyster Bar

..... 9

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



Monday Movie Night | 8pm | Harborwalk Village

..... 10

Music Bingo | 6pm | World of Beer

Trivia Night | 7pm | Village Door at Seascapes

Rock'N Bingo | 7pm | Landsharks Pizza

..... 11

Farmer's Market | 9am | Seascapes Towne Center

Free Beach Bonfire | 6pm | The Bay Restaurant

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Trivia Night | 7pm | World Of Beer Destin

..... 12

Karaoke | 8pm | Harry Ts Lighthouse

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

Ladies Night | 9:30pm | McGuires Destin

..... 13

Ladies Night | 5pm | Cuvee Kitchen + Wine Bar

Free Beach Bonfire | 5pm | Royal Palm Grille

Arts & Drafts | 6pm | Harborwalk Village

Karaoke | 8pm | Dock on the Island

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

..... 14

Famers Market | 9am-1pm | Grand Boulevard

College Football Saturdays | 11am | Harborwalk Village

Oktoberfest | 12pm | Props Brewery

COPS Rock Fundraiser | 3pm | Fudpuckers Destin

..... 15

Karaoke | 8pm | World Of Beer Destin

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

..... 16

Beach Church Service | 7:30am | Henderson Beach State Park

Beach Church Service | 7:30am | Crab Trap Destin

Beach Church Service | 7:30am | Crab Trap, Okaloosa Island Boardwalk

Concerts on the Green | 4pm | Shunk Gulley Oyster Bar

Sunset Beach Church Service | 5:30pm | Henderson Beach State Park

Mullet Toss | 6pm | AJs Seafood Oyster Bar

..... 17

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

..... 18

Music Bingo | 6pm | World of Beer

Trivia Night | 7pm | Village Door at Seascapes

Rock'N Bingo | 7pm | Landsharks Pizza

..... 19

Farmer's Market | 9am | Seascapes Towne Center

Free Beach Bonfire | 6pm | The Bay Restaurant

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Trivia Night | 7pm | World Of Beer Destin

..... 20

Bubbly Baytowne | 5pm | Village of Baytowne Wharf

Concerts in the Village | 7pm | Mattie Kelly Arts Foundation

FREE Downbeat Jazz Orchestra Show | 7pm | Fudpuckers Destin

Preacher Larson Comedy Show | 7:30pm | Mattie Kelly Arts Center

Karaoke | 8pm | Harry Ts Lighthouse

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

Ladies Night | 9:30pm | McGuires Destin

..... 21

Ladies Night | 5pm | Cuvee Kitchen + Wine Bar

Free Beach Bonfire | 5pm | Royal Palm Grille

International Talk Like A Pirate Day | 5:30pm | Village of Baytowne Wharf

Karaoke | 8pm | Dock on the Island

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

..... 22

Run/Sup Race | 8am | Baytowne Marina

Coastal Beach Clean Up | 8:30am | Destin Bridge

Day for Kids and Family Fun Run | 8:30am | Fort Walton Beach Landing

Famers Market | 9am-1pm | Grand Boulevard

FREE Kids Day Event | 10am | Fudpuckers

Kitty Hawk Kites Festival | 10am | Boardwalk on Okaloosa Island

College Football Saturdays | 11am | Harborwalk Village

Concerts in the Village | 7pm | Mattie Kelly Arts Foundation

Karaoke | 8pm | World Of Beer Destin

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

..... 23

Beach Church Service | 7:30am | Henderson Beach State Park

Beach Church Service | 7:30am | Crab Trap Destin

Beach Church Service | 7:30am | Crab Trap, Okaloosa Island Boardwalk

Kitty Hawk Kites Festival | 10am | Boardwalk on Okaloosa Island

Grayt Vibes Art & Music Festival | 12pm | Grayton Beach

Taste of FWB Food and Wine Festival | 2pm | Downtown Fort Walton Beach Landing

Sunset Beach Church Service | 5:30pm | Henderson Beach State Park

Mullet Toss | 6pm | AJs Seafood Oyster Bar

..... 24

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

..... 25

Music Bingo | 6pm | World of Beer

Trivia Night | 7pm | Village Door at Seascapes

Rock'N Bingo | 7pm | Landsharks Pizza

..... 26

Farmer's Market | 9am | Seascapes Towne Center

Free Beach Bonfire | 6pm | The Bay Restaurant

Wednesday Night Free Concert Series | 7pm | Baytowne Wharf

Trivia Night | 7pm | World Of Beer Destin

..... 27

Concerts in the Village | 7pm | Mattie Kelly Arts Foundation

Throwback Thursday Cinema | 7pm | Village of Baytowne Wharf

Karaoke | 8pm | Harry Ts Lighthouse

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

Ladies Night | 9:30pm | McGuires Destin

..... 28

Ladies Night | 5pm | Cuvee Kitchen + Wine Bar

Free Beach Bonfire | 5pm | Royal Palm Grille

Arts & Drafts | 6pm | Harborwalk Village

Destin Fishing Rodeo Kick Off Party | 6pm | AJs Seafood & Oyster Bar

NFSO Take Flight Concert | 7:30pm | Mattie Kelly Arts Center

Karaoke | 8pm | Dock on the Island

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

..... 29

Famers Market | 9am-1pm | Grand Boulevard

Eggs on the Beach | 10am | Seascapes Resort

College Football Saturdays | 11am | Harborwalk Village

Karaoke | 8pm | World Of Beer Destin

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

..... 30

Beach Church Service | 7:30am | Henderson Beach State Park

Beach Church Service | 7:30am | Crab Trap Destin

Beach Church Service | 7:30am | Crab Trap, Okaloosa Island Boardwalk

PAWS Fundraiser | 10am | Boathouse Oyster Bar

Charity Cornhole Tournament | 12pm | Destin Commons



Sunset Beach Church Service | 5:30pm | Henderson Beach State Park

Mullet Toss | 6pm | AJs Seafood Oyster Bar

..... 30

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



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 Community



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CBA Utilizes Gulf Power's AMPLIFY Grant to Improve Shoreline Resilience

In a one-time, capacity building grant process, Gulf Power donated nearly \$1 million to community organizations across the Florida Panhandle. As recipients of a \$35,000 grant, the Choctawhatchee Basin Alliance (CBA) utilized the funds to build living shorelines across homeowner sites in the Choctawhatchee Bay.



Living shorelines are a form of green infrastructure, using reef breakwaters in the shallows to increase oyster habitat while reducing the wave energy hitting the shore. Just behind the breakwaters, newly planted smooth cordgrass and other vegetation holds the sediment in place, allowing the shore to build back out again. Unlike rip rap and seawalls, the living shorelines create new homes for a range of native critters, including fish, crustaceans, and birds.

“What happens along the shoreline affects water quality here in the bay,” explains Alison McDowell, Director of CBA, “Erosion from public and private land leads to loss of wildlife habitat and increased sediment in our waterways.”

“The key to our AMPLIFY grants model is that they help the organization maximize its operations and make improvements,” said Jennifer McFarren in Gulf Power News, deputy manager for the Gulf Power Foundation. “Where some grants may pay for new technology or strategic planning, the AMPLIFY grants are geared toward improving the organization so that it can be more effective and efficient in its efforts.”

CBA permitted the living shorelines, then teamed up with

volunteers and the AmeriCorps NWF Environmental Stewards to build the limestone rock breakwaters and plant smooth cordgrass. The limestone breakwaters are constructed in short half-moon shapes with five feet of water between each structure, allowing continuous flow between the shoreline and the Choctawhatchee Bay. “We can usually see a difference right away,” says McDowell, “The sand begins to accumulate and the grasses we plant take root.”

CBA has been building living shorelines for nearly 10 years, and homeowner sites across the Choctawhatchee Bay have successfully fended off storm surges and hurricane-wave conditions. While a living shoreline is not right in every location, CBA hopes the initial successes will inspire more homeowners to choose green infrastructure options.

With the \$35,000 Gulf Power grant, CBA has built 600 linear feet of living shoreline at three different sites, with a goal of reaching 1000 linear feet at five locations. In the future, they hope to receive additional grants to continue their work at more locations around the watershed.

To learn more, visit basinalliance.org.

GREAT THINGS ARE HAPPENING!



Check out DestinHighSchool.org for the latest details.

Baytowne Wharf 12th Annual Beerfest Oct. 11 & 12

Time to roll out the barrel and discover unique suds and ales! The Village of Baytowne Wharf at Sandestin presents the 12th Annual Baytowne Wharf Beer Fest on Oct. 11 & 12, 2019. American specialty beers from around the nation will be available for participants to sample and savor. The main event on Sat., Oct. 12 will feature more than 200 domestic and international craft beers available for sampling. Brewery representatives will be available at the event, offering an opportunity to learn about the different types of lagers and ales from a variety of styles. Live music will be also featured during the festival. The Village provides the perfect backdrop for fun-in-the sun and strolling the charming streets while enjoying live music and a wide range of beer. It makes for a very memorable experience for tourists and locals. The Baytowne Beer Festival is a pitcher perfect reason for a getaway or "staycation" with special discounted accommodation packages. Sandestin makes it easy with great offers! Use code

Beer19 for accommodation and ticket discounts on www.baytownebeerfestival.com. Stay in The Village of Baytowne Wharf and never leave the resort; ev-

back our Beer From Around Here event, and it's going to be better than ever! The relaxed and intimate Beer From Around Here event will take place in the



everything you need is right here! Event Line Up:

Friday, October 11 | Beer From around Here | 6-8pm

We love featuring the local breweries at our Beer Festival and this year, we are bringing

Village Events Plaza. Sample local breweries and homebrews and taste delicious appetizers from merchants right here in The Village, all while enjoying live music by The Blenders.



Saturday, October 12 | VIP Event | Slick Lips Seafood & Oyster House | 1 - 2pm

This year, we are offering a little something special for our Beer Fest attendees! Our Saturday VIP event will feature exclusive beer tastings and great food! This ticket is all inclusive for Saturday's events. AND you can beat the lines to get in the event before anyone else!

Saturday, October 12 | Craft Beer Tasting | 2-6pm

The main event will feature more than 40 breweries, offer-

ing close to 200 domestic and international craft beers for sampling! Brewery representatives will be available to discuss the different types of lagers and ales, teaching about the variety of styles. All ticket holders will be provided a Baytowne Wharf Beer Fest tasting glass for sampling. Enjoy live music from The Luke Langford Band from 2-4pm. Next on the mic will be The Shakedown from 4:30-6:30pm!

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 Community

Around Town Events

Sacred Heart Charity Golf Classic



The 18th Annual Sacred Heart Charity Golf Classic is on the horizon, slated for Friday, September 20th, at Burnt Pine Golf Club. Proceeds will support the expansion of the Sacred Heart Hospital on the Emerald Coast's Comprehensive Spine Program, that includes the addition of a 5th operating room and equipment supporting robotic spine surgeries. For more information on golf registration and sponsorships, visit the tournament webpage at www.sacredheartcharitygolf.com, or contact Sacred Heart Foundation at (850)278-3702 or lisa.wainwright@ascension.org.

4th Annual Women in Science Conference

The 4th Annual Women in Science Conference will be held Thursday, Sept. 12, 2019, 5:30 p.m. – 7:30 p.m. at the Student Services Center (Building 400) in the Raider Cafe and Lobby at

Northwest Florida State College, Northwest Florida State College, 100 E College Blvd., Niceville.

Hosted by the Emerald Coast Science Center, the evening will consist of inspirational presentations from professional women in STEM careers. Proceeds benefit the Emerald Coast Science Center's Girls Engaged in Making (GEM) Workshops.

15th Annual CVHN Big Give!



Join Children's Volunteer Health Network for the 15th Annual CVHN Big Give on September 27 at Bud & Alley's in Seaside! Directly impacting CVHN programs serving children in need in Okaloosa and Walton counties, the evening will be filled with live music, dancing and live and silent auctions. Bud & Alley's will put together a delectable buffet dinner and a cash bar will be available. Tickets on sale now cvhnkids.org/the-big-give.

CVHN provides dental and vision care to underserved children throughout Walton and Okaloosa Counties. Visit www.cvhnkids.org for more information about the mission of CVHN.

Play Golf for Fore Her!



Registration is now open for the 7th Annual Golf Outing benefiting Fore Her. The charity golf tournament, which raises money for local breast cancer patients, is set for Friday, Sept. 27 at the Santa Rosa Golf and Beach Club. Registration is \$125 per golfer or \$450 for a team of four, and includes food, green, and cart fees. Mulligans are available to purchase for \$20 each or \$80 for four. Tee off is at 9 a.m. Funds raised directly benefit local individuals currently battling breast cancer in need of financial assistance. Visit www.foreher.org/get-help to submit a request. To learn more, to sponsor or to register, visit www.foreher.org/golf-outing or email info@thehivecreativeconsulting.com.

Get Grillin' at Eggs on the Beach!



Bay Breeze Patio will host the sixth annual "Eggs on the Beach" Big Green Egg Grilling Competition, Sept. 28 at Seascape Resort in Miramar Beach. As one of the official Big Green Egg Festivals held throughout the country, cook teams participate by creating bite size portions of their favorite recipes to be judged by the public as well as a celebrity judge. Proceeds benefit The Fisher House of the Emerald Coast and Food for Thought. The registration fee is \$50 for a team up to six (non-profit cook teams' registration fee is waived- email susan@baybreezepatio.com). Taster tickets - \$32.50/adult, \$14/child (age 11-17) and kids 10 and under - free. To register a cook team, sign up as a sponsor, or purchase a taster ticket, visit www.EggsontheBeach.com.

Cheer on the Runners at Lulu's 5K



Want to do something fun, healthy and benefit the Fort Walton Beach High School, Niceville High School and Destin Middle School cheer teams? Then sign up for the 5th Annual Lulu's Marlin Cheer 5K happening Nov. 2, 2019, at 8 a.m. To register through 10/27/19 is \$25.00 walk/run adult and \$20 for students. On race day, fee is \$30 walk/run adult and \$25 for students. Please make check payable to NHS Cheer 5K and drop at NHS, DMS or LuLu's or mail to 714 Vintage Cir., Destin, FL 32541, and include Name, DOB, Address, Email, Phone, Age on race Day, walk or run and T-Shirt Size. There are also several sponsorship opportunities available. For more information, call 830-8862 or email billielalag@yahoo.com.



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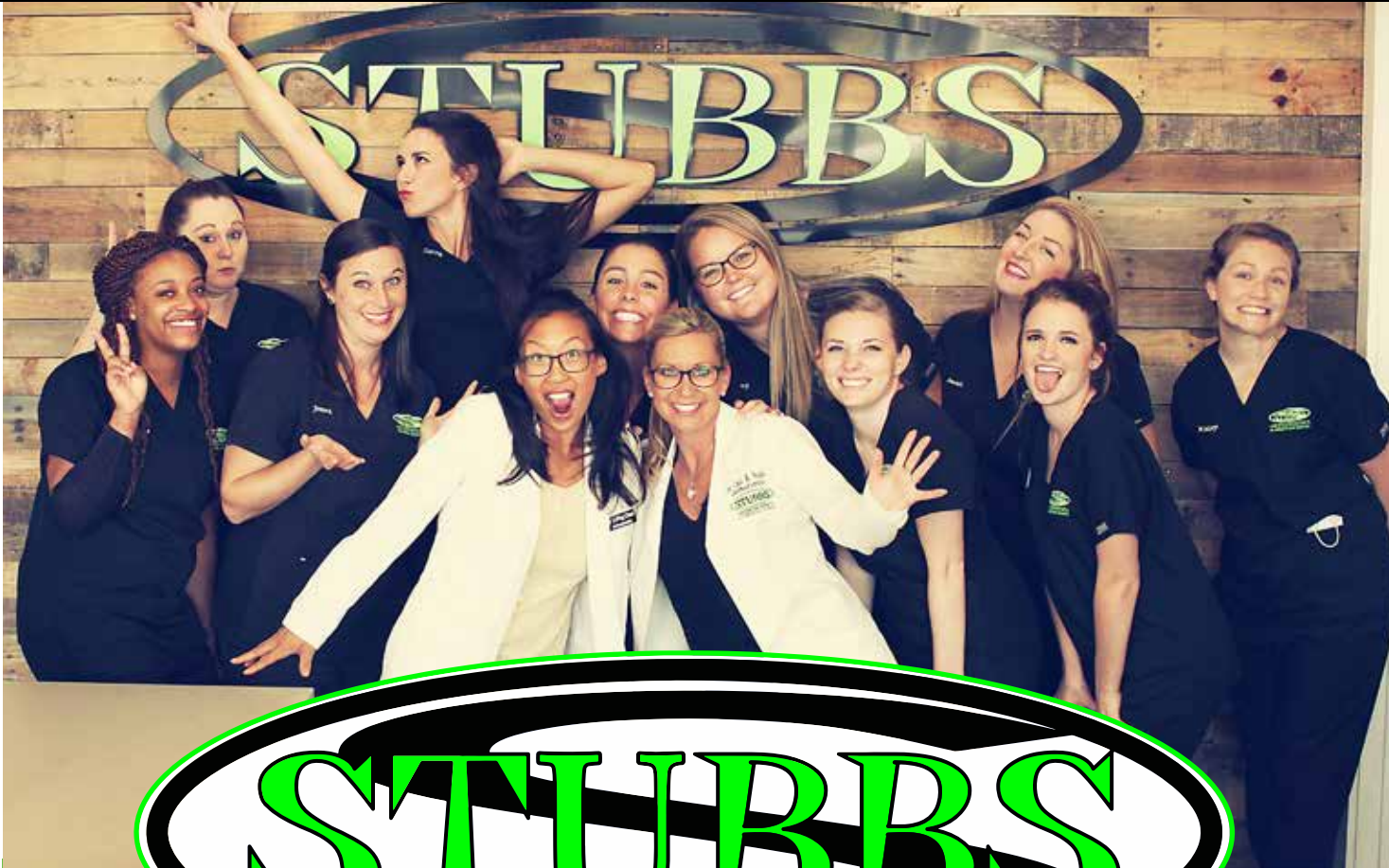
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Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha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

 Community

Zones of Opportunity are All Over the Panhandle



BY ASHLEY VANNOY

Keeping a close watch on permits and the economic development efforts of a literal army of professionals we have across the panhandle, it is easy to identify prospective businesses both large and small that are coming to our area. An actual feasibility study is being performed by a consultant from our own Okaloosa County Economic Alliance to measure the need

and probability for success for a business incubator. Incubators are facilities that provide startups with services and education to help them launch quickly into the space they are competing in. Techrepublic.com states, “Incubators “incubate” disruptive ideas with the hope of building out a business model and company. Incubators are often more focused on innovation. Startups that are accepted into incubator programs relocate to our area to work with other companies in the incubator. Within the incubator, a company will refine its idea, build out its business plan, work on product-market fit, identify intellectual property issues, and network in the startup ecosystem.”

My role as small business lender is to assist these companies any way I can with examples of business plans, SBA financing, or even just a referral of a local CPA or grant program. An

incubator can truly benefit our area organically in this way, so stay tuned to this publication for the results of the study.

Tax benefits that accompany Qualified Opportunity Zones create a powerful incentive to allocate capital into economically distressed areas, and in some cases, allow investors to defer taxes on realized gains and even reduce tax liability. Opportunity Zones were created as part of the 2017 Tax Cuts and Jobs Act with the intention to attract investment capital into these areas. Local investors are taking advantage of the zone just north of Lake Defuniak that is resulting in leasing space to businesses that have revitalized the whole downtown area. Fort Walton Beach has one that is centrally located as well just waiting for real estate holding companies to infuse capital into.

Ashley Vannoy has been a real estate lender for 15 years

in Destin. For more information about incubators, Opportunity Zones, or real estate related

questions, please call Ashley Vannoy at 850-533-7389.



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Meet our Local Pros: Joe and Lea Capers of Insurance Zone

BY LAUREN GALL

Insurance Zone (IZ), headquartered in Miramar Beach, is a full service commercial and personal lines independent insurance agency. IZ specializes in designing insurance programs

based on the efforts of Joe, Lea and the pups; every person who works at IZ is part of the family. 'Being a success for us means offering great products and exceptional service to our clients, while maintaining an inviting

REP. He is a member of the Sacred Heart Charity Golf Classic Committee and the MORE Men's Group at Resurrection Catholic Church. Lea is Chair of Alaqua's annual Sip N Shop fundraiser, a part of the Chi

Chi Miguel Weekend. They love playing at the Santa Rosa Golf and Beach Club.

So, to 'Get in the Zone,' on the Emerald Coast, look to IZ and Get Covered.

For more information about Insurance Zone, visit www.ins-zone.com, call 850.424.6979, or find them on Facebook/Insurance Zone.



for coastal exposures along 30A and 98, Destin, Miramar Beach, Inlet Beach, Panama City Beach, Pensacola, Tampa and Atlanta.

Led by co-owners and co-founders, Joe and Lea Capers, the agency provides competitive and comprehensive coverage for home, auto, business, life and long-term care policies. They say that having a great working environment is the key to their success. 'Our personalities and strengths are almost polar opposites, so we complement each other well. We wake up every day excited about the opportunity to do our work in this beautiful and giving community,' says Joe.

Recognized for their colorful and fun personal service and professional style, the Capers truly make their work day a family experience. Their pups, Izzi (named after the company) and Buckeye (Ohio State fans, anyone?), accompany them to the office every day. But, the success of Insurance Zone is not solely

atmosphere for our clients and staff,' says Joe. The Capers and their staff believe that energy comes from working not only as a team, but as a family unit.

Celebrating more than 150,000 pens shared in our community, Insurance Zone was voted Best Insurance Firm by VIP Destin Magazine eight years in a row and Best Customer Service for three of those years, and Best Insurance Firm by Emerald Coast Magazine for the past three years. This makes IZ the only local insurance agency ever to be voted BEST by both publications. IZ was also Walton Area Chamber's 2018 Small Business of the Year. The company is well known for their annual Chamber Business After Hours, with partners Rum Runners and Showtime Events. Save the date for the 11th annual event on Nov. 21 at Rum Runners.

Joe, Lea and the IZ team also believe strongly in community involvement. Joe is Board Chairman of Alaqua Animal Refuge and serves on the board of The

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 Community

"Don't Put That Down the Drain!"

By LOCKWOOD WERNET

Have you ever heard those words before? Maybe you heard it at a relative's house that was on a septic tank or they had old plumbing; possibly you heard it while traveling to another country; or you may have seen it on a

sign in a public restroom. There is good reason for the warning because not all waste should be thrown down the drain.

In recent years, Destin Water Users has talked about FOG, Fats Oils and Grease, and how pouring that down the drain



can contribute to sewer backups. When FOG is washed down the sink, it cools and sticks to the inside lining of sewer pipes. The accumulation of this grease can cause clogs in the sewer pipes, which may lead to Sanitary Sewer Overflows (SSOs). We've seen FOG accumulate on equipment in our lift stations and it has caused upsets at the plant, disrupting the treatment process.

We urge you to put your sewer lines on a fat-free diet and be careful when disposing of fats, oils, and grease (FOG) after cooking by never pouring FOG down the sink or toilet. To keep FOG out of sewers, scrape all food scraps from pots, pans, cooking utensils and dishes into the trash before washing or rinsing the dishes and we reinforced this message with posts to our Facebook page explaining how to dispose of FOG.

We want to reinforce this message because we are still seeing lots of FOG in our system. This is disconcerting because, we have implemented a grease trap inspection program for commercial food establishments and as they are complying, we are seeing concentrations of FOG

coming from our single-family and multi-family residential areas; therefore, we need your help to eliminate our FOG problem.

Dairy products contain milk fat that is considered FOG. Salad dressings usually contain some oil content. What do you do with the greasy liquid left over after broiling a chicken breast, pork chop, fish or steak? These items along with many prepared foods contain FOG that can contribute to a grease backup in the sewer line.

Other things that should never be put down the drain are non-dispersible or non-flushable items such as feminine hygiene products, personal hygiene wipes, single-use floor mop pads, dental floss, single use toilet cleaning pads, protective undergarments, anti-bacterial surface cleaning wipes, paper towels and other similar products.


They don't break down when they are flushed down the drain. Unlike toilet paper which is designed to breakdown and disperse in the waste stream, these items are not readily degradable. To make it even more

confusing, many of these items are labeled as flushable because they pass through the domestic toilet and drainage-line system and they can be transported by the wastewater conveying system; however, they are not truly compatible with the wastewater treatment system.

What happens with these fibrous products is they get twisted and torn into long, knotted rope-like systems that look like rags or your traditional rope mop. These rags get caught on the impellers of pumps in our lift stations and at the plant decreasing the efficiency of the operation of the pumps. Typically, the rags gradually build up on the impellers of a pump until the pump stops working. The majority of all pump failures in our system is directly caused by non-dispersible and non-flushable items.

Now this problem is not unique to DWU; it is universally experienced wherever these products are sold. The wastewater industry in trying to work with manufacturers of these products to address this problem,

continued on next page



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Q. I got a letter that states that I am being automatically enrolled into a prescription drug plan by Medicare. I don't want to lose my retirement health plan, what should I do?
- Cindy

A. Very good question. The letter you received means that you have qualified for Low Income Subsidy (LIS). Once you qualify for LIS, Medicare will automatically assign you to a prescription drug plan. In most cases, qualification for LIS means that you will not have to pay a premium for your drug plan and most of the copays will be paid. This should not affect your health plan, as the drug plan only covers your prescriptions. However, it is always best to visit with your retirement plan administrator to verify. The most important thing for you to do right now is to check the plan formulary to ensure that all of your prescriptions are covered. When you are automatically enrolled, this step isn't always done thoroughly by Medicare. If the prescriptions you are taking are not on the plan formulary, then they will not be covered by the plan. This means that you would have to pay for them yourself, out-of-pocket. Feel free to reach out to us for a personal consultation. We will analyze your specific circumstance and ensure that you have the best plan for your prescription needs.

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ENERGY TIPS

by Emerald Coast Energy Solutions



BY CHRIS BALZAR, ECES

If you are like most people when your electric bill arrives every month, you place it in the "to pay" folder and open it later. When we do get around to opening the electric bill, we look at the amount owed; some sigh, some grunt, some grin, mainly in November and we get out our checkbooks or log into our accounts and pay the amount without fail. Don't get me wrong, I love having electricity. I'm currently writing this article in a very comfortable air-conditioned office while it is 92° with a "feels like" 101° outside. I gladly pay the electric company and am thankful for all the hard-working employees who keep me in comfort.

There are ways to lower our electric bills. We can turn our thermostats to 85°, we can draw the blinds preventing natural sun light to illuminate our homes, we can use the fire drill exercise by running out the front door and closing it quickly behind us so our bought air does not escape or we can take measure to become more energy efficient. It's not rocket science, it's building science. A well-insulated and properly sealed home, uses less energy while maintaining the same comfort.

So, how do we make our homes more energy efficient? Outlets and switches on exterior walls can waste 1% of energy. Adding insulating cover plates can reduce the amount of conditioned air leaking into the outside. 12% of energy loss occurs from drafts around doors and fireplaces. Seals around doors can and will fail over time and should be checked and replaced as needed. Thermal imaging can detect these leaks or simply look for daylight or use a flashlight at night; if you see light, adjust or replace the seals. Windows can

contribute 14% of energy loss. Replacing windows can be expensive. If there are cracks or fog like film between the panes on windows, these will most likely need to be replaced. If the window is clear, but you feel heat when the sun shines through or have single pane, there are spectrally select films which can be applied to the window which dramatically increase efficiency, almost eliminating UV destruction at a fraction of the cost of replacement windows. An area which we focus on for energy loss is the attic. 33% of energy loss occurs through our attics and roofs. Recently, Florida has required new construction homes built by 2017 and newer to undergo a blower door test. A blower door is a powerful fan that mounts into the frame of an exterior door. The fan pulls air out of the house, lowering the air pressure inside. The higher outside air pressure then flows in through all unsealed cracks and openings. This test determines the air infiltration rate of

a building. Prior to 2017, these tests were not required and rarely used. The importance is that now builders seal electrical and plumbing penetrations with a fire block expandable foam making your home more energy efficient. Prior to the requirement of blower door testing, many builders did not seal these penetrations allowing for energy loss. Sealing these penetrations increases comfort, increases air quality and saves energy. Attic insulation is also extremely important. If your home is 15 years or older and has no added insulation in your attic, you most likely have 61% less insulation than what is required today for new construction. If you see joists and wood beams where the insulation should be, adding insulation will increase your comfort and increase energy efficiency saving you money.

There are many ways to increase comfort while lowering your electric bill. Why? Because you're worth it. If you have concerns with your electric bill or

energy loss and want to be more energy efficient, we are happy to schedule an inspection and educate you on how to increase comfort and save energy.

Chris Balzar is founder and president of Emerald Coast Energy Solutions and resides in the Santa Rosa

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

DRAIN

continued from page 16

but we need some help from you our customers. Therefore, we ask that you: Don't put that down the drain!

Helpful Hints for FOG:

- Never pour FOG down the drain, sink or garbage disposal.
- Pour FOG into jars, cans, and plastic tubs. Let contents cool and solidify. When the container is full, throw it away with your trash.
- Mix cooking oil with an absorbent material such as cat litter or coffee grounds, place in a container (lid securely fastened) for disposal with your trash.
- For greasy pans, pour off the grease into a container, and use a paper towel to wipe out the remaining

grease in the pan prior to washing.

• Store the container in the freezer, which will keep the grease solid, and pull it out whenever you have fats, oils and grease to dispose of. When it gets full, dump the whole container into the trash.

Things to Never Put Down the Drain:

- Paper towels
- Cotton balls
- Rags
- Chewing gum
- Dental floss
- Paint
- Plastic or rubber items
- Flushable wipes
- Feminine products
- Q-tips
- Toys
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 Community

Destin Forward: A Platform for Community Leaders

BY LORI LEATH SMITH,
2019-20 PARTICIPANT

As an age 50-something member of the Destin community, I suddenly find myself in a new class—Destin Forward. I've always felt it important to be continually learning at any age. And, the familiar adage, "you

learn something new every day" certainly holds true here. I DID learn many new things from the very first gathering of this diverse group of young, "mature" and up and coming community leaders.

To me, the very essence of the class name touts positive

success and growth, especially "Forward" defined generally as "in the direction that one is facing or traveling." But other definitions, I believe, really sum up the next nine months: "onward so as to make progress; toward a successful conclusion." -adverb; "relating to or concerned with the future." -adjective; "help to advance (something); promote." -verb.

That's exactly what we're doing in Destin Forward—becoming more successful by building relationships in the community, becoming more knowledgeable about the people, the area, civic and community organizations, first responders, history and learning, hands-on, how to better advance the business and growth of the Destin community and about the issues facing the community on a day-to-day basis.

For example, during the recent kick-off retreat, Destin Chamber CEO Shane Moody explained: In Destin, there's 13,000 people, as you might already know; but did you know there's really 20,000 when you



include non-incorporated areas such as Kelly Plantation? With the addition of tourists, there's roughly 80,000 and in peak season, as many as 100,000! So, when considering city issues, you must include these numbers. And do you know the history behind the Hendersons and the Kellys, prominent and familiar names in Destin? We do.

Further, our discussions were built upon a SWOT analysis which provoked us to think about economic and community development, which led to discussions and team building exercises to further explore those areas. Shane encouraged the group to think outside the box and stre-e-e-e-tch. For exam-

ple, he encouraged us to think of tourism in terms of customers at restaurants, fishing, retail and other places of business; to think about "quality of life" and retaining graduates in our area; and how many situations or decisions cause a chain reaction. And just as each individual is unique, it's definitely thought-provoking to hear others' opposing viewpoints and contemplate multiple perspectives.

Probably the most fun aspect was the Destin "commercial" each group had to write, produce and present at the end of the day. Yes, it was videoed! And, if you think that's easy, it's not. But, there's always that one person that keeps everyone laughing...and we built relationships.

By reviewing the agenda, over the next few months we'll be touring and learning about Destin's waterways; tourism industry; arts, culture and non-profits; environment; city programs and services; military bases; and the state legislature. We'll also be attending several chamber and civic functions, as well as defining and working on a project that creates a lasting and positive impact on the city of Destin.

You might see us around town in our navy, blue Destin Chamber shirts, and if you do, please say hi; we might be coming to you for support, research or help in various areas, too. Each month, I'll bring you a synopsis of our time together; the relationships we're building and the things we're learning from the Destin Chamber, you and others in the community. "There are many class attendees who have been a part of the Destin community for years, perhaps having even grown up in the area," said Shane. "But, they always learn many things they didn't know." As a resident for more than 13 years, I'm excited to find out more... Stay tuned.

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BY MATTHEW VANDERFORD

I grew up in Nuw Churssee (that's New Jersey for the uninitiated). For those who've never visited, it's a unique place. And if you don't know New Jersey, you probably won't get New Jersey. But that's the point – if you're not from somewhere, you can never really know what it's like to live there. That's why you have to ask the locals when you travel where to get the best food, the out-of-the-way places to go that only they know about, and what the communities are like if you're looking to move – I mean there's only so much the internet and a travel agent can do!

Filing an insurance claim is very similar. In order to get what you're looking for (your damaged property repaired or replaced), you need to know what the locals know. And by locals, I mean it's the people who deal with and repair properties on a day-to-day basis, day in, day out, week after week, year after year.

Every claim is different, and every loss is not the same, although they might share a lot of things in common. In the U.S., there are seven different climate zones, with those zones broken down into smaller sub sections creating an array of varying climate conditions which are then governed by local building ordinances describing to builders what types of materials they can use, how a property is to be built,

etc. So, when you take all these factors: climate, materials used, and type of damage and then stick them in blender, do the hockey pokey and shake it all about, you can get very different results when loss occurs.

Humans have always been on the lookout for how to live in a world with climatic struggles to deal with no matter where we've lived. You wanna live in Iceland? Guess what – the Iceberg "Okjökull" just became "extinct." You wanna live in the Philippines? You have to deal with monsoons. Japan maybe? Typhoons. Turkey? Earthquakes. Florida? Hurricanes, tornados and sink holes...oh my!

And because climate plays such a huge role in evaluating the risk of property exposure and claim payouts (damage to a property in Texas is not the same as damage to a property in Florida or in New Jersey). If you were to evaluate the effects of a storm damage to properties spread across the country, you'll find the climate of the region directly impacts how much is needed to pay out valid claims, because payments made to repair damage need to reflect what it actually costs to repair the property in the region it was built. For example, homes built on the California coastline are not the same as homes built on the coastline of Florida. In fact, homes in Florida have some of the most stringent building codes in the nation due to the severity of climatic events. And because building codes and ordinances vary region to region (even in Florida), the structures will be comprised of many materials, some the same or similar, and others totally unique to the environment. And those differ-

ences make a huge difference in fair claim settlements.

Imagine yourself living in your home being slammed by a Category 5 hurricane. As it tears through your house leaving you in the wake of disaster, your insurance company sends out field adjusters from all over the country to handle the in-

crease of claims as quickly as they can. Your field adjuster shows up, tells you they're handling over 100 claims and will head back to Iowa, Texas or wherever they are from after all the dust settles.

Now, take a moment and ask yourself: How is a person from Iowa, Texas or somewhere else

going to write a loss accurately for 100 claims if they don't know the proper way to repair the materials used in the local construction area? And more importantly, how are you to expect anything different from the insurance company if you don't know the rules of construction either?

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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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 **Pets**

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Alaqua Refuge's Benefit "For the Love of Animals"

Alaqua Animal Refuge presents Animoré, to be held Friday and Saturday, October 18 and 19, 2019 on the grounds of Alaqua's future home along Highway 20 in Freeport, Florida. Animoré is the first annual festival in celebration of and for the love of animals. The combination of two words, Animoré symbolizes "animals" and "amore," which means love in Italian.

Alaqua's 6th Annual 100 Point and Cult Wine Dinner will be held Friday evening, October 18 beginning at 5 pm. This exclusive evening is a one-

animoré

A Weekend Benefit for the Love of Animals

of-a-kind experience for a limited collection of patrons, as guests will be the first to dine in a most unique, surprise setting at Alaqua's future home.

The elegant affair begins with a cocktail reception and an intimate musical performance, followed by an exquisite 5-course dinner prepared by Chef Bren-

dan Davey, with each course perfectly paired with distinctive and stellar wines, procured especially for this dinner.

The animoré Inaugural Barn Jam takes place on Saturday, October 19 at 4 pm, and will feature roots-rocking, multi-instrumentalist Eric Lindell as the headliner, who has collaborated and shared stages with John Fogerty and Jackson Browne, and is a founding member of Drag-on Smoke with Ivan Neville. In addition, Nashville songwriters Billy Dawson, Aaron Barker,

and Jon Nite will also perform. Together, these award-winning songwriters and performers have written hits for George Strait, Tim McGraw, Keith Urban, Miranda Lambert, Kenny Chesney, Lee Brice, Luke Bryan, and many more. Rounding out the lineup are local favorites The Pickled Pickers and Luke Langford Band. The Barn Jam will include a wide variety of food trucks, beverages, and auction.

The animoré weekend benefit was born out of an idea from Alaqua's Founder Laurie Hood to create a community event combining music with excellent food and wine in support of animal welfare. For hundreds of years, music has enhanced our souls and holds a special spiritual power for engaging our sens-

es. Interactions with animals also have powerful effects on the human spirit and body.

As such, one of our goals for our future home and its unique environment is to be an inspiration for creating a kinder, more empathetic, and healthier society by healing animals and people. We believe that this inaugural animoré festival does just that – bringing people together through music and engagement to help heal and give animals in Alaqua's care second chances at life, happiness, and most of all, love.

Tickets are currently on sale for all events. For more information, sponsorship opportunities, or to purchase tickets, visit www.animore.org



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Use Your Racquet for Rescues!

The annual Racquets for Rescues fundraiser for Dog-Harmony Inc. will be held from noon to 3 p.m. Sat., Sept. 28, at Hidden Dunes Resort Tennis Center, 9815 U.S. Highway 98. The event, sponsored by Pratt Aycock Title, features a fast-feed tennis clinic and round robin, plus silent auction. More sponsorship opportunities are available.

Cost is \$40 per person and includes lunch provided by Destin Hooters, local brews by Gray-

ton Beer Company and specialty cocktails by Tito's Handmade Vodka.

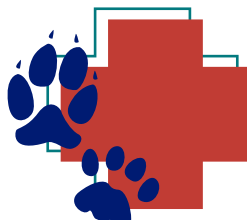
To register, or for more info, email rybroxson@yahoo.com or call (850) 269-2590. Tickets also can be purchased at dog-harmony.org.

All funds raised will support Dog-Harmony's mission to re-

duce the shelter dog population through humane education, force-free training, low-cost spay/neuter and microchipping. This nonprofit focuses on keeping dogs out of shelters in the first place by creating programs to combat the top reasons and ways dogs end up being rehomed.



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beaches and emerald waters from every seat, indoors or out! And, the game is always on one of the large TV's. 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. And don't forget your dessert—the mini mason delights are a must try! You can dine in the newly remodeled restaurant and bar or watch the stunning sunsets, and your favorite team, while you eat on one of the many outdoor escapes! Join for live music several nights a week. 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
Thebeachhousesd.com

Tailfins Alehouse and Oyster Bar

With stunning views of the Destin Harbor, your favorite foods



and drinks, Tailfins' Entertainment Complex delivers an incredible mix of friendly and fun atmosphere with breathtaking views—a magical combination for football watching! Featuring three levels of indoor and outdoor dining, overlooking the Destin Boardwalk and water including live music on the docks and Dueling DJs every Fri. & Sat. night in September, Tailfin's has TV's everywhere you look, so you can watch your favorite teams

compete again in 2019. Scrumptious Early Bird Specials M-F from 4-7 p.m. featuring Tailfins' famous Alaskan Snow Crab ~ Steamed Crab Clusters with New Potatoes & Corn, \$19.95; Double Happy Hour from 4 to 7 p.m. and again from 10 p.m. to closing from Mon. through Fri. with \$15 Domestic Bottle Buckets and \$7.99 Pitchers, House Wines and Well Drinks.

850.650-1200 | On the Harbor in Destin | tailfinsdestin.com
Tailfins Alehouse and Oyster Bar

Prime'D

Get Prime'd for the 2019 College and Pro Football Season. Oh,





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The View!



The Pizza!



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Helen Back

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at the Palms

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FOOD!
FUN!**

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Football Watching!



The Vibes!



Chris!



Football Fare!



20 TVs!

Destin's Best Places to Watch

yes, it's that time of year again and we invite all of our friends and neighbors to come on by Destin's hottest haven for sports fans all season long. Now featuring Helen Back Pizza, Smoked Prime Rib, Fresh Local Seafood, Po-boys and an in-house selection of desserts. Affordably priced menu selections available and served in a relaxing family atmosphere. Plenty of Big Screen TVs, pool tables, dart boards, great food and drink, Game Day Specials and a friendly and welcoming atmosphere make Prime'd at the Palms one of your best bets.

4201 Indian Bayou Trail, Destin | (850) 351-0900 | primedatthepalms.com

Landshark's Pizza

Are you ready for some Football? Hungry, thirsty, maybe a little of both? Come in and visit Landshark's Pizza. Owners Brian and Sue Has-smann have created the local's favorite pizza, buffalo wings and sports pub and bar that serves great pizza AND awesome wings plus many other scrumptious eats for folks of all ages. There's plenty of seating for everyone and TVs galore, plus fun and games all week long. Weekly specials and fun include Music Bingo on Tuesdays at 7 p.m.; \$.69 cent Wing Wednesdays; Sports fans from all over come and watch all their favorite teams on countless regional and national sports networks including College & Pro Football. And there's a fully stocked bar with 95 different bourbons and 30 beers on draft!

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



Tequila's Sports Bar & Grill

Ready to shake it up a little, and we mean literally—Tequila's Sports Bar & Grill has quickly become a local favorite. Stop in today and let them fix up some of their world class jumbo-sized Margaritas, sure



to set the mood to watch your favorite football game. Tequila's Sports Bar has some of the best seats in the neighborhood. Listen to live music every Friday and Latin Saturdays where you can dance the night away! A fusion of sports bar food and delightful Mexican dishes, lunch specials offered daily Monday through Friday for \$8.99. 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. EAT, DRINK, FOOTBALL, 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

Island Wing Company Grill & Bar

Voted Best Wings 4 years running, Island Wing Co. is calling your name. Come in and enjoy the games, find your favorite beer among the 58 selections on tap and enjoy some of the tastiest food you've ever had. All while watching your favorite teams on the many Big Screen TVs situated throughout this clean, open atmosphere. Football season is back and Island Wing Company invites you back, back to the best sports Bar and Grill in Destin. Back to watching, cheering, eating and drinking with all the other true, passionate wing eating, beer drinking fans that have made this the locals favorite place to gather.

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www.islandwing.com



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Watch Your Favorite Teams!



September Game-Day Schedule Highlights

Saturday, Sept. 7
 Texas A&M @ Clemson 2:30 PM
 LSU @ Texas 6:30 PM
 USF @ Ga. Tech 1:00 PM
 Miami @ North Carolina 7:00 PM
 Tulane @ Auburn 6:30 PM
 Southern Miss @ Miss State 2:30 PM

Saturday, Sept. 14
 Pitt @ Penn St. 11:00 AM
 Ohio St. @ Indiana 11:00 AM
 Alabama @ South Carolina 2:30 PM
 Kent St. @ Auburn 6:00 PM
 Florida @ Kentucky 6:00 PM
 Clemson @ Syracuse 6:30 PM

Saturday, Sept. 21
 Tennessee @ Florida TBD
 Oregon @ Stanford TBD
 Auburn @ Texas A&M TBD

Louisville @ FSU TBD
 So. Miss @ Alabama TBD
 Michigan @ Wisconsin TBD
 Notre Dame @ Georgia TBD

Saturday, Sept. 28
 Ole Miss @ Alabama TBD
 NC State @ FSU TBD
 Kentucky @ South Carolina TBD
 Ohio St. @ Nebraska TBD
 Clemson @ North Carolina TBD
 Texas Tech @ Oklahoma TBD
 Virginia @ Notre Dame TBD

Saturday, Oct. 5
 Troy @ Missouri TBD
 Auburn @ Florida TBD
 Georgia @ Tennessee TBD
 Purdue @ Penn St. TBD
 Michigan St. @ Ohio St. TBD
 Virginia Tech @ Miami TBD



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 Award-Winning Menu, Sports, Full Bar, 3 Dining Areas, Game Room, Dog & Cigar Friendly Harborside Deck!
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OYSTER BAR
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 4-7 pm

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

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 SEC, ACC, BIG 10 Networks
 Come and watch all your favorite teams play!
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LOCAL HIGH SCHOOL FOOTBALL SCHEDULES



CHOCTAW HIGH SCHOOL

Sept. 6	Gulf Breeze	7 PM	HOME
Sept. 13	Pensacola	7 PM	Away
Sept. 20	Milton	7 PM	HOME
Sept. 27	West Florida	7 PM	HOME
Oct. 4	Bye		
Oct. 11	Arnold	7 PM	Away
Oct. 18	Pine Forest	7 PM	HOME
Oct. 25	Pensacola Catholic	7:30 PM	Away
Nov. 1	Fort Walton	7 PM	HOME



FORT WALTON BEACH HS

Sept. 6	Niceville	7 PM	HOME
Sept. 13	Milton	7 PM	HOME
Sept. 20	Pace	7:30 PM	Away
Sept. 27	Mosley	7 PM	HOME
Oct. 4	Gulf Breeze	7 PM	Away
Oct. 11	Booker T. Washington	7 PM	Away
Oct. 18	Escambia	7 PM	HOME
Oct. 25	Bye		
Nov. 1	Choctaw	7 PM	



NICEVILLE HIGH SCHOOL

Sept. 6	Fort Walton	7 PM	Away
Sept. 13	Crestview	7 PM	Away
Sept. 20	Lincoln	7 PM	HOME
Sept. 27	Navarre	7:30 PM	Away
Oct. 4	West Florida	7 PM	HOME
Oct. 11	Tate	7 PM	HOME
Oct. 18	Chiles	7 PM	Away
Oct. 25	Leon	7 PM	HOME

SEC	Sept 7	Sept 14	Sept 21	Sept 28	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	Nov 23	Nov 30
Alabama	NMST	@SC	USM	@OM	OPEN	@A&M	UT	ARK	OPEN	LSU	@MSU	W Carolina	@AUB
Arkansas	@OM	Colo St	San Hose St	A&M	OPEN	@UK	AUB	@BAMA	MSU	W KENT	OPEN	@LSU	MIZZ
Auburn	Tulane	Kent St	@A&M	MSU	@UF	OPEN	@ARK	@LSU	OM	OPEN	UGA	Samford	BAMA
Florida	UT Martin	@UK	UT	Towson	AUB	@LSU	@SC	OPEN	*UGA	VAN	MIZZ	OPEN	FSU
Georgia	Murray St	ARK St	Notre Dame	OPEN	@UT	SC	UK	OPEN	UF	MIZZ	@AUB	@A&M	@Ga Tech
Kentucky	E Mich	UF	@MSU	@SC	OPEN	ARK	@UGA	MIZZ	OPEN	UT	@VAN	UT Martin	Louisville
LSU	@Texas	NW State	@VAN	OPEN	UTAH St	UF	@MSU	AUB	OPEN	@BAMA	@OM	ARK	A&M
MSU	USM	Kansas St	UK	@AUB	OPEN	@UT	LSU	@A&M	@ARK	OPEN	@BAMA	Abilene	*OM
Missouri	W Virginia	SEMO	SC	OPEN	Troy	OM	@VAN	@UK	OPEN	@UGA	UF	UT	@ARK
Ole Miss	ARK	SELO	California	@BAMA	VAN	@MIZZ	A&M	OPEN	AUB	N MEX St	LSU	OPEN	*MSU
SC	Charleston	BAMA	@MIZZ	UK	OPEN	@UGA	AU	@UT	VAN	APP St	@A&M	OPEN	Clemson
Tenn	BYU	UT Chat	@UF	OPEN	UGA	MSU	@BAMA	SC	UAB	@UK	OPEN	@MIZZ	VAN
TX A&M	@Clemson	Lamar	AUB	@ARK	OPEN	BAMA	@OM	MSU	UTSA	OPEN	SC	@UGA	@LSU
VAN	@Purdue	OPEN	LSU	N Illinois	@OM	UNLV	MIZZ	OPEN	@SC	@UF	UK	ETSU	@UT

ACC	Sept 7	Sept 14	Sept 21	Sept 28	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	Nov 23	Nov 30
Boston C	Richmond	Kansas	Rutgers	Wake	@Louisville	OPEN	@NC ST	Clemson	@Cuse	FSU	OPEN	Notre Dame	@Pitt
Clemson	A&M	@Cuse	Charlotte	@N Carolina	OPEN	FSU	@Louisville	Boston	Wofford	@NC State	Wake	OPEN	@SC
Duke	N Carolina	M Tenn	OPEN	@Va Tech	PITT	Ga Tech	@VIR	@N Carolina	OPEN	Notre Dame	Syracuse	@Wake	Miami
Florida St	ULM	@Virginia	Louisville	NC State	OPEN	@Clemson	@Wake	Cuse	Miami	@Boston	ASU	OPEN	@UF
Ga Tech	USF	The Citadel	OPEN	@Temple	N Carolina	Duke	@Miami	OPEN	Pitt	@Virginia	Vir Tech	NC State	Georgia
Louisville	E Kent	@W Kent	@FSU	OPEN	Boston	@WAKE	Clemson	Virginia	OPEN	@Miami	@NC State	Cuse	@UK
Miami	N Carolina	Bethune	@C Mich	OPEN	Va Tech	@VIR	Ga Tech	@Pitt	@FSU	Louisville	OPEN	FIU	@Duke
NC State	W Carolina	@W Va	Ball St	@FSU	OPEN	Cuse	@Boston	OPEN	@Wake	Clemson	Louisville	@Ga Tech	NC
NC	Miami	@Wake	App State	Clemson	@Ga Tech	OPEN	@Vir Tech	Duke	Virginia	OPEN	# Pitt	Mercer	@NC State
Syracuse	@Maryland	Clemson	W Mich	Holy Cross	OPEN	@NC ST	Pitt	@FSU	Boston	OPEN	@Duke	@Louisville	Wake
Pittsb	Ohio	@Penn St	UCF	Delaware	@Duke	OPEN	@Cuse	Miami	@Ga Tech	OPEN	@NC	@Vir Tech	Boston
Virginia	WM&Mary	FSU	Old Dom	@Notre Dame	OPEN	@Miami	Duke	@Louisville	@N Carolina	Ga Tech	OPEN	Liberty	@Va Tech
Virg Tech	Old Dom	Furman	OPEN	Duke	@Miami	RD Island	N Carolina	OPEN	@Notre Dame	@Wake	@Ga Tech	Pitt	@Virginia
Wake	@Rice	N Carolina	Elon	@Boston	OPEN	Louisville	FSU	OPEN	NC State	@Vir. Tech	@Clemson	Duke	@Cuse

Get Ready—It's Game Day, Y'all! Tailgate to the Limits!

The dictionary cites several definitions of tailgating such as driving too closely behind (another vehicle) and “tailgate” as “a board or gate at the rear of a vehicle that can be removed or let down (as for loading). Here at Destin Life, we prefer this one: host or attend a social gathering at which an informal meal is served from the back of a parked vehicle, typically in the parking lot of a sports stadium.

And if you're a football fan, you instinctively know it's the creative art of eating and drinking as much as humanly possible before the big game, most often in the parking lot outside a stadium or under a tent on

the grounds of your alma mater. Tailgating can also involve the consumption of alcoholic beverages or soft drinks and the grilling of various meat products. Popular tailgate party foods include party subs, chili, wings, ribs, brats, chips and dip, hamburgers, hot dogs, baked beans, and cold salads like coleslaw or potato salad.

Even if you're not the biggest sports fan, you can still get excited for fall weekends thanks to all the fun tailgating food and drink recipes that go along with it! Appetizers are always a hit and everyone enjoys them. Of course, if you actually are a sports lover, you'll want simple, fuss-free rec-



ipes that come together quickly so you can focus on the game.

Sometimes you just don't have time to prepare for the weekend tailgate. No worries. Let some of Destin's best restaurants and eateries such as Jim 'N Nick's take care of everything you'll need for that perfect tailgate.

Jim 'N Nick's has been serving barbecue for more than 30 years, so they know a little bit about smoking meat.

If you don't have time to prepare anything this weekend, let Jim 'N Nick's do it for you. Pick up your tailgate on the way to the tailgate with all the protein your tailgate needs!

Chicken tenders. Smoked

wings. Ribs. Pork. Chicken. Brisket. Sausage. Riblets. Sausage and pimento cheese crackers. And even Dessert. Plus, they have some really great BBQ sauce, as well.

And, if you want to add your own flair to your tailgate weekend, check out the featured Destin Life recipe each month during football season!

Bloody Mary Gazpacho

By Susan Benton, 30aEats, Gulf Coast Restaurants

Note: This recipe can be easily doubled or tripled as needed. Serves 8.

Ingredients:

- 1 quart low salt, no MSG tomato juice
- 5 whole Roma tomatoes, stemmed and seeded, diced
- 2 large celery stalks, finely diced
- 1 hothouse cucumber, seeds removed, finely diced
- 1 whole zucchini diced
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup white wine vinegar
- 1 red bell pepper, stemmed and seeded, finely diced
- 1/2 medium red onion, finely diced
- 1 jalapeno pepper, stemmed and seeded, minced
- 2 large garlic cloves, minced
- Juice of 1 lemon
- Juice of 1 lime
- 2 tablespoons Worcestershire sauce, or to taste
- 2 teaspoons kosher salt
- 6 dashes of Tabasco sauce, to taste
- 1 teaspoon ground cumin
- 1 teaspoon freshly ground black pepper
- 1/2 cup cilantro, chopped, held out for serving
- Optional garnishes:
- Favorite Vodka
- Fresh lime
- 2 ripe Avocado peeled, pitted and cubed

Preparation:

In the bowl of a food processor or in a blender, combine the minced garlic and jalapeno with half the red onion, half the bell pepper, half the cucumber, half the tomato, half the zucchini, half the celery, half the tomato juice, olive oil, white wine vinegar, Tabasco, and a dash of salt.

Pulse until all ingredients are blended well; mixture will have a nice speckled, colorful texture.

Pour into a large bowl and combine all of the other ingredients except the optional garnishes. Stir together, adding salt and pepper to taste. Cover and refrigerate for at least 2 hours, as it needs to be served cold.

Remove soup from fridge, and stir in cilantro. Check seasonings to taste one last time. If serving as a soup, ladle into bowls and drizzle with a little olive oil, garnishing with avocado.

To serve with vodka, mix 1 cup gazpacho with 1 ounce of vodka. Pour into a glass or plastic cup and serve cold with fresh lime wedges and cucumber slices as a garnish.

If someone tailgating nearby is having a shrimp boil, hand them a Bloody Mary and ask for shrimp in return! Place one shrimp on the side of the cup, and it will add to the wonderful flavors of this meal to-go.

Plastic spoons are optional.

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BIG 10	Sept 7	Sept 14	Sept 21	Sept 28	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	Nov 23
Illinois	@UConn	East. Michigan	Nebraska	OPEN	@Minnesota	Michigan	Wisconsin	@Purdue	Rutgers	@Mich St	OPEN	@Iowa
Indiana	Eastern Illinois	Ohio St	UConn	@Michigan St	OPEN	Rutgers	@Maryland	@Nebraska	@Indiana	OPEN	@Penn St	Michigan
Iowa	Rutgers	@Iowa St.	OPEN	Middle Tenn	@Michigan	Penn St	Purdue	@N. Western	OPEN	@Wisconsin	Minnesota	Illinois
Maryland	Syracuse	@Temple	OPEN	Penn St (9/27)	@Rutgers	@Purdue	Indiana	@Minnesota	Michigan	@Ohio St	OPEN	Nebraska
Michigan	Army	OPEN	@Wisconsin	Rutgers	Iowa	@Illinois	@Penn St.	Notre Dame	@Maryland	OPEN	Michigan St	@Indiana
Michigan St.	W. Michigan	Arizona St	@N'Western	Indiana	@Ohio St	@Wisconsin	OPEN	Penn St	OPEN	Illinois	@Michigan	@Rutgers
Minnesota	@Fresno St.	Ga Southern	OPEN	@Purdue	Illinois	Nebraska	@Rutgers	Maryland	OPEN	Penn St	@Iowa	@N'Western
Nebraska	@Colorado	NIU	@Illinois	Ohio St	@N'Western	@Minnesota	OPEN	Indiana	@Purdue	OPEN	Wisconsin	@Maryland
Northwestern	OPEN	UNLV	Michigan St	@Wisconsin	@Nebraska	OPEN	Ohio St (10/18)	Iowa	@Indiana	Purdue	U Mass	Minnesota
Ohio St.	Cincinnati	@Indiana	Miami (Ohio)	@Nebraska	Michigan St	OPEN	@NWem (10/18)	Wisconsin	OPEN	Maryland	@Rutgers	Penn St
Penn St.	Buffalo	Pittsburgh	OPEN	@MD (9/27)	Purdue	@Iowa	Michigan	@Michigan St	OPEN	@Minnesota	Indiana	@Ohio St
Purdue	Vanderbilt	TCU	OPEN	Minnesota	@Penn St	Maryland	@Iowa	Illinois	Nebraska	@N'Western	OPEN	@Wisconsin
Rutgers	@Iowa	OPEN	Boston College	@Michigan	Maryland	@Indiana	Minnesota	Liberty	@Illinois	OPEN	Ohio St	@Mich St
Wisconsin	Central Mich	OPEN	Michigan	N'Western	Kent St	Michigan St	@Illinois	@Ohio St	OPEN	Iowa	@Nebraska	Purdue

Destin Dining, Entertainment, Music & Specials

Boathouse Oyster Bar

SPECIALS...

Daily Lunch Specials M-F \$9.99

Slacker Sunday Oyster Brunch - 11am

MUSIC...

SEPTEMBER 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

Brotula's Seafood House & Steamer

SPECIALS...

HAPPY HOUR Monday - Friday from 2 - 5pm
Wine-Down Wednesday 4pm to close

Featured Wine by Glass Specials / 15% OFF all Bottles of Wine
LADIES' NIGHT SATURDAYS 6pm to close
Half-price select wines by glass / \$5 Well Cocktails
Sunday FunDay 11am - 2pm
\$12.95 Bottomless Mimosas
\$5 Bloody Marys & Margaritas

Bric a' Brac

SPECIALS...

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

MUSIC...

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

La Famiglia Restaurant

SPECIALS...

Lunch Menu starts at \$7.99
Wine Down Wednesdays
\$3 glass of House Wine all day and 20% off bottle of wine

The Melting Pot

SPECIALS...

4PM TO 6PM EVERY DAY BEST HAPPY HOUR IN TOWN!

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

JOIN US EVERY WEDNESDAY FOR OUR CRAVE COMBO AND \$10 OFF WINE!

ENJOY a three course fondue meal \$22.95 and \$10 off any bottle of wine every Wednesday night. There is no better excuse for a midweek break!

THE LAST TUESDAY OF EVERY MONTH LADIES NIGHT OUT

Grab the girls and join us the last Tuesday of every month for a four-course dinner for just \$30 per lady, plus \$5 cocktail and wine specials all night long!

Every Monday Night! BARE NIGHT - BAR AND RESTAURANT EMPLOYEE NIGHT
Bar and Restaurant Industry employees join us every Monday night for half off all food!

MILITARY APPRECIATION 10% off all food every night.

AJ's Destin BIMINI STAGE

September Touring nds:
5-7 : Bad Charlotte
12-14: Spank The Monkey
19-21: NAKD
26-28: Miles Flatt
OCT 3-5: BlackBerry Breeze

Mondays:

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

Tuesdays:

JB Dyess 4:30pm
DJ Dan Davis 8pm
Black Eyed Blonde 9:30pm

Wednesdays:

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

Thursdays:

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

Fridays:

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

Saturdays:

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

Sundays:

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

TIKI STAGE

Mondays: NFL Football 6pm
Tuesdays: Chasin' Jaymie 6pm
Wednesdays: Mat Hall 6pm
Thursdays: Chasin' Jaymie 6pm
Friday: Austin Jennings 6pm
Saturdays: College Football
Sundays: NFL Football

JUMBOTRON STAGE

Live Street Party Concert every Saturday night at 10pm
9/7: Horseshoe Kitty
9/14: Luke Langford Band
9/21: 3HG
9/28: Kickstand Jenny
10/5: NAKD

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\$6 cheese and \$6 chocolate fondues plus drink specials every day from 4-6 at our bar.
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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
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the luckiest:

FISHING FOR DESTIN HISTORY



continued from page 1

eager to catch a fish of my own, and as I sat there taking in the sights and sounds of the open waters, my pole bent down nearly in half, and a fish was on the line. Unlike party boat fishing, on a private charter the mates bait your pole and walk you through everything, so when it came time to reel in the catch I was ready to go. Bringing in a big fish isn't easy, but the rush is truly exhilarating.

Our day at sea continued on and every moment was as exciting as the first catch. The addition of each new fish only heightened my newfound affection of deep sea fishing. Much of our "work" at hand was nearly completed as my photographer and videographer had most of the content needed for our Local Time feature. So, I headed up to the tower to sit and chat with the Captain as he set course for the docks.

At the time I didn't know it, but my conversation with Brant Kelly as he navigated the Gulf initially planted the seed for this article. Brant isn't the first fisherman in his family. I learned that Coleman Kelly, Brant's father, captained the Martha-Gene, Destin's first deep sea fishing sport charter boat. Its inaugural voyage took place in August 1939, and since then many boats and fishermen have come and gone.

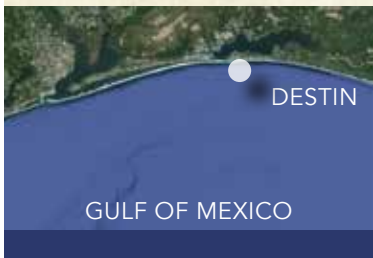
However, Brant and his family are not the only descendants of this spectacular town that was once simply known as East Pass.

My experience aboard the Relentless stuck with me. Not only did my deep sea fishing trip awaken my inner fisherman, it also heightened my passion for history. Traces of Destin's roots as a fishing camp started to appear vividly. I began to take notice of historic photos scattered around

town. I listened intently at stories told along the Destin Harbor and at the docks in Sandestin and found them intriguing. Although the visceral experience of fishing still lingered for me, I decided to first cultivate my intrigue of local history in other venues. My initial attempt at a historical article started with a coastal community located right next to Destin. I was fortunate enough to sit with Linda Hodges, a descendant of the Nitsos




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 Fishing


A HISTORY TOLD

Seafood Festival program, we only briefly touched on the history of this piece of paradise. Many of the questions that had formed since my time in the Gulf, what now seemed long ago, still went unanswered. Little pieces had filled in the some of the cracks, but I still wanted to know what transpired and laid the foundation for what we have today. So as the need for knowledge was growing, I decided to go to AJs.

As odd as it may seem, in my search for answers, I had to stop by AJs Seafood & Oyster Bar located right on the Destin Harbor, and home to the weigh-ins during the Annual Destin Fishing Rodeo. As luck would have it, we were featuring them in this issue in our Local Time segment. I did have a meeting right after at the nearby Destin History and Fishing Museum, but AJs was my first stop of the day. As I toured the massive operation with their Marketing Director, we spoke of history and fishing. We discussed seafood and the other endeavors undertaken on-site. Many fishermen sat in their harbor side bar, and boats came and went

along the docks – which were alive with activity. On my way out, we stopped by the hostess' stand and took a look at a few of the many historic photos decorating their walls. The question was brought up, "Do you know how Destin became known as the World's Luckiest Fishing Village?" Seems like something I should know, but I only knew part of the answer. My AJs guide took time to explain. In 1965, during the 8th Annual Destin Fishing Rodeo, Governor Brunson was passing through town. With his political team in tow, he stopped for a photo op with Captain Reddin. Although reluctant, Governor Brunson and his wife boarded Reddin's fishing boat. He convinced them that they had time, no matter how brief his appearance was, to catch a fish. Tearing out into the Gulf, the group returned only 15 minutes later with a fifteen-pound Mackerel! When the governor returned to Tallahassee, he was interviewed on TV about his caravan along the coast. When asked if it was unusual to catch a fish of that size in that short amount of time, Governor Brunson replied, "Not if you fish in Destin, those people live with the fish! It has to be The World's Luckiest Fishing Village!"

My last stop on my personal pursuit of knowledge was at the Destin History and Fishing

family, founders of the prestigious community of Frangista Beach. Still residing in the community of her ancestors, Linda took the time to discuss a range of topics – including development, the past, and the present. I left my meeting with the details of Frangista Beach's history that I sought, but also began to appreciate the intricacies and relationships of true Destin locals. Destin is not what it was when fishing Captain Leonard Destin ventured down from New London, Connecticut back in 1845. It's not even what it was just a few years ago, but as I continued my personal journey through this region's heritage, I realized the remnants of fishing and the initial settlers are woven in the fabric of this now world fa-

mous vacation destination.

Still keeping the importance of Destin's history of fishing on the back burner, I continued moving forward, though the past. On my quest I was fortunate enough to bump into the Allen Family of Dune Allen Beach. They shared many stories and happy childhood memories with me as they provided access to their personal photo album. Their family's story is centered in South Walton, just minutes to the east of Destin, and their fondest memories were of Oyster Lake, a rare example of a coastal dune lake found here and only two other places in the world. Developing the area was at the forefront, but as I flipped through their family memories, images of fishing down on the

docks in Destin seemed to fairly jump from the pages.

Then, in the fall of last year, we found out our magazine had been selected to be the first ever official program of the Destin Seafood Festival, an event created by the wives of charter and commercial fisherman 35 years ago. Now it was my job to learn about this history of fishing in Destin. We went to work and created our first onset to our magazine. The back of our fall issue hosted the twelve-page program in reverse. You flipped the program over and also had the current issue of our magazine. We were ecstatic, but unfortunately due to adverse weather, the 2013 Seafood Festival never took place.

In the underutilized Destin

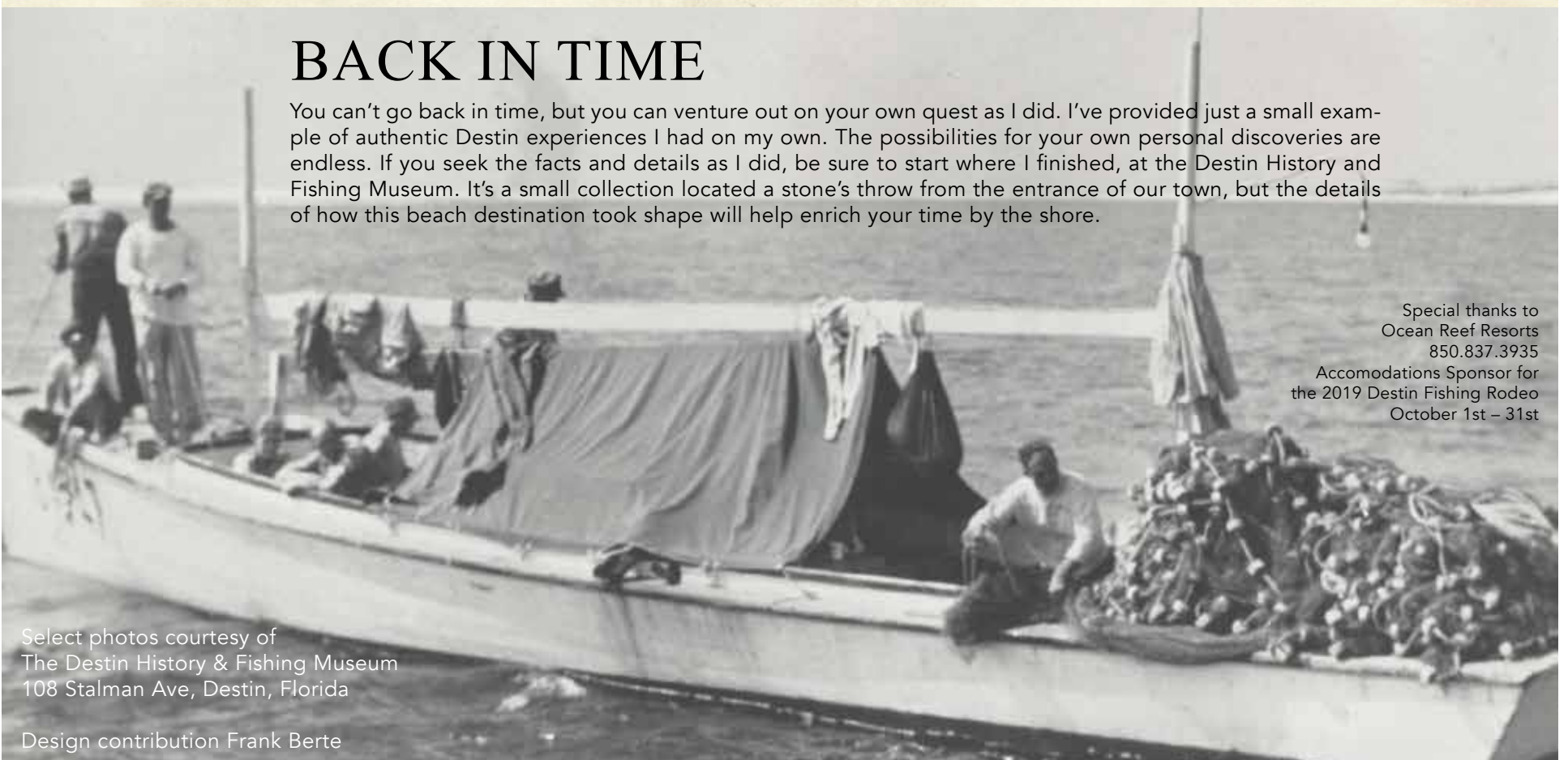
BACK IN TIME

You can't go back in time, but you can venture out on your own quest as I did. I've provided just a small example of authentic Destin experiences I had on my own. The possibilities for your own personal discoveries are endless. If you seek the facts and details as I did, be sure to start where I finished, at the Destin History and Fishing Museum. It's a small collection located a stone's throw from the entrance of our town, but the details of how this beach destination took shape will help enrich your time by the shore.

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Design contribution Frank Berte





Museum. Although many may realize this would be the most logical destination for history seekers, it was my journey here that helped me fully understand the impact of our fishing founders. I was greeted by a friendly volunteer and escorted to the office of Kathy Marler-Blue, the Associate Director of the museum. The premise of our meeting was to craft an article dedicated solely to the history of Destin charter fishing. At the time, that was still my focus, but I had a gut feeling that there may be another more valuable and intriguing angle. Kathy took time to give me a personal tour of their intimate museum. In addition to an abundance of Destin history, she included a little of her personal history. As you may have deduced, she is a direct descendant of

the Marler family and married into the Blue family, two the Destin's founding families. 'Uncle Billy' Marler moved to "East Pass" in 1879 to fish alongside Captain Destin. He quickly became one of the best local fishermen and constructed over 100 boats in his lifetime. Among other accomplishments, later in life he became the first postmaster and honored his former employer by naming "East Past" Destin.

As we journeyed through the halls of history, the volunteer's shift ended and Kathy had to man the front door and the phones. I took this time to explore the photos and remnants from the years passed. At the same time, I eavesdropped on her interaction with museum patrons. She lit up as she shared pertinent details with both young and

old. Each guest of the museum was treated as family. The stories she shared were of passion, love, and hardship. Lost in thought, I continued my personal tour. I noticed many familiar family names and locales. Details on the people and places I personally came in contact with and experienced were all housed here. My full understanding of the history of fishing in my hometown came together. I now had everything I needed for my article.

As I reviewed my notes and recalled my present day journey, I realized something. While Destin is now the glamorous and strikingly beautiful playground of many, the rugged lifestyle and dedication to fishing is still present. Even off the many boats and away from the docks, fishing is the most

valuable thread in the fabric of our community. Traces of the founding families can be found everywhere. Even the Destin family – the town's namesake – owns the much-loved Dewey Destin Restaurants. They still call this quaint coastal retreat their home. Although the present population of this town swells tremendously when the weather is warm, the core population of locals is rather small. Nearly every local you encoun-

ter has their own personal connection to the history of our town and many have their own tales of their exploration of the Gulf.

So as I sat down to write about the History of Fishing in Destin, I came to a realization. Our story has been told before and will be told forever going forward. It's a rich story, but it is better realized through your own personal experiences.



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 Wellness

Tips for Better Workouts



BY LISA LEATH TURPIN, HEALTH & FITNESS COACH/CONSULTANT

Structure your workouts to fit your goals: A gymnast doesn't train like a football player, and a tennis player doesn't train like a basketball player. Why? Because in order to perform better at each sport, it takes specific movements and strengths, in specific areas, to make one stronger for each sport. How does this equate to you? You are unique. From your bone structure, genetics, chemical make-up (hormones/immunity) and body type. It's great to get ideas from others, but make sure it will benefit you personally. When I train

my small groups of two to six people, even if they do somewhat the same order of exercises, not all lift the same weight or perform the same reps. Some people want a more muscular build; some want long lean smoother muscles; some need to focus on fat burning. Figure out your goals at the beginning of your quest and it will give you direction and keep you more motivated.

Mix it up: In order to customize your workout journey, tailor it to fit your goals and make it enjoyable. Your body needs to be challenged to change. Do something called "Phase Training." Briefly, a phase training plan manipulates exercise volumes and intensities over the course of weeks, months and years. Change your range of repetitions, how many sets, as well as the exercises themselves. It's suggested, though, that in order for a muscle to get stronger or more toned, it needs time to adapt and change. Therefore, we need to have some time repeating a movement for this muscle adaptation to occur. A good example is the push-up. When you first begin doing pushups, you might be

lucky to do five good ones. But if you do push-ups more often, you will increase the number of push-ups you can do. This is most important when looking for strength gains, but also for coordination. So, a simplified example of Phase Training for overall fitness would be:

Weeks 1-4: Endurance Phase/ high repetitions 13-20/2-3 sets 3-4 days/week focusing on mobility, stability and form

Weeks 5-8: Strength Phase/ moderate repetitions 8-12/2-6 sets 3-4 days/week focusing on lean muscle mass and gaining strong muscles (not bulky). Strong is GOOD!

Cycle through these phases all year.

Other additions to keep it interesting are Circuit Training, HIIT (High Intensity Interval Training) or other types of interval training. Again, depends on your goals.

Slow down: For strength and safety purposes, perform your repetitions SLOWLY. The slower you go, the more muscle fibers you recruit, thus maximizing strength gains and less joint or lig-

ament damage. There are times that you want to move faster like in Circuits or Interval Training. But the key to "faster" is stay in control and in good form. It's best to sometimes work as fast as you can, but WHILE PERFORMING FULL RANGE OF MOTION (ROM) WITH FULL CONTROL. If you can't perform full ROM with full control, then you are too fast or too heavy. That makes speed relative to controlled performance. When lifting weights there is a positive and negative motion. When performing a bicep curl, you start with your arm relatively straight; but when you raise or curl the weight, flexing the elbow, it is the positive part of the lift. The lowering of the weight or extension of the elbow, is the negative. You always want to control and go slowly on the negative: this is where "resistance" training gets its name. It's the control of resisting the weight that challenges the muscle and makes the greatest difference.

Be Active – choose what you like! Any and all movement is good. Don't overthink it. Dance if it makes you happy! Guess

what? You will be working out!

Lisa Leath Turpin is a degreed and certified health and fitness lifestyle coach and consultant who has devoted her life to motivating and strengthening the body and mind of others. With over 20 years' experience, Lisa has a B.S. degree in Sports & Fitness Management from the University of Alabama, developed and managed the U.S. Army Corps of Engineers' Health & Wellness Facility and programs in Huntsville, Ala., is board certified by the National Board of Fitness Examiners and possesses certifications from AFAA, Polestar/Balanced Body, Reebok U, SCW Fitness and American Heart Association. She is currently a group exercise leader at Destin Health & Fitness and an independent personal trainer in the Destin area, diversely and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation. Have a fitness question for Lisa? Email BeActive850@gmail.com.



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Long Days at School Can Lead to Long Nights at Home



BY CHRISTINE RUSHFORD,
COASTAL COUNSELING

The back to school rush has begun. Millions of children have returned to their daily routine of early wakeups, multiple hours of academic rigor and then a plethora of after school activities. Often over the summer, the schedule becomes more relaxed. Bedtimes become more flexible, organized activities get put on hold and there is little demand to sit and focus. This return to routine and structure in the Fall can be a difficult transition for many kids, leading to meltdowns at home.

As parents, we always hope that our children do their best and behave appropriately when out of our sights. It is not unusual for a child to get rave reviews about his behavior from teachers at school, yet the parent spends the afterschool hours battling with defiance and cranky behavior. Some parents wonder if the teacher could possibly be talking about their child or be confused about someone else! This is especially common in the first few

weeks of returning to the school year schedule.

Although this home behavior can be frustrating, if we put ourselves in our children's shoes, we can at least empathize with why it is happening. A traditional public school day in America lasts between six and a half to seven hours. Many children are getting on buses as early as 6 a.m., requiring wake ups before the sun even rises. Children are then expected to sit at their desks, eyes on teachers and ears open for classroom activities. They must also navigate the social complexities while at school. As we can all remember, that seems to get more difficult with every grade of school completed. With the amount of focus and self-control expected from a child after the long, lazy days of summer, it's no wonder why Suzy is on the floor in a tantrum when you ask her how her day went! What's a parent to do when they are only getting the worst from their child during the back to school transition?

The first step is to remember this is normal and you are not alone (misery does love company right?!). The next step is to implement some preventative measures to minimize emotional upheaval for your kids. This starts with regular bedtime routines. Sleep is essential for everyone, but especially our people with still developing brains. Implement a calming, structured routine that is followed every night for little ones. For the older kids who have access to technology, be sure to establish



a cut-off time for electronics to ensure they are not up all night with the glow of a screen on their faces. Establish preventative measures for wake-up time too. If you know Johnny is terrible to get out of bed and you often end up sending him on the bus after a frantic morning of yelling and hunting down back packs, plan ahead. Have Johnny set out all school items by the door the night before. Wake Johnny (or set his alarm) an extra 15 minutes early if you know he is going to struggle with waking up.

When it comes to after school exhaustion, respond with empathy rather than frustration. This can be difficult as we welcome kids home only to receive an attitude. But take a deep breath and remember all that was expected of your child that day. Rather than grill your child on their day, provide a favorite healthy snack and sit back to determine

what he would like to share in that moment. Just be a good listener. For younger children a snack and a physical outlet is often needed. When emotionally dysregulated, grounding our bodies through movement can be helpful. Encourage your child to run around outside with a neighbor or the family dog before sitting down to tackle homework. Allow for unstructured time where your child can decompress. When it comes to extra-curricular activities, start back slowly if possible. Speak up to coaches when planning the Fall schedule and explain that Suzy will be adjusting to school the first week and will be at soccer practice the second week of school

rather than the first. Hold off on enrolling Johnny in trumpet lessons until after he has gotten the school routine down a bit. Some coaches or instructors might balk, but your child's mental and emotional health comes before extra-curriculars.

Think of your child's personality to determine what he or she might need after school to decompress. For some, it will be running around to release energy and socialize and for other children they will need quiet and solitude to return to their regulated state of mind after school. More than likely, your child's after school grumpiness will ease after a few weeks of returning to the Fall schedule.

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 Wellness

Digestion by Design (Part 7)



BY MELANIE STEWART,
YUM TUM NUTRITION

Just when you think it couldn't get any more exciting, it's time for our jugglers! These two multi-tasking geniuses are designed to keep all the balls in the air making lightning fast responses and micro adjustments as needed to protect us. Please meet the gallbladder, valuable, yet potentially underappreciated, and your almighty liver, undoubtedly the hardest working and most adaptive of our organs of digestion.

I am beginning to wonder if we need to put the gallbladder on

the endangered species list! While we can live without it, it certainly has an important role in efficient digestion and nutrient absorption. Primarily, the gallbladder is designed to store and concentrate bile, which is manufactured in the liver and used to transport waste products. Bile is triggered to be released from the gallbladder into the small intestine when we eat fatty foods. There, in addition to taking out the trash, it helps pancreatic lipase break down fats and aids in the absorption of our fat-soluble vitamins. And, finally, bile salts act as bactericides, protecting us by destroying potentially harmful microbes in our food. What an awesome multi-tasker!

More than any other organ, however, it is the liver that most compensates for our daily dietary choices. I like to picture the liver like a sentinel standing guard between the intestines and general circulation. Though it does about 500 different jobs, we'll just focus on a few relevant ones. As a filter, the liver processes virtually EVERYTHING we take in and either lets it pass, breaks it

down, changes it into something new, stores or eliminates it. This includes all nutrients and, just as important, all anti-nutrients including alcohol, drugs, toxic food additives, toxins from our external environment and those created internally by improperly digested foods.

Now, here is where the conversation between the liver and the pancreas takes place... Remember, at the top end of digestion the pancreas creates enzymes to release nutrients. At this stage of digestion, the pancreas releases hormones that effectively tell those nutrients where to go and what to do. These hormones are insulin and glucagon.

When we eat foods that break down into glucose, the liver notifies the pancreas and insulin is released to escort the glucose into the cells to use as energy. However, not all of our cells are insulin dependent. So, when we take in more sugar than we need, this limited audience begins to hang out the NO VACANCY sign. We call that insulin resistance, which is the precursor to type II

diabetes (America's newest health epidemic). When insulin can't find a cell to take the glucose, it is returned to the liver for short-term storage or the liver instructs insulin to send the glucose into a storage unit.

Our storage units are called Triglycerides and we find them in our blood stream and in our adipose tissue, which is why insulin is also called a "fat storage hormone." High triglyceride levels can be associated with diabetes, kidney disease, and the use of some medications. Highly elevated triglyceride levels might also cause fatty liver disease and pancreatitis. Normal triglyceride levels in the blood are less than 150 mg per deciliter (mg/dL), although ideal levels are under 100.

In addition to our triglyceride levels, understanding glucose levels, cholesterol ratios and markers of internal inflammation is important, because these internal numbers can more accurately reflect the state of our health. We have a tendency to obsess over our weight, but our weight is not the single defining element of

over-all health. Even people who maintain a healthy weight put themselves at risk for preventable diseases if they are not eating correctly! So, we will discuss these internal numbers as we continue with almighty liver next month. Stay tuned!

Note: Read the first articles in this series at MyDestinLife.com.

Melanie Stewart has written three books for children (Yum Tum, Good Food is Fun!, Yum Tum, We Get it Done! and Theo of South Walton coloring book) and one for adults (Yum Tum For Everyone!). For more information, to book a seminar, or for private counseling, you can fill out the contact form at yumtumnutrition.com/ or email melanie@yumtumnutrition.com. All content is commentary or opinion and is protected under free speech laws. 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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Unleash the Power of CBD

BY CRIS PONCE,
ZILIS AMBASSADOR

From occasional pain and inflammation, to occasional anxiety, sleeplessness and more, people of all ages and even pets are finding out how helpful CBD can be. Hemp is like a sister plant to marijuana, without the psychoactive component THC, which makes the user feel high. Hemp has been used over thousands of years for items such as food, medicine, clothing, shipping and paper. Our founding fathers were hemp farmers, naval fleets used hemp ropes, and the U.S. \$10 bill even featured a hemp harvest on its reverse until the early 1900's.

To understand further, you should know about the endocannabinoid system (ECS), a complex network of receptors found mostly in the brain and immune system. The receptors are responsible for important functions such as regulating sleep, relaxation and inflammatory responses. The ECS also naturally regulates cognitive ability, allowing for clear thinking.

UltraCell from Zilis is a targeted form of CBD with topical ap-



plications to oils and drops with specific formula supplements that focus on disorders such as sleep, anxiety, inflammation and pain. The effectiveness of UltraCell lies in its delivery system. The oils are water soluble and designed for rapid onset and time-release delivery.

Derived from American hemp, the full spectrum from this amazing botanical is then naturally extracted without harmful chemicals or other agents. The formulas contain the finest natural ingredients available. In addi-

tion, you won't find any dangerous sweeteners and preservatives included.

Zilis UltraCell CBD oil includes all of the naturally occurring cannabinoids, terpenes, flavonoids, and more than 400 compounds found in the hemp that synergistically work together to create the entourage effect.

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Chemistry 101. Oil and water don't mix. When you mix oil and water; you know the oil simply floats on top. The molecules of oil are too big, making them unable to mix into a solution. In order to benefit from our nutrients, food must be readily absorbed by our intestines, which are lined in a fine layer of water. Liquids and solids that are oil-based pass through our digestive system, unable to pass through the water barrier. When you take oil-based supplements, the majority of their benefits are not absorbed by your body, leading to a bio-availability rate of less than 10%.

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The Lotus Life: Juggle the Struggle

BY LAUREN CATANESE

Struggling happens maybe more times than one wants it to. Life turns into a circus act and one feels like the ringmaster in the spotlight expected to know how to run the show. And somehow, one forgot the act. Running on improvisational skills, one hopes they can provide the security needed to get through the motions and off the stage as quickly as possible. The struggle is real and somehow sneaks up. Is there an art to struggling gracefully? How can one keep up with the world, and one's own balance at the same time? Life is the greatest teacher. And recently, it's opened the heart to this truth. The reason for the struggle and the ringmaster act is because one has put himself there. All stress to juggle because they feel it's what they are supposed to do. But is it?

If one takes the actions back to the root, and looks at why one is doing something, what's the intention behind it? Are all struggling to put together a life that they feel they have to

have because that is what those around say is worthy? Or are all intentionally moving forward on action steps created from the heart? A saying from a long time ago goes like this, "If you are struggling, you are not listening." And that's the truth. When all feel all alone, then it's up to them to make life happen. They can't let themselves down. They have officially bogged down their essence with years and years of judgements. They forget that they are never alone. That they are actually and at every moment co-creating with a universal flow that wants to help them. And they struggle because they try to do it all by themselves, and also because they are acting from a space of "have to" or "need to" or they are not lovable unless their lives look a certain way. Tired of juggling? Let the act go and listen. Inside of everyone, is a voice and a light, that is always there. Spend more time learning to hear what one's heart, not anyone else's, wants and needs. The guidance is there. One will



feel the connection, peace, and all-knowing. Take the struggle out of one's life as much as possible, and be the star to a new show, one where actions and intentions are aligned with the spirit. See how far one will go. How will one know if on a great path? There will be less struggle and more flow, and hopefully a

few more smiles. Happy travels friends!

Visualization for connecting with your heart: Close your eyes. See or feel a bright star above your head. See the light fall from the star come into the top of your head and flow all the way to your heart. Breathe. And watch how with each breath the light gets bigger and bigger. What color is it? See that light grow and grow as

you continue to breathe until it completely surrounds your entire body. Feel the openness inside your heart. From here you can extend the light out to cover your family, home, even grow to surround the entire earth. From your breath, you can send love to the entire world. All you have to do is close your eyes and the adventure begins.

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A Pastor's Ponderings: **Crime Busters**



BY DAVE HOLLAND

The Air Force officer was discouraged when he entered his church last Sunday. Many things were going wrong and then thieves broke into his truck stealing a backpack full of military gear. His iPhone was also taken. So, the officer gave the situation to God and asked the Lord for a breakthrough, not realizing that a miracle was close at hand.

The Special OPS leader lives

in the quiet calm of the Sunsail neighborhood in Destin with his wife and three children, but last Friday night their peace was stolen from them. The thieves stole his military backpack with essential medical equipment, his iPhone, and his sense of security. So, during worship at Life Impact Church, he called out to God for grace and God answered in the most unexpected way.

We live in the neighborhood where the officer lives and we are friends – his boys and their friend, widely known as the little “Rascals,” bring considerable energetic activity to our street and they’ve been known to drop by for ice cream from time to time. Later, on Sunday afternoon, it was quiet at our house until, wham! wham! wham came the pounding at our door, “We found it; we found Dad’s backpack in the woods behind the community pool. His phone was there too, and it still works! Those crooks must’ve ditched it.”

We were all unprepared for

the crime-busting activities of these little “rascals,” - Will, (aged 10;) Alden (9) and Ollie (8) through their undaunting sense of adventure, recovered the officer’s stolen equipment. More importantly, the officer knew God had heard his call that morning and his joy was restored.

There is an old camp meeting song that says, “Well, I went to the enemy’s camp and I took back what he stole from me, took back what stole from me.” The song is describing how the devil tries to steal your faith, steal your joy and steal your stuff.

I’m reminded of David and his 600 men who went off to battle. While they were away the enemy came and stole their belongings and their families. David sought the Lord and God led him to where the enemy had taken their loved ones. David and the men recovered what had been stolen handily that day because of God’s guidance. They went to the enemies’

camp and took back what had been stolen.

Sometimes you must rise up and call out to God for justice – stand in faith and recover what has been stolen. God is the

Restorer of His people. He restores sinners and makes them sons and daughters. He reunites families and renews the discouraged. He can even use little rascals to do it.

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Musing

Teacher



BY SEAN DIETRICH

I am watching Jeopardy! with an elderly woman who doesn't know why I'm here because she has Alzheimer's.

We are in a nursing home. She sits in a wheelchair and blurts out answers along with the TV contestants.

To be honest, Jeopardy! moves too fast for me. By the time I've figured out one question, the show is over, and the eighteen-year-old from Sheboygan, who designs nanotubular probes for NASA, has won twelve thousand dollars. Game over.

This elderly woman was a tenth-grade English teacher. She has spent a lifetime sharpening her brain. She taught English, literature, and poetry. She showed average children how to become above average.

I am here to interview her, but she is too engrossed.

The nurse introduces us. The elderly woman says, "Who're you, and where's my blueberry yogurt?"

"This man is a writer," the nurse explains. "Remember, I told you?"

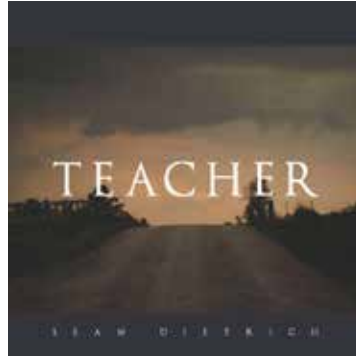
"I don't care if he's Topo Gigio," she says. "Where's my yogurt?"

The nurse winks at me. So far so good.

I clear my throat and ask a question to get the conversational banter going. The woman shushes me, then shouts: "I'll take folk music for five hundred!"

"What is 'the Ballad of Frankie and Johnnie!'" The nurse winks at me again and urges me to keep questioning. So I do.

"Do you play piano any-



more?" I ask. "Your nurse tells me you play the—"

"What is the Treaty of Tordesillas!"

It's impressive how this elderly woman can know so much trivia, but doesn't always remember her own name. Alzheimer's is a cruel enemy.

I am about to give up on the interview when one of the nearby nurses whispers a story to me. She tells me that long ago, this woman was her high-school teacher. The woman taught her to appreciate books like Catcher in the Rye, the Old Man and the Sea, and Animal Farm.

"I decided I wanted to BE a nurse because of her," the nurse

explains. "I was in a bad situation, living with my boyfriend's family, my mom had just died. I was lost..."

"Who is Saint Hubert!" yells the elderly woman. She looks at me with crazed eyes. "Saint Hubert! Ha!"

The only Hubert I ever knew was my former supervisor who often belittled employees in public. He also spoke with an unnaturally high voice. Because of this, some employees called him "Huberty Puberty."

One disgruntled coworker even wrote this nickname on Hubert's new Mustang convertible with shaving cream. Not me. I didn't do it. I would never do that. But I did purchase the shaving cream.

The elderly woman's son drops in. When she sees him, she says:

"Yogurt, get my yogurt. They're trying to kill me. Where are my car keys? I need yogurt. I like blueberry. Who are you?"

"It's okay, Mama," he says. "I'm here, Mama."

She returns to her beloved

Alex Trebek. Her son whispers, "When I was a kid, Mama was all about civil rights, she wanted to take me and my sister to a Doctor King rally, but my dad was like, 'No, it's too dangerous...'"

"Who is Andy Williams!" the woman says.

"My mother was ostracized by her friends for things she believed. But she didn't care, she knew she was doing right in this world, and her students looked up to her."

Another interruption by a middle-aged woman who comes through the door. Her name is Carrie.

"I went to her church," Carrie says. "She was so cool. She had a huge influence on me."

"When I was twenty, I almost gave up college, I wasn't sure I could go through with the rest of my degree. She took me to lunch one day and told me that she believed in me, and she let me bear my soul for hours. I cried a lot, she was my hero. She changed my life, you know?"

"What is a Keebler elf!" the old woman hollers.

When Jeopardy! is over, the woman's son apologizes to me. He tells me his mother's disease brings many good days and bad days. Today wasn't exactly a "good day," he explains.

But I don't mind. Interviews don't always work out. You win some, you lose many.

I am about to leave when the elderly woman in the wheelchair faces me. She smiles, and I can see something sharp in her eyes. She's awake.

It's her. The real her. She is a beacon in an overcast world. She is a voice. She is someone who once told children that they were unique. And important. And equal. And loved. And that we can be whatever we want to be if we try. And even though she is foggy today, she will always be holy because of this. For she is a teacher.

The lady's eyes rest on me. "Now who're you again?" she says. Her son answers, "This is the writer I told you about, Mama."

"Oh, the writer? Did you know I used to teach writing? I taught a lotta beautiful kids. Kids are so beautiful aren't they? So very, very beautiful."

Yes, ma'am. And so are you. Next time, I'll bring yogurt.



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"Oh, the writer? Did you know I used to teach writing? I taught a lotta beautiful kids. Kids are so beautiful aren't they? So very, very beautiful."

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The A.C.E.S. of Real Estate Investing (Part 2)



BY GAIL PELTO

In last month's article we talked about why real estate is a great investment: the A.C.E.S – **A**ppreciation, **C**ash flow, **E**quity, **S**helter your taxes and the **P**lus...Leverage. (Please see August '19 Destin Life.)

Now, if you are thinking, "Real estate is a great investment," let's talk about some action steps toward building your wealth and generating passive income along with maximizing your taxes through real estate investing. Consider the following points:

1. **Research** the property you're interested in carefully, including asking the following questions: What are the comparable prices? Are there any liens on the property? What kind of income will it generate? Are there existing tenants and tenant leases? Is it an "up and coming" neighborhood or on the decline? What are the 'best' properties for you? Houses, condos, multi-family? Always keep in mind that investing is a risk...but so is driving! However, if it's calculated and mapped out, you can reduce the risk fairly well.

2. Get your feet wet by **starting small** with a duplex or small condominium, and if you're not in Florida, maybe a home for you with a basement apartment. Do you want a property that needs some TLC or is turnkey? I like the TLC, because often you might get a nice price on a property, give it some love and a better return on your money. It's all about potential.

3. **Plan your expenses, set your budget:** Besides the obvious taxes, utilities, upkeep, HOA fees and repairs, will you have a management company fee or will you handle the rentals yourself? A rental company can handle collecting rent, repairs and if needed, evictions. Keep in mind that a rental company fee may be worth paying to eliminate some of the headaches of

management while freeing you up so you don't feel like you have another "job!" DIY is an option; ask me on that one.

4. **Make your purchase** with cash or financing? Cash, when possible, can be a great option to avoid negative cash flows. However, paying cash will tie that money up in one property vs. getting a loan from a bank will enable you to leverage your personal assets, thus allowing you to purchase more than one property and better returns. You

have to look at your options carefully. Your advisors like your real estate smart CPAs and a great realtor (me!) will be great guides in your decision to pay cash or get a loan. Talk to your team!

5. As you become a "seasoned" landlord and more comfortable in handling your first investment property, then consider **expanding your portfolio**. It will get easier and you'll see a greater return on your investments.

Investing in real estate can be a great decision; however, it

must be done right. As I said last month, although I'm a great real estate agent, I am not a CPA, attorney or tax advisor, so please seek the advice from a person who is confident and licensed in those areas before making any investment decisions.

If the above five points make some reasonable sense and, yes, you want to create wealth and long-term security for your family, let's begin with a conversation. Here on the Emerald Coast, and around the world too, there are

many long-term and short-term rental investment property opportunities and it's a great time to buy!

Gail Pelto is not only a full-time real estate agent with Keller Williams, she's also a Mattie Kelly Arts Foundation and Rotary Club of Destin board member and she's also VERY SMART. If you're ready to expand your real estate portfolio and learn how to build wealth, call Gail at 850-374-0454 or email to gail.pelto@kw.com.

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Time To Consider Investing in Silver?



BY MAURICE STOUSE, BRANCH MANAGER AND FINANCIAL ADVISOR

Some investors, for the first time in several years, are beginning to take note of precious metals, silver in particular. The reasons are many, but most notable are the world economic climate and the price of silver to gold. Silver bullion, coins, silver mining companies, mutual funds and exchange traded funds (ETFs) have generally seen an increase in investing and prices.

The world economic climate has become much less certain over the past couple of years. Interest rates and unemployment rates are at record lows, yet economic uncertainty abounds. The biggest concern is that demand for goods and services has not grown commensurate with output. A decade of low-cost borrowing and fundamental changes in the demand for certain natural resources has brought about sizable gains in output. Technological advances have also resulted in sizable output gains as well.

The demand for these gains has not kept pace however and world governments and banks have taken steps to lower rates even further to encourage expansion, stimulate growth and consumption. This has not resulted in enough demand to keep pace with the output. This is most notable when you look at inflation, which is not only the pace of increase in the costs of goods and services, but a sign of the growth of the economy. Gross Domestic Product or GDP is another measure for economic growth. Both have continued to move at a rate of approximately 2% a year. Economic growth is considered healthy at 3% for these measures.

So, why the recent increase in investor interest in silver? Often

precious metals price increases are a result of inflation, stemming from a weaker currency. This is not currently the case. What has been the case is that the value of silver, relative to gold, is lower than its historical ratio. Silver has most consistently had a ratio of 1:50 versus gold. In other words, gold prices have typically been 50 times greater than silver prices. Currently the ratio is closer to 1:88 or gold is selling at 88 times silver. Many investors might consider that a value gap or that silver has become undervalued, cheaper, oversold and hence an investment (albeit is speculative) opportunity. Year to date silver is up in price approximately 12.05% and up almost 20% over the past three months. Gold is up 17.50% year to date and 19% over the past three months.

Economic uncertainty with trade wars in the news as well as sluggish world growth and growing budget deficits (and debts) are also being noted by investors as reasons for seeking these types of hedges or investment opportunities. Silver has also been seen as a store of value, something that historically retains purchasing power into the future.

To learn more, call or visit an advisor or do your own research on ways to understand the silver market. Exchange traded funds, mutual funds and individual stocks are available through brokerage firms. The United States Mint and of course coin dealers give investors alternatives as well. Be sure you understand the risks associated and that you are comfortable with this being part of your investment program or portfolio.

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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Randy Lemon, Your Local Custom Cabinet Maker

BY RITA L. SHERWOOD

What's an interesting fun fact about Destin's own Randy Lemon? His house is virtually a zoo, he jokes. "Yes, it's true, we have 2 snakes, a hedgehog, a parrot, 2 guinea pigs, and we just lost our beloved bearded dragon. We often joke we should make it a petting zoo." With six kids ranging in age from 14 to 26, and with all of their friends coming to visit, that's probably not a bad idea!

But when he's not home relaxing with his wife Wanda and all of their pets, Randy can be found at Seaside Premium Cabinets in Destin. A panhandle native who grew up in Pensacola and Gulf Breeze, Randy relocated to Destin in 2012 and opened Seaside Premium Cabinets in 2016. His background had always been in construction and home building, and as a licensed builder it was a natural fit to move into the cabinet business. And not just any cabinet business, Randy explains, "What we do is assemble and install kitchen and

bathroom cabinets from 12 different high quality manufacturers, offering a good price point that results in a reasonable price for the customer." He goes on to say that this has almost become the norm in the industry due to a lack of workforce in the custom cabinet woodworking arena and they are able to offer a very good product at a competitive price. There are occasional limitations that arise, but Randy says most customers are flexible and he can add molding and fillers to achieve the correct sizing for a space. This allows for a custom built look without the custom price tag.

About half of his business is new construction, and the other half is from home and condo remodels. Randy says, "It's been my experience that people appreciate honesty and communication; so if we say we're going to do something, we'll do our very best to do it." In a land of lack of responsiveness from contractors and some inventory delays, this is a welcome



respite. Randy works hard to ensure the inventory arrives ahead of schedule, checks the schedules with the contractors, and then ultimately communicates with customers, following up with repairs, bids, and designs.

Is it time to update your cabinets? Come check out the vast array of beautiful design and cabinet options at Seaside Premium Cabinets, 4010 Commons Drive West, Destin. You'll be glad you did! Also visit them online at www.seasidepremiumcabinets.com.

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Telling Stories Through Art for All Ages!

BY RON SANDSTEAD, FLUTTERBY ANTIQUES, DESTIN
 Artists love being Artists! It makes them happy. They probably can't explain the process of combining thought, imagination and experience. They don't care how it happens. They just know it happens and they love it. Over time, their style, medium and skill level all change. What doesn't change is the joy they feel when they have completed something new — something beautiful.

The artists we are featuring this month are Andrea Scurto and James Mulling. Both are talented artists and, fortunately for us, willing to share their gifts with Destin.
 Andrea Scurto, known as Andi by her friends, is a self-taught artist and works with a variety of mediums. Although accomplished with oils and acrylics, she is most comfortable with water color and loves painting portraits and "quirky illustrations." Besides painting and

teaching art, Andi devotes a lot of her time as a volunteer helping others.
 Andi has been involved in a number of art projects in and around Destin. She won the 2015 Mattie Kelly Arts Foundation poster competition with her painting of a bicycle-riding giraffe named Mattie. Since then, she has donated her time to give Destin a couple of fun children's murals. Her first "outside art" project was a mural on the side of the Destin Elementary School. It is a fanciful picture of dolphins leaping out of the ocean waves into a sun-filled sky. Along with the dolphins, there are flying books, birds, butterflies and other fanciful creatures. Her most recent mural is on a wall at the Destin Commons next to the children's playground. It is a whimsical painting of her bicycle-riding giraffe, Mattie, flying through the sky surrounded by birds.

In the past, Andi has been an illustrator of children's books. Today, she is writing and illustrating one of her own about the adventures of Mattie. Her artwork can be found at either the Pearl Gallery located in the Destin Commons or online at www.andiart.com.

For her banner, Andi used water colors to paint a whimsical bear sitting on the beach under a star-filled sky. In her painting, the moon is a balloon looking down on the bear and beach. Is there a deeper meaning here? I don't know — I just know it makes me smile! I've never seen a bear on one of our beaches, but I hear they are around. After all, who doesn't like to dream of bears, moon balloons, sand pipers, and moon light reflecting on still water?



Andi Scurto



James Mulling

James Mulling has lived in the Destin area for the last 25 years and is known as a lay preacher, postman, house painter, musician, song writer and author of two books. He can now add artist to that list. His painting of a sea turtle swimming in the ocean is very realistic. This is a wonderful painting. But, surprisingly, James didn't know he had an artistic eye until his wife, Kat, gave

him art supplies as a gift. After Kat left on an extended trip, he started painting. He has painted something every day since. He painted his turtle on day 73. Sometimes finding your talent is like a baby bird leaving its nest. It doesn't know it can fly — but then it does. That is James!

James' artwork is reasonably priced and can be found on his James Mulling Facebook site. He donates the majority of his art sales to support his non-profit organization — Fish and Loaves. After five years of working, planning and prayer, they recently opened their Community Kitchen. The Kitchen functions both as a food pantry and a place people can come on Saturdays for a hot meal. You can find more information on the Fish and Loaves Facebook site.

With all the ugly that is currently going on in our world, it is a breath of fresh air to talk to someone like James. If you don't know him, it might be good to visit him on a Saturday morning and have a chat. Everyone has a story — and, James happens to have a good one. If you have the time, get him to tell you about his journey. I promise, it will be worth the listen.

JELY Business Services is one of our Banner Art Project sponsors and is owned by long time Destin resident Jackie Ely. JELY has been in business for over 20 years, employs 11 people and provides a variety of bookkeeping and accounting services. It is located at 986A Airport Road. Jackie has been a longtime supporter of the arts and bringing art to the streets of Destin. Thank you, Jackie, for supporting us and being one of our Destin Heroes.




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Triggerproof has also been rescheduled for Saturday, Sept. 21 for an amazing night of local music! Their style puts pop, rock and hip-hop through the musical blender to recreate both popular and classic radio friendly hits that appeal to everyone! Tickets can be purchased at

the Door: General Admission \$15 per adult, FREE to MKAF members and kids under 12.

Did you know you can save \$100 when you become a MKAF member? Learn more at MattieKellyArtsFoundation.org.

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 Arts

ECTC Offers Fall Youth Classes and Programs

Calling all ‘drama queens’ (and kings) from tots to teens to take the stage and take part in Emerald Coast Theatre Company’s (ECTC) Fall 2019 Theater Educational Programs. “We realize most of the schools in our community cannot offer the theater arts and so we are thrilled to be able to supplement with our professional education programs,” said ECTC co-founder and producing artistic director Nathanael Fisher.

ECTC has extended its educational programming with classes offered for a longer duration. The ECTC Little Rascals



program is approximately nine weeks long, while ECTC Kids and Teens programs span 13 weeks, providing young thespians more time to engage and learn.



All programs are offered at either Emerald Coast Theatre Company’s (ECTC) performance space located at 560 Grand Boulevard in Grand Boulevard Town Center in Miramar Beach or at the Florida

Chautauqua Theatre (FCT) located at 848 Baldwin Ave. in DeFuniak Springs now a new partner.

ECTC is a non-profit professional theater company founded by Anna and

Nathanael Fisher, MFA, in 2012 with a mission to enrich and entertain the Emerald Coast community through professional and educational theater. There’s a \$25 non-refundable registration fee. Tuition may be split into payments. Registration fees vary per class. Payment plans, sibling, and military discounts are available.

For more information, additional classes offered and to register for one or more of ECTC’s Fall Theatre Education Programs, visit www.emerald-coasttheatre.org. For questions for more information on ECTC, call (850) 684-0323.

Ready to Eat, Drink and be Mary?

Now dubbed as the largest tailgating party on the Emerald Coast and a local favorite, The Market Shops 5th Annual Bloody Mary Festival will be held Nov. 2, 2019 from 11 a.m. – 2 p.m. Enjoy unlimited tastes of creative and innovative Bloody Mary’s made with Cathead Vodka, served by some of the finest local restaurants.

Guests will enjoy FREE food by The Market Shop’s merchants, FREE beer courtesy of Grayton Beer Company, CHAMPAGNE at the bubbly bar courtesy of Courtyard by Marriott Sandestin at Grand Boulevard and Residence Inn by Marriott Sandestin at Grand Boulevard, a hydration station pro-



vided by Berkshire Hathaway HomeServices Beach Properties of Florida, live music by Dread Clampitt AND a DJ, an {Epic} photo booth by Epic Photo Co. courtesy of Legendary Marine, Cigars by Shore Thing Cigars, Boozy Popsicles by Swell Pops, yard games and lounge chairs by Rent Gear Here and TailGray-

ton Beach Outfitters and SO much more! SEC football games will be streamed, so plan to tailgate, too!

This year, Another Broken Egg Cafe, Bijoux Destin, Camille’s at Crystal Beach, The Henderson, Half Shell Oyster House, and more will be competing for the title of the Best Bloody Mary!

Winners will receive custom awards created by Maxine Orange Bern.

Tickets are available at www.themarketshops.com and come support Habitat for Humanity Walton County!

If you’re a restaurant interested in participating or a business interested in sponsorship opportunities, please contact Jessica@ProffittPR.com.



Kite Film Fest Returns!

The 4th annual Kite Film Fest will take place Saturday, Nov. 9th at Club LA in Destin. Submissions are currently open for the short film event.

The mother/daughter team behind 850 Music & Entertainment, with the support from Rock Destin and Club LA, launched Kite Film Fest in 2016. “Our goal is to create an event to highlight the local film community. For three years we’ve been a part of many filmmakers seeing their project on a theatre grade screen and sound system for the first time. It’s always an honor to be a part of that,” says Heather Hedrick.

The submission process is open until September 16th. Kite Film Fest prides itself on simple, inclusive rules that can be viewed on their official website: www.KiteFilmFest.com.

“We want Kite Film Fest to be a celebration,” says Nikki Hedrick. “We want to minimize roadblocks for participation for our local film community and the indie film community at large, it’s why we are continuing the tradition of the festival being free to submit and free to attend.”

For more information, visit KiteFilmFest.com. Further inquiries can be directed to KiteFilmFest@gmail.com.

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