

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

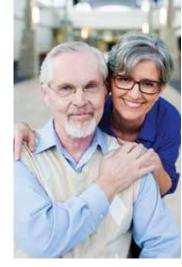
Postal Customer Local

Addressing the Florida Alzheimer's Crises Locally

By Matthew Eaton

Paula Zoeller loved spending time with her kids and grandkids. However, her husband Jim began to notice a change in her he couldn't describe. They moved from place to place, trying to find her happy spot, not realizing something more sinister was taking hold. A few months later, she was diagnosed with Alzheimer's. In the four short years since, this devastating disease has taken everything from her; memories of family, friends, things she has done and places she has been. It has robbed Paula and Jim of the joy that 41 years of life together brings. And they aren't alone.

Right now, roughly one in every 38 Floridians is living with Alzheimer's. By 2025, that number is expected to grow another 24%. As more and more individuals get the disease, it is important to note that Alzheimer's is not a normal part of aging — it is a progressive brain disease that



causes problems with memory, thinking and behavior. Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Although there is currently no cure, new treatments are on the horizon as a result of accelerating insight into the biology of the disease. Somewhere out there is the first survivor of Alzheimer's, but we can't get there without help.



The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Founded in 1980 by a group of family caregivers and individuals interested in research, the Association has a presence in communities across the country. The Association is working to address the current crisis by providing education and support to the millions who face dementia every day, while advancing



critical research toward methods of treatment, prevention and, ultimately, a cure.

The world's largest fundraiser for Alzheimer's, The Walk to End Alzheimer's is held in communities large and small throughout Florida. From Miami to Pensacola, thousands of volunteers unite to raise funds and awareness for the disease. Locally, two

> ALZHEIMER'S continued on page 2



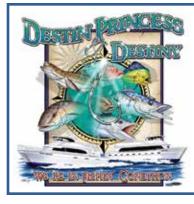
985 Highway 98, Destin (850) 424 6777 | CafeDestin.com Newly Reopened! See coupon pg. 47.

Communities that Give Thrive

By Heather Bennett

This year I am Thankful to be spending the holidays with family once again. It's been too long for some, and although we may feel like we are returning to a sense of normalcy this holiday season, there is still an ongoing need for giving. Too many children don't have enough food to eat over a weekend, much less over Thanksgiving, and have to return to school hungry. Too many homeless veterans go without a warm meal all year long. Okaloosa and Walton Counties alone are comprised of 35,000 people who are

> **COMMUNITIES** *continued on page 2*



YEAR ROUND DEEP SEA FISHING

Individual Tickets or Private Charters Available \$95 per Person for a 6-Hour Trip • Multiple Voyage Selections **FAST • CLEAN • AIR CONDITIONED • RESTROOMS**

Book online at www.DestinPartyBoatFishing.com or Call Us at (850) 837-5088 | (888) 837-5088





www.Destin-Real-Estate.com | 210A Harbor Blvd. | 850.837.2211

ALZHEIMER'S

continued from page 1

walks take place on the Emerald Coast (Niceville) and Pensacola. Participants form a team and raise funds to walk together on event day. Some walk alone, others with a loved one facing the disease, but all walk with the hope that we can make things better. Dollar for dollar, funds go to support critical research. As the world's largest nonprofit funder of Alzheimer's research, the Alzheimer's Association is currently investing more than \$235 million in over 650 best-offield projects in 39 countries.

The Alzheimer's Association provides support in other ways as well:

Find support with a free 24/7 Helpline (800.272.3900), staffed by master's-level clinicians and specialists providing confidential support and information to all those affected in over 200 languages.

Access free care and support resources available to all families impacted by Alzheimer's and other dementia at alz.org/care.

Browse a comprehensive database of dementia and aging-related resources and programs using the Alzheimer's Association & AARP Community Resource Finder at CommunityResourceFinder.org.

It's never too late to start making a difference and there are so many opportunities to participate. Form a team at the Walk to End Alzheimer's, turn your passion into a purpose as part of the Longest Day challenge or volunteer at one of the many Alzheimer's events in your area.

We can create a world where loved ones aren't robbed of their

memories, a world where Jim and Paula can continue their life together without the devastating consequences of Alzheimer's. No matter what you have to offer - your time, your financial support, or even just a helping hand to someone impacted by the disease – together we will #ENDALZ. Visit alz.org today.



Emerald Coast Walk to End Alzheimer's Nov. 13

Sat., Nov. 13 | 9 a.m. Northwest Florida State College | Niceville

Join the fight to end Alzheimer's by participating in the Alzheimer's Association Walk to End Alzheimer's on Sat., Nov. 13.

Walk to End Alzheimer's is the world's largest event to raise funds for Alzheimer's care, support and research. On Walk day, participants honor those affected by Alzheimer's with the poignant Promise Garden ceremony filled with flowers, each carried by someone committed to ending this disease. Because, like flowers, participants don't stop when something's in their way. They keep raising funds and awareness



for a breakthrough in the fight against Alzheimer's and all other dementia.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk®; now the Alzheimer's Association is continuing

to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's.

The Walk will kick off with an Opening Ceremony at 9 a.m., Nov. 13, at Northwest Florida State College in Niceville. To register and receive the latest updates, visit alz.org/ walk or alz.org/CNFL/walk.

COMMUNITIES

continued from page 1

food insecure on a daily basis.*

There are families in our reach who are still struggling to get by who might need an extra boost this holiday season. Lucky for us, we live in a compassionate community that pulls together for its own. We have some great organizations ready to give this Thanksgiving, so we can all enjoy our holiday with family and friends.

Crop Drop, the event that kicks off the "giving" for the Thanksgiving season, will be happening again this year on November 20th. Since 2009, Crop Drop has provided thousands of pounds of produce that benefits more than 50 organizations throughout Walton, Okaloosa and Santa Rosa counties. Volunteers are still needed. If you are interested, please visit the website at www.cropdrop.org or visit the Facebook page. Volunteer information is available beginning November 1st.

During the Thanksgiving and Christmas holidays, **Sharing & Caring of Niceville,** an all-volunteer agency (roughly 70), participates with area

 Thanksgiving season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, participates with area

 Image: Season, win be by 70, pa

churches and civic organizations to provide meals and gifts for families, specifically coordinating community efforts to meet emergency needs of individuals and families in the Niceville-Valparaiso-Choctaw Beach area. Normal hours are Monday-Thursday 9 a.m. to 2 p.m. and Friday 9 a.m. - noon. Donations needed include non-perishable food, toiletries, diapers, laundry and dish soap. Monetary donations are used to purchase perishable food such as milk and eggs. If you are looking to volunteer or for an application, please contact them at (850)678-8459 or visit sharing-n-caring.org/nicevillehome. Sign-up for Thanksgiving by Nov. 15 and Christmas by Dec. 10.

Families supported by Food for Thought programs across Walton & Okaloosa Counties will be provided food to prepare a traditional Thanksgiving meal along with food to support their students' needs while they are out of school for a week, which is about 10 meals they will miss by being out of school. For more information on how to enroll, please email Food for Thought at support@fftfl.org. The organization is solely dependent on the support of the community. They are looking for volunteers to get back to their pre-pandemic numbers in order to best serve the demand of families in need. This year, the local nonprofit plans to serve 700 families for the holiday. If you are interested in volunteering or donating to support their holiday efforts, please visit www.fftfl.org. You can also sponsor a family at Thanksgiving for just \$40.

Destiny Worship Center Freeport is providing Thanksgiving meals for families in need in Freeport. You can help by picking up a Thanksgiving Bag between Oct. 23 (Saturday) – Nov. 20 (Saturday). Purchase and fill the bag with the list of items on the bag and drop off at the Destiny Campus NO LAT-ER THAN November 14th.

Harvest House Destin will be providing food items for an all-inclusive holiday meal to cook at home. Any families in the Destin, Sandestin and Mack Bayou areas in need of a holiday meal can contact Harvest House Monday-Friday 10 a.m. -Noon by calling (850) 837-2777, or stopping into their location at 300 Mountain Dr. to place an order. Families will be able to pick up their meals on Monday, November 22rd at the food pantry. There will be no drivethrough this year.

Caring and Sharing in Walton County is providing holiday food items for pick up November 15th-17th, the week before Thanksgiving. People must apply by filling out an eligibility form to qualify for assistance and must live in Walton County. Families will receive items for a holiday meal such as mashed potatoes, stuffing, cranberry sauce, a turkey or ham and produce. Caring and Sharing is expecting roughly 400 families to pick up meals. They are looking for any additional volunteers

Continued on next page



of Destin, FL (32541) P.O. Box 1424 Santa Rosa Beach, FL 32459

Editor & Publisher Lori Leath Smith

publisher@mydestinlife.com Director, Advertising Sales

Scott Miller sales@mydestinlife.com

Production & Layout Kim Harper

Contributing Writers Kenneth Books Heather Bennett Rita Sherwood

To Advertise 850.688.9886

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

© Copyright 2021 Destin Life

Page 3

City of Destin and Gulfarium C.A.R.E Center Partner on Leave No Trace Initiative

To help bring more awareness on the importance of Leave No Trace, the City of Destin and the Gulfarium C.A.R.E. Center partnered on a video that focused on environmental concerns and the impact on marine animals and birds within our area.

The City of Destin launched the Leave No Trace initiative in 2017, to promote environmental awareness and pride in our city. "We love where we live, and we all play a vital role and must be conscious of our actions and how they can impact our environment," stated Public Infor-

mation Manager, Catherine Card. Destin Mayor Gary Jarvis and Tabitha Siegfried with the Gulfarium C.A.R.E Center, highlighted how leaving items such as hooks, fishing line and other refuse on our beaches or waterways is detrimental to the health and safety of sea turtles. The C.A.R.E center is a nonprofit organization that acts as a beacon of coastal conservation through marine rehabilitation and rescue, encouraging awareness of public education and opportunities for active participation. "I think Leave No Trace is one of the easiest and most

gry on Thanksgiving Day, AJ's



important things that people can do," says Siegfried. "There has been a lot of trash on our beaches this year. Not only do sea turtles ingest that trash, the hatchlings and the adults do, too."

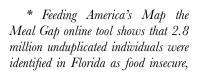
"It's really important that you take pride, not only in our environment, but you also need

to realize the environmental impact is vital not only to us as humans, but to the animals and the resources as well," said Mayor Jarvis. It is our hope that residents and visitors will take individual pride and initiative to dispose of items properly to protect our environment as well as our marine life. To watch the video please visit the city's Facebook page City of Destin Government as well as YouTube www.youtube.com/CityofDestin.

Many thanks to Get the Coast for collaborating with the City of Destin on the video.

COMMUNITIES *continued from page 2*

on the Bayou and AJ's Grayton Beach is hosting a donato help pack meals and to hand tion-only Thanksgiving Feast from 11 a.m. to 4 p.m. The feast out food the week of pick up. If will include traditional fare such you're interested in donating or volunteering, contact them at as turkey, stuffing, mashed poThanksgiving meal out with the family, Harbor Docks is once again offering free Thanksgiving meals this year.



or not knowing where they would secure their next meal, in 2017, 35,000 in Okaloosa and Walton counties.



850-267-2866 or visit the website at caringandsharingsowal. org for more information.

AJ's plans to give back to those that might not have the means to celebrate Thanksgiving. They also are hosting a gathering place for those who are alone and want to share a holiday meal with others. To ensure no one is alone or hun-

tatoes, sweet potato casserole, green bean casserole, cranberry relish, garden salad, dinner rolls and pies. The two locations will be open to everyone. The community is invited to join the AJ's family to give thanks. There is no charge; donations only will be accepted from those capable of making them.

If you are looking for a





Page 4

Cali's To Do In Destin! NOVEMBER 2021

Yoga | 8am | The Island Fort Walton Beach

Karaoke Night | 6pm | Village Door Music Hall

Little Black Dress Ladies Night | 6pm | Palms Bistro

Throwback Thursday Cinema | 6:30pm | Baytowne Wharf

Ladies Night | 9:30pm | McGuires Destin

••••• 5 •••••

Locals On The Harbor Free Keg for Charity | 5pm | Boathouse Oyster Bar

Free Beach Bonfire | 5pm | Royal Palm Grille

Sip & Stroll Gallery Night | 5pm | j.Leon Gallery Trivia | 5pm | The Island Fort

Walton Beach

Farmers Market | 8am-1pm | FWB

Landing Zumba | 8am | The Island Fort Walton Beach Farmers Market | 9am-1pm | Grand Boulevard Touch-A-Truck | 11am | Destin Commons Island Concert Series | 4pm |

Harborwalk Village **Karaoke Night** | 6pm | Village Door Music Hall **Karaoke** | 7pm | The Island Fort Walton Beach

Karaoke | 8pm | World Of Beer Destin

•••••• 7 •••••

Beach Church Service | 7:30am | Crab Trap Destin BrunchFest | 11am | Seville Quarter, Pensacola Karaoke | 6pm | Village Door Restaurant (Baytowne) Beach Church Service | 6:30pm | Henderson Beach State Park

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

Karaoke | 6pm | Enlightened

Studios FWB Tacos & Tequila | 6pm | The

Henderson **Trivia Night** | 6:30pm | Village Door Music Hall

Trivia Night | 7pm | Village Door at Seascape

Game Night | 7pm | Landsharks Pizza

Music Bingo | 7pm | World of Beer

Free Beach Bonfire | 6pm | The Bay Restaurant Trivia Night | 7pm | World Of Beer

Destin

Yoga | 8am | The Island Fort Walton Beach

Veteran's Day Celebration on the Harbor | 4pm-7:30pm | Harborwalk Village

Little Black Dress Ladies Night

6pm | Palms Bistro **Karaoke Night** | 6pm | Village Door Music Hall

Wine Walkabout | 6pm | Ruth's Chris Destin Ladies Night | 9:30pm | McGuires

Destin

Yoga | 8am | The Island Fort Walton

Beach **Free Beach Bonfire** | 5pm | Royal Palm Grille



Singo | 5pm | The Island Fort Walton Beach Name That Tune | 6:30pm | Village Door Music Hall Karaoke Night | 8pm | Village Door Music Hall Latin Night | 9pm | Bric a Brac

Zumba | 8am | The Island Fort Walton Beach **Farmers Market** | 9am-1pm |

Grand Boulevard Enlighted Arts & Crafts Fair | 9am-5pm | Enlightened Studios Island Concert Series | 4pm | Harborwalk Village

Karaoke | 8pm | World Of Beer Destin

Beach Church Service | 7:30am | Crab Trap Destin Half Shells on the Harbor | 11am | Harborwalk Village Karaoke | 6pm | Village Door Restaurant (Baytowne)

Beach Church Service | 6:30pm | Henderson Beach State Park 15 Free Beach Bonfire/SIN Night |

5pm | Royal Palm Grille

16

Singo Music Bingo | 5:30pm | LuLu's Destin Karaoke | 6pm | Enlightened Studios FWB

Tacos & Tequila | 6pm | The Henderson Trivia Night | 6:30pm | Village Door

Music Hall

Trivia Night | 7pm | Village Door at Seascape Game Night | 7pm | Landsharks

Bay Rock'n Bingo | 7pm | FATBoys

Destin **Open Mic Night** | 7pm | Enlightened Studios

Trivia | 7pm | World of Beer

Yoga | 8am | The Island Fort Walton Beach

Third Thursday Wine Walk | 5pm | Gulf Place Karaoke Night | 6pm | Village Door

Music Hall Little Black Dress Ladies Night

6pm | Palms Bistro Ladies Night | 9:30pm | McGuires Destin

•••••• 19 •••••

Yoga | 8am | The Island Fort Walton Beach Free Beach Bonfire | 5pm | Royal

Palm Grille **Trivia** | 5pm | The Island Fort

Walton Beach Santa's Arrival & Tree Lighting |

6pm | Destin Commons **Name That Tune** | 6:30pm | Village

Door Music Hall **Karaoke Night** | 8pm | Village Door

Music Hall Latin Night | 9pm | Bric a Brac

Zumba | 8am | The Island Fort Walton Beach Farmers Market | 9am-1pm |

Grand Boulevard



Turkey Trot Fundraiser | 10am | Boathouse Oyster Bar Shop Til You Drop Vendor Fair |

11am I 3rd Planet Brewery, Niceville Summer Haze Music Festival I 11am I Gulf Place

Sparkling Wine & Holiday Lights | 4pm | Village of Baytowne Wharf Island Concert Series | 4pm | Harborwalk Village Karaoke | 7pm | The Island Fort Walton Beach Karaoke | 8pm | World Of Beer

EVENTS · LIVE MUSIC · FOOD

WWW.TODOINDESTIN.COM

🕨 TO DO IN DESTIN 🔟 @TODOINDESTIN 🧗 TO DO IN DESTIN

Destin

21 Beach Church Service | 7:30am | Crab Trap Destin Karaoke | 6pm | Village Door Restaurant (Baytowne) Beach Church Service | 6:30pm | Henderson Beach State Park

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

•••••• 23 •••••

Singo Music Bingo | 5:30pm | LuLu's Destin

Karaoke | 6pm | Enlightened Studios FWB

Trivia Night | 6:30pm | Village Door

Music Hall **Trivia Night** | 7pm | Village Door at

Seascape **Game Night** | 7pm | Landsharks

Music Bingo | 7pm | World of Beer 24 Bonfire on the Beach | 6pm | The

Bay **Rock'n Bingo** | 7pm | FATBoys

Destin **Open Mic Night** | 7pm | Enlightened Studios

Trivia | 7pm | World of Beer

THANKSGIVING



Karaoke Night | 6pm | Village Door Music Hall Ladies Night | 9:30pm | McGuires

Destin 26 Yoga | 8am | The Island Fort Walton

Beach **Free Beach Bonfire** | 5pm | Royal

Palm Grille **Singo Music Bingo** | 5pm | The Island Fort Walton Beach

Movie on the Lawn | 6pm | Village at Baytowne Wharf

Name That Tune | 6:30pm | Village Door Music Hall

Karaoke Night | 8pm | Village Door Music Hall

Latin Night | 9pm | Bric a Brac 27 Zumba | 8am | The Island Fort

Walton Beach Farmers Market | 9am-1pm | Grand Boulevard Photos with Elf on a Shelf | 3pm |

Grand Boulevard

Karaoke Night | 6pm | Village Door Music Hall

Here Comes Santa Claus | 6pm | Village of Baytowne Wharf Karaoke | 7pm | The Island Fort Walton Beach Karaoke | 8pm | World Of Beer Destin

•••••• 28 •••••

Beach Church Service | 7:30am | Crab Trap Destin Karaoke | 6pm | Village Door Restaurant (Baytowne) Beach Church Service | 6:30pm | Henderson Beach State Park

29 Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille 30

Singo Music Bingo | 5:30pm |

Karaoke | 6pm | Enlightened

Trivia Night | 6:30pm | Village Door

Trivia Night | 7pm | Village Door at

Game Night | 7pm | Landsharks

Music Bingo | 7pm | World of Beer

Dec 1

Rock'n Bingo | 7pm | FATBoys

Open Mic Night | 7pm |

Enlightened Studios **Trivia** | 7pm | World of Beer

6pm | Palms Bistro

Bonfire on the Beach | 6pm | The

Karaoke Night | 6pm | Village Door

Little Black Dress Ladies Night |

Ladies Night | 9:30pm | McGuires

••• 3 •••••••

Yoga | 8am | The Island Fort Walton

Horse Drawn Carriage Rides

Singo Music Bingo | 5pm | The

Free Beach Bonfire | 5pm | Royal

Movie on the Lawn | 6pm | Village

Name That Tune | 6:30pm | Village

Karaoke Night | 8pm | Village Door

Latin Night | 9pm | Bric a Brac

5pm | Grand Boulevard

Island Fort Walton Beach

at Baytowne Wharf

Door Music Hall

Music Hall

LuLu's Destin

Studios FWB

Music Hall

Seascape

Pizza

Bav

Destin

Music Hall

Destin

.

Beach

Palm Grille

Local Non-Profit Embarks on Project to Renovate Orphanage in Liberia

Aletha's Legacy sets off for Liberia on November 18 to take children's holiday gifts and oversee the first phase of renovations currently underway at the Children's Future Program and Orphanage, home to 53 children in the rural town of Kakata, approximately 45 miles from the capital city of Monrovia.

Many in our community know local resident, philanthropist and founder of Aletha's Legacy, Zhalman Harris, better behind the camera and through the Rotary Club of Destin who says, "Giving for a good cause should have no boundaries." Board of Directors member Christie Solomon elaborates, "Improving the educational opportunities for these kids not only helps Africa, but the world as a whole."

Many children were orphaned in Liberia during the Ebola virus epidemic from 2014-15. The 53 orphans, who range in age from 4-17 years of age, are cared for by Principal Christiana Blamo and other teachers at the Children's Future Program and Orphanage. Principal Christiana says, "Here, we have so many needs, especially for the school. The two buildings are leaking during the rainy season, and we have to patch the roof with tin." Food, clothing and school materials (i.e., textbooks) are items high on Principal Christiana's prioritized list of needs for the children.

One of the results of the 14year civil war that ravaged the country and the more recent Ebola virus epidemic was that approximately 40% of primary school students ended up being three years older than the appropriate age for their grade. UNICEF notes that access to clean water and lack of functioning bathroom facilities further impact the quality of early education for children in Liberia.

Due to the generosity of corporate sponsors such as Setco Services, Hand Arendall Harrison Sale, Beltone of Northwest Florida, Velocity Automotive Solutions, Liberian Telecommunications Corporation and individual donors such as Joan and Stephen Carter, Jim and Shawn Springfield and others, Aletha's





Legacy raised \$113,000 U.S. dollars in donations between June and September 2021.

The first phase of renovations, which these donations supported, will include a new roof to keep the children, their rooms and belongings dry during rainy season, as well as new, modernized bathroom facilities and a new kitchen with

Continued on page 21



PROCEEDS BENEFIT THE KIDS ON THE COAST FOUNDATION

COME SEE US ON THANKSGIVING DAY AT **AJ'S ON THE BAYOU** FROM 11AM-4PM OR **AJ'S GRAYTON BEACH** FROM 12PM-5PM FOR A DONATION BASED THANKSGIVING FEAST. WE'RE EXCITED TO SEE YOU THERE!



Page 6

New Ways to Plug in at CRYO850 CRYO850 Performance and Recovery Center



Put CRYO850 on your wish list this holiday season or show someone you how much they mean to you with a gift of selfcare.

•Everyone wants to look good for holiday photos! The **Pagani Collagen Enhancement Facial** (\$175) brings dormant collagen and to the skin's surface to increases elasticity and tighten aging skin for an instant Cinderella effect. **Pagani Cryo Facials** (\$75) help maintain an ongoing healthy, youthful glow!

•For the health-conscious individual on your list, we suggest a **Pagani Detox Treatment** (\$375) to break up subcutaneous alpha brown fat to detoxify the body and enhance definition.

•The **CRYO850 Wellness Circuit** is a great gift for general wellness, pain management, skin care and weight loss. The circuit includes our Infrared Sauna, Red Light Therapy, Whole Body Cryotherapy, Spot Treatment Cryo, Vibration Plates and Compression. Enjoyed via a Day Pass (\$99), Week Pass (\$199) or Two-Week Pass (\$249) or a three month Student Season Pass (\$333)

Membership options start as low as \$99 a month with military discounts of 10%, spousal discounts of 20% and students always get 30% off! Find us on line at www.cryo850.com and follow us on Facebook or Instagram.

(850) 279-4145 facebook.com/CRYO850 www.cryo850.com

The Gift of an Experience. A Look of Luxury! Bijoux De Mer



Bijoux De Mer, meaning "jewels of the sea" in French,

Trends & Treasures

tic, non-traditional, fine jewelry with a fashion forward edge everything from customer couture pieces done in 18k gold, diamonds and other precious gemstones, to funky baroque pearl fine jewelry and fashionable gift pieces! Pearls, Tourmalines, exotic gemstones, 18K gold, precious metals, blackened silver and more, all exquisitely hand-crafted by artistic jewelry designer, Renee Launiere, who passionately pushes the boundaries of conventional jewelry design. Who doesn't love pearls and jewels set in gorgeous pieces created by talented hands? Available in fine jewelry stores, nationwide and internationally, even on luxury cruise lines, Renee's designs are popular with celebrities and featured in runway shows. You have the opportunity to give that special someone the experience of working directly with Renee on a perfect custom piece this holiday season. Work exclusively with Renee by booking a private appointment to custom create your own combo with leathers, stones and pearls in all colors and sizes. Renee is also booking events and design consultations. Nominated for Best in Destin, AT Bijoux de Mer, a one-on-one experience is

is a fitting name for this artis-

waiting! (850) 830-5465

www.bijouxdemer.com

DOG-GONE PAWsome Pet Gift Ideas Frill Seekers Gifts and

Personalized Fabulous Finds



If your pet is the absolute cutest one around, it's only fitting that you have the cutest, most fabulous hand-beaded cosmetic wristlet bag or coin purse to carry around, with your furry BFF front and center. Frill Seekers Gifts' design team told us that, "whether you need a doggie bag, cat bag, puppy bag, kitty bag, horse handbag or even a chicken carryall, your friends will go hog, (yep, they've even done a pig!) wild over this unique gift item." We can see why-these are PAWrecious. Santa says planning ahead for this hand-made gift is a MUST to have it in time for Christmas morning! Ordering is super easy on Frill Seekers Gifts.com. Simply select a bag color bead, select a color for the pet's name, with a 6-letter maximum. In the order notes section, you'll add your pet's name and then email your pet's photo to FrillSeekersGifts@cox.net.

The bags can made as wristlets, coin purses, or even a cross body bag. The possibilities and color combinations are endless. Or give a gift certificate for those on your gift list and let them design their very own bag. They look fantastic in a stadium approved clear handbag or back pack, too, and can also be made in your favorite team's color, with a name, monogram or word. Shop online at FrillSeekersGifts.com or pop in the shop in City Market Bayside off Highway 98 in Destin.

(850) 460-2700 facebook.com/FrillSeekersGifts frillseekersgifts.com

Fall "Purely" in Love! Pure & Couture Salon



With the holiday season, that is. Pure & Couture owner Adrianne Bracket and her talented team of experts will make sure you're beautiful or handsome for the holidays! Meet Farrin, Pure & Couture's new esthetician at the Destin studio location. She loves all things skin care, make up and waxing. Making her guests feel their best is her goal! Throughout the month of November, Farrin is offering 50% off of her facial services and 20% off of her waxing menu. Any service booked will also receive a complimentary shampoo treatment and blow dry style with Mollie or Jenna Burk at the City Market salon location. Purchase gift cards to give all the holiday vibes in addition to hair care flair — a bit of color, styling, makeup, a pampering facial or even a therapeutic massage and anyone on your list can experience a mighty makeover. Pure & Couture also has some fun retail offerings, Travel Bar, candle gift sets and stocking stuffers for the holidays all with custom gift wrapping! Adrianne is thankful for her talented team of professionals that hold certifications in oncology, pregnancy, sports and medical massage, with a mission to provide quality care, resolve specific conditions and assist in improving quality of life for men and women of all ages. To book, call 850.424.3935 or www.pureandcouture.com. Offering curbside pick-ups and online ordering, too!

(850) 424-3935 facebook.com/Pureandcouture pureandcouture.com

Walton County Bay Front Lot For Sale Brian Locicero, REALTOR®

FOR SALE Bay Front Walton County



If you've been waiting on a sign to pull the trigger on a Bay-front Walton County piece of property, this is it. Top REALTOR® Brian K. LoCicero shared that he and his team are often asked, "why Choctawhatchee Bay-front lots sell so quickly?" He said they always chuckle and say, "Because they're not making anymore Bay-front land!" This picturesque Bay-front lot offers breathtaking views of the Choctawhatchee Bay from sunrise to sunset. Picture yourself building your primary waterfront dream home or perhaps your weekend getaway residence on this property nestled amongst the mature live oaks, which give the land the Old Florida look and feel. Lot 12 in Hatchee Shores neighborhood has 100 feet right on the Choctawhatchee Bay with a seawall already in place and 275 feet deep. Located in quaint Santa Rosa Beach, this land is just minutes from 30A and the beaches of South Walton and just 1 1/2 miles from the 331 bridge on Nursery Rd. Spend your morning kayaking or paddle boarding on the Bay and your afternoon cruising on your personal watercraft or boat. Drop a line and bring home the catch of the day for dinner. The land offers one of the highest elevations on the Choctawhatchee

Bay, making the area sought after by savvy buyers, who know the area well.

For a property tour, in person or via FaceTime, call Brian at Be On The Coast Real Estate or visit the website for a list of 30A-Destin area properties available for purchase. Brian is also accepting new listings. So, if you're ready to sell your beach or Bay property, schedule a listing appointment.

(850) 739-3800

'Tis the Season for... Frosting! Smallcakes Destin: A Cupcakery



You can experience this cupcake heaven on earth with fanciful, flavorful frostings and a variety of cupcake flavors to suit every taste! Let Smallcakes do your baking this holiday season. ALL cakes can be customized in all flavors and varietiescupcakes, cookie cakes, "mini" or "mighty" cakes, brownies, cupcakes-in-a-jar, birthday and wedding cake heaven on earth! There's even gender reveal cakes! Choose from an array of fanciful frostings and a variety of cupcake flavors! For your special events, desserts and "wowing" family and friends, make it personal with custom edible logos and images to go on these amazingly tasty treats-large ones or small cakes. The buzz is all about cookie butter, salted caramel, pumpkin s'mores, rocky road, 13 signature flavors, gluten free cupcakes and pecan pie cupcake-moist, delish and delightful. Order gourmet cupcakes, custom cakes and tempting treats as seen on the Food Network and Cupcake Wars. You get them baked fresh with up to 18 flavors to choose from, daily. Perfect for holiday parties, office or family gatherings, Thanksgiving and Christmas events! But don't hesitate to get one during the party, for they will be all gone! Call ahead for pre-orders or curbside pickup!

(850) 460-7487

facebook.com/SmallCakesOfDestin www.smallcakes.net The <u>best</u> place to shop!



PET

MY. B



frillsceecers STATIONERY GIFTS MONOGRAMS

PAWsome personalized Christmas gifts ideas! (850) 460-2700 www.frillseekersgifts.com



CRY0850

Cutting edge, drug-free therapies to build immunity and expedite recovery. (850) 279-4145 | www.cryo850.com

BRIAN



Gourmet cupcakes, custom cakes and more! (850) 460-7487 www.smallcakes.net



Bijoux De Mer Fine Jewelry by Renee Launiere is a global brand that defines modern elegance. (850) 830-5465 | www.bijouxdemer.com



Ready to buy or sell Residential Property? Looking to buy or lease Commercial Property? CALL: Brian LoCicero (850) 739-3800 iture

Styling, extensions, makeup, blow outs, eye brows, facials and massage. Gift Cards Available. (850) 424-3935 | www.pureandcouture.com





The community

Holiday Happenings 'Round Town!

Honor our veterans at the **Veteran's Day Celebration** on the Harbor will be held Nov. 11 from 4 - 7:30 p.m. at the Main Stage and entertainment by Cadillac Willy from 5:30-7:30 p.m. The ceremony will include historical remembrance and recognition of all branches of the services, patriotic entertainment, and special keynote speakers!

Join the 10th Annual 30A 10K Thanksgiving Day races (10K, 5K and 1-mile run/ walk), Nov. 25 in Rosemary Beach. All money raised this year will be donated to: The Point Washington Medical Clinic, the Walton County Education Foundation, Northwest Florida Guardian ad Litem, and the Seaside School Foundation. The 10K race ensues at 7:30 a.m. The 1-mile fun run starts immediately after at 7:35 a.m. The 5K race starts at 9:30 a.m. Visit http://30a10k.com to register.

Shop till you drop at Harvest House's 13th Annual Christmas Bazaar Sat., Nov. 13, 8 a.m.-2 p.m. Held outside, it will include plenty of Christmas items for sale that must go. All proceeds go back into the mission. If you are looking to donate or volunteer, you can call Harvest House Destin at (850) 837-2277. Visit www.harvesthousedestin.org.

A biker tradition for more than 40 years, the **42nd Annual Toys 4 Tots Ride on The Emerald Coast** is Sunday, Nov. 14 sponsored by Emerald Coast HOG Chapter #3605 and Emerald Coast Harley-Davidson. The ride begins at Emerald Coast Harley-Davidson with registration at 8:30 a.m. and KSU at 11 a.m. Donate a toy and share the joy! All funds benefit Children in Crises (CIC) and Emerald Coast Children Advocacy Center (CAC).

While you're in Baytowne, dust off those skates and get in the winter spirit at The Village of Baytowne Wharf's **Baytowne on Ice.** This seasonal ice rink is the perfect opportunity to share some of your favorite holiday traditions. Ice rink is open now – Feb. 2nd. Hours vary daily.

Compete in **Rock Out Climbing Gym's annual Thanksending** bouldering competition on Saturday, November 20 from 11:30-2:30 p.m. If you want to watch the competition, spectators can join for free. Registration starts at \$35. Visit rockoutclimbing.com.

Polar Express FREE movie night at Baytowne Wharf is a family tradition. Bring blankets and lawn chairs to the Events Plaza Lawn Friday, Nov. 26 at 6 p.m. to enjoy this Christmas favorite movie under the stars.

The Village of Baytowne Wharf at Sandestin hosts a special light show on Wednesday, Friday and Saturday nights from Dec. 1-22 during the **12 Nights** **of Lights** where the tree lights in the events plaza will dance and blink to music at 6, 7 and 8 p.m.

Northwest Florida Ballet's 52nd season begins with The Nutcracker at the Mattie Kelly Arts Center Friday and Saturday, Nov. 19 and 20 at 7:30 p.m. and Sunday, Nov. 21 at 2:30 p.m. NFB's 42nd annual performance is the only full-length version in the area and features a cast of more than 140 performers including international guest artists and over 100 local children. The NFB Symphony Orchestra will provide musical accompaniment for all public performances. To purchase tickets, visit nfballet.org; \$40 Adult/\$20 Child.

The beautiful **Festival of Trees** kick-off is Nov. 23 from 4-6 p.m. at Grand Boulevard at Sandestin. Participating organizations will be competing to win cash prizes totaling \$7,000 and you will have a chance to cast your vote for the People's



Choice award. The trees debut the Tuesday before Thanksgiving and remain in the park through Christmas Day for the public to enjoy and learn more about some of the area's non-profits.

Join in the holiday cheer as Grand Boulevard hosts photos with **Elf On The Shelf in Grand Park** at the Festival of Trees display every Saturday, Nov. 27th - Dec. 18th from 2-4 p.m.

Join J.Leon Gallery + Studio in Miramar Beach Friday, Dec. 3, 5-7 p.m., for the annual **Holiday Shop, Sip, N' Stroll** featuring J.Leon Gallery + Studio, McCaskill & Company and Mollega Eye Care & Optique. Shop local favorites, sip festive



Now hiring compassionate Registered Nurses, LPN's and Certified Nursing Assistants (CNA's)

Join the area's only locally-owned facility and make a difference in the lives of others.

Immediate positions available for LPN's & RN's—all shifts. Positions available for weekend double shifts. **Please apply online: www.manoratbwb.com**

Immediate CNA positions available for 7/3, 3/11 & 11/7 shifts. Did you know we offer tuition reimbursement to help you further your career? Limited time offer! **Apply today online:www.manoratbwb.com** Click on Career Opportunities.

> (850) 897-5592 1500 White Point Rd. Niceville, FL 32578

New wage scale effective Nov. 1, 2021



🔅 Community

beverages, snacks, and enjoy a boutique shopping experience with some surprises. Visit jleongallery.com or the Facebook event for more details or call (850) 842-3051.

The 37th annual "Jingle Bell Rock" Christmas Parade will be held on Saturday, Dec. 11, at 10 a.m. Applications must be received by Wed., Dec. 1, and can be dropped off in person to the Destin Community Center (101 Stahlman Ave), faxed to 850-654-8998 or emailed to recreation@cityofdestin.com. Your entry fee is the donation of a toy for a local charity. All donations can be dropped off at the Destin Community Center. The floats will begin at the Downtown Destin Shopping Center and travel west down Harbor Blvd. (Hwy. 98) to Stahlman Ave. You can watch the parade on the north side of Harbor Blvd. Call 850-654-5184 for more information.

The City of Destin hosts its **Christmas Decorating Contest** where festive light displays all around town compete for your nominations. Judging will take place Dec. 1-15 for nominated homes and businesses. Winners will be announced a few days before Christmas and are recognized the following month at a City council meeting with a plaque from the mayor.

Awards are given in the five categories: Best Decorated Home; Best Decorated Business; Best Decorated Organization; Best overall Holiday; and Best on the Harbor.

Put on your Jingle and come Mingle at FPRA's Mingle and Jingle Holiday Mixer on Thursday Dec. 16 at Sunset Bay Cafe from 6-9 p.m. sponsored by Okaloosa Gas. Music, Heavy Hors D'oeuvres, Champagne Toast, Cash Bar, Silent Auction and more await you. What a great way to gather with your friends to get into the festive holiday mood! Please bring a toy donation to benefit Guardian Ad Litem Foundation of Northwest Florida. Tickets: https:// www.eventbrite.com/.../mingle-jingle-holiday...

Supporting Defenders of the Front Line, Veterans and First Responders, this year's annual **Honor Games** will be held Saturday, Nov. 13 beginning at 8:30 a.m. Register at deka.fit/ honorgames2021. 2021 Beneficiaries: Special Ops Survivors, Air Commando Association, Healing Paws for Warriors, The Special Forces Association Chapter 7 and Okaloosa Sheriff's Star Charity. Visit www. emeraldcoasthonorgames.com or follow on Facebook or Instagram.

Temple Beth Shalom of Fort Walton Beach is proud to present its Havdalah & Hanukkah event on December 4th at 6 p.m. This exciting evening is open to the public, Jewish or not, and will feature the lighting the Menorahs for the 6th night of Hanukkah. Everyone is encouraged to bring their own Menorah to participate in this meaningful practice. There will be live music, Hebrew dance, games and light refreshments to include Sufganiyot (jelly doughnuts) and Latkes with all the trimmings. There is no charge, but Temple Beth Shalom encourages you to sign up at its Facebook page or call Michael Walker at 850-543-4997 for more information.

Santa is in Town!

Santa's Arrival at **Baytowne Wharf at Sandestin** Nov. 27 is a highlight of the season! The word on the street is Santa will be arriving by horse drawn carriage with the fireworks show



starting sometime between 6:15 and 6:30. You can visit Santa at The Village of Baytowne Wharf at his sleigh beginning Sat., Nov. 27, at his arrival celebration and during the Tuba Christmas event on Saturday, Dec. 11. If you miss those, you can still visit Wednesday nights Dec. 1-15 in the Village. Visit https://www. baytownewharf.com.

Kick off your Christmas season when Santa arrives to light the biggest Christmas Tree on the Emerald Coast at Destin Commons Nov. 19, 6-8 p.m. The celebration includes free face painting and photo opportunities with Rudolph and Frosty characters all set to festive holiday tunes. Santa will ride in the holiday parade which begins at 7 p.m. down Main Street in Destin Commons to arrive at the tree lighting. Fireworks are immediately following.

You can visit Santa at **Bass Pro Shop at Destin Commons** from now through December 24. There's also free games, crafts, and photos with Santa. Families who visit Santa receive a free 4×6 professional photo as well as a free digital download. Additional photo packages are also available for purchase. During your visit, you can mail your letter to Santa and receive free giveaways while supplies last. To book your visit online and for Covid protocols, visit basspro.com.

You can visit with Santa at HarborWalk Village beginning Sat., Nov. 27, where Santa and Mrs. Clause will be at the main stage. Kids can enjoy crafts, face painting, and a Rudolph-themed treasure hunt on Santa's arrival day. Bring your letter to Santa and drop it in the special North Pole mailbox located near the stage. For every letter received, \$1 will be donated to a local children's charity. All of Santa's guests will receive a special treat and a FREE 4×6 photo. Visits with Santa will continue for the following three weekends until Dec. 19.





Community

By Lori Leath Smith, PUBLISHER

Each year, we give you the opportunity to share "what" you're thankful for on these pages. We do it, because through it, we hope you'll be able to reflect and recognize the many blessings abounding around us. Our team at Destin Life is thankful for your participation, editorial contributions and support. Without you, Destin Life would not have the same flavor, popularity and appeal-you make all the difference!

We are a thankful community; perhaps your own sentiments are reflected here:

"I am most thankful for the many good memories in my life. Whenever I find a moment to stand still and think about my life, I immediately think fondly about the good memories and friends I've made, thus far. Remembering the sweet times, helps me maintain a positive outlook and a happy mind. Some of the memories that bring a smile to my face and gratitude to my heart, would be walking with my father down the long church aisle to see my future husband, Brian waiting at the altar, the days my children were first placed in my arms, watching each of my



children graduate from college and marry their soulmates. I am thankful for the blessings in businesses that I've founded and thankful for the grace given to me, when I missed the mark. I am eternally grateful to business mentors, who sowed seeds of success into my life. God has blessed my family abundantly and the memories of the countless blessings are what makes this season of Thanksgiving so special to me."

-Heidi LoCicero, Frillseekers Gifts, City Market

"I am thankful for so many things. My Lord and Savior! The gift of my wife and family! And the gift to serve the great people of Okaloosa County!"

Mel Ponder, Okaloosa County Commissioner, Business Empowered

"From a business perspective, I am thankful for the hundreds of boats and thousands of anglers that participated in the 2021 Destin Fishing Rodeo! I

Thankful...

am also thankful for the community-minded sponsors that support the Rodeo each year. I am especially thankful to the volunteers that clocked over 2500 hours of community service for the event. Destin is an awesome community and that sense of community was on full display at the Rodeo this year! Looking forward to the 74th annual event October 1 - 31, 2022! From a personal perspective, I am so thankful for my wonderful husband, our children and grand-children and my healthy, almost 90-year-old mom! Happy Thanksgiving!"

Helen K. Donaldson, Executive Director, Destin Fishing Rodeo, Inc.

"I'm thankful for the beautiful community at CRYO850 and the blessing to share relationships, divorces, marriages, college commitments, deployments, death and new life with those we've grown to love."

- Amy Milligan, Owner CRY0850

"Grateful for sooo many things this year-friends, family, clients, my awesome Master Networks group of solopreneurs, for waking up every day, for laughter, for non-political conversations, for all the writers who write great, informative,

uplifting articles in Bay Life & Destin Life. Every day I write down three things I am grateful for and there's just not enough room here to share them all!" Gail Pelto, Bay Life/Destin

Life Columnist, Keller Williams

"I am thankful for OCSD students, families and employees who provide a daily reminder of the importance of striving for excellence in everything we do!" Marcus Chambers, Okaloosa

County Superintendent

"It may sound cliché, but I'm most thankful for family, friends, good health and living my best life on the Emerald Coast."

– Kim Schneider, Coastal Destin by Kim

"I truly am thankful for my family and friends. The love and relationships I'm blessed with are a testimony to how lucky I am to be here in this beautiful place. Plus, I am a new grandpa. Woo hoo!

- Greg Durette, Florida Health Connector

"The season of Thanksgiving is filled with gratitude for the years of holidays spent with family. From good food, to great laughs, to long visits and deep family ties, each day spent with

family and dear friends, is a good day to me. I am especially grateful to my clients who entrusted me with their real estate transactions here at the beach. It's been awesome to watch them enjoy their investment properties and make new memories of their own; a blessing in every way."

-Brian K. LoCicero

"I am thankful for this Destin Life newspaper which not only gives us community information, but does so in a refreshingly positive way. I am proud to have joined the Life Media family!"

– Patricia Lee, Sales Executive, Life Media

"I am thankful for the coming immutability of trust protocols and the emergence of decentralization through decentralized blockchain technology." – Isaac Hutchison Birch

"I'm thankful for a calm hurricane season, healthy family and friends and the freedoms we share living in this special place."

- Kay Leaman, HealthyDay HealthyLife

Continued on page 46

TIRED OF WAITING ON YOUR ROOFING CONTRACTOR? We are fully staffed and available now!

PROFESSIONAL ROOF REPAIR AND REPLACEMENT



Transforming Damaged Roofing Systems into Eye-Catching Roofs with Impressive Curb Appeal.

 Manufacturer Backed Warranties Industry Leading Materials •Assistance with Insurance Companies •Family Owned & Operated Licensed Contractors •Financing Available





ORTHODONTIST



(next to the Melting pot)

STUBBSORTHO.COM



🔆 invisalign[.] | teen provider



$\star \star \star \star \star$

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.

The community

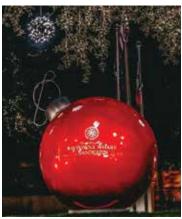


An Event-Filled November Ushers in the Holiday Season at Baytowne Wharf!

If you're looking for a reason to celebrate this November, look no more! The Village of Baytowne Wharf welcomes you to November events and the beginning of the holidays!

The holiday season kicks of with a Sparkling Wine & Holiday Lights event benefitting the Emerald Coast Children's Advocacy Center. On November 20, Sandestin Golf and Beach Resort and Sandestin Wine Festival will host its seasonal 9th Annual "Sparkling Wine and Holiday Lights" event from 4-6 p.m. The event takes place on the beautifully decorated streets of Baytowne Wharf showcasing more than 30 champagnes and delicious appetizers from featured Village restaurants. Sparkling Wine and Holiday Lights features an evening of holiday cheer, singing carolers and plenty of fun bubbles, and will end with the first festive tree lighting of the season and Baytowne Wharf's choreographed light show, 12 Nights of Lights.

Tickets are now SOLD OUT. Visit baytownesparklingwinefest.com for more information.





PROUDLY SPONSORED BY:



Baytowne On Ice is Back! Sunday, October 31st -Sunday, February 6th

Dust off those skates and get in the winter spirit at The Village of Baytowne Wharf's Baytowne on Ice. For those visitors who miss the cold and ice, this seasonal ice rink is the perfect opportunity to share some of your favorite holiday traditions. Sponsored by JVC Broadcasting, Rock 92.1, 102.1 The Wave, Highway 98.1 Country and Florida man Radio 103.1, the ice rink is open Now - February 6th. Hours vary daily. You can check the schedule at baytownewharf.com. The cost is \$13 for 90-minute skate and \$3 skate rentals. You can rent the rink for private parties and functions starting at \$300. For more information call 850.714.7614 or visit baytownewharf.com.

The Polar Express Friday, November 26th

Watch a holiday favorite and join us for a special showing of the Polar Express on a LED HD Video Wall in the Events Plaza at 6 p.m. Polar Express FREE movie night at Baytowne Wharf is a family tradition. Bring blankets and lawn chairs and enjoy this Christmas favorite movie under the stars.

Santa's Arrival

Saturday, November 27th

Here Comes Santa Claus! Santa's Arrival at Baytowne Wharf at Sandestin Nov. 27 is a highlight of the season! The word on the street is Santa will be arriving by horse drawn carriage with the fireworks show starting sometime between 6:15 and 6:30 p.m. You can visit Santa at The Village of Baytowne Wharf at his sleigh beginning Sat., Nov. 27, at his arrival celebration and during the Tuba Christmas event on Saturday, Dec. 11. If you miss those, you can still visit Wednesday nights Dec. 1-15 in the Village. www. baytownewharf.com.

12 Nights of Lights December 1st-22nd

The Village of Baytowne Wharf will host a special light show on Wednesday, Friday and Saturday nights from Dec. 1-22 during the 12 Nights of Lights where the tree lights in the events plaza will dance and blink to music at 6, 7 and 8 p.m.

The community

Full Disclosure! Buyers and Sellers, Listen Up!



BY GAIL PELTO

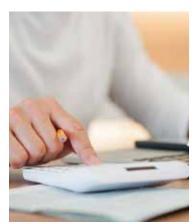
Florida case law provides that, with some exceptions, a home seller must disclose any facts or conditions about the property that have a substantial impact on its value or desirability, and that others cannot easily see for themselves.

In order to assist sellers, the Florida Association of Realtors provides a standardized form for the sellers to complete that can be provided to potential buyers for their review. As a buyer, you should scrutinize this form and make sure to ask questions about anything on that form that you

don't understand or for which you need or want more clarification. The categories on this form include information about plumbing, flood, structural issues, pest infestations, electrical issues, mold, etc. These items can be current or have been in the past and remedied. NOTE: if there was an issue in the past and remedied, find out how it was remedied. For example: If mold had been an issue, was it simply sprayed with bleach or did a remediation company actually remediate the problem? (I read a disclosure about this recently which simply stated "mold repaired." Ask questions.

Some legal experts say sellers can make disclosures either written or verbally, with a few exceptions. Florida law doesn't require them to be in writing. HOWEVER, if you, as a seller, do make only oral disclosures, you might have a difficult time proving that you made them – this could be a problem if the buyer finds problems AFTER purchasing the property. So, it's best that you disclose in writing.

As a Seller, if you find out about more issues after you've



completed your initial disclosures form, MAKE SURE you update them prior to you or your agent giving them to a potential buyer. Also note that even If you are selling your home "As Is," you still need to disclose.

A past client I worked with did not disclose a material defect and was later sued by the buyer. Do not take property disclosures lightly. As a seller, make sure they are complete and current. As a buyer, make sure you read them and understand them and, if necessary, question them.

Have questions about this or any other home buying or selling issue? Then call me at 850-374-0454 or email to Gail. Pelto@kw.com. As always, I'm here to help.

Gail Pelto is a Board Member with The Rotary Club of Destin and the Mattie Kelly Arts Foundation—and yes, a powerful, full-time real estate agent with Keller Williams Realty Success Realty. Call her with any real estate questions you have, and she'll guide you in the right direction. Call her direct at 850-374-0454 or email to Gail.Pelto@kw.com. Want to know what the value of your property is today? Go to www.DestinAgent.com.

WE'RE HIRING!

VACASA, North America's leading vacation rental management company, is hiring for Front Desk, Maintenance, Housekeeping, Property Management roles and more!

VACASA offers excellent benefits including employer paid health insurance, 401K and advancement opportunities.

Visit vacasa.com/careers or Text "Vacasa" to 97211 to apply today.

Fall in Love with Inlanta At Inlanta Mortgage, we promise to give you the best service possible. We want you to have the knowledge and confidence when choosing which mortgage best fits your needs. That's why we know you'll fall in love with Inlanta!



Balenda Hetzel NMLS #430532 *Regional Production Manager* 225 Main Street, Suite 14 Destin, FL 32541

Cell: 850.499.4759 emeraldcoastlender.com



Community



By Greg Durette, Florida HEALTH CONNECTOR

For those folks new to the Medicare Annual Enrollment Period (AEP), the overwhelming volume of mailing pieces, emails and phone calls are dizzying. For those folks more experienced in this time, the sigh of despair and cries of "Oh no, not again!" can be heard from every balcony and rooftop.

Keep in mind, the closer we get to December 7th (the official end of the AEP), the more intense it will get if you let it. Re-

Sorting Through the Noise of **Medicare Annual Enrollment**

gardless of your experience level, there are some things you can do to quell the noise and help make the best possible decision for you.

First, make sure you pay attention to the mail and phone calls you receive from your existing insurance company. These communications will be very valuable to you as they likely will be about the changes to your current plan in the new year. Too often, because of the volume of clutter mail. folks tend to throw these out along with everything else just trying to keep the kitchen counter clear. As the saying goes, don't throw the baby out with the bath water!

Next, try to make a real effort to understand everything you can about your current plan. Know the exact name and type

COMING SANTR

of plan as well as how much you are paying in premiums. Is it a Supplement Plan? If so, which one; M, N, G, F, etc.? Know which type of Part D or, Stand-Alone Prescription plan (if any) you have, to go along with this Supplement Plan. Know your deductibles, co-insurance and copays. Know if you are able to use your pharmacy of choice. Know how the coverage Gap (commonly known as the "Donut Hole") works in your plan.

Perhaps you have an Advantage Plan instead. Again, know the exact name and type of plan as well as how much you are paying in premiums. Being that most Advantage plans have the Prescription coverage built in, you will likely not have a separate premium for Part D. How-

ROSA BEAGA

10NTH

40NTH

MONTH

ever, you will need to know the deductibles and co-insurances for the entire plan. Oftentimes, there will be a separate deductible for the Advantage Plan and the Prescription coverage within the plan. Also, know your copays and whatever Extra Coverages your plan offers such as Dental, Hearing, Vision, Rewards Programs, Silver Sneakers, etc.

The two final, most important pieces of information you will need to know about your current plan is, what your premium will be and are your doctors/medications going to be on the plan in 2022. Will you have in-network options in other states? Some plans get better, some plans not so much. Some get more expensive and some reduce to as low as \$0 per month. Some doctors stay and some doctors go. Some medications get more expensive, less expensive or simply are not covered. It all depends on where you live and the plan you have.

Now, FINALLY, you are armed and ready to attack that onslaught of external information. Be careful of where you look! Many of those ads you see on TV with famous sports figures/actors are nothing more than marketing companies looking to get your information to SELL to anyone willing to pay for it. If you respond to those ads, you will only make the onslaught of mail, emails, texts and calls that much more.

Work with people you know and/or reputable insurance companies you know and recognize. Deal direct and don't be afraid to let someone know you would prefer they not contact you again if you have settled on what you want to do.

That is the final important point. Now that you are well informed and have made a well-informed decision, you will feel much better about changing the channel when the next Medicare ad shows up on TV. You can sort your mail over the trash barrel. Talk about stress free living!

Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare throughout the State and is based in Niceville. He has been in the insurance industry for over 38 years and can be reached at his office at 850-842-2400 or his mobile at 978-509-2941.

Florida's "30A" License Plate to Help Keep Walton County Scenic

Gov. Ron DeSantis recently signed Senate Bill 676 to help create a new "30A" specialty license plate for Florida motorists. The 30A tags cost \$33, with all proceeds being donated to support Scenic Walton, a 501(c)(3) non-profit that promotes projects designed to improve the quality of life in Walton County. Three thousand vouchers must now be sold before Florida's Department of Motor Vehicles will manufacture the 30A tags.

Vouchers can be purchased at www.30Atag.com or at any Florida Tax Collector's Office.

"Money raised by the new tags will help promote beautification and safety projects throughout all of Walton County, not just along the beach," said Leigh Moore, Scenic Walton's Executive Director.

The team asked Walton County locals and 30A's 1.5 mil-

Continued on next page



EXPRESS \$

FAMILY PLAN \$ 1/

Additional Plans On A Shared Account.

MEDICARE

nlimited Washes

Avoid Lines with Membership

/licro Fiber Towels /

se Plate :

questions?

Greg Durette 1-850-842-2400 LEARN MORE



Meet our Local Pro: Dr. Kevin Wells

By Rita L. Sherwood

Dr. Kevin Wells has been practicing Optometry for almost 24 years. He is a Board-Certified Optometric Physician, internationally published author, Fellow of the American Academy of Optometry and Diplomate of the American Board of Optometry. He was also in the first class of Optometrists trained to perform laser eye surgery for the treatment of certain eye conditions. Originally from Oklahoma, he and his family spent many summers vacationing in Destin. Eleven years ago, they decided to make it their permanent home.

Wells Vision and Laser Eye Center is a full-service eye care practice that utilizes the most advanced technology to perform eye exams, manage eye disease and treat eye injuries and infections. They also have a large selection of designer frames and sunglasses to choose from. If glasses aren't your thing, you can be fit into contact lenses or have LASIK performed in their stateof-the-art LASIK suite.

LASIK is performed by

world renowned eye surgeon Dr. Bret Fisher from Panama City. Dr. Fisher has performed over 40,000 procedures and has been involved with numerous FDA investigational studies. The consultation to determine if you are a candidate for LASIK is free of charge. Even if you only need reading glasses, there is an option to eliminate those as well.

Macular degeneration, glaucoma, diabetic eye disease, dry eye disease and cataracts are just some of the eye diseases that are managed at Wells Vision and Laser Eye Center. The latest technological addition is the Optical Coherence Tomographer with Angiography. This instrument takes a CT scan of the retina and can measure blood flow without the need of injecting contrast dye into the body. Another machine is able to measure the functionality of the nerves within the eve and between the eye and the brain. This technology allows Dr. Wells to determine if an eye disease is progressing before structural damage in the eye occurs.

Macular degeneration is the



leading cause of blindness in the U.S. Dr. Wells has a device called AdaptDX that is 92% accurate in determining if a healthy eye is at risk for developing macular degeneration in the next three years. Intensive Pulse Light (IPL) is used to alleviate dry eyes. It also tightens the skin and reduces fine lines, age spots and rosacea.

Dr. Wells says, "The most rewarding part of what I do is helping people see their best. Vision is our most used sense so it's great to see patients get excited when they can see more clearly. My favorite clinic day is the day after LASIK surgery when patients are seeing for the first time in years without glasses or contacts."

Dr. Natalie Pelly recently joined the practice. She is a graduate of University of Alabama, Birmingham College of Optometry. She has an interest in specialty contact lens fittings and children. A former local, she and her husband Chris are glad to be back to the Emerald Coast.

When not working, Dr. Wells enjoys spending time and traveling with his two daughters. He is

LICENSE PLATE continued from previous page

lion social media fans to help select the final tag design, which was created by Gulf Coast native Jake Meyer. The winning design depicts the blue 30A logo against a silhouette of Western Lake, one of Walton County's most famous vistas.

"Of course, we have amazing beaches here, as do many Florida towns, but our coastal dune lakes really are unique to Walton County," said Mike Ragsdale of The 30A Company. "I think our community

made an excellent choice."

"This is the only specialty tag that generates revenue exclusively for community projects here in Walton County," added Moore. "So, everyone who buys an official 30A / Scenic Walton tag for their vehicle will help preserve Walton County's beauty."

Florida residents can go to any Tax Collector Office to buy a 30A tag voucher. They can also be purchased online at www.30Atag.com.

For more information, visit www.scenicwalton.org.

Eye Center also has a new location in Santa Rosa Beach! Now you can book your next eye appointment at one of their two locations: 36086 Emerald Coast Pkwy., Destin, 850-424-6677, or 24700 U.S. Hwy. 331 S., Santa Rosa Beach, (850) 931-2020.

a CrossFit enthusiast that placed

103rd in the world for his age

division in the CrossFit Open this year. Wells Vision and Laser



We are a family-centered, full service, state of the art eye care facility. We pride ourselves on being the most efficient and caring full service facility in the area. Whether you need a comprehensive exam, designer eye-wear fashions or the most advanced laser correction, we guarantee the highest quality and quickest turn-around in the area.



DESTIN 36086 Emerald Coast Pkwy 850.424.6677

NEW LOCATION!

SANTA ROSA BEACH 24700 US Hwy 331 South 850.931.2020

Dr. Kevin Wells, OD, FAAO Dr. Bret L. Fisher, M.D. Dr. Natalie Pelly, O.D.

Page 16

Meet our Hometown Hero: Patricia Lee

By Lori Leath Smith

"Being given a death diagnosis is like looking down a cocked, double barrel shotgun. But God is real and miracles do happen!" ~ Patricia Lee

If you aren't one who believes in God or any higher power, please be forewarned. Patricia's story could change your mind. Local resident and founder of the Destinites Facebook page and website, Patricia Lee, is a three-time cancer survivor of three different cancers; hence her becoming a recipient of the 2005 Life Inspiration Award for the American Cancer Society.

Her first cancer encounter was at the young age of 18 months. She had Neuroblastoma wrapped completely around her left kidney, a cancer common in young children for which there is still no cure. Her kidney was removed, but the cancer was discovered in the bone marrow throughout her body. When the only treatment in 1961, X-ray therapy, was administered, the cancer just kept

growing. A young doctor at Birmingham Children's Hospital recommended a new procedure, unavailable in the U.S. at that time, in hopes it would kill the cancer. The drawback? It would wipe out Patricia's immune system and she could develop pneumonia. Since the cancer prognoses was certain death anyway, Patricia's parents agreed to the surgery in a last-ditch effort to save her life.

But her maternal

grandfather was on the move and rounded up a mighty praying group as well as several from his small-town Baptist church to pray for her. The day of the surgery, he persuaded the surgeon to recheck for the cancer. To appease him, the surgeon finally agreed to do more tests and X-rays. And what he found stunned him—the cancer was completely gone! No surgery was needed! During the next



five years, not one trace of it was found. "If you are one who thinks prayer can't change things, you might want to rethink that notion," says Patricia. "Prayers do matter and, yes, they can change things."

Her second bout came in 1994. During a partial hysterectomy surgery, a cancerous tumor was found, but was contained and completely removed. "No one knew the tumor was there until then AND when they found it, it looked to be breaking up into pieces disintegrating, as though it had been zapped by radiation," says Patricia. The doctors and lab had never witnessed that before. "That's the kind of thing you might see when someone has already been going through treatment," said her doctor. "You got another miracle! People in the lab feel like they witnessed the hand of God in action."

The third time was stage 3C breast cancer in 2005. Patricia had surgery and 15 lymph nodes (14 of them positive) were removed. "But the cancer had already broken through the cells and was running all through my blood stream," says Patricia.

The day came when it was time to start chemo. "The night before, I had dug out a Bible I had

as a teenager, all written in and verses highlighted," Patricia says. "I had not looked at it in years, but did that night. And I prayed asking God to help me through it all. There I was with my eyes closed just trying to go to sleep when I felt this big jolt on my right clavicle." A second jolt came at the base of her neck, and Patricia sensed God asking her to read her Bible again-out loud. She did and there on the pages were words of comfort, of healing, of protection

"Bless the Lord who is my immovable Rock. He gives me strength and skill in battle. He is always kind and loving to me; He is my fortress, my tower of strength and safety, my deliverer. He stands before me as a shield." - Psalms 144. "A rush of peace came over me like I have never before experienced...I was told I would maybe live a couple of more years, but that was 15 years ago (2005)!"

Many would be daunted to experience this trial a third time. But, Patricia says she was able to keep her morale high due to faith in God's decision for her life no matter what that meant. "I just focused on my daily routine and responsibilities and let Him carry the burden. Listening to music I love and watching TV/movie comedies were also great uplifters for me. I truly stayed focused on the here and now and took one day at a time while going through treatment."

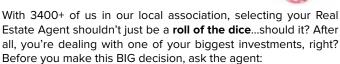
Patricia's advice for those going through similar situations? "Let friends and family help you, even if you don't need it. Understand that they are affected as well. They love you and feel helpless. So, don't push them away. Just say, 'Thank you!"

"By the same token, if you're a caregiver, don't overwhelm the patient," she says. "Don't try to take over their lives by telling them what they should or should not be doing. Be supportive, but not a dictator. It's important for them to carry on their day-today lives as normal as possible."

You can read about Patricia's experiences in detail at Destinites.com. Her hope is that her experiences and overcoming them will help others. To reach Patricia, contact her through the Contact Us page at Destinites.com.

Want to know the Value of YOUR home here on the Emerald Coast? Find out! Go to: www.DestinAgentGail.com

Ok...Pick a Number! ANY Number... Ok...Roll the Dice!



- Do they have a Full-Time Marketing Agency and Coach?
- Do they have a "Pro-Active" Marketing Plan of Action?
- Do they have an Iron-Clad Performance Guarantee?
- Do they have the **Power of 170,000+ Agents around the world?**
- Do they have the **Fower of 170,000** Agents alound the world:
- Do they **"Pro-Actively" search daily** for Buyers for their Sellers

and Sellers for their buyers...there is a difference!

"I would highly recommend Gail Pelto to anyone who wants a realtor who can get things done!"

- Melanie Kercher, Crystal Beach

Do YOU need to sell? Are YOU looking for a new Investment Property? Or maybe you want to know what's going on in today's real estate market. Let's talk! Gambling is not an option... Winning is!



Don't Wait... Call Gail TODAY! 850.374.0454 Gail.Pelto@KW.com www.GailPelto.com

W GAIL PELTO

KELLERWALLIAMS

Not ready today? Clip this ad and keep it with your house papers. I'll be here when you're ready!



(*) Community

How to Protect Your Most Treasured Possessions



By Joe Capers, Insurance Zone

n prior articles we detailed the major coverages and restrictions of your homeowners, condo unit owners or renter's policies. While these are designed to protect your structure and what's inside, there is normally limited coverage for your valuable possessions such as jewelry, fine art, wine, antiques and other collectibles that might be damaged, stolen or disappear. The best way to make sure these collections are adequately protected is to insure them on a Personal Articles Floater (PAF) policy separate from your primary homeowners.

Personal articles insurance covers personal property that is not covered by a traditional homeowner's policy. Home, condo and renter's insurance will typically cover personal items like electronics, clothing and furniture up to the limit of Personal Property or Contents (sometimes it is a percentage of your dwelling limit) on your policy. But for 'special' items such as valuable jewelry, furs, art and silverware, there are sub limits that limit the coverage to predetermined amounts, normally between \$1,000 and \$2,500.

These 'special limits of liability' provisions for certain items of personal property limit and state the maximum payout for these items. It is not to be confused with the personal property limit on your insurance policy declaration page or the insured value of the dwelling, which are always much higher.

The list of items that can be covered under a Personal Articles Insurance is extensive. Some of the more common high-value items are Keepsakes - jewelry, furs, fine art, fine china, silverware, collectibles and money; Equipment - cameras, computers and software, musical instruments, golf, bicycles, silverware, sports equipment and guns; Health-related Hearing aids, medical devices, prosthetic devices, personal mobility devices, and wheelchairs. The standard homeowner's policy limits the coverage for these items to anywhere between \$1,000 to \$2,500.

We normally recommend purchasing a standalone policy, even though you might miss out on the savings or convenience of bundling with one insurer. There are several reasons you might want a standalone policy for your valuables and gifts, rather than using your homeowner's insurance. This is particularly true if the item is for someone who does not live with you, and it cannot be added to your policy, or you don't have homeowner's, condo unit owner's or renter's insurance, or the item is used for work or business which would be excluded from a homeowner's policy. Another advantage of a standalone policy is, if you have a loss, your homeowner's coverage is not negatively impacted.

Although the benefits of standalone or scheduled policy may vary from insurer to insurer, you should check with your agent for the details. Below are many of the most common provisions that should be verified if important to you as the owner:

Worldwide coverage – protects your covered valuables at home and across the globe and covers most causes of loss, with no deductible

Individual coverage – flexible coverage options to meet your unique needs, whether you own one item or many pieces

Protecting your delicate items – breakage of fragile possessions is automatically covered

Newly required items – may be covered up to 90 days

up to a certain limit

Payout market value – can pay up to market value and an additional amount

Premium discount – if you keep in a bank vault, you can benefit from a reduced insurance premium

Appraisal requirement – Appraisals will be required for individual pieces valued over a certain amount. Below this threshold, usually all that is required is a description, estimated value and possibly a photo

Agreed value feature – makes sure you receive 100% of the agreed value as a cash set-tlement

Choices – you can decide whether to repair or replace the item, at the merchant of your choice, or keep the cash

You invested a lot in your valuable private collections. Make sure you have the right coverage to protect each piece. Talk to your agent today to find out the best option for you. Watch a detailed video at myinsurancevideos.com.



Insurance Zone, founded by Joe and Lea Capers, is a full service commercial and personal lines insurance agency. Visit their Video Library on www.ins-zone.com and watch an informative video "How to Protect your most Treasured Possessions" or call (850) 424.6979 and talk with one of our experienced Team Members.

VISIT **MYDESTINLIFE.COM** TO READ THIS ISSUE ONLINE

BOOK NOW FOR ARRIVALS STARTING APRIL 14, 2022

Shelly Leugers totally4Utravel@outlook.com (850) 293-6661 Totally4UTravel.com





Tifestyle

6 Easy Designer Tips for Creating a Beautiful Thanksgiving Table



By Kim Schneider, Coastal Design by Kim

Thanksgiving will be here before we know it. If you're anything like me, your brain is wrapped around a family/ friends get-together, turkey, football and gratitude for our everyday pleasures. Dedicating a season to "thankfulness" warms our soul, yet can be hectic at the same time.

Before your home is filled with loquacious company, football cheers and kids bouncing about, let's start thinking about setting the table. Pulling together your table should be inviting and maintain a wow-factor without overwhelming YOU or your guest.

Nothing says welcome like a beautiful table setting. Let's get started!

1. Keep It Simple: Most Thanksgiving memories are spent around the table with good conversation and delectable eats. Creating a low centerpiece allows everyone to see one another across the table. Keeping it simple and low can be very elegant. But, if your heart is set on a tall centerpiece, try using a glass vase to create an open feel. NOTE: Always use unscented candles so they don't compete with the food. We've waited all year to enjoy these Thanksgiving aromas.

2. Change the Color Scheme: Yes, it's autumn, but you don't have to use traditional fall colors. We live near the Gulf and it's perfectly okay to embrace a coastal theme. You can utilize natural elements with a neutral color scheme by selecting "white pumpkins" with simple vintage maritime items and shells. You can also add splashes of corals and blue hues to add a pop of color to your table. Metallic pops work, too.

3. Create a Fun Centerpiece: At this time of year, pumpkins, gourds, winter squash, pomegranates and crisp autumn leaves are plentiful and look great together. Layer them



in different shapes, colors and sizes for a unique (and edible) centerpiece.

4. Mix and Match Your Patterns: Do you have multiple sets of dishes? Mix and Match them to create an eclectic look. You can use your traditional china and combine them with your everyday dishes to create a contrast. It will allow you twice the amount of table settings and creates a unique look. We all love a wow-factor!

5. Place Cards: Personalize

your table with place cards by creating nametags and attaching them to fruits and gourds (don't be afraid to spray paint them to match your color scheme). You can place them atop or to the side of each place setting. Your guests will feel special and appreciate your creativity. 6. Kids Table: If you're lucky enough to have a kids table, make it a fun one! Keep them entertained by storing crayons, stickers and other art supplies in empty cans you used to create your Thanksgiving meal (like cranberries, corn and pumpkin). Use butcher paper for their tablecloth. They can draw their own placemat and decorate their place card holder too!

The above steps are simple and can be done ahead of time. Circle a day on the calendar so you can create your table-scape early and enjoy your decorated space before opening the door to your Thanksgiving guests. Don't stress, YOU got this! It'll be beautiful and your company will be delighted with your clever decorating ideas. Wishing YOU and yours a Happy Thanksgiving. Let's eat!

Contact me at kim@ coastaldesignbykim.com or (850) 904-6622 or visit CoastalDesignbyKim.com.



850.269.0781 Located between Destin & Sandestin 5.5 miles from Sandestin Hilton • 2 miles from Henderson Beach City Market Bayside, 4495 Furling Lane, Destin

READY TO CREATE YOUR DREAM? Your Search Ends Here! Inspiring modern & classic design solutions for your home or office while helping you effortlessly transform any space!

"When designing, I feel it's important to balance functionality and aesthetics while considering the unique qualities of each space. My inspiration comes from listening to YOU!" ~ Kim Schneider

Living Room & Bedroom Design
Custom Window Treatments
Lighting Designs
Color and Wall Coverings
Fixture & Finishes
Patio Furniture & Cushion Replacement
Furniture Selection
Furniture Reupholstery
Art & Accessory Selection





By JODELL HAVERFIELD

Panama is the crossroads of North and South America opening new worlds for travelers. It has long encouraged visitors to take a deeper dive into its natural and cultural wonders for an authentic travel experience. Many of its infamous sites are centered in and around the international travel hub of Panama City, the only national capital with a tropical rainforest park within its city limits as well as massive skyscrapers and a vibrant historical district. This great city also boasts archaeological remnants of a colonial past and, of course, the technological wonder of the Panama Canal.

Adventurers from all over the world have enjoyed the nooks and crannies of the quaint villages from the coffee growing highlands to the self-governing indigenous community along the Caribbean coast and the traditional Panamanian culture not far from Pacific coastal surfing beaches.

Whether you want to stay in Panama City or venture out on day trips, with each destination you can quickly determine which parks or beaches will suit your needs. You can check travel times, which ferries to catch and more.

Panama opens a wide range of experiences to be had in a variety of settings, such as:

Hiking a volcano, sampling Afro-Caribbean cuisine in Isla Grande, with its pastel-colored cottages, white sand beaches and centuries-old Black Christ statue in the harbor.

Shopping for textiles made by the Gunas in the San Blas Islands or attending festivals on Azuero Peninsula, the cradle of Panamanian folklore and home to good surf spots not to mention snorkeling, diving, kayaking, hiking and wildlife-viewing at numerous parks.

You might want to try this amazing "Winter Getaway" to Panama City March 24, 2022, the name's sake of our own Panama City, Florida. You will tour the oldest section of the city and a designated UNESCO World Heritage Site. You will see the architecture from crumbling facades of days gone by to beautifully restored buildings in classic style.

Next experience the construction history of the canal and see the operation of the lock, as you overlook this amazing masterpiece.

Later, depart for the Gamboa and embark a ship to begin a partial transit of the Panama



Canal, narrated by a local expert as you cruise through the Gaillard Cut, cross under the Centennial Bridge, and transit the Pedro Miguel Locks. Enjoy lunch onboard while experiencing the operation of the lock as you descend 30 feet in one step and reach Miraflores Lake. Enter the Miraflores Locks in the Pacific Ocean where you are lowered 60 feet in a two-

step process. Sail on the Pacific Ocean, pass under the Bridge of the Americas and disembark at Amador Causeway in the Panama Bay.

After all this, you will enjoy

a relaxing stay at a luxurious beach resort or a few days before your flight back home. Call JoDell for more information and follow us on social media.

Our next Podcasts will feature our latest post-Covid travel experience, including my experience at Universal Studios and my un-cruise adventure ending at a five-star resort in Fort Lauderdale for a few days.

As we prepare to celebrate Thanksgiving this month, I would like to end my editorial by sharing with my readers how very thankful I am that my husband and I both recovered from our month-long experience in July with the Delta Variant of covid-19. Within weeks of our experience, we learned of several friends and constituents who passed away. Our hearts go out to their families.

Book Your Next HAVE TRAVEL MORT FOR AUXING

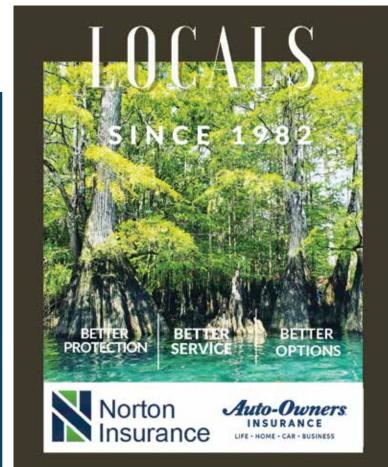
Here for You... And All of Your Travel Needs!

JoDell Haverfield, Owner and CEO of Have Travel Memories Vacations, with over 25 years as a Travel Advisor, Accredited Cruise Councellor hosting cruises since 2002. Specializing in the Cruise and



River Cruise industry. Call or email me today and let your adventures begin...

JoDell Haverfield, CEO (406) 544-8365 Direct (850) 608-3058 Office JoDell@havetravelmemories.com www.havetravelmemories.com





Receive \$300 off the purchase of a new cart when you mention this ad!

in







36058 Emerald Coast Parkway Destin (Across from Regatta Bay) 850-837-2600 | EccoMotors.com

A City Like No Other

🔅 Auto Life

4 Classic Beach Rides You Won't Lose Money On



By WILL ESTELL

When it comes to making what you drive a smart investment beyond just buying the run-of-the-mill average car, or simply getting from point A to point B, there are quite a few options to choose from in the rapidly changing realm of classic and investment automobiles. It's one thing to set out to choose a mode of transportation that can prove to be an appreciating financial asset. But, it's another to find just the right ones you can also enjoy driving on a regular basis without breaking the bank. Bonus: It can also make you look and feel a little cooler the next time you're cruising along Old 98 or 30A, taking in the sand and surf while feeling pretty smart about not losing money in your new ride.

Here, I've compiled a short

list of five appreciating, yet affordable vehicles that are highly dependable as regular drivers, simple and affordable to maintain for the average person, can still be found at prices less than a new entry level compact car, and you can buy, drive and likely gain value in while owning something that has that classic coastal vibe.

Porsche 914

SALEY BUSH

Produced between 1970 and 1976, this once odd ball Porsche with a VW sourced, mid-engine, air-cooled flat four is now regarded as one of the



best handling, easy to maintain and fastest appreciating classic roadsters around. And who wouldn't love cruising along the beach with the Targa top off listening to their favorite tunes, and the rumble of that flat four with the wind in their hair? I've personally owned four 914s over the years and can tell you they are both fun to drive, quite practical for a two-seater (think, trunk in front and rear, due to the mid-engine design), simple enough mechanically to do a lot of your own wrenching, and even great on gas. When buying, look out more than anything for the dreaded body rot and rust that plagued just about all cars of that era. But, otherwise, most mechanical issues are far less expensive to repair or replace than any newer import, since the cars are free of modern electronics (even AC in most cases, sorry) and just don't have as much to go wrong as modern cars do. Ten years ago, you could find a presentable, rust-free or reconditioned driver for \$8,000.

<image><text><text><text><text><text><text><text><text>



These days expect to pay from \$15,000 to \$25,000 for the same thing. Some close-to-perfect cars are already commanding more than \$40,000, but also likely will your \$15,000 version in a few years if you grab it fast.



Lotus Elan MK100

This front-drive convertible sports car is perhaps the only truly affordable and dependable Lotus you can own under \$20,000 (if you hurry). Only 4700 were made (SE and S2) between 1989 and 1995. This second-generation Elan sits between the original Lotus Elan launched in 1962 and the later mid-engine Elise (also quite dependable thanks to its Toyota sourced drivetrain), introduced in 1996. The Elan MK100 has an Isuzu sourced turbo four, mated to a manual 5 speed, that's proved to be a highly reliable and economical to maintain British roadster. And trust me, those terms don't often go together in the world of older British cars. Good condition, drivable Elans can often be found with under 100,000 miles on them anywhere from \$12,000-\$20,000. But, with less than 5,000 ever made, they will hold their own and likely go up significantly in the coming years. Oh, did I mention, it's also a really fun car to drive and turns heads better than most new cars costing three times as much.

Toyota Land Cruiser FJ80



With the prices of classic FJ40s, 45s and 60s, Land Cruisers are becoming out of reach for many buyers. The FJ80 is perhaps your best bet for a truly appreciating classic SUV these days. Best of all, you can actually drive and live with this more modern classic than its prede-

🐲 Auto Life

CLASSIC RIDES

continued from previous page

cessors. The FJ80 premiered in 1990 as a brand, new Cruiser, and was built through 1997 in this same body style, though it did switch from it's 4.0 straight 6 powerplant to a slightly more powerful 4.5 liter during this model run. Either engine is great, with many examples still running like new with well over 250,000 miles on them, while well maintained ones reach over 400,000. The FJ80 is full-time, four-wheel drive, offering low and high range, and a locking center differential-meaning these things will go just about anywhere you want to go,

while still carrying seven people, thanks to the rear third row jump seats. Expect to pay in the \$10,000 to \$20,000 range for a good, well maintained daily driver, with the knowledge that it's certainly not going down in value and likely will increase by 50% in the next three to four years.

Jeep Cherokee

This is one appreciating classic you probably wouldn't expect to see in this group. Almost everyone knows someone who once had one of these back when they were simply the "it" SUV to have. Though not expensive even when new, the Cherokee of this era was popular with buy-



ers across many socioeconomic groups, from back woods country folk to the Rodeo drive crowd.

With its boxy body shape and old school grill with rectangular headlights, this Cherokee was basic but brute. The dependability of its main engine choice, the 4.0 liter inline six (not so much for the previous 2.5 four banger or GM-derived 2.8 V6), made the Cherokee ultra-dependable, in terms of drivetrain, with many examples of the 4.0 variety running over 300,000 miles with no problems. These were available in two- and four-wheel drive, with the 1987 up vehicles sporting the better Selec-Trac system that has become a hallmark of Jeep vehicles.

The 2000 model, loaded with 4x4, MSRP'ed for around \$22,000, and you can still find capable drivers today for under \$5,000. But, I expect that the best examples of these SUVs will reach \$12,000 within the next few years. Especially with so many of the 16-to-30-year-old crowd discovering them as the "cool" they once were thought to be.

Will Estell is a writer and magazine editor, with hundreds of published articles in various publications, as well as numerous additional online articles in an array of genres. He's been instrumental in founding 11 magazine titles from concept to fruition, both for other publishing companies and his own partnerships, while continuing to actively partake in freelance media projects for an array of local, regional and national publications, such as this one. Will is a father of three who makes his home in Destin, along with his lovely girlfriend, ABC 3 news anchor, Laura Hussey. When he isn't writing, creating or consulting in the media realm, he enjoys spending time outdoors, attending live music events and playing with cars-real ones.

ALETHA'S LEGACY

continued from page 5

an indoor mess hall for eating.

The capital budget for the second phase of renovations is \$50,000 U.S. dollars. Once funded, these renovations will include the installation of windows, doors, electrical work and a water tower, as well as painting, tiling and installation of a new generator. To learn more or find out how you or your business can support the renovation of the orphanage, email Zhalman Harris at zhalman@ alethaslegacy.org or call (612) 616-0143.

Aletha's Legacy is a 501(c)3

non-profit founded by Zhalman, a Liberian refugee, to honor his mother, Aletha, who lost her life and their home during the 14-year civil war that ravaged their country in West Africa. Through mission trips, Aletha's Legacy improves under-privileged children's lives in his home country by renovating schools and orphanages, improving the quality of education, and providing access to nutrition at school. For further information, visit alethaslegacy. org, email info@alethaslegacy. org or call (612) 616-0143. See the latest updates on facebook. com/alethaslegacy, instagram. com/alethaslegacyinc, and

https://www.youtube.com/ channel/UCdwm30rllzf6PYl_ jxm99ug. To read Zhalman's story and how Aletha's Legacy got started, visit MyDestinLife. com, June 2020 issue.





Page 22

Sports

Preview: Participating Teams in Emerald Coast Classic

By MIKE MAHON

The Emerald Coast Classic, one of the area's top sporting events, returns after a twoyear absence this Thanksgiving weekend, providing fans along the Emerald Coast a look at college basketball teams that hope to make their presence known in the 2022 NCAA Tournament.

LSU, seeking its third straight appearance in the NCAA Tournament, and Oregon State which was the Cinderella story of the 2021 NCAA Tournament after advancing to the



Elite Eight, headline the Emerald Coast Classic field.

The semifinal round games on Nov. 26 will feature LSU playing Penn State at 6 p.m. Central Time, followed by Oregon State facing Wake Forest at 8:30 p.m. Central Time.

The championship game on Nov. 27 will tip off at 6 p.m. at The Arena at Northwest Florida State College with the thirdplace game set for 3 p.m.

It will be a homecoming of sorts for Wake Forest head coach Steve Forbes, who served as head coach at Northwest Florida State College from 2011-13, guiding the Raiders to a 62-6 record. Penn State captured the 2018 NIT championship. Tickets can be purchased online at https://www.emeraldcoastclassic.com/2021-tickets/

In addition to the prime-time matchups, the Emerald Coast Classic will feature an afternoon session on Friday as well as a Saturday morning session involving McNeese, North Carolina A&T, Samford and St. Francis Brooklyn.

Here's a sneak preview of the participating teams:

LSU Tigers

LSU has a combined 39 SEC wins over the past three seasons— the most in the conference during that span. The Tigers are the only team to finish in the top four in the SEC in each of the last three seasons and have established themselves as a perennial SEC contender under coach Will Wade.

Oregon State Beavers

The Beavers had a 14-12 record before winning the Pac-12 Conference tournament in Las Vegas and making their historic NCAA Tournament run. Oregon State, which had not won an NCAA Tournament game since 1982 before notching three wins in the 2021 bracket, has the pieces to make the NCAA field again as an at-large section.



DATE: THURSDAY, NOVEMBER 18TH TIME: 5:00 PM-8:00 PM LOCATION: 200 BEACH DR DESTIN-DLC GYM WRISTBANDS: \$5 AT THE DOOR RAFFLE TICKETS: \$2, \$5 AND \$10 EACH

GAMES-RAFFLES-INFLATABLES-AND MORE!

Sponsorship opportunities available-contact Logan Harris for details loganschultz16@gmail.com The key question is can coach Wayne Tinkle and the Beavers handle the heightened outside expectations born out of last season's Cinderella story? Six of the top eight scorers from the remarkable Pac-12 and NCAA Tournament are back.

Penn State Nittany Lions

Between his offensive acumen and experience with the likes of Brad Stevens and Matt Painter, don't be surprised if first year head coach Micah Shrewsberry leads Penn State to a surprising finish in the Big Ten Conference. Success will be defined by how quickly everyone picks up the style of Shrewsberry who lured Siena's Jalen Pickett and Western Michigan's Greg Lee to supplement holdovers John Harrar and Seth Lundy.

Wake Forest Demon Deacons

Year Two of the Steve Forbes regime should be an improvement and provide hope for the future. Senior Daivien Williamson followed Forbes from East Tennessee State to Wake Forest and led the team in scoring (12.9)ppg) last year. Senior Isaiah Mucius led the Demon Deacons in rebounding (5.2 avg.). The duo were the only players to appear in every contest during the 2020-21 season. Mucius (10.3 ppg) can score inside and out. A crop of new faces should help the team's talent level and depth.

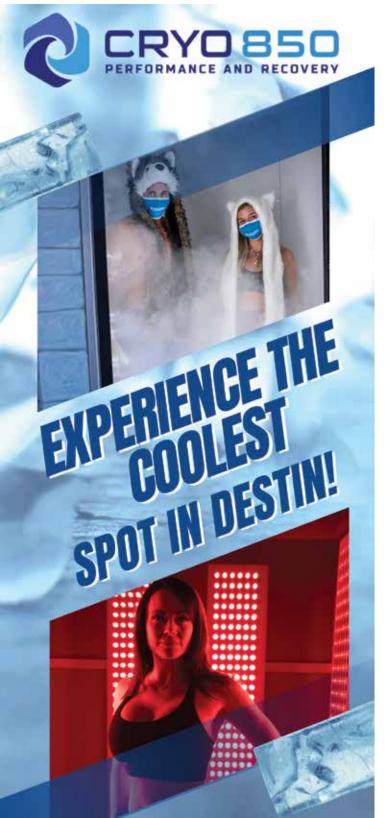
Schedule

Friday, Nov. 26

- **11 a.m.** McNeese State vs. St. Francis Brooklyn
- **1:30 p.m.** —Samford vs. North Carolina A&T
- 6 p.m. Penn State vs.
- LSU
- 8:30 p.m. Oregon State vs. Wake Forest

Saturday Nov. 27

- **10 a.m.** Seventh-Place game
- **12:30 p.m.** Fifth-Place game
- **3 p.m.** —Loser of Penn State/LSU vs. loser of Oregon State/Wake Forest
- **6 p.m.** Championship: winner of Penn State/ LSU vs. winner of Oregon State/Wake Forest



TRY THE COMPLETE CRYO WELLNESS CIRCUIT!

WHOLE BODY CRYOTHERAPY | LOCALIZED CRYOTHERAPY

FAR INFRARED SAUNA | VIBRATION PLATES | COMPRESSION THERAPY

3D BODY SCANNER | DETOXIFICATION

4495 Furling Ln Suite 10, Destin | (850) 279-4145

CRYO850.com | **f** 9 **@** @CRYO850

2021 Football Guide Football. Food. Fun. Fans. Let the Games Begin...



Destin's Best Places to Watch Your Favorite Teams!



By Scott Miller

I think God made November with football in mind. That's why it's the perfect time of year for all of us die hard fans and, I'm sure, for all the players, too. With every week that passes, the intensity builds and the stakes get higher. Who's in and who's out? Who's hot and who's not? A bad day can change your team's destiny, but one crazy, unexpected win and the whole season can be salvaged and celebrated!

The highly anticipated, annual end-of-season Iron Bowl is proof! Just ask any "War Eagle" screaming Auburn fan... and you'll see for yourself. Trust me. I know...It's awesome! November always sets the stage as these rivalry matchups play out every year and I can't get enough. Yes, I'm sure of it—God clearly made November with football in mind. So, pray for a miracle my fellow football fans and maybe, just maybe...Well, let's just watch and see.

Wondering where to go to watch your team this year? We've done the homework for you. So, read on then go out and try them all. Here in Destin, there's never a bad seat in the house.

AJ's Seafood & Oyster Bar

Home of the World Famous Jumbotron. Football Season is in full swing and you don't want to miss out on experiencing the 2021 season AJ's style. AJ's Seafood & Oyster Bar is featuring the best games all season long on the one and only Jumbotron, right here on the Harbor in Destin. Be sure to enjoy an adult beverage or two with AJ's branded vodka or savor the flavor of local beers brewed exclusively for AJ's by Props Craft Brewery. Serving up delicious daily specials and entertaining live music all week long, it's Football, Football, Football. AJ's Seafood & Oyster Bar is where you want to be.

(850) 837-1913 116 Harbor Blvd., Destin ajsdestin.com

Austons on 98

Offering a raw bar, happy hour and live music, Austons is home of the 102-foot bar including 32 beers on draft. Some of the specialties include little neck clams, freshly shucked raw oysters, New England style clam chowder and jumbo shrimp cocktail! Football fans, Auston's is ready for you. There are big screen TV's all around, so not a bad seat in the house. Enjoy Football Specials including \$5 Pints, \$16 Buckets and more. Auston's on 98, of Nashville roots, also features its very own "Real Deal Nashville Hot Sauce!" And don't miss the endless Mimosa and Bloody Mary Brunch featuring amazing chicken and waffles every Saturday and Sunday from 11am - 3pm with live music every Friday and Saturday from 7-10pm.

Check out more specials, beer selections and a full menu at austonson98.com.

(850) 842-3200 125 Poinciana Blvd., Miramar Beach Austonson98.com

FATBOYS - Destin

Are you craving a delicious burger or some tasty wings and an ice cold beer? Maybe all of the above? But the game is on and you won't miss even a single play. FATBOYS has you covered. Fully staffed and ready to serve you, the obvious choice is easy to see and that's just how they want it. Yes, indeed y'all, Game Day and FATBOYS go hand in hand. So, hustle on



down to some of the best, most delicious gameday football watching food the world has ever known. Be sure to enjoy a tall glass of FATBOYS Lager, too, a true joy to your taste buds that will perfectly compliment anything on the menu. Oh, and bring the crew with you, too. There's always a great seat waiting just for you! The newest location in Miramar Beach is opening soon, so keep an eye on Fatboys' Facebook page for exciting updates. They hope to see you soon. Tell them Destin Life said hi!

(850) 842-3190 104 Harbor Blvd. Destin Ilivefatboys.com

Island Wing Company Grill & Bar

Voted "Best Wings" four years running, Island Wing Co. is calling your name. NOTHING is fried! Everything is baked, grilled or steamed! Come in and find your favorite beer among the 58 selections on tap or enjoy a cocktail and savor some of the tastiest food you've ever eaten.

Continued on next page



Holi Restaurants (A Havor of Joy) serve a unique combination of Indian Cuisine and Indian heritage!

Look for our food truck: Holi on Wheels

FOLLOW US ON SOCIAL MEDIA for updates and food truck locations

FORT WALTON BEACH

Holi Indian Cuisine

280 Eglin Pkwy NE

Fort Walton Beach

(850) 362-6077



MIRAMAR BEACH Holi Indian Kitchen 10859 Emerald Coast Pkwy Miramar Beach (850) 353-2630 (850) 215-3030

Have you visited Fatboys...where we build the juiciest burgers and fry up the tastiest wings you've ever had?

We start with fresh never frozen 100% premium beef for our burgers, add only the freshest ingredients, and build it just the way you like.

Check out our menu at ilovefatboys.com

104 HARBOR BLVD., DESTIN, FL (850)842-3190

NEW LOCATION - OPENING SOON! Miramar Beach Next to Holi

Follow us on Social Media

DESTIN'S BEST

continued from previous page

Are you ready for some football? With Big screen TVs situated all around the bar and restaurant, Island Wing Company invites you in to watch and cheer the 2021 football season. Need to feed the whole family? Family meals to go with curbside delivery has you covered. Your Island awaits you...

(850) 837-2999 981 U.S. Hwy. 98, Destin islandwing.com



Landshark's Pizza Hey, Sports Fans! Hungry,

thirsty, maybe a little of both? Come in and visit Landshark's Pizza. Owners Brian and Sue Hassmann have created the locals' favorite pizza, buffalo wings and sports pub and bar that serves great pizza AND awesome wings plus many other

Football. Food. Fun. Fans. Let the Games Begin...



scrumptious eats for folks of all ages. There's plenty of seating for everyone and TV's galore, plus fun and games all week long. Sports fans from all over come and watch all their favorite teams on countless regional and national sports networks, because College and Pro Football is back and the 2021 season is underway. With a fully stocked bar serving up 95 different bourbons and 30 beers on draft, it's no secret why the locals love Landshark's Pizza Company.

(850) 424-6743 300 Harbor Blvd., Destin landsharkspizza.com

Tailfins Waterfront Grill

Start your day off right with Tailfins Breakfast every day from 8am-11am, 7 days a week!

Enjoy a classic breakfast with bacon and eggs or add a little flair to your morning with Chicken & Pancakes, a Seafood or Cajun Omelette and even a Kids Smiley Pancake! Be sure to order up a round of Mimosas and Bloody Marys, a perfect way to start your day...

Watch Tailfins' world famous Sushi chef create right in front of your eyes! If you haven't tried the Sushi yet, you're missing out...absolutely the best in town! Featuring multiple levels of indoor and outdoor dining overlooking the Destin Boardwalk and Harbor, Tailfins is your go-to destination. Football Season is going strong and with huge BIG screen TV's everywhere you look, and I mean everywhere, you can watch your favorite teams all season long. Kick back and enjoy some of your absolute favorite food and

drinks including Sushi Rolls and Sake Bombs, Scrumptious Early Bird Dinner Specials M-F from 4-6pm. Happy Hour from 4-6pm Mon. – Fri. featuring \$17 Domestic Bottle Buckets and \$7.99 Pitchers, \$5 House Wines and Well Drinks and \$5 Long Island Iced Teas. Rusty Hammerstrom performs every Monday, Wednesday & Friday. Daniel Boone is live every Tuesday, Thursday and Saturday.

DAILY CRUISES

Introducing Tailfins Island Adventure.

Departures 7 Days a Week aboard "Always Workin," Tailfins' Brand New 45 foot long cruiser.

Enjoy the Destin Harbor & Crab Island like never before; Choose between The World Famous 4-Hour Tour, Sunset Cruise or Thursday night's Spectacular Fireworks Cruise.

Book online at tailfinsislandadventure.com.

(850) 650-1200 On the Harbor in Destin, 172 Harbor Blvd. tailfinsdestin.com

Tequila's Sports Bar & Grill EAT. DRINK, FIESTA!!

We've got just two words for you Amigo. FOOTBALL SEA-SON! Tequila's knows what that means here in Destin and is ready for you on Game Day or any day. Ready to shake it up a little? And we mean literally – Tequila's Sports Bar and Grill has quickly become a local favorite. Let them serve up some of their world class, jumbo sized Margaritas, sure to set

Continued on next page



MEXICAN BREAKFAST SERVED EVERY SATURDAY & SUNDAY MORNING! OPEN FOR LUNCH & DINNER DAILY Latin Supermarket, Taqueria & Cantina SPECIALTY MEATS SOLD HERE! Great selection available daily. We will grill your meats to perfection for you for only \$1.99. We off a diverse selection of food and groceries from different Latin-America countries!

Now Hiring All Positions - Apply Within

Mi Genté 733 Harbor Blvd. • Destin (850) 842-2992

DESTIN'S BEST

continued from previous page

the mood to watch your favorite game. Tequila's has some of the best seats in the neighborhood. Everyone's got a favorite...find your Mexican food fave here inspired by years of tradition and authentic spices such as the Tequila's Plate, Chili Con Carne, The Three Amigos and the new MASTER PARRILLADA—a

Boathouse Oyster Bar

Destin's best kept secret—it's where the locals go with live music every night! Located in the heart of Destin on the Destin Harbor, the Boathouse specializes in making oysters a delicacy. Boathouse's Gumbo recipe was written by Mama Gumbo herself. And, of course, the oysters are raw, steamed or baked just the way you like 'em! The first Friday of every month the Boat-



unique fusion of sports bar food and delightful Mexican dishes.

Celebrate Taco Tuesdays with 2-4-1 Margaritas! Lunch specials offered daily Monday – Friday for \$8.99. Open seven days a week for lunch, dinner or call ahead to place your take out and to-go orders.

(850) 279.6402 11225 U.S. 98 W., Miramar Beach Tequilasmiramarbeach.com house hosts locals on the Destin Harbor from 5pm – 7pm. Who wants a free keg? Bring a donation for the Emerald Coast Foundation to qualify for entry.

Listen and move with live entertainment daily. See ad for bands and times.

Music schedule subject to change. Follow on FaceBook for updates! Enjoy...

(850) 837-3645 288-B Harbor Blvd., Destin Boathouseoysterbardestin.com

SEC	Nov 6	Nov 13	Nov 20	Nov 27
Alabama	LSU	N MEX ST	ARK	@AUBURN
Arkansas	MISS ST	@LSU	@BAMA	@MIZZOU
Auburn	@TEX A&M	MISS ST	@S CAR	BAMA
Florida	@S CAR	SAMFORD	@MIZZOU	FSU
Georgia	MIZZOU	@TENN	CHAR SO	GA TECH
Kentucky	TENN	@VANDY	N MEX ST	@L'VILLE
LSU	@BAMA	ARK	LA-MONROE	TEXAS A&M
MSU	@ARK	@AUBURN	TENN ST	OLE MISS
Missouri	@GEORGIA	S CAR	Florida	@ARK
Ole Miss	LIBERTY	TEX A&M	VANDY	@MISS ST
SC	FLORIDA	@MIZZOU	AUBURN	CLEMSON
Tenn	@KENTUCKY	GEORGIA	S ALA	VANDY
TEX A&M	AUBURN	@OLE MISS	PRAIRIE V	@LSU
VAN	OPEN	KENTUCKY	@OLE MISS	@TENN

ACC	Nov 6	Nov 13	Nov 20	Nov 27
Boston C	VA TECH	@GA TECH	FSU	WAKE
Clemson	@L'VILLE	UCONN	WAKE	@S CAR
Duke	PITT	@VA TECH	L'VILLE	MIAMI
Florida St	NC ST	MIAMI	@BC	@Florida
Ga Tech	@MIAMI	BC	@ND	GEORGIA
Louisville	CLEMSON	SYR	@DUKE	KENTUCKY
Miami	GA TECH	@FSU	VA TECH	@DUKE
NC	WAKE	@PITT	WOFFORD	@NC ST
NC State	@FSU	@WAKE	SYR	NC
Notre Dame	NAVY	@UVA	GA TECH	@STANFORD
Pittsb	@DUKE	N CAR	UVA	@SYRACUSE
Syracuse	OPEN	@L'VILLE	N CAR ST	PITT
Virginia	OPEN	ND	@PITT	VA TECH
Vir Tech	@BC	DUKE	@MIAMI	@UVA
Wake	@N CAR	NC ST	@CLEMSON	@BC

Game Day Highlights

Saturday 11/6

Auburn @ Texas A&M 2:30pm LSU @ Alabama 6:00pm Navy @ Notre Dame 2:30pm NBC Penn State @ Maryland 2:30pm Clemson @ Louisville 6:30pm NC State @ Florida St 3:00pm Florida @ S. Carolina 6:30pm Missouri @ Georgia 11:00am

Saturday 11/13

Mississippi St. @ Auburn 11:00am Michigan @ Penn State TBA Notre Dame @ Virginia TBA Georgia @ Tennessee 2:30pm Texas A&M @ Mississippi 6:00pm Oklahoma @ Baylor TBA N. Carolina @ Pittsburg 6:30pm

Saturday 11/20

Auburn @ S. Carolina TBA Rutgers @ Penn State TBA Arkansas @ Alabama TBA GA Tech @ Notre Dame 1:30pm Wake Forest @ Clemson TBA Michigan St. @ Ohio State TBA Iowa St. @ Oklahoma TBA

Saturday 11/27

Alabama @ Auburn TBA Penn State @ Michigan St TBA Mississippi @ Miss St 6:30pm Georgia @ Georgia Tech TBA Ohio State @ Michigan 11am Oklahoma @ Okla St TBA Texas A&M @ LSU TBA Notre Dame @ Stanford TBA





300 HARBOR BOULEVARD IN DESTIN (850)424-6743 NHL | NBA | NCAA College Hoops on an Army of Big Screen TVs! Destin's Official Green Bay Packers HQ!

Football. Food. Fun. Fans. Let the Games Begin...

WEEK 9

Thursday, Nov. 4

- New York Jets at Indianapolis Colts, 7:20 p.m. (FOX/NFLN/AMAZON)
- Sunday, Nov. 7 Minnesota Vikings at Baltimore Ravens, Noon (FOX)
- New England Patriots at Carolina Pan-
- thers, Noon (CBS) Cleveland Browns at Cincinnati Bengals,
- Noon (CBS) Denver Broncos at Dallas Cowboys,
- Noon (FOX) Buffalo Bills at Jacksonville Jaguars, Noon (CBS)
- Houston Texans at Miami Dolphins, Noon (FOX)
- Atlanta Falcons at New Orleans Saints, Noon (FOX)
- Las Vegas Raiders at New York Giants, Noon (CBS)
- Los Angeles Chargers at Philadelphia Eagles, 3:05 p.m. (CBS)
- Green Bay Packers at Kansas City Chiefs, 3:25 p.m. (FOX)
- Arizona Cardinals at San Francisco 49ers, 3:25 p.m. (FOX)
- Tennessee Titans at Los Angeles Rams, 7:20 p.m. (NBC)

Monday, Nov. 8

Chicago Bears at Pittsburgh Steelers, 7:15 p.m. (ESPN)

Calling Destin's best amateur

BBQ chefs! The fourth annu-

al HolySmokes! BBQ Cook-off

will be held Sat., Nov. 13 from

11 a.m.-2 p.m. on the back lawn

at Immanuel Anglican Church.

BBQ tastings, live music, good

food and great fun will be avail-

WEEK 10

- Thursday, Nov. 11 Baltimore Ravens at Miami Dolphins, 7:20 p.m. (FOX/NFLN/AMAZON)
- Sunday, Nov. 14 Atlanta Falcons at Dallas Cowboys, Noon (FOX)
- Jacksonville Jaguars at Indianapolis Colts, Noon (CBS)
- Cleveland Browns at New England Patriots, Noon (CBS) Buffalo Bills at New York Jets, Noon
- (CBS) Detroit Lions at Pittsburgh Steelers, Noon
- (FOX) New Orleans Saints at Tennessee Titans,
- Noon (CBS) Tampa Bay Buccaneers at Washington
- Football Team, Noon (FOX) Carolina Panthers at Arizona Cardinals,
- 3:05 p.m. (FOX) Minnesota Vikings at Los Angeles Chargers, 3:05 p.m. (FOX)
- Philadelphia Eagles at Denver Broncos, 3:25 p.m. (CBS)
- Seattle Seahawks at Green Bay Packers, 3:25 p.m. (CBS)
- Kansas City Chiefs at Las Vegas Raiders, 7:20 p.m. (NBC)
- Monday, Nov. 15 Los Angeles Rams at San Francisco 49ers), 7:15 p.m. (ESPN)
- , . . ,

WEEK 11

Pro Football Schedule

Thursday, Nov. 18

- New England Patriots at Atlanta Falcons, 7:20 p.m. (FOX/NFLN/AMAZON) Sunday, Nov. 21
- Indianapolis Colts at Buffalo Bills, Noon (CBS)
- Washington Football Team at Carolina Panthers, Noon (FOX) Baltimore Ravens at Chicago Bears,
- Noon (CBS) Detroit Lions at Cleveland Browns, Noon
- (FOX) San Francisco 49ers at Jacksonville Jag-
- uars, Noon (FOX) Green Bay Packers at Minnesota Vikings,
- Noon (FOX) Miami Dolphins at New York Jets, Noon
- (CBS) New Orleans Saints at Philadelphia Ea-
- gles, Noon (FOX) Houston Texans at Tennessee Titans,
- Noon (CBS) Cincinnati Bengals at Las Vegas Raiders, 3:05 p.m. (CBS)
- Dallas Cowboys at Kansas City Chiefs, 3:25 p.m. (FOX)
- Arizona Cardinals at Seattle Seahawks, 3:25 p.m. (FOX)
- Pittsburgh Steelers at Los Angeles Chargers, 7:20 p.m. (NBC)
- Monday, Nov. 22
- New York Giants at Tampa Bay Buccaneers, 7:15 p.m. (ESPN)

WEEK 12

- Thursday, Nov. 25 Chicago Bears at Detroit Lions, 1:30 p.m. (FOX)
- Las Vegas Raiders at Dallas Cowboys,
- 3:30 p.m. (CBS) Buffalo Bills at New Orleans Saints, 7:20
- p.m. (NBC)
- Sunday, Nov. 28
- Pittsburgh Steelers at Cincinnati Bengals, Noon (CBS)
- New York Jets at Houston Texans, Noon (CBS) Tampa Bay Buccaneers at Indianapolis
- Colts, Noon (FOX) Atlanta Falcons at Jacksonville Jaguars,
- Noon (CBS) Carolina Panthers at Miami Dolphins,
- Noon (FOX)
- Tennessee Titans at New England Patriots, Noon (CBS)
- Philadelphia Eagles at New York Giants, Noon (FOX)
- Los Angeles Chargers at Denver Broncos, 3:05 p.m. (CBS)
- Los Angeles Rams at Green Bay Packers, 3:25 p.m. (FOX)
- Minnesota Vikings at San Francisco 49ers, 3:25 p.m. (FOX)
- Cleveland Browns at Baltimore Ravens, 7:20 p.m. (NBC)

Monday, Nov. 29

Seattle Seahawks at Washington Football Team, 7:15 p.m. (ESPN) **WEEK 13**

Thursday, Dec. 2

Dallas Cowboys at New Orleans Saints, 7:20 p.m. (FOX/NFLN/AMAZON)

- Sunday, December 5 Tampa Bay Buccaneers at Atlanta Falcons, Noon (FOX)
- Arizona Cardinals at Chicago Bears, Noon (FOX)
- Los Angeles Chargers at Cincinnati Bengals, Noon (FOX)
- Minnesota Vikings at Detroit Lions, Noon (CBS)
- Indianapolis Colts at Houston Texans, Noon (CBS)
- Denver Broncos at Kansas City Chiefs, Noon (CBS)
- New York Giants at Miami Dolphins, Noon (FOX)
- Philadelphia Éagles at New York Jets, Noon (CBS)
- Washington Football Team at Las Vegas Raiders, 3:05 p.m. (FOX)
- Jacksonville Jaguars at Los Angeles Rams, 3:25 p.m. (CBS)
- Baltimore Ravens at Pittsburgh Steelers, 3:25 p.m. (CBS)
- San Francisco 49ers at Seattle Seahawks, 7:20 p.m. (NBC)

Monday, Dec. 6

New England Patriots at Buffalo Bills, 7:15 p.m. (ESPN)

*Times Central

HolySmokes! Amateur BBQ Cook-Off

able for all to enjoy.

You are invited to establish your team of two or more members which may represent a company, as long as the company is not in the food industry. Teams are encouraged to create a fun team name and to serve at least 200 (.75-1 oz.) samples of prepared BBQ meat (chicken, pork, beef, fish, anything goes!).

Awards will be given for People's Choice (1st, 2nd and 3rd place) and Most Creative Station (based on fun-factor creativity). Sponsorship opportunities are



also available at three levels: Select (in-kind product donation), Choice (\$100) or Prime (\$250) with sponsor logos printed on the annual T-shirts. To enter your team or sponsor the event, visit iacdestin.org/ holysmokes. Printed forms can also be picked up at Immanuel's church office.

Attendees will be asked to bring a non-perishable food item, baby wipes or diapers to benefit Harvest House of Destin.

Who is the best amateur BBQ chef in Destin? Maybe this year, it's YOU!





Destin Diving, Entertainment, Specials

Bric a` Brac Restaurant & Night Club

Now celebrating seven amazing years in the Destin community, colorful, eclectic fun is to be had at Bric a' Brac! They can help with your parties, promotions, birthdays, business events or really any private event! Voted "Best Crab Cakes in Destin" five years in a row, Bric a' Brac is the true definition of something for everyone—a family friendly, kid friendly, American-style restaurant well known for its tasty and colorful food selections served up in a fun, artsy atmosphere by professional and friendly staff. Locally-owned and operated since 2014 by twin brothers Rodolfo and Fernando Petit, their hands on, fun loving style, engaging charisma and true passion set them apart. But it doesn't stop there. Enjoy delicious locally-approved entrées while you listen to some lively tunes, dance or sing along. There's something for everyone!

11pm – 4am Latin Night Fridays & Saturdays – Music and Dancing upstairs/downstairs. 18+ to enter, 21+ to drink. GUYS \$10, LADIES \$5.

Thursday: Live Music from 6pm to 9pm

Friday: Jones & Co from 7pm to 10pm

Saturday: Live Music from 6pm to 9pm

(850) 424-6369

Shoreline Village Plaza, 824 Hwy 98 E, Destin

Bricabracdestin.com

Café Destin

Café Destin offers an expanded menu serving breakfast staples such as pancakes, waffles with Nutella, omelets, Eggs Benedicts, biscuits & gravy and more. For a lighter take, they also have a variety of Fancy Toasts (avocado, salmon and more) along with pastries and muffins. For lunch, choose from a variety of burgers, sandwiches and salads. You will love the full-service coffee shop, offering everything from hot or iced fresh, local Amavida coffee to espresso and lattés. And there's diverse fresh fruit smoothies and a variety of tantalizing teas. Open for breakfast and lunch 7 days a week from 7am-2pm. and has free WiFi, encouraging you to bring your laptops and work during the day. There's also a conference room available for small groups, and the dining area can be rented for larger groups for networking, lun-



cheons and more. If you haven't stopped in recently to check out the new menu, be sure to make breakfast or lunch plans soon! And don't forget the coffee!

(850) 424-6777 985 US-98 E, Destin cafedestin.com

Mi Gente' Supermarket & Taqueria

Open for breakfast every Saturday & Sunday and lunch and dinner 7 days a week, Mi Gente' is one of Destin's hottest dining spots for the whole family and friends to enjoy. With fresh ingredients and homemade recipes, this fun and festive restaurant will instantly capture your heart. Serving up huge portions, you can choose from an incredible select menu offering a diverse selection of delicious food from different Latin-America countries. Taqueria Mi Gente' is a treat you just have to experience for yourself. Enjoy a drink from the cantina, try a few tasty dishes on the menu such as rich and flavorful! Quesa-Birria Tacos topped with fresh diced onion, cilantro and a squeeze of lime juice served with the broth on the side to dip your tacos! Take a walk through their amazing and diverse supermarket and fresh meat department where you can buy a variety of Latin America groceries to take home. Get your fresh Tamales here! Open 7 days, 9am-9pm daily. Chili Relleno Tuesdays! Menudo Domingo de Menudo Sundays!

(850) 842-2992 733 Harbor Blvd., Destin migenterestaurantandcantina.com

Taiwan Ice Cream & Poke

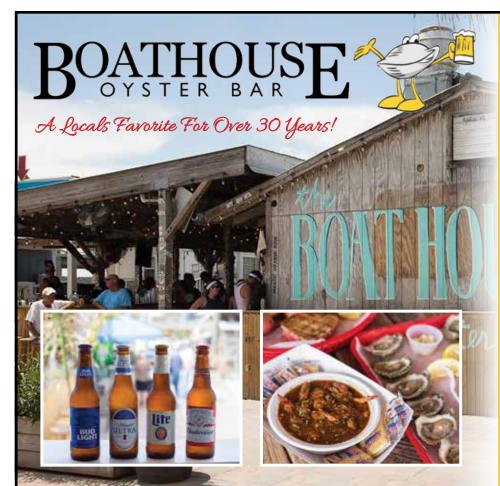
Taiwan Ice Cream & Poke is the only place in Destin to serve Hawaiian poke! There's also Taiwanese shaved ice and boba tea. Poke is a Hawaiian dish usually served with raw fish and can be made to order with cooked chicken, beef and shrimp, too. A variety of sauces, from spicy mayo to eel to sweet chili, accompany. Additional toppings can include pineapple, cilantro, carrots, cucumber, sweet corn, tomato, lettuce, eda-

Continued on next page



Breakfast, Lunch & Dinner Check us out on Facebook for our Menus • Happy Hour 4-6 Try our Signature Drink "The Scotches" *We make our own Pepper Sauce and Jerk Sauce*

34761 Emerald Coast Pkwy., Destin • (850) 842-2684 • www.mmscotches.com



OCTOBER LIVE MUSIC!

Mondays:	5
	9
Tuesdays:	5
	8
Wednesdays:	4
	9
Thursdays:	4
	8
Fridays:	4
	8
Saturdays:	1
	4
	1
Sundays:	1
	4
	8

5pm Cole Jordan pm Roshambo opm Kyle LaMonica **3pm Austin Jennings** 4pm Hunter & Tony pm Squeely Dan Ipm Shane Curle **Spm Austin Jennings** Ipm Jason Findley **Spm** Airavata 2pm Kelly Byrd Ipm Chasin Jayme 8pm Gunner 2pm Kelly Byrd 4pm Jason Findley 8pm Hi Tide Band

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

288 Harbor Blvd, Destin (850) 837-3645

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

Destin Diving, Entertainment, Specials

The Oasis in Santa Rosa Beach is Now Open!

The long-awaited Oasis Santa Rosa Beach has opened for lunch (11 a.m.-3:30 p.m.) and dinner (4:40-10 p.m.). Once called the Love Shack, there's an outside smoothie bar opening soon and breakfast offerings. You can have lunch at the outside café and pool deck. Try the amazing Oasis craft drink list at the Elixir Bar as well as the fabulous Sunday brunch from 11 a.m. - 3:30 p.m. There's also a pizza bar and inside reservation only dining.



Not your ordinary restaurant fare, it's the area's only fully plant-based restaurant with a chill and calm vibe. "Oasis is a place to stay, chill and relax. We offer entertainment and a more European feel," says owner Amy Sievers, also founder of Destin Fresh. "We saw a need, had a vision, and then made it real. We wanted a place for us and others. A place where people could eat and enjoy food without fear of harming our bodies or animals," says Amy. "Here's to clean eating, delicious eating and safe eating—so grateful for these healing foods and this opportunity."

Weekly menus also include Destin Fresh chef prepared meals, now headquartered at The Oasis. You can order and pick up the chefs' dishes, have them delivered or have lunch or dinner there during the week. Ordering is available Monday to Friday and meals are delivered Monday mornings for the week. Gourmet plant-based meals are created and cooked by Chefs Divaldo and Amy at the Oasis. "It's like having your own personal chef that takes care of the planning, shopping and cooking for you," says Amy.

"The Oasis is a place to connect — planned events, yoga, pool, lounge, evening dining, breakfast, lunch, smoothies, stay-all-day or grab-a-bite-andgo place—a unique way to dine and unwind," she says.

Located off the busy path of Hwys. 98 and 30a on 306 Bald Eagle Dr., it's time to find your way to the Oasis! Visit theOasis-SRB.com or @theOasisSRB on Facebook. Call (850) 401-9149.



DESTIN DINING continued from previous page

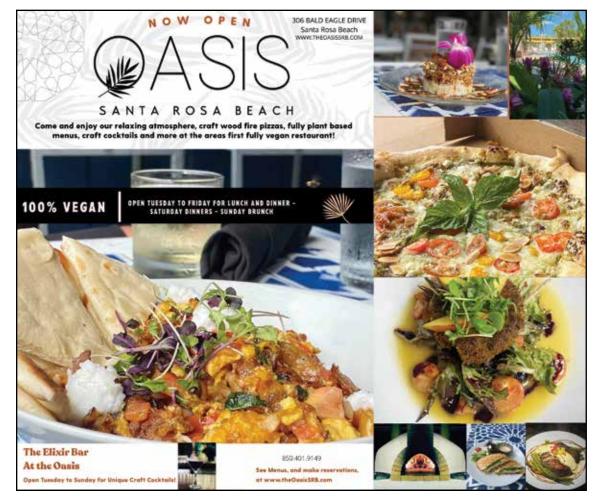
mame, green onion, red onion or crab meat. Then finally add a bit of crunch with sesame seed, fried onion or fried garlic.

Taiwan shaved ice is mixed with condensed milk and syrup then topped off with a choice of four toppings such as strawberries, pineapple, peaches, chocolate pieces, fruity pebbles, sprinkles, gummy bears, marshmallows and popping boba.

The boba tea comes in four flavors: strawberry, mango, Thai and Taro.

Hours: 11 a.m. - 7 p.m. (850) 353-2479 facebook.com/taiwanicecreamdestin/

Two locations: Destin and Miramar beach







We serve Taiwan Shaved Ice Boba Tea • Hawaiian Poke

34940 Emerald Coast Pkwy. • Destin (Near the Shoe Station) (850) 353-2479

🔅 Off the Hook

Winter Flounder Fishing

By CALI HVLAC

As colder temps roll in, we are starting to notice different species of fish migrate into bait if they miss it the first time, so just hold out and wait on them!

Sheepshead actually become

and bridges, where oysters and barnacles grow. Sheepshead can be a little trickier to catch, as they like to steal your bait and leave the hook exposed. It's a really subtle bite you're looking for and once you hook them, you're in for a fight. Both these fish are abundant, so the season is open year-round for these species. The limit per angler is 10 flounder per day, and 15 sheepshead per day. Many anglers will tell you they love catching these fish and bringing them home for din-

ner. Both species are considered prime seafood, with a delicious white meat that's never oily or "fishy" in taste. Before it gets too cold, we recommend getting out and hitting the waters to stock up while they're easy to find!



our Gulf waters – specifically Flounder and Sheepshead. The cooler weather means the fish will school up in one area, making them easier to catch once you track them down.

Flounder and Sheepshead are two popular winter/spring fish that anglers will be targeting in this area. Flounder will start to school up in October as they prepare to migrate during winter with the cooler water, usually heading out into the nearshore gulf areas. The move allows them to settle on natural and artificial reefs to spawn at this time.

Because of their shape, flounder are typically always found on the bottom, where they can burrow into sand to await prey. They hang within 200 yards off the beach, typically at depths of 20 to 60 feet. Common flounder species in the Gulf of Mexico are the gulf flounder and the southern flounder, and odds are the latter will be a much larger fish - with the female southern flounder maxing out around 28 inches. One of the best things about targeting Flounder is that they like to come back for your more active with the colder water and are usually found hanging near structures like jetties



Located at 172 Harbor Blvd., Destin 850-842-3333 | Book online: tailfinsislandadventure.com



% Off the Hook

Handling Fish Properly

Handle fish as little as possible and only with wet hands. This reduces the removal of fish slime, which protects the fish from infection and aids in swimming.

Match tackle to the targeted fish to land it quickly and minimize stress on the fish. Large species such as sharks, billfish and tarpon should be brought alongside the boat within 20 minutes of being hooked. If you are consistently landing exhausted fish that require extensive efforts to resuscitate, consider using heavier tackle.

A knotless, rubber-coated landing net is ideal when handling a fish since it supports the fish's body weight.

Remember, fish swim horizontally! Never hold a fish by its jaw, gills or eyes.

Large fish, such as tarpon, should not be boated or dragged over the gunwale of the boat because this could injure the inter-



, nal organs of the fish.

When holding a fish that has teeth, use a gripping tool to support the front of the fish, and

cape horn CHAPARAD

Michael Amato

Boat Sales Professional

Sunrise Marine

1460 Highway 98 West - Mary Esther, FL

(850) 757-1900 - mamato@sunrisemarine.com - www.sunrisemarine.com

JUPITER

use the other hand under the belly to evenly support the fish's weight.

Never hold on to or tow a fish not allowed to be harvested to a different location to weigh or measure it.

Carefully remove the hook if possible. If the fish is guthooked or especially large or agitated, cut the line as close to the hook as you can while the fish is still in the water.

Reduce handling by using

ROBALO"

a dehooking tool. Dehooking tools allow anglers to quickly release their catch while minimizing injuries and handling time.

Always release your fish head first into the water. This allows water to be forced through the mouth and over the gills, essentially giving it a "breath of fresh air."

Learn more at MyFWC.com.

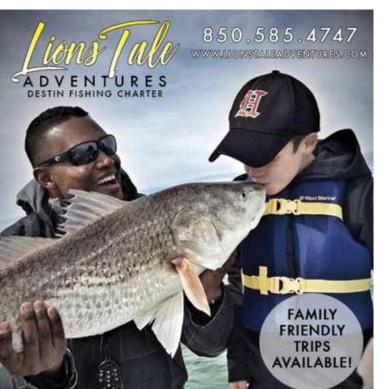
Fishing Tackle and Gear to Help Released Fish Survive: Circle Hooks

Circle hooks are designed so the point is turned perpendicular to the shank to form a circular or oval shape. They are best used with natural bait (live or dead) and are 90% more likely to hook fish in the mouth instead of in the esophagus or stomach. Hooking a fish in the mouth reduces internal harm, decreases dehooking time, and lessens the chances of the angler needing to leave the hook in the fish. Fish hooked in the corner of the mouth also tend to fight less than fish that are hooked in the gut. It is best to use non-stainless-steel and non-offset circle hooks.

If a fish is hooked deep in the throat or gut, research has shown that it is best to cut the leader as close to the hook as possible and leave the hook in the fish. Prolonged attempts to remove the hook often do more harm than good.

Circle Hook Tips! Try fishing with barbless hooks or crimp the barb down. Catch rates using barbed versus barbless hooks are not significantly different, but the advantage of using barbless hooks is that they are easier to remove from a fish or yourself! Also remember to not "set" the circle hook. After the fish takes the bait, allow the fish to run and then proceed to reel it in. Watch this video to learn more about circle hooks.

Circle hooks are required in some areas. Learn more at MyFWC.com.





See Makaira & the Blue Wave Fleet at Captain's Choice. The right choice for your Boating needs.

Wellness

Where Did that Drive Go?



By Dr. Richard Chern, M.D.

One of the most bothersome symptoms women mention at their initial visit is a loss of sex drive. A decline in sex drive is very typical for women as they age. This decline is directly related to the decline of testosterone. Testosterone levels in women begin declining in the 30's, but it's often subtle until menopause when things can worsen drastically. As women's testosterone declines, numerous changes occur in the body. Sex drive, mood, the ability to deal with stress, maintaining a steady weight and getting restful sleep all quickly deteriorate. In addition, numerous health indicators including cholesterol, sugar levels, blood pressure, bone density, cancer

risk, heart issues and more all worsen with this decline in testosterone in women.

Unfortunately, most doctors do not even look at testosterone levels in women. Worse, when they do, they are unable to interpret the results properly. Women see benefits at levels greater than 100 ng/dL, but the reference range for most labs will tell you that "normal" is below 45ng/ dL. This "normal" reference range is really showing levels that have already fallen. So, most levels appear to be in the "normal range" when they are actually severely low. If your doctor has never drawn a testosterone level in women before, are you going to trust their judgment of the results of that test?

Don't be fooled. For most doctors, normal means, "Does the patient's lab value fall inside the reference range?" and does not mean, "Does the patient's lab value give them the most protection against disease and functional decline?"

Another great example of this is vitamin D. A level of 30ng/ mL is considered "normal" and many doctors would tell you a level of 30ng/mL is fine. Well, a level of 30ng/mL is associated with a huge increased risk of cancer including breast cancer and is also associated with an increased risk of death from COVID infections. A level of 70ng/mL reduces the risk of cancer and reduces the risk of death from COVID. Are you going to be content when your doctor tells you your labs are normal?

Many times, patients tell me they've complained to their doctor, but always hear that their labs look fine and that this is just part of the aging process. Enjoy the aging you. You are not going to hear that from us! I bet you don't even realize how bad you are feeling. Come find out what you've been missing and get your drive back!

Dr. Richard Chern, MD specializes in hormone and thyroid therapy in both women and men. He also teaches other providers both locally and around the country how to properly assess and

treat hormone and thyroid problems. He has been providing BioTE hormone therapy longer than any other doctor in the region and is the only Platinum provider in the area. Dr. Richard Chern, MD, along with Sue Griffith, ARNP, are currently accepting new patients. Labs drawn in the office are typically resulted in 24 hours so often your consultation can be scheduled the same or following week. Call 850-837-1271 today for an appointment.



General & Family Dentistry IV Sedation/Sleep Dentistry Cosmetic Dentistry Orthodontics **Emergency** Dentistry Implants Wisdom Teeth Botox[™] and Juvaderm[™]



Dr. Jason E. Baker Dr. Christina Higgins-Duplechain

Dr. Megan Salzlein

77 South Shore Dr. | Miramar Beach, FL 32550 Phone: (850) 650-2070 | www.miramarbeachdental.com

Weigh Down To Christmas—Avoid The Holiday Halo



By LISA LEATH TURPIN Happy Holidays Destin! Yes, the holidays are upon us. I challenge you to "Weigh Down to Christmas!" This is where you aim to avoid gaining the dreaded "Holiday Halo"-forcing yourself into the never-ending start of "The New Year Resolution." You weigh yourself only twice, just before Thanksgiving, then again right after Christ-

mas holiday. The goal isn't to lose weight, but just not to gain any. Here is a list of tips to keep you in control but still allow you to partake and enjoy yourself; yielding a good healthy balance of fun, family time, giving/receiving cheer and still feeling good along the way. Feel free to share your success at BeActive850@gmail.com.

10. Drink!

Water that is...When you are about to attend a gathering where massive amounts of finger foods and holiday treats will be served, drink a few big glasses of water prior to arriving. This will help stall your hunger and cut down on the cravings when you step up to the beautiful display of goodies.

Continued on page 34

Restoration Center Look Healthy, Feel Alive Now offering **Weight Loss**

Treatment!

BEST M

Three Years In A Row!

Thank you Destin!









thehormonerestorationcenter.com

Wellness



BY KAY LEAMAN, HEALTH ARCHITECT, HEALTHYDAY HEALTHYLIFE

Welcome to the holidays! Whether you're traveling, preparing for company, being separated from family or experiencing heartache during this season, one thing we all have in common is the stress the demands of this season create. Lists and credit card statements grow and family dynamics become future memories.

Short-term stress can be very beneficial. It's true. A certain level of stress can be healthy and given the fact we can't escape

stress, this is good news. Stress triggers hormone responses by releasing cortisol and adrenaline, produced in the adrenal glands. Optimal levels of the hormones can make us feel alive and activate better performance and focus. However, the World Health Organization has called stress the 'epidemic of the 21st century.' Research shows that ignored or mismanaged stress can lead to serious issues.

I've experienced the effects of long-term (ignored and mismanaged) stress. My body refused to release fat, I had low adrenals (bordering on adrenal failure), low thyroid function, and a compromised immune system. Through this journey, I've learned how to recognize ongoing stress and how to manage it. This has not been a short journey, but it has brought a very clear realization to the importance of self-care. If I fail to take care of myself, I will be unable to care for those around

Seasons of Stress

me or enjoy the life I have yet to live. And, since I now care for my mom, it becomes all the more important.

Problems both physically and psychologically can arise when we are unable to return to a state of calm. Elevated levels of cortisol suppress our immune system by reducing production of white blood cells which slows/delays our response to infection. **Effects of long term stress:**

• Can influence a rise in insulin levels causing lower blood sugar which triggers cravings

• Stimulates appetite causing weight gain

• Affects our gut and immune system

• Long term stress can affect our adrenal system

How we can manage stress: - Take a break! Feelings of overwhelm is a signal of stress. Take a break, call a friend, go for a short walk,

etc.

lower blood pressure). Research shows classical can work wonders. I prefer smooth jazz or instrumental

music.

- Put away electronics at least two hours before going to sleep. A good night's sleep has many benefits.

- Exercise such as walking, yoga, or recreational sports. How about dancing?

- Clear your mind. Let your stressful feelings spill out of your mouth so it doesn't build up. No-one to talk to? Let it spill out on a piece of paper and then burn it!

- Eat less candy and more veggies. Eating well supports a healthy immune system, stabilizes energy levels

and helps with a better overall demeanor. Approximately 95% of receptors for serotonin (a chemical tied

to happiness) are found in the lining of our gut.

- Cut back on caffeine and

increase water intake - LAUGH and SMILE!

- Chewing gum has shown it

can reduce anxious feelings, fatigue and improve mood (Not a gum chewer?

Suck on a piece of hard candy.).

- Breathe. 4-5 long deep (belly) breaths can stop cortisol output.

Lastly, think about preparing ahead of time. Creating lists and choosing to not procrastinate can help to make the actual holiday calmer and happier. The last thing I recommend is to start a gratitude journal or a positive journal. Write a positive statement about what you like best about family members, the holidays, gifts, and how it feels to give to others.

Blessings to each of you this Thanksgiving season. Kay Leaman, HealthyDay HealthyLife succeed@healthydayhealthylife. com.

Self-Care Corner: Is Your Skin Ready for the Holidays?

By Krisy Whitely Anderson It's time to get your skin into holiday shape for all the numer-

ous festivities! You'll see a refreshing change in your skin with the Ultimate

Skin Refiner. After only three treatments of the Ultimate Skin Refiner H2O Facial Treatment, you can minimize and deep cleanse pores, refine skin tone and texture while infusing potent antioxidants and anti-aging benefits! This is a way to safely clean your pores of dirt, debris and oil. Fresh, clean, clear skin is what you'll see when we use the Ultimate Skin Refiner to

treat your skin.

The Ultimate Skin Refiner uses a 4-step water facial cleanse to exfoliate, extract and hydrate all in one! It helps remove dead skin cells, extract all the black-

heads, resurface the skin, refine fine lines and wrinkles, plump and hydrate, brighten and soften, minimize pores, promote

Continued on next page



- Listen to calm music (can



By Stephenie Craig, Journey Bravely

You cook, you travel, you buy, you get the outfits, you smile, you take pretty pictures. You hope your family behaves well. You clean, you decorate, you do your best to get along. You work so hard and hope people are proud of you, like you, think you're enough. Then the end of the holiday season arrives, often leaving you feeling exhausted, disappointed and asking yourself, "Why am I so tired and what's missing from this picture?"

You expect time with family and friends during holidays to be fun and, instead, your people pleasing feels sad, critical and like no matter what you did for others, it wasn't enough. People pleasing is the practice of seeking approval from others by doing what you think they want you to do. People pleasing tricks you into believing you will feel good about yourself if you can just make the next person happy. Sometimes people pleasing feels like it's really working for you. You might receive some praise and approval at times inviting

Journey Bravely: Finding Freedom from People Pleasing

you to believe doing what others want you to do is the pathway to fulfillment. Eventually, you can't keep everyone happy and something falls through the cracks resulting in disappointment, criticism and feelings of failure.

The uncomfortable and wonderful truth is you are not capable of making everyone happy and you can stop trying to get their approval. Some people will not be pleased and there will always be someone who doesn't like your choices. Your purpose was never pleasing others. Your purpose is to be uniquely you, bringing your strengths, love and authentic self to your life, relationships and community. People pleasing makes false promises of fulfillment and leaves you feeling empty, bitter and lonely. So, how are you supposed to let it go and find joy in who you really are?

5 Ways to Begin Letting Go of People Pleasing as Identity

1. Use resentment as a red flag. People pleasing leads to resentment. You work hard to make others happy and when they aren't, you find yourself bitter and wondering why you worked hard for someone so ungrateful. Resentment can be your guide to noticing when you have your sense of self wrapped up in pleasing others.

2. Consider both what

SELF CARE

continued from previous page

healthy blood circulation and minimize breakouts. Throughout the past year, our clients tell us it has been truly amazing with the hydra skin refiner and a game changer.

Ready to schedule your appointment? If so, call Krisy at Beverly Hills Day Spa for an in-depth consultation—\$125 a treatment or \$99 for a series. Check out massages, facials, a terrific skin care line with Aloe and other services at Beverly Hills Day Spa. You can purchase gift cards for Christmas and birthdays, too! Call (850) 654-8544 or visit beverlyhillsdayspa.com.



you need and what will benefit others. Instead of immediately trying to anticipate what will make others happy with you, slow down. Ask yourself what will show healthy love and kindness toward others with boundaries. Ask yourself what you want, what you need, and what is healthy for you. Find the overlap in what feels both authentically loving, kind, and healthy for others and yourself.

3. Make healthy decisions even if you believe someone else will be unhappy about it. Even if you've considered what is loving and healthy for the other and yourself, sometimes the other wants vou to do what is only good for them. Proceeding to make the healthy decision and setting a boundary with kindness is the healthy path forward for any relationship. "Mom, I understand you'd like for us to be at your house all of Thanksgiving Day. However, it is important to us to be at our house in the morning. We will be happy to join you in the afternoon at your house."

4. Work through your discomfort when someone is disappointed by your decision. Maybe they invite you to feel guilty, maybe they give

you the silent treatment, maybe they say mean things. It will feel like you can't survive this, but I promise, you can. Sit through the discomfort and you will find the sun will still rise and set. People who want to respect you and their relationship with you, will learn to respect you when you make decisions that displease them.

5. Enjoy being more truly yourself. When you stop seeking unhealthy approval from others, you have more space to understand who you are, what creates joy for you, and ways you can bring genuine love and joy to others. Find confidence in your decisions and enjoy the authentic space you've created to be you and to feel like you're enough.

Letting go of deeply ingrained habits requires grace, patience, and time. When you commit to the long work of change, the resulting freedom is worth your commitment and effort. As you walk through letting go of people pleasing and other life patterns that have left you feeling exhausted, remember to connect with us at journeybravely.com for support along your journey.





PHARMACEUTICALS BUILT FOR YOU Because you are unique...

- Anti-AgingBio-identical Hormones Replacement Therapy
- Dental
- Dermatology
- Gastroenterology
- Infertility

• Men's and Women's Health

- Pain Management
- Pediatric
- Podiatry
- Sports medicine
- Veterinary And More



1719 S. County HWY 393 • Santa Rosa Beach, FL 32459 www.eccpharmacy.com **f © ≥** info@eccpharmacy.com

Wellness

WEIGH DOWN

continued from page 31

9. Eat!

Don't go unsatisfied. Eat a protein rich food before a party or event. Protein digests slowly and will keep you satiated, help with blood sugar, and also help with making better choices. 8. Have Everything!

Try the several varieties of dips and casseroles, but make sure each portion is small enough to fit in the palm of your hand. This concept goes a long way any day of the year. 7. Follow the Leader

Start with the veggies, then move to the protein, then to the starches: breads, puddings and sweets.

Ideally, filling up on meats and veggies will limit simple carb intake, and limiting carb intake will ideally keep you from the yearning to sleep in the middle of gift opening. 6. Cheers to You!

Be Active,

DESTIN

ed don't mix if you are trying to keep your figure. If you want to stay lean this year, you have to choose between that one and that one too many. A good rule of thumb is stop drinking alcohol an hour before you eat and wait an hour before drinking again. Another great idea for any day of the year as it can really help in keeping your waistline chiseled.

Eating big and getting toast-

5: Leave it!

If you don't have it, you can't eat it. Leftovers can really sabotage your efforts and can really be the culprit of Holiday weight gain. Because we all know it's not just one day that does the damage! Leave the sweets there! 4: If You're Achy, Fishy Takev

A Personal Trainer, Dedicated to Your Goals.

-Taking New Clients-

Private/Tailored Instruction

-One on One and Small Group Training -Nutrition Help

Call Lisa Turpin, Degreed & Certified Personal Trainer

Take more fish oil by spoon or capsule. By bumping Omega-3 consumption, you can help keep your body from becoming inflamed from processed foods, and keep your Omega 3/6/9 ratios in check. This results in increased fat burning. 3: Keep it Fresh!

Brush your teeth after a meal. Brushing the teeth is a sign of finality, and will keep you from snacking more.

2: Be a Rule Breaker!

Just because we serve it up BIG or "Super-Sized" in the south doesn't mean you have to play by the rules. Enlist one person to split food with you or, you know, take half a portion. And TOP TIP #1: Pre Burn.

Exercise on the day of any party or food based gathering. The more intense the better, but anything is beneficial! Getting an intense full body workout will ensure that the calories you eat later will most likely go toward fueling the muscles, and not just building the gut.

Can't make it to a gym? Your home or park will do. Get your family to join. A family that plays together, stays together! Make it fun, even a good brisk low impact walk will raise metabolism as well as endorphins to make you feel good, and should I say JUSTIFY a little overeating when tempted.

Don't have a workout program? Try this holiday fat burning, muscle building treat-a gift from me to you.

Arrangement: I'm arranging exercises in blocks. Each block should be completed twice before moving on to the next block. Do 15 repetitions per exercise.

*Warm up with a 5-minute walk.

Block 1

Stationary Lunges (split lunges)

Plank with alternating row (in plank, pull one arm back like you are pulling a lawn mower cord from the floor then alternate to other side)

Push-up to Downward **Dog** (alternate from single pushup to piking your hips up making a teepee shape with your body then back to pushup) Side Elbow Plank

Block 2

Wide Squats – see if you can reach the floor with back straight & chest and head up (you can bend over from hips only and as little as possible. heels planted knees direction of toes)

Grocery Biceps (fill a grocery bag to desired weight with cans or rocks, or whatever) **Tricep Dips**

Grocery Shoulders (fill grocery bags and press overhead or straight out to sides) **Block 3**

Bridge Dips (on back, feet on floor, knees bent, push hips up toward ceiling then back to floor)

Seated Side Twists (Russian Twists) lean back to engage abs

Anchored Leg Lifts or Knee Arcs (on floor, stabilize by grabbing something overhead with hands and raise and lower either straight legs or bent legs

NOTE: To raise intensity, add Jumping Jacks, Jump Rope, Running in place or any cardio movement of choice for 1-3 minutes in-between each block. I suggest this only if you have already been doing this form of exercise and you have no underlying reasons not to. Remember: Be Active Stav Active 850!

FUN HOLIDAY FACT: The average person can burn an estimated 75-100 calories per 30 minutes SHOPPING! Add a shopping cart and move more briskly and that number can be higher!! Go get'em!



*IN STORE ONLY. BOGO valid 11-26-2021 thru 11-28-2021. Free Promotional one-hour Massage or Facial gift card with purchase of one-hour spa gift card or spa package at guest pricing. Limit 2 per customer. Not valid with purchase of cash denomination or waxing gift cards. Not valid towards introductory offers. Not valid online. Promotional gift card valid at issuing location only and expires one year from issue. †Payment may not be processed until the week of 11/21. Curbside pickup available; call spa for details. Rates and services may vary by location. Sessions include time for consultation and dressing. Offers may not be combined. Independently Owned & Operated. ©2021 Hand & Stone Corp. MM39215/CE10017484

TO SURGERY

Heal your back and joints with Prolotherapy, **Platelet Rich Plasma Treatment & Stem Cell Therapy** "proven sale and effective, less invasive, time and money savers" Medical Marijuana Therapy

Male enhancement and erectile dysfunction, stress incontinence in women, using Platelet Rich Plasma (PRP)

IN-STORE

ONLY OFFER!

BLACK FRIDAY WEEKEND EVENT!

11/26 - 11/28

CALL OR STOP BY

TO PRE-ORDER

TODAY!

Sheila Mohammed, MD, PhD 850-281-8186 Dr.SheilaMohammed.com



Know the Signs!

nvironment 🌸



By Chris Balzer, ECES

I was recently asked: How do I know if my home needs insulation or improvements to make my home more energy efficient? Some ways we check are with a thermal Camera. Thermal cameras can detect the slightest difference in temperature showing us leaks, missing insulation, poor seals and areas which need

ENERGY TIPS

by Emerald Coast Energy Solutions

improving. Like a detective, we also ask questions to better understand the problems. Do you need more insulation? Or better insulation? Odds are, if your home was not specifically built for energy efficiency, it's a good idea to re-insulate. There are other signs that will let you know if new or more insulation is needed.

Attic Signs: If you detect moisture in your attic, or condensation on your vents, you're likely to have insulation problems. The recommended amount of insulation in your attic is usually about twelve to thirteen inches. You should also consider installing an insulated attic cap to the access door to your attic to keep out drafts and heat. If the access to your attic is located inside the conditioned part of your home, adding an insulated cap is a must. While attic issues are very common in older homes, they can be present in newer homes as well. So, it's always a good idea to check the attic!

Energy Bill Signs: If you think you've done everything you can to keep your house running efficiently, but your bills continue to rise, this is a sign that your insulation is failing you. If your AC constantly runs in the summer and winter or if you turn off your air condi-

AER



tioning in the summer and your home suddenly feels like it's in the center of Death Valley, these can be signs your insulation is failing you. Cooling and heating systems are necessary to maintain a consistent level of comfort in your home, but they shouldn't be working overtime.

Living Space Signs: If your living room is a sauna, and your bedroom feels like the Arctic, this is a sign. This happens because not all of your insulation will necessarily fail you at the same time. Some rooms may be perfectly comfortable, while others are not. Check the walls of interior closets to see if they're hot. You might never have noticed it before and, if you're lucky, only certain rooms will need new or additional insulation, and the rest of your home might be fine.

Insulation Signs: This one might be obvious. But, if your insulation is crumbly, missing, outdated or low and wouldn't meet today's building codes, you'll need to replace it or add to it. If you know that the insulation is old, don't take matters into your own hands; consult with a professional. Some insulation is best not to disturb and could contain toxins. If it's safe to remove, let the experts re-

ARCHITECTURAL

"Your Professional Renovation Resource"

COMPLETE INTERIOR & EXTERIOR RENOVATIONS

Elements & Renovations

move it properly to eliminate any danger.

Crack Signs:

If you spot cracks around your doors and windows, this could be a sign of failing caulking or settling. This can be an easy, do-it-your-

self fix. If they're small cracks, apply new caulk to the area to seal them. Whatever you do, don't let these go unchecked. Sometimes a few cracks are all it takes to let enough conditioned air escape and cause high energy bills.

Pest Signs: If you spot signs of pests; droppings, burrow holes or other indicators that pests have infiltrated your home; this could compromise the integrity of your insulation. Insects and other pests can eat away at what is called "the building envelope," creating gaps that invite air through the home, costing you money and loss of energy.

Now that you know the signs, don't wait any longer to enjoy energy savings and indoor comfort, contact an insulation professional and Beat the Heat.

Chris Balzer is Founder and President of Emerald Coast Energy Solutions which is a Smile Provider Company. It provides smiles to customers after installing high energy efficient products, increasing comfort and lowering energy bills. For more information on how to save and become energy efficient, schedule an inspection by calling (850) 588-2870, visit uvww. trusteces.com or email wecare@trusteces.com and Beat the Heat.



FREE RENDERINGS AND CONCEPT DRAWINGS
 PRECISE COMPUTER TAKE-OFFS
 LICENSED & INSURED
With more that 30 years in the Construction & Flooring Industry. AER is

CONCEPT & DESIGN SERVICES

HOUR DESIGNER SHOWROOM

With more that 50 years in the Construction & Flooring Industry. AER is your single source for any of your home renovations from Kitchens, Bathrooms Outdoor Kitchens, Automated Pergola's, Pavers and complete home remodels. While offering the best pricing and Installations on Tile, Wood, LVP, & Carpet.

181 Lynn Dr., Suite A, Santa Rosa Beach, FL. 32459 P. 850.622.0246 F. 866.929.2205 www.aersrb.com Instagram.aer_srb Page 36

Furry Friends and Humans

Alaqua Opens New Wildlife Rehabilitation Center

Located on five acres within their original Whitfield Rd. property in Freeport, a new Alaqua Wildlife Rehabilitation Center, a state and federally permitted facility, is providing a much-needed resource for rehabilitating sick, injured, and orphaned native wildlife. "Alaqua receives a dozen or more calls a week to help injured wildlife, and up until this point we have had to send them to another facility," said Alaqua Founder Laurie Hood. "It is heart-wrenching to think there is an animal out there suffering. We are thrilled to finally be a resource for people in our commu-

180 Lynn Drive

SRB, FL 32459



nity when they see injured wildlife, and we will also be able to educate them in the process."

A highly experienced wildlife specialty team has been assembled with a combined 30 years' experience working with wildlife in clinical settings. The facility includes a fully functional wildlife clinic with surgical

WHATS UP

-2894

9970 US Highway 98 W

Miramar Beach, FL 32550

UNLEASH YOUR INNER DOG

THANKS FOR VOTING FOR US

2 YEARS IN A ROW

BEST PET CARE & ACCESSORIES!

420

suite, triage area, ICU for critical animals, a detached avian nursery, and a mammal nursery with rabies vector species quadrant to provide specialized care for orphaned babies in a contained environment. Additional outdoor habitats including a brand-new flight cage have also been constructed on the wooded property to provide an environment free from common urban stressors. This will allow the rehabilitation process to happen in a setting that is closely similar to being back in nature.

Animals of all types are welcome including shore birds, seabirds, birds of prey, mammals, marsupials, and reptiles.

Alaqua and its staff have met all requirements and permitting associated through the Florida Fish and Wildlife Conservation Commission and the U.S. Fish and Wildlife Service. Animals may be dropped at the Alaqua Whitfield Campus from 9 a.m. to 4 p.m., 7-days a week (located at 914 Whitfield Road, Freeport). Individuals needing assistance can call the office at (850) 880-6697 or the FWC Wildlife Hotline at (888) 404-3922.

Healing Paws For Warriors Graduates Veteran / K9 Teams

The Florida Panhandle's nonprofit group Healing Paws for Warriors (HP4Ws) graduates 15 (x7) additional veteran/ service dog teams after three months of intensive training: (Retired - Army) James

Mulcahey (and service dog Bluie); (Retired - Air Force) Tom Talbot (and service dog Rosie); (Retired – Army) Ryan Reeves (and service dog Truman); (Retired - Air Force) Kevin Baird (and service dog Ser); (Retired -Air Force) Denise Fox (and service dog Glory); (Retired – Navy) Jessica Pickett (and service dog Valor); (Retired - Navy) Keith Wade (and service dog Sierra); (Retired - Marine) Scott Pence (and service dog Legend)

Individually, each team either suffered from a physical injury or Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI) and or Military Sexual Trauma (MST) during deployments while serving our country.

While the physical injuries were diagnosed and treated by medical teams, the psychological trauma takes more time. Trained service dogs have shown to be effective in aiding in medical crises and alleviating the physical and emotional symptoms our veterans continue struggling with long after returning from the battlefield. The veterans were matched with their K9 partners after being rescued from local shelters.

Healing Paws is a volunteer-based program dedicated to supporting our military men and women and reducing veteran suicide. To learn more, visit www.healingpawsforwarriors. org or contact us at info@healingpawsforwarriors.org.

DOG-HARMONY WE HELP DOG rescue people

Heroes

Doctors, nurses and other hospital workers have been lauded as heroes - and rightfully so during the COVID-19 pandemic as their already high-stress jobs quickly morphed into extreme, ongoing pressure to help people. The people helping animals shelter and rescue workers, veterinarians and vet techs - are heroes, too, though it's even more behind the scenes. They get a wagging tail, a gentle lick on the hand, or a purring headbutt.

Dog-Harmony, as part of its mission to support the people on the front lines of homeless and hurt pets, invites shelter, rescue and veterinary workers to a celebration of their commitment to animals from 5:30 p.m. to 7:30 p.m. Dec. 2 at Dog-Harmony headquarters, 237 Market St., Santa Rosa Beach. The event also is hosted by Amanda Rietheimer, Certified Dog Behavior Consultant (CDBC) and Behavior Modification Coach.





Dog behavior problems? Considered dog training? Need more information? Let's talk.

Our team is composed of Special Operations Veterans who have trained and handled K9s in the world's most dangerous and demanding conditions. Anything can happen. Our dogs are trained to handle it.

Stay and Train - On/Off Leash Obedience Training **Puppy Boot Camp - Fix Unwanted Behavior We Sell Family Protection Dogs**

850-307-7771

www.coastlinek9.com



Instagram: instagram.com/coastline_k9



By Maurice Stouse, Financial Advisor and Branch Manager

Americans and American investors continue to be amazed and surprised at so many things that are taking place. Were we headed in this direction already and has the pandemic merely accelerated it? There is a shortage of labor. (We understand there are 10 million job openings and only 6 million looking for jobs). Was that already going to happen given the changes in population growth? Americans are retiring now more than ever before. The media are referring to this as "The Great Resignation." American workers are also quitting their jobs (often to go to another job) more now than in recent memory. There is also a shortage of supplies: computer chips, Christmas and other holiday presents (toys, things), cars, parts, materials. There is a shortage of truck drivers. Now we are seeing and hearing there is a shortage in energy. A recent cover of The Economist called it "The Energy Crisis." We haven't seen a headline like that since the 1970s. This week we have learned, courtesy of CNBC, that this Fall saw the sharpest decline in college enrollments in the past 50 years... portending a future shortage in skilled workers? One might wonder: Just what is going on? We think there are a myriad of reasons why and we also anticipate there are things that investors might want to consider going forward.

First, as to labor, consider that the population is no longer growing, it is slowing or even declining. The fastest growing segment of the population is now those over 65. **Second,** consider the positive financial shape many Americans are reported to be in at this time: Checking and savings deposits have swelled to \$3.5 trillion dollars — that in part has been helped by the massive Federal Reserve stimulus unleashed in the past 18

Has the Pandemic Accelerated Changes That Were Already Coming?

months. Real estate values have climbed, along with stock prices and several commodities... leading to increased wealth. If people feel more wealthy or financially secure, might they be retiring earlier?

Third, consider that inflation has increased and many are left wondering if that is permanent or getting worse. We believe that the levels of inflation we are now experiencing will be with us for a while. In response to the labor shortage, wages are up, but so are worker strikes and walkouts.

There are implications for investors. Inflation resistant and inflation resilient investments might be worth further review and adding to current allocations in those investments might be practical as well. Examples of those are energy, commodities, materials, industrials, financials and real estate.

Business leaders have been weighing on inflation: Jack Dorsey, who co- founded Twitter, announced this week that hyperinflation is here. On the other hand, Cathie Wood, CEO of ARK Invest, opines that we will soon be entering a period of sustained deflation. Those are pretty divergent views.

Fourth, the supply chain has been disrupted. This is leading to shortages from chips to energy and everything in between as demand for such goods is increasing. As the world emerges from the pandemic, both developed countries and emerging markets are accelerating their growth. There is a book, written by Darren Hardy called "The Compound Effect." In it, he notes that as anything that compounds, (in this case economic growth), it can lead to a substantial result or change. In another book "The Tipping Point," written by Malcolm Gladwell, it is pointed out that massive change comes about as the result of a lot of little things that add up. So, we conclude that economic growth, developing markets and demographic shifts are leading to increased demand for labor, materials and for energy - from all sources. In the meanwhile, concerning energy, there is considerable effort to lower carbon emissions which might be having an impact on exploration and production - eventually resulting in lower supplies. We understand cleaner energy could eventually fill the void but the amount of investment into cleaner energy sources would have to just about triple from where it is now to meet planned targets for carbon emissions and that is not currently happening. Coal has reemerged not only in demand, but in price as well as China and the developed world have increased coal consumption (it also has increased in the U.S., per S&P Global, and the EIA for the first time in seven vears).

Looking again at Americans' financial shape (on the average), balance sheets are at their strongest in decades. We have more money and assets but we owe less. This has also had an impact on those on the lower on the economic spectrum. The New York Times recently reported that the poverty rate in the U.S. has been cut in half in the past 18 months. That is attributable to government assistance as well as stimulus. No one expected this at the outset of the pandemic

Finally, the most positive thing that has emerged is American productivity. It is at one of the highest rates in history. That is the silver lining. Productivity means that more goods and services are produced per unit of input and this has continued to grow. The question is will price and wage inflation eventually jeopardize that? Maintaining and growing productivity is key to economic growth and ultimately the profitability of companies and that has direct input on stock prices.

So, what might investors want to consider right now? We feel that productivity, maintaining it, and actually growing it will be very critical going forward. How might America's producers and service providers accomplish that? We think it means acceleration in the use and implementation of automation and artificial intelligence. Investors might do well to look at companies, funds and exchange traded funds that focus on those very things. Cloud computing would be in the

same group. The cloud is one of the fastest growing innovations in the world. Almost all of our daily activities interact with the cloud directly and indirectly. With so much being stored and relied upon by way of the cloud, investors can look at companies and funds in those areas as well. What is the cloud? Simply put: the "cloud" is made up of data centers. Note: The growth in energy consumption from these large data centers is quite significant (see "The Atlas of AI" by Kate Crawford). Not just in America, but around the world as well. In other words, it takes massive amounts of electricity to power and run the cloud - which means the demand for energy won't be easing up anytime soon. Another reason for investors to consider increasing their energy allocations.

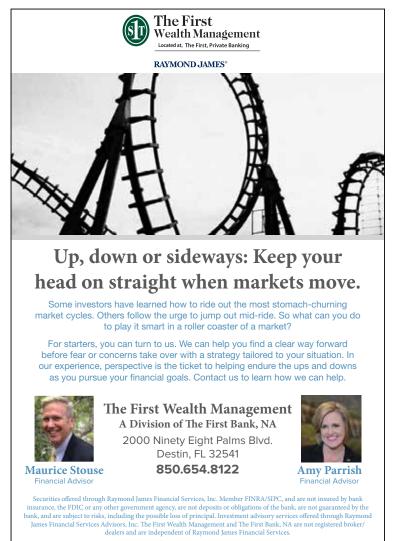
Electricity is produced by sources of nuclear, hydro, solar, wind, natural gas (currently 40%) and coal. The increased demands for electricity – whether from data centers (the cloud), mining crypto currency, supply or supply change problems or the upcoming winter weather are driving prices up. Natural gas at this writing has doubled year to date. Raymond James (October 26, 2021 Daily Energy Update by John Freeman, Pavel Molchanov, Justin Jenkins and J.R. Weston) wrote this week that "numerous weather forecast models increased their probability of a materially colder 2021, 2022 winter, sending natural gas prices surging".**

At The First Wealth Management, we encourage investors to look to make change over time, versus overnight. That ongoing monitoring and vigilance over one's financial matters is critical to achieving goals. Lastly, having a guaranteed or reliable source of income (pension, annuity, SSI) supplemented with a retirement income strategy are essential elements of living and sustaining a standard of living when no longer in the workforce.

** A full copy of the report is available upon request.

The First Wealth Management is located at First Florida Bank, a division of the First, A National Banking

Continued on page 39



Regular Roof Inspections Can Prevent the Need for Premature Roof Replacement

By Erin Bakker

The roof is one of the most important parts of a home or business, yet it is one of the hardest to keep an eye on. Roof inspections require going up on a ladder, and once up there, the inspector has to know what he or she is looking at. It's easy enough for a lay person to spot obvious damage, such as a large hole caused by a fallen tree limb. But problems emerging due to less catastrophic conditions aren't as easy to spot. This makes it so that the average homeowner gains little benefit from looking at the roof.

The key to effective roof inspections is to hire professionals to come out and look. A pro can spot things like failing flashing or a loose shingle before they cause obvious leaks. In some cases, detecting and fixing these issues early can prevent the need for premature roof replacement.

Of course, there are times when a roof inspection will reveal that roof replacement is needed right away. Then, you may wonder what the benefit of the inspection was. The answer is simple: By spotting a wornout roof in advance, you avoid finding out by having it start to rain inside your house or down your walls. You also can save the roof deck from rotting, and therefore, save yourself several thousand extra dollars.

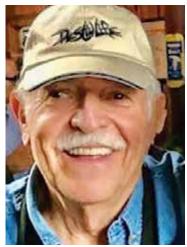
A professional roof inspector can spot problems before they



and the structure beneath it. Remember, ignoring a roofing problem just allows rot to get started, so it's always more affordable to get repairs done early. Contact us for an inspection: Specialty Roofers, Inc., at (850) 974-ROOF or visit specialtyroofers.com.

prolong the life of your roof

A2Z Celebrates Local Legend, Gabby Bruce



1944-2020

By Donna Montalvo

Each month we include a story from someone who has worked alongside Gabby so you can see the kind of impact he had and continues to have in our community! Shane A. Moody, President and CEO of the Destin Chamber of Commerce writes, "One thing about Gabby - he was the true definition of a community supporter. Everywhere you look, everywhere you go, you see something Gabby touched. Not just in Destin, Fort Walton Beach or Niceville, or even Okaloosa County. He was everywhere making every community better."

This is our sixth consecutive award and we have six more to go by May 2022. The awards are given out based on nominations through our commercials on Cumulus Radio. We look for nominations for an organization who makes an impact by their generosity and personifies Gab-

SPECIALTY

ROOFERS

Say goodbye to the bulky and distracting panels of the past. The sleek, low-profile design of the GAF DecoTech* Solar System delivers high performance along with curb appeal.

For a limited time, get free gutters with the installation of a solar roof! See website for more details and restrictions. Offer ends 12/31/21. PRIVATE OFFICES



S DAVID M. RUTHERFORD

INCOME TAX SPECIALIST

Corporate Taxes / Filings • Accounting • Bookkeeping

Business & Personal Taxes • Financial Reporting

Startup Specialist • Full Payroll Services

35+ Years Experience

127 Harbor Blvd. Ste. 3A | Destin, FL 32541

(850) 460-2995 | Countrypro1@aol.com

beachwerx

AN EXECUTIVE OFFICE SUITE IN THE HEART OF DESTIN.

Come and go as you please and always know you have the best office in town.

(850) 974-3435 info@thebeachworx.com Destin Commerce Center 34990 Emerald Coast Pkwy, Suite 300, Destin

www.TheBeachWorx.com

Continued on page 46

are obvious, and let you know exactly what will be needed to



- LISA Y. SHORTS PITELL ATTORNEY AT LAW
- Planning • Corporation, LLCs, Business Law

• Wills, Trusts, Estate

- Taxation law & Tax returns
 Contracts
- Guardianship, Probate & Estate Administration

1402 Cat Mar Rd., Suite B, Niceville, Florida 32578 850.897.0045 | LYP@LYP-LAW.COM

The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.



The Gift of Wisdom

By David Saviola, Arborbrook Financial

There is a significant public discussion right now on topics like minimum wage, redistribution of wealth, improving work conditions, pay for employees, etc. "The Great Resignation," as many have dubbed the situation, has many speculating what the root causes are and how to fix them.

Study after study has shown that the majority of us have a belief that having just a bit more money will solve any problems—20% percent more to be specific. Recent studies released from Penn's Wharton School even claim that having more income is directly related to happiness, albeit a modest increase.

So, clearly, giving everyone a raise will solve all our problems and we can just move on to whatever is next, right? Just typing that phrase out as a suggestion made me chuckle inside; that's how silly of an idea it is. You probably had a similar reaction reading it. Well then, what is the answer?



The answer is wisdom. I'm almost embarrassed to say that it took me over a dozen years of advising people to realize that any value in what we ever did came down to that one word. Information and knowledge are easy to obtain today, and everyone has nearly instant access via a smartphone or tablet. However, the ability to receive wise counsel when it comes to

available from your financial advisor

handling our money has the perception of being limited to those that have surplus to invest or need to purchase a financial product of some sort. This lack of access to wise counsel has left millions of us vulnerable to believe lies like more money will always solve our problems.

King Solomon, the wisest and richest man to date, knew this a long time ago and encouraged us repeatedly about the importance of wise counsel and advice in our lives. Most pointedly, he said "How much better

and should be read carefully before in-

to get wisdom than gold! To get understanding is to be chosen rather than silver" (Proverbs 16).

If you are a business owner reading this, chances are you have your own set of advisors and I implore you to consider the fruit that would be produced by your employees having access to that same level of wise counsel. If you are an employee on any sort of team, think about bringing this idea up at your workplace. In both situations, we would be honored to help as we have with so many others.

vesting.

PANDEMIC CHANGES

continued from page 37

Association, 2000 98 Palms Blvd, Destin, FL 32541 with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport, and Panama City. Phone 850.654.8124.

Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@ raymondjames.com.Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC, or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc.

The First Wealth Management First Florida Bank, and The First, A National Banking Association are not registered broker/dealers and are independent of Raymond James Financial Services.

Views expressed are the current opinion of the author, not necessarily those of RJFS or Raymond James, and are subject to change without notice. Information provided is general in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.

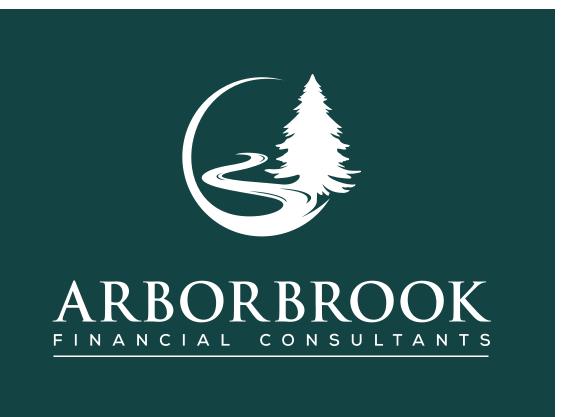
Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation. Investors should consult their investment professional prior to making an investment decision.

Investing in the energy sector involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors.

Treasury Inflation Protection Securities, or TIPS, adjust the invested principal base by the CPI-U at a semiannual rate. Rate of inflation is based on the CPI-U, which has a three-month lag. Investing within specific sectors, or in small and mid-size companies, involves unique, additional risks. Those risks include limited diversification, regulatory risks, limited liquidity, and lack of operating history.

There is an inverse relationship between interest rate movements and fixed income prices. Generally, when interest rates rise, fixed income prices fall and when interest rates fall, fixed income prices rise.

Investors should carefully consider the investment objectives, risks, charges, and expenses of mutual funds before investing. The prospectus and summary prospectus contain this and other information about mutual funds. The prospectus and summary prospectus are



GO BEYOND MONEY

Connect with us to start today.

850-269-6851 | arborbrookconsultants.com

Hometown Biz Spotlight is sponsored by A2Z Specialty Advertising! Your local, one-stop place for promotional products and ad specialties Mugs • Pens • T-Shirts • Sunscreen • Lanyards • Hand Sanitizer ALL with your company or organization logo! More than 3,000 suppliers! Boost ROI and leave a lasting impression with your customers!



Call Donna Montalvo 850-974-2869 | donna@a2zDestin.com www.a2zdestin.com

This Month's Special: Bluetooth Speaker

with a powerful sound Size: 2.05" x 2.36" | Imprint area: 1" x 1" Full color logo

Special pricing: \$6 ea. Reg. \$8.82 each

Set-up FREE (normally \$60.00) | Low minimum of 25 Colors: White, Black or Royal Blue Quick production time: 3 days Offer valid Nov. 1, 2021 - Dec, 30, 2021



Letter to Sacred Heart Health System

November 2, 2021

David Sansing, Sacred Heart Health System, 6200 Pensacola Boulevard, Pensacola, F1 32505 Thomas Van Osdol, President & CEO Sacred Heart Health System, 5151 North 9th Avenue, Pensacola, FL 32501

Gentlemen:

We are local physicians in private practice, who have supported Sacred Heart Hospital on the Emerald Coast since its inception in 2003. We want what is best for our hospital and community.

This COVID-19 vaccine mandate is not in the best interest of the community. Mandatory vaccinations are within the exclusive jurisdiction of the state. (Florida Statute § 381.00315). Sacred Heart has no authority to mandate vaccinations. Your continued demands for staff to get vaccinated is coercion into accepting unwanted medical treatment. This violates medical ethics as well as patient rights. This mandate does not allow for free choice.

The Florida Constitution includes a right to privacy. (Art. 1 Section 23). The invasion of one's body with unwanted medical treatment violates their rights.

The mandate makes no accommodation for those with a superior immunity—natural immunity.

Our Catholic hospital is denying our employees religious exemptions!

The mandate inexplicably violates state law prohibiting the use of the vaccines as a condition of employment. Precedence has already been set, as the Florida Department of Health recently levied a \$3.5 million fine to Leon County for terminating employees for failing to comply with their COVID-19 mandates. This scenario is no different.

The Federal "mandate" announced by our president requiring hospitals to require their employees to be vaccinated, was never enacted. There are no CMS rules governing a hospital's requirement or ability to require its staff to become vaccinated as a condition of employment.

The available COVID-19 vaccines are Not FDA approved. Comirnaty, a Pfizer vaccine was FDA approved; however, it is not available in the United States, thus all current utilized COVID-19 vaccines are Not FDA approved and remain under the experimental use authorization (EUA). Americans receiving the COVID-19 vaccines are entering an experimental drug study, for which full informed consent is not provided. This SHH mandate, therefore, is requiring the administration of an experimental vaccine. This violates all Patient's Civil Rights.

Vaccines are designed to mimic natural immunity. The Pfizer vaccine has an embarrassing record as compared to natural immunity, as determined by the recent Israeli study in the journal Science, published September 3, 2021. The study mined a database of nearly 2.5 million patients. The vaccinated patients were 13 times more likely to contract COVID-19 than those with natural immunity! The vaccinated risks of hospitalization were 8 times higher.

The vaccines should never have been granted EUA, nor FDA approval, as we have had effective treatments. (If effective treatment is available, then an EUA cannot be granted.) Ivermectin has been approved by the NIH for treatment. (NIH website table 2(c)). We Have found from our experience that early outpatient treatment is very effective, having had a very high success rate in keeping patients out of the hospital.

The COVID-19 vaccines have caused significant morbidity and mortality, much higher than any vaccine in the history of VAERS, the official vaccine adverse event reporting system for the United States. From mid-December 2020 through October 15, 2021, the VARES data indicates half of all reports, and two thirds of all deaths reported to VAERS since its inception in 1990 are related to the COVID-19 vaccines. There have been 26,919 reports of disability, 10,304 cases of myocarditis, 8,408 heart attacks, 2,631 miscarriages and 17,128 deaths.

According to your internal documents, you had less than 70 COVID patients statewide last week! Governor De Santis has called for a special session to begin on November 15, 2021. You have been asked to suspend your vaccination mandate long enough to allow this special session to occur. Why won't you agree? What is the rush? Why this mandatory November 12, 2021, deadline?

Finally, we ask that you voluntarily provide the following information to the State Legislature so that our representatives are informed as to all the issues our community is facing:

• A projection of the number of healthcare workers that could be placed on unpaid leave or terminated assuming the policy continues in force;

• A complete description of your organization's vaccination policy as it stands today;

All documents related to exemption requests where such requests have been denied with an explanation of each such denial, whether the exemption sought was medical or religious, setting forth the reasoned basis for such denial and why no accommodation is possible without an undue burden; and

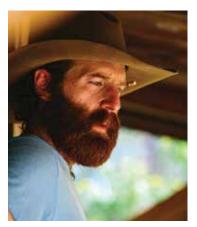
• A projection of the effect of the policy on each hospital's capacity for providing community healthcare, both (a) regarding COVID-19 and (b) regarding all other types of routine and emergent health care assuming the policy continues in force.

We are all interested in serving the public good. We therefore ask you to reconsider your COVID-19 mandate.

Calvin Blount Jr., MD Luke Lentz, MD

William Varnadore, DO

Paid public advertisement. The views expressed here do not necessarily express the views of of Destin Life and Life Media Group.



By Sean Dietrich

'm sitting with my Methodist mother-in-law in the living room. We are replaying old memories like worn out records. There is a ballgame playing in the background. Braves are winning.

She sits in her wheelchair, nursing a nightly glass of Metamucil. I am sitting in a fold-up rollator walker, drinking one of her Ensure meal replacements. Chocolate.

The white-haired woman gets a sly look on her face and says, "Do you remember that one time...?"

There is mischief in her voice. And I already know where she's going with this. Even so, I prod. "What 'one time?""

"Oh, the time I came over to your house, unannounced, several years ago...?"

I knew we were going here. "You mean the time you saw me naked?"

She laughs and sips her fiber supplement. "That would be the instance of which I speak."

Let us get the dirt you can't see

I might as well tell you the story now that we've brought it up. And I'm sorry if this is offensive because I consider myself a sincere gentleman. I mean it. I open doors for ladies, watch my language, and I don't slouch.

But the truth is—and I can hardly say it—my mother-inlaw has indeed seen me wearing nothing but the Joy of the Lord. And I mean the full biscuit.

Don't make me repeat my-self.

It happened years ago. And the violation occurred right in my own house. I'm forever traumatized. In fact, just writing about this causes unpleasant feelings to start swimming inside me, some of which date back to middle-school gym showers.

I can't really explain how it happened. All I know is that one moment I'm waltzing across my empty house after a shower, enjoying the invigorating springtime air, then (WAM!) a peeping Thomasina is standing in my kitchen.

"Mother Mary!" I squealed but in a masculine tone. "How'd you get in here?"

"I have a key, ding-a-ling."

"Please don't use that word." She handed me a stack of envelopes, but did not turn away. Her demeanor could only be described as unimpressed. "I was bringing your mail."

I felt my face get hot. "My eyes are up here."

"It's mostly just bills." "Miss Mary, I'm naked." She agreed with this.

Family, Locally and

Veteran owned

Then without breaking her non-Methodist stare, she said, "Sorry, I didn't bring any ones or fives with me."

Mother Mary

Without uttering another word I trotted to the bedroom and heard loud whistling and cheering behind me. I edged past her, one hand covering the stern of the boat, the other shielding the bow.

The thing is, I've never felt so violated. A man's house is his sanctuary, his dojo. Mothers-in-law can't just pop in for half-priced peepshows whenever the mood strikes. There are laws against this sort of thing in civilized countries.

I suppose even after all these years I still don't know how to act now that my mother-inlaw has seen the authentic me. Nothing has ever been the same between us. I have a hard time looking her in the eye.



Take the holidays. Thanksgiving with the family is awkward. I want to know who prays the serious and reverent blessing with a straight face? It can't be me. I can't say grace while she's bouncing her eyebrows at me. I know what she's visualizing.

What about going to church? For years after the incident whenever our congregation would sing a hymn, Mary would slap my back pocket and say, "I got your Blessed Assurance right here." like an innocent pair of hindcheeks can rip a family apart with awkwardness? Which is why my advice to all sons-in-law reading this is, keep your family close and your skivvies closer.

Mary finishes her Metamucil, and after we are done retelling the old story I realize how much this past experience traumatized me. I never forgot it. It laid me bare, so to speak. So I ask Mother Mary where two traumatized souls go from here.

Mary suggested we go for drinks and dinner.

Isn't it sad how something



Roofing • Repairs & Maintenance • Roof Coating & Restoration



SANTA ROSA BEACH 850-267-0900 | www.Bel-MacRoofing.com

Page 42

🀲 Musings



By Myrna Conrad

This month we will celebrate Thanksgiving. It is a holiday set aside to get together with family or friends and celebrate all that we have to be thankful for. Being aware of our blessings is important and should not be relegated to one day a year.



The definition of contentment is: "That degree of happiness which consists in being satisfied with present conditions; a quiet, uncomplaining, satisfied



mind." One of the best examples of contentment is written by Paul to the church in Philippi. Here is what he says, "I have learned in whatever situation I am in to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me." -Philippians 4:11-13

Today it is rare to find anyone who is completely content with their condition in life. I am not speaking of contentment leading to laziness or lack of initiative. God's Word also warns us about that. I am talking about being content with our current circumstances instead of allowing the need for more to rule our actions and our lives. The need for more is not just associated with money or the material things that money can buy. It can also include the need for power, for control, for attention, for social status.

Discontentment is not a new concept. It was discontentment that led to the first sin. The root of most wars starts with discontentment.It has led to infidelity, theft, pretense, jealousy, perfectionism, entitlement, debt, divorce, hatred, murder and many more insidious invasions to our peace and wellbeing. It leads to stress, depression, disappointment, and anger.

The wider the access to technology and information, the more bombarded we become with seeing things that we don't have, being told that we need certain things, and desiring more. So, while contentment has always been something people have struggled with, I think the more invasive media has become, the more evasive contention becomes.

So how do we capture this illusive state of contentment? How can we get to the point of being content in all circumstances? How can we develop a quiet, uncomplaining, satisfied mindset? I find that I am able to experience more contentment knowing that God is in control of my life and that His intent for me is always good. I also find contentment to be closely connected to my taking the time to express thanks each day for God's blessings, not just general blessings, but speaking out specific blessings.

Do you desire more contentment in your life? **Be Aware:**

Recognize the difference between the desire to improve, learn and grow and the unhealthy drive for bigger and better.

• Be aware of the feelings associated with discontentment so that you can recognize them and combat them.

• Realize that everyone goes through difficult periods but complaining and grumbling will keep you in that situation much longer than if you work to change your situation. **Be Intentional:**

• Take time each day to be thankful about specific things.

• Realize where discontentment will lead and nip it in the bud.

• If you find yourself focusing on what you don't have, walk through what you do have. • Be happy with the unique

individual that God created you to be and look for ways to use your abilities and talents to help others

Often we are so focused on what we don't have that we fail to give thanks for what we do have. Giving thanks for what we have leads us down the path to contentment and contentment leads to peace. We can not only give thanks this November, but also strive toward contentment in whatever circumstances we find ourselves.

School Programs Serving Pre-K through 12th Grade Open to the Public After School Programs Summer Programs | Art & Music South Walton ACADEMY Homeschool Partnership Private Therapy | Life Skills Classes **Therapy Services** SouthWaltonAcademy@gmail.com www.SouthWaltonAcademy.com ABA (Behavioral Therapy) **Counseling Services** South Walton Academy provides **Developmental Therapy** a broad range of individualized, **Occupational Therapy** educational, and therapeutic Speech Therapy | iLs, and more! opportunities for all children. **Our Team is Growing! Now Hiring:** Teachers, Lead & Assistants, Therapists



RITA L. SHERWOOD 850.376.3663



BHH Affiliates, LLC. An independently owned and operated frances, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaw using Opp mbol are registered ay affiliate. Equal Ho



CLAIMOLOGY "The art and science of fair claim settlements"

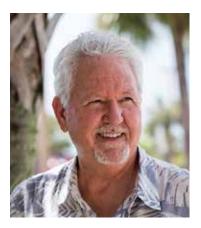
A Public Insurance Adjusting Schoolhouse



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

Have Questions about Property Damage or Insurance Policies? Call Us: (850) 684-4794 You could have it answered in one our columns.

🏇 Musings



By PASTOR DAVE HOLLAND

Many Christians yearn for a better relationship with God, and they wonder why God seems to be distant. He is nearer than you know, and He is not silent.

Consider Zacchaeus in Luke 19. This successful businessman lived his life in luxury. But something was missing—he wanted to be closer to the Lord. When he heard Jesus would pass through his town, he ran ahead and climbed a tree to see Jesus.

Traveling to Jerusalem, Christ passes through Jericho. Josephus, a noted Jewish historian from the first century, calls this city the "fattest region in Palestine." Taxes gathered there

A Pastor's Ponderings: Let God Love You

would make a chief tax collector like Zacchaeus wealthy. But he wants something more from God. He needs what Jesus offers-love, acceptance and forgiveness. Christ looks up and sees Zacchaeus. The Master moves toward him and invites Himself to Zacchaeus' home. Jesus sees you and invites Himself to your home. Welcome Him now.

God wants to speak to you. Listen. The Word of God is our primary source of revelation, but our hearts are built like old-fashioned radios. If you calm your heart and dial in to the Spirit, you can hear from God.

Allow me to challenge you with this exercise. Find a quiet spot in your home where no one will n disturb you and commit to sitting before the Lord for seven silent minutes. Don't be surprised by the onslaught of thoughts screaming at you. Dismiss the feelings that shout at you to go get something done. Let go of the guilt and regret that cling to you. Believe that Je-



sus took care of all those things on the cross. Ask Jesus to come to you. Close your eyes. Imagine the room you are in. In the theater of your mind, place yourself in your chair. Invite Jesus to come into the room to be with you. How is He dressed? What does He do? What does He say? To you.

I see myself seated in a sanctuary. I'm in the chair at the end of the aisle. Christ walks close to me and lays His hand on my shoulder. I am bowed, partly in deference to the Master, but mostly because of the events of my life that have left me scarred and humbled. The scene shifts in my mind to the northern shore of the Sea of Galilee in Israel. My eyes look to the west, as magnificent yellows, oranges, and reds glow in the distant sunset. "You are in the sunset of your life," the Lord whispers into my inner ear.

"Do You mean I am going to die soon, Lord?" "No, sunset is the time to contemplate the beauty of creation and your life. The time when there are more memories behind you than there are battles ahead. Write, tell people the story of My love. Invite them to swim in the deep sea of grace and forgiveness rather than the muddy waters of guilt, rules, and religion. Humanity knows little of the joys I have set before them. Liberated people from the shackles of sin and condemnation. Tell them about me."

God still speaks. He will speak to you if you invite Him. Jesus said My sheep hear My voice.

Dave Holland pastored churches for 38 years before retiring in Destin. Dave has released his Christmas devotional, "Christmas Jesus," with three new fables added for fun. You can get a copy of this book from his website, DaveHolland.org, or at Amazon.com. Pastor Dave is available to preach and teach in churches and conferences. Contact him at DavidvHolland54@ gmail.com.



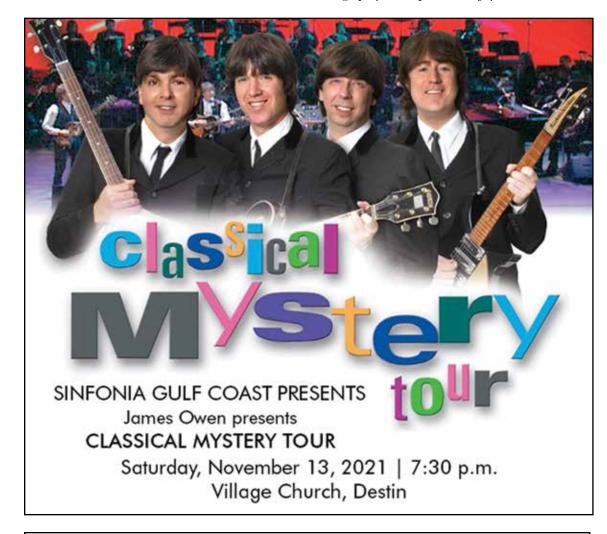


Arts & Music

Classical Mystery Tour Live with Sinfonia Gulf Coast

Imagine the Beatles playing in concert with a symphony orchestra. What would that have sounded like? Attendees will find out when the Classical Mystery Tour performs live with Sinfonia Gulf Coast. The four musicians in the Classical Mystery Tour look and sound just like The Beatles, but the Classical Mystery Tour is more than just a rock concert. The full show presents two dozen Beatles tunes sung, played,

and performed exactly as they were written. Attendees will hear "Penny Lane" with a live trumpet section; experience the beauty of "Yesterday" with an acoustic guitar and string quartet; enjoy the rock/classi-



Classical dance training for all ages!

studio6. twenty5

Children's Program Fall Schedule SATURDAY classes available for:

Pre Primary A Ballet (2-3 years) Pre Primary B Ballet (3-4 years) Pre Primary C Ballet (4-5 years) Primary Ballet (6-8 years) Level 1 Ballet (8-10 years).

Registration still open until classes fill up. Classes will run through the academic school year.

All levels are instructed by Rachel Prescott, Progressing Ballet Technique Certified

Classes limited. Sign up today! Email rachel@studio6twenty5.com.

Visit studio6twenty5.com for more information. Located at 625 Harbor Blvd. Destin-upstairs



PHOTO BY MATTHEW BAIRD

cal blend on the hard edged "I Am the Walrus." From early Beatles music through the solo years, Classical Mystery Tour is the best of The Beatles like you've never heard them: totally live.

You won't want to miss this, Saturday, Nov. 13 at 7:30 p.m. at Village Church – Destin, 101 Matthew Blvd. TICKETS are \$29.50 Choice Seating Balcony, \$45 Preferred Seating and \$55 Premiere Seating and are avail-

able for purchase here: https:// bit.ly/SGCseason16. Visit SinfoniaGulfCoast.org.

Arts Around Town

Join Mattie Kelly Arts Foundation Thurs., Nov. 11 from 6 to 8 p.m. for the **9th Annual** Wine Walkabout at Ruth's Chris Steakhouse in Destin. Enjoy tasting stations, visit with vintners from Tournesol, Thompson31-Fifty, Revana, Polaris, plus additional vintners. Enjoy live music, wall of wine pull, silent auction, hors d'oeuvres by Ruth's Chris, + more. New this year: all-vintner dinner following the walkabout (for an additional cost). Proceeds benefit MKAF and its ArtsReach education initiatives throughout the community. MKAF members receive \$10 off. Purchase tickets at MKAF.org.

Emerald Coast Theatre Company Presents **Disney's Frozen Jr.** Nov. 12-13. The enchanting modern classic from Disney is ready for your Broadway Junior stars! Frozen JR. is based on the 2018 Broadway musical, and brings Elsa, Anna, and the magical land of Arendelle to life, onstage. The show features all of the memorable songs from the animated film, plus five new songs written for the Broadway production. A story of true love and acceptance between sisters, Frozen JR. expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen JR. is sure to thaw even the coldest heart! Purchase tickets at emeraldcoasttheatre.org.

The **Flutterby Arts Festi**val, produced by the Cultural Arts Alliance of Walton County, celebrates its 28th year of the migration of the Monarch Butterfly through our area with art activities, live performances, art exhibits and a butterfly parade! Join this colorful event from 10 a.m - 4 p.m. on Sun., Nov. 14, 2021 in beautiful Watersound Origins.

studio6twenty5

2021-2022 at studio6twenty5 Fall Registration: 2-8 years Tuesdays

- •10:45-11:15am: Pre Primary A (2-3 years)*NEW
- •11:30-12:00pm: Pre Primary B (3-4 years)*NEW

Saturdays

9:30-10:00am: Pre Primary A (2-3 years)

10:10-10:40am: Pre Primary B (3-4 years) 10:50-11:40am: Pre Primary C (4-5 years) *CLASS FULL* 11:50-12:30pm: Primary Ballet (5-8 years)

Visit website for additional level and adult classes.

Register online at studio6twenty5.com. Please email any questions to rachel@studio6twenty5.com.

studio6twenty5

625 Harbor Blvd. (Upstairs)

Mitch Malloy's Van Halen Experience Rocks Mattie Kelly Arts Village

BY WILL ESTELL

If you're a hard rock fan living anywhere along Northwest Florida's Gulf Coast, I hope you were able to make it out to the spectacular show that took place October 9th at Mattie Kelly Arts Foundation's arts village in Destin. What made this particular concert so iconic, was that not only was it the first live performance of Mitch Malloy's Van Halen Experience, but moreover the singer himself now calls Destin home.

Though Mitch Malloy is relatively new to the Destin area, he is certainly no stranger to the rock side of the equation. When I asked Mitch to share a little about his journey into the world of music he had this to say, "I was born in Dickinson, North Dakota, and began singing in church and school plays when I was about six years old. I was the youngest of six children, and always had a passion for music. I began playing guitar at about twelve. I went to music school in Seattle, and then hit the road to New York, finally landing in Nashville to chase the dream."

In addition to putting out multiple solo albums and two Billboard hits, Mitch has worked with a smorgasbord of artists, ranging from Kenny Loggins to Taylor Swift to country sensation Craig Morgan. His work producing and engineering has paired him with some of the best songwriters in the business, even beyond his own award-winning songwriter. After being signed to Warner Chappell and Chrysalis Music, Mitch later launched his own publishing company to control his work, once his name became well recognized within the industry.

As for the history leading to Mitch assembling the all-star musicians that made up Mitch Malloy's Van Halen Experience last month in Destin, it goes something like this: In the mid-90s, Mitch was invited to take the lead vocals position for Van Halen, after Sammy Hagar left the group. As intriguing as the offer, and subsequent time he spent with the late great Eddie Van Halen was, Mitch decided that the turmoil and conflict that surrounded the band at the time, just didn't make the po-





sition a good fit for him at the time. This lead him to literally turn down what almost any rock vocalist would surely see as the once-in-a-lifetime opportunity to be at the helm of what was arguably one of the greatest hard rock bands of all time.

The concert raised money for the new Destin High School and was a huge community hit, selling over 50 VIP tables alone and pulling in major sponsorships from everyone from Step One Automotive to Destin Plastic Surgery to restaurant, real estate, beer, liquor and beverage sponsors. The concert also went a long way in showing just what the possibilities are for larger concerts and events at Mattie Kelly Arts Foundation's concert venue, an organization I'm privileged to serve on the board of myself as does Destin Life publisher.

When I asked Mitch about the opportunity to live where we do and be a part of this cool coastal culture and lifestyle, he had this to say, "You know, it's beautiful and the area's great, but it's also like you and I have talked about before, the people are just so friendly, and real and accommodating. Everyone seems so genuinely nice here. It's a melting pot of happy people." All true-having moved to Destin myself roughly four years ago, I'm quick to point out that most people would find it difficult to be unhappy living in such a place.

Currently Mitch is touring with Great White and performing solo shows when not touring. Who knows, there just may be another opportunity to catch Mitch Malloy's Van Halen Experience in the future. Don't miss it!

Will Estell is a 25-year veteran writer turned editor, with hundreds of

published articles in various publications, as well as numerous additional online articles in an array of genres. He's been instrumental in founding eleven magazine titles.





DESTIN'S NEWEST FINE ART DESTINATION

JLEONGALLERY.COM | 850.842.3051 13370 US HWY 98, MIRAMAR BEACH, FL 32550

Sip N' Stroll Gallery Night: 5-7pm | First Friday Each Month





Ask Destinites: Thankful for Destin

🌸 Community



BY PATRICIA LEE

As Thanksgiving is upon us, we find ourselves being asked just what it is we are thankful for and we hear all the usual replies. However, I would like to take this time to say I am thankful to live in Destin. I moved here six

years ago from Birmingham not knowing anyone who lived in this beautiful city, but certainly grew up coming here on vacations. I didn't know how well I would be received as an outsider, but locals could not have been more friendly and welcoming. Settling in was a wonderful, instead of a harrowing experience up to and including getting my driver's license. My son helped me move down here and even he noticed the kindness was overwhelming! Locals would just start sharing with me tips about living here before I could even ask. They seemed more excited than me that I was

here! I decided to ask members in our Destinites Facebook group to tell me what they loved the most about living here — the kindness and close community connections were the number factors. One member said, "When you put nice people in a beautiful setting...you get Destin!"

Here are a few other comments made by our local group members:

1. "My favorite thing is when I drive or ride over the Destin bridge and see the light and clouds reflecting on the water. It always inspires and makes me thankful I live here."

2. "Love seeing people out on bikes and scooters all over town!"

3. "I love the small-town feel, being able to walk the docks in the evening and seeing my Dad come in from a fishing trip or watching the boats early mornings fishing for bait."

4. "Love the quality of life and being able to raise my kids here is a dream come true and I'll forever be grateful!"

4. "Sitting on the beach feeling like you're on vacation."

We locals are all truly blessed to live in such a magnificent place where the inside beauty of the people surpasses even the physical beauty of our surroundings. If you are a local and have not joined our private Destinites Facebook group, I invite you to do so at www.Facebook.com/ groups/Destinites. It is the quickest way to reach out to a community when you have a need or just simply make a new friend. Be sure to visit our website, too, at www.Destinites.com and sign up for our monthly newsletter which will begin December 1st. Happy Thanksgiving! May God bless you all and God bless Destin!

~ Patricia Lee, Creator - www. Facebook.com/groups/Destinites; Owner - www.Destinites.com

"I'm thankful for change.

This year I took the leap to be-

come a full-time artist and open

my own gallery. Best life deci-

– Estelle Grengs, Artist

THANKFUL

continued from page 10

"This year, we are thankful for having started a coaching business this year! I have so much, and meet so many amazing people through my business, Destin Chamber, Destin Forward and the three networking

groups I am a part of. We have loved living in Destin, and are excited to see what great works God will do in and through us in the coming years!"

BIll Mason, ACC

"We are so grateful for our family, friends, our community, meaningful work we love and

living in a beautiful place that nourishes our souls! Happy Thanksgiving."

Todd & Stephenie Craig, Journey Bravely Counseling & Coaching

"One of the many things that I am thankful for this year is that I know God is in control of all that is going on in our

crazy world. I am also thankful that God doesn't just focus on the large view, but cares about what happens in each individual life. I know that He loves me and as He has promised, is working all things for my good and His glory."

- Myrna Conrad, Bay Life/Destin Life Columnist

on her own; the OCSO Dive Team completed an underwater clean-up at the Okaloosa Island Pier and helped collect 400 pounds of debris; deputies taught classes at an elementary school about fingerprinting and vehicle burglaries and swore in some junior deputies who promised to always be on their best behavior; the OCSO's Citizens Advisory Board had an SRO introduce a board game in schools

to help educate students on law enforcement procedures and interactions.

The focus is on making good life decisions and being positive role models for others. To keep up with all the OCSO's good deeds, and items of public safety interest, follow them on their Facebook, Instagram, and Twitter accounts!

The OCSO serves and protects us in many, many ways!

Holiday Help

Christmas is Coming to ECCAC-It's Adopt-A-Family Time!

ECCAC is seeking donors who will purchase new and unwrapped gifts for individual families for Christmas. Gift certificates are great for teens and Christmas decorations are always a bonus if funds allow. Last year, the program helped 197 children in 70 families have a festive holiday season. You can sign up now for Adopt-a-Family on-line at www.eccac.org/adoptafamily. Or, contact Nicole Steinbrink at nicole@eccac.org, or call her at 850-833-9237, Ext. 222 to make arrangements. Then shop for the families and bring unwrapped gifts by December 14th, or sooner to the Niceville or DeFuniak Springs Centers. You can also consider making a 2021 year-end tax-deductible donation. ECCAC's mission is to prevent child abuse and neglect, protect children in Okaloosa and Walton Counties, and restore the lives and futures of these impacted children. Visit www.eccac.org. If abuse is suspected, call the anonymous Florida Abuse Hotline at 1-800-96-ABUSE.

GABBY BRUCE

continued from page 39

by's giving back to our community.

We are honored to announce the next winner of the "Gabby Bruce You Make A Difference" award-the Okaloosa County Sheriff's Office. The award was presented to Captain Chad Re-

wis of the OCSO at the Destin Chamber of Commerce's Business Before Hours in October. Beyond keeping us safe, the

Okaloosa County Sheriff's Office is also committed to helping those in need in our community. It formed OCSO Sheriff's Star Charities, which helps employees cope with unplanned life



_mkaf Presents. Artful Dining Series 9th Annual Wine Walkabout Ruth's Chris Steakhouse in Destin

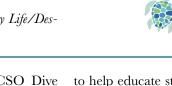
THURSDAY, NOV 11 | 5:30 - 7:30 PM

Tickets: \$75 General Admission | \$250 Dinner + Wine Walkabout mkaf.org/artful-dining-series/

Proceeds benefit MKAF and its ArtsReach education initiatives throughout the community.



changing events. The organization's work extends to benefit local and national charities. You'll also catch them doing good deeds for people in need and good projects to benefit causes all around the County. Here are just a few examples: OCSO volunteers cleaned up a massively overgrown yard for an elderly Destin resident with limited mobility who was unable to tackle the problem



sion ever.'





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





Private Charters on 40 of Destin's Finest Charter Boats



On-Site Booking Service: 850.837.1995 210 Harbor Blvd.



Charter Boat



DESTIN **★** FLORIDA

850.837.2320 Book on-line at www.CharterBoatOuttaLine.com Party Boats DESTIN PRINCESS & DESTINY



850.837.5088 Purchase Individual or Group Tickets Book On-line at www.DestinPartyBoatFishing.com