



JULY 2022
VOL. 4, NO. 12

DESTIN Life

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Living Hope

BY MICHELLE RUSCHMAN

Cindy Smith has taught child abuse prevention in schools since the 1990s. This earlier work led her to become an advocate, author, speaker and founder of Living Hope for Today, whose mission is twofold: to teach our kids, even as young as age 3, how to deter a potential sex offender through the X Zone Body Safety Program and to remove the shame of abuse. Cindy knows firsthand the damage generational abuse can have on a family and is now working to be part of the solution.

"I married the wrong man," she said. "He was physically abusive, and we were only married for three and a half years. When I left him, my children were 18 months and my eldest daughter just turned 3. When she was 3-and-a-half, I found out through things she was saying and doing that he had sexually abused her.

"My daughter, who's now 40, doesn't remember the details of what happened and has left my granddaughter



alone with my ex-husband. He's charismatic and manipu-

lative. So, although she knows something happened to her, she says it couldn't have been him. I have told her, 'But I'm the one who lived it with you and chose to believe you. I'm the one who was with you through the daily nightmares and acting out. I'm the one that was there when you spoke to the counselor.' We knew what happened to her.

"When I found out my 4-year-old granddaughter

was being left alone with my ex-husband, I decided I needed to get a book to teach my granddaughter body safety rules."

When Cindy looked, however, she was unable to find a resource that would make sense to young children, and she desperately wanted to give her granddaughter a tool she could use.

With a counselor's guidance, Cindy wrote her children's book, "Isabella's Treasure," which teaches specific words and actions to deter a potential perpetrator, especially when the potential victim is prompted to keep the abuse a secret. One of the strategies in the book encourages the child not to keep these "sad secrets." The significance of this comes from studies that reflect that an abuser is deterred when they know a child will tell.

Now including a music video, the book has become part of the "X Zone Body Safety Program."

LIVING HOPE
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Paddle at the Park!

The 10th Annual Paddle at the Park, a standup paddle board race event, is returning Saturday, Aug. 20, in our amazing, emerald-green Gulf waters at Henderson Beach State Park in Destin. Sponsored by HCA Florida Destin Emergency, it offers races for all ages and skill levels, with its Kids' Fun Paddle, 1-Mile Beginner Ride, 3-Mile Recreational Race and 6-Mile Elite Race. Kayaks and inflatables are welcome, too.

The weekend fun begins Friday, Aug. 19, with a Racer Welcome Party at BOTE, located at 383 Harbor Blvd. Catch up with racers old and new, and enjoy food and cold BOTE beer from Destin Brewery.

PADDLE
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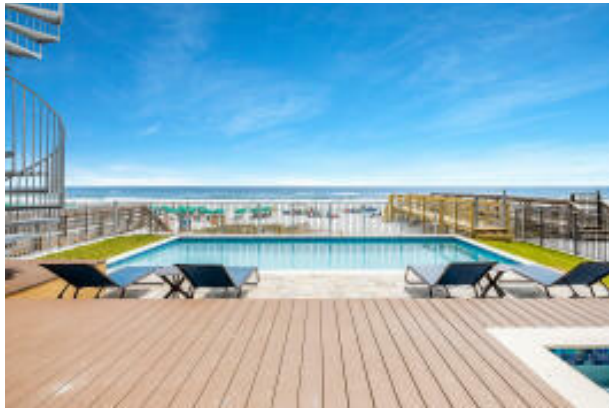
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91 MIAMI STREET

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LIVING HOPE

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Just as important, Cindy wants to support those who, like herself, live with their history of being sexually abused. In her novel for adults, “Whispered Truth,” Cindy shares her abuse through the characters and storytelling. She understands firsthand how important it is for victims to have an outlet for their stories.

“For me, it was very freeing,” she said. “When I first started

dealing with my repressed memories from childhood, the first people I told were my husband and my pastor. It was freeing to know I could talk about it and people weren’t going to reject me. I felt like I’d done something wrong, and I was full of shame, that something was wrong with me. When you talk about it, and people respond by sharing their own stories, or by offering you support and encouragement, those chains break off. That’s why we need to talk about it.”

Because child sexual abuse

prevention isn’t being taught in most schools, Cindy is passionate about training parents, guardians and professionals how to recognize signs of abuse. If a community decided to make an impact on prevention, the fruit of those efforts would grow exponentially. The results would include better mental health, less addiction, fewer kids in foster care and fewer adults in jail. Cindy Smith will be a guest speaker at the Back to Homeschool Convention at the Crestview Community Center Aug.

13 and 14 from 9 a.m. To 4 p.m. Visit the event’s Facebook page for details. Cindy can also be booked for “Stewards of Children: Darkness to Light” training or other presentations with your school, company, church or organization by calling (513) 505-3690 or emailing clsmith@livinghopefortoday.org. Visit www.livinghopefortoday.org to purchase “Isabella’s Treasure” and “Whispered Truth” and to find additional resources. The best way to support Cindy and her efforts is by connecting her

to those who can help children through the education she offers.

Statistics reflect that many reading this article know a victim or, perhaps, are one. The most common perpetrator is someone who is known by the victim, not a stranger. Cindy’s efforts show that we are not helpless and, together, we can equip our children.

For additional resources, go to www.livinghopefortoday.org.

PADDLE

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One lucky racer, participant or sponsor will win a \$100 BOTE gift card. The giveaway will take place at the end of the event, and you must be present to win.

It continues on Saturday morning with the races, which begin at 9 a.m. The event will conclude with awards.

The Destin Chamber’s race partners are BOTE and Henderson Beach State Park; title sponsor HCA Florida Destin Emergency; platinum sponsor Destin -- Fort Walton Beach; accommodations sponsor Vacasa; and media sponsor Destin Life.

Open to the public, Paddle



at the Park is held for locals and visitors interested in the rapidly growing standup paddle board sport.

Race Start Times

- 9 a.m. - 3/6-mile race
- 10:30 a.m. - 1-mile race
- 11 a.m. - kids’ fun race (for ages 12 & under only)

Awards

Awards will be presented directly following the last race to the 1st, 2nd and 3rd place overall winners, as well as the 1st place winner for 50+ in the following categories:

- 1-Mile Beginner - Men’s, Women’s, Men’s Inflatable, Women’s Inflatable
- 3-Mile Recreational - Men’s Displacement, Women’s Displacement, Men’s Surfstyle, Women’s Surfstyle, Men’s Kayak, Women’s Kayak
- 6-Mile Elite - Men’s Elite, Women’s Elite

The names of the top male and top female in the 6-Mile Race will be placed on the Destin SUP Cup. The overall top male and female in the 1-Mile, 3-Mile, and 6-Mile races will also win some awesome BOTE lifestyle products! The top boy and girl in the Kids Fun Paddle will win a BOTE Youth t-shirt and hat.

Registration

Registration is now open at paddleguru.com/races/10th-AnnualPaddleatthePark. Find all race details at PaddleAtThePark.com or follow Face-

book.com/PaddleAtThePark.

Pricing is as follows:

- 1-Mile Beginner - \$45 until Aug. 19 / \$55 on Aug. 20
- 3-Mile Recreational - \$50 until Aug. 19 / \$60 on Aug. 20
- 6-Mile Elite - \$65 until Aug. 19 / \$75 on Aug. 20

Kids’ Fun Race - \$12 (This price does not include a race shirt.)

Race Packet Pickup

Packets are available for pick up at the Destin Chamber, located at 4484 Legendary Drive, Suite A, in Destin, Friday, Aug. 19, from 9 a.m. – 4 p.m. They may be picked up the day of the race beginning at 7 a.m., at Henderson Beach State Park.

Have out-of-town friends that want to participate? Check out Vacasa.com for pricing and availability. If you’d like to become a sponsor, email dana@DestinChamber.com.

Follow Facebook.com/PaddleAtThePark for event details.



Published Monthly
Mailed FREE to the communities of Destin, FL (32541)
P.O. Box 1424
Santa Rosa Beach, FL 32459

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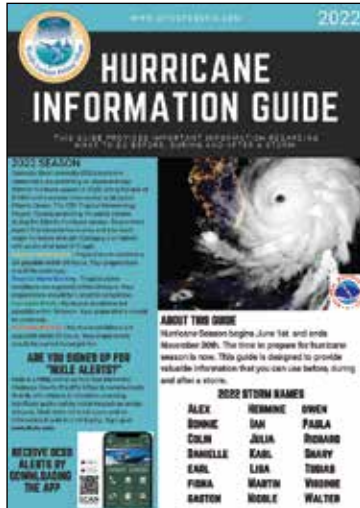


Community

From the City of Destin



BY CATHERINE CARD, CITY OF DESTIN PIO



City of Destin 2022 Hurricane Information Guide is Now Available

Hurricane season began June 1st and ends November 30th. The 2022 City of Destin Hurricane Guide is now available on the City of Destin website and City of Destin Government Facebook page. This guide is designed to provide valuable information that you can use before, during and after a storm. Hard copies of the guide will

be available at all city facilities as well as the Destin Chamber of Commerce. For more information, visit: www.cityofdestin.com/hurricaneguide.

The **Okaloosa County Watersports Coalition** (OC-WOC) has released its second video in a three-part boaters' education series. The purpose of this video is to educate locals and tourists on the safe and responsible operation of personal watercraft (PWC). This video

also discusses tips to safely navigate the local waterways of Okaloosa County. The video was sponsored in part by the City of Destin and The Okaloosa County Tourism Development Department. Watch the Video at https://www.youtube.com/watch?v=pR_BKJb-NIy0. This video is distributed to rental operators as well as local government entities. Please share this with your family and guests.

On July 21st at 2:00 p.m., Kathy Marler Blue from the **Destin History and Fishing Museum** presents *Hooked on History* at the Destin Library. Come hear facts and stories about Destin's fishing heritage from a resident expert. Due to limited space, registration is recommended. Visit to okaloosa.librarycalendar.com. For questions, contact the Destin Library, 150 Sibert Avenue, at 850-837-8572 or library@cityofdestin.com.

Check Out a Florida Park Pass at the Destin Library

To celebrate the 2022 Summer Reading theme, "Oceans of Possibilities," the Division of Library and Information Services and Florida State Parks offers "The Real Florida Reader" state park pass. This pass is

to the owning library. Available through September 12, 2022, the pass does not include camping or any other activity fees and excludes access to Ellie Schiller Homosassa Springs, Skway Fishing Pier and



PHOTO COURTESY FLORIDA STATE PARKS

available for library card holders to check out from the Destin Library or any of the other five Okaloosa County Cooperative libraries. It allows for single day-use entry for one passenger vehicle, up to eight people, to use at one of the 175 state parks in Florida, including Destin's Henderson Beach State Park. The pass can be checked out for one week and must be returned

Weeki Wachee Springs state parks. Local, municipal, county, or federal parks, national forests, or national wildlife refuges are not included in the pass. To find a list of participating parks and other information, go to www.floridastateparks.org/RealFloridaReader or you can contact the Destin Library at 850-837-8572 or library@cityofdestin.com.

Mosquito Spraying Under Way

Okaloosa County recently began its evening treatment schedule of spraying pesticide to control mosquito populations. Treatments begin one hour before sunset and/or in the hour after sunrise. Surveillance activities may indicate

certain types of mosquitoes known to be disease vectors that are active during time periods other than noted. If this is the case, the county will respond appropriately. In Destin, spraying takes place on Mondays (County Line to Airport Rd.)

and Tuesdays (Airport Rd. to Destin Bridge).

Residents are also reminded to have outdoor animals vaccinated against mosquito-borne disease and have dogs treated for heartworms since certain mosquitoes present in Okaloosa

County carry the disease as well.

Mosquito spray schedule, preventative tips and other related information are available on the county's website at <http://www.myokaloosa.com/pw/environmental/mosquito-control>.

The Okaloosa County Mosquito Control Division of Public Works is open Monday through Thursday, 8 a.m.-4:30 p.m. and may be reached at 651-7394 or 689-5772.

TASTE THE Sunshine

AJ'S EL DORADO SUNSHINE LAGER

Not to be Missed – PRESTO!

On May 19, 2022, PRESTO! opened its doors and began dazzling attendees. The pop-up magic show, which features five internationally-renowned acts, will keep the enchantment alive through Aug. 28. Audience members have described the show as “a treat for the entire family” and “a must-see performance.”

One act that audience members can’t get enough of is that of Chris Cox, PRESTO!’s resident mentalist. Cox’s mind-reading skills have amazed more than 750,000 people worldwide and Cox stands as the only mind-reader in history to have performed on Broadway, at the Sydney Opera House and in London’s West End.

Cox, the charmingly nerdy mentalist, has captivated audiences of all kinds with his incredible mind-reading stunts and his charisma. Spectators gasp with surprise when he randomly selects an audience member and tells them the most intricate details about themselves, from their wedding anniversary

to a celebrity they are thinking about. The stunned reactions aren’t always from people in the audience as celebrities and magicians are left scratching their heads when they meet Cox and witness what he is capable of.

Cox is a self-proclaimed “mind-reader-who-can’t-read-minds.” When doing his act, Cox brings the hilarity to the stage as he presents the perfect combination of witty chit-chat, psychology, and magic that leads you to believe Chris has fully entered your mind and knows what you’re thinking.

While those in the audience will enjoy a variety of acts of illusion and showmanship, Cox refers to his specific act as “magic of the mind.” He enjoys connecting with the audience and using the many techniques he has learned over the years, including body language, influencing and “devilish good looks.”

Cox describes how proud he feels to be where he is today. “If you asked me at 6 years old what I wanted to do more than any-



thing in the world, my answer would’ve been to entertain people,” he said. “I love to entertain people, amaze them and make them realize how incredible our human minds are.”

Joining forces with some of the world’s most talented magicians, Cox is now gracing the stage of The Magic Parlor, an antique theater from Belgium, which appeared almost overnight at Destin Commons in early May.

See more information on PRESTO! by following on Facebook and Instagram. To purchase tickets, visit prestodestin.com or call PRESTO! box office at (850) 688-1201.



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Community

Cali's To Do In Destin! JULY 2022

..... All Month

Summer Slam Fishing Tournament

| 11am-7pm Scales Open Daily | Boathouse Oyster Bar

..... 5

Music Bingo | 6pm | Fatboys Destin

Fat Tuesday Parade | 6:30pm | Harborwalk Village

Baytowne Live Music | 7pm | Village of Baytowne Wharf

Trivia | 7pm | World of Beer

Rock'n Bingo Night | 7pm | Landsharks Pizza

Boomin' Tuesday | 7:15pm | Village of Baytowne Wharf

Open Jam Mic Night | 8pm | Enlightened Studios

Movies on the Beach | 8pm | Al's Beach Club

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Bonfire on the Beach | 6pm | The Bay

Country Line Dancing | 7pm | The Block FWB

Open Mic Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

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Planetarium Night | 5:30pm | Emerald Coast Science Center

All American Thursday | 6:30pm | Harborwalk Village

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

Baytowne Live Music | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

..... 8

Planetarium Night | 5:30pm | Emerald Coast Science Center

All American Thursday | 6:30pm | Harborwalk Village

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

Baytowne Live Music | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

Planetarium Night | 5:30pm | Emerald Coast Science Center

All American Thursday | 6:30pm | Harborwalk Village

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

Baytowne Live Music | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

Planetarium Night | 5:30pm | Emerald Coast Science Center

All American Thursday | 6:30pm | Harborwalk Village

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Baytowne Live Music | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

Planetarium Night | 5:30pm | Emerald Coast Science Center

All American Thursday | 6:30pm | Harborwalk Village

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Planetarium Night | 5:30pm | Emerald Coast Science Center

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Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

Baytowne Live Music | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

Planetarium Night | 5:30pm | Emerald Coast Science Center

All American Thursday | 6:30pm | Harborwalk Village

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

Baytowne Live Music | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf



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Beach Church Service | 8am | Ed Walline Beach

Mariachi Sunday | 5pm | Mezcal Mexican Grill

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

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

Wildlife Monday | 5:30pm | Village of Baytowne Wharf

Silent Disco | 7pm | Harborwalk Village

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Concealed Carry Class | 5:30pm | Hampton Inn & Suites

Music Bingo | 6pm | Fatboys Destin

Fat Tuesday Parade | 6:30pm | Harborwalk Village

Baytowne Live Music | 7pm | Village of Baytowne Wharf

Trivia | 7pm | World of Beer

Rock'n Bingo Night | 7pm | Landsharks Pizza

Boomin' Tuesday | 7:15pm | Village of Baytowne Wharf

Open Jam Mic Night | 8pm | Enlightened Studios

Movies on the Beach | 8pm | Al's Beach Club

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Bonfire on the Beach | 6pm | The Bay

Summer Nights Music + Fireworks | 7pm | Gulfarium

Country Line Dancing | 7pm | The Block FWB

Open Mic Night | 7pm | Enlightened Studios

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

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All American Thursday | 6:30pm | Harborwalk Village

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

Baytowne Live Music | 7pm | Baytowne Wharf

Open Poetry Night | 7pm | Enlightened Studios

Trivia | 7pm | Lucille's Kitchen

Bachata / Zouk Classes | 7pm | Enlightened Studios

Latin Dance Lessons | 7pm | The Block FWB

Open Mic Comedy | 10pm | Enlightened Studios

Ladies Night | 10pm | McGuires Destin

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Free Beach Bonfire | 5pm | Royal Palm Grille

A Mid-Summer Soiree with Hugh Acheson | 6pm | Ovide at Hotel Effie

Baytowne Live Music | 7pm | Village of Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Latin Dancing | 9pm | Bric a Brac

..... 16

Farmers Market | 9am-1pm | Grand Boulevard

Brunch with Huge Acheson | 11:30am | Ovide at Hotel Effie

Rock the Docks | 7pm | Harborwalk Village

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

..... 17

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

..... 18

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

..... 19

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

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Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

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Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

..... 22

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

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Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

..... 24

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

..... 25

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

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Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

Wednesday Night Free Concert Series | 7pm | Village of Baytowne Wharf

..... 21

Business After Hours | 5:30pm | Emerald Coast Harley Davidson

Planetarium Night | 5:30pm | Emerald Coast Science Center

Fly Guy Ben Merrell | 6:30pm | Baytowne Wharf

All American Thursday | 6:30pm | Harborwalk Village

Baytowne Live Music | 7pm | Village of Baytowne Wharf

Trivia | 7pm | Lucille's Kitchen

Open Poetry Night | 7pm | Enlightened Studios

Latin Dance Lessons | 7pm | The Block FWB

Open Mic Comedy | 10pm | Enlightened Studios

Ladies Night | 10pm | McGuires Destin

..... 22

Free Beach Bonfire | 5pm | Royal Palm Grille

Family Game Night: Bingo | 6pm | Hub 30a

Movies on the Lawn | 8pm | Grand Boulevard

Latin Dancing | 9pm | Bric a Brac

..... 23

Farmers Market | 9am-1pm | Grand Boulevard

Pet Adoption Event | 10am | Pet Supermarket FWB

The Art of Resin Pours | 11:30am | J.Leon Gallery & Studio

TruFest | 1pm | Northwest Florida Fairgrounds

Rock the Docks | 7pm | Harborwalk Village

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

Drag Night | 9pm | Enlightened Studios

..... 24

Beach Church Service | 8am | Ed Walline Beach

Mariachi Sunday | 5pm | Mezcal Mexican Grill

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf

Movies on the Lawn | 8pm | World Of Beer Destin

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Kids Fishing Day | 7am | American Spirit / Boathouse Oyster Bar

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

Wildlife Monday | 5:30pm | Village of Baytowne Wharf

Silent Disco | 7pm | Harborwalk Village

..... 26

Music Bingo | 6pm | Fatboys Destin

Fat Tuesday Parade | 6:30pm | Harborwalk Village

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Rock'n Bingo Night | 7pm | Landsharks Pizza

Boomin' Tuesday | 7:15pm | Village of Baytowne Wharf

Open Jam Mic Night | 8pm | Enlightened Studios

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Bonfire on the Beach | 6pm | The Bay

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Free Beach Bonfire | 5pm | Royal Palm Grille

Movies on the Lawn | 8pm | Grand Boulevard

Latin Dancing | 9pm | Bric a Brac

..... 30

Farmers Market | 9am-1pm | Grand Boulevard

Wildways Fitfest | 1pm | Destin FWB Convention Center

Sip & Science: Lost in Space | 5:45pm | Emerald Coast Science Center

Rock the Docks | 7pm | Harborwalk Village

Movies on the Lawn | 8pm | Grand Boulevard

Karaoke | 8pm | World Of Beer Destin

..... 31

Beach Church Service | 8am | Ed Walline Beach

Sound Bath | 5pm | Prana Mudra Center Hot Yoga

Sunday Cinema | 8pm | Baytowne Wharf



EVENTS • LIVE MUSIC • FOOD

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Summer is in FULL Swing at The Village of Baytowne Wharf!

Baytowne is boomin' with events, activities and family fun all summer! The Village and all of its merchants welcome you to visit, shop, dine and play!



Save the Date!
Perfect Hues: Baytowne Art & Food Fest
Friday, Sept. 2nd - Sunday, Sept. 4th, 5-10 p.m. Nightly | FREE

This Labor Day Weekend Join us for Perfect Hues: Baytowne Art & Food Fest. Each evening from 5-10 p.m., stroll The Village streets as you browse a variety of artwork from local and regional artists and savor bites from some of the area's best restaurants and food trucks. Enjoy LIVE music throughout the festival and a spectacular fireworks show over the lagoon on Sunday at 9:30 p.m. We love kicking off the fall season with such a unique, moonlit weekend!

Music Line up:

Friday
 5-7:15 p.m.: Jessie Ritter
 7:30-10 p.m.: Shakedown Duo
Saturday
 5-7 p.m.: Jared Herzog
 7:30-10 p.m.: Casey Kearney



Sunday
 5-7:15 p.m.: Mike Whitty
 7:30-10 p.m.: Ken & Andi Johnson
 Vendors must register by August 12th.

Sunday Cinema
Sundays through July 31st | 8 p.m. | FREE

Grab a lawn chair or blanket and cozy up on the Events Plaza Lawn for a featured film.
July 10 | Space Jam: A New Legacy

July 17 | Gnomeo & Juliet
July 24 | Sing 2
July 31 | Disney's A Wrinkle In Time

Wildlife Monday
Mondays through Aug. 8th | 5:30 - 8 p.m. | FREE
Events Plaza Stage

Enjoy wild face painting and animal crafts from 5:30-6:30 p.m. Then from 6:30-8 p.m., join Emerald Coast Wildlife Refuge and meet all their animal friends while you learn all

about the Emerald Coast ecosystems, wildlife rehabilitation and more!

Boomin' Tuesday
Tuesdays through Aug. 9th 7:15-9:15 p.m. | FREE

Turn your eyes on the sky and watch as we light up the night with a breath-taking fireworks show over the Lagoon at 9:15 p.m. PLUS enjoy a DJ Dance Party with DJ Mike Whitty in the Events Plaza at 7:15 p.m.



Baytowne LIVE Music
Tuesdays, July 5th - Thursday, July 28th, 7-10 p.m.
Baytowne LIVE Stage FREE

The Village of Baytowne Wharf presents Baytowne LIVE on Adventure Lane. Located just across from Blast Arcade and Laser Maze.

July 19: Emily Bass
 July 21: Steve Hall
 July 26: Steve Hall
 July 28: Steve Hall

Wednesday Night Concert Series
July 6th through July 27th 7-9 p.m. | FREE

This summer sit back and relax, as you take in the cool crisp

air, and enjoy live entertainment. The concert series will feature both local and regional talent from a variety of genres. Concert begins at 7 p.m. on the Events Plaza Stage.

Live Music Schedule:

July 6: Boukou Groove
July 13: Dion Jones and The Neon Tears
July 20: Horseshoe Kitty
July 27: Six Piece Suits



Fly Guy Thursday
Thursdays through August 11th | 6:30 & 8:30 p.m. FREE

Enjoy shows from fly-board extraordinaire Ben Merrell over the lagoon! Watch as he soars to the sky and makes waves at Baytowne Wharf.

And don't forget all the fantastic, fun activities with Adventure Land Playground, Baytowne Adventure Zone, Baytowne Carousel and Blast Arcade & Laser Maze. So much summer...so much to do at The Village of Baytowne Wharf! Visit baytownewharf.com.



MAY 23RD - AUGUST 11TH

SUMMER TIME

AT THE VILLAGE

- SUNDAY CINEMA** 8:00PM
- WILDLIFE MONDAY** 5:30PM-8:00PM
- BOOMIN TUESDAY** 7:15PM-9:15PM
- WEDNESDAY NIGHT CONCERT** 7:00PM-9:00PM
- FLY GUY THURSDAY** 6:30PM & 8:30PM

Community

Moving Kids from Hunger to Hope

BY LORI LEATH SMITH

In April, local Destin business F45 hosted a "Playoff" event to raise money for the 4th Annual Hope for the Hungry Emerald Coast packing event taking place August 6. No small feat, on this day, community volunteers are planning to pack 300,000 meals at the Emerald Coast Convention Center in Fort Walton Beach.

Though local, the August 6th event has global impact; packed meals will go directly to Haiti to feed hungry children. Hope for the Hungry Emerald Coast partners with an organization called Mission of Hope to make it happen. Mission of Hope partners with several meal-packing organizations, which procure the bulk food, transport food to the event, provide all packing equipment and secure shipping to Haiti. Donations of any amount are donated to the Mission of Hope foundation.

The reality is that millions of kids in Haiti do not know where they will get their next meal.

Mission of Hope is currently feeding more than 100,000



kids a day through a network of schools and orphanages, but have about 73,000 more children on a wait list.

Last June, local volunteers packed 250,000 meals that ended up in Haiti right around the time of the August earthquake. The meals provided some relief for those impacted by the earth-

quake. "Our relatively small community also holds the record for the most meals packed on a single day in a single location in the U.S. (through Mission of Hope)," said Kim Bauman, a volunteer. On Saturday, August 6th, there will be over 800 volunteers at the Emerald Coast Convention Center who

will pack a goal of over 300,000 meals for kids in Haiti. "Our community donated \$100,000 over the past year to make this happen," said Kim.

Mhari Turner and her son, Bryson, are the heartbeats behind this cause and head up the efforts in our community.

On January 12, 2010, a devastating earthquake hit Port-au-Prince Haiti. At just 3 years old at the time, Bryson spent the next year praying for Haiti daily. In 2014 and 2015, Bryson and his family were able to go on a mission trip with Mission of Hope to visit the country that had been on his heart for so many years. "It was amazing watching him with the kids in Haiti," said Mhari. "We had no idea what God was planting in his heart and how it would turn into literally leading a community into packing hundreds of thousands of meals."

The Hope for the Hungry event got started after young Bryson's two trips. Only age 8 after the second trip, he and Mhari knew they had to do something about it. "Seeing

Haiti, the poverty and everything about it, there's just no way to not do anything about what you see," said Bryson.

After that second trip, Bryson began continually asking about raising money to host a food packing event to help Mission of Hope to feed kids in Haiti. By 2019, through many fundraising efforts, Bryson raised \$6,000 and packed 22,000 meals. In the fall of 2020, they packed another 40,000. In June of 2021, Bryson, his family, several local churches, and the greater Destin community came together to pack a full container of food which was 250,000 meals!

This August, volunteers will pack 300,000 meals with the help of the community and businesses such as F45. "This really is a local event that has a global effect," said Bryson.

You can volunteer on August 6th to help pack meals: missionofhope.com/Hope-for-the-hungry.

For more information, visit the Facebook page: www.facebook.com/hopeforthehungry-EC.

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Trends & Treasures



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Brian K. LoCicero,
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In today's real estate market, most owners of your dream home will receive multiple offers. To place the winning bid, your offer will have to be as strong, including a competitive price. But do sellers always accept the highest offer?

The short answer is no. While the offer price is certainly one of the main things the seller will look at, it's not the only thing that matters. Sophisticated sellers with expert realtors, know that they need to consider the entire offer, not just the price. REALTOR® Brian K. LoCicero advises buyers to consider several other factors:

Down payment. Size should be heavily considered when comparing offers. It is often tied to the size of the loan the buyer is taking out; a larger one indicates higher financial stability.

Earnest money deposit. The EMD is the sum of cash the buyer is willing to put up when the sales agreement is signed to show their interest in purchasing the home. If the buyer backs out of the transaction, without a good reason, the seller typically keeps the earnest money deposit. If the sale goes through, the EMD typically goes towards the buyer's down payment.

Contingencies. Contingencies are standard for most offers and outline the evaluations and appraisals that need to be completed before the sale is final. The fewer contingencies, the higher the chance of reaching the closing table.

All-cash offer. An all-cash offer gets the immediate attention of the seller, usually, boosting the likelihood of an expeditious closing date and will not need an appraisal or financing contingency that mortgages re-



quire, thus reducing the chance of the sale falling through.

Escalation clause. States that the buyer will pay more than the highest offer, by a specified amount, up to a maximum dollar amount.

Closing date. Consideration of the closing date differs for each seller.

Ready to sell or buy? Reach out to Brian K. LoCicero.

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Your Daily Dose of Luxury Frill Seekers Gifts and Personalized Fabulous Finds

The perfect way to add some sparkle to your life is to wear a piece of Frill Seekers Gifts' Julie Vos jewelry. An exquisite daily dose of luxury and style, they are inspired by the details found in art, architecture and ironwork around New York City, both beautiful and sophisticated. Deemed as "wearable luxury," each piece is handcrafted in 24 karat gold over brass and fashionably incorporates gemstones such as pearl, turquoise, chalcidony, black onyx and more. The Julie Vos collection offers a variety of classic bracelets, rings, earrings and necklaces to complement your wardrobe from day to night. Frill Seekers' co-founders, Heidi LoCicero and Peyton LoCicero-Trist hand select each and every piece. Several can be personalized with a monogram or name, making the item a keepsake to savor and treasure. "These stunning pieces are so reasonable, starting at just \$55. More in demand than ever, the jewelry is made of imported glass, pearl and semi-precious stones, handset in 24K gold plate over nickel-free brass and sealed to prevent tarnish," LoCicero said. Designer Julie Vos is the woman behind her namesake brand, earning her a devoted following and the sobriquet "wearable luxury." Trist explained,



"What started as a desire to give women the kind of jewelry they were looking for, developed into an important niche in the marketplace. The Julie Vos jewelry collection is modeled on the belief that we make the beautiful world we live in, with inspiration and discipline, and this philosophy translates into the design of every piece of jewelry and our customers adore it."

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cakes, custom cakes and tempting treats as seen on the Food Network and Cupcake Wars—baked fresh with up to 18 flavors to choose from daily. Call ahead for pre-orders!

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Tracy hobbled in the center on a cane. After his whole-body cryotherapy treatment, he walked out completely forgetting his cane! Tiffany suffers from melasma which creates dark patches on the skin. Red light therapy changed her complexion to the point that her Aesthetician's office took immediate notice! Johnny is a veteran who claims he hasn't slept through the night since 1998. Whole Body Cryotherapy and NormaTec compression has him sleeping like a baby.

Ainsley is an active workout enthusiast, but she just couldn't lose that little pooch around her belly button. Three sessions of Pagani Body Contouring and she's lost two inches AND her pooch! Examples of clients' benefits received include joint pain decreasing, spinal and low back pain lessening, fat percentages decreasing, mobility increasing, circulation increasing, athletic performance increasing, insomnia sleeping and skin complexions changing.

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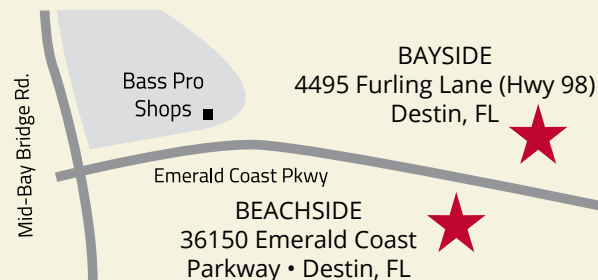
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Community

Preliminary Brooks Bridge Expansion Work Under Way

By KENNETH BOOKS

Early preparation work has begun on the replacement of the 56-year-old Brooks Bridge, connecting Okaloosa Island and Fort Walton Beach, according to Ian Satter, public information director for FDOT District 3.

The \$171 million project, which will expand the bridge from four to six lanes over two spans, is set to begin next summer. The completed project will include three, 11-foot-wide driving lanes, two 10-foot-wide shoulders and a 12-foot-wide shared-use bicycle and pedestrian path will be included in each direction.

About 50,000 vehicles currently cross the bridge each day, Satter said.

The contract for the new construction was awarded to Superior Construction Co. Southeast, headquartered in

Jacksonville, earlier this month. Three other bids were submitted. The company will design the new bridge as well as construct it, Satter said.

Previously in Okaloosa County, Superior Construction designed and built a \$14.5 million interchange on Highway 98 at Hurlburt Field, which was completed in 2016, according to a spokesperson for the company. The company was founded in Indiana in the 1930s, with its first Florida project begun in 1987. Since then, the spokesperson said, "We've slowly grown that position. We have a lot more presence out there now."

Forty-eight parcels of land will need to be acquired, comprising 7.5 acres, as well as 4.2 acres of easements. So far, six are under negotiation, Satter said. Completion date will be the summer of 2028, weather



permitting, he said. At least 10 buildings will need to be demolished, several of which have already come down.

So far, several Oak Breeze Apartment units, Pat's Bait and Tackle Shop, and a building in front of the old Giovanni's One89 restaurant have been torn down.

west end of the bridge and in the vicinity of Santa Rosa Boulevard, extending to Pier Road on Okaloosa Island.

A project development and environmental study was performed last year to establish the conceptual design and evaluate the environmental, traffic, engineering and social impacts for the replacement of the bridge, which found the current span suffers from structural deficiencies. The existing bridge, which was constructed with a 50-year lifespan, does not meet current design standards, Americans with Disabilities Act (ADA) requirements, or navigational clearance requirements for this portion of the Gulf Intracoastal Waterway, according to the Florida Department of Transportation.

A separate product development and environmental study will be undertaken in a couple of years, Satter said, to deal with the current bottleneck at the Fort Walton Beach end of the bridge. To accommodate the bridge replacement, intersection improvements are necessary at Perry Avenue on the

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THE A.C.E.S of Real Estate Investing III: **Turn-key or Turkey**

BY GAIL PELTO, REALTOR

In Part 1 of this series, we



covered the A.C.E.S. Plus – Appreciation, Cash flow, Equity, Shelter your taxes and the Plus... Leverage, and in Part 2 we reviewed Research, Planning your Expenses, Budget, Starting Small and then Expanding your Portfolio. (Please see May and June’s articles in Destin Life.)

A Turkey Property: Fix and Flip or Fix and Keep. These are distressed properties that need some work. One of the benefits: you buy at a lower price. The seller may have deferred maintenance issues and/or may need to sell – this is a good opportunity for you to get it at a lower price and maybe also solve someone else’s problem. For example, let’s say you purchase the “turkey” property at \$200,000, you put some sweat equity and capital into it, and then sell it (the flip) at \$350,000. Or you keep it and start generating long-term cash flow. These are ideal properties for a local investor, if you’re a handy person or for the long-distance investor, if you have a local and reputable contractor.

The Wholesale Purchase: This is where you buy low and

can be certain to make the right investment choices. Keep in mind that many of the wealthiest folks around the world invest in real estate. With real estate you’re holding all the A.C.E.S. Plus, in your hand, and you have one of the finest investments on the planet to create wealth for

you and your family.

I’m here to help you in any way. Reach out to me at (850) 374-0454 or email Gail.Pelto@kw.com. Full disclosure: A MUST—Always seek the advice of smart, licensed and reputable members for your investment team... me (again) and a CPA

and/or attorney, OK? Look forward to working for you!

Gail Pelto is not only a full-time real estate agent with Keller Williams, she’s also a board member with the Mattie Kelly Arts Foundation and The Rotary Club of Destin. And yes, she’s also VERY SMART...just sayin’.



Now let’s talk about the types of real estate investment properties: turn-key or turkey properties, and what works best for you.

A Turn-Key Property: This one is ready to go. You may buy at retail or close to retail price and this may be most appropriate for you if you’re not a handy person. The property is ready to go “as is.” You get the deed and immediately start generating revenue. This type of property may have a tenant in place, have great rental history and if it’s a short-term rental property, it may have many rentals already on the books for the coming year, and is often best for the long-distance investors.

sell low quickly. This can be a physically distressed property, a homeowner that needs to sell or maybe a foreclosure. These properties are more likely considered Turkeys. Why this type of investment? If you’re a newer investor without a lot of capital, it can be a great place to start building your reserves to get into more expensive Turn-Key Properties. They can be bought with few or no funds and can typically be sold very quickly to other landlords or rehabbers for a quick profit for you and a great deal for them.

So, with these ideas and a terrific real estate consultant (yes, ME!) along with other pros, you

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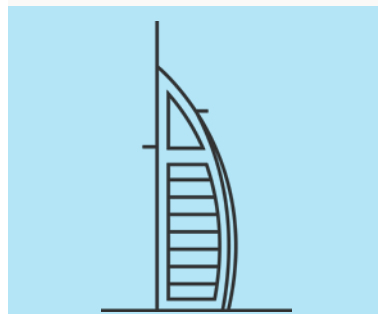
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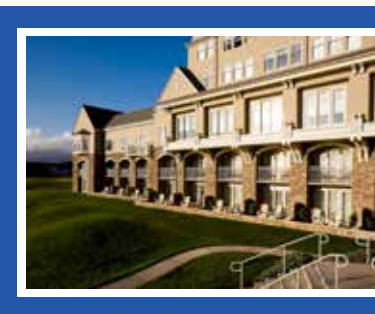
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TO READ THIS ISSUE ONLINE

 Community

Improving Mental Health with Horses

By MARY CHRIS MURRAY

Alaqua Animal Refuge and Healing Hoof Steps have established a partnership to provide equine-assisted therapy to individuals struggling with mental health issues in our community. The partnership is an extension to Alaqua's Equine Interactions program, which has been used to help children and adults with emotional traumas and developmental challenges to promote social and life skills in a supportive environment.

The Equine Interactions program is open to anyone with mental, emotional, behavioral or development struggles in our community, and serves individu-

als, couples, families, active-duty military personnel, veterans, first responders, at-risk youth, and other groups through an experiential approach to healing through powerful engagement with horses. Focusing on relationship building and coping mechanisms, the program's goal is to foster positive change for individuals with anxiety or depression, autism, trauma such as PTSD, grief, ADHD or physical or developmental disabilities. Additionally, there are women and family services for foster parents, foster children, and domestic violence victims.

With mental health conditions increasing across our



bal communication, horses can convey the awareness, emotions, connection, respect, and structure that exist within the herd dynamics for their survival.

Horses are not distracted by the past or future events which could prevent them from identifying the level of safety in their environment and being able to respond. Unfortunately, humans are notorious for dwelling on past events, which causes depression, or projecting into a future that hasn't happened yet, which causes anxiety. Horses remind us of the importance of living in the moment, away from any anxiety or depression.

They are very sensitive to non-verbal communication and another's energy, even when it is subconscious. As prey animals, horses must be constantly aware of every environmental cue in order to survive. These unique qualities and sensitivities give them a special capacity to read and respond to non-verbal symbols and cues, which can lead to powerful emotional interactions, breakthroughs, and life-changing insights.

Horses also naturally react accordingly to the ebbs and flows of the stimuli that exist in their surroundings. They conserve energy until it is needed, and they have shown the unique ability to help humans learn and practice those same survival traits. This approach to experiential learning is what makes equine assisted mental health counseling more effective than traditional talk-therapy sessions.

"It is an honor to collaborate with Laurie Hood and Alaqua in overlapping our missions to improve our communities for animals and humans," said Narissa Jenkins, Healing Hoof Steps CEO and Founder. "Like Alaqua, the need we have uncovered within our community

country, the collaboration between Alaqua Animal Refuge and Healing Hoof Steps is a small step to address this crisis. Interactions with animals have proven powerful effects on the human spirit and body. By working together with a common goal, the two organizations can serve an unmet need and make a more impactful mark on society and our local communities to improve the lives of both humans and animals.

Alaqua Founder Laurie Hood said, "We witness the healing powers that all animals have on the human spirit every day. Our Equine Interactions program takes it to the next level and provides a much-needed service to humans who have experienced trauma of some kind. It's an honor to partner with such an amazing organization as Healing Hoof Steps on this venture so that we can offer sessions in multiple parts of the Panhandle."

"We have found that with animals, people find the courage to begin their own journey of recovering to improve their emotional and physical well-being," she said.

The Equine Interactions program can help reduce symptoms of anxiety, depression, PTSD, and relationship issues, leading

to improved self-confidence, self-efficacy, and an overall better and healthier quality of life.

Healing Hoof Steps has a team of licensed mental health counselors who provide counseling services in conjunction with horse interactions at Alaqua's original "Whitfield" campus at 914 Whitfield Road in Freeport. The peaceful environment offers a private and comfortable setting to conduct equine-assisted mental health counseling services. These sessions use the horses, barn and adjoining pastures to create a unique multi-sensory space for personal growth. Utilizing a hands-on clinical approach, these program sessions take individuals out of the office and immerse them into a large pasture of loose horses as a member of a working herd – creating an environment of learning, self-discovery, and healing.

The non-riding activities in these sessions are designed to create an introspective view that can assist in overcoming anxiety, depression, PTSD and relationship issues. As prey animals, horses possess a keen sense of their surroundings while maintaining the goal of living a peaceful existence. They are hard-wired to live in the moment. Specializing in non-ver-

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Meet Hometown Hero Mike Arena

By LORI SMITH

Evan Williams Bourbon and its American-Made Heroes Foundation selected the Founder of Healing Paws for Warriors, Master Sgt., U.S. Air Force (Ret), Mike Arena, as one of its “American-Made Heroes.”

Recently honored at the Step One Fest, Maureen Bierman, Director of Marketing, Step One Automotive Group, said, “We have worked with Mike Arena in the past and know how dedicated he is to helping his fellow veterans. We are so excited to host this special ceremony at our fifth anniversary celebration.”

The American-Made Heroes Foundation salutes U.S. military veterans who dedicate their lives to helping others, especially fellow service members. Evan Williams provides a platform for sharing their stories, raising awareness for charitable causes and supporting non-profit organizations that serve the veteran community.

And no wonder they chose

Mike. He is a co-founder and the Executive Director of Healing Paws for Warriors (HP4Ws), a local, non-profit organization providing executive management and service dogs at no cost to combat-injured veterans.

According to a study conducted by the Department of Veterans Affairs, 22 veterans and active duty members take their own lives each day. Burdened with a stigma associated with mental health issues and the “shame” surrounding PTSD, TBI and MST, they sometimes resort to suicide as an option to relieve their suffering.

Healing Paws for Warriors is designed to provide our heroes the tools to live and improve their symptoms as they struggle with their conditions. “We want to increase their self-esteem, allow them to lead a more productive life, and help alleviate some of their symptoms,” says the organization’s website. “By training rescue or shelter dogs, we allow the veteran to receive the dog at no cost. But more

importantly, we’ve potentially saved two lives in the process.”

Mike could have been one of those statistics. After having served more than 23 years as an operational medic in the U.S. Air Force, he found himself in the same situation. After completing numerous deployments throughout the world, he was diagnosed with Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) and was medically retired.

But there was hope. After his diagnoses and subsequent retirement, he heard of a program that paired service dogs with veterans, and he pursued it as his path for healing. He joined the program and also found his K9 partner, Orion. Shortly after graduating, he regained his smile. He possessed a new mind-set, able to put aside past mental and physical challenges with his injuries. This was the catalyst for founding Healing Paws for Warriors.

Mike and others in the community jointly founded the local

non-profit to help our local veterans who battle with their invisible wounds of war – PTSD, TBI and Military Sexual Trauma (MST). He and the HP4Ws team are passionate about providing hope and healing to veterans as they partner with rescue dogs to become a handler/K9 team. Through the program, military heroes are able to transition to civilian life with self-assurance and determination.

Healing Paws for Warriors trains veterans and dogs to be capable handler teams at no cost to the veterans: enabling struggling military heroes to transition to civilian life with self-assurance and determination.



Do you know someone who needs this same hope? Visit www.healingpawsforwarriors.org for more information.

HORSES

continued from previous page

for our services has surpassed our expectations. It is our responsibility to continue any and

all efforts to meet that need. Thanks to this collaboration, Healing Hoof Steps is able to extend our mental health services while engaging the horses rescued by Alaqua to serve an

even bigger purpose – turning trauma into triumph.”

Prior horse knowledge or experience is not necessary to benefit from the Equine Interactions program. The only require-

ments are closed-toed shoes, the ability to walk throughout a pasture and communicate with a treatment team. Military individuals and families may qualify for grant funding, and some

insurance and Gardiner Scholarship accepted. To learn more about the program or schedule an initial appointment, email EquineInteractions@Alaqua.org or call (850) 764-1005.

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Community

The Back Stories: A Superior Air Conditioning HVAC Giveaway

By MARTA ROSE-THORPE

A Superior Air Conditioning Company hosted two Appreciation Lunches in April, honoring our community's veterans and first responders. Veterans and first responders who are in need of a new HVAC unit, but may not have the means to afford it, are invited to apply online for the A Superior's HVAC Giveaway. Each quarter, three deserving

veterans and first responders win a unit. They all have compelling, sometimes sad, but heartfelt stories of their need. Here are a few.

On April 12, at "The Rock & Roll Church" – the nickname of Faith Assembly Church in Miramar Beach, first responder Tina Wilken was awarded a new air conditioning system. "I've been a full-time deputy sheriff for a year and a half," she said. "I'm

a single mom of five children, and needless to say, I have a full house!" Tina's current system was between 11 and 12 years old, and she'd spent around \$2,000 in only a year-and-a-half to keep it running. "I love what I do, but I have to budget my spending to provide for my family," she continued. "This means choosing the most appropriate places to direct my finances. The choice



of either purchasing a brand-new HVAC unit – or having my home insured – was not much of an option for me." Tina attended the lunch and was present to accept her award, stating what a blessing it is for her family.

One week later, on April 19, another Appreciation Lunch was held at Texas Roadhouse in Bay County. Kevin Fordred, an Army combat medic vet who currently works as an EMT, is a newlywed whose wife works in oncology. They just purchased their first home together in Panama City, and. With the currently inflated housing market there were limited homes to choose from in their budget. They landed on a two-bed, two-bath fixer-upper built in the 50s. Little did they know that multiple large projects would need to be completed, such as replacing the HVAC unit. Along with new insulation, both bathrooms needed work, the future nursery had no flooring and they had to deal with pests. Along with fertility

medical expenses as they tried to start a family, it all added up to a huge financial strain. Kevin was present at the lunch to accept his award.

Local veteran Jay Mabry is a four-year honorably discharged Navy veteran. He lived and worked aboard the USS Seattle during his enlistment. Originally from Galveston Island, Texas, Jay has lived in Bay County for the last 19 years and works at Edgewater Beach Resort. "Because of the price of rent and long-term leases, my wife and I bought a home in the Cove area this past May," he said. "We love the home and the quiet of the area." Unfortunately, Jay was recently told he'd need to begin radiation treatments at the Cancer Research Center Monday through Friday for the next nine weeks.

"The AC unit in my home is an older system that I know needs some work," he said. "Between missing my work hours and the cancer treatments, there's no way I'm going to be able to afford to replace the AC system any time in the near future." Jay was present at the lunch to accept his award and acknowledged what an amazing thing it was.

Changing the lives of vets and first responders in need is why A Superior AC does what

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Local Athletes Represent Team Florida at Special Olympics USA Games

By PAMELA SPARKS

Recently, our area welcomed back three Okaloosa County Special Olympics athletes: Surfers Chase Sparks and Ian Cook and Swimmer Noah Garbo. Chase won the Surfing Silver Medal; Ian placed 4th in Surfing; and Noah became the swimming Gold Medalist in 100-yard Freestyle, 4X 50-yard Freestyle Relay and 50-yard Butterfly. All received their medals during a special airing on ESPN and ABC.

SURFING actually made history at this year's Special Olympics USA Games in Orlando. It's the first time it was introduced to USA Games.

Several of the Team Florida athletes have been surfing for more than a decade, but mostly on the Gulf. In this competition, they had to master the wave pool.

Special Olympics Florida started its surfing program in 2009, and South Carolina was the only other state with a team in this year's competition.

Special Olympics has always been dear to my heart as I am one proud mom of a Down syndrome son, Chase. Special Olympics USA Games athlete, Chase Sparks, proudly represented the State of Florida in Surfing. But, he has actually actively participated in Special Olympics Florida in 10 different sports for more than 18 years. He was first introduced to Special Olympics at Silver Sands School in Fort Walton Beach where I would often find him on the Basketball Court sinking three pointers; he even won the school trophy which was nearly half his size!



If he wasn't playing basketball, he'd be swimming in the pool. He loved water so much you'd think he was part fish! You'd spot him sitting on the bottom of the pool holding his breath with his amazing lung capacity. He often stated he was "Sharkboy" from the 2005 movie "The adventures of Sharkboy and Lavagirl." This past year, he was excited to learn a new stroke, the butterfly!

It all started in Little League, then PAL Soccer and Challenger Baseball. So, naturally he wanted to participate on the Special Olympics Soccer and Softball teams. He has also Bowled with Special Olympics.

Additional sports included 3-hole golf, tennis and pickleball. Chase's love for the water led him to competing in Surfing and Stand-up Paddleboard (SUP). In 2015 Chase even caught the eye of Sun Sports as they aired a clip of him at State Games in Cocoa Beach.

Chase also loves volunteering which goes hand in hand being a Special Olympics Athlete Leader. He was chosen to be the March of Dimes Poster Child and selected by the Boys & Girls Club to be the recipient of Camp ASCCA Scholarship. His favorite volunteer role is working the concession stand at the FWBHS, Bruner Jr. High Home

Football Games and the Blue Wahoos Stadium!

Ian has been competing five years and loves Thomas & Friends, Queen, Drones, Lego and Robots. His other sports include basketball, flag football, swimming, golf, soccer and SUP. "I see this as a unique experience and a chance to better myself," he said.

Noah has been competing six years. His additional sports include football, hiking, fishing, biking, unified soccer, paddleboard and open water swimming. He said he hopes this experience makes his family proud.

For in-depth information on Special Olympics in our area, visit mydestinlife.com/did-you-know-special-olympics-florida-

was-born-locally. Special Olympics Florida-Okaloosa County is located at 1978-B Lewis Turner Blvd. in Fort Walton Beach. Call (850) 264-9901.

Special Olympics Florida is located at 1915 Don Wickham Dr., Clermont, FL. (352) 243-9536. On Facebook: SpecialOlympicsFlorida.

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A SUPERIOR

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they do. They are blessed to work with many local businesses and organizations who support and sponsor these lunches, including Texas Roadhouse, Faith Assembly Church, Panama City Toyota, Edward Jones, Beachy Beach Real Estate, Coastal Wildlife Removal, Emerald Coast Hospice, Meeks Construction, Hare Taylor Accounting, By the Sea Resorts, Harley-Davidson

of PCB, Coastal Waste & Recycling, High-Definition Coaching, Arc of the Bay, Military Media, Century 21 Blue Marlin Pelican and HerbaFex.

The next two lunches are scheduled for Tuesday, July 12, at Faith Assembly Church in Miramar Beach and Tuesday, July 19, at Texas Roadhouse in Pier Park North. All vets and first responders and their spouses are invited to attend. To apply for the Q3 HVAC Giveaway, go to ASuperiorAC.com.



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Coastline K9's New Location Provides Specialized Dog Training

Congratulations to veteran-owned and operated Coastline K9 on its recent grand opening in Fort Walton Beach! With an elite team of prior military, Special Operations and Law Enforcement K9 handlers, Coastline K9 is a business that provides customized training for dogs and world-class protection dogs for family and other needs.

The trainers work with any breed, any age to be obedient. "But we're not your average protection dog company," said Byron. "Our leadership team is made up of special operations K9 handlers who have trained and utilized protection dogs in some of the most dangerous and demanding circumstances ever." He said because of that, the team understands the importance of security and protection in ways that many have never experienced. "These K9's serve as a personal security guard for you and your loved ones, a loyal companion that can go anywhere

with you, and a highly intelligent asset that can adapt and learn new skills," said Byron. "You can enjoy the life you've created for yourself while your protection dog takes on the responsibility of being hyper-vigilant."

"The dog thing found me," said Byron. In fact, Byron, a local who grew up in Destin and Pensacola, joined the military in 2001 and served our country as a Special Ops Army Ranger. While serving, he risked his life to protect ours, as do so many others. "That's why dog training is such a perfect fit," says Byron. "Anything can happen to anyone, and we train our dogs to handle it. That gives me a lot of satisfaction and also utilizes my experience and knowledge."

In 2009, he returned home as an instructor and taught a pre-scuba dive course for the Army's Special Ops Special Forces Combat Dive School on Eglin Air Force Base. Since then, Byron has worked as a contractor,

an underwater welder, and in the medical field's emergency services. "Now, I've found another purpose with training these dogs that help so many," said Byron.

Serving clients throughout the U.S., Byron expanded Coastline K9 to our area. The business originated in Naples where the non-profit RESCUE 22 Foundation 5013(c) was also founded.

"The first step is to evaluate your individual needs to find the right dog and then provide customized training to suit your unique lifestyle," said Byron. He further stated the majority of K9s are imported from Europe, where the world's best K9s have been bred for decades. "We hand-select the pedigree for excellent temperament—a balance between being loving, loyal and protective—and security attributes to perfectly suit an owner's personality, lifestyle and protection requirements."

Coastline K9 dogs are sourced from its partners in the UK, Holland, Belgium and Ireland. "We rigorously assess all prospects for the qualities and attributes that will perfectly suit your needs," says Byron. Once approved, training begins. When training is complete, your new companion is transported to you anywhere in the continental U.S. and your trainer will spend 3-4 days with you providing hands-on, specialized training.

The new Fort Walton Beach



location, the largest on the East Coast, is a host each month to educational seminars for dog trainers that are open to the public. Along with the daily business, it is also a local Rescue 22 Foundation partner and has become a

local law enforcement police dog trainer.

Visit coastlinek9.com, facebook.com/CoastlineK9 or give Coastline K9 a call at (850) 428-0121. 819 Navy Street, Fort Walton Beach 32547.

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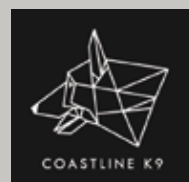
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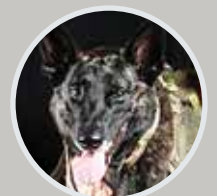
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Okaloosa County Welcomes Governor DeSantis Again

BY DOUG STAUFFER

Gov. Ron DeSantis has visited Okaloosa County four times this year. In February, he visited Northwest Florida State College to announce a bill allocating \$10 million for workforce charter schools. In April, he stopped in Destin to proclaim the extended snapper fishing season.

In May, Gov. DeSantis visited Crestview to announce a \$3.2 million Shoal River Ranch extension. And in June, he signed six military-related bills into law at veteran-owned Props Craft Brewery and Taproom in Fort Walton Beach. The bills either expand educational opportunities for active-duty military members and veterans or help them advance into career fields.

The military and veterans appreciate Gov. DeSantis for supporting these bills and signing them into law. These bills are life-changing as men and women depart the armed forces to enter the next phase of their lives, and I know this first-hand.

I enlisted in the Air Force when I was 17 years old and used the GI Bill to help offset the costs of attending college. I gave my country six years, and America rewarded me with an education. Because Pennsylvania was a pro-military state, they helped me earn my college degree at Penn State University, finishing

without going into debt. That was 40 years ago, and Florida is doing even more!

The bills: provide tuition assistance for disabled veterans to eliminate education costs; ensure a smooth school transition for children of military families; permit employers at state agencies to substitute military experience for post-secondary educational requirements; provide non-traditional pathways to educator certification to service members, allowing military service to count towards a teacher's certificate; require the Department of Business and Professional Regulation to expedite license applications of active-duty military spouses; and update Florida's definition of uniformed service to include the U.S. Space Force and update military base names.

According to the governor's news release, "Florida is the most military-friendly state in the nation, and I am proud to continue that commitment to our military members and their families by signing these pieces of legislation. Providing military families with the resources they need to receive a high-quality education and find good jobs is the best way that we as a state can show our appreciation for the sacrifices that they make."

Adjutant General of the



Florida National Guard Maj. Gen. James O. Eifert joined Gov. DeSantis, along with Florida Department of Education Senior Chancellor Henry Mack and Executive Director of the Florida Department of Veterans' Affairs retired Maj. Gen. James S. "Hammer" Hartsell.

"It is truly an honor to be here with the Commander-in-Chief of the state of Florida this morning. As a 37-year Marine, I know about leadership, and I am truly honored to serve this leader," Hartsell said, noting that Gov. DeSantis is the only currently serving governor to have served in combat. He added that Gov. DeSantis has made Florida the most sought-after state by veterans.

Props Craft Brewery was founded originally by two USAF Special Operations Pilots with a passion for brewing beer, but has grown into a regional brewery operated by Nathan Vannatter, Mike Kee, Brian O'Neill and Travis Peterson. Mike, Nate and Travis spent most of their lives serving in the USAF. "I enlisted in the Air Force when I was 18 years old," said Nate, one of the



owners in attendance. "I used the GI Bill and an ROTC scholarship to get a commission. 10 years after that commission, my partners and I used a VA/SBA loan to start our business right here in Fort Walton Beach. I

thank the Governor for his support of these veteran bills. As these men and women depart the armed forces and go into the next phase of their life, these bills are really going to mean something."

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Eglin's Climatic Lab Celebrates 75th Anniversary!

By BRADLEY HICKS

As folks across the nation gear up to celebrate the 75th birthday of the Air Force later this summer, those at the McKinley Climatic Laboratory here recently marked the facility's diamond anniversary. Initial testing at the MCL occurred on May 24, 1947, predating the official establishment of the Air Force by about three months.

For 75 years since, the unique capabilities available at the MCL have been utilized to conduct a variety of climatic testing for the Department of Defense, other government agencies and private industry. From arctic freeze to blazing heat and desert sand to jungle humidity, any climatic environment in the world can be simulated in the facility. "For all agencies of the DOD, environmental testing at the MCL is an essential step in establishing a proven military capability to meet our global commitments specifically stated in the National Defense Strategy," Kirk Velasco, retired MCL director, wrote in a commentary published in High Mach



PHOTO BY SAMUEL KING

in 2020. "The results obtained from the vast array of aircraft and equipment tested at the MCL have been a major factor in maintaining the position of the United States as the world's leading military power."

Today, the MCL is managed by the 717th Test Squadron, a geographically separated unit located at Arnold Engineering Development Complex in Tennessee.

When it first began operations, the MCL was part of the U.S. Army Air Forces. This component was soon separated from the Army and became its own military branch when the

Air Force was founded on Sept. 18, 1947. Before the MCL, there was the Cold Weather Test Detachment stationed at Ladd Field in Fairbanks, Alaska. The Army Air Force designated that site as a cold-weather testing facility in 1940. Prior U.S. involvement in World War I meant that international warfare was on the table and service members could end up engaged in combat virtually anywhere on the planet. The ability of military aircraft and equipment to maintain operability and reliability in the harshest of climates needed to be ensured. This was the mission of the Cold Weath-

er Test Detachment at Ladd Field. For two years following its 1940 activation, the detachment managed to establish basic operational and maintenance requirements for aircraft in the arctic, perform experiments on cold weather uniforms and rations, and experiment on solutions to arctic flying issues. Testing at Ladd Field ceased after the December 1941 attack on Pearl Harbor. There were concerns installations in Alaska could also come under attack. So, it was decided that all military aircraft there would be used to defend the state.

The Cold Weather Test Detachment was reactivated in 1942 and by that winter, testing had resumed at Ladd Field as the importance of such efforts was recognized. However, issues present since testing initially began at Ladd Field continued to be encountered. Despite its position on the globe, cold weather testing at Ladd Field was often inconsistent.

Cold weather testing there was conducted in an open-air environment which essentially involved subjecting aircraft and

Continued on page 27



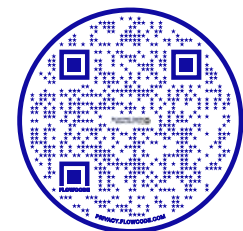
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Stan Hall Makes Car Buying Fun!

Usually, the car buying experience is ranked right up there with getting a tooth pulled; necessary, but filled with trepidation and anxiety. Stan Hall, however, takes pride in emphasizing two qualities every time a customer walks in or contacts the dealership looking for a car. “First, is the Golden Rule - treat people the way you want to be treated, and second, make car buying fun,” he said. And he is serious! After nearly 54 years in the car business, Stan knows the ins and outs of the business pretty well, and what becomes evident fairly quickly; he’s more interested in a customer’s happiness than he is in making a sale.

Stan is a Christ-centered man who will go out of his way to anticipate and fulfill his customer’s needs. “To me, the Golden Rule in the car business is to concentrate on the customer’s needs and God will take care of the rest,” he said.

Emerald Coast Motor Cars operates as a car buying “concierge” service. Customers specify the kind of car they want, then Stan and his team track it down and bring it right to their doorstep. “No haggling, no deception, just great service and honest pricing.”

A quick look on the ECMotorcars.com website and the testimonies and reviews are glowing. There are pages of positive testimonies confirming the success of Stan’s concierge business model.

A key component to the overall success and growth of ECMC is the addition of Devon Kiss, a young, 36 year-old from Tennessee who is quickly adapting to the car business, and he especially enjoys the Stan Hall concierge model. “Devon displays the same qualities of an honest car man in this new generation,” Stan says. “And his background as a computer programmer and website designer helps the company locate the best car for our customers by searching and negotiating coast to coast. Devon is learning the car business faster than anyone I have ever known.”

Stan and his wife, Bunny, moved to the Destin Area from Georgia 25 years ago. And, while Stan takes pride in his business accomplishments, surviving cancer ranks even higher. In 2012, Stan beat throat can-



cer and is now nine years free of that terrible disease. The experience left him with a renewed faith in the Lord who greatly helped his healing process.

Stan and his team try to be very active in their community. A few of the organizations they support are: Sinfonia Gulf Coast, Mattie Kelly Arts Foundation, Destin United Methodist Church and the Destin Chamber of Commerce.

Stan is also extremely proud of Bunny, “the most important and inspiring person in my life.” Bunny has 35 years of experience as an interior designer, and recently opened her own business, “The Perfect Plan Destin, LLC.” You can reach Bunny at 850-830-3995 or bunny@perfectplandestin.com.

So, the next time you’re in the market for a new car, give Stan Hall a call. I think you’ll be refreshingly surprised.



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BY KIM SCHNEIDER

Oh, how our furry family members bring so much joy and can also cause a lot of wear and tear to our furniture and floors. Does your dog or cat lounge on your furniture? Do they zoom through the house like they're on a racetrack? If you said yes, chances are they're leaving behind pet hair, drool, scratches on the furniture, nicks on fabric and maybe even leaving their

mark too. All of these things are common occurrences with indoor pets. While we work on training them, we can also choose durable, easy-to-maintain materials that can resist stains and repel odors.

I realize that you cannot run out and buy new furniture or install new flooring, but you can treat the fabric and rugs you have and quickly clean up any



professionally treated to help prevent stains from absorbing into the fabric. A slipcover can also be used for better protection. Slipcovers have come a long way since we were kids and you should be able to find one that suits your style and fits snugly over your furniture. Custom slipcovers can be made to fit any size furniture and in an easy-to-clean outdoor fabric too.

Leather: Keep in mind that leather is easy to scratch, but if you have the "distressed look" those scratches will not be as noticeable as the smooth option. Leather doesn't absorb pet smells and it's easy to wipe off, but if you have a pet with longer nails you may want to consider using a slipcover (see above).

Tile: Ceramic and porcelain tile are easy to clean and scratch-resistant. They're also non-porous and don't easily absorb smells from accidents. However, grout can be more absorbent, so keep the grout lines thin and seal them regularly (at least twice a year).

Faux Or Treated Hardwood Floors: If you have LVP (luxury vinyl plank) flooring, you have a great pet-friendly floor that is more resistant to scratches and liquid messes than a laminate or engineered wood option. For all of those with other types of hardwood floors you'll need to do your best to spot the mess quickly and swiftly clean it before damage sets in.

Here's to all the furniture snuggles with your fur-kids. If you have questions or would like to discuss flooring, fabrics or even a custom slipcover, contact Coastal Design by Kim at (850) 904-6622 or kim@coastaldesignbykim.com.

spills or messes to prevent damage to your flooring. Below are some of the best options without sacrificing design style:

Carpet: Wall-to-wall carpet isn't ideal with pets, but if that's what you have, you can protect it by layering with rugs. Rugs made of natural materials (sisal for example) can be harder to clean than a synthetic rug.

Indoor-Outdoor Rug: These are a good investment and many are designed with stain- and odor-proof synthetic materials. When your pet makes a mess, you can take the rug outside, clean and dry it according to the manufacturer's directions, then bring it back inside. You can also add a little comfort to your indoor-outdoor rug by adding a rug pad but you should consider replacing the pad yearly due to its absorbency and inability to be cleaned.

Wool Rug: These rugs are fairly easy to spot clean, but for tough stains you should consider having it professionally cleaned. Avoid the higher pile rugs, as they're more difficult to vacuum and they take a longer time to dry after being cleaned.

Washable Slipcovers: You can treat your upholstery with Scotch Guard (always test a small area first) or have it pro-

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ISSUE ONLINE

Cruising the Danube



By JODELL HAVERFIELD,
HAVE TRAVEL MEMORIES

I am writing this month's editorial from Vienna, Austria, as I am co-hosting a chartered river cruise tour. When I first visited the beautiful city of Vienna, I felt as though I just walked into a movie set. Her exquisite beauty and perfection are only surpassed by the history that surrounds her. With 1,000 manicured parks, electric trains, horse drawn carriages, ancient buildings and blossom filled trees, I truly felt I had been transported to a very special place indeed. Instead of vagrancy, garbage and crime on the streets, I saw flower pots, trees, and charming sidewalk cafés and fresh markets.

We visited the famous Stephansplatz, a square at the geographical center of Vienna named after the Stephansdom, Vienna's famed cathedral and one of the tallest churches in the world where people still attend church. On this beautiful spring Sunday, I sat on a bench and watched the locals stream out of the cathedral after church and stroll in their Sunday best through the open-air shopping square filled with exclusive designer shops. They bought gelato and visited with each other in small groups even though most of the stores were closed by law to observe the sabbath.

In this town square, a random tourist or local might suddenly sit down and start masterfully playing Mozart on a grand piano set in the cathedral square, where the old church clock chimed on the hour from the centuries-old tower. Tourists seamlessly blended with the romantic couples, groups of youngsters and families with little girls wearing their frilly Sunday dresses.

Our tour began with a day



and a half in Budapest, where we mingled with the local night-life and shopped at one of the largest markets in Europe. The evening before we sailed, we boarded a private tour boat for an illuminated view of the two cities divided by the river. We sailed past the famous Parliament Building, beautifully lit up as seen in most brochures. What we couldn't see in the dark was an iron monument of 60 pairs of shoes anchored in the ground along the beach promenade that runs in front of the Parliament known as Shoes on the Danube, a haunting tribute to the 20,000 Jews gathered along the banks, men, women and children who were stripped of their valuable leather shoes before being shot into the Danube to be carried away. Unfortunately, this is only one of the stories through history that reflect the dark past of the Danube River during World War II.

Our Viking River Cruise took us alongside many beautiful places, such as picturesque

Bratislava. We saw castles, historic Nurembourg, and so much more. We ended this once-in-a-lifetime trip in the little Bavarian village of Oberammergau, where we were privileged to mingle with the local villagers before viewing their performances in their world-famous Passion Play.

They have been performing the Oberammergau Passion Play for more than 400 years since the plague was raging through Europe. They pleaded with God that if he would spare their village, they would celebrate with a play honoring the Passion of Christ every 10 years. However, the covid pandemic caused a pause until 2022. Everyone who performs in the play, including the children, vocalists and orchestra, are local villagers.

Joining us on our exclusive chartered cruise tour were 150 guests. Some brought along old friends and we all met new friends as we explored the Danube River together. I will share

much more detail about this tour on an upcoming podcast. Follow me on FB, Instagram and YouTube to see our upcoming tours and more.

While it's wonderful to be out there traveling again, there's no place like home. Despite our flaws and imperfections, we live in the best country on earth. As we celebrated July 4th, 2022, we gave thanks like the villagers of Oberammergau for dwindling covid and the many blessings we have. Let's always remem-

ber our military, our local protectors and medical responders who serve us. Remember those who died for our freedom. Lay flowers at a serviceman's grave, proudly fly our flags, fire up our grills, eat a lot of watermelon, light those fireworks and proudly celebrate the United States of America.

Hope you had a happy 4th of July America!

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One Woman's Journey: How Restaurants Can Help Save Sea Turtles

BY HEATHER BENNETT

Long before people were enjoying the white sand beaches and emerald green waters along The Emerald Coast, sea turtles were coming ashore to nest their eggs. They now share the area with around 500,000 people. That number surges as tourists flock to the area. What we do affects the life of the sea turtle. The trash we leave behind, specifically plastic, has been dangerous to their health.

One thousand sea turtles die annually from digesting plastic. Plastic stays in the stomach of the turtle, and as it builds up, the brain thinks the stomach is full, but in reality they aren't getting the nutrients that they need. The mortality rate of a sea turtle that ingests 14 pieces of plastic jumps to 50%.

Straws are the most commonly found plastic materials by our volunteers on the beach. Americans discard 500 million straws per day. With all of the restaurants along the coast where we can get our smoothies, iced coffee, sweet tea, and cocktails, you can imagine how many straws end up on our beaches and in the Gulf. Straws find their way into the water and can be mistaken



by the sea turtles as food.

There are a few alternatives to plastic straws. Paper and other plant-based straws

are passed off as biodegradable, but contain polyfluoroalkyl substances known as "forever chemicals" that have an ex-



treme resistance to environmental breakdown. These can also lead to adverse health effects in humans at low levels. Reusable straws are popular, but people don't always remember to bring them, and they are hard to keep clean and sanitary on the go.

A great alternative to these is 100% organic Bamboo Straws. Walton County resident and entrepreneur Khuyen Bui is the principal behind Econet Green Products working to make bamboo straws affordable and available along The Emerald Coast. The 100% organic Bamboo Straws are produced in a small village in Vietnam, cut from living bamboo branches, cleaned, sanitized and individually paper wrapped for single serving usage.

Instead of customers receiving a free plastic straw the restaurant has to purchase, restaurant owners can pur-

chase bamboo straws for 10 cents each and resell them in their restaurants. Organic bamboo straws available now in online stores, are reusable and unwrapped, and cost almost \$1 each. They are more expensive and unsanitary compared to the Bamboo Straws sold by Econet.

"Why not offer an affordably priced organic bamboo straw that enhances your product, will pay for themselves, and more importantly, support the environment?" Khuyen said. Restaurants can ask customers to pay pennies on the dollar to help keep our beaches plastic straw free. Khuyen also said "the price can be lower than 10 cents each, if we can gain significant community support and work together for a non-plastic future."

Life Media is supporting the purchase of these 100% organic bamboo straws by offering marketing incentives. Any restaurants that purchase the Econet bamboo straws can get a featured story in Life Media Newspapers (80,000 in circulation), recognition in a dedicated page of South Walton Life promoting use of organic straws for protecting the sea turtles, and a monthly Facebook post to 20,000 followers.

If you are interested in helping prevent plastic straws from harming our sea turtles by purchasing these 100% organic Bamboo Straws, please contact Econet Green Products at 850-287-8415 or Life Media at 850-399-0228. For more information, visit the Econet Facebook Page at Facebook.com/econetgreen, or their Website at www.econetco.com for your order. If you are a consumer and would like to see your favorite restaurant carry organic Bamboo Straws, please let them know.

The carbon footprint we leave behind is a constant threat to sea turtles and other marine life that are vital to our fragile ecosystem. Let's do our part to keep the Emerald Coast green, by becoming trailblazers in the use of Bamboo Straws, leading other coastal communities to join a positive environmental impact.



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AJ's

AJ's Seafood & Oyster Bar

AJ's Seafood & Oyster Bar features the best sports all year long on the one and only Jumbotron, 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 month.

AJ's July Live Music Bimini Stage 9 p.m.

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Friday, July 8, Kings County
Saturday, July 9, Kings County
Thursday, July 14, Summer 97
Friday, July 15, Summer 97
Saturday, July 16, Summer 97
Thurs. July 21, Bad Charlotte
Friday, July 22, Bad Charlotte
Saturday, July 23, Bad Charlotte

Club Bimini 9 p.m.

Thurs., July 28, Jesse & The Jets
Friday, July 29, Jesse & The Jets
Sat., July 30, Jesse & The Jets
AJ's Seafood and Oyster Bar
116 Harbor Blvd.



Austons

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. With big screen TVs all around, there's no bad seat in the house. Enjoy specials, including \$5 Pints, \$16 Buckets and more. Auston's on 98 is open daily from 9 a.m. to 9 p.m. and features its 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, 11 a.m.-3 p.m., with live music every Wednesday and Friday night. See full menu at austonson98.com.

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



Boathouse

Boathouse Oyster Bar

Oysters, Live Music and a Local's Vibe... Destin's best kept secret – the Boathouse is 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 each month The Boathouse hosts locals on the Destin Harbor from 5-7 p.m. Listen and move with live entertainment daily. See ad for bands and times. Music schedule subject to change. Follow on FaceBook for updates. (850) 837-3645

288-B Harbor Blvd., Destin
Boathouseoysterbardestin.com



Cafe Destin

Café Destin

Looking for dining the entire family can enjoy? For breakfast and lunch, Café Destin offers an expanded menu serving breakfast staples, such as pancakes, waffles with Nutella, omelets, eggs benedict, biscuits and gravy and more. For a lighter take, it also has 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 lattes. And there are diverse fresh fruit smoothies and a variety of tantalizing teas. Open for breakfast and lunch seven days a week from 7 a.m.-2 p.m., with free WiFi.

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



Landshark's

Landshark's Pizza

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 scrumptious eats for folks of all ages. There's plenty of seating for everyone and TVs 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. 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

Continued on next page

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Destin Harbor
Live Music on the Docks

DESTIN DINING

continued from previous page

Oasis

A recent heartbreaking fire has temporarily halted in-restaurant dining. So, until the Oasis restaurant can re-open, Chef Divaldo and Chef Amy offer private dinners, bringing the Oasis experience to you. Choose from their sample

menus or they'll create a custom menu for you. Be it a romantic evening, a birthday celebration or a family get together, Oasis will offer you a unique way to enjoy a meal. On the day of the dinner, Chef will buy the ingredients, cook them at your house, serve the meal and leave everything spotless. Dinners typically include anywhere from three to five courses on average. "We do

all on-site cooking, serving and clean-up. You enjoy your time and food with your guests," says Amy. "We can also offer cocktail service to go along with your dinner." Contact Amy, (850) 401-9149 to arrange your dinner party.

(850) 401-9149
306 Bald Eagle Dr.
theOasisSRB.com or
@theOasisSRB on FB



Tequila's Sports Bar & Grill

Did someone say margaritas? Tequila's Sports Bar and Grill has quickly become a local favorite, with world class, jumbo-sized margaritas, Mexican food favorites 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 unique fusion of sports bar food and delightful Mexican dishes. Celebrate Taco Tuesdays with 2-for-1 margaritas. Lunch specials are offered Monday-Friday for \$8.99. "Our love lies in the food we make and the connections we create with our customers every day," says Oni, Tequila's owner. "Our goal is to have the widest selection of tequila brands in town. You're

Tailfins Waterfront Grill

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The Melting Pot Destin

Fondue is back and more popular than ever at locally-owned The Melting Pot Destin. Enjoy several fondue cooking styles and a variety of unique entrées, salads and unforgettable desserts. Slow down and talk while you "play" with your four-course choice of six classic cheese dish appetizers, unmelted in a hot, six-inch melting pot. Next is your choice of salads. You get to cook your main entrée. For dessert, choose a warm fondue bowl of fresh melted chocolate of your choice. There are "fast fondues" for those in a hurry or you can simply stop in after work, sit, the bar and order one course: Cheese, Salad, Entrée or Chocolate.

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DESTIN DINING

continued from previous page

out – Forever Fondue is back. Available every Monday through Wednesday through July 20, you can enjoy a three-course signature Endless Entrée, featuring fresh salad, Endless Entrée and decadent chocolate fondue starting at \$54 per

person. It features classics like herb-crusted chicken, Memphis-rubbed pork, and teriyaki-marinated steak and more, all served with your favorite cooking style and sauces to dip. Up it to a four-course meal to satisfy a cheese fondue craving! For more information, visit <https://www.meltingpot.com/forever-fondue.aspx>.

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www.meltingpot.com/destin-fl



The Melting Pot

EGLIN

continued from page 20

equipment to the outdoors conditions. However, it was difficult to predict when temperatures would reach the levels required for testing. When they did, these temperatures would sometimes not remain low enough for long enough to meet testing needs.

Along with suggesting that U.S. aircraft be operable at minus 65 degrees Fahrenheit, then-Lt. Col. Ashley McKinley is credited for suggesting the construction of a refrigerated airplane hangar to allow for cold weather testing under controlled conditions. The headquarters for such testing was reassigned to the more temperate Eglin AFB and plans for McKinley's suggested facility were approved in 1944. Construction began soon thereafter.

The first tests at the MCL involved subjecting a B-29 Superfortress, C-82 Packet cargo plane, P-80 Shooting Star, P-51 Mustang, P-47 Thunderbolt and R5D helicopter, as well as trucks, tanks and clothing, to a temperature of minus 70 degrees Fahrenheit. The tests were considered highly successful.

In 1971, the refrigerated hangar was dedicated as the McKinley Climatic Hangar in honor of McKinley, who passed away the previous year.

Over the years, the facility that would become known as the McKinley Climatic Laboratory expanded its offerings beyond arctic and subarctic testing. The laboratory now consists of five testing chambers used to prove the operational reliability of systems under test in the climatic extremes found around the world. Along with large aircraft, items tested within these chambers include engines, tanks, missile launchers, shelters and automobiles. "The MCL is the only facility in the world that can hold and test a full-scale operational aircraft in climatic extremes," said Melissa Tate,

MCL site director. "This facility can produce, on any given day, any extreme weather environment within which to conduct a desired test."

Examples of aircraft more recently tested at the MCL include the F-117A Nighthawk Stealth Fighter, C-130J Super Hercules, F-22 Raptor, F-16 Fighting Falcon, B-2 Spirit bomber and the HH-60W Jolly Green II combat search and rescue helicopter.

In 1987, the MCL was named a National Historic Mechanical Engineering Landmark by the American Society of Mechanical Engineers. The following decade, it was added to the National Register of Historic Places. "It's pretty awesome that MCL is the only facility on the planet that can do what we do," said Michael Burch, MCL senior facility field engineer, who has been employed at the laboratory for nearly 25 years.

Editorial note: This article includes information from the National Park Service itinerary "Aviation:

From Sand Dunes to Sonic Booms," an American Society of Mechanical

Engineers brochure on the MCL and an Army study titled "Cold Weather

Testing in Alaska: 1940-1970."

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Melting Pot

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 Off the Hook

Off the Hook:

A Work of Art Takes First Place at EC Blue Marlin Classic

BY CALI HVALAC,
TO DO IN DESTIN

The Emerald Coast Blue Marlin Classic at Sandestin (ECBC) is a multi-day event that happens at Baytowne Marina at Sandestin during the peak of blue marlin season. The 20th annual tournament June 22-26 welcomed 84 boats with a total of \$1,987,100 in cash awards.

If you've never been to the Baytowne Marina at Sandestin for the blue marlin weigh-ins, put this on your list for next year. Watching these charter boats roll in with monster fish being wheeled to the weigh station is a sight like nothing else. The all-time record marlin weighed in at 1,402 pounds, although most caught will average in the 500-800 lb. range.

This year's top three blue marlin winners were: Raise 'Em Up, weighing in a 513.30-pound blue marlin for third place; Benedetta, weighing

in a 547.90-pound blue marlin for second place; and A Work of Art with a 638.70-pound first-place blue marlin.

Other categories include heaviest dolphin, heaviest tuna, heaviest wahoo, as well as top angler, top release angler, top lady angler and top junior angler. There is also a release division for those boats that release the blue marlin back into the water.

Blue marlin have brilliant colors on their skin, with bright cobalt blue on top and a white silver belly. They are a beautiful fish that primarily stays offshore, but will move closer to shore from July to September.

Once caught, it's common at ECBC to paint the fish and take an imprint of it on canvas, to be painted in full as a memory of the catch. ECBC welcomes children to paint the fish, a unique experience for kids of all ages.

Also available during the



event is a golf scramble, sponsor booths and a fireworks show. Guests also have access to all recreational activities at the Village of Baytowne Wharf.

Mark your calendars for the third weekend in June 2023 to be at the Baytowne Marina at Sandestin to experience the weigh-ins.

***Information sourced from www.fishecbc.com*



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tool to help them survive and return to depth. Learn more at MyFWC.com/FishHandling.

To learn more about the recreational red snapper season in Gulf state and federal waters, including season size and bag limits, visit MyFWC.com/Ma-

rine and click on “Recreational Regulations” and “Snappers,” which is under the “Regulations by Species – Reef Fish” tab. Looking to keep up to date on Florida’s saltwater fishing regulations? Find them on Fish Rules App. Learn more at Fish-

RulesApp.com or follow Fish Rules at [Instagram.com/FishRulesApp](https://www.instagram.com/FishRulesApp) or [Facebook.com/FishRulesApp](https://www.facebook.com/FishRulesApp). The Gulf federal season for for-hire operations with federal reef fish permits begins June 1 and will close at 12:01 a.m. on Aug. 19.

The recreational red snapper season started June 17 in Gulf state and federal waters off Florida and will remain open through July 31 with 12 days in the fall.

For-hire operations that do not have a federal reef fish permit may also participate in the season, but are limited to fishing for red snapper in Gulf state waters only.

If you plan to fish for red snapper in any state or federal waters off Florida from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a State Reef Fish Angler (an-

nual renewal required). Sign up at GoOutdoorsFlorida.com. To learn more, visit MyFWC.com/SRFS.

When catching red snapper and other deep-water fish, look out for symptoms of barotrauma (injuries caused by a change in pressure), such as the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes. When releasing fish with barotrauma, use a descending device or venting



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Boater Education

The Okaloosa County Watersports Coalition (OCWOC) is proud to announce the release of its second video in a three-part boaters education series. The purpose of this video is to educate locals and tourists on the safe and responsible operation of personal watercraft (PWC). This video also discusses tips to safely navigate the local waterways of Okaloosa County. The video was sponsored in part by the City of Destin and The Okaloosa County Tourism Development Department. Watch the Video at https://www.youtube.com/watch?v=pR_BKJb-NIy0

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 Off the Hook

COURAGEOUS Deployed

On April 28, the Air Force Research Laboratory and Eglin Air Force Base's Integrated Test Team demonstrated a new low-cost, air-delivered capability for defeating maritime threats, that successfully destroyed a full-scale surface vessel in the Gulf of Mexico. The vessel was the COURAGEOUS and our Coastal Resource Team was on hand to assist with the mapping data. The plans are to add these coordinates to our artificial reef

system demonstrating how the results of Eglin's testing can benefit our coastal environment. In addition to providing new places to dive, the artificial reefs allow for a healthy ecosystem. The QUICKSINK program, a Navy partnership, aims to provide options to "neutralize surface maritime threats." Check out an amazing 3D interactive model of the COURAGEOUS on the web page about Artificial Reefs, courtesy of ReefSmartGuides.com.



PHOTO COURTESY OF DESTIN-FORT WALTON BEACH FL

Team is in the process of acquiring several new vessels for deployment. Dates and locations TBD.

- CORDONAZO Sailboat within 45 days (67 feet)

- MISS NELLIE tugboat within 60 days (62.5 feet)

- RV Dolphin (178 feet) + Manta (180 feet) before October 1, 2022

- Atlantis (125 feet) + Cy-

clops (110 feet) before October 1, 2022

- AJ's Blackbeard Sailboat within 120 days (64 feet)

- Deployment of secondary use material

- FAD redeployment in the next 120 days

Artificial Reef directional signs were installed on Okaloosa Island beach access 2, 4, 6 and Beasley Park. These reefs are swimmable from the shore and allow for easy access for snorkeling the reefs.

Upcoming Deployments

Destin-Fort Walton Beach Tourism's Coastal Resource

October 1, 2022

• Atlantis (125 feet) + Cy-

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Limestone Coral Reef Deployed in Gulf

In celebration of World Coral Reef Awareness Day, Starborough Wine partnered with Reef-maker, the largest reef builder in the U.S., to deploy its first limestone reef two miles off the coast of Fort Walton Beach in June. It is designed to help maintain and rebuild ocean habitats off the coast of Florida.

To combat and help protect reefs across the country, Reef-maker has deployed over 50,000 reefs made of Florida Limestone which are comprised of ancient clamshells that perfectly match a natural reef in PH and



substrate. Starborough's artificial reef is located two miles off the coast of Florida and weighs 18 tons, stands 15 feet tall, and is 19 feet wide. The structure is

able to withstand storms with up to hurricane 5 force winds and waves, providing a safe habitat for all forms of marine life.

Starborough also partners with Oceana, the largest international ocean conservation organization, and has donated over \$100,000 to the organization since 2020. In August, Starborough will donate \$1 from every wine bottle sold, up to \$50,000, to Oceana to continue supporting their efforts in protecting ocean habitats. As the world's largest international organization focused solely on protecting our oceans, Oceana helps restore and protect the biodiversity, abundance, and equilibrium of our oceans.

Starborough invites locals to play a role in a second coral reef deployment by engaging with their Instagram channel. If Starborough reaches 100,000 engagements (likes, comments, shares and new followers), the brand will deploy a second limestone reef. For more information on Starborough's ocean conservation efforts, visit www.starboroughwine.com/inspiration/oceana-partnership.php and follow Starborough on Instagram @starboroughwine.

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Do It Right! Hips & Thighs

calves (back lower leg), abductors (outer thigh) and adductors (inner thigh) all comprise the lower body.

A **squat** is a prime example where all the muscles are incorporated, and a very functional movement for everyday life. Squat safety – bend at the knees (knees must bend for proper ROM: Range-of-Motion), sit back on heels, lower butt down, chest and head up, drive your heels into the floor to push up to standing. The toes are for balance so, to protect the knees, use them lightly. Work on getting deeper to get stronger through the entire ROM.

To address knee issues, start light, assist your weight by holding on to something if you haven't been training. Track your knees in the direction your toes are pointed to keep them aligned. Butt is always way lower than your chest! Knees never move forward past the toes. Squats help you remain self-sufficient for getting yourself up and down.

Your knees will get stronger if you progress through consistency with ROM & safety. Babying them will make them weaker. Plus, bending and weight bearing the knees will produce synovial fluid to lubricate the joint.

Variations – Basic squat,

heels are shoulder width apart, toes and knees slightly turned out to 11 and 1 o'clock. Focus on gluteus maximus and quadriceps, some hamstrings. Wide squat, heels are outside of shoulder width, toes and knees are pointed roughly 10 and 2 o'clock (key, start your turnout at the hip joint so that thigh, knee, shin and toes are all pointed outwardly the same). Focus on gluteus medius, quadriceps, adductors, some abductors.

Close Stance squat, (i.e. back squat), toes face forward, feet close together, sit back almost like you are going to fall back. In yoga, some go all the way to the floor (Malasana). Focus mainly on center quads and glutes.

Protecting our knees is very

important because they are vulnerable in all lower body exercises. Imbalanced muscles, where a muscle is strong but the opposite muscle is weak, can be detrimental to any joint. For a balanced lower body workout, think of working around the whole circumference of the leg.

Quads and Hamstrings should be equally conditioned, which doesn't mean they have to lift the same weight. Hamstrings perform more isolated movements. They can move independently of the rest of the lower body. Named the biceps femoris, it flexes the knee joint the same as the biceps in the arm. But quad exercises, such as the squat, are assisted by the glutes, making them a true pow-

erhouse. But the key is to give them equal workout attention. Don't forget the leg extension. Also an isolated move targeting one of the quad muscles, done properly it will make a huge difference in knee stability and thigh shape. Abductors and Adductors are knee and hip stabilizers. Exercises that move the legs out or in (leg lifts or band work) are what you do to strengthen those. Throw in your calf raises on your bottom stair and you will be complete from hip to toe!!

Have questions? Join my class at Destin Health & Fitness or write: BeActive850@gmail.com.

Continued on page 34

BY LISA LEATH TURPIN, HEALTH & FITNESS COACH/CONSULTANT

Happy to introduce the second in a series of tips to effectively and safely exercise various areas of the body (Check out June edition: "Core/Abs").

There is a lot going on in the lower body. That old song (hip bone's connected to the thigh bone...) is true; everything is connected and can affect the entire chain of movement. To stay healthy, you must look at balancing your muscle groups to avoid imbalance that leads to weakness and injuries. Importantly, acknowledge that some muscles are meant to be stronger due to their function, so weight load for your exercises should reflect that.

The lower body muscles work synergistically and only a couple can be isolated. The gluteals (butt), quadriceps (front thigh), hamstrings (back thigh),



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 Wellness

Hormones Aren't For Me



By DR. RICHARD CHERN, MD

Have you or a friend tried hormone therapy in the past and had no results or minimal results? Worse are the patients who have tried hormone therapy and had bad results. It's not uncommon for us to hear this from patients who have tried hormone therapy with other providers in the past.

Fortunately, in medicine there is an enormous amount

of training involved to become a provider. Unfortunately, once you are a provider, it can be easy to add treatments and procedures to your clinic with minimal or no training. I know some doctors who have learned how to do pellet therapy from watching videos on the internet. The same is true for Botox and fillers. Just because someone can perform a procedure does not always mean they are capable or should be performing that procedure.

Hormone pellet therapy is more than just an algorithm and more than just a procedure. There are a lot of seemingly minor details that are vitally important to proper dosing. Many clinics have a dosage based on weight only or a standard dosing that just doesn't work for a good portion of patients. Some patients may want something



their insurance will pay for, something closer to their home or perhaps something cheaper. Some providers incorrectly counsel against hormone therapy, because of decades old, dis-proven and incorrect information. I wish we could get patients to our clinic first, but this is an impossible task. Thankfully, most patients who get their hormones from someone else will eventually find us.

the symptom relief you deserve.

Dr. Richard Chern, MD provides hormone therapy to men and women from across the country. He is also on staff at BioTE Medical and teaches hormone therapy to new providers including providers right here in our local area. Dr. Chern might even be treating your doctor or nurse practitioner since he treats many of the doctors and nurse practitioners in the area and their staff as well. He is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call Dr. Chern today for an appointment at The Hormone Restoration Center at 850-837-1271.



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Plastics, from Storage Ware to Water Bottles



BY KAY LEAMAN,
HEALTH ARCHITECT

Do you know what the two most toxic plastics are that can be found in most kitchens today? Wait for it... plastic wrap and silverware.

How many plastic storage containers do you have and how many of them come from restaurant leftovers, the deli or the 24 container box deals?

One of the most toxic prod-

ucts we come in contact with is styrofoam. In one study, eggs that were stored in a styrofoam container were tested. After several hours they found that the chemicals from the styrofoam had leached through the shell into the egg.

Now, back to plastic.

Many of us are familiar with the term BPA-free and even though this is a good thing it does not mean that it is healthy or safe. Here are some lingering dangers of plastics:

Dioxin production: Direct exposure to the sun. Such heating (including microwave) releases a toxin called dioxin, which, when consumed, can accelerate breast cancer.

BPA generation: Biphenyl A is an oestrogen-mimicking chemical that can lead to a lot of health problems like diabetes, obesity, fertility problems, behavioural

problems and early puberty in girls. It's better not to store and drink water from a plastic bottle.

Impact immune system: Our immune system is immensely affected when we drink water in plastic bottles. The chemicals from plastic bottles are ingested and tend to disturb our body's immune system.

Liver cancer and reduced sperm count: Because of the presence of a chemical called phthalates in plastic, drinking water from plastic bottles can also lead to liver cancer and a reduction in sperm count.

A recent study done by the State University of New York in Fredonia shows that there are excessive levels of microplastics in bottled water, especially in popular brands. Microplastics are small plastic debris pieces measuring 5 millimetres or smaller. Microplastic is found in over 93

percent of bottled water and while The World Health Organization says that there is no evidence consumption of microplastics affects your health, it is still an area of concern.

Here is a mini guide to plastic bottles and other plastics. The numbers refer to the number in the triangle on the bottom of the container.

- 1 - PETE or PET (polyethylene terephthalate)
- 2 - HDPE (high density polyethylene)
- 3 - V (vinyl) or PVC
- 4 - LDPE (low density polyethylene)
- 5 - PP (polypropylene)
- 6 - PS (polystyrene)
- 7 - Other or miscellaneous

The safest numbers are 1, 2, 4, or 5. Number 3 is the worst followed by 7. As a rule of thumb, the softer the plastic the more likely than leaching will occur.

So, what can we do? Begin by replacing water bottles with a stainless steel water bottle. When plastic bottles are a necessity (a long road trip or a day on the boat) ensure the bottles stay cool and out of the sun. If you're on a trip, bring the water into your hotel room for the night and never leave a water bottle in your vehicle.

For the kitchen, begin replacing food storage containers with glass. When using plastic wrap, either place parchment paper under the plastic wrap or ensure the wrap does not touch any food. Finally, NEVER heat food in the microwave in a plastic container or plastic wrap.

Here's to health.

*Kay Leaman
Health Architect
HealthyDay HealthyLife
succeed.hdhl@gmail.com*

Self-Care Corner



BY KRISY ANDERSON

Have you ever exercised your face muscles? Well, now you can with a new Microcurrent Facial at Beverly Hills Day Spa "These facials enhance definition, produce collagen in your dermis to plump the skin, they're virtually painless and results are visible in minutes," says Krisy.

Known as a non-invasive facelift, and a great Botox alternative, microcurrent facials introduce a low-grade electrical current delivered through a small machine onto the face muscles. The muscles contract and are meant to be trained—just like a gym workout—to lift and sculpt the face. Microcurrent is used to lift the eyebrows, define cheekbones, tighten and firm skin and stimulate collagen growth.

Benefits:

- Redefines and enhances your features
- Produces collagen in the dermis
- Erases signs of aging (helps

erase fine lines and wrinkles)

- Painless
- Results are visible in minutes

"The microcurrent facial uses two handheld prongs that deliver precise dosages of energy to the skin and work simultaneously to repair and produce collagen in the dermis, which is the deepest layer of the skin, while gently erasing signs of aging in the epidermis, which is the top layer of skin," says Krisy. "It firms



your skin to define your features, improves muscle tone, reduces puffiness, increases cellular activity and tightens pores. After treatment, many clients say it's like their skin has experienced the equivalent of a trampoline effect: it's bouncy, supple and flexible."

I recommend one visit per month for best results. Visit www.beverlyhillspaspa.com or call me at (850) 654-8544 to book your skin-tightening treatment. 114 Palmetto Dr., Suite 6, Destin, 32541, on Tuesday – Saturday 10 a.m.- 5 p.m.





 Wellness

Life with ADHD Part 1: In the Words of a 10 Year Old



BY STEPHENIE CRAIG

Our 10-year-old son, Will, suggested our monthly article should be an interview with him about ADHD to help other kids who might be struggling. We decided to turn it into a two-part series addressing the perspective of both kids and parents. The following interview took place while Will was dancing, throwing a ball, playing with the dog and generally wiggling, all while actively engaging in the conversation.

What is it like to have ADHD?

ADHD makes it hard for me to focus and stay still and sit in my chair at school.

What are the positives of having ADHD?

I am very musical, artistic, funny and have a lot of ideas to invent things.

What are the negatives of having ADHD?

I work really hard to sit still and focus. When I'm supposed to be focusing on one thing, my

mind drifts and gets interested in something different and I completely forget I was supposed to be focused on the first thing. School is especially hard because there often isn't a time to move around when I need to let out energy. Sometimes I take bathroom breaks to move and pace around so I can try to be more still in class.

How has ADHD challenged you at school?

I have so much energy and have trouble sitting still and sometimes teachers get on to me a lot. Kids noticed I was getting negative reports on my communication card and started saying I was a bad kid. Every day I started thinking I didn't want to go to school because it's going to be another bad day. I'd go to the nurse most days, thinking I was sick, but really I was stressed because I got in trouble a lot. This turned into a loop until I found a medication that worked for me.

How has ADHD challenged you at home?

I'd be asked to do homework, chores or take a shower several times and I would get distracted. It would take an hour to finish things that could take 15 minutes because I would forget



what I was doing and would start playing. My parents would get frustrated from asking me over and over to do things. I felt stressed because I was in trouble at home and school a lot. It felt like there wasn't a place where I wouldn't get in trouble or people weren't annoyed with me.

What does NOT feel supportive to you in managing ADHD?

When kids are mean to me because of my struggles, that doesn't help. When teachers made my behavior charts public in the classroom, that felt bad. I felt like I could never get ahead in behavior points and the whole class could see that I didn't have as many points. Some people don't really know or understand what ADHD is and they end up thinking I'm just a kid who doesn't behave right and judge me. When my

parents get frustrated, raise their voices, or get firm, that doesn't help.

What DOES feel supportive to you in managing ADHD?

My parents apologizing for getting frustrated and helping me calm down with deep breathing and restarting my day. Taking medication before school helps me focus, sit still and I started getting good reports on my school communication card. I forgot to go see the nurse and didn't feel stressed and sick every day. Medicine didn't eliminate all the effects of ADHD, but it made them much less noticeable to me and others. My teachers told me how much better I was focusing and sitting still. We do daily lists at home that remind me what I'm supposed to do each morning, afternoon and evening. Now I check off what I have done, which keeps my parents from having to repeat

themselves and keeps me on track. Instead of taking an hour to do my jobs, I can sometimes get them done in less than 15 minutes. I talked to adult family members or family friends who struggle with ADHD. They helped me know I'm not alone and other people think like me and are figuring out ways to manage ADHD. It helps when my teachers understand ADHD and encourage me.

What's one thing you want people to know about having ADHD?

ADHD is a problem with focusing, sitting still and managing impulses. It doesn't make someone a bad kid. And kids that struggle with ADHD mostly aren't trying to be disrespectful when they are moving around and having trouble following directions.

Stay tuned next month for Life with ADHD Part 2: In the Words of Parents. As you're navigating life's twists and turns, connect with us at journeybravely.com.

DO IT RIGHT

continued from page 31

Lisa Leath Turpin is a degreed and certified health and fitness lifestyle coach and consultant who has devoted her life to motivating and strengthening the body and mind of others. With over 20 years' experience, Lisa has a B.S. degree in Sports & Fitness Management from the University of Alabama, developed and managed the U.S. Army Corps of Engineers' Health & Wellness Facility and programs in Huntsville, Ala., is board

certified by the National Board of Fitness Examiners and possesses certifications from AFAA, Polestar/Balanced Body, Reebok U, SCW Fitness and American Heart Association. She is currently a group exercise leader at Destin Health & Fitness and an independent personal trainer in the Destin area, diversely and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation. Have a fitness question for Lisa? Email BeActive850@gmail.com.

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Mold and What to Do About It



BY MARK WICHERN

Publisher's Note: Mark Wichern, the owner of Veritas Restoration, is also the owner of Restoration Coach, the Parent company of Veritas Restoration. He's an expert in mold.

His background is vast. He's been an Instructor for the IICRC since 2004 and has taught thousands of students throughout the U.S., including many Insurance Adjusters, Attorneys, consultants, property managers, maintenance crews and builders. He also taught and worked at the Hydro Lab in Noblesville, Indiana, taking it upon himself to learn from the best of the best. Mark has seized every opportunity to learn about the restoration industry and all drying aspects of the business, from commercial large loss, emergency planning, hurricane preparedness, high heat drying, etc. He's worked with top industry professionals in every arena of the restoration field at the Hydro Lab, including being present for lab testing of the Dr. Michael Berry Study with the EPA to discover how long it takes for mold to grow on different materials. You might say he is one of the Pioneers of the industry.

So, what is mold? Mold is a microscopic fungi that plays a major role in causing decomposition of organic material, enabling the recycling of nutrients throughout the ecosystem. A question I hear a lot is 'how big is a mold spore'? A mold spore is 2-10 Microns in size.

Mold can become present, when water enters our home or business from many sources, including a leaking roof, ground water through the foundation, condensation, plumbing and appliance leaks, cooking and cleaning. Molds are ubiquitous in nature, and mold spores are a common component of household and workplace dust.

The question is, "Should I be concerned?" When mold spores are present in large quantities, they can present a health hazard to humans, potentially causing

allergic reactions and respiratory problems.

Research on the health effects of mold has not been conclusive. The term "toxic mold" refers to molds that produce mycotoxins, such as Stachybotrys and Char-tarum and not to all molds in general. Some studies claim that exposure to high levels of mycotoxins can lead to neurological problems. Prolonged exposure, e.g., daily workplace exposure, may be particularly harmful.

Why do some molds have mycotoxins? Mycotoxins are mold's defense against other molds and bacteria. The real concerns with toxic molds can be opportunistic pathogens that look for a compromised immune system, such as a person over age 65, under age 2, recent surgery or an infection.

What should I do if I discover mold and how do I get rid of it?

Disinfectants: Can I just put bleach on it? Unfortunately, bleach is a hyper chlorite which is inactivated by organic matter, i.e. mold. Does killing a mold spore make them safe? No, actually killing a mold spore may release the mycotoxins which may pass directly through HEPA Filtration (High Efficient Particulate Air Filter). Dead mold spores are still allergenic. Unfortunately, mold spores must be completely removed from the built environment. If not removed, mold spores go dormant until excessive moisture is reintroduced, and they begin growing again.



How does a disinfectant work? Think of a mold spore as a balloon. If the spore is toxigenic, the mycotoxin is stored inside the spore or in this case the balloon. The mycotoxin is the spore's natural defense system and is released when it is attacked. The spore's outer membrane is ruptured by the disinfectant (bleach) and this allows the mycotoxin to be released into the air. Even when mycotoxins are not present, this rupturing makes them smaller and easier to breathe deeper into our lungs.

Is killing a mold spore really what we want to do? Thankfully, there is another alternative. Remove the mold spores through proper disposal, cleaning and filtration and then correct the moisture problem!

What are the factors needed for excessive mold growth? An organic food source, moisture, stagnant air, an acceptable temperature range, IE.68-86 deg. F. for most mold growth and the big one TIME!

What is an ORGANIC FOOD SOURCE? Building Materials such as Drywall Pa-

per -Trees, 2 x 4 Studs - Trees, Boxes - Trees, Natural Carpet Fibers - Wool, Bathroom Tile - Bacteria, Dead Skin, and Adhesives -Animal Glue (OSB Subfloors).

So, how can we prevent excessive mold growth? It's Simple... Eliminate the factors for growth, respond quickly to water losses and stop the water intrusion.

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tures with special Low Vapor Pressure Dehumidification.

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- Do you wish your teeth were whiter?
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 Environment



Beach Time – ECES Style

ENERGY TIPS

by Emerald Coast Energy Solutions

BY CHRIS BALZER, ECES

When planning your next beach day, take some extra time and enjoy the beach ECES style (Emerald Coast Energy Solutions). Of course, we like the

traditional beach things; sitting by the water, watching the waves curl ever so slightly, looking for that pod of dolphin fins, listening for and watching low fly-bys or watching a sea turtle grab breakfast. You know, the

ordinary beach stuff. Going to the beach here is anything but ordinary; we are blessed to have air and sea shows on a regular basis almost every time we go to the beach. Here are a few more things to think about on your next beach day.

One of the first things you should know is what the heat index is. The **heat index** is the “feels like” temperature to the body when relative humidity is combined with the air temperature. It could be 93 degrees with a “feels like” 102.” Heat indexes of 103 degrees or higher are considered dangerous. Use caution when planning beach days or outings with a high heat index.

While checking the weather forecast and heat index, be sure to check the **UV forecast**. Checking UV (ultraviolet radiation) should become as much as a habit as checking the weather. UV forecasts include many factors, so don’t assume cloud cover or lower temperatures mean low UV, as anyone who has gotten sunburn on a cloudy day understands. Checking UV is particularly important if you plan to spend several hours outside and even more so at the beach where UV radiation can be increased



by reflecting off our white sands and water.

Wear reef safe sunscreen. The best way to protect yourself from UV radiation is by staying in the shade or wearing protective clothing. Another way is slather on reef safe sunscreen. Be sure to check the back of the sunscreen bottle, some sunscreens contain chemicals that can harm marine life including corals, fish and even dolphins.

Get to know the sand between your toes. We have some of the whitest beaches in the world, all thanks to the Appalachian Mountains and the Apalachicola River. Some 20,000 years ago, when world temperatures began warming after the ice age, large volumes of water were carried by riv-

ers to the world’s oceans. The Apalachicola River carried small quartz particles to the Gulf of Mexico and continues today. These unique quartz particles created our shorelines and beautiful white beaches.

Share the shore. Our beaches are great, but they aren’t ours; we’re all just visitors. Snorkeling, diving and even sitting, one can experience a whole world coexisting at the beach. Share the shore and take the pledge that you will find out how to keep yourself and the marine animals around you safe. As tempting as it is, keep your distance from marine life and leave that shell souvenir behind. Some shells play a vital role in our beach ecosystem and taking some washed up items can actually be illegal. If you are looking for that perfect souvenir, try an airbrushed T shirt reading “my friends visited the beach and all I got was this lousy T shirt.”

The next time you plan to go to the beach, do it ECES style; check the heat index and UV forecast, use reef safe sunscreen, enjoy the sand, share the shore and beat the heat!

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



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Tax Relief for Floridians is On the Way

By JIM JAQUESS

Governor DeSantis recently signed into law more than \$1.2 billion of tax relief for Floridians. The new law creates 10 sales tax holidays for a variety of items commonly purchased by Florida families, including fuel, diapers, disaster supplies and tools.

“Florida’s economy has consistently outpaced the nation, but we are still fighting against inflationary policies imposed on us by the Biden administration,” Governor DeSantis said. “In

from **October 1-31, 2022**, saving Floridians \$200 million by lowering the price of gas by 25.3 cents per gallon.

A 3-month sales **tax holiday for children’s books from May 14 through August 14, 2022**, providing \$3.3 million in tax relief.

A one-year sales tax holiday from **July 1, 2022, through June 30, 2023, for baby and toddler clothes and shoes**, providing \$81.5 million in tax relief.

A one-year sales tax holiday

A 7-day **Tool-Time sales tax holiday from September 3-9, 2022**, for tools and other home improvement items, providing \$12.4 million in tax relief.

A two-year sales tax holiday from **July 1, 2022, through June 30, 2024, for impact resistant windows, doors**

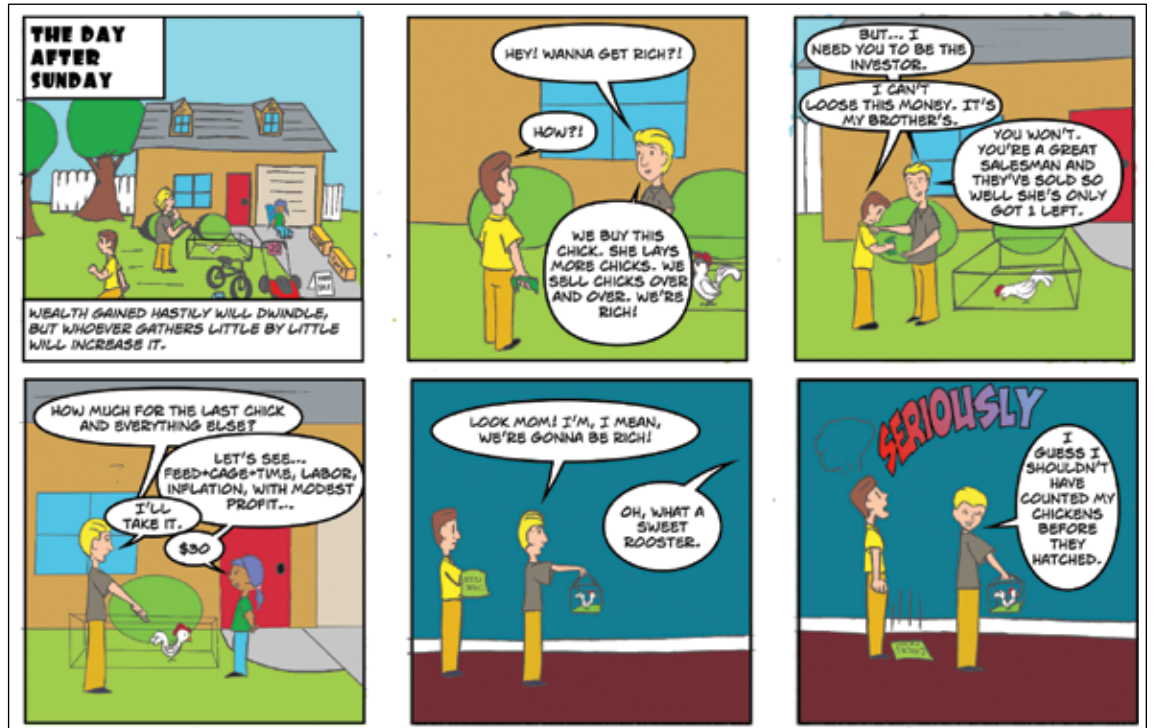
and garage doors, providing \$442.8 million in tax relief.

A 7-day **Freedom Week from July 1-7, 2022**, providing a sales tax exemption for specified admissions and items related to recreational activities, providing \$70.6 million in tax relief.

A one-year **Energy Star**

Appliances sales tax holiday from July 1, 2022, through June 30, 2023, for washing machines, clothes dryers, water heaters and refrigerators, providing \$78.5 million in tax relief.

For more information, visit floridarevenue.com.



Florida, we are going to support our residents and help them afford the goods that they need. Florida has been fiscally responsible, so we are in a good position to provide meaningful relief for families, right now.”

from **July 1, 2022, through June 30, 2023, for children’s diapers**, providing \$38.9 million in tax relief.

A 14-day **Back-to-School sales tax holiday from July 25 through August 7, 2022**, for clothing, shoes, backpacks and school supplies, providing \$100 million in tax relief.

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 Business

Insurance Market Conditions in Florida Continue to Deteriorate



By JOE CAPERS,
INSURANCE ZONE

The unpopular, but familiar topics and headlines continue.

Florida now has the highest premiums in the nation. It has been two and a half years since we started to feel the impact of the changing (hardening) insurance marketplace in our state. Because we are nearly surrounded by water with the possibility of storms and other natural disasters so evident, the market cycles here are much more pronounced.

Florida's hard insurance market is tougher than any other market cycle in most other states. The challenges are exacerbated by other "unique" market conditions such as natural disasters, litigation, fraud and increase in claims frequency and severity. In this hard market, premiums increase while capacity, or the ability to write more premiums is diminished. These

past two years for the Florida insurance market have certainly been one for the records. Higher premiums, more stringent underwriting and less competition is playing into the advantage of insurance carriers, and make it difficult on consumers.

Just in this past week alone, another Florida property insurance company went into receivership, a roofing industry lawsuit was dismissed, Citizens Property and Casualty had its rate hikes trimmed and it's official, Florida now has the highest homeowner premiums in the country. Southern Fidelity was ordered into receivership and this makes the fourth insolvency this year. Efforts failed to find other carriers to take some of the 78,000 homeowners' policies in Florida, and another 69,000 in Los Angeles, Mississippi and South Carolina. Some of these policies will be picked up by Citizens Property Insurance, our state backed insurer of last resort, and the Florida Insurance Guarantee Fund is now having to pay their outstanding claims.

Citizens, who continues to lose about \$100 million a year, has its policy count driven up to 900,000 due to the recent insolvencies. This is up from slightly over 400,000 in late 2019. Although Citizens asked for a 15% rate increase, the Office of Insurance Regulation has approved an increase of 6.4% to

be effective September 1.

The biggest loser in all are the approximately 7.5 million property insurance policyholders. The average policy is \$4,231, almost three times the national average, and up from \$2,505 just two years ago, for reasons other than the exposure to hurricanes and named storms. Most of the cost can be attributed to a lot of needless litigation and many fraudulent schemes.

In many cases, frivolous claims are creating unnecessary litigation. One recent study shows that 8% of all homeowners' claims nationwide are in the State of Florida, but 76% of all homeowners' claims lawsuits are in the State of Florida!

Fortunately, one of the lawsuits filed by the roofing industry was dismissed. They were claiming that SB 76 infringed on First Amendment free speech rights. The legislature last month passed SB 2-D which gives clarity to the law, so the case is now moot.

COVID and inflation have definitely impacted the insurance industry as well. The pandemic has certainly highlighted coverages that are included in contracts. Insurers have seen an increase in insurance claims while suffering investment losses.

Many carriers are still working through their losses from the natural disasters, and the major storms of Hurricane Irma in 2017 and Hurricane Michael in 2018. These two events had a major impact on the rising reinsurance costs. When reinsurance costs go up, your insurance premiums go up. However, reinsurance is an essential product, purchased by insurance carriers to mitigate catastrophic exposures.

Whether you are seeking personal or business insurance, navigating the market can be challenging. The bottom line for the Florida insurance market right now is that the industry is on life support and consumers are still facing double digit rate increases. Policyholders are paying more money for less coverage. Regardless of what you're after, it's important to find an

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Is this Contraction or Capitulation?



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

The financial media are replete with reports that the markets in 2022 are off to one of their worst halves in recorded history. The stock market – the worst since 1970. The bond market, the worst ever. That begs the question, is the worst over or is the worst yet to come? We think that a lot if not all of this is in response to what the current environment is and is also part of the journey for long term investors. We encourage investors and clients to not try and predict where things (or the markets) might be going in the short run and instead to focus on what strategies and allocations meet their objectives, time frame and risk tolerance. Nonetheless, some of the media leave people wondering if things are contracting or if the sky is finally falling. We think it is a contraction and that the sky is not falling. It's not different this time and the past keeps happening in the present.

What then is driving the contraction?

The current drivers are inflation (caused by very expansive monetary policy and the pandemic), the fall for housing from rising rates (more than 2.5 times higher to borrow now than in January), the ongoing crisis in Ukraine, and stubborn supply chain issues. Wages have risen (although up over 5% they still are not matching inflation) and that adds to production costs. What is all adding up to the markets – traditionally a forward predictor of the economy – is that stocks and bonds were overvalued relative to where we were headed, and the sell offs began. What accelerated that was the Federal Reserve raising its short term rate and, we

think most importantly stopping the buying of bonds and hence shrinking the amount of money or liquidity that was out there.

Elevated risk and or speculative investments (like cryptocurrency) have been significantly impacted on the negative side. Add to that many technology stocks (over 25% of the market's value is in technology stocks) may have little to no earnings and investors bought those stocks in hopes for future growth vs current earnings. The fallout has been brutal for the tech heavy NASDAQ.

The Business Cycle Considerations

So, while this may help explain a lot, what else might be important to consider? We suggest that investors look at the business cycle. In a recent issue of Utility Forecaster, they point out that there are four phases: early, mid, late and recession. They suggest that the current environment of rising rates, inflation, higher energy prices all point to late or recession. That makes a lot of sense to us and therefore we think the current environment (while the inputs may look different) is no different from past environments and that the past keeps happening. We think investors should take that into consideration at times like these.

Lastly, the energy scenario

Raymond James projects that a barrel of oil will be selling around \$90 a year from now and \$80 two years from now. In either scenario that is well above the approximate cost of less than \$40 a barrel for most domestic producers. With world demand restored and growing, the legacy energy sector has continued to show strong revenues and earnings. That is for exploration and production companies. Also consider that refineries have less capacity (and little to none planned) and therefore the competition for a gallon of gas remains high and keeps gas prices high. Despite that, inflation, ex food and energy, has declined to approximately 6% from 6.2% as recently reported.

These are the times that test investors' will, confidence and patience. We urge investors to reflect on the past, think about the present and continue to pre-

pare for the future. There is a book out on the life of former Secretary of the Treasury and of State James Baker, (The Man Who Ran Washington by Peter Baker and Susan Glasser) and we reflect on a quote on something he learned early in life which he applied throughout his career in law and government (the five Ps): Prior Preparation Prevents Poor Performance.

The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd, Destin, FL 32541. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport, and Panama City. Phone 850.654.8122.

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

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

Bitcoin and other cryptocurrency issuers are not registered with the



SEC, and the Bitcoin marketplace is currently unregulated. Bitcoin and other cryptocurrencies are a very speculative investment and involve a high degree of risk.

Investors should consider the investment objectives, risks, charges, and expenses of an exchange traded fund carefully before investing. The prospectus contains this and other information and should be read carefully before

investing. The prospectus is available from your investment professional. The companies engaged in the communications and technology industries are subject to fierce competition and their products and services may be subject to rapid obsolescence. 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.






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- Take the time to consider your motivations for selecting certain investments or strategies.
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Beachworx Offers Flexible, Professional Solutions

By MELISSA FERTITTA

Beachworx, Destin's premiere coworking space, announced last week it is expanding in its current location. The coworking space fills the entire third floor of the Destin Commerce Center, located at the southwest corner of Hwy 98 and Crystal Beach Dr. Its current layout includes a conference room, 13 executive suites and a hub of shared hot desks and collaborative seating. The expansion offers members five additional executive suites located on the second floor. Each office features large exterior windows, filling the furnished office spaces with natural light.

Steven Franco, owner of Beachworx and the Destin Commerce Center, was excited to announce Beachworx's expansion, noting that while offices are available to rent now, the space will be getting a facelift in the next quarter. New carpet, fresh paint and updated decor from a European artist's collective are among the improvements planned for the second floor. The building has recently been

repainted and the parking lot will be resurfaced and striped, along with updates to the landscaping. "Beachworx has always offered a flexible, affordable solution for professional workspace," Steven said. "Month-to-month memberships are a much more flexible option than traditional commercial leases, which is why our private offices are always full, with a waitlist. We're excited to add more executive suites that will welcome new businesses to our community," he added.

And "community" is really what defines and differentiates Beachworx from other executive suite solutions. "We've had members in our community network and collaborate with other members on some really big business deals. Some of these collaborations are high six- and seven-figure deals. It makes me really proud to share that because I believe what Beachworx is selling, more than anything, is success," Steven said.

Interested in mirroring Beachworx's members' success? Plan to attend The Buzz, a networking event Beachworx hosts



each Tuesday at 11 a.m. The business-to-business networking group welcomes visitors interested in learning more about the group.

But success isn't limited to the brick-and-mortar solutions Beachworx offers. Beachworx's

virtual address product benefits home-based and established businesses from outside of Florida, as well as those already doing business in the state.

A virtual address from Beachworx gives a business a Florida mailing address in a Class A

office building. This solution helps protect the identity of home-based business owners and lends more credibility to a business than a P.O. Box. A virtual address membership can be enhanced to include in-bound mail and package receipt and mail forwarding. Virtual address members use Google tools to enhance their businesses' online presence with a My Business profile. "The virtual membership is a great way to dip your toe into Beachworx," Steven said, adding that this membership tier starts at \$49 per month. "We have a number of virtual members who still may work from home, but they'll buy conference room packages and come in to have meetings in a professional conference space. Like I said, it's really flexible."

For more information on any of these solutions, contact a Beachworx concierge at info@thebeachworx.com or use the QR code on our ad.

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Sean of the South



BY SEAN DIETRICH

We had a major potato salad crisis at our Fourth-of-July barbecue. Someone forgot to designate a family member to be the official “bringer of potato salad.” So everyone took it upon themselves to bring potato salad. We had 2,927 varieties.

There are few things more American than a full-scale potato salad war. When I saw all that Corningware and outdated olive drab Tupperware lined up on the buffet, all filled with concoctions of boiled potatoes and mayonnaise, it made me feel warm and patriotic inside.

I don’t have to remind you that it’s been a long year. A really long one. This backyard barbecue was long overdue.

Last year my family didn’t even do a Fourth-of-July cook-out. There was a pandemic going on. Instead, my wife and I sat at home and played dominoes. We had no covered dishes. No potato salad. I think we ate cold leftover Chinese takeout and watched a “Laverne and

Shirley” marathon. And I hate dominoes.

Thankfully, that sad year is miles behind us now.

Today, the aunts and uncles arrived by the dozens, all carrying 30-pound jugs of potato salad. My mother-in-law made several kilos of her special celery-pimento potato salad. Even a few of the little kids had prepared some potato salad, which tasted pretty good once you picked out the Lego pieces.

Meanwhile, my brother-in-law was manning the charcoals, flipping hamburgers, trying to remember everyone’s picky food orders. No two burgers at our get-together were the same. In this modern age everyone is on some kind of special diet.

We had the beautiful people who only wanted 99-percent lean hamburgers. We had “keto” and “paleo” people who wanted high cholesterol beef. And lastly, we had those who chose to eat tofu and grain burgers. “The tofu is colored with delicious beet juice,” reported one vegetarian.

Me? I went straight for the potato salad. My wife had prepared enough potato salad to ruin the rear suspension of our SUV. We transported her fare in five-gallon plastic buckets that required two able bodied men to lift each heavy container.

As I write this, Uncle Herschel is still lying flat on his sofa, icing his back, popping anti-inflammatory meds like peanut M&Ms.

But anyway, all the coolers were stocked with plenty of cold stuff. And our buffet table was adorned with all the traditional finery.

We had sliced heirloom tomatoes, backyard cucumbers, pantry pickles, peeled Chilton County peaches, fresh corn on the cob, Methodist deviled eggs, Baptist deviled eggs, and Church of God eggs—which are just deviled eggs with the Devil cast out of them.

There was homemade ice cream, and cheese casseroles galore, fresh brewed iced tea, homemade lemonade, blueberry cobbler, pound cake, and many other items that cause your cardiologist to disown you.

We sat at splintery wooden picnic tables with our full plates and bowed our heads for the blessing. And when someone asked the Lord to make us truly grateful for all the wonderful things we have all taken for granted in years past, I nearly cried.

Because I was realizing that this holiday felt so incredibly normal. So marvelously run-of-the-mill. So much like olden times. Today was the kind of laid back affair that wouldn’t have seemed like a big deal to me before the pandemic came along. But it is a big deal. In fact it’s the biggest of deals.

Last year was a bummer. There were few festivities, people were losing their jobs, Major League Baseball had been cancelled, and birthdays were celebrated in drive-by fashion. It seemed like everyone was arguing about something trivial, and most of my friends were



communicating exclusively with memes.

But today, the heaviness of the previous year is becoming a memory, and life holds something new again. I can’t believe we’ve come this far.

Today we had a barbecue. Today we had each other. Today I listened to elderly people tell stories, and I watched humans

do what they were designed to do. Be together.

I will likely be eating leftover potato salad until they write my obituary. But after the kind of great day I’ve had, my request is that they bury me with a bowl of the stuff.

I hope you had a happy Fourth.



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Musing

The Road to Redemption: The Story of Ahtyba Rubin

By VICTORIA OSTROSKY

Saul the Pharisee was an important man. He excelled at his profession, being well-versed and zealous in the Mosaic law. After the risen Jesus knocked him off his donkey and blinded him for three days, Saul discovered that he had been zealous for the wrong thing. Jesus got him all straightened out and changed his name to Paul, the same Apostle who penned most of the New Testament, writing many letters while imprisoned for his new zealotry about the good news of the Gospel.

Ahtyba Rubin, or Tuba, as he is fondly known, attended middle school and high school in Pensacola. Pensacola was an eye-opener to Ahtyba. He was introduced to drugs at a young age, ran with the wrong crowds and made some poor decisions. He also played football in high school. He played it really well.

He played so well, he attended junior college in Texas on a scholarship. He went from Pensacola and high school football to the NFL where he was blessed to be for seven years.

But fame and fortune didn't bring him joy and peace. Money problems and drug problems followed him around. He knew God was there but didn't yet have a relationship with Him. When Tuba was with the Seattle Seahawks, his then-girlfriend nudged him to attend a Bible



study with his coach. He didn't really want to go, but decided to give it a chance. Seeds were planted at those Bible studies. After a while he began to feel that knock on his heart's door. God was telling him "you have to change and you can't be living the same way." Tuba prayed about it and God continued to show him the things in his life that needed to be removed.

One day in training, he tore his bicep and just like that, his football career was over. As Tuba says, "it was a 'but God' moment." He wasn't sure

what he was going to do after football – this was who he was.

What he did do, though, was begin attending church, get baptized and get involved. For a long time, he thought success was having money and fame and doing what the world considered right. God's grace revealed to him that the right thing is putting God first and fully diving in. As Tuba says, he's "received blessings on top of blessings."

He found out what his 'next thing' was – it was loving God

with his whole heart.

As a young boy, Tuba remembers learning about Jesus as his mom read the book of Matthew to him. She would pray over him and read Psalm 23 and the Lord's Prayer. She pointed him in the right direction. He also had a lot of aunts and grandmas praying

for him as well. Now he's fully in and fully embracing God.

"When my bicep tore – there was a low point, and I thought - what am I going to do next? I lost my back up plan." His turn-

ing point was when his wife got serious with the Lord and they both gave their lives to Christ.

Now Tuba looks for ways to bless others. He loves being involved in small groups with men praying and worshipping God together. His new passion is wanting to spend more time with the Lord and put Him first. Tuba's desire is to keep sharing his testimony and to be salt and light to others. "I love interacting one on one with men and talking about God. I love texting my friends and meeting with small groups and loving each other."

Tuba's new message is this: "Put God first, trust in Him. Put your hope in Him. Love God with all your heart. The standard and goal is Him – chase after Him. Riches and success and fame are nothing – it's vanity."

You can listen to Ahtyba Rubin's encouraging testimony and many other incredible interviews on the weekly Road to Redemption radio show and podcast at www.roadtoredeemtionpodcast.com.

INSURANCE MARKET

continued from page 38

insurance professional who can help you manage your insurance program during the market cycles. This is a good time to

have a comprehensive insurance review.

Insurance Zone, founded by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A),

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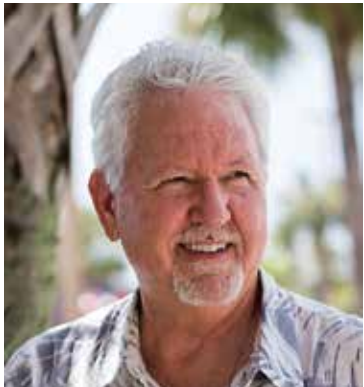
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BY PASTOR DAVID HOLLAND

A Pastor's Ponderings: **The Way of the Eagle**

What do you do when you see loved ones falling from the nest? Watching my younger brothers chasing the party lifestyle was like standing on the sidewalk watching a house slowly burn. I learned people rise or fall by their choices.



revelation that is most telling.

Jesus shows compassion even as he unveils the consequences of humanity's denial of His Messianic destiny. He cries out in verse 34, "...How often I have longed to gather your children together, as a hen gathers her chicks under her wings..."

Jesus harmonizes with the Father's devotion revealed in Deuteronomy 32:10-11, "He shielded him and cared for him; he guarded him as the apple of his eye, like an eagle that stirs up its nest and hovers over its young, that spreads its wings to catch them and carries them on its pinions."

God longs for His people,

longs for you and I. Christ personifies this love even to the point of death. He wants to gather us under His wings.

I remember a tough period in my son's life when he was about age 17. He had dropped out of High School and been gone from the house for over a week. I agonized with worry as I heard rumors of various places he had been. How I longed to get him home safely. There was no rest while he was gone.

Finally, my wayward boy called. "Stay right where you are and I'm on my way to pick you up," I said. He looked and smelled like a homeless person. He was gaunt, and his eyes glazed over. It broke me to see him like this, but at least my son was home.

It took over three years for him to recover and pay off the various legal fines he incurred from his mischief. Today he is a graduate and living on his own. But he travelled a long-jagged road. God met the longing of this dad's heart.

God cares for us like a moth-

er eagle cares for an eagle that escapes the nest too soon. God longs for each of us far more than I longed for my son. Jesus walked death row to return us to the Father's care because His heart throbbed with the longing of God's heart. The way of the Eagle is to hover over us until we come home.

Oh Lord my God, guide me to choose the path that reveals Your great love. Give me the courage to walk in the way of suffering that reveals Your compassion. May I not be deterred by danger nor intimidated by rejection. Use me to gather chicks under your wings.

Dave Holland pastored churches for 38 years before retiring in Destin. He recently released his new devotional/Bible study based on the Gospel of Luke titled "Extraordinary Jesus: Ignite Your Season of Miracles." 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 DavidHolland54@gmail.com.

At that time some Pharisees came to Jesus and said to him, "Leave this place and go somewhere else. Herod wants to kill you."

He replied, "Go tell that fox, 'I will drive out demons and heal people today and tomorrow, and on the third day I will reach my goal.' In any case, I must keep going today and tomorrow and the next day — for surely no prophet can die outside Jerusalem!"

"O Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing! Look, your house is left to you desolate.

— Luke 13:31-34, NIV

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 Arts & Music

Nation's First Underwater Museum Of Art Expands

Nine new sculptures and a Super Reef Anchor Point were added recently to the nation's first permanent Underwater Museum of Art (UMA) in the Gulf, off the coast of Grayton Beach State Park in South Walton.

Named by Time Magazine as one of 100 "World's Greatest Places," the UMA is the first presentation of the Cultural Arts Alliance of Walton County (CAA)'s Art In Public Spaces Program and is produced in collaboration with the South Walton Artificial Reef Association (SWARA). The purpose of the UMA is to create art that becomes marine habitat, expanding fishery populations and providing enhanced creative, cultural, economic and educational opportunities for the benefit, education and enjoyment of residents, students and visitors in South Walton.

The 2022 installation includes the following pieces of sculpture: Currents and Tafoni by Joe Adams (Ventura, CA), Pirate Shipwreck by Sean Coffey (Pittsburgh, PA), Bloom Baby Bloom by Brit Deslonde (Santa Rosa Beach), The Seed and The Sea by Davide Galbiati (Valreas, France), Fibonacci Conchousness by Anthony Heinz May (Eugene, OR), New Homes by Janetta Napp (Honolulu, HI),

Arc of Nexus by Tina Piracci (Richmond, CA), We All Live Here by Marisol Rendón (San Diego, CA), and Common Chord by Vince Tatum (Santa Rosa Beach).

More than 60 onlookers, including several of the artists and project partners, were on site June 21 to view the historic deployment.

With support from Visit South Walton, Walter Marine/The Reefmaker, and the Florida Department of State; Division of Arts and Culture, the sculptures were deployed with SWARA's existing USACOA and FDEP permitted artificial reef project that includes nine nearshore reefs located within one nautical mile of the shore in 58 feet of water. This installation joins the 25 sculptures previously deployed on a one-acre permit patch of seabed off Grayton Beach State Park, expanding the nation's first permanent underwater museum to a total of 34 sculptures. The UMA patch will continue to be filled with several new sculptures annually.

Individual sculptures are sponsored by Beachy Blooms, Buddy's Seafood Market, the 2021-22 CAA Staff, the Ellis Family, Hilton Sandestin Golf Beach Resort & Spa, the St. Joe Community Foundation,



PHOTO CREDIT: SPRING RUN MEDIA

SWARA, and Walter Marine/Reefmaker.

"The CAA is grateful for the dedication of the artists, fabricators, deployment team and partners," said CAA Executive Director Jennifer Steele. "We could not be prouder to work alongside project co-founders

Allison Wickey and SWARA to build this unique environment for creativity and education."

"With 34 total sculptures now, you can really start to see and feel the vision and future of the Underwater Museum of Art - 58 feet down, you are literally surrounded by these fan-

tastic art pieces and the colorful reef life that calls the museum home," said SWARA President Walt Hartley. "More sculptures will be added each year, growing the dive site and providing valuable new habitat to our precious marine life. We owe the continued success of the UMA project to the amazing support from our community and our sponsors, the creativity, expertise, and professionalism of the Reefmaker Crew / WalterMarine, and the hard work of our most favorite partners in the whole world - the CAA Team!"

Admission to the UMA is free, however, the site is only accessible in person as a dive location. Divers who wish to visit the site can take a dive boat .93 miles off the coast of Grayton Beach State Park. The coordinates for the new Super Reef UMA entrance are N 30°18.754/W 86°09.521. Out of respect for the art, boaters are asked to anchor on or near the Super Reef Anchor Point to protect the sculptures from unintended contact or damage.

Visit UMAFL.org for more information. Artists interested in submitting artwork for consideration to the 2023 UMA installation can visit UMAFL.org to complete a pre-application.



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studio6twenty5 is proud to include the American Ballet Theatre® National Training Curriculum, a breakthrough 9 level program that combines high-quality artistic training with the basics of dancer health and child development. The ABT® National Training Curriculum consists of a comprehensive set of age-appropriate, outcome-based guidelines to provide the highest quality ballet training to dance students of all ages and skill levels. Pre-Primary through Level 3 is taught by ABT® Certified Teacher, Rachel Prescott, who has successfully completed the ABT® Teacher Training Intensive in Pre-Primary through Level 3 of the ABT® National Training Curriculum.

Continued on next page

ECTC: Kids On Stage, Fall Educational Programming

BY ANNA FISHER, ASSOCIATE ARTISTIC AND EDUCATION DIRECTOR

We always have a little break in August between our children's summer camps and our fall classes here at Emerald Coast Theatre Company. The building becomes eerily quiet and empty and I don't like it one bit. There is just something about the joy and life that our students bring that can't be replaced by any Spotify playlist. They always return with fresh excitement and energy, ready to tackle whatever challenges come their way. It renews my hope in the future to see these young children and teens come together as a team and work towards a common goal. Recently, we surveyed parents and asked what benefits their children have experienced, whether social, emotional, or educational, from ECTC's educational theatre program. 90% of parents have seen a major rise in confidence in their children. I get to see this in action as they practice lines, learn music and dance their hearts out to the choreography. I see that rise in confidence that can only come from hard work and dedication happening in tangible real-life settings and not in front of a screen.

We've decided to "up our game" at ECTC for Season 10 and that includes not only our Professional and Theatre for Young Audiences shows, but also our Theatre Education programming. We can't wait to bring one of my absolute favorite musicals to life with Disney's "Beauty and the Beast!" Stu-



dents will have a chance to materialize that memorable little French village on stage with Mrs. Potts, Lumiere, Cogsworth, and the rest of the iconic characters from this classic tale of love and overcoming. 2nd-5th and 6th-12th grades will "be our guest" at ECTC this fall semester in production classes that culminate in a final musical production performance in November. We are dedicated to giving local youth a professional theatre experience. We have students audition for their roles while being led by theatre professionals who design the set, costumes, and lighting plus provide stage, choreography, and musical direction. This, coupled with some incredibly talented area youth, results in a pretty fantastic theatrical experience for everyone.

We're also expanding our educational class offerings for this coming fall! In addition to our regular production classes and Mini Player classes (K-1st grade), we will have a wide variety of offerings including tap, ballet, and musical theatre dance classes. Other offerings will include musical theatre voice, vocal performance, acting for kids (after school and home-school), and acting technique and audition workshops.

In addition to the Youth Education classes, we are thrilled to announce that Adult Education Classes will be added to our Fall Schedule. This is something I have wanted to offer for a long time, because honestly, I need a class where I can dance to my

heart's content!

We have something for everyone this season at Emerald Coast Theatre Company. Come join us for music, dance, and life that is happening in real time. Registration for fall classes will open mid-July so sign up for the

ECTC newsletter at www.EmeraldCoastTheatre.org to receive all the latest information!

See you at the theatre!

Anna Fisher



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STUDIO6TWENTY5

continued from previous page

SCHEDULE:

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9-10am: Adult Barre +
11-11:30am: Pre Primary Ballet A
11:45am-12:15pm: Pre Primary B Ballet
1-2:30pm: Adult Ballet

Wednesdays

12:30-1pm: Pre Primary A Ballet
1:15-1:45pm: Pre Primary B Ballet

Fridays

9-10am: Adult Barre +

Saturdays

9:30-10am: Pre Primary A Ballet
10:10-10:40am: Pre Primary B Ballet
10:50-11:30am: Pre Primary C Ballet
11:40-12:30pm: Primary A Ballet
12:45-1:45pm: Primary B Ballet

Pre-Primary Ballet and Primary Ballet creative dance classes are part of the classical curriculum for the youngest dancers, instilling foundational elements of movement through creative experience, expression and play. Both boys and girls are highly encouraged. Classes occur once a week on either Tuesday, Wednesday or Saturday.

Visit website for additional level and adult classes, or to register online: studio6twenty5.com. Please email any questions to rachel@studio6twenty5.com. studio6twenty5.com, 625 Harbor Blvd. (upstairs).



Pre Primary A Ballet: ages 2-3
Pre Primary B Ballet: ages 3-4
Pre Primary C Ballet: ages 4-5
Primary A Ballet: ages 5-7
Primary B Ballet: ages 6-8
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 Community

Ask Destinities: **Visitors, Please Read**



By PATRICIA LEE, DESTINITIES

In our locals' Facebook group at [Facebook.com/groups/Destinities](https://www.facebook.com/groups/Destinities), a topic of concern each summer has been that of people digging holes in the sand and not filling them back in before they leave the beach. This is not only dangerous in general, but also can mean death for our baby turtles. Many visitors do not know that turtle nests are in the dunes and when the eggs hatch, the babies head to the water. This means they have to cross a long area of beach sand

to reach it. They are very tiny, so when they fall into these holes they cannot get out and thus, die there. Also, please take your belongings with you when you leave, because those, too, can serve to entangle the turtle babies, keeping them from reaching their water destination.

Another serious area of concern from locals is visitors not being mindful of the colored flags flying at the beach. Every year, lives are lost because of the red flags being ignored. Red

flags mean that the water is not safe to swim in and usually mean there are rip currents present. You can drown very quickly and/or the person(s) trying to save you can drown. When you get to the beach, the first thing you should do is look around for the flag and take note of its color. Keep an eye on it, because conditions can change throughout the day. You will find signs at entrances to our beaches which give a description to each color. Please stop and read it. You may

also find a chart with descriptions on our website, Destinities.com. Click the drop down menu and click the tab that says Beach Flags and Turtles.

Visitors are appreciated and locals want everyone to have a fun, safe trip. Please be aware of water conditions before you swim and help us keep our beaches without holes, without trash, and without your left behind belongings. Thank you so much!

Let's Get Growing with Julie: **Targeting Biting Flies**



By JULIE McCONNELL, UF/IFAS EXTENSION BAY COUNTY

Other than moving to the Arctic, how can you minimize

the risk of being attacked by blood feeding insects this summer? Understanding the habitat needs and behavior of mosquitoes, yellow flies, deer flies, and horse flies is key. Mosquito control does a great job of educating the public with dump, drain, or treat standing water campaigns, but what about those other pesky biters?

Yellow, deer, and horse flies are in the Tabanidae family and are collectively referred to as Tabanids. Although they do

have some differences, there are enough similarities that managing for one will help prevent the others, too.

Tabanids lay eggs on aquatic vegetation, saturated soils, or objects (plants or inanimate) overhanging water bodies or similar surfaces. Larvae (juvenile stage) of these flies feed on moist decaying organic matter, aquatic and semi-aquatic invertebrates, small crustaceans, or earthworms (species dependent) so you are very likely to find adult Tabanids in these environments.

Females are responsible for bites to humans and other animals because eggs require a



blood meal to develop. Although they are strong fliers, they tend to congregate near larval habitat sites – typically shady areas near

water bodies and forests or other areas with dense vegetation. They are active during the day, with the highest incidence of activity during late afternoon or on cloudy days, and are attracted to dark colors and movement.

To reduce the likelihood of bites avoid potential habitats at peak times, wear light colored clothing that covers skin and apply repellents containing DEET, citronella, or geraniol. Eliminating larval habitats near buildings or where people congregate and hanging black ball traps in shady areas can also be employed in management practices. Ball traps can be purchased as kits or you can make your own by following instructions found here https://sfyl.ifas.ufl.edu/media/sfylifasufledu/baker/docs/pdf/horticulture/ThePerfectYellowFlyTrap_000.pdf

To read more about the life cycle of Tabanids commonly found in Florida visit <https://edis.ifas.ufl.edu/publication/IN595>.

An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Andra Johnson, Dean. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.

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