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DESTIN Life

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27th Annual MKAF Festival of the Arts Celebrates Art, Music, Food and Fun

BY ZANDRA WOLFGAM

How do you frame up a festive, fall weekend on the Emerald Coast? Come take part in Mattie Kelly Arts Foundation's 27th annual Festival of the Arts.

With dozens of artists taking part, this year's free event, set for Saturday, Oct. 29 and Sunday, Oct. 30 at the scenic MKAF Cultural Arts Village in Destin, again promises to be a true celebration of art, music, food and fun.

One of the Southeast's premier art festivals, the two-day signature event features exhibits of more than 100 artists venturing from 17 states showcasing a diverse palette of artistic styles in a range of different art mediums from oil, watercolor and glass art paintings to clay pottery, ceramics, metal sculpture, mixed media, jewelry art and much more.

Art lovers of all ages can watch artists demonstrating their techniques in their tented booths, browse art from



dozens of emerging new and student artists, and get hands-on in the interactive Creative Kids station and more.

This year's poster art features Seascape, a lushly layered coastal-inspired acrylic work of award-winning 30A artist Justin Gaffrey, South Walton 2005 artist of the year. As a professional, self-taught, artist since 2001, Gaffrey draws inspiration from

nature, human nature and life experiences.

Beyond the visual arts, the Festival will feature two days of continual live music and a sampling of the local culinary arts scene. Entertaining street performers, art-themed photo opportunities, lively art drawings and the sale of colorful keepsake souvenirs — all create a family-friendly festival feel.



Esteemed judges will award \$10,000 in artist prizes in the juried and collaborative art categories. On Saturday, Festivalgoers are invited to vote for the "People's Choice" Artist Award by casting a ballot located at the Main Festival Entrance.

One must-not-miss feature

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

Okaloosa County Celebrates its Military Heroes in 75th Air Force Anniversary

BY DOUG STAUFFER

Okaloosa County recently gathered together to celebrate the military, first with the U.S. Air Force's 75th Anniversary celebration, followed the next day with a salute to several veterans inducted into the Florida Veterans' Hall of Fame at the Northwest Florida State College Mattie Kelly Arts Center in Niceville. The Hall of Fame event took place at Magnolia Grill in Fort Walton Beach.

Eglin Federal Credit Union and

75TH
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ARTS FESTIVAL

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is the Collaborative Art Exhibit, which showcases the work of both emerging and seasoned artists competing for the McIlroy Awards.

Six sensational local and regional musicians and bands will perform live throughout the weekend on stage at The Dugas Pavilion. The lineup includes



The Wavy Winstons, Jones & Company, Tillman & Taff, Now & Then, Roman Street Trio and Casey Kearney.

The Festival celebrates the art of dining, too. Foodies will enjoy samplings of savory cuisine and sweet bites from area restaurants and food trucks along with craft beer and cocktails in the Beer & Wine Garden. Gather with family and friends to enjoy your meal seated at tables al fresco, while

taking in the scene and listening to the stellar music line up.

Festival producer Deb Nissley guarantees there will be plenty of “new surprises” to enjoy. As for advice on how best to enjoy the Festival, she says, “Plan to spend the day and come prepared to see a lot of great art, hear great music, enjoy the outdoors and meet talented artists.”

The Festival is open to the public and runs Saturday from

9 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. Daily admission is free! Proceeds from MKAF cultural events help fund ArtsReach — MKAF’s arts education community outreach programs serving K-12 students, children and adults with special needs, and the military community along the Emerald Coast.

For more details follow MKAF on social media channels and visit MKAF.org.

75TH

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the Greater Fort Walton Beach Chamber of Commerce hosted both events. Boeing and Northwest Florida State College also sponsored the 75th-anniversary celebration.

Nine panelists discussed the role played by the Air Force

during major events in U.S. military history. Topics featured many first-hand accounts from people involved in training for the Doolittle Raid on Tokyo, Operation Desert Storm, the Iran Hostage Rescue Mission, Osama bin Laden Raid, Vietnam War, Korean War, Operation Enduring Freedom Afghanistan and more.

The celebration included several special guests, including SEAC Ramón “CZ” Colón-López, the senior enlisted adviser to the Chairman of the Joint Chiefs of Staff, and Retired Capt. Dale Dy, a decorated Vietnam War Marine. Dye is the founder and head of Warriors, Inc., a technical advisory company specializing in portraying realistic military action in Hollywood films. He has offered his expertise to television shows such as the HBO miniseries “Band of Brothers” and “The Pacific.”

Ted Corcoran, president and CEO of the Greater FWB Chamber, stated, “It’s just amazing that our neighbors and friends were involved in these crucial military operations throughout the world.” Corcoran pointed out that the Air Force, and the military as a whole, are loved in Okaloosa County.

The panelists included: Cindy Cole Chal, Col. Howard Hill, Col. Larry Ropka, Col. Bill Keebler, Chief Master Sergeant Bill Walter, Lt. Col. Kirby Locklear, Lt. Col. Corby Martin, Col. Allison Black and L. Gen. Marshall



PHOTOS BY DOUG STAUFFER

“Brad” Webb. The riveting stories brought the news headlines to life.

The state established the Florida Veterans’ Hall of Fame in 2013 to recognize and honor military veterans who have made a significant contribution to Florida through their years of service. Nine Okaloosa County veterans have been inducted since 2016.

Florida Department of Veterans’ Affairs representative Bob Asztalos spoke about the importance of the Veteran’s Hall of Fame. The chamber presented two plaques to Okaloosa County Commissioner Trey Goodwin to display in the county’s two courthouses.

“This is not to recognize the veteran for their military service, it’s their post-military service. It’s for what they did when they came back,” said Asztalos. “It’s incredible to me how veterans will go off to war, will serve this county, will do all of that, and then come back and continue to

keep giving. And that is who we are honoring tonight.”

Corcoran concluded by saying, “The quiet professionals

that we have here in the Air Force don’t pat themselves on the back very often, and it’s our job to do that.”



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 Community

Estate Planning Council Offers Free Seminar

By ALI WEIL

More than half of Americans, an estimated 56 percent, do not have an estate plan in place, making estate planning a critically overlooked component of financial wellness. This creates hardship, financial or otherwise, that can be avoided by planning.

The Estate Planning Council of the Emerald Coast, Inc. (EPCEC) invites the public to join them on Thursday, Oct. 20, 1- 5:30 p.m. at The Island, Fort Walton Beach, for the Fifth Annual Estate Planning Day.

No matter how large or how

modest, nearly everyone has an estate, but all too often individuals, couples, and families put off estate planning. People put off estate planning because they think they do not own enough, they are not old enough, it will be costly or confusing, they will have plenty of time to do it later, they do not know where to begin or who can help them, or they just do not want to think about it. Then when something happens to them, their families have to pick up the pieces.

This free event will host a panel of local professionals on topics of interest regarding es-

tate planning. Complimentary snacks and refreshments will be provided to all attendees and the day will culminate with a cocktail reception at The Island lobby bar. RSVP is strongly encouraged. You can register



ESTATE PLANNING COUNCIL OF THE EMERALD COAST

for the free event at: www.estateplanningday.eventbrite.com.

Estate planning encompasses the growth, conservation, and transfer of an individual's wealth through the creation and maintenance of an "estate plan." The purpose of estate planning is to develop a strategy that will maintain the financial security of individuals through their lifetime and ensure the intended transfer of their property and assets at death, while taking into consideration the unique circumstances of the family and the potential costs of different methods.

"Working in this industry for more than 10 years, I have seen the importance of having a proper estate plan in place," says James Wright of Carr Riggs & Ingram, and president of EPCEC. "I have seen the relief in family member's eyes when their loved ones had their affairs in order and I have also witnessed the agony and frustration of people when their loved ones did not have their affairs in order." "The purpose of Estate Planning Day is to bring awareness to everyone, no matter the person's age, profession or income level, the importance of having their affairs in order so they do not leave their loved ones frustrated and in agony."

To support and encourage the future of estate planning, the EPCEC founded the Kevin Helmich Restricted Scholarship, which awards \$1,500 to Northwest Florida State College students majoring in account-

ing, finance, or pre-law. The EPCEC has chosen to name this scholarship in memory of Kevin Helmich who, until his untimely death, was an active member and past president of the organization. Kevin was a well-regarded estate planner, a trusted adviser to his clients, and a mentor to others in his firm.

The Estate Planning Council of the Emerald Coast, Inc. (EPCEC) is the professional "organization of choice" for multi-disciplinary estate planning professionals from across Florida's Emerald Coast. Members include accomplished Estate and Elder Law Attorneys, CPAs, Financial Advisors, Insurance Consultants and Trust Officers. The EPCEC is an affiliated council of the National Association of Estate Planners & Councils, the leading professional organization for estate planners, which provides its 2,000 Accredited Estate Planner® designees, and 275 affiliated local estate planning councils and their 30,000 members with ongoing education and a forum for professional networking. National Estate Planning Awareness Week was adopted in 2008 to help consumers understand estate planning and its need, along with how best to create a qualified team of professionals to assist in the planning process. For additional information visit www.emeraldcoastestate.org.



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ESTATE PLANNING COUNCIL OF THE EMERALD COAST

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The Island Resort, Fiji Room
Fort Walton Beach

For more information go to:
www.emeraldcoastestate.org

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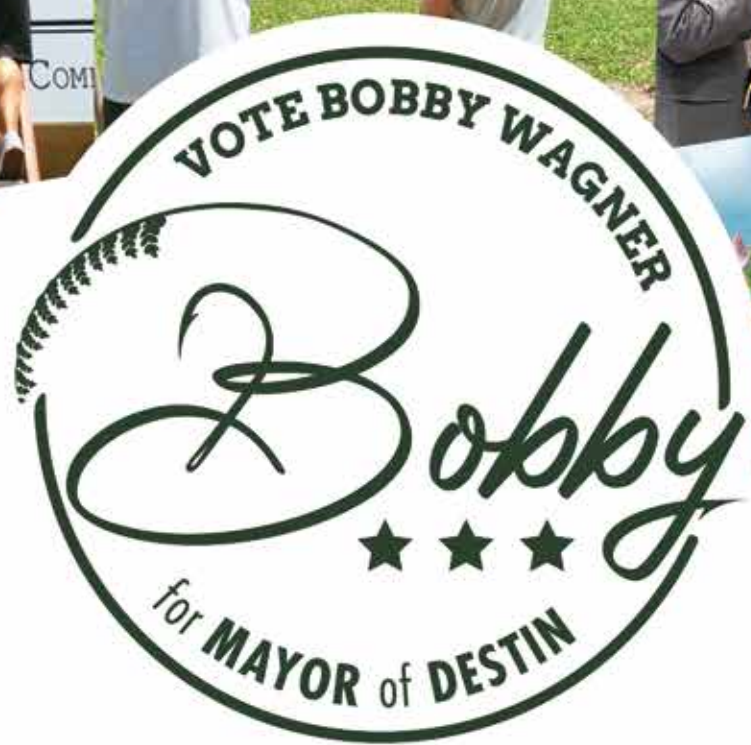
Preserve our heritage, build our future!

The most impactful years of my life have been here with this community. This community gave me confidence, supported my small business, and cared for me at the time of my accident. No matter if I am doing good or bad, or whatever path I take, this community has always had my back. Today, looking back, I feel that I am a product of Destin. That is why I am starting a new path to serve and give back to the community that has given me so much. Although I am only 28, I have been running a small business for almost 10 years, leading a non-profit, serving on city council, and I still feel that I'm just getting started.

My vision, as Mayor of Destin, includes revitalizing different areas based on their needs, and how it best serves our community. Revitalizing through beautification and smart development in order to keep Destin a safe and community oriented place for families and businesses alike. I see pathways that lead to parks for our residents to reconnect to nature and each other. I see our city using technology and innovation to revive our infrastructure, which will in turn help local businesses thrive. I see a harbor district that preserves our heritage and reflects our values. I see our natural resources becoming more available to those of us who love and live on the Emerald Coast.

As Mayor of Destin, I want to: **REVIVE** our sense of community, by reviving our infrastructure, parks, and pathways. **RECLAIM** our access to our natural resources like the beach fronts, green spaces, and bay. **SUSTAIN** our heritage and values that made us who we are. My goal for our community is never to be political, but to focus on completing the projects that will make a positive impact for those who call Destin HOME. I promise to always listen, to always learn, and to always love this community.

This is why I am asking for your vote and to be your next Mayor of Destin.



**EARLY VOTING OCT. 29
ELECTION DAY NOV. 8TH**



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Community

Cali's To Do In Destin! OCTOBER 2022

..... 1-31
Destin Fishing Rodeo | Weigh-ins daily at AJ's Destin | Destin Harbor
Wentz Brothers' Festival of Fears | 6-11pm | Santa Rosa Mall | FWB
..... 4
Maker Days: Wonders of Weather | 9am-12pm | Emerald Coast Science Center | FWB
Power Your Parenting - Awkward Conversations | 5:30-6:30pm | White-Wilson Medical Center, P.A. | FWB
Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 5
Bonfire on the Beach | 6pm | The Bay
Darts & Music | 6pm | Destin American Legion
Open Mic Night | 7pm | Enlightened Studios
Country Line Dancing | 7pm | The Block FWBW
Wednesday Night Concert Series | 7pm | Baytowne Wharf
..... 6
Young Professionals Destin Chamber Kids Rides | 5pm | Cruisin Tikis Destin
Trivia | 7pm | Lucille's Kitchen
Bachata / Zouk Classes | 7pm | Enlightened Studios
Latin Dance Lessons | 7pm | The Block FWB
Movies on the Beach | 7:30pm | Boardwalk Okaloosa Island
Open Comedy Night | 9pm | Enlightened Studios
Ladies Night | 10pm | McGuires Destin
..... 7
Emerald Coast Autism Center's Hole In One Golf Tournament | 9am | Blackstone Golf Course | DeFuniak Springs
Destin Seafood Festival | 4pm-10pm | Destin Harbor
Free Beach Bonfire | 5pm | Royal Palm Grille
Locals On The Harbor Free Keg for Charity | 5pm | Boathouse Oyster Bar
Sip n Stroll | 5pm | j.Leon Gallery & Studio
Singo! Music Bingo | 5pm | The Island Resort
Baytowne Wharf Beer Fest | 6pm | Baytowne Wharf Events Plaza
Karaoke | 7pm | Destin American Legion
Latin Dancing | 9pm | Bric a Brac
..... 8
Farmers Market | 8am-1pm | FWB Landing
Farmers Market | 9am-1pm | Grand Boulevard
Destin Seafood Festival | 10am-10pm | Destin Harbor
Sea Turtle Extravaganza | 10am-2pm | Navarre Beach Sea Turtle Conservation Center
2022 Fall Wheel & Wings Car Show | 10am-2pm | Air Force Armament Museum | Eglin AFB, FL
College Football Saturdays | 12pm | Harborwalk Village
Savor the Sound | 2pm | Mattie Kelly Arts Center | Niceville
Baytowne Wharf Beer Fest | 2pm | Baytowne Wharf Events Plaza
Fireworks | 9pm | Harborwalk Village

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Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
Destin Seafood Festival | 10am-6pm | Destin Harbor
2nd Annual BrunchFest | 11am | Seville Quarter | Pensacola
Mariachi Sunday | 6pm | Mezcal Mexican Grill
..... 10
Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille
Bingo Night | 6pm | Destin American Legion
October Moondust | 6:30-8:30pm | Painting with a Twist | FWB
..... 11
Music Bingo | 6pm | Fatboys Destin
Sinfonia Gala featuring Patti LaBelle | 6pm | Sandestin Golf and Beach Resort | Miramar
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 12
Bonfire on the Beach | 6pm | The Bay
Darts & Music | 6pm | Destin American Legion
Open Mic Night | 7pm | Enlightened Studios
Country Line Dancing | 7pm | The Block FWBW
Wednesday Night Concert Series | 7pm | Baytowne Wharf
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Trivia | 7pm | Lucille's Kitchen
Bachata / Zouk Classes | 7pm | Enlightened Studios
Latin Dance Lessons | 7pm | The Block FWB
Concerts in the Village: Taylor Dayne | 7pm | Mattie Kelly Arts Foundation | Destin
Open Comedy Night | 9pm | Enlightened Studios
Ladies Night | 10pm | McGuires Destin
..... 14
Walton County Fair | Northwest Florida Fairgrounds
A Vintage Street Market | 5am-12pm | Northwest Florida Fair Association | 1958 Lewis Turner Blvd | FWB
Fall Festival | 5pm | Destin High School
Free Beach Bonfire | 5pm | Royal Palm Grille
Singo! Music Bingo | 5pm | The Island Resort
Arrogant Steak Off | 6pm | Seville Quarter | Pensacola
Karaoke | 7pm | Destin American Legion
Latin Dancing | 9pm | Bric a Brac
..... 15
Walton County Fair | Northwest Florida Fairgrounds
Farmers Market | 8am-1pm | FWB Landing
Farmers Market | 9am-1pm | Grand Boulevard
Eggs on the Beach | 10am | Seascape Resort | Miramar Beach
College Football Saturdays | 12pm | Harborwalk Village
Family Day Open Studio | 1-3pm | Painting with a Twist | FWB
Dr. Seuss's The Cat in the Hat | 6pm | Emerald Coast Theatre Co.

Best of the Emerald Coast | 6pm | Grand Boulevard | Miramar Beach
IMEC Monthly Latin Dance Social | 9pm-12am | The Sound Cafe + Enlightened Studios | FWB
Fireworks | 9pm | Harborwalk Village
..... 16
Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
Dr. Seuss's The Cat in the Hat | 2:30pm | Emerald Coast Theatre Co.
Mariachi Sunday | 6pm | Mezcal Mexican Grill
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Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille
Bingo Night | 6pm | Destin American Legion
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Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 19
Emerald Coast Bike Fest | Emerald Coast Harley-Davidson | FWB
Ladies Who Launch Powerhouse | 11:30am | Destin Chamber of Commerce
Bonfire on the Beach | 6pm | The Bay
Darts & Music | 6pm | Destin American Legion
Open Mic Night | 7pm | Enlightened Studios
Country Line Dancing | 7pm | The Block FWBW
Wednesday Night Concert Series | 7pm | Baytowne Wharf
..... 20
Emerald Coast Bike Fest | Emerald Coast Harley-Davidson | FWB
Fifth Annual Estate Planning Day | 1pm-5:30pm | The Island | FWB
Purses With A Purpose | 5:30pm | Maxine Orange Art & Design
Trivia | 7pm | Lucille's Kitchen
Bachata / Zouk Classes | 7pm | Enlightened Studios
Latin Dance Lessons | 7pm | The Block FWB
Open Comedy Night | 9pm | Enlightened Studios
Ladies Night | 10pm | McGuires Destin
..... 21
Emerald Coast Bike Fest | Emerald Coast Harley-Davidson | FWB
Business Industry Association's Home Show 2022 | 12pm | Destin-FWB Convention Center
Comedy at the Boulevard | 7:30pm | Emerald Coast Theatre Co.
Greek Festival | 4pm-9pm | Destin-FWB Convention Center
Free Beach Bonfire | 5pm | Royal Palm Grille
Singo! Music Bingo | 5pm | The Island Resort
Karaoke | 7pm | Destin American Legion
Special Dinner Show at Tuscany with Ron Adams | 7pm | 9375 Emerald Coast Pkwy | Miramar Beach
Latin Dancing | 9pm | Bric a Brac
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Emerald Coast Bike Fest | Emerald Coast Harley-Davidson | FWB
Farmers Market | 8am-1pm | FWB Landing

Farmers Market | 9am-1pm | Grand Boulevard
Greek Festival | 11am-9pm | Destin-FWB Convention Center
Bloody Mary Festival | 11am | The Market Shops at Sandestin
Hoptoberfest 2022 | 11am-4pm | Fort Walton Brewing Co. | FWB
College Football Saturdays | 12pm | Harborwalk Village
Family Day/Blacklight Neon Octopus | 1pm-3pm | Painting with a Twist
Dr. Seuss's The Cat in the Hat | 6pm | Emerald Coast Theatre Co.
Northwest Florida Symphony Orchestra: Halloween Spooktacular! | 7pm | Mattie Kelly Arts Center | Niceville
Bride of Frankenstein: Film in Concert with Sinfonia Gulf Coast | 7:30pm | Mattie Kelly Cultural Arts Village | Destin
Fireworks | 9pm | Harborwalk Village
..... 23
Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
Business Industry Association's Home Show 2022 | 12pm | Destin-FWB Convention Center
Greek Festival | 12pm-6pm | Destin-FWB Convention Center
Halloween Market | 12pm | Emerald Republic Brewing
Dr. Seuss's The Cat in the Hat | 2:30pm | Emerald Coast Theatre Co.
Mariachi Sunday | 6pm | Mezcal Mexican Grill
..... 24
Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 25
Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 26
Bonfire on the Beach | 6pm | The Bay
Darts & Music | 6pm | Destin American Legion
Open Mic Night | 7pm | Enlightened Studios
Country Line Dancing | 7pm | The Block FWBW
Wednesday Night Concert Series | 7pm | Baytowne Wharf
..... 27
Barktoberfest | 4:30pm | Grand Boulevard
Helping Heroes Black Tie Gala for Fisher House | 5:30-10pm | Destin-FWB Convention Center
Cabaret at the BOO-levard | 7:30pm | Emerald Coast Theatre Co.
Planetarium: Spooky Secrets of the Stars | Shows 5, 6, and 7 p.m. | Emerald Coast Science Center | FWB
Trivia | 7pm | Lucille's Kitchen
Bachata / Zouk Classes | 7pm | Enlightened Studios
Latin Dance Lessons | 7pm | The Block FWB
Open Comedy Night | 9pm | Enlightened Studios
Ladies Night | 10pm | McGuires Destin

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Cabaret at the BOO-levard | 7:30pm | Emerald Coast Theatre Co.
Shrek The Musical | Stage Crafters Community Theatre | FWB
Free Beach Bonfire | 5pm | Royal Palm Grille
Singo! Music Bingo | 5pm | The Island Resort
Halloween Haunt | 6-8pm | Destin Commons
Karaoke | 7pm | Destin American Legion
Ron Adams | Johnny Cash & Elvis Tribute + Halloween Costume Contest | 7pm | Seascape | Destin
Latin Dancing | 9pm | Bric a Brac
..... 29
Farmers Market | 8am-1pm | FWB Landing
Farmers Market | 9am-1pm | Grand Boulevard
27th Annual Festival of the Arts | 9am | Mattie Kelly Cultural Arts Village | Destin
Walk to End Alzheimer's | 9am | Northwest Florida State College | Niceville
Cabaret at the BOO-levard | 7:30pm | Emerald Coast Theatre Co.
Trick or Treat at the Zoo | 10am | Emerald Coast Zoo
Cosmic Vibrations Music Festival | 12pm-11pm | Mattie Kelly Arts Center | Niceville
College Football Saturdays | 12pm | Harborwalk Village
Happy Hour Adoption | 12pm | World Of Beer
Fireworks | 9pm | Harborwalk Village
..... 30
Beach Church Service | 7:30am | Crab Trap Destin
Sunday Breakfast | 8:15am | Destin American Legion
27th Annual Festival of the Arts | 9am | Mattie Kelly Cultural Arts Village | Destin
Mariachi Sunday | 6pm | Mezcal Mexican Grill
..... 31
Halloween on the BOO-levard | 4pm | Grand Boulevard
Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille
Bingo Night | 6pm | Destin American Legion
..... Nov. 1
Music Bingo | 6pm | Fatboys Destin
Salsa Lessons | 7pm | Enlightened Studios
Trivia | 7pm | World of Beer
Rock'n Bingo Night | 7pm | Landsharks Pizza
Bachata Lessons | 8pm | Enlightened Studios
..... 2
Bonfire on the Beach | 6pm | The Bay
Darts & Music | 6pm | Destin American Legion
Open Mic Night | 7pm | Enlightened Studios
Country Line Dancing | 7pm | The Block FWBW
Wednesday Night Concert Series | 7pm | Baytowne Wharf
..... 3
Trivia | 7pm | Lucille's Kitchen
Bachata / Zouk Classes | 7pm | Enlightened Studios
Latin Dance Lessons | 7pm | The Block FWB
Open Comedy Night | 9pm | Enlightened Studios
Ladies Night | 10pm | McGuires Destin



EVENTS • LIVE MUSIC • FOOD

your local guide for everything

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TO DO IN DESTIN @TODOINDESTIN TO DO IN DESTIN



Upcoming Events Make for a Fantastic Fall at Baytowne Wharf at Sandestin!

14th Annual Baytowne Wharf Beer Festival!
Friday, Oct. 7th (6-8 p.m.)
Saturday, Oct. 8th (2-5 p.m.)



TICKETS ON SALE NOW at baytownebeerfestival.com!

Time to roll out the barrel and discover unique suds and ales! The Village of Baytowne Wharf at Sandestin presents the 14th Annual Baytowne Wharf Beer Fest on October 7-8. American specialty beers from throughout the nation will be available for participants to sample and savor. The grand, craft beer tasting event on Saturday, October 8, will feature more than 200 domestic and international craft beers available for sampling!

Music Line Up
Friday 6-8 p.m.: Jarred McConnell and The High Aces
Saturday 2-5 p.m.: Trest Richerson Band

Tribute Weekend!
Friday, Nov. 4th –
Sunday, Nov. 6th



Make plans now to be in the Village of Baytowne Wharf for Tribute Weekend! Rock out the weekend and enjoy live music from great tribute bands. Grab your blankets and lawn chairs and meet on the events plaza lawn for a jam-packed weekend of incredible talent.

Music Line Up
Friday, Nov. 4th 7-9 p.m.: Past II Present - Toto Tribute Show
Saturday, Nov. 5th 7-9 p.m.: Past II Present - Yacht Rock Tribute Show
Sunday, Nov. 6th 2-4 p.m.: Ron Adams “Shadow of The King”

We cannot wait to see you there!
 Admission is FREE and open to the public.

The Village of Baytowne Wharf October Events!

The Farmers Market at Baytowne Wharf
Saturdays through Dec. 31st | 10 a.m.-2 p.m.
The Village of Baytowne Wharf | FREE

Local small businesses bring a lovely brand-new farmers market to Sandestin’s Village of Baytowne Wharf every Saturday from 10am-2pm. Come shop with local farmers, bakers, local fresh seafood and gourmet, beef, local honey, fresh pressed juices, and much more!

Wednesday Night Concert Series
Wednesdays, Oct. 5th-26th 7-9 p.m. | FREE

This fall sit back and relax, and enjoy live entertainment. The concert series will feature both local and regional talent from a variety of genres. Live music concert begins at 7pm on the Events Plaza Stage.

Oct. 5: Jessie Ritter
Oct. 12: Biscuit Miller & The Mix
Oct. 19: Shenanigans
Oct. 26: Forrest Williams Band

Bubbly Baytowne
Thursday, October 20th 5 p.m. | FREE



Bubbly Baytowne is BACK! Who’s ready to sip and shop through The Village streets?! Join us for an evening full of FREE champagne and shopping during Bubbly Baytowne. Check in by the fountain to receive your complimentary Baytowne Wharf glass and a map outlining specific merchants to visit starting at 5pm.

* This event is free and for 21 and up only. The village will be open to the public during this event.

Throwback Thursday Cinema | Halloween Town
Thursday, Oct. 27th 7 p.m. | FREE

We are throwing back to some of your favorite films this Fall!. Enjoy a movie on the big-

screen during our Throwback Thursday Cinema! All movies are family-friendly and open to the public. Grab you blankets and lawn chairs and enjoy this week’s featured film, Halloween Town.

Trick or Treat Street
Monday, Oct. 31st 6-8 p.m. | FREE



Calling all ghouls, ghosts, and goblins to the Village of Baytowne Wharf for a spooktacular extravaganza! This Halloween, Trick or Treat through the Village streets and visit merchants for your favorite treat. Steve Hall will play frighteningly good tunes on the main stage, enjoy crafts and balloon animals. Be sure to stop by Coconut Kidz to enter the costume contest and compete to win the grand prize! End the night with a spooky fireworks display at 8 p.m.



Community

Around Town

Destin-Fort Walton Beach Airport has a New Concourse!

A recent ribbon-cutting ceremony, hosted by Okaloosa County, Destin-Fort Walton Beach Airport and Allegiant Air, highlighted a new \$11.4 million concourse, Allegiant having contributed to the bulk of concourse construction costs. Located on the west side of the airport's main terminal, the 26,000-square-foot Concourse C serves Allegiant Air passengers exclusively and offers five new gates, multiple food and beverage options, a gift store and bar as well as its own TSA

security checkpoint. Allegiant began service at the Destin-Fort Walton Beach Airport in 2016. By 2018, it was providing service to 22 destinations and announced VPS as its newest base of operations. Currently, Allegiant Air provides service to 35 destinations from the Destin-Fort Walton Beach Airport.

Congratulations to local **Susan Neal**, who recently won The Children's Nonfiction Book of the Year award for her new book, "Eat God's Food" (Elk Lake). The book was illustrated by Courtney Smith. AWSA (Advanced Writers and Speakers

Association) recently announced the winners of the 2022 Golden Scroll Awards at the Golden Scroll Banquet in August.

26th South Walton Celebrity Golf Classic

Benefitting the Emerald Coast Children's Advocacy Center (ECCAC) and Fisher House of the Emerald Coast, the 26th South Walton Celebrity Golf Classic at Sandestin Golf and Beach Resort kicks off Thursday, Oct. 27, with Casino Night at the Hilton Sandestin. Then golf with celebrity players at the Raven and Baytowne golf courses on Friday, Oct. 28,

ending with a Celebrity Gala & Auction that evening. On Saturday, Oct. 29, the golf tournament concludes with a party, cookout and awards ceremony.

"Some of our celebrities this year include Jim McMahon, Chicago Bears; Ed "Too Tall" Jones, Dallas Cowboys; John Rocker, Atlanta Braves; Roberto Clemente, Jr., baseball broadcaster and former pro ball player; and many others," said Tournament Director Charlie Haje.

Various sponsorship levels are available. For more information and to register, visit SouthWaltonCelebrityClassic.com, or email Tournament Director at CharlieHaje@earthlink.net, (850) 259-6334.

the collection with photos to: americanpickers@cinelfix.com or call (646) 493-2184
facebook: @GotAPick

Visit Florida Awards Destin-Fort Walton Beach for Tourism Campaign



Okaloosa County's Tourist Development Department, Destin-Fort Walton Beach, has been recognized with six awards for its recent tourism campaign – Little Adventures – developed to inspire families to get outside on the water, and out of their comfort zones. The 2022 Little Adventures campaign featured a variety of tactics to inspire families to explore and try water-based activities. Destin-Fort Walton Beach received five Flagler Awards for outstanding Florida tourism marketing at the state's Governor's Conference on Tourism.

Step One Automotive Group recently announced it has acquired its 19th and 20th new car dealerships, Chrysler, Dodge, Jeep, Ram Andalusia and Nissan Andalusia. Nissan Andalusia is the first Nissan dealership in Step One's portfolio. The new dealerships provide new and used vehicle sales as well as parts and service.



The **American Pickers TV Show** is looking for leads. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through we would love to hear from you. The Pickers do not pick stores, flea markets, malls, auction businesses, museums or anything open to the public. Send your name, phone number, location and description of

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Saturday, October 29

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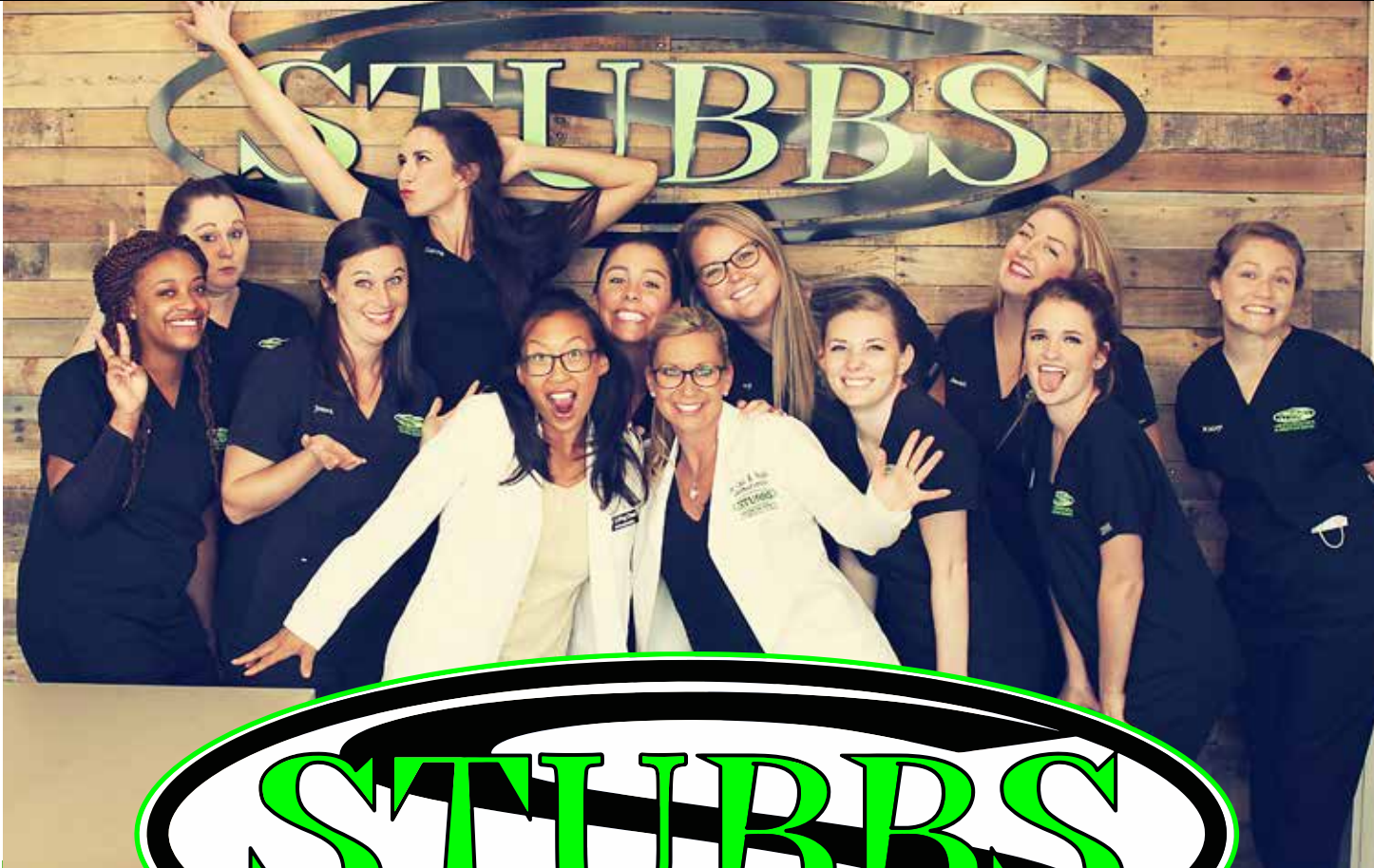
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Our daughter just completed her second phase and had her braces removed today, what a milestone!! This experience has been amazing. We love Dr. Stubbs and her staff. Always friendly and always went above and beyond for my daughter's comfort. ~ Micha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

 Community

Trends & Treasures



Jewelry Passion for Your Purpose!

Beyond Measure Jewelers

Do you love diamonds? You have come to the right place! Specializing in diamond, gemstone and precious metal jewelry pieces, the Beyond Measure Jewelers' showroom in their new location at The Market Shops, is full of diamond and gemstone bracelets, rings, necklaces and earrings! Owner Ashleigh Woolly is passionate about selling jewelry. Celebrating all things jewelry, she especially is passionate about selling engagement rings, wedding bands and working with couples, because "it is truly special to help people celebrate one of the biggest moments of their lives! I also specialize in custom design, giving you or your special someone the opportunity to have something unique and make your jewelry dreams a reality."

Trending now is the layered look. Check out this short, beaded necklace that goes with everything, shown here with a 12-carat diamond tennis necklace. Also pictured are Ashleigh's 3ctw big gold hoops, that also go with everything, ones Ashleigh says she wears every day!

Make an appointment with Ashleigh to custom design something just for you! Beyond Measure also offers an on-site bench jeweler offering services of jewelry repair, watch repair and appraisal services. "I would be honored to help you celebrate life's special moments," says Ashleigh.

(850) 424-7011

beyondmeasurejewelry.com

Fall's Long Locks— Fall Purely in Love! Pure & Couture Salon

Want your best game-day look? Need some fall flair? Meet the experts in prettied-up ponytails, beautiful braids or an enhanced look with hair exten-

sions to add volume and length! The new invisible beaded extensions solve your obstacles. "Adjusting your needs and comfort with versatility and styling options from our certified IBE stylists is our focus," says owner Adrienne Brackett. Want a new hair color? As fun as an ice cream shop, there are an array of colors from which to choose for fall: Bronzed curls, beautiful red tones, chocolate melts, a blonde, beachy bob, even a Carmel swirl. Ask me about my new extensions...I love them! Book beauty services for weddings, special events, consultations and trial sessions including airbrush makeup, blowouts, lash extensions, spray tanning and hair extensions. Customized just for you—cuts, colors, blow outs, trims, highlights, and much more! Don't forget to grab your gift cards, shampoo, conditioner and other beauty staples. Curbside pick-ups and online ordering, too!

NOW OPEN! 2nd Location—Pure Collective Salon, 600 Grand Blvd., Suite 102.

(850) 424-3935

pureandcouture.com

Personalized Presents Make the Best Gifts! Frill Seekers Gifts and Personalized Fabulous Finds

Should you start Christmas shopping now? The resounding answer is YES! Forget what you'll wear for Halloween or who you'll invite to Thanksgiving dinner...those decisions can wait. Christmas shopping, on the other hand, cannot. Especially if you want the most requested gift in the country — personalized jewelry! Keep in mind, you have to order early and plan ahead in order to get that fabulous monogrammed necklace you've been wanting to give or the personalized stationery that you've been wanting to get. Start thinking about gifts now rather

than just grabbing whatever's available in December. Personalized gifts, such as Frill Seekers popular custom-monogrammed necklaces, bracelets and monogram earrings take time to design, create and make. Planning ahead is imperative this year. Most importantly, shopping ahead means you actually get to enjoy all the activities in December. The sooner you start shopping, the better. To keep mailing costs down, consider purchasing Frill Seekers gift cards! That way your recipients can create a wish list and design their very own piece of personalized jewelry or a luxurious set of monogrammed stationery—they'll remember these for years to come. Start online now at FrillSeekersGifts.com or visit the shop in City Market Bayside off Hwy. 98 Phone orders welcome.

(850) 460-2700

FrillSeekersGifts.com

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

As the world delves into a renewed focus on health, CRYO850 wants to make sure our community finds a way to plug in! Good nutrition and daily exercise are a must! Couple that with self-care and you are on your way to a better you! Reasons to visit include pain and inflammation reduction, injury and illness prevention and faster recovery, athletic performance enhancement, auto-immune disease management, sunburn relief, hangover diminishment, better mood and sleep quality, detoxification and lost inches, collagen enhancement. Memberships, Day Passes, Weekly Passes and CRYO850's all new Wellness Circuit Pass all offer access to the entire CRYO850 Wellness Circuit including Infrared Sauna, Red Light Therapy, Whole Body Cryotherapy, Localized Cryo, Vibration and

Compression. CRYO850 now also offers an unlimited cryotherapy pass and a drop-in discount card. All services are also available a la carte!

- Memberships — \$119, \$169 or \$219 for 4/month, 10/month or unlimited

- Wellness Circuit Pass — \$111/month—3 visits/month

- Cryo Express Pass — \$99/month for unlimited cryotherapy

- Drop in Discount Card — \$19.99/month — holds a 30% discount on any a la carte

Name the age, race or fitness level and you'll find it here—a myriad of people wanting better health and wellness without drugs or injections.

(850) 279-4145

facebook.com/CRYO850

www.cryo850.com

Live the Kelly Plantation Lifestyle Brian K. Locicero, REALTOR®, BeOnTheCoast.com

Kelly Plantation is one of the most sought after "neighborhoods" in the country. "The appeal of the Kelly Plantation lifestyle grew in part, thanks to the pandemic; taking up permanent residence in vacation towns became a trend, as working from home/remote work drove Americans to seek solitude in a space and place that they loved, which had the amenities they craved," according to Brian K. LoCicero, REALTOR® founder of the Be On the Coast Real Estate team at Keller Williams. Brian said he's seeing a lot of buyers coming down to the Destin-30A area from Nashville, Dallas, New Orleans, Jackson, and as far away as California. "These folks quarantined in their own town, realized they wanted more. And by more, they want a more beautiful setting, walking trails, tennis and pickleball courts, a championship golf course, closer prox-

imity to the sugar white sand beaches and Destin's gorgeous emerald green waters, bay access for boating, horse stables, freshwater ponds to fish and the security of a gated enclave," he added. View Brian's new listing, pictured above—MLS # 903324. The Freddie Couples signature golf, tennis and Bayfront community is secluded between Destin's Choctawhatchee Bay and the Gulf. Explore owning property in this exclusive neighborhood. For a private showing or FaceTime video, contact Brian K. LoCicero, REALTOR® and view homes for sale now: BeOnTheCoast.com.

(850) 739-3800

BeOnTheCoast.com

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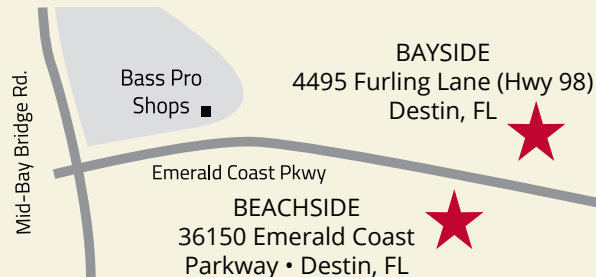
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 Community

From the City of Destin



By CATHERINE CARD, PUBLIC INFORMATION OFFICER

City of Destin Launches 2022 National Community Survey for Destin Residents

The City of Destin, in partnership with POLCO/National Research Center, launched a community survey today for Destin residents. The survey will be active until October 28th. Residents will be selected at random and must be 18 years old to participate. All responses are confidential and no identify-

ing information will be shared. Those selected will receive invitation postcards through the mail with a link to take the survey online or can choose to participate with a paper survey.

The city will also conduct an open survey that will be open to all residents October 14th. Links to the survey will be available on the city's website www.cityofdestin.com as well as the city's Facebook page, <https://www.facebook.com/cityofdes->

tin, at that time.

The results of the surveys will be available by the end of November which will be shared with the public.

Destin Garden Club to Dedicate Blue Star Marker at the Destin Library



The Destin Garden Club will dedicate a Blue Star Marker on Tuesday, Oct. 11 at 3 p.m. at the Destin Library, located at 150 Sibert Avenue. Mayor Gary Jarvis, Representative Patt Maney, as well as dignitaries with the Florida Federation of Garden Clubs will be a part of the dedication. The Blue Star Marker program was implemented by the National Garden Clubs, Inc. in 1944 by planting 8,000 dogwoods as a living memorial to veterans of World War II. The National Garden Club revised this plan in 1945 to place Blue Star Markers along the highway system in the United States (to include Hawaii and Alaska). The name commemorates the Blue Star in the center of the red and white service flags used during World War I. At present, there are about 160 Blue Star Markers in Florida. The Destin Garden Club is pleased to have this Blue Star Marker placed at the Destin Library to honor and recognize the importance of our U.S. military and veterans, their sacrifice, and the debt and gratitude we owe them.

City of Destin Open House

The City of Destin cordially invites you to attend its open house on Thursday, Oct. 20, from 11:30 a.m. until 1 p.m. at the Destin Community Center. The theme this year is "Leave No Trace." A fish fry will be held for everyone served buffet-style beginning at 11:45 a.m. Council, staff and city partners will be on hand to meet and talk with the public and showcase the work they do.

Saneka's Legacy to Present October 11



The Friends Guild of the Destin Library will sponsor a presentation by Kali Hiemier of the Saneka Legacy Corporation on Tuesday, October 11th, at 1:30 PM at the Destin Library (Calhoun Room). SLC is an environmental education nonprofit organization whose mission is to educate the community on how to experience, enjoy, and protect Florida's ecosystems. SLC facilitates sea oat restoration projects, community clean ups, and environmental summer camps for youth. Kali, founder and Director of SLC, will address highlights on how to remove pesticides from plants you get at big box stores so that they are safe for pollinators. Seeds and pots will also be available for purchase for planting native plants.

For more information, call 386-539-4229 or email kalihiemier@gmail.com. Or visit www.sanekaslegacycorp.org.

Tai Chi Easy Classes at the Destin Library

On Mondays at 9 a.m., the Destin Library will be hosting Tai Chi Easy classes outside on the lawn. Marge Gross, a Certified Tai Chi Easy Practice Leader (TCEPL), will lead you through basic Qi Gong exercises and Tai Chi forms in a fun, relaxed, no judgement atmosphere. Tai Chi Easy takes any form or style of Tai Chi and modifies it with one goal: to keep the learners inspired and participating. This program is designed to improve the quality of life for people of all ages and is straightforward and highly adaptable, resulting in empowerment in self-care and self-management skills. The class will be moved indoors during inclement weather if there are no conflicting library programs.

Contact the Destin Library at 850-837-8572 or library@cityofdestin.com.

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EcoView Windows, Doors and Siding is one of the South's leading providers of factory-direct replacement home windows. EcoView Windows, with locations in Pensacola and Daphne, Ala., offers both impact windows and energy efficient windows in a variety of styles, colors, and grid patterns that can be customized to suit any home.

The company, headquartered in Bay Minette, Alabama, has been in operation since 1986 and now has over 40 locations nationwide. The founder started EcoView with goals of progressing the industry from plain wood windows to the exceptionally energy efficient vinyl replacement windows installed today.

In 2013, a local Pensacola office was established bringing a nationally respected manufacturer to the area with the added benefit of working with a local company. The local dealership has been servicing the Emerald Coast since and continues to provide quality product and guarantees on not just the lowest



the sun's heat from warming the home during the long summer months, while also reducing heat loss during the cold fronts of winter. This can mean reducing heating and cooling bills by at least 35%. The result is a comfortable home year-round with minimized energy costs.

As EcoView focuses on what is best for homes in the Southeast, they set themselves apart by providing customers with top-of-the-line products in storm protection: the ViWin-tech Shoreline Series of windows. This product has been engineered specifically for Florida homes to meet one of the most stringent building code specifications ever made in the USA:

The HVHZ Specification. This certification is given by the State of Florida for elite products that meet or exceed the HVHZ criteria. Made to endure and protect, the Shoreline Double Hung windows, which, like all Shoreline Series windows, are made with an internal metal core, latches, and locks, and have a Structural Wind Load Capacity of 205.1mph.

It's all about what the customer needs at EcoView Windows, Doors and Siding. This philosophy is reflected in the products, pricing and experience offered. From the very start, the customer gets 15% just for calling for a free estimate and from there they get the best product and a lifetime warranty including labor. A combination of benefits not happening anywhere else.

To schedule a free, in-home estimate, plus receive 20% off the guaranteed lowest price call Fred at (850) 876-3032. Visit www.EcoView-WDS.com to learn more and see examples of the many varieties and styles of windows available to you.

pricing, but also on the performance of their work.

EcoView is the only company in this region that offers a true lifetime warranty that includes labor. Their Lifetime Warranty is as long as you own your home and can be transferred once. The company wanted to offer more as typical warranties in the market were including limits

and restrictions on their warranties. EcoView makes sure their customers can trust their purchase and experience with the company.

Having foundations in the south, EcoView offers products specifically designed for the region and climate. Each window features high-performing glass that can prevent up to 72% of

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 Community

Field of Valor Honors Fallen Service Members

BY ANGIE TOOLE

More than 300 flags are on display at the Mullet Festival Fairgrounds, honoring those who gave their lives in the service of their country.

The ninth annual Field of Valor, set up by the Niceville Exchange Club, recognizes

those service members from the state of Florida who have fallen in combat since September 11, 2001. Some 396 flags are posted on the Niceville field, each with a tag bearing the name, photo and information about a Floridian who served in Iraq or Afghanistan who lost his or her

life in action.

One local Gold Star mother, Karla Lacey, attended the Field of Valor this year, as she has in years past, to honor her son Sgt. First Class William Lacey of Laurel Hill. She works at Fort Walton Machining, which was one of the event sponsors this

year, as it has in years past.

“He was brave beyond brave,” his father, John Lacey told Military Times just after his son’s death in Afghanistan. “He was out there in the middle of nowhere, in hell, and he kept doing it over and over and over ... I’m just so proud of him.”

Visiting the Field of Valor hasn’t always been easy for the Lacey family. Karla has been attending for several years, because it has been a healing experience for her. She also volunteered to spend time as a docent at the field this year, as she has in previous years.

Tammy Summers, a Gold Star wife, also attended this year’s opening ceremonies. She took photos for her Facebook page of her husband, Sgt. First Class Severin W. Summers III, who died August 2, 2009 in Operation Enduring Freedom.

On the memorial page she has created to honor his memory, she posted: “I am honored and humbled to participate in putting out flags for our fallen military in my hometown of Niceville, FL. I placed Sev’s flag out and attached his biography. Remembering him today and always!”

Don “Pockets” Pardue was the chair for this year’s event. The former Marine admitted that honoring the military is a particular passion of his, especially honoring those who made the ultimate sacrifice.

Pardue served as the emcee for the opening ceremony, which included dignitaries including the mayors of Niceville and Valparaiso, as well as several military guests.

Emerald Coast Fisher House President Jim Yurack was a guest speaker Saturday. The local Fisher House receives funds from the annual fundraiser and works with the Niceville Exchange Club in fielding volunteers for the weeklong remembrance of fallen servicemembers.

Brig. Gen. Jeffrey T. Geraghty is the Commander, 96th Test Wing, Air Force Materiel Command, Eglin Air Force Base, made remarks about the importance of remembering the events of September 11, 2001, as well as the sacrifice of servicemembers in defeating the enemies who emerged from those events.



“Continue to use today, and days beyond just today as an opportunity to pay homage to those who died serving our nation and to acknowledge the immense debt we owe them,” Brig. General Geraghty said.

Lt. Col. Mike Loconsolo, commander of the 1st Battalion, 7th Special Forces Group (Airborne) at Camp “Bull” Simons, Eglin Air Force Base, FL. A native of Brooklyn, NY, the remembrance of 9-11 has special significance for Lt. Col. Loconsolo, who was a cadet at West Point on that day, and whose father worked in the north tower of the Twin Towers in NYC. His father survived the attack, but the memory was life changing for his entire family, he told his audience, and he hopes Americans never forget that day.

Col. Ed Hubbard, former Vietnam-era prisoner of war and motivational speaker, talked about the importance of helping others in order to overcome adversity, an important message that aligns with the Exchange Club mission to make the community a better place to live.

Other members of the community helped make the event a touching memorial to the fallen.

Local Patriot Guard Riders arrived early at the field to pay their respects, accompanied by a Niceville Police Department escort.

Niceville firefighters brought a firetruck and displayed a large flag at the field.

Albert Sousa performed the National Anthem. Sousa, the principal broker/president of Apex Mortgage, is the son of Albert and Melinda Sousa. His father is the manager of the Walker Ace Hardware in Niceville.

Niceville High School JROTC students volunteered at the field on Saturday, and their honor guard posted the colors

Continued on next page



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United Way Emerald Coast's '40 Under 40' Awards

United Way Emerald Coast (UWEC) hosted its '40 Under 40' awards celebration September 16 at The Island Resort. Presented by Florida Power & Light, nearly 200 people attended the sold-out awards celebration which recognized Okaloosa and Walton counties' top young leaders.



"FPL is honored to partner with United Way Emerald Coast as the Presenting Sponsor of the '40 under 40' event to recognize our local up-and-coming leaders," offered Bernard Johnson, Florida Power & Light's Regional Manager. "The evening was full of creativity and fun, and our team is excited to support all of the honorees as well as learn about the organizations and causes that they support in our communities."

UWEC received more than 150 nominations for the award. The applications were reviewed by a selection committee comprised of professionals from a variety of local businesses and nonprofit organizations. The 40 Under 40 were selected for their excellence in the areas of leadership, community involvement and professional accomplishment.

"40 Under 40 is my favorite annual event," said UWEC President & CEO, Kelly Jansen. "It is incredibly inspiring to see the great work being done by this group of young professionals. We are proud to recognize these awardees for their outstanding contributions and are grateful to the many volunteers and sponsors who made the event possible."

At the event, UWEC also recognized the 'Emerging Leader of the Year' and presented

the first 'Forever Young' award.

Ryan Mims, Chief Health Strategist and Public Health Services Manager at the Florida Department of Health in Walton County was recognized as the 'Emerging Leader of the Year.' Ryan Mims volunteers as a ReadingPal, serves on the Emerging Leaders committee, and is a champion of United Way Emerald Coast's work in the community.

40 Under 40 awardees were invited to nominate a mentor over the age of 40 who lives and/or works in Okaloosa/Walton that has contributed to their success. Several nominations were received, and the Emerging Leaders Committee selected Tim Bolduc, City of Crestview City Manager as the first 'Forever Young' award recipient. Tim was selected for the outstanding leadership, mentorship, and guidance he offers young professionals throughout the community.

The second annual event was planned and coordinated by UWEC's Emerging Leaders committee. Emerging Leaders are young professionals under the age of 40 dedicated to creating a lasting impact in our community. These professionals make an annual contribution of \$120+ to UWEC and receive opportunities to connect, serve, and lead throughout the year. To learn more about Emerging

Leaders, including eligibility requirements, upcoming socials, and volunteer opportunities, please contact Aubrey Robbie (aubrey@united-way.org) or Briley Kennedy (briley@united-way.org)

40 Under 40 Class of 2022

- Alexander Fogg, Okaloosa County, Destin - Fort Walton Beach
- Arielle May, Catholic Charities of Northwest Florida
- Ashley McCallum, Embry-Riddle Aeronautical University
- Brienne Raines, Vitas Healthcare
- Brittnee Orr, Fort Walton Beach Housing Authority
- Carrie Parker, Bridgeway Center Inc.
- Chrissy Hartley, Dream Team Realty of Northwest Florida
- Courtney Dollson, Eglin Federal Credit Union
- Deanna Simonsen, Waste Management
- Eva Wise, Catholic Charities of Northwest Florida
- Hillaree Durso, Frances Roy Agency
- Jenna Seebeck, Okaloosa County Sheriff's Office
- Jessica Speas, Northwest Florida State College
- Jessica Trimboli, Okaloosa County Sheriff's Office
- Joanna Soria, Waterstone Mortgage
- Jordan Staggs, VIE Magazine/The Idea Boutique

- Joseph Richardson, Richardson Realty International
- Kaitlyn Sanchez, Habitat for Humanity of Walton County
- Katie Anderson, Let's Get Social Society + Bleached Babes
- Kelly Cash, Westonwood Ranch, Inc.
- Kelly Curry, The Idea Boutique
- Kevin Henderson, CHELCO
- Matt Langford, Shalimar United Methodist Church
- McKayla Hale, Extra Ordinary Delights
- Megan Harrison, Walton Area Chamber of Commerce
- Melissa Ehlers, Hurlburt Field Airman & Family Readiness Center
- Misty Rae Ruthrauff, Saltwater Restaurants, Inc.

- Mitch Anderson, Okaloosa Gas District
- Nic Dezinski, Vertex Solutions
- Pamela Clarke, Cox Media
- Reid Soria, Autism Sings, LLC
- Robin Donlon, SmartBank
- Shiri Brandenburg, Air Force Enlisted Village, Inc.
- Stephanie Wedel, Coca-Cola United
- Ta'ki Brown, United States Air Force
- Taylor M. Goode, Boys & Girls Clubs of the Emerald Coast
- Terry Mauer, SBDC at UWF
- Thomas Everidge, Publix
- Tim Haney, Fresh Prints of South Walton
- Whitney Lee, Sociallee PR & Digital Media

FIELD OF VALOR

continued from previous page

for the singing of the national anthem and the Pledge of Allegiance.

The Rocky Bayou Christian School Chamber Choir singers performed a medley of patriotic and military branch songs. Local Scout Tommy Roberts from Niceville High School played "Taps" on the bugle to close the ceremony.

The Exchange Club of Niceville is part of the National Exchange Club and has been

active for 30 years. It is the only service organization exclusively serving communities in the U.S. More than 630 local clubs throughout the U.S. and Puerto Rico provide individuals with opportunities to use their time and talents to benefit their local communities and the country as a whole. Exchange's Core Values are family, community and country. Through the Programs of Service - Americanism, Community Service, and Youth Programs - members support activities that benefit youth, promote pride in our country, and

honor military and public service providers, to name a few. Exchange's National Project is the prevention of child abuse. To find out more about you can be a part of making the Niceville/Valparaiso/Bluewater Bay area a better place to live by joining the Niceville Exchange Club, attend the next meeting (held on the second and fourth Thursday at Café Bienville), or visit the website at nicevilleexchange.club and follow us on Facebook.

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 Community

Destin Woman's Club Celebrates 46 Years of Service

BY SYLVIA VAZQUEZ

This great Woman's Club was formed in 1976 by a small group of women who saw a "need" in Destin that required help. Formerly named the Lakeshore Woman's Club but as its membership grew, these women realized they needed to be better identified within the Destin Community and changed their name to Destin Woman's Club.

In 1976, their monthly lunch meetings were held in a mem-

ber's home with everyone participating in a potluck lunch. However, as numbers grew it soon became obvious they needed to meet either at a golf clubhouse or a local restaurant.

The primary aim of the "pioneers" of the Destin Woman's Club was to enjoy each other's company while finding a way to help the local community in its needs. These ladies realized that to help their local community, they would have to raise mon-

ey, which could then be passed on to the "needy" within the community. Hence the need to become a 501(c)3 non-profit organization.

As the club evolved, a huge fundraiser, called The Mistletoe Ball, became a "go-to event" at Christmastime. Following the Mistletoe Balls, the DWC diversified itself into doing two "Tour of Homes" in Regatta Bay, followed by fashion shows. The club also conducted yard sales.



Fisher House on the Emerald Coast. It began raising money for Fisher House when ground was broken and provided dinner once a month for the visitors there. In 2016 Fisher House was made the club's local charity. The club still helps with the monthly dinners, but due to COVID it is donating \$100 a month for the purchase of gift certificates from a local Shalimar restaurant that guests at Fisher House can use.

Proceeds from all these events benefited local charities and the club's own Family Assistance Fund. This fund was set up in the name of Mary Kirkpatrick, a past president, but it soon became apparent that the club needed to rename it for it to be understood by the community and possible sponsors. Now this fund is named "DWC Family Assistance Fund," instead of thinking the Mary KirkPatrick Fund was set up to help the DWC members.

Through its fundraising efforts, the club has donated approximately \$250,000 to local charities, supported local families in their times of need with donations and helped them fill their children's Christmas Stockings for several years from the Family Assistance Fund. The club is also very involved with

The Destin Woman's Club created an Endowment Fund at Northwest Florida State College in 1993 of \$36,133.34 to assist local women wishing to further their education. It has been named the Carol and Bob Winsett Fund, in recognition of Carol Winsett who chaired the DWC committee overseeing it. The college manages the fund and currently a recipient receives approximately \$1,200 per semester. Since the initial donation, the fund has doubled, thanks to the watchful eye of the college.

Due to Covid 19 the club suspended its "Glitz & Glamour" fashion show since 2019. It will return Nov. 4 at Louisiana Lagniappe - doors open at 10.45. Tickets can be obtained at www.destinwomensclub.org.

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It's Showtime! Prepping Your Home for Sale is MORE Important than Ever!

BY GAIL PELTO, REALTOR

Available home inventory is steadily creeping up and interest rates continue to rise, which means more properties are out there for sale competing for the same buyers. Because of this changing market, home staging is more important now than it has been over the last several years.

So, how do you prep your house to show in order for your home to capture the buyer's attention and ultimately receive a good offer? Just like a great Broadway play, you want your audience – potential buyers – to feel engaged, because buyers buy what they see and, more importantly, how what they see makes them “feel.” This means you must pay attention to the “staging.”

Setting the stage for this performance starts with your real estate agent, the director of this play and the script first—the words they write for the buying public and other agents to read, the professional photography, the information about the room sizes the interior and exterior, the features and benefits, the marketing plan, etc. As professional agents, we need you, as sellers, to collaborate with us to write and print the perfect “Play Bill” in order to produce something which will attract and engage potential, qualified buyers.

After the stage is set correctly and the buyers, your audience, like what they read and the pictures they see online, the ticket is sold and they make their way to the theater, your house. Remember that the staging of this production starts at the curb because we want the buyers to say, “You had me at hello!” Right? So, how does your house look from the curb? Is it clean and neat? Have the driveway and sidewalks been power washed? Did you make any necessary repairs? Are the flower beds weed-free and freshly mulched? Just how powerful is your “hello?” Because this marquee needs to

have them yearning to see the rest of the play!

Act I: The curtain rises, they walk in the door. What's their first impression? Is it light filled? Does it smell good? Is it clean and clutter-free so the buyer can absorb the scene-ery without too many props in the way? Who/what is the star? Is it the open floor plan or the stunning fire-



place or the unobstructed view? Is the spotlight on the right star?

Act II: The buyers learn more about the play, your house — when it was built, the neighborhood, the seller upgrades, the neutral updates and viewing comparable properties. They like your floor plan and it's move-in ready... “I can see my family here!” screams the buyer!

Act III: The director, your professional real estate agent, has already helped you set the listing price in line with recent comparable sales. It is the best play on Broadway! The buyer writes an offer. After some negotiating, you're under contract... bam! The curtain closes! But wait. There's a standing ovation, the curtain rises, you've made an offer on your new forever home. It's been accepted! Happy ending — for all!

A few stats regarding home staging:

- A professional staged home can increase a home's value as much as 5-10 percent..
- Staging helps a home sell 6-10 percent faster.
- 83 percent of buyers' agents surveyed said staging a home made it easier for a buyer to visualize the property as their future home.
- The most common home improvement items agents recommend to their sellers regarding staging are de-cluttering the home, a whole house deep clean, removing pets during showings and getting the carpets cleaned.
- Staging the living room was

found to be the most important followed by the master bedroom and then the kitchen.

Are you getting ready to sell? Be a Broadway hit! Selling a house is really like putting on a Broadway play. A great director,

like me, will help you put on the best performance to garner rave reviews which equals offers.

Gail Pelto is a Rotary Club of Destin and Mattie Kelly Arts Foundation board member... and yes, a

powerful, full-time real estate agent with Keller Williams. Call her direct at (850) 374-0454 or email Gail. Pelto@kw.com for real estate questions. Want to know what the value of your property is today? Let Gail guide you.



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 Community



Simplifying Medicare Advantage Plans for Seniors

BY GREG DURETTE

What could be more simple than picking the right Medicare Advantage or Medicare Supplement plan for you?! HAH! When you stop laughing (or crying), understand, you are not alone. This is the time of year when you have the opportunity to review your Medicare coverage and make important decisions about what you will have for this coming year.

One of the suggestions I offer to beneficiaries every year is to get started on this process now. By doing so, you'll have plenty of time to review your options before the Annual Election Period beginning on October 15th, ends on December 7th.

Choosing the right health insurance benefits can be confusing at any age but, understanding healthcare options for those 65 and older can be even more difficult. This already complex system is further muddied by the barrage of annual advertising from insurance and marketing companies. TV, snail mail, email and a whole host of celebrities are coming at you in a full-scale onslaught. Let the buyer beware!!!

I suggest these important points be considered when shopping for Medicare Advantage plans:

Choice: When it comes to Medicare, one size does not fit all - what works for your neighbor may not work for you. Take the time to learn and understand the benefits and costs of each plan so you can feel confident in your decision and health care coverage.

Care: Care starts with a strong relationship with your primary care provider. If your plan has a network, make sure

to confirm your doctors and hospitals are in the network.

Reach: Make sure your plan will follow you around the country should a need or desire for travel exist. Out-of-network costs can be very high if this risk is not managed upfront.

Medications: Make sure to confirm you know your medications are not only covered but also, what copay costs may be associated with each.

Experience: Medicare can be complex and confusing. It's important to find a seasoned agent that works for you and supports you throughout your health care journey with plan benefits and resources that can help you live more and worry less.

Since Medicare Advantage Plans are offered by insurance companies, one excellent feature is they have more freedom and motivation to include extra benefits such as vision, gym memberships, dental, hearing and more.

Celebrities are great at acting or playing sports. They do not know anything about Medicare except for what they have been told to say to a camera. Find someone local you can ask the important questions you have about your personal situation, and you will likely have a much better healthcare outcome.

Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare Advantage, Supplement plans and Stand-Alone Drug Plans throughout the State and is based in Niceville. He has been in the insurance industry for over 39 years and can be reached at his office at 850-842-2400 or his mobile at 978-509-2941.



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Benefits of a Customized Business Insurance Program



BY JOE CAPERS,
INSURANCE ZONE

If you plan on running a successful business, then you should definitely plan on getting business insurance. Without this coverage, you may end up having to pay out-of-pocket for property damage, accidents, or lawsuits from unhappy clients. Needless to say, all of these very real possibilities can be devastating for both your business and your personal finances. Depending on what you do, some clients won't want to work with you unless you are insured, especially if you're in a business where you work on a client's property and are at risk for causing damage. And in some cases, the state may legally require you to carry some type of business insurance coverage.

Whether you are a sole proprietor, partnership, LLC, joint venture or corporation, the type of business insurance you'll need depends on the type of business you own, the services you provide, and how many employees you might have. All of this information will be used to help provide you with recommendations for the type of business insurance you'll need. Other basic criteria to determine the proper business insurance program will be your specific trade, physical location, number of employees, estimated revenue and the services provided.

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

Property insurance for both the building and contents owned by the company. This includes furniture, fixtures and inventory. Your policy should always be written on the Special

Form which is broader coverage, changing the policy from a named peril to an open peril policy. Being in the height of hurricane season, securing wind and flood is essential for maximum protection.

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

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

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

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

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

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

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

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

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

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

Umbrella coverage to obtain higher limits over underlying

policies you have in place.

Workers' Compensation to protect employees against accidents and diseases at your workplace.

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

Insurance Zone, founded by Joe and Lea Capers, is a full service commercial and personal lines insurance agency serving Destin, Miramar Beach, Santa Rosa Beach (30A) and Inlet Beach. Visit their Video Library on www.ins-zone.com and watch our informative video on 'Business Owners Policy', or call 850.424.6979 and talk with one of our Team Members.



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A Conversation with the Conductor

Demetrius Fuller Gives His Take on Sinfonia Gulf Coast's 17th Season

By ZANDRA WOLFGRAM

Sinfonia Gulf Coast has a stellar 2022-2023 season line up. From world-renowned vocalists and violinists to Broadway's brightest stars, Beethoven musically mashed with rock bands. Curating a season that "sings" is an artform and Sinfonia Music & Artistic Director Demetrius Fuller is pitch perfect for the 17th year. With celebrity appearances, classical connections and innovative Northwest Florida debuts, this year's offerings redefine the symphony experience and offer something for everyone. Zandra Wolfgram recently sat down with maestro Fuller to get his take on Season 17.

ZW: Jeremy Jordan is the Sinfonia Cabaret offering at Seagar's (Sept. 15). Why did you invite this particular performer to wow us?

DF: Jeremy is really a multi-faceted artist. He got his start on Broadway in the original cast of Newsies, which is a wonderful show. He is a Tony and Gram-

my nominated artist, but more recently, he's done a lot of film and drama. Most recently with Kerry Washington in a play on Broadway, and in the hit TV show Supergirl. He's sort of a "triple threat" — he can sing, act and dance. Plus, he's just an amazing artist. He transcends all of the music genres: classical, Broadway and pop. Jeremy is a talented artist, a great musician and a nice person. I think people will really love him.

ZW: October 11 is the highly anticipated Gala Event with the incomparable Patti LaBelle. Do tell us more.

DF: Who doesn't know Patti LaBelle? And to know her is to like her. To bring "the godmother of soul" to the stage with her 60 years in the business is a feather in our cap and an absolute thrill. She's just as nice as she could be, and she's simply incomparable. That's really the only word. There is nobody like Patti LaBelle. We're honored to be able to present her and her whole band on the Sinfonia



stage. She joins our special exclusive Sinfonia sorority joining Vanessa Williams, Roberta Flack, Kristin Chenoweth, Patti LuPone and Bernadette Peters.

ZW: What motivated you to create the Gala Event experience? Bernadette Peters was a showstopper for Sinfonia's inaugural season and set at a very high bar. What prompted you stage a celebrity-studded Gala Event in a major hall like the Destin-Fort Walton Beach Convention Center?

DF: It's a standalone event.

It really has separated Sinfonia from anything else, not only in our community but along the Gulf coast, because none of the other regional orchestras bring in the caliber of artists that Sinfonia does. Sinfonia is what I call one-stop symphony shopping. It runs the gamut — we have the gala, which is a pinnacle event, the full orchestra, Pops, chamber orchestra, chamber music, education programs, non-orchestra events, like the Cabaret and Crescendo! and wine events. So, the Gala Event really is just part of the puzzle piece that is sort of the angel on the Christmas tree, so to speak.

ZW: On October 22, the full orchestra will accompany the full film showing of the 1931 horror film based on Mary Shelley's book, The Bride of Frankenstein. This is a different experience than a typical concert.

DF: The Bride of Frankenstein has one of the most amazing orchestral scores in film history. It's full orchestra, so we'll have 65 to 70 musicians on stage

in the Mattie Kelly Arts Foundation's Cultural Arts Village al fresco just before Halloween. It's about 90 minutes. It will be fun.

ZW: December 9 we have a popular offering that is always changing. Holiday Pops is a tradition, but you always put a twist on it.

DF: Yes, this year, we "doowopify" our Holiday Pops with the Doo Wop Project. This is a group of guys who were originals in the Jersey Boys off Broadway. Doo Wop is just a great art form. It is as much an American musical staple as jazz, and rock and roll. These guys take a piece of music and make it their own. They will perform everybody's favorite holiday tunes but will also take pop songs and a handful of popular tunes and "doowopify" them. They will perform a wide gamut of songs that people from all age groups are going to know. Plus, the full orchestra will play favorites like Stille Nacht and more,

Continued on page 43



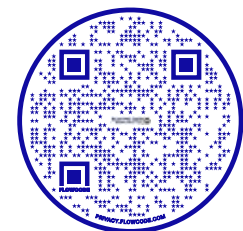
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Okaloosa County School District Named a Worldwide School System of Distinction

The Okaloosa County School District is one of 38 school systems in the world to be named a Cognia System of Distinction for 2022, according to the organization's recently-issued press release.

During the 2021-2022 school year, Cognia conducted approximately 1,500 school engagement reviews for accreditation. This year, 96 schools and 38 systems in 34 states, the District of Columbia, Puerto Rico and nine countries are recognized. The number of institutions reviewed and those that earn this designation vary from year to year. Winners carry the designation for one year.

The recognition, which highlights excellence in education, is based on the results of the rigorous accreditation process Cognia administered in the district in February. "Okaloosa County School District employees dedicate themselves to the education and safety of the students we serve," said Superintendent Marcus Chambers. "We are

honored to receive this designation and owe it all to the hard work our teachers, administrators, and staff put in each day to ensure our students receive the best education possible."

The accreditation process is intense and takes place over several days. Cognia's accreditation rubric consists of three categories - Leadership Capacity, Learning Capacity and Resource Capacity. The district scored "Impacting," which is the highest possible rating, in 29 out of 31 indicators. Okaloosa County was joined by four other Florida school districts among the 38 systems recognized worldwide: Collier, Pasco, Volusia, and neighboring Walton County School Districts.

During the accreditation process, Cognia interviews various stakeholders, including parents, students, district staff, school board members and administrators, to gain insight into a school district. Cognia commended Okaloosa schools on their extensive use of data aligned with

the district's purpose, mission and vision.

Cognia is a global, nonprofit improvement organization dedicated to helping institutions and other education providers grow learners, teachers and leaders. Cognia offers accreditation and certification, assessment and professional services within a framework of continuous improvement. Serving 36,000 public and private institutions from early learning through high school in more than 90 countries, Cognia brings a global perspective to advancing teaching and learning. For more information visit www.cognia.org.

"Across the district, we are focused on cultivating and improving leadership effectiveness while strengthening a student-focused classroom by promoting instructional practices aligned to the new BEST Standards," added Chambers. "We are proud of everyone in the OCS D family!"



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Painting vs. Wallpaper: Key Factors to Consider



By KIM SCHNEIDER

As I'm sure you've noticed, wallpaper has made a comeback over the last few years and it seems to be getting bigger. We're embarking on the renovation season and one of the biggest

questions I'm hearing is "Is it better to paint or wallpaper?" The answer is not quite that simple, but below are a few key factors you may want to consider before making your final decision.

Painted walls never go out of style. Paint has a multitude of color choices and quite a few different sheens/finishes to select from. There are also specialized painting techniques such as faux, raised and textured that you may enjoy.

For centuries, wallpaper has come in and out of style, but it's a great choice when you want to

make a wall pop with both colors and patterns. Wallpaper can also help create an accent wall and add texture to your space.

Both paint and wallpaper come in an array of colors. Paint offers various finishes such as flat, satin, pearl, low-luster, semi-gloss and gloss, to name a few. Wallpaper also offers a variation of finishes such as vinyl, non-woven, grasscloth, printed, relief and others. How your home is used (owner occupied, kids, pets, short term rental, etc.) should help you determine the most appropriate application.

Preparation of your walls



design and type of wallpaper you've selected. The average labor cost to hang wallpaper can range from \$4.50-\$10.50 per square foot. Some installers charge by the hour, but I strongly recommend you don't pay by time.

Another key factor to consider is updating your walls in the future. If you're tired of your paint color you can simply

apply a new coat or two of paint, but if you've elected to use a textured paint it can be hard to remove. If you've used wallpaper, the newer brands are easy to remove, but the older versions of wallpaper are nearly impossible to take down and can damage your drywall.

Whether you choose paint or wallpaper, either will give your space character that suits you. If you're like me, I love the idea of creating an accent wall using wallpaper and painting the remaining walls in a coordinating color. The options are endless and that's why interior design is so exciting!

Does the idea of selecting paint or wallpaper terrify you? Coastal Design by Kim is just a phone call away. We can help you select the perfect wallpaper or paint color and finish that's perfect for you! Call (850) 904-6622 to schedule an appointment.

is also a factor when deciding to paint or wallpaper. If you're changing paint finishes or going from a dark color to a lighter color you will likely need to prime your walls. When wallpapering, your walls need a clean smooth surface (mudding your walls may be necessary), nail holes filled and walls primed before you can begin hanging your wallpaper.

Paint and wallpaper vary on the price spectrum. Paint on average is cheaper and requires fewer supplies. Just about anyone can paint, but you need to ensure you can access all areas, leave no holidays (unpainted areas) and clean-up can be costly if the area isn't prepped correctly or an accident occurs. A professional will cost approximately \$4-\$7 per square foot, plus supplies. Wallpaper is typically more expensive to purchase per roll, requires more supplies than paint and it can be very challenging to align correctly. Prices to install wallpaper vary based on your

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2022 Football Guide

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



Destin's Best Places to Watch Your Favorite Teams!



By SCOTT MILLER

With the first month or so in the books we're starting to see who's who this season. Some teams are right where we expected like Georgia and Alabama for example and some teams are a pleasant surprise like Tennessee, Kentucky and Ole Miss, all undefeated so far. Can't wait to see what October brings...

For football watching, there are many great places to enjoy right here in our own backyard—places full of big screen TVs and diehard fans, where we can gather to watch our favorite teams play, enjoy some really great food and drinks, too. Football season was made for hanging out with good friends and making some new ones, too. Nothing sets the table for that more than the return of College and Pro Football. So, let the games begin!

Home field advantage goes a long way, especially here in Destin. So, here's a few of my favorite "home field headquarters" to enjoy all season long!

AJ's Seafood & Oyster Bar

AJ's Seafood & Oyster Bar loves football fans and boasts the one and only Jumbotron, on

the Harbor in Destin. Be sure to come by and watch your favorite teams play all season long.

Serving up delicious daily specials, mouth watering drinks plus entertaining live music all month, make AJ's your game day destination and let the games begin.

AJ's OCTOBER Live Music & Events: Check the facebook page for details.

*AJ's Seafood and Oyster Bar
116 Harbor Blvd.*

Austons on 98

Offering a raw bar and the best happy hour in town, Austons is the place to be and 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 and with football season upon us there's no better place to be. Happy Hour Specials include 2 for 1 on All draft beer, well liquor and house wine Mon.-Fri from 11-6 and \$6 Off raw oysters Mon.-Fri 3-6. Game day is every Sat and Sun, with Football Bucket Specials, drink specials and \$3 pints of Auston's Lager and PBR. Auston's on 98 is open daily from 9 a.m. to 10 p.m. and features its own "Real Deal Nashville Hot Sauce." See full menu at austonson98.com.

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

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*

Continued on page 26



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ACC	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26
Boston C	L'VILLE	CLEMSON	OPEN	@WAKE	@U CONN	DUKE	@NC STATE	@ND	SYR
Clemson	NC ST	@BC	@FSU	SYR	OPEN	ND	L'VILLE	MIAMI	@S CAR
Duke	UVA	@GA TECH	UNC	@MIAMI	OPEN	@BC	VA TECH	@PITT	WAKE
Florida St	WAKE	@NC ST	CLEMSON	OPEN	GA TECH	@MIAMI	SYR	ULA	FLORIDA
Ga Tech	@PITT	DUKE	OPEN	UVA	@FSU	@VT	MIAMI	@UNC	@GEORGIA
Louisville	@BC	@VA	OPEN	PITT	WAKE	JMU	@CLEMSON	@NC ST	@KENTUCKY
Miami	OPEN	UNC	@VA TECH	DUKE	@VIR	FSU	@GA TECH	CLEMSON	PITT
NC	VT	@MIAMI	@DUKE	OPEN	PITT	@VIRGINIA	@WAKE	GA TECH	NC ST
NC State	@CLEMSON	FSU	@SYR	OPEN	VA TECH	WAKE	BC	@L'VILLE	@UNC
Notre Dame	OPEN	BYU	STANFORD	UNLV	@SYR	CLEMSON	NAVY	BC	@USC
Pittsb	GA TECH	VA TECH	OPEN	@L'VILLE	@UNC	SYR	@VA	DUKE	@MIAMI
Syracuse	WAGNER	OPEN	NC ST	@CLEMSON	ND	@PITT	FSU	@WAKE	@BC
Virginia	@DUKE	L'VILLE	OPEN	@GA TECH	MIAMI	UNC	PITT	C CAR	@VA TECH
Va Tech	@UNC	@PITT	MIAMI	OPEN	@NC ST	GA TECH	@DUKE	@LIBERTY	VA
Wake	@FSU	ARMY	OPEN	BC	@L'VILLE	@NC ST	UNC	SYR	@DUKE

Taylor Haugen Foundation Outfits Destin High School Football Team



By KATE McDOUGALL-MASON

The Taylor Haugen Foundation was able to outfit the new Destin High School football team with Evoshield products through the Youth Empowerment and Support Services (YESS) program.

Thirty athletes were custom fitted with protective gear that transforms from soft gels to a hard protective shell within minutes.

Because of the patented Gel-to-Shell technology, players are better protected because the shell molds to the contours of the player, inside the compression shirt and fits snugly to each player's body for an individualized fit.

Evoshield products provide the best protection against abdominal injuries.

The THF has outfitted more than 7,000 athletes across the United States with protective gear in the last 14 years.

If you are interested in obtaining Evoshield through the Taylor Haugen Foundation, go to info@taylorhaugen.org

SEC	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26
Alabama	@ARK	TEX A&M	@TENN	MISS ST	OPEN	@LSU	@OLE MISS	APSU	AUBURN
Arkansas	ALABAMA	@MISS ST	@BYU	OPEN	@AUBURN	LIBERTY	LSU	OLE MISS	@MIZZOU (25)
Auburn	LSU	@GEORGIA	@OLE MISS	OPEN	ARK	@MISS ST	TEXAS A&M	WKU	@BAMA
Florida	E WASH	MIZZOU	LSU	OPEN	@GEORGIA	@A&M	S CAR	@VANDY	FSU (25)
Georgia	@MIZZOU	AUBURN	VANDY	OPEN	FLORIDA	TENN	@MISS ST	@KENTUCKY	GA TECH
Kentucky	@OLE MISS	S CAR	MISS ST	OPEN	@TENN	@MIZZOU	VANDY	GEORGIA	L'VILLE
LSU	@AUBURN	TENN	@FLORIDA	OLE MISS	OPEN	ALABAMA	@ARK	UAB	@TEX A&M
Miss St	TEX A&M	ARK	@KENTUCKY	@BAMA	OPEN	AUBURN	GEORGIA	ETSU	@OLE MISS (24)
Missouri	GEORGIA	@FLORIDA	OPEN	VANDY	@S CAR	KENTUCKY	@TENN	N MEX ST	ARK
Ole Miss	KENTUCKY	@VANDY	AUBURN	LSU	@TEX A&M	OPEN	ALABAMA	@ARK	MISS ST (24)
SC	SC STATE	@KEN	OPEN	TEX A&M	MIZZOU	@VANDY	@FLORIDA	TENN	@CLEMSON
Tenn	OPEN	@LSU	ALABAMA	UT MARTIN	KENTUCKY	@GEORGIA	MIZZOU	@S CAR	@VANDY
TEX A&M	@MISS ST	@BAMA	OPEN	@SC	OLE MISS	FLORIDA	@AUBURN	UMASS	LSU
VAN	OPEN	OLE MISS	@GEORGIA	@MIZZOU	OPEN	S CAR	@KENTUCKY	FLORIDA	TENN

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Pro Football Schedule

WEEK 4
Thursday, Sept. 29

Dolphins vs. Bengals 7:15 p.m. Amazon

Sunday, Oct. 2

Vikings vs. Saints (London)

Bears vs. Las Vegas Raiders 8:30 a.m. NFLN

Browns vs. Falcons Noon CBS

Bills vs. Ravens Noon CBS

Commanders vs. Cowboys Noon Fox

Seahawks vs. Lions Noon Fox

Chargers vs. Texans Noon CBS

Titans vs. Colts Noon Fox

Bears vs. Giants Noon Fox

Jaguars vs. Eagles Noon CBS

Jets vs. Steelers Noon CBS

Cardinals vs. Panthers 3:05 p.m. Fox

Patriots vs. Packers 3:25 p.m. CBS

Broncos vs. Raiders 3:25 p.m. CBS

Chiefs vs. Buccaneers 7:20 p.m. NBC

Monday, Oct. 3

Rams vs. 49ers 7:15 p.m. ESPN

WEEK 5

Thursday, Oct. 7

Rams vs. Seahawks 7:20 p.m. FOX/NFLN/AMAZON

Sunday, Oct. 10

Jets vs. Falcons London 8:30 a.m. NFLN

Eagles vs. Panthers Noon FOX

Packers vs. Bengals Noon FOX

Patriots vs. Texans Noon CBS

Titans vs. Jaguars Noon CBS

Lions vs. Vikings Noon FOX

Broncos vs. Steelers Noon FOX

Dolphins vs. Buccaneers Noon CBS

Saints vs. Washington Noon CBS

Browns vs. Chargers 3:05 p.m. CBS

Bears vs. Las Vegas Raiders 3:05 p.m. CBS

49ers vs. Cardinals 3:25 p.m. FOX

Giants vs. Cowboys 3:25 p.m. FOX

Bills vs. Chiefs 7:20 p.m. NBC

Monday, Oct. 11

Colts vs. Ravens 7:15 p.m. ESPN

WEEK 6

Thursday, Oct. 14

Buccaneers vs. Eagles 7:20 p.m. FOX/NFLN/AMAZON

Sunday, Oct. 17

Dolphins vs. Jaguars London 8:30 a.m. CBS

Chargers vs. Ravens Noon CBS

Vikings vs. Panthers Noon FOX

Packers vs. Bears Noon FOX

Bengals vs. Lions Noon FOX

Texans vs. Colts Noon CBS

Rams vs. Giants Noon FOX

Chiefs vs. Commanders Noon CBS

Cardinals vs. Browns 3:05 p.m. FOX

Las Vegas Raiders vs. Broncos 3:25 p.m. CBS

Cowboys vs. Patriots 3:25 p.m. CBS

Seahawks vs. Steelers 7:20 p.m. NBC

Monday, Oct. 18

Bills vs. Titans 7:15 p.m. ESPN

WEEK 7

Thursday, Oct. 21

Broncos vs. Browns 7:20 p.m. FOX/NFLN/AMAZON

Sunday, Oct. 24

Bengals vs. Ravens Noon CBS

Commanders vs. Packers Noon FOX

Falcons vs. Dolphins Noon FOX

Jets vs. Patriots Noon CBS

Panthers vs. Giants Noon FOX

Chiefs vs. Titans Noon CBS

Lions vs. Rams 3:05 p.m. FOX

Eagles vs. Las Vegas Raiders 3:05 p.m. FOX

Texans vs. Cardinals 3:25 p.m. CBS

Bears vs. Buccaneers 3:25 p.m. CBS

Colts vs. 49ers 7:20 p.m. NBC

Monday, Oct. 25

Saints vs. Seahawks 7:15 p.m. ESPN

WEEK 8

Thursday, Oct. 28

Packers vs. Cardinals 7:20 p.m. FOX/NFLN/AMAZON

Sunday, Oct. 31

Panthers vs. Falcons Noon FOX

Dolphins vs. Bills Noon CBS

49ers vs. Bears Noon FOX

Steelers vs. Browns Noon CBS

Eagles vs. Lions Noon FOX

Rams vs. Texans Noon FOX

Titans vs. Colts Noon CBS

Bengals vs. Jets Noon CBS

Patriots vs. Chargers 3:05 p.m. CBS

Jaguars vs. Seahawks 3:05 p.m. CBS

Commanders vs. Broncos 3:25 p.m. FOX

Buccaneers vs. Saints 3:25 p.m. FOX

Cowboys vs. Vikings 7:20 p.m. NBC

Monday, Nov. 1

Giants vs. Chiefs 7:15 p.m. E SPN



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Game Day Highlights

Saturday 10/8
Tennessee @ LSU 11am
Auburn @ Georgia 2:30pm
Ohio St @ Michigan St. 3pm
Texas A&M @ Alabama 7pm
Florida St. @ N.C. State TBD

Saturday 10/15
Penn St. @ Michigan TBD
Auburn @ Mississippi TBD
Clemson @ Florida St. TBD
LSU @ Florida TBD
Alabama @ Tennessee TBD

Saturday 10/22
Mississippi @ LSU TBD
Mississippi St. @ Alabama TBD
Minnesota @ Penn St. 6:30pm

Syracuse @ Clemson TBD
Duke @ Miami TBD

Saturday 10/29
Arkansas @ Auburn TBD
Ohio St. @ Penn St. TBD
Kentucky @ Tennessee TBD
Mississippi @ Texas A&M TBD
Florida @ Georgia 2:30pm

Saturday 11/5
Auburn @ Mississippi St. TBD
Penn State @ Indiana TBD
Clemson @ Notre Dame 6:30pm
Florida St. @ Miami TBD
Tennessee @ Georgia TBD
Alabama @ LSU TBD
Florida @ Texas A&M TBD

Destin High School Football

9/2	Baker	Away
9/8	North Bay Haven	Home
9/16	Rocky Bayou Christian	Away
9/23	Lighthouse Christian	Away
9/30	Jay High School	Away
10/7	Dean Bozeman	Home
10/14	Chiple	Away
10/21	Hilliard High School	Home
10/28	Aucilla Christian	Home
11/4	Holmes County	Away

FWB High School Football

9/2	South Walton-Santa Rosa Beach	Home
9/9	Niceville	Away
9/16	Escambia-Pensacola	Away
9/23	Panama City Beach	Away
9/30	Pine Forest-Pensacola	Home
10/14	Booker T. Washington-Pensacola	Away
10/21	Bay-Panama City	Home
10/28	Choctawhatchee-FWB	Away
11/4	Crestview	Home

Games start at 7 p.m.

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DESTIN'S BEST

continued from page 23

**FATBOYS - Destin/
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Game Day and FATBOYS go hand in hand. So, hustle down for some of the best, most delicious gameday football watching food around. Be sure to enjoy a tall glass of FATBOYS Lager, too. Oh, and bring the crew with you. There's always a great seat waiting for you at either of our two convenient locations, Destin and Miramar Beach.

Happy Hour Mon-Fri 3-6pm

Half off Beer, (bottle, can, draft). Football Season Specials include Sat., Sun., Mon. (All day long) 1/2 off beer (bottle, can, draft). Daily Lunch Specials are Mon-Fri 10am-3pm—ORIGINAL FATBOY or CLASSIC CHICKEN (crispy or grilled) w/Fries and a drink. Daily Specials: Mon-BOGO 1/2 off Any Burger or Sandwich entree, Tues-BOGO 1/2 off Any Appe-

tizer, Wed. Kids eat FREE with purchase of an Adult Entree. Visit Fatboys' Facebook page for exciting updates.

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(850) 842-2807
10859 Emerald Coast Pkwy.
Miramar Beach
Ilovefatboys.com

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. Football 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

Tailfins Waterfront Grill

Looking for a locals' favorite breakfast? Start your day off right with Tailfins Breakfast from 8-11 a.m., seven days a week. Enjoy a classic breakfast with

bacon and eggs, a seafood or Cajun omelet and even a kid's smiley pancake. Be sure to order up a round of mimosas and bloody marys. Watch Tailfins' sushi chef create right in front of your eyes. Enjoy some of your favorite food and drinks, including sushi rolls and sake bombs, scrumptious early bird dinner specials Monday to Friday, 4-6 p.m. Happy hour from 4-6 p.m. Monday through Friday, featuring \$20 domestic bottle buckets, \$5 house wines and well drinks and \$5 Long Island iced teas. Live Music on the Docks all week long. Football fans, Tailfins is your go to destination featuring over 70 Big Screen TVs. Be sure to check out our new Video Wall upstairs, possibly the largest indoor TV on the harbor.

DAILY CRUISES: Introducing Tailfins Island Adventure. Departures seven days a week aboard "Always Workin," Tailfins' brand new 45-foot-long cruiser. Enjoy the Destin Harbor and Crab Island like never before. Choose between The three-hour tour, sunset cruise or Thursday night's spectacular fireworks cruise. Book online, tailfinsislandadventure.com.

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tailfinsdestin.com

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. Football season is here so don't miss a game all season long. 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 sure to find your favorites here." Open seven days a week for lunch and dinner or call ahead to place your take out and to-go orders. EAT. DRINK. FIESTA!

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the BOATHOUSE

Images of beer bottles and oyster dishes.

OCTOBER LIVE MUSIC!

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9pm Roshambo
- Tuesdays:** 5pm Kyle LaMonica
8pm Austin Jennings
- Wednesdays:** 4pm Hunter & Tony
9pm Squeely Dan
- Thursdays:** 4pm Shane Curle
8pm Austin Jennings
- Fridays:** 4pm Jason Findley
8pm Airavata
- Saturdays:** 12pm Kelly Byrd
4pm TBD
8pm Gunner
- Sundays:** 12pm Kelly Byrd
4pm TBD
8pm TBD

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

288 Harbor Blvd, Destin
(850) 837-3645

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

Registration Open for the 2023 Seaside Race Weekend

Celebrating the 21st year of racing, The Seaside School Half Marathon & 5K registration has begun for the Feb. 17-19, 2023 Race Weekend, one of longest consecutive running events and top grossing fundraisers in Northwest Florida. The charitable cause, which draws participants from all over the country, has helped fund The Seaside School, Inc., one of the first and now the oldest operating public charter schools in Florida.

The three-day charity Race Weekend kicks off with the coastal cuisine event Taste of the Race on Friday night, then proceeds to a fun-for-all-ages Race Expo on Saturday, and culminates on Sunday morning with the running of the half marathon and 5K along the iconic Highway 30A starting and finishing in Seaside.



This year's race will feature an overall theme, to be voted on by race registrants and social media followers. The chosen theme will spice up race festivities, particularly for runners wishing to dress

out, live up their run or participate in team entries. Theme choices include "Disco Dash," "Superhero Sprint," and "Rockstar Run." To vote, simply visit runseasidefl.com/ or facebook.com/SeasideSchoolFoundation. The theme will be announced across all social media platforms on October 1st, 2022.

Funds raised benefit The Seaside School Foundation. 5K registration is \$95; half marathon is \$125. Race registrants will receive the following items: a Vera Bradley® Grand Tote in Plum Pansies, a virtual goody bag full of surprises, an iconic race shirt designed by Billie Gaffrey, a customized playlist and half marathon finishers will receive a unique finisher medal.

Registration options can be found at www.runseasidefl.com.



Emerald Coast Classic Tickets On Sale

Tickets for the eighth annual Emerald Coast Classic college basketball tournament, presented by Global Sports, are on sale at the official tournament website www.emeraldcoastclassic.com



Tickets start at \$20 per session with each session having two games. The Emerald Coast Classic will be played Thanksgiving weekend Nov. 25-26 at The Arena on the campus of Northwest Florida State College.

game scheduled for a 6 p.m. tip off on that Saturday.

Iowa will face Clemson in a semifinal round game at 6 p.m. central time on Friday, Nov. 25, while TCU will play Cal at 8:30 p.m. The third-place game will be played at 3 p.m. on Saturday Nov. 26 with the championship

Other games at Northwest Florida State College on Friday Nov. 25 have Southern playing Loyola Maryland at 11 am while Louisiana Monroe meets Omaha at 1:30 p.m.

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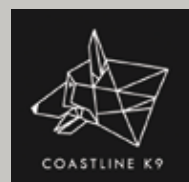
Aj's Grayton Beach Kids on the Coast Aj's On the Bayou



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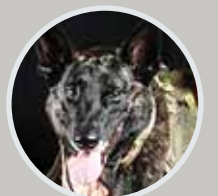
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www.coastlinek9.com

Instagram: instagram.com/coastline_k9



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and lattes. And there are diverse fresh fruit smoothies and a variety of tantalizing teas. Check out the special kids menu, too. Indoor and outdoor seating on our large covered patio are both available. You can also book after-hours for private events or special occasions. Open for breakfast and lunch seven days a week from 7 a.m.-2 p.m.

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and new Oktoberfest cooking style. Every Monday-Wednesday through Oct. 26, the Oktober FondueFest dining experience, starting at \$47, features a three-course menu with Bavarian Beer Cheese Fondue and premium Bavarian dippers, choice of salad, and Black Forest Chocolate Fondue with decadent treats perfect for dipping. Guests have the option to add the Oktober FondueFest Entrée with the new Oktoberfest Cooking Style to make it a four-course meal.

A recent heartbreaking fire has temporarily halted in-restaurant dining. So, until the Oasis restaurant can reopen, 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.

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Discover a whole new way to dip: Dip into Bavarian Beer Cheese Fondue and grill the best "wurst." Made tableside with Sam Adams Oktoberfest beer, the Bavarian Beer Cheese Fondue features Kindred creamery cheddar, emmenthaler, parmesan, housemade Bavarian mustard, garlic and spices. Enjoy with Bavarian-style dippers grilled right at the table including hot-off-the grill bratwurst, braised short rib, roasted garlic dijon potatoes, steamed carrots and cornichons accompanied by pretzel bread, sauerkraut and Bavarian mustard.

German inspired dessert for a perfect ending: The Oktober FondueFest menu brings a traditional, German-inspired dessert to the fondue pot. The Black Forest chocolate fondue features the rich flavor of dark chocolate with black cherry compote and kirschwasser cherry brandy. Served with decadent treats including Black Forest brownies, sweet-spiced apples, strawberries, pearl sugar waffles, bananas and cream puffs. For more information, visit <https://www.meltingpot.com/oktober-fonduefest.aspx>.

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New Alert System Developed to Find Missing and Endangered Boaters

A new "Aqua Alert" system has been developed after a kayaker disappeared last year in the Gulf. It will notify Emergency Responders and Okaloosa County residents of missing or endangered boaters or kayakers and aid in the search.

It was launched as the result of a collaborative effort between the City of Destin, the Okaloosa County Sheriff's Office and the Okaloosa County Board of County Commissioners.

The Aqua Alert idea was conceived by Minnesota resident and Destin snowbird Judy Schink after her husband, 61-year old Dave Schink, disappeared while kayaking in the Gulf of Mexico February 13th, 2021. During a search and rescue operation, Dave's kayak was discovered 20 miles offshore of Destin, but tragically he was never located.

Legacy Fisherman Mayor Gary Jarvis said, "Judy has been

a lighthouse in her own family's storm. I admire her strength in sharing her husband's story and I have been blessed to help facilitate making her family's concept come to fruition. It is our hope that Aqua Alert will prevent future tragedies and become a successful, lifesaving tool on the water."

Here's how it works: When a boater is reported missing, a preliminary investigation will be done to determine if the disappearance poses a credible threat to the person's welfare and safety. If it is determined by the OCSO Shift Supervisor the boater is missing and endangered, and a sufficient description of the missing person and/or vessel with a travel plan is known, the Shift Supervisor



will approve an Aqua Alert. The OCSO Special Operations Unit will be notified along with the Coast Guard and Florida Fish and Wildlife Commission. If safe conditions exist, a search and rescue will be launched. The Aqua Alert information will also be distributed to the public through the OCSO Sheriff's App mobile phone notification

system, as well as social media. The information is then available to those who want to voluntarily help keep an eye out for any sighting.

"Okaloosa County is home to some of the most popular boating areas in the U.S.," said Sheriff Eric Aden. "Having a rapid way to get out detailed information when a life is in danger will mean potentially thousands of additional eyes on the water to help."

"The safety of our community is paramount," said Okaloosa Board of County Commissioners Chairman Mel Ponder. "A rapid response to water-based emergencies can save lives, therefore increased awareness can improve the chances of a successful water rescue."

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Destin Fishing Rodeo Events

<p>74th Annual Destin Fishing Rodeo (Oct. 1st – 31st)</p> <ul style="list-style-type: none"> • Weigh-Ins are everyday behind A.J.'s from 10 a.m. – 7 p.m. 	<p>October 7th, 8th, & 9th</p> <ul style="list-style-type: none"> • 44th Annual Destin Seafood Festival 	<ul style="list-style-type: none"> • Ringing of the Bell
<p>Sunday, October 2</p> <ul style="list-style-type: none"> • Destin 5K Rodeo Run 	<p>Monday, October 10th</p> <ul style="list-style-type: none"> • Kids Fall Movie Festival <p>Sunday, October 16th</p> <ul style="list-style-type: none"> • Bruce Cheves Day 	<p>Saturday, October 22nd</p> <p>Larry Hatchett Fishing Foundation Day</p>
		<p>Monday, October 31st</p> <ul style="list-style-type: none"> • Halloween on the Harbor

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THURSDAY • PRIME RIB SPECIAL
served with baked potato and choice of side salad or French onion soup for \$19.95. Starting at 4pm to 6pm

SATURDAY • COLLEGE GAME DAY
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SUNDAY FUNDAY AT AJ'S
So much to do! Watch NFL games on the AJ's Jumbotron, enjoy our seafood boil starting at 1pm, and live music with Jones and Company at 4pm and Black Eyed Blonde at 9pm. Don't forget to drop by and watch the Destin Fishing Rodeo weigh-ins from 10am to 7pm

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Off the Hook

More Deployments Add to Our Artificial Reefs

In Okaloosa County, an artificial reef is a fun and satisfying site for fishing, diving and snorkeling that is easily accessible for us all. Our area's artificial reefs consist of anything from concrete piles to specifically designed modules and even large shipwrecks.

Our area has one of the most active artificial reef programs in the nation. Each year, more artificial reefs are deployed off our coast.



MISS NELLIE and CORDONAZO Deployed

Over the past few weeks, the Coastal Resource team successfully lead another two reef deployments — the MISS NELLIE and CORDONAZO. On August 23, the MISS NELLIE



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was deployed about 21 nautical miles southeast of the Destin East Pass. You can find the donated tugboat sitting on the bottom of the Gulf of Mexico about 112-feet down. This 62.5-foot vessel will provide habitat for marine life, as well as an excellent dive and fishing spot. And on September 7, 2022, the CORDONAZO was deployed approximately 14.8 nautical miles south of Destin's East Pass. The 67-foot sailboat caught fire and was donated to Okaloosa County to become a part of the artificial reef program.



Upcoming Deployments

Destin-Fort Walton Beach Tourism's Coastal Resource

Team is in the process of preparing several new vessels for deployment (dates and precise locations TBD).

· 1,000 tons of concrete was donated by Destin Water Users, Eglin Airforce Base and local stakeholders to be deployed as a large pile.

· The 100-foot supply vessels ATLANTIS and CYCLOPS will be inspected with a possible deployment soon.

· The 190-foot MANTA and DOLPHIN research vessels are currently being prepared for a late September deployment.

· AJ's Seafood & Oyster Bar donated a 70-foot sailboat that was previously used for sunset and dolphin cruises. The boat should be deployed before the end of the year and will be the start of "Boatyard West."

MISS NELLIE Coordinates: 30° 07.916' N, 86° 17.512' W

CORDONAZO Coordinates: 30° 08.346' N, 86° 33.882' W

Check out an amazing 3D interactive model of a recent deployment on www.destin-fw.com/explore/ecotourism-hotspots/artificial-reefs, courtesy of ReefSmartGuides.com. Visit destinfw.com.

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Okaloosa County Divers Place in Statewide Lionfish Challenge

The Florida Fish and Wildlife Conservation Commission (FWC) recently named the winners of the summer-long, statewide, lionfish tournament which ended Sept. 6 and two Okaloosa County residents placed first and second in the 7th Annual Lionfish Challenge. Congratulations to Isaac Jones who won first place in the recreational division with 1,018 lionfish; and local Alex Fogg, coastal resource manager for Okaloosa County, who won second place in the commercial division with 1,090 pounds of lionfish, just 2 lbs. shy of the division winner.

In just three months, nearly 200 divers searched and removed thousands of lionfish from our waters – bringing in a whopping 25,299 lionfish, the most since 2018. Further, this year’s tournament broke the record for the most participants in the program’s history with 707 registered divers.

The Lionfish Challenge, an FWC program, is sponsored by FloGrown, and open to competitors throughout Florida. It challenges divers to kill lionfish, an invasive species that threatens to crowd out native fish. Since they’re covered in venomous spines that can inflict painful stings, harvesting them usually requires a spear or slingshot, although nets are also allowed. The goal is for participants to remove as many lionfish as they can in just 3.5 months. It’s free to enter and participants can compete for the title of the Lionfish King/Queen or Commercial Champion anywhere in Florida.

Lionfish can be found year-round off our coast, though no one really knows how they arrived. Native to the Red Sea and the Indo-Pacific, there’s a theory that aquarium owners have been releasing them from home aquariums for about 25 years. (Source: National Oceanic and Atmospheric Administration)

According to the FWC, lionfish are known to prey on more than 70 marine fish and invertebrate species. They also compete for food with native predatory fish such as grouper and snapper, which are vital to the commercial fishing business.



Alex Fogg, 2nd Place Winner Commercial Division

Winners:
Recreational Division (first place, 1,018 lionfish)
Commercial Division (second place, 1,090 pounds of lionfish)
Recreational Division): Isaac Jones, Okaloosa County

Second place Recreational Division: Baye Beauford, Duval County – 863 lionfish

Third place Recreational Division: Helen Rodney, Broward County – 800 lionfish

Commercial Division

Commercial Champion (First place Commercial Division): Paul DeCuir, Gulf Shores,

Ala. (dives Escambia County) – 1,092 pounds of lionfish

Second place Commercial Division: **Alex Fogg, Okaloosa County** – 1,090 pounds of lionfish

Third place Commercial Division: Isidoro Bedoya, Duval County – 1,008 pounds of lionfish

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 Wellness



BY LISA LEATH TURPIN, BS,
FITNESS & WELLNESS COACH

It's Destin Fishing Rodeo season, and here's great news about the health benefits of our local Gulf of Mexico fish! We've all read or heard that fish is healthy for you. But cold-water fish, such as salmon, usually make the healthy headlines. It's

primarily because of their scientifically known Omega-3 fatty acid profile. However, we can't stop there! There's good news for us Gulf Coast residents—warm water Gulf of Mexico fish has high Omega-3s also.

Omega-3 and Omega-6 fatty acids are essential to good health. Essential means that our bodies don't produce it. Therefore, we must obtain it through our diet. They are essential for normal growth and development of every aspect of human health. These fatty acids are similar in structure, but their functions are very different.

Americans typically consume up to 20 times more Omega-6

then they do Omega-3. This causes an imbalance in our bodies which are linked to a long list of diseases including atherosclerosis, rheumatoid arthritis, asthma, colitis, Crohn's disease, type-2 diabetes, heart disease, various cancers, Alzheimer's, Lupus, allergies and multiple sclerosis. Medical research has found that a diet must include no more than four times as much Omega-6 as Omega-3 for optimal health.

Eating Gulf fish will help raise your intake of Omega-3 fatty acids to help with the balance between not only Omega-6, but also total fats in the body consumed by the average American. This is why it's important to eat foods high in Omega-3.

Dr. Julia S. Lytle, Ph.D & Dr. Thomas F. Lytle, Professors Emeritus, Department of Coastal Sciences, states in a brochure: Marine fish oils are the primary

source of Omega-3 fatty acids while the plant oils corn, soy, peanut, cotton, sunflower and safflower are the major sources of Omega-6. All marine fish, whether caught in warm water or cold water, contain Omega-3 fatty acids. Fatty fish such as salmon, sardines, mackerel and young tunas are rich in Omega-3s, but they are also higher in total fats than leaner fish such as flounder, redfish, snapper and tilefish. Recent research indicates that most Gulf fish contain less than 5% total fat, and their fat is enriched in Omega-3s. Dr. Julia says, "Since warm water fish are lean, you can eat larger portions to increase your intake of Omega-3 and still keep total fat calories moderated." I'd like to note, though, be careful in its preparation if you are watching total fat calories. Fat is nine calories per gram, while protein and

carbohydrates BOTH are four calories per gram. If you add creamy (fatty) rich sauces, extra oil or breading while cooking, you could double the amount of calories for that portion of fish.

Achieving the right balance of Omega-3 and Omega-6 helps with the following: Fighting inflammation, reducing the risks of heart attacks and strokes, boosting your immune system, reducing cancer risk, slowing aging, reducing risk of macular degeneration, and lowering triglycerides.

Make healthy changes by eating MORE Gulf fish at least twice weekly and add dark green leafy vegetables, and flaxseeds and walnuts to salads. Eat LESS processed foods and avoid deep-fried foods. Reduce total fats. Use olive and canola oils for salads and cooking.

This information came from a study done by the professors above through The University of Southern Mississippi, Dept. of Coastal Sciences. The basis for their conclusion was through analysis of almost 50 species of Gulf fishes. Regardless of season, age, size or sexual maturation, Gulf fish are valuable sources of Omega-3 and they have charted the fatty acid, cholesterol and total fat in 44 species. Visit usm.edu/gcrl/omega-3 to see the comprehensive list. To contact Lisa, email BeActive850@gmail.com. Be Active! Stay Strong!

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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There May Be a Cure for the “Blahs”



BY DR. RICHARD CHERN, M.D.
How often does this happen? You wake up but don't feel rested. You won't be productive so maybe just skip the day. You drag yourself out of bed and go through the motions. The goal is to get back home and end the day. You can watch TV, play on the phone, eat dinner and head

back to bed. Surely tomorrow you'll wake up with some motivation to accomplish those long-term goals.

This happens to all of us and occurs more often the older we get. Luckily we can increase the number of those motivated days.

Before I started treating patients with hormone pellets, I first became a patient. I was hesitant initially because my levels were in the normal range and I thought I felt normal. Sometimes I lacked motivation, sometimes I took naps, sometimes I didn't want to go to work, sometimes I fell asleep on the couch. Regardless, I still took care of

my responsibilities, I got the bills paid, I had some fun, and I was pretty comfortable. I did notice over time it was getting harder to have fun, harder to feel rested, and harder to take care of the responsibilities.

After some convincing, I decided to get treated. My levels prior to treatment were in the reference range or “normal range” but they were nowhere near the optimal range. After treatment, I quickly understood I had been missing out on more than I could imagine. It's hard to describe but almost immediately I began to feel healthier, I started getting more energy, I had a de-

sire and drive to be more active. I slept so well that the afternoon naps were no longer needed. The fog lifted and I was finally able to focus and concentrate on the important things in life.

Most people think about libido when you mention hormones but that's just one of the many many benefits of treatment. There are so many benefits to getting your hormones right it's difficult to figure out why anyone would want to go without.

Don't miss out on your opportunity to feel healthy and alive again. Come get tested and let us talk to you about your levels. Remember, just because your levels

are “normal” doesn't mean they are healthy or optimal.

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 Richard Chern, MD treats many of the medical community in the area. Dr Richard Chern, MD is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. Call Dr Richard Chern, MD today for an appointment at The Hormone Restoration Center at (850) 837-1271.

Hospital Completes First Leg of Expansion

HCA Florida Fort Walton-Destin Hospital celebrated the completion of the first phase of its \$100 million expansion

Aug. 30, which includes a new four-story, 95,000-square-foot patient tower and 10,000-square-foot renovated dietary space.

“By equipping our team

gical care beds – increasing the hospital's capacity from 267 to 309 beds.

ing ceremony and tours of the newly-completed spaces. The Fort Walton Beach Chamber of

Commerce, the Destin Chamber of Commerce, the Walton Area Chamber of Commerce

and various community leaders attended.



with the latest technologies in an updated, modern space, we hope to provide a more healing environment for our team and the people we serve,” said CEO Zach McCluskey.

The hospital celebrated the expansion with a ribbon-cut-

ting ceremony and tours of the newly-completed spaces. The Fort Walton Beach Chamber of

Commerce, the Destin Chamber of Commerce, the Walton Area Chamber of Commerce

and various community leaders attended.

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Self-Care Corner: Benefits of Massage



BY KRISY ANDERSON

I know we've discussed massage before in this column. However, it's just so good for you, it warrants us taking notice again. Massage is much more

than a "feel good" session:

Pain Relief: Soreness and stiffness result when overworked muscles produce waste products like lactic acid. Massage can help by improving the circulation to muscles to flush these out. Tense muscles can also compress blood vessels and nerves and massage leads to a gradual release that eases the pain. Just be sure to let your massage therapist know if your pain is caused by stress, injury or surgery.

Improved lymph movement: Lymph is the milky-white fluid that drains waste from the cells. The pumping effect of muscle contraction moves lymph through the body,

and massage (as well as exercise) can facilitate the process. The pressure of massage also increases blood flow that can help reduce swelling after surgery.

Increased circulation: The manual pressure of massage increases blood flow to the treated areas. The increased blood flow brings more oxygen and nutrients to the muscles to help repair and revitalize the body.

Better skin: Massage helps the skin by stimulating the sebaceous and sweat glands. Increased blood flow also has a positive effect on the skin by supplying the cell with nutrients and oxygen. More blood at the

skin's surface also leads to a rosy, healthy glow.

Positive attitude: Massage has been shown to increase the body's production of "feel-good" endorphins and the mood-regulating hormone serotonin and decrease levels of the stress hormone cortisol.

Balance the nervous system: Stress revs up the nervous system, leading to the restlessness, hyperactivity, anxiety, muscle tension, cardiovascular stress and even abdominal problems. Massage helps reduce stress and the body's reaction to it, bringing your nervous system back into harmony.

More perfect posture: Muscles that are too tight or too slack can throw off your posture. To compensate, your body will utilize other muscles, which can eventually become accepted by your body and lead to permanent imbalance and chronic muscle pain. Massage can loosen those areas and help bring back into more balance.

Do you still have questions? We're here to help with a customized massage tailored to your needs and would love to talk with you. Next month, we'll discuss the different types of massage. Visit beverlyhillsdayspa.com or call (850) 654-8544.

Understanding Shingles



BY KAY LEAMAN,
HEALTH ARCHITECT

The same virus that causes chickenpox, shingles or Herpes Zoster (VZ) is a reactivation of the dormant VZ within the nervous system. This virus can live in the nervous system for years before being triggered. So, if you've had chickenpox, you carry the virus.

Shingles begins as a sensitive red patch/rash on the skin which blisters and appears as a

stripe on one side of the body. It can also be very painful and itchy. The striping is due to the breakout following the path of the infected nerve under the skin. These nerves can be located on both sides of the torso, neck and face. One can also experience fever, headaches, fatigue or weakness and severe cases can affect the eye and meninges (covering of the brain). Some cases are "uncomplicated" and typically clear up within three weeks, give or take. The virus has been known to last up to eight weeks.

There are risk factors which can aid in VZ being activated:

- Being over 60 years of age
- Stress
- Chronic lack of sleep
- Being nutritionally deficient
- Use of steroids or other

meds that suppress the immune system

- Having a disease that weakens the immune system such as HIV, AIDS or cancer
- Having chemo or radiation therapy

There is no cure for shingles. Vaccines should be discussed with your doctor if you have a high risk factor.

The following therapies can help in relieving symptoms: Rest, cold compresses, calamine lotion, colloidal oatmeal baths (ground whole rolled oats to a fine powder. Added to water it should dissolve in with little to no stirring. Be careful as it can make the tub slippery. After soaking, rinse off with lukewarm water and pat dry. If you don't have a tub you can make a poultice using cotton cloths) oral Benadryl as well as lidocaine

patches (helps reduce itching) and non-steroidal anti-inflammatory drugs such as ibuprofen. Narcotics may be necessary to ease the pain and anti-viral medication (acyclovir, valacyclovir, famciclovir) can reduce the course of a shingles outbreak.

Using essential oils have also been used with good results. Oils with antiviral properties are Ravensara, tea tree and lavender. Tamanu oil can be used as a carrier oil and can have skin healing properties. Bergamot and helichrysum are also good oils for consideration. Essential oils are very potent and should not be used until you have spoken with a professional.

In closing, I would like to share a quote from a long-time physician. "Over the course of the past 23 years that I have been recommending nutraceuticals, I have found that many people with shingles appear to get relief, and may possibly reduce the course of the outbreak, with the use of quality micronutrient nutritional supplements. They may also help reduce the occurrence of post-herpetic neuralgia, which is a painful condition that remains after shingles is resolved."

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By TODD CRAIG,
JOURNEY BRAVELY

One of the most difficult seasons of my life were the two years I had hopes and dreams that I was too scared to share with other people. The truth is, I wasn't even brave enough to acknowledge them to myself. It was time to move from one chapter of life to the next, but I thought I didn't know how I wanted to begin writing the next chapter. I kept talking myself out of the things that were stirring within me. However, when I got brave enough to acknowledge and share my dreams, amazing things began to happen.

Life, relationships, and even work become adventures to be lived when you name your dreams and ambitions. When you are brave enough to do this, you take the first steps on an exciting journey of growth. Struggling on where to start?

6 Practices to Help Clarify Your Dreams

Focus on the potential, not the problem

The tendency to focus on the problems of life leads to anxious thoughts that anchor you to status quo thinking. When you allow yourself space to imagine the life you want to live, you begin to develop a passion and desire that can move you forward. As I've written before, one of the most powerful and important questions to wrestle with is, "What do I want.... really?"

Postpone edits

The discipline of dreaming requires postponing edits. Many of us choose to live a limited life because we edit chapters in our life story that haven't been written yet. Focusing on potential and allowing ourselves to dream makes us vulnerable to disruption or disappointment. So, we prematurely edit what could be magnificent stories in favor of a settled life.

Resist either/or thinking

We have been told ad nauseum, "you can't have your cake and eat it too." While this is true in some situations, there is a temptation to over apply this. As you imagine what is possible give yourself permission and hold yourself accountable to keeping a both/and mindset. Either/ or thinking comes from a scarcity

mindset; there is only one cake. An abundance mindset allows both/and thinking, I can eat my cake and bake more.

Figure out what first.... how later

Don't limit your future based on your current capabilities. It's so tempting when you begin to imagine what is possible to quickly begin wondering how to make it happen. When you do this, you shut the door on imagining what is possible and shift to problem solving. You don't have to know how to get there yet. If you already had the skills and knew how to get the outcome you wanted, you would have already done it. When you keep your attention focused on what you desire to be true, you will naturally begin gathering evidence of the behaviors and attitudes that lead you towards that vision or away from it. Getting clear on what you want will contribute, over time, to the clarity of how to get there. When focused on the problem you say, "I don't know how." When focused on the possibility you say, "I don't know how... yet."

Leverage what ifs

"What if" thinking can be a blessing or a curse entirely based on how you apply it. When you imagine "what if?" in a negative way you paralyze yourself with

fear. What if I can't? What if it fails? While these may be possibilities, so are the positive "what ifs". What if I can? What if it all works out? The challenge here is to intentionally focus on the positive.

Be patient, enjoy the journey and make room for serendipity

Dreams shrink when they are rushed. If your vision is big, it will take time. Keep the view in front of you and take the next right step. You don't have to have it all figured out. And, again, if your dream is big enough, you probably won't have it all figured out. We tend to overestimate what we can accomplish in a short amount

of time and grossly underestimate what is possible in the long term. Resist the temptation to shrink your dream to fit who you are today. Instead, allow yourself space and time to grow into your dream. Celebrate the steps you take along the way and enjoy those unexplainable moments of serendipity that happen along the way.

One of our great joys in working with people is to witness those moments of transformation when a lightbulb goes on and clients begin to imagine and believe what is possible. Visit us at www.journeybravely.com and let's discuss how we can help you on your journey.

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Travel

Family Travel Around the World



By JODELL HAVERFIELD,
HAVE TRAVEL MEMORIES

Clearly, travel is back in most of the world and by far the majority is family travel. I suspect it's because it took a pandemic to make families miss each other. While it's no surprise parents missed their grown children and grandchildren living more than a short drive away, it's a fact that even siblings missed each other. Family dinners, birthday parties, weddings, even funerals were not an option. We couldn't visit one another in the hospital much less church. All

these events we took for granted. Many of us put off travel to do later, when we have the time, however far too many ran out of time. Covid 19 was a bitter lesson indeed.

On a brighter note, travel says, "Hello, I'm Back!" Group and multigenerational travel has finally taken off! Every part of the travel industry has opened its doors to families from grandparents to teenagers and parents with young children. Who would have thought a decade ago cruise ships would have roller coasters on them. Whether parents and grandparents are looking for activities they can enjoy with younger family members, or the kids just need a place to be kids, it's all out there.

I always believed taking kids to experience unique locales and far-flung cultures was equal if not better than time spent in the classroom. I argued with my husband that our children could take their homework with them, but they couldn't take the actual experience of the journey to class. Even if you stay close to



home the kids will love it.

Here are a few of my picks for family adventures around the world.

Beaches in Jamaica or Turks and Caicos – Everything's included for everyone! At Beaches Resorts, adventure and excitement gives kids the freedom to have a vacation of their own and parents the luxury to relax and enjoy themselves too. Featuring every land and water sport, 5-star Global Gourmet, as many as 22 restaurants and 14 bars. With live entertainment and family size accommodations, when it's all included, all you have to do is pack!

Vacations well-suited for family travel might be experiencing the British Isle – There are so many options that are great for families. Customize an itinerary that fits your families

interests like, visiting a real castle with highly experienced tour guides that can highlight their towns and regions in ways that can really keep the interest of all ages. Do a self-drive and travel at

your own pace. Visit the Giant's Causeway in Northern Ireland.

Nicaragua's over-the-top adventures – Nicaragua might not jump to mind immediately when thinking of family fun, but that would be a shame. Your family will want to lay claim to this hidden treasure. Rancho Santana, set between the Pacific Ocean and Lake Nicaragua is a surfer's paradise with ocean view homes, villas and casitas, all with access to kids club, monkey viewing tours, sand-boarding adventures and much more included. Rancho Santana is just one family friendly property, the type of place where you can build memories that will last a lifetime with five beaches and large forest blend to create a unique destination.

Family fun in Tampa – We all know that Florida is a perennial favorite with families however Tampa Bay offers endless waterfront activities. From exhilarating roller coasters to the local culture, Tampa is a premier destination and the perfect place to find adventures for all ages. Sev-

eral of Tampa Bay's top attractions include Busch Gardens, where wildlife preserve meets theme park, including North America's tallest and the world's fastest and steepest hybrid coaster. Another amazing stop would be the Florida Aquarium or ZooTampa at Lowery Park with its new Roaring Springs water ride that plunges visitors down a 30-foot drop or the Glazer Children's Museum and Lost Pearl Pirate Ship, a one-and-a-half-hour interactive experience that includes swashbuckling activities and water cannon fun.

Cruise Lines Cater to All in the Family – If variety is the spice of life, when it comes to planning family and multi-generational vacations, it is an essential ingredient in the recipe for success. On a cruise there is something for everyone from rock climbing to ice skating, surfing, golf, go karts, bowling, cooking lessons and even Broadway shows. I haven't even mentioned family-friendly tours and accommodations, and all of this is easy on the pocketbook too! What more can you ask for when it comes to planning your friends and family cruise?

Don't put it off, spend time with the ones you love because you just don't know when you won't have the option anymore. Vacations make memories that will last!

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Does Your Home Sweat?

ENERGY TIPS by Emerald Coast Energy Solutions

BY CHRIS BALZER, ECES

When I conduct insulation inspections in attics, I normally come out with sweat on my forehead and, sometimes, depending on the inspection and time of year, I am completely drenched. Sweating is normal to keep our bodies cool. But when our home sweats, that's an indication of a problem. Receiving calls from concerned homeowners about sweating vents and equipment is common at ECES.

There can be many factors which cause condensation in the home; ultimately it is the dew point in our attics. Dew point defines the point at which air will become saturated and condense. Simply, the air can't hold any more moisture and creates dew.

So, why do I have moisture on my vents? Ductwork is a system or network of ducts which bring cool air to the different rooms and living areas of our homes. When heating and cooling companies install the air ducts in a home, the contractors are working with many separate pieces. While the workers strive to connect each piece as tightly and securely as possible, leaks and gaps in the ducts might still occur. This can happen in new and older homes. When these gaps and leaks occur, the conditioned air leaks out into our attics. A typical home can experience close to 20% of conditioned air loss from leaking ducts. If the leaks are big enough, even more loss can occur costing you money and comfort.

One common problem when ducts and vents are not sealed properly is condensation or sweating. These tiny drops build up around and on the vents causing issues, like mold.

Another problem we come across is cracked seals and loose boots. Maybe you had a security system installed or needed cable ran into a room which wasn't wired. Most of the time you need a technician to go in the attic and navigate in a hot, hard-to-walk-around, dark area



while performing these services. Ductwork tends to run in the same places these wires need to be run and sometimes ductwork is used as railing or support by the technician so they don't end up putting their foot through your ceiling. Putting pressure on ductwork can cause loose boots around vents and cracked seams. These are less common, but do happen and, unfortunately, are unseen, because they happen in the attic. More common is that over time, our seams, connectors, tape and vent boxes fail over time due to the harsh environment they are in. Failing tape is most common. The duct tape, which was used, becomes brittle and can no longer keep a tight seal.

Good news is that repairing these leaks is a simple one. Foil tape, expandable foam and mastic (which are a type of paste applied to seams when foil tape can't seal) is used to reseal these leaks keeping the conditioned air flowing for years to come. We tend to forget how important these systems really are and how important it is to maintain them. It is always a great idea to schedule an inspection and improve the efficiency of our largest investment, our homes.

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

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Insights for Investors



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

Focus on the US Dollar

Former U.S. Treasury Secretary James Baker commented some time ago that one of the greatest challenges to the union is that America is seen through our current account deficits and, even more importantly, the debt to GDP ratio. That ratio is at its highest level since the end of World War II. He argued that that is unsustainable. It eventually will significantly erode the standards of living for any country, let alone our own. A country can either significantly cut spending (along with other austerity measures), raise taxes or default on its debt. None of these are in the best interest of the country and none are politically, economically or socially acceptable. The answer, just as it was after WWII, is for the U.S. to inflate its way out of that ratio. In other words, let the dollar continue to inflate. That is not saying, however, that the current levels of inflation are acceptable or the answer.

The Fed's Two-Tiered Mandates

The Federal Reserve is not shy about communicating its double mandate of a target of low inflation – they state 2 percent and full employment. Most consider full employment to be an unemployment rate of 4 percent. We are currently at approximately 3.5 percent unemployment, with a severe labor shortage and two job openings for every one person looking for a job. Inflation, by way of CPI is at 8.3 percent.

The Fed's Target Inflation Rate is with PCEPI not CPI

Most of the media report inflation from the US Labor Department's monthly reading known as the Consumer Price Index or CPI. It is consumer driven, is only from urban areas and gives its largest weighting

to housing (or shelter). Investors should take note that the Fed uses the Personal Consumption Expenditures Price Index or PCEPI as its measure of inflation. This is important for investors because PCEPI is 6.1 percent and CPI is 8.3 percent at this writing. The Fed is somewhat closer to its target by way of PCEPI. The PCEPI gives a lower weighting to housing and is from a broader spectrum including producers and non-profits. The Fed feels it is a better indicator of inflation since it was introduced in 2012 (and is from the US Department of Commerce).

What About the Unemployment Rate

Fidelity Investments recently commented that for inflation to come down, unemployment would have to go up as high as 6.5 percent for the Fed to get to its inflation target. That is because this historically low unemployment is driving wages higher at an accelerating rate, thus driving inflation. The question is whether politicians and society would accept that. The answer is probably not. Add to that you see that higher rates of employment (because of fewer dollars in the economy) might release more stimulus with unemployment assistance. The more things change the more they stay the same.

The Impact This Has on Interest Rates and Yields

So, the Fed has tried to reduce inflation by raising short term rates, known as the Federal Funds rate to a new target of 3-3.25 percent. It has also begun to let those Treasury bonds (and Mortgage-Backed Securities) it bought during the pandemic mature (hence reducing the supply of money or liquidity out there). The immediate impact of this will be 1) U.S. banks increase what they earn on overnight deposits with the Fed or other banks and might therefore lend less (an intended outcome) 2) U.S. banks have an increased source of revenue (making the financial sector more valuable in our opinion) 3) Money Market Mutual Fund yields should continue to climb 4) CD yields, mainly shorter term, should continue to climb 5) the domino effect is felt in the Treasury market and ultimately mortgage rates 6) the economy should continue to slow. Risk averse investors can avoid mar-

ket volatility by moving in to or accumulating assets in the cash equivalent type investments. One caveat: Take caution as to the real rate of return with inflation currently reading as high as it is. More risky assets such as stocks and real estate continue to be (despite their current volatility and price woes) the leaders in outpacing inflation and with the real rate of return.

Is it Different This Time?

We have quoted before the words of the great investor, Sir John Templeton. He suggested that investors take note of the four most expensive words in investing; "This time it's different." Reading the news and listening to the commentators, most investors are finding themselves tested and somehow believing that this time it is different. Peter Lynch (another great investor) often called that "background noise." We don't think this time is different. We look to history as a greater indicator of where things are and where they are likely to be in the long run. The economy is slowing, earnings are coming down. Stocks follow earnings. There is a winter coming or it has arrived. But spring will come again, and no one knows exactly when that will be, so best to be positioned for recovery vs. trying to time it (which is close to impossible). Some people get frustrated when they constantly hear it best to hold or wait and not give up hope at the worst possible time. We also take note that if you want to build your health you have to be consistent and respect diet and exercise. If you want to build your wealth, you must be consistent with buying and holding and or reallocating when necessary. We remind investors however that not one size fits all: Goals, Risk Tolerance (comfort level) are always the most important.

Our Current Thinking and Suggestions for Investors

The U.S. dollar will start to come down as foreign central banks will begin to sell their holdings of U.S. dollars. Japan has already begun doing this. The U.S. dollar, at this writing is at decades high and is up 16 percent ytd. That hurts other economies and the earnings of many US companies who are multinational (many of America's largest companies get revenues from

overseas and their products and services are much more costly with a higher dollar hence hurting their earnings).

A cheaper dollar could mean stronger returns in emerging markets and with other currencies. Investors can buy mutual funds that invest in both and buy the individual securities. This is more speculative however, so caution is urged.

Inflation will continue to moderate. The Fed will coordinate further rate hikes with respect to PCEPI, not CPI.

Unemployment will rise, which will further reduce upward pressure on interest rates.

There is value with municipal bond yields and rates. The swift move in rates is producing yields, and we think values, not seen in more than 10 years. Investors in higher tax brackets could benefit by locking in these higher tax-free yields. Add to that most states are in strong financial shape and running surpluses.

The demand for housing (40 percent of the CPI and close to 20 percent of the PCEPI) will remain resilient but the opportunity to buy a home will remain muted with higher mortgage rates. Many would-be home buyers are forced to rent since they cannot afford to buy at these rates, keeping rents higher. Fewer new housing units are being built keeping some of that pressure on. Commercial real estate (office space) which is overbuilt could see some relief if landlords see opportunity in converting office space into condos and apartments to meet that demand. Real estate income investments or funds could provide attractive opportunities for suitable investors.

War, cyber warfare, cybersecurity and raised uncertainty with China: The Early Warning Report, in its August edition, continues to highlight the large defense and cybersecurity stocks for the foreseeable future.

Demographic trends: Will huge countries such as China reverse their population growth? Author Peter Zeina in his book "The End of The World is Just the Beginning" ponders this. That could have implications in the next few decades for demand, inflation and interest rates.

Health Care – surprisingly, inflation for health care costs has not been at the rate of PCEPI

or CPI. The labor shortage is even more intense in this sector (37,000 fewer nurses than before the pandemic began). We think that economic environments such as this warrant an increased exposure to health care stocks or funds.

Power, or electricity consumption along with shortages, will continue to grow substantially. The world continues to grow its affluence and its standard of living. That means greater demand for power. Data centers (think the cloud), EVs, cleaner water and sanitation for the world, greater indoor climate control et al continue to drive that up. This has implications for continued fossil fuel demand (and hence the energy sector) as well as renewed demand for nuclear energy and companies that operate nuclear facilities. Oil prices will remain at \$80-90 per barrel and hence continued strong earnings for oil companies. We think there will be a renewed emphasis on nuclear technology and construction. Expanded demand is also seen for natural gas and even coal for the foreseeable future. Wind and solar will continue to grow but so will the challenges (and opportunities) for the rare earth materials needed to build them.

Artificial intelligence and robotics technology and production will accelerate. This is one innovation that has accelerated due to labor shortages and higher labor costs. Those are the areas that technology companies can grow and expand and increase their earnings. Self-driving EVs and trucks still need to refine their programming but are coming faster than originally thought.

Lastly, the market is doing a lot of the Fed's work and that is bringing asset prices, earnings, and ultimately inflation down. We are in or entering recession and yields will soon peak and by late 2023 will start to come down. Investors should always be cautious and prudent to not get overly influenced by the media-driven anxiety. Long term, buy and hold and patient investors have typically fared the best.

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Local Pro: Insurance Life – Why I Love What I Do

BY MATTHEW VANDERFORD

Lately I've been bored. Not bored in the sense that one might imagine, because there's always something to do, always something to create, always something new to see. But perhaps that's why I've been bored. Bored of trying to come up with unique ways to speak about insurance and weave those thoughts, images and ideas into bite-size tangible pieces for anyone to read. And not just read, but perhaps even find something of use. Something that may help someone else who may be facing challenges. Challenges we all face as we find ourselves in this existence, hurling 1,000 mph through space floating on a rock. Amazing really. Isn't it? Floating on a rock. Somewhere deep in space without a clue of what

may be actually coming down this cosmic pike.

See, this is me. Matthew. Public Adjuster. Ex-husband. Father. Son. Brother. Neighbor. Someone just like you floating on this rock, entered into this world through painful cries while exiting the birth canal. Cries of a mother whose life holds still on the precipice of disaster; hoping, pushing, urging new life to come forth in joy. The joy of this new being, long hoped for. Or not. I'm continually learning that one should never assume anything. Not at all. Not in the slightest.

And that's why I love what I do. I love to help people who assume they're out of luck, or don't have a chance against The Machine because they've seen what The Machine has done to



others — leaving neighbors and friends helpless and homeless on the streets after a good disaster like Matthew, Hermine, Irma, Michael and Sally. Disasters that shift lives forever. Leaving folks forever changed in some way. Because you're never really the same after something like that. Neighborhoods change. Forests and beach sides change. Animals change. To think that we don't change is something to be examined. In the wake of any aftermath, we have the oppor-

tunity to take stock and examine ourselves. Perhaps see with a new lens something that wasn't so easily noticed. Perhaps even taking the blinders off to see for the first time.

That's what Michael did for me. Completely shredded everything, leaving nothing but hope to rebuild on. Because when all is lost, hope is all you have. Because hope comes from within — just like joy. And it's hard to find sometimes. Believe me. I know. It's hard to find hope when you're taking a walk to jump off a

bridge. Or staring down the barrel of a loaded gun, thinking, "If this doesn't work, I'll be a vegetable in the hands of those I wanted to escape."

And that's what being a Public Adjuster is all about. Helping others see there is light at the end of the tunnel. There is a way out. A way around. Hope. Hope to challenge The Machine and demonstrate why they need to be taken care of. Indemnified. Made whole. Like it never even happened. Hope to continue dreaming. And living.

Hiring Our Heroes

BY LISA WOODRUM

Military spouses face unique challenges when it comes to securing employment; one of which is the lack of networking in their local communities. The Military Spouse Fellowship Program (MSFP) answers this need. It is a program of the U.S. Chamber of Commerce Foundation and is a nationwide initiative with eight locations throughout the U.S. to help veterans, transitioning service members and military spouses find meaningful employment. The program connects career-ready military spouses and military caregivers with exceptional professional opportunities.

Fellowships provide military spouses with professional training and hands-on experience in the civilian workforce. At the completion of the program, spouses have expanded their credentials and marketability, providing them with an added edge in an increasingly competitive 21st-century job market. The overall goal is for companies to host fellows and align them with open positions after the fellowship. Since 2015, more than 7,000 people have participated in the programs with more than 500 host companies. Within 90 days of completing the program, 93% of our fellows receive a job offer.

The MSFP evolved from the Corporate Fellowship Program

which was created for transitioning military members to civilian employment. It was acknowledged that this template could be utilized for finding employment for military spouses. So, in 2017, a pilot program was launched, finding great success the first year. Most recent statistics from 2021 show 232 fellows over the eight locations

with 92% job offer rate. MSFP has an excellent track record as they have facilitated 600 fellows through this program.

Visit the website, hiringourheroes.org/fellowships to complete a brief "pre-screening" application (to determine eligibility) in the military spouse section.

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 Business

Unique Marketing Solutions

By MELISSA FERITTA

Advertising is a must in today's marketplace. Most businesses know they need to invest in marketing, but they want to be strategic and select channels with the highest return on investment.

Beachworx, Destin's premiere coworking community, offers a number of unique marketing solutions for its members, in addition to its flexible, affordable professional office space solutions.

One resource available to members is advertising on the building's digital pylon. Located at the intersection of Hwy 98 and Crystal Beach Drive, the 4-story office building that houses Beachworx is passed by an estimated 52,000 daily drivers. For only \$500 per month, your logo or digital ad will rotate twice on the digital pylon, displaying approximately 685 times per day. This is a fraction of traditional billboard advertising and just as effective.

It's fair to assume if an ad appears on an office building's digital billboard that the business is located at that location. This is why many businesses purchase a virtual membership to Beachworx.

A virtual membership allows



members to use Beachworx's commercial business address as their own. In addition to providing identity protection, a virtual address can help your business expand into new markets and may even inspire confidence in lenders and other businesses with whom you'd like to collaborate.

The best part is, a virtual membership at Beachworx starts at \$49 per month.

A Beachworx virtual address legitimizes work-from-home businesses by providing Google with the answers your potential customers are seeking.

Once signed up as a virtual member, use your unique suite number to establish a Google My Business (or Google Business) profile.

This tool allows you to take control of how your company shows up on all of Google's search platforms and improves your search engine optimization – which is key to staying relevant in search.

A Google Business profile is a free listing that appears as if it were a paid ad, to the right of topical search results. As the business owner, you control all the information listed in this profile, including your contact information, hours of operation, links to your website and even reviews you solicit from your happy customers.

The best feature of this profile is the Google map link and photograph of your location, which, with your Beachworx membership, is a 4-story, class A office building in the heart of Destin.

The more detailed a Google My Business business profile, the more relevant it ranks in local search queries. Improved relevance can mean higher search rankings even if your location is further from the searcher because it appears your business offers the most relevant products and services. If yours is a business that can work from anywhere, this is a free tool that allows you to reach customers outside of the scope of local advertising outlets.

If your business is seeking new ways to target customers, consider these two resources. These are just a few of the ways Beachworx offers support to the members of its community.



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- Permanent street address for creating an online presence with Google My Business.
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INSIGHTS

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Sean of the South



BY SEAN DIETRICH

This is not my story. It was told to me. In fact, I'm hearing it for the first time, just like you are.

The year was 1982. The old man climbed out of a rust-red Ford. He was ancient. He walked with a shuffle as he hobbled into the supermarket. Struggling to walk. Fighting to breathe.

A young man in the parking lot saw him get out of the rust-red Ford. He rushed ahead to help. The kid was wearing a black sports coat. Black tie. Hair slicked back. Lots of cheap cologne.

"Thank you," the old man said. "Would you be kind enough to get me a buggy?"

The kid pulled a cart from the stockyard of buggies. The old man hooked his cane over the handle and tried to catch his breath.

"What are you so dressed up for?" the old man asked.

"I'm going to a funeral."

"I'm sorry," said the man. "Family or friend?"

"Neither. It was my dad."

The old man nodded, but said nothing. He pushed his buggy into the store. Past the pneumatic doors. The store was filled with the paralyzingly lush sound of muzak. Death by violins.

The kid was following him closely because he was a good kid, and the old man was wheezing badly. He looked like he was about to fall over. Pale and gaunt. Shaky and frail.

"I'll help you shop," said the kid. "I've got some time before the funeral starts."

"Thank you," said the old man, whose face lit up like Christmas.

They pattered through the A&P together. Two strangers. When they reached the Campbell's soup aisle the old man asked a question.

"You weren't close with your father?"

"No. He left my mom when I was little. He didn't want anything to do with me. I didn't even like him."

The old man nodded.

"Did you stay in touch?" he asked.

"Not really. I called him sometimes, but he never had much time for me. He had lots of problems. I was just one more."

"I'll bet that hurt you."

The kid shrugged. "I guess."

And that's when the air got weird. Everything became weird. The old man lowered his gaze at the kid. The old voice was suddenly very strong and



rich. A deep baritone. And he did not sound like an oldster anymore.

"Your father loves you," said the man.

The kid looked around. He was wondering where the Allen Funt and the hidden cameras were. But the old man was still looking at him with those tap-water blue eyes.

"Your father is sorry he hurt you," said the old man. "And he loves you very much. And he wants to know if you will forgive him."

The old man was speaking present tense. Not past tense.

The kid was sufficiently weirded out now. They didn't speak to each other much after that. Shopping was pretty awkward. The old man just pointed and the kid fetched his items. But nobody spoke.

When they got to the check-out aisle, the kid left the old man briefly to use the restroom. He jogged into the john and was gone for maybe three minutes. When he returned, the old man was gone.

So the young man trotted out of the building. He wandered into the vacant parking lot. There was no rust-red Ford. In fact, there weren't many cars in the parking lot at all.

The kid drove to the funeral that evening. He found his father lying in a pinewood box. He wept all over his old man. He whispered things into his father's ear. Healing things. Things he had been waiting a long time to say.

And 40 years later, when the kid told this story to me, he did so with red rings around his eyes. He is no longer a kid anymore, but a father of three.

I asked the kid whether he thought the old man in the grocery store was an angel.

"No," the kid said. "I don't think he was. I know he was."



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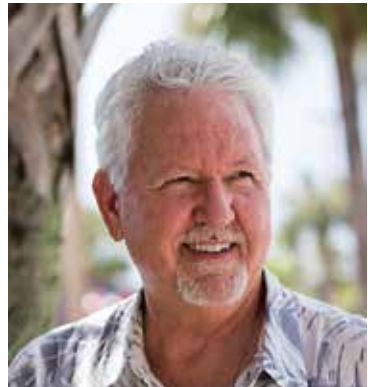
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Musing



A Pastor's Ponderings: Clippidy-Clop

BY PASTOR DAVID HOLLAND

"So he got up and went to his father."

"But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him." Luke 15:19-20 (NIV)

As a little boy, I idolized my father. I looked like him, shared his sober demeanor, and I wanted to grow up like him. Then he disappeared. I cried every day, "Where's Daddy?" Finally, my older brother took me aside to say Daddy's gone.

My parent's divorce robbed me of my hero and left me with a lifetime of suppressed grief. Anger simmered beneath the surface and corrupted many of my relationships. Fortunately,

God doesn't leave us in our pain and dysfunction.

The parable of the Prodigal Son reveals the nature of God through the response of a loving Father. It also shows the folly of humanity's departure from our Father's house. The great love the Son of God has for us is also on full display.

Imagine this story from the father's point of view. He is a well-to-do landowner with a home commensurate with his wealth and prestige. Dressed in a long robe and fine leather sandals, he carries the dignity of a successful man as he manages his estate. He loves his son, but the son leaves him.

Time passes so slowly as months turn into years. Without cell phones or postal service, the father languishes in the void left by the person he loves more than life.

Coming home from the fields, the elderly man glances toward the horizon and sees a haggard figure approaching. Though a poor and ragged young man, there is something about his

walk that is oddly familiar. Peering into the setting sun, his eyes coming into focus, "My son!" he cries.

The elderly father casts his dignity aside, hikes up his robe, and runs as fast as his sandals can clippidy-clop down the dusty pathway. Weeping uncontrollably, he cries out, "My son, my son."

Catching the young man in his arms, the father sweeps aside the boy's contrition, barks out orders to his servants, "Quick! Bring the best robe and put it on him. Put my ring on his finger and sandals on his feet. Bring the fattened calf and cook it. Let's have a feast and celebrate." The father is the picture of grace as he welcomes his lost son home. His world overflows with joy as love overwhelms past transgressions.

I am that wayward son walking toward Father God. In my life, I have wasted myself on lesser gods and made poor choices. Coming to myself in the pigpen of my own making, the Holy Spirit silently whispered to

me, "Come back to the Father." Each time, the Lord welcomed me because Jesus paved that road with His sacrifice.

It is always time to run back to the Father. He never tires of us, never gets disgusted at the depths we fall, nor impatient with our lack of progress. He waits, peering down the road for our return. Clippidy-clop He runs toward us weeping with joy. He longs to dress us in the robe of Christ's righteousness, to place His ring on our finger and declare us His child. Father God will slip the sandals of His peace on our feet.

The JB Phillips translation (1958) translates Romans 8:18-19 "whatever we may have to go through now is less than nothing compared with the magnificent future God has planned for us. The whole creation is on tiptoe to see the wonderful sight of the sons of God coming into their own."

Many of us grew up without a father present. God the Father wants to fill that immense void. I see in this story a father who

longs for his son and runs to meet him on the road. Can you see Father God running clippidy-clop toward you? Creation waits for you and me to turn toward the Father and meet Him on the road. Oh, what a party God has planned.

Please pray with me, "Father God, I'm turning to meet You on the road. Thank you for loving me enough to cast aside my sin and love on me. I know I didn't deserve any of this, but I love You more because of Your graciousness. Help me live confident of Your grace, and thankful for Your mercy. Resting in the Father's arms, I pray. Amen."

Dave Holland pastored churches for thirty-eight years before retiring in Destin, Florida. 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 DavidoHolland54@gmail.com.

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DEMETRIUS

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so it will be a great seasonal concert.

ZW: January 21 we shake off the winter blues with Get Happy and celebrate the centennial of Judy Garland's birth.

DF: Who doesn't love the legend, Judy Garland? This is a great production because it showcases the string section of the orchestra and basically a jazz band along with superstar vocalist Jessica Vosk. She performed Elphaba in Wicked on Broadway. If you've heard her sing, you know she has amazing pipes, and is just a powerhouse. You will feel as though you are seeing Judy Garland singing live with the orchestra. There's a multimedia component that showcases vintage footage of The Judy Garland Show with tons of outtakes with Dean Martin, Sammy Davis Jr. and Frank Sinatra that make an entertaining trip down memory lane. It will be a fun concert to experience because we are creating a clubby, dinner theater atmosphere with café tables. You can do that or opt for regular seating.

ZW: March 11 is the Classical Connections concert featuring violinist Geneva Lewis. Tell us about her.

DF: Classical Connections is the "meat and potatoes" classical portion of what Sinfonia does and Geneva Lewis is an extraordinary young talented violinist. She's the winner of the 2020 Concert Artist Guild annual competition and a recipient of a 2021 Avery Fisher career grant, which is a major award and a big deal in the classical music world. She's a remarkable artist and she's doing Mendelssohn's Concerto for Violin which is one of the staples of the violin repertoire. Her performance is one not to miss. She is going to working with the Sinfonia Youth Orchestra doing outreach in our local schools as well.

ZW: Capping the season (April 29) is Beethoven versus Coldplay. This sounds like another perfect example of how you are redefining the symphony experience. Tell us what people can expect.

DF: Beethoven is immortal. When you pair or mash Beethoven up with something on the pop scene, like Coldplay it's unexpected. For this con-



cert, they're not just playing a piece by Beethoven and a piece by Coldplay side by side. This is a melding, a mashup of the internal, interwoven musical notation with vocalists and it is remarkable. It's an incredible way to listen to and rethink how music is connected. Steve Hackman, the producer, is a brilliant musician, composer, and arranger. It's totally unique, but it's accessible. How many people from the age of 15 don't know Coldplay? So, again, we hope this innovative offering brings in some new faces.

ZW: At the heart of Sinfonia's mission is music education. Tell us why.

DF: Our mission states succinctly that we "entertain, educate, inspire the community" and we aim to do that with everything we do. Education is the centerpiece of Sinfonia. It was founded not only for its entertainment value, but for the fact that Northwest Florida needed an organization that could be the proponent for arts education in schools, specifically music education. We all know arts education is on a continual decline in all public schools. We've been more fortunate here in Northwest Florida, compared to some areas but in many cases our Link Up program, which is a year-long curriculum, is sometimes the only arts education these students receive.

We have a String Quartet, a resident Brass Quintet, and a Woodwind Quintet in residence — all going out to schools and the community and providing outreach and community engagement.

This year, we are reintroducing the Paint the Music project, which is a great cross-genre program that includes both visual arts and the musical arts. Kids receive a recording of what they will ultimately hear live at a Sin-

fonia concert, and they visually interpret what they hear on to paper. We take their artwork and display it at a concert. (Look for the Paint the Music exhibit at Get Happy in January.) The following Monday, the kids will

sit in the convention center to see Beethoven Lives Upstairs, a theatrical mini musical featuring actors and singers sharing the lifetime of Beethoven with more than 30 excerpts of his music.

ZW: Congratulations, this is indeed a stellar 17th season.

Purchase tickets online at SinfoniaGulfCoast.org or call (850) 460-8800.

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Party Rooms are available for your business, family, Krewe, Girls Night Out, special event or whatever you can dream up! Set your kiddo's creativity free with a new twist on fun! Book a birthday party or Mommy & Me event!

Check out the October calendar and then request an event. For your private event:

• You get to pick the painting.

• Mention this write up and the party host gets a free seat with a private party minimum (15 seats minimum after 5pm, Fri. and Sat. or 10 seats minimum any other time.) through Dec. 31!

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The October calendar offers a variety of paintings—from seasonally-inspired landscapes

to decorative DIY wood board signs, funny self-portraits, and more! Sign up at [\[atwist.com/studio/fort-walton-beach/calendar\]\(http://atwist.com/studio/fort-walton-beach/calendar\).](http://paintingwith-</p>
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Tuesdays

9-10 a.m.: Adult Barre +
11-11:30 a.m.: Pre Primary A
11:45 a.m.-12:15 p.m.: Pre Primary B
1-2:30 p.m.: Adult Ballet

Wednesdays

12:30-1 p.m.: Pre Primary A
1:15-1:45 p.m.: Pre Primary B

Fridays

9-10 a.m.: Adult Barre +

Saturdays

9:30-10 a.m.: Pre Primary A
10:10-10:40 a.m.: Pre Primary B
10:50-11:30 a.m.: Pre Primary C
11:40-12:30 p.m.: Primary A
12:45-1:45 p.m.: Primary B

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. Email any questions to rachel@studio6twenty5.com. [studio6twenty5](http://studio6twenty5.com), 625 Harbor Blvd. (upstairs).



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Family Fun, Field Trips, a Fish and a Cat in a Hat

In the late 90s, when I was working as a professional actor, a couple of my gigs were theater for young audiences touring productions. On one tour, I had the privilege of performing Shakespeare all over eastern Tennessee at middle schools, high schools and community colleges. My first ever experience in the Panhandle was on a different tour with Ruth Eckerd Hall out of Clearwater, where we performed a stage version of “One Hundred Dresses” at elementary schools, including Chattahoochee Elementary School.

We had finished performing the play and we were given the chance to have lunch with some of the children. Soon I realized that I had a little buddy. This little boy in first grade gravitated toward me so we hung out, talked and ate lunch together with the group and really connected.

While interacting with him, I noticed these bumps and scars on him so I asked the teacher about it. I was told that the boy was in foster care because his parents had extinguished cigarettes on him as a punishment. She offhandedly made the comment that perhaps connecting with the play could inspire him. My heart sank, my eyes welled up and I took a deep breath and cherished those moments with him. The thought that I, as just an actor, could affect someone’s life in a positive way like that revealed an even deeper connection to theater for me.

In the summer of 2015, Grand Boulevard launched a partnership with Emerald Coast Theatre Company to produce Theatre Thursdays in the park. We did a 45-minute adaptation of Shakespeare’s “A Midsummer Night’s Dream.” It was thrilling when Jennifer Steele of the Cultural Arts Alliance of Walton County reached out to provide funding for us to take the show to all the elementary schools in Walton County. While at West DeFuniak Elementary, the vice principal shared with me that a student commented to her after the show that she had never even been to a movie theater and she was so excited to see a “real” theater play!

Another of my favorite memories is when our friends Beth and Rio brought their 6-month-old daughter to see

“Rainbow Fish the Musical.” Beth came to us after the show and shared that she wasn’t sure her 6-month-old would engage, but was blown away at how her baby paid attention to the live action going on right in front of her! We are so thrilled to be the first place some children are experiencing theater and in the process providing a fun and positive family experience as well.

These early experiences are what inspire me to always find ways to serve our community through plays designed to inspire and educate children: Theatre for Young Audiences. One of my favorite moments at ECTC is seeing those children hop off their school bus in matching class T-shirts and enter the theater with wows and oohs and ahhs. They sit and watch the actors wide eyed, fully engaged, following the story that was designed with them in mind. You can see their souls being inspired to view the world through another perspective. And with that, the seed of empathy is planted and perhaps the inspiration to change their world has sprung up in them.

In October, we are already expecting hundreds of school children at the theater for our production of “Cat in the Hat.” We couldn’t be more excited about these field trips! We also have weekend shows for families to come out and enjoy this wonderful production. Everyone’s favorite mischievous cat is featured in this theatrical adapta-



tion by Katie Mitchell of the Dr. Seuss classic. From the moment

his tall, red-and-white-striped hat appears around the door, Sally and her brother know that The Cat in the Hat is the most adventurous cat that they have ever met. With the trickiest of tricks and the craziest of ideas, he is certainly loads of fun... but what will Mom find when she gets home? You’ll have to come to the show to find out!

The show runs from Friday, Oct. 14, to Sunday, Oct. 23. Public performances are Oct.

15 and 22 at 6 p.m. and Oct. 16 and 23 at 2:30 p.m. School Field Trips are offered Oct. 14, 19, 20 and 21 at 9:30 a.m. and 11 a.m. Colorful clothing, footie pajamas and striped hats are not required but wholeheartedly acceptable attire!

*Nathanael Fisher
Producing Artistic
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Ask Destinites: Who Shall Be Mayor of Paradise?



BY PATRICIA LEE, DESTINITES

In our Destinites Facebook private locals group this past month at www.Facebook.com/groups/Destinites, I saw members expressing concerns about the primaries in November. However, the only local candidate election to vote on will be for mayor. The reason is because three city council seats were open, but all three were taken by those who submitted their application, due to the fact that no-

body ran against them. I strongly advise you to find out who these three are and look them up on social media. On Facebook, be sure to click the "about" tab and take note of all that is listed there. It's important to know the attitude and mentality of those representing Destin.

Meanwhile, in November, a new mayor will be elected. The two candidates are Rodney Braden and Bobby Wagner. If you are not sure who these two gentlemen are and you are a local to the Destin area, join our Destinites Facebook group. I have invited each of them to provide a video where we can get to know them personally and know their goals for this paradise we call Destin. The videos will be posted in the Destinites group Oct. 4. Politics is normally not allowed in our group, but these are simply videos of campaign speeches

with no Q & A provided. After viewing the videos, you may go to the candidates' profile page to ask questions or write to them at their council email address.

If you are a local to the Destin area, I invite you to join our Facebook group at www.Facebook.com/groups/Destinites with 6,800-plus members. The group is very active and highly monitored. Anyone may sign up

for our monthly email newsletter from the homepage of our website at www.Destinites.com.

Patricia Lee, Owner: www.Destinites.com Creator: www.Facebook.com/groups/Destinites.



It is a great honor to serve Destin as your new Postmaster. In my years with the United States Postal Service, I have seen firsthand the role the Postal Service plays connecting neighbors and our community to the nation. Our Post Offices serve as a lifeline for our small businesses to reach customers

Letter To The Editor

no matter where they are.

Under Postmaster General Louis DeJoy's leadership and Delivering For America, the Postal Service's 10-year plan, we are maintaining universal six-day mail delivery and expanded seven-day package delivery, stabilizing our workforce, and spurring innovation to meet the needs of our modern customers.

Just as the Postal Service continues to provide a vital service for our nation, the staff of the

Destin Post Office will proudly continue that same public service in this community.

On behalf of the 650,000 women and men of the United States Postal Service, I thank you for continuing to support the Postal Service. Providing reliable mail delivery while strengthening the future of this treasured institution is our commitment to you.

Sincerely,
Krystle B. Mansolino
Postmaster, Destin, FL

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